

# FAMILY HENDERSON NEWS

Sunday, October 7, 2018

## Enrollment is now open to new members



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Extension Agent

For the 76th consecutive year, millions of youth, parents, volunteers and alumni across the country will celebrate National 4-H Week from Oct. 7-13.

This year's theme, Inspire Kids to Do, is a campaign that will give kids more opportunities to do, empowering them with the skills they need to succeed in life and career.

4-H was founded on the belief that when kids are empowered to pursue their passions and chart their own course, their unique skills grow and take shape, helping them to become true leaders in their lives, careers and communities.

In Rusk County, enrollment for the new 4-H year is underway, and now is the perfect time to become a member of 4-H.

The county has five clubs in which to enjoy the 4-H experi-

ence, and the clubs are: Full Armor 4-H Club which meets at the Full Armor School lunch room, Leverett's Chapel 4-H Club which meets at the Leverett's Chapel School Agriculture Building, Livestock 4-H Club which meets at the Rusk County Extension Office meeting room in Henderson, Roundup 4-H Club which meets at the Pirtle Methodist Church in Overton and Tatum 4-H Club which meets at the Tatum ISD community room in Tatum.

While many people are familiar with the animal projects, prospects shows and jack-pot events, there are many non-animal 4-H projects in which to enjoy through family and community health.

Family and Community Health (FCH) projects offer youth a new world of opportunities with projects specifically designed to enhance life skills and encourage personal growth, sound decision-making and interpersonal understanding.

Examples of FCH projects include Food and Nutrition and Clothing and Textiles.

The Food and Nutrition Project teaches kitchen and cooking safety, how to prepare nutritious meals/snacks and meal ideas to reduce the risk of disease. Learning experiences focus on nutrition, food purchasing, food preparation and food safety. During the food and nutrition project, there are several events in which to participate and they include the Food Show, Food and Nutrition Quiz Bowl, Food Challenge, Agriculture Product ID, and the Food and Nutrition Poster Contest.

The Clothing and Textile Project teaches skills in fabric science, clothing construction and ready-to-wear apparel. During this project, the following events are available for 4-H'ers to participate: Fashion Show, Fashion Storyboard, Natural Fiber Contest, Duds to Dazzle Contest and Trashion Fashion Contest.

For more information concerning the 4-H program please contact or stop by the Rusk County Extension Office, 113 E. Fordall St., Henderson at 903-657-0376.