

# ANDREWS COUNTY 4-H NEWSLETTER

AMANDA NECESSARY CEA- AG/NR  
FEBRUARY 2016

JOANNA PACK CEA- FCS  
VOLUME 7, ISSUE 7



## UPCOMING EVENTS

### FEBRUARY:

4 WOOL JUDGING  
PRACTICE @ 7:30 AT ACE

8 GENERAL 4-H  
MEETING @ 6:30PM

18 4-H SEWING PROJECT  
KICK OFF

25 ALA MEETING AT  
NOON

26 WOOL JUDGING  
PRACTICE @ 7:30 AT  
ACE

### MARCH:

3 FASHION STORYBOARD  
CLASS @ 6PM

3 WOOL JUDGING  
PRACTICE @ 7:30 AT  
ACE

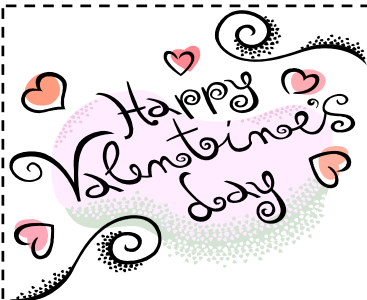
14-18 SPRING BREAK!

21 GENERAL 4-H  
MEETING @ 6:30PM

24 WOOL JUDGING  
PRACTICE @ 7:30 AT  
ACE

31 ALA MEETING AT  
NOON

32 WOOL JUDGING  
PRACTICE @ 7:30 AT  
ACE



## Next 4-H Meeting February 8th

Our next 4-H meeting is scheduled for Monday, February 8th at 6:30pm at the Extension Office.

We will discuss upcoming projects and all 4-H members and families are invited to attend these monthly meetings.

## Community Service- Valentines Day Cards for Cancer Patients

For our February community service project we will paint Valentines Day cards to give to cancer patients at Allison's Cancer Center in Midland.

Come with ideas, small poems and your best heart drawings!

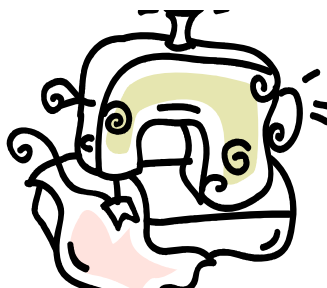
## Clothing Project Sign Ups Taking Place Now SPOTS ARE LIMITED!!

If you are interested in the Clothing Project please call the Extension Office ASAP at 524-1421 to RSVP. We have spots for 8 clover kids (kinder- 2nd grade), 4 juniors (3rd-5th grade), 4 intermediates (6th-8th grade) and 4 seniors (9th-12th grade). You must RSVP and must attend a mandatory meeting on February 18th at 6:00pm at the Extension Office. Classes will begin the following week on Tuesdays and Thursdays and will last 6 weeks. This project is time consuming and requires full commitment to complete but is also very rewarding!

## Fashion Storyboard Project

Fashion Storyboard classes will begin March 3rd at 6:00pm at the Extension Office. Participants draw designs and "tell the story" of their design using photos, magazine clippings, fabric swatches, etc...

This project really gives 4-Hers a chance to artistically express their inspirations for their designs. For more information on the storyboard project, please call the Extension Office at 524-1421.



## Shooting Sports News

The Andrews Shooting Sports project is open to youth in grades 3-12. Email and text reminders are sent out each week with information on meeting and practice times. If you haven't signed up for the shooting sports text reminder yet, be sure to text "@5c812" to 81010. Also, call our office if you would like to be added to our shooting sports group on facebook. For more information on the Shooting Sports project call the Extension Office at 524-1421.



## Wool Judging– Upcoming Practices

4-H Wool Judging practices are scheduled as follows:

***Thurs, March 3rd - Thurs, March 24th - Thurs, March 31st***

Each practice will take place at 7:30pm at the 4-H Room in the ACE Arena. District wool judging competition is April 13th at San Angelo and deadline to register is March 25th on 4-H Connect. For questions or additional information please call the Extension Office at 524-1421.



## Pick Up Passes for Major Livestock Shows

Major show passes have been mailed to the Extension Office and may be picked up anytime Monday through Friday from 8am-5pm (closed 12-1 for lunch). They will only be released to the exhibitor or the exhibitor's parents and you will need to sign for them.



## 4-H Project Barn Clean Up and Key Return

If you used a pen at the project barns next to the ACE Arena to hold your animal it needs to be cleaned out thoroughly. Also please clean out your storage room and remove your belongings. Once it has been inspected, your name will be checked off our list. This will ensure that your County Show sale check will be released to you once "thank you" notes are turned in. If there are any questions please call the Extension Office.

## DISTRICT & STATE 4-H ROUNDUP

Mark your calendars! This year's district six roundup will be May 7th in Fort Stockton. Competitions that will take place at D6 Round Up are consumer decision making, fashion show, dance, fashion storyboard, educational presentation, entomology ID, public speaking and share the fun. State 4-H Round Up will be in College Station on the Texas A&M campus on June 7-10th. Most events are qualifying for senior age, but there are also lots of invitational events for younger 4-Hers to be a part of! If you have any questions or would like more information please come by or call the Extension office at 524-1421.



## **SUPER BOWL Game Plan for Eating Healthy**

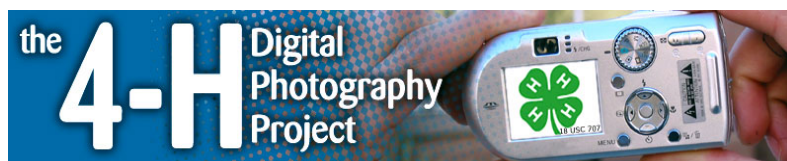
Super Bowl Sunday is the second-largest day for U.S. food consumption, after Thanksgiving Day, according to Wikipedia. Here are some winning strategies to help you make smarter and healthier food choices for Super Bowl Sunday:

- Have a game plan: include some lower-calorie drinks and munchies, sit further away from food platters, choose only 3 things you will eat. You don't have to eat some of everything just because it's there.
- Size up the opponent: check nutrition labels; eat food from a plate versus directly from a bag.
- Get in condition: lift weights and take walks to boost your metabolism and burn calories; the sooner you start the greater the benefits.
- Watch what you eat before the game: resist overloading on calories before the game so you can enjoy goodies later without the guilt.
- Avoid penalties: avoid later weight penalties from too many calories by choosing smaller portions.
- Keep yourself in the game: don't get taken out of the game because of food poisoning. Follow the 2 hour rule. Leaving perishable food at room temperature more than 2 hours is a big mistake.
- Keep advancing toward the goal: pace yourself by alternating between higher and lower calorie foods; take an occasional time-out and put a halt on your eating.



## **4-H Photography**

The 4-H photography project had a meeting on January 28th. Participants had a fun time at LL Photography Studio and Mrs. Lanie Lambert was a wealth of knowledge for all! If you missed the meeting, no worries. Just begin taking photos that fit into one of the categories below. A detailed description of each category is on back of this flyer to give you a better understanding of each of the 14 categories. The next photography meeting will take place in March. More info will be forthcoming in next month's newsletter. If there are any questions about the photography project, please call the Extension Office at 524-1421.



### **PHOTO CATEGORIES:**



**Animals– Domestic**

**Catch-All**

**Digital Darkroom**

**Elements of Design**

**Marine/Aquatic**

**Night Photography**

**Plant/Flora**

**Theme– 4-H Ribbons, Awards & Recognition**

**Animals– Wildlife**

**Details & Macro**

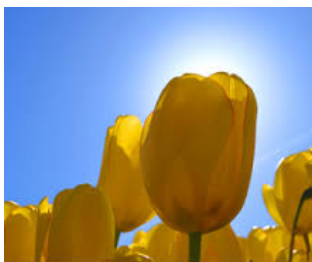
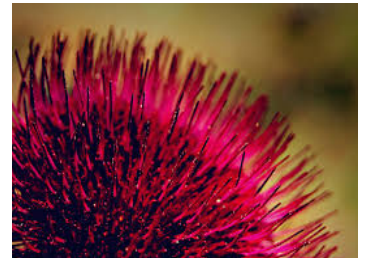
**Dominant Color**

**Food**

**Nature & Landscape**

**People**

**Storyboard**



# 4-H Photography Categories

**Animals – Domestic** Photos focusing on the various animals that have been tamed and made fit for a human environment. To be considered domesticated, the animal must have their behavior, life cycle, or physiology systemically altered as a result of being under human control for many generations.

**Animals – Wildlife** Category focuses on animals not tamed or domesticated and commonly found in the wild throughout the country and world. Photos can be of wildlife in nature, zoos, and/or petting zoos.

**Catch-All** Category for photos that do not fit into one of the other categories.

**Details and Macro** Getting in close is the name of the game for this category. This is also the place for macro photographs (although a macro image of a flower might equally go into the Flowers category).

**Digital Darkroom** Photos are for digital art - images created or drastically altered in software like Adobe Photoshop®

**Dominant Color** Photos with a dominant color. The dominant element in the image must be a specific color, such as red, yellow, blue, white, black, white, green, etc.

**Elements of Design** Images use of graphic elements of design. Photos that showcase line, shape, pattern, form, texture, perspective, etc.

**Food** Category is a still life specialization of photography, aimed at producing attractive photographs of food for use in such items of advertisements, packaging, menus and/or cookbooks.

**Marine/Aquatic** Photos of any LIVING ORGANISM in bodies of either fresh or ocean (salt) water. NO PHOTOS OF BOATS, SHIPS, OR FISHING SUPPLIES

**Nature and Landscape** The focus of this category includes landscapes, outdoor scenes, nature images, sunsets, urban landscapes, seascapes, cityscapes, and farms. Images focus on the beauty of the outdoors.

**Night Photography** Photos taken outdoors between after-dusk and before dawn. This category can include any subject as long as the focus is on the skill and technique used to acquire the photograph.

**People** Photos focus from all walks of life, parenting and family, children, babies, sports, and couples

**Plant/Flora** Photo subject should be that of a single flower, plant, bush, tree, etc.

**Storyboard** A storyboard is one digital entry (one photo) that contains three smaller images and minimal text that tells a story. The story should be easily understood by the viewer

**Theme** Theme photo focuses on a subject announced and outlined in the contest rules and guidelines.