



4-H News

Laurel County
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Congratulations to our bike winners from the World Chicken Festival "Chick-a-lympics" 2023 held at the Laurel County Extension Office!

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PAPER CLOVER
EVERYONE'S A WINNER!

OCTOBER 4-15
Funds support 4-H camp and leadership activities.

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Elizabeth Easley
4-H Agent

Kelsey Henson
4-H Program Assistant

Billie Smith
4-H Staff Assistant

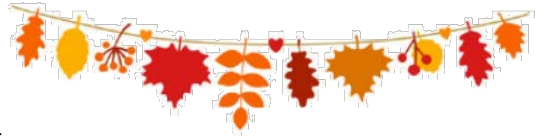
Cooperative Extension Service

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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A Note From Your 4-H Agent,

Fall is in the air! I love this season with the cooler temperatures and the trees changing color. I hope everyone is adjusting to the back-to-school schedule. As we celebrate National 4-H week, we need your help in promoting 4-H and encouraging adults and youth to get involved.

I am super excited to start our new 4-H programmatic year with our 4-H clubs. This month the Fabric Friends Sewing 4-H Club, Bon Appetit Cooking 4-H Club, and the Not So Secret Society of 4-H'ers Community Club will begin meeting. Next month, the Carrot Crunches 4-H Club, Environmental Explorers 4-H Club, Paws, Claws, Scales, and Tails 4-H Club, and the Teen Leaders 4-H Club will also begin meeting.

We are holding a 4-H Pumpkin Carving and Decorating Contest. Show off your creativity by either carving a pumpkin or decorating a pumpkin with items of your choice (such as paint, ribbon, markers, etc.). The deadline for pumpkins to be turned in to the Extension Office is October 26th.

Our volunteer leaders are hosting a 4-H Holiday Celebration on November 18th. There will be arts, games, crafts, dancing, a gift exchange, and food for all. More information about how to sign up for the 4-H Holiday Celebration will be coming out closer to the event. I urge you all to keep an eye on our 4-H Facebook page at <https://www.facebook.com/LaurelCo4H> and our website at <https://laurel.ca.uky.edu/4h-youth-development> for the most up-to-date information about all of our 4-H activities and programs.

I encourage you to participate in 4-H events, make new friends, volunteer for something new, plan a community service event, and tell others your 4-H story. If you need anything, please reach out to us, we are here and happy to help with anything you need. 4-H has something for everyone!

Elizabeth Easley
County Extension Agent for 4-H Youth Development



Martin-Gatton
College of Agriculture,
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Cooperative Extension Service

LAUREL

**4-H YOUTH
DEVELOPMENT**



How can we **serve you, Kentucky?**

Want to help your community AND have chance to win some great UK merchandise? Have we got a deal for you! Take a 10-minute survey about our community's needs and you can be entered in a drawing for one of four UK merchandise bundles, each valued at over \$200!

To enter, complete the survey at go.uky.edu/serveKY and take a screenshot of the last page. Message it to us at Elizabeth.easley@uky.edu. You can also pick up a paper copy at our office. For an extra entry, refer a friend and have them mention your name along with their screenshot.



KENTUCKY
COOPERATIVE EXTENSION

An Equal Opportunity Organization.



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College of Agriculture, Community, and the Sciences

October 4-H MEETING DATES

Enrollment now open!

Date	Time	Club/Meeting
9	6pm	Fabric Friends Sewing Club
19	10am	(Not so) Secret Society of 4-H'ers
26	10am	(Not so) Secret Society of 4-H'ers
26	6pm	Bon Appetit' Cooking Club

Clubs Starting in November:

- *Paws, Claws, Scales & Tails Pet Club
- *Teen Leadership Club
- *Environmental Explorers Club
- *Carrot Crunchers

Ages 9-18

To enroll in 4-H please come to a club meeting or stop by our office.

Garden Club Begins Spring 2024



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November 4-H MEETING Dates Enrollment now open!

Date	Time	Club/Meeting
6	6pm	Paws, Claws, Scales & Tails Club
9	6pm	Carrot Crunchers Rabbit Club
13	6pm	Fabric Friends Sewing Club
14	6pm	Environmental Explorers
16	10am	(Not so) Secret Society of 4-H'ers
16	6pm	Teen Leadership
23	10 am	(Not so) Secret Society of 4-H'ers
23	6pm	Bon Appetit' Cooking Club

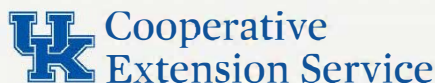
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

ELIZABETH.EASLEY@UKY.EDU



NOVEMBER 18TH

**DANCE, GAMES, CRAFTS, FOOD
& FUN**



SAVE THE DATE

HOLIDAY CELEBRATION!

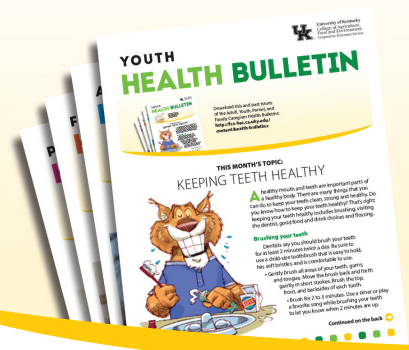


State Fair Pics



YOUTH

HEALTH BULLETIN



OCTOBER 2023

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:

WHY SHOULD I GO TO THE DOCTOR WHEN I AM NOT SICK?



It is important to go to the doctor when you are sick. But there are also reasons to visit the doctor when you are well. Having a doctor or nurse check for signs of being sick before you start to feel bad is important. This allows a doctor to find problems earlier when they are easier to fix. You can get or stay healthy faster.

If you play sports, you may need to get a sport's physical. A sports physical is a visit to the doctor to make sure it is safe to play the sport you want to play. Sports physicals and well visits to the doctor are not just for kids. Grown-ups should also go to the doctor once a year for a well exam to stay healthy.

A well-child exam or sports physical usually include several different parts: a paper to fill out ahead of time, questions from a nurse or doctor, and a physical exam. You should fill out any paper

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Having a doctor or nurse check for signs of being sick before you start to feel bad is important. This allows a doctor to find problems earlier when they are easier to fix.

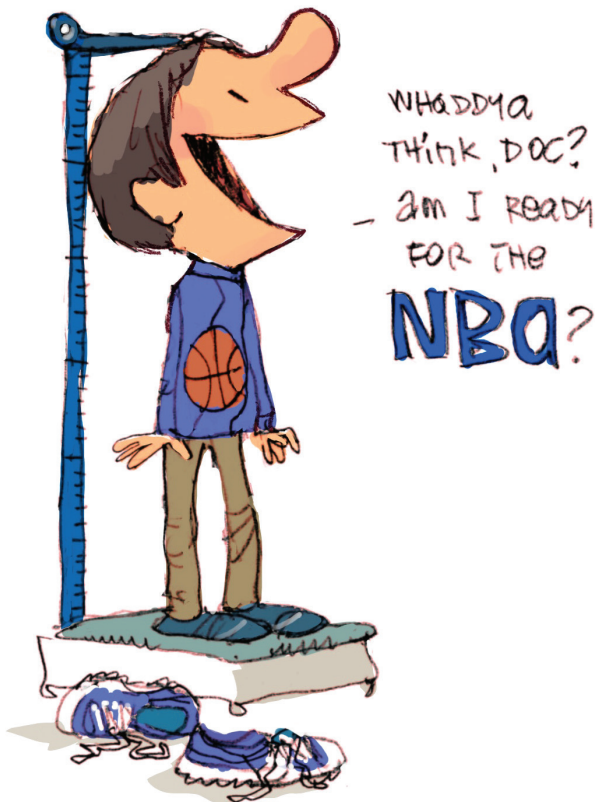
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with your parent or guardian, to make sure you have the right answers. As you get older, you need to know the answers to questions about your medical history, so this is a great way to learn.

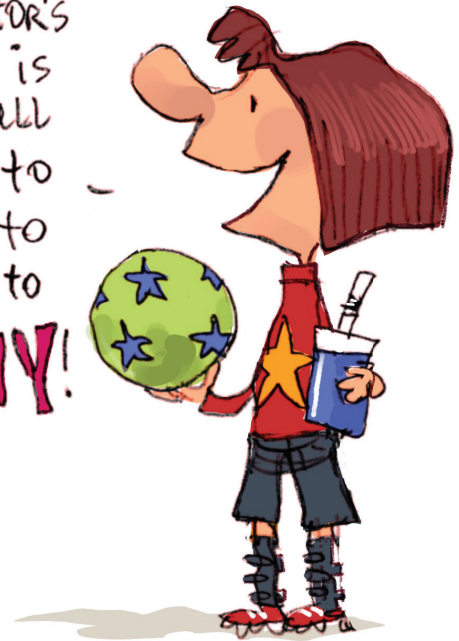
Your medical history includes questions about:

- any medical problems, illnesses, and injuries you had when you were younger
- medicines or vitamins you take
- medical problems that run in your family

During the physical exam, a nurse or doctor will measure how tall you are, check how much you weigh, check your blood pressure, listen to your heart and lungs, and look at your muscles, bones, and joints. You may also take a vision, hearing, or breathing screening. These screenings do not hurt. It is important that



a doctor's visit is a small price to pay to get to PLAY!



you pay attention and follow directions so the screening shows how well your body is working.

This visit is also your chance to ask questions about your growing body and how you can help stay healthy. Before your visit, try writing any questions down that you have for the doctor, and then write down the doctor's answer. You may feel silly at first, but you will remember more and you will make the most out of your visit.

Remember, doctors and health-care visits are good for you, even when you are not sick. They may not be the most fun, but well visits and physicals are an important part of keeping your body on track and healthy.

REFERENCE:

<https://kidshealth.org/en/kids/sports-physicals.html#catfit>

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)





Incredible Hulk Muffins

Servings: 18 Serving Size: 1 muffin

Ingredients:

- 2 cups whole-wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 tablespoon cinnamon
- 3/4 cup skim milk
- 3/4 cup honey
- 1 large ripe banana
- 6 ounces fresh spinach
- 4 tablespoons unsalted butter, melted
- 1/4 cup canola oil
- 1 egg
- 1 teaspoon vanilla

Directions:

1. Preheat oven to 350° F and line muffin pans with 18 paper liners.
2. Combine flour and cinnamon in a large mixing bowl.
3. In a blender or food processor, add milk, honey, banana, spinach, melted butter, egg and vanilla and blend until completely pureed.
4. Pour the puree into the dry ingredients and fold together gently until just combined.
5. Divide batter evenly into the muffin cups and bake 18 to 22 minutes or until the center of the muffins spring back when touched lightly in the center.
6. Cool before serving.

160 calories; 6g total fat; 2g saturated fat; 0g trans fat; 15mg cholesterol; 140mg sodium; 24g carbohydrate; 2g dietary fiber; 13g total sugars; 12g added sugars; 3g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

RETURN SERVICE REQUESTED

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