

# Irion County 4-H News

December 21, 2015



## Upcoming Events:

### IRION COUNTY LIVESTOCK SHOW

- Saturday January 9th, 2016 — County Show Barn

### IRION COUNTY 4-H MEETING

- Thursday, January 15, 2016– 6:30 p.m. at the Annex

### CLOVERKIDS MEETING

- Monday, January 18, 2016– 4:00 p.m. at the Annex

### SOUTHWESTERN EXPOSITION AND LIVESTOCK SHOW

- January 21st– February 6th

### SAN ANTONIO LIVESTOCK SHOW

- February 11th – 28th
- Wool contest– Saturday, February 13th at 12:30 p.m.

### SAN ANGELO STOCK SHOW

- February 4th-21st

### HOUSTON LIVESTOCK SHOW

- March 1st - 20th

### STAR OF TEXAS FAIR– AUSTIN

- March 12th - 26th

## Photography Tip:

Reflections are easy to miss in real life but can add a lot of appeal to your photos. Try incorporating surfaces like water, mirrors, shiny cars, and glass to bring a whole new look to your shot!

If you are planning on taking part in the district photography contest in the spring, remember to take pictures throughout the year!



## Inside this issue:

Food Challenge Results	2
Nutrition Tip	2
Judging Contests	3

Hunter Dinner	4
Farmer, Ento, Christmas tree	5
Snowflake Dance	6



# Food & Nutrition Project News

## District Food Challenge Results

### Junior:

#### **Fruits & Vegetables:**

5th Place Team: Grady Jackson, Colton Lawdermilk, and Reece Waddell.

### Intermediate:

#### **Main Dish**

3rd Place: Baylee Lawdermilk, Bailey Greenwood, Abigail Wardlaw, and Vallie Sughrue

#### **Nutritious Snacks**

6th Place: Caylee Harris, McKenzie Davidson, Caleb Arp, and Kenneth Yant.

Congratulations to those who competed!



## December Nutrition Tip: Go lean with protein

**Why is protein important?** Your body uses protein to build and repair muscle and tissues. It functions as building blocks for bones, muscles, cartilage, skin, and blood. Protein also helps you feels full, which fights off feelings of hunger for longer.

### **Tips for choosing leaner meat:**

**Beef:** The leanest beef cuts include round steaks and roasts (eye of round, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts. Choose lean ground beef. To be considered "lean," the product has to be at least 92% lean/8% fat.

**Pork:** The leanest pork choices include pork loin, tenderloin, center loin, and ham.

**Poultry:** Buy skinless chicken parts, or take off the skin before cooking. Boneless skinless chicken breasts and turkey cutlets are the leanest poultry choices.

Choose lean turkey, roast beef, ham, or low-fat luncheon meats for sandwiches instead of luncheon/deli meats with more fat, such as regular bologna or salami.

**4-H's Long-reaching Effects**  
Compared to other youth, 4-Her's are:

**4x** more likely to contribute to their communities

**4-H**

**2x** more likely to be civically active

**2x** more likely to make healthier lifestyle choices

*Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.*

# 4-H JUDGING CONTESTS

## WOOL

**San Antonio:** Saturday, February 13, 2016

12:30 p.m. S.A.L.E. Headquarters

**San Angelo:** Saturday, February 20, 2016

8:30 a.m. North Foyer of Spur Arena

**Houston:** Monday, March 14, 2016

1:00 p.m. NRG Center

## CONSUMER DECISION MAKING

**San Angelo:** Friday, February 19, 2016

## HORSE

**San Antonio—** Thursday, February 18, 2016

8:30 a.m. Area 1-6

**San Angelo—** Saturday, February 20, 2016

8:30 a.m. Spur Arena

**Houston—** Monday, March 7, 2016

9:30 a.m. Great Southwest Equestrian Center

## LIVESTOCK

**San Antonio—** Sunday, February 28, 2016

9:00 a.m. Area 2-16

**San Angelo—** Saturday, February 20, 2016

8:30 a.m. Spur Arena

**Houston—** Monday, March 14, 2016

12:30 p.m. NRG Arena Hall A and B

## RANGE AND PASTURE PLANT ID

**Houston—** Saturday, March 5, 2016

9:00 a.m. NRG Arena

**Cameron—** TBA



## WOOL

Randy Carlile will be coaching the wool teams and practices will be every Wednesday evening at 6:00 p.m. at the old Admin building across from the tennis courts. Practices will begin on Wednesday, January 13, 2016.

## CONSUMER DECISION MAKING

Shelley Amberg will be coaching those interested in judging CDM. Practices will be held every Tuesday at 4:00 p.m. starting Tuesday, January 12, 2016.

## HORSE AND LIVESTOCK

Wade Kirkwood will assist with coaching the Horse and Livestock teams. Practices will start after the first of the year. Emails will be sent for exact dates and times.

## RANGE AND PASTURE PLANT ID

Bob Steeger will be helping with the Range and pasture plant ID team. Practices will be every Monday at 6 p.m. starting January 11th at the Annex.

**\*\* This is a tentative schedule of practice times. All contest practice dates are subject to change.**

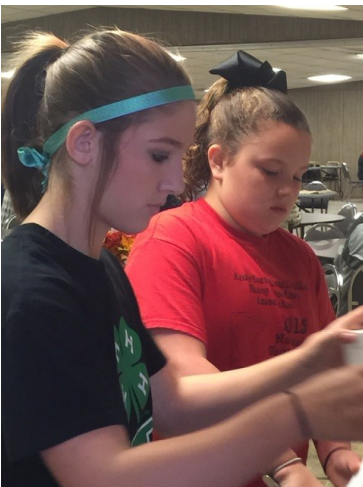
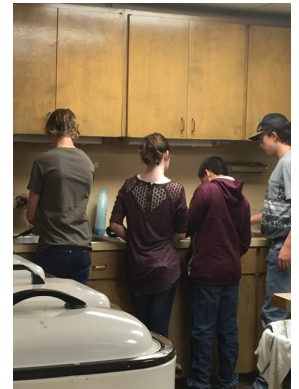
*Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.*





## 2015 4-H Hunter Appreciation Dinner

The Hunter Appreciation Dinner was a huge success this year having an incredible net profit of \$27,482.51. A few other outstanding donations are still coming in as well. All the money earned goes to benefit the youth in Irion County 4-H. We would like to thank all of the businesses, local citizens, and donors for your contribution. The Hunter Dinner would not have been possible without the support and hours of hard work put in by the Hunter Dinner Committee. A special thank you to Justin Paxton for serving as Chairman of the committee and to all of the youth that participated!



*Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.*

# Who speaks for the farmer?

Across the US there are people who feel they have the right to speak about the food and fiber industry with no related degree, no agricultural experience and no sound research to support their views.

Most are well-spoken and confident, they spread fear and distrust.

**We need to support our industry!**



## Sevens things you can do:

- Check local college continuing education classes
- Ask for class syllabus for food & ag courses; if info is inaccurate, question those who can bring about change
- Offer to serve as a resource, or talk to students so they can hear from a real farmer
- Attend seminars offered at the local health food store or community center

-Send replies to friends on social media sites who share inaccurate information

-Write letters to the editor in newspapers and magazines when you disagree with what is written

- Gather information from ag resources so you have brochures or pamphlets on modern agriculture you can share with friends

## Entomology

Did you know that nearly three-fourths of all animals are insects? Because there are so many insects, they impact our daily lives in both good and bad ways. In this 4-H project you will learn about entomology – the study of insects. You will learn about the insect world by studying, collecting and identifying various insects.

Discover how helpful and harmful insects live, multiply, and affect humans. This project is easy to afford because insects are free or inexpensive at pet stores or scientific supply houses. Because of their size,

insects can be easily housed in small containers for observation. Learn how to identify, classify, collect and preserve insects and other arthropods.

For more information visit: <http://texas4-h.tamu.edu/projects/entomology/>



## Making a Difference

The Irion County 4-H club decorated one of the several Christmas trees at the library. Canned food items were to be placed under each tree and all proceeds went to the IC food pantry to help those in need in our community. Thank you to those who participated and helped make a difference!



*Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.*





## 1st Annual 4-H Snowflake Dance



The officers and club parents put together the first annual 4-H Snowflake dance. Over 60 kids were in attendance making it a huge success and the kids had a great time! The 4-H Club earned \$120 from admission that will be put towards the end of year award. They also received several canned goods that were placed under the 4-H Christmas tree and donated to the IC food pantry.

Thank you to those who made the dance a success!



**We wish you a Merry Christmas and a Happy New Year!**

*Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.*