MEDICINES

Wally Cat does not like it when he does not feel well. Sometimes he has to take medicines to feel better. Have you ever had to take medicine? Have you ever wondered what medicines really are made of? This month Wally Cat wants you to learn more about medicines.

If you have ever had to take medicines, you know that different medicines may be different colors. You may also know that there are different ways to take medicine. Some medicines you have to swallow, while another may be given in a special mist spray. Still another could be in drops of some sort. No matter what the color or how you have to take it, medicines are made to help you feel better when you are ill.

Many medicines used today are made in special places called laboratories. It is made there and tested again and again to make sure it is safe for you to use and that it is effective against the illness.

Many of the "new" medicines used today are really newer versions of old medicines. These often have been worked on to make them even more effective in helping people feel better faster.

When you go to a doctor, he or she has to think about why you need help and understand the cause of your illness or problem. Some people may need to take more than one type of medicine at a time.

Taking medicines: There are many ways you may have to take a medicine. Medicines such as pills or liquids are swallowed. Once the medicine is swallowed, it travels down to the stomach. Once in the stomach it is broken down by your digestive juices and moved to the bloodstream. The bloodstream carries the medicine around the body to be used as needed. As you might have guessed, that takes a little while! Some medicines are needed much faster. Sometimes a medicine is inhaled through a mist that goes to the lungs. Sometimes a medicine has to be given as a shot. There are even some medicines that work by being put directly on the place where the medicine is needed, such as an ointment on a cut. Pay attention! Although medicines are very helpful, there are times when they could harm as well. If you take too much of a medicine you could get very hurt. Outdated medicines can make people sick as well. If a doctor tells you that you should take the medicine for 7 days, then you should take it for 7 days, even if you are feeling better. Even though you may be feeling better, you want to make sure that the medicine is able to do its job. Wally Cat is glad that he is able to use medicines when he needs them. Medicines can help you feel better, but it is important to make sure that you take them as the doctor tells you.

WHAT’S BEEN HAPPENING IN 4-H

NRESki Academy Scholars attended March Trip to RCARS

Pictured left to right: Jesse Shell, Ray Wilson, Nick Adams and Bobby Roberts

On March 3rd Ray Wilson, Agriculture Agent accompanied these scholars on their quarterly trip. They engaged in activities learning about natural resources and environment. Learning about natural resources, exploring nature and how it relates to us always helps in "MAKING THE BEST BETTER!"

WHAT’S COMING UP IN LESLIE COUNTY 4-H

4-H Teen Council Meetings
Make plans to join us for these upcoming 4-H Teen Council Meetings. We eat, learn, serve, and more!
Monday, April 14th – 3:30 p.m.  Monday, May 12th – 3:30 p.m.

Post-Secondary Education
All high school seniors are eligible to apply for the 4-H Post-Secondary Education Scholarship. Awarding criteria is based on 4-H experience, achievement, need, and academic standing. Call 672-2154 for more details or for an application. Application Deadline Monday, May 2nd.

4-H Camp Counselor Training
All teen counselors are required to attend a training session prior to attending 4-H Camp this summer.
Tuesday, May 10th Van leaves for Perry County Extension Service at 4:30 p.m.!
4-H Camp

Save this date! May 31st - June 3rd
Ages: 9-14 years old  Cost: $185*
*Full and partial scholarships available. A $30 deposit is required to hold your spot and to be eligible for a scholarship.

What do you do at Camp?
Camp is packed with activities from dawn to dusk! Campers will take classes offered by certified instructors in classes like:
* Archery  * Balloon Animals  * Canoeing  * Cooking  * Fishing  * High Ropes  * Low Ropes
Plus, you’ll have the chance to take part in exciting team challenges, nightly dances, campfires, night hikes, and more!

Where do we sleep?
Campers stay in cabins with trained teen and adult leaders. Boys and girls are in separate cabins on separate sides of the camp.

How do I register?
Complete the pre-registration form (available at your school or the Leslie County Extension Office) and return it to the Extension Office by May 3rd. A deposit of $30 is due with the application to reserve your space at camp.

You will receive additional forms in the mail that must be completed prior to camp. We are limited on the number of youth who can attend—get your application in early!
Contact Vicki R. Boggs Leslie County Extension for 4-H Youth Development at (606) 672-2154 for more information.

Fun!  Fun!  Fun!  Fun!  And More Fun!

4-H Teen Conference
Registration is now open for 4-H Teen Conference. If you are interested in attending this 4-day/3 night youth leadership conference, contact our office today! Deadline to register is May 3rd.
June 13-16, 2016  University of Kentucky Campus

Feltner 4-H Camp is now on Twitter and Instagram