

March 2024

MARTIN COUNTY 4-H



Hey 4-Her's,

It's been a busy year for Martin County 4-H, with fresh club initiatives and programs cropping up each month. As we gear up for the end of the school year, our schedule is packed with exciting events!

From school-based programs to in-office clubs and the planning of summer adventures and CAMP, there's something for everyone to look forward to.

Stay connected with us by checking our social media pages daily. We'll be sharing the latest news and updates on all our activities there.

Let's make the most of the upcoming months, embracing learning, growth, and fun with Martin County 4-H!

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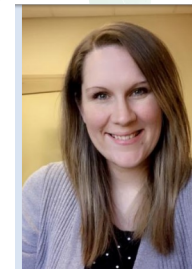
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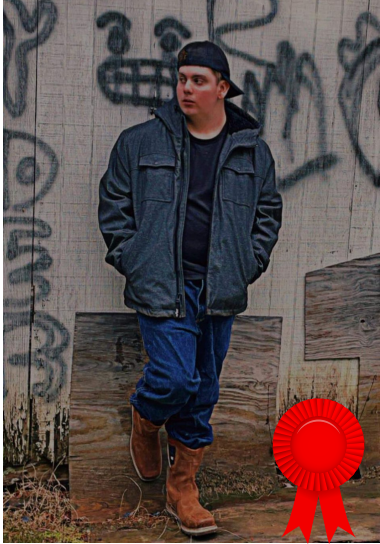


Here are the highlights from our recent photography contest held in February and the corresponding exhibit held on March 1st. The exhibit showcased the incredible talent and creativity of our youth photographers.

This year, we received several entries spanning various categories, including Portrait, Environmental, Entomology, Agriculture/Animals, and Horticulture. Winners were selected for first and second place in Portrait and Environmental categories, while first place was awarded in the remaining categories.



Our esteemed panel of judges, comprising a retired art educator, a local photographer, and a founder of the Appalachian Artist Festival, had the challenging task of selecting the overall best in show photograph. Unanimously they chose a captivating image that truly stood out. Davis Wilson of Inez was ultimately chosen as his category winner and overall winner.

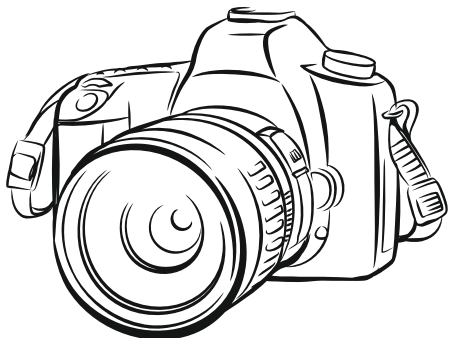


We're thrilled to announce that this exceptional photograph will represent Martin County at the Kentucky State Fair in August! All submissions will be on display on August 3rd at the Appalachian Artist Festival.

Congratulations to all the participants and winners!

Winners:

- Animal/Agriculture: Davis Wilson
- Entomology: Grayson Mollette
- Horticulture: Christal Hinkle
- Portrait: 1st- Kylee Grace 2nd- Kam Crum
- Natural Resources/ Environmental: 1. Grayson Mollette 2. Bradlynn Stafford



Healthy Eating



Cooking Skills



Civic Engagement



LEADERSHIP



Fitness



Craft



March

2024

Calendar is Tentative- Please visit our website, socials, or call the office for updates.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 ANR Tree Distribution	2
3	4 Heirloom Quilters	5  IES Pieceful Quilters	6 Hometown Homemakers	7  Fitness Club	8  4-H Photo Exhibit	9
10	11 Heirloom Quilters	12 Grow Appalachia 10-12 Pieceful Quilters	13	14  MCMS	15	16
17	18 Heirloom Quilters	19  IES Pieceful Quilters	20	21  Fitness Club	22	23
24	25 BeeKeepers 6pm Heirloom Quilters	26 Pieceful Quilters	27	28  MCMS	29	30
31						



MARCH 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>

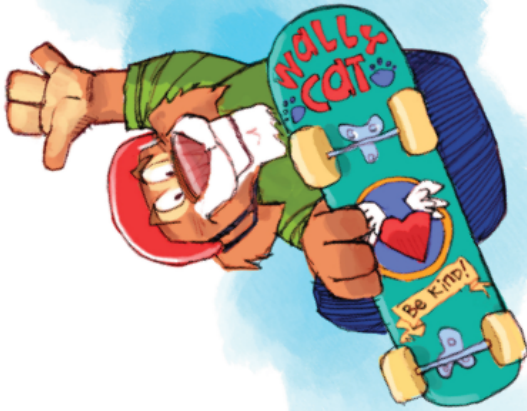
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THIS MONTH'S TOPIC

PROTECT YOUR BRAIN: WEAR A HELMET!

Helmets protect your head, face, and brain from injuries. These are all very important parts of your body! Helmets add an important layer of protection between your head and the ground or other object that could really hurt. Some sports require a helmet, like hockey, football, and baseball. And there are other activities that you should always wear a helmet for, too.

You should always wear a helmet when riding a bicycle. Bike riding is great exercise and can help you get around your neighborhood. You can go faster and farther on a bicycle than you can on your feet. But, because



Continued on the next page



Disabilities with prior notification

Because you can travel fast on a bike, a crash can cause more damage. You should always wear a helmet when riding a bicycle.

Continued from the previous page

you can travel fast on a bike, a crash can cause more damage, too. Wearing a helmet approved for bicycling that fits your head is an important way to protect your head and face if you have an accident. When choosing a bicycle helmet, look for a sticker inside that says "CPSC." This means that it is approved by the Consumer Product Safety Commission. Always wear your helmet chin strap buckled tightly under your chin. Make sure your helmet fits your head; that it's not too small and not too big.

You should also wear a helmet when skiing, snowboarding, ice skating, and skateboarding. These activities require lots of balance, and it is normal to fall a lot. When you fall, you want your head protected. Especially with ice skating and skateboarding, falling backward is really common. Falling backward means your head is often the first part of your body to hit the ground. This makes wearing a helmet even more important.



Horseback riding is another activity where wearing a helmet is important. There are helmets made especially for equestrian (horse riding) sports. These helmets are shaped a little differently than other sport helmets. They give protection for the type of falls that usually happen in the sport.

If you ride ATVs, you should wear lots of special safety equipment, made especially for that kind of activity. Specific helmets with face shields, goggles, boots, gloves, and chest protectors are all made for reducing the risk of injuries in case of a crash.

Talk to your parents or other grown-ups for help finding the right kind of helmet to fit your head for the kind of activities you enjoy.

REFERENCE:

<https://www.healthychildren.org/english/safety-prevention/at-play/Pages/bicycling-and-beyond-when-your-kids-should-wear-helmets.aspx>

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Chris Ware (© University of Kentucky School of Human Environmental Sciences)

ADULT

HEALTH BULLETIN



Name: _____

St. Patrick's Day Word Search



H	O	R	S	E	S	H	O	E	S
M	N	G	Z	Z	X	Z	C	L	Y
D	D	H	S	Y	H	G	F	K	D
I	U	Z	H	H	C	N	C	J	R
R	X	C	A	A	E	U	O	D	A
E	C	G	M	E	L	Y	X	K	I
L	E	P	R	E	C	H	A	U	N
A	T	G	O	L	D	U	X	P	B
N	P	D	C	L	O	V	E	R	O
D	J	H	K	D	W	C	N	G	W
M	N	S	E	S	Y	X	K	X	S

Ireland
clover
gold

green
horseshoe
leprechaun

lucky
rainbow
shamrock

ELEVATING LEADERS

YOUR DONATION YOUR COMMUNITY ELEVATES KY LEADERS

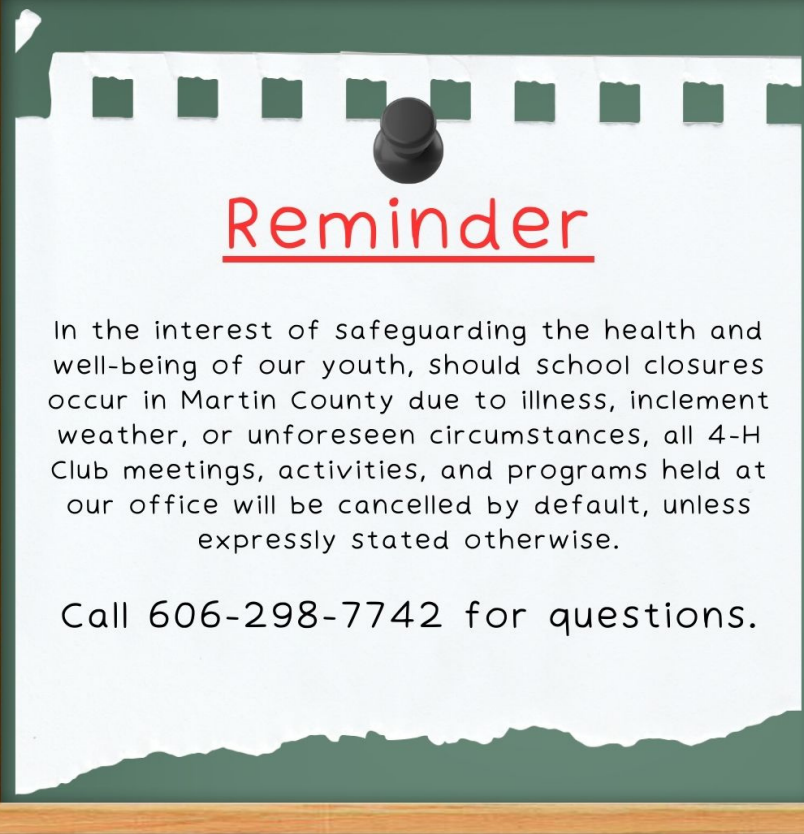
GIVE \$10 WITH EACH AG TAG AND
GROW KENTUCKY YOUTH

HALF OF THE FUNDS FOR 4-H AND FFA COME
BACK TO YOUR LOCAL CLUBS AND
CHAPTERS IN YOUR COUNTY.

SUPPORT STATEWIDE PROGRAMS
IMPACTING 274,000 STUDENTS ENROLLED
IN 4-H, FFA AND KY PROUD MEMBERS.



BY MAKING
A \$10 DONATION
WITH YOUR AG TAG,
YOU ARE CHOOSING TO
INVEST DIRECTLY INTO THE
FUTURE OF KENTUCKY
AGRICULTURE. DONATIONS ARE
DIVIDED EQUALLY BETWEEN FFA,
4-H AND KENTUCKY PROUD WITH HALF
GOING DIRECTLY BACK TO YOUR COUNTY.
THANK YOU FOR YOUR SUPPORT.



Reminder

In the interest of safeguarding the health and well-being of our youth, should school closures occur in Martin County due to illness, inclement weather, or unforeseen circumstances, all 4-H Club meetings, activities, and programs held at our office will be cancelled by default, unless expressly stated otherwise.

Call 606-298-7742 for questions.



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.

4:30PM - 5:30PM

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

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)

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

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 reported 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, US Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.

MARCH IS
National Nutrition Month!
#NationalNutritionMonth

BEYOND THE TABLE

2024 NATIONAL NUTRITION MONTH
A CAMPAIGN BY
THE ACADEMY OF NUTRITION AND DIETETICS