

Shopper's Guide Article: To be released 9-26-2017

Submitted by: Charlene Miller, Butler County 4-H Youth Extension Agent/Director

## 4-H – Come Grow With Us

“Good habits formed at youth make all the difference” quipped Aristotle. What are good habits and where do youth go to form them? Some of you may have heard about this group, others may not have.

### **What is 4-H?**

4-H is for anyone, anywhere! Even if you live in town and don't have animals, you can be in 4-H! 4-H is more than you ever imagined! A study conducted by Tufts University showed that youth involved in 4-H report better grades, higher levels of academic competence, and an elevated level of engagement at school. They are nearly two times more likely to plan to go to college, and are more likely to pursue future courses or a career in science, engineering, or computer technology. Let's take a look!

4-H is a community of young people across America who are learning leadership, citizenship and life skills. Life skills include: healthy interpersonal relationships, sound decision making, a positive self-concept, an inquiring mind and concern for the community. Simply put, 4-H is designed to support the positive and successful development of all youth. Ultimately helping them become confident, capable and caring adults. The best part is....IT'S FUN!!!

### **What can I do in 4-H?**

ANYTHING! Well, maybe not exactly, but there is a lot that can be done in 4-H. 4-H Clubs hold monthly meetings. At these meetings, you learn about projects, fulfill different officer positions (president, secretary, song leader, recreation leader, treasurer, etc.) and do fun activities together as a group.

4-H offers many different projects in which youth can enroll to learn life skills. These include, but are not limited to: sewing, woodworking, cooking, rocketry, arts and crafts, leathercraft, photography, robotics, pets, leadership, livestock, knitting, shooting sports and entomology. Did I mention Summer Camp and County Fair too! Not only do you get to have fun doing these projects, but you get to make life-long friends and learn important life skills. All of this is done in a safe and caring environment by adult and youth volunteers.

### **How Old Do I Have to be to Enroll in 4-H?**

4-H offers a CloverBud program for youth ages 5 to 6 years old as of January 1. Youth ages 7-18 (age determined as of January 1), can enroll in the regular 4-H program. 4-H is a year round activity for youth to have fun, learn and grow!

### **How Do I Sign Up for 4-H?**

If you are interested in learning more about the Butler County 4-H program, you can call the Butler County Extension Office at (316) 321-9660 or join us for the 4-H Expo on Sunday, Oct. 8<sup>th</sup> from 1:30 p.m. to 2:30 p.m. at the Community/4-H Building in El Dorado (200 N. Griffith).

4-H offers so many opportunities for youth. 4-H is so much more than you ever imagined! There is something for everyone and fun will be had, all the while learning! Don't hesitate to sign up your children and get them involved with a great, local organization today. No matter where you live, there is a 4-H Club close to you. Sign up today and join the club!