

Shopper's Guide for release 10-2-2018

Submitted by Charlene Miller, CEA, 4-H & Youth/Director

National 4-H Week

More than 100 years ago, the 4-H seed was planted, the roots grew and 4-H Clubs sprouted. Initially, 4-H was developed to help improve farming practices and the farming way of life. While agriculture remains a key ingredient today, 4-H has branched out and has programs for all youth, with all different backgrounds, no matter what community or background they come from. 4-H isn't just for youth living in the country or on a farm; it's for those that live in a city too.

More than 6 million young people from across the country will celebrate the annual National 4-H Week beginning on October 7th. Locally, there are 10 4-H Clubs and over 350 4-H members and Clover Buds spread out across Butler County. Clover Buds are youth five and six years of age and regular 4-H members are 7 – 18 years old. 4-H members enjoy a wide array of projects including: Livestock, Shooting Sports, Foods & Nutrition, Photography, Rabbits, Leadership, Clothing, Horse, Woodworking and Entomology just to name a few. 4-Hers also participate in monthly meetings where they participate in various fun activities and learn parliamentary procedures.

What is the value of 4-H? A recent study conducted by Tufts University 4-H Study of Positive Youth Development found that when compared to their peers, young people in 4-H are:

- Report better grades, higher levels of academic competence, and an elevated level of engagement at school
- Nearly two times more likely to plan to go to college
- More likely to pursue future courses or a career in science, engineering, or computer technology
- 2.3 times more likely to exercise and be physically active
- Shown to have had significantly lower drug, alcohol and cigarette use than their peers

The National 4-H website www.4-h.org notes “With 540,000 volunteers, 3,500 professionals, and more than 60 million alumni, the 4-H movement supports young people from elementary school through high school with programs designed to shape future leaders and innovators. Fueled by [research-driven programming](#), 4-H'ers engage in hands-on learning activities in the areas of science, citizenship and healthy living.” With the help of volunteers, 4-Hers are able to do their own projects, set and achieve goals and gain confidence in doing so. 4-H volunteers help mentor youth do develop these skills. In Butler County, we have over 100 4-H volunteers.

4-H is the largest youth organization in the nation. It's tried, tested and true! If you are looking for an organization that develops true leaders, creates life-long friends, and helps youth become confident, capable and caring adults, then check out 4-H today! Come Grow With Us and Join 4-H today!

Don't forget to come visit us at the 4-H Expo at the Community Building in El Dorado, Sunday, October 14thth from 1:30 p.m. – 2:30 p.m. Learn what 4-H has to offer!

For more information on Butler County 4-H, visit www.butler.ksu.edu, www.kansas4h.org, or call the Butler County Extension Office at (316) 321-9660.