

# Tuesday News



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**4-H** 

WASHINGTON STATE UNIVERSITY  
EXTENSION

## Tuesday News – August 22, 2023

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## Features

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### 2023 State Dog Judging Contest Comes With Changes

Amber Hammond

The state dog judging contest this year will include some changes from past years:

#### Placement Classes

There will be only four placement classes. This will include an obedience OR fitting & showmanship class. All age levels will place in the same classes.

#### Identification Portion

##### *Intermediates and Seniors*

There will be 25 breeds and 25 parts/anatomy (as has always been done in the past)

##### *Juniors*

There will be 15 breeds and 15 parts/anatomy (this is condensed as mentioned in the exhibitor guide)

#### Oral Reasons

There will be one placement class designated as the oral reasons class.

*Intermediates and Seniors* are required to do oral reasons.

*Juniors* have the option to do oral reasons, it is not required. (Junior scores for oral reasons will not count towards their overall total).

#### Some Housekeeping

Participants should bring their own clipboards and pencils. None will be provided by the state fair for the contest.

Dress attire for oral reasons is Business Casual (it is fine to wear your showmanship attire if you prefer/it is easier). Please no jeans. If juniors do not plan on doing oral reasons, it is fine to just abide by the 4-H dress code but

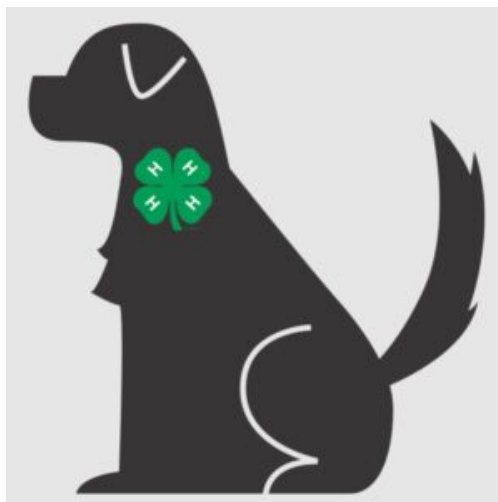
please no club/county affiliated shirts. There is no opportunity to change clothes once the contest has started, so please enter the contest dressed appropriately.

I will be posting a list of needed volunteer spots soon; if you have volunteered in the past and have a spot you know of that you like, please let me know and I'll add you in ahead of time.

Thank you!

**Amber Hammond**

e-mail: [bajadenton@gmail.com](mailto:bajadenton@gmail.com)



## State 4-H Ambassadors Present the 4-H Youth of the Month for August!

Berklie Sheppard

The Washington State 4-H Ambassadors recognize the 4-H Youth of the Month honoree for August, Zoey Van Gordon of Clallam County! The Ambassadors are proud to highlight 4-H youth monthly throughout the year!

 <p><b>4-H YOUTH OF THE MONTH</b></p> <p><b>Zoey Van Gordon</b></p> <p><i>Senior</i></p> <p><i>Clallam County</i></p> <p><b>PROJECTS:</b> Hogs, Leaders Council, Livestock Judging, Clallam County Fair</p> <p><b>Washington State 4-H</b></p>	<p><b>Zoey Van Gordon</b></p> <p><b><u>Favorite Part About 4-H:</u></b> Zoey loves gaining confidence, leadership abilities, and public speaking skills.</p> <p><b><u>Years in 4-H:</u></b> She has been in 4-H for 10 years!</p> <p><b><u>Past Projects:</u></b> Hogs, Livestock Judging, Auction Board</p> <p><b><u>Favorite Hobbies:</u></b> Soccer, Bowling, Softball, and Baking are her favorite hobbies</p> <p><b><u>Favorite Book:</u></b> Where The Red Fern Grows</p> <p><b><u>Favorite 4-H Memories:</u></b> One of Zoey's favorite memories is winning Grand Champion in livestock judging and when she would scratch her pigs belly, they would roll over like a dog</p> <p><b><u>Favorite Food:</u></b> Spaghetti</p> <p><b><u>Future Career:</u></b> Zoey is thinking about going into the Police Force, but leaning toward Large Animal Vet Tech.</p> <p><b><u>Project You'd Like to Do:</u></b> She would like to raise and show goats or cattle</p> <p><b><u>Favorite Vacation:</u></b> Camping</p> <p><b><u>Biggest 4-H Achievement:</u></b> Last year, Zoey won Grand Champion Market Hog and her second year of 4-H she was Reserve Champion.</p> <p><b><u>Favorite Ice Cream:</u></b> Cookie Dough</p> <p><b><u>Wants To Go To:</u></b> Nevada</p>
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If you have any questions about the State Ambassadors, or are interested in joining, please email [wa4hsa@gmail.com](mailto:wa4hsa@gmail.com). We hope to hear from you!

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## **Addendums for Rule Changes for PNW 4-H Horse Contest Guide Now Available**

Jennifer Leach

As of this date, the Washington 4-H horse program is still waiting for the final version of the PNW 4-H Horse Contest guide from Oregon. This publication is a joint effort between Washington, Oregon, and Idaho.

In the meantime, a sub-committee of the Washington State 4-H equine committee led by Stephanie Roeter Smith, 4-H Regional Specialist, compared the 2015 edition with the soon to be published final version. However, Washington 4-H Horse Program is not sure of the date of the final publication.

These addendums are posted on the WSU 4-H website's Horse page, located at the link called WA State 4-H Equine Policies and Rules-PNW 4-H Horse Contest Guide-Addendums. The direct link to the Horse Page is <https://extension.wsu.edu/4h/projects/animal-science/companion-performance/horse/>

There are two addendums. Addendum I is specific to the rule changes affecting Washington as related to current PNW 4-H Horse Contest Guide. **Find Addendum I [HERE](#).**

Addendum II is a "clarification" of selected rules in the PNW 4-H Horse Contest Guide, but are not rule changes. **Find Addendum II [HERE](#).**

The current version of PNW 4-H Horse Contest Guide dated October 1, 2015 will continue to be the contest guide we will use until we (Washington) receive the final from Oregon.

Addendum I (rule changes) will be effective for the remainder of this program year to September 30, 2023. Addendum II may be updated as more questions of clarification are identified – also through to September 30, 2023.

For information or clarification on the PNW 4-H Horse Contest guide process or rules, contact Jennifer Leach, State Horse Contact at [LeachJ@cowlitzwa.gov](mailto:LeachJ@cowlitzwa.gov) or [jleach@wsu.edu](mailto:jleach@wsu.edu).



# National Equine Presentation Information for Senior 4-H Members

Jennifer Leach

Seniors are encouraged to participate in the Equine Presentation that is once again being held virtually.

**The date of this state contest is Sunday, September 17th. Please hold this day open from 9 am to 7 pm for scheduling purposes. Presentation times will be communicated by email after September 1st.**

This state contest is part of the Washington State 4-H Fair and members will be receiving premiums and ribbons from the State 4-H Fair.

Each county may enter up to four senior contestants: one for individual presentation, one for public speaking, and two for team presentation. Seniors may be selected by any procedure the county deems appropriate. But must have participated and qualified at the county level in order to participate at the state contest.

All contestants must be enrolled 4-H members in their respective county for the current 4-H year, and in good standing. Eligibility must be certified by county 4-H staff.

Age for competition is determined by October 1st of the current 4-H year. To be eligible for this contest, the 4-H member must be 14 years old prior to October 1st and cannot be 19 years old prior to October 1st.

**SPECIAL NOTE:** Age for competition at the Eastern National 4-H Roundup is: As of January 1, of the year in which the event is held, contestants must be at least 14 years of age, but not have reached their 19th birthday. Therefore, it is possible that a contestant who is eligible to participate in the state competition is ineligible to advance to the Eastern National 4-H Roundup Competition.

The complete set of rules for National Equine Presentations is located on the WSU 4-H website. It can be reached by clicking [\*\*2023 Virtual Equine Presentation Rules.\*\*](#)

The top blue-ribbon winner(s) in public speaking, individual presentations, and team presentations will be eligible to represent Washington at the Eastern National 4-H Horse Roundup, held in Louisville, Kentucky on November 3rd through 5th.

The winners will be announced at the conclusion of the contest on September 17th. Registration will be paid by WSU 4-H, however expenses related to travel to Louisville will not be covered by WSU 4-H.

Because this state contest is part of the Washington State 4-H Fair, registration must be done using a specific state fair form and must be done through the County Extension office.

The form to use is WS4HF/1.06. County 4-H staff will submit to State Fair office **no later than August 25, 2023**. Please refer to State 4-H Fair Exhibitor Guide-Section G: General Activities and Contests: Class 4. The 4-H State Fair Exhibitor Guide is located on the WSU 4-H State webpage. Form WS4HF/1.06 must come from County 4-H staff to **confirm contestant eligibility** for this national contest.

**County 4-H Staff**—please email Jennifer Leach no later than August 25th to confirm participation from your county. Include member's name, birthdate, type of presentation (individual, team or public speaking), title of presentation; email address and primary phone number. This is needed to ensure timeliness of receiving registration information for scheduling purposes.

**For registration information and/or clarification of rules, contact Jennifer Leach, State 4-H horse contact and National Equine Presentation state coordinator at [LeachJ@co.cowlitz.wa.us](mailto:LeachJ@co.cowlitz.wa.us).**



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## 4-H Giving Page Update – Give Online to Your County 4-H Program!

Denise Echelbarger

We've Changed!

But it's all good—we've just launched our new 4-H Giving Page design. It's now even easier to find your county excellence fund give link and give directly to your county 4-H program. With better navigation, we hope you love it as much as we do. CHECK IT OUT! <https://extension.wsu.edu/4h/give-to-4-h/>





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## Washington State 4-H International Exchange Program Update—Summer 2023

Carolyn Russo



The 4-H International Exchange Program consists of three branches open to participation. Below is a current update on each one:

**YEARLONG**....last weekend our state welcomed a young man named Gyeol from South Korea. He will be staying with a family in Renton and attending high school this year. Keep an eye out as he shares his experiences with us and offers opportunities to tell us of life in Korea.

**INBOUND**....This year Washington committed to hosting a combination of 21 delegates from Japan and Taiwan. A big thank you to all our host families who were able to welcome these exciting personalities into their homes. We were able to place all but six who arrived here for orientation and then were flown to Idaho, Kansas, Kentucky and Texas. The inbound delegates will depart for their home countries on Thursday August 17.

**OUTBOUND**....There were eight youth who participated in four outbound programs this summer – three to the eight-week Japan program, three to the four-week Japan program, one to South Korea for four weeks and another to Costa Rica for four weeks.

If you are interested in learning more about these opportunities, please contact Carolyn Russo at [carolyn.russo@wsu.edu](mailto:carolyn.russo@wsu.edu)

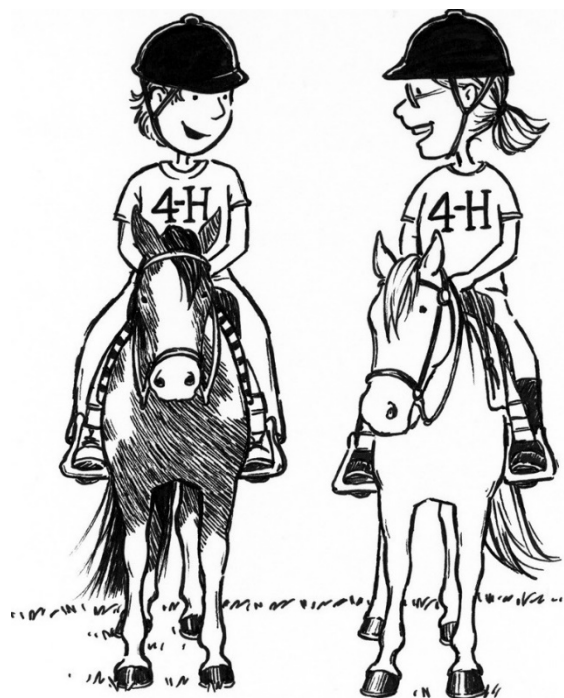
Carolyn Russo  
Grant County 4-H Program Coordinator  
WSU Grant County Extension  
1525 E. Wheeler Rd.  
Moses Lake, WA 98837  
754-2011, Ext. 4309

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Evidence of noncompliance may be reported through your local Extension office.*

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## Donations Needed For State 4-H Fair Horse Medals



Attention County 4-H Horse Program — 4-H Staff; Volunteers, Donors, and Families!

Donations are needed for medals for the Equine section of the 2023 State Fair for Champion (gold); Reserve Champion (silver); and Third Place (bronze). as well as for Groom Squad teams — Champion, Reserve, and Third Place. These are awarded for all 4-H horse exhibits — performance; driving; small equine, and western games.

For Equine Presentations and Horse Judging, we are blessed to already have donors for this state fair activity. Also, we had donors for the State Horse Bowl and State Hippology contests that occurred in May 2023.

The total cost for 2023 4-H State Fair medals will be approximately \$2,000. Any contribution, large or small, will help. From a funding capacity perspective — if



there are not enough donations, there may be a possibility that bronze and/or silver medals may not be offered.

**Please encourage folks to donate.** The medals have been offered for many years through generous donations and are not provided for by the State 4-H Fair.

**Make checks payable to Snohomish County 4-H Horse program and mail to :**

**Pat Pehling**  
7310 83<sup>rd</sup> Ave SE,  
Snohomish WA 98290

If you have questions about the medals, please contact Pat, Snohomish County 4-H key volunteer, at [pehling@frontier.com](mailto:pehling@frontier.com).

*To those who have donated ...  
Thank you so much for your generosity and support!*

Thank  
you

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## Visit Pullman to Celebrate 4-H Day With Cougar Football On September 23rd!

Denise Echelbarger

**Save the date!** Celebrate 4-H Day with the Cougs in Pullman on September 23rd vs. the Oregon State University Beavers at Martin Stadium. Game time is yet to be determined. Discounted tickets are available!



***4-H Day with the Cougs!***  
**Discounted Tickets Available**  
**PURCHASE HERE**



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**4-H Ambassadors State-Wide Food Drive Reaches  
Checkpoint 2!**  
Berklie Sheppard

Hello everyone!

**“Hunger Doesn’t Take a Vacation” Food Drive Checkpoint 2 is here!** If you and your county collected food for the drive in the month of July, please fill out the google form below by August 4th. Whichever county donated the most items will receive recognition on social media and be sent a certificate of achievement! Click This Google Form Link: **[Copy of “HDTV” Food Drive: Check 2](#)**

**The Food Drive Flyers** link below will take you to our flyer template. This way you can let your community know where and when you will be collecting food. The QR code on the Printing Flyer will take you to our information page. This just has our general rules and guidelines. We ask that, if you decide to spread the word on social media, you add the link in the description so that the viewers have access to the page as well.

**Food Drive Flyers:** **[https://www.canva.com/design/DAFl6fdeKlA/VsqJedY-j6Dwf09WaZ-3Gw/edit?utm\\_content=DAFl6fdeKlA&utm\\_campaign=designshare&utm\\_medium=link2&utm\\_source=sharebutton](https://www.canva.com/design/DAFl6fdeKlA/VsqJedY-j6Dwf09WaZ-3Gw/edit?utm_content=DAFl6fdeKlA&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton)**

**Information Page**

**Link:** **[https://docs.google.com/document/d/15JYnE\\_sbAUfHl8FJRHC9MGplOy\\_yzWFNx8GA-6cNEgQ/edit](https://docs.google.com/document/d/15JYnE_sbAUfHl8FJRHC9MGplOy_yzWFNx8GA-6cNEgQ/edit)**

**The end of our Food Drive and the last Checkpoint will be August 31st.** If you have not already done so, we encourage you to take pictures and send them to

the WA 4-H State Ambassador email below. We love hearing updates and getting the opportunity to answer your questions!

Berklie Sheppard, Asotin County  
WA State Ambassador Team  
[wa4hsa@gamil.com](mailto:wa4hsa@gamil.com)



HELP THE WASHINGTON 4-H STATE AMBASSADORS RAISE  
500 ITEMS FOR YOUR LOCAL FOOD BANKS!

# FOOD HUNGER DOESN'T TAKE A VACATION DRIVE

GOAL: DONATE 500 ITEMS TO FOOD BANKS IN WA  
-SECOND ROUND ENDS JULY 31ST-



# 2023 Washington 4-H State Livestock Judging Contest Recap

Paul Kuber

The 2023 Washington 4-H State Livestock Judging contest took place on Saturday, June 24th, with 112 contestants participating over the three divisions. The event was a success as a result of the many hands that pulled it together.

A big thank you goes out to my colleagues and volunteers, our sponsors for the event, and most importantly to the Grant County Fairgrounds and Staff – their in-kind donations of staff and facilities made this event possible.

Below are the results of the Senior, Intermediate and Junior Divisions, listed by the top three teams in each division. Detailed Scoring Summaries can be found [HERE](#), and Final Results can be found [HERE](#).

## Junior Division (26 Individuals and 5 Teams)

First – Adams County  
Second – Lincoln County  
Third – Spokane County

## Intermediate Division (42 Individuals and 9 Teams)

First – Lincoln County  
Second – Garfield County  
Third – Grant County

## Senior Division (44 Individuals and 9 Teams) –

First – Adams County  
Second – Pend Oreille County  
Third – Snohomish County



2023 High Junior Team





**2023 High Intermediate Team**



**2023 High Senior Team**

We are in the process of determining the best location for access to additional photos aside from the first-place teams attached here. A future feature will include more contest reports, as well as the travel opportunities chosen by the first-place teams. Stay tuned!



# Volunteer to Support the Washington State 4-H Fair

State Fair Board

The Washington State 4-H Fair board encourages individuals with an interest in serving youth development to offer their time and talents in support of the State 4-H Fair as volunteers.

Please send an email to 4-H Fair Board President Kirk Gresham at [st4hfair@gmail.com](mailto:st4hfair@gmail.com) with any questions, for more information, or to volunteer.

Thank You!



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## Donate to the Washington State 4-H Fair

4-H State Fair Board

Every year, the Washington State 4-H Fair Board ensures the continuation and success of 4-H programs old and new alike, from purchasing trophies and ribbons, buckles and banners for awards to fair participants to scheduling and facilitating events and more. This year, the State 4-H Fair Board is asking for your donations to assist the board in its efforts to provide youth an environment that fosters caring relationships, constructive learning experiences, leadership opportunities and to serve our communities.

Please contact a State 4-H Fair board member for more information.

[st4hfair@gmail.com](mailto:st4hfair@gmail.com)

Washington State



4-H Fair

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# State 4-H Fair Board Seeks Qualified Candidates For State 4-H Fair Manager Position Opening

The State 4-H Fair Manager Position Is Now Open!

The job description for the State 4-H Fair Manager position is available for download by clicking [HERE](#).

The State 4-H Fair Manager is not a WSU position, but reports directly to the State 4-H Fair Board. The salary is \$32,500, paid in twelve monthly installments. There are no benefits associated with this position.

This is a part time position of about 1,000 hours annually, with extended hours during August and September, during the fair cycle in Puyallup, Washington.

The position will remain open until filled.

Please forward your cover letter and resume to:

Washington State 4-H Fair Board  
PO Box 1225  
Puyallup, Washington, 98371-0233

or by email to the Fair Board at [st4hfair@gmail.com](mailto:st4hfair@gmail.com).



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## Washington 4-H State Fair Exhibitor Guide Updated for 2023

Kirk Gresham

The State 4-H Fair Board has updated the 2023 Fair Exhibitor guide. Several sections, including the judging contest and equine portions, have undergone major changes. There is also a new Class 10 – 4-H Youth Showcase which gives our youth an opportunity to display their 4-H experiences on Labor Day Weekend!

Links to the complete guide, as well as each separate section, can be found at <https://extension.wsu.edu/4h/fairs/state-4-h-fair/exhibitor-guide/>

Please read the guide carefully and let us know if there are additional refinements which may be helpful at [st4hfair@gmail.com](mailto:st4hfair@gmail.com).

Kirk Gresham, State 4-H Fair Board, President



# Washington State 4-H Youth Showcase Coming to State Fair Labor Day Weekend

Peggy Gresham, State Fair Board

*Announcing a great new opportunity to Promote 4-H...*

## Washington State 4-H Youth Showcase

**Presented in the Dog/Cat Barns Labor Day Weekend – Friday thru Monday**



Come and help us spread the word about 4-H to State Fair goers Labor Day weekend. Both adults and youth are encouraged to come and share their experiences. This is the Fair's opening weekend and we want to share clovers with everyone!

Drawing everyone into the two buildings will be an opportunity to take part in a fun, hands-on recycling challenge.

The Dog/Cat Benching Barn will have general 4-H Information booths for counties to share program information, volunteer opportunities, and project membership promotion.

Teen Programming opportunities will be presented with members sharing their learning opportunities at Teen Conference, participating in the WSU 4-H Know Your Government Program, and being a youth representative as a State Ambassador or Fair Board member!

The Dog/Cat Showring Building will host even more action where members can sign up to do a Public Presentation and earn premium while educating the public about agriculture, home arts and healthy living, leadership, civic engagement, science and technology.

Make your project come to life in the 4-H In Action arena! Come as an individual or bring your whole club to demonstrate what you have learned from taking part in 4-H!

### **Class 10 – 4-H Youth Showcase has been created for you to participate in this exciting event!**

AND additional premium may be awarded to entries for 4-H Club/Group Displays (Class 48), Public Presentation or Speech (Class 1-3), 4-H In Action (Class 8), Educational Displays promoting 4-H (Class 70), WA Agricultural Product Ed Displays (Class 75), 4-H Videography (Class 156), and 4-H Promotional Photos (Class 157) used for display during this Showcase event.

**Get a pass for you & your chaperone from your County 4-H Office - Arrive early to set up your display!**

### **Can't attend the Washington State Fair this year?**

No problem!! We are encouraging youth from across the State to send in videos of their 4-H experiences for us to share during the entire weekend.

#### **Display Ideas Welcome!**

Adults interested in sharing your 4-H volunteer experiences and promoting our programs are encouraged email us to select a time slot, too.

For more info or questions, please email [st4hfair@gmail.com](mailto:st4hfair@gmail.com)

**Help to showcase how Washington State University 4-H Youth Development is developing young people to become productive citizens who are engaged in positive change, meeting the needs of a diverse and changing society.**



**WASHINGTON STATE**  
UNIVERSITY

Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office.

## Ask Dr. Universe: Why Do Owls Stay Up At Night? Zelezina, 8½, Maryland



*Do you love science and writing? You might enjoy the latest [Ask Dr. Universe podcast](#). My guest, Sara Zaske, writes about all kinds of science—and she edits my column every week before I send it to you.*

### Dr. Universe: Why do owls stay up at night? – Zelezina, 8 ½, Maryland

Dear Zelezina,

I love how humans use figures of speech about animals to describe their behavior. An early bird is someone who likes to get up early. A night owl is someone who loves to be awake late at night—like an owl.

I talked about why owls stay up all night with my friend Dr. [Marcie Logsdon](#). She's a wildlife veterinarian at Washington State University.

She told me that for many owls, the dark is a good time to catch a meal.

"Owls are just taking advantage of a time when they can excel at finding prey because there are a lot of other things that are active at night, too—like rodents," Logsdon said.

It's such a good time to hunt that those owls' bodies have adapted to the dark. That's why they have big round eyes. Big eyes with large pupils let in more light. That helps owls see in darker conditions.





Those big eyes can't move around like our eyeballs—because they're not balls. Owl eyes are shaped like bells. Their skull bones hold those bell-shaped eyes into their heads with no space to move. To look around, an owl turns its whole head.

The internal structure of an owl eye is special, too. Most vertebrates have rod cells and cone cells in their eyes. Cones detect colors. Rods detect light and motion.

Diurnal animals are awake during the day. There's lots of light, so it's useful to see lots of colors. It makes sense that diurnal animals have more cones than rods in their eyes.

Nocturnal animals are awake during the night. Since you can't really see color in the dark, nocturnal animals have more rods than cones. Their eyes are optimized to detect movement—like prey sneaking around—even in very low light.

Owls use their ears to hunt at night, too. Logsdon told me scientists tested how well barn owls hunt for mice in completely dark rooms. They had no problem picking out those tasty squeakers in the dark.

“Instead of having nice symmetrical ears like we do, a lot of owls have slightly offset ears,” she said. “Sound hits them at slightly different times so they can pinpoint where the sound comes from. Some owls do that with the soft tissues—like our ear flaps. Some owls have changes in their skulls that help offset their ears.”

You might be surprised to hear that not all owls stay up all night. Some owls are awake during the day—although that's not as common. Some owls are crepuscular. That means they prefer to be awake at dawn when the sun is coming up or dusk when the sun is going down. Some owls are cathemeral. That means they're awake at random times without any real pattern.

That's like me. Cats have random periods of sleep and wakefulness. That's how we get the best figure of speech of all: the cat nap.

Sincerely,  
Dr. Universe

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### Dr. Universe: How does hair grow? – Aidric, 9, Ohio

Dear Aidric,

My whole body is covered in thick, glossy cat fur. Humans look mostly furless. But people grow hair on every part of their bodies except the palms of the hands and soles of the feet. Most human hair is just super fine and hard to see.

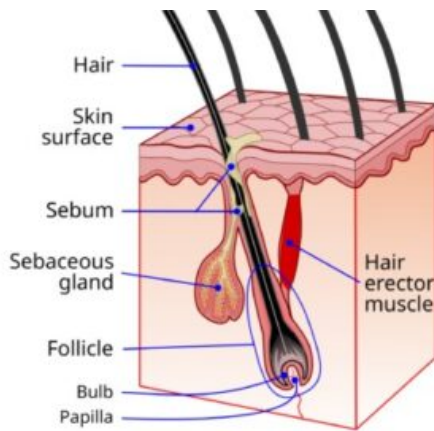
That's what my friend Edward Johnson told me. He teaches classes about the human body in the School of Biological Sciences at Washington State University.

He also told me hair grows from follicles. Those are special organs in the top layer of the skin. Everything you need to grow hair is inside the follicle.

“In the epidermis, which is the outermost layer of the skin, the cells dip inward,” Johnson said. “At the bottom, they form the hair bulb. That’s part of the hair follicle. There are cells there that multiply. They grow upward from the follicle, and as they grow up, the hair gets longer and longer.”

Each hair has a root. That’s the part of a hair that’s inside the follicle.

The hair bulb is at the bottom of the hair root. It’s connected to nerves and blood vessels under the skin. The blood brings nutrients to the cells in the hair bulb. Those cells begin to multiply.



*The nerves and blood supply are in the papilla.*

The new cells clump together and get stiffer. They push the hair up. That makes the hair outside the skin longer. A head hair grows about one centimeter—or a little less than half an inch—every month.

But hairs fall out, too. Humans shed between 50 and 100 hairs every single day. You probably see them in your hair brush. Or in a big slimy clump in the bath tub drain.

That happens because hair has a resting phase. At a time set by your genes, a hair separates from the nerve and blood vessel at the bottom of the follicle. Without any nutrients, the cells stop multiplying. The skin slowly pushes the rest of the hair out of the follicle until it sheds.

Eventually the growing phase starts again. The cells get nutrients and begin to multiply. Soon, a brand-new hair starts growing in the follicle.

Head hair has a longer growing phase than other kinds of hair. The hair on your head can get very long. The growing phase is much shorter for other kinds of hair. That’s why your eyelashes and nose hairs don’t grow as long as your head hair.



Johnson told me that hair color happens inside the follicle, too. That's because of a pigment called **melanin**. Special cells in the follicle inject two kinds of melanin into new hair cells. Eumelanin makes brown to black shades. Pheomelanin makes yellow to red shades. The amount and type of melanin determines the color of your hair.

There's sure a lot going inside that tiny organ in your skin. You could say it's **pretty folli-cool**.

Sincerely,  
Dr. Universe

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**[Get more questions and answers here!](#)**



Know a kid with a science question?

Help them submit it for a chance to be featured in a future Q&A.

**[Submit a question!](#)**

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## **Updated PNW Horse Judges List Is Now Available!**

Jennifer Leach

An updated PNW Horse Judges List is now available. It can be found at **<https://s3.wp.wsu.edu/uploads/sites/2050/2023/05/PNW-Horse-Judges-3.14.23..pdf>**

Counties are encouraged to select 4-H Horse judges off the PNW 4-H horse judges list. However, in Washington our policy is not to mandate that judges come from this list. However, if a county choose to hire a judge that is not on the PNW 4-H horse judge's list—we encourage the counties to select a judge that understands 4-H youth development, has access to the PNW 4-H Horse contest guide, understands and judges according to the Danish system of judging and understands the value of providing positive comments in judging. The philosophy in the Washington 4-H program in horses—is that the “judge is an educator.”

In regard to the PNW 4-H Horse Contest Guide—Washington is still waiting for the final version from our PNW partner, Oregon. In the meantime, we are working on an “addendum” to specifically outline the very minimal changes to the PNW 4-H Horse Contest Guide.

**Questions? Please reach out to Jennifer Leach, State Contact for 4-H horses at [jleach@wsu.edu](mailto:jleach@wsu.edu)**



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## Q and A Sessions for the Washington 4-H Horse Program Continue – Now On First Wednesdays!

Have questions about the Washington 4-H horse program? **Our monthly Q and A for leaders, parents, members, and staff will now be meeting on the first Wednesday of each month via Zoom from 6:30 to 7:30 pm. beginning June 7th.**

Zooms are structured around the theme/parameters of horses and youth development. They are more than “what are the rules.” There is also time set aside for input on future topics for subsequent Zooms. **The Zoom meeting ID is 452-082-9765 with no passcode.** You must have a zoom account to participate.

The meeting will be facilitated by Jennifer Leach, WSU Extension 4-H State Fair Board Staff Liaison.

Feel free to contact Jennifer with any questions at [LeachJ@co.cowlitz.wa.us](mailto:LeachJ@co.cowlitz.wa.us).



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## Announcement of Dressage Tests for the 2023 4-H State Fair

The dressage tests for English dressage at the 2023 4-H State Fair will be Test 3 for both Training Level 1 and First Level.

Western Dressage has come back for the 2023 4-H State Fair and Test 3 for both Basic Level and Level 1.

4-H horse members will only be able to ride either English Dressage or Western Dressage, but not both, due to time constraints related to arena time.

These tests are available on the respective governing organizations—United States Dressage Federation (USDF) for English (<https://www.usdf.org/>) and the Western Dressage Association of America for Western dressage (<https://www.westerndressageassociation.org>)

The Western Dressage Association of America is the governing body for the Washington State 4-H Horse program. The information in the 2015 PNW 4-H Horse Contest guide on page 20 is outdated. In Washington, we do not use the North American Western (NAW) dressage tests.



*Submitted by Jennifer Leach, WSU Extension 4-H State Fair Board Staff Liaison.  
E-mail Jennifer at [LeachJ@co.cowlitz.wa.us](mailto:LeachJ@co.cowlitz.wa.us).*

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## Reining Pattern for 2023 4-H State Fair Now Available

The 4-H State Fair reining pattern is now posted on the horse page on the WSU 4-H webpage located at <https://extension.wsu.edu/4h/projects/animal-science/companion-performance/horse/>

Reining will once again be offered at State Fair for Seniors only. The reining pattern is the same as last year to encourage participation since this is only the second year of 4-H reining. And also includes the scoresheet as an educational and judging tool.

There will be additional reining patterns for county level use that are reflective of basic reining and/or introductory reining. More to come next week. For those who do reining—it is a series of circles, stop, back, figure 8, flying changes, roll backs, and/or spins. And based on skill level and/or complexity of the series of movements.

*Submitted by Jennifer Leach, Chair of the “Ad Hoc Reining Committee” and 4-H State Fair board 4-H Staff Liaison. E-mail Jennifer at [LeachJ@co.cowlitz.wa.us](mailto:LeachJ@co.cowlitz.wa.us).*

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