

SOLUTIONS



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**UF/IFAS EXTENSION
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Greetings,

HAPPY NEW YEAR, EXTENSION FAMILY! As we look forward to 2023, I hope the New Year brings abundant joy, good health, happiness, peace, and prosperity to you and yours.

Have you made any New Year's resolutions? If you think about it, a resolution is simply a goal anticipating improvement in the coming year. Strive to achieve those goals. Start now; it's not too late.

The Jefferson County Extension Office will be closed in observance of the Martin Luther King Holiday on January 16.

The Jefferson County Extension Service looks forward to a new year and another opportunity to serve you. Please reach out to the Extension Staff if you need our assistance. See the staff profile on the "Meet the Staff" page.

Enjoy,

John Lilly

Jefferson County Extension Director/4-H Agent



The Florida 4-H Public Speaking Contest

On December 6, seven fourth & fifth graders and five sixth graders presented interesting, engaging, humorous, or thought-provoking speeches at the County Wide 4-H Speech Contest.

The young people showcased their creativity in building public speaking skills on topics ranging from their school or family lives to their travels & life experiences.

Reign Carrillo won first place in the fourth and fifth-grade division with a speech on "My Journey to America." Macy Morgan won first place in the sixth-grade division with her fascinating speech entitled "My Boston Adventure." Both students will advance to the 4-H District III Florida 4-H Public Speaking Contest held on Saturday, April 22, 2023.

A special thank you to Aucilla Christian Academy principal, **Mr. Richard Finlayson**, for being a fabulous host. Also, a shout out to **Gabriella Graff**, who did a phenomenal job as emcee. And **Florida Power & Light** as the program sponsor.

A heartfelt thank you to our sensational judges **Marilyn Halsey & Carlos Henry** with the challenging task of judging the speeches.



L-R, 1st place: Reign Carrillo- " My Journey to America", Emery Simon—"The American Dream", 2nd Place - Beau Bethea- "Taking Care of Business: From Graceland to Vegas" & 3rd place— Ja'Varion Ulee - "The Great Komodo Dragon" Walker Pavlik- "Artifacts: A Piece of Long Forgotten ", Alastair Canup- "How I Started my Soap Business", Stella Borders - "The Snake Mistake", Harold Baxley - "Cattle Exhibitors", & Armani Alexander - "4-H"



1st place: Reign Carrillo- " My Journey to America",



L-R, 1st place: Macy Morgan - "My Boston Adventure", 2nd Place— Molly McNeill - "Shopaholic" Beau Bethea- " & 3rd place— Lacy Tharpe - "Running Dogs" & Jeremiah Parrish - "Basketball Essay"



L-R, 1st place: Macy Morgan - "My Boston Adventure"

4-H Teen Retreat

Jefferson County teens will join others around the Northwest District at the 4-H Teen Retreat on Feb 17-19. The retreat will be held at beautiful 4-H Camp Timpoochee in Niceville, Florida.

Teens from around the district will explore 4-H programs, make new friends, discover their potential, gain leadership skills, attend exciting workshops, and most of all, have lots of fun! The theme is "Light Camera Action."

Teens can register at 4-H Online under events labeled NWD4-H Teen Retreat. Registration will be open until February 3. The cost for Jefferson County to attend the retreat is \$20.

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

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LIGHTS,
CAMERA,
ACTION!



FEBRUARY 17-19, 2023 / COST - \$20

Join other teens for a fun weekend of leadership, skill building, and networking! | **TEENS 12-18**

CAMP TIMPOOCHEE - NICEVILLE, FL

REGISTRATION CLOSSES 2/3/23 | Visit <https://v2.4honline.com>

For more information, contact your local county 4-H Agent today!

The University of Florida is committed to providing universal access to all of our events. For disability accommodations such as sign language interpreters and listening devices, please contact Heather Kent, hckent@ufl.edu, 850-526-1619 least 2 weeks in advance. Advance notice is necessary to arrange for some accessibility needs.



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.



Spring 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 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.

Jan. 7th	Nature and Crafts
Jan. 21th	Map & Compass

January Wildlife Sightings

- Birds**
- Male cardinals begin territorial singing later in the month.
 - Other nesting activity can be seen by ospreys, Sandhill cranes, hawks, and owls.
 - Look for red-tailed hawks perched in trees along highways.
 - Huge clouds of tree swallows should be visible around sunset roosting over large marsh areas.
 - Don't forget, now is a great time to watch our over-wintering populations of ducks and geese.

- Mammals**
- Gray foxes, bobcats, and raccoons begin breeding this month.
 - Deer reach the peak of the rutting season in north Florida.
 - Black bears in North Florida are inactive or in dens

- Fish**
- Striped bass and sunshine bass move into open water to feed on shad

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

For more information about Jefferson County 4-H please call 850-342-0187 or email: John Lilly at jgl@ufl.edu.

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!



Jan. 12th	March 3rd - Monthly Meeting
Jan. 14th - Jefferson County Chick Chain Workshop	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

Life, Liberty, and Livestock Club Christmas Party

On December 2nd, the Life, Liberty, and Livestock 4-H Club came together to celebrate the season with their December monthly meeting and holiday party! 4-H club members brought a homemade dessert for a bake off competition, dressed in festive holiday wear, and crafted wreathes for their homes. They had a blast spending time with friends and family, and preparing for the upcoming 2023 4-H events before the holiday break!





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.



INCOME TAX SEASON:

Choose your Tax Return Preparer Wisely

THE IRS WARNS TAXPAYERS SHOULD BEWARE OF GHOST TAX PREPARERS

Ghost Preparers...

- ✗ May require payment in cash only and may not provide a receipt or even Form 1040
- ✗ Invent income to qualify their clients for tax credits
- ✗ Claim fake deductions to boost the size of the refund
- ✗ Direct refunds into unknown accounts (not the taxpayer's account)
- ✗ Charge fees based on the size of a refund



- By law, anyone who is paid to prepare or assists in preparing federal tax returns must have a valid **Preparer Tax Identification Number (PTIN)**.
- The **IRS Directory of Federal Tax Return Preparers with Credentials and Select Qualifications** (<https://irs.treasury.gov/rpo/rpo.jsf>) can help identify many preparers by type of credential or qualification.
- No matter who prepares their return, taxpayers should review it carefully and **ask questions** about anything that's not clear **before signing**. They should **verify their routing and bank account number** on the completed tax return for any direct deposit refund (<https://www.irs.gov/refunds/get-your-refund-faster-tell-irs-to-direct-deposit-your-refund-to-one-two-or-three-accounts>) refund. Taxpayers should watch out for ghost preparers putting their bank account information on the returns.
- **If you have been GHOSTED, report preparer misconduct** using IRS Form 14157, Return Preparer Complaint (<https://www.irs.gov/pub/irs-pdf/f14157.pdf>).
- If a taxpayer suspects a preparer filed or changed their tax return without their consent, they should file Form 14157-A (<https://www.irs.gov/pub/irs-pdf/f14157a.pdf>), **Tax Return Preparer Fraud or Misconduct Affidavit**.

#IRSTaxTip | <https://go.usa.gov/xsCzN>



Family & Consumer Sciences News

BUILDING A SPENDING PLAN: STEP 1&2

STEP 1



Begin by writing down your current financial goals:

- 1) What do you want right now?
- 2) What in the future will take you longer to save for?



Next, write beside each goal the amount of money it will require.

Categorize each of these goals by when you want to have it accomplished.

- **Short Term Goals:** Goals you want to achieve within a year.
- **Long Term Goals:** Goals that will require more than a year to achieve.



Lastly, before setting your goals aside and moving to the next step, read your goals again and see if they are SMART goals.

Specific
Include details instead of being vague.

Measurable
Keeping track of progress is valuable.

Attainable
Make sure you have a set end-point.

Realistic
Setting too high of a standard will be discouraging.

Timely
Goals should coincide with your actual needs.

GOOD MONEY MANAGEMENT:
Paying your monthly bills on time, saving for the future, and buying the things you need and want without creating unmanageable debt.

Follow this 6-step exercise to decide what you want your money to help you achieve and how you will get there.

STEP 2

For this step, first determine your net income, or what is left after deductions have been taken from your wages. This is the money you control to purchase your needs and wants, and that you can save.

Remember, you may receive income from many different sources or at varying times per month.



Alimony



Child Support



Disability



Retirement



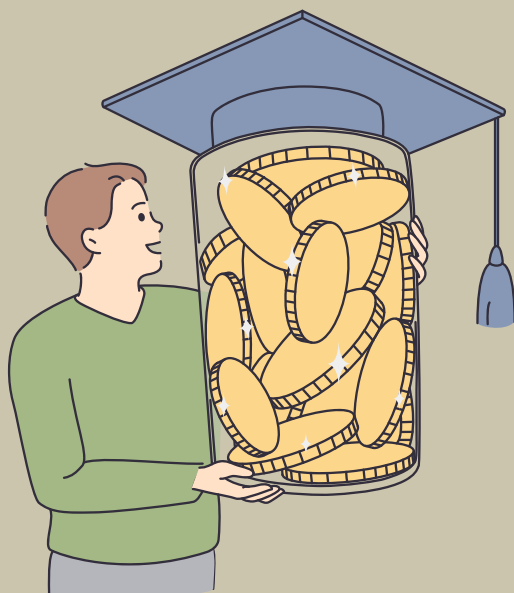
Public Assistance

GOAL	COST	BY WHEN
INCOME SOURCE		AMOUNT

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FLORIDA
AMERICA Saves
START SMALL. THINK BIG.

For more information and forms, visit <http://edis.ifas.ufl.edu/he827>



Resumen de Actividades

Encuentro de adolescentes 4-H

Adolescentes del Condado de Jefferson se unirán a otros alrededor del Distrito Noroeste en el Retiro de Adolescentes 4-H del 17 al 19 de febrero. El retiro será en el hermoso 4-H Camp Timpoochee en Niceville, Florida.

Adolescentes del distrito descubrirán programas 4-H, forjarán nuevas amistades, descubrirán su potencial, obtendrán capacidades para ejercer liderazgo, asistirán en talleres fascinantes y, sobre todo, ¡se divertirán mucho! El tema es "Acción Cámara Luz".

Adolescentes podrán registrarse en 4-H Online en la sección NWD4-H Teen Retreat. La registración estará abierta hasta el 3 de febrero. Para asistir al retiro en el condado de Jefferson habrá un costo de \$20.

Para más información, contacte a ana.portillo@ufl.edu o teléfono(850) 342-0187.

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LIGHTS, CAMERA, ACTION!

NWD 4-H TEEN RETREAT

FEBRUARY 17-19, 2023 / COST - \$20

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DEMOSTRACIÓN 4-H/TALLER ILUSTRADO

Estar en frente de un público puede ser muy estresante. Así que, ¿por qué no aprender nuevas habilidades y técnicas para crear una demostración/charla ilustrada en el Taller de Demostración/charla ilustrada 4-H?

El taller se llevará a cabo el **miércoles 8 de febrero en la Oficina de Extensión del Condado de Jefferson de 4:00 a 5:00 p.m.** Recomiendo ampliamente su asistencia si planea hacer una demostración/plática ilustrada por primera vez. Los padres también son bienvenidos a asistir. **Necesitamos que cinco jóvenes confirmen su asistencia antes del viernes 27, de enero o cancelaremos el taller.**

FAMU Tech Changemakers

¿Quieres participar?

Tech Changemakers de FAMU está diseñado para unir adolescentes (con conocimientos tecnológicos avanzados) con personas mayores dentro de nuestra comunidad con el objetivo de enseñarles habilidades tecnológicas que les permitan tener más confianza en sí mismos y ser más capaces de obtener un empleo en un mundo laboral en constante crecimiento y cambio.

FAMU Tech Changemakers está reclutando adolescentes interesados en ayudar a cerrar la brecha digital.

El Comité de Adolescentes 4-H del Condado de Jefferson

El comité de adolescentes del condado de Jefferson 4-H es un club compuesto de adolescentes entre las edades de 12-18. Estos adolescentes trabajan en colaboración con el agente de 4-H en la planificación e implementación de eventos de 4-H en el condado. A través la organización se enfatiza el entrenamiento de liderazgo juvenil, desarrollo y proyectos de aprendizaje de servicio a la comunidad.

El Comité de Adolescentes también planifica e implementa programas 4-H en todo el condado durante todo el año. Los miembros del consejo deben estar dispuestos a dedicar tiempo y asumir la responsabilidad de formular, dirigir y facilitar eventos.

El comité se reunirá en las fechas indicadas a las 4:00 PM en la Oficina de Extensión del Condado de Jefferson.

Reuniones 2023

JAN 9

FEB 13

MARCH 6

APRIL 10

MAY 8

Life, Liberty, & Livestock ¡El club se prepara para el año 4-H 2022-23!

Nuestras reuniones mensuales son el primer jueves de cada mes en la oficina de Extensión del Condado de Jefferson a las 5 PM. ¡Cada mes nos enfocaremos en un nuevo tema de agricultura que nuestros miembros quieran aprender! ¡Es un tiempo ideal de visitar este club divertido!

Reuniones 2023

Enero 12

Enero 14 - Taller Chick Chain de Jefferson

Aventuras al aire libre primaverales

Invitamos a los amantes de la naturaleza.

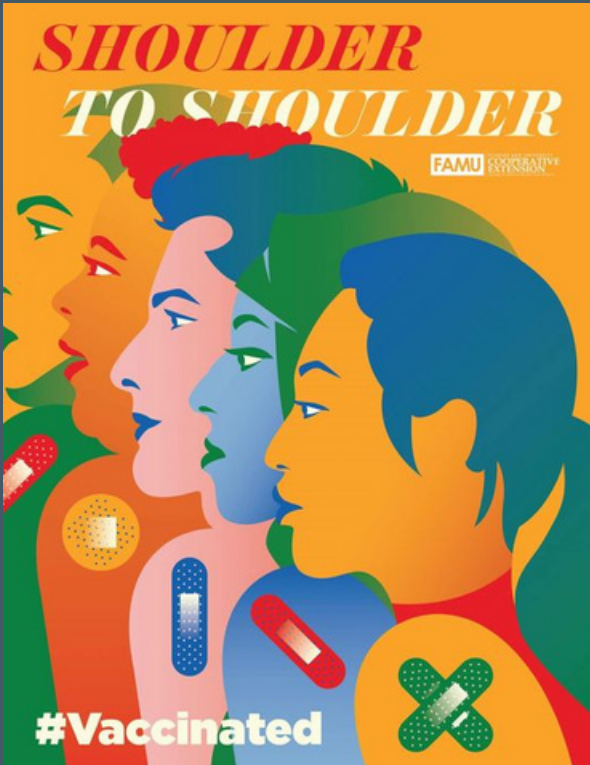
¿Te gustaría aprender nuevas técnicas y participar más en actividades al aire libre? Aprende sobre distintos temas e interactúa con nuestras aventuras.

Cada dos semanas se organiza una aventura nueva en nuestro centro, en la que podrás poner a práctica tus habilidades y adquirir a otras nuevas.

Para más información, envíe un e-mail a Bryan Danford a bryan.danford@ufl.edu o visite nuestra oficina para recibir información.

Para más información, contacte a ana.portillo@ufl.edu o teléfono(850) 342-0187.

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.

4-H TECH CHANGEMAKERS

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/famuext	

PROGRAM IS SUPPORTED BY

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

January

Mon	Tues	Wed	Thurs	Fri	Sat / Sun
					New Years Holiday 1
2	3 Office Closed for the New Year Holiday	4	5	6	7 Outdoor Program 8
9 Teen Council Meeting	10	11	12 Life, Liberty, and Livestock Club Meeting	13	14 Chick Chain Workshop 15
16 MLK - Office Closed	17 3rd Grade Club	18 4th Grade Club	19 5th Grade Club	20	21 Outdoor Program 22
23 Avian Adventures Workshop 30	24	25	26	27 4-H Workshop RSVP Deadline	28 29

Upcoming February Events

New Years Holiday- January 1st
 Spring Outdoor Program- January 7th and 21st
 Life, Liberty, and Livestock 4-H Club Meeting- January 12th
 4-H Demonstration/ Illustration Workshop RSVP Deadline- January 27th
 Jefferson County Chick Chain Workshop - January 14th
 MLK Day - Office Closed - January 16th
 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

Spring Outdoor Program- February 4th and 25th
 Life, Liberty, and Livestock 4-H Club Meeting- February 2nd
 4-H Demonstration/ Illustration Workshop- February 8th
 Chick Chain Poultry Perfection Workshop - February 4th
 3rd Grade School 4-H Club - February 14th
 4th Grade School 4-H Club - February 15th
 5th Grade School 4-H Club - February 16th
 Teen Council Meeting- February 13th
 NWD Teen Retreat- February 17th - 19th
 North Florida Livestock Show and Sale - February 20th -23rd

Meet the Staff!



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