



THE CLOVER TIMES



MIAMI-DADE COUNTY 4-H YOUTH DEVELOPMENT PROGRAM



The County Fair by: Alex Diaz



If you ever have any questions, please feel free to contact us. We are here to help!

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4-H at The County Fair Website:

<http://miami-dade.ifas.ufl.edu/4h/county%20fair.shtml>

The Miami-Dade County Youth Fair and Exposition is nearly here, and now is the time to start getting your youth's entry items registered into the fair.

The final registration to the fair for: crafts, and demonstrations is February 2, 2010. In the download section of our "4-H at The County Fair Website you will find step by step instructions on how to submit entries via internet, and fair book guidelines.

Note:

*Only 4-H Youth Members who are in a 4-H club or independent members can participate.

***No illustrated talks allowed in the 4-H department.**

*4-H members must be enrolled in 4-H a month prior the fair's deadline in order to qualify to enter exhibits.

*Independent member/members at large are the only ones who should register as "Independent members." All other members must register under the club name in which they belong to.

* Those who are participating at the 4-H Day activities with a talent or fashion revue, you must pre-register with Liz (liz1960@ufl.edu) at the 4-H office (305-592-8044) no later than February 2. If participants are in teams or groups please provide all members names along with their club name, and form of talent to the 4-H office.

* If you need to reach the Exhibits department at the fair for any entry questions: 305-223-7060.

January 2010

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A Note From the Editor

It's a new calendar year, a new beginning with exciting new things.

Remember to all returning and new 4-H members and clubs that we need to have all your paperwork in. If you fail to enroll on time you will not be able to participate 4-H exciting programming, such as the County Fair.

Sincerely,
Alex Diaz,
January's Clover Times
Editor

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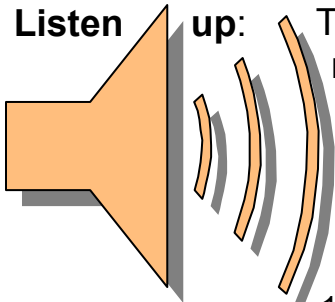
COOPERATIVE EXTENSION PROGRAM AND BOARDS OF COUNTY COMMISSIONERS COOPERATING

For sign language interpreters or materials in accessible format or other ADA Accommodations please call (305) 248-3311 ext. 240 at least five days in advance.

“To make the best better”

Children's Health, Face the Music by: Kathie Roberts

Miami-Dade County 4-H, the place parents & educators go to for educational answers.



Listen up: Thirteen percent of children ages 6 to 19 already show signs of permanent noise-induced hearing loss, says a new CDC report. Many experts blame the increase use of MP3 players. Below, sound advice from Ron Eavey, M.D., an ENT at Vanderbilt University in Nashville, on how children can rock out safely.

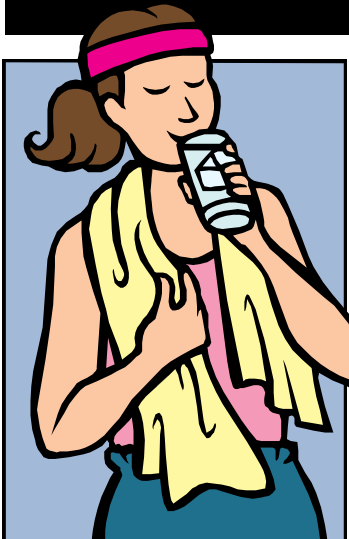
1. **Weigh in:** Whenever you can hear what a person is listening to on an iPod, it's too loud. Develop a hand signal like tapping you ear, to alert the listener.
2. **Take Control:** Most MP3 players allow you to set a maximum volume limit. (For iPods, visit apple.com/sound). It should be kept at 50% or less.
3. **Change Headgear:** Swap ear buds for earphones that cover the whole ear. Research shows that they block more outside noise, so kids are less likely to crank up the sound.
4. **Limit Listening:** When children are at home they should play music through speakers. Do not have music flow directly into the ear more than one hour per day.

Call the Doc: Children who use MP3 players more that seven hours per week should visit an audiologist for a hearing evaluation. Find one at asha.org

“To make the best better”

Children's Health, Sports Drinks by: Kathie Roberts

Miami-Dade County 4-H, the place parents & educators go to for educational answers.



Staying hydrated is smart and kids drink 91% more of flavored fluids than plain water. Plus, sports drinks replenish electrolytes. But those nutrients are lost only when children sweat. Most experts agree: Beverages like Gatorade and Powerade are beneficial after an hour of intense exercise. But they're typically high in calories, so gulping them down is an easy way to pack on the pounds- and bathe teeth in sugar and citric acid. Drinking throughout the day wears away the enamel. Children should consume flavored drinks after sports all at once, and wash them with water. A fluoride toothpaste also helps.

Upcoming Events, Opportunities, and Announcements

Are you into it? 



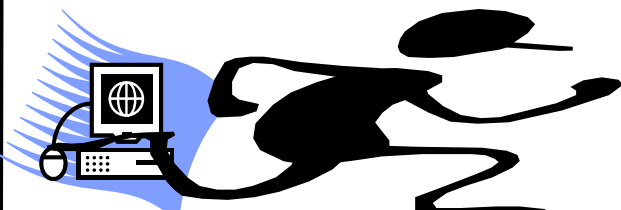
Homestead Rodeo Parade, Saturday, January 30, 10:00- 1:00

This years theme is “Bucking from Sawgrass to Seagrass” Line up is 10:00 a.m. on Flagler Ave and South of 8th Street in Homestead. The parade begins at 11:00 a.m. and is approximately one hour long. 4-H will be providing cowboy hats and can provide some fish costumes if members are interested in wearing them. Participants are encouraged to make posters or banners with their club name or decorations related to the theme. Last years parade participants said the audience loved the Mardi Gras beads they tossed out, so bring what you can.

Email Liz Gonzalez @ liz1960@ufl.edu 4-H office with the following information: club and number of participants. If you are including a truck, trailer, (or horse), provide a description for the announcer.

Deadline: January 14

The new 4-H on-line enrollment began last year and continues as the way to enrolling new and returning members. Contact the 4-H office for detailed information on how to enroll online. Don't wait too long you will miss out on fun 4-H activities if you are not enrolled.



The County Fair

Important Dates:

*Final registration to the fair for: crafts, 4-H day activities, and demonstrations are February 2, 2010.

*Check-in: March 18, 4 PM– 8 PM. Also March 20, 10 AM– 4 PM.

*Check-out: April 15, 4 PM-8 PM.

*4-H Day Activities: April 27.

We Need Volunteers:

Every year the 4-H Fair department relies heavily on volunteers and we would like to invite you to be part of the fun. Please contact Alex Diaz, 305-592-8044, Alexdiaz@ufl.edu.



Fair Training

Monday, January 25.

6:30 PM

You must RSVP before, January 21 by calling: 305-592-8044.

Learn how to enroll for the fair, sign up to volunteer, go over the entry regulations.

We need adult and youth volunteers for:

- *Check-in
- *Set up of crafts
- *MC
- *4-H Day
- *Check– out
- *Transfer scores
- *Judging
- *Organize Checks















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2009—2010 4-H Calendar

Also found online!

<p>September </p> <p>County Council 8 State First Executive 11-13 Coastal Cleanup 20</p>	<p>October </p> <p>Awards Recognition 3 National 4-H Week 4-10 County Council 19 New Year Leader Training 29</p>	<p>November </p> <p>District Council Meeting 14 Thanksgiving Day 26</p>	<p>December </p> <p>4-H Online enrollment due 1 Second Executive Board (Ocala, FL) 4-6 4-H/Miami Heat Event 23</p>
<p>January </p> <p>Training: "Fair" TBA LAW registration TBA LAW (Ocala) 22-24 (Leadership Adventure Weekend) Fair Pre-approval to 4-H office 29 Homestead Rodeo Parade 30</p>	<p>February </p> <p>Fair registration deadline 2 Florida State Fair 4-19 Intermediate LAW (Ocala, FL) 12-14</p>	<p>March </p> <p>Fair Exhibit Check in 18-20 Third Executive Board 19-21 Miami-Dade Fair Opens 25 4-H Day at the Fair 27 County Events registration (Deadline) 24</p>	<p>April </p> <p>Fair Last Day 11 Fair Exhibit Check out 15 Bayanza 17 County Events 17 4-H Day at The Capitol 22 Junior Congress 24</p>
<p>May </p> <p>Congress Registration TBA Area F horse show 1-2 Camp registration deadline TBA District Events 8 Tropicana Contest TBA Legislature registration TBA</p>	<p>June </p> <p>Horse Public Speaking 1 Portfolios to State Office 1 Camp Counselor training 16 Legislature 21-25</p>	<p>July </p> <p>District 13 Pre Congress party Camp Cloverleaf State Congress</p> <p>TBA 12-16 26-30</p>	<p>August </p>