



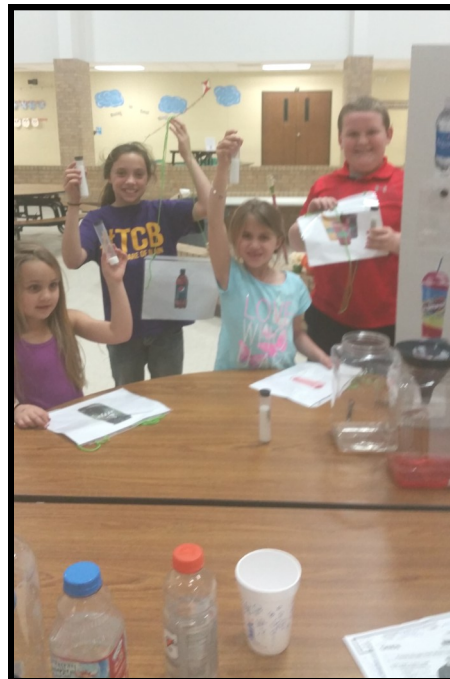
# Limestone County 4-H “The Talk”



Volume 2, Issue 2

February 2016

## 4-H Members participate in Rethink Your Drink! Lessons



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Members of the Kosse 4-H Club and the Groesbeck 4-H Club learned the importance of drinking water and limiting the amount of sugary drinks they consume.

Kosse and Groesbeck 4-H Club members saw how easy it was for our bodies to absorb water versus absorbing a sugary drink.

**CHOOSE THESE MORE OFTEN:**

- Water
- Milk
- 100% fruit juice (choose whole fruit such as apples, berries, bananas most often)

## LCFA 2015—2016 Rule Books Pick-Up



Please stop by the County Extension Office to pick up your Limestone County Fair Rule books for 2015—2016. You will need to sign for a copy of the rule book.

Only one book will be given per family.

## 4-H Meetings

Remember, members must be in good standing by attending at least **3 meetings or sanctioned events in their enrolled chapter**, prior to the 2016 Fair. Verification will be by official sign-in sheet. The 4-H members name must be on the sign-in sheet to be counted. The parents name will not count as verification that the child attended the meeting. You cannot get credit for meetings by attending another club's meeting, it must be in the club that you joined.

**There are only 2 meetings left before the 2016 Limestone County Fair.**



**LCFA Family and Consumer  
Sciences Division**

**Entry Deadline is March 21,  
2016 before 5:00pm**





Sunday  
February 14, 2016



Monday  
February 15, 2016



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Extension Service  
200 West State St., G-14  
P.O. Box 191  
Groesbeck, TX 76642

Phone: (254) 729-5314  
Fax: (254)729-2540



**February**

Ft. Worth Stock Show– Jan. 15 – Feb 6

San Antonio Stock Show—Feb. 11 – 26

Practice Show—February 20 at the Show Barn

**March**

Entry deadline for the LCFA Family and Consumer Sciences Division is March 21st at 5:00pm

**County Show chickens should arrive on or around March 1.**

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