

October 2023

CONNECTION

PARKER COUNTY | 4-H



Educational
Magazine

18 U.S.C. 707



*Happiest
Halloween*

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Club News

Important Dates

Specific Meeting Information (location and times) may be found under the respective section of the newsletter. Just click the project in the table of contents and it will flip right to it.

- *October 2nd - Parker Co. 4-H PLA Meeting*
- *October 3rd - Parker Co. 4-H Novice Horse Project meeting (see Horse Project to RSVP)*
- *October 3rd - Parker Co. 4-H Advanced Horse Project meeting (see Horse Project to RSVP)*
- *October 4th - Parker Co. 4-H Horse Judging Informational (see Horse Project to RSVP and for important meeting information)*
- *October 5th - Parker Co. 4-H Entomology Meeting (see Entomology Project to RSVP)*
- *October 9th - Major Stock Show Validation Tag Order Deadline for Heifers, Sheep and Goats (see Livestock)*
- *October 10th - Parker Co. 4-H Novice Horse Project meeting (see Horse Project to RSVP)*
- *October 11th - Parker Co. 4-H Dog Project Meeting (see Dog Project to RSVP)*
- *October 16th - Parker Co. 4-H STEM Project (see STEM Project to RSVP)*
- *October 17th - Parker Co. 4-H Novice Horse Project meeting (see Horse Project to RSVP)*
- *October 17th - Parker Co. 4-H Advanced Horse Project meeting (see Horse Project to RSVP)*
- *October 18th - PCLIA Livestock Committee Meeting (see PCLIA Facebook Page for meeting information)*
- *October 19th - Parker Co. 4-H Food and Nutrition Meeting (see Food Project to RSVP)*
- *October 23rd - Parker Co. 4-H Fashion and Interior Design (see FID Project to RSVP)*
- *October 23rd - Parker County 4-H Food Show Entry Deadline (see Food Project)*
- *October 23rd - Parker County 4-H Food Challenge Entry Deadline (see Food project)*
- *October 24th - Parker Co. 4-H Novice Horse Project meeting (see Horse Project to RSVP)*
- *October 24th - District 3 4-H Livestock Judging Registration Deadline*
- *October 25th - Parker Co. 4-H Meat Judging Informational (see Meat Science to RSVP)*
- *October 26th - Major Stock Show Validation (see Livestock Project for detailed information)*
- *October 31st - Parker Co. 4-H Safe Halloween*
- *October 31st - Parker Co. 4-H Advanced Horse Project meeting (see Horse Project to RSVP)*
- *October 31st - Major Stock Show Swine Tag order deadline*
- *November 1st - Quality Counts Renewal if 4-H'er has entered 6th or 9th grade*
- *November 2nd - Parker Co. 4-H Entomology Meeting (see Entomology Project to RSVP)*
- *November 2nd - Parker Co. 4-H Food and Nutrition Meeting (see Food Project to RSVP)*
- *November 4th - Parker Co. 4-H Food Show (see Food Project)*
- *November 4th - Parker Co. 4-H Food Challenge (see Food Project)*
- *November 6th - Parker Co. 4-H Parent Leader Association*
- *November 6th - Parker Co. 4-H Council*
- *November 7th - Major Stock Show Entry Deadline for ALL Junior Livestock Shows and Contests*

A Word from Kayla

Totally have this one on repeat!!!!

We Can Do Hard Things...

Pretty sure this is a pep talk for myself but for anyone else that needs to hear this...We can do hard things.

It's during those hard times that we see what we're really made of, and who we can become. One thing though...just because times get tough or you're going through a rough patch, it's not a ticket to be unkind to yourself or to others.

We're going to keep moving forward, we're going to conquer our mountains, we're going to put one foot in front of the other and we're going to be kind while we do it.

Have a great October everyone!

Remember, if you have questions, ASK. Tiff and I are here to help guide you through your 4-H adventure!

A handwritten signature in blue ink that reads "Kayla Neil". The signature is written in a cursive, flowing style.



PARKER CO. 4-H

Parker Co. 4-H PLA Meeting (all parents welcome to attend)
Monday, October 2 @ 6PM @ the Extension Office

Parker County 4-H Safe Halloween
Tuesday, October 31st @ 6PM @ Extension Office

Parker Co. 4-H PLA Meeting (all parents welcome to attend)
Monday, November 6 @ 6PM @ the Extension Office

Parker Co. 4-H Council Meeting (all 4-H'ers welcome to attend)
Monday, November 6 @ 6PM @ the Extension Office



JOIN US FOR A



Spooktacular TRUNK-OR-TREAT

TUESDAY, OCTOBER 31ST AT 6PM

PARKER COUNTY EXTENSION OFFICE
604 N. MAIN STREET WEATHERFORD TEXAS



FREE
ADMISSION



CRAFTS AND OTHER ACTIVITIES



CAR DECOR CONTEST



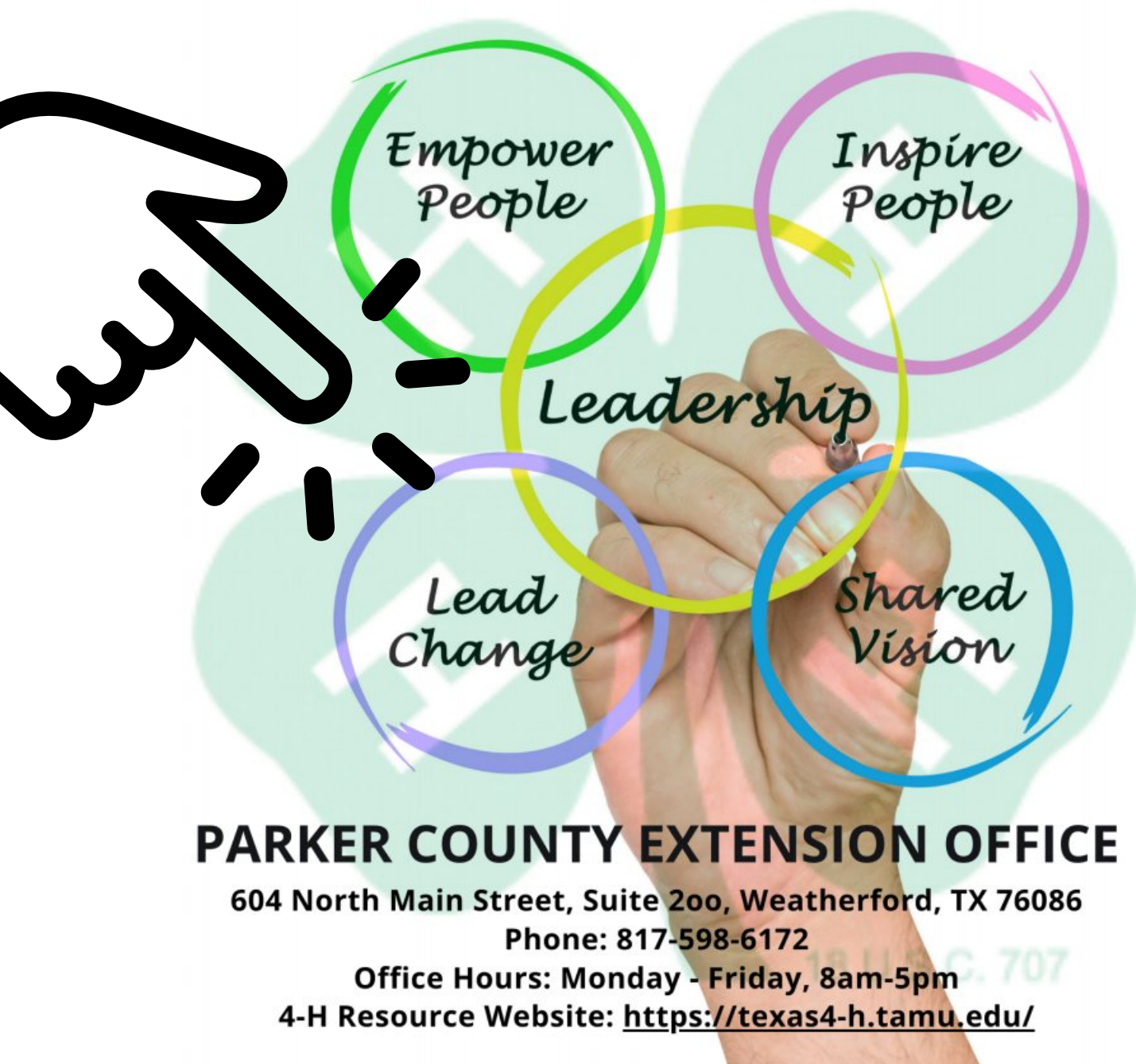
CAKE WALK

costumes encouraged!



23-24 FAMILY GUIDE

PARKER COUNTY 4-H



PARKER COUNTY EXTENSION OFFICE

604 North Main Street, Suite 200, Weatherford, TX 76086

Phone: 817-598-6172

Office Hours: Monday - Friday, 8am-5pm

4-H Resource Website: <https://texas4-h.tamu.edu/>



**KEEP UP WITH WHAT'S GOING ON
IN PARKER CO. 4-H**

Parker Co. 4-H Google Calendar

Click the icon above to access the Parker Co. 4-H Google Calendar to help you keep up with County, District and State events and entry deadlines. This is to be utilized only as a resource. Detailed information regarding the events listed in the calendar may be found in the Parker Co. 4-H Connection. As always, dates are subject to change and we will try our best to update this calendar if they do. The Parker Co. 4-H Connection should remain your primary source for important dates.

Take advantage of this calendar and schedule your own reminders and notifications. I did not pre-set those this time around. I believe you still have to use a computer to import this calendar to your own google calendar; I don't think it can be done by your cell phone, but I could be wrong.

I can assure you all that much time, effort and thought goes in to how we can help our members keep up with everything going on in the program. Please take advantage of this handy resource.



PARKER COUNTY 4-H

RECORD BOOKS

4-H RECORDBOOKS

County Record Books Due: Tuesday, June 18, 2024

Helpful Links

- [Family Guide to the Texas 4-H Record Book](#)
- [Record Book Score Sheet](#)
- [Record Book Categories](#)
- [Record Book Forms](#) (under General Information)
- Kayla's Road to the Record Book Short Instructional Videos
 - Please note...the record book format has changed since I filmed these videos, however I feel they are still very helpful in how to break down the process of completing your record book.
 - [Road to the Record Book #1](#)
 - [Road to the Record Book #2](#)
 - [Road to the Record Book #3](#)
 - [Road to the Record Book #4](#)
 - [Road to the Record Book #5](#)
 - [Road to the Record Book #6](#)
 - [Road to the Record Book #7](#)
 - [Road to the Record Book #8](#)
 - [Road to the Record Book #9](#)

Parker Co. Parent Leader Association

We Need You!



WHAT WE DO

- Support the Extension Office
- Raise funds for camp sponsorships
- Cash for Clovers Scholarship Fundraiser



4-H Parents of Parker County, all are welcome and encouraged to join!

Going to have a senior soon? Come find out more about the PLA 4-H scholarship opportunities!

JOIN US:

1st Monday of each
month @ Extension
office 6pm

MORE INFORMATION

FACEBOOK: PARKER COUNTY 4-H PARENTS
GROUP



DISTRICT 3 4-H

This section will contain links and general information related to District 3 4-H information including District 3 4-H contests and activities

[D3 4-H Events Link](#)

2023-2024 District 3 Events Calendar

TBD: Horse Judging, Quiz Bowls (Horse, Livestock, & FCH), Meat Judging, Teen Leader Lab, and Record Book Judging

AUGUST

AUGUST 2023						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

FEBRUARY 2024						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

FEBRUARY

SEPTEMBER

1 - 4-H Online Open Enrollment begins
7th – District 3 Fall Admin Meeting

SEPTEMBER 2023						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
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24	25	26	27	28	29	30

MARCH 2024						
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10	11	12	13	14	15	16
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31						

MARCH

OCTOBER

OCTOBER 2023						
S	M	T	W	Th	F	S
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29	30	31				

APRIL 2024						
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

APRIL

???-Horse, Livestock, and FCH Quiz Bowls (early April)
???-Meat Judging (early April in Lubbock)
6th – Fashion Show, Duds to Dazzle, Fashion Storyboard
20th – Rifle/Pistol
???-Horse Judging

NOVEMBER

2nd – District 3 Judges & Commissioners Conference
8th – Livestock Judging
13th – Leaders for Life
29th – Food Show, Food Challenge

NOVEMBER 2023						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
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MAY 2024						
S	M	T	W	Th	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

MAY

4th – Trap
8th – Round-Up, Consumer Judging, Photography
14th – 15th Spring Admin Meeting
18th – Archery

DECEMBER

7th – Ag Prod ID, Livestock Skillathon
12th – Winter PDC (Archer City)

DECEMBER 2023						
S	M	T	W	Th	F	S
					1	2
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24	25	26	27	28	29	30
31						

JUNE 2024						
S	M	T	W	Th	F	S
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23	24	25	26	27	28	29
30						

JUNE

3–6 State Round-Up
??? – Teen Leader Lab
19th – 21st Horse Show

JANUARY

JANUARY 2024						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
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21	22	23	24	25	26	27
28	29	30	31			

JULY 2024						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JULY

???—Record Book Judging

= State Event

= District Event



4-H CONSUMER DECISION MAKING

Do you like to shop?

Learn how to save money while shopping in the consumer decision making project. You'll learn how to compare prices, test for quality and make purchases based on facts and research.

In this project you will learn how to compare prices, test for quality and make purchases based on facts and research. You will also improve your: Money management skills, Smart purchasing skills and Decision-making skills.

This section will have practice consumer decision making classes and reasons examples to help you prepare for the District 3 4-H Consumer contest in the spring.

Running Shoes

Scenario

Dawson has started training seriously for a sprint Ironman triathlon, during which he will run 13.1 miles. He needs an excellent pair of running shoes that are great for long distances, have excellent support, are durable, have good traction and are lightweight. Dawson would prefer a shoe that doesn't retain water on rainy days or runs right after a swim. He is willing to spend a little more money on other gear so he is limiting his budget for shoes to \$160.00.

Item #1



Nike ZoomX Vaporfly Next%

If you must have the best, spend it on the Next%. The new "Vaporweave" upper, which is a woven blend of thermoplastic polymers and nylon that doesn't absorb water like other shoes do. That means your lightweight racing shoes won't get waterlogged if it rains on your marathon or long runs

There's also more rubber in the forefoot to improve grip on wet roads. A full-length, carbon fiber plate underfoot provides a propulsive sensation to help you push the pace. Added Nike ZoomX foam in the forefoot delivers exceptional energy return.

Weight 6.2 oz

Price \$249.99

Item #2



HOKA ONE - RINCON

This shoe does everything you could ask of it—and is insanely affordable. It's lighter and better suited for speed days but also does great on long 15-20 mile runs. To help the shoe check in at 7.7 ounces, it uses a lightweight reinforced mesh that locks your foot in place. A lightweight EVA midsole delivers plenty of cushioning without feeling mushy. A stripped-down upper reduces weight.

Price \$114.95

Item #3



Brooks Adrenaline GTS 19

Pros

- Support for both neutral runners and overpronators
- DNA Loft crash pad adds firmer heel cushioning

Cons

- Upper can retain water

Engineered mesh and the 3D Fit Print upper provide a streamlined structure and a modern, comfortable fit. Adjustable, asymmetrical mid-foot saddle creates a more secure, customizable fit. Lace-up closure. Plush tongue and collar. Comfortable fabric lining offers a great in-shoe feel. Removable molded foam insole supplies light underfoot cushioning.

Weight 11 oz

Price \$129.95

Item #4



New Balance Hanzo S - Sprinter Shoe

With its sleek, streamlined profile, and feathery weight, the Hanzo (women's referred to as "Whanz") is ready to fly whether you're on the track, treadmill, or road. A light and springy RevLite midsole compound carried through the outsole, aside from harder rubber traction under the forefoot, keeps the Hanzo S feeling fast. This sprinter's shoe is sure to provide you with everything you need to optimize your sprint and short distance times.

Price: \$119.00

	Budget \$160	Long Distance	Support	No Water	Lightweight
#1	249.99	yes	yes	yes	yes
#2	114.95	yes	yes	yes	yes
#3	129.95	?	x	X	x
#4	119.00	X	X	?	yes

How do they measure up? Make a chart of Dawson's needs.

Placings

2 3 4 1

Cuts

3 4 5

I placed this class of running shoes 2-3-4-1 finding an obvious top shoe in the Hoka One - Rincon, and though it checks all the boxes, an obvious bottom in the Nike Zoom Vaporfly because it's simply out of budget.

In my top pair I placed 2 over 3. The Hoka One Rincon is

- Light weight
- Has great support
- And useful for both speed work and long distance

Finding no obvious grant, I placed 3 over 4 in my middle pair. Though the Brooks Adrenaline does not meet Dawson's criteria for a shoe, it is a better option for running distance when compared to the New Balance shoe that is specifically designed for sprinting.

Admittedly the Hanzo does come in at a more affordable price.

Regrettably I place 4 over 1 in my final pair. The New Balance Hanzo falls within Dawson's budget whereas the Vaporfly does not.

The Nike Vaporfly handily beats all other options for a long-distance shoe and meets Dawson's criteria however it is over budget and therefor remains last.



4-H DOG PROJECT

Wednesday, October 11th @6PM @ Extension Office

RSVP Required

No Dogs, Bring Shot Records and Rabies Certification

[Click Here to RSVP for October](#)

Please RSVP by Noon the day before the meeting
for planning purposes.

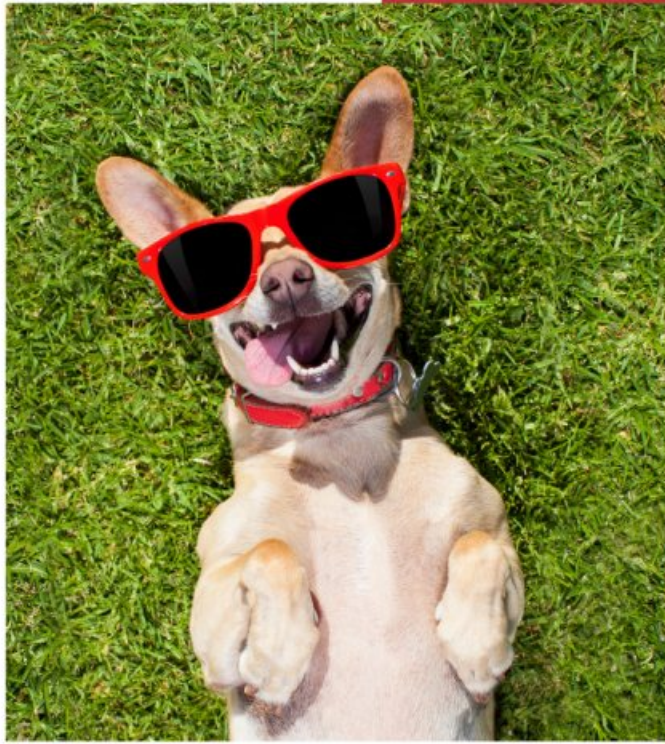
4-H DOG PROJECT



- September 13th - Introduction to Dog Project, Equipment and Etiquette.
- October 11th - Routine Dog Veterinary Care and Nutrition.
- November 8th - Walking on a Leash and the Confirmation Ring
- December 13th - Sit and Down, Dog Validation Requirements, Rally Basics, Dog Identification
- January 3rd - Parker Co. Animal Shelter Tour
- January 10th - Texas 4-H Dog Validation Due, Routine Dog Grooming and Review of Tricks Class.
- February 14th - Dog Olympics
- March 8th - Rally Pattern
- April 10th - Obedience
- May 8th - Dog Project Showcase and Graduation
- July 11th - 13th - Texas 4-H Dog Show location TBA

TEXAS 4-H DOG SHOW CLASSES AT A GLANCE

Note: The 2023-2024 Texas 4-H Dog Show Rules have not yet been released. The information below is based off of the 22-23 Rules and is subject to change.



Canine Good Citizen

- The Canine Good Citizen testing is a non-competitive opportunity for exhibitors to demonstrate their dog's basic good manners and earn the Canine Good Citizenship certificate through AKC. Started in 1989, the CGC Program is designed to reward dogs who have good manners at home and in the community. The CGC Program is a program that stresses responsible pet ownership for owners and basic good manners for dogs. All dogs who pass the 10-step CGC test may receive a certificate from the American Kennel Club. Testing is subject to certified judge availability.
- The 10 Steps are...
 1. Accepting a friendly stranger
 2. Sitting politely for petting
 3. Appearance and grooming
 4. Out for a walk (walking on a loose lead)
 5. Walking through a crowd
 6. Sit and down on command and staying in place
 7. Coming when called
 8. Reaction to another dog
 9. Reaction to distraction
 10. Supervised separation

TEXAS 4-H DOG SHOW CLASSES

Photography

A detailed description of categories, size requirements and the photo submission process will of course be included in the 23-24 Rule Book.

- Dog - Still Life
- Dog - Active
- Storyboard
- Theme
- Funny Dog

Costume

Divided into age divisions - Junior, Intermediate and Senior. Judged on...

- Creativity - produce or create (not purchase) something unique, new and original.
- Showmanship - Personality, poise, confidence, expression and stage presence.
- Costuming - Appropriate for age and youth audience.
- Material Chosen - Appropriate for audience and the ability of the performer.
- Audience Appeal - Evokes reaction from audience that is desired from the performance.

Conformation

- Dog is judged on breed standards
- Shown in group classes
- Purebred dogs do not have to be registered
- Non-purebred dogs will be shown by weight

Showmanship

- Exhibitor is judged on ability to handle a dog
- Patterns may be directed
- Exhibitors may be asked questions regarding: dog anatomy, breeds, health and nutrition and 4-H trivia (resources found on Texas 4-H Dog Project page)
- Broken into age divisions and skill levels

TEXAS 4-H DOG SHOW CLASSES CONTINUED

Rally

- A series of signs give instructions for exhibitor to follow
- More relaxed than obedience
- May give hand and voice commands
- Broken into skill level and age division

Obedience

- A series of commands (signs or verbal, depending on level of experience) will provide direction to exhibitor
- Must choose between hand or voice commands, cannot use both
- Broken into skill level and age division

Drill

- Dog/Handler teams choreographed to music
- Exhibit obedience commands
- 5 minute routine

Freestyle Drill

- Props are allowed
- 1-3 or 4 or more members

Traditional Drill

- No props
- Minimum 3 members

Tricks

- Set list of tricks and point values
- Exhibitors handle dogs through 4 tricks from the list

Dog Skill-a-thon

Consists of a series of stations that are designed to test the exhibitor's dog science knowledge and skills.

- Individual contest
- Age divisions
- Don't have to show a dog to compete
- Stations formatted as matching, multiple choice, short answer etc.
- Topics include but not limited to:
 - animal behavior, care, safety and restraint
 - health and disease
 - anatomy, physiology and conformation
 - breed id
 - famous dogs/ working dogs / dog sports
 - nutrition and feeding
 - housing, facilities and training
 - genetics, reproduction and management of breeding animals
 - records management

Dog Olympics

Olympics is designed to encourage participation in the dog project and attend state dog show even if they are not yet ready to participate in the other higher level events.

- Push ups - the goal is for the dog to perform as many "push ups" as possible in 1 min. A push up begins with the dog sitting, then lying down, and coming back up to a sit.
- Marathon Sit - the goal for this event is for the dog to sit and stay for as long as possible.
- Treat Toss - the dog that can catch as many treats as possible in 1 min.
- Tail Wagging - for the dog to wag their tail as many times as possible in 30 seconds.
- 20 Yard Dash - for the dog to run as fast as possible to their owner 20 yards away.

DOG PROJECT EQUIPMENT

Martingale Collars



Flat Collars



Slip Collars



ADDITIONAL EQUIPMENT

- 6 ft leash
- Small Dog Treats
- Treat Bag (not mandatory but helpful)
- Clicker (not mandatory but helpful)
- 4-H Guide - Dog Training and Dog Tricks
(optional purchase)

DOG PROJECT ETIQUETTE/SAFETY

- Photocopy of rabies vaccination certificate must be carried with owners at all times when traveling with their dog in Texas
- Make sure your dog is feeling well
- Dogs should be clean and free of pests
- Bring bags to clean up after your dog
- Dogs will always remain on a leash
- Let dogs get settled before you try to pet others, this is a new setting and we don't want them to be stressed
- Don't pet another 4-H'er's dog without permission
- Keep your dog close when other dogs pass
- Don't allow/encourage your dog or other dogs to jump on you
- Don't let your dog bully other dogs - nipping or pouncing should not be encouraged
- Please do not bring a dog with aggressive tendencies (towards dogs or humans) to dog project
- Any dog that demonstrates aggressive tendencies will not be allowed to return for safety reasons



4-H ENTOMOLOGY PROJECT

Thursday, October 5 @6PM @ the Extension Office
RSVP Required
[Click Here to RSVP](#)

Thursday, November 2 @6PM @ the Extension Office
RSVP Required
[Click Here to RSVP](#)

Please RSVP by Noon the day prior to the project meeting

PARKER CO. *Entomology*


OCTOBER 5, 2023

PARKER CO. EXTENSION

OFFICE BIG ROOM

**LEARN ALL ABOUT WHAT YOU WILL NEED TO
MAKE AN INSECT COLLECTION.**

**ACTIVITY: GUESS WHO- INSECT
VERSION**



Adult Leader: Tiffany Beasley

Teen Leader: Emma Hauprich



4-H FASHION AND INTERIOR DESIGN PROJECT

Monday, October 23rd @ 6PM @ the Extension Office
RSVP Required
[Click Here to RSVP](#)

Please RSVP by Noon the day prior to the project meeting

Fashion and Interior Design

OCTOBER NEWSLETTER

September Meeting

Thank you everyone who came to the September meeting! Everybody worked so hard making the hair bows and they all turned out so cute! We also had some year round leaders who work for Operation Christmas Child ministry come out to speak! If you can, I hope everyone participates in the shoebox packing this Christmas season if you need more information please reach out to me.

~Caylee



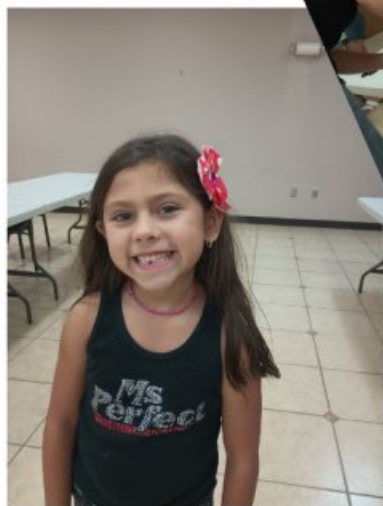
NEXT MONTH... AT THE OCTOBER MEETING WE WILL BE SEWING PILLOWCASES. IF YOU HAVE A MACHINE PLEASE BRING IT. REMEMBER TO RSVP!



Iron Safety

Ironing is a very important part in sewing! You use an iron to smooth out your wrinkly fabric before sewing or to hold a fold that you made. For whatever reason you are using the iron always remember to pay attention and be careful! Some important things to remember when you are ironing are:

1. When you set the iron down always stand it upright.
2. Don't get distracted and always watch where your fingers are.
3. Always use an ironing board because if you don't the object underneath could burn.
4. When you are not ironing keep the iron facing away from you.
5. Don't iron the fabric too long or the fabric could burn.



*"Smiles are
always in fashion"*



23-24 Sewing Projects

Enjoy life while you're still young!



September- Hair clips, which we will be donating to Operation Christmas Child.

October- We will be sewing fall tree pillow cases.

November- We will be make some ornaments that would be great for Christmas gifts or to hang on your tree.

December- (No meeting)

January- We will be making Valentines Day handwarmers to keep you warm in the cold winter.

February- Parker County Fashion Show!

March- Duds to Dazzle practice.

April- For the last meeting we will be making a lip balm holder that would be great for teacher gifts!

*All year long we will be working on reading a pattern and individual projects

"Smiles are always in fashion"



4-H FOOD AND NUTRITION PROJECT

MEETINGS AT THE EXTENSION OFFICE
(CLICK THE MEETING TO RSVP)

RSVP IS REQUIRED

- \$5 will be collected from each participant to cover the cost of supplies when you sign up
- Sign-up will close the Tuesday before the meeting
- We will not be able to offer refunds so don't sign up unless you know for sure you can attend
- Click the date of the meeting you'd like to sign up

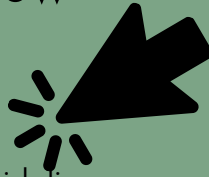
Thursday, October 19th - Clovers and 4-H'ers 6PM

Thursday, November 2nd - Clovers and 4-H'ers 6PM

Parker County 4-H Food Show

Entry Deadline: Monday, October 23

Food Show - Saturday, November 4



[Parker County 4-H Food Show Rules and Guidelines](#)

[Click Here to Enter Food Show](#)

Parker County 4-H Food Challenge

Entry Deadline: Monday, October 23

Food Challenge - Saturday, November 4



[Parker County 4-H Food Challenge Rules and Guidelines](#)

[Click Here to Enter Food Challenge](#)





FOOD AND NUTRITION PROJECT YEAR AT A GLANCE

THEME: COOKING THROUGH THE DECADES

SEPTEMBER

9/7/23

- Intro to Parker Co. 4-H Food and Nutrition
- Skill: Making a balanced Plate
- Deviled Eggs

9/21/23

- Skill: Chopping and Dicing Produce
- Lesson: MyPlate and Food Show Presentations
- Canapes

OCTOBER

10/05/23

- Skill: Measuring Dry Ingredients
- Lesson: Superfood ID
- Pineapple Upside Down Cake

10/19/23

- Skill: Preventing Cross Contamination
- Lesson: Nutrition 101
- Sloppy Joe's

NOVEMBER

11/02/23

- Skill: Properly Measure Wet Ingredients
- Lesson: Importance of Physical Activity
- Scalloped Potatoes

11/16/23

- Skill: Small Kitchen Appliance Demonstration
- Lesson: Tools of the Trade
- Retro Thanksgiving Dishes

DECEMBER

12/7/22

- Lesson: Fire Safety in Kitchen
- Retro Christmas Candy

JANUARY

01/04/24

- Skill: Menu Planning
- Lesson: Path to the Plate - Beef
- Swedish Meatballs

FEBRUARY

02/01/24

- Skill: Selecting Fresh Produce
- Lesson: Path to the Plate - Poultry
- Quiche

MARCH

03/07/24

- Skill: Reading Food Labels
- Lesson: Cereal - The Good and the Bad
- Rice Crispy Treats - Homemade Marshmallow

APRIL

04/04/24

- Skill: Place Settings
- Lesson: Picnic Food Safety
- Pasta Salad



HUMMUS

Made from chickpeas (aka: garbanzo beans)

Can be used as a dip, spread, or side dish

Can be a healthy alternative to higher fat options (mayonnaise, cream cheese, sour cream)

Pairs well with whole wheat grains or vegetables for a healthy snack

Can be purchased in several flavors or homemade! Learn how to make your own *Extra Easy Hummus* at DinnerTonight.tamu.edu



DINNER
TONIGHT

TEXAS A&M AGRILIFE EXTENSION

Source: North Carolina Cooperative Extension



PUMPKIN HUMMUS

Course: Snack, side dish, appetizer

Ingredients:

- 1 15 ounce low sodium garbanzo beans
- 2 15 ounce pumpkin purée unsalted
- 1 garlic clove minced
- 1 tbsp olive oil
- 2 tbsp lemon juice
- 2 tsp ground cumin
- 2 tsp paprika
- 2 tsp cinnamon

Instructions:

1. Purée garbanzo beans in a food processor
2. add pumpkin purée and mix well
3. Add garlic, olive oil, lemon juice, ground cumin, and paprika. Mix well
4. If the recipe is too bland, add more cumin and paprika to taste

Nutrition Facts

12 servings per container

Serving size (111g)

Amount per serving

Calories **70**

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 50mg 2%

Total Carbohydrate 11g 4%

Dietary Fiber 4g 14%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 39mg 4%

Iron 2mg 10%

Potassium 211mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Mediterranean Hummus Board

SEPTEMBER 13, 2023 BY DINNER TONIGHT

This recipe is the perfect way to add nutritious flavor to store-bought hummus! Pair this Mediterranean Hummus Board with your favorite vegetable "dipper" for an extra healthy option at your next gathering!

Instructions

1. To toast pine nuts: Add pine nuts to a skillet (do not add oil) over medium heat. Cook for 3 minutes, stirring occasionally to prevent burning. Pine nuts are toasted when slightly browned and fragrant.
2. Evenly cover the surface of a flat serving dish with the hummus. We recommend using the back of a spoon to create a decorative scalloped effect.
3. Over the top of the hummus, evenly spread the black olives, cherry tomatoes, cucumber, red onion, feta cheese, and pine nuts.
4. Sprinkle the parsley, kosher salt, black pepper, and paprika evenly over the top.
5. Divide evenly into 6 servings and serve with your favorite "dipper." We recommend bell peppers, snap peas, or broccoli!

Ingredients

- 10 ounces hummus traditional flavor
- 10 black olives halved
- 10 cherry tomatoes quartered
- 1/2 cucumber ucumber small diced
- 1/4 cup red onion finely diced
- 1 Tablespoon reduced fat feta cheese crumbled
- 2 Tablespoons pine nuts toasted
- 1 teaspoon fresh parsley chopped
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon paprika

Nutrition Facts	
6 servings per container	
Serving size	1/6 of Recipe
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	17%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 53mg	4%
Iron 2mg	10%
Potassium 112mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

BENEFITS OF FAMILY MEALTIME

MAY 20, 2016 BY [DINNER TONIGHT](#)

Learn more about how eating meals as a family is beneficial for your children. Our Family Mealtime initiative encourages eating healthy meals as a family.

Why Family Meals Matter

[Maureen Bligh](#), [Andrea Garen](#) and [Ashley Rosales](#), Registered Dietitians. [Click here for original article from the Dairy Council of California.](#)

When was the last time you sat down for a meal with your family? Was it last night, last week or last month? For some families, eating together is reserved for special events and holidays, like birthdays or Thanksgiving. These special occasion meals allow families to connect with each other, strengthen family ties and pass on family cultural traditions.

But family meals don't have to be reserved for special occasions. Family meals can happen any time of day, any day of the week! If the words "I'm too busy" pop into your mind, you're not alone. You probably even hear this from other parents and peers.

But family meals can fit into even the busiest of schedules and they offer a host of benefits for children and adults alike!

Children who eat with their families are better nourished, have lower rates of obesity and better vocabularies^{1,2,3}. These factors can have a positive impact on classroom behavior and academic performance^{1,2,3}. And when it comes to improving the health of our children, family meals are a great way to instill healthy eating habits that will last a lifetime⁴.

Research into family meals and their benefits is becoming more in depth, with some interesting findings:

- Dining as a family can create an environment for parents to lead by example for their children. Children who eat with their families consume more fruits, vegetables, milk and dairy foods compared to those who eat fewer family meals⁵. Parents will be thrilled to learn that young adults who were raised eating regular family meals consume more vegetables⁴ (there is hope yet for teenagers!)
- Adults also report that eating as a family is a positive portion of their day⁶. Mealtime creates a feeling of togetherness and family cohesion. The concept of family meals does not exclude single-parent homes or couples without children. The routine associated with meals can provide a protective value for some of the risks associated with single-parent homes. For couples, the routine of sitting down together carves out time for each other and creates work schedule boundaries creating a balance between work and personal life.
- There is an association between family meal frequency and lower rates of obesity⁴. However, while the meals are more nutritious (especially when prepared and eaten at home) they are not necessarily lower in calorie. Family meals consumed while distracted (watching television, taking phone calls, reading the mail) may actually increase food consumption⁷.

But the benefits of family meals go beyond nutrition and family unity. Family meals are also an opportunity to promote child development². Regular family meals teach children many things that will enrich their lives beyond the immediate health benefits of eating nutritious food.

1. **Memories** Taking the time to sit together at mealtime helps create positive memories for yourself and your family.
2. **Enjoyment** The first and most important place where children learn positive attitudes about food is in the home. Eating meals together starts a lasting and positive relationship with food.
3. **Self Esteem** Mealtime conversation brings the family together and promotes positive self-esteem in children.
4. **Life skills** Children learn best by doing, not watching, so get them involved! You can teach children how to cook balanced meals for themselves by including them in meal planning and preparation.
5. **Traditions** Mealtime is an ideal time to strengthen family ties and pass on family cultural traditions. Whether you are celebrating a holiday or just eating an everyday meal, things you do in your home will be passed down to your children and grandchildren.
6. **Curiosity** Kids are more likely to try new foods when they are involved in meal preparation. They have a natural curiosity about food so be sure to offer new foods at mealtime (but never force them to try them.)
7. **Relaxation** Family meals are the perfect time to connect with each other and share your stories of the day. Shared time and positive experiences with your children is great way connect and relax together after a hectic day of work, school and errands.
8. **Responsibility** Research has shown that cooking with kids and assigning tasks surrounding mealtime, promotes independence and a sense of responsibility in the kitchen – and in life.
9. **Communication** Having conversations at mealtime increases your children’s vocabulary. Encourage them to speak by asking about the best part of their day and probe more about what made the best part so great.
10. **Love** Children watch and imitate adults, and look to them to learn proper behavior for everything from saying please and thank you to learning about fitness and nutrition. Mealtime is the ideal time to remind your children every day that they are important and loved.

Isn’t it time to make family meals a habit in your home?

1. Harrison ME, Norris ML, Obeid N, Fu M, et al. Systematic review off the effects of family meal frequency on psychosocial outcomes in youth. Canadian Family Physician. 2015 Feb;61(2):e96-e106.
2. Utter J, Denny S, Robinson E, Fleming T, Ameratunga S, Grant S. Family meals and the well-being of adolescents. J Paediatr Child Health. 2013 Nov;49(11):906-11.
3. Snow CE., Beals DE. Mealtime talk that supports literacy development. New Dir Child Adolesc Dev. 2006;(111):51-66.
4. Fulkerson JA, Larson N, Horning M, Neumark-Sztainer D. A review of associations between family or shared meal frequency and dietary and weight status outcomes across the lifespan. J Nutr Educ Behav. 2014 Jan;46(1):2-19.
5. Neumark-Sztainer D, Hannan PJ, Story M, Croll J, Perry C. Family meal patterns: associations with sociodemographic characteristics and improved dietary intake among adolescents. J Am Diet Assoc. 2003; 103(3):317-322.
6. Videon T, Manning C. Influences on adolescent eating patterns: The importance of family meals. J Adolesc Health. 2003; 32(5):365-373.
7. Bickham DS, Blood EA, Walls CE, Shrier LA, Rich M. Characteristics of screen media use associated with higher BMI in young adolescents. Pediatrics. 2013. May;131(5):935-41.
8. <https://www.fcconline.org/the-importance-of-family-mealtime/>



4-H HORSE PROJECT

PARKER CO. 4-H MOUNTED HORSE PROJECT MEETINGS

- Must provide your own horse
- Participants must be 8 and in the 3rd grade
- Must be currently enrolled in Parker Co. 4-H

RSVP IS REQUIRED TO RECEIVE ADDRESS

Current Proof of Negative Coggins is Required at Every Meeting

Novice Horse Project Meetings: For youth new to horse project, limited riding experience, and have never competed in a horse show.

Advanced Horse Project Meetings: For youth that have experience in horse competition settings and have shown, can comfortably lope/canter and can consistently identify and pick up the correct lead.

Important Dates

Novice Horse Project Meetings - [Click to RSVP for October](#)

- October 3rd @7PM (RSVP Required)
- October 10th @7PM (RSVP Required)
- October 17th @7PM (RSVP Required)
- October 24th @ 7Pm (RSVP Required)

Advanced Horse Project Meetings - [Click to RSVP for October](#)

- October 3rd @6PM (RSVP Required)
- October 17 @ 6PM - (RSVP Required)
- October 31 @ 6PM - (RSVP Required)

- October 4th - Horse Judging Informational @ 5:30 (mandatory for those interested in attending the horse judging practices) **[Click HERE to RSVP](#)**
- April 1 - Horse Validation Deadline for Parker County 4-H Horse Show
- April 20 - Parker County 4-H Horse Show

PARKER CO. 4-H

HORSE JUDGING

It's time to start horse judging! 4-H'ers interested in attending Parker Co. 4-H Horse Judging practices will be administered a fill in the blank, test on basic horse knowledge at the mandatory horse judging practice informational meeting. A score of 80 is required in order to attend Parker Co. 4-H Horse Judging practices. Worry not because if you are interested in horse judging, you have plenty of time to brush up on the information below. As long as you can label parts of the horse, identify colors, list common stock horse breeds, identify common equine associations, are familiar with gaits and can provide examples of common Western/English judged events, you're good to go. Everything you need to know is down below.

Frequently Asked Questions...

- Why must youth pass a test to attend horse judging practices? We have one coach and many youth interested in judging. Youth need to have the basic horse knowledge in order for them to get the most out of the practices.
- If I don't pass the test, may I still compete in horse judging contests? Absolutely. If a young person does not pass the test, we can provide additional resources that can be studied on their own and they may compete as an individual at any of the horse judging contests open to 4-H members.
- May I invite others to attend horse judging practices after the informational? Unfortunately, no. Each practice builds on from the previous practice. If an individual does not attend the mandatory informational, they will not be able to attend the practices.
- If I'm unable to attend the practices, may I still compete in horse judging contests? Absolutely. We understand, schedules are busy and practices may not align with your schedule. 4-H'ers may still practice on their own and compete as an individual at any of the horse judging contests open to 4-H members,

This is a fill in the blank test, word banks or answer choices will not be provided

Basic Horse Knowledge Resource Links:

- [Colors, Markings and Parts of the Horse](#)
- [Gaits and Leads](#)
- [The Difference Between Western and English Riding](#)

Common Stock Horse Breeds:

- American Quarter Horse
- American Paint Horse
- Appaloosa

Common Western Judged Events:

- Western Pleasure
- Western Horsemanship
- Stock Horse Pleasure
- Reining
- Trail

Common Equine Associations:

- American Quarter Horse Association (AQHA)
- American Paint Horse Association (APHA)
- National Cutting Horse Association (NCHA)
- National Reining Horse Association (NRHA)

Common English Judged Events:

- Hunter Under Saddle
- Hunt Seat Equitation
- Hunter Hack
- Jumping



4-H LIVESTOCK

- **October 9th (Noon)** - 2024 Major Stock Show (Late) Validation Orders Due online
- Heifer, Sheep and Goats
- **October 24th** - D3 4-H Livestock Judging Contest Registration Deadline
- **October 26th** - 2024 Major Stock Show Validation - Heifer Sheep and Goats
 - Clint Petzold's Barn - 226W Aycock Ct, Weatherford, TX 76088
- **October 31st** - 2023 Major Stock Show (Late) Swine Validation Orders Due online
- **November 1st** - Quality Counts Renewal if 4-H'er has entered 6th or 9th grade
- **November 7th** - ALL 2024 spring Major Stock Show entries due to the Extension office

DISTRICT 3 4-H LIVESTOCK JUDGING CONTEST

Registration Deadline - Tuesday, October 24th through [4-H Online](#)

Event Information

Date: Wednesday, November 8, 2023

Registration: September 1 – October 24, 2023 Register on [4-H Online](#)

Location:

Wilbarger County Events Center
301 Wilbarger Street
Vernon, TX 76384

Age Divisions:

The Livestock Judging Contest is open to enrolled members between the ages of 8 years old and 3rd grade to grade 12.

- Grades 3-5 (Junior)
- Grades 6-8 (Intermediate)
- Grades 9-12 (Senior)

Teams:

Teams will be designated the morning of contest at check-in. *You will NOT be able to register or pay the day of the contest for the District 4-H Contest.*



Texas has the largest number of 4-H and FFA livestock projects in the nation. Additionally, Texas has the most exhibitors, scholarships and monies awarded. Young people have the opportunity to participate at the county, district, regional and state level. The tremendous support and dedication of livestock show officials, donors and industry stakeholders help make this possible.

With this opportunity comes a responsibility for each exhibitor to learn and demonstrate the highest standards, both in personal character and in the feeding and care of their animals. Focused on quality assurance and character education, Quality Counts is designed to teach young people the importance of displaying good character in carrying out livestock projects, and in every aspect of their lives. Quality Counts helps youth exhibitors learn the importance of using proper livestock management practices so that food quality and safety are preserved.

Through a set of curriculum, activities and a verification exam, livestock exhibitors understand they are contributing to the world's most nutritious and safe food supply. The world's population, now estimated at 7.3 billion, is expected to grow to 9.7 billion by 2050. Youth exhibitors will meet the challenges of feeding a growing population. Livestock show programs, like Quality Counts, are critical in the development of agricultural industry careers of young professionals.

Exhibitor participation in Quality Counts helps ensure that Texas 4-H and FFA members can continue to be a part of the greatest youth livestock program in the nation.

All youth new to exhibiting livestock at major livestock shows, must complete Quality Counts Verification. Youth that celebrated their 14th birthday this past 4-H year, will need to go in and complete the senior level Quality Counts Verification if you have not already done so. You may click the link below to complete the verification process. The Mozilla web browser is recommended.

[Quality Counts Verification Link](#)

*****If you have celebrated an 11th or 14 birthday,
it's time to take the next age level of Quality
Counts*****

MAJOR STOCK SHOW TAG ORDERS (LATE) – SWINE

2024 Major Stock Show swine Tag Orders - Due October 31, 2023 (click link below to order)

- 2024 Spring Major Stock Show - Barrows and Gilts
- It is time to order tags for all barrow and gilt exhibitors for the 2024 Spring Major Stock Shows.
- All barrows, cross gilts and purebred (registered gilts) must be validated to show at 2024 Spring Major Junior Livestock Shows.
- **Exhibitors must provide a color copy of the registration papers for all registered gilts tagged to your respective Ag Science Teacher or County Extension Agent. Those papers must be uploaded to the swine validation system by January 3, 2024.**
- Please keep a copy of the payment receipt that is emailed to them when they order is placed. Tags for this order are \$23.



MAJOR STOCK SHOW TAG ORDERS (LATE) – HEIFERS

2024 Major Stock Show Heifer Tag Orders - Due October 9, 2023 (click link below to order)

- ****NEW** FOR 2023** heifers will be charged \$25 (*We, Parker Co., charge an additional \$3 to cover the online payment system, postage and validation supplies*) per validation fee. This increase in cost is due to two factors we are facing this year. 1) In an effort to be in compliance with Texas Animal Health Commission, we are switching our previous EID frequency tags to 840 frequency EID tags. This will allow our state validated livestock to move in compliance with TAHC across state lines and be in compliance when issues a Certificate of Veterinary Inspection (health papers). This is a move in a positive direction, but does come at an increased cost. 2) Costs and fees have increased across the board, as well as expanding the services of the validation program to additional shows. That said, we must compensate accordingly to continue to provide educators, exhibitors, and their families the continued support, education, and consistency we have established. Please keep in mind the validation fee is not ONLY for the cost of the tag, but the entire validation SYSTEM that includes personnel, travel to livestock shows, a robust online database/maintenance, and our validation compliance team that helps ensure our rules and guidelines are enforced to ensure a fair and level playing field for Texas livestock exhibitors.
- ****NEW** FOR 2023** all state validated heifers will be tagged similar to steers. This will bring our heifer validation program in line with breeding sheep, breeding goats, and breeding gilts.
- Heifers that are already validated and have not changed breed or ownership, do not need to be revalidated with a tag. Only newly validated heifers will get a tag and will be charged the new validation fee. As always, if a heifer changes ownership or breed, they must be revalidated.
- NOTE: Once validated, heifers remain eligible through their show career unless they change breed or ownership. There is no need to re-validate a heifer if breed or ownership is not being changed.
- 23-24 Registered Breeding Heifers - 1 exhibitor per animal, color copy of papers required. ***Heifers will now be tagged***



MAJOR STOCK SHOW TAG ORDERS (LATE) – SHEEP–GOATS

2024 - Major Stock Show Lamb and Goat Tag Orders-

Due October 9, 2023 (click link below to order)

- ***NEW FOR 2023*** Lambs and goats validated during the 2023 State Fair Validation Period WILL BE ELIGIBLE for 2024 Spring Major Shows. Market animals validated for the 2023 State Fair will carryover for 2024 Spring Major Shows. Once validated, the project MUST stay in the care of the exhibitor that project is validated to; if the exhibitor chooses to sell the project to a new exhibitor, the new exhibitor MUST REVALIDATE the project within the next validation period.
- Market Lamb - May be validated by family (validation will carry over to 2024 spring majors)
- Market Goats - May be validated by family (validation will carry over to 2024 spring majors)
- Wether Dams - May be validated by family - validation good for 3 years unless change of ownership.
- Wether Does - May be validated by family - validation good for 3 years unless change of ownership.
- Registered Breeding Sheep - ***may be family validated if all exhibitors are listed on papers***, **color copy of papers required at time of validation** - validation good for 3 years unless change of ownership. Ownership deadline October 1, 2023.
- Registered Breeding Boer Goats - ***may be family validated - all exhibitors must be listed on papers*** **color copy of papers required at time of validation** - validation good for 3 years unless a change of ownership. Ownership deadline October 1, 2023

***TLBA and TGBA Tags must be in the sheep and goats ears at time of validation for them to be recorded.

***TLBA and TGBA tags are required for sheep and goats at the San Angelo Stock Show.

***Please note, all sheep and goat tags (market and breeding) are interchangeable. If you ordered a market lamb tag but got a breeding goat instead you may use it to tag the breeding goat.

*** Registered Breeding Sheep and Goats - a hard color copy of the registration papers are required to be submitted at time of validation. Please do not email or text.

*click
here!*

SHOWING LIVESTOCK

We are kicking off the new 4-H year and I wanted to offer some words of wisdom to you all in regards to your livestock projects...

If you are wanting to show livestock because you want to start a scholarship fund for school...invest the \$ that you would spend on livestock and showing and you'll come out with way more.

Showing livestock is **NOT** about making \$. The average county show check that we receive is \$2,000. To put that into perspective you're spending at least \$1,000 to purchase any hooved livestock project and that does not include the cost of feed and supplies. **We consider it a good day if you break even.**

Showing livestock is about the lessons learned, the knowledge and responsibility gained, and the time spent in the barn with friends and family.

I've seen a lot over my 15 years in Extension and one common theme that arises every year is a 4-H'er biting off more than they can chew when it comes to a livestock project. If you are new to 4-H or are an existing 4-H member that wants to dabble in a new project area please keep the following in mind:

- **Start with the county livestock show** - Individuals new to livestock should always start with getting their feet wet at the county livestock show. Major stock shows are a completely different animal and can make for a pretty terrible experience if you don't know the ropes or how to navigate them. They're also extremely expensive and one wrong move at that level can make all of your hard work go down the drain.
- **You are the one making the decision to take on a new project, it is your responsibility** - I can provide you with educational resources and can refer you to volunteers that can help on occasion, but this project is YOUR responsibility.

- **Do you have a way to transport the animal** - No matter the species, there will be a time that you will need to transport your animal. Do you have a reliable way of getting your animal where it needs to be especially in an emergency situation. If the answer is no, don't get that project.
- **Do you have the proper facilities to house the project** - show animals are cared for differently than commercial animals. You need to have access to the proper facilities.
- **Can you afford the project** - Let's just be real...showing is expensive, no matter the species. The cost associated with a project, isn't just the purchase price of the project. You'll need to purchase show supplies, feed, and health care items. Even if you have a scramble certificate, it is very hard to find a show quality animal for that certificate amount these days.
- **Do you have a mentor that could help you in your project area** - yes we do have volunteer leaders that are happy to help when they can, but you also need to be real with your expectations. These are VOLUNTEER leaders and there is no way they can tell you everything they know at a Saturday clinic. They also have their own projects they are caring for. An involved breeder is the way to go. No one knows their animals better and your success in the show ring reflects positively on them.
- **Resources you should review** -
 - [Texas 4-H Beef Explorer Guide](#)
 - [Texas 4-H Poultry Explorer Guide](#)
 - [Texas 4-H Rabbit Explorer Guide](#)
 - [Texas 4-H Sheep/Goat Explorer Guide](#)
 - [Texas 4-H Swine Explorer Guide](#)
- **Do your research before you buy** - there are a lot of niche breeds that are not suitable for livestock shows as well as timelines that must be followed. There's nothing more frustrating than telling someone the animal they've purchased is not eligible for show. Make sure you are familiar with the rules and guidelines of the show before you purchase an animal.

LIVESTOCK PROJECT COSTS

GETTING REAL WITH THE PRICE OF SHOW ANIMALS THESE DAYS

A recent conversation with a family new to 4-H and livestock projects sent me on a journey to find costs of show animals and what you should be prepared to pay if you want to participate. A couple of points that need to be made, first and foremost...

- Livestock projects are not cheap...
- The purchase of the show animal is most often times the least expensive part of the project, and again, livestock projects are not cheap...
- **The Livestock Show Industry and the Commercial Livestock Industry are not the same. The quicker you come to terms with that, the more you'll understand the price points of the livestock show industry. Yet again, livestock projects (commercial or show) are not cheap...**
- Yes, there is always a chance of finding a breeder that is willing to help a young person get started, but as mentioned before, the purchase of the show animal is often times the least expensive part of the project. Investments still must be made in housing, feed, supplies, health care and entry fees.
- What is your goal? As with anything, the higher the quality of animal, the more expensive it's going to be.
- Lastly, nowhere does it say that you have to raise a show animal for a 4-H livestock project.
 - Raise an animal project to put in your freezer.
 - Raise an animal to take to the sale barn. You at least stand a chance of making a return on your investment. You need to do a little market research to make sure you're choosing the best species and breed within that species.
 - I had a 4-H'er that created a pretty good little breeding Boer Goat business. They weren't show quality animals, but he saw a local demand for small acreage land owners wanting Boer Goats. He raised them, sold the females, took the males to the sale barn and was able to pay for his own truck and many other things with his efforts.
- No matter what direction you decide (show, commercial, or your freezer), it's worth the investment. The knowledge, responsibility and character youth gain from raising livestock is second to none.

WHAT CAN I EXPECT TO PAY

THIS IS A LITTLE HARDER TO ANSWER
BUT I GAVE IT A SHOT

I reached out to different breeders and people in the show industry to ask what bottom dollar in the livestock show industry would be, and below are the amounts I received.

Yes, you might very well be able to find something cheaper than what's listed below but at least you can have a general idea of the price points of these projects. ***Please keep in mind, I asked about bottom dollar, most of these prices reflect lower quality animals.***

- Rabbits - Easily spend anywhere from \$25/rabbit up to \$150/rabbit.
- Goats - If you're looking for a show goat you need to be prepared to pay at least \$500, and really and truly they're going to be closer to the \$700-\$1,000 for that lower-middle of the road, show quality animal. Goats do tend to run higher than sheep.
- Sheep - you need to be ready to pay at least \$500 for an animal with a little show quality and again closer to \$700-\$1,000 for that lower-middle of the road, show quality animal.
- Swine - I was told that it is very difficult to find a lower end show quality hog for less than \$500. Also keep in mind, swine feed is one of the most expensive livestock feed on the shelf.
- Beef - You should be ready to spend at least \$2,500-\$3,500 for a heifer or a steer.
- Market Poultry - Broilers are going to be anywhere from \$1.50-\$2.00, Turkeys \$6-\$7. You need to factor in the number of birds you have/need to buy. Poultry feed is also very expensive and market birds eat a tremendous amount of feed.

I hope this gives you a better idea of the lower end price points of livestock projects. Also, please understand, most breeders are all about supporting youth but they also have to make a living and cover their costs as well. It's the nature of the beast.

WELCOME

AWESOME!

Welcome to the Parker County 4-H Rabbit Project!

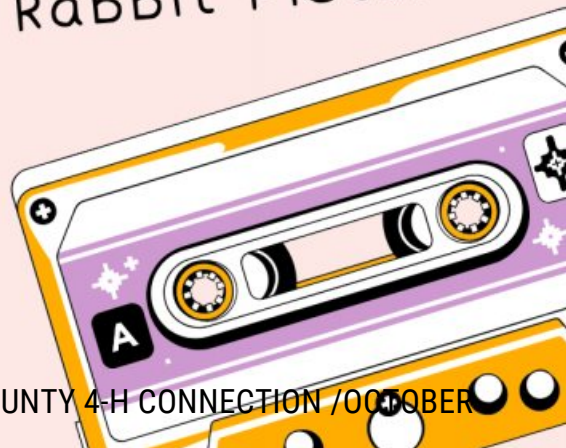
Our Facebook page is not only educational but fun too! Here is some of the content you can expect! send any fun pictures or tips, or tricks to finleyvandyK07@gmail.com. Here's the link!

<https://www.facebook.com/groups/1053251702715660/>

- Rabbit Grooming Tips!
- Project meeting near you!



- Cute Rabbit Pictures!
- Shows in your Community!



Aledo Ag Backers Buckle Bash Spooktacular



October 28, 2023 | 10am

Parker County Sheriff's Posse

\$35 Entry

Registration Opens at 6:30am

Steers: Registration & Weigh-in Closes at 8am

Lambs: Registration & Weigh-in Closes at 8am

Goats: Registration & Weigh-in Closes at 8am

Swine: Registration & Weigh-in Closes at 10am

Heifer: Registration Closes at 10am

For More Information

Darrell Lanford 817.933.9430

Christin Hardwick 409.877.2774

Buckles | Banners

Steers and Heifers by Division
(American, British & Exotic)

Sheep by Division
**(Fine Wool, Fine Wool Cross,
Southdown, Dorper, Medium Wool)**

Goats by Division
(Light, Medium, Heavy)

Swine by Division
**(White OPB, OPB, Dark Cross, Light
Cross, Duroc, Hamp, & York)**

Showmanship Costume Contest!

Awards for Best Dressed and Top Showman

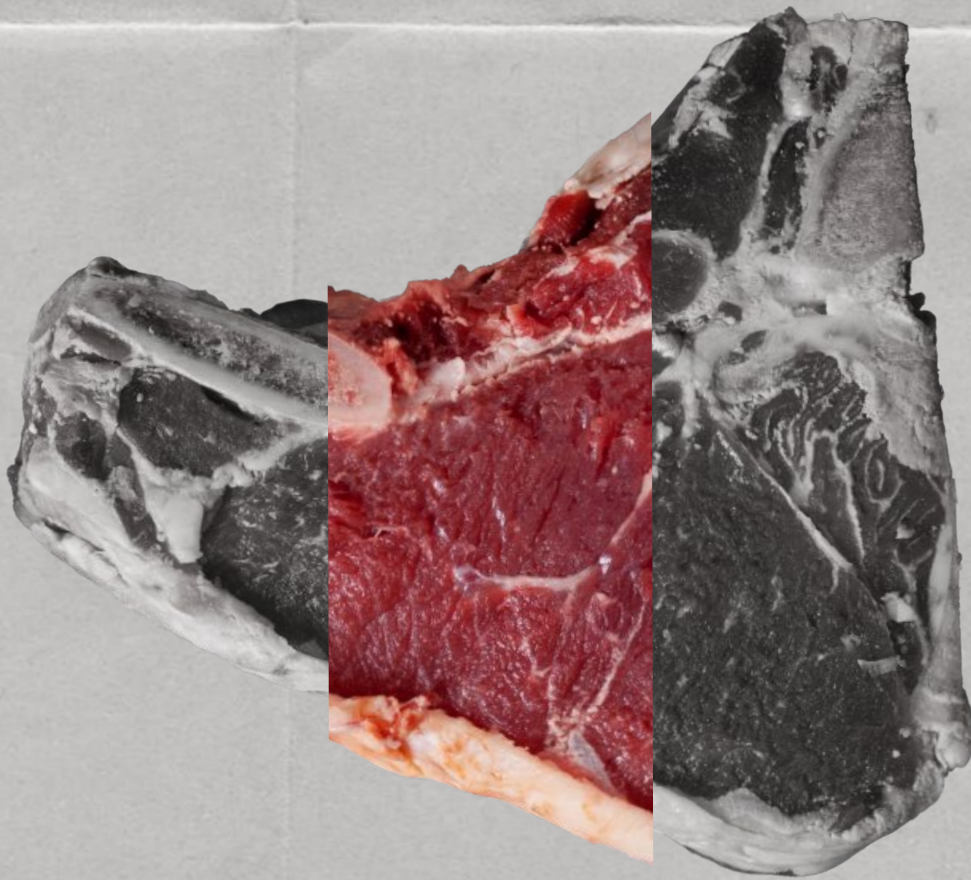
Blow & Go Show | Bring Your Own Shavings

VIP

\$50 SHOW OFF TRAILER

Texas Exhibitors Only





4-H MEAT SCIENCE

Interested in Meat Judging or Meat Science skill-a-thon?
Join us to explore the awesome opportunities in the Meat
Science project

Parker Co. 4-H Meat and Greet
Wednesday, October 25th @6PM @ the Extension Office

[Click Here to RSVP](#)

Please RSVP by Noon the day before the meeting
for planning purposes.



4-H STEM PROJECT

Monday, October 16th @6PM @ the Extension Office

[Click Here to RSVP for October](#)

Please RSVP by Noon the day before the meeting
for planning purposes.

STEM NEWSLETTER

BY: FINLEY VAN DYK

What is Graphic Design?

Graphic design is the practice of composing and arranging the visual elements of a project. Although the term “graphic design” has only been around since the 1920s, the art form itself has been an important part of visual communication for thousands of years. We can see early examples of graphic design in ancient manuscripts and even prehistoric cave paintings. Today, the graphic design industry spans many different disciplines and specializations. It's an exciting field that's perpetually evolving, but its adaptive nature can make it a little confusing for a newcomer to understand exactly what graphic design is and what types of work professionals do. If you're looking for a guide to graphic design basics, you're in the right place. Read on to find out precisely what graphic design is, see some examples, and learn about different design jobs.



What Careers Can I Have?

In Graphic Design, you can have the career of; Graphic Designer, Creative Director, User Interface Designer, Production Artist, Product Developer, Art Director, Marketing Specialist, Freelancer, Multimedia artist or animator, Logo Designer, Publication Designer, User Experience Designer, and much more!

Upcoming Meetings!

The next meeting is October 11th at 6PM at the 4-H Extension Office. This meeting we will be learning and making an Engineering Notebook, and learning about Fusion 360 and other CAD (Computer Aided Design) applications!



4-H CLUB NEWS

Join the Club

October

ALEDO 4-H NEWSLETTER



This month's officer spotlight is on our new president for 2024 4-H year, Seltz Kimball! Thank you to everyone who attended the September meeting. It was a lot of fun to see everyone! I hope you can all join us again in October and stick around for refreshments and a 4-H themed trivia game following the meeting.

– Aledo 4-H President, Seltz Kimball



Don't Forget to Feed Me | PET FOOD BANK, Inc.

THIS MONTH'S COMMUNITY SERVICE WILL BE
DON'T FORGET TO FEED ME, MORE DETAILS
TO COME, SO BE ON THE LOOK OUT!
DOSS HERITAGE IS HOLDING A PIONEER FEST
ON OCTOBER 7TH, VOLUNTEERS ARE
WELCOME!

Upcoming Dates!

Our next meeting date is October 11th, Clovers start at 6:30 PM and the General meeting begins at 7:00 PM at the Aledo Community Center.

Parker County's Trunk or Treat is on October 31st at 6:00 PM at the 4-H Extension Office.

October 16th is our next STEM Meeting, where I will be teaching about Graphic Design and CAD. This meeting will be held at the 4-H Extension Office at 6 PM.

Aledo Fest is October 21st, a sign up genius will be sent out for anyone who wants to participate.

We also have a Parker County Rabbit Project page on Facebook! If you have any tips, tricks, or fun photos please send them to finleyvandyk07@gmail.com! Please visit:
<https://www.facebook.com/groups/1053251702715660/>

If you didn't know the Aledo 4-H Club has a Facebook, please check it out for our members accomplishments, club info, and upcoming events.



MILLSAP 4H



MEETING TIME & LOCATION

WE MEET THE 2ND MONDAY OF EVERY
MONTH AT FBC MILLSAP, 209 LOCUST RD,
STARTS AT 6

[HTTP://V2.4HONLINE.COM/#/USER/SIGN-IN](http://v2.4honline.com/#/user/sign-in)

23-24 MEETING DATES

- OCT 9, 2023
- NOV 13, 2023
- DEC 11, 2023
- JAN 8, 2024
- FEB 12, 2023
- APR 8, 2024
- MAY 13, 2024

COMMUNITY SERVICE

FOR THE MONTH OF SEPTEMBER MILLSAP 4H DONATED
ITEMS FOR OUR LOCAL ANIMAL SHELTER. LOOKING AHEAD
MILLSAP 4H PLANS ON CLEANING UP MILLSAP HERITAGE
PARK AND DONATE NON PERISHABLE FOODS TO OUR
LOCAL FOOD PANTRY.

FUNDRAISERS AND EVENTS

MILLSAP 4H RECENTLY PARTICIPATED IN MISD HOCO
PARADE. FUNDRAISERS WILL BE POSTED SOON, THANK
YOU FOR YOUR SUPPORT!



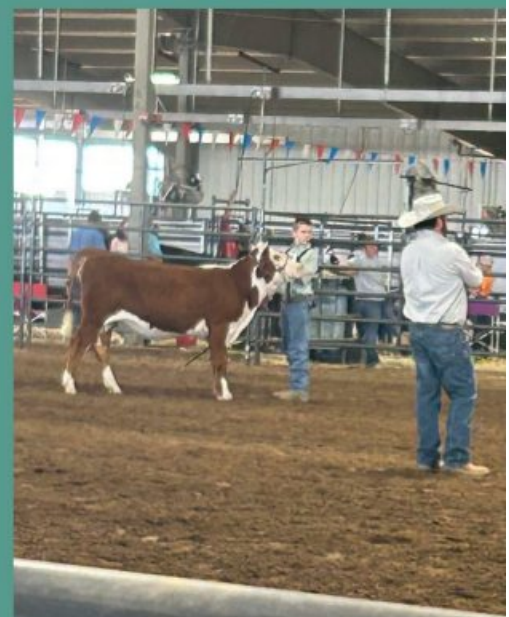
MEMBER SPOTLIGHT

HAIDAN LEE

AT NORTH TEXAS STATE FAIR SHE WON SHOWMANSHIP,
ANGUS, BRITISH, AND RESERVE SUPREME HEIFER

WYATT PRICE

SHOWED HIS HEREFORD HEIFER AT WEST TEXAS FAIR





PEASTER 4-H NEWSLETTER



September 25, 2023

Club Meeting

2nd Monday Every Month
5:30 Clovers / 6:00 4-H
Peaster Elementary Cafeteria

Next Meeting is Monday Oct. 9th

- Ag Product Identification
- Ag Mechanics Overview
- Costume Contest
- Pumpkin Contest
(bring a decorated pumpkin)
- Donate a bag of candy for the
Parker County 4-H Trunk or Treat



Community Service

4-H kids will paint pumpkins and
play games with the children at
the Pythian Home.

October 8th 2:00 - 3:00
1825 East Bankhead Drive

If you can volunteer, please text
Traci Hamlin at 817-308-9845

Accomplishments



PROMOTED
4-H



PLANTED
FLOWERS
FOR
PEASTER
ELEMENTARY

CLEANED &
STOCKED
PEASTER
FOOD
PANTRY



Follow us on Facebook @ Peaster 4-H
Questions ? Contact Traci Hamlin @ 817-308-9845

Peaster 4-H Club Meeting

MONDAY OCTOBER 9TH

Donate
Candy for the
4-H Trunk or
Treat

Clovers 5:30
4-H 6:00



ELEMENTARY CAFETERIA

Ag Mechanics Overview
Ag Product Identification



**Pumpkin &
Costume
Contest**





OCTOBER CLUB NEWS

October 3, 2023

STEM MEETING

5:30-6:30pm
Springtown High School
Cafeteria

Please RSVP to Shelly
Mix:
mix.shelly@yahoo.com

CLOVER KIDS

6:30pm
Springtown High School
Cafeteria

grades kinder-2nd



GENERAL MEETING & HALLOWEEN PARTY

6:45pm- Dinner
7pm- Meeting
Springtown High School
Cafeteria

Wear your Halloween
Costume and bring your
favorite Halloween Treat
for judging!

QR Code for Club Meeting
Pizza Dinner RSVP:



CLUB T-SHIRT ORDERS

Order forms have been emailed
out and will be available at our
October 3rd meeting. Cash or
Check only.



CONTACT
US

springtown4h@gmail.com

facebook.com/springtown4h

WEATHERFORD DAY

October 2023-2024



OCTOBER MEETING

This month, in honor of sporting events and fall weather, wear your favorite team's shirt or fall attire.

This month, we will also be doing a PUMPKIN CONTEST!!! Carve or paint your pumpkins at home, and then bring them to our October meeting for best carved and best painted awards. Best of luck!

We will also be having a police officer come to speak about halloween and trick-or-treating safety.



SEPTEMBER MEETING

This month, we had a great time at Weatherford Day! Take a look at what y'all helped us collect for Cook's Children's Hospital! Thank you everyone who contributed

Mr. Brennan Spikes, our club manager, informed everybody about record books, clover kid projects, and our upcoming community service project for October.

Tatum Allison, our reporter and secretary, spoke about honey bees, her experience, and Metro Beekeepers Association's Youth Scholarship Program.

COMMUNITY SERVICE

For October's community service project, we will be making dog treats to give away at the dog park, asking them to donate to the Weatherford Animal Shelter, who's raising money to neuter and spay 100 cats every month for free. We will also be collecting dog toys, dog beds, and more.

Keep your eye out for the dates on our Facebook page.



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