



National 4-H Week falls during October. We were very thankful for Judge Andy Eads hosting our 4-H members at the Denton County Administrative Court House to celebrate the week!

Contact Your County Extension Service



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We are pleased to provide you with the information contained in this report. Current educational information is supported by Texas A&M AgriLife Extension Service.

Included in this report are monthly updates from our different departments; 4-H & Youth Development, Agriculture & Natural Resources, Better Living for Texans, Family & Community Health, and Horticulture.

If you are interested in participating in any of the mentioned AgriLife Extension educational programs throughout the year, please feel welcome to do so.

All Extension programs are sponsored by AgriLife program area committees for anyone's educational benefit. We would like to acknowledge the Extension volunteer base, Extension Specialists, and cooperators who contributed to the planning of all educational information compiled in this educational newsletter.

4-H & YOUTH DEVELOPMENT

Steven Baringer, 4-H and Youth Development Extension Agent

With October ending, we are two months into the new 4-H year. Denton County 4-H is holding strong at 314 total 4-H members and volunteers. Everyone has been busy with the start of the contest season! October kicked it off for us with Food Challenge. We held our County Contest at the North Texas Fairgrounds with nine teams competing from all age levels. The majority of them will be traveling to the District Contest in November.



Youth practiced for the Food Challenge at the 4-H & FCH Food Challenge Workshop.

We also had several 4-H members compete at the State Fair of Texas, Heart of Texas Fair & Rodeo, and other livestock shows throughout the state. We closed out the month, working with our Ag Teachers in the county to conduct livestock validation. Every 4-H and FFA member who shows livestock in the major shows must validate their animals. Our AgriLife office oversees the lamb, goat, and heifer validation every fall. We validated over 300 members' livestock projects this go around.

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AGRICULTURE & NATURAL RESOURCES

Zach A. Davis, Agriculture & Natural Resources Extension Agent

In the month of October, we held an Equine Nutrition program at Johnson Feed Company in Lewisville. The focus was on animal needs related to different feed options on the market. Over 40 attendees participated in the program and provided feedback. In addition to our monthly planning meetings, the ag department supported our 4-H department by facilitating three different validation dates in the county and processing livestock projects for local youth. In addition, Agent Davis held coordinate logistics at The Texas Section for Range Management conference in Denton at the Embassy Suites. Judge Eads welcomed the group and presented a few ag facts for Denton county.



Forty participants gathered at Johnson Feed Company in Lewisville to attend the Equine Nutrition program. The program focused on animal nutrition and different feed options.

BETTER LIVING FOR TEXANS

Dusty Fife, Better Living for Texans Extension Agent

October was another excellent month for Better Living for Texans Agent Dusty Fife. The weather finally began cooperating for her outdoor programs, and participants conveyed enjoying the cooler temperatures during the Walk N Talk series. The partnership with the Lewisville Public Library and Thrive Recreation Center has proven successful, as many participants are attending the Walk N Talk program series. Also, Agent Fife was chosen to judge in this year's 4H Food Challenge at the State Fair and the North Texas Fairgrounds. She thoroughly enjoyed seeing how these kids exhibited high levels of professionalism as they shared their nutrition, food purchasing, preparation, and safety knowledge. In addition, she spent a day with 4H Program Coordinator Colleen Carpenter helping the Lake Dallas Middle School Cooking Club students prepare fruit salsa and sharpen their kitchen skills. Agent Fife wrapped up the Healthy Carbohydrate program series with the Denton Senior Center. She reports having high attendance and participant satisfaction with this series.



Above: Agent Dusty Fife and her Thrive Walk N Talk participants are enjoying the cooler weather. Dusty leads Walk N Talk programs at Lewisville Public Library and Thrive Recreation Center, both of which have had high attendance!

FAMILY & COMMUNITY HEALTH

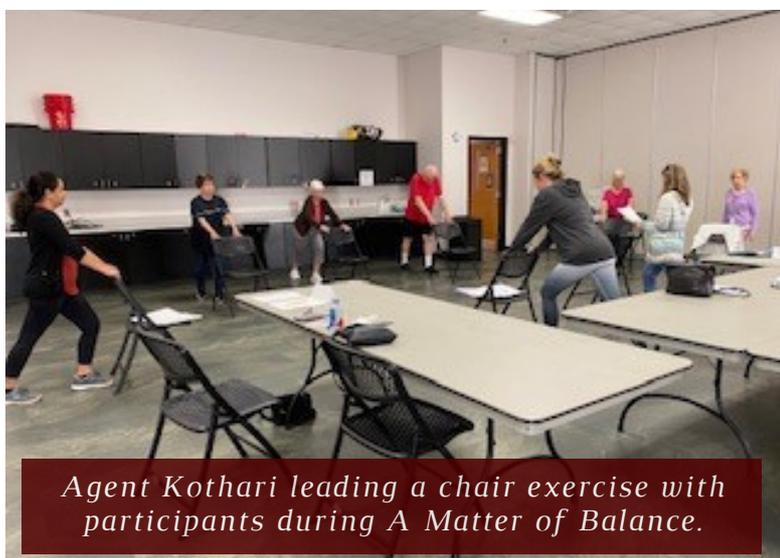
Chandani Kothari, Family and Community Health Extension Agent



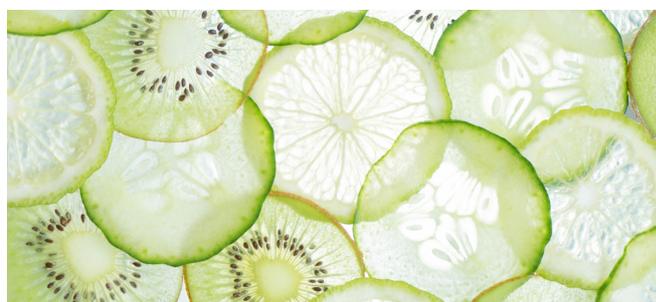
Above: Agent Kothari instructing Homestead Elementary School students on My Plate.

Agent Kothari wrapped up a successful fall prevention program, A Matter of Balance, at Denia Rec Center. At the end of this 8-week program, 10 seniors learned skills and strategies to prevent falls and reduce the fear of falling. They also learned strength and balance exercises that improve flexibility and enhance activity levels.

Agent Kothari was invited to present to the fourth-grade students at Homestead elementary. She presented on My Plate and cost analysis. In addition, she gave a lesson on knife skills and safety. The students also had fun preparing and tasting cucumber salsa.



Agent Kothari leading a chair exercise with participants during A Matter of Balance.



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HORTICULTURE

Janet Laminack, Horticulture Extension Agent

Master Gardeners held their annual informational meeting on October 14th to inform and recruit new volunteers. Applications for the 2023 intern class closed on October 21st. Those accepted into the program will begin their 14 weeks of training on January 31st, 2023.

Master Naturalists stayed busy in October. The class of 2022 finished their last day of training with a lesson from Craig Hensley focused on citizen science and the value of volunteer service. Chapter members participated in the Texas Master Naturalist Program Annual Meeting in Houston, where they received awards for their service hours. Member Fran Witte presented on Coordinating and Leading Dementia Friendly Nature Walks at the annual meeting.

Volunteers also began leading field trips for Denton ISD students at Clear Creek Natural Heritage Center. In October, 948 students were able to hear about fossils, pelts, snakes, and bees, as well as go on nature hikes during their field trip. More field trips for Denton ISD students are still taking place in November.

Science with Attitude (SWAt) volunteers and 4-H Program Coordinator Colleen Carpenter attended Denton ISD Pre-K Ag Day, where they helped 75 students create eco-friendly plant pots with recycled paper products. Shannon McCuistion, Denton ISD's agriculture teacher, coordinated this fantastic educational event for Ag Awareness Day.



Above: SWAt volunteers and our 4-H Program Coordinator Colleen Carpenter helped 75 students create plant pots with recycled paper products for Denton ISD's Pre-K Ag Day. Denton ISD's agriculture teacher Shannon McCuistion coordinated this fantastic event.

UPCOMING EVENTS



District IV 4-H Food Challenge - 11/4

4-H Summit - 11/8-11/10

FCS-PAC Meeting - 11/15

Heart Health Presentation - 11/18

4-H Fashion Show / Duds to Dazzle Workshop - 12/3

District IV 4-H Photography Contest - 12/5 - 12/8

Recipe Demonstration Lunch & Learn - 12/8

Pesticide Applicator Recertification - 12/9

Commissioners Court Interpretation - 12/13

Diabetes Prevention (Flower Mound Senior Center) - 12/16

For more information on these programs go to <https://denton.agrilife.org/> or call us at 940-349-2882
Don't forget to like and follow us on [Facebook](#) and [Instagram](#)!



Pesticide Applicator Recertification

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CEUS

December 9, 2022 8:30am - 3:20pm
(Check in from 8:15 - 8:45am)
Global Spheres 7801 S. I-35, Corinth, TX 76208

Topics Include

- Turf Grass Integrated Pest Management
- Controlling Grassy Weeds in Forage Grasses
- Pasture Management
- Pesticide Laws and Regulations
- Feral Hog Control in Urban Areas

**The fee for this program is \$50
(+service fee.)**

To register go to

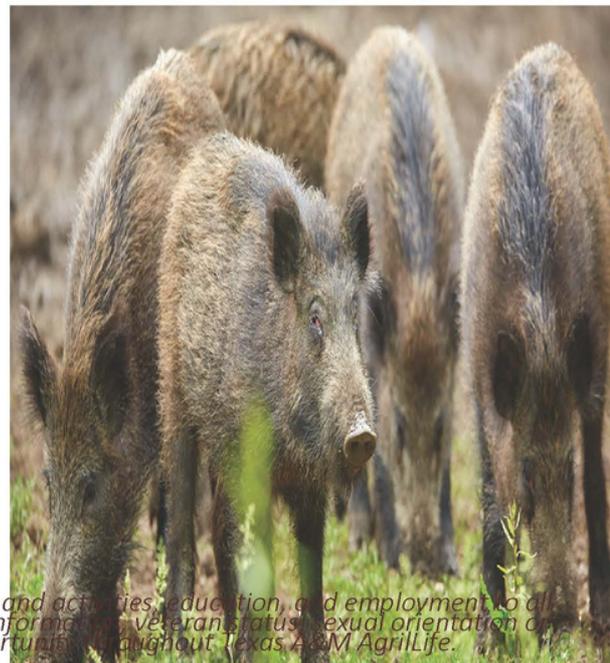
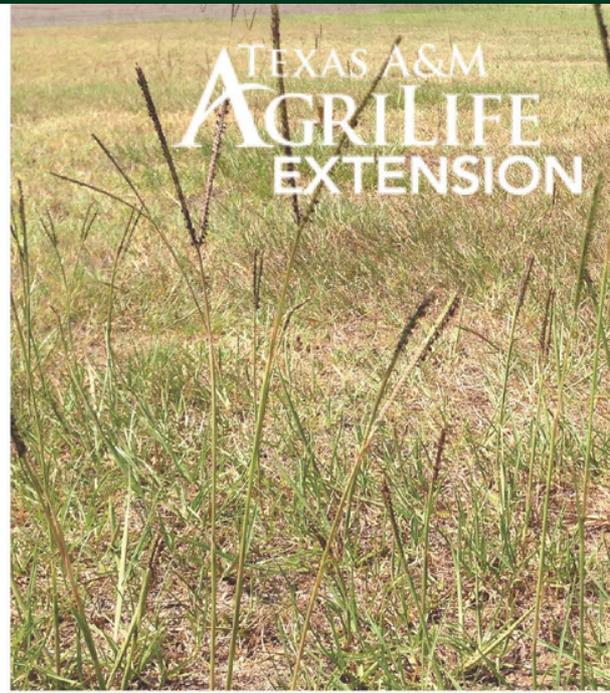
<https://pesticideceu22.eventbrite.com>

For questions call 940-349-2894

**REGISTRATION IS
MANDATORY.**

**SPACE IS LIMITED TO THE FIRST 100
REGISTRANTS.**

To earn CEUs participants must be present for the
entirety of the Pesticide Applicator Recertification
Course.



The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunities throughout Texas A&M AgriLife.