

4-H CLUBS

4 Paws
Animal Crackers
B & S Farms
Blazers
4-H Caterpillars
Clogging Clovers
Crafty Scientists
Eagles
Florida Crackers
Foxmill Kids & Colts
GEO Gang
Hammerheads 4-H Club
Heart and Horses
Herd Nerds
Horse N Around
Indian Creek 4-H Club
Jr. Cattleman 4-H Club
Kelly Community Clovers
Livestock Club
Miakka Allstock
Mini Hooves of Sarasota
Myakka Ranchers
Ridin' Rednecks
Sarasota Cows & Company
Sarasota Sharp Shooters
Southern Spurs
The Bridge
The Whalers

The 4-H Pledge

I pledge,
My Head
to clearer thinking,
My Heart
to greater loyalty,
My Hands
to larger service,
and **My Health**
to better living,
for my club,
my community,
my country,
and my world.



The Clover Times January 2014



FROM THE AGENTS DESK— One Last Time!

Dear members, leaders, parents and 4-H friends,

Happy New Year!

I can hardly believe it has been 14 years since I arrived here. It has been both a privilege and pleasure to meet so many wonderful people and I have learned much from all of you. 4-H has been a big part of my life since I joined at age 10. When I started with the University 38 years ago I came in believing 4-H was the most wonderful organization in the world and I can honestly say after 38 years I still believe that...wholeheartedly. I have seen the difference 4-H makes in the lives of those it touches, myself included.

My family responsibilities have changed recently and I find that I cannot meet those responsibilities and still give 4-H the time and attention it deserves so even though it is bittersweet, I decided that I would retire at the end of the year. I want to personally thank each of you for all the love, support, and great memories for the past 14 years. You are all awesome, wonderful people who make a difference in this world.

I will always be a passionate supporter of 4-H and Sarasota County 4-H and hope to continue my 4-H journey as a volunteer.

One thing I have learned that I would like to share is the firm belief that God will always take you to the people and places where you need to be in life. I'm grateful that he brought me here and have so enjoyed watching 4-Hers and families grow and excel. I'm in awe of all the skills and abilities of our 4-H members and leaders and know that future communities will be enhanced as they take those skills with them though out the years.

My wish for each of you is a life time of success and happiness. Take all those great skills and abilities you are learning and spread the 4-H magic wherever you go.

Again, thank you for everything and letting me be a part of your lives for the past 14 years. Please don't hesitate to call on me if I can be of future assistance.

With much love and gratitude,

Marcia Morris, 4-H Agent

HAPPY NEW YEAR

You Need To Know...

4-H Talent Showcase Florida State Fair

Florida State Fair 4-H Showcase

It's the 11 Annual 4-H Showcase **Saturday, February 8, 2014** from 10 a.m. to 4 p.m. at the Special Events Building, Florida State Fairgrounds. Show off your talents! Share-The-Fun: sing, dance, act, play an instrument. Give a Public Speech or a Demonstration.

It is not a competition, but a showcase to share your work to the public. 4-H'ers do amazing things.

It's free to register and admission to the State Fair on Saturday is FREE to all registered 4-H members and leaders with a membership card and / or 4-H Shirt.

Register on "4-H On-Line" by **January 27, 2014**.

4-H / Tropicana Public Speaking Contest

The 4-H /Tropicana Public Speaking Contest is offered to Sarasota County 4th, 5th, and 6th grade students. This program is designed to give youth experience in the preparation and delivery of a speech, and become better communicators—a skill that will last a lifetime!

We would like to invite any home schooled youth: 4th, 5th or 6th grade level, to participate in this event. Contact Sheila at 861-9810 for details, dates and materials.

INTERMEDIATE STATE JOINS WITH UNITED HEALTH CARE

Who Can Come: Intermediate 4-H Members (ages 11-13)

When Is It: February 21-23, 2014

Where Will It Be Held: Camp Ocala 4-H Center)

Cost: \$45 youth \$50 adults

United Health Care and National 4-H have joined together to create EAT4-HEALTH. Participants will learn through fun activities how to set goals to eat healthy and be active. But that's not all. Youth will also participate in FUN SHOPS such as: Zumba, Mock Legislature, Bottle Rockets, etc. They will walk away not only with knowledge on how to be healthy, but what opportunities there are when they become Senior 4-H members.

Registration opens January 7, and you must **register on 4-H online** by February 7. No late registrations will be accepted.

It's Show Time!

The Sarasota County Open / 4-H Horse Show will be held on Sunday, January 26, 2014 at Triple J Ranch, 861 Sinclair Dr, Sarasota. This show will include Western, English, Speed and Miniature horse events. Great High-Points will be awarded!

You **must** attend this show (January 26), and have your "up-to-date" horse record book signed by a 4-H Agent to qualify for the Area E Horse Show on April 26 & 27 at the Florida State Fair Grounds in Tampa.

Fair Days Ahead: Sarasota County Fair, March 14—23, 2014

4-H County Events Day

Demonstrations and Public Speaking entry forms are due by 5:00 PM on **January 10** at the 4-H OFFICE. Forms must be filled out completely! Our County Demonstrations and Public Speaking Event is on Saturday, **February 8, 2014** and will be held at the:

Bayside Community Church

8893 Fruitville Road (3 miles east of I-75)

All those who turn in an entry form will receive a letter of confirmation and a scheduled time for your activity. Please check your confirmation carefully to make sure that all the information is correct.

Blue ribbon exhibitors in each category will advance to District Events on Saturday, May 3, 2014. Junior and Intermediate District medal winners will receive a free scholarship to Camp Cloverleaf June 23—27, 2014. Senior District winners will advance to State competition at "4-H University" in Gainesville July 28—August 1, 2014.

How do you qualify for a Superior Exhibitor Award in the Mini Building, Small Animal Barn, or Plant Tent?

You must do a demonstration in your project category at County Events. Contact the 4-H Office, 861-9810, for more information.

Attention Swine Exhibitors:

All swine must be bled and tested for pseudo rabies and brucellosis by a certified veterinarian no more than 30 days before the FINAL ENTRY to the fair to be eligible for the fair.

The Livestock Committee will help facilitate the process by having a veterinarian at the Farm Bureau; 7289 Palmer Blvd. on Monday, February 17, 2014 at 5:00—7:00 pm. There will be a charge of about—\$10.00 for the test. You must contact Don Strickland at 371-1771 for a scheduled time.

If you choose to have your veterinarian do the test, it is your responsibility to have the paper work at the fair office. Time must be allowed for results to be certified and received by Fair office. Failure to have the blood test will result in disqualification from the fair.

Mark Your Calendar: Saturday, January 18

Small Animal Clinic

Small animal exhibitors: this is your opportunity to learn more about your project areas. Two workshops are planned on **Saturday, January 18**, at Twin Lakes Park:

A Rabbit / Cavy workshop will be held from 10:00 AM—noon and the Poultry Clinic will be held 1:00—3:00 PM.

Do you know how to groom a chicken? Have you practiced showmanship? Do you have questions about your record books? Have you heard about the 'Best All Around' belt buckle awards for poultry and rabbits at the fair?

These hands-on workshops will help you achieve your goals.

"Learn By Doing"

Judging contests at the fair are fun and a good way to learn more about 4-H projects. The contests are open to ALL 4-H members. Why not try... Livestock Judging, Dairy Skills Contest, or Rabbit & Cavy Judging. Are you a Smart Shopper? Try the Consumer Choices Contest. We also have a Horticulture Identification Contest, did you know the top four senior 4-H members receive a scholarship to attend 4-H University in July, and participate at the State Horticulture judging event?

Contest entry forms are due by **Friday, January 10th in the 4-H Office**. Trophies, ribbons and premiums are given to the top 10 seniors and juniors/intermediates in each category. Check the Sarasota County Fair Rules Book for information and entry forms or call the 4-H Office at 861-9810 for details.



4-H Poster Art Contest

The Poster Art Program gives 4-H members an opportunity to promote public understanding and support of the 4-H program.

Poster Art categories are; Healthy Life-styles, S.E.T. (Science, Engineering and Technology) and Citizenship. The themes are based upon the nationwide 4-H mission mandated established through the leadership of 4-H National Headquarters, USDA and the National Institute of Food and Agriculture.

The primary art medium for poster art should fall into one of the following classes: Water Color, Pen and Ink, Pencil, Maker, Crayon, Acrylic, Special Effects, Computer Enhanced.

The contest begins at our county fair; the top posters are sent to the State Contest in Gainesville. Visit: florida4h.org for complete rules.

To enter your poster art use the Mini Building entry form found in the fair rulebook (page 59) Forms are due **January 10**, in the 4-H Office.

Forms... Where, When????

*Demonstrations, Public Speaking, Share the Fun, Mini Building, Clothing Construction and Clothing Selection, and ALL Judging Contest entry forms are due by:

5:00 PM January 10—4-H OFFICE

*Dogs, Llama, Miniature Horses, and Plant (classes 41 & 42) forms are due by: 5:00 PM January 31—FAIR OFFICE

*Cavies, Poultry and Rabbit forms are due by: 5:00 PM February 7—FAIR OFFICE.

Cloverbuds - there is more to do at the FAIR!

Arts & Crafts "Mini-Building"; you may enter 1 item - so pick your favorite! Entry forms are found on page 59 in your Fair rulebook. Forms are due in the 4-H OFFICE by **January 10**

Small Animal Barn: You may enter one small animal (rabbit, poultry, cavy) forms are in the Fair rulebook and are due in the FAIR OFFICE by **February 7**.

Dog Show: Cloverbud classes will be offered as demonstration only classes. Forms are due in the FAIR OFFICE by **January 31**

NOTE: Cloverbuds will receive a participation ribbon only, no premiums will be given. Record books are not required.

Focus on Photography...

Good pictures can happen by accident, taking consistently great photos takes practice. Florida4h.org has great resources to sharpen your photography skills. Why not enter your photos in the fair this year. Below is a list of categories available:

1. **People** - babies, children, adults, in groups, alone, active or inactive.
 2. **Animal life** - domestic, wild, insects, and underwater creatures.
 3. **Plant/Flora** - focus on plant or flower, not landscape.
 4. **Architectural Elements** - emphasize geometric details; lines, patterns, textures of inanimate object.
 5. **Still Life Photography** - objects are pre-arranged or set-up by the photographer.
 6. **Hat Tricks and Magic** - Special effects by playing tricks with distance and objects and not altering the picture in a computer.
 7. **Photo Story** - a sequence of pictures consisting of a minimum of 3 photos and a maximum of 5 photos that tell a story, or how to make or do something.
 8. **Black and White** - true black and white photo using black and white film, or shades of sepia.
 9. **4-H Theme** - photos emphasizing 4-H; people, events, activities, and places that relate to Florida 4-H.
 10. **Scenic** - scenes of natural landscapes, seascapes, sky-scapes (sunsets, clouds), underwater scenes, and buildings that are part of a landscape.
- Remember:** all photos must be 8" X 10" and mounted on 8" X 10" foam board. NO mats, NO frames, NO glass. Entry forms are due **Friday, January 10, 2014.**

Lead The Way...

Reminder—Record Books

Officer record books are due Monday, June 30. Yes, we know that's months away... Treasurer and Secretary books are mandatory and must be turned in **by the deadline**. Leaders, please work with your officers to make certain these books are completed accurately.

Secretaries: did your club vote on a fundraiser, did you vote to purchase t-shirts, or take a trip? This should be included in the minutes of your meetings.

Treasurers: Did your club participate in a fundraiser, and did you submit a Fundraising Approval Form, found on page 8 of the Treasurer's Manual? Funds are to be raised only to further the educational goals of 4-H. Approval for fundraising activities will be at the discretion of the County 4-H Agent and County Extension Director.

NOTE the change... and save the date!

The January and February Leader and County Council meetings will be held on the **4th Monday**: January 27 and February 24 at Twin Lakes Park, 7:30 pm. All are encouraged to attend these informative and educational meetings. See you there!

4-H On-Line—Read This...

Members, Parents, Leaders, Foundation Members, and Volunteers... if you change your email address or mailing address please up-date your **4-H On-line profile**. We are using 4-H On-Line for **all mailings and correspondence**—to keep you informed. Thanks!

Member and Leader Club Insurance

The 4-H Office is sending each club a current "club roster" with an invoice for your clubs insurance. Clubs with accounts in the Sarasota County 4-H Association, after review of their club membership, will have the amount due deducted from their account. Some clubs have already completed this process, thanks!

2014 4-H Calendars Pick yours up at the next Leader and Council meeting, or visit the Sarasota County 4-H website.

Looking Ahead—UF Policy



UF/IFAS Youth Protection Policy

To protect youth and adults involved in UF/IFAS programs, UF/IFAS has established mandatory volunteer background screening and youth registration procedures to meet requirements of the State of Florida via the Department of Children and Families (DCF); and the University of Florida Office of Youth Conference Services (OYCS). All youth participation in UF/IFAS-sponsored programs is defined as UF/IFAS 4-H Youth Development and shall be promoted as such and reported via the 4HOnline enrollment system in lieu of the OYCS database. This policy and corresponding procedures apply to all camps and activities led by IFAS faculty/staff for youth, either on or off campus. The policy does not apply to programs that IFAS faculty assist with if they are not responsible for supervising the youth attending (such as when contributing to another organization's event).

FILE THIS!

Let's Learn Together...

Online UF Youth Protection Training (# YCS800) is **required of all volunteers**. **YES, we all need to take the test!**

All University of Florida-affiliated youth programs are responsible for ensuring that any program employees, volunteers, and other individuals directly in contact with minors under the age of 18 successfully complete an annual Youth Protection Training (course number **YCS800**) offered by the University of Florida.

The course will be available through 4-H On-line—soon.

Who Must Be Screened

Do all 4-H club organizational leaders need to be 435 Level 2 screened? Yes. Club organizational leaders are directly supervising youth and other volunteers throughout the year including the time frame of April 1 - Sept 1.

Do all 4-H club volunteers need to be 435 Level 2 screened? No. Only the club organizational leader is required to be 435 level 2 screened. Organizational club leaders supervise the club including youth and other volunteers.

Are minor youth exempt? No. Youth who are minors must follow the same policy as any adult volunteer. For example, youth who will be serving as a camp counselor at a 4-H camp will be required to have a 435 Level 2 screen.

Are UF | IFAS volunteers previously screened under 435 Level 2 required to be rescreened? Maybe. If you have a "Letter of Clearance" from the Department of Children and Families (DCF), a signed "Affidavit of Good Moral Character" and the volunteer has served continuously since the date of the clearance letter, they are not required to be rescreened for five years from the date of the letter.

Are there any other background screenings that will substitute for 435 Level 2? No. At this time, only volunteers that have been screened through the Department of Children and Families under Chapter 435 of the Florida Statutes is acceptable.

We will have more information in the next coming weeks... stay tuned!

Sarasota County 4-H Foundation News



Time to lace up your sneakers for a Walk-In-The-Park! JANUARY 11, 2014

The Sarasota County 4-H Foundation is holding their Annual 4-H Walk-A-Thon on Saturday, January 11, in Myakka State Park. This annual fundraiser provides an opportunity for foundation members, leaders, and families to show their support for our **Sarasota County 4-H Program**. As our program grows so do our needs, with donations received from the Walk-A-Thon, the foundation can provide scholarships for youth attending Summer Camp, Congress, Legislature, CWF, Dairy Retreat, Horse Programs, Horticulture, Livestock Judging, Workshops, Project Support, Club Support, Leader Training, Youth Leadership Training and much, much more. (envelope are available at the 4-H Office, or ask your club leader)

THE SCAVENGER HUNT is back! As a club you will be given clues to find objects in the park, when you find the object... take a picture. The first club to solve ALL the riddles and return with all the correct photos WINS!

WALK-A-THON RULES **REGISTRATION AT 8:30 AM - WALK AT 9:30 AM**

1. All participants must have collected a minimum of \$20 in donations to walk (adults & 4-H members). This covers a Walk-A-Thon t-shirt and lunch.
2. All entry fees must be turned in the morning of the walk in order to participate.
3. Siblings under eight years old are exempt from \$20 entry fee when walking with a paid adult.
4. Siblings will get lunch and transportation (no shirt).
5. All participants will be given a wristband in order to receive lunch and transportation inside park.
6. The top 5 walkers in each of three categories; 1. Cloverbud/Junior 2. Intermediate and 3. Senior will receive prizes for the most money turned in on January 11, 2014. Scavenger Hunt awards will also be presented to winners.
7. Prizes will be given out the day of the walk, after lunch, in the lunch pavilion.
8. Money that is donated for advertisement on the Walk-A-Thon t-shirts must be for t-shirts only.
9. Money that is for sponsorship of a child goes for the child only.
10. Money cannot be used for both t-shirt advertisement and child.
11. Participants must be picked up PROMPTLY BY 1:00 PM in the SUPERVISED PICK-UP area only.
12. ALL YOUTH UNDER AGE 15 MUST BE ACCOMPANIED BY AN ADULT AT CHECK IN. ALL YOUTH MUST WALK IN GROUPS

Are you, your club, or your business interested in being a Walk-A-Thon "t-shirt sponsor"? It's fun to see your name on ALL those t-shirts—contact the 4-H Office for details

Great Prizes!

Lets all enjoy a Walk- In-The-Park with Great Friends for a Great Cause!

Clip & Save



4-H Foundation

Sporting Clay Event

Save the date: **FEBRUARY 1st** for the 7th Annual Sporting Clay Event! Whether you're an experienced shooter or a beginner interested in learning a new sport, you'll find a day of great fun and excitement.

Located at beautiful Knights Trail Park, this course is designed to challenge the master and make a believer of the novice. Whether it's a pair of targets launched into the pine trees to simulate a rising covey of quail, targets flying above to simulate incoming ducks, or a target zooming across the ground to simulate a rabbit, each station is designed for fun. 12 stations, 100 clay bird shoot; something for Teams, Individuals, 4-H Youth, and Youth.

Sarasota County 4-H Foundation Swine Fundraiser!

It is time once again for the Sarasota County 4-H Foundation Annual Swine Raffle Fundraiser. Tickets will be available in bundles of 25/50/100 at leader and council meetings, and the 4-H Office.

This is a great fundraiser for all clubs as well as the 4-H Foundation. Once again clubs will earn .25 cents for each ticket they sell (if they sell 25 tickets or more). A 4-H Foundation member will be happy to come to your 4-H club, explain the fundraiser to you and your members, and help you check out tickets. The club that sells the most tickets will **win a pizza party!**

Profits from these tickets support youth in our Sarasota County 4-H Program. Tickets are \$2.00 each. The winning ticket will be drawn on Saturday March 22, 2014 at 6:00 PM, at the 4-H Foundation Elephant Ear Booth. The hog will be one exhibited at the Sarasota County Fair and will be standard cut and wrapped.

News From Out There...

Blazers by: Kayla Bowser, Reporter

Our meeting was on December 10th at 6:30pm. We reviewed upcoming important dates and everyone got to share a little about their 4-H project. We celebrated the holiday with a pot luck everyone brought wonderful food. We also collected donations and are going to adopt a family for the holiday. Some of the Blazers were able to attend the swine clinic at Florida State fair Grounds on November 23, they taught us about showmanship and how you can improve in showmanship to get even better they also had pigs from University of Florida for us to practice with. We had swine check in on Dec 7th, A BIG Thank You Mr. Dan Lewis, Mr. Hochstetler, and Mr. Stevens for helping with the pigs and getting them to where they needed to be! We appreciate all that you do! Goat, Dairy and Heifers will have check in on Dec 14th at 8am at Sarasota Fairgrounds. Rudd's prospect swine show will be in Wauchula on December 21st we hope to have several Blazers attend! The Blazers will have mandatory clean up at Bee Ridge Women's Club on January 12th at 1pm we will also have lunch and cupcakes to celebrate Kayla's birthday! We look forward to 2014 and wish everyone a Happy Holiday and Happy New Year!!

Jr. Cattlemen by: Delanie Bartell

In our last meeting we held our Christmas Party and gift exchange. We had a lot of fun. Delanie and Marena Bartell completed their demonstrations for their 4-H Fair project. We went over upcoming event dates. We had 3 entries for swine and 5 entries for beef breeding get checked in for the Fair. Everyone in our club did a great job with their paperwork and their animals. We enjoyed helping serve at the Sarasota County Cattlemen's Christmas party. Thank you for the opportunity to give back where we can. We would also like to thank Leanne Albritton for her winning bid on our donation basket. We appreciate the support of our club. We look forward to the upcoming holidays and hope everyone has a happy and healthy holiday season.

Horse N' Around by: Samantha Chianese

Horse N' Around had our November meeting on the 23rd, and what a productive and educational meeting it was! Samantha Chianese and Sabrina Chianese both gave us organic chemistry demonstrations; the former on snow globes and the latter on the making of tie-dye shirts. An informative explanation of how to make the projects using organic reactants was given, and finished products were put on display. Horse N' Around also got scientific when we used Mountain Dew to make glowsticks; the experiment wasn't totally successful, but we had great fun doing it! We next discussed plans for a community service project, with aiding Meals on Wheels being a suggestion. Sabrina and Samantha are still collecting for Racing Dog Rescue Project. They are in great need of dog biscuits and treats, so please bring your donations to the 4-H Office! We ended our meeting by examining cotton balls brought in by club leader Nimie Gill and by making plans for our holiday party on December 14th, where we will be decorating horse-shoes to use as wall decorations. Happy Holidays everyone, and we hope to see you all at the Walk-A-Thon on January 11th, 2014!

The Herd Nerds News...

Our club has started a fundraiser: a Cookbook! For the Love of Animals A Community Cookbook \$10.00 each. The cookbook sales will benefit our 4-H club, and 50% will be donated to local animal groups. There are easy to prepare recipes for pets and people. Pick one up at the 4-H Office. Thanks!

Hearts & Horses by: Nicole Versovsky

Today, December 16, 2013, we had so much fun! First, when we arrived at the meeting, there was a gingerbread house! We all got to decorate it, which was a very fun holiday treat!

After we finished the gingerbread house, we talked about fundraising options which are: * Indigogo.com / * Independent funding / * Sales (first-aid kit) / * Fundraising event. Our club decided our fundraiser would be selling first-aid kits for both animals and people. We discussed our holiday party which is on December 28th. We are going to have games, a gift exchange, and holiday food.

After this meeting finished, we went outside to play basketball and have fun with the club. We hope on seeing everyone at our next meeting in January!

Indian Creek by: Shana Martin

Our last meeting was a blast! We had a Christmas party. Ms. Chris brought pizza and everyone brought treats to share. We had a great time!

We had a spectacular time at the Pines! The residents enjoyed listening to the caroling. We played games and passed out cookies. Our club enjoyed it too. We can't wait until next time!

For craft, Ms. Chris brought in Christmas items from the last meeting and we could make anything we wanted. I saw ornaments, snowmen, decorations and so much more! Everyone was creative!

Have a Merry Christmas and a Happy New Year! See you next meeting!

Ridin' Rednecks by Hayes Bush

Our annual Red Wheel fundraiser was a huge success. The winners were Clay Linthicum- 1st; Natalie Woods- 2nd; and David Spindel- 3rd. The concession Ridin Rednecks did for the horse show at Triple J Ranch went very well. We had a lot of fun and raised some money for the club. Our new T-shirts arrived just in time for us to wear to the concession and to the Christmas parade. Thank you to Ms. Browning and Shelley Carpets. The shirts look nice and bright. Our Christmas party was hosted by the Koss family. Mr. Harkness took us on a nice hayride. We had a full float at the downtown Christmas parade on December 7. We had lots of fun giving out candy. Thank you to the Cattlemen for letting us assist. Many of our parents helped and we enjoyed the time of sharing. We have several members showing pigs and many new to this project. They are learning a lot and are excited. The walkathon will be January 11. Mrs. Strickland will be handing out envelopes at the January 2nd meeting at Twin Lakes. This venture is a 4-H foundation sponsored event and we would like to participate if we can. Mr. Wilson will be our special guest at the January 2nd meeting and will be talking about marine life. All members need to be preparing their demonstrations. We will be signing up to present them at the January meeting. Easton Underdahl is asking for our help with the Jeans for Teens Campaign. Any of our members that can donate jeans, any size, color or shape can bring them to the January 2nd or January 16th meetings. It is a campaign started last year and many of our members brought in jeans to help out. Hoping all the members have a good holiday time.

Livestock Club by: Clayton Woods

Our meeting was held on December 10th. The meeting was called to order by President Megan Stoll at 7:00 pm. Pledges were said, the devotional given, roll call was taken and the treasurer's report was given.

Everyone had a great time at the Downtown Holiday Parade, a BIG thank you to Mr. & Mrs. Nutter for the use of the trailer and Mr. Curtis Bass for hauling the parade float. Our December meeting was our Club potluck dinner and our member holiday gift exchange. Wishing everyone a very Merry Christmas and a Happy New Year!

Your Health Matters...



Happy New Year! What's your Resolution?

Usually after Christmas, one of the next topics of conversation becomes the "New Year's Resolution". Jokes usually evolve around resolutions that were made in past years, with the best of intentions, that failed. Consider past resolutions, doing so may shed some light on how not to fail.

"Starting January 1, I am going to eat right, exercise regularly, and lose weight." Sound familiar? The Number 1 New Year's resolution is to lose weight... and for a good reason: 65% of American adults are overweight.

Those good intentions can often fade, and old habits return. How can you keep this from happening to you? Make sure your fitness goal and eating plan is realistic. Remind yourself how long it took to gain weight, and be patient as you slowly make lifestyle changes.

A positive attitude and an enthusiastic approach to a healthy lifestyle will set you up for success.

How Fit is Fit?

Activity builds endurance. Try this: walk around the block with a friend. Talk constantly as you walk. When you feel comfortable pick up the pace and begin to jog. Keep talking. Slow down a little if you cannot talk. If you jog around the block regularly, you will be able to talk and jog at the same time.

Did you know... your heart is a muscle. Each day 2,000 gallons (7,571 liters) of blood travel throughout about 60,000 miles (96,560 kilometers) of blood vessels, carrying oxygen and nutrients to all of your cells.

It's Time to Take Control

Bagels as big as frisbees, muffins the size of flower pots, and endless bowls of pasta... It's not surprising that the waistlines of kids and adults have expanded over the last few decades. There is no doubt families eat too much saturated fat and too much sugar... our plates are simply piled too high!

Portion sizes began to increase in the 1980s and have been skyrocketing ever since. Our perception of portions have become so distorted, it's hard for us to recognize what a "normal" portion looks like.

For example: 20 years ago, most bagels had a 3-inch diameter and 140 calories; today they have a 6-inch diameter and 350 calories. Eat one and you've just consumed three servings of grains — that's half the recommended number of grain servings for the entire day. We have become so desensitized to "big food" at some places you can't even order a "small" anymore — just variations of big, bigger, and biggest! Did you know... car manufacturers had to start installing bigger cup holders in vehicles.

The price we pay for such overabundance is high. Kids and adults who consistently overeat are at risk for developing weight and medical problems; including high blood pressure, high cholesterol, type 2 diabetes, bone and joint problems, breathing and sleeping problems, and even depression. Later in life they are at greater risk for heart disease, heart failure, and stroke.

Is it possible to bring portion sizes back to reality? Yes, a great way to visualize appropriate portion sizes is to use the concept of the "divided plate"; $\frac{1}{4}$ or less should be lean meat or protein, $\frac{1}{4}$ should be whole grains, and $\frac{1}{2}$ your plate should be fruits and vegetables. Dividing your plate will help you keep your portions under control, and help you have a more balanced meal.



Make Your Plans NOW...



January 2014

- 1 Happy New Year! 4-H Office Closed
- 10 Fair Forms Due (check your rules!)
- 11 **4-H Foundation WALK-A-THON**
- 11 2nd Cattle Vaccine
- 13 4-H Foundation Meeting
- 17–19 L.A.W.
- 20 MLK Holiday; 4-H Office Closed
- 21 Reporters—don't forget your club news
- 26 **4-H Horse Show**
- 27 County Council & Leader Meetings
- 31 Dog, Llama, Mini-Horse Fair Forms due

NOVEMBER



February 2014

- 1 7th Annual Sporting Clay Event
- 6–17 Florida State Fair
- 7 Small Animal Entry Forms Due
- 8 **COUNTY EVENTS**
- 10 4-H Foundation Meeting
- 14 Happy Valentine's Day
- 17 Presidents Day—4-H Office closed
- 20 Reporters—don't forget your club news
- 21 Intermediate LAW
- 24 Council & Leader Meeting
- 28 3rd Executive Board

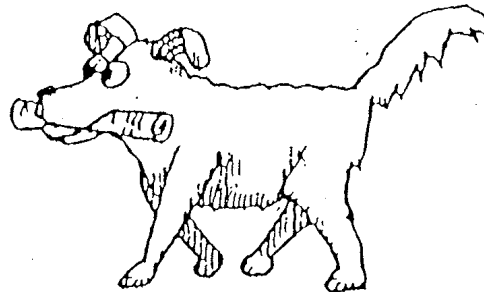
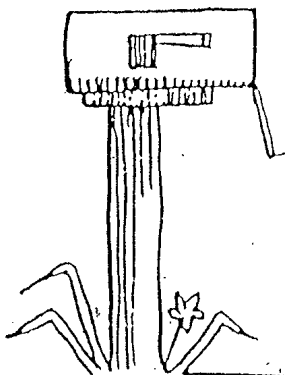


Sarasota County 4-H
6700 Clark Road
Sarasota, FL 34241

Current Resident or

UNIVERSITY OF FLORIDA

To Make The Best Better



Sarasota County 4-H