



Lubbock County 4-H News



Lubbock County Extension Office • (806) 775-1740 • Fax (806) 775-1758 • <http://lubbock.agrilife.org/>
Physical Address: 916 Main, Suite 401 • Lubbock, TX 79401 • Mailing Address: P.O. Box 10536 • Lubbock TX 79408

September - October, 2018

IN THIS ISSUE

4-H Enrollment Time

Page 2

4-H 101 and Project Fair
Parent Leaders Association
Volunteers Needed
Teen Council
4-H Clover Opportunities

Page 3

One Day 4-H
4-H Barnyard at South Plains Fair
Club Work Schedule
New 4-H Barnyard
4-H Barnyard Changes - Parent Volunteers Needed

Page 4

Graduating Senior Scholarship
Lubbock County 4-H Facebook
National 4-H Week
4-H Friends and Alumni
Volunteer Screening
South Plains Fair - Youth Division
Tractor Supply

Page 5

4-H Resources for Families, Club Managers and Leaders
4-H Projects

- Food & Nutrition Project
County Food Show; 4-H Food Challenge;
Food & Nutrition Quiz Bowl
- Consumer Life Skills Project

Page 6

- Animal Projects
Goat/Lamb/Swine; 2018 Livestock Shows;
- State Horse Show Results,

Page 7

- 4-H Vet Science Project Meeting
- 4-H Shooting Sports
TX 4-H Shooting Sports Team Application

Page 8

- D2 Fall Coaches & Leader Training
4-H Achievement Banquet

Page 8 & 9

Kay's Korner

Page 10 & 11

4-H Achievement Banquet Winners

Page 13 & 14

September/October Calendars

Page 15

TX 4-H Rabbit Extravaganza

Page 16

Youth Hunter Education Camp

4-H ENROLLMENT TIME

It is time to enroll in 4-H for the 2018-19 year. It will again only be done through 4-H Connect and the yearly membership fee of \$20/member for September and October is in effect. As of November 1st, it will be \$25; Clover kids do not have to pay an enrollment fee, but still need to enroll. If you were in 4-H last year – you have a profile – please use your email and profile that you had last year. If you have forgotten your password 4-H Connect will send you a new one. Please do not create a new profile if you had one last year. Please contact Ronda if you have questions or problems enrolling.



Please remember that 4-H has changed our enrollment to be based on the school grade, instead of the age. Please refer to the information listed below:

4-H Members

1. Age Requirements

- Youth may participate in 4-H year from September 1st of grade three through August 31st following completion of grade twelve, with these age restrictions:
 - Minimum age - 8 (in addition to being in the 3rd grade)
 - Maximum age - 18 (as of August 31, 2018)
 - Special education youth who are older than 19 and have not graduated from high school may participate in 4-H Youth Development programs as members, with approval by the county Extension agent. Participation is limited to the club or county level. County Extension staff have the option, on a case-by-case basis, to allow Special Education youth older than 19 to participate in competitive events at the club or county level.

2. Texas 4-H Member Categories

- o Junior - Grades 3, 4, and 5
- o Intermediate - Grades 6, 7, and 8
- o Senior - Grades 9, 10, 11, and 12
- o Clover - K-2nd Grade (No membership dues)

If you need any type of accommodation to participate in this program or have questions about the physical access provided, please contact Ronda Alexander at 806-775-1740 at least 2 weeks prior to the program or event.

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

4-H 101 and Project Fair

A "4-H 101" meeting will be held on **Tuesday, September 11 at 6 p.m.** at the first floor lobby meeting area in the 916 Main Street building. All 4-H families and any others interested in learning more about 4-H are invited to attend the meeting to learn more about 4-H, scholarships and the many opportunities available.

We will also be having 4-H'ers to set up and man project tables on some of the different 4-H projects that are offered. 4-H'ers will be available to answer questions about the different 4-H projects available for youth to participate in. Please contact Ronda by Monday, *September 10*, if you would like to set up a table and/or be available to answer questions; please also let her know what project you would like to highlight. The tables will be set-up from 5:30 pm – 7 pm.

Please contact Ronda also if you need assistance with coming up with project table ideas.

PARENT LEADERS ASSOCIATION

Membership of the Lubbock County 4-H Parent Leader's Association is open to all parents, adults and leaders involved in the Lubbock County 4-H Program. Many important activities and events are planned and discussed at these meetings. Therefore everyone needs to make sure that their club is represented, so that each of you are aware of all of the county-wide happenings.

The 4-H program is dependent upon our parents and leaders to keep going; we need your assistance and input at these meetings. Meetings are held on the 3rd Monday of every month. Our next meeting will be held on **Monday, September 17 at 6:30 p.m.** at the 4-H Barnyard at the South Plains Fairgrounds. After our meeting we will have a Barnyard Clean-up, so bring your work gloves and wear your work clothes. Fair passes will also be distributed to Club managers or leaders at this time.

For October, our meeting will be held on **Monday, October 15 at 6:30 p.m.** at the County Extension Office, 916 Main, Suite 401.

VOLUNTEERS NEEDED - NATIONAL COWBOY SYMPOSIUM

The National Cowboy Symposium will be held at the Lubbock Civic Center, **September 7-9**. They are in need of volunteers (youth and adults) to assist with various activities. If you would like to assist, please contact Ronda Alexander at 775-1740, and she will provide you with the contact information.

TEEN COUNCIL

WANTED: All Lubbock County 4-H'ers age 13 and older! Each of you are invited to participate in the Lubbock County 4-H Teen Council. The first meeting for 2018-19 year will also be held at the 4-H Barnyard at the South Plains Fairgrounds at **6:30 p.m. on Monday, September 17**. Wear your work clothes for cleanup at the barnyard after the meeting. For October we will meet at the County Extension Office, on **October 15 at 6:30 p.m.** Make plans now to attend these meetings to meet other Lubbock County 4-H'ers, get involved in county-wide activities, develop leadership skills, help others and have fun!! 4-H'ers who want to participate in the Summer Trip must work 7 hours on either Saturday at the 4-H Barnyard or make other arrangements with Ronda.

4-H CLOVER OPPORTUNITIES

4-H Clover Kid Meeting

If you are a 4-H Clover Kid then we have something just for you - monthly 4-H Clover Kid Meetings. Our first meeting for the year will be on **Wednesday, September 5 from 5:30-6:30 p.m.** at the County Extension Office. At this time, we will plan meeting dates for the next year. We will also make a craft to enter in the South Plains Fair. *Please RSVP by September 4, if you plan to attend.*

4-H Clover Project Leader Training

We have a county-wide 4-H clover Project that all Clovers are welcomed to participate in. However, for some, the scheduled date or location may not work for their individual schedules.

This year, I will be conducting a Clover Project Leader training for the 4-H Leaders who want to have a 4-H Clover Project for your club or Community. **The training**

will be held on **October 16 at 6pm at the County Extension Office.**

The training will include information on age appropriateness, resources available, a plan to follow for conducting monthly meetings and suggestions for working with clovers. *Please RSVP by October 12, if you plan to attend the training.*

ONE DAY 4-H



Mark your calendar for **Saturday, October 13.** 4-H'ers across the State will be conducting community service activities. This year we will be working at the South Plains Food Bank Farm from **9-11 a.m. on Saturday, October 13.** Please RSVP to the Extension Office by *October 12*; if you will be assisting at the Food Bank Farm workday. Don't forget to dress appropriately and bring gloves. We will be working outside. The address is 204 76th.

2018 One Day 4-H T-Shirts

T-Shirts will be available to order. We do not have details yet, but will post on the 4-H Facebook page - as well as sending to Club Managers, once they are available.



4-H BARNYARD AT SOUTH PLAINS FAIR



The 4-H Children's Barnyard at the South Plains Fair continues to be a major fundraiser for Lubbock County 4-H. As always, the help and assistance of each 4-

H'er, parent and leader is needed in order to operate the Barnyard and make it a successful activity for all to enjoy. The following is a tentative schedule for club work assignments.

Club Work Schedule

Friday, September 21
8:00am - 10:15 pm

Saturday, September 22 4-H Teen Council
8:00 am - 10:15 pm

Sunday, September 23 Wildcat
8:00 am - 10:15 pm

Monday, September 24
8:00 am - 10:15 pm

Tuesday, September 25 Frenship
8:00 am - 10:15 pm (Senior Citizen Day)

Wednesday, September 26 Shallowater
8:00 am - 10:15 pm

Thursday, September 27
8:00 am - 10:15 pm

Friday, September 28 Shallowater
8:00 am - 10:15 pm

Saturday, September 29 4-H Teen Council
8:00 am - 10:15 pm

Volunteers working prior to 1 p.m. Monday-Friday and 10 am Saturday and Sunday do not need passes to get in.

If your club has not signed up yet, please call Ronda to sign up for a day. Passes will be distributed at the PLA Meeting on September 17.

New 4-H Barnyard

Don't forget, we've moved to the new 4-H Barnyard building on the South Side of the old Barnyard. It is a brand new building and will provide many new opportunities.

This year we will not be having a 4-H Display Board Contest.

We are very grateful to the South Plains Fair for their support.

4-H Barnyard Changes - Parent Volunteers Needed

As a result of the vacancies in the Lubbock County Extension Staff, we are asking for parent volunteers help in managing the 4-H Barnyard at the South Plains Fair. While each 4-H club takes a day to man the Barnyard, we also need assistance with morning clean-up. Some clubs do not have volunteers available from 8 a.m until 10 a.m. Therefore we are asking for 2-3 parent volunteers on each day to be available to assist with morning cleaning and feeding. If your club will have volunteers available for the full day - please let Ronda know so that we don't over schedule morning volunteers. If there is another day that you are able to help besides your club day, please call

Ronda to sign-up. Duties for the morning will include: watering/feeding animals, sweeping, and poop clean-up.

Friday - September 21

Monday - September 24

Tuesday - September 25

Wednesday - September 26

Thursday - September 27

Friday - September 28

GRADUATING SENIOR SCHOLARSHIP

The South Plains Fair has continued to sponsor a scholarship for graduating seniors. Participation at the 4-H Barnyard is required to be eligible for the scholarship. The application will be revised by the Awards and Recognition Committee and sent out in the November 4-H Newsletter.

Participation is required all four years of high school. Qualifying graduates have received a \$500 scholarship. Please contact Ronda if you have questions.

LUBBOCK COUNTY 4-H FACEBOOK

Be sure to "Like" us on facebook, or at least visit occasionally to see what is going on!
Google: "Lubbock County 4-H"
"Lubbock 4-H Livestock" on Facebook



NATIONAL 4-H WEEK

October 7-13 is National 4-H Week! If your clubs need suggestions on activities to promote 4-H, please give Ronda a call, 775-1740. 4-H'ers and 4-H Clubs may also set up a promotion booth at Tractor Supply on any of the following days, October 3-13 to



promote your 4-H project or club. Please contact Ronda to coordinate your set-up.

4-H FRIENDS AND ALUMNI

Parents, 4-H'ers and former 4-H'ers are invited to join the Texas 4-H Friends and Alumni Association. For more information visit www.texas4hfriends.org.

VOLUNTEER SCREENING

Volunteers and parents also need to enroll on 4-H Connect; there is a \$10 yearly screening fee.

The fee can be paid online with a credit or debit card when the volunteer profile is completed. Please contact Ronda if you have questions. All adult volunteers who serve in a project or club leadership role who work directly with youth, should be screened. Also, any volunteers who assist in transporting youth in their personal vehicles or who handle 4-H funds should be screened.

Volunteers will be required to complete two online trainings before their screening will be submitted (the trainings were required every other year).

SOUTH PLAINS FAIR - YOUTH DIVISION

Don't forget to enter your crafts, canned goods or baked goods in the Youth Division at the South Plains Fair. There is no cost to enter and prize money is awarded in all divisions. Check out the fair premium book to find out specific rules and entry information. Books are available from the County Extension Office, the South Plains Fair Office, or on-line. Entry day for crafts are September 18 & 19, and Baked Goods are September 20. Be sure to check the book for entry times and categories. The adult section of culinary arts has also added youth categories, in the decorated cakes section.

TRACTOR SUPPLY

With two locations now in Lubbock, Tractor Supply has become a great friend to Lubbock County 4-H. This year they are also conducting a clover campaign at both stores **October 3-13**. Be sure to share with them how much we appreciate their support.



4-H RESOURCES FOR FAMILIES, CLUB MANAGERS AND LEADERS

Every year when the Texas 4-H Year starts there are new and revised resources released by the 4-H Program to help our 4-H families, club managers, and leaders know about the all great opportunities and resources within our program. Below are some of those resources that each 4-H family is encouraged to review.

LUBBOCK COUNTY 4-H HANDBOOK: The Lubbock County 4-H Handbook is available on the county 4-H website at <http://lubbock.agrilife.org> under the Publications section; it is divided into the following sections: calendar, camps, competitions, facts, fundraisers, projects, record-keeping system and websites. Check it out to learn more about 4-H.

TEXAS 4-H CLOVER (publication): The Texas 4-H Clover is the “4-H phonebook” of all the projects, events, contests, camps, and opportunities that 4-H members and volunteers can participate in throughout the year. In addition to telling you about the item, it provides contact information and web links. It is available at: <http://texas4-h.tamu.edu>

TEXAS 4-H CURRICULUM CATALOG (publication): This resource is designed for teachers and educators. It is a listing of all the school curriculum and resources that are available for teachers and educators to use in formal classroom settings, or even as short-term experiences with 4-H clubs/groups. Contact the county office for publications available locally.

VOLUNTEER RESOURCES: A website full of club management resources for our club managers and club officers. Here you will find officer installation scripts, inspirational items, agenda items to cover in your meeting, program ideas, and much, much more. Can be used for both club and project meetings <http://texas4-h.tamu.edu/volunteer>

4-H PROJECTS

FAMILY & COMMUNITY HEALTH

FOOD AND NUTRITION PROJECT

Mid-September you will receive a Food and Nutrition Project newsletter with details about the County Food Show and Project Activities.

County Food Show

The County 4-H Food Show is scheduled for the afternoon of **Sunday, October 21** at the County Extension Office. Entry materials consisting of registration sheet and recipe are due to the Extension Office by *October 15*. Age divisions include: Clover, Junior, Intermediate and Senior; with categories including: Fruits and Vegetables, Nutritious Snacks, Main Dish and Breads and Cereals. First place in each division (except Clover) will advance to the District Food Show which will be held in Levelland on **November 17**.

4-H Food Challenge

This year food challenge will be a Fall competition, with the District competition being held on **October 29**. The County Food Challenge practice contest will be held on **Sunday, October 21**.

Supply boxes and resource materials may be picked up from the County Extension Office. Please contact Ronda to schedule pick-up. More information about teams will be in the Food and Nutrition Newsletter.

Food Challenge rules have changed this year; be sure to check out the new information available on the Texas 4-H website.

Food and Nutrition Quiz Bowl

This year the District Food and Nutrition Quiz Bowl will be held on **November 17**. A planning meeting for those who are interested in participating on a team is scheduled for **Tuesday, October 22 at 5:00 pm** at the County Extension Office. Plans for practices and teams will be determined at that time. If you are unable to attend this meeting, please call in to sign-up.

CONSUMER LIFE SKILLS PROJECT



An orientation meeting will be held on **Tuesday, October 30 at 6:30 p.m.** at the County Extension Office. We will schedule practice sessions at the meeting and review classes. If you

aren't able to attend but still interested in participating, please let Ronda know. The Consumer Decision-making contest teaches youth decision-making skills by involving them as consumers hypothetically making different purchases. Come find out how to spend your dollars wisely. The District Competition will be held on Saturday, December 8.

AGRICULTURE & LIVESTOCK

GOAT/LAMB/SWINE PROJECT

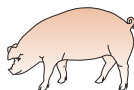


Lamb/Goat Program: Tags have been ordered. Validation Time - **Mid-October, 2018**; Procedure - Ear tag, nose print, tattoo, DNA Sample, & complete forms.



Swine Program:

Tag orders are due by September 17. Payment must be received at the time of order. Cost - \$20.00 per barrow; Validation Dates - **November, 2018.** Procedure - Ear tag, identify ear notches, DNA sample, and complete forms.



LIVESTOCK PROJECTS



Entries for Lubbock County, Odessa, Fort Worth, San Antonio, Houston, Austin and San Angelo; will be taken **November 5, 6, 7, & 8.** Watch for more details and begin making plans and hotel reservations.

2019 Livestock Shows Websites

Go to <http://lubbock.agrilife.org> Click on Links to Major Stock Shows or go to these web sites:

Lubbock County Junior Livestock Show
<http://lcjlsa.com/index.html>

Sandhills Hereford & Quarterhorse Show, Odessa
www.sandhillstockshowandrodeo.com

Southwest Junior Livestock Show, Ft. Worth
www.fwssr.com

San Antonio Livestock Exposition
www.sarodeo.com

San Angelo Livestock Show
www.sanangelorodeo.com

Houston Livestock Show and Rodeo
www.rodeohouston.com

Star of Texas Livestock Show, Austin
www.rodeoaustin.com

STATE 4-H HORSE SHOW RESULTS

Lubbock County 4-H was well represented at the State 4-H Horse Show in Abilene, July 23-29. We won high-point County due to the following outstanding 4-H participation:

Sydney Hess
3rd pl - Halter 5+ Geldings
7th pl - JR Trail
2nd pl - JR Western Horsemanship
7th pl - JR Western Pleasure

Troy Dever
8th pl - Halter 5+ Mares
10th pl - JR Western Pleasure

Trusten Dever
5th pl - JR Trail
6th pl - JR Western Horsemanship
5th pl - JR Western Pleasure
10th pl - JR Showmanship

Erin Brodbeck
6th pl - JR Trail

Ashlyn Elliott
7th pl - SR Stakes

AJ Kendrick
8th pl - JR Hunter Showmanship
4th pl - JR Hunt Seat Equitation
7th pl - JR Hunt Seat Versatility
7th pl - JR Hunter Under Saddle
1st pl - JR Hunt Seat Equitation Over Fences
4th pl - JR Hunter Hack
2nd pl - JR Working Hunter
1st pl - JR Open Jumping
Reserve Champion - Over Fences Horseman

David Kendrick
3rd pl - JR Hunt Seat Equitation Over Fences
3rd pl - JR Hunter Hack
3rd pl - JR Working Hunter
3rd pl - JR Open Jumping

Teghan Brooks

5th pl - SR Working Cow Horse

5th pl - SR Reining

10th pl - SR Stock Horse Horsemanship

1st pl - SR Stock Horse Pleasure

11th pl - SR Stock Horse Showmanship

2nd pl - SR Stock Horse Trail

1st pl - 3 year old Futurity

Aubrey O'Neal

1st pl - SR Working Cow Horse

3rd pl - SR Reining

14th pl - SR Stock Horse Horsemanship

15th pl - SR Stock Horse Pleasure

5th pl - SR Stock Horse Trail

2nd pl - 3 year old Futurity

Shaina Stanton

2nd pl - SR Working Cow Horse

1st pl - SR Cow Boxing

2nd pl - SR Reining

8th pl - SR Stock Horse Horsemanship

12th pl - SR Stock Horse Showmanship

5th pl - Ranch Sorting

Cash Campbell

3rd pl - JR Reining

5th pl - JR Stock Horse Showmanship

14th pl - JR Stock Horse Trail

Jaylee Gandy

10th pl - JR Stock Horse Horsemanship

Cooper Campbell

14th pl - JR Stock Horse Horsemanship

11th pl - JR Stock Horse Pleasure

16th pl - JR Stock Horse Showmanship

4-H VET SCIENCE PROJECT MEETINGS

For those of you who are interested in a career related to Veterinary Medicine, this project is for you. We meet for monthly meetings, covering different veterinary science topics as well as occasional tours. Our next meeting for this year will be held on **Wednesday, September 19 from 6-7 pm** at the County Extension Office. We will plan monthly meeting dates for the year at this time.

NATURAL RESOURCES

SHOOTING SPORTS AIMING FOR THE BULL'S EYE



Introduction to 2018-19 Shooting Sports Projects

The 4-H Shooting Sports Project is a comprehensive introduction to shooting sports safety and the fundamentals of shooting disciplines, including: archery, rifle, shotgun, pistol, muzzleloading, and hunting. The project requires the presence and supervision of trained and certified volunteer coaches. Therefore, not all disciplines are offered in all counties. Lubbock County has certified coaches for Rifle, Archery and shotgun.

Also, since direct supervision by certified coaches is a requirement, this program does not allow individual participation. The minimum age to participate in 4-H Shooting Sports, is enrolled in the 3rd grade.

Lubbock County Shooting Sports coaches will soon be meeting to secure locations and set 2019 dates for project start-up, including: 3-position indoor rifle and archery in the spring, and shotgun project in May and June.

More details will follow in upcoming newsletters. If you are interested in participating in 4-H Shooting Sports, call the County Extension Office and place your name and which disciplines you are interested in on the "intent to participate" list.

Texas 4-H Shooting Sports Team Applications

The Texas 4-H Shooting Sports Team applications are now open through 4-H Connect. The information can be found at: <https://texas4-h.tamu.edu/wp-content/uploads/2018-19-Texas-Team-Application.pdf>

The deadline to apply will be September 27. Individual 4-H'ers that apply ***must*** have a letter of recommendation from their CEA OR their District 4-H specialist.

The Texas Team is chosen in October to represent our state at the National 4-H Shooting Sports Championships to be held in Grand Island Nebraska in June 2019. There will be 9 discipline teams chosen: Air Pistol, Air Rifle, Smallbore Pistol, Smallbore Rifle, Compound Archery, Recurve Archery, Muzzleloading, Shotgun, and Hunting Skills.

District 2 Fall 4-H Shooting Sports Coaches and Leader Training

The D-2 Fall Shooting Sports Coach/ Leader Training will be held on October 13th and 14th in Seminole. All registrants must be certified 4-H Volunteers (with current background screenings) prior to being able to register for the training, so if you are interested, you need to complete a volunteer application on 4-H Connect immediately. Registration is \$120 per person, with participants being able to register between September 24 and October 5; Late registration is \$140 from October 6 through October 11. Participants (age 21 or older) will be able to become a certified 4-H Coach in the disciplines of: archery, pistol, rifle and shotgun.

4-H ACHIEVEMENT BANQUET

Thanks to all of you who participated or were involved in conducting the County 4-H Achievement Banquet. Teen Council members did an outstanding job in conducting the Banquet! Congratulations also to all of the Award Recipients. Don't forget to show your appreciation to our Banquet donors; if you lost the donors address, please contact Ronda.

Thanks also to each of our sponsors for the County 4-H Achievement Banquet. When you visit their business, please share our appreciation with them for their support. Thanks to the following donors: Ag Texas Farm Credit Services - Mike Metzger, Aim Bank - Johnny Earp, American Bank of Commerce - Joe Kendrick, Capital Farm Credit - Jason Gandy, City Bank - Mike Wright, Farmers Cooperative Compress - Ron Harkey, First State Bank of Shallowater - Mark Taylor, Joe Brown Insurance - Joe, Ryan and Joey Brown, Lubbock County Farm Bureau - Mike Patschke, and Justin Ligh, Purina Mills - John Gardner, South Plains Electric Cooperative - Lynn Simmons, South Plains Fair - Jennifer Wallace, Jenny Verkamp, North West Texas Agency, Crawford Radiator, Wyatt and Melissa Crawford, Fuddrucker's - Daniel Stanton, and Judy Walker-Insurance Agent.

KAY's KORNER

Back to School: Tips and Tricks for Packing a Healthy Lunch

The hustle and bustle of the school year often makes it difficult to think of lunch ideas or pack lunches that are full of healthy and smart choices. However, Dinner Tonight has made it easy to send your kids to school with

the correct foods that will keep them alert and energized throughout the day!

When deciding what to pack in your child's lunch, Elaine Montemayor-Gonzalez with AgriLife Extension Service recommends packing foods that fall into the five main food groups - dairy, fruit, grains, lean meats, and vegetables - which will provide balance throughout the school day. Providing lower fat options with a colorful variety of fruits and vegetables will also help keep your child's brain active during the afternoon.

To make the packing process easier, Dinner Tonight has developed a list of steps to ensure you prepare a nutritious lunch that your child will enjoy:

- Prep vegetables and fruits the night before - Not only will this save time, but research has shown that kids are more likely to eat fruits and veggies when they are already cut up.
- Add in healthy sides - Sides such as unsweetened applesauce, cheese sticks made with 2% milk, crackers, nuts, lowfat yogurt, and fruit or veggie cups are simple and easy ways to add variety to a meal.
- Use portion boxes - Not only do portion boxes help to keep servings in check, but they are also a great way to get your child involved by showing them what foods go in each compartment.
- Think outside the sandwich - While sandwiches are quick and easy, adding variety is key for both adults and kids when it comes to eating healthy. Instead of making a sandwich for lunch, try a wrap or pasta salad.

While what you pack in the lunch might appear to be the key component, Montemayor-Gonzalez says that the storing process is just as important if you want to keep the food and the health of your child safe. Be sure to keep these tips and tricks from Dinner Tonight in mind:

- Perishable food can be unsafe to eat by lunchtime if packed in a paper bag. Use an insulated box or bag instead.
- Before eating, children should wash their hands for 20 seconds (or sing the ABCs twice).
- If possible, your child's lunch should be stored in a refrigerator. However, if your child's school does not provide a refrigerated place to store their lunch, you can use ice packs to keep the food cool until lunchtime.
- If you're packing a hot lunch, like soup, chili, or stew, use an insulated container to keep it hot.

- After lunch, or when your child gets home from school, discard all leftover food, used food packaging, and paper bags.

To help sweeten up the lunch routine and add creativity to the process, allow your child to help you make a healthy dessert, such as Dinner Tonight's Banana Apple Muffins! Not only will this be a great way to bond, but it will also be a way for your child to take ownership of their lunch and let the other kids at school know that they help make the healthy treat. To learn more about the recipe, visit <https://dinnertonight.tamu.edu/recipe/banana-apple-muffins/>

Sources:

<https://dinnertonight.tamu.edu/start-the-school-year-off-right/>
<https://dinnertonight.tamu.edu/food-safety-back-school/>

Nancy Trevino-Schafer is the new Lubbock County Extension Agent for Urban Youth Development. She recently graduated from Texas Tech University (TTU) with her doctorate in Human Development and Family Studies (HDFS) and a minor in Cross-Cultural Studies. She has also earned her Master's and Bachelor's degrees from TTU and an Associate's degree from South Plains College. She has specialized in positive youth development, program evaluation and curriculum development, and prevention education. Nancy has served the community through her work with youth in a wide variety of roles including as a Cub Scout and Girl Scout leader, community and parent educator, and partnering with local schools and community groups for special programming. She has also been a youth advocate working with the PTA, the Lubbock ISD SHAC, and in her research with foster youth. Nancy calls Lubbock home and resides with her husband, two teenage children, and her dog.

Parents and 4-H'ers:

If you have questions about the Lubbock County 4-H program, need assistance or need more information about an event, activity or project, please give us a call. We're here to serve you, but you must let us know when you need assistance or have special interest areas.



Ronda Alexander
County Extension Agent, 4-H
Lubbock County

Lubbock County Extension Staff
P.O. Box 10536, Lubbock, TX 79408
916 Main, Suite 401, Lubbock TX 79401
(806) 775-1740 Fax: (806) 775-1758

E. Kay Davis CEA-Family & Community Health	Robert Scott CEA-Agriculture
Nancy Trevino-Schafer CEA-Urban Youth Development	Open CEA-Agriculture
Katelyn Kesheimer EA-Integrated Pest Management	Open CEA-Horticulture

The information given herein is for educational purposes only. References to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the Extension Service is implied.

We will seek to provide reasonable accommodations for all persons with disabilities for any of our meetings. We request that you contact Texas A&M AgriLife Extension Service - (806) 775-1740, as soon as possible to advise us of the auxiliary aid or service that you will require.

**4-H COUNTY ACHIEVEMENT BANQUET
WINNERS****Gold Star**

- Sponsored by American Bank of Commerce

Alyssa Elmore
Brady Mandrell
Ashton Smith

I Dare You

- Sponsored by Purina Mills, Inc.

Hayden Crawford
Shae Lynn Suttle
Tanner Sorrells
Payton Brown

Outstanding Senior

- Sponsored by Northwest Texas Agency

Taylor Everitt
Jace Morton
Audrey Crawford
Teghan Brooks

Teen Leader

- Sponsored by South Plains Electric Cooperative

Madysen Cook
Colton Baldridge
Bryce Hutson

Achievement

- Sponsored by Capital Farm Credit

Aideen Chaloupka

Bronze Star

- Sponsored by First State Bank Shallowater

Lucy Fritz
Madison Chaloupka
Jayton Ayers
Sarah Adams
Keegan Martin

Outstanding Junior

- Sponsored by Crawford Radiator

Reese Bading
Kyndra Messer
Brynlee Edwards
Molli Harris
Jenny Sullivan

Silver Star

- Sponsored by Capital Farm Credit

Aaron Chaloupka
Khaki Bishop
Mac Chaloupka
Weston Brown
McKenna Zwonitzer
Tyler Racca

Outstanding Intermediate

- Sponsored by Joe Brown Insurance

Jacob Everitt
David Kendrick
Bax Edwards
Dalton Baldridge
Aubree Ayers
Joseph Fritz

Clover Award

- Sponsored by Fuddrucker's

Warren McCleskey
Garrett Racca
Ashlyn Elliott
AJ Kendrick
Cutter Bishop
Calan Foerster
Cash Campbell

Friend of 4-H

- Sponsored by Lubbock County 4-H

Dottie Strickland
Mark Heinrich
Tom Head

4-H Legacy Award

- Sponsored by Lubbock County 4-H

Patti Jones

Clover Leader

- Sponsored by Farmers Cooperative Compress

Stacy Bobo
Ryan Bading

Adult Leader

- Sponsored by Joe Brown Insurance

Mark Brown
Wyatt Crawford
Melissa Crawford

South Plains 4-H Distinguished Leader

- Sponsored by Lubbock County 4-H

Jennifer McCleskey

PLA Scholarship - \$500 each

- Sponsored by South Plains Fair

Hayden Crawford
Shae Lynn Suttle
Tanner Sorrells

President's Youth Service

- Sponsored by Ag Texas Farm Credit Services

Silver

Luke Stutzman
Wyatt Mandrell
Audrey Ragan
Jake Morton
Ashlynn Messer

Bronze

Logan House
Paige Chowning

2017 Parade of Champions

Sponsored by AIM Bank

Cooper

Brady Mandrell
Wyatt Mandrell

Frenship

Payton Brown
Weston Brown
Audrey Crawford
Hayden Crawford
Keegan Martin
Ashlynn Messer
Kyndra Messer
Garret Racca
Tyler Racca
Ashton Smith
Luke Stutzman

New Deal

Sarah Adams

Shallowater

Reese Bading
Colton Baldridge
Dalton Baldridge
Cutter Bishop
Khaki Bishop
Jacob Everitt
Taylor Everitt
Logan House
AJ Kendrick
David Kendrick

Red Raider

Teghan Brooks

Wildcats

Aubree Ayers
Jayton Ayers
Aaron Chaloupka
Aideen Chaloupka
Mac Chaloupka
Madison Chaloupka
Paige Chowning
Madyson Cook
Bax Edwards
Brynlee Edwards
Alyssa Elmore
Molli Harris
Nick Hughes
Bryce Hutson
Jace Morton
Jake Morton
Jenny Sullivan
Shae Lynn Suttle
McKenna Zwonitzer

4-H Clover Participants

Samantha Adams
Brynn Bading
Lainey Kate Barker
Mason Chaloupka
Matthew Day
Emmalynn Day
Taylor Dennis

Wesley Hindman
Rylan Messer
Avery Racca
Jacob Racca
Landri House
Journi Harris

2018 AWARDS PROGRAM RECORDBOOK PARTICIPANTS
--

Thank you to Lubbock County Farm Bureau for sponsoring the t-shirts which are presented to all county recordbook participants

AG SCIENCES

Shae Lynn Suttle, Sr. - Wildcat
Bryce Hutson, Sr. - Wildcat
McKenna Zwonitzer, Int. - Wildcat
Molli Harris, Jr. - Wildcat

BEEF

AJ Kendrick, Int. - Shallowater

CITIZENSHIP

Payton Brown, Sr. - Frenship
Keegan Martin, Jr. - Frenship

CLOTHING & TEXTILES

Audrey Crawford, Sr. - Frenship
Lucy Fritz, Jr. - Wildcat
Reese Bading, Jr. - Shallowater

COMMUNICATION & EXP. ARTS

Jace Morton, Sr. - Wildcat
Aideen Chaloupka, Jr. - Wildcat

COMPANION ANIMAL

Ashlynn Messer, Int. - Frenship
Kyndra Messer, Jr. - Frenship

CONSUMER EDUCATION

Audrey Ragan, Int. - Frenship

ENTOMOLOGY

Garrett Racca, Sr. - Frenship

FAMILY LIFE

Logan House, Jr. - Shallowater

FOOD & NUTRITION

Colton Baldridge, Sr. - Shallowater
Khaki Bishop, Int. - Shallowater
Jenny Sullivan, Jr. - Wildcat

GARDENING & HORTICULTURE

Aaron Chaloupka, Int. - Wildcat

GOAT

Bax Edwards, Int. - Wildcat
Dalton Baldridge, Int. - Shallowater
Brynlee Edwards, Jr. - Wildcat
Jayton Ayers, Jr. - Wildcat

HEALTH

Ashton Smith, Sr. - Frenship
Jacob Everitt, Jr.- Shallowater

HORSE

Teghan Brooks, Sr. - Shallowater
Ashlyn Elliot, Sr. - Wildcat
Aubree Ayers, Int. - Wildcat
Cash Campbell, Int. - Wildcat
Madison Chaloupka, Jr. - Wildcat
Paige Chowning, Jr. - Wildcat

LEADERSHIP

David Kendrick, Int. - Shallowater

PERSON DEVELOPMENT

Warren McCleskey, Sr. - Wildcat
Taylor Everitt, Sr. - Shallowater

PHOTOGRAPHY

Sarah Adams, Jr. - New Deal

PLANT AND SOIL SCIENCE

Hayden Crawford, Sr. - Frenship
Mac Chaloupka, Int. - Wildcat

RECREATION

Brady Mandrell, Sr. - Cooper
Wyatt Mandrell, Jr. - Cooper

SCIENCE, ENG. & TECHNOLOGY

Joseph Fritz, Int.- Wildcat

SHOOTING SPORTS

Madyson Cook, Sr.- Wildcat
Tanner Sorrells, Sr. - Wildcat
Jake Morton, Int. - Wildcat
Luke Stutzman, Int. - Frenship
Tyler Racca, Int. - Frenship

SWINE




Calan Foerster, Int. - Shallowater
Cutter Bishop, Int. - Shallowater

VETERINARY SCIENCE

Alyssa Elmore, Sr. - Wildcat




WILDLIFE & FISHERIES

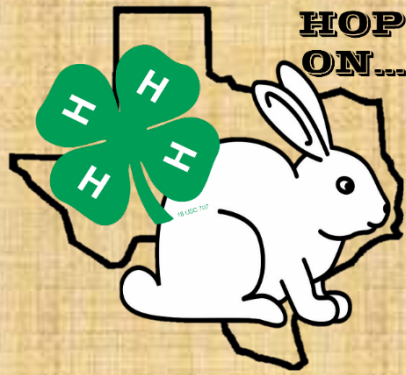
Weston Brown, Int.- Frenship

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Texas A&M AgriLife Extension Service Lubbock County 4-H SEPTEMBER 2018</p>					4-H Enrollment on 4-H Connect. This month \$20/member 	1
2	3 County Holiday CEO Closed 	4 ●RSVP due if attending Clover Kids Mtg.	5 ● 5:30-6:30 4-H Clover Kids Mtg, CEO	6	7	8
9	10	11 ● 6 pm 4-H 101 Meeting, 916 Main, 1 st Floor	12	13	14	15
16	17 ● 6:30 pm PLA & Teen Co. Mtg, SPF Barnyard ●Swine Tag Orders DUE \$20.00 each	18 <div>South Plains Fair Craft Entries Due</div>	19 ● 5:30-6:30 Vet Science Proj Mtg, CEO	20 <div>South Plains Fair Baked Goods Entries Due</div>	21 <div>South Plains Fair</div> ●Barnyard -	22 ●Barnyard - Teen Council
23	24	25	26	27	28	29
<div>South Plains Fair</div> ●Barnyard - Wildcat ●Barnyard - ●Barnyard - Frenship ●Barnyard - Shallowater ●Barnyard - ●Barnyard - Shallowater ●Barnyard - Teen Council						
30						NOTE: Not all dates are listed on this calendar.

Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in Extension-sponsored meetings are encouraged to contact the County Extension Office at 775-1740 to determine how reasonable accommodations can be made.

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Texas A&M AgriLife Extension Service Lubbock County 4-H OCTOBER 2018</p>					4-H Enrollment on 4-H Connect. This month \$20/ member 	
	1	2	3 ● Tractor Supply Clover Campaign Begins	4	5	6
7	8	9	10	11	12 ● RSVP if attending One Day 4-H workday on 10-13, or Clover Proj. Leader Tr on 10-16.	13 One Day 4-H ● 9 -11 am South Plains Food Bank Farm ● Tractor Supply Clover Campaign Ends
National 4-H Week						
14	15 ● 6:30 pm PLA and Teen Council Meetings, CEO ● Co. Food Show Entries Due to CEO.	16 ● 6 pm 4-H Clover Project Leader Training, CEO	17	18	19	20
21 ● County Food Show & County Food Challenge Competition	22 ● 5 pm Food & Nutrition Quiz Bowl & Co. Food Challenge Info Mtgs, CEO	23	24	25	26	27
28	29 ● District Food Challenge Competition	30 ● 6:30 Consumer Life Skills Project Orientation, CEO	31 	NOVEMBER 5/8 Livestock Show Sign up days 17 - District 2 4-H Food Show & Food & Nutrition Quiz Bowl, Levelland		NOTE: Not all dates are listed on this calendar.



TEXAS A&M
AGRILIFE
EXTENSION

TEXAS 4-H RABBIT EXTRAVAGANZA 2018

**STATE 4-H RABBIT SHOW &
EDUCATIONAL PROGRAM**

**Bell County Expo Center
301 W Loop 121,
Belton, TX 76513**

Saturday, September 15, 2018

**Enroll through 4-H Connect by
September 3, 2018**

More information at:

**[https://texas4-h.tamu.edu/projects/rabbits/
texas4HAdvisory@gmail.com](https://texas4-h.tamu.edu/projects/rabbits/texas4HAdvisory@gmail.com)**

We are proud to announce the **2018 Texas 4-H Rabbit Extravaganza**. The Extravaganza is a State-wide competition open to enrolled Texas 4-H members of official 4-H age. The Extravaganza will include: a single Youth Rabbit Show, Youth Skill Contests, Art & Crafts, and Educational Workshops on the 4-H Rabbit Project

Youth Hunter Education Camp

October 26th-28th, 2018

TEXAS A&M
AGRILIFE
EXTENSION

Texas 4-H Center
Lake Brownwood, Texas



Come learn about hunting and a hunter's role in wildlife conservation.

- In this camp you will learn hunter safety, hunting responsibility, and hunting laws and ethics
- The camp is interactive with live fire sessions. All equipment provided
- This camp is designed to follow the Texas Parks and Wildlife Hunter Education Certification curriculum.
- All participants will be able to receive their basic Hunter Education Certification by attending the camp and completing the course requirements, which includes a final written exam.
- Each registrant for the camp will receive additional information concerning the camp and the Hunter Education Certification registration process
- This camp is open for 4-H Members from 9 to 15 years of age

Led by: Denise Harmel-Garza- Program Coordinator, Texas 4-H

This is a family style program, meaning a parent will attend along with their kids and learn the same knowledge and skills. Lodging is also family style, with all family members staying in the same room. One adult may accompany multiple youth in the same family.

Hotel Style lodging is available on a first come first serve basis.

All adult volunteers must enroll as a 4-H volunteer, have verified background check, and complete child protection training in 4-H Connect Prior to camp.

Registration for the course is online at texas4hcenter.tamu.edu

Cost for youth and adults is \$300 through October 15, 2018