



News Release

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Local youth are invited to join Arapahoe County 4-H *4-H teaches life skills to a community of youth*

Littleton, Colo. – Arapahoe County 4-H is now welcoming metro-area youth to join one of 14 local clubs from Littleton to Deer Trail, or to start a new club with a group of friends and an adult volunteer. The program currently engages more than 300 members. New members should enroll by Jan. 1.

By joining a 4-H club, youth ages 5 to 18 can explore their interests in more than 60 general, home economics and animal project areas. A project involves learning a new skill over a period of several weeks or months through hands-on learning. Some of the County's most popular projects are the rabbit and dog projects, shooting sports, cake decorating, clothing construction and wildlife. Children under age 8 participate in the Cloverbud project, where they learn about a variety of topics and have fun in a non-competitive setting.

"By joining 4-H, your child can become part of a community of friends and learn wholesome skills that will benefit them for a lifetime," said Arapahoe County Commissioner Bill Holen. "For example, 4-H members grow up with the skills to sew, take photographs, care for an animal, cook a nutritious meal or even make a public speech."

Arapahoe County 4-H members are invited to show their completed projects at the Arapahoe County Fair each July, and top exhibitors are invited to the Colorado State Fair. The County also hosts optional contests each year, such as cake decorating, speech and demonstrations, creative cooks and a talent show. 4-H youth also participate in community service projects, fundraisers, conferences and camps that help to grow their leadership skills and civic perspective.

Arapahoe County 4-H also welcomes new adult volunteers who can serve as club and project leaders and teach youth a life skill. Training, materials and support are provided. Applications, references and a background check are required for all volunteers.

For a list of 4-H clubs and projects and more information, please call the 4-H Office at Arapahoe County's CSU Extension at 303-730-1920 or visit www.arapahoextension.org. The annual fee for new members is \$35, which covers up to three projects and the new leader fee is \$10.

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Download photos: [ftp://ftp.arapahoegov.com/Pub/Communication%20Services/Photos/CSUExtension/Rabbit.jpg](http://ftp.arapahoegov.com/Pub/Communication%20Services/Photos/CSUExtension/Rabbit.jpg): The 4-H rabbit project is one of the most popular in Arapahoe County and teaches youth how to raise, care for and show a breeding or market rabbit.