



## Cabarrus County 4-H May 2005

### Cabarrus County Center

715 Cabarrus Avenue-West  
Concord, North Carolina 28027

Office Hours: 8 a.m.-5 p.m., Monday - Friday  
Phone: (704) 920-3310 Fax: (704)792-0539

Extension Website: [www.ces.ncsu.edu/cabarrus](http://www.ces.ncsu.edu/cabarrus)

4-H Website: [www.cabarruscounty4H.com](http://www.cabarruscounty4H.com)

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## Summer Fling News

Summer Fling Brochures are here! We have many exciting classes lined up for you. Brochures are available at our office, in the offices of Cabarrus County Elementary Schools, at all Cabarrus library branches as well as on the Cabarrus 4-H website.

Youth who participated in our

4-H Summer Fling last year will have brochures mailed directly to their home. Remember, registration begins **May 11 & 12, from 9:00 a.m.-6:00 p.m.** Registration will continue throughout the summer, but register early to get the classes you want!

### Registration Help Needed

We will need adult volunteers to sign up youth in our classes and 4-H'ers to work as "runners." If you can lend us a hand on **May 11 and/or 12**, please contact us at 704-920-3310.



## District Project Records Results

- May 2- Mission Nutrition Records Due
- May 6- Dive Into A Career Poster Contest Entries Due
- May 10 & 12, County Activity Days
- May 11-12, Help Needed for Summer Fling Class Registration
- May 16- ARI applications due in Raleigh
- May 26-Jr. Camp Meeting for participants and parents
- June 2-Summer Fling Kickoff, workshop
- June 6-Photography Entries Due
- June 6-10, State 4-H Horse Show in Raleigh
- June 12-17, Jr. 4-H Camp held in Reidsville
- June 22-Set up at JN Robinson for DAD
- June 23-District Activity Day
- July 6-10, State 4-H Horse Show
- July 11-15, Junior Leaders Needed for Clover Camp

### Gold:

Kristen Mason- Science, Technology, and Computers (16-18 yrs)

Adele Harper- Communications and Expressive Arts (13-15)

Rebecca Gossage- Consumer and Family Sciences (13-15 yrs)

Christine Counts- Healthy Lifestyles (11-12 yrs)

Susan Thomas- Healthy Lifestyles (9-10 yrs)

### Silver:

Daniel Outen- Healthy Lifestyles (16-18 yrs)

Kristen Mason- Communications and Expressive Arts (16-18 yrs)

Lauren Harroff- Personal Development and Leadership

(13-15 yrs)

Rebecca Gossage- Healthy Lifestyles (13-15 yrs)

Elizabeth Shue- Plant Sciences (11-12 yrs)

Elizabeth Shue- Communications and Expressive Arts (11-12 yrs)

Ella Beth Wickliff- Communications and Expressive Arts (9-10 yrs)

Ella Beth Wickliff- Consumer and Family Sciences (9-10 yrs)

Magan Eury- Personal Development and Leadership (9-10 yrs)

### Bronze:

Amy Ritchie- Healthy Lifestyles (16-18 yrs)

Kayla Mason- Science, Technology and Computers

(13-15 yrs)

Greylan Counts- Environmental and Natural Resources (13-15 yrs)

Lindsay Harroff- Animal Science (13-15 yrs)

Christine Counts- Personal Development and Leadership (11-12 yrs)

Courtney Boyd- Animal Science (9-10 yrs)

Susan Thomas- Communications and Expressive Arts (9-10 yrs)

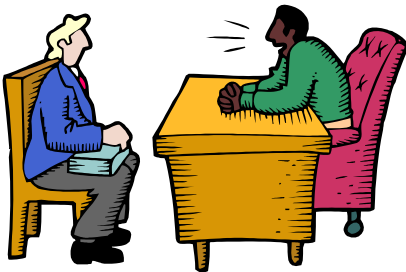
Other participants include: Aaren Boggs, Hannah Cruse, Courtney Frantz, Taylor Furr, Peter Gossage, Lauren Harroff, Nikki Hill, Arielle Maffeo, Daniel Pless, and Beth Tevepaugh.

## Jr. 4-H Camp

Our office sponsors summer camp at Betsy Jeff Penn 4-H Camping Center from **June 12-17**. The cost of camp will be \$280 this year, which includes all meals and a \$20 store card. \$140 is due when you sign up. Call the 4-H Office today!

### Camp Scholarships Available!

Thanks to the Cabarrus 4-H Budget, there are five partial camp scholarships of \$100 available to junior 4-H campers. These top-secret scholarships are based on need and 4-H accomplishments. Applications were in the 4-H leader packs last month.



## ARI Opportunity

If you are hoping to win a great trip to National 4-H Congress in Atlanta, National 4-H Conference in Washington, D.C., or participate in the International Leadership Conference in New Hampshire, you need to start thinking about ARI! The ARI (Application, Resume, Interview) is a process in which youth develop important skills related closely to hiring process and college preparation. ARI applications will be due in Raleigh **May 16**. ARI interviews take place during 4-H Congress in July. Anyone of the 4-H age of 14 and older may participate. For more information, call the 4-H Office.



## County Activity Days

County Activity Day will take place on two evenings this year. Please hold **Tuesday, May 10, and Thursday, May 12 at 6:00 p.m.** at the 4-H Office, to give all those great presentations. Remember that the top two presentations in each category will represent Cabarrus County at J.M.

Robinson High School for District Activity Day on **Thursday, June 23**. Cabarrus County is hosting District Activity Day, so let's be well represented this year! Categories for County Activity Days were listed in the April Newsletter. Call 704-920-3310 to sign up today!

## ATTENTION Adult Volunteers, YOUR Help is Needed!

Cabarrus County is proudly hosting this year's District Activity Day (see article above) on **Thursday, June 23** at Jay M. Robinson High School. We will need plenty of help to make the day a success. Please call the office to sign up for the following activities:

- Room Host/Hostess
- Greeters
- Lunch help
- Information Desk
- Set Up (afternoon of June 22)

*Please help us make this event a success!*

## Clover Camp Junior Leaders Needed!

Calling all teens! Would you like to help the Cloverbuds enjoy a great week of music, movement, crafts and snacks during Clover Camp? We need you to apply for one of the Clover Camp Teen Leader positions. You will be asked to be at the 4-H Office from 8:00 a.m.-1:00 p.m. the week of **July 11-15**. Call Sara West today!

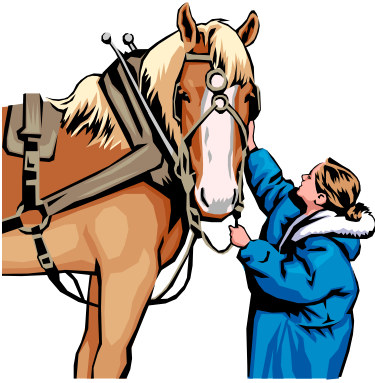


## Dive Into A Career Poster Contest

Be a part of a new contest sponsored by the State 4-H office! This poster contest will allow Cabarrus County to send 2 poster entries from the following age categories on to District competition: 9-10 year olds; 11-13 year olds; and 14-18 year olds. Winning posters at the District level will be displayed and judged during NC 4-H Congress. Each state age division winner will receive a \$25 cash award. Details are available at the 4-H Office. Entries are **due May 6** at the 4-H Office.

## Photography Contest

The state photography contest has new categories this year! They are "4-H in Action," "Nature's Beauty," and "Changing Faces of Agriculture." Age categories are 9-12 and 13-19 years old. All photos must be taken by the 4-H'er and be accompanied by the original media (negative, print, slide, APS film, disk, or CD). Entries are due **Monday, June 6**. For rules, judging criteria and entry forms, contact the 4-H office



## Congrats to State Horse Judging Participants

Cabarrus County was well represented at the State 4-H Horse Judging Competition held in Raleigh on Saturday, April 16. See their great results!

First Place Team- Junior Division  
 Sarah Harper, Kickin' Tails 4-H Club  
 Kelsey Graham, Kickin' Tails 4-H Club  
 Bailey Glenn, A Bit More Bridles and Bits 4-H

High Score Overall- Junior Division  
 Sarah Harper- 1<sup>st</sup> place  
 Bailey Glenn- 7<sup>th</sup> place

High Score Oral Reason- Junior Division  
 Sarah Harper- 2<sup>nd</sup> place  
 Bailey Glenn- 3<sup>rd</sup> place

High Score Oral Reason- Senior Division  
 Ashley Williams, Kickin' Tails 4-H Club- 6<sup>th</sup> place

High Halter Individual Scores- Junior Division  
 Sarah Harper- 2<sup>nd</sup> place  
 Kelsey Graham- 3<sup>rd</sup> place  
 Bailey Glenn- 9<sup>th</sup> place

High Halter Individual Scores- Senior Division  
 Chelsea Glenn, A Bit More Bridles and Bits-  
 4-H Club - 10<sup>th</sup>place

High Performance Individual Scores- Junior Division  
 Cara Tallarida, Kickin' Tails 4-H Club- 5<sup>th</sup> place

High Performance Individual Scores- Senior Division  
 Aryn Keogh, Kickin' Tails 4-H Club- 4<sup>th</sup> place

Other participants include Britney Whitley, Marion Quattlebaum, and Alyssa Williams of the Kickin' Tails 4-H Club.

The coaches were Laura Harper, Scarlett Parker and Kristin Kause.

Congratulations on a great job representing Cabarrus County 4-H!

“All who have meditated on the art of governing mankind have been convinced that the fate of empires depends on the education



“The one real object of education is to have a man in the condition of continually asking questions.”

Bishop Mandell  
 Creighton

### 4-H Mission... Nutrition Project Records Due!

Please turn in these records by **MONDAY, MAY 2.** Remember, prizes will be awarded to the following places: **1st Place-\$80; 2nd Place-\$60; 3rd Place-\$40; and 4th Place-\$20.** We look forward to seeing your work!

## 4-H MISSION.... NUTRITION

### Afterschool Snack Pyramid Pizzas

- 2 whole wheat or oat bran English muffins, split
- 1/2 cup regular or low-fat pizza sauce
- 1/2 cup pineapple tidbits, drained
- 1/2 cup lean, cooked ham, diced
- 1/2 cup regular or reduced-fat shredded cheddar cheese



Preheat oven to 250 degrees. Place English muffins, open faced, on baking sheet. Spread 2 tablespoons of pizza sauce onto each muffin. Add 5-6 pineapple tidbits and 2 tablespoons of diced ham over the pizza sauce. Sprinkle 2 tablespoons of shredded cheese over the ham. Bake for 4-6 minutes or until the cheese melts and the muffins are thoroughly heated. Makes 4 servings.

C L U B N E W S C O R n E	<b><i>Precious Moments 4-H Club</i></b>	<b><i>Odell 4-H Club</i></b>	<b><i>Hearts &amp; Hands 4-H Club</i></b>	
	Meeting Date: 4/12/05 Program: Lindsey Steele called the meeting to order. She told us about the new 4-H NASA curriculum, then talked about upcoming events. After that we enjoyed refreshments and started our club Charity Garden, pulling up grass and weeds. Next meeting: May 10th 2005, 2:00 p.m. at Stephanie Steele`s Home Presiding officer: Lindsey Steele	The Odell 4-H club met on the 11 <sup>th</sup> of April. The club discussed the fashion review, helping out at the local farmers market, and announced the upcoming county council meeting. Courtney Frantz led the program where she showed everyone how to create their own photo album. Aaren Boggs adjourned the meeting which was followed by a healthy snack. Next meeting: May 10, 2005 Presiding Officer: Aaren Bogg Submitted by: Beth Tevepaugh	The Hearts and Hands 4-H club met on 3/6/05 at the 4-H Office. Ten members were present. We practiced our Music Garden program that will be presented to a nursing home. We also played two games out on the lawn, the egg and spoon race and a three-legged race. We had to work together. Submitted by: Samuel Rinehardt	
	Send your club information to: btevepaugh@gmail.com or mail to Beth Tevepaugh at 1816 Grey Road, Davidson, NC 28036			Sincerely,  Sara A. West Extension Agent 4-H Youth Development (704) 920-3310 Ext. 3319 Sara_West@ncsu.edu
	<b><i>Rimer Sunshine Cloverbuds 4-H Club</i></b>	The Rimer Sunshine Cloverbuds met on April 12 2005 at the Cross of Christ Parish Hall. Courtney Allman called the meeting to order. Brittany Hall led the 4-H pledge and Hannah Cruse led the Pledge of Allegiance. We played a game called keep moving to learn the importance of eating a healthy breakfast. Some special dates we discussed were: 4/24/05: Trip to Catawba College to learn about Rainforest/environment. We will meet at the church at 1:15 p.m. 5/5/05: Expressive arts program. 5/17/05: Bike-a-thon for Cystic Fibrosis at 6:00 p.m. at the church. We will also be having a cookout/picnic, all family and friends are welcome to join us. We also discussed newsletter articles, helping at the farmer's market, and a healthy food choice worksheet. At the end of the meeting we enjoyed a nutritious snack. Submitted by: Bailey Cruse		

## North Carolina Cooperative Extension Service

**Cabarrus County Center**  
 715 Cabarrus Avenue-West  
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