



Agriculture, Families and Youth

Cultivating Knowledge, Strengthening Families, Building Futures

While April showers bring May flowers, they can also bring significant challenges. Recent flooding has highlighted the destruction that excessive rain can cause. The aftermath of floods not only creates a lengthy cleanup process but also introduces contaminants that can harm your health, plant health for gardeners, and the well-being of animals and livestock for farmers. The University of Kentucky's Disaster Preparedness website offers valuable resources for those seeking information on safe cleanup, FEMA assistance, and agricultural support following floods. For more details, visit:
<https://anr.ca.uky.edu/extensionhelps>



Inside the Issue

- Health Information
- Moneywise and Health Bulletin

- 4-H Changemaker Spotlights
- Youth Health Bulletin
- Upcoming Events and Flyers

- Gardening Tips for April
- News and Updates
- Soil Sample "How To"



Stay Connected



606-298-7742



martin.ca.uky.edu



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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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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

BE INFORMED

FLOOD WATCH

FLOODING IS POSSIBLE.

Stay tuned to radio/TV for information and be ready to move to higher ground.

FLOOD WARNING

FLOODING IS HAPPENING OR WILL HAPPEN SOON.

Move to high ground immediately.

#BeInformed

Ready. 



FEMA

ROAD
CLOSED
AHEAD

STEER CLEAR *of* FLOODED ROADS

- Never drive on flooded roads – almost half of flood deaths happen in vehicles.
- 6 inches of water is enough to cause you to lose control of your vehicle.
- If you encounter flood waters on a roadway, Turn Around, Don't Drown®.



FEMA

Family & Consumer Sciences

8 WAYS TO GET MOVING AS A FAMILY

As the days grow longer and the weather warms up, it's the perfect time to get outside and be active with your family. Spring offers endless opportunities to enjoy the sunshine while creating healthy habits. Here are eight activities that promote family bonding and physical health.

1. **Nature Walks or Hikes** – The Kingfisher trail is great for challenge, or the Inez Walking Trail behind the former library is a great beginners walk. Walking is a great way to get steps in and enjoy the outdoors.
2. **Family Bike Ride** – Grab your bikes and head for a ride. Whether in your neighborhood or on a scenic trail, biking is a fun family activity. Did you know Inez has a dedicated Bike trail?
3. **Backyard Obstacle Course** – Set up a simple obstacle course with items you have at home. It's a fun challenge for everyone.
4. **Dance Party** – Turn on the music and have a dance-off! It's a great way to get moving and have fun together.
5. **Play a Team Sport** – Try soccer, basketball, or volleyball. Family-friendly sports are a fun way to stay active and work as a team. Recently the Inez and Warfield Tennis courts were refurbished creating a safe place to play!
6. **Scavenger Hunt** – Organize a scavenger hunt with physical challenges along the way. It's a fun, active way to explore your neighborhood.
7. **Gardening Together** – Planting, digging, and weeding are great ways to get your body moving while spending time outdoors.
8. **Yoga or Stretching Routine** – Try a family yoga session. It's a calm, mindful way to stretch and stay flexible together.

Incorporating these fun activities into your routine will help keep your family active while making the most of this beautiful season. Whether it's a walk, a bike ride, or a dance party, there's something for everyone to enjoy. For more ideas and personalized tips, visit planeatmove.com or contact me via phone or email. Let's stay active and make the most of this season together!

Source: planeatmove.com/KY NEP



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Martin County Extension Office
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Inez, Kentucky 41224-0325

Laugh & Learn Playdate

- Easter Egg Hunt
- Easter Craft
- Healthy Snack



April 18



11 am -12 pm



Inez City Park



Scan QR, Click on
Link in Post or Call
298-7742 to sign up.



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

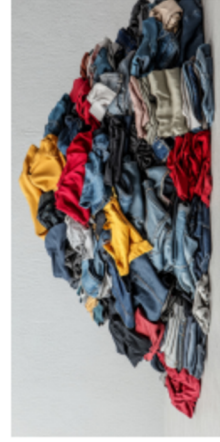
THIS MONTH'S TOPIC: AVOID BUYER'S REMORSE WHEN CLOTHES SHOPPING

It happens to a lot of us. We buy clothing, and soon realize that we don't really like it or it doesn't fit well. Then, *those jeans* or *that shirt* hang unworn in the closet as wasted money. In fact, research estimates the average U.S. consumer tosses 81.5 pounds of clothing a year, wearing an item only 7 to 10 times before purging it.

If your closet is full of clothes you don't wear, this is a good example of the **"Pareto Principle,"** otherwise known as the "80/20 rule." So many of us wear only **20% of our clothes, 80% of the time.** This suggests many of us can make do with less. Especially if we have a closet full of unworn clothes. If this describes you, keep what you wear most, then donate or sell the rest.

REDUCING BUYER'S REMORSE

After decluttering your wardrobe, be intentional to only buy items you plan to wear moving forward. First, **choose quality over quantity.** You will get more use from a few clothes that are well made than having lots of clothes that are cheaply made and may "fall apart" after washing. Buy the best you can afford.



Also, make sure you **FEEL good** wearing your clothing. Buy items that fit well and are flattering for your body to help you feel confident and comfortable. Think about clothes you already own that you continually reach for day after day.

Consider the additional tips below to avoid buyer's remorse.

Don't buy clothing...

- **Just because it is on sale.** It's tempting to spend money to save money, but you'll get "100% off" when you don't buy it at all.
- **"Just in case."** Make sure you have a place to wear your new item; otherwise, it will never get worn. (But it's fine to have one or two outfits to wear "in case" of a funeral, job interview, formal event, etc.)



with prior notification.

IT'S TEMPTING TO SPEND MONEY TO SAVE MONEY, BUT YOU'LL GET "100% OFF" WHEN YOU DON'T BUY IT AT ALL.



- **Because it's trendy.** You'll get more wear out of classic styles. If you buy something trendy, make sure the fit and style are right for you.

- **As retail therapy.** It's best to shop when you can think clearly about your purchases and you're not in a bad mood. Instead, rest, go for a walk, or get some fresh air.

- **For a "someday" body.** Buy flattering clothes that fit your body now, not for when you lose 10 pounds. Don't buy or keep clothing that makes you feel bad about yourself.

- **That needs alterations.** If the item won't work until you hem it, add buttons, or shorten the straps, don't invest in another "project" unless you know you will mend the garment.

- **That's "high maintenance."** If you're not willing to hand-wash, iron, or take clothes to the dry cleaner, select easy-care items. Read the care label before buying.

- **Without knowing the return policy.** Clarify how long until the item is no longer returnable, 7 days? 30 days?

Some "final sale" items may not be returned, or returns may be for "store credit only."

REGRET YOUR PURCHASE?

- **Return it!** Take it back to the store for a refund. If you shopped online, don't let too much time pass! Follow the return procedures so you're not stuck with something you regret.
- **No receipt or already cut the tags (but not worn)?** Take it back to the store and be honest. If you bought it recently and never wore it, you may be able to at least get store credit to buy something you WILL wear.

If you're stuck with your mistake, offer the item to a friend, donate it, or consign it. It's OK to let go of clothing you regret buying, no longer wear, or that no longer fits you even if you "spent good money" on it. The money is already spent and keeping too many unworn items in your closet makes it harder to locate the clothes you DO love to wear.

REFERENCES

<https://earth.org/statistics-about-fast-fashion-waste/>
<https://www.simplypsychology.org/pareto-principle.html>

ADULT

HEALTH BULLETIN

APRIL 2025

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

Martin County Extension Office
9 Holy St.
Inez, KY 41224
(606) - 298-7742



THIS MONTH'S TOPIC

APRIL IS NATIONAL KIDNEY MONTH

April is National Kidney Month. This is a time to bring awareness to kidney health and disease prevention. This year's focus is on taking charge of your health and the many factors that go into managing your kidney function. Kidney health is important for overall well-being. The kidneys play a crucial role in our bodies. So, people need to be aware of what their kidneys do and how to support them.

The kidneys filter out waste and extra fluid from the blood, making urine. They also help balance fluids and other nutrients such as electrolytes, sodium, potassium, and calcium. The kidneys also play an important role in producing hormones that help regulate blood pressure. They produce red blood cells and support bone health.

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with prior notification.

Being physically active

helps maintain

a healthy weight

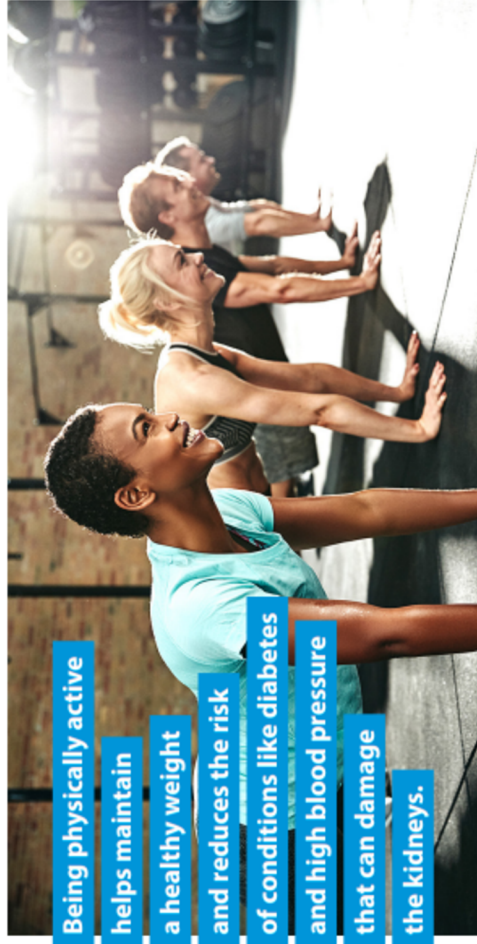
and reduces the risk

of conditions like diabetes

and high blood pressure

that can damage

the kidneys.



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There are many ways to help protect and support kidney health:

- **Drinking enough water** is crucial for kidney function. Dehydration can strain the kidneys. It makes them less effective.
- **Eating a diet low in sodium**, processed foods, red meat, and high in fruits, vegetables, and whole grains.
- **Being physically active** helps maintain a healthy weight and reduces the risk of conditions like diabetes and high blood pressure that can damage the kidneys.
- **Avoiding smoking and excessive drinking**, as smoking can damage blood vessels, including those in the kidneys. Drinking too much alcohol can cause dehydration and strain the kidneys.

REFERENCE:

<https://www.niddk.nih.gov/health-information/community-health-outreach/national-kidney-month>

ADULT

HEALTH BULLETIN

Written by:
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Stock images:
Adobe Stock





CAMP

4-H camp offers a fantastic opportunity for youth to make new friends and experience a unique environment where they can enjoy semi-independence, all while being supported by trusted adults and teen counselors. We have a variety of exciting activities available, including fishing, canoeing, a high ropes course, fun foods, crafting, and more. Camp registration opens on April 21st, and there will be multiple ways to sign up. Martin County residents will receive priority. Teens ages 15 and up who are interested in becoming teen counselors are encouraged to reach out. Please note that there are required trainings and meetings to attend in order to be considered. Follow our Social Media Pages or email joe.maynard@uky.edu if you are interested in volunteering as an adult volunteer or teen counselor.

News and Updates

- Photography Exhibit April 16th.
- New NEP assistant begins April 21st.
- New Agriculture Agent begins May 1st.
- Paper Trails scrapbooking class April 20th @ 5pm
- Middle School Afterschool Programs on Thursdays 3:15-4:00
- Inez Elementary Afterschool Programs on Tuesdays 3:15-4:00
- Camp sign ups begin April 21st

SAVE THE DATE

4-H Camp 2025

July 29-August 1





Meet Drew Wilson

“My Favorite Event of 4-H would have to be Teen Conference, I loved spending time with other 4-H programs from around Kentucky! My Plans After High school are to Attend Eastern Kentucky University to Pursue a Degree in Broadcast communications and Minor in Business.”

Drew has been an active part of the 4-H program for several years. He is a wonderful teen leader, showcasing his skills as a camp counselor, student ambassador at teen conference and in putting together our local Teen Council meetings. He is a senior at Martin County High School and will graduate in May. We know he will do big things and look forward to seeing his accomplishments continue into his adulthood.





SPRING MARKET

9 Holy St. Inez, KY 41224

Friday, May 2nd 9am-3pm

\$5 Donation- Bring your own Tables

\$10 Donation- Two Tables Provided



Donations will benefit 4-H Camp fees for Martin County Youth



An Equal Opportunity Organization



4-H

PHOTO EXHIBIT 2025

Wednesday, April 16th

SUBMIT PHOTOS BY 4.14.25

Youth Ages 9-18

Your photo may be chosen to represent Martin County at the Kentucky State Fair.
All photos will be on display at the Appalachian Artist Festival in Inez.

Enter at link provided or scan here



YOUTH

HEALTH BULLETIN



APRIL 2025

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[https://fcs-hes.ca.uky.edu/
content/health-bulletins](https://fcs-hes.ca.uky.edu/content/health-bulletins)

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THIS MONTH'S TOPIC READY, SET, PLAY!

The weather is warming up, the sun is shining more, and the days are getting longer. Spring is finally here! It can be hard to enjoy being outside when it is cold or dreary. So, take advantage of nice weather and sunshine to get outside and play!

Did you know that kids need to play outside? Your brain and body need to play and be outdoors to grow and work best. Many of your favorite reasons for liking to play are also why play is so good for you!

When you play, you get to make your own choices and decisions. The games you choose, the toys you pick to play with, and how you use your imagination help your brain get stronger. Your body needs to move. Playing outside

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Disabilities
with prior notification

Sunlight gives our bodies vitamin D, and fresh air is good for our lungs and brain.

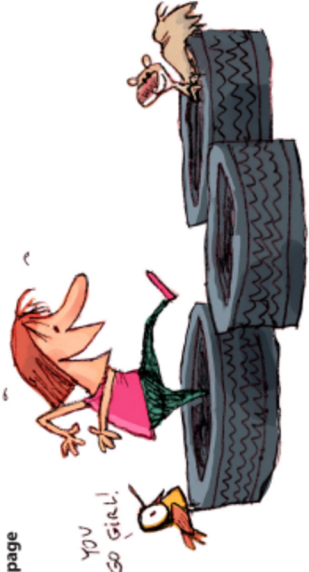
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lets you decide how to move it. Maybe you like to race with your friends, jump across rocks, or learn how to do a cartwheel. All these are good for your muscles and bones! Our muscles and bones get stronger when we use them, and play lets you use your body in fun ways.

It is also good to play outside. Sunlight gives our bodies vitamin D, and fresh air is good for our lungs and brain. Not to mention, being outside often helps us feel happier and less stressed. If you feel down or sad, try going outside and moving your body. You will likely feel at least a little better.

Here are some ideas of ways to play outside:

• **Go on a nature treasure hunt:** Look around your yard or neighborhood for unusual items. Can you find a very shiny rock? Or what about a flower in a color different from all the others? What about a leaf that is much bigger than the rest? Can you find animal footprints?



Or sticks in the shape of the letters of your name? You might have to pay attention!

• **Create an obstacle course:** Look for items in your yard, garage, or toys that you can use to make an obstacle course. Make a starting point and finish line. Put items in between them that you will have to jump over, crawl under or through, dodge around, or climb. Once you have made your course, have a grown-up or friend time you to see how long it takes you to finish the course. Then, try to beat your own time!

• **Pretend you are on an adventure:** Think about your favorite book or movie and try to re-create it! It is OK if you do not have all the costumes or props. Get creative and think about what you have that you could use instead! If you need more characters, ask your siblings, friends, or neighbors to play, too!

REFERENCE:

Yogman, M., Garner, A., Hutchinson, J., Hersh-Pasek, K., & Golinkoff, R. M. (2018). The power of play: A pediatric role in enhancing development in young children. *Pediatrics*, 142(3). <https://doi.org/10.1542/peds.2018-2058>

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Cartoon illustrations by:

Chris Ware (© University

of Kentucky School of Human

Environmental Sciences)

YOUTH
HEALTH BULLETIN



IES 4-H PROGRAMS

EVERY TUESDAY AFTERSCHOOL 3:30-4:15

IN COLLABORATION WITH THE 21ST CCLC PROGRAM



PROGRAM AREAS:

SCIENCE, ENGINEERING, TECHNOLOGY
AGRICULTURE
FAMILY & CONSUMER SCIENCES
NATURAL RESOURCES

HEALTH & WELLBEING
LEADERSHIP
COMMUNICATION
EXPRESSIVE ARTS



MCMS 4-H PROGRAMS

EVERY THURSDAY AFTERSCHOOL 3:30-4:30

IN COLLABORATION WITH THE 21ST CCLC PROGRAM



PROGRAM AREAS:

SCIENCE, ENGINEERING, TECHNOLOGY
AGRICULTURE
FAMILY & CONSUMER SCIENCES
NATURAL RESOURCES

HEALTH & WELLBEING
LEADERSHIP
COMMUNICATION
EXPRESSIVE ARTS



Agriculture & Natural Resources

Gardening Tips for April

April is a great month for planting cole crops like collards, cabbage, cauliflower, and broccoli. Plant them early in the month to allow them to mature before the summer heat affects their quality. If you miss the window, you can try planting them again in late summer. However, it's getting too late to plant spinach and peas; these crops can be planted later in the summer or early fall.

Here's what you can plant in April:

- Mid-April: Beans and sweet corn
- End of April: Vine crops such as cucumbers, muskmelon/cantaloupe, summer and winter squash, and pumpkins.

If you live in the western part of the state, you may plant a bit earlier, while in the eastern part, you may want to wait a week longer for the soil and air to warm up.

If you're planning to grow pumpkins, planting them in April often leads to a harvest well before Halloween. However, for pumpkins specifically for Jack-o'-lanterns, it's best to delay planting until early to mid-June.

April is also an ideal time to set up raised beds. Remember to fill them with a mix of good garden soil and organic material like compost, well-rotted manure, or peat moss. Be sure to keep the ratio of soil to organic material at 3:1. If you're using fresh manure, wait until fall to add it, as it can contain harmful bacteria when fresh. For container gardening, it's recommended to use store-bought potting soil, as regular garden soil doesn't work well in containers.

Happy planting this April!

Source: NEP Growing Your Own Garden Calendar

- New Agent Start Date 5/1/25
- Spring Market 5/2/25
- Meet the Agent Reception TBA

Agriculture & Natural Resources



Soil Samples

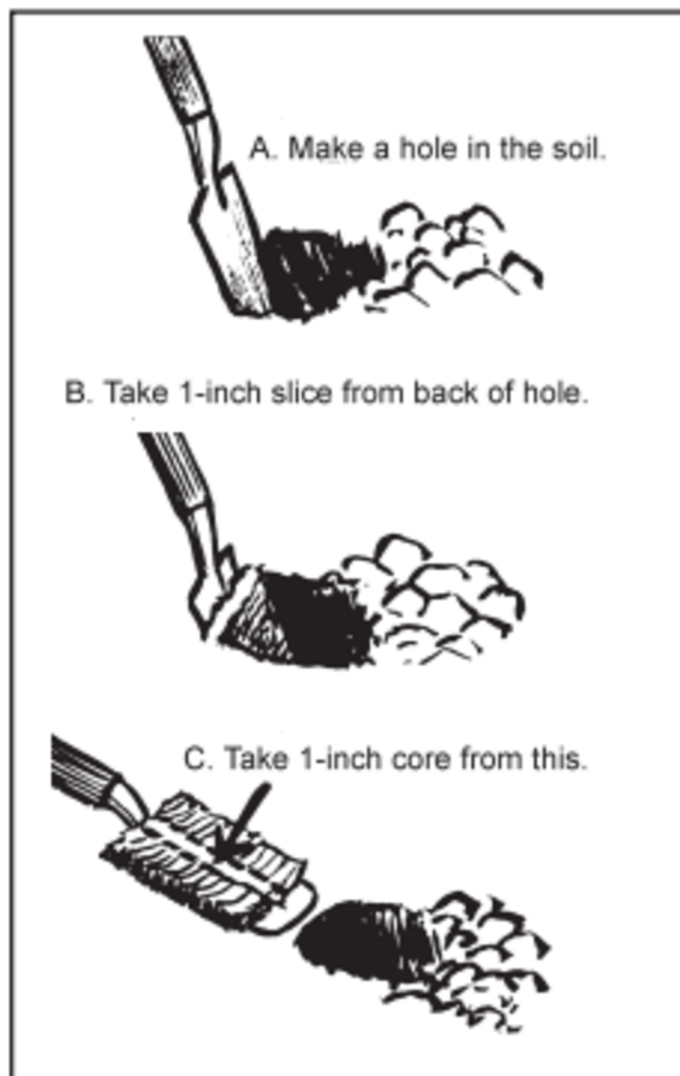
Why should you get a soil sample? The test results help determine fertilizer and lime requirements. This will save you time and money in the long run by helping you to determine the requirements based on what you want to grow. After you take the sample, return it to The Extension office. We will send your sample to UK for analysis. UK will send the ANR agent the analysis and will contact you with the information. The agent will help you with any questions and guide you in your garden planning as needed.

To take a soil sample, push a spade 7 inches into the soil and throw the soil aside. Take another 1-inch slice of soil from the back of the hole the full depth of the hole. Remove all the soil but the center 1- to 2-inch-wide core. Place this core of soil in a clean bucket (Figure 20.1). Repeat the procedure in different spots to get a representative sample of the whole garden and to get about 1 pint of soil. Mix the composite sample well and put it on some paper to dry for about two days at room temperature.

For more information, please contact us at 606-298-7742.

Source: Publication ID-128, Home Gardening in Kentucky

Figure 20.1. Taking a soil sample.



Remember:

- Label your sample with your name, phone number, email or mailing address.
- Be sure to DRY your sample at room temperature for about two days to ensure the sample is ready to be processed.
- Put the sample in a ziplock bag or grocery bag once dry to transport to the Extension Office.



APRIL 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31 Heirloom Quilters	1 Piecedful Stitches	2	3	4	5
6	7 Heirloom Quilters	8 Piecedful Stitches	9	10 MCMS HANDS Babyshower	11	12
13	14 Heirloom Quilters	15 Piecedful Stitches IES Afterschool	16 Paper Trails @ 5:30 Photography Exhibit	17 MCMS EES K-2	18 Laugh and Learn	19
20	21 FCS Council @ 11am Camp Applications Open Heirloom Quilters	22 EARTH DAY 4-H Council @ 3:30 Piecedful Stitches	23	24 MCMS EES K-2	25 Head Start Recruiting Day	26
27	28 Heirloom Quilters	29 Piecedful Stitches IES Afterschool	30	1	2	3



Lemon Broccoli Pasta



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Prep time: 15 minutes
Cook time: 25 minutes

- 1 box (16 ounces) whole-wheat pasta (rotini, spaghetti, bowtie, elbow macaroni)
 - 1 package (12 to 14 ounces) frozen broccoli
 - Zest of one lemon
 - Juice of one lemon (about 2 tablespoons of lemon juice)
 - 2 tablespoons olive oil
 - 2 1/2 teaspoons garlic powder or 1 clove of garlic, minced
 - 2 cups spinach
 - 1 cup grated parmesan cheese
 - 1 cup reserved pasta water
 - Salt and pepper, to taste
- 1.** Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 - 2.** Boil water and prepare pasta according to package directions. Be sure to save 1 cup of pasta water for later use.

- 3.** While the pasta cooks, microwave broccoli for about 5 minutes, or until thawed.
- 4.** In a large saucepan over medium heat, add oil and sauté broccoli for 3-5 minutes.
- 5.** Add cooked pasta to the saucepan with the broccoli. Add lemon zest, lemon juice, garlic, spinach, and reserved pasta water. Use tongs or a spoon to evenly combine everything. Cook until spinach is wilted, about 5 minutes.
- 6.** Sprinkle over parmesan cheese and stir to combine. Reduce heat to low and cook for an additional 3 to 5 minutes or until it reaches desired texture.
- 7.** Serve.
- 8.** Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving size: 1 1/2 cups
Cost per recipe: \$8.56
Cost per serving: \$1.07

Nutrition facts

per serving:
320 calories; 9g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 200mg sodium; 51g total carbohydrate; 7g dietary fiber; 2g total sugars; 0g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

Source:

Jeannie Noble, RD,
Extension Specialist
for Nutrition; and
Jen Robinson, NEP
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