



## RECORD BOOKS

### *Congratulations!*

*To those who turned in their Record Books on time!*



*Malori Dietrich*

*Jordy Hereim*

*Casey Hereim*

*Maria Begger*

*Riley Reed*

*Jessa Stensaas*

*Don't forget how important it is to keep your record books up to date. They are very important when it comes to keeping track of everything you do in 4-H. The record book captures all of your accomplishments and lets you see how you are progressing in your projects. Also, up to date books are required to participate in some activities. If you need help with them please contact the Extension Office or your 4-H leader.*

PLEASE COME PICK UP YOUR  
NEW 2008-09 CLOVER  
PROJECT SELECTION GUIDE  
IF YOU HAVEN'T ALREADY.



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## Citizenship.....Make some green by being green!

Make money for your 4-H club, school or other community organization by recycling your old cell phones. Absolute Recycling will pay for old, working cell phones. The amount per phone depends on the age of the phone and its working order. After you collect 25 phones, go to [www.absoluterecycling.com](http://www.absoluterecycling.com) or call 877-237-7235, and Absolute Recycling will pick up the phones at no charge to you and issue a check to your organization within 5-10 business days. The website has a sample flier and a letter to businesses for your use in promoting the fundraiser.

### 4 Easy Ways to Enjoy Active Fun at Kids' Parties

( From ERM newsletter, [www.eatrightmontana.org](http://www.eatrightmontana.org) )

Want to throw an awesome children's party at home or at your child's school? The simple secret to successful kids' parties isn't tons of foods or expensive goodie bags. It's plain old running around, bouncing up-and-down, silly, giggling, physical fun. It's the kind of fun that every child knows how to enjoy naturally (and the kind that adults can get into once they relax a bit). It's easy and cheap to have fun at any children's party. All you have to do is pick the right games for the ages of kids - and make sure you have a safe place and any necessary equipment.

#### Have fun with OLD-FASHIONED FAVORITES.

The list of possibilities is long on fun and easy on wallets. With little or no equipment, kids (and adults) can have hours of fun with old-time games: kick the can, red rover, tug of war, leap frog, dodgeball, kick-ball, four-square, hopscotch, and tag.

#### Have fun with CREATIVE INDOOR ACTIVITIES.

Some traditional favorites - such as red light-green light and follow the leader - can just as easily be played in a classroom or living room. Many ball games can also be adapted for indoor play using foam balls. Creative team games are great for "indoor Olympics" with events like a shoebox relay. "Racers" take turns skating a set distance with shoeboxes on their feet, then passing a baton to the next team member.

#### Have fun with HIGH-ENERGY BOX GAMES.

The oldie-but-goodie in this category is *Twister*® - fun for all ages since 1966. The game that "ties you up in knots" is fun for families or groups, and is played in tournaments around the world. Use multiple *Twister* mats for more laughs or try to beat the world record.

*Hullabaloo*, a creative combination of Simon says and freeze tag, is the popular new kid on the block. Both can be found for \$20 or less at retailers and online merchants.

#### Have fun with LOW-TECH EQUIPMENT.

Children of the video game generation still get quite excited about some very low-tech toys, such as Frisbees® and hula hoops; Koosh, Nerf, and foam balls, and play tent parachutes. This equipment usually comes with cool ideas for activities. If you need some guaranteed games for a specific age group, check with an expert - the physical education (PE) or health enhancement teacher at your child's school.

It's All About Balance | Celebrating  
Healthy Families 2008

### 4 Ways to Enjoy Tasty (and Healthy) Party Treats

(From Eat Right Montana newsletter)

Too many parties are focused on food with piles of cupcakes, cookies, candy, chips, and sugary drinks on the menu. While all foods or beverages can be part of a healthy eating style, in moderation,

high-calorie celebrations have become almost daily norms rather than special events. However, savvy parents and teachers know that children are usually not as concerned about the food and drink choices as the adults are. What kids want most is to share time with their friends and important adults. That's why smart families and schools are finding easy ways to make healthy food fun!

#### Enjoy SMALLER PORTIONS of traditional treats.

In a balanced eating style, there is always room for reasonably sized portions of desserts and other higher fat, higher sugar foods. The secret is to start with plenty of nutrient-rich options, such as sandwiches, crackers and cheese, veggies with dip, or slices of sweet fruit. Then include small cupcakes, mini-candies, or bite-size cookies. Serve chips, nuts, and other salty snacks in small cups rather than gigantic bowls.

#### Coordinate BRIGHT COLORS to the celebration.

"Eat your colors" is awesome advice for good health, great taste, and party fun. Fruits and veggies come in all colors to coordinate with holidays, a school mascot, or a child's favorite colors. Want a sparkling substitute for pop? Mix bright-colored juice with club soda or seltzer water.

#### Feature FUN SHAPES of everyday foods.

When it comes to special occasions, cookie cutters are a cook's best friend. Kid-pleasing sandwiches can be cut into every imaginable shape - pumpkins for Halloween, trees for Christmas. Ghosts cut from white and yellow cheese slices or small gingerbread people cut from fruit slices (apples, pears, or watermelon). All it takes is a few inexpensive cookie cutters and a tiny bit of creativity.

#### Create SILLY FACES with a variety of foods.

Start with a bread slice, a rice cake, crackers, pre-made pizza crust, or clean plate. Spread on a little nut butter, light cream cheese, or pizza sauce. Then everyone creates faces using pre-cut foods: shredded cheese, spaghetti, or pretzel sticks for hair; grapes or cucumber slices for eyes; carrots or pickles for a nose; sliced oranges or apples for a mouth and so on.





### **Healthy Families Series:**

Please come and join us at the next healthy families meeting. It is a great opportunity as parents to interact with others, get educated on some very important topics, and have fun! The next meeting is:

#### **Holiday Sanity & Stress Management**

**November 17, 2008**

6:00-7:30 pm

Health Education Center (basement of Hospital)

Free class, light dinner will be offered.

For more information, please call Mandie Reed at the Extension Office 632-4728.

### **DID YOU KNOW???**

**4Hers are statistically higher on composite scores for PYD**

**(competence, confidence, connection, character, and caring)**

**4Hers are statistically higher on number of mentors.**

**4Hers are 1.6 times more likely to expect to go to college.**

**4Hers are statistically higher on their ability to navigate obstacles and challenges to development.**

**4Hers are statistically higher on community contribution.**

**4-Hers are 1.3 times more likely to be on the lowest trajectories for at-risk behaviors and 3.5 times more likely to be on the highest trajectories for positive community contribution.**

Please enroll in your club(s) so we can get the new literature ordered. If you do not get your enrollment forms in on time, you have to pay the postage for your literature. The deadline is **November 15th.**



