Dear 4-H’ers:

This time of year is packed full of 4-H excitement. Keeping you informed is a major goal of the “4-H Notes & Quotes”. There are lots of activities you will want to review. Remember to call the County Extension Office, if you need more information.

**DELTA DISTRICT O’RAMA**

4-H Delta District O’Rama is Thursday, June 18 at East Arkansas Community College in Forrest City. The event is open to both junior and senior 4-H members and provides an opportunity for 4-H’ers to exhibit the skills they have developed through their project work in a variety of competitive activities. 4-H’ers may compete in one activity. Listed below are competitive activities to be conducted. Also, listed are those who have already qualified for competition. Please call the Extension Office by Friday, May 22 to pre-register for your activity. Some areas are still open and need to be filled as soon as possible. Please contact the Extension Office, if you would like to participate in one of the open areas.

2015 District 4-H Record Book Winners who will be recognized at 4-H Delta District O’Rama on June 18 are: Beginners – Allie, Health & Fitness; Riley, Citizenship; Rob, Pet Care and Intermediate – Destiny, Citizenship; Chloe, Gardening & Horticulture; Will, Entomology.

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4-H LEADERS/OFFICERS MEETING
The 4-H Leaders/Officers Meeting will be held on Monday, May 4 at 5 p.m. at the Extension Office in DeWitt.

YOGA FOR KIDS
Practicing yoga is a fun and easy way to help children increase physical activity levels. Yoga for kids is like yoga for adults, but sillier. Practicing yoga with kids should be different from yoga practice with adults in that, instead of quiet and calm, it should be noisy and fun. Yoga is a great way to engage kids in physical activity because it helps improve flexibility, balance, and strength all while being noncompetitive and inexpensive. Some studies have even suggested that practicing yoga can improve a child’s attention, relationships, self-esteem, and listening skills. The purpose of this program is to increase fitness, decrease stress, improve mental focus in a noncompetitive manner and have fun! Yoga for Kids (Ages 5-8) will be presented by the Arkansas County Cooperative Extension Service each Tuesday in May at 3:30-4:30 p.m. in the Extension Conference Room. The class is limited to 15 youth on a first-come first-serve basis. Deadline to register is May 1. For more information, contact Alta Lockley, 4-H Program Assistant.

4-H/TRACTOR SUPPLY COMPANY
PAPER CLOVER CAMPAIGN
The 4-H/TSC Paper Clover Campaign is a nationwide, in-store fundraiser that benefits 4-H programming in the communities where a TSC store is located. The 2015 Spring Paper Clover fundraiser event will be held April 22 – May 3. The effort has provided direct support for local camps, after-school programs and other activities, and has granted scholarships to these events that youth can explore their interests in everything from animal science to robotics. In Arkansas County, the Paper Clover funds have gone to support camps and educational activities for the kids. Arkansas County 4-H Paper Clover Day will be held Saturday, April 25 or Saturday, May 2 at the Stuttgart Tractor Supply Company (TSC) store pending your interest. 4-H members and leaders interested in participating should call the Extension Office by Monday, April 20.

4-H POSTER ART CONTEST
The 2015 4-H Poster Art contest is open to all 4-H members ages 9-19. Posters should be 14” x 22” in dimension and may be horizontal or vertical. Posters may be any medium art - watercolor, ink, crayon, acrylic, charcoal or collage. They cannot contain any copyrighted material such as cartoon characters and cannot have any three dimensional items on them. One poster entry per 4-H member will be accepted. The 4-H members name, age, county, full address and brief interpretation of art work must be affixed to the back of the poster in the upper left hand corner. (You may use a 3” x 5” index card.) Posters should be submitted (flat, not rolled) to the Extension Office by Friday, April 17. For more information, contact the Extension Office.

ROSS FOUNDATION
4-H PHOTOGRAPHY
CONTEST AND EXHIBIT
The Ross Foundation 4-H Photography Exhibit provides an opportunity for Arkansas 4-H’ers to demonstrate, compete, and exhibit their photography skills. All 4-H members age 9-19 are eligible. Each 4-H member may enter two color photographs (one must be in the living category and one must be in the non-living category if two are entered) and two black-and-white photographs (one must be in the living category and one must be in the non-living category if two are entered). Four county winners are selected – one in each category. Photographs entered in the Ross Foundation 4-H Photography Exhibit MUST be of scenes or subjects in Arkansas. The pictures must have been taken during the current contest year. Date, location, and negative (or disk if digital) MUST accompany photograph. Cash awards are presented to winners. Photos are due in the County Extension Office by May 29. For more information contact the county Extension Office.

GIANT PUMPKINS & WATERMELONS
4-H’ers participating in the Giant Pumpkin and Watermelon Contest are: Autumn, Brooks, Chloe Belle, Connor, Gabe, Mary Claire, Michael, Peton, Rob, Shasta and Will. Seed will be available soon. Planting dates are May 1-31 to harvest by fair time.

Visit our website at: http://www.uaex.edu/counties/arkansas.
**Community Conservation Project**
Remember to continue saving aluminum cans, cell phones, and printer cartridges so you can bring them to the Extension Office for recycling. This has been a great 4-H community conservation project! Proceeds go to the Arkansas County 4-H Council.

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**4-H DAY AT THE CAPITOL**
Hundreds of Arkansas 4-H members from across the state filled the halls of the state Capitol on March 18, learning about leadership from members of the Legislature, the state auditor and Governor Asa Hutchinson. Arkansas County 4-H members participating in 4-H Day at the Capitol were: Chloe, Riley, Erika, Destiny, Will and Emily.

**4-H FASHION REVUE & SHARE THE FUN**
Arkansas County 4-H held the Fashion Revue and Share the Fun Activity at Faith Baptist Church Gym on March 30. MC’s were Destiny, Allie and Erika. In the Fashion Revue contestants modeled garments and gave a short interview detailing the cost, use, fabrics, and reasons for their choice. Sweepstakes winner was: Rob. Others participating were: Chloe Belle, Mary Claire, Abby, and Connor. In Share The Fun Activity contestants performed talent. Sweepstakes winners were: Allie and Destiny. Others participating were: Chloe Belle, Mary Claire, Destiny, Will, Rob, Riley, Connor, Jayden, Kaitlyn, Autumn, and Abby.

**MISS ARKANSAS COUNTY RICE**
Delia was crowned “2015 Miss Arkansas County Rice”. Her rice dish is “Rice from this Side of the Border”. Delia’s responsibilities are to promote the cookery and use of rice in the county. If you would like her to come to your club and present a program, please call the Extension Office at (870)946-3231 or (870)673-2346.

**4-H ONLINE ENROLLMENT**
Please take time to enroll in 4-H Online now at: https://arkansas.4honline.com. Arkansas 4-H Online is a web based event registration system that is used to enroll in 4-H as well as register for statewide events and activities. All 4-H members and leaders should enroll. This is very important for our office records. 4-H online enrollment is required to participate in county activities. Computer access is available at the Extension Office. For more information, call the Extension Office at (870)946-3231 or (870)673-2346.

**4-H RECORD BOOKS**
The purpose of 4-H record keeping is to report project goals and how they are completed; report what is learned and life skills developed; and report participation, community service and leadership. Now is the time to begin preparations for submitting your 2016 4-H Record Book. All Arkansas County 4-H’ers are encouraged to complete 4-H Record Books. Through your record book, you show your accomplishments and how you have developed responsibility by keeping records. Throughout your 4-H career, you will find your record book useful in evaluating past achievements and in making improvements in future plans. Numerous awards are available for just turning in a completed record book. These awards include attending the 4-H Achievement Banquet, jackets, t-shirts, pins, camp scholarships and other awards. More information is available at the County Extension Office or on our website at: http://www.uaex.edu/4h-youth/resource-library/project-books.aspx.

**4-H HALL OF FAME BANQUET**
4-H youth ages 12-14 are needed to be servers during the Hall of Fame Banquet that is set during the Teen Leader Conference on Wednesday, June
Arkansas 4-H
Camps -- offers
 camping and training
opportunities for 4-H
youth 5-19 years old and adults. For more
information contact the Extension Office or visit our
website at:  http://www.uaex.edu/4h-youth/activities-
programs/camps/camp%20flyer.pdf

Arkansas 4-H Events -- For more information
contact the Extension Office or view the 4-H
Calendar of Events and 2015 Quick Reference
Guide online at:  http://www.uaex.edu/4h-
youth/resource-library/applications.aspx

Clover Kids 4-H Club elected officers at their
March meeting. Officers are: Chloe -
President, Rachel-Vice President, Will-Secretary,
Rob-Treasurer, Connor-Reporter, Graceland-
Photographer, Josh-Song leader, Kameron-
Pledge leader. The next meeting will be held on
Monday, April 20 at 3:30 p.m. The program will be
Smokey The Bear.

Prairie Angels 4-H Club met on March 30 at
Faith Baptist Church. Members turned in pizza
orders and discussed ideas on community service
projects. They were reminded of upcoming events.

After the meeting, those participating in Share The
Fun practiced their acts. The next meeting will be
April 27 at 3:45 p.m. at Faith Baptist Church.
Members were reminded to bring project books to
work on group projects, if any help is needed.
Submitted by:  Jayden, Reporter.

Spirit of ’76 4-H Club met on March 18 at the
Extension Office. Our guest speaker, Mr. Jason
Grantham presented the program on “The
Importance of Savings.” Destiny and Emily reported
on 4-H Day at the Capitol. Following the meeting
club members stuffed eggs to donate to the
Community Egg Hunt. The next meeting will be April
15 at 3:30 p.m. at the Extension Office, DeWitt.
Submitted by:  Peyton, Reporter.

Wildlife 4-H Club met on April 2 to make
preparations for the Egg Hunt scheduled for April 9.
The next meeting will be May 7 at 3:30 p.m. at the
DeWitt City Park (weather permitting).

Visit the Arkansas County 4-H Facebook Page at:
www.facebook.com/Arkansas4H.arkansas.