

SOLUTIONS



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Happy Holidays Extension Family:

As Christmas time nears, I want to encourage you to **give** this holiday season. WHAT? The old piggy bank doesn't hold that kind of funds?

Don't look to the bank then. Some of the best gifts are from the heart, not the wallet. Perhaps, you can help a relative finish a project.

Maybe volunteer to distribute food at your local food bank. Give mom a day off in the kitchen or dad a free day off raking (remember the key is for them not to ask you). This idea may not be appealing to some. However, I promise that you will be overwhelmed with appreciation, love, and respect your unselfishness will bring forth. Remember, giving of yourself is the most precious gift, yet it doesn't cost you a penny.

The Jefferson County Extension Staff wishes you and your family good health, comfort, and prosperity this holiday season.

Enjoy,

John Lilly

Jefferson County Extension Director/4-H Agent

4-H Youth News

The Florida 4-H Public Speaking Contest



Students in the 4th, 5th & 6th grade in Jefferson County participate in an exciting and challenging public speaking program.

The Florida 4-H Public Speaking school enrichment program is powered by Florida Power & Light (FPL). This educational program is designed to introduce fourth, fifth, and sixth-grade children to the concept of public speaking and is administered by Jefferson County 4-H.

Jefferson County students compete in the classroom and school-wide speaking contests, with winners advancing to the county competition.

Teachers and parents have been provided with instructional materials introducing the Florida 4-H Public Speaking school enrichment program.

For the past three months, students learned how to research, organize, and deliver a speech topic of their choice. Students received support at home through all process stages, from selecting a topic to preparing the final speech.

The Florida 4-H Public Speaking program builds confidence and provides a solid foundation for their future educational and professional aspirations.

The county-wide contest will be on December 6 at Aucilla Christian Academy Auditorium at 6pm. The district contest will be on April 22, 2023 at 1pm at the Wakulla County Extension Office.

4-H Youth News



Jefferson K-12

Classroom Winners



Mrs. Bellamy's 4th Grade



First Place: Zamiyah Kennedy,

"My Family Vacation"

Second Place: Tristyn Oliver,

"The Eiffel Tower"

Third Place: Alex Fernandez, "All About Soccer" & Jasmine Miller, "My Family John"

Ms. Saintagne's 4th Grade



First Place: Ashley Zelaya, "Being the Middle Child"

Second Place: Quantez Parker, "Thunder"

Third Place: Joseph Vega, "FortNite"

Mrs. Mobley's 6th Grade



First Place: Jeremiah Parrish, "Basketball Essay"

Second Place: Shurdell Roach, "Closed Doors"

Mrs. Rice's 5th Grade



First Place: Gabrielle White, "The Spelling Bee"

Second Place: Carlos Duarte-Urbina, "Natural Disasters"

Ms. Fils's 5th Grade



First Place: Reign Carrillo, "My Journey to America"

Second Place: Ja'Varion Ulee, "The Great Komodo Dragon"

Third Place: Lani West, "Thing I like About My Teachers"

Mrs. Clemons's 5th Grade



First Place: Armani Alexander, "4-H"

Aucilla Christian Academy Classroom Winners



4th & 5th & 6th Grade Classroom Winners



Homeschool Classroom Winners



4th & 5th Grade:

First Place: Alistair Canup, "How I Started my Soap Business"

Second Place: Petra Brookins, "My Time at Camp Timpoochee"

Third Place: Journey Gove, "My Crazy Cat, Binx"

6th Grade:

First Place: Nicholas Brookins, "Internet Safety"

4-H Youth News



The Life, Liberty, and Livestock 4-H Club is gearing up for the 2022-23 4-H year!

Our monthly club meetings are every first Thursday of the month at the Jefferson County Extension office at 5 PM.

Each month we will focus on a new topic in Agriculture that our club members would like to learn about! It is a perfect time to come out and check out this fun club!

Dec. 1st	March 3rd - Monthly Meeting
Jan. 5th	March 11th - Chick Chain Show
Feb. 2nd	TBD- West Florida Livestock Show and Sale
Feb. 4th - Chick Chain Poultry Perfection Workshop	April 6th
Feb. 20th- 23rd - North Florida Livestock Show and Sale	May 4th
March 3rd- Chick Chain Record Books Due	TBD- End of Year Celebration



North Florida Fair Goat Show and Poultry Show

The Life, Liberty, and Livestock 4-H Club kicked off the North Florida Fair with the dairy goat show and the open poultry show! We are very excited to announce the Jefferson County youth and all of the ribbons they took home!

Gabby Graff Goats

- 1st place and Buckle Showmanship
- 1st place Herdsman
- 1st place Record Book,
- Reserve Grand Chamion Senior Doe Nubian "Kaira", Reserve Grand Champion Junior Doe Nubian "Abracadabra"

Poultry

- (4) 2nd place
- (1) 1st place

Dominic Graft Goats

- 1st Showmanship
- 1st place Herdsman
- 1st place Record Book
- Grand Chamion Junior Doe Nubian "Hadi"

Poultry

- (4) 2nd place
- (3) 3rd place

All Goats were leased from 3 Lee's Farm and kids were mentored by Maureen Hayes



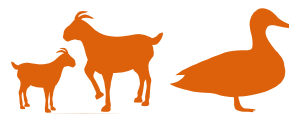
Finn Feinberg

- Ancona Ducks
- Male- Blue Ribbon
- Female- Blue Ribbon

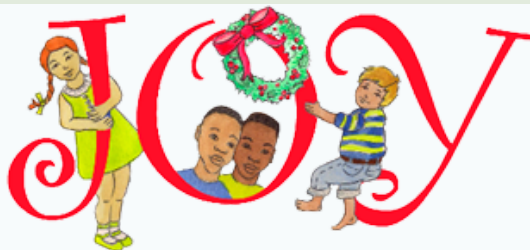


Henry Feinberg

- Silver Appleyard Ducks
- Male- Blue Ribbon and Best in Class
- Female- Blue Ribbon and Best in Class



4-H Youth News



Jefferson Outreach for Youth

JOY (Jefferson Outreach for Youth) is gearing up for its annual toy drive, providing Christmas gifts for local youngsters. Christmas is the time of the year when we solicit donations to assist with the campaign.

Decorated boxes placed around town to donate toys are: Jefferson K-12, Jefferson County School District Office, The Monticello New, Tupelos, TMH, The 1st Bank, The Homeschool Resource Center, Capital City Bank, Aucilla Christian Academy, Ole Happy Days, Dollar General, and The CowHaus Coffee Shop

Monetary donations may be mailed to **JOY Box 25 Monticello, FL 32344.**

Suggested gifts for boys and girls: art/crafts, books, blankets, educational toys/games, outdoor play, pretend play, and school supplies.

Please donate by **December 3rd.**

Contact John Lilly at jgl@ufl.edu for more information or if you have any questions.



Fall Outdoor Adventures

We are calling all outdoor enthusiasts. Would you like to learn new skills and be involved more in the outdoors? Learn about different topics and get hands-on with our new fall adventures.

A new adventure happens every two weeks at our site, where you can test your skills and learn new ones.

Email Bryan Danford at bryan.danford@ufl.edu for more information or visit the office for a flyer.

Dec. 3rd at 9am - 11am	4-H History
Dec. 17th at 9am -11am	Winter Outdoor Safety

Nature Challenge

For December, take some time to enjoy a local park or outdoor area. You can do this alone or with family. Just enjoy the wintering birds that have flown many miles to want the Florida sunshine or appreciate the unique wonderland of the outdoors.

You will be glad you took the time to enjoy your surroundings. Remember to bundle up!

Email your checklists to bryan.danford@ufl.edu

The Jefferson County 4-H Teen Council

The Jefferson 4-H County Teen Council is a club comprised of teens between the ages of 12-18. These teens work collaboratively with the Jefferson County 4-H Agent in planning and implementing 4-H Events in the county. In addition, the organization stresses youth leadership training, development, and community service-learning projects.

The Teens Council also plans and implements countywide 4-H programs year-round. Therefore, council members must be willing to commit time and assume responsibility for formulating, directing, and facilitating events.

The council will meet on the following dates below at 4:00 PM at the Jefferson County Extension Office.

MEETING DATES 2022	MEETING DATES 2023
AUG 22	JAN 9
SEPT 12	FEB 13
OCT 10	MARCH 6
NOV 14	APRIL 10
DEC 12	MAY 8

4-H Youth News

4-H DEMONSTRATION/ ILLUSTRATED WORKSHOP

Getting in front of an audience can be very intimidating. So why not learn new skills and techniques to create a demonstration/illustrated talk at the 4-H Demonstration/Illustrated Talk Workshop.

The workshop will be **Wednesday, February 8**, at the **Jefferson County Extension Office** from **4:00- 5:00 p.m.** I highly recommend your attendance if you plan to do a demonstration/illustrated talk for the first time. Parents are also welcome to attend. We need five youth to RSVP by **Friday, January 27**, or we will cancel the workshop.

Contact John Lilly at jgl@ufl.edu or phone (850) 342-0187 for more information.

North Florida Fair Exhibits

It was another great year, with many creative and unique creations at the fair. Seeing the creative juices flowing and our youth showcasing their special abilities was terrific. Jefferson County had many beautiful entries that all earned ribbons, and several of them received an award of merit.

Hopefully, everyone had a chance to visit the fair and see the fantastic exhibits. If you are interested in participating in next year's fair, start creating your Lego models, poems, pictures, crafts, and any other project you'd like to exhibit.



North Florida Fair 4-H Day Judging Competitions

Jefferson County 4-H wrapped up the North Florida Fair with 4-H day at the Fair, Saturday Nov. 12th. The Life, Liberty, and Livestock Club had a great time participating in both the Ag Judging Contest and the Wildlife Ecology Contest! Please see below for the all the Jefferson County judging contest placings:

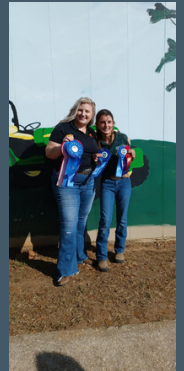
Ag Judging Contest:

- 2nd Place Jr Team 1
- Dominic Graff 2nd Place Jr Individual
- 4th Place Jr Team 2
- 2nd Place Intermediate Team
- Gabby Graff 1st Place Intermediate Individual

Wildlife Ecology Contest:

- 1st Place Jr Team 1
- 5th Place Jr Team 2
- Dominic Graff 1st Place Jr Individual
- Finn Feinberg 2nd Place Jr Individual
- Lilly Peary 3rd Place Jr Individual
- 1st Place Intermediate Team
- Gabby Graff 1st place Intermediate Individual
- Jake Peary 2nd Place intermediate Individual

Congratulations to all the winners! Great job for all the 4-H Youth who participated!





Winter Plant Protection



Water



Keep your plant well-watered—watering plants before a freeze and after. Wet soil absorbs more heat during the day and radiates it at night. After a freeze, plants can lose water because of water being frozen. Watering the plants will help thaw the soil.

Mulch



Mulch with compost, wood chips, or straw around plants to help moderate temperature- keeps the soil warmer and retains moisture. Mulch also reduces weeds, decreases fruit disease, and improves the soil.

Covers

Coverings protect more from frost than from extreme cold. Examples of coverings include cloth sheets, quilts, plastic, or frost cloths. Covers extending to the ground and not touching plant foliage can lessen cold injury by trapping heat. Remove plastic covers during sunny days to allow ventilation.





WAYS TO EASE HOLIDAY STRESS

Does just thinking about the holidays stress you out? You're not alone. Fortunately, there are things you can do to mitigate stressors and make the holidays a fun and relaxing time.



1 PLAN AHEAD AS A GROUP.

Stressful arguments and hurt feelings about where, when and how to spend holiday time can be avoided by planning ahead and including as many people as possible in the discussion.



2 MANAGE EXPECTATIONS.

Keep in mind that the goal of the holidays should be to enjoy your time together. Avoid trying to cram in too many activities or make every meal and get together perfect.



3 HEAD OFF PERSONAL CONFLICTS.

Agree to take hot-button issues — political or otherwise — off the table. Keep in mind that you can love someone even if you don't like their views on particular topics.



4 IF CONFLICTS DO ARISE, STAY CALM.

If you or other family members get into a fight, do what you can to keep or regain everyone's composure before moving forward.

That may mean removing yourself from the situation for a while by going for a walk or engaging in some other soothing activity.

When you come back, it will be easier to see one another's points of view, and come up with creative solutions and compromises.



5 FOCUS ON THE POSITIVES.

Inevitably, something will go wrong with our holiday plans—a flight will be delayed, cookies will get burnt, a gift will be out of stock. Don't let these hiccups overshadow the positive aspects of the holidays, such as spending quality time with family and friends.



6 REMEMBER TO TAKE CARE OF YOURSELF.

It's easy to let healthy habits slide during the holidays, indulging more than usual, staying up later or dropping our exercise routines. However, taking care of your physical and mental health can be an antidote to holiday strain.



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Adapted from: Samantha Grenrock, "UF Expert: Six Ways to Counter Holiday Stress," news release, November 7, 2017, <http://blogs.ifas.ufl.edu/news/2017/11/07/uf-expert-six-ways-counter-holiday-stress/>
For more information: Radunovich, H. 2013. "Managing Stress During the Holidays." UF/IFAS EDIS publication, FCS5266. <http://edis.ifas.ufl.edu/fy1404>



Family & Consumer Sciences News

UF | IFAS Extension
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"Green" Holiday Tips

The holidays are a time of generosity and spending time with loved ones, but they can generate more than just joy. Gift wrap, packaging and party goods can add up

to truckloads of extra waste. Celebrate the environment throughout the holiday season with these tips.

Decking the Halls

- **Collect natural objects** to use as table centerpieces and other decorations.
- **Replace incandescent holiday lights** with energy-efficient LED lights.
- **Invest in an artificial tree** for future years. If you choose a real tree, look to recycle it when the season ends.



Upgrading to the Latest Tech

- If giving appliances or electronics, **look for the Energy Star certification label.**
- **Buy rechargeable batteries** and a battery charger to accompany electronic gifts.
- **Find an electronic recycling program** for devices that are being replaced.



Be an Eco-Minded Host



- **Use locally sourced ingredients** when possible, and check your pantry for items you already have.
- **Set out recycling bins** when hosting events.
- **Entertain with reusable dishes**, utensils and cloth napkins instead of disposable items. If you must use disposable items, choose paper over plastic.

Wrapping Gifts

- **Reuse paper items** for wrappings, like brown paper bags or newspaper, or look for wrapping paper that is made from recycled content. Invite little ones to personalize with stamps, stickers or drawings.
- **Make the wrapping part of the gift.** Options include baking tins, planting pots or new towels.
- **Avoid wrapping** and top with a bow instead.



Gift with Purpose

- **Consider non-traditional gifts** such as baked goods, plants, fishing licenses or gift certificates to local businesses, or check local markets for specialty foods or local art.
- **Donate** to a charitable organization in your loved one's name.
- **Give "time."** Help with chores, take children on an outing, or share your talent.



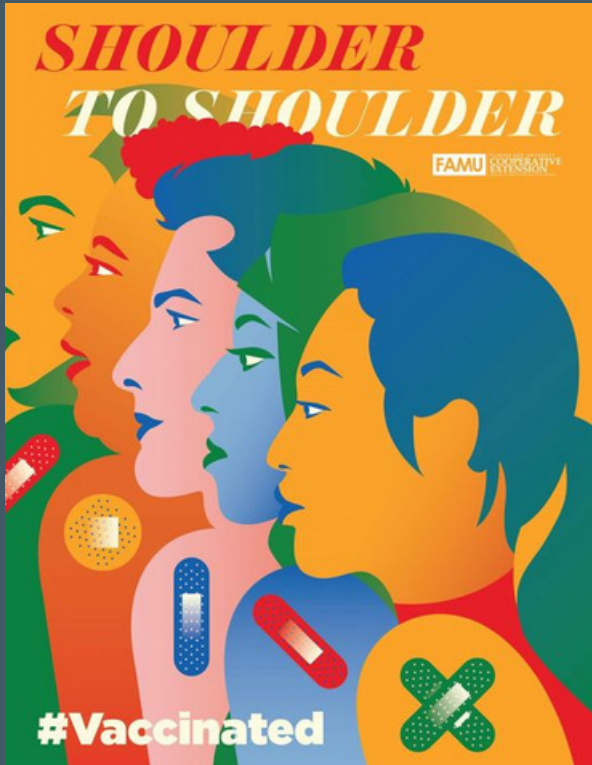
Before You Toss

- **Save gift bags**, ribbons, bows, boxes and packaging materials to use next year. If you can't keep it, find out what may be recyclable.
- **Look up local tree recycling** programs that turn trees into chip mulch.
- **Find a new home for usable items** that have been replaced by donating them to a local charity.



Source: Ramona Madhosingh-Hector, UF/IFAS Extension regional specialized agent for urban sustainability

FAMU Extension News



Vaccine effectiveness is a measure of how well vaccination protects people against outcomes such as infection, symptomatic illness, hospitalization, and death.

Vaccine effectiveness is typically measured through observational studies specifically designed to estimate individual protection from vaccination under “real-world” conditions.

For more information click [here](#)!

FAMU Tech Changemakers

We Want YOU!

Tech Changemakers is a program designed to pair teenagers (who are very tech literate) with older persons in the community to teach them valuable tech skills to make them more employable and confident in the ever-growing/changing workplace.

FAMU Tech Changemakers is recruiting motivated teenagers interested in helping close the digital divide gap.

Become a 4-H Tech Changemaker!!

Inequitable access to technology and digital skills is impacting opportunities for people nationwide. Would you like to make a difference as a 4-H Tech Changemakers?

You can become a digital skills trainer, build your resume, increase your leadership skills, and advocate for increasing digital inclusion in your community.

To learn more, check out <http://4-H.org/TechChangemakers>

4-H Tech Changemakers is a:

- unique opportunity to learn new skills for college or career.
- great way to build your network.
- great way to build your knowledge about teamwork, communication, public speaking, teaching, facilitating, and civic service.

Contact Sabrina Hayes, FAMU 4-H Agent, to learn more about local efforts to address digital inclusion.	
Sabrina Hayes	OFFICE ADDRESS: 2010 Pinder Drive Tallahassee, FL 32307
PHONE: 850-412-5714	EMAIL: sabrina.hayes@famuedu
SOCIAL MEDIA: https://www.facebook.com/famuxext	

PROGRAM IS SUPPORTED BY

LAND O' LAKES, INC. Microsoft TRACTOR SUPPLY CO. verizon

December

Mon	Tues	Wed	Thurs	Fri	Sat / Sun
			1 Life, Liberty, and Livestock 4-H Club Meeting	2	3 Outdoor Program Joy Toy Deadline 4
5	6 3rd Grade School 4-H Club County Speech Contest	7 4th Grade School 4-H Club	8 5th Grade School 4-H Club	9 Teen Council Nursing Home Visit	10 11
12 Teen Council Meeting & Christmas Dinner	13	14	15	16 Joy Toy Distribution	17 Outdoor Program 18
19	20	21	22	23	24 Christmas Eve Christmas Holiday 25
26	27	28	29	30	31 New Years Eve

Upcoming January Events

Life, Liberty, and Livestock 4-H Club Meeting- December 1st
 JOY Toy Deadline - December 3rd
 Outdoor Fall Adventures - December 3rd and 17th
 County 4-H Speech Contest - December 6th
 3rd Grade School 4-H Club - December 6th
 4th Grade School 4-H Club - December 7th
 5th Grade School 4-H Club - December 8th
 Teen Council Nursing Home Visit- December 9th
 Teen Council Meeting/Christmas Dinner- December 12th
 Joy Toy Distribution - December 16th
 Christmas Holiday - December 25th

New Years Holiday- January 1st
 Life, Liberty, and Livestock 4-H Club Meeting- January 5th
 4-H Demonstration/ Illustration Workshop RSVP Deadline- January 27th
 3rd Grade School 4-H Club - January 17th
 4th Grade School 4-H Club - January 18th
 5th Grade School 4-H Club - January 19th
 Teen Council Meeting- January 9th
 Chick Chain Avian Adventures Workshop- January 30th

Meet the Staff!



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