

4-H Notes & Quotes

Arkansas County 4-H Newsletter

Volume 27, Issue 4

June 5, 2020



4-H MOTTO:
"To make the best better"

**ARKANSAS COUNTY
4-H COUNCIL OFFICERS**

Jr. 4-H Council Officers

Connor, President
Ellie, Vice President
Autumn, Secretary
Cole, Treasurer
Jaxson, Reporter

Sr. 4-H Council Officers

Magon, President
Chloe Belle, Vice President
Rob, Secretary
Mary Claire, Treasurer
Will, Reporter

Adult 4-H Council Officers

Brandi, President
Charles, Vice President
Heather, Secretary
Priscilla, Treasurer
Melissa, Reporter

Arkansas County Offices

1009 Liberty Drive
DeWitt, Arkansas 72042
(870)946-3231 or 673-2346
Fax: (870)946-3061

2900 Highway 130 East
Stuttgart, Arkansas 72160
(870)673-2661, Ext. 254
Fax: (870)673-4315

4-H is a **community**
of **young**
people
across **America**
who are learning
leadership,
citizenship and
life skills.

Dear 4-H Families:

While public health recommendations may limit in-person contact, the Cooperative Extension Service is still on the job and we are always here to help you. You can reach our office by phone at (870)946-3231 or (870)673-2346. All county 4-H events are still postponed until further notice.



4-H HEALTHY SNACK CHALLENGE

Arkansas County 4-H has some exciting news! Arkansas County 4-H members (ages 5-19) can participate in the Virtual 4-H Healthy Snack Challenge. This county activity is a fun easy way to share an illustrated talk or method demonstration about a healthy snack food by uploading a 1-3 minute video. More Information is available at: <https://bit.ly/4-HHealthySnackChallenge>.

The Virtual 4-H Healthy Snack Challenge will allow 4-H members to demonstrate their interest, knowledge, and skills in foods and nutrition. Deadline to enter is June 10. All you need to enter is your email address, video and recipe. Go to this link to upload your video and recipe: <https://bit.ly/Enter4-HHealthySnackChallenge>.

DISTRICT 4-H O-RAMA VIRTUAL PROJECT SHOWCASE

The 2020 District 4-H O-Rama is going virtual! It is open to all junior 4-H members. The purpose is to give 4-H members the opportunity to showcase their project work. 4-H members will upload a video to tell others about their project work. Each showcase may have up to two youth per county, so pre-register by June 17. To pre-register or for questions, call the Arkansas County Extension Office at (870)946-3231 or (870)673-2346 by June 17.

SHOWCASE GUIDELINES -

Who Can Participate: Open to all junior (9-13) 4-H members. All participants must be enrolled in the 4-H Enrollment and Event System.

Showcase Participants: Each showcase can have up to two (2) youth per county. A 4-H member can also participate in more than one showcase. Prepared O-Rama illustrated talks and demonstrations can also be used as a showcase.

Format: The showcase must be a video presentation. Each participant must include their name, county and project. Each video must be 2-5 minutes. Videos can be recorded with any standard platform.

Submission Date: June 24.

Awards: All participants will receive a participation certificate. The top three (3) videos in each mandate area will be highlighted by the State 4-H Office.

Registration: All participants must sign up in the 4-H Enrollment and Event System.

Fee: This event is free to all Junior 4-H members.

4-H WILDLIFE FOOD PLOT PROJECT

Junior and Senior 4-Hers, are you looking for something to do outdoors? Enjoy getting up close with nature? Sign up for the 4-H Wildlife Food Plot Project. Planting a food plot is like preparing a garden for wildlife to enjoy this fall. And today is not too early to start. Don't have a place to plant? Don't know the first thing about planting a food plot? Don't know what to do? Contact your county agriculture agent for assistance. Complete a project book as a record of your step-by-step process of planting seeds, growing forage for wildlife, and observing and sharing your results. To compete for awards and prizes, submit your

project book along with a quick 3-minute video by March 1, 2021. And this is really amazing: even if your plot doesn't produce because of weather conditions, your actions are still helping wildlife - and you can still win the contest. There is nothing to lose and everything to gain. Your project book and video will be judged, and awards given to the top three in each district, and the state's top Junior and Senior will be recognized. Cost is \$25 which includes membership in Quality Deer Management Association's Rack Pack and a bag of seeds for your 1/8-acre plot. Deadline is July 1. Call the Extension Office at (870)946-3231 or (870)673-2346 for information on signing up and to apply for a county scholarship. Be sure to follow CORVID-19 guidelines while doing this 4-H activity. For more information visit: <https://4h.uaex.edu/programs/plant-animal/wildlife-programs/food-plot-contest.aspx>

4-H ENROLLMENT

All 4-H members and leaders should enroll in 4-H RegPack so that we have updated contact information. Please take a few minutes to enroll visit <https://4h.uaex.edu> to see the new website & click on the JOIN tab to see the new 4-H Enrollment & Events System. For assistance in enrolling, call the Extension Office at (870)946-3231 or (870)673-2346.

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.



THE CONGRESSIONAL AWARD

The Congressional Award is the highest honor the United States Congress presents to America's civilian youth. It is an individual challenge open to all youth between the ages of 13.5 to 24 – regardless of background, ability, or grade point average. For more information about the program visit:

<https://4h.uaex.edu/youth/awards/congressional-award.aspx>

Visit our website at:

<https://www.uaex.edu/counties/arkansas/>

ARKANSAS 4-H CAMPS

From Arkansas
4-H Camps Staff:

No in person camps will be offered at least through the end of June. We are looking at which sessions can be offered in a virtual format. We realize virtual camp is not ideal as it does not allow for the personal interactions that make camp important; however, we want to continue to serve our camp families to the best of our abilities. We are making our decisions in order to keep our campers and staff healthy and safe. Thank you for your patience and understanding. For a list of virtual camp sessions visit our website at:

<https://4h.uaex.edu/youth/camps/default.aspx>



2020 U.S. CENSUS

The U.S. Census taking place this year asks how many people live in a home – children included. According to the U.S. Census Bureau, it's estimated more than 2 million children under the age of 5 were left off Census forms in past counts. Children may be overlooked because they split their time between homes, move multiple times in a year, they're an infant or they live in a home where English is a second language. Within Arkansas, Census data determines funding for the children's health insurance program, ARKids, as well as federal funding for the National School Lunch Program and Head Start programs. There are three easy ways to complete the 2020 U.S. Census survey from the comfort of your home:

- Online at My2020Census.gov
- By phone at 844-330-2020 (English) - a list of phone numbers in different languages is available at Census.gov

• By returning the paper questionnaire you received in the mail.

More information about the census can be found at: <https://www.uaex.edu/business-communities/census/default.aspx>

Look us up on Facebook at:

www.facebook.com/Arkansas4H.arkansas



DISINFECT TO DISCONNECT COVID-19!

When you went to the grocery store, you did everything right. You observed social distancing and wore a mask. When you returned home and put the groceries away, you washed your hands and cleaned your kitchen surfaces just to play it safe. So far so good. But one question — where was your smartphone while you were out there?

Research has shown that SARS-CoV-2, the virus that causes #COVID19, transfers from infected people onto surfaces by touching, coughing or sneezing, said Kristen Gibson, associate professor of food safety and microbiology for the Arkansas Agricultural Experiment Station, the research arm of the University of Arkansas System Division of Agriculture. Learn how to keep yourself

and your phone safe:

<https://bit.ly/AAES-CleanScreens>

The Arkansas Cooperative Extension Service is an equal opportunity/equal access/affirmative action institution. If you require a reasonable accommodation to participate or need materials in another format, please contact your County Extension office as soon as possible. Dial 711 for Arkansas Relay.

Sincerely,



Grant Beckwith
 County Extension Agent -
 Staff Chair
gbeckwith@uaex.edu
 (870)692-4445



Phil Horton
 County Extension Agent -
 Agriculture
phorton@uaex.edu
 (870)830-1624



Alta Lockley
 County Extension Agent -
 4-H/Family & Consumer Sciences
alockley@uaex.edu
 (870)946-6160

4-H WILL TEACHES HOW TO SPEAK IN FRONT OF OTHERS

Demonstrate something (show how); Illustrate something (tell how); or give a Project Talk about something (tell about). Find things you will need for your 4-H presentation in the word search below.

T A B L E H M I V W O L U S A
 S H E R V P R O D Q U A Y M B
 N A V C I L G V X P Y E K I D
 Y N R L P V O I C E G A S L O
 M O T E F J U S B A P K N E W
 V T Y A R E N U B O Q G A J F
 G E Y N U T Z A C T H V I C E
 O S N H L B I L D V T C X O Q
 R K Q A Y E X A M P L E S K U
 M B E N T S B I E W G A M Y L
 I K R D F O N D B E J O X N I
 H A Q S L E Y S U P P L I E S
 P C U L Z M O B R A V P G D T
 E L Q U S K X A G J D I L S Y
 S P R A C T I C E T I M E K P

Clean	Hands	Examples
List	Practice	Time
Notes	Supplies	Table
Smile	Voice	Visual Aids