

4-H NEWS



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
4-H Youth Development

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Coming Up

September 2 nd	4-H Mountin' Top Horse Club Showmanship Competition at Saddle Club Arena, Leeco Rd
September 5 th	Professor Popcorn Hayes Lewis Elem. 1 st - 4 th Grades
September 6 th	Professor Popcorn W.B. Muncy Elem. 1 st - 4 th Grades
September 7 th	Professor Popcorn Stinnett Elementary 3 rd - 4 th Grades
September 8 th	Professor Popcorn Mountain View Elem. 1 st - 3 rd Grades
September 21 st 3:30 p.m.	Teen Leader Meeting Extension Office
September 23 rd	D2 Fall Teen Meeting Tree Top Adventures Levi Jackson State Park
September 25 th 5:00 p.m.	4-H Mountin' Top Horse Club Meeting Extension Office

YOUR SINUSES

Sinuses are very important part of our bodies. But unless you have a cold or allergies, you probably do not think about them too much. Wally Cat wants you to learn about what sinuses are and what they do. Did you know that sinuses start developing before you are born? And also that some sinuses continue to grow until you are about 20 years old?

What are sinuses?

Your sinuses are the air-filled spaces found in the bones in your head and behind your face. You have eight sinuses, and they are in pairs. When you look at your face in the mirror, your sinuses are on both sides of your nose (in your cheek area), behind and between your eyes, behind the forehead and at the back of the nasal area.

The mucus membrane helps keep the air you breathe moist and traps germs and dust. Your body produces mucus to help.

Much like your nose has a mucus membrane (the thin, moist tissue that lines your nose) the sinuses have one too. The mucus membrane has a very important job to do: it helps keep the air you breathe moist and traps germs and dust. Your body produces mucus (also known as snot) to help.



When you have a cold or allergies, the mucus membrane gets swollen and produces even more mucus.

Why do we have sinuses?

Would you believe that scientists do not know exactly why we have sinuses? There are some theories out there though. Some scientists think that part of the reason is that it helps keep the head from being too heavy for the body. Because sinuses are basically pockets of air, and air is light, that helps us keep our head held high. Sinuses also affect your voice. The different sizes of sinuses give different depth and tone to voices. Think about the last time you had a cold, do you think you sounded funny?

Having a runny nose, there can be many reasons for a runny nose:

A cold or flu: Your sinuses can fill with extra mucus. The extra mucus is created to help keep the germs from getting into the lungs and the rest of the body.

Allergies: Sinuses can feel pressure when you have allergies. Allergies are when your body reacts to a substance like dust like it was a germ.

Infection: Sometimes the sinuses get infected. When this happens you may get a fever, or have a runny nose for several days, or even a cough. If you have a sinus infection, you will need to go see a healthcare provider.

Hopefully you learned a little more about the sinuses and you do not have many colds or the flu this year! For more information contact Vicki R. Boggs, Leslie County Agent for 4-H Youth Development Education at (606) 672-2154.

REFERENCE: www.ca.uky.edu/HEEL/BulletinsSeptember2017

Cooperative Extension Service
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



WHAT'S COMING UP IN LESLIE COUNTY 4-H



September 2, 2017

**4-H Mountin' Top Horse Club Showmanship Competition
at Saddle Club Arena, on Leeco Rd**

**4-H Teen Leaders Meeting
September 21, 2017 - 3:30 p.m.**

**D2 Fall Teen Meeting
will be September 23, 2017 at
Tree Top Adventures Levi Jackson State Park**

Professor Popcorn

We are excited see you beginning September in The Leslie County Elementary Schools. Exploring MyPlate with Professor Popcorn is a curriculum for youth. Major concepts included in the curriculum have been linked to health and science education standards. *Topics include: 1) Exploring MYPlate, 2) Physical activity, 3) Dietary Guidelines for Americans, 4) Fight Bacteria! Concepts of Clean, Separate, Cook and Chill.*

There are 5 lessons taught in Leslie County 1st-4th grades along with other lessons in various grades. Professor PopCorn challenges us all to stay healthy! This year we will teach over 300 students this valuable curriculum! We have interactive fun while learning about every food group in MyPlate. We also include fun physical activity and sample our yummy snacks. We appreciate our students and teacher volunteers who help make this important program possible. **MAKING THE BEST BETTER!** For more information about Exploring My Plate or other programs contact Leslie County Cooperative Extension at 672-2154.

September 5th - Hayes Lewis Elementary - 1st – 4th Grades
September 6th - W.B. Muncy Elementary - 1st – 4th Grades
September 7th - Stinnett Elementary - 3rd – 4th Grades
September 8th - Mountain View Elementary - 1st – 3rd Grades

**September 25, 2017
4-H Mountin' Top Horse Club Meeting
5:00 p.m.
Leslie County Extension Office**



WHAT'S BEEN HAPPENING IN LESLIE COUNTY 4-H



4-H Teen Leaders meet in August

Scheduled on Third Thursdays at 3:30 4-H Teens hold their regular monthly meeting at Leslie County Cooperative Extension. Our meeting was opened by Nick Gibson our current Vice President. Pledges were led followed by sharing and reflection from our teens as they began their meeting. 4-H Relay for life team 4-H continues as each teen is invited and encouraged to join our local efforts. It was agreed that our 4th "H" for Health be continued and everyone share by next meeting how to proceed with this program. Achievement applications are due before Thanksgiving this November. Lots of additional up-coming programs and events including YELP, project days, and community service ideas were

discussed. A huge and friendly welcome to new member, Shilo Souder who joined our teen group! Congratulations were expressed as 7 of our teens received participation ribbons for their Sand Art Projects, photography, sewing, needlework, arts and crafts and forestry were all areas that Leslie County Youth submitted entries in to the Kentucky State Fair. Congratulations Jordyn Amundsen, Emily Boggs, Cierra Couch, Jordyn Estridge, Nicki Gibson, Ryleigh Napier, Alexis Feltner and Akeila Turner for having entries in these areas competing at The Kentucky State Fair! August 22, 2017 on Tuesday our Teens will showcase some of their talents on The Cloverville Stage at The Kentucky State Fair! Hope to see everyone at The Kentucky State Fair seeing our Youth Making their BEST BETTER! We welcome and encourage teens to join our group! Please contact us anytime or Vicki R. Boggs at 672-2154.



D2 Teen Meeting at Kentucky Splash Waterpark

On August 1st District 2/4-H Teen Groups met in Williamsburg KY at Splash Waterpark for their Summer Meeting. The teens had lots of fun, met new people and



participated in a community service project providing food for Harlan County Needy families! We also discussed our on-going community service project of saving aluminum can tabs for The Ronald McDonald House in Lexington, Ky. We recognized our teens who have earned achievements while encouraging all teens to participate in this wonderful opportunity. We also discussed important upcoming dates for future events and meetings. September 23, 2017 will be the next D2 Teen Meeting date held at Tree Top Adventures at Levi Jackson State Park in London, Ky. Great opportunity for district 2 teens to gather and have fun while learning leadership and relationships.



4-H Advanced Sewing Project

Emily Boggs completed an advanced sewing project during Summer Day Camp here at Leslie County Extension. She began her project with guidance from master clothing volunteer Betty Harris by choosing patterns and fabric. She prepared patterns, cutting out fabric and began her project of three days while practicing her skills in sewing. Her skirt and shirt were entered into the "Dress -It-Up" category at The Kentucky State Fair! Congratulations Emily and "Thank-you" Betty for volunteering your time and skills making the BEST BETTER!



Teen Summer Creative Expressive Arts and Photography Day!

4-H Teens met at Cooperative Extension bringing their creative ideas and skills to paint bird houses for Hyden's Trail Town! They also joined to complete creative Sand Art Painting on 8"X10" wooden pieces. Lots of ideas and skills were put to work designing great pieces of sand art! Jace our 4-H Program Assistant led the lesson sharing her designs, ideas and samples to give visuals of what they can accomplish. Photography was also explored as Jace shared lots of information helping them learn details about the many areas of photography. Each teen chose levels and classes of photography to proceed with their picture taking. Making the **BEST BETTER!**

Congratulations Teens on your entries to The Kentucky State Fair!