



# MARTIN COUNTY 4-H

## May Newsletter

### Upcoming 4-H Events:

- 5/3- Spring Market Fundraiser
- 5/7- 3:30- Teen Counselor Meeting
- 5/9- MCMS Afterschool Club End of Year Celebration
- 5/20- IES Kindergarten Field Trip
- 5/27-Memorial Day Office Closed
- 5/28-6/7 MCMS Summer School
- 5/28-6/21- IES Summer School
- Entomology Summer Club -TBA

### Hey 4-Her's!

Afterschool clubs are dwindling down to their final meetings of the year, and summer school activities are in full planning mode. Inez Elementary 4th graders were able to learn about financial responsibility with the Dollars and Sense program and Eden Kindergarteners visited our office to learn about the functions of the greenhouse and how to make an easy fruit and yogurt parfait.

May is also packed with activities and programs! We have a field trip planned for Inez Elementary Kindergarten, the Spring Market is just around the corner, the final MCMS afterschool meeting and 8th grade send off celebration is scheduled for May 9th, MCMS summer school and IES summer school activities begin May 28th!

Don't forget, our office is closed for Memorial Day.



**Joe E. Maynard**  
Extension Agent, 4-H Youth Development

- (606) 298-7742
- joemaynard@uky.edu
- Martin County Extension Office  
9 Holy Street  
Inez, Kentucky 41224-0325



**Nicole Hinkle**  
Extension Assistant, 4-H Youth Development

- (606) 298-7742
- nicole.hinkle@uky.edu
- Martin County Extension Office  
9 Holy Street  
Inez, Kentucky 41224-0325





# April Programs and Activity Highlights



According to the 2023 Community Assessment survey, an area of need for youth in Martin County is Life Skills (money management, decision making etc.).

In April, fourth graders at Inez Elementary School were challenged to spend \$200 wisely. They visited several stations for taxes, pet care, candy, toys, and entertainment.

The students left with a basic understanding of the importance of budgeting your money, wants vs. needs, and the financial responsibility of taking care of a pet.

**Eden Elementary's Kindergarten classes stopped by on their community field trip in April!**

The students were presented with a short overview of Extensions Mission before beginning a tour of the greenhouse and our facilities with 4-H Agent Joe.

They also learned how to prepare a simple fruit and yogurt parfait with 4-H Assistant Nicole and FCS Agent Asya to encourage nutritious snacking and a well balanced diet.

If you are interested in an educational field trip to our office, please call 298-7742!

We would love to have you!



## Entomology Project





# YOUTH

# HEALTH BULLETIN



**MAY 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 START SMART: WARM UP AND STRETCH!



Playing sports and doing other activities are great ways to get exercise and have fun! It is important though, to start off by getting your body ready to play. You do this by warming up and stretching. Warming up gets your muscles, heart, and lungs ready to do extra work.

When you play sports or do other exercise, you move your muscles more and make them work harder than normal. That is a good thing, but if they aren't ready for it, you can get hurt or feel bad. Stretching helps your body loosen up and be ready to move and bend quickly.

Continued on the next page →



**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**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



➔ Continued from the previous page

## How do I warm up?

It is important to warm up your body before starting to play a sport or do heavy exercise. Warming up for five to 10 minutes helps to focus your mind and prepare your body for doing extra work.

Activities that move your whole body or as much of your body as possible at once, get your blood pumping. These can be things like jumping jacks or squat jumps (bending down to touch your toes, and then jumping up into the air with your hands above your head).

Another way to warm up is to start with the activity you are about to do but do it slower. For example, if you are going to swim, start out doing a few slow warm-up laps. Focus on your form instead of speed. If you are going for a run, warm up with a few minutes of fast walking or a light jog. If you play a sport, focus on the muscles that you are going to use the most. For example, if you play baseball, you might warm up your shoulder by throwing the ball softly first, focusing on the movement instead of using all of your power.

## Stretching the right way

You want to stretch muscles that you have already spent a few minutes warming up, so that they are ready to be flexible.

When you stretch, you want to feel your muscles reach as far as they can go in a certain direction,



but not hurt. When you can feel that your muscles can't go further, do not try to make them. Hold your stretch right there for 15 to 30 seconds. Try to hold your stretch still and not bounce.

You can count out loud while holding your stretch if it helps you stay focused, or you can count in your head.

Always stretch both sides of your body. If you do a right-side stretch, always do a left-side stretch, too. When you are stretching, remember to breathe! You want to make sure your muscles are able to get plenty of oxygen, too.

## Practice to play

Besides warm-ups and stretches, practice sessions are important for many sports or activities. If you belong to a team, go to as many team practices and games as you can. This will help you and your teammates work together.

Although you should practice regularly, don't overdo it. Allow for a day or two for rest between days of activity or switch up your activities. If you run a lot one day, try swimming or strength training the next day. Your doctor or coach can help you make a training plan that's right for your age, skill, and goals.

### REFERENCE:

<https://kidshealth.org/en/teens/sport-safety.html>

## ADULT HEALTH BULLETIN

Written by:  
Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

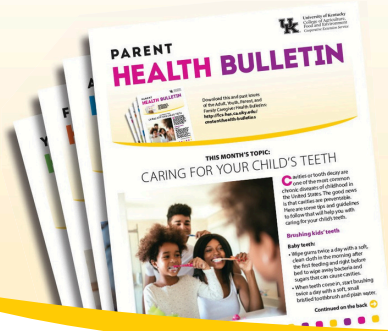
Cartoon illustrations by:  
Chris Ware (© University  
of Kentucky School of Human  
Environmental Sciences)





# PARENT

# HEALTH BULLETIN



MAY 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

# PREVENT SPORTS-RELATED INJURIES



Playing sports is a great way for kids to be active, move their bodies, burn energy, and have fun! Parents of school-age children may find that they spend a significant amount of time taking kids to and from sports activities, practices, games, and clinics. There are also things parents and caregivers can do to keep their young athletes feeling good and avoiding injuries.

### Be prepared

Before starting a new sport, make sure kids know the general rules of the game and how to stay safe. This will help them have fun and lower the chances of an injury. They should also take water to practices and games to stay hydrated.

Continued on the next page 



**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**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



 Disabilities  
accommodated  
with prior notification.



***Before every practice or game, kids should stretch and warm up their bodies. This includes things like toe touches and shoulder rolls, as well as increasing their heart rate slowly, by doing activities like jumping jacks and jogging.***

➔ **Continued from the previous page**

### **Warm-up and cool-down**

Before every practice or game, kids should stretch and warm up their bodies. This includes things like toe touches and shoulder rolls, as well as increasing their heart rate slowly, by doing activities like jumping jacks and jogging. Warming up helps increase blood flow to organs and muscles, and increases flexibility needed to move quickly. Cooling down helps your body adjust back to needing less blood and oxygen. Stopping intense activity too quickly can cause feelings of dizziness or nausea.

### **Technique**

Most sports have proper ways that players should do certain activities to prevent injuries. Examples are specific ways throw a baseball, how to tackle in football, or how to dive in volleyball. Teaching the right way to do activities helps kids to be more successful in their chosen sport and keeps them healthy.

### **Use proper equipment**

Make sure your child has shoes that fit and are appropriate for the sport, like cleats or sneakers. Children who wear glasses

may benefit from prescription goggles or shatterproof glasses. Ask your child's coach about helmets, mouthguards, athletic cups and supporters, and any needed padding.

### **Safe surfaces**

Make sure the surface your child is playing on is safe for activity. Ruts or holes can cause kids to trip and fall. Damaged equipment like goal posts or nets can also pose a hazard. All these things wear over time, so keep an eye out and tell league officials or coaching staff if you notice a problem.

Teaching kids how to stay safe while enjoying sports is an important part of supporting their activities as a parent or caregiver. When they play safely, everyone has more fun!

#### **REFERENCE:**

<https://kidshealth.org/en/parents/sports-safety.html>

---

**ADULT  
HEALTH BULLETIN**

#### **Written by:**

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:**

Adobe Stock







# SPRING MARKET

Friday, May 3rd 9am-3pm  
9 Holy St. Inez, KY 41224

\$5 Donation- No Tables Provided  
\$10 Donation- Two Tables Provided

ALL proceeds benefit 4-H Camp fees for Martin County Youth



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.  
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40505



Disabilities  
accommodated  
with prior notification.

**Call 298-7742 to Reserve Your Space!  
Information booths also welcome!!**



Kentucky  
**4-H Teen  
Conference**  
2024

**100th**  
ANNUAL

**ILLUMINATE 4-H**  
LEXINGTON, KENTUCKY  
June 11 - June 14

Explore college,  
future career paths,  
and gain leadership  
skills with 4-H

**LOCATION**

University of Kentucky  
Lexington, KY

**PRICE**

\$250

Contact your county  
4-H Agent for more info





Cooperative  
Extension Service

**PRESENTS**

# 4-H CAMP

**“UNDER THE BIG TOP”**



**JULY 9TH-12**

# Fruit and Yogurt Parfait



## Ingredients:

- 1/2 cup grapes
- 1/2 cup vanilla yogurt
- 1/2 medium banana , peeled and sliced
- 1/4 cup dry crunchy cereal or granola

Tip: Use whatever Fruit you enjoy!

## Directions:

1. Spoon the grapes into a tall cup.
2. Place 3 spoonfuls of yogurt on top of the grapes.
3. Spoon sliced bananas on top of the yogurt.
4. Add the rest of the yogurt.
5. Sprinkle the cereal on top.
6. Serve immediately.

## Make it a Meal

Pair this parfait with 1/2 whole wheat bagel and water for a balanced breakfast!

Source: United States Department of Agriculture, What's Cooking USDA Mixing Bowl, March 2015. [www.usda.gov/whatscooking](http://www.usda.gov/whatscooking)

300 calories; 1.5g total fat; 0g saturated fat; 0g trans fat; 5mg cholesterol; 130mg sodium; 70g total carbohydrate; 2g fiber; 35g sugars; 0g added sugar; 6g protein; 10% Daily Value vitamin d; 15% Daily Value calcium; 6% Daily Value iron; 15% Daily Value potassium.





# Camp Notes

Camp is approaching quickly! Here are a few notes!

- **CAMP APPLICATIONS FOR MARTIN COUNTY RESIDENTS/STUDENTS ATTENDING MARTIN COUNTY SCHOOL DISTRICT AGES 9-14 ARE AVAILABLE NOW.**
- **SCHOLARSHIPS AND DISCOUNTS AVAILABLE FOR MARTIN COUNTY RESIDENTS/STUDENTS ATTENDING MARTIN COUNTY SCHOOL DISTRICT**
- **JOIN US AT THE SPRING MARKET MAY 3RD, 9-3 TO SPEAK TO 4-H AGENT JOE AND PUT IN YOUR APPLICATION**
- **ASK QUESTIONS ABOUT ACTIVITIES, CABINS, DURATION, RULES, COST, FUNDRAISING IDEAS ETC.**
- **TEEN COUNSELOR MEETING - MAY 7TH**
- **ADULT VOLUNTEERS WILL NEED TO HAVE THEIR BACKGROUND CHECK IN ASAP. PLEASE CONTACT US WITH QUESTIONS.**

