

# PARKER COUNTY 4-H CONNECTION

Official Newsletter of Parker County 4-H



## Important Dates

- October 7 -
  - County 4-H Food Show Entry Deadline
  - Parker Co. 4-H PLA Meeting 6PM
- October 10 -
  - Late tag orders close for sheep, goats and heifers
- October 11 -
  - County 4-H Food Challenge Entry Deadline
  - District 3 Livestock, Horse and Food Quiz Bowl entry deadline on 4-H Connect.
- October 14 -
  - Parker County 4-H Food Show
- October 15 -
  - Food and Nutrition Workshops must RSVP by Oct. 11
- October 17 -
  - Dog Project Workshop must RSVP by Oct. 16 and call for location
- October 19 -
  - Parker County 4-H Food Challenge
- October 21 -
  - Horse Project Workshop RSVP by Oct. 18 and call for location
- October 22 -
  - D3 4-H Livestock Judging registration deadline on 4-H Connect
  - Horticulture Project Meeting RSVP by Oct. 21
- October 24 -
  - Major Stock Show Lamb, Goat and Heifer Validation
- October 28 -
  - D3 4-H Super Quiz Bowl - Vernon
  - Fashion and Interior Design Workshop RSVP by Oct. 25
- October 29 -
  - Food and Nutrition Workshops must RSVP Oct. 28
- October 31 -
  - Pumpkin Growing contest entries due
  - Parker County 4-H Trunk or Treat 5:30PM-7PM

## Major Stock Show Validation

### HEIFERS - SHEEP - GOATS

Late Tag orders Close October 10 @ 4PM

Official Validation is October 24th 4PM-6PM

226 W Aycock Ct. Weatherford, TX 76088-5019

- Market Sheep/Goats - All TLBA/TGBA tags MUST be in the lamb/goat ears or they will NOT be recorded on the validation form.
- Market Wether Dams/Does - All TLBA/TGBA tags MUST be in the lamb/goat ears or they will NOT be recorded on the validation form.
- Breeding Sheep/Goats - Ownership deadline is October 1, 2019. You must provide a color copy of registration papers at time of validation. All dates listed on papers must be on or before October 1, 2019
- Breeding Heifers - Bring registration papers to validation. Tattoos must be in the ears at time of validation. Parker County 4-H'ers must give me a color copy of your heifer's registration papers at time of validation. If a heifer has already been validated, the only time she would need to be re-validated is if a change of ownership has taken place (this does include siblings).

### MARKET SWINE - BREEDING GILTS

Late Tag orders Close October 24th @ 4PM (must come by the office to place order and pay)

Official Validation is Tuesday, November 19th 4PM-6PM at the Peaster Ag Shop.

Parker County 4-H'ers validating Breeding Gilts MUST provide me with a color copy of the registration papers by time of validation. Sine validation information continued on page 2.

## Major Stock Show Validation Info. contd

### MARKET SWINE - BREEDING GILTS

The chart below will let you know what shows require validation for Market Barrows, Registered Gilts and Commercial/Cross Gilts.

| Stock Show   | Market Barrows | Registered Gilts | Upload Reg. Papers | Commercial/Cross Gilts |
|--|----------------|------------------|--------------------|------------------------|
| Fort Worth Livestock Show and Rodeo (Market Barrows and Open Gilt Shows)               | Yes            | No               | No                 | No                     |
| San Angelo Livestock Show and Rodeo (Market Barrow, Jr. Gilt and Star Gilts)           | Yes            | Yes              | No                 | Yes                    |
| San Antonio Livestock Show and Exposition (Market Barrow, Purebred Gilts, Cross Gilts) | Yes            | Yes              | Yes                | Yes                    |
| Elite Showcase CTBR Gilt Show (Purebred and Cross Gilts)                               | Not Applicable | Yes              | Yes                | Yes                    |
| Houston Livestock Show and Rodeo (Market Barrow and Purebred Gilts)                    | Yes            | No               | No                 | No                     |
| Rodeo Austin Show (Market Barrows)   | Yes            | Not Applicable   | Not Applicable     | Not Applicable         |
| Kerrville District Show (Market Barrows, Purebred and Cross Gilts)                     | Yes            | Yes              | No                 | Yes                    |

## Quality Counts

Quality Counts verification is required to enter major livestock shows. If you took the quality counts test last year but have celebrated your 11th or 14th birthday since, CONGRATULATIONS!!! you get to take it again.

Quality Counts Verification may be obtained by visiting <https://www.texaslivestockvalidation.com/qc/qcregister.aspx>

## Travel to Majors

\*\*\* Please Note\*\*\*

I have taken kids to several contests in past years at majors but will not be able to do so this year because of maternity leave. If you're planning on competing in contests, you will need to make arrangements for providing your own travel this year.

## 2020 Major Stock Show Entry Information

November 7, 2019 by 4:30 PM is the entry deadline for all spring major stock shows including: Fort Worth, San Antonio, San Angelo, Houston, Austin, Kerrville, Elite (Gilt Show) and Odessa. This applies for both livestock and contest entries. The entry deadlines listed in the premium list (rule book) are for the OFFICE ONLY. 4-H'ers deadlines are determined by the office and will be strictly enforced. If the deadline set by the office is missed we will charge a \$50 late fee along with any additional late fees or processing fees that are incurred. If you cannot make it to the office before we close, please give us a call, we'd be happy to make arrangements to stay after.

If you are planning on showing/competing at the 2020 Majors, you need to review the premium books (rule books) and entry forms for each show you plan to enter and make sure you understand the ruled/forms prior to entry.



## Food and Nutrition

PARKER CO. 4-H FOOD SHOW ENTRIES DUE OCT. 7TH  
PARKER CO. 4-H FOOD CHALLENGE ENTRIES DUE OCT. 11

Entry forms for the above mentioned contests may be found at <https://parker.agrilife.org/parker-county-4-h-3/4-h-food-and-nutrition-project/> in the respective contest rules and guidelines.

YouTube videos are being made to help with Food Show preparation and presentations. Make sure you subscribe to the Parker Co. 4-H YouTube channel to get the most recent video tutorials.



Be sure to join us for our October Food and Nutrition workshops.

- October 15 - Cooking with Pumpkin and Homemade Pumpkin Soup must RSVP by 10/11

Clovers (\$3) @5:30 (5 years -8 and not in the 3rd grade  
4-H'ers (\$5) @6 (8 and in the 3rd grade and up)

- October 29 - Holiday Cooking: Turkey, Dressing and Cranberry Sauce must RSVP by 10/28

Clovers (\$3) @5:30 (5 years -8 and not in the 3rd grade  
4-H'ers (\$5) @6 (8 and in the 3rd grade and up)

**YOU HAVE  
THE POWER  
TO CHANGE  
THE WORLD  
USE IT TO  
MAKE A  
DIFFERENCE**

### Proper Attire for Food and Nutrition Meetings

For food safety and participant safety purposes the following attire guidelines will be followed.

- Long hair must be pulled back and secured for both ladies and gentlemen
- Closed toed shoes (no sandals)
- Short or long sleeved shirt - NO crop tops, spaghetti straps or halter tops (school dress code appropriate)
- Shorts, skirts or pants - school dress code appropriate.



## Parker County 4-H Ambassador Spotlight

### THE DANGERS OF VAPING BY JOSHUA KINGSTON

Hello! My name is Joshua Kingston and I am a Parker County 4-H Ambassador. I have been an active member in the Peaster 4-H program for 4 years and have had the utmost pleasure serving in different leadership positions. Today I would like to talk about a problem that my generation is facing. This topic is vaping, and the lifelong effects it can have on the body.

First let's start with what is vaping. Vaping is using an electronic cigarette as a replacement for a regular one. An electronic cigarette, also known as e-cigarette, is a handheld battery powered vaporizer that simulates smoking and provides some of the aspects of smoking that include the hand to mouth part of smoking and not burning tobacco in the process. A little history about vaping is that it is the new unhealthy fad of our generation. Just as cigarettes were the "in" thing in the 60's through the 90's, vaping has been the unhealthy and deadly fad as of lately. Statistics say that those who vape are 4 times more likely to start smoking cigarettes.

Secondly, there are many dangers with vaping. Some of the dangers include becoming insulin resistant, type 2 diabetes, increased heart rate, and increased blood pressure. Other risks include lung disease, risk in getting cancer, and acute nicotine poisoning. These are scary dangers to say the least, and the best way to prevent all of them is to stay as faraway from vaping as one can.

There are also many side effects that vaping can cause. Some are short term like nausea, vomiting or eye irritation. Other effects, that are more long term, include seizures, comas and death. Cancer is also a possibility for anyone that has vaped. There are many side effects that were not mentioned. Some of these side effects are due to the addictiveness of the e-cigarette. Many people as of lately have been hospitalized because of the over usage from vaping. Originally vapes were created to slowly wean smokers off cigarettes but soon became a problem within itself. The vapes ended up being more addictive than the cigarettes and started to become a more pressing problem. As of 2018, there have been over 41 million customers of e-cigarette products according to BBC news. Also, the global market on e-cigarettes has exponentially grown from 6.9 billion to 19.3 billion dollars in just five years.

After a closer inspection on what vaping is and the dangerous side effects, one can clearly understand that these risks are not something that should be trifled with. If you see someone vaping, you should immediately notify someone and get that person help immediately. You might think you are hurting them, but you could be doing them the biggest favor in their life. Today we learned that vaping is very unhealthy for you and the side effects are tremendous as well as the dangers it can cause. I hope this has helped someone learn more about vaping.



## Parker Co. 4-H Ambassador Spotlight

HOW I MANAGE MY TIME AS A BUSY TEENAGER

BY ABBIE COX



Hey guys! It's me Abbie, I'm currently a freshman at Peaster high school, an active member of the Peaster 4H club and a Parker county 4H ambassador. I'm involved in numerous projects from it being something agricultural to the arts of photography. I'm the oldest daughter to Tracey and Jaye Cox. And the older sister of Megan Cox. I play volleyball for Peaster high school and enjoy being outdoors, being involved in livestock projects, and spending time with my family.

You may or may not know when it comes to rest and free time, I'm limited. Especially starting high school my time is cramped. Many may know me as a very hardworking, competitive person. It's not always easy when you go from volleyball, to livestock then remember you have loads of homework. Today I'm going to tell you how I manage myself and maintain my grades through the craziness of my day to day life.

Through the years I found that using a planner/ calendar for school as for 4H works really well. something that always helps me on my procrastination, is I set my due dates two to three days before they are actually due. This allows me to have plenty of time to work on it and ask questions if I have any. Instead of being left unsure the night before its due.

If your mom is like mine and makes you do your own laundry. I have learned from experience that waiting to the last minute to wash your clothes is not the best idea. I like to get all my laundry done on Sundays. Therefore, you have everything cleaned and washed for the week. Another helpful hint is to know exactly what you're going to wear the night before. (it makes the mornings A LOT easier)

From 4H meetings, to livestock judging practice's to just things in general. I always end up with a thousand spare papers on hand. Binders and folders are your best friend. Personally, they have made life way easier.

Lastly when it comes to sports I always have a plan. On game days I usually get all homework for the day done either that morning when I pick up my absent work or as soon as get home before I get ready for bed. But it's your responsibility to communicate to your teachers and peers when you're going to be out or miss. That goes for sports, to ag or simply a doctor's appointment.

At the end of the day set aside some "Me time" life is only so short to be busy are stressed all the time.

Thank You for your time,

Abbie Cox



## Parker County 4-H Fashion and Interior

**Monday Oct. 28-** We will be doing a Community Service Project,

as well as covering Pattern Selection for our Fashion Show Projects and a quick demo on Fashion Storyboards. We hope to see you all there!

**PLEASE RSVP by Noon on Mon.10/28. Please let us know your skill level, and if you need to borrow a machine and sewing kit.**

**817-598-6172**

**[tiffany.johnston@aq.tamu.edu](mailto:tiffany.johnston@aq.tamu.edu)**

Howdy Parker county 4-H'ers, Kember Bench here. Today I'm going to be telling y'all how to make some cute and simple scrunchies.

**Supplies you need: Fabric, ¼" elastic, safety pin, chop stick, thread**



1. The first step you need to do is choose your fabric.
2. After you have chosen your fabric you can then start by cutting your fabric. You need to cut your fabric 18 inches by 4 inches.
3. Once you have cut out your fabric you need to fold and iron an 1/8" hem on the short end of your fabric.
4. After you have ironed the edge you need to put the pretty sides of your fabric together, then you need to sew the long edges together.
5. You have now created a "Tube" of fabric. You need to turn your "Tube" right side out. You can use a chop stick to help.
6. Once you have done those steps you can run your elastic through (use your safety pin) and tie the 2 ends in a knot
7. After you finish tying the knot you can sew the end seam of the scrunchie.

After that step you can cut off the string and there you have it... A SCUNCHIE!!!

**For a Copy of the Full Scrunchie Pattern, be sure to be at the October Project Meeting.**



October 19, 2019



11th Annual  
Parker County 4-H  
Bustin' Pumpkins  
Fundraiser  
Sporting Clays Shoot

To Be Held At  
Parker County Sportsman Club  
6700 Advance Road, Poolville, TX 76487  
Parkersportsman.com

- First Flight Out at 9am
- T-Shirts and Lunch for All Registered Shooters at 11:30
- Drawings for Guns and Other Special Awards at 1:00 pm
- 10% Discount for PCSC Members, Military, & First Responders

**REGISTER BY OCT 1 FOR A TICKET IN THE EARLY BIRD GUN GIVEAWAY**  
**SPONSORS RECEIVE SPECIAL DRAWING TICKETS**

Entry Fees & Sponsorship Levels -- 9 am Start Time

Youth and 4-H Members \$50      Adults Shooters \$100

Register at [www.iclays.com](http://www.iclays.com)



Questions Contact Gary Withaeger 817-597-0661  
pc4hss@outlook.com  
Registration Contact Kim Bryan 817-223-7827  
bryan-kim@sbcglobal.net





# Parker County 4-H Trunk or Treat

Thursday, October 31, 2019

5:30PM-7:00PM

604 N. Main Street

**PARKER COUNTY 4-H  
CLUBS WE NEED YOUR  
HELP TO PROVIDE  
GAME OPPORTUNITIES  
AND GOODIES!!!!**

# Regional Shooting Sports Coach Training

## Hosted By District 3 4-H

### Rifle—Pistol—Archery—Shotgun

November 16-17, 2019  
Archer City, Texas

\$125 - Covers meals  
& training supplies



Register October 18—November 1, 2019  
<https://texas.4honline.com>

Questions? Contact Larry Perez at [larry.perez@agnet.tamu.edu](mailto:larry.perez@agnet.tamu.edu) or 979-845-1214

TEXAS A&M  
AGRI LIFE  
EXTENSION

**SPRINGTOWN FALL  
JACKPOT  
October 19**  
Wise County Fair Grounds 3101  
FM 51 Decatur, TX 76234

**3 Rings**  
Lamb/Goats Swine Steers/Heifers  
**Bob Berg Buckles & Cups, Blankets  
and More**  
**Showmanship \$5 at gate - Senior, Junior  
and PeeWee**  
**Judges- TBA**

**Weight Cards due @ 9am**  
**Showmanship starts @ 9:30am**  
**Show begins after showmanship in each ring**  
**Entry Fee \$25 per head - cash and credit cards**  
**Can show out of trailer - Blow and Go**

**Concessions and Show Supply Trailer on Site**  
**NO DOGS ALLOWED**

Springtown Ag Boosters  
More info:  
[springtownagboosters@gmail.com](mailto:springtownagboosters@gmail.com)

Lamb/Goat - Brandon Conway 817-229-1767  
Swine - Clint Winstead 817-597-6559  
Cattle - Roy Stephens 940-255-2136