



August 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 begins 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!



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

- August 18-28 – State Fair
- August 30-September 5– Grayson County Fair
- October 11– Awards Ceremony 6:30



CLUB NEWS

Sewing Club

New club classes will be starting in August. The initial meeting with the club leader will be August 9 at 4:00 PM. Please contact the Extension Office for more info at 259-3492 or Barbara Stiles at 242-4694.

Teen Club

Sign-up through the month of August. First meeting will be September 19 at 3:30 at the Extension Office. For more information contact Michelle Robinson at 589-7613

Photography Club

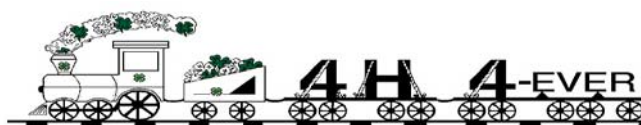
Next meeting will be September 6 at 3:30. If you are interested in joining the club please call the Extension Office 259-3492 to sign-up.



Boots & Spurs



Great job at the State Show!! 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 August 9. If you attended District or State shows, bring your ribbons. Pictures will be taken at this meeting. It will be at Candy's at 6:00. Meeting info for the 23rd will be announced on the 9th. 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

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

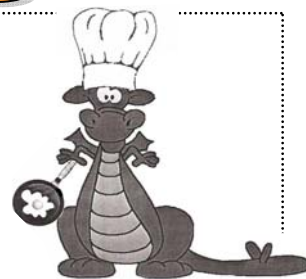
To file a complaint of civil rights discrimination, you should contact the USDA Director, Office of Civil Rights, Room 326-W, Whitten Bldg., 14th & Independence Ave., S.W., Washington, D.C. 20250-9410 or call (202) 720-5964. A complaint must be filed no later than 180 days from the date of the alleged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



Frying Dragons

Frying Dragons Advanced:

Club Sign-ups for the new year are August 1 through September 2. Club meetings will start in September. There are lots of fun new activities planned for the new year! Contact Michelle Robinson (589-7613) for more information.



Frying Dragons Beginners:

Sign-ups August 1 through September 2. Club meetings will start in September! 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!



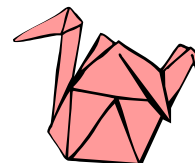
NEW CLUB!! "Wild at Art" Club

Taught by Stacey Shain

Will meet monthly— sign up through the month of August.

Club will meet starting in September.

From origami to scrapbooking, there are lots of crafts and skill building in-store with this new club!



Fall Apple Crisp

- 7 cups sliced, peeled, apples (about 3 pounds, Granny Smith work well)
- 1/3 cup apple juice
- 1/4 cup sugar
- 1/2 cup oats
- 3 tablespoons slivered almonds
- 1/2 cup flour
- 1/4 cup packed light brown sugar
- 5 tablespoons butter, cut into small pieces

1. Preheat oven to 375° F.
2. Slice and peel apples.
3. Toss with apple juice to coat.
4. Combine flour, sugar, and oats in a bowl.
5. Cut in butter using two knives until mixture is crumbly.
6. Stir in almonds.
7. Pour apple mixture into 8-inch square baking pan.
8. Sprinkle with crumb mixture.
9. Bake for 45 minutes or until topping turns golden brown.



Nutrition facts per serving: 190 calories; 8 g fat; 31 g carbohydrate; 2 g protein; 2 g fiber; 67 mg sodium

Yield: 9 servings

Source: www.extension.org



Outstanding 4-H Leader of the Year Nomination Form Deadline is September 30, 2011

The completed nomination form must be turned into the Grayson County Extension Office by Friday, September 30, 2011 by 4:30 PM CST.

Any 4-H member, parent of, or other leader of the Grayson County 4-H program may nominate any active leader of the Grayson County 4-H program.

Please answer the questions listed below and write a brief summary (No more than 150 words) on why the nominee should be awarded Leader of the Year.

DEADLINE: to be turned into the Extension Office by September 30, 2011.

METHOD OF SELECTION: Nominations will be voted on by the Award's Ceremony Committee.

RECEIPIENT: To be announced at the annual 4-H Awards Ceremony

Nominee's Name _____

Leader of what Club _____

Questions

1. How long has the nominee been a 4-H Leader in the Grayson County 4-H program?

2. Does he/she attend County, Area/District, State Events? (please give an example)

3. What 4-H projects and/or activities has the nominee been involved in 4-H and Extension?

Summary-Why the nominee should be the Outstanding 4-H Leader of the Year?
attach on additional page **(Remember no more than 150 words!)**

Youth Health Bulletin

Back to School: Time to try a New Sport



It is time to go back to school! Did your summer go by quickly? As the school year starts, now would be a great time to try a new sport. Many schools offer different types of activities to. Wally Cat loves to try new activities and thinks you should think about what you are going to do to stay active as the school year begins. Find an activity that you enjoy or want to try and GO FOR IT! Look at the different sports that you might get to choose from:



If you do not know the sports your school offers, talk to someone at your school. Coaches are always happy to talk about the team that they coach!

Team sports and individual sports

Some sports such as soccer, football and basketball require players to be working together on the field at the same time. Sports such as tennis, gymnastics and cross-country have each team member working toward an individual score which is then added up to determine the winning team. This may help you choose a sport with which you would like to be involved.

5 reasons girls should play sports

- 1. Girls who play sports usually do better in school.** Exercise can improve concentration and memory which helps in the classroom.
- 2. Girls who play sports learn teamwork.** Life skills such as team work and goal setting are important for sports and important skills to have as you grow up.
- 3. Sports are very good for girl's health.** Girls who exercise are less likely to smoke and more likely to live a healthy life.
- 4. Sports boost self confidence.** It feels good when you can build and reach your goals.
- 5. Sports are stress relievers.** School can be stressful and being active can help you manage stress.

Fall Sports

- Cross-country
- Dance
- Soccer
- Football
- Volleyball
- Cheerleading

Winter Sports

- Basketball
- Cheerleading
- Dance
- Gymnastics
- Indoor track and field
- Wrestling
- Swimming

Spring Sports

- Baseball
- Golf
- Softball
- Tennis
- Track and field

Sport safety!

There are many different sports that require you to have safety equipment. Some sports require special shoes that help you grip the field that you are playing

on or pads that protect your shins, wrists, shoulders and knees. You may also need to wear a mouth guard to help protect your teeth and mouth while you are playing. A helmet is another piece of common safety gear. It is needed for bicycling and sports such as football. Remember to wear your safety gear not only during games, but also when you practice too!



Healthy Choices for Healthy Families

Back to School Nutrition

It is hard to believe that another school year has rolled around. For some students, this is their first year of school, and for others it is their last year. The school years create lifelong memories. As the students head to school, we want them to be in tip-top shape so they can learn all there is to learn. Good nutrition goes a long way in helping students learn. Get your child off to a good start by fixing nutritious meals. Start with breakfast. Let's help everyone look forward to the new school year.

Parent's Pow-Wow

Ways to eat more fruits and veggies:

- Make a dip by mixing $\frac{1}{4}$ cup peanut butter, 2 tablespoons orange juice and $\frac{1}{2}$ cup low-fat vanilla yogurt. Serve with fresh apple slices, fresh pears, or carrot and celery sticks.
- Add veggies (cucumbers, lettuce, tomatoes, peppers, onion, etc.) to sandwiches.
- Rather than making a tuna salad sandwich, serve a scoop of tuna salad on top of tomato slices.

Source: University of Nebraska-Lincoln Extension

Basic Budget Bites: Fruits and Vegetables

Is there a big difference among fresh, frozen, or canned fruits and veggies?

- Fruits and veggies can be a good buy during the summer. Buy fruits and veggies in season whenever possible. They have a better flavor and as a rule, cost less.
- Look for different colors—red, orange, green – and texture – crisp, soft, crunchy – when thinking about fruits and veggies. Fresh is best for crisp color in meals and snacks.
- Try shopping at roadside stands or farmer's markets.
- Fresh fruits and veggies don't keep as well as canned produce, so use them up quickly to get your money's worth.
- Don't buy fresh fruits and veggies that are too ripe, wilted, decayed, bruised or dirty.
- Canned fruits and veggies are easy to use and need very little time to prepare. Keep them on hand to make quick meals.
- Whether canned, frozen or fresh, fruits and veggies contain nutrition that is good for you and your family.

Food Facts: Fruit and vegetable buying tips

- Rinse and drain canned vegetables to decrease the amount of salt.
- Choose fruits canned in light syrup. If you purchase fruit canned in heavy syrup, drain and rinse the fruit before eating to help get rid of some of the added sugar.
- Compare the cost of fresh vs. canned vs. frozen for your best buy.
- Look for juices that are labeled 100% juice.
- Shop roadside stands or farmer's markets for fresh produce.
- Buy fresh fruits and veggies that are firm or crisp in texture and bright in color.
- Don't buy fresh fruits and veggies that are too ripe, wilted, decayed, bruised or dirty.
- Select frozen foods last when grocery shopping. Store them first when you get home.
- Buy only the amount of fresh fruits and veggies that your family can use while it is still good.

Source: Colorado State University Cooperative Extension, Department of Food Science & Human Nutrition

Smart Tips: Move more!

Following the four steps below, you can see how easy it is to get 30 minutes of movement into a day! Try for even more minutes

- 1 Take a walk (10 minutes).
- 2 Choose the stairs instead of the elevator (5 minutes).
- 3 Park further away and walk (5 minutes).





August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Trap- Mondays 5 Archery- Tues 5 Rifle/Black Powder- Saturday 1-2 Pistol- 1st & 3rd Saturday's 9-11	1	2 • Cloverbuds	3 1st Day of School	4	5	6
7	8	9 • Sewing Meeting 4:00 • B&S 6:00	10	11	12	13
14	15	16	17	18	19	20
21	22	23 • B&S	24	25	26	27
28	29	30 • County Fair Starts- open youth entries noon to 7:00	31	<div style="border: 2px solid black; padding: 5px;"> <p>If anyone has any information or dates they would like to have in the September Newsletter, please phone Kindra Ewing Jones at 270-259-3492 or e-mail at kindra.ewing@uky.edu.</p> </div>		

RETURN SERVICE REQUESTED



*“Begin somewhere;
you cannot build a
reputation on what
you intend to do.”
- Liz Smith*

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 AUGUST BIRTHDAYS!!!

Bailey Swift	8/2
Ronni Bartlett	8/3
Anna Little-Coffey	8/9
Kenneth Angus	8/11
Mekailah Block	8/18
Madison Duvall	8/22
Michael Horn	8/24
Taeja Parsons	8/25
MacKenzie Edwards	8/29
Olivia Saltsman	8/30
Bailey Elder	8/31

Fun Dates in August

3– National Watermelon Day
4– Champagne Day
6– Wiggle Your Toes Day
7– Friendship Day
9– National Polka Day
10– Lazy Day
11– Son’s & Daughter’s Day
13– National Left Handed Day
14– National Creamsicle Day
15– National Relaxation Day
16– National Tell a Joke Day
19– National Aviation Day
20– National Radio Day
22– National Tooth Fairy Day
25– Kiss and Make Up Day
26– National Dog Day
27– Global Forgiveness Day
30– Frankenstein Day