



Dawson 4-H June Newsletter

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4-H Club Meeting

4-H Club Meeting
Sunday, June 7th
Lee Roy Colgan Building
2:00 p.m.



Upcoming Event

Power Camp

CAMP DATE: June 26 to 29, 2015
CAMP LOCATION: Aspendale Mountain Retreat
Center, Cloudcroft, NM
REGISTER VIA: 4-H Connect
4-H CONNECT OPENS: May 25, 2015
4-H CONNECT CLOSES: June 19, 2015



July 4th Float Decorating

Be sure to watch for updates on when we will be starting the decoration for our annual July 4th float. As of right now, we are taking any ideas anyone may have. We are wanting to begin the decorating June 30th but that is still tentative at this point.

Animals

Lamb, Goat and Steer Validation
Friday, June 19th
Bo Brock Veterinarian
Starting at 8:30 a.m.



District 2 Horse Show

D-2 Horse Show
June 16th
Levelland

Good luck to our horse club members!



Goat Camp

Goat Camp
Big Spring, TX
June 14th-16th



Other 4-H Activities

1. H2O Camp

June 18th

Caprock Canyons

Contact our office if you are interested in attending.

2. Fitness Fun at The Villa

June 23rd

Community Service Opportunity

3. Pistol Contest

South Plains College

June 15th



4-H Motto and Pledge

In support of the 4-H Club Motto,
"To Make the Best Better"



I Pledge:

**My HEAD to Clearer Thinking,
My HEART to Greater Loyalty,
My HANDS to Larger Service, and
My HEALTH to Better Living,
For My Club, my Community,
my Country, and my World.**



4-H Members

Jazlyn Lopez - June 9th

Reagan Gonzales - June 14th

William Furlow - June 15th

Abrielle Moreno - June 22nd

Jacquelyn Sistrunk - June 28th

Volunteers

Robert Smith - June 5th

Debbie Slocum - June 10th

Frank Gonzales - June 11th

Lydia Aguilar - June 15th

Amy Hitchcock - June 17th

7 Summer Steps for Healthy Living

1. *Give your diet a Berry Boost* – Improve your diet by having a cup of berries—blackberries, blueberries, or strawberries. They'll help you load up on antioxidants, help keep cholesterol low and even help prevent some cancers!
2. *Get Dirty—and Stress Less* – To improve stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots—indoors or out.
3. *Floss Daily* – Floss every single day. Do it at the beach (in a secluded spot), while reading on your patio, or when watching TV – and the task will breeze by. Flossing reduces oral bacteria, which improves overall body health, and if oral bacteria is low your body has more resources to fight bacteria elsewhere.
4. *Get Outside to Exercise* – Pick one outdoor activity – going on a hike, taking a nature walk, playing games such as tag with your kids, cycling, roller blading, or swimming – to shed that cooped up feeling of gym workouts.
5. *Be Good to Your Eyes* – To protect your vision at work and at play, wear protective eyewear. When outdoors, wear sunglasses that block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent cataracts, as well as wrinkles around the eyes.
6. *Vacation Time!*– Improve your heart health: take advantage of summer's slower schedule by using your vacation time to unwind.
7. *Caffeine: Go Lite*– Limit your caffeine intake and replace some of your caffeine drinks with water. Dehydration can be subtle with an array of confusing symptoms that can leave people feeling fatigued, irritable and unproductive, often with side orders of headaches and muscle cramps.
8. *Sleep Well*– resist the urge to stay up later during long summer days. Instead pay attention to good sleep hygiene by keeping the same bedtime and wake-up schedule. It's also a good idea to avoid naps during the day unless you take them every day at the same time, for the same amount of time.

These are 8 simple steps to boost your health this summer.

Try one or try them all. They're so easy you won't even know they're ---shhhh--- good for you!

Resources for this article come from: 1.) <http://www.webmd.com/women/features/8-summer-steps-for-healthy-living>

Upcoming Contests:



June 2-4, 2015

Junior Leader Lab

June 15, 2015

Pistol Contest

June 16, 2015

Horse Show

June 26-29, 2015

POWER Camp



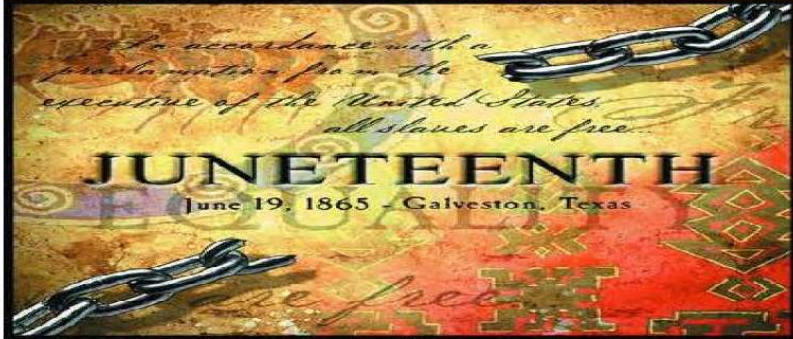
July 8, 2015

Record Books



New 4-H Enrollment August 15, 2015

May all you wonderful
Dads enjoy a
Happy Father's Day



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
		Jr. Leader Lab	Jr. Leader Lab	Jr. Leader Lab	Robert Smith Birthday!	
7	8	9	10	11	12	13
4-H Club Meeting – 2:00 – Lee Roy Colgan Building		Jazlyn Lopez Birthday!	Debbie Slocum Birthday!	Frank Gonzales Birthday!		
14	15	16	17	18	19	20
National Flag Day! -- Reagan Gonzales Birthday! Goat Camp Day 1	William Furlow and Lydia Aguilar birthday! Goat Camp Day 2 Pistol Contest	Goat Camp Day 3 D-2 Horse Show	Amy Hitchcock Birthday!	H2O Camp	Juneteenth Lamb, Goat and Steer Validation – Bo Brock Vet – Beginning at 8:30 a.m.	
21	22	23	24	25	26	27
Father's Day	Abrielle Moreno Birthday!	Fitness Fun at The Villa			Power Camp Day 1	Power Camp Day 2
28	29	30				
Power Camp Day 3 Jacquelyn Sistrunk Birthday!	Power Camp Day 4					