STEMists make learning about science fun

While these former 4-H’ers who are now college students are taking a break from the classroom this summer, they have not taken a break from the educational realm. In fact, they are the ones doing the teaching while they serve as STEMists.

As a STEMist, this group of student-turned-educators is helping youth around the state learn new things using science, technology, engineering, and math.

The 4-H Summer STEMist Program is back for the second year and the students leading the charge have already been burning up the roads around Oklahoma, said Hannah Branscum, STEM coordinator in the State 4-H Office on the Oklahoma State University campus.

“We received such positive feedback last year about this program,” Branscum said. “Our STEMists are going to 4-H camps, daycare centers, club meetings, festivals, schools, libraries, YMCAs – really any place there are children. This is a great opportunity for youth to learn more about science, technology, engineering and math in a fun and engaging manner. It’s also a great way to promote the Oklahoma 4-H Youth Development Program.”

Last year, the STEMists visited 32 counties and reached 2,039 youth. This summer, they have traveled to 29 counties with several weeks still left in the program and are on track to reach even more youth.

STEMist Program activities are geared toward children ages 8 to 18, with some programming appropriate for youth ages 5 to 7. Programming efforts are being taught in topics including drones, solar oven, solar cars, power of wind, rainwater harvesting, hot air balloons and DNA. One exciting activity is building a solar oven to direct the use of solar thermal energy and explore heat transfer through radiation and conduction. Another will focus on rainwater collection systems.

Another activity the STEMists use around the state is the hot air balloon launch, in which youth build and launch a hot air balloon. This process demonstrates thermodynamics, wind currents and weather.

Branscum said students will learn how solar panels can be used to generate electricity through the design of a solar car. Others will have a chance to discover the basics of DNA and heredity through the extraction of DNA found in fruits. A couple other activities focus on the power of the wind, in which youth will create and test wind generators, as well as learn about what it takes to fly a drone.

“The activities our STEMists do with participants is hands on and really helps the kids learn that science isn’t scary,” Branscum said.

“Scientific literacy is important, and introducing it in a fun way at an early age can help kids gain a better understanding earlier in their education. This program not only addresses the need for scientific literacy, but it also fulfills the 4-H Program’s science mission mandate. It’s a great opportunity for these kids to learn about various careers associated with STEM activities.”

In addition, STEMist activities are a great way to show how all 4-H project areas have some science component and there is no way to separate science from other projects.

Funding for the STEMist Program is provided by Enel Green Power. For more information about the STEMist program, contact your local OSU Cooperative Extension office, or Branscum at 405-744-4141 or han-nah.branscum@okstate.edu.
**Quilting Camp**

Texas County Extension teaming up with Cheryl’s Quilting Corner of Guymon, will be hosting a Quilting camp July 18-19 starting from 9 am to 4pm both days at the Conference room. Members who attend the camp will walk away with a quilt worthy of entering into the County Fair, or to keep one warm during the winter.

On day one, members will learn the basic needs for quilting such as, how to sew, how to use a roll cutter and ruler, other quilting tips and tricks, as well as start on their quilts. Day two, members will continue to work on their quilt. Lunch will be provided both days.

All available seats have been taken. If anyone is interested in participating in quilting camp, another camp can/will be scheduled for another day. Let Ashley know if you are interested.

**Cloverbud Camp**

Kids ages 5 to 8 are invited to participate in the Cloverbud Day camp July 20, from 9 am to 2pm at Oklahoma Park, in Guymon. Located between SW 2nd and 3rd and Canyon and Oklahoma Street. See what the Senior 4-H’ers have planned for you to learn. Participate in fun Camp like activities and learn about different projects 4-H has to offer, as well as have a delicious Camp cooked meal.

Please RSVP to Ashley by July 13th.

**Texas County Fair**

August 14-18

**Five State Fair, Liberal KS**

July 23-July 26

**Oklahoma State Fair**

Sept 13-23

**Tulsa State Fair**

Sept 27-Oct 7

On-line registration and information for entering livestock in the Oklahoma State Fair can be found at http://www.okstatefair.com/content/livestock-competitions

**Back To School Health Fair**

The Extension Office will be setting up a booth at the Back to School Health Fair on July 19 starting at 2pm. There will be an educational displays and fun activities. The main goal is to recruit new members.

If you are interested in participating and helping out at the 4-H booth let Ashley know.
**Deadline for 4-H Record Books and Awards**

Record books, Hall of Fame applications, Clifford Hatcher application (for Jr. 4-H members), Dare Award applications and Farm Bureau Leadership award application are due to the Extension office by Noon on Friday, September 7.

A new record book form will be available this year for those just starting their record books, or you can continue to add to the record book forms you are currently using.

**4-H Hall of Fame and I Dare You Award**

Ken Lane State Farm Insurance will recognize the outstanding accomplishments of one of Texas County's top 4-H members by awarding a $350 award to that individual. The scholarship will also include the student's 8x10 picture and name posted at the Activity Center.

Individuals meeting the following requirements are eligible to apply for the scholarship:

1. Must be a 4-H member
2. Must be at least 15yrs old on January 1 of the year of the application.
3. Must submit completed application form by the published state record book deadline.
5. Must accumulate the minimum number of points (400) on the application form.
6. Must make one presentation to a 4-H Group during the current year.
7. Must make at least one presentation to a non-4-H Group, such as non-4-H youth or adults, about the 4-H youth development program during the current year.

Applicants will then go through an interview process from a panel of judges selected by the Texas County Extension Office. The times and locations will be set up by the Extension Office.

**I Dare You Award**

Requirements:

1. Must be a 4-H member in good standing.
2. Must be a junior or senior in school.
3. Winner will be selected from Hall of Fame applicants
4. Hall of Fame judges will select winners from applications.

Award: Presentation of “I Dare You” book and certificate.
Sponsor: Brad and Arleen James

**Farm Bureau Leadership Award for High School Juniors or Seniors**

The award is available for one boy and one girl each year, although awards may not be awarded if applicants are not qualified. Winners may only win once.

Applicants must turn in a County Record Book for the year applying (after completion of junior or senior school year). Record book must show leadership activities have been done.

Application due with County Record Book in September. The application is available in the Extension Office.

Award – portrait to hang in the Farm Bureau office for one year and then be presented to recipient at the following year’s banquet.

An optional $500 award will be awarded for a 500-word essay on “How Ag Affects our Lives” chosen from applicant pool. Award may not be awarded if applicant/essay is not qualified.

Funds will be given directly to the winner’s college after the Texas County Farm Bureau receives verification of college enrollment of winner.

4-H members can only submit an essay after applying for the FB Leadership Award.

Farm Bureau reserves the right to not make an award in either category if evidence of leadership is not present or if essay is not worthy.

**Round Up Orientation**

An orientation meeting for 4-H members attending the State 4-H Roundup will be held at 5:30 pm on Monday July 16 at the OSU Extension Conference Room. 4-H members and their parents should attend. We will cover transportation, money, schedules, emergencies, contacts and other details.
Summer Social

The Summer Social will be July 17th starting at 6pm. The Social will start at the Hooker Park (located near the Hooker swimming pool) and conclude in the Hooker Swimming Pool. The evening will start with a BBQ at the park, following dinner the group will retire to the pool. For the remainder of the evening members will get the opportunity to hang out with other members, make new friends and keep cool in the water.

Please RSVP by July 16.

Day Camp

What: 4-H Day Camp for 4-H members.

When: August 3, 2018

Time: 8am-5pm

Where:

Come spend a day at the beach with your 4-H family as we have our 4-H Day camp. The Camp is open to any 4-H members that are enrolled in 4-H. The day will be full of activities, fun and friends. Bring a sack lunch.

Please RSVP by July 27th by calling Ashley at the Extension office.

Fitness Wearables Workshop

4-H members are invited to join Ashley on July 17 from 2-4pm to learn how to make a fashionable fitness wearable. The workshop will be at the Texas County OSU Extension Conference room.

The Fitness wearables was the 2017 National Youth Science Day activity. In the workshops members will learn how a “Fitbit” functions and works.

All you need for the workshop is yourself and either a cellphone or iPad, any device excluding a laptop, that can connect to Wi-Fi.

RSVP by July 16th. Spots are limited.

Display Contest at County Fair

OSU Extension Office Challenges every club to create a beautiful, fun, or educational display at the county fair. The display can be as simple as a 4-H themed sitting area or a picture station, or a large display of different 4-H activities.

Each club can come up with a display, it will be placed at the County Fair. There will be a public voting box to see who’s display is their favorite. The winning club will receive a pizza party.
Congratulations To the members that participated in the District Horse Show

Brice Bagley:
- 3rd in Senior Working Cow Horse
- 2nd in Senior Ranch Riding
- 7th in Senior Ranch Trail
- 1st in Senior Gelding Halters 5 years and Younger
- Reserve Champion in Geldings
- 5th in Senior Showmanship
- 4th in Senior Western Pleasure
- 5th in Senior Western Horsemanship
- 2nd in Western Riding
- 5th in Reining
- 5th in Senior Trail

Mollie Noyes
- 4th in intermediate Showmanship
- 4th Intermediate Western Pleasure
- 4th in Intermediate Trail

Aaryka Yarbrough
- Reserve Champion in English riding
- 3rd in Junior Showmanship
- 2nd Junior Hunter Under Saddle

Emma Herald
- 3rd in Intermediate Showmanship
- 5th in Intermediate Western Pleasure
- 3rd in Intermediate Trail

Glad You had Fun in Washington DC for CWF Zoe League.

GOOD LUCK to our 4-H’ers representing Texas County at the State 4-H Roundup

Halea Lock
Katie Richards
Molly Bellew
Kaden Ritter

Zach League
Sarah Lindley
John Lindley
Natalie Osborn
Eight Basic Steps to Summer Food Safety

Summer recess is just around the corner, and kids and parents alike can look forward to fun outdoor activities such as pool parties, BBQs, camping trips, hikes, and visits to the beach. Warm weather is ideal for preparing and consuming meals outdoors; however, it also provides the perfect environment for bacteria and other pathogens in food to multiply rapidly and cause foodborne illness. Nothing puts the brakes on having a great summer vacation quite like coming down with a case of food poisoning—or needing to take care of a family member who has! Therefore, summer is the perfect time to review the basic steps to food safety.

Follow the suggestions below to prevent food-borne illness, and discuss these concepts with your children. This is especially important if they are preparing their own meals or snacks to eat!

1. **Wash hands thoroughly**: Before handling any food, make sure you wash your hands with soap and warm water for at least 20 seconds. Repeat this after you are done handling food, and any time you touch raw meat.

2. **Beware of the “danger zone”**: The “danger zone” in food safety is the temperature range between 40°F and 140°F. In this range, bacteria rapidly multiply and can reach unsafe levels after 2 hours, or 1 hour if the temperature is at or above 90°F. If you have leftovers that haven’t been eaten or refrigerated within 2 hours after being served (or 1 hour if at or above 90°F), the food should be discarded.

3. **Keep cold foods cold, and keep hot foods hot**: Keep cold perishable foods at or below 40°F until you are ready to cook or serve. If you are away from home, use a cooler filled with ice or ice-packs to keep perishable foods at a safe temperature. After cooking, make sure to keep hot foods at least 140°F until they are ready to be served. Put perishable food items back in the refrigerator or cooler once you are done using them.
   
   * Tip: If using a cooler, open and close it as infrequently as possible to avoid the exposure to warmer air. To help with this, consider packing two coolers: one for perishable foods, and one for items which may need to be accessed more frequently such as beverages. Keep coolers out of direct sunlight.

4. **Cook to correct internal temperatures**: Use a food thermometer to determine whether meats are done cooking—do not rely on color alone! The following chart provides safe minimum internal temperatures:

<table>
<thead>
<tr>
<th>Meat</th>
<th>Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steak</td>
<td>145°F</td>
</tr>
<tr>
<td>Pork</td>
<td>145°F</td>
</tr>
<tr>
<td>Fish</td>
<td>145°F</td>
</tr>
<tr>
<td>Ground Beef</td>
<td>160°F</td>
</tr>
<tr>
<td>Poultry</td>
<td>165°F</td>
</tr>
</tbody>
</table>

   * Tip: Insert the thermometer at the thickest part of the meat.

5. **Keep raw meats separate**: Be careful when transporting and storing raw meats, ensuring that juices from the raw meat do not come into contact with fruits, vegetables, and other ready-to-eat foods. Put raw meat into plastic bags, and keep it separate from other foods.

6. **Use separate trays and utensils**: Never use the same serving trays, cutting boards, or utensils for raw meats and cooked meats or other foods. To avoid cross-contamination, always use clean plates and utensils. Any item that has come into contact with the raw meat must be washed with hot water and soap before it can be used again.

7. **Marinade meats safely**: Marinating should be done in the refrigerator, not on the kitchen counter or elsewhere. If you plan to also use marinade as a sauce, set a portion to the side before adding any raw meats. Do not re-use marinade that has been in contact with raw meats.

8. **Wash fruits and vegetables**: Before cutting or peeling, make sure that you rinse all produce with water.
Happen Last Month
State News

State Service Project

Oklahoma State 4-H would like to update you on our State 4-H Service Projects. The two service projects are Change for Change and Pull for Kids. The previous service project of the Books for Kids is no longer a marketed state project although it is still encouraged for 4-H members to participate if they wish.

This year money that is collected for Change for Change will benefit both the Oklahoma Children’s Hospital and the Cavett Kids Foundation. The money is being collected as one then will be divided among both of them. 60% of the money will go to the Oklahoma Children’s Hospital for Change for Change and the other 40% of the proceeds will benefit the Cavett Kids Foundation. Each of these organizations have served our own 4-H members which is why we felt called to help both entities.

Also, the second service project is Pull for Kids which is for the Ronald McDonald House. We reenacted this service project because it was dear to our hearts and believed they were easy to collect.

At Round-Up both the main service projects will be points towards the spirit contest. The Change for Change will be worth 30% and the Pull for Kids will be worth 30%. Since this is a transition year, we will collect books for the Books for Kids service project as bonus points for the spirit contest. The winning district will receive 5 bonus points. Please find the report forms at: [http://4h.okstate.edu/leadership/state-service-projects/state-service-projects](http://4h.okstate.edu/leadership/state-service-projects/state-service-projects). These reports are due to the State Office by Roundup Registration. Late reports will be accepted but will not count towards the spirit contest. There are also flyers for each service project on the website as well.

Oklahoma Shooting Sports Contests

**Oklahoma 4-H Shooting Sports .22 Rifle & Pistol Contest** - Saturday, Aug. 4, Oklahoma City Gun Club
Registration Postmarked: July 24
Into State 4-H Office: July 27

**Oklahoma 4-H Shooting Sports Sporting Clays Contest** - Saturday, Aug. 25, Quail Ridge Sporting Clays, McLoud
Registration Postmarked: Aug. 14
Into State 4-H Office: Aug. 17

**National 4-H Shooting Sports Ambassador Leadership Institute** - July 24-28, Bozeman, Montana

Thirty-five youth from 16 states will be attending. Tala Gillenwaters, Woodward Co. 4-H member, will be a National & Oklahoma 4-H Shooting Sports Ambassador.
2018 State Fair
Fruit/Vegetable Sculpting/Arrangements
September 23, 2018
REGISTRATION OPEN: August 1 – 31, 2018
(Registration is limited to 30 teams)

Teams will be made up of two (2) to three (3) members. Limited to the first 30 teams.

PLEASE NOTE: All teams members must be bona fide members of 4-H. 4-H members and educators should plan membership registration accordingly. Teams will be assigned a check-in time one week prior to the contest and will be sent to educators and posted on the West District 4-H website. 4-H Team members will receive a pass to the fair. All others must pay the admission to the fair.

RULES OF PLAY
Teams will consist of 2-3 team members.

Only edible fruit and vegetables are allowed in the arrangements

Toothpicks or non-edible items can be used to hold arrangements together.

Teams will provide their own food for preparation. No electricity will be available. It is required that you bring gloves, trash bags, paper towels, and first aid kit.

1. Teams will report to the Oklahoma Expo Hall building for check in. There will be three team divisions.
   The age and grade will be as of September 1, 2018:
   Junior Division: minimum age 8 years old and in 3rd grade, grades 3, 4 and 5
   Intermediate Division: grades 6, 7 and 8
   Senior Division: grades 9, 10, 11 and 12

   There will be no move ups to make teams.
   Counties are limited to three teams.

2. An orientation will be provided for all participants.
3. Each team will be directed to a preparation station.
4. Each team will have thirty minutes to prepare the dish, and clean up the preparation area. Teams are allowed to bring their presentation scripts with them. Teams are allowed one picture no bigger than 8 x 10 of the item they are creating. It must not have any writing or directions on the picture.
5. Electricity will not be available at the contest. Teams should select their recipe with this in mind.
6. Each team must provide their own equipment. Washing facilities will not be available for teams to wash and share equipment. NO preparation dishes or serving dishes are to be cleaned on the fairground premises.
7. Food safety: Teams should practice proper food safety and be prepared to discuss food safety practice used by their team in their presentation to the judges. Judges will observe preparation to assist in determining the score.
8. Presentation: When time is called, each team will present their dish and provide the following information:
   Introduction
   Creative dish name
   Two major nutrients
   Food preparation principles
   Food Safety
   All team members must participate in the presentation; all team members must have a speaking role.
   Judging time will include:
   Four minutes for the presentation (THERE WILL BE NO TASTING)
   One minute for judges to score (No comments will be given)
   No talking and no writing allowed among any team members while waiting to give the team presentation.
9. Clean-up: Teams must clean up their preparation areas. Clean-up time is included in the 30-minute preparation allotment. Teams should not plan to have access to a kitchen facility; therefore, dirty dishes should be placed in a plastic container, bag or box to be cleaned at home. Leftover food should be disposed of properly.
10. Placings will be based on rankings of teams by judges. Judges’ decisions are final. 1st, 2nd and 3rd placings will be awarded.
11. An awards program will be held at the conclusion of the judging process for each group.
12. Registration is open August 1 – 31, 2018. Registration is limited to thirty teams. There is a fee of $15 per team. All checks should be made payable to the West District OSU Extension and mailed to Jim Rhodes, West District 4-H Program Specialist, 205 W. Maple, Suite 510, Enid, OK 73701.
Fruit/Vegetable Sculpting/Arrangements
Oklahoma 4-H
State Fair of Oklahoma
September 23, 2018
________________________________ COUNTY

REGISTRATION OPEN: August 1 – 31, 2018
(Registration is limited to 30 teams)

$15 per team (teams can be 2-3 members)
Checks payable to West District OSU Extension

Mail to:
Jim Rhodes, West District 4-H Program Specialist
205 W. Maple, Suite 510 - Enid, OK 73701

Educator or Volunteer in Charge:

Name:______________________________________________________________

Phone Number_____________________________________________________

Email Address:______________________________________________________

Educator’s Signature:_________________________________________________

Junior Teams – Grade 3rd-5th

______________________________________________________________

Intermediate Teams – Grade 6th-8th

______________________________________________________________

Senior Teams – Grade 9th-12th

______________________________________________________________

Groups will be assigned a starting time.
Times will be 2:00 p.m., 3:30 p.m., or 5:00 p.m.
2018 State Fair Cupcake War

September 22, 2018

REGISTRATION OPEN: August 1 – 31, 2018

(Registration is limited to 30 team)

Limited to the first 30 teams.

PLEASE NOTE: All teams members must be bona fide members of 4-H. 4-H members and educators should plan membership registration accordingly. Teams will be assigned a check-in time one week prior to the contest and will be sent to agents and posted on the West District 4-H website. 4-H Team members will receive a pass to the fair. All others must pay the admission to the fair.

RULES OF PLAY

Teams will consist of 2-3 team members.

Cupcake Wars

Each team will display three cupcakes.

Each team will bring “naked” cupcakes. The cupcakes should have no frosting and be in the paper wrappers only.

Each team will bring the frosting mixed in bowls. The frosting should not be tinted prior to contest. Teams will tint and place in frosting bags, if needed at the contest. Frosting can be either store bought or homemade. If store bought, can be either white or chocolate frosting.

If teams are using fondant they can use either homemade or purchased fondant. Teams are allowed to purchase tinted (colored) fondant to use or may tint fondant off site.

Teams are allowed to use purchased edible decorating items. Only edible items can be used on the cupcakes.

1. Teams will report to the Oklahoma Expo Hall building for check in. There will be three team divisions.
   The age and grade will be as of September 1, 2018:
   Junior Division: minimum age 8 years old and in 3rd grade, grades 3, 4 and 5
   Intermediate Division: grades 6, 7 and 8
   Senior Division: grades 9, 10, 11 and 12

   There will be no move ups to make teams.

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Cupcake Wars
Oklahoma 4-H
State Fair of Oklahoma
September 22, 2018

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Mail to:
Jim Rhodes, West District 4-H Program Specialist
205 W. Maple, Suite 510 - Enid, OK 73701

Educator or Volunteer in Charge:
Name:_____________________________________________________________________
Phone Number______________________________________________________________
Email Address:________________________________________________________________

Educator’s Signature:________________________________________________________

Junior Teams – Grade 3rd-5th
__________________________________  ___________________________  ___________

Intermediate Teams – Grade 6th-8th
__________________________________  ___________________________  ___________

Senior Teams – Grade 9th-12th
__________________________________  ___________________________  ___________

Groups will be assigned a starting time.
Times will be 11:00 a.m., 1:00 p.m., or 3:00 p.m

County
New Volunteer Orientation

All new and old volunteers are invited to attend New Volunteer Orientation. At the orientation it will help new volunteers learn the roles of a volunteer. We will discuss what 4-H is and how you can grow your club. If you attend the orientation, it will count toward your continuing education that is required for being a 4-H Volunteer.

Orientation will be Tuesday September 4 at 5:30 pm at the OSU Extension Office. If you have any question feel free to contact Ashley.

Joann Stores Brings Hands on to Communities through 4-H

JOANN is helping 4-H bring more hands-on programs to local communities across the nation to inspire kids to lead lives with their hearts, hands and minds. JOANN stores are connecting more young people to experiences where they can learn by doing, creating and making. By providing local 4-H Clubs with resources and tools to run impactful programs, JOANN will help bring the 4-H experience to more kids in need.

Current & lifetime members, parents of members, volunteers and 4-H staff can save 15% off total in-store and online purchases every day with 4-H Rewards. JOANN will give a minimum of 2.5% of every eligible transaction to support 4-H programming. Go to http://www.joann.com/4-h/ to learn more.
- Texas County 4-H has a Facebook page!
- Texas County Website at http://oces.okstate.edu/texas
- Oklahoma State 4-H website: http://oklahoma4h.okstate.edu/

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