

AgriLIFE EXTENSION

Texas A&M System

Improving Lives. Improving Texas.

On-line Cochran 4H Newsletter can be found at Web-site: <http://cochran-tx.tamu.edu>

March-April 2011
Vol. 3

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Texas AgriLife Extension Service Cochran County

Event & Program Information Dates

Cochran 4H Meeting Tentative March 1st 6:30 p.m. Activity Bldg.
Houston Livestock Show March 7-20th
Houston Livestock & Rodeo—March 1-20th
Cochran County Photo Contest March 21st entries due by March 17th
<http://www.hlsr.com>
Star of Texas Austin TX—March 11-26th
<http://www.rodeoaustin.com>
Shooting Coach Training March 25 & 26th Lubbock
D-2 Photography Contest Reg. due April 1st
D-2 4H Fashion Show April 12th Abernathy Elementary Reg Due March 28th Narrator Applications due by March 18th to Shana Fleming in Parmer County
D-2 4H Fashion Story Board April 12th Reg due March 18th
D-2 Photography Contest entries due by March 25th Judging will take place in April 14th
D-2 Roundup Contest May 7th Levelland Middle School Reg due by April 22nd

Meeting Dates & Contacts:

Cochran 4H—Patsy Burton & Andra Hoots Managers, Kimberly Silhan Club Pres. & Kaylee Presley V-Pres. March 1st Activity Bldg 6:30 p.m. April 5th time & Place TBA

Cochran 4H Gun Club March 2011 TBA

Did you know ?

At around 500 BC Greek philosopher Hiraclitus wrote that "the only constant is change." Not much has changed since. Good prevails.

Awards & Results:

Ft. Worth Livestock Show:

Nash Willingham placed 10th in the Hereford beef light weight division & Paxton Willingham placed 2nd in the Hereford beef heavy weight division

San Antonio Stock Show:

Shelby Cleavinger made sell with lamb project, Scyelar Trull made reserve heavy weight champion duroc, & Peyton Baker made sell with swine project

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin.

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University System.



4H Adult Leader & Management Corner:

4-H Alliances - Businesses Who Are Supporting Texas 4-H!

Jana Barrett, Friends and Alumni Coordinator

LA QUINTA OFFERS 4-H DISCOUNT

The Texas 4-H Youth Development Foundation national discount with La Quinta hotels has been established in our systems for 2011. And as in the past, Texas 4-H members, family, friends, alumni, donors, and all supporters can obtain the 15% discount by contacting the La Quinta hotel of choice direct (ask for the "TX4H" Youth Discount), calling our toll free reservation line at 1.800.531.5900 (ask for the "TX4H" Youth Discount), or online at www.lq.com using the TX4H promotional code. Remember for every room booked using this code, 9% is donated by La Quinta to the Texas 4-H Foundation.

Also, reservations can be placed through the Texas 4-H Youth Development Foundation web site at www.texas4hfoundation.org by just clicking on the La Quinta "[Wake up on the Bright Side](#)" logo at the bottom of the home page.

TEXAS 4-H CENTER WEBSITE

While you are surfing the web, don't forget to visit the Texas 4-H Center's website: <http://texas4h-ctr.tamu.edu>
You never know what you might find.

COCHRAN COUNTY 4-H ON-LINE

Now has the 4-H newsletter as well as various other sources of information at: <http://cochran-tx.tamu.edu>

Other 4-H Web-sites

Glory Be Collectibles You might want to check out the neat 4-H items at www.glorybe.com

Clover Corner News Check out the Clover Corner News, 4-H's national online newsletter, at: www.4hblogs.org/ccn.

Check out this Website : <http://texas4-h.tamu.edu>

Healthy Southern Shrimp and Grits

2 cups white grits, cooked, 2 Tablespoons olive oil, 1 pound shrimp, peeled and deveined

1 small sweet onion, diced. 1 small tomato, chopped, 1 small green bell pepper, sliced

Cook grits in saucepan according to directions using water. Set aside. In skillet, add olive oil, sweet onion, green bell pepper, tomato, and shrimp. (Can use cooked shrimp, but add last just to warm.) Sauté in skillet on medium to low heat until shrimp is pink and vegetables are tender about 3 minutes. If you want really tender vegetables, add those first and sauté before adding shrimp. Ladle shrimp mixture over grits and serve.

For a more authentic southern shrimp and grits, add crumbled cooked bacon and cheese on top of the grits, then top with the shrimp mixture. Remember, adding bacon and cheese will add more calories.

Preparation Time: 5 minutes Cook Time: 25 minutes Serves: 4 Cost per serving: \$2.94

Nutrition facts per serving: Calories: 451 Total Fat: 28 g Cholesterol: 166 mg Sodium: 207 mg

SCHOLARSHIP OPPORTUNITY

Outstanding graduating high school seniors are eligible for scholarships in amounts up to \$8000 You can apply at <http://soilcrop.tamu.edu/scholarships.html>

UNDERGRADUATE DEGREE CHOICES:**Agronomy**

Turfgrass Management Option

Soil & Crop Management Option

Agro-Industry Option

Plant & Environmental Soil Science

Soil Science Emphasis

Plant Science Emphasis

FOR MORE INFORMATION

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QUOTE OF THE MONTH

Let a series of happy thoughts run through your mind. They will show on your face.

Author Unknown

D-2 & State Events

D-2 4H Fashion Show April 12th Abernathy Elementary Reg Due March 28th Narrator Applications due by March 18th to Shana Fleming in Parmer County

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**Shirley's Family Consumer & Better Living for Texans Tip Corner
FCS-Agent, Cochran County**

Health Factoid:

Press Release: When it comes to managing mealtimes – What kind of parent are you?
Contact: Sharon Robinson, PhD, RD, LD; Associate Professor and Nutrition Specialist; Texas AgriLife Extension Service.
Date: January, 2011

When it comes to managing mealtimes – What kind of a parent are you?

Managing what food to put on the table is challenging enough without having to manage who is around the table. According to Dr. Sharon Robinson, Associate Professor and Nutrition Specialist, with the Texas AgriLife Extension Service, "There are three approaches to parenting that influence children's eating behavior: parent centered, child centered and balanced".

If you take the parent centered approach, or authoritarian, then you may restrict the type and/or amount of food your child can eat. For example, you might have a no junk food policy at your house. Another clue you may have a parent centered approach is if you stick to strict meal and snack times. Also you may expect your child to eat all of the food on their plate – a clean plate rule. One problem with this approach is that children often desire the foods they cannot have and will often overeat when offered restricted foods. Children who are required to finish all of the food on their plate may develop a habit of overeating which could lead to unwanted weight gain over time.

The child centered approach (also known as permissive) to mealtime is very unstructured. Children decide what they want to eat and when they want to eat. They will often forage in the kitchen for food. This approach to parenting can be a problem when children pick foods that are not very healthy resulting in overall decrease in nutritional intake. Also children may not learn proper table manners and how to make dinner conversation.

The balanced approach to managing mealtimes is also called authoritative. It can be thought of as a happy median between the parent and the child approaches. Parents with a balanced approach:

- Offer meals and snacks regularly throughout the day thereby allowing children to feel secure
- Provide a variety of healthful foods from which children are allowed to select
- Introduce new foods 11 to 12 times to allow children ample time to warm up to unfamiliar foods
- Create a positive mealtime atmosphere by not commenting about food not eaten or making negative statements about the child
- Are good role models.

The Texas AgriLife Extension Service offers free and low-cost nutrition and health classes and other events. To find out what is available in your area, please contact your local county Extension agent.



Calendar 2010-2011:

There's Always Something To Do! Important 4-H Dates

All meetings held at Activity Bldg unless otherwise notified.

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The information given herein is for educational purposes only. References to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the Cooperative Extension Service is implied. We will seek to provide reasonable accommodations for all

persons with disabilities for any of our meetings. We request that you contact Texas Cooperative Extension - (806) 775-1680, as soon as possible to advise us of the auxiliary aid or service that you will require.

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Reminders and/or Suggestions:

Re-enrollment is required for each new program year. Enrollment or re-enrollment can be completed by going to 4H Connect website located on 4honline.com. Please also remember that all 4-H Volunteer working directly with youth must have also submitted a volunteer screening form. These , also, may be completed online on 4H Connect.

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Houston Livestock Show and Rodeo Agricultural Awareness Day

Laura Huebinger, Extension Program Specialist - 4-H

Houston Livestock Show's annual [Agricultural Awareness Day](#) is coming up on Tuesday, March 8, 2011. This year the event is called "AG4U" with the theme of "Bringing Agriculture to the Big City". The day will be filled with a plenty of action and fun including an ag identification contest, video contest, workshops, career and education fair, electronic scavenger hunt, complimentary lunch, Agricultural Leadership Forum and door prizes! You can see the details of an exciting, action packed day on the [AG4U Website](#).