### Event/Deadline

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#### All Star Candidates Plan a Service Learning Project “Pack-Their-Backs”

To learn more about “Pack-Their-Backs” and how to participate, find more details on page 5.

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Council News

The next 4-H Council meeting will be:

**Tuesday, March 4th**
7pm
UCCE Office Multi-purpose Room
Hosted By: Mid Valley 4-H

Topics to include: Recommendations from the All Star Review Committee, 4-H Fair, Sectional Presentation Day, Food Booths for upcoming events etc.
Every club needs to be represented at Council. Attendance has been declining over the past few months. The Council is where decisions are made involving all 4-H clubs. Let’s make sure your club is involved in the decision making process.

Congratulations to Participants at Favorite Foods Fair

The Favorite Foods Fair, Place Setting and Cup Cake Decorating Contests were held at Hanford West High School on February 22.

**Favorite Foods Fair Winners**
Sixteen members participated, making delicious recipes that were decoratively presented. The results are~

*Junior Division Winner:* Susannah Day, Island 4-H ~ Sour Cream Apple Pie  
*Intermediate Division Winner:* Hannah Costa, Kings Harvest 4-H ~ Confetti Bean Salad  
*Senior Division Winner:* Tara Fry, Oakvale 4-H ~ S’mores in a Jar  
*Overall Winner:* Laura Denham, Grangeville 4-H ~ Pot o’ Gold Brownies

**Healthier Living Winner**
Five members entered in a new category, Healthier Living. The dish had to meet healthy eating requirements. The winner is~

Susannah Day, Island 4-H ~ Falafel Stuffed Pitas

*Watch for the recipes on the Kings County 4-H website under Favorite Foods Fair.*

**Place Setting Contest Winners**
Twenty one Kings County 4-H members participated in the Place Setting Contest held in conjunction with the Favorite Foods Fair. The results are~

*Junior Division Winner:* Sarah Dorrough, Oakvale 4-H ~ Christmas Dinner  
*Intermediate Division Winner:* Lauren Dutra, Grangeville 4-H ~ Mardi Gras  
*Senior Division Winner:* Ashley Olson, Oakvale 4-H ~ Garden Club Luncheon  
*Overall Winner:* Shawn Dorrough, Oakvale 4-H ~ Tail Gate Party

**Cup Cake Decorating Contest Winners**
The Cup Cake Decorating Contest was a hit with 32 members participating. The results are~

*Junior Division Winner:* Susannah Day, Island 4-H, ~ Woof, Woof (dogs)  
*Intermediate Division Winner:* Lauren Dutra, Grangeville 4-H, ~ Cow in Pasture  
*Senior Division Winner:* Paige McConnaughy, Grangeville 4-H, ~ Sheep
Congratulations to Participants at Presentation Day!

Twenty nine Kings County 4-H members participated in County Presentation Day giving 25 presentations on February 22nd. 4-H members earning a Gold Medal or Gold Seal are now eligible to take their presentation to the Sectional level of competition. Sectional Presentation Day will be hosted by Kings County on April 26th in Hanford.

**Gold Medal Recipients**

Susannah Day—Island 4-H: Illustrated Talk ~ Save A Life  
Steven Loogman—Kings River 4-H: Illustrated Talk ~ Safety First!  
Colten Palomino—Kings Harvest 4-H: Demonstration ~ Got Butter?  
Reed Tompkins—Island 4-H: Demonstration ~ The Chicken Tractor  
Hannah Costa-Kings Harvest & Lauren Dutra-Grangeville: Educational Display ~ The BIG Lift that Lasts  
Garrett Bell—Kings Harvest 4-H: Demonstration ~ Martial Arts Weapons  
Taytum Neves—Oakvale 4-H: Illustrated Talk ~ The Cuts of a Lamb  
Tara Fry—Oakvale 4-H: Demonstration ~ Granola Muffins in a Jar  
Paige Clarke & Megan Clarke—Island 4-H: Demonstration ~ Doggie Do’s and Don’ts...Tips for Showmanship  
Shawn Dorrough—Oakvale 4-H: Demonstration ~ Parts of a Camera

**Gold Seal Recipients**

Elia Nava—Island 4-H: Demonstration ~ Feeling Groomy  
Alexis Jones—Kings River 4-H: Demonstration ~ Let’s Talk Rabbit  
Laney Dorrough—Oakvale 4-H: Demonstration ~ Chocolate Peanut Butter No Bake Cookies  
Sophia Litchfield—Kings River 4-H: Illustrated Talk ~ Caring for your Dog  
Sarah Dorrough—Oakvale 4-H: Demonstration ~ A Tisket, a Tasket-Things in My Sewing Basket  
Ashley Olson—Oakvale 4-H: Illustrated Talk ~ Bound for Beauty  
Reilly Nava—Island 4-H: Illustrated Talk ~ Hoofin’ It!  
Kaylie Rocha & Megan Rocha—Kings River 4-H: Educational Display ~ Pistachios  
Brooklyn Young & Katie Sorenson—Oakvale 4-H: Demonstration ~ Musical Theory on the Treble Clef  
Raine Palomino—Kings Harvest 4-H: Illustrated Talk ~ Achoo!  
Hadley Garcia—Lemoore 4-H: Illustrated Talk ~ Soft & Silky  
Kavn Aulakh—Grangeville 4-H: Demonstration ~ Tabla: An Indian Instrument

**Blue Seal Recipients**

Isabella Cawley—Grangeville 4-H: Demonstration ~ Talking with Your Hands  
Anna Felipe—Island 4-H: Educational Display ~ What Should I Feed My Horse?  
Ragan Jessup—Kings River 4-H: Educational Display ~ Eggs are Awesome

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**Kings County to Host Sectional Presentation Day**

**Your Help is Needed!**

Saturday, April 26, 2014 at Hanford West High School

Sectional Presentation Day will be hosted by Kings County this year, and your help is needed! Judges are in great demand! Please consider serving as a judge for presentation day and help recruit 4-H alumni, parents and leaders to assist in this capacity. If you know of anyone willing to serve as a judge, please encourage them to sign up at: [http://ucanr.edu/survey/survey.cfm?surveynumber=12269](http://ucanr.edu/survey/survey.cfm?surveynumber=12269). Once you register, a judge’s packet will be sent to you. Judges orientation will begin at 8:45 AM with presentations beginning at 9:30 AM. The day should conclude by 2 PM.

4-H members are also needed to serve as Room Leaders and Room Monitors. Orientation for these positions will begin at 8:45 AM. You may sign up to help at: [http://ucanr.edu/survey/survey.cfm?surveynumber=12523](http://ucanr.edu/survey/survey.cfm?surveynumber=12523)

**Also:** A group or club is needed to host a food booth for this event! Anyone interested?
Kings County 4-H Fair News

April 3rd—Indoor Exhibits Judged
April 4th-5th—Livestock Shows
Kings Fairgrounds

**Animal entries are due to the UCCE Office by Friday, March 14th**

The 4-H Fair is a tremendous opportunity for youth to have a practice run to prepare for the Kings Fair. The purpose of the 4-H Fair is to provide a learning environment where participants have an opportunity to practice what they have learned in their project meetings and to receive helpful comments to improve their projects before they are entered in the Kings Fair. With animal projects, it also benefits the animals as they learn to load with ease and grow accustomed to the noises and atmosphere of a fair environment. When the Kings Fair rolls around, the animals already know what to expect and are much calmer. Leaders and parents, please encourage your members to participate in this event!

**New for the 2014 4-H Fair:**

**Indoor Exhibits:** Entries will be available to view on Friday, April 4th from 4 to 7:00 PM. Early release for entries in the Indoor Exhibit Building will be from 7 to 8:00 PM. All items left in the Indoor Exhibit Building can be picked up during the late release time from 10-12 PM on Saturday, April 6th.

There always seems to be some confusion regarding the Beginning 4-H category at the 4-H Fair. Beginning 4-H is an ACTUAL project. First year 4-H members (not primary members) must be enrolled in the Beginning 4-H Project in order to compete in this project area. Not all clubs offer the Beginning 4-H project.

**Animal Exhibits:** Animal entries need to be pre-entered. Entries are due to the UCCE Office by March 14th. Parents and leaders, please be very respectful of all exhibitors and refrain from ringside coaching. This is very distracting to exhibitors and draws their attention away from the judge.

**4-H Dog Show:** The date to reserve for the 4-H Fair Dog Show is Saturday, March 29th at 9:00 AM Kings Fairground.

*Entry forms and Fair Book are on the 4-H website: 4-H Fair*
Emerald Star Project

**Help Us with What We Hope is Our “Temporary Home”**

An Emerald Star Project by
Kennedy Baker and Katelyn McCord

Please help us stock the new SPCA location. Items needed are Adult Dog Food, Bleach, Cat Litter and Laundry Soap— to name a few. Any donations would be greatly appreciated to help out our little friends in need.

We have drop boxes at Lemoore Animal Clinic, Central Valley Hospital and UCCE Office or give us a call and we would be happy to pick the items up.

Any questions please contact Kennedy Baker (559-816-0747) or Katelyn McCord (559-381-4764) or babyjeansmom@gmail.com.

Thanks for your support!!

Revolution of Responsibility Grants

Your club or project group can join the Revolution of Responsibility and qualify for $1000 to help improve the community. To learn more go to [http://4h.ucanr.edu/Support/RofR/](http://4h.ucanr.edu/Support/RofR/). The next deadline is **March 15, 2014**.

KINGS COUNTY 4-H FASHION REVUE

**THEME: SPLASH OF FASHION**

*Saturday, May 10, 2014**

Judging ~ 9 am ~ UCCE Office
Fashion Show ~ 4:30 pm ~ The Remington, Hanford

**Please note the date!**

Categories:
- Traditional
- Upcycled
- Denim Challenge
- Apron Challenge

- $40 Purchased
- $100 Purchased (not eligible for State Fashion Revue)

Service Learning Projects:

Kings County—Tissue holders (see website for instructions)

State—Drawstring bags for foster children and walker/wheelchair bags for seniors. Patterns are on the State 4-H website: [http://4h.ucanr.edu/Programs/Events/SFD/SFR/](http://4h.ucanr.edu/Programs/Events/SFD/SFR/)

For more information on entries deadlines and category descriptions click below:

**Fashion Revue**

Program Cover Design: Members are encouraged to submit a design for the program cover using the theme “SPLASH OF FASHION”. Cover size is 5 1/2 x 8 1/2. Cover designs are due to the UCCE Office by April 18th.

Something **NEW** is happening at the King County 4-H Fashion Revue this year.......Robin Sando, the California “Make It With Wool” director is donating a piece of wool fabric to the best overall wool outfit at the Kings County Fashion Revue. The state “Make It With Wool” contest will be held November 8, 2014 in San Jose.

Please visit [http://makeitwithwool.com/statecontacts.html](http://makeitwithwool.com/statecontacts.html) for more information about this contest.

Emerald Star Project

**E-Waste Recycling Days**

April 3rd & 4th  4 pm to 6 pm
April 5th  8 am to 12 noon

Kings Fairgrounds by the Swine Barn

Adam Daniel from Kings Harvest 4-H will be collecting computers, phones, T.V.s, etc. during the Kings County 4-H Fair. This is the perfect time to get rid of the old equipment stored in your garage. Bring your E-waste to the 4-H Fair and look for Adam and his trailer by the Swine Barn.

For more information contact: sdaniel@thezenith.com.
**2014 Kings Fair Information**

Market contracts are available from the Kings Fair Office or on the website.

Market Sheep, Market Swine, Market Steer Calves and Market Goats are due on April 14, 2014.

Contracts must be completed and returned to the Kings Fair Office. Entry forms and fees for the Fair will be due May 5, 2014.

**New this year**, Hog weights for the 2014 fair will be 215-270 lbs. Yosemite will not accept any hog over 270 lbs.

**Contact Kings Fair if you have any questions at 584-3318.**

**Kings Fair website**

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**Rabbit Show**

*Saturday, March 22, 2014 8:30 a.m.*

*Kings Fairgrounds, Commercial Bldg.*

The Central Valley Rabbit Breeders Association is having an open and youth rabbit show. If anyone is interested in a rabbit project, this is a good place to see the different breeds. There will be rabbits and equipment for sale.

The public is invited and admission is free. The show starts at 8:30 and ends at 4 pm. Come early as rabbits leave as the judging progresses.

For more information call Kathy Lugo at 582-4760.

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**4-H Horse Obstacle Challenge**

*Sunday, March 16th 8:30 am Check-in 17612 Lacey Blvd., Lemoore $25.00 registration fee*

Challenge your horse and yourself on our St. Patrick’s Day themed Obstacle Course. An Obstacle Challenge is similar to Trail Class. Prizes will be awarded for 1st-3rd and a special prize for the Best Dressed Horse and Rider with the St. Paddy’s Day theme. Proceeds will enable Island 4-H Horse members to conduct a Service Learning project benefitting The Heart of the Horse Therapy Ranch in Clovis.

For more information contact Maureen Tompkins, Island 4-H Horse Leader at 707-5150.

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**Fundraising Opportunities!**

Are You Interested in attending Citizenship CA Focus or Washington Focus in 2015?

If yes, there are 2 food booth fundraising opportunities, Sectional Presentation Day & 4-H Fair. If interested, please contact the UCCE Office 852-2730.

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**What’s An All Star Candidate?**

Kings County All Star Candidates serve as Ambassadors for the 4-H program. They assist with county events, teach a leadership session at LCORT, plan and carry out an All Star project and serve as a positive role model. To apply to become an All Star Candidate, an applicant must meet the following criteria:

- Completed 3 years of 4-H (Must be in at least the 4th year of 4-H)
- 15 years of age as of December 31st of the current program year (July 1-June 30th)
- Earned a Gold Star at least by the end of the previous club year.
- Hold the Emerald Star Rank (or will after Exit interviews in the Spring, prior to Application due date)

An informational meeting will be held on:

Tuesday, March 18th at 7:00 PM at the UCCE Office to review the All Star application and interview process. Plan to attend if you are interested in applying to become an All Star Candidate for 2015. Applications are due to the UCCE Office by Friday, April 25th. Interviews will be held on Thursday, May 8th.
Give Your Plate a Taste Lift Without Forfeiting Nutrition
During National Nutrition Month and Beyond

When it comes to choosing what to eat, nutrition is important but flavor is likely the true motivator and also the key to eating right, according to the Academy of Nutrition and Dietetics. This March, during National Nutrition Month®, experiment with new flavors and flavor combinations in healthy meals and “Enjoy the Taste of Eating Right.”

To maximize food’s flavor and nutrition, choose high-quality ingredients at their peak quality, and be sure to store and handle foods properly. Try some of these simple techniques to enhance flavor while experimenting with flavor combinations.

• Intensify the flavors of meat, poultry and fish with high-heat cooking techniques such as pan-searing, grilling or broiling.
• Pep it up with peppers. Use red, green and yellow peppers of all varieties—sweet, hot and dried. Or add a dash of hot pepper sauce.
• Try grilling or roasting veggies in a very hot (450° F) oven or grill for a sweet, smoky flavor. Brush or spray them lightly with oil so they don’t dry out. Sprinkle with herbs.
• Caramelize sliced onions to bring out their natural sugar flavor by cooking them slowly over low heat in a small amount of oil. Use them to make a rich, dark sauce for meat or poultry.
• Simmer juices to make reduction sauces. Concentrate the flavors of meat, poultry and fish stocks. Reduce the juices by heating them—don’t boil. Then use them as a flavorful glaze or gravy.
• For fuller flavors, incorporate more whole grains such as brown rice or quinoa, or experiment with amaranth and wild rice.
• Add small amounts of ingredients with bold flavors like pomegranate seeds, chipotle pepper or cilantro.
• Add a tangy taste with citrus juice or grated citrus peel: lemon, lime or orange. Acidic ingredients help lift and balance flavor.
• Enhance sauces, soups and salads with a splash of flavored balsamic or rice vinegar.
• Give a flavor burst with good-quality condiments such as horseradish, flavored mustard, chutney, wasabi, bean purees, tapenade and salsas of all kinds.

These simple cooking steps can really transform your favorite meals and foods. People sense the same foods differently, so don’t be afraid to try new foods, flavors and taste combinations. There’s truly a world of flavors to explore.

Provided by the University of California CalFresh Nutrition Program

Healthy Living Officer

California has nearly 50 newly elected Healthy Living Officers. By choosing to elect a Healthy Living Officer your club is taking an active role in promoting healthy lifestyles. The officer will be the leadership for all health activities including: providing ideas on how to incorporate physical activities and healthy eating into each club meeting, write healthy living articles for the club newsletter, and adopting and promoting a club Wellness Plan. Please ensure that the health “H” of 4-H is at the forefront of all our meetings.

Has your club submitted the name of your Healthy Living Officer in order to receive a FREE officer pin?

The UCCE Office will order the officer pins for those clubs who have installed Healthy Living Officers.

Used Eyeglasses Needed

The Hanford Breakfast Lions Club needs the help of 4-H in collecting eyeglasses. Children’s glasses are preferred, but adult glasses will also be accepted. The glasses will be distributed to children in Central America in March. Please bring your contributions to the UCCE Office.
Shooting Sports Workshops

The following Shooting Sports Workshop has been scheduled for adults and junior or teen leaders who would like to be certified to lead a Shooting Sports project. More information on the workshops can be found on the State 4-H website at: http://4h.ucanr.edu/Projects/SET/ShootingSports/

Rifle Discipline
DEADLINE: February 28, 2014
March 22, 2014 8am-4pm Lincoln, CA
March 23, 2014 8am-12pm Lincoln Rifle Club Indoor Range
Cost: $30.00 include instruction binder and Saturday lunch
Contact Jessica Trumble-Pitel at 530-889-7386 or jctrumble@ucanr.edu

Rifle Discipline
April 26, 2014 8:30 am-5 pm Watsonville, CA
April 27, 2014 8:30 am-4 pm Pajaro Valley Rod & Gun Club
Cost 28.00 for binder—A CD that you print is Free
Contact Randy Turnquist at randy@randyt.com or 831-566-2590

The following forms must be completed and brought to the workshop. The training request form must be signed by county staff prior to participating in the workshop.

- Training Request Form: http://4h.ucanr.edu/files/2123.pdf
- Adult Medical Release Form: http://4h.ucanr.edu/files/20100.pdf
- Youth Medical Release Form: http://4h.ucanr.edu/files/4726.pdf

Shooting Sports Update

Archery
The 2nd Annual State 4-H Shooting Sports Archery Match rules and entry forms are now available on the State 4-H Shooting Sports website. Entry deadline is April 1st, 2014. Targets and scorecards will be mailed when entry forms are received. Individuals may enter traditional and/or compound and three shooting distances. The age categories are junior, intermediate and senior. Completed scorecards must be returned by June 16, 2014. If you have any questions, contact Linda Edington at 707-463-4495 or email lgedington@ucanr.edu.

Rifle/Guns
The 2014 Annual State 4-H Shooting Sports Match rules and entry forms are now available on the State 4-H Shooting Sports website at: http://4h.ucanr.edu/Projects/SET/ShootingSports/ Entry due date is March 10, 2014. Targets and will be mailed upon receipt. The age categories are junior, intermediate and senior. Completed targets must be returned by June 23, 2014. If you have questions, contact Jacki Zediker in Siskiyou County at 530-842-2711 or email: jkzediker@ucanr.edu

Stanislaus County 4-H Benefit Horse Show
May 17th—English & Western
Including showmanship, trail & over fence classes.
May 18th—Gymkhana
Diamond Bar Arena, Ceres, CA
Each class except Quadrille is a Classics qualifier and the divisions include Senior, Junior, Pony and Walk/Trot. Classes are $4.99 each and the haul in fee is $10.00. Contact Stanislaus 4-H for more information— http://cestanislaus.ucanr.edu/

State 4-H Horse Classic
June 25th—30th
Brookside Equestrian Show Park, Elk Grove, CA
More information on the State 4-H Horse Classic can be found at: http://4h.ucanr.edu/Programs/Events/Horse_Classic/
California 4-H Uniform Contest

Proposals due April 18, 2104

Now is your chance to have a voice in making changes to the 4-H Uniform! You may wish to change the color of the pants required for showing OR you may wish to submit a whole new idea! The State Incentives and Recognition Advisory Committee is facilitating the process to adopt a new uniform. Entries must be submitted electronically by April 18th. Voting will begin at the State Field Day on May 31st and will end June 15th at 9 pm. Voting will be by survey in the 4-H Online Record Book (ORB).

Complete rules can be found on the state 4-H website: http://4h.ucanr.edu/files/181544.pdf

Submit your idea today! http://ucanr.edu/survey/survey.cfm?surveynumber=12195

Statewide 4-H Advisory Committees

The State 4-H Office is accepting statewide 4-H Advisory Committee applications for the 2014-2015 program year. All 4-H members and adult volunteers, are encouraged to apply. The committees offer insight, review and input for the operation and management of the statewide 4-H Youth Development Program. Applications are due to the CA State 4-H Office postmarked by May 31 or online by 11:59 pm on May 31, 2014. For more information, see: http://4h.ucanr.edu/Administration/Advisory_Committees/

2014 CA State Fair

July 11-17
Cal Expo in Sacramento
Watch for Competition Handbooks and enter online at http://www.bigfun.org/.
All show are open with no prerequisites for entry. Questions? Call 916-263-3149

Citizenship California Focus

June 13-17, 2014

California Focus is a unique citizenship educational experience that combines hands on participation in workshops, debates and simulations with speakers, tours, fun activities and new friends from across California. Look for online registration available in March at the State 4-H website.

State Leadership Conference

August 14-17 @ UC Santa Cruz

The 4-H State Leadership Conference brings together high school youth from across California in a four day leadership training, networking, and learning experience. Check out the State 4-H website, Facebook, Twitter & Instagram for updates and exciting announcements! Applications to apply to be a member of the SLC Support group will be available soon, along with the applications to be a presenter.
State 4-H Field Day
May 31, 2014
8 am—6 pm
UC Davis Campus—Wellman Hall

The State 4-H Field Day takes place annually on the last Saturday of May at the UC Davis campus from 8:00 am until 6:00 pm. The event is open to all 4-H members, volunteers, staff, and parents. Between 1,000 and 1,400 people attend the event. The event has a "picnic" feel as people bring chairs and socialize for the day on the Wellman Hall east lawn. The State 4-H Office provides coordination and facility support. Each contest and activity is coordinated by a group of 4-H staff, volunteers, and youth. During the event, 4-H members may participate in a variety of contests. Some contests require pre-qualification and/or pre-registration. Some are open to all during the event.

Visit the State 4-H Field Day website for information on the many events that are being offered: http://4h.ucanr.edu/Programs/Events/SFD/

4-H CLUB NEWS...

Lemoore 4-H
The Lemoore 4-H Club met on February 12, 2014. Several members spoke highly of their experience at LCORT, either as a delegate or as part of the leadership team. Two of our parents even served as chaperones. Other members spoke about their positive experience participating in the Kings Royal Indoor Archery Tournament, held on February 1, 2014, at the fairgrounds. Our Healthy Living Officers discussed how to be physically active in life. Our next meeting will be held on March 12, 2014 at Cinnamon Elementary.

Submitted by Regina & Rosemarie Czerewko, Reporters

Oakvale 4-H
The Oakvale 4-H Club February meeting was held on February 10, 2014. The meeting began with an activity led by the Dias Family. Katie Sorenson and Bridgette Singleton gave a report on attending LCORT. It was announced that Tulare County has invited Kings county 4-H clubs to attend 4-H Summer Camp and Shawn and Sarah Dorrough shared about their 4-H Camp experience from last summer. Project meeting were announced for the next month and are: table setting, scrap booking and photography. Announcements were made for the upcoming presentation day, table setting, favorite foods, healthy living and cupcake decorating contests and members were encouraged to participate. The club’s next meeting will be March 10, 2014.

Submitted by Shawn Dorrough, Reporter

University of California Cooperative Extension Kings County
4-H Contacts

Georgene Diener  UCCE 4-H Program Representative  (50% time)  852-2743 gldiener@ucanr.edu
(Office day is Tuesday, other office days vary according to 4-H meetings and activities scheduled during the week.)

Terrie Evangelo  4-H Support Staff  (full time)  852-2731 tlevangelo@ucanr.edu

Connie Egger  UCCE Office Manager  (full time)  852-2730 Connie.Egger@co.kings.ca.us

UCCE Office is open Monday-Friday from 8 AM to 12:00 PM and 1:00 PM to 5:00 PM. Please feel free to call the UCCE Office before coming in if you have a specific need or to make an appointment.

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