



Just In! – From Alabama 4-H
Friday, November 9, 2007

National Poultry and Egg Contest

Louisville
November 9 - 11

ATV Rider Course

Walker County
November 10 - 11

National Livestock Judging

November 9 – 14
Louisville

4-H Rifle Leader Training

November 17
Fayette Co. (Hubbertville)
Contact legvodl@auburn.edu

National 4-H Congress

November 23 - 27
Atlanta

Quilting in Clay County
Another 4-H Success Story



New in 2007 was the Alabama Quilting Project where Clay County youth studied the nationally recognized quilters of Gees Bend, AL. 4-H'ers were encouraged to learn this heritage skill and preserve a bit of their own family history through story quilts. CEC Marsha Moorehead reports that they quilted pieces representing important people, places, and events in their lives. Some projects were later donated to charity making the project an opportunity for youth to practice "generosity". The quilts were displayed at the Regional Contest in Munford.

Stuff You Need To Know
January 4-H PPT Meeting
January 22 – January 25, 2008
Reserve Room Now **205-669-4241**

4-H Day at Alabama A & M
Another 4-H Success Story



October 18 was 4-H Day at A & M. \$200 was raised for the Food Bank of North Alabama.

Absolutely Best-Ever 4-H Volunteer & Parent Forum
February 22- 24
Alabama 4-H Center

Keep Your County's 4-H Volunteers On-Target, Up-to-Speed, and In-the-Know.

<http://www.aces.edu/fourh/volunteers/>
Go to: **Volunteer Leader Events**

Growing 4-H Volunteers in Bibb County: Another 4-H Success Story



The Bibb County 4-H program is really growing. Joy Maxwell, 4-H REA, reports that when she started working in Bibb County, there was not a continual 4-H program and there were no active volunteers. Joy notes that this has changed over the past year.

The county now has a solid base of around ten volunteers who have been recruited through the schools, PTO meetings, local churches, and articles in the local newspaper. Joy also reports that folks from Bibb County are very nice and are willing to be volunteers and to serve as role models for county youth.

Bibb County now has many great 4-H clubs including Robotics and Rocket Clubs, a Cooking Club, Arts and Crafts Club, and a Horse Club.

Hale County Parent and Student Night Another 4-H Success Story



On October 30, Parent and Student Night was held at Akron High School. Students and parents learned about graduation requirements and college entrance exams. Nekia Moore, 4-H REA, provided students with information on career and college planning.

Current Youth Development Research Lack of sleep may lead to fatter kids



Here's another reason to get kids to bed early: more sleep may lower their risk of becoming obese. Researchers have found that every additional hour per night a third-grader spends sleeping reduces the child's chances of being obese in sixth grade by 40 percent.

The less sleep they got, the more likely the children were to be obese in sixth grade, no matter what the child's weight was in third grade, said Dr. Julie Lumeng of the University of Michigan, who led the research.

If there was a magic number for the third-graders, it was nine hours, 45 minutes of sleep. Sleeping more than that lowered the risk significantly.

The study gives parents one more reason to enforce bedtimes, restrict caffeine and yank the TV from the bedroom. The study appears in the November issue of the journal *Pediatrics*.

4-H Day @ Auburn Homecoming: Another 4-H Success Story



For photos, go to WWW.Alabama4H.Com
For downloadable copies, contact
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