

# 4-H enrollments have begun 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 experience, 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, Round-up 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.



**LIZ  
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Extension Agent

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, Fashion and Interior Design, Consumer Education and Health and Personal Safety.

With the Consumer Decision-Making project, 4-H'ers learn money management skills. Additionally, they learn how to compare prices, test for quality and make purchases based on facts and research.

Project activities also focus on the economy, consumer rights and responsibilities. During the project, 4-H'ers gain experience in analyzing information on various products and how to construct a verbal rationale for their purchases.

The Food and Nutrition Project focuses on kitchen and cooking safety, how to prepare nutritious meals and snacks, and meal ideas to reduce the risk of disease. Learning experiences focus on nutrition, food purchasing, food preparation, food safety and related careers.

During the food and nutrition project, there are several events in which to participate and include the Food Show, Food and Nutrition Quiz Bowl, Food Challenge, Agriculture Product ID and the Food and Nutrition Poster Contest.

In the Fashion and Interior Design Project, the 4-H'er

learns to design, construct and be a smart consumer when purchasing clothing and household items. They can have fun creating environmentally friendly projects while exploring careers in the fashion and interior design industries. During this project, the following events are available for 4-H'ers to participate either alone or as a member of a group: Fashion Show, Fashion Storyboard, Natural Fiber Contest, Duds to Dazzle Contest, Trashion Fashion Contest.

The 4-H Health and Personal Safety Project can be a stand alone project or with other 4-H projects. Whether it's the kitchen, the car, playing outside, near water — there so many places safety needs to be practiced. Working with this project, the 4-H'er will learn to prevent accidents and injuries by recognizing and correcting safety hazards. This project pairs well with food and nutrition, shooting sports, archery, and any animal projects. The safety principles can also be applied to cell phone safety or car seats and seat belts.

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