



# Lubbock County 4-H News



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September - October, 2016

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## 4-H ENROLLMENT TIME

It is time to enroll in 4-H for the 2015-16 year. It will again only be done through 4-H Connect and the yearly membership fee of \$20/member for September and October is in effect. As of November 1<sup>st</sup>, it will be \$25; Clover kids do not have to pay an enrollment fee, but still need to enroll. If you were in 4-H last year – you have a profile – please use your email and profile that you had last year. If you have forgotten your password 4-H Connect will send you a new one. Please do not create a new profile if you had one last year. Please contact Ronda if you have questions or problems enrolling.



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

4-H Members

### 1. Age Requirements

- Youth may participate in 4-H year from September 1st of grade three through August 31st following completion of grade twelve, with these age restrictions:
  - Minimum age - 8 (in addition to being in the 3rd grade)
  - Maximum age - 18 (as of August 31, 2016)
  - 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

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.

### 4-H 101 and Project Fair.

A "4-H 101" meeting will be held on **Monday, October 3 at 6 pm** at the first floor lobby meeting area in the 916 Main Street building. All 4-H families and any others interested in learning more about 4-H are invited to attend the meeting to learn more about 4-H, scholarships and the many opportunities available.

We will also be having 4-H'ers to set up and man project tables on some of the different 4-H projects that are offered. 4-H'ers will be available to answer questions about the different 4-H projects available for youth to participate in. Please contact Ronda by Monday, *September 19*, 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 19** at 6:30 pm 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 17 at 6:30 pm** at the County Extension Office, 916 Main, Suite 201.

### MONSANTO AND 4-H PARTNERSHIP OPPORTUNITY

Farmer enrollment for America's Farmers Grow Communities is now open! Sponsored by the Monsanto Fund, this program offers farmers the chance to direct \$2,500 donations to rural nonprofit organizations of their choice.

To enroll or find a complete list of eligibility requirements, farmers can visit

[www.GrowCommunities.com](http://www.GrowCommunities.com) or call 877-267-3332. Enrollment runs until November 30 and winners will be announced in January 2017.

Since 2010, more than 7,000 organizations across rural America have received Grow Communities donations. Share your story and help raise awareness about the impact farmers have in rural America with a few simple steps:

1. Like the Grow Communities Facebook page at [www.Facebook.com/AmericasFarmersGrowCommunities](http://www.Facebook.com/AmericasFarmersGrowCommunities) or join the conversation on Twitter using [#GrowCommunities](https://twitter.com/GrowCommunities).
2. [Share](#) this opportunity with our sample Facebook posts and tweets.
3. Forward this opportunity to a farmer you know.

Contact a farmer you know today and encourage him to enroll in the program. Grow Communities is a part of the America's Farmers initiative, which has awarded more than \$29 million to farming communities in the past five years. Learn more at [www.AmericasFarmers.com](http://www.AmericasFarmers.com).

### 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 2016-17 year will also be held at the 4-H Barnyard at the South Plains Fairgrounds at **6:30 pm on Monday, September 21**. Bring your work clothes for cleanup at the barnyard after the meeting. For October we will meet at the County Extension Office, on **October 17 at 6:30 pm**. 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**

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 14 from 5:30-6:30 pm** 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 13, if you plan to attend.*

**ONE DAY 4-H**



Mark your calendar for **Saturday, October 8.** 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 **9-12 p.m. on Saturday, October 8 (tentative).** Please RSVP to the Extension Office by *October 7*; if you will be assisting at the Food Bank Farm workday.

**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. We are also looking for animal exhibits for the Barnyard. **If you know of anyone either with domestic or exotic animals that might be willing to display them, please call the Extension Office, 775-1740.**

**CLUB WORK SCHEDULE**

- Friday, September 23** ..... Shallowater  
8:00am - 10 pm
- Saturday, September 24** ..... 4-H Teen Council  
8:00 am - 10 pm
- Sunday, September 25** ..... Wildcat  
8:00 am - 10:15 pm

- Monday, September 26** ..... Trinity  
8:00 am - 10:15 pm
- Tuesday, September 27** ..... Frenship  
8:00 am - 10:15 pm (Senior Citizen Day)
- Wednesday, September 28** ..... Shallowater  
8:00 am - 10:15 pm
- Thursday, September 29** .....  
8:00 am - 10:15 pm
- Friday, September 30** .....  
8:00 am - 10:15 pm
- Saturday, October 1** ..... 4-H Teen Council  
8:00 am - 10:15 pm

Volunteers working prior to 1pm 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 19.*

*New 4-H Barnyard*

This year the 4-H Barnyard will be in a new 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.

**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 2-8** 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 5-16 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](http://www.texas4hfriends.org).

### VOLUNTEER SCREENING

Volunteers and parents also need to enroll on 4-H Connect; there is a \$5 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.

### 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 20

& 21, and Baked Goods are September 22. 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 5-16**. Be sure to share with them how much we appreciate their support.



### 4-H RESOURCES FOR FAMILIES, CLUB MANAGERS AND LEADERS

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

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

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

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

**VOLUNTEER RESOURCES:** A website full of club management resources for our club managers and club officers. Here you will find officer installation scripts, inspirational items, agenda items to cover in your meeting, program ideas, and much, much more. Can be used for both club and project meetings

<http://texas4-h.tamu.edu/volunteer>

**4-H PROJECTS**



**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 **Saturday, October 29** at the County Extension Office. Entry materials consisting of registration sheet and recipe are due to the Extension Office by *October 20*. 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 12**.

**4-H Food Challenge**

This year food challenge will be a Fall competition, with the District competition being held on **October 24**. The County Food Challenge practice contest will be held on **October 18**. 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 and Nutrition Quiz Bowl**

This year the District Food and Nutrition Quiz Bowl will be held on **November 12**. A planning meeting for those who are interested in participating on a team is scheduled for **Monday, September 19 at 5:00 pm** at the County Extension Office. Plans for practices and teams will be determined at that time. If you are unable to attend this meeting, please call in to sign-up.



**GOAT/LAMB/SWINE PROJECT**

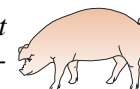


**Lamb/Goat Program:** Tags have been ordered. Validation Time - **Mid-October, 2016**; Procedure - Ear tag, nose print, tattoo, DNA Sample, & complete forms.



**Swine Program:**

**Tag orders are due by September 16.** Payment must be received at the time of order. Cost - \$12.00 per barrow; Validation Dates - **November, 2016** 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 in early November. Watch for more details and begin making plans and hotel reservations.

**2017 Livestock Shows Websites**

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

- Lubbock County Junior Livestock Show . . . . . <http://lcjlsa.com/index.html>
- Sandhills Hereford & Quarterhorse Show, Odessa . . . . . [www.sandhillsstockshowandrodeo.com](http://www.sandhillsstockshowandrodeo.com)
- Southwest Junior Livestock Show, Ft. Worth . . . . . [www.fwssr.com](http://www.fwssr.com)
- San Antonio Livestock Exposition . . . . . [www.sarodeo.com](http://www.sarodeo.com)
- San Angelo Livestock Show . . . . . [www.sanangelorodeo.com](http://www.sanangelorodeo.com)
- Houston Livestock Show and Rodeo . . . . . [www.rodeohouston.com](http://www.rodeohouston.com)
- Star of Texas Livestock Show, Austin . . . . . [www.rodeoaustin.com](http://www.rodeoaustin.com)

**STATE 4-H HORSE SHOW RESULTS**

Congratulations to the following youth for their outstanding showing at the State 4-H Horse Show held in Abilene, July 23-30. Placings are listed below:

Teghan Brooks -

- Champion Jr. Stock Horseman
- 1<sup>st</sup> Jr. Stock Horse Pleasure
- 1<sup>st</sup> Jr. Stock Horse Trail
- 2<sup>nd</sup> Jr. Cow Boxing
- 4<sup>th</sup> Yearling Gelding Halter Futurity
- 4<sup>th</sup> Yearling Longe Line
- 6<sup>th</sup> Jr. Stock Horse Horsemanship
- 12<sup>th</sup> Jr. Stock Horse Showmanship

Marin Duriex -

- Champion Sr. Over Fences Horseman
- 1<sup>st</sup> Sr. Hunt Seat Equitation Over Fences
- 1<sup>st</sup> Sr. Hunter Hack
- 1<sup>st</sup> Sr. Working Hunter
- 4<sup>th</sup> Sr. Hunt Seat Equitation
- 7<sup>th</sup> Sr. Hunt Seat Versatility
- 9<sup>th</sup> Sr. Hunter Showmanship

Ashlyn Elliott -

- 8<sup>th</sup> Jr. Barrels
- 10<sup>th</sup> Jr. Poles

Carolyn Benitez -

- 3<sup>rd</sup> Sr. Poles
- 12<sup>th</sup> Sr. Barrels

Shaina Stanton -

- 1<sup>st</sup> Sr. Cow Boxing
- 2<sup>nd</sup> Yearling Gelding Halter Futurity
- 8<sup>th</sup> Yearling Longe Line
- 9<sup>th</sup> Sr. Stock Horse Pleasure
- 8<sup>th</sup> Sr. Reining
- 15<sup>th</sup> Sr. Stock Horse Horsemanship
- 11<sup>th</sup> Sr. Stock Horse Showmanship

Cameron Powers -

- 4<sup>th</sup> Reining
- 9<sup>th</sup> Stock Horse Trail

AJ Kendrick

- Champion Jr. Over Fences Horseman
- 1<sup>st</sup> Jr. Hunter Hack
- 1<sup>st</sup> Jr. Open Jumping
- 1<sup>st</sup> Jr. Working Hunter
- 2<sup>nd</sup> Jr. Seat Equitation Over Fences
- 5<sup>th</sup> Jr. Hunter Seat Versatility
- 10<sup>th</sup> Jr. Hunt Seat Equitation
- 13<sup>th</sup> Jr. Hunter Showmanship

David Kendrick -

- 4<sup>th</sup> Jr. Hunter Hack
- 11<sup>th</sup> Jr. Hunt Seat Versatility
- 13<sup>th</sup> Jr. Hunt Seat Equitation

Jacey Snapp -

- 7<sup>th</sup> Sr. Hunter Hack

Faith Snapp -

- 3<sup>rd</sup> Jr. Western Riding
- 4<sup>th</sup> Jr. Hunter Under Saddle
- 5<sup>th</sup> Jr. Hunt Seat Equitation
- 9<sup>th</sup> Jr. Western Horsemanship
- 9<sup>th</sup> Jr. Western Pleasure
- 11<sup>th</sup> Jr. Hunter Showmanship

Also competed at the State 4-H Horse Show was Ashtyn Ellison.

Lubbock County was also 3<sup>rd</sup> High Point County at the State 4-H Horse Show.



Marin Duriex won the Champion Senior Over Fences Horseman



Teghan Brooks won the Champion Junior Stock Horseman



AJ Kendrick won the Champion Junior Over Fences Horseman

## 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 21 from 5:30-6:30 pm** at the County Extension Office. We will plan monthly meeting dates for the year at this time. There is an additional \$10 yearly fee to cover internet access project activities for this project series.



### CONSUMER LIFE SKILLS PROJECT



An orientation meeting will be held on **Tuesday, November 1 at 5:00 pm 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 12.



## SHOOTING SPORTS AIMING FOR THE BULL'S EYE



### *Introduction to 2017 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 3<sup>rd</sup> grade.

Lubbock County Shooting Sports coaches will soon be meeting to secure locations and set 2017 dates for project start-up, including: 3-position indoor rifle and archery in the spring, and shotgun project in the Summer months.

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.

### *District 2 Shooting Sports Leader Training Scheduled*

The 4-H Shooting Sports Program requires direct supervision by certified coaches. Therefore, this program relies on adult volunteers.

Two weekend workshops are scheduled:

-District 2 Workshop in Seminole **October 15-16th**. If interested, contact Mark Brown at 775-1740 by *September 12<sup>th</sup>*. Participants must have completed and passed a Background Check PRIOR to registering for the event.

-A regional workshop is tentatively scheduled for **March, 2017** in Amarillo.

## 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 - Bryan Studer, American Bank of Commerce - Diane Melcher, Capital Farm Credit - Clint Robinson, 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, Merry Maids - Terry and Melinda Paxton, Purina Mills - John Gardner, South Plains Electric Cooperative - Lynn Simmons, South Plains Fair - Herb Higgs, and Barbara Sucsy - Lubbock County District Clerk, Jenny Verkamp, North West Texas Agency.

## KAY's KORNER

### Top 10 Reasons to Shop at a Farmers Market from Nutrition.gov

1. Freshly picked, in season produce is at its peak in flavor and nutrition. While some fruits and vegetables are harvested year round in the United States, many of them grow for only three to four months each year.

How do stores offer them when they are not in season? The produce is typically grown in a heated greenhouse or imported from another country where it is in season. In some cases (e.g. tomatoes, bananas, pears), fruits are picked early and ethylene gas is used to ripen them before sale. In other cases (e.g., apples, lettuce, potatoes, carrots), storage practices have been honed to make it possible to sell produce weeks to a year after harvesting.

It seems convenient to have access to the same variety of produce all year. However, produce begins to lose nutrients and flavor from the time it is harvested. Produce sold in areas where it is out of season is lower in quality and typically costs much more than produce sold in its local season. Plus, shorter transportation distances involved in buying produce in its season means a smaller carbon footprint which is better for the environment.

Check out the Seasonal Produce Guide at <https://snaped.fns.usda.gov/nutrition-through-season/s/seasonal-produce> to learn what fruits and vegetables are in season.

2. Support your local farmers and economy. The Farmers Market Coalition states that “growers selling locally create thirteen full time farm operator jobs per \$1 million in revenue earned while those that do not sell locally only create three.”
3. Fresh fruit and vegetables are full of antioxidants and phytonutrients. Antioxidants neutralize free radicals that could otherwise damage the cells of our bodies. Phytonutrients are compounds produced by plants that are believed to help protect the body from certain diseases.
4. It's a great way to get your kids involved. Let them pick out something new to try, then they can help prepare a meal or snack using the Kids in the Kitchen tips and recipes at <http://www.nutrition.gov/life-stages/children/kids-kitchen>.

5. Supporting your local farmers market strengthens your community. “Farmers markets play a vital role in forming healthy, local food systems,” says Jen Cheek, Executive Director of the Farmers Market Coalition. “By providing the opportunity for farmers to connect directly with consumers, markets serve as education centers. Vendors are teaching customers about agriculture, sharing recipes, and exposing them to new foods. Markets are making people and communities stronger and healthier.”
6. Farmers markets offer foods that align with MyPlate guidelines. They offer a variety of fruits and vegetables with which to fill half your plate at meals. Some also carry fresh sources of lean information, dairy, and whole grains. For more information about MyPlate, visit <https://www.choosemyplate.gov/>.
7. Farmers often have recommendations for preparing their products. Visit Fruits and Veggies More Matters at <http://www.fruitsandveggiesmorematters.org/main-recipes> to see recipes that use fresh fruits and vegetables.
8. You can try a new fruit or vegetable! Have you ever tasted gooseberries or rhubarb? Many farmers markets offer lesser known fruits and vegetables, providing a variety that can be both tasty and nutritious. In addition to the VIGA cards, learn how to select and store rare and common fruits and vegetables with the Fruit Nutrition Database at <http://www.fruitsandveggiesmorematters.org/fruit-nutrition-database> and the Vegetable Nutrition Database at <http://www.fruitsandveggiesmorematters.org/vegetable-nutrition-database>.
9. SNAP and WIC benefits are accepted at some farmers markets.
10. Farmers markets are easy to find. Use the USDA Farmers Markets Search at <https://www.ams.usda.gov/local-food-directories/farmersmarkets> to find one near you. It will also tell you if the farmers market accepts SNAP and WIC benefits.

Remember to shop the Downtown Farmers Market on Buddy Holly or the West End Farmers Market on Saturday mornings.

The South Plains Fair would be great to display canning efforts.



## Summertime Recipes

### California Club Pasta Salad

½ cup lite Ranch Dressing  
 ¼ cup lite mayo type salad dressing  
 2 cups Rotini Pasta, cooked and rinsed  
 1 cup coarsely chopped Romaine lettuce  
 1 avocado, chopped  
 ½ cup plum tomatoes, chopped  
 4 slices bacon cooked, crumbled

Mix Ranch Dressing and salad dressing until well blended. Mix together pasta, lettuce, avocado and tomato in a large bowl, stir in dressing. Chill at least 1 hour. Remove and top with bacon.

### Marinated Tomato Salad with Herbs

6 to 8 ripe tomatoes, cut in wedges  
 4 green onions, sliced  
 1 cup extra virgin olive oil  
 4 tablespoons balsamic vinegar  
 2 tablespoons brown sugar  
 Salt and freshly ground black pepper  
 Handful fresh parsley leaves, coarsely chopped  
 12 fresh basil leaves chiffonade

### Summer Squash Slaw

1 yellow summer squash  
 2 zucchini squash  
 1 red bell pepper  
 1/3 cup diced onion  
 3 tablespoons vegetable oil  
 2 tablespoons cider vinegar  
 1 tablespoon light mayonnaise type salad dressing  
 1 teaspoon sugar  
 ½ teaspoon dill weed  
 ½ teaspoon garlic powder  
 ½ teaspoon celery powder or celery seed  
 1/4 teaspoon black pepper.

Thinly slice or julienne squash and red peppers. Combine all ingredients and stir. Cover and refrigerate. Makes 8 servings.

### FREE

Need your Pressure Canner Gauge tested? This service is still available at the County Extension Office. Gauges should be tested once a year.

Source: Connie Moyers, Retired CEA Home Economist Roosevelt County, NM, Extension Home Economics Newsletter by Cassandra Vanderpool, MS, RDN, LD NMSU Extension Diabetes Coordinator

### 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

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 CEA-Agriculture

Katelyn Kowles  
 EA-Integrated Pest Management

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.

|   |
|---|
| <p align="center"><b>4-H COUNTY ACHIEVEMENT BANQUET<br/>WINNERS</b></p> |
|---|

**Gold Star**

- Sponsored by American Bank of Commerce

Carolyn Benitez  
Andi McMillin  
Mary Kathryn Paxton  
Marisa Pesina

**I Dare You**

- Sponsored by Purina Mills, Inc.

Jeremy Schwertner  
Rachel Henniger  
Caleb Dansby

**Outstanding Senior**

- Sponsored by Northwest Texas Agency

Nolan Ragan  
Shae Lynn Suttle  
Hayden Crawford  
Travis McGougan

**Teen Leader**

- Sponsored by South Plains Electric Cooperative

Tanner Sorrells  
Ashton Smith  
John Cook  
Brady Mandrell  
Payton Brown

**Achievement**

- Sponsored by Capital Farm Credit

Madison Chaloupka

**Bronze Star**

- Sponsored by First State Bank Shallowater

Aaron Chaloupka  
Jacob Everitt  
Kyndra Messer  
Khaki Bishop

**Outstanding Junior**

- Sponsored by Merry Maids

David Kendrick  
Bax Edwards  
Joseph Fritz  
Tyler Racca  
Colton Outland

**Silver Star**

- Sponsored by Capital Farm Credit

Audrey Crawford  
Ashlynn Messer  
Hannah Cranford  
Ashlyn Elliott  
Luke Stutzman  
Wyatt Mandrell

**Outstanding Intermediate**

- Sponsored by Joe Brown Insurance

AJ Kendrick  
Weston Brown  
Garrett Racca  
Cutter Bishop  
Noah Holland  
Jackson Caddel

**Friend of 4-H**

- Sponsored by Lubbock County 4-H

Sam Jackson  
Lubbock Chapter - NRA

**Clover Leader**

- Sponsored by Farmers Cooperative Compress

Cory Franks  
Alicea and Michael Chaloupka  
Adina Stutzman

**Adult Leader**

- Sponsored by Joe Brown Insurance

Quana Everitt  
Kathryn Holland  
Melinda Paxton  
Connie Pesina

**South Plains 4-H Distinguished Leader**

- Sponsored by Lubbock County 4-H

Donna Smith

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

- Sponsored by Friends and Family

John Cook  
Caleb Dansby  
Kyla Sorrells

**South Plains Fair 4-H Scholarship - \$500 each**

- Sponsored by South Plains Fair

Caleb Dansby  
Kyla Sorrells  
John Cook

**President's Youth Service**

- Sponsored by Ag Texas Farm Credit Services

**Gold**

Warren McCleskey

**Silver**

Taylor Everitt  
Alyssa Elmore  
Madyson Cook  
Michael Chaloupka

**Bronze**

Kaia Outland

**2016 Parade of Champions**  
Sponsored by AIM Bank

**Cooper**

Rachel Henniger  
Brady Mandrell  
Wyatt Mandrell

**Frenship**

Nolan Ragan  
Jackson Caddel  
Ashlynn Messer  
Kyndra Messer  
Luke Stutzman  
Jeremy Schwertner  
Tyler Racca  
Garret Racca  
Ashton Smith

**Shallowater**

Andi McMillin  
Kaia Outland  
Colton Outland  
Cutter Bishop  
Khaki Bishop  
David Kendrick  
AJ Kendrick  
Caleb Dansby

**Trinity**

Ashtyn Ellison  
Marisa Pesina

**Wildcat**

John Cook  
Warren McCleskey  
Madison Chaloupka  
Mac Chaloupka  
Aaron Chaloupka  
Noah Holland  
Tanner Sorrells  
Bax Edwards  
Alyssa Elmore  
Madyson Cook  
Audrey Crawford  
Hayden Crawford  
Nick Hughes  
Jesse Hughes

County - 3<sup>rd</sup>, District - (1<sup>st</sup> - Companion Animal)  
Hannah Cranford, Int. Cooper 4-H  
County - 4<sup>th</sup>, District - (1<sup>st</sup> - Consumer Education)  
Marisa Pesina, Sr. Trinity 4-H  
County - 1<sup>st</sup>, District - 2<sup>nd</sup>

Companion Animal .....  
Kaia Outland, Jr., Shallowater 4-H  
County - 1<sup>st</sup>, District - 2<sup>nd</sup>

Communication & Expressive Arts .....  
Rachel Henniger, Sr. Cooper 4-H  
County - 1<sup>st</sup>, District - 1<sup>st</sup>, State - 10<sup>th</sup>

Consumer Education .....  
Jacob Everitt, Jr. Shallowater 4-H  
County - 1<sup>st</sup>, District - 1<sup>st</sup>

Entomology .....  
Garrett Racca, Int. Frenship 4-H  
County - 1<sup>st</sup>, District - 2<sup>nd</sup>

Food & Nutrition .....  
Nolan Ragan, Sr. Frenship 4-H  
County - 1<sup>st</sup>, District - 3<sup>rd</sup>

Gardening & Horticulture .....  
Travis McGougan, Sr., Wildcat 4-H  
County - 1<sup>st</sup>, District - 2<sup>nd</sup>  
Payton Brown, Sr., Frenship 4-H  
County - 2<sup>nd</sup>  
Aaron Chaloupka, Jr., Wildcat 4-H  
County - 1<sup>st</sup>, District - 1<sup>st</sup>

Goat .....  
Bax Edwards, Jr., Wildcat 4-H  
County - 1<sup>st</sup>, District - 1<sup>st</sup>

Health .....  
Brady Mandrell, Sr., Cooper 4-H  
County - 1<sup>st</sup>, District - 1<sup>st</sup>, State - 3<sup>rd</sup>  
Caleb Dansby, Sr., Shallowater 4-H  
County - 2<sup>nd</sup>

Horse .....  
Carolyn Benitez, Sr., Frenship 4-H  
County - 1<sup>st</sup>, District - 2<sup>nd</sup>  
Madyson Cook, Int., Wildcat 4-H  
County - 1<sup>st</sup>, District - 4<sup>th</sup>  
Ashlyn Elliott, Int., Shallowater 4-H  
County - 2<sup>nd</sup>  
Madison Chaloupka, Jr., Wildcat 4-H  
County - 1<sup>st</sup>, District - 1<sup>st</sup>  
David Kendrick, Jr. Shallowater 4-H  
County - 2<sup>nd</sup>

Leadership .....  
Jackson Caddel, Int. Frenship 4-H  
County - 1<sup>st</sup>, District - 3<sup>rd</sup>

**2016 AWARDS PROGRAM  
RECORDBOOK PARTICIPANTS**

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

Ag Sciences .....  
Shae Lynn Suttle, Sr. Wildcat 4-H  
County - 1<sup>st</sup>, District - 2<sup>nd</sup>

Beef .....  
Khaki Bishop, Jr. Shallowater 4-H  
County - 1<sup>st</sup>, District - 3<sup>rd</sup>

Citizenship .....  
Luke Stutzman, Int. Frenship 4-H  
County - 1<sup>st</sup>, District - 2<sup>nd</sup>  
Ashton Smith, Sr., Frenship 4-H  
County - 1<sup>st</sup>, District - 1<sup>st</sup>, State - 5<sup>th</sup>

Clothing and Textiles .....  
Kyndra Messer, Jr., Frenship 4-H  
County - 1<sup>st</sup>, District - 1<sup>st</sup>

Taylor Everitt, Int., Shallowater 4-H  
County - 1<sup>st</sup>, District - 1<sup>st</sup>  
Audrey Crawford, Int. Wildcat 4-H  
County - 2<sup>nd</sup>, District - (2<sup>nd</sup> - Food and Nutrition)  
Ashlynn Messer, Int. Frenship 4-H

Personal Development .....

- Colton Outland, Jr., Shallowater 4-H  
County - 1<sup>st</sup>, District - 3<sup>rd</sup>
- Andi McMillin, Sr. Shallowater 4-H  
County - 1<sup>st</sup>, District - 3<sup>rd</sup>
- Warren McCleskey, Sr., Wildcat 4-H  
County - 2<sup>nd</sup>, District - (2<sup>nd</sup> - Public Speaking)

Photography .....

- Alyssa Elmore, Int., Wildcat 4-H  
County - 1<sup>st</sup>, District - 2<sup>nd</sup>

Plant and Soil Science .....

- Jeremy Schwertner, Sr., Frenship 4-H  
County - 1<sup>st</sup>, District - 1<sup>st</sup>, State - 4<sup>th</sup>
- Mac Chaloupka, Int., Wildcat 4-H  
County - 1<sup>st</sup>, District 1<sup>st</sup>

Recreation .....

- Wyatt Mandrell, Int., Cooper 4-H  
County - 1<sup>st</sup>, District - 1<sup>st</sup>

Science, Engineering and Technology .....

- John Cook, Sr., Wildcat 4-H  
County - 1<sup>st</sup>, District - 1<sup>st</sup>, State - 5<sup>th</sup>
- Joseph Fritz, Jr., Wildcat 4-H  
County - 1<sup>st</sup>, District - 1<sup>st</sup>

Sheep .....

- AJ Kendrick, Int., Shallowater 4-H  
County - 1<sup>st</sup>, District - 3<sup>rd</sup>

Shooting Sports .....




- Hayden Crawford, Sr., Wildcat 4-H  
County - 1<sup>st</sup>, District - 5<sup>th</sup>
  
- Tanner Sorrells, Sr., Wildcat 4-H  
County - 2<sup>nd</sup>
- Weston Brown, Jr., Frenship 4-H  
County - 1<sup>st</sup>, District 5<sup>th</sup>
- Tyler Racca, Jr., Frenship 4-H  
County - 1<sup>st</sup>, District - 2<sup>nd</sup>

Veterinary Science .....

- Mary Kathryn Paxton, Sr., Trinity 4-H  
County - 1<sup>st</sup>, District - 1<sup>st</sup>, State - 2<sup>nd</sup>
- Cutter Bishop, Jr., Shallowater 4-H  
County - 1<sup>st</sup>, District - 1<sup>st</sup>

Wildlife and Fisheries .....

- Noah Holland, Int., Wildcat 4-H  
County - 1<sup>st</sup>, District - 2<sup>nd</sup>
- 
-

| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   |
|--|---|--|---|--|--|--|
|  <p>Texas A&amp;M AgriLife Extension Service<br/>Lubbock County 4-H<br/><b>SEPTEMBER 2016</b></p> |   |  |   |  |  | <p><b>NOTE: Not all dates are listed on this calendar.</b></p> |
| <p>4-H Enrollment on 4-H Connect. This month \$20/member</p>                                      |   |  |   | 1  | 2  | 3  |
| 4  | <p>5<br/>County Holiday<br/>CEO Closed</p>   | 6  | 7   | 8  | 9  | 10   |
| 11   | 12  | <p>13<br/>●RSVP if attn Clover Kid Mtg on the 14<sup>th</sup></p>  | <p>14<br/>●5:30-6:30 4-H Clover Kid Mtg., CEO<br/>●6:30p 4-H Awards &amp; Recognition Evaluation Meeting, CEO</p> | 15   | <p>16<br/>●Deadline to order Swine Validation Tags \$12.00 each</p>  | 17   |
| 18   | <p>19●RSVP to have exhibit on 10-3<br/>● 5pm Food &amp; Nutrition Quiz Bowl Planning Meeting, CEO<br/>●6:30 pm PLA &amp; Teen Council Meetings @ SP Fair Barnyard</p> | <p>20</p> <div style="border: 2px solid orange; padding: 2px; text-align: center;">South Plains Fair Craft Entries Due</div> | <p>21<br/>●5:30-6:30 Vet Science Project Meeting, CEO</p>   | <p>22</p> <div style="border: 2px solid blue; padding: 2px; text-align: center;">South Plains Fair Baked Goods Entries Due</div> | <div style="border: 2px solid purple; padding: 2px;">South Plains Fair</div> <p>●Barnyard -Shallowater    ●Barnyard - Teen Council</p> |  |
| 25   | 26  | 27   | 28  | 29   | 30   |  |
| <div style="border: 2px solid purple; padding: 5px;">South Plains Fair</div> <p>●Barnyard - Wildcat    ●Barnyard - Trinity    ●Barnyard - Frenship    ●Barnyard -Shallowater</p>   |   |  |   |  |  |  |

| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday                                     | Friday   | Saturday  |   |
|---|---|---|---|--|--|---|---|
|  |   | Texas A&M AgriLife Extension Service<br>Lubbock County 4-H<br><b>OCTOBER 2016</b> |   |  |  |   | 1<br><div style="border: 1px solid purple; padding: 2px; text-align: center;">             South Plains Fair           </div> ● Barnyard - Teen Council |
| 2   | 3<br>● 6pm 4-H 101, 1 <sup>st</sup> Floor<br>916 Main                                     | 4   | 5<br>Tractor Supply Clover<br>Campaign Begins   | 6  | 7<br>● RSVP if assisting at<br>Food Bank Farm<br>Workday   | 8<br>● One Day 4-H<br>9-12 pm South Plains<br>Food Bank Farm                          |   |
| <b>National 4-H Week</b>  |   |   |   |  |  |   |   |
| 9   | 10  | 11  | 12  | 13   | 14   | 15  |   |
| 16<br>Tractor Supply Clover<br>Campaign Ends                                      | 17<br>● 6:30 pm PLA and Teen<br>Council Meetings, CEO                                     | 18<br>● Co. Food Challenge<br>Practice Contest                                    | 19  | 20<br>● Co. Food Show<br>Entries Due to CEO. | 21   | 22  |   |
| 23  | 24<br>● District Food<br>Challenge Competition  | 25  | 26  | 27   | 28   | 29<br>● County Food Show  |   |
| 30  | 31<br> |   | Nov<br>1 - 5pm Consumer Life Skills Project<br>Orientation meeting, CEO<br>12 - District 2 Food Show & Food Nutrition<br>Quiz Bowl, Levelland |  | 4-H Enrollment on 4-H<br>Connect.<br>This month \$20/<br>member<br> | <b>NOTE: Not all<br/>           dates are listed<br/>           on this calendar.</b> |   |