



# Lubbock County 4-H News



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January - February, 2015

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## CHANGE of PHONE NUMBERS FOR LUBBOCK COUNTY EXTENSION OFFICE

Because of changes in the Courthouse telephone system, our office was assigned new numbers effective January 2, 2015. Please change these in your contact information.

New Telephone Number 806-775-1740  
 New Fax Number 806-775-1758

## 4-H ENROLLMENT REMINDER

If you are receiving this 4-H Newsletter, you are an official enrolled member in 4-H. With the changes as of September 1, an enrollment fee of \$25 per year is now required for all 4-H members. (Clovers do not have to pay an enrollment fee.) Enrollment is now done only "on-line through 4-H Connect." Youth may join at any time through this online process. Please remember that to compete or participate in any 4-H project meeting, activity, club meeting or contest – all youth must be official 4-H members.

## DISTRICT GOLD STAR BANQUET RECOGNIZES WINNERS

District 2 Gold Star winners were recognized at the 57<sup>th</sup> Annual Gold Star Awards Banquet on November 24<sup>th</sup> at the Frazier Alumni Pavillion. Lubbock County 4-H'ers recognized were: Kyla Sorrells, Rachel Henniger, John Cook and Hagan Wright. Laura McMillin was also recognized as the Distinguished Leader Award recipient.

## 4-H TEENS

### Teen Council

All Lubbock County 4-H'ers, age 13 and older, are invited to participate on the Lubbock County 4-H Teen Council. The Council is made up of officers elected from the prior years membership, delegates from each 4-H club in

Lubbock County, and any other youth who are interested in participating in Council activities. The next meeting will be held on **Monday, January 26 at 6:30 pm** at the County Extension Office, 916 Main Suite 201. For February, we will participate in the community service activity serving as hosts at the Meals on Wheels Mardi Gras, there will not be a regular monthly meeting. To assist with the Meals on Wheels Community Service, 4-H'ers must sign up at the January meeting.

#### 4-H CLOVER PROJECT MEETING

It isn't too late to get started with the 4-H Clover project meetings! Our next meeting will be held on **Wednesday, January 21 at 5:30 p.m.** at the County Extension Office. Meeting activities include a 4-H experience and project activity, as well as a craft project. Please RSVP by *January 20* if you plan to attend. There isn't a cost to participate, however youth must be enrolled as a "Clover 4-H'er."

#### 4-H PARENT LEADERS ASSOCIATION

Membership of the Lubbock County 4-H Parent Leader's Association is open to all parents, adults and leaders, and anyone else interested in the Lubbock County 4-H program. Many important activities and events are planned and discussed at these meetings. Your attendance and participation will ensure that you are aware of all of these 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 normally held on the 3<sup>rd</sup> Monday of every month. Our next meeting will be held on **Monday, January 26 at 6:30 pm** at the County Extension Office, 916 Main Suite 201. We will not meet in February.

#### SCHOLARSHIPS

##### *Aubrey W. Russell 4-H Scholarship*

The Aubrey W. Russell Scholarship is a \$600 scholarship to assist a worthy District 2 4-H member to attend a college or university in the South Plains District (2) to major in home economics or a related field. An additional scholarship(s) may be awarded if there are two or more eligible applicants and contributions are adequate. The scholarship is awarded as follows: \$300 for the Fall semester following the judging, and \$300 for the Spring semester following judging.

##### Donors:

This scholarship fund is made up of voluntary contributions from Family and Community Education Clubs, individuals, and other groups in the Extension South Plains District (2).

##### Eligibility:

1. Has completed or is enrolled in the third year of 4-H in the South Plains District.
2. Has not previously won this scholarship.
3. Plans to major in home economics or related field, including education, food technology, or pre-nursing.
4. Plans to attend (or is attending) a college or university in the South Plains District that offers a pre-home economics degree or bachelor's degree in home economics or related field, as mentioned above.
5. Plans to attend the Fall and Spring semesters following scholarship judging.
6. Meets entrance requirements at the selected college or university.

##### Materials to be Submitted:

1. A completed 2015 Texas 4-H Foundation Opportunity Scholarship Application Form (abbreviated copy). Available from the Extension Office.
2. One copy of high school transcript or college transcript, if applicable.

##### Due Date:

The application materials are due to the Lubbock County Extension Office by *February 13*. Let us know if you are interested.

##### *TX 4-H Foundation Scholarship*

Texas 4-H Scholarship applications are due to the County Extension Office by *Monday, February 2*.

Qualifications for submitting a 4-H Foundation Baccalaureat Scholarship application include: Texas resident who will graduate from a Texas high school during the 2014-2015 school year, has a minimum SAT score of 1350 or ACT score of 19, has passed the TAAS/TASP test and plans on attending a Texas college or university. If you have any questions, please give us a call. A completed FAFSA is also required.

There are two other categories of 4-H Foundation Scholarships. These include: Technical-plan to attend a technical school for specialized training; and Courageous Heart - nominated by an individual or leader, must have documentation of overcoming a life obstacle such as medical, family or education (may not be nominated by a relative). Applications may be picked up from the Extension Office or from the State 4-H Website. Please contact Ronda if you need assistance or have questions.

##### *TEEA 4-H Scholarship*

The Texas Extension Education Association is once again offering on \$1,000 scholarship in each Extension district (total of 12) for deserving Texas 4-H members.

The eligible requirements for those applying are:

- Be a United States citizen.

- Be currently an active senior 4-H member in good standing with county 4-H program for the last four (4) years.
- Demonstrate leadership and personal development through 4-H.
- Will attend an accredited institution of higher learning: university, community college, trade or technical school in fall following judging.
- Have not passed 19<sup>th</sup> birthday before January 1 of current year.
- Have not previously received the State TEEA scholarship.
- Complete a Texas 4-H Recordbook (updated through previous year's Texas 4-H Recordbook judging deadline).
- Complete TEEA 4-H Scholarship Application and provide other required materials.

Application submission process includes:

1. Postmarked on or before *February 13*, submit to the county AgriLife Extension office in a manila envelope:
  - ❖ Envelope labeled with the applicant's name and county.
  - ❖ Only a black and white copy of Texas 4-H Recordbook from the previous year's Texas 4-H Recordbook judging deadline of August 31 accepted.
  - ❖ Official high school transcript with ACT and/or SAT scores included.
  - ❖ Completed TEEA 4-H Scholarship Application.
    - ❖ Two letters of recommendation: one from a county Extension agent or 4-H club manager and one from a teacher, employer, or community leader (not a relative).
2. If the applicant wants these materials returned, include a postage-paid, self-addressed envelope and letter of request.

Deadline for submission to county Extension Office is *February 13, 2015*.

Additional information and application for this scholarship and for all Texas 4-H Scholarships are posted on line at: <http://teea.tamu.edu/manual/chapter12.pdf>

#### ***TEEA Alumnae Young Adult Scholarship***

The number of scholarships and the amount are dependent on availability of funds. Funds for the scholarship are raised by donations, memorials, and fundraisers by members of the Alumnae Committee. Anyone may contribute to this scholarship fund.

#### General Information

1. The applicant must be a former 4-H member **or** the son/daughter or grandson/granddaughter of a current TEEA member.

2. The applicant must be between the ages of 19 and 24 at the time of application.
3. Applications are available from County Association Chairs, District Directors, and the Chair of the Alumnae Committee. A copy of the application is also located in the TEEA Manual (Chapter 12) and on the TEEA website (<http://teea.tamu.edu/manual/chapter12.pdf>).
4. Applications are due by *February 13* to the Chair of the TEEA Alumnae Committee.
5. Applications will be judged at the TEEA Spring Board meeting and winners will be notified after the meeting.
6. The applicant must remain a full-time student, or the amount will be returned to TEEA.
7. The scholarship may be applied for use at the beginning of the school semester and used as needed.

#### ***Lubbock County Parent Leaders Scholarship***

The Lubbock County Parent Leaders Association and South Plains Fair are sponsoring a Scholarship program for 4-H youth completing their Senior High School year. These applications are due to the County Extension Office the same time record books are due. The information needed covers three years of your Senior 4-H career with the final year being your Senior High School year. If you did not receive a form, or have misplaced yours, contact the County Extension Office to receive another form. The form is your responsibility to complete the required items and to keep track of.

#### **2015 AWARDS PACKET**

The Lubbock County 4-H Awards Packet is available now on the Lubbock County website, under 4-H Publications. The packet includes information about available awards as well as guidelines. Please review the packet, noting that Recordbooks (what you submit to be considered for an award) are due *June 22, 2015*. Several Recordbook trainings will be held this Spring to assist you in completing a recordbook - be on the lookout for these upcoming dates.

#### **4-H RECORDBOOKS**

A training has been scheduled for **Wednesday, January 28 at 6:30pm** at the County Extension Office. The February training will be held on **Tuesday, February 25 at 5:30 pm**. Trainings will be scheduled once a month for March, April, May and June. Club managers are also welcomed to schedule a training just for your club members. *Please RSVP to CEO (775-1740) by Monday, January 26.*

## LUBBOCK COUNTY 4-H ON-LINE

If you lose your 4-H newsletter, there's still hope. You may now access the 4-H newsletter as well as various other sources of information at: <http://lubbock.agrilife.org/>

## ARE YOU A MEMBER ?

The Texas 4-H Friends and Alumni Association would like to have you as a member! To find out more about them, visit [www.texas4hfriends.org](http://www.texas4hfriends.org)

## 2015 BEEKEEPING ESSAY CONTEST



For the 2015 essay contest, the essay topic is: *“Planting for bees from backyards and up.”* The contest is open to active 4-H club members only. 4-H’ers who have previously placed first, second, or third at the

national level are not eligible; other state winners are eligible to re-enter.

Individuals must send all essays electronically to the Texas 4-H and Youth Development Program by **January 9, 2015**. More information is available at: [http://texas4-h.tamu.edu/project\\_entomology/beekeeping](http://texas4-h.tamu.edu/project_entomology/beekeeping)

## 2015 COUNTY 4-H CAMPS- TEXAS 4-H CENTER

4-H’ers age 9-18 are eligible to attend a variety of 4-H Camps at the Texas 4-H Center. Campers experiencing team-building and communication skills development through participation in Challenge Course activities, canoeing, rifle, archery, drama, swimming, dance, arts and crafts, and environmental education. For more details, visit the Texas 4-H Conference Center website at <http://texas4hcenter.tamu.edu/services/youth-camps-and-retreats/>

## LUBBOCK COUNTY 4-H HANDBOOK

It is online and accessible for all! The 4-H Handbook is located online at the county website (<http://lubbock.agrilife.org/>); it is located under the publications tab - in its own 4-H Handbook section. The following sections are currently available: 4-H Calendar, 4-H Facts, 4-H Fundraisers, 4-H Projects and 4-H Websites.

## 4-H PROJECTS



## FOOD AND NUTRITION PROJECT

### County 4-H Food Show Results

4-H’ers participated in the County 4-H Food Show which was held at the county Extension office on October 22<sup>nd</sup>.

### Intermediate

#### Dairy

1<sup>st</sup> - Lexi Howard, Trinity 4-H Club

#### Protein

1<sup>st</sup> - Alyson Oliver, Wildcat 4-H Club

2<sup>nd</sup> - Saige Diaz, Cooper 4-H Club

### Junior

#### Protein

1<sup>st</sup> - Joseph Fritz, Wildcat 4-H Club

#### Grains

1<sup>st</sup> - Bax Edwards, Wildcat 4-H Club

2<sup>nd</sup> - Luke Stutzman, Frenship 4-H Club

3<sup>rd</sup> - Tie - Ashtyn Ellison, Trinity 4-H Club

Jackson Caddel, Frenship 4-H Club

Madeline Barrington, Trinity 4-H Club

#### Fruits & Vegetables

1<sup>st</sup> - Faith Wylie, West Texas Hoppers 4-H Club

2<sup>nd</sup> - Madelyn Bollen, Trinity 4-H Club

### Senior

#### Protein

1<sup>st</sup> - Marisa Luera, Frenship 4-H Club

#### Grains

1<sup>st</sup> - Carolyn Benitez, Frenship 4-H Club

#### Dairy

1<sup>st</sup> - Natalie Luera, Frenship 4-H Club

### Clover Participants

Lauryn Ellison, Trinity 4-H Club

Katelyn Bollen, Trinity 4-H Club

Brynlee Edwards, Wildcat 4-H Club

Sawyer Moore, Cooper 4-H Club

Regan Jordan, Trinity 4-H Club

Allie Jenkins, Wildcat 4-H Club

### District 4-H Food Show Participants

Congratulations to the following Lubbock County 4-H District Food Show Contestants.

### Junior

Fruits & Vegetables - Faith Wylie, West Texas Hoppers 4-H Club - participant

Protein - Joseph Fritz, Wildcat 4-H Club - 4<sup>th</sup> Place tie

Dairy - Luke Stutzman, Frenship 4-H Club - participant



*Intermediate*

Protein - Alyson Oliver, Wildcat 4-H Club - 3<sup>rd</sup> Place  
 Dairy - Lexi Howard, Trinity 4-H Club - 1<sup>st</sup> Place  
 Grains - Saige Diaz, Cooper 4-H Club - participant

*Senior*

Protein - Marisa Luera, Frenship 4-H Club - participant  
 Grains - Carolyn Benitez, Frenship 4-H Club - 5<sup>th</sup> Place  
 Dairy - Natalie Luera, Frenship 4-H Club - 2<sup>nd</sup> Place

Participating in the District Nutrition Quiz Bowl contest were:

Sr. Team - Participant  
 Caleb Dansby, Marisa Luera, and Natalie Luera.

***District Food Challenge Results****Senior*

Main Dish - 1<sup>st</sup> Place  
 Gabbi Benavides, Abbi Hines, Blake Leatherwood,  
 Brenna Lumongsud, Nan Qi - SWAT 4-H Club

*Senior Participant*

Kyla Sorrells, Tanner Sorrells, Wildcat 4-H Club  
 Rachel Henniger, Cooper 4-H Club

*Intermediate*

Main Dish - 2<sup>nd</sup> Place  
 Myka Bailey, Shallowater 4-H  
 Stephan DeLuna, Adia Sipowicz, Ben Wanjura, Hugh  
 Wanjura, SWAT 4-H Club

*Nutritious Snacks - 2<sup>nd</sup> Place*

Chris Cashman, Ryan Huntington, Molly McCollum,  
 Ashton Smith, Wyatt Studer, Frenship 4-H Club

*Participants*

Hayden Cashman, Audra Ragan, Kaden Ripley, Karter  
 Ripley, and Jakob Harvey all from Frenship 4-H  
 Club

Jacob Everitt, Taylor Everitt, Camey Powers, RyLee  
 Trantham, and Mandy Caton all from Shallowater  
 4-H Club

*Junior*

Nutritious Snacks - 3<sup>rd</sup> Place  
 Madison Morin, Bella Sipowicz, Vincent Sipowicz,  
 Haley Vogeler, SWAT 4-H Club

Results not available yet for: District Beef Quiz Bowl and  
 District Consumer Judging.

***CLOTHING AND TEXTILES PROJECT******4-H Clothing and Textiles Project Show***

This year, we will have a District Project Show in conjunction with the District 4-H Fashion Show. There will be a variety of categories to enter in Junior, Intermediate and Senior age divisions. Categories will include: crocheting, knitting, weaving, counted cross stitch, apron, pillow/pillow case, household, personal use, machine pieced/hand quilted, machine pieced/machine quilted, holiday crafts, woodworking crafts, leatherwork, jewelry, paperwork/craft, home decor and miscellaneous. Cost to enter is \$10 - for one entry or entries in all categories per exhibitor. Entries and the entry fee are due in April at the District Fashion Show. More details will be in the Clothing Project Newsletter which will be mailed in February. Get busy getting your craft entries ready now!

***Clothing Leader Training***

The 4-H Clothing Project Leader Training will be held on **Tuesday, January 20 at 5:30 pm** at the County Extension Office. Our training topic will be on the new 4-H Project Show, as well as project activity ideas for youth to participate in. Plans for clothing project activities will be made at this time as well as training ideas for working with clothing project participants. If you are interested in helping to plan the project activities be sure to attend the meeting. If you can't attend the meeting, let Ronda know any suggestions that you have.

***4-H Clothing Project Opportunities***

Who doesn't enjoy new clothes! The 4-H Clothing Project provides the perfect opportunity for youth to learn about clothing selection and care. For those who enjoy being creative, this project provides opportunities to develop design and construction skills. So whether you want to get the most for your clothing dollars at the ready-to-wear store or want to learn to sew in order to make your own creations, the 4-H Clothing project is for you!

***4-H Fashion Show***

The District 2 Fashion Show *for juniors, intermediates and seniors* will take place on the evening of **Tuesday, April 14**. Participants model a garment that they have made or purchased. It is possible for twenty-two Lubbock County 4-H'ers to advance to district!

First place winners from the County Fashion Show will advance to the District Competition. The **County Fashion Show** is tentatively scheduled to be held in March. More info will be sent when all plans are finalized.

The entry divisions include:

**Construction:** garments made by sewing, knitting, or crocheting.

**Buying:** clothing purchased at a department store, specialty store, in a catalog, outlet or resale store, or from a professional seamstress. The 4-H'er must compare 3 similar garments, and then purchase the one of their choice.

The categories have changed this year - they are:

Construction:     Casual Everyday Living  
                           Re-Fashion  
                           Semi-Formal/Formal  
                           Theater/Costume Garment

Buying:             Business/Interview Attire  
                           Fantastic Fashions under \$25  
                           Semi-Formal/Formal  
                           Special Interest

Entry categories in both the *Junior and Intermediate age* divisions will be the same as seniors. The Clothing Newsletter will be mailed in February and will include more specific information.

#### ***Texas 4-H Fashion Storyboard Contest***

The Fashion Storyboard is a version of the presentation boards that are used in the fashion industry for selling and communicating ideas. The purpose of the Fashion Storyboard Contest is to give 4-H members an opportunity to create illustrations of their original design and display their work in a storyboard format, similar to that used in the fashion industry. Through project work, the 4-H member has the opportunity to gain knowledge of the career responsibilities of a fashion designer and illustrator, enhance creativity and originality and develop visual communication skills.

The Clothing Project Newsletter will be mailed early February and will contain details about due dates for the Storyboard contest and Fashion Show.

#### ***County 4-H Consumer Decision-Making Contest Results***

Senior -

- 1<sup>st</sup> - Marisa Luera, Frenship 4-H Club
- 2<sup>nd</sup> - Angela Holland, Wildcat 4-H Club
- 3<sup>rd</sup> - Marisa Pesina, Trinity 4-H Club

Intermediate -

- 1<sup>st</sup> - Stephan DeLuna, SWAT 4-H Club
- 2<sup>nd</sup> - Taylor Everitt, Shallowater 4-H Club

Junior -

- 1<sup>st</sup> - Jacob Everitt, Shallowater 4-H Club



#### **4-H PHOTOGRAPHY INFORMATION**

For the county Photography contest, participants may simply submit a regular size print of the photo (4x6) - Guidelines for District and State will be provided to those advancing on. Mounting is not required for County. Please see the Participant Photography Guide on our county website for entry categories. First place entries at the county contest advance directly to State for Seniors; and District for Junior and Intermediates.

Our County entries will be due *March 23*. Winners in the Junior and Intermediate Categories will advance to the District Contest which will have entries due *in April*. Senior entries will be due to State by *April 15*. A workshop series will be held in February and March; please sign up by *February 2* and you will be notified about meeting dates.



Ask to join the Lubbock 4-H Livestock Facebook group.

#### **HORSE PROJECT**

##### ***4-H Horse Judging***

If you are interested in participating in this project activity you need to call the Extension Office and sign-up. You will then receive information about practice times. Please contact Ronda if you have further questions.

#### **District 4-H Horse Quiz Bowl Results**

Intermediate - Competition

- 1<sup>st</sup> - Madyson Cook, Madison Franks and Alyson Oliver, Wildcat 4-H Club
- 2<sup>nd</sup> - AJ Kendrick, Cameron Powers and Kristen Alexander, Shallowater 4-H Club
- 3<sup>rd</sup> - Caitlin Davenport - Cooper 4-H Club, Ashtyn Ellison - Trinity 4-H Club, and Teghan Brooks - Blarney Stone 4-H club

**DISTRICT MEATS JUDGING RESULTS**

*Junior Team - 4<sup>th</sup> Place*

- Hayden Cashman, Frenship 4-H Club
- Colton Outland, Shallowater 4-H Club
- Khaki Bishop, Shallowater 4-H Club
- David Kendrick, Shallowater 4-H Club

*Intermediate Team -*

*3<sup>rd</sup> Place*

- Shaeffer Suttle - Wildcat 4-H Club
- Chris Cashman, Frenship 4-H Club, 6<sup>th</sup> High Individual
- Caitlin Davenport, Cooper 4-H Club, 3<sup>rd</sup> High Individual

*Intermediate Team 2 - 7<sup>th</sup> Place*

- Gage Salyer, A.J. Kendrick, Gene Salyer all from Shallowater 4-H Club

*Senior*

*3<sup>rd</sup> Place Team*

- Shae Lynn Suttle, Wildcat 4-H Club
- John Cook, Wildcat 4-H Club - 9<sup>th</sup> High Individual
- Travis McGougan, Wildcat 4-H Club
- Rachel Henniger, Cooper 4-H Club

**DISTRICT DAIRY JUDGING RESULTS**

Intermediate - 6<sup>th</sup> High Individual Alyssa Elmore, Wildcat 4-H Club

*Junior Team - 2<sup>nd</sup> Place*

- Aaron Chaloupka, Wildcat 4-H - 6<sup>th</sup> High Individual
- Michael Chaloupka, Wildcat 4-H - 4<sup>th</sup> High Individual
- Madison Morin, SWAT 4-H - 1<sup>st</sup> High Individual

**LIVESTOCK PROJECTS**

Check with the local Ag Science Instructor for the exact schedules and rules for each local show.

*Lubbock County Stock Show Schedule*

**Thursday, January 15, 2015**

- 6:00 pm ..... Barrows must be in barns
- 6:30 pm ..... Turn in steer weights

**Friday, January 16, 2015**

- 9:00 am ..... Steer classifying begins
- 12:00 noon ..... Steer Show
- 12:00 noon ..... Barrow weights and breeds due
- 4:00 pm ..... Lamb breeds & weights due
- 6:00 pm ..... Lamb Show

**Saturday, January 17, 2015**

8:00 am. .... BARROW SHOW

**Monday, January 19, 2015**

(Monday activities located at the Texas Tech Livestock Arena)

- 5:00 pm ..... Buyers Meal
- 6:00 pm ..... Premium Auction

**GOAT PROJECT**

*Meat Goat Jackpot*

**Wednesday, January 14, 2014; 6:30 pm**

Located at the Texas Tech Livestock Pavilion.

Show Rules and Guidelines

1. Open to any meat goat exhibitor residing in Lubbock County - No minimum age, must not exceed the age of 19 or a Senior in High School (All ages will be determined as of January 1, 2015.)
2. Must be state or county validated.
3. Weathers and/or does allowed.
4. Minimum weight 50 lbs. - no maximum
5. Horns allowed, but must be tipped.
6. Must be uniformly slicked sheared, no longer than 3/8 inch above the hocks.
7. Complete set of milk teeth, not required.
8. **BRACING WILL BE AT THE DISCRETION OF THE JUDGE.**
9. Official weigh-in 5:00-6:00 pm.
10. Buckles awarded for Grand, Reserve Grand.
11. Showmanship will be judged this year! **4 Classes**
12. Buckles to Showmanship Winners - Sr. (15-19 years old), Intermediate 12-14 years old), Junior (8-11 years old), PeeWee (7 years old and under).
13. Show out of trailer.

Entry forms are available at our office.

**ENTRY FEE IS \$25 PER HEAD, POSTMARKED NO LATER THAN JANUARY 2, 2015.** Late entry fees will be accepted at \$50 per head. The entry fee is non-refundable.

Mail entry forms to:

Lubbock County Meat Goat Association  
 Richard Harth  
 7402 East CR 5900  
 Idalou, TX 79329

**SCHOOL EXCUSES**

The form for School Excuses were due **December 2014** to the County Extension Office. If you are going to miss school due to Stock shows, and have not turned in a form, obtain a form and return it to the Extension Office **immediately**. Unless a form is turned in, a letter for an excused absence on your behalf will not be sent to your school.

**REMINDER:** Blanket excuses and eligibility information has been requested by our office for the shows entered. Parents, please notify your 4-H'ers principal of the exact dates of upcoming school absences. Make sure that you understand your school district's policy for the 10 day/

90% attendance requirements. Visit with school instructors to determine plans concerning homework, tests, projects, etc. and to make sure that your 4-Her is passing all subjects prior to and during the absence period. Eligibility for competing in any event must be determined prior to the event, whether you are missing school or not. The Extension Office sends correspondence for all events to each school prior to the competition. In order for youth to compete they must be considered academically eligible by your school.

**4-H CONCESSION HELP**

4-H needs your help at the 4-H Concession at the Lubbock County Junior Livestock Show. Each 4-H volunteer or parent can help in many ways. We will schedule volunteers on an individual basis not by club groupings. We need representation from each 4-H club to make this event a success. Help is needed from every family, not just those involved in the stock show. Volunteers can be age 12 to Adult. (The 4-H'er needs to be mature enough to handle money as needed.) *Sr. 4-H members can use this as one volunteer opportunity listed on the Parent Leaders Scholarship Application.*

\*Please remember that Senior 4-H'ers must work at two (2) PLA fundraisers in order to have their expenses paid to a state contest (i.e. State Roundup, Horse Show) **Please call Ronda at the County Extension Office (775-1740) to volunteer.** If you are unable to help at the designated times, but still available to help, please call and check with Ronda about other needs. If you need to contact her at the Concession stand, please call 806-782-7946.

The following number of volunteers are needed:

Clean up and Set Up --

**Wednesday, January 14** - Clean-up - meet at Concession Stand

9:00-12noon . . . . . 2-3 volunteers

Meet at the County Extension Office

Set up and food preparation, move equipment

2-5pm . . . . . 2-3 volunteers

5-8 pm . . . . . 2-3 volunteers

Meet at the Concession Stand

Concession Operation --

**Thursday, January 15**

12:00 - 3:00 p.m. . . . . 3 volunteers

3:00 - 6:00 p.m. . . . . 3 volunteers

6:00 - 8:00 p.m. . . . . 3 volunteers

**Friday, January 16**

8:00 - 11:00 a.m. . . . . 4 volunteers

11:00 - 1:00 p.m. . . . . 8 volunteers

1:00 - 3:00 p.m. . . . . 6 volunteers

3:00 - 6:00 p.m. . . . . 5 volunteers

6:00 - closing . . . . . 5 volunteers

**Saturday, January 17**

7:00 - 9:30 a.m. . . . . 8 volunteers

9:30 - 12:00 a.m. . . . . 8 volunteers

11:30 - 2:00 p.m. . . . . 10 volunteers

2:00 - 4:30 p.m. . . . . 8 volunteers

4:30 - 7:00 p.m. . . . . 8 volunteers

7:00 - closing . . . . . 4 volunteers

after closing??? move supplies to office . . 4 volunteers

**4-H JUDGING TEAMS**

If you are interested in spring judging competition for Dairy, Entomology ID, Soils, Grass ID, or Livestock, please contact our office and leave your name and phone number under the respective category and age division. For Livestock and Wool judging please contact Robert Scott. We will be having Wool judging practices - so be sure to sign up if you are interested.

**4-H DOG PROJECT**

**4-H Dog Project Certification**

If you are interested in showing a dog in the State 4-H Dog show, the Dog Certification form verifying ownership is due on 4-H Connect by *January 15*. Please contact us if you have questions or plan to certify a dog for showing.



**Pet Food Donations**

A big thank you is sent to each of you from Carolyn and Judy Benitez for your support with the Meals on Wheels Pet Food donations. Through your generosity many benefitted - both hungry pets and grateful seniors.

**COUNTY-WIDE 4-H VETERINARY SCIENCE PROJECT INTEREST**

Through the County 4-H Veterinary Science Project, 4-H'ers age 12 and up begin their studies towards a career in the Veterinary Science Certification Program. For the certificate program, students must complete 100 lessons and 50 activities, as well as 500 skill hours. This program will be done over a 3-5 year time frame.

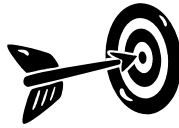
Our first county project meeting will be held on **Wednesday, January 21 at 5:30 p.m.** at the County Extension Office. At this meeting, we will also schedule meetings for the remainder of the 4-H year. There is a \$10 registration fee per member per year, to cover the programming cost. *Please RSVP by Tuesday, January 20* if you are interested in participating. Please contact Ronda if you have questions.





Environment Ed. &  
Earth Sciences

## AIMING FOR THE BULL'S EYE *4-H Shooting Sports Review*



The time is at hand to begin 2015 Spring 4-H Shooting Sports projects, which includes the smallbore rifle and archery projects. If you have not registered with the county office for these projects, please call 775-1740 at your earliest convenience to make sure you are on our contact list for 2015 Shooting Sports Updates.

### ***2015 3-Position Rifle Project***

The spring rifle project involves indoor target shooting in the prone, standing, and kneeling positions. Firearms and equipment are provided. The project is taught by NRA-certified volunteer coaches. Shooters must provide hearing protection (foam ear plugs work best) and eye protection. The project will include county, district, and state competition levels.

A project orientation for new shooters (including gun safety) will be held at the County extension Office building, 916 Main Street on **Tuesday, January 13 at 7:00 p.m. on the first floor. Please enter through the East doors of the building.**

Practice sessions will be held at patriot Shooting Range, 5840 49<sup>th</sup> St. Details regarding practice schedules will be sent to the participant list via e-mail.

Reminder - All shooters must be registered on-line as a Texas 4-H Member for the 2014-15 4-H Year.

### ***2015 4-H Archery Project***

The 4-H Archery Project involves target shooting with either traditional or compound bows. Because of the interest in this program, plans have been made to offer this project at two locations. County shooting equipment is available, but limited.

Participants who have their own shooting equipment should plan to bring it. The project is scheduled for Thursday evenings beginning at **7pm on January 22** at each of the following 2 locations:

- 1) Idalou at Damon Cooley's Barn (301 E. 1<sup>st</sup>). This is the same location as last year. The building is a tan quonset barn on the North side of Hwy 62/82, approximately 1 mile East of Main Street.
- 2) New indoor shooting range in Lubbock (formerly Wilkinson Radiator) located at 19<sup>th</sup> and Ave C, approximately 1 block East of I27. There will be a

discounted range fee per shooter for each practice session, payable to the range.

### ***4-H WILDLIFE AND FISHERIES PROJECT***

Robert Scott will continue the project in April. The project will focus on Wildlife and Fishing. The project meetings will be April-May. If you are interested in participating in the project as a 4-H Member or as a leader, please contact Robert at the Extension office.

### ***OUTDOOR EDUCATION PROJECT***

The next Outdoor Education project meeting will be held on **Wednesday, January 28**, at 6pm at the County Extension Office. This meeting will focus on compassing. Please RSVP by *January 27*, if you plan to attend.

### ***KAY'S KORNER***

#### ***Take Precautions to keep the common cold at bay***

That "achy, coughing, stuffy so you can't breath" feeling that comes around generally at this time of year is annoying, but normally harmless, according to a Texas AgriLife Extension Service specialist.

"A cold is usually harmless though it may not feel that way," said Andrew Crocker, Agrilife Extension gerontology specialist. "Although more than 200 viruses can cause a common cold, the rhinovirus is the most common culprit and it is highly contagious."

The common cold is a viral infection of the nose and throat, Crocker said. The virus can spread through droplets in the air when someone coughs, sneezes or talks. But it also spreads by contact with someone who has a cold or by sharing objects.

Because of the sheer number of viruses that may be responsible for the cold, symptoms may vary greatly, he said. Symptoms usually appear two to three days after contact and may include: mucous buildup in the nose causing difficulty breathing, swelling of the sinuses, sneezing, sore throat, cough and headache.

"During a cold, you generally will not have a high fever and you are also unlikely to experience significant fatigue," Crocker said. "Complications associated with your cold may include ear infection, wheezing, sinusitis and/or other infections, including but not limited to strep throat, pneumonia and bronchitis."

He stressed these infections need to be treated by a health care provider.

"There is no cure for the common cold and antibiotics are of no use against viruses," Crocker said. "Over-the-counter cold medicines will not cure a common cold or make it go away any sooner and most have some potential side effects."

Side effects may include:

- Pain relievers. For fever, sore throat and headache, many people turn to acetaminophen (e.g. Tylenol) or other mild pain relievers. Keep in mind that these can be harmful if taken more frequently or in larger doses than recommended.

- Decongestant nasal sprays. Nasal sprays may provide some relief from cold symptoms. Do not use decongestant drops or sprays for more than a few days because prolonged use can cause chronic inflammation of mucous membranes.

- Cough suppressants. Non-prescription cough suppressants may relieve some cold symptoms, however, because most of these medicines have some side effects, such as drowsiness, dizziness, insomnia, or upset stomach, they should be taken with care. Some contain ingredients that may alleviate coughing; however, persistent coughs should be treated by a health provider.

“You may not be able to cure your common cold, but you can make yourself as comfortable as possible,” Crocker said.

Some helpful tips include:

- Plenty of fluids, such as water, juice and warm soup, help replace fluids lost during mucus production or fever. Avoid alcohol and caffeine which can cause dehydration.

- Chicken soup will help with some immune system functions, and it temporarily speeds up the movement of mucus through the nose, helping relieve congestion and limiting the time viruses are in contact with the nasal lining.

- Stay home and get rest if you have a fever or a bad cough, or are drowsy from medications. This offers the opportunity to rest as well as reduces the chances to infect others.

- Soothe the throat by gargling with warm salt water.

- Saline spray or nasal drops help relieve nasal congestion and can be bought over-the-counter.

Most people recover from a common cold in about a week or two, Crocker said. If symptoms do not improve, then a trip to the health provider may be necessary.

“You should also see your health provider if you develop a fever (102 degrees or higher for adults) accompanied by achiness and fatigue; fever accompanied by sweating, chills and a cough with colored phlegm; significantly swollen glands and/or severe sinus pain,” he said.

No vaccine has been developed for the common cold and results of studies using complimentary methods to prevent a cold such as zinc, vitamin C and Echinacea are inconclusive, Crocker said.

However, some common-sense precautions to take to slow the spread of cold viruses include:

- Wash your hands with warm water and soap. Carry a bottle of alcohol-based hand rub containing at least 60 percent alcohol for times when soap and water are not available - these gels kill most germs.

- Keep kitchen and bathroom countertops clean, especially when someone in your family has a common cold.

- Sneeze or cough into the bend of the elbow to cover your mouth without using your hands.

- Do not share drinking glasses or utensils with others.

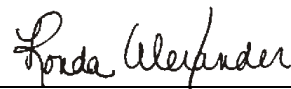
- Avoid close, prolonged contact with anyone who has a cold.

More information on fighting the common cold is provided by the National Institute of Allergies and Infectious Diseases, part of the National Institutes of Health: <http://www3.niaid.nih.gov/topics/commoncold>.

Source: Andrew Crocker, 806-677-5600, [abcrocker@ag.tamu.edu](mailto:abcrocker@ag.tamu.edu)

### 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 201, Lubbock TX 79401  
(806) 775-1680 Fax: (806) 775-1658

E. Kay Davis  
CEA-Family & Consumer Sciences


C. Mark Brown  
CEA-Agriculture

Robert Scott  
CEA-Agriculture

Vikram Baliga  
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) 775-1680, as soon as possible to advise us of the auxiliary aid or service that you will require.

| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday  | Friday | Saturday  |  |
|---|---|---|--|---|--------|---|--|
|  |   | Texas A&M AgriLife Extension Service<br>Lubbock County 4-H<br><b>JANUARY 2015</b>                                   |  |   |        | <b>NOTE: Not all dates are listed on this calendar.</b>   |  |
| New CEO<br>Phone number<br>775-1740   |   |   |  | 1<br>New Year's Day County<br>Holiday, CEO Closed | 2      | 3   |  |
| 4   | 5   | 6   | 7  | 8   | 9      | 10  |  |
| 11  | 12  | 13<br>7pm Rifle project<br>orientation for new<br>shooters, 1 <sup>st</sup> floor,<br>916 Main St.                  | <div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;">             4-H Concession Stand @ LCJLS           </div> |   |        | <div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;">             Lubbock Co. Jr Livestock Show           </div> |  |
| 18  | 19<br>MLK County Holiday,<br>CEO Closed<br><br>•5pm Buyers Meal<br>6pm Premium Auction                      | 20<br>RSVP for Clover & Vet<br>Science Project<br>Meetings.<br><br>5:30 pm Clothing Project<br>Leader Training, CEO | 21<br>5:30 Clover Project<br>Meeting, CEO<br><br>5:30 Vet Science<br>Project Meeting, CEO  | 22<br>7 pm 4-H Archery<br>project starts          | 23     | 24  |  |
| 25  | 26<br>6:30 pm PLA and Teen<br>Council meetings, CEO<br>RSVP for Recordbook<br>Trainings on 1-28 or 2-<br>25 | 27<br>RSVP if attending<br>Outdoor Education<br>meeting on 1-28   | 28<br>6 pm Outdoor Education<br>project meeting, CEO<br>6:30 pm Recordbook<br>Training, CEO  | 29  | 30     | 31  |  |

| Sunday  | Monday   | Tuesday | Wednesday                                 | Thursday | Friday                                     | Saturday   |
|---|--|---------|---|----------|--|--|
|  <p>Texas A&amp;M AgriLife Extension Service<br/>           Lubbock County 4-H<br/> <b>FEBRUARY 2015</b></p> |  |         |   |          |  | <p><b>NOTE: Not all<br/>           dates are listed<br/>           on this calendar.</b></p> |
| 1   | 2<br>Sign up for<br>Photography project<br>meetings. | 3       | 4   | 5        | 6  | 7  |
| 8   | 9  | 10      | 11  | 12       | 13<br>TEEA Scholarship<br>Applications Due | 14   |
| 15  | 16   | 17      | 18  | 19       | 20   | 21   |
| 22  | 23   | 24      | 25<br>5:30 pm Recordbook<br>training, CEO | 26       | 27   | 28   |
|   |  |         |   |          |  |  |

# Lubbock County 4-H

## County 4-H Awards Summary Sheet

\*Specific Details in Criteria Guidelines\*

It is the applicants responsibility to turn in a separate application form, in addition to a Record Book, if needed.

| Award Name  | Age Division  | Date Due to CEO | Materials to Submit  |
|---|---|-----------------|--|
| 4-H RECORD BOOK   | Junior, Intermediate and Senior                                 | June 22, 2015   | Completed Current Year 4-H Record Book; must be judged at County to receive t-shirt or to advance to District; 1 <sup>st</sup> place Record Book at County advance to District; Others may wildcard into open categories, as available;                              |
| PARADE OF CHAMPIONS (POC)                                       | Junior, Intermediate and Senior                                 | July 10, 2015   | Compete in at least one County/District/State Competition and participate in either a project meeting, tour, workshop or community service during 2014-2015 4-H year; Submit "POC" form;   |
| ACHIEVEMENT AWARD (One Award)                                   | Junior, Intermediate, or Senior (First Year Member Only)        | June 22, 2015   | 4-H Recordbook   |
| OUTSTANDING JUNIOR (One or More Awards)                         | Junior (3 <sup>rd</sup> Grade and 9-10 years old as of 8-31-14) | June 22, 2015   | 4-H Recordbook   |
| OUTSTANDING INTERMEDIATE (One or More Awards)                   | Intermediate (11-13 years old as of 8-31-14)                    | June 22, 2015   | 4-H Recordbook   |
| BRONZE STAR AWARD (One or More Awards)                          | Junior (3 <sup>rd</sup> Grade or 9-10 years old as of 8-31-14)  | June 22, 2015   | 4-H Recordbook   |
| SILVER STAR AWARD (One or More Awards)                          | Intermediate (11-13 years old as of 8-31-14)                    | June 22, 2015   | 4-H Recordbook   |
| OUTSTANDING SENIOR AWARD (One or More Awards)                   | Senior (14-18 years old as of 8-31-14)                          | June 22, 2015   | 4-H Recordbook   |
| TEEN LEADER (One or more awards)                                | Senior (14-18 years old as of 8-31-14)                          | June 22, 2015   | 4-H Recordbook   |
| DANFORTH "I DARE YOU" AWARD (One or more awards)                | Senior (14-18 years old as of 8-31-14)                          | June 22, 2015   | Current year or State winning 4-H Record Book. [Senior State winning Record book applicants MUST write a concise update letter about their 4-H participation since they won state (1 page maximum). Attach the update to the inside front cover of the record book.] |
| LUBBOCK COUNTY 4-H SCHOLARSHIP (# based on eligible applicants) | Graduating Senior   | June 22, 2015   | Lubbock County 4-H Scholarship Application (Application available from County Extension Office) Applicants must meet qualifications senior year and two of their other three high school years. Scholarship is funded by South Plains Fair, as funds are available.  |



| <b>Award Name</b>   | <b>Age Division</b>  | <b>Date Due to CEO</b>                   | <b>Materials to Submit</b>   |
|---|--|--|--|
| GOLD STAR AWARD<br>(Number of awards based on District quota) | Senior (15-18 years old as of 8-31-14)                               | June 22, 2015<br>(Interviews TBA)        | Current year or State winning 4-H Record Book and Gold Star Information Form.[Senior State winning Record book applicants MUST write a concise update letter about their 4-H participation since they won state (1 page maximum). Attach the update to the inside front cover of the record book.] |
| FRIEND OF 4-H AWARD<br>(One or more awards)                   | Businesses or Individual NOT actively involved in 4-H Clubs          | June 1, 2015                             | Lubbock County 4-H Nomination Form   |
| CAREER LEADER AWARD<br>(One or more awards)                   | Adult Leaders actively involved 10 or more years                     | June 1, 2015                             | Lubbock County 4-H Nomination Form (Proposed Award; dependent upon approval of PLA)  |
| ADULT LEADER AWARD<br>(One or more awards)                    | Adult Leaders in Lubbock County who are Actively Involved            | June 1, 2015                             | Lubbock County 4-H Nomination Form   |
| CLOVER AWARD<br>(One or more awards)                          | New Adult Leader (3 or less years of involvement)                    | June 1, 2015                             | Lubbock County 4-H Nomination Form   |
| MODEL CLUB AWARD<br>(One or more awards)                      | Lubbock County 4-H Club involved in various projects and activities. | August 1, 2015                           | Club Manager must submit the "Texas 4-H Club Standards of Excellence" Report (found in the Club Management Guide).   |
| PROJECT and YEAR PIN  | Junior, Intermediate and Senior                                      | June 1, 2015<br>(Due from Club Managers) | Complete a Lubbock County 4-H Record Form or a Recordbook and a pin request form; and submit to Club Manager or CEO.   |
| CLOVER KID CERTIFICATE  | Clover Kids (K-2nd Grade or 5-8 years of age)                        | June 1, 2015<br>(Due from Club Managers) | Club Manager will submit Lubbock County 4-H Clover Kid List for certificates.  |

01-02-15

awardpkt.15

\*\*Awards and Recognition Committee will make final adjustments of awards. (No duplication of awards, etc.)

\*\*Disclaimer – If any 4-H member breaks the Code of Conduct at any time throughout the year, they may not be eligible for County Awards.

**Plan to attend the Lubbock County 4-H Achievement Banquet – August 9, 2015 (Tentative)  
All awards, pins and certificates will be awarded at this event.**