

4-H CLUBS:

4 Paws
Animal Crackers
B & S Farms
Badger's Den Productions
Blazers
Canine Connections
Clogging Clovers
Community Helpers
Country Critters
The Defenders
Eagles
East County Steer & Swine
Eastside Rabbits
Florida Crackers
Foxmill Kids & Colts
Fruitville Exceptional Equine
Green Thumbs
The Green Team
Half Pint Pullers
Home Grown Explorers
Horse N Around
Indian Creek 4-H Club
Jr. Cattlemen
Kelly Community Clovers
Little Rascals
Livestock Club
Miakka Allstock
Mini Hooves of Sarasota
Myakka Ranchers
Open Gaits
Reef Rovers
Ridin' Rednecks
Sarasota County Ranchers
Sarasota Sharp Shooters
Sarasota Swine
Southern Spurs
The Group



The Clover Times
November 2008



From The Agents Desk, Keith Wilson

Probably the number one concern of any family when they enroll their children in a youth program is safety. The well being of children is always on the minds of parents, grandparents and guardians. The 4-H office wishes to invite any 4-H member to assist 4-H staff on **February 7 from 11am-3pm** in educating local families on safety issues relating to youth at the annual **Safety Rally** held at 6221 Proctor Road in Sarasota. This event has attracted thousands of visitors in the past and was originally initiated in response to the senseless loss of local student Carlie Brucia. Call 861-9818 for further details on this event.

The 4-H office wishes to thank all of the parents, 4-H youth and leaders who attended the **4-H Awards Night Event** in October. All of the youth and leaders worked very hard to earn their special year pins, medals, certificates of appreciation and plaques. Our sincere thanks to the **Sarasota County Fair Board**, for being very generous in providing the facility for the event and to all of the families who brought food for others to enjoy.

Remember that one of the 4-H categories that can be entered in the next **Sarasota County Fair** in March is **collectibles**. If you have stamps, shark teeth, shells, dolls, sports cards, or any other interesting collectibles, you may compete with them and earn ribbons and money for your efforts in the Arts and Crafts Building. Check your Fair Rules Book for the many opportunities available to 4-Hers.

Buckling up in a vehicle significantly reduces your risk of serious injury!

Keith Wilson, 4-H Extension Agent

*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.*



Don't Miss This...
6th ANNUAL 4-H and FFA Dance



It's time for the County Wide Dance!
Saturday November 22.

Tickets are \$5.00; through county council members, at the 4-H Office, or at the door. Friends of 4-H members are welcome too at the same price and adult chaperones are free! There will be an awesome D.J., limbo contest and lots of line dancing!

Pizza, snacks and drinks will be for sale!
All proceeds will go to the Sarasota County 4-H Council.

If you have any questions please call
Jared Padgett at 925-3175 or e-mail at jpcountryboy@verizon.net



4-H Doesn't Slow Down!

Florida 4-H Dog Project events:

Mark your calendars for these important dates!!!

- November 15, 2008: Polk County Fun Dog Show, Bartow contact Cynthia Purvis (863) 512-0618 or purvisclan@verizon.net
- November 22, 2008: Canines Connections, Sarasota contact Mary Wright (941) 496-4748 agilitywheaten1@msn.com
- November 23, 2008: St. John's County Fair 4-H Dog Show contact Sherrie Keshner, 904-377- 5238 or skeshner@aladogtraining.com.
- December 5, 2008: First entry deadline for the State Fair 4-H Dog Shows on February 7 & 8.
- January 3, 2009 Crazy For Canines St. Petersburg contact Liz Piquet 727-544-1414 agilitybasset@yahoo.com
- February 7 & 8, 2009: Florida State Fair 4-H State Championship Dog Show Tampa *First* Dog Show Entry Deadline- Dec. 5, 2008 For questions on Show Rules contact Sally Manning (813) 967-1931 or horsepny@tampabay.rr.com For questions on Entry Form and Class Changes contact Cynthia Purvis (863) 512-0618 or purvisclan@verizon.net For questions on the Champion Youth Program contact Sue Spencer (863) 644-0796 or spen-zoo@tampabay.rr.com
- March 14, 2009: Florida 4-H Scholarship Show Tampa contact Sally Manning (813) 967-1931 or horsepny@tampabay.rr.com
- May 9, 2009: Manatee County 4-H Invitational contact Patty Martin (941) 722-7800 c_pmartin@verizon.net

For additional information on these and other events including entry forms and show rules, check the Florida 4-H Dog Project website at: www.FL4-H-Dog.com

Project Workshops...

November 6th: Blessing Box Count your blessings as you craft a colorful, decorative holiday box. Boxes can be use as a center piece or seasonal decoration. The cost is \$5.00 and please register by October 29th; 861-9812

December 4th: Holiday table top decoration. Join us December 4th and make this beautiful table top decoration to last all season long. The cost is \$5.00, please register by November 26th; 861-9812.

4-H Goat Clinic

Is a goat project right 4-U? Make your plans now to attend a 4-H goat clinic on **November 22**, 10:00 AM until Noon at Twin Lakes Park. The goat project is fun and educational! Come out and learn about housing, feeding, grooming, and showing goats. Please call the 4-H Office at 861-9812 to register.

Beef Breeding & Swine Clinic

There will be a Beef Breeding and Swine Clinic,

When: Saturday, November 1, 2008.

Place: Sarasota Vo-Ag Center, 701 S. McIntosh Rd.

Time: Beef Breeding: 9:00-11.30A.M Swine-12:30-2:30

Topics: Selection, Show preparation, Fair Rules, Changes and Record books.

A FUN DAY at the UF Dairy Unit!

WHEN: Saturday , November 15th 10AM—3 PM Tour the UF Dairy unit, get information on how to properly feed 4-H dairy project heifers, try a Skillathon, a Mini introduction to the Dairy Quiz Bowl... and more. Contact the 4-H Office for more details: 861-9810



My WORLD...

Sarasota County Water Resources Department is seeking data from 4-H youth who participate in coastal ecology field trips. Rene Janneman of Water Resources learned of the frequent marine science classes that 4-H youth participate in and requested data on the scallops that they collect while studying sea creatures around Sarasota Bay.

Recent surveys of bay scallops indicate that their population is increasing which can often relate to improving water quality in our coastal ecosystems. This is an excellent opportunity for 4-Hers interested in marine science to help researchers learn more about scallops and the complex marine environment in which they live. Sea grass surveys are also needed by Water Resources staff. Contact Mr. Wilson for further details on this program by emailing him at kwilson@scgov.net.

Swine Showmanship Clinic

Florida 4-H & FFA Youth

Swine Showmanship Clinic

Saturday, November 22nd 10AM-3PM

Florida State Fair Grounds Tampa, FL

This clinic is limited to the first 200 registrations. This event is sponsored by the University of Florida and the Florida State Fair.

Contact the 4-H office at 861-9810 for registration and information.

Foundation News...



Get Ready... Get Set...WALK!

Lace up your sneakers and join us **NOVEMBER 15th.**

You can make a difference! The Sarasota County 4-H Foundation is holding their annual 4-H Walk-A-Thon on Saturday, November 15th, in Myakka State Park. This annual fundraiser provides an opportunity for foundation members, leaders, and 4-H families to show their support for our 4-H Program. As our program grows so do our needs, with the donations received 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.

WALK-A-THON RULES **REGISTRATION AT 8:00 AM - WALK AT 9:00 AM**

1. All participants must have collected a minimum of \$20 in donations to walk (adults & 4-H members). This covers a 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 an armband in order to receive lunch and transportation inside park.
6. The top 5 walkers in each of three categories; Cloverbud / Junior, Intermediate, and Senior will receive prizes for the most money turned in on November 15, 2008.
7. Prizes will be given out the day of the walk at 1:00 PM at the lunch pavilion.
8. Money that is donated for advertisement on shirts must be for shirts only.
9. Money that is for sponsorship of child goes for child only.
10. Money cannot be used for both shirt advertisement and child.
11. Participants must be picked up **PROMPTLY** BY 1:30 PM in the **SUPERVISED PICK-UP** area only.

Great Prizes!



ALL YOUTH UNDER AGE 15 MUST BE ACCOMPANIED BY AN ADULT AT CHECK IN.

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

Sarasota County 4-H Foundation Swine Fundraiser

It is time once again for the Sarasota County 4-H Foundation Annual Swine Fundraiser. Last year this fundraiser brought in \$6,000! Look for our tickets; this year our swine tickets are GREEN. Tickets are available in bundles of 25/50/100 at leader and council meetings, the 4-H Office, or by calling Glenda Padgett at 925-3175. This is a great fundraiser for clubs as well as one of the major fundraisers for the 4-H Foundation. Last year 27 clubs participated by selling or purchasing tickets. Once again clubs will earn .25 cents for each ticket they sell (if they sell 25 tickets or more). The club that sells the most tickets will win a pizza party! We would love to have independent 4-H members to participate too. Profits from these tickets will help to fund activities within the 4-H Program including: camp, congress, awards night, 4-H program materials, and Foundation Scholarships for graduating seniors. The winning ticket will be drawn on Saturday March 21 2009, 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. *Submitted by: Glenda Padgett*



Looking Ahead...

Spring Sporting Clay Event February 7th

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 at the Sarasota County 4-H Foundation's Second Annual Shoot. Located at the 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 scampering rabbit, each station is designed for fun. Called "golf with a shotgun," sporting clays shooting is one of the fastest growing sports in the country and is recognized nationally and internationally as a competitive sporting event. Visit their website for details at sc4hfd.org



Sarasota County Fair: March 13—22



Attention Swine Exhibitors

The Sarasota County Fair Swine Check-in will be held **Saturday, December 6th, 7:00 to 10:00 AM** at the Sarasota County Fairgrounds. Bring your Bill of Sale, entry form, and entry fee—your forms must be complete (or you will be sent to the back of the line!)

Hogs will be ear tagged and inspected. There is no minimum or maximum entry weight. It is suggested that hogs weigh between 65 and 80 pounds at the first weigh-in. If an exhibitor wants their hog weighed, the exhibitor may opt to unload their hog and have it weighed at check-in, but it is not required by the Fair Rules. Hogs must weigh at least 210 pounds at final weigh-in on Tuesday, March 17, 2009.

Reminder: All swine must be bled and tested for pseudorabies and brucellosis by a certified veterinarian between February 19, 2009 and entry to the fair to be eligible for the fair. Mr. Don Strickland will be coordinating this process again this year.

Looking Ahead: Slick clipping or body shaving of market hogs except on ears and tail is prohibited. Slick clipping or body shaving means having hair that is less than one half inch in length on the body of market hogs.

Be sure to attend the swine clinic on November 1st to have all your questions answered!

Dig In... Plant Screening

A Plant Screening will be conducted by members of the Florida Nursery Growers Association, on Saturday, November 1st from 9:00 AM - Noon at the Fair Grounds (Potter Building Parking lot). Plants will be checked and identified, and record books **MUST BE** up-to-date. All exhibitors must be present with their plants and record book—**attendance is mandatory**. Please read "Plant Show and Sale" rules on pages 37, 38 & 39 in your Sarasota County Fair Rule Book.



Thank-YOU! BC and Sylvia Drymon for the great growing tips and advise at the 4-H plant workshop last month. All 4-H members who participated in the clinic will surely have a winning edge!

And, Thank You! Goes out to Myakka Ranchers for donating all the soil for this workshop!

Attention Dairy and Pygmy Goat Exhibitors

The official entry date for Dairy and Pygmy goats is Saturday December 13th between 8 AM—10AM at the Sarasota County Fair Grounds. Exhibitors must bring completed entry forms with entry fee to check-in.

ALL goats must be certified on the Scrapies Program and be individually, permanently, and legibly identified by a Scrapies-Program approved ear-tag, tattoo, or micro chip. Refer to the Sarasota County Fair rulebook pages 23 and 24.

Be sure to attend the goat clinic on Saturday November 22nd 10:00 AM until Noon at Twin Lakes Park, details in this newsletter.

Attention: Swine Exhibitors

Southern Select Show Pigs will be in Sarasota on Saturday November 8, 2008. Buyer sign-in at 9:30 am, preview pigs from 9:30-10:30. Sale starts at 10:00 am.

To ensure a good selection & quantity of pigs to choose from please call Dan Lewis at 941-356-3545 or LeeAnn Albritton at 941-650-9010 and pre-register by **November 5th**. Pre-registered buyers will select first.

Pigs will be available for the Sarasota County Fair. The sale will be held at the Albritton's at 9600 State Road 72 Sarasota. Hogs will be viewed in pens and be able to be moved around.

Attention: Beef Breeding and Dairy Cattle Exhibitors...

The first entry date for Beef Breeding and Dairy Cattle is Saturday, December 13th at the Sarasota County Fair grounds between 8:00 AM and 10:00AM. Exhibitors must turn in completed entry form and entry fee at this time. All animals will be vaccinated with Cattle-master 4+ L5 and Clostrin 7, Ecoli. Don't forget to enter this information in your record books!

A **second mandatory** vaccine will be administered on Saturday, January 3rd between 7:00AM and 9:00AM at the Fair grounds. Cattle shown in the previous year will need only one vaccine.

Please refer to your 2008-2009 Sarasota County Fair Rule Book for all the details! Beef Breeding exhibitors: be sure to attend the beef breeding portion of the clinic on November 1st to have all your questions answered! (details in this newsletter)

Florida Federation of Fairs Scholarship...

The Florida Federation of Fairs will be offering one \$1,000 scholarship to a qualifying FFA and/or 4-H graduating senior who are planning their post-high school education. The scholarship will be awarded at the Florida Federation of Fairs annual convention held in May. Applications are due **before November 14th**. For more information, details and application contact the 4-H Office at 861-9810 today!

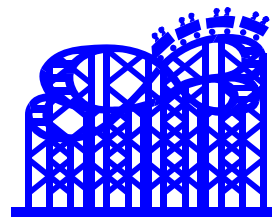


Make Your Plans NOW!

CALENDAR FOR 4-H/FFA SHOW, SALE, & ACTIVITY EVENTS SARASOTA COUNTY FAIR 2009

DEMONSTRATION	SATURDAY, FEBRUARY 21, 2009	TIME: 8:30 AM	MEADOWLANDS WORSHIP CTR.
PUBLIC SPEAKING	SATURDAY, FEBRUARY 21, 2009	TIME: 8:30 AM	MEADOWLANDS WORSHIP CTR.
DAIRY CATTLE SHOW & SHOWMANSHIP CONTEST	FRIDAY, MARCH 13, 2009	TIME: 7:00pm,	LOCATION: F.T. HOUSER SHOW ARENA
DAIRY JUDGING CONTEST	SATURDAY, MARCH 14, 2009	TIME: 9:00am,	LOCATION: F.T. HOUSER SHOW ARENA
DAIRY GOAT & PYGMY GOAT SHOW & SHOWMANSHIP	SATURDAY, MARCH 14, 2009	TIME: 12:30pm,	LOCATION: F.T. HOUSER SHOW ARENA
LLAMA SHOW & SHOWMANSHIP CONTEST	SATURDAY, MARCH 14, 2009	TIME: 7:00pm,	LOCATION: F.T. HOUSER SHOW ARENA
POULTRY SHOWMANSHIP CONTEST	SATURDAY, MARCH 14, 2009	TIME: 8:30 am	LOCATION: SMALL ANIMAL TENT
DOG SHOW & SHOWMANSHIP CONTEST	SUNDAY, MARCH 15, 2009	TIME: 12:30pm-5pm,	LOCATION: KIDDIE LAND AREA
SHARE THE FUN	SUNDAY, MARCH 15, 2009	TIME: 12:30-4:30pm,	LOCATION: ARMORY STAGE
RABBIT & CAVY JUDGING CONTEST	SUNDAY, MARCH 15, 2009	TIME: 3:30pm,	LOCATION: F.T. HOUSER SHOW ARENA
BEEF BREEDING SHOW & SHOWMANSHIP CONTEST	SUNDAY, MARCH 15, 2009	TIME: 6:00pm,	LOCATION: F.T. HOUSER SHOW ARENA
DRESS UP PARADE	MONDAY, MARCH 16, 2009	TIME: 5:00pm,	LOCATION: F.T. HOUSER SHOW ARENA
MINIATURE HORSE SHOW & SHOWMANSHIP	MONDAY, MARCH 16, 2009	TIME: 5:30pm,	LOCATION: F.T. HOUSER SHOW ARENA
CLOTHING SELECTION JUDGING	TUESDAY, MARCH 17, 2009	TIME: 6:00pm,	LOCATION: ROBARTS LOCKER RM EAST
CLOTHING CONSTRUCTION REHEARSAL	TUESDAY, MARCH 17, 2009	TIME: 6:00pm,	LOCATION: ROBART'S LOCKER RM EAST
FASHION REVUE	TUESDAY, MARCH 17, 2009	TIME: 7:30pm,	LOCATION: 4-H STAGE
STEER SHOW & SHOWMANSHIP CONTEST	TUESDAY, MARCH 17, 2009	TIME: 6:30pm,	LOCATION: F.T. HOUSER SHOW ARENA
SWINE SHOW & SHOWMANSHIP CONTEST	WEDNESDAY, MARCH 18, 2009	TIME: 6:00pm,	LOCATION: F.T. HOUSER SHOW ARENA
HORTICULTURE JUDGING CONTEST	THURSDAY, MARCH 19, 2009	TIME: 4:30pm,	LOCATION: ROBARTS LOCKER RM EAST
CONSUMER CHOICES 4-H JR./INT. DIVISION	THURSDAY, MARCH 19, 2009	TIME: 6:00pm,	LOCATION: ROBARTS LOCKER RM EAST
CONSUMER CHOICES 4-H SR. DIVISION	THURSDAY, MARCH 19, 2009	TIME: 7:00pm,	LOCATION: ROBARTS LOCKER RM EAST
STEER SALE AUCTION	FRIDAY, MARCH 20, 2009	TIME: 7:30pm,	LOCATION: F.T. HOUSER SHOW ARENA
SWINE SALE AUCTION	SATURDAY, MARCH 21, 2009	TIME: 6:30 pm,	LOCATION: F.T. HOUSER SHOW ARENA
LIVESTOCK JUDGING CONTEST	SATURDAY, MARCH 21, 2009	TIME: 10:00 am,	LOCATION : F.T. HOUSER SHOW ARENA
PLANT SALE AUCTION	SATURDAY, MARCH 21, 2009	TIME: 1:00 pm	LOCATION: PLANT TENT
4-H AWARDS CEREMONY	TUESDAY, APRIL 21, 2009	TIME: 7:00 PM	LOCATION: POTTER BUILDING

Fair Days Ahead...
March 13—22, 2009





Straight From The Horses Mouth

Horse Safety Clinic

Would you like to learn more about the 4-H horse project? Join us November 8th, 11:00 AM at Paragon Farms. Learn new ideas and review basic safety skills—inside and outside the show ring. This is your opportunity to ask questions about record books, bits, rules, or upcoming events.

Remember, this safety clinic is mandatory for any Sarasota County 4-Her that has not attended a safety clinic with the horse they intend to show, and wishes to participate in the Sarasota County 4-H Horse Show, and advance to Area E Horse Show in Tampa.

Please bring your health form, coggins, helmet, record book, and your horse of course! **RSVP** Nimie Gill 322-2006 or the 4H Office 861-9810.

Mark Your Calendars

The Sarasota County 4-H Horse Committee has been busy planning upcoming horse shows 4-YOU!

The first 4-H Show will be a Sunday, January 11th 9:AM, at Paragon Farms. This show will include Western, English, and Speed events. High-Points will be awarded!

An Open Show; Speed Events will be January 23rd, and the Pleasure Show will be January 25th. High-Points will include Walk/Trot, Jr. Western, Sr. Western, Jr. English, Sr. English, Open, 4-H and Miniature! Something for everyone.

Please don't forget your sponsorships! Sponsors can be a business, family, or club and will be listed on the official show flyer, they are \$20.00 and should be turn in no later than December 10th. Sponsorships provide entry and stall fees for 4-H youth attending the Area E and State Horse Shows. If we don't get enough sponsors this year we will not be able to pay 100% of the fees as we have in the past... so please help us out.

Call the 4-H Office at 861-9810 if you have any questions. More information and show flyers will be available on the 4-H website.

Attention Leaders



Club Idea's 4-YOU... Dakin Dairy Farms, off SR 70 East, Myakka City, continues to be a proud sponsor of 4-H and has supported the dairy industry in Florida for many years. Jerry and Karen Dakin are showcasing sustainable farming through agri-tourism. Visitors tour the freestall barn, explore the corn maze, visit the farm market, have close encounters with a variety of farm animals, ride a hay wagon or cow train, roast marshmallows over a campfire, dig for fossils, and enjoy many other fun and educational family adventures. For more information about Dakin Dairy Farms, please visit the website at: www.dakindairyfarms.com

One of the most popular and exciting features of the farm tour is the pig race. The Dakins are searching for a partner who can supply 30 to 40 lb. pigs every 60 days. If you or someone you know has a pig connection, please call 941-322-2802.

Look What We Did...



Awards and Recognition Night

Over 250 youth, leaders, parents and friends attended the 2008 Awards and Recognition Night. Congratulations to all 4-H members, leaders, parents, foundation members, and volunteers for an outstanding 4-H year. "Thank-you" to all our county council members for your help at this event, and thanks to everyone who brought a dessert—YUMMY!

Special Awards went to: I Dare You: Seth Day and Heidi Schwartz Rookies: Jillian Bland and Trevor McClellan

Achievement: Cayln Beese, Jaime Bland, Jenny Federico, Danielle Gill, Erin Gilliland, and Roy Thompson

Leadership: Madison Chapman, Kaila Hess, Laura Knipper, Jared Padgett, Sean Russell, and Krista Schrock

Citizenship: Alena Barwick, Elizabeth Hall, Kayla Knipper, Megan Knipper, Sydney Linthicum, and Autumn VanRiper.

Best Record Books: President: Calyn Beese, Vice President: Rosie Tuzik, Secretary: Jenny Federico, Treasurer: Christina Fruehald, Reporter: Heidi Schwartz, Historian: Maxim Lowe, County Council Delegate: Calyn Beese, Chaplain: Nicole Harkness, and Safety Officer: Lane Taylor.

Congratulations Annette Chapman! The Sarasota County "Leader of the Year Award" was presented to Annette Chapman! As a 4-H Alumni Annette has grown up with 4-H. As a 4-H member she participated in demonstrations, projects, attended camp, Congress, and Legislature. As an adult she has been a longtime volunteer and project leader in the Ridin' Rednecks 4-H Club. She also is a member of our Sarasota County 4-H Foundation, and the Sarasota County Advisory Committee "She is giving back what she has learned". Annette keeps the traditional values of 4-H while encouraging youth education and FUN!



Health Headlines...

Have you ever noticed girls who sit their handbags on public bathroom floors -then go directly to their dining tables and set it on the table? Happens a lot! It's not always the 'restaurant food' that causes stomach distress. Sometimes what you don't know 'will' hurt you! **Read on...** Mom got so upset when guests came in the door and plopped their handbags down on the counter where she was cooking or setting up food. She always said that handbags are really dirty, because of where they have been. Smart Mom!!! It's something just about every woman carries with them. While we may know what's inside our handbags, do you have any idea what's on the outside?

Handbags harbor a lot of bacteria, and it turns out handbags are surprisingly dirty! A microbiologist, Amy Karen of Nelson Labs, says handbags are not only high in bacteria, but high in harmful kinds of bacteria. Pseudomonas can cause eye infections, staphylococcus aureus can cause serious skin infections, and salmonella and e-coli found on the handbags could make people very sick. In one sampling of handbags, four of five handbags tested positive for salmonella, and that's not the worst of it. "There is fecal contamination on the handbags," says Amy. Women carry handbags everywhere; from the office to public toilets to the floor of the car. Most women won't be caught without their handbags, but did you ever stop to think about where your handbag goes during the day. "I drive a school bus, so my handbag has been on the floor of the bus," says one woman. "On the floor of my car, and on the floor of the restrooms." "I put my handbag in grocery shopping carts," says another woman "and of course in my home, which should be clean?"

Leather or vinyl handbags tended to be cleaner than cloth handbags, and lifestyle seemed to play a role. People with kids tended to have dirtier handbags than those without, with one exception. The handbag of one single woman who frequented nightclubs had one of the worst contaminations of all. "Some type of feces, or possibly vomit" says Amy. So the moral of this story - your handbag won't kill you, but it does have the potential to make you very sick if you keep it on places where you eat. Use hooks to hang your handbag at home and in bathrooms, and don't put it on your desk, a restaurant table, or on your kitchen countertop! Experts say you should think of your handbag the same way you would a pair of shoes. You would not think about putting a pair of shoes onto your countertops, that's the same thing you're doing when you put your handbag on the countertops. Keep it Clean! Wash cloth handbags and use leather cleaner to clean the bottom of leather handbags.

It's a Balancing Act...

Keeping a healthy balance in life is challenging, like balancing "ENERGY IN" (food and drinks) and "ENERGY OUT" (physical activity). Here are some tips to keep your health balanced:

- ⇒ Exercise, find a sport you like!
- ⇒ Drink fat-free or low-fat milk. (Many teens mistakenly think that milk has more calories than other drinks like soda. But a cup of skim milk has only 80 calories as well as protein and calcium. A can of soda has 150 calories of sugar and no other nutrients at all.)
- ⇒ Eat a variety of foods — at least five servings a day of fruits and veggies.
- ⇒ Drink plenty of water (at least four to six 8-ounce glasses a day).
- ⇒ Eat lean, high-protein foods, like lean meat, chicken, fish, or beans.
- ⇒ Eat whole grains (like whole-wheat bread or pasta), which provide fiber, B vitamins, and iron.
- ⇒ Eat breakfast. Studies show that people who eat breakfast do better in school, eat less throughout the day, and they are less likely to be overweight.
- ⇒ Choose smaller portions at fast-food restaurants. Don't super-size — even if it feels like better value.
- ⇒ Stay away from fad diets — you might lose a few pounds temporarily, but you'll just gain it back when you go back to your usual way of eating.
- ⇒ Avoid seeing foods as "good" or "bad" or eliminating entire groups of foods, like dairy. If you eliminate entire food groups, you may miss out on important nutrients, like calcium.

Keeping energy in balance will help you maintain a healthy weight and overall good health.

So you've been looking forward to Thanksgiving dinner — turkey, stuffing, mashed potatoes, cranberry sauce, and pumpkin pie... Mmm-mmm! Think healthy, have small portions, and include fruits and veggies, drink water and stop eating once you're full — there will always be leftovers for tomorrow. Finally, take a walk outside afterward to digest your meal, this will make you feel a lot better than crashing on the couch. **Have a Happy, Healthy Thanksgiving — gobble, gobble!**

News From Out There...



Animal Crackers; by Brooke Hamill

Animal Crackers is starting this 4-H year out with a bang, participating in two shows in the month of October. Dylan Cellucci and Kyle Morrison showed their Pygmy Goats at the FPGA Fall Brawl in Wellborn, FL on October 4 & 5. Dylan placed 4th & 5th in Showmanship and his Wether class and Kyle placed 3rd & 4th in showmanship and his Doe class. They had great competition (80 goats!) and showed against all experienced adults. Way to go guys!! Ms. Stephanie and Mrs. Morrison from our group also showed in the adult showmanship class to get a feel for what us kids go through and they placed first & second respectively. It was a lot of fun and a great learning experience for all. They are looking forward to the next show in December right here in Sarasota! The AMHA & R Show was on October 25 & 26 @ Triple J Ranch in Sarasota. Samantha Cellucci, Brooke Hamill, Chloe Morrison and Kelsey Morrison will have shown their horses, and we will have the results in next month's Newsletter. Our club participated in the Painted Pumpkins craft at Twin Lakes Park on October 2nd and we had a blast! There was paint, glitter and glue everywhere, but in the end we had some pretty nice pumpkins to show for it! Thanks Ms. Sheila & Ms. Marcia for all your help. (visit : Sarasota.extension.ufl.edu to view these pictures!)

We elected our officers at last month's meeting; they are: Caitlin Morrison-President, Alex Timmons-Vice President, Brooke Hamill- Secretary, Sawyer Monach-Treasurer, Samantha Cellucci-Historian, Kyle Morrison-Chaplin & Sergeant of Arms and Dylan Cellucci-Sergeant of Arms. This year we have a lot of newcomers to 4-H, we are looking forward to a great learning experience for everyone. We are going Green to raise money for our club. Many of our members are saving their aluminum cans to recycle and the profits all go to our club. Samantha Cellucci and her Family are asking all their neighbors and a local fire house to save their cans for us. Brooke Hamill has been asking local businesses for their aluminum cans. Dan Lawrence of Lawrence Residential Funding and Keiichi Hirukawa and Jae Woong Won of Kanpai Sushi Restaurant have committed to save their cans for our club. Many other members are saving their cans and asking friends & relatives to save too! We're showing Sarasota County the Power of Youth by recycling while fundraising!

Florida Crackers Update

Our meeting was held the 1st of the month and we had 100% attendance. We had new members signing up right up to the deadline. We discussed ideas for our Christmas parade float and interests for the members who do not have large animals to show. We started the ball rolling for our swine purchase and it looks like we will have a record number of members showing swine this year. Our demonstrations will be starting next month and it will be interesting to see their ideas. We are also looking for community service projects and are open to suggestions.

Horse N Around; by

Caitlin Schlabach

On September 23rd, we had our second meeting. We opened with the pledge of allegiance and the 4-H pledge. Our President Elizabeth Hall read the newsletter and told us of upcoming events and when forms were due. As a club we came up with some ideas on what we would like to do for our fundraiser. After throwing some ideas around we figured it out.

Elizabeth gave a demonstration on baking and shared some amazing apple cake. Gracie Moulton did a demonstration on how to make candles out of bees wax. She also brought enough wax for everyone to make three candles, it was a lot of fun. Thank you Kim Moulton for supplying us with the craft materials. Well until next month, see y'all later!

MIAKKA ALLSTOCK: by Aly Engwall

We welcome in fall, this month, with our annual BBQ. The BBQ takes place Nov. 1st, at Old Miakka Church, from 11:00 A.M. until 3:00 P.M. There will be great food, crafts and a little whip cracking competition. We look forward to seeing you.

I would like to take the time to and recognize our Miakka Allstock officers. They are as follows: President- Jamie Johnson; VP- Jaime Bland; Secretary- Sarah Birkhold; Treasurer- Mary Birkhold; Reporter- Aly Engwall; CC Delegate- Mark Fuller; CC Alternate- Marissa Stutzman; Historians- Jillian Bland, Tayla Graber and Alex Kirkley; Chaplain- Alexis Harrawood. Congratulations!

I would like to thank Bree Scarborough, for her outstanding job as Reporter for Miakka Allstock. Bree had to step aside, to dominate at Riverview High School girl's Volleyball. We look forward to reading more about Bree and the team in the Herald Tribune.

Tim and Heidi Brown's new shop, Brown's Groves, will be raising money for Miakka All Stock 4-H, by having a cookout in front of their shop. Their shop is located at the corner of Cattlemen and Palmer on November 15th. Tim and Heidi will be grilling out in front of their shop from 11:00 A.M. until 2:00 P.M. for all the hungry 4-H walkers. Proceeds will go to Miakka Allstock. It will be as great time for all! Our next club meeting will be on Tuesday, November 11th, at 7:30 P.M. at the Old Miakka Church.



News From Out There...

Half Pint Pullers;

by Theresa Barkasy

- This year, Half Pint Pullers started off on September 14th, our meetings being held at Fallen Pine Farms with Judy Middleton as well as at Dadsasap Ranch with Erin Kehoe.
- We would like to thank all the Half Pint Pullers members who helped out at the Pumpkin Festival this year. We had a lot of fun while raising money for the club.
- Our next meeting will be held on November 9th at Miss Erin's house. We will be starting our pasta fundraiser.
- Our second meeting in November will be held on the 23rd at Miss Judy's farm.
- For those of you who would like to come support us we will be driving in the Myakka City Christmas Parade on December 6th.
- During our Christmas Party this year instead of exchanging gifts we will each bring a gift or donation for the animals at the humane society.

Badger's Den Productions by: Samantha Gillen

Last month, our film club traveled to Casper-son Beach in Nokomis to film our spoof 'zHarmony', which is an online dating site that helps you find your perfect match. Although it was a very hot afternoon, we had a blast filming. We recently purchased a super cardioid microphone that is attached to a long pole, known as a boompole. This allows us to get the microphone very close to the person speaking, which enhances the sound and quality of the speaker's voice and cuts out most of the background noise. When filming, there were many planes flying overhead, producing a deafening sound. Thanks to our new equipment, most of that noise was not picked up, giving us a clear audio recording. zHarmony has been uploaded on our website:

www.youtube.com/badgersdenproduction

We look forward to the next project!

Blazers; by Brooke Freeman

There's a lot going on with the holiday season approaching. We have a lot of fun and exciting ideas: Christmas wreath sale, John Deere greeters at the Sarasota/Bradenton Airport, and a cotton candy/snow cone booth at the Fruitville Pumpkin Patch. We are getting ready to get our pigs in the middle of November. Before you know it fair time will be here again. Looking forward to seeing Jeff from Purina as our guest speaker at our next meeting on November 11th. Also, don't forget the 4-H dance on November 22nd. Hope everyone has a safe and fun 4h year!

Kelly Community Clovers; by Treasure Rutherford

We have started off to A fun year. We took A tour of the fire department by SMH. Those guys were great, they told us a lot and showed us the station, fire truck, and ambulance. We saw A video on fire safety and had A discussion on kitchen safety. After the tour we made thank you cards for the station. We have made pumpkins and are having are Halloween party on 10/28/08. We are starting to plan are winter program and are making snowman hat ornaments for the nursing home this year. So far this year we have 8 members with only one clover bud. We are looking for new members. We also would like to welcome Theresa Sandefur as our new co-leader she will be a great help to our leader Jeanette Dick.

Homegrown Explorers; by Austin Saunders

We've been really busy since our first meeting. Albritton's Nursery hosted a plant workshop for our group. Since some of us are going to enter the Plant Show and Sale at the County Fair this spring, this workshop was helpful. We also went on a field trip with Mr. Keith Wilson from the 4H Extension office. We met him at South Lido Beach, and using nets, we pulled in some critters from the bay. These included pinfish, pipefish, snapper, pompano, silversides, sponges, sea squirts, crabs, scallops, tulip shells, sea urchins, seahorses, killifish and jellyfish. We put them all back in the water after observing them.

At our meeting October 4th, we voted on a community service project. We decided on two and they are: a canned-food drive and making holiday cards for a nursing home. At the end of the meeting we had two demonstrations. Sara showed us how to make jewelry using hemp. Luke demonstrated a wood-burning project. We broke into groups and each did one of these crafts. Can't wait for all the activities scheduled for next month!

More to do with 4-H!!!! - Keith Wilson

On Sept. 25 and 26 the Homegrown Explorers went on a marine science field trip with 4-H staff to S. Lido Beach where 4-Hers caught a variety of sea creatures using seine nets.

Sea horses, sea urchins, pinfish, snapper, scallops, silversides, pompano, sea squirts, pufferfish, pipefish, shrimp, jellyfish, blue crabs and hermit crabs were caught and identified. Bottlenose dolphin were seen leaping out of the Bay on a number of occasions. Mangrove communities were also explored by club members. Call Mr. Wilson at 861-9818 if you wish to schedule a field trip to the seashore.



News From Out There...



Ridin' Rednecks; by Clay Linthicum

Our October second meeting could be labeled as the great debate!! After our pledges and officer reports we discussed the activities coming up. One thing, our Red Wheel food sales are well underway. We had a game and several members made drawings of what they thought would look good on our 4-H t-shirts. We debated over the color, logo, and what our club should put on the back. Katie Harkness idea was accepted. The new shirts will be a darker gray with green and white writing.

On October 11, our club went to the Master Gardener plant sale we had a concession stand selling hot dogs, fruit, drinks and snacks. Clay Linthicum and Mr. Harkness were our chefs. Katie, Emalie, Sean W, Sean S, Sydney, Amanda and Andrea, Andrew, Lane, Jarrod, Jared, Erin, Jeremy, Delanie and Nicole all helped sell goods from the booth. We visited with the patrons of the plant sale which had over 800 people pass through. I thought every body did a great job and we all had fun. The moms and leaders provided the goods. This was a community service project for our club.

The October 16 meeting was lead by VP Sydney Linthicum. The thought for the day by Tiffani Powers was "to treat people the way you want to be treated." Delanie Bartell's safety report informed us "let horses and cattle know when you are behind them." Hopefully, this will keep them from stepping on you. We gave out Awards, Certificates and booklets form the 4-H Night. Mrs. Gilliland discussed the "Tree Of Joy Foundation" we voted to assist. Our club discussed the 4-H Walk-A-Thon. Mrs. Padgett talked about the swine raffle tickets. And we finalized the T-shirt plan and voted to be in the Holiday Parade. The meeting ended with Mrs. Strickland giving out record books and welcoming our new member Matthew VanFleet. Last month our new members were Amanda and Andrea Boyd.

Canine Connections;

by Brandon Ramirez

We had a great month in the Canine Connections dog club. We held our 2nd meeting and discussed our show in November and nominated officers. Valentina one of our 5 year old Cloverbuds gave a demonstration on Dachshunds. We are learning so much with our dogs. The newer kids have started learning the rally signs as well as basic obedience and showmanship. Previous members got a lot of practice in for the upcoming shows. We still have lots of openings in the club for kids who want to have fun with their dogs! We have training classes a few Saturday mornings a month in Venice. Contact our leader if your interested: Mary 496-4748.

Country Critters; by Justin Simon

Hi Everyone,

We are glad to announce two new members of our Country Critters 4-H club, Trey Creadon and Justin Stewart.

Haley and Abby had a great time at Dakin Dairy. They went threw the corn maze, ate lots of BBQ for a great time.

I went with Haley and Abby to pick our out plants for our fair projects.

Talk to you soon.

Jr.Cattlemen; by Jared Padgett

The Jr.Cattlemen 4-H Club met on Wednesday October 1st. We talked about our animal projects that we are raising. At the meeting we discussed the upcoming weigh-ins so we can all have our animals there on time. Amanda Robinson our Club Vice President, attended the Jr.Cattlemen Fall Field Day that was held on October 11th. She learned a lot about Agriculture and the way that Cattle Ranches are run. She will have a report for us at our next meeting. Our next meeting will be on Wednesday November 5th 2008 at Fire Station 8 located on Bee Ridge Road. If you would like to come and join you can contact Jared Padgett at (941)-925-3175 or jpcountryboy@verizon.net

News From County Council; by Jared Padgett

County Council Delegates met on Monday October 20th at Twin Lakes Park. We where thanked by the 4-H Foundation for donating our Snack Attack Basket that sold for \$30.00. Our Opportunity Awareness Day and Officer Training Day was held on October 11th. We had about 30 people attend and they learned a lot about 4-H. The County Council officers went to the County Commissioners Meeting on October 14th to receive our Proclamation for National 4-H Week. The officers got to introduce themselves and the event was televised LIVE on channel 19. At the meeting we all learned how to do the Line Dances "Cupid Shuffle" and "The Mississippi Slide". Even our 4-H Agent Marcia Morris joined in for the fun. We did this activity to pump everyone up for the County Wide Dance. The Dance will be on November 22nd 2008 at the Potter Building form 7-11PM. Tickets are being sold through 4-H members and they are available at the door. At the end of the meeting we had an Ice Cream Social to celebrate National 4-H Week. Our Community Service Project will be on October 30th at the Salvation Army from 5:30 to 7:30. We will have an update in the next newsletter. Contact Jared Padgett if you would like to participate in any future Community Service Projects. Our next meeting will be on November 17th at Twin Lakes Park. If you have any questions about the upcoming events or would like to participate contact Jared Padgett at (941)-925-3175 or jpcountryboy@verizon.net

A Salute To Veterans!



This November 11, there are many ways to commemorate Veterans Day. Learn about our American history as a family, especially America's wars and why they were fought. Talk to a veteran; ask what it was like to serve in the armed forces, ask them what their country means to them and how the experiences changed their life. Fly a flag in front of your home. Show your respect and support.

The Sarasota County Fair Grounds is sponsoring the 1st Annual Gathering of Warriors: A salute to our Men and Women in Uniform will be held at the Sarasota County Fair Grounds November 8th & 9th 10:00 AM - 6:00 PM. The "Gathering of Warriors" is a tribute to the men and women who defend our freedoms. In cooperation with the United States Armed Forces Army, Navy, Air Force, Marine, Coast Guard, and the Florida National Guard, the Fair is sponsoring this event to honor our men and women in uniform, educate the public, and provide wholesome family entertainment.

In addition to military displays, participants will include the Sarasota Police Department, Sarasota Sheriff's Department, and the Sarasota Fire Department. Events include military vehicle displays, military helicopters, restored and antique military vehicles, a Massing of the Colors, patriotic motorcycle contest, drill teams, and more. There will be something for everyone with Live Entertainment, Craft vendors, as well as a variety of food vendors. Also, the RCR NASCAR Experience will be there with Dale Earnhardt's #3 GM Goodwrench Chevy Monte Carlo on display. Experience the thrill of driving laps at Daytona or other tracks with the NASCAR Simulators. Visit the Fair Website at saracofair@aol.com



Make Your Plans NOW!

November 2008

- 1 Plant Screening
- 6 Project Workshop—Blessing Box
- 8 Horse Clinic
- 10 Foundation Meeting
- 11 Veterans Day, 4-H Office Closed
- 12 Horse Advisory Meeting
- 15 **4-H WALK-A-THON!**
- 17 Leader and Council Meetings
- 22 4-H Dance!
- 27 Thanksgiving, 4-H Office Closed 27 & 28



December 2008

- 4 Project Workshop
- 6 Swine Weigh-in
- 8 Foundation Meeting
- 10 Horse Advisory
- 13 Beef, Dairy Cattle and Goat Weigh-in
- 15 Leader and Council Meetings
- 24—25 Merry Christmas! 4-H Office Closed
- 31 New Year's Eve—HAPPY NEW YEAR!



Happy Birthday!



Gage Albritton, Melissa Barkasy, Breana Barrett, Sarah Birkhold, Hailey Bonnett, Andrea Boyd, Kelsey Buettner, Autumn Byrd, Katy Carlidge, Colton Clark, Edrick Francois, Devon Fritch, Tyler Gilbert, Juliana Gossett, Benjamin Greene, David Harrawood, Allison Hochstetler, Mark Hodge, Jacob Hollenbeck, Matthew Hostetler, Chaslee Isterling, Neeley Kreuser, Cierra Kuriata, Bailey Martin, Bryan Martin, Hilton Morgan, Jaime Morrison, Tiler Mullet, Lauren O'Reily, Caitlyn Payne, Devin Payne, Kaitlynn Peachey, Lauren Pellegrino, Lauren Shinn, Tiffany Stephen, Shelby Swartz, Julia Turchon, Amanda VanBeck, Jeremy Whitton, and Laney Williams.

Looking Ahead-

L.A.W. Senior Leadership Adventure Weekend: January 23—25, 2009
 L.A.W. Intermediate Leadership Adventure Weekend: February 13—15, 2009
 Citizenship Washington Focus: June 7—13, 2009
 Camp Cloverleaf: June 22—26, 2009
 Legislature: June 22—26, 2009
 Congress: July 27—31, 2009

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