



FRANKLIN COUNTY 4-H NEWSLETTER

November/December 2010

**Cooperative
Extension Service**

Franklin County
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2010 North American International Livestock Exposition November 6-19 Kentucky Exposition Center, Louisville Kentucky

If you have a passion for animals and would like to see a part of 4-H tradition in Kentucky and around the United States, I encourage you to make a trip to the Exposition Center in Louisville sometime between November 6-19 for shopping, rodeos, livestock shows and exhibits at the 2010 North American International Livestock Show and Rodeo. The NAILE is the largest event of its kind in North America! If you don't get the chance to experience agriculture on a daily basis or it is an important part of your family, look into taking a visit to Louisville this year to get a different twist on livestock culture!

Check out the link below for schedules, pictures, and events!

www.livestockexpo.org



Tell Us About It!!!

If you get the chance to visit the 2010 NAILE, please submit pictures and tell us of your experience by November 30th for the State Journal! All items can be sent by email to mike.meyer@uky.edu or brought to the Franklin County Extension Office.



Samantha Jeffries during our 2010 Teen Ski Trip.

Thanks for all your efforts for the Franklin County 4-H Program, you will be greatly missed by all!

Samantha Jeffries Transfers to Bullitt County 4-H Program

October 31st marked the last day for Samantha Jeffries as a 4-H Agent here in Franklin County. Samantha accepted the 4-H position in Bullitt County beginning November 1st. Samantha grew up in Shelby County and is familiar with the District activities, and will be closer to her family.

We will truly miss Samantha's contributions and efforts to the Franklin County 4-H Program! Samantha put tremendous effort into starting the Cloverbud program in the county, continue the strong camping tradition, as well as support all other 4-H activities. Samantha has a true passion for camp and youth as it showed through her involvement with the Camp Planning Committee, Summer Camp, Environmental Camp, and Cloverbud Camp. She also was the leading Agent in the county for Elementary School enrichment activities.

Thank You Samantha for all your time, work, and dedication to the Franklin County 4-H Program over the past two years, you will be greatly missed by all!!!

ATTENTION ALL MIDDLE/HIGH SCHOOL 4-H MEMBERS...

School Clubs and Teen Council activities have begun here in Franklin County with numerous opportunities for involvement throughout the Winter and Spring. Bondurant and Elkhorn 4-H Clubs are meeting twice a month and the Franklin County Teen Council has activities both in the county and throughout District 4. There will be Community Service, Social Activities, and Leadership Conferences for both age groups! Please look over the calendar of events, listen to announcements at school, or call the Extension Office to become involved in the many great activities and opportunities!!!



Frankfort Christmas Parade December 4th, 6:00 p.m

If you would like to participate in the Christmas Parade activities by working on the 4-H Float, please call the Extension Office before November 17th. We will plan on building the float between Nov 29-Dec 3rd.

Country Ham Contracts Due by Dec. 1st !!!

It is that time of year to begin our Country Ham Project Registration. Youth in Franklin County have had tremendous success at the state level in the past two years. Please call the Extension Office for info or a registration form and return with a \$45 check to the Franklin County 4-H Council, to the Extension Office by December 1st.

Visit our website!

The UK HEEL program website is packed with useful information, including previous health bulletins. Visit us at www.ca.uky.edu/HEEL



YOUTH HEALTH BULLETIN

NOVEMBER 2010

Franklin County
Extension Office
101 Lakeview Ct.
Frankfort, KY 40601
(502) 695-9035

ZZZZZZZZ... SLEEP IS IMPORTANT!

Do you hate having to go to bed? Would you rather stay up and read a book or watch TV? Maybe you think that sleep is boring or that you will miss out on something. Actually, sleep is very important. In fact, all animals need sleep, especially Wally Cat!

Have you ever not had enough sleep? Maybe the next day you felt tired all day or maybe you were just not at your best. Your body needs sleep! Kids need sleep so that they can get their bodies a break and prepare for the next day.

Wally would like to remind you of the reasons to get sleep:

- You may feel tired and cranky without it
- You may be unable to think
- You may feel clumsy participating in sports or other activities
- You may not grow as well

Continued on the back →



Children need 9 to 10 hours of sleep each night.

CONTINUED FROM PAGE 1

Sleep and your brain

Not only does your body need sleep, so does your brain. When you sleep your brain:

- Sorts through information
- Stores information
- Solves problems

WHEW!
I am BUSHED.



The stages of sleep

Just because your body is resting does not mean that everything shuts down. Your brain continues to work.

There are 5 stages of sleep:

Stage 1 – Starting to go to sleep

- Brain tells muscles to relax
- Heart beats a little slower
- Body temperature drops a little

Stage 2 – Light sleep

- Body starts to fall asleep
- Can still be awakened easily

Stage 3 – Slow wave sleep

- Blood pressure drops a little
- Harder to wake up in this stage
- Some people sleepwalk or talk in their sleep during this stage

Stage 4 – Deep sleep

- Hard to wake up from this stage
- May sleepwalk or talk in sleep

Stage 5 – REM sleep

- Stands for Rapid Eye Movement
- Dreaming occurs in this stage
- Although muscles are totally relaxed, eyes move around quickly

When you are asleep, your body goes through stages 2- 5 about every 90 minutes.

Tips to help you sleep

- Go to bed at the same time every night
- Follow a routine when you are getting ready for bed
- Limit foods and drinks that have caffeine
- Do not watch TV in bed
- Do not exercise right before bed
- Use your bed for sleep only. Do not eat or do homework while sitting in bed

If you are having trouble sleeping, talk to your parents. They will help you get to sleep. Remember, it is important for you and your body to get plenty of sleep.



SOURCES:

- Kids Health. Aug 2007. "What sleep is and why you need it". The Nemours Foundation. <http://kidshealth.org/>

YOUTH HEALTH BULLETIN

NOVEMBER 2010

Written by: Nicole Peritore
Get Moving Kentucky Coordinator
University of Kentucky HEEL Program

Edited by: Connee Wheeler

Designed by: Rusty Manseau

Wally Cat and other cartoons by:
Chris Ware (@ University of Kentucky)

Download past health bulletins!

[www.ca.uky.edu/
HEEL/Bulletins](http://www.ca.uky.edu/HEEL/Bulletins)





4-H DOG CLUB

Wednesdays at 6:00 p.m.

Franklin County Extension Office
Room G

Club Leader: Jill Marple
Contact Agent: Mike Meyer



CLOVER BUD CLUB

Monday November 15th
5:30 p.m.

Franklin County Extension Office
Room E/F

Future Dates:
January 10th
February 14th

Club Leader: Susan Jones
Contact Agent: Mike Meyer



4-H HORSE CLUB

2nd Tuesdays of the
month at 6:00 p.m.

November 9th
December 14th

****At Buff Bradley's Farm****
*Please call the Extension Office
For Directions!!!*

Club Leader: Buff Bradley



4-H SHOOTING SPORTS

Monday December 6th
6:30 p.m.

Franklin County Extension Office
Room G

Future Club Meeting Dates:
December 6th

Club Coordinators: Kim Wooldridge and
Angie Cameron

Discipline Coaches: Jack Kuhn and Rob Parker
Contact Agent: Mike Meyer



4-H LIVESTOCK CLUB

-Country Ham Deadline: December 1st
-NAILE: November 6-19th

*Youth interested in Judging/Show/
Sale activities for the Spring and
Summer need to contact Mike Meyer
at 695-9035 or mike.meyer@uky.edu*




RETURN SERVICE REQUESTED

CALENDAR OF EVENTS

- Nov. 2nd – District Teen Council Planning Meeting, Madison County
- Nov. 3rd – Bondurant Middle School Club, 3:30p.m at Bondurant School
- Nov. 3rd – Dog Club
- Nov. 4th – TFCA Elementary School Clubs
- Nov. 4th – FCHS Teen Club
- Nov. 8th – District 4 Horse Council Meeting, 6p.m (Fayette County)
- Nov. 9th – Collins Lane Elementary School Clubs
- Nov. 9th—Horse Club Meeting, 6:00p.m, Buff Bradley’s Farm
- Nov. 10th – Dog Club
- Nov. 10th—Capital Day School 4-H Club, 4:30
- Nov. 11th – Good Shepherd Elementary Clubs
- Nov. 6-19th – North American Livestock Expo, Louisville
- Nov. 17th – Westridge Elementary School Clubs
- Nov. 17th – Dog Club
- Nov. 22nd – Franklin County Teen Council, 5:30p.m, Extension Office
- Nov. 29-Dec. 3—Preperation for Christmas Parade Float
- Dec. 1st—Country Ham Contracts and \$45 due to Extension Office
- Dec. 4th—Christmas Parade, 6:00p.m
- Dec. 9th – District 4 Teen Council, 6:30p.m, Fayette County Extension Office
- Jan. 21st-22nd—District 4 Teen Ski Trip, call office for details

Happy Holidays!!!

Mike Meyer



4-H/Youth Development Agent