



Lubbock County 4-H News



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September - October, 2019

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4-H ENROLLMENT TIME

It is time to enroll in 4-H for the 2019-20 year. It will again only be done through 4-H Connect and the yearly membership fee of \$25/member for September and October is in effect. As of November 1st, it will be \$30; 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, 2019)
- 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 **Thursday, September 5 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 email Ronda by Wednesday, *September 4*, 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 16 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 21 at 6:30 p.m.** at the County Extension Office, 916 Main, Suite 401.

4-H FUNDRAISER OPPORTUNITY

We will have opportunity to box and sell corn as a 4-H Fundraiser the week of **Sept. 9-14**. Watch 4-H Facebook posts for details. We will have a booth to sell corn at the Idalou Cotton Fest on **Sept 14** and need 3-5 volunteers for shifts from 8am-4pm; please call to sign up for a shift. Please also help to promote the corn sell within the Lubbock area. Corn will be 12 ears for \$10 or \$25 a box.

MAJOR CHANGES REGARDING DISTRICT 4-H CONTEST PARTICIPATION

This year, the Lubbock County 4-H Parent Leaders Association will not be able to pay for District 4-H Contest entry fees. Registration for District 4-H Contests and paying online for those who have qualified will be the responsibility of the 4-H'er qualifying (placing first in most competitions) in order to compete at District. We are in the process of trying to raise funds to cover these expenses. This is why it is important to support our County 4-H Fundraisers. Entry fees range from \$10 - \$20 per contest; cost information will be available prior to registration to assist families in preparing for this additional expense. A 4-H'er will be eligible for reimbursement for one qualifying contest in the Fall and one in the Winter/Spring; reimbursement will require the 4-H'er to complete the reimbursement request and a thank you; Participation in County 4-H Fundraisers is also required. Please contact Ronda if you have any questions.

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 2019-20 year will also be held at the 4-H Barnyard at the South Plains Fairgrounds at **6:30 p.m. on Monday, September 16**. Wear your work clothes for cleanup at the barnyard after the meeting. For October we will meet at the County Extension Office, on **October 21 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 4 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 3, if you plan to attend.*

ONE DAY 4-H



Mark your calendar for **Saturday, October 12.** 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 12.** Please RSVP to the Extension Office by *October 10*; 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.

2019 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 20 Trinity
8:00am - 10:15 pm

Saturday, September 21 4-H Teen Council
8:00 am - 10:15 pm

Sunday, September 22 Wildcat
8:00 am - 10:15 pm

Monday, September 23 Shallowater
8:00 am - 10:15 pm

Tuesday, September 24 Shallowater
8:00 am - 10:15 pm (Senior Citizen Day)

Wednesday, September 25 Frenship
8:00 am - 10:15 pm

Thursday, September 26 Cooper
8:00 am - 10:15 pm

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

Saturday, September 28 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 16.

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 changes 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 20

Monday - September 23

Tuesday - September 24

Wednesday - September 25

Thursday - September 26

Friday - September 27

South Plains Fair 4-H Children's Barnyard Sponsor Opportunities

This year we will have the opportunity to have pen sponsors at the South Plains 4-H Children's Barnyard. Sponsorship levels range from \$250 - \$1,000. Please contact Ronda if you or someone that you know are interested in participating in this sponsorship event. We estimate that at least 100,000 individuals attend the Barnyard yearly, with many individuals visiting multiple times. We will also have a table to distribute business information about our sponsors to individuals attending the Barnyard. More information will be available on sponsorships, prior to the Barnyard.

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 6-12 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 9-20 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 or re-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 are 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 17 & 18, and Baked Goods are September 19. 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 9-20**. 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 4-H & Youth Development tab. Scroll down to Publications; 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



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 20** at the County Extension Office. Entry materials consisting of registration sheet and recipe are due to the Extension Office by *October 10*. 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 9**.

4-H Food Challenge

This year food challenge will be a Fall competition, with the District competition being held on **October 28**. The County Food Challenge practice contest will be held on **Sunday, October 20**; we will have County Food Challenge orientation on **September 12 at 6pm** at the County Extension Office.

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 9**. A planning meeting for those who are interested in participating on a team is scheduled for **Thursday, September 12 at 7:00 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 22 at 7:00 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 4.



GOAT/LAMB/SWINE PROJECT

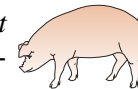


Lamb/Goat Program: Tags have been ordered. Validation Time - **Mid-October, 2019**; Procedure - Ear tag, nose print, tattoo, DNA Sample, & complete forms.



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, 2019**. 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 4, 5, & 6**. Watch for more details and begin making plans and hotel reservations.

2020 Livestock Shows Websites

Go to <http://lubbock.agrilife.org> Click on 4-H Livestock tab at the top and scroll down to the bottom, or go to these web sites:

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

Sandhills Hereford & Quarterhorse Show, Odessa
www.sandhillsstockshowandrodeo.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

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 18 at 5:30pm** at the County Extension Office. We will plan monthly meeting dates for the year at this time.

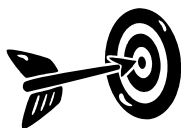
At this meeting, we will have the State Vet Science coordinator presenting information about the certification process, as well as to discuss careers in Vet Science. All

age youth are welcomed to attend this informational meeting.

To participate in the certification program, 4-H'ers must be at least 12 years old.



SHOOTING SPORTS AIMING FOR THE BULL'S EYE



Introduction to 2019-20 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 2020 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:

http://texas4-h.tamu.edu/wp-content/uploads/shooting_sports_texas_team_application_19_20.pdf

The deadline to apply will be September 22. Individual 4-H'ers that apply ***must*** have a letter of recommendation

from their CEA OR their District 4-H specialist, a certified shooting sports coach and another adult.

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 2020. There will be 9 discipline teams chosen: Air Pistol, Air Rifle, Smallbore Pistol, Smallbore Rifle, Compound Archery, Recurve Archery, Muzzleloading, Shotgun, and Hunting Skills.

<https://4h.unl.edu/shooting-sports/national>

District 2 Shooting Sports Ambassador Application

The District 4-H Shooting Sports Ambassador Application is due to District by October 4; details are included on the full page attachment in this Newsletter. Please email Ronda and she will send you the Shooting Sports Application. The CEA signature and your shooting sports coaches signature is required on the application, so don't wait until the last minute to complete and submit the application.



Junior Master Photographer

The Texas 4-H Junior Master Photographer (JMP) program provides advanced instruction to photography enthusiasts. As a Junior Master Photographer, youth will be expected to return to their counties and districts to serve as teen leaders for the project. Additionally, Junior Master Photographers may be called upon by the County Extension Agent or 4-H Specialist to serve as photographers for various 4-H events and activities. Only dedicated photography project youth wishing to expand their knowledge as well as service to others should apply for this opportunity. In other words, youth do need to have a good working knowledge of their camera prior to attending this advanced training.

To be a certified Junior Master Photographer, candidates must:

- Be in 7th-12th grade
- attend BOTH Workshop 1 and Workshop II
- Complete a competency test with a minimum score of 80%
- Submit four photos taken by applicant demonstrating understanding of instruction
- Participate in a least one practice event
- Complete a photography community service

- Take part in at least two organized project experiences

Although there is no yearly performance requirement, Junior Master Photographers are expected to return to counties and districts to help expand their photography programs. They receive the Junior Master Photographer pin and certificate. Certified JMPs in 9th grade are eligible to apply to the State 4-H Photography Ambassador Program.

For more information, please contact Ronda.

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, 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, 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, Reid Electrical - Richard Reid, and Phyto-Gen Cotton Seed - Derek Racca.

KAY's KORNER

E. Kay Davis, County Extension Agent - Family & Community Health

THE INFLUENCES OF CHILDHOOD OBESITY

Over the past four decades, the rise in childhood obesity has significantly impacted many children, adolescents, and adults. The centers for Disease Control states that 1 in every 5 children in the United States has obesity. Children with obesity are at a higher risk for developing chronic health conditions, such as asthma, joint and bone complications, sleep apnea, and type 2 diabetes. They are also at a higher risk for developing heart disease, due to

potential high blood pressure and high cholesterol. Children with obesity are more likely to be obese as adults which increases the risk Type 2 diabetes and heart disease, as well and many types of cancers

There are many factors that have a major influence on obesity in children. Eating behaviors, lack of physical activity, metabolism and family genetics are the most individualized factors; however, home environment and social factors play a huge role. "One of the most influential risk factors of them all is screen time," says Elaine Montemayor-Gonzalez, a Health Specialist with Texas A&M AgriLife Extension. "Too much time spent being inactive while watching television, scrolling social media or playing video games may also lead to lack of sleep for some children, which is also a risk factor for obesity," says Montemayor-Gonzalez. There is a cycle of events that all lead to the development of obesity. Over the years there has been a trend of inactivity and easy accessibility to inexpensive, high calorie foods and empty calorie beverages.

How can we help support the healthy growth and development that children need to become healthy adults? It is most important to be a healthy role model for your family, says Montemayor-Gonzalez. "Making health a priority and caring about the quality of the food that your family eats, and how much activity they get is really the first step" says Montemayor-Gonzalez. She continues, "Seek out help and resources so that you feel supported when making changes for yourself and your family." Try making some of the following changes and look at these helpful resources from Texas A&M AgriLife Extension.

- **Physical Activity** - School-aged youth are recommended to achieve a minimum of 60 minutes or more of physical activity throughout the day. Make a family activity calendar at home and motivate each other to be active together. Enjoy the outdoors and take a walk, ride bikes, build a garden, practice stretching, or play a basketball game in your driveway. Engage in a friendly competition with other families and see who can "Walk Across Texas" first. For more information on a free 8-week physical activity program, visit <http://walkacrosstexas.tamu.edu>.
- **Healthy Nutrition** - Always plan out your meals before grocery shopping to limit the temptations of unhealthy foods. Choose more fruit and vegetables as snacks throughout the day and make them half of your plate for meals. Drink plenty of water to avoid dehydration and limit sugary beverages. Invite your children to help you prepare and cook a meal, not only is this fun for them, but they are learning about healthy foods. To try some quick and healthy recipes, visit <https://dinnertonight.tamu.edu>.
- **Screen Time** - Boundaries for screen time and social media should always be followed daily. A good balance will help limit inactivity. It is recommended that children 6 years and older should limit their screen

time from 1-2 hours a day. Set automatic limits on phones and tablets, and motivate your child to engage in youth development programs such as 4-H. To learn more about the hands-on activities in science, health, and agriculture, visit: <https://texas4-h.tamu.edu>

As parents, grandparents, and guardians we must make positive changes for our children. We are the most important influences in their lives. The positive change for a healthy lifestyle must come from us.

Contact: Elaine Montemayor-Gonzalez, Extension Program Specialist; 361-668-5705; elaine.montemayor-gonzalez@ag.tamu.edu

Source:

<https://www.cdc.gov/features/childhoodobesity/index.html>
<https://pediatrics.aappublications.org/content/138/5/e20162593>
https://health.gov/paguidelines/second-edition/pdf/physical_Activity_Guidelines_2nd_edition.pdf#page=46
<https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/American-Academy-of-Pediatrics-Announces-New-Recommendations-for-Childrens-Media-Use.aspx>

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

Ronda Alexander
County Extension Agent, 4-H
Lubbock County

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CEA-Agriculture

Nancy Trevino-Schafer, PhD.
Urban & Youth Development

Cory Edwards
Project Coordinator 1-BLT

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.

Edwards named AgriLife Extension Better Living for Texans educator for Lubbock County

Cory Edwards has rejoined the Texas A&M AgriLife Extension Service, effective August 1st, as the Better Living for Texans educator for Lubbock County.



“Cory’s extensive background in education and working with families will benefit her tremendously in her new position,” said Michael Clawson, AgriLife Extension district administrator, Lubbock. “She has the added benefit of being a past employee of AgriLife Extension and will be able to hit the ground running.”

Edwards earned her bachelor’s degree in animal science production and her master’s degree in family and consumer sciences education from Texas Tech University, Lubbock.

“I have always felt connected with Texas A&M AgriLife Extension so I am thrilled to be in this new position,” said Edwards. “I look forward to creating opportunities and changing lives through nutrition education with the residents of Lubbock county.”

She most recently worked at Idalou Independent School District for five years where she taught first and third grade. Prior to that she worked for AgriLife Extension part-time as a regional program coordinator for cancer prevention and early detection.

Edwards has also taught for Frenship Independent School District and Tulia Independent School District. From 2001-2005 she served as the AgriLife Extension agent for family and community health for Briscoe, Hall and Potter counties.

Source:

<https://today.agrilife.org/2019/08/08/cory-edwards-joins-agrilife-extension-lubbock/>

4-H COUNTY ACHIEVEMENT BANQUET WINNERS

Clover Kid Recognition Derek Racca, PhytoGen Cottonseed

Brynn Bading
Marlowe Barnes
Bristol Chowning
Mason Chaloupka
Avery Racca
Kenston Lattimore

Clover Leader Awards Farmers Cooperative Compress

Holly Chowning
Patti Messer
Mindy Holloway

Outstanding Leader Awards .. Joe Brown Insurance

Corey Carter
Robbin Borg
Jeffrey Johnson

Parade of Champions T-Shirt Aim Bank Cooper

Caitlin Davenport
Brady Mandrell
Wyatt Mandrell

Frenship

Weston Brown
Audrey Crawford
Jillian Jones
Keegan Martin
Ashlynn Messer
Kyndra Messer
Rylan Messer
Garret Racca
Tyler Racca
Jacob Racca
Luke Stutzman

Shallowater

Reese Bading
Colton Baldrige
Dalton Baldrige
Jacob Everitt
Taylor Everitt
Landri House
Logan House

Trinity

Ashtyn Ellison

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
Bryce Hutson
Jace Morton
Jake Morton
Jenny Sullivan

Awards Program Record Books Lubbock County Farm Bureau

AG SCIENCES

Bryce Hutson, Sr. - Wildcat
Molli Harris, Jr. - Wildcat

CITIZENSHIP

Keegan Martin, Jr. - Frenship
Reese Bading, Jr. - Shallowater

CONSUMER EDUCATION

Ashlynn Messer, Sr. - Frenship
Rylan Messer, Jr. - Frenship
Logan House, Jr. - Shallowater

DOG CARE & TRAINING

Jacob Racca, Jr. - Frenship

ENTOMOLOGY

Garrett Racca, Sr. - Frenship
Audrey Ragan, Int. - Frenship

FASHION & INTERIOR DESIGN

Audrey Crawford, Sr. - Frenship
Kyndra Messer, Int. - Frenship
Lucy Fritz, Jr. - Wildcat

FOOD & NUTRITION

Taylor Everitt, Sr. - Shallowater
Jace Morton, Sr. - Wildcat
Colton Baldrige, Sr. - Shallowater
Joseph Fritz, Int. - Wildcat
Brynlee Edwards, Jr. - Wildcat

GARDENING & HORTICULTURE

Aaron Chaloupka, Int. - Wildcat

GOAT

Dalton Baldrige, Int. - Shallowater
Jayton Ayers, Jr. - Wildcat

HEALTH

Brady Mandrell, Sr. - Cooper
Jacob Everitt, Int. - Shallowater
Khaki Bishop, Int. - Shallowater

HORSE

Teghan Brooks, Sr. - Shallowater
Ashlyn Elliot, Sr. - Wildcat
Aubree Ayers, Sr. - Wildcat
Cash Campbell, Sr. - Wildcat

Ashtyn Ellison, Sr. - Wildcat
 AJ Kendrick, Sr. - Shallowater
 David Kendrick, Int. - Shallowater
 Madison Chaloupka, Int. - Wildcat
 Paige Chowning, Jr. - Wildcat

LEADERSHIP

Wyatt Mandrell, Sr. - Cooper
 Landri House, Jr. - Shallowater

NATURAL RESOURCES

Weston Brown, Int.- Frenship

PHOTOGRAPHY

Jillian Jones, Int. - Frenship

PLANT AND SOIL SCIENCE

Mac Chaloupka, Sr. - Wildcat
 Payton Brown, Sr. - Frenship

PUBLIC SPEAKING

Luke Stutzman, Sr. - Frenship
 Bax Edwards, Int.- Wildcat

SHOOTING SPORTS

Madyson Cook, Sr.- Wildcat
 Jake Morton, Sr. - Wildcat
 Tyler Racca, Int. - Frenship

SWINE

Jenny Sullivan, Jr. - Wildcat

THEATRE & PERFORMING ARTS

Aideen Chaloupka, Jr. - Wildcat

VETERINARY SCIENCE

Alyssa Elmore, Sr. - Wildcat
 Cutter Bishop, Int. - Shallowater

President's Youth Service Awards Ag Texas Farm Credit Services

Silver

Bax Edwards
 Joseph Fritz
 David Kendrick

Bronze

Keegan Martin
 Reese Bading
 Brynlee Edwards
 Molli Harris

Achievement Award Capital Farm Credit Rylan Messer

Bronze Star Awards . First State Bank - Shallowater

Logan House
 Landri House
 Jenny Sullivan
 Paige Chowning

Outstanding Junior Awards Crawford Radiator
 Lucy Fritz
 Jacob Racca
 Aideen Chaloupka
 Jayton Ayers

Silver Star Awards Capital Farm Credit
 Dalton Baldrige
 Jacob Everitt
 Madison Chaloupka

**Outstanding Intermediate Awards
 Joe Brown Insurance**

Aaron Chaloupka
 Khaki Bishop
 Tyler Racca
 Kyndra Messer

PLA/South Plains Fair Scholarship South Plains Fair
 Brady Mandrell
 Jace Morton

**Richard E. Cook Memorial 4-H Scholarship
 Friends of Richard Cook**

Jace Morton
 Caitlin Davenport

4-H Green Clover Award Fuddrucker's
 Ashtyn Ellison
 Audrey Ragan
 Weston Brown

4-H Champion Awards Fuddrucker's
 Jace Morton
 Caitlin Davenport

**Teen Leader Awards
 South Plains Electric Cooperative**

AJ Kendrick
 Luke Stutzman
 Ashlynn Messer
 Cash Campbell
 Jake Morton

**Outstanding Senior Awards
 Jenny Verkamp, Northwest Texas Agency**
 Ashlyn Elliott
 Aubree Ayers
 Garrett Racca
 Cutter Bishop
 Michael Chaloupka

Danforth "I Dare You" Awards . . Purina Mills, Inc.
 Brady Mandrell
 Colton Baldrige
 Alyssa Elmore
 Teghan Brooks
 Madyson Cook

Gold Star Awards American Bank of Commerce

Audrey Crawford
 Bryce Hutson
 Taylor Everitt
 Payton Brown

Project and Year Pin Sponsors, Meal Sponsors

**City Bank,
 Reid Electrical,
 Judy Walker - Texas Specialty Underwriters,
 Vista Bank,**

Also participating: Bella Kesey, Troy White, Jayton Ayers,
 Kason Kerin

Archery - Compound Aided - Senior

1st - Ben Davidson

Also participating: Kohle Kerin

Archery Compound Unaided - Junior

1st - Daxton Garner

Archery Compound Unaided - Intermediate

1st - Bailey Ufford

STATE 4-H RECORDBOOK RESULTS

Alyssa Elmore - Veterinary Science - 2nd place
 Ashlynn Messer - Consumer Education - 6th place
 Aubree Ayers - Horse - 10th place
 Cutter Bishop - Swine - 3rd place
 Madyson Cook - Shooting Sports - 3rd place

STATE 4-H HORSE SHOW RESULTS

Sydney Hess

1st - Halter - Geldings Over 5

5th - Junior Hunt Seat Equitation

5th - Junior Hunt Seat Versatility

5th - Junior Hunter Under Saddle

12th - Junior Trail

12th - Junior Western Pleasurer

1st - Hunter Showmansip

Cooper Campbell

7th - Junior Stock Horse Pleasure

12th - Junior Stockhorse Showmanship

AJ Kendrick

3rd - Senior Working Hunter

4th - Senior Open Jumping

6th - Senior Hunter Hack

2nd - Hunt Seat Equitation

David Kendrick

3rd - Junior Hunt Seat Equitation

2nd - Junior Hunter Hack

4th - Junior Working Hunter

6th - Junior Open Jumping

Also Competing:

James Hartman

LiliAnn Hartman

2019 STATE 4-H POSTAL LEAGUE RESULTS

Archery Recurve - Junior

3rd - Lauren Griffin

Archery - Compound Aided - Junior

1st - Grayson Schilling

2nd - Alexis Howard

STATE 4-H ARCHERY GAMES RESULTS

The following results were shared with us regarding 4-H'ers competing at the State 4-H Archery Games in San Antonio in July. This information came from Iclays and doesn't have participants listed by County, therefore some individuals competing may have been inadvertently left off of the following results.

Senior 1 Wand - Compound Aided 36 Bird Archery

Jaylyn Levens - 8th place

Ben Davidson - 9th place

Madyson Cook - 13th place

Zach Spargo - 18th place

Senior 1 Clout - Compound Aided 36 Bird Archery

Ben Davidson - 6th place

Jaylyn Levens - 9th place

Senior 1 3-D - Compound Aided 360 Bird Archery

Ben Davidson - 3rd place

Zach Spargo - 14th place

Jaylyn Levens - 15th place

Madyson Cook - 33rd place

Senior 1 Modified 600 - Compound Aided 600 Bird Archery

Ben Davidson - 8th place

Jaylyn Levens - 10th place

Zach Spargo - 20th place

Madyson Cook - 25th place




Senior 1 Field - Compound Aided 280 Bird Archery

Ben Davidson - 3rd place

Jaylyn Levens - 9th place





Zach Spargo - 18th place

Madyson Cook - 25th place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Texas A&M AgriLife Extension Service Lubbock County 4-H SEPTEMBER 2019</p>						4-H Enrollment on 4-H Connect. This month \$25/member 
1	2 County Holiday CEO Closed 	3 ●RSVP due if attending Clover Kids Mtg.	4 ● 5:30-6:30 4-H Clover Kids Mtg, CEO	5 ● 6 pm 4-H 101 Meeting, 916 Main, 1 st Floor	6	7
8	9	10	11	12 ● 6:00 pm Co. Food Challenge Orientation, CEO ● 7pm Food & Nutrition Quiz Bowl Planning Meeting, CEO	13	14
15	16 ● 6:30 pm PLA & Teen Co. Mtg, SPF Barnyard	17 ●Swine Tag Orders DUE \$20.00 each <div>South Plains Fair Craft Entries Due</div>	18 ● 5:30-6:30 Vet Science Project Mtg, CEO	19 <div>South Plains Fair Baked Goods Entries Due</div>	20 <div>South Plains Fair</div> ●Barnyard - Trinity	21 ●Barnyard - Teen Council
22	23	24	25	26	27	28
<div>South Plains Fair</div> ●Barnyard - Wildcat ●Barnyard - Shallowater ●Barnyard - Shallowater ●Barnyard - Frenship ●Barnyard - Cooper ●Barnyard - ●Barnyard - Teen Council						
29	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 style="text-align: center;">Texas A&M AgriLife Extension Service Lubbock County 4-H OCTOBER 2019</p>						
						4-H Enrollment on 4-H Connect. This month \$25/ member 
NOTE: Not all dates are listed on this calendar.		1	2	3	4	5
6	7	8	9 • Tractor Supply Clover Campaign Begins 	10 • RSVP if attending One Day 4-H workday on 10-12. • Co. Food Show Entries Due to CEO	11	12 One Day 4-H • 9 -11 am South Plains Food Bank Farm
NATIONAL 4-H WEEK <small>OCTOBER 6-12, 2019</small>						
13	14	15	16	17	18	19
20 • Tractor Supply Clover Campaign Ends • County Food Show & County Food Challenge Competition	21 • 6:30 pm PLA and Teen Council Meetings, CEO	22 • 7:00 pm Consumer Life Skills Project Orientation, CEO	23	24	25	26
27	28 • District Food Challenge Competition	29	30	31 	NOVEMBER 4-6 Livestock Show Sign up days 9 District 2 4-H Food Show & Food & Nutrition Quiz Bowl DECEMBER 4 District 2 Consumer Life Skills Competition	



TEXAS A&M
AGRI LIFE
EXTENSION

2019
Texas 4-H

Rabbit Extravaganza

State 4-H Rabbit Show and Educational Experience



Saturday, September 14, 2019

Bell County Expo Center

301 W Loop 121

Belton, TX 76513

Register on 4-H Connect by Wednesday, September 10, 2019

We are proud to announce the 2019 Texas 4-H Rabbit Extravaganza. The extravaganza is a statewide 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, arts & crafts, and educational workshops on the 4-H rabbit project.

For more information visit:

<https://texas4-h.tamu.edu/projects/rabbits/>

Email: texas4Hadvistory@gmail.com or mmlogan@ag.tamu.edu

The Texas A&M AgriLife Extension Service provides equal access in its programs, activities, education and employment, without regard to race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation or gender identity.

2019-2020 Program Requirements and Expectations

Applications are due by Friday, October 4th to Caitlin Jackson @ cojackson@ag.tamu.edu
Previous 4-H Shooting Sports Ambassadors must participate in this application process to be eligible for a position for the 2019-20 4-H year, but must still submit an application. 2019-20

Basic Requirements for Applicants (all must be met)

- Must be enrolled in high school in the 9th – 12th grade as of September 1, 2019.
- Must be actively enrolled member of Texas 4-H via 4-H Connect for current 2019-20 year.
- Must be an active member of a county-level Texas 4-H Shooting Sports project coached by a certified coach.

Expectations of District 2 Shooting Sports Ambassadors

- Be an active part of the District 2 4-H Shooting Sports program.
- Communicate with fellow district Ambassadors, the adult leader and 4-H Specialist.
- Maintain personal conduct at all times that will represent a positive leader and role model for 4-H and the shooting sports program.
- Be an active, positive support for the 4-H Shooting Sports project at the county and district levels.
- Be available and participate in various activities and events other than competitions to promote and support 4-H and shooting sports.
- Attend at minimum two District 2 Shooting Sports Contests and provide help with setup/take down, scoring, target setting, etc. The ambassador should contact the County Extension Agent running the contest at least two weeks prior and ask how they can assist.
- Participate in the mandatory training designed for the District 2 4-H Shooting Sports Ambassadors.
- Provide two educational posts for the D2 Shooting Sports Ambassadors social media pages which include videos or photos

Application Process

1. Applications due to Caitlin Jackson by October 4, 2019
2. The application consists of two parts:
 - a. The first part is submission of application to Caitlin Jackson @ cojackson@ag.tamu.edu. Please send \$30 check via mail. This covers shirt/name tag
 - b. Applicants will be required to send a personal video which introduces themselves, tells where they are from, what disciplines they have participated in, and a goal for the D2 Shooting Sports Program they would like to help reach. Please upload the video to Youtube and send a link in with your application for viewing. The link to the video will be posted on the D2 Ambassador social media. So keep in mind the audience and your content for the video. Please limit video to under 45 seconds.
3. Returning Ambassadors are required to complete an application and a video.
4. State 4-H Ambassadors will be accepted automatically if they submit the application, the video is not required but would help in introducing you to the public.



Horse Judging

- County Project Meetings (Feb/April)
- District Contest - April 17

Veterinary Science Project Meetings

- monthly, sign-up required

Dairy Judging

- District Contest - Spring TBD

Livestock Judging

- County Project Meetings (March/April)
- District Contest - April 24

Soil Judging

- County Project Meetings (March/April)
- District Contest - April TBA

Wool Judging

- County Project Meetings (March/April)
- District Contest - April 21

Entomology ID

- County Project Meetings (March/April)
- District Contest - April 27

Shooting Sports (Archery/Rifle/Shotgun)

- County Project Meetings (January/May)
- District Rifle Contest - April 18
- District Archery Contest - May 16
- District Trap and Skeet - June 26-27

State 4-H Roundup - June 8-12; College Station

District Horse Show - June 16

- Validation/Certification due April 15
- State Horse Show - July - College Station

Junior Leader Lab - May 26-28

- registration opens April 2

Senior Leader Lab - June

- registration opens May

Recordbooks

- County due June
- County Judging - June
- District Judging - July 8
- State Judging - August

Community Service

- One Day 4-H - October 12
- Christmas Service - December
- Summer Community Service - July

County Achievement Banquet - August

For more information about any of these projects and contests, please refer to the County 4-H Newsletter. Other projects and contests may also be scheduled as opportunities arise.

Food and Nutrition

- Tex, Nutr and Cons Planning Mtg - August
- Tours/Workshops - September/October
- Nutrition Quiz Bowl Practices - Oct/Nov
- County Food Show - October 20
- County Food Challenge - October 20
- District Fd Show/Nutrition Quiz Bowl - Nov 9
- District Food Challenge - October 28

Consumer Decision-Making

- County Practices (October/November)
- District Contest - December 14

Horse Quiz Bowl

- County Practices (October/November)
- District Contest - December 14

Beef Quiz Bowl

- County Practices (October/November)
- District Contest - December 14

Meats Judging

- County Practices (October/November)
- District Contest - November 19

Livestock Projects

- Steers, Heifers, Sheep, Goats, Swine
- Validation tags must be pre-ordered
- Ownership deadlines/Validation - Summer/Fall

Rabbit Project

- Project meetings will be scheduled in November and December; check the newsletter for dates
- Clover and regular 4-H age may participate in this project

Clothing and Textiles

- Tex, Ntr and Cons Planning Meeting - Jan/Feb
- Workshops, Tour - February/March
- County Fashion Show - March 23
- District Fashion Show - April 16
- Duds to Dazzle Contest - April 16
- District Storyboard - April 16

Food, Fun and Fashion Workshop

- July TBA

Public Speaking/Share the Fun

- Training/Orientation Meeting (Feb/March)
- County 4-H Roundup - April
- District 4-H Roundup - April 27

Photography

- County Project Meetings (Jan/March)
- County Photography Entries due March 23
- District/State Photography Contest - April 18(tent)

Clover Kids - monthly; Day Camp - July

4H/FFA PROGRAM



18 U.S.C. 707

**SAVE 10% OFF
YOUR PROJECT
SUPPLIES
EVERY TIME
YOU SHOP AT
GEBO'S**



**4-H/FFA MEMBERS CAN
JOIN AT ANY KIOSK OR
TEXT 4HFFA TO 72044**



By joining Gebos Rewards Club, I agree to receive ongoing messages at the number provided. Consent is not required to purchase goods or services. Up to 4 msgs/mo. Reply HELP for help, STOP to cancel. Message & Data rates may apply. Ts & Cs / Privacy Policy @ www.viptextdeals.biz/terms

GEBO'S IS PROUD TO SPONSOR STUDENTS INVOLVED IN 4H/FFA PROJECTS. WE BELIEVE THAT THE INTEGRITY, HONESTY, AND WORK ETHIC THAT THESE ORGANIZATIONS PROMOTE & INSPIRE IS CRITICAL IN CREATING FUTURE LEADERS AND RESPONSIBLE CITIZENS.



TO JOIN - STUDENTS (19 OR UNDER) CAN CHECK IN ON THE STORE KIOSK OR TEXT 4HFFA TO 72044 - THEY NEED TO FILL OUT THE ONLINE FORM COMPLETELY - ONCE REGISTERED, THEY CAN GET 10% OFF ITEMS FOR THEIR PROJECTS