



Cooperative Extension Service

Estill County
76 Golden Court
Irvine, KY 40336-6917
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The Estill County Clover Press

4-H can help find that spark

Source: Rachel Guidugli, agriculture extension director assistant

In a world full of talents, interests and qualities, everyone has a unique inner fire that gives them joy, purpose, and direction. 4-H calls these "sparks" representing passion, energy and self-identity, not just hobbies. Sparks can come from playing a guitar or advocating for social justice, starting a journey of growth and change.

Sparks are what motivate us to pursue our passions. They are skills, talents, interests, and unique qualities that resonate with us. The virtuoso violinist, environmentalist, and empathetic listener all have sparks that fuel their work. These inner sparks illuminate our lives and lead to self-discovery.

4-Hers have many opportunities to explore and find their passions:

- Community Clubs: youths can join diverse projects. They find sparks by trying new things and spending time with like-minded people.
- Teens as Teachers: Older teens teach younger children their passions. This experience develops leadership and engages both parties.
- 4-H Special Interest (SPIN) Clubs: these clubs allow children to explore their passions and meet others who share them.
- After-school programs: introduces members to different interests so they can quickly explore them. This flexibility sparks curiosity and helps them find their passion.

Sparks shape lives and society, not just personal preferences.

- Driving Growth: sparks inspire people to learn and overcome obstacles. A spark may help someone overcome public

speaking fears or learn new technology, building resilience.

- Driving Contribution: sparks often lead to community-beneficial actions. A musician may bring joy to nursing home residents. Social justice may lead to civic engagement, and basketball may inspire coaching younger children, creating a positive cycle.
- Building Connections: sparks foster like-minded peer connections. They connect youth enthusiasts, building support networks and camaraderie. These connections support knowledge sharing, skill development and personal growth.
- Building Protective Factors: pursuing sparks motivates academic success, healthy choices and risk-aversion. People become more self-aware and responsible, avoiding actions that could harm them or others.
- Fostering Positive Adjustment: sparks boost self-esteem, optimism, and purpose. This helps children find their place in the world, boosting their confidence and sense of belonging.
- Fostering a Thriving Orientation: sparks create a thriving orientation. Youths gain confidence, competence and character. They help their community, amplifying their sparks.

Sparks are the foundation of a happy life! They help people grow, contribute, connect and confidently navigate the world's complexities. Society nurtures sparks to create a generation of enthusiastic, engaged and empowered youths ready to change the world.

More information on how 4-H can help them with their sparks is available at the Estill County Extension office.

OCTOBER

2023

We are conducting our community needs assessment also. We serve Kentucky in many ways, and our services grow with the needs of our communities. Help us stay on track by taking our survey at go.uky.edu/serveKY or use the QR Code in the newsletter found on page 7.

Judy Vaughn
County Extension Agent
for Family & Consumer Sciences

Emma Lee, County Extension Agent
for Agriculture & Natural Resources

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Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Estill County 4-H Horticulture Club

For Estill County Youth 4-H age 9-18

- Horticulture Club will meet once a month at the Estill County Extension Office (4th Monday of each month at 5p.m.)
- Participants will learn the basics of horticulture: from planning, starting seeds in the new greenhouse, to completing 4-H State Fair eligible projects

Sign-ups start October 2nd

Call the Estill County Extension Office at 606-723-4557 to sign up **Limited spots available!** Meetings will be held at the Estill County Extension Office, 76 Golden Court, Irvine, KY

Emma Lee

Emma Lee, County Extension Agent
for Agriculture & Natural Resources

LaDonna Dawes
4-H Program Assistant

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For Estill County Youth 4-H age 9-18

The next meeting will be

Wednesday, Oct. 4th

Meeting starts at 4:00 p.m.

Estill County Extension Office, 76 Golden Court, Irvine

Spots still available!

Call the 606-723-4557 to sign-up and request an enrollment form and for more information.

Judy Vaughn

Judy Vaughn
County Extension Agent
for Family & Consumer Sciences

Find us on 

LaDonna Dawes
4-H Program Assistant

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4-H TEEN COOKING CLUB

For Estill County Youth 6th through 12th grades

First meeting to be determined

Meetings will start at 4:00 p.m.

Estill County Extension Office, 76 Golden Court, Irvine

Teen Club members will participate in county, district, and state activities to improve or enhance their leadership skills, serve as leaders to younger 4-H members, volunteer, and participate in fun activities throughout the program year!

SIGN-UP NOW!

Call the 606-723-4557 to sign-up and request an enrollment form.

Judy Vaughn

Judy Vaughn
County Extension Agent
for Family & Consumer Sciences

LaDonna Dawes
4-H Program Assistant

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First meeting will be

Monday, October 9th

Meeting starts at 4:00 p.m.

Estill County Extension Office, 76 Golden Court, Irvine

Sign-ups start September 18

Participants will:

- Learn basic and advanced cooking skills
- Budgeting
- Meal Planning
- Food Safety
- And much more

Call the Estill County Extension Office at 606-723-4557 to sign-up and request an enrollment form! **Limited spots available!**

Teen Cooking will meet the 2nd Monday of each month.

Judy Vaughn

Judy Vaughn
County Extension Agent
for Family & Consumer Sciences

LaDonna Dawes
4-H Program Assistant

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4-H HORSE CLUB

For Estill County Youth 4-H age 9-18

First meeting will be

Thurs., October 5th

Meeting starts at 7:00 p.m.

Estill County Extension Office, 76 Golden Court, Irvine

SIGN-UP NOW!

Call the 606-723-4557 to sign-up and request an enrollment form.
You do not have to own horses to participate in this club.

Emma Lee

Emma Lee, County Extension Agent
for Agriculture & Natural Resources

LaDonna Dawes
4-H Program Assistant

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4-H GOAT CLUB

For Estill County Youth 4-H age 9-18

First meeting will be

MONDAY, OCTOBER 2ND

Meeting starts at 4:00 p.m.

Estill County Extension Office, 76 Golden Court, Irvine

SIGN-UP NOW!

Call the 606-723-4557 to sign-up and request an enrollment form.
You do not have to own goats to participate in this club.
Limited spots available!

Emma Lee

Emma Lee, County Extension Agent
for Agriculture & Natural Resources

LaDonna Dawes
4-H Program Assistant

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MORE INFORMATION COMING SOON!

2024 Country Ham Project

- 4-H members will receive 2 hams to cure, they learn how to cure ham and hang their hams for 8 months.
- After the hams are cured, youth are required to give a presentation on a specific topic related to country hams.
- Youth are required to give a 3-5 minute presentation at the 2024 Kentucky State Fair.
- Youth must get 6 hours of classroom instruction to compete at State Fair. After school meetings will be held at the Extension Office.
- Any youth 9-18 years old may participate.

***ESTIMATED COST: \$60 - INCLUDES 2 HAMS, CURE MIX, & SUPPLIES**

*COST MAY VARY DEPENDING ON YEARLY CONTRACTS.

If interested, please contact the Estill County Extension Office at 606-723-4557 to be put on the list. Deadline will be November/December. More information will be released once it becomes available.

Judy Vaughn
County Extension Agent
for Family & Consumer Sciences



LaDonna Dawes
4-H Program Assistant

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- Kentucky resident?
- At least 18 years old?
- Care about your community?



HOW CAN WE serve you??

Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit:

go.uky.edu/serveKY

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Contact your local Extension Office for a paper copy of the survey.



OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 4p.m. Goat & Sheep Club	3 4p.m. Teen Club (potential)	4 4p.m. Photo Club	5 7p.m. Horse Club	6	7
CELEBRATE NATIONAL 4-H WEEK!						
8	9 4p.m. Teen Cooking	10	11 1p.m. Homeschool Cloverbud Club 3p.m. Estill Springs Cloverbud Club	12	13	14
15	16	17 6:30p.m. 4-H Council Meeting	18	19	20	21
22	23 4p.m. Teen Cooking TBD	24 3:30p.m. West Irvine Cloverbud Club	25 4p.m. Junior Cooking TBD	26 4p.m. Photo Club	27	28
29	30  5:30p.m. Bat Night Workshop	31				

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>

Estill County Extension Office
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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 sports 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

Continued on the next page →



Disabilities accommodated with prior notification.

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.

Continued from the previous page

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#caft>

Written by:
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Chris Ware © University
of Kentucky School of Human
Environmental Sciences

ADULT HEALTH BULLETIN



6M

Six million kids nationwide are learning how to be better humans in 4-H.

4-H has had more than 100 birthdays! One of 4-H's first youth programs took place in 1902 in Ohio.



An organization with worldwide prestige, 4-H is alive and well in more than 50 countries.

**Build your own Fun Facts,
and continue the 4-H Story!**

National 4-H Week
Oct. 1st - Oct. 7th, 2023



#4HWeek



Do you have a passion, skill, or talent that you would like to share with youth in our community? The Estill County 4-H Youth Development Program needs your help! We are looking for adults to lead clubs for our local youth. There are so many ways to serve as a 4-H Volunteer. For more information contact the Estill County Extension Office or the Estill County 4-H Council by calling 606-723-4557.



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Air Fried Okra Tots with Tangy Dipping Sauce

Wash hands with warm water and soap, scrubbing for at least 20 seconds. Cut the ends off the okra. Cut the okra into 2-inch (tater tot sized) chunks. In a large bowl, place the cut okra, olive oil, and seasoning. Toss to coat. Add to the basket of your air fryer in a single layer. Depending on the size of your air fryer, you may need to cook in batches so the okra is in a single layer, which allows air to circulate and okra to be crispy. Cook at 350 degrees F for 10 minutes or until crispy, tossing halfway through. While the okra cooks, prepare the sauce by mixing all of the ingredients in a small bowl. Refrigerate the sauce until ready to serve. Serve okra tots with tangy dipping sauce. Store leftovers in the refrigerator within two hours.

Yield: 5 servings. **Serving Size:** 1/5 of recipe. **Nutrition Analysis for Okra Tots with Tangy Dipping Sauce:** 170 calories, 13g total fat, 2.5g saturated fat, 10mg cholesterol, 330mg sodium, 14g total carbohydrate, 2g fiber, 4g total sugars, 0g added sugars, 4g protein, 0% DV vitamin D, 10% DV calcium, 6% DV iron, 8% DV potassium.

Nutrition Analysis for Okra Tots (no sauce): 70 calories, 6g total fat, 1g saturated fat, 0mg cholesterol, 0mg sodium, 10g total carbohydrate, 2g fiber, 1g total sugars, 0g added sugars, 1g protein, 0% DV vitamin D, 4% DV calcium, 0% DV iron, 6% DV potassium.

- 12 ounces okra stalks
- 2 tablespoons olive oil
- 2 tablespoons salt-free seasoning
- 1 cup plain low-fat yogurt
- 3 tablespoons mayonnaise
- 1 tablespoon dried parsley
- 2 teaspoons dried dill
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt