

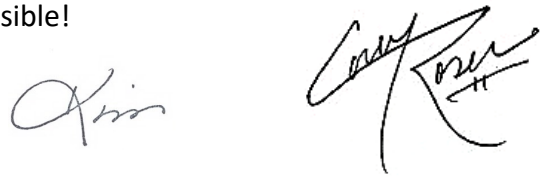


PURDUE EXTENSION

August 2019

Miami County
ROCKED
at State Fair this year!
Project Pick Up:
Tuesday, August 20
Please come get your
projects!

Junior Leaders
We are so proud of all your hard work this summer! You really showed us what you can do! We are honored to be a part of your lives! 😊
We had a terrific time at Fishers Escape Room & eating at Portillo's! Thank you to all who made this trip possible!



Vote Election
of
Officers!
We are ready
to elect NEW
Junior Leader officers!
Everyone please
consider this as a
Leadership
opportunity!

WHO CAN YOU RECRUIT?
Can you think of any 7th- 12th graders who would like to be a **JUNIOR LEADER**? Enrollment begins **October 1**. All 7-12th grade 4-H members will be invited to our October meeting, but it's always better if you invite them yourself & offer to bring them to the meeting with you!

Community Service Opportunity
The Extension Homemakers are in need of help for their annual **Chicken & Noodle Dinner on September 19th**. They would love to have Junior Leaders help serve for a shift or to set up or to tear down. This will count as an activity for the new year. Please contact the Extension Office or Barb Keyes (764)473-7022 to sign up.



OFFICERS:
Please meet 10 minutes before each meeting to get your game plan together.

SEPTEMBER MEETING! We will be electing officers! The new officer's responsibilities include: scheduling 2019-2020 meetings, attending & running the meetings, making sure new members are welcome and involved, etc. Election meeting will be held on **September 10 at 6:30 p.m.** We will meet in the Community Building on the fairgrounds. Please bring a snack to share. We will have plenty of pop!

September

4—4-H Fair Board Meeting, 7:00 pm

6—4th Grade Ag Day

10—Junior Leader Elections, 6 :30 pm

19—Extension Homemaker Chicken & Noodle Dinner

23— 4-H Council, 7 p.m.

October

1— 4-H Online Enrollment Begins

2— 4-H Fair Board, 7 pm

TBA- Junior Leader Meeting

28— 4-H Council, 7 p.m.

November

6— 4-H Fair Board, 7 pm

25— 4-H Council, 7 pm

4-H Calendar

Thank
YOU!

Don't forget to thank those who have given their time, money & energies on behalf of the 4-H program: leaders, trophy sponsors, superintendents, auction buyers, 4-H Fair Board, 4-H Council & your parents! Send them a card!

4-H Camp has ended and we are looking ahead to 2020! Thank you Arianna, Taryn, Andrew & Abby for the hard work, long hours & fun! Anyone who is interested in becoming a **4-H CAMP COUNSELLOR** come talk to us! We are sure you'll want to apply so you don't miss out on the fun!

2018-19 Junior Leader Officers!

President— Riley McGuire

Vice President— Kaitlynn Perry

Secretary/Reporter— Mackenzie France

Treasurers— Alexandra Merritt & Clay Wildermuth

Stand Chair— Joy Hierholzer

Asst. Stand Chairs—Andrew & Alyssa Ramos,

Jackson Perry

4-H Council Reps— Cameron Early, Katelyn Johnson,

Riley McGuire

Community Service Committee — Alexandra Merritt,

Arianna Duckwall, Cameron Early, Kaitlynn Perry



SLEEP AND ADOLESCENTS

Children Ages 13 - 18
How to help them sleep



MAINTAIN A REGULAR SLEEP SCHEDULE

Your teenager should go to bed and wake up at about the same time each day. Her sleep schedule should also ensure adequate time in bed.



AVOID OVERSLEEPING ON THE WEEKENDS

Although catching up on some sleep on the weekends can be helpful, sleeping in until noon on Sunday will make it hard for your teenager to get back on a school schedule that night.



TAKE EARLY AFTERNOON NAPS

A nap of 15-20 minutes in the early afternoon can be beneficial.



TURN OFF TELEVISIONS, COMPUTERS AND PHONES

Television viewing, computer-game playing, internet use, and other stimulating activities at bedtime will cause problems falling asleep.



AVOID CAFFEINE, SMOKING, ALCOHOL, AND DRUGS

All of these cause sleep problems.

www.pacecounselinggroup.com