

November Hamilton County 4-H Update



See you at the County Fair!



The Hamilton County Fair is Friday, November 10 - Sunday, November 12 at McDonald Farm in Sale Creek, TN. The gates open at 5:00 p.m. on Friday. Activities include a rodeo, rides (including two Ferris wheels), musical performances, a petting zoo, a science show, a lumberjack show, a chili cook-off, and a pie-eating contest. There will also be a wide variety of exhibits to see.

The 4-H Mane Attraction Horse Club will hold different horse exhibitions on Sunday from 11:00 a.m. to 5:00 p.m. in the rodeo ring. The 4-H Chick Chain poultry sale will be held on Sunday, November 12 at 2:30 p.m. Don't forget to come by the 4-H Tent in the Agricultural Area!

Fireworks will end the Fair on Sunday evening. Find out more and buy tickets in advance at HamiltonTNFair.com.

TSU Entomologist Teaches 4-H Gardeners about Spiders



The 4-H Gardening Club welcomed Dr. Amarasekare from Tennessee State University at the Club's October meeting. Dr. Amarasekare, Associate Professor of Entomology at TSU, spoke about spiders at the meeting. Did you know spiders can be very beneficial in the garden? Attract spiders to your garden by growing some tall plants for spiders to cast their webs, and allow weeds to grow underneath them for shade and protection.

4-H Bread Baking Contest Winners!



The 4-H Citizenship Club held a bread baking contest and a Halloween costume contest at the Club's October meeting. Winners in the bread loaf baking contest were 1st place - Oliver Gardner, 2nd place - Tessa Grabel, 3rd place - Darah Moreland. Winners in the roll baking contest were 1st place - Carolina Shank, 2nd place Lillian Shank, 3rd place - John Wood. Costume contest winners were 1st place Oliver Gardner, 2nd place Carolina Shank, 3rd place Sophie Cook. A big thank you to Family and Consumer Science Agent June Puett, who judged the bread baking contests!

4-H Club Meetings

4-H is open to all Hamilton County youth in grades 4th-12th, whether they are in public schools, private schools, or are homeschooled. Come to a club meeting and get involved!

Join 4-H at any time; there is no cost to join.
<https://tiny.utk.edu/HC4H>

Veterinary Science Club, Chattanooga Chapter

meets Thursday, November 2 at 6:00-7:30 p.m.



This hybrid online and in-person 4-H club meets monthly on the first Thursday of each month. Meetings are held on the 3rd floor of the Extension Office (6183 Adamson Circle). The group participates in the virtual vet science activities from the UTK College of Veterinary Medicine and also in activities as a group in Chattanooga.

The Virtual Vet Science Project Group is being run by Lynne Middleton, State 4-H Specialist, and Dr. ShaRonda Cooper and Kayela Statom, College of Veterinary Medicine (CVM). Topics being taught include medical care for horses, goats, sheep, cattle, cats, dogs, birds, and reptiles. Grades 4th-12th. Meetings will be held on the first Thursday of each month through April. New members are always welcome! There is no cost to participate.

4-H Horse Club

meets November 6 at 6:30 p.m.



The 4-H Mane Attraction Horse Club is for grades 4th-12th. Club members learn about horse care and horse anatomy and then participate in contests that test their knowledge of these topics. You do not need to own a horse to join or to participate in the 4-H Horse Club, which meets every month on the first Monday of the month at Saddle Pals Riding Club in Soddy Daisy. Note that the focus of this club is learning about horses, not horseback riding.



4-H Citizenship Club

meets Monday, November 14 at 5:00 p.m.

The Citizenship Club is holding a donations drive for McKamey Animal Shelter! Bring items for the animals to the November 14 club meeting, for delivery to the Shelter. You can find a list of needed items at [McKamey's website](#). The Club will also hold a club public speaking contest on November 14, and all Hamilton County youth in grades 4th-12th are welcome to participate! There is no cost to join or participate in this fun club. New members are welcome at every meeting. Contact 4-H Extension Agent Maria Sabin with any questions (msabin@tennessee.edu). Meeting time is 5:00-6:30 p.m.



4-H Gardening Club

meets Monday, November 20 at 4:30 p.m.

Interested in insects, gardening, and crafts? Join the 4-H Gardening Club for the November 20 meeting to make pinecone bird feeders and learn how to help birds make it through the winter! Grades 4th-8th meet once each month at the Extension Office (6183 Adamson Circle) to plant stuff, check on the club compost, learn about insects and plants, and do garden-themed crafts. There is no cost to join or participate in this fun club. New members are welcome at every meeting. Contact 4-H Extension Agent Maria Sabin with any questions (msabin@tennessee.edu). Meeting time is 4:30-6:00 p.m.

Health Tips from a 4-H Healthy Living Ambassador



Hamilton County is fortunate to have three teens serving as 4-H Healthy Living Ambassadors this year. Read below for some great health tips from Logan!

Sleep is one of the most crucial components of living a healthy life. We all know the importance of getting enough quality sleep, but knowing when to get that sleep is equally important.

The way your body functions is based on a 24-hour clock called the Circadian Rhythm. This cycle is responsible for activating all kinds of processes throughout your day, but most importantly, sleep. The main process supporting your

sleep is the release of melatonin, which is regulated by changes between light and dark. Understanding when melatonin production takes place is the best step toward better sleep.

Due to the time at which melatonin is released, heading to bed anywhere from 9 p.m. to 11 p.m. is generally ideal. However, the most important thing is that you are keeping that sleep schedule consistent. Changes in your sleep schedule can affect your day and even affect the sleep of future nights.

If you find yourself with an inconsistent sleep schedule, the best thing you can do to reset your circadian rhythm is to gradually shift your bedtime toward your desired sleep schedule, night by night. Drinking water, getting direct sunlight, exercising, avoiding screens later in the day, and a host of other daily routines will assist you in shifting toward a better sleep schedule and will improve your overall sleep quality in the long run.

SAVE THE DATE!



June 10-14, 2024

4-H Jr Camp (Grades 4th-6th)

Camp Clyde Austin, Greeneville, TN

4-H Junior Camp is coming up June 10-14, 2024 at Camp Clyde

Austin in Greeneville, TN. Grades 4th-6th in Hamilton County can attend this fun camp week. More information soon!

UT-TSU Extension - Hamilton County

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Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.



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