

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>

January-February 2011
Vol. 1

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Texas AgriLife Extension Service Cochran County

Event & Program Information Dates

County Show Barn Clean up and set up Jan 8th 8 a.m.
Cochran Stock Show Jan 12-15th
County Show Barn clean up Jan 22nd 8 a.m.
Ft. Worth Livestock and Rodeo—Jan 14-Feb 5th 2011
<http://www.fwssr.com>
Cochran 4H Club Meeting Feb 1st. Activity Bldg 6:30 p.m.
San Antonio Livestock & Rodeo—Feb 3-20th 2011
<http://www.sarodeo.com>
San Angelo Livestock & Rodeo—Feb. 17-27th
<http://www.sanangelorodeo.com>
D-2 Food Challenge Contest Feb. 24th
Cochran County Photography Contest March TBA
Houston Livestock & Rodeo—March 1-20th
<http://www.hlsr.com>
Star of Texas Austin TX—March 11-26th
<http://www.rodeoaustin.com>
D-2 Photography Contest Reg. due April 1st

Meeting Dates & Contacts:

Cochran 4H—Patsy Burton & Andra Hoots Managers, Kimberly Silhan Club Pres. & Kaylee Presley V-Pres. Feb 1st Activity Bldg 6:30 p.m.

Cochran 4H Gun Club March 2011 TBA

Did you know ?

The only place in the universe where a flag flies all day, never goes up or comes down, never flies half-mast and does not get saluted, is the moon.

Awards & Results:

D-2 Food Show Results:

Kimberly Silhan 6th Intermediate Bread & Cereals; Kaylee Presley 10th Intermediate Main Dish; Karissa Presley 5th place intermediate fruit & vegetables.

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin. Issued in furtherance of Cooperative Extension Work in Agriculture and Home Economics, Acts of Congress of May 8, 1914, as amended, and June 30, 1914, in cooperation with the United States Department of Agriculture, Texas Cooperative Extension, The Texas A&M University System.



4H Adult Leader & Management Corner:

In order for a volunteer to serve with the Texas AgriLife Extension Service and the Texas 4-H and Youth Development Program, all 4-H volunteers should be formally enrolled on the 4-H Adult Volunteer Leader Application (4-H 2-1.056) or on the 4-H CONNECT enrollment system on an annual basis. Criminal background checks will be conducted every three years for volunteers through the Youth Protection Standards System.

Texas AgriLife Extension Service volunteers do not have the same immunity from liability as governmental units and employees. However, volunteers may be immune from civil liability under Section 51.937 of the Education Code for discretionary acts within their scope of duties as volunteers for the Texas AgriLife Extension Service. This law does not apply to the operation of motor vehicles.

Adult volunteers are expected to act in good faith and without negligence in the performance of their duties in order to minimize any chance of injury to 4-H members, parents, volunteers, and members of the general public.

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>

Top a tater to match your favorite team NFL Team:

Pierce 4 large russet potatoes with a fork. Bake directly on the oven rack at 350 degrees until tender, about 1 hour. Let cool, then quarter lengthwise and scoop out the flesh, leaving a 1/4-inch shell. Brush both sides with melted butter and season with salt and pepper. Bake, skin-side up, at 450 degrees until crisp, about 15 minutes. Add your favorite team toppings. (For cheesy skins, flip the baked shells over before topping, sprinkle with 1 cup grated cheddar cheese and bake an extra 5 minutes.)

Houston Texans

Tex-Mex Potato Skins

Refried beans, crumbled chorizo, shredded monterey jack, hot sauce and pickled jalapenos \

Dallas Cowboys

Texas Chili Potato Skins

Chunky chili, grated longhorn cheddar, chopped onion, sour cream and hot sauce

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

"May today be especially beautiful for you!"

D-2 & State Events

D-2 Food Challenge Contest February 24th

D-2 Photography Contest Reg. due April 1st

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

Health Factoid:

A cup of cubed cantaloupe (about a quarter of a medium melon) supplies more than a day's vitamin A, nearly a day's vitamin C, 12 percent of a day's potassium, and 9 percent of a day's folate — all for only 50 calories, no saturated fat, and virtually no sodium to burden your blood vessels. You know a cantaloupe is ripe when it has a strong aroma, the blossom end (opposite the indented end where the stem used to be) yields to gentle pressure, and the rind has a yellow cast. (*Nutrition Action Healthletter*, September 2009)



Calendar 2010-2011:

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

All meetings held at Activity Bldg unless otherwise notified.

Cochran Stock Show Jan 13-15th

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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. Forms may be picked up from your club manager or the County Extension Office. Please also remember that all 4-H Volunteer working directly with youth must have also submitted a volunteer screening form. These may be completed online on 4H Connect.

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