

Irion County 4-H News

May 2016



Upcoming Events:

Val Verde County Wool Judging Contest

- Saturday May 14th

Irion County 4-H Meeting

- 6:00pm, Tuesday May 17th, 2016—County Annex
- Officer elections will be held!*

Crockett County Wool & Mohair Judging Contest

- Saturday May 14th

State 4-H Roundup

- June 6th—June 10th—College Station, TX
- Registration deadline on 4-H Connect: May 20th*

Irion County 4-H Cooking & Sewing Day Camp

- June 15, 16, 17, 20, & 21 —Community Center
- 10:00 am—1:30 pm

Irion County 4-H Hosts Community Luncheon

- Tuesday June 21st

Record Books due to Irion County Extension Office

- 5:00 pm Tuesday June 21st

Leadership Lab

- Wed June 22nd—Fri June 24th—Brownwood, TX
- Registration open on 4-H Connect: May 16th—June 6th*

County Camp

- Mon June 27th—Wed June 29th—Brownwood, TX
- Registration deadline on 4-H Connect: June 13th*

District 7 4-H Jr/Int Fashion Show—San Angelo, TX

- Tuesday July 19th
- Registration open on 4-H Connect: June 20—July 4*

Inside this issue:

District 7 4-H Contest Results 2-3

Irion County Cooking & Sewing Day Camp 4

4-H County Camp 5

Nutrition Tips: Dairy 6

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District 7 4-H Contest Results

District 7 Photography Contest

Blue Ribbons:

Elements of Design - Kaegen James
People—Kaegen James

Red Ribbons:

Animals - Kaegen James
Plant/Flora—Kaegen James

District 7 Range Evaluation & Plant ID Contest—April 16th

Intermediate Team Range Evaluation:

1st—Irion County (Brad Gryder, Riley Gryder, Caleb Arp, Caylee Harris)

Intermediate Individual Range Evaluation:

1st—Bradley Gryder
4th—Caylee Harris
5th—Riley Gryder

Intermediate Team Plant ID:

2nd—Irion County (Brad Gryder, Riley Gryder, Caleb Arp)

Intermediate Individual Plant ID:

1st—Bradley Gryder

District 7 Wool & Mohair Contest—April 13th

Junior Team Wool:

1st—Irion County (Sawyer Paxton, Caylee Harris, Avery Theek, Eli McDonald)
6th—Irion County (Caleb Arp, Brad Gryder, Cameron Theek, Slade Brooks)

Junior Individual Wool:

2nd—Avery Theek
3rd—Caylee Harris
4th—Brad Gryder

Senior Team Mohair:

2nd—Irion County (Cy Brooks, Cass Benson, Cade Cramer, Nathan Chacon)

Senior Individual Mohair:

3rd—Cass Benson
4th—Cy Brooks
5th—Cade Cramer



District 7 Rifle Contest—April 30th

Junior Team:

4th—Irion County, score 358

Junior Individual:

6th—Maci Sparks, score 161 (1x)

Intermediate Team:

2nd—Irion County, score 530

Intermediate Individual:

6th—Trey Carrillo, score 179

Senior Team:

2nd—Irion County (Jonathan Criner, Cy Brooks, Avery Theeck, Cameron Theeck), score 680

3rd—Irion County, (Adric Dietz, Tyler Stiles, Preston Lewis), score 379

4th—Irion County, (Todd Lancaster, Jonathan Scribner, David Avila), score 225

Senior Individual:

3rd—Cy Brooks, score 241

4th—Jonathan Criner, score 238

6th—Avery Theeck, score 196





Irion County 4-H Club

COOKING & SEWING DAY CAMP

- **Learn to cook with your friends!**
- **Sew an apron!**
- **Free for all registered 4-H members** (Clovers will have a separate camp later in the summer)
- **If you're not a 4-H member yet, register on-line on 4-H connect: texas.4honline.com**

**JUNE 15, 16,
17, 20, & 21**

10:00AM – 1:30PM

LUNCH IS INCLUDED!



**Contact the Extension Office to
register for Camp: 835-2711**



COUNTY CAMPS 2016

TEXAS A&M
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EXTENSION

COUNTY CAMP I: JUNE 27-JUNE 29

WHAT IS COUNTY CAMP?

COLOR RUN
Water Games
Games Crafts
Dancing
Challenge Course
LAKE Archery
4-H Rifle Arts
FISHING Swimming
Team Challenges Bucket Drums
Camp Kayaking
Team Fun

COST

CC1 & CC2: \$180/youth, \$85/adult

CC3: \$190/youth, \$90/adult

Early bird (prices shown): January 1-June 13

Late registration (additional 5%): June 14-21

HOW TO REGISTER

texas4hcenter.tamu.edu

or

click the "sign up" button on our Facebook page:

Texas 4-H Conference Center



Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in this program are encouraged to contact the Texas 4-H Center to determine how reasonable accommodations can be made.

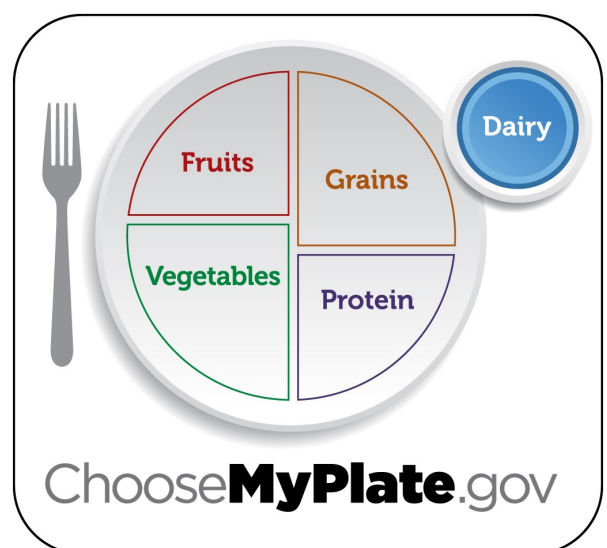
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Have you had your dairy today?

The Dairy Group includes milk, yogurt, cheese, and fortified soymilk. Older children, teens, and adults need 3 servings a day, while children 4 to 8 years old need 2 servings, and children 2 to 3 years old need 1 serving. What counts as a serving of dairy? 1 cup of milk, yogurt, or soymilk (soy beverage); 1 ½ ounces of natural cheese; or 2 ounces of processed cheese can be considered as 1 cup from the Dairy Group.

Here are some tips to help you consume more fat-free or low-fat dairy foods:

- 1. “Skim” the fat** Drink fat-free (skim) or low-fat (1%) milk. If you currently drink whole milk, gradually switch to lower fat versions. Choosing fat-free or low fat cuts back on saturated fats and calories but doesn’t reduce calcium or other essential nutrients.
- 2. Boost potassium and vitamin D, and cut sodium** Choose fat-free or low-fat milk or yogurt more often than cheese. Milk and yogurt have more potassium and less sodium than most cheeses. Also, almost all milk and many yogurts are fortified with vitamin D.
- 3. Top off your meals** Use fat-free or low-fat milk on cereal and oatmeal. Top fruit salads and baked potatoes with low-fat yogurt instead of higher fat toppings such as sour cream.
- 4. Choose cheeses with less fat** Many cheeses are high in saturated fat. Look for “reduced-fat” or “low-fat” on the label. Try different brands or types to find the one that you like.
- 5. What about cream cheese?** Regular cream cheese, cream, and butter are not part of the dairy food group. They are high in saturated fat and have little or no calcium.
- 6. Ingredient switches** When recipes such as dips call for sour cream, substitute plain yogurt. Use fat-free evaporated milk instead of cream, and try low-fat or fat-free ricotta cheese as a substitute for cream cheese.
- 7. Added sugars** Flavored milks, fruit yogurts, frozen yogurt, and puddings can contain a lot of added sugars. Get your nutrients from plain dairy foods without added sugars.
- 8. Caffeinating?** If so, get your calcium along with your morning caffeine boost. Make or order coffee, a latte, or cappuccino with fat-free or low-fat milk.
- 9. Can’t drink milk?** If you are lactose intolerant, try lactose-free milk, drink smaller amounts of milk at a time, or try soymilk (soy beverage). Check the Nutrition Facts label to be sure your soymilk has about 300 mg of calcium. Calcium in some leafy greens is well absorbed, but eating several cups each day to meet calcium needs may be unrealistic.
- 10. Take care of yourself and your family** Parents who drink milk and eat dairy foods show their kids that it is important. Dairy foods are especially important to build the growing bones of kids and teens. Eat or drink low-fat or fat-free dairy foods with meals and snacks — for everyone’s benefit.



Source: <http://www.choosemyplate.gov/ten-tips-got-your-dairy-today>

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