



MARTIN COUNTY 4-H

Cooperative Extension Service

February 2024

January was a cold and snowy month with below freezing temperatures on several days. One way we beat the boredom of too cold snow days, was to make frozen bubbles! Visit our new YouTube page to see the how to video!



Weather and Health



Weather determines a lot of things in our daily lives. If it's cold you may wear a coat, if it's hot you'll likely wear short sleeves and shorts. But even more important than what we wear is how does weather affect our health?

Barometric pressure can affect human health in many ways! Joint pain, headaches, allergies, asthma, blood pressure, blood sugar issues and heart attack have all been associated with weather. Its important to know how your body reacts to weather to prepare for issues that may arise.

What predictions of weather do you have for February? How does your daily life change depending on the weather? What kind of weather do you prefer? Why?



Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.

FEBRUARY 2024

This is a tentative schedule. Please call or check website for changes.

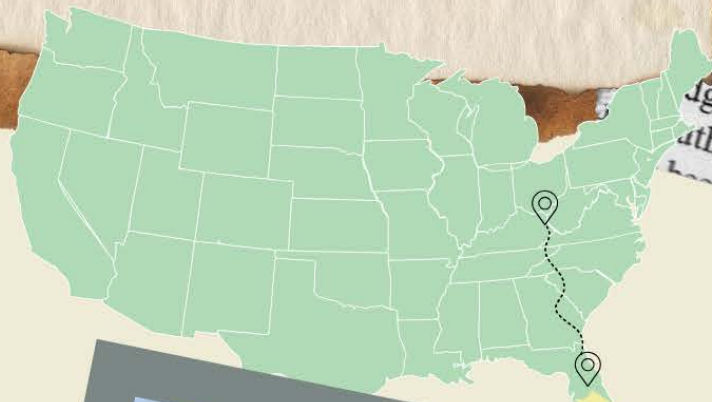
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Fitness Club	2	3
4	5 Heirloom Quilters	6 IES Club Peaceful Quilters	7 Hometown Homemakers 10:30	8 MCMS Club	9	10
11	12 Heirloom Quilters	13 Macrame Class @ 10:30 Peaceful Quilters	14	15 Fitness Club	16	17
18	19 Heirloom Quilters	20 IES Club Peaceful Quilters	21	22 Fitness Club	23	24
25	26 Beekeepers @ 5 Heirloom Quilters	27 Master Logger Training Peaceful Quilters	28	29 MCMS Club	Kentucky Volunteer Forum	Kentucky Volunteer Forum

GLOVER THE TRAVELING PIG

Hey 4-Her's!

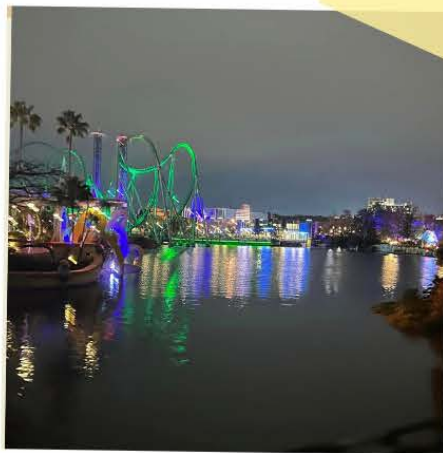
In December, I took my first big trip in over a decade! I traveled to a U.S. state where oranges are the major agriculture product. Hispanic history and culture is vibrant and it's the birthplace of several large amusement parks! Its also where you can find lots of unique and robust fish and wildlife like Alligators and maybe even a shark! This state has miles and miles of beach front land on three sides of the state, making it a peninsula! Do you know where I visited?

-Clover



This time I kept my hooves on the ground and drove to Orlando, Florida! I visited a few really cool places, and would love to tell you more. Let me know if you're interested in a full overview of my trip, I'd love to come tell it to your classroom! The possibilities are endless with my lessons, we can talk about oranges AND eat them. We can talk about roller coasters AND build them. Call 606-298-7742 or email joe.maynard@uky.edu if you are interested in this program!

-Clover





UK Cooperative
Extension Service

4-H FITNESS CLUB

Enhance your physical and mental wellness with us dancing and stretching purposefully while working on strength building, coordination, balance and agility.

Join us for this health and wellness series every other Thursday beginning February 1st at the Martin County Extension Office multipurpose room!

(In Spring, weather permitting we will meet under the shed)

AGES 9-18

**PARENTS / CAREGIVERS WELCOME TO PARTICIPATE
SPACE CURRENTLY LIMITED TO 20 PEOPLE PER SESSION**



4:30PM - 5:30PM

- 2/01/24 •5/9/24
- 2/15/24 •5/23/24
- 3/7/24 •6/6/24
- 3/21/24 •6/13/24
- 4/11/24 •6/20/24
- 4/25/24

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accommodated
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UK Cooperative Extension Service

4-H



PHOTO EXHIBIT 2024

FRIDAY, MARCH 1ST

SUBMIT PHOTOS BY 2.28.24

YOUTH AGES 9-18

CATEGORIES

NATURAL RESOURCES/ENVIRONMENTAL

AGRICULTURE/ANIMALS

HORTICULTURE

ENTOMOLOGY

PORTRAIT

Photos will be on display at the Appalachian Artist Festival August 3rd!

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YOUTH

HEALTH BULLETIN

FEBRUARY 2024
 Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>



THIS MONTH'S TOPIC LIMIT CAFFEINE

energy drink?

nope!
I'm good.

Maybe you have heard a grownup say that they need coffee in the morning to help them wake up or that energy drinks are dangerous to drink. This is because some drinks, like coffee and energy drinks, have caffeine in them. Caffeine is a chemical found in certain plants that we use to make foods and drinks, such as tea leaves, coffee beans, cacao (used to make chocolate), and kola nuts (used to give cola soda its flavor). Caffeine is a stimulant which means it can make us feel more awake. Many people drink caffeine because they think it helps them to wake up or think more clearly. But no one needs caffeine, especially kids.



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Kids should mostly drink water throughout the day and milk with meals.

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People who drink caffeine every day may start to feel like they need it. If regular caffeine users don't get their daily dose, they can begin to feel bad. People who are used to caffeine and don't get it can have headaches or trouble focusing and feel tired or grumpy. Caffeine can make you feel hyper or make it difficult to focus. A lot of caffeine can also cause other, not-so-great effects. Too much caffeine can:

- make you feel nervous, jittery, or jumpy. Your hands may shake, or you may not feel like you can sit still;
- make it hard to fall asleep, which might mean you start to feel very tired or sleepy later on; or
- give you a stomachache, headache, or racing heart. People with heart problems should not drink caffeine at all.

Caffeine isn't a nutrient, like calcium, so you don't need it. Kids under 12 should skip drinks with caffeine altogether. Teens should not get more than about 100 mg a day. So how much caffeine



is in certain food and drinks? Below is a list of the average amount of caffeine in common items.

- **Mountain Dew** (12-ounce can): 55 mg
- **Coca-Cola** (12-ounce can): 34 mg
- **7-Up** (12-ounce can): 0 mg
- **Red Bull Energy Drink** (8.3 ounces): 80 mg
- **Brewed coffee**, drip method (5 ounces): 115 mg
- **Iced tea** (12 ounces): 70 mg
- **Dark chocolate** (1 ounce): 20 mg
- **Milk chocolate** (1 ounce): 6 mg

Kids should mostly drink water throughout the day and milk with meals. If you choose a soda or chocolate treat, it is a good idea to read the label to see how much caffeine is in a serving. You can look for drink options such as sparkling water or club soda, which still have carbonation (the fizz that many people like in **BEVERAGES** do not contain caffeine or sugar. <https://kidshealth.org/en/kids/caffeine.html>)



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Cartoon illustrations by: Chris Ware @ University of Kentucky School of Human Environmental Sciences

ADULT HEALTH BULLETIN



FEBRUARY 2024

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THIS MONTH'S TOPIC

LIMIT YOUR CHILD'S EXPOSURE TO CAFFEINE



Continued on the next page →



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Children should consume water throughout the day and milk as a part of some meals. Fruit-flavored water, club soda, and seltzer are other drink alternatives that are low in sugar and do not contain caffeine.



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In both children and adults, too much caffeine can cause negative health effects such as:

- jitters and nervousness
- upset stomach
- headaches
- problems with concentration
- trouble sleeping
- faster heart rate
- higher blood pressure

Especially in young children, it doesn't take a lot of caffeine to produce these effects. Caffeine sensitivity refers to the amount of caffeine that will cause an effect in someone. Caffeine sensitivity is mostly related to daily caffeine intake, but the smaller the person, the less caffeine you need to produce side effects. Kids are more sensitive to caffeine than adults.

Caffeinated drinks, like sodas, coffee, tea, and energy drinks, often also contain lots of sugar. Kids and teens who fill up on them get lots of empty calories without the vitamins and minerals they need for their bodies to grow and develop. Children ages 12 and younger do not need any caffeine at all; teens are encouraged not to consume any more than 100 mg daily.

Parents can help children look at food and drink labels to determine if the item contains caffeine, help monitor how much they consume, and guide children toward alternative drink and treat choices. The list below contains common sources of caffeine and how much caffeine a serving contains.

- **Jolt soft drink** (12-ounce can): 71.2 mg
- **Mountain Dew** (12-ounce can): 55 mg
- **Coca-Cola** (12-ounce can): 34 mg
- **7-Up** (12-ounce can): 0 mg
- **Brewed coffee, drip method** (5 ounces): 115 mg
- **Iced tea** (12 ounces): 70 mg
- **Dark chocolate** (1 ounce): 20 mg
- **Milk chocolate** (1 ounce): 6 mg

Children should consume water throughout the day and milk as a part of some meals. Fruit-flavored water, club soda, and seltzer are other drink alternatives that are low in sugar and do not contain caffeine. You can still allow the occasional soda or tea — just make it decaffeinated.

If your child consumes a lot of caffeine, cut back slowly. Abruptly stopping caffeine may cause withdrawal symptoms (like headaches, low energy, and irritability), especially for those who consume a lot of it.

REFERENCE:

<https://kidshealth.org/en/parents/child-caffeine.html>

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Stock images: Adobe Stock

ADULT HEALTH BULLETIN





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