Upcoming Events

4-H Calendar

July	5-7 - Quad-County Camp, Camp Gibson
	5-15 -Citizenship Washington Focus (CWF), Washington D.C.
	9 - Leaders meeting @ 4:30, Extension office
	9-11 - OSU Livestock Judging Camp, Stillwater
	12 - Tulsa State Fair Lamb & Goat Noimations
	14 - 4-H Parent-Volunteer Conference
	17-19 - OSU Animal Science Field Days
	18 - State 4-H/FFA Wheat Show Judging
August	3-4 - 4-H Ambassador Retreat, Bockleman's Ranch
Sept.	6-8 - Beaver County Fair, Beaver Fairgrounds
	8 - 4-H Football Game Day, OSU
	13-23 - State Fair of Oklahoma, Oklahoma City
	15 - State Fair Judging Contest Day, OKC Fairgrounds
	24 - State Fair Exhibit Pickup Day, OKC Fairgrounds
	27– Oct. 7 - Tulsa State Fair, Tulsa

Fireworks Safety Tips

Fireworks and celebrations go together, especially during the Fourth of July.
But fireworks can be dangerous, causing serious burn and eye injuries.

If fireworks are legal where you live and you decide to set them off on your own, be sure to follow these important safety tips:

-Never allow children to play with or ignite fireworks

-Read and follow all warnings and instructions

-Be sure other people are out of range before lighting fireworks.

-Only light fireworks on a smooth, flat surface away from the house, dry leaves, and flammable materials.

-Never try to relight fireworks that have not fully functioned.

-Keep a bucket of water in case of a malfunction or fire.

US Consumer Product Safety Commission

Have Fun and be Careful!

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Rachel Hayes
Extension Educator, 4-H Youth Development

Beaver County Cooperative Extension Service
Oklahoma State University
111 W 2nd ST
PO Box 339
Beaver OK 73932

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BEAVER COUNTY OSU COOPERATIVE EXTENSION SERVICE

The Clover Connection for Beaver County

4-H'ers preparing exhibits for county and state fairs

For nearly 100 years, Oklahoma 4-H'ers have been preparing exhibits for the Oklahoma State Fair. Tradition continues as 4-H'ers from across the state gear up for their local county fairs, as well as the Oklahoma State Fair and the Tulsa State Fair.

"As Oklahoma celebrates its centennial this year, Oklahoma 4-H'ers are celebrating their 98 years of participation in the Oklahoma State Fair," said Kevin Hackett, Northwest District 4-H program specialist. **"**The fair exhibits have been an important part of the 4-H Youth Development Educational Program, allowing young people the incentive to achieve and then to be recognized for outstanding achievement."

The Oklahoma State Fair will run Sept. 13-23 and judging day will take place Sept. 12. The Tulsa State Fair runs Sept. 27-Oct. 7 and judging day is slated Sept. 25.

"Because information is so easily obtainable on the Internet, there is a new section of guidelines in the fair book regarding copyright laws and regulations," he said. "When putting together exhibits, we encourage 4-H'ers to read this section so there won't be any copyright infringement."

In the last few years, Hackett said the science and technology section of fair exhibits continues to be of great interest to club members.

"We continually try to adapt exhibit categories to meet the changing interests of 4-H'ers from across the state," Hackett said. "Some project areas have been around for many years. Other projects, especially those in the science and technology category, are relatively new."

Some of the traditional exhibit categories include fabrics and fashion, child care, food science and nutrition, food preservation, woodworking, crops and entomology, just to name a few.

A robotics category was added last year and will be available again this year. The 4-H robotics program allows club members to explore science, technology and engineering through designing and building a functioning robot. Other science and technology categories include digital photography, digitally altered scanned images, Web page design, PowerPoint presentations and Global Positioning Systems/Geographic Information Systems.

Hackett said the shooting sports exhibits were changed this year and are geared toward the different disciplines, including safety, archery, air rifle, air pistol, shotgun, .22 rifle, wildlife and living history.

Wood samples as a stand alone exhibit in the forestry category is back this year. Also, the geology category will include energy and petroleum exhibits related to well site safety, careers in the energy field, different types of energy and drilling techniques.

Many of the other project areas have been expanded in an effort to meet the needs of all youth.

Oklahoma 4-H'ers who have a passion for growing pumpkins should consider entering the Great Pumpkin Contest at the Oklahoma State Fair. This event is sponsored by the Oklahoma Vegetable Association. Prizes will be awarded to growers of the biggest pumpkins from any county in the state.

Visitors to the Oklahoma State Fair can see all of these projects in the Hobby, Arts and Crafts Building. Tulsa State Fair visitors will see the 4-H exhibits in the Exchange Building.

"This location gives us lots of visibility. More people will be able to see first-hand the type of projects that are available to 4-H'ers," Hackett said.

Classes for 2007 and changes from 2006 for both the Oklahoma State Fair and the Tulsa State Fair can be found on the 4-H Web site at http://oklahoma4h.okstate.edu/events/statefair.htm.

Oklahoma State University, U.S. Department of Agriculture, state and Local Governments Cooperating. The Oklahoma Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, sex, age, disability, or status as a veteran, and is an equal opportunity employer.

Greetings from Rachel

Hello, everyone, I am Rachel Hayes the new 4-H Educator for Beaver County. I am very excited to be here and to meet everyone. I have been involved with 4-H ever since I was nine years old and hope to be until I cannot anymore. I grew up on a dairy farm in Southwest Oklahoma, so I know how to work hard, you can count on me doing just that. I graduated from Oklahoma State University with a bachelors degree in Agricultural Leadership, and knew I wanted to be a 4-H educator for as long as I can remember. Now that I have finally made it here I plan on doing my best to help all who needs help with projects or anything else. I plan on meeting with all the leaders on July 9th at 4:30pm at the Extension office, discussing what has been done, and what is expected from me. There are a lot of things that we will have to go over, so be ready to discuss. If anyone has suggestions, please let me know and do not hesitate to call or email me. My email address is rachel.hayes@okstate.edu and I can be reached at the office almost anytime of the day. I want to say again how happy I am to be here and hope to meet all your expectations.

Rachel Hayes
Extension Educator, 4-H Youth Development

Volunteer Leaders

If your are interested in Meats Contests, Shooting Sports, Leadership Development, Leadership Conference, Share-The-Fun, or Mall Day, here is your chance to volunteer for N.W. District 4-H Program Committees. The N.W. District is asking for any volunteers that would like to help. Most committees will have 6 to 10 committee members so you will have a chance to work with lots of different people from the N.W. District. It would be a very good opportunity for you to work and help plan some of the activities that your 4-Hers will be involved in. If you would like to help please contact the office and let us know.

Meet and Greet

Please come and meet the new Beaver County 4-H Youth Development Extension Educator, so Rachel has an opportunity to get acquainted with Beaver County.

10:00 am till 12:00pm on July 12, 2007
in the Beaver County Extension
Office at the Court House.

Workshops

There are still workshops going on through July, so do not forget. Come willing to get to work and have a good time!

CONGRATULATIONS

Congratulations to Ashton Cook, Tyler Cook, Mason Morris, Morgan Morris, and Cody Sperry for making it to the State Horse Show. Congratulations also to Cody Sperry for placing 9th in Pole Bending(9-11) and 10th in Stakes(9-11 class) with Hesa Voodoo Dream. We are all proud of you! Keep up all the good work.

Fun Facts & Trivia

Did You know that Johnny Cash, Dolly Parton, Reba McEntire, Martina McBride, Johnny Carson, Florence Henderson, Sissy Spacek, Reggie White, and Ned Jarrett were all in 4-H when they were growing up

How many 4-H members are there?

There are 7million 4-Hers all across America. Wow can you imagine how many there would be if we added all the rest of the countries that have 4-H.

FOOD LABELS MAY HELP YOU MAKE HEALTHY FOOD CHOICES.

But they can be confusing. Here are some quick tips for reading food labels:

Check serving and calories. All the information on a food label is based on the serving size. Be careful—one serving may be much smaller than you think. If you double the servings you eat, you double the calories and nutrients, including the percent Daily Values (DVs).

Percent DV: This tells you whether a food is high or low in nutrients. Foods that have more than 20-percent DV of a nutrient are high. Foods that have 5-percent DV or less are low.

Saturated Fat: Saturated fat is not healthy for your heart. Compare labels on similar foods and try to choose foods that have a 5-percent DV or less for saturated fat. Most of the fats you eat should be polyunsaturated and monounsaturated fats. Keep total fat intake between 20 percent to 35 percent of calories.

***Trans* Fat:** *Trans* fat is not healthy for your heart. When reading food labels, add together the grams of *trans* fat and saturated fat, and choose foods with the lowest combined amount.

Cholesterol: Too much cholesterol is not healthy for your heart. Keep your intake of saturated fat, *trans* fat, and cholesterol as low as possible.

Sodium (Salt): Salt contains sodium. Research shows that eating less than 2,300 milligrams of sodium (about 1 teaspoon of salt) per day may reduce the risk of high blood pressure.

TIP: Many food labels say “low-fat,” “reduced fat,” or “light.” That does not always mean the food is low in calories. Remember, fat-free does not mean calorie-free, and calories do count!

Fiber: Choose foods that are rich in fiber, such as whole grains, fruits, and vegetables.

Sugar: Try to choose foods with little or no added sugar (like low-sugar cereals).

Calcium: Choose foods that are high in calcium. Foods that are high in calcium have at least 20-percent DV.

U.S Department of Health and Human Services, Weight-control information network

For more information contact the County Extension office.