

September 2011

Cooperative Extension Service
Grayson County
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Leitchfield, KY 42754
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graysonext.org

NEW & RE-ENROLLMENT

It's that time again, August means time for everyone to fill out that enrollment sheet again. The 2011-2012 program year began August 1. Fill out the enclosed enrollment form and return to the Extension Office before October 29 to remain on the mailing list and be entered into a drawing, three names will be selected at random for a new 4-H t-shirt!

Invite your friends to participate!



4-H Awards Ceremony

4-Her's from the past year **and** newly enrolled are invited to the 4-H Awards Ceremony

When: Tuesday, October 11

Time: 6:30

Where: Large meeting room of the Extension Office

This will be the time for handing out awards to participants in events from the 2010-2011 program year.

There will be cake and drinks to follow;
no meal will be served this year.

CLUB NEWS

Sewing Club

Sewing Club will meet EVERY Thursday during the month; September dates are 1, 8, 15, 22, & 29. Meeting times are 3:30-5:00. Please contact the Extension Office for more info at 259-3492 or Barbara Stiles at 242-4694.

Teen Club

First meeting will be September 19 at 3:30 at the Extension Office. For more information contact Michelle Robinson at 589-7613

Photography Club

Next meeting will be September 6 at 3:30. If you are interested in joining the club please call the Extension Office 259-3492 to sign-up.



Boots & Spurs



Start signing up now for the new year. There are \$5 dues for this club which helps pay for supplemental insurance for participants. There will be a club meeting September 13 and 27. Meetings start at 6:00 and will be at the Swift's (Pure Country). REMEMBER YOU MUST WEAR BOOTS OR CLOSED TOE SHOES- NO SANDALS!! For additional info please contact Candy Swift at 259-4726.



You can find Grayson County Kentucky 4-H on Facebook. Add us to your groups today!

Shooting Sports



Shooting Sports officially kicked off the week following Spring Break. Contact Wanda Holland 287-3111 for more information. If you are interested in participating please come to the discipline you are interested in shooting:

Trap- Mondays 5:00 at Leitchfield Sportsman's Club located off HWY 737

Archery- Tuesdays 5:00 at Ag Park

Pistol- 1st & 3rd Saturday of each month at Ag Park from 9-11

Rifle/Black Powder- every Saturday at Ag Park 1-2

GOOD LUCK AT STATE SHOOT!!!!

Adventure Club

Contact Kindra if you are interested in participating, 259-3492.

4-H Shooting Sports Night at Mr. Gatti's 2nd Monday of every month, when you present this ticket at the register at Mr. Gatti's, 20% of sales will go to Grayson County 4-H Shooting Sports.

Extension Office Job Board

Youth in High School can come fill out an information slip to post on the job board to be contacted for miscellaneous jobs people may have. ALSO, adults who have jobs can come take names from the board or post that they are looking for workers.

Kindra Ewing Jones

Kindra Ewing Jones
Grayson County Extension Agent for
4-H Youth Development

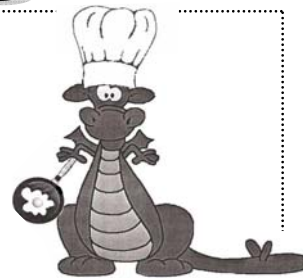
To file a complaint of civil rights discrimination, you should contact the USDA Director, Office of Civil Rights, Room 326-W, Whitten Bldg., 14th & Independence Ave., S.W., Washington, D.C. 20250-9410 or call (202) 720-5964. A complaint must be filed no later than 180 days from the date of the alleged discrimination.



Frying Dragons

Frying Dragons Advanced:

First club meeting is September 16 from 4-6. There will be a fee of \$5 per member to help cover expenses for the meetings. There are lots of fun new activities planned for the new year! Contact Michelle Robinson (589-7613) for more information.



Frying Dragons Beginners:

First club meeting is September 20 from 4-6. There will be a \$5 fee per member to help cover club expenses for each meeting. Stacey Shain is the leader for this group. You can reach her at 242-0749.



Open to 5-8 year olds
WHERE: Large Meeting Room of Extension Office

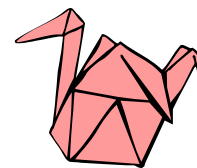
The club will meet September 12, 6-7:00 PM
We will have a brief fun lesson for the kids and will have some planning between the adults. It is time for re-enrollment in 4-H, you will find the new form included in this newsletter, please fill it out and bring with you to the meeting!



NEW CLUB!! "Wild at Art" Club

Taught by Stacey Shain

First meeting is September 21, 4-5



Community Service Project Coupons For Troops

We will be collecting unused coupons for a program that sends coupons to military families over seas. Bring clipped coupons you don't use (expired or unexpired; manufacturer coupons only; food and non-food items) to the Extension Office for collection. This will be an on-going project!



Upcoming 5K Events:

September 21- Honeyfest 5K
December 3- Hometown Christmas Run



Future Dates to Remember

September 17-18– State Shooting Sports Competition
October 11– Awards Ceremony 6:30





The 4-H Council will once again be selling Schermer Pecans. Orders will be taken at the Extension Office and *must be pre-paid*. Shipping and arrival dates TBA.

Varieties available are:

Fancy Mammoth Halves: \$8.50/16 oz. bag Medium Pieces: \$8.50/16 oz. bag
Chocolate Covered Pecans: \$7.50/12 oz. bag Cinnamon Glazed Pecans: \$7.50/12 oz. bag
Chocolate Pecan Clusters: \$7.50/12 oz. bag

Christmas Card Drawing Contest

Put your artistic skills to the test in the 4th annual Christmas Card Contest presented by the Grayson County Extension Office.

The winning card design will be printed as our office Christmas card.

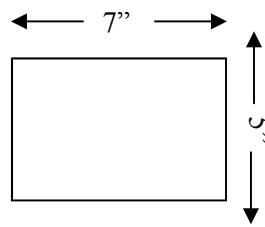
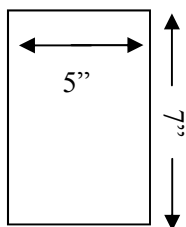
Rules are simple:

Designs must be entered in a 5"x7" or 7"x5" format.

You only need to provide the outside card design. A greeting from the office will be put inside. The winners name will appear on the back of the card.

Artwork should be done in marker.

Entries must be received by Friday November 4, 2011 to be considered for the contest. The winner will receive a 4-H t-shirt and all participants will receive a small prize for participation.



Shooting Sports is selling Chrysanthemums
They are \$5.50/gallon. Colors include pink, white, yellow, orange, and burgandy. Contact a Shooting Sports member or the Extension Office before September 15 to order.



POINTS RECORD BOOKS

Due by September 16 to the Extension Office

1st, 2nd, and 3rd Place high points for Junior 4-Her and Senior 4-Her category will be presented at the Awards Banquet on October 11.





Your Eyes: Do You Wear Glasses?

Have you ever noticed that some of the people you know need glasses and some do not? Everyone's eyes are a little different — and not just the color! Each person's eyes are different in the way they exactly see and sometimes do not see. Glasses are made to help those who have a harder time seeing. If you have ever tried on someone else's glasses you will likely find your vision blurry when wearing them. That is because while each of our eyes is different, each of the lenses in the glasses is also different. Wally Cat may be afraid to go to the eye doctor but knows he should go every year. He wants to be able to clearly see the whole world around him. When you go to your regular doctor for a check-up, you may take a quick eye exam. You may be asked to read some letters from a chart. This will let the doctor know if you are seeing correctly. The doctor may also suggest that you go to a special doctor to do another eye exam and possibly get glasses. If you think that you are having trouble seeing clearly, make sure to tell your mom or dad so they can set a time for an eye exam.

Nearsighted — You can see things close to you and have trouble seeing things that are far away, like a sign.

Farsighted — You can see far away but have trouble seeing items close to you, like when you read a book.

When you go to the eye doctor, you will probably be asked to read letters from a chart. The letters are going to be in rows of different sizes. You may be asked to read some letters up close. This test will determine whether you are nearsighted or farsighted. If you need glasses the doctor will use an instrument to find what will help you see better. Remember that each person is different so it may take a little while to find what helps you to see the best. Once the doctor finds the combination that works best for you, he will write you a prescription for your glasses.

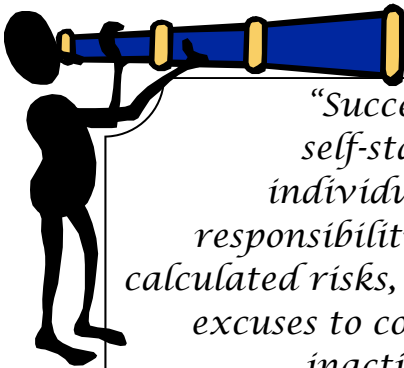
Vision Facts Quiz: True or False

- **True or False: Sitting too close to the TV is bad for your eyes.** *False.* You may have heard your parents say this. There is no proof that sitting very close to a television is bad for your eyes. In fact, kids can focus better up close than our parents! If you feel like you have to be close to the TV to see it well, talk to your parents, you may need an eye exam.
- **True or False: If you cross your eyes, they will get stuck that way.** *False.* If you are choosing to cross your eyes, they will not get stuck that way.
- **True or False: If your parents wear glasses you will too.** *True (most of the time).* If your parents need glasses or wear contact lenses to see better, you may also need glasses. Talk to your mom or dad, or both, about their eyesight.
- **True or False: Eating carrots will help you to see better.** *True.* It is the vitamin A in carrots that is really important for eyesight. But vitamin A is found in many other vegetables. If you do not like carrots, there are other vegetables that you can eat (such as asparagus) that has a lot of vitamin A.
- **True or False: Two blue eyed parents cannot have a child with brown eyes.** *False.* It is not very common, but not impossible for two blue-eyed parents to have a child with brown eyes. It is the same for two brown eyed parents – it is very uncommon for them to have a blue eyed child, but not impossible!

September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<div style="border: 2px solid black; padding: 5px;"> If anyone has any information or dates they would like to have in the October Newsletter, please phone Kindra Ewing Jones at 270-259-3492 or e-mail at kindra.ewing@uky.edu. </div>		1 <ul style="list-style-type: none"> • Sewing 3:30-5 	2 <ul style="list-style-type: none"> • No School 	3
4	5 No School Extension Office Closed		6 <ul style="list-style-type: none"> • Photography 3:30 	7	8 <ul style="list-style-type: none"> • Sewing 3:30-5 	9
11	12 <ul style="list-style-type: none"> • Cloverbuds 6-7 	13 <ul style="list-style-type: none"> • Boots & Spurs 	14	15 <ul style="list-style-type: none"> • Sewing 3:30-5 	16 <ul style="list-style-type: none"> • FD Advanced 4-6 • Points books due 	17
18	19 <ul style="list-style-type: none"> • Teen Club 3:30 • Council 4:30 	20 FD Beginners 4-6	21 <ul style="list-style-type: none"> • Wild at Art 4-5 • Honey Fest 5K 	22 <ul style="list-style-type: none"> • Sewing 3:30-5 	23	24 TLA Retreat
25	26	27 <ul style="list-style-type: none"> • Boots & Spurs 	28	29 <ul style="list-style-type: none"> • Sewing 3:30-5 	30 Fall Break Starts	Trap- Mondays 5 Archery- Tues 5 Rifle/Black Powder - Saturday 1-2 Pistol- 1st & 3rd Saturday's 9-11

RETURN SERVICE REQUESTED



*“Successful,
self-starting
individuals seek
responsibility. They take
calculated risks, they don’t make
excuses to cover up their
inactivity.”
-Nido Qubein*

Wings on a Prayer in Falls of Rough is looking for volunteers to help with their program. This is a therapeutic Riding Center that helps disabled children and adults improve and build skills and confidence. Anyone interested in volunteering please contact Eddie Yaden at 589-2921.

HAPPY BIRTHDAY TO OUR SEPTEMBER BIRTHDAYS!!!

Chloe Wilder	9/1
Lindsey Mudd	9/3
Nathaniel Pennington	9/4
Kristen Tilford	9/6
Daniel Chase	9/8
Natalie Hutchinson	9/9
Jacob Clark	9/10
Kelsey Lyons	9/10
Alexandria Ducharme	9/11
Chandler Mudd	9/13
Myra Duvall	9/15
Taylor Lindsey	9/17
Emma Wilder	9/22
Kassie Alvey	9/22
Madison Hensel	9/22
Spencer Sharp	9/22
Catie Higbee	9/27
Chase Coffey	9/29

Fun Dates in September

3– Skyscraper Day
4– Newspaper Carrier Day
5– Labor Day
9– Teddy Bear Day
10– Swap Ideas Day
11– Grandparent’s Day
12– Chocolate Milkshake Day
13– Positive Thinking Day
14– National Crème-filled Donut Day
15– Make A Hat Day
17– Constitution Day
19– Talk Like A Pirate Day
21– International Day of Peace
23– First Day of Autumn
25– Gold Star Mother’s Day
28– Rosh Hashanah
30– National Mud Pack Day