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<td>4</td>
<td>Record Book Workshop @ UCCE Office</td>
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<td>6</td>
<td>Countywide Public Speaking Meeting @ UCCE Office</td>
<td>6:30 pm (New Date)</td>
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<td>Webinar: Federal Regulations to Impact Livestock Producers</td>
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<td>7</td>
<td>Incentives &amp; Recognition Committee Meeting @ UCCE Office</td>
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<td>7</td>
<td>Council Meeting @ UCCE Multi Purpose Room</td>
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<td>7</td>
<td>2017 State Leadership Conference registration opens</td>
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<td>10</td>
<td>Presentation Day &amp; Food Olympics entries DUE to UCCE Office</td>
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<td>11</td>
<td>Countywide Dog Meeting @ Kings Fairgrounds</td>
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<td>13</td>
<td>Kings Fair Dairy &amp; Beef Market Contracts DUE to Kings Fairgrounds</td>
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<td>Valentine’s Day</td>
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<td>15</td>
<td>Kings DHIA Outstanding 4-H Project Deadline Click here for Application</td>
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<td>Countywide Poultry Meeting @ Currie Residence</td>
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<td>Countywide Pygmy Goat Meeting @ Garcia Residence</td>
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<td>CA 4-H State Management Board Meeting</td>
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<td>President’s Day Holiday UCCE Office closed</td>
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<td>Countywide Rabbit Meeting @ UCCE Office</td>
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<td>Countywide Leadership Development Meeting @ UCCE Office</td>
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<td>25</td>
<td>Presentation Day &amp; Food Olympics @ Hanford West High School</td>
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<td>Statewide Avian Bowl Qualifier @ Greater CA Society of Poultry Fancier's</td>
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<td>Jan. Issue</td>
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<td>25-26</td>
<td>CA 4-H Shooting Sports Committee Meeting, Winton, CA</td>
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<td>4-H Discussion Meet @ Modesto JC</td>
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<td>28</td>
<td>Webinar: Federal Regulations to Impact Livestock Producers</td>
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**LCORT**

Kings County All Stars, Kent and Tara gave a great workshop on Service Learning entitled “To Infinity & Beyond” at the recent Leadership Conference of Regional Teens.

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Insert: Finding Hope for VCH
Insert: Photography Workshop
Insert – Pleasing the Past Millennial Style
Insert – Color Me Green Run
Insert – Healthy Living Tips

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680 N. Campus Drive Suite A, Hanford, CA 93230 PHONE: (559) 852-2730 FAX: (559) 582-5166 Email Us: kings4H@ucdavis.edu Website: http://cekings.ucanr.edu/ Link To Calendar: http://cekings.ucanr.edu/Kings_County_4-H_Program/
Council News
The next council meeting will be:
**Tuesday, February 7th**
7:00 pm
**UCCE Office Multi-purpose Room**
Host Club: Delta View

Topics for discussion at the February meeting will include: Presentation Day, Food Olympics, 4-H Fair, etc.

The Council will vote on some new guidelines for Emerald Star Projects. Please plan to attend! Your opinions and contributions are important! Every club needs to be represented! 4-H Members are welcome!

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**Record Book Workshop**
*Saturday, February 4, 2017*
**UCCE Office Multi purpose Room at 2:00 PM**

The Incentives and Recognition Committee along with the Countywide Leadership Project group is planning a Record Book Workshop for all 4-H families. The workshop will focus on the Personal Development Form (PDR), Leadership Development Report (LDR), and the Expression pages. Plan to bring any Record Book questions you may have along with your 4-H calendar.

This is the second in a series of 3 Record Book Workshops. The first was held in October and the focus was the On-line Record Book known as ORB. The third workshop will be held June 20th.

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**Fashion Revue**
*Kings County 4-H Fashion Revue*
Saturday, April 1, 2017
Judging ~12 noon ~ UCCE Office
Fashion Show ~ 4 pm ~ The Remington

**Theme: The Road to Fashion**

Click here for more information: [Fashion Revue](#) Entries are due to the UCCE Office by March 17, 2017.

**Program Cover Design Contest:**
Any 4-H member can submit a design for the Fashion Revue Program Cover. The theme must be included in the design. The size is 5 1/2” x 8 1/2”. Submit to the UCCE Office by March 17, 2017.

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**Incentives & Recognition Committee Meeting**
*Tuesday, February 7th*
5:30 PM
**UCCE Office- Ste. G**

The I & R Committee will meet prior to Council to discuss the Emerald Star program, the County Record Book Workshop scheduled for February 4th and awards at County Judging Day. All clubs need to be represented.

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**Did You Know?**
Tara Batista, 4-H Youth Advisor for Kings, Fresno & Tulare counties is setting up a local Community Research Advisory Board (CRAB).

She is inviting youth, adult volunteers, parents and community leaders to serve on CRAB. The Board will be responsible for analyzing the needs of the community to help in the expansion of the 4-H program. The Board will also be used to identify challenges the existing program experiences. If you are interested in serving on this board, please contact Tara at tabatista@ucanr.edu.

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**Color Me Green 5K Run/Walk**
*Date Change: Sunday May 7th*
**Hickey Park**
16850 Flint Avenue
Hanford

The Color Me Green Run/Walk will have a new look this year, as the location has changed to Hickey Park. The Run/Walk is a fun way to get the 4-H name out to people that may not be familiar with our organization and it is also a great way to promote healthy living.

Cobi Revious is chairing the event this year, and would appreciate the involvement of youth members and adults. Lots of help will be needed in advertising and implementing this event. It is hoped that many health conscious members of the community will participate in this event.

**Fees to participate:**
Adults 19 yrs. & older - $25.00 (includes t-shirt & snack)
Youth 5–18 yrs. old - $10.00 (includes t-shirt & snack)
Youth 5 yrs. and younger are free (includes snack)

For more information: [Color Me Green Run](#)
Food Olympics

Saturday, February 25, 2017
Hanford West High School Cafeteria

Here's What's Happening!

The Food Olympics will be held in conjunction with County Presentation Day and will include the following contests:

* Favorite Foods (including Healthy Living)
* Place Setting Contest
* Cupcake Decorating Contest
* Food Photography Contest

Categories – Healthy Living  
Favorite Food  
Farm to Fork (Sequence)

For detailed information and entry forms, please click here: [http://cekings.ucanr.edu/Kings_County_4-H_Program/4-H_Events/Favorite_Foods_Fair-February/](http://cekings.ucanr.edu/Kings_County_4-H_Program/4-H_Events/Favorite_Foods_Fair-February/)  
Entries are due to the UCCE Office by February 10th.

Schedule
8:45 AM- Set up & Showmanship  
9:30 AM- General Assembly  
11:00 AM- Cupcake Decorating Contest Begins

Kings County Presentation Day

February 25, 2017
Hanford West High School

Are you planning to participate in Presentation Day? Hopefully the answer is YES! If so, be sure to read the UPDATED Presentation Manual available by clicking: [Presentation Day Information](http://ucanr.edu/survey/survey.cfm?surveynumber=19561)  
To enter County Presentation Day, you may enter online at [http://cekings.ucanr.edu/files/253934.pdf](http://cekings.ucanr.edu/files/253934.pdf). Entries are due to the UCCE Office February 10th.

Youth Help Needed: 4-H members may sign up to work as room monitors and MC’s. To volunteer, click here: [Volunteer Survey](http://ucanr.edu/survey/survey.cfm?surveynumber=19561)

Adult help is needed: Adults are needed to serve as Judges/Evaluators. To volunteer, click here: [Volunteer Survey](http://ucanr.edu/survey/survey.cfm?surveynumber=19561)

Schedule
9:15 AM- Check-in  
9:30 AM- General Assembly  
10:00 AM- Presentations Begin

Future 4-H All Star

All Star Applicants & Parents Meeting

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. An informational meeting will be held on:

Thursday, March 2nd at 7:00 PM
UCCE Office

The purpose of the meeting is 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 2017-2018. Please bring a parent/guardian along! Applications are due to the UCCE Office by Friday, April 14th. Interviews will be held on Thursday, April 27th.

Photography Workshop

February 25, 2017
10:30 AM to 11:35 AM
Hanford West High School

Lily Gutierrez and Jillian Willhite are hosting a Photography Workshop as their Emerald Star Project. The workshop will be held during Presentation Day and the Food Olympics. You will have the opportunity to attend the entire workshop or a rotation or two depending on what other activities you are involved in that day. This is a great opportunity to learn about what judges look for when evaluating your photography fair entry as well as how to properly mount pictures and other important topics.

For further information, see insert at the back of this issue of the *Youth Talk*.

Kings Fair Market Animal Contracts Due

Contracts for Dairy Replacement Springer Heifers & Yearlings and Market Beef are due to Kings Fair Office by February 13th. Contact Kings Fair Office for more information 584-3318.

Contracts for Market Swine, Market Feeder Calves, Market Sheep & Market Goat are due to Kings Fair Office by Monday, April 10th. Contact Kings Fair Office with any questions.
Kings County 4-H Offers Mini Grants

For the second year in a row, the Kings County 4-H has received a very generous donation from the J.G. Boswell Company. Instead of the Leaders Council deciding how the money can best be utilized, Council voted to extend an opportunity to 4-H members and leaders to apply for mini-grants. So exactly what does this mean? You determine how the money can best benefit the members of the Kings County 4-H Program. Some ideas may include, repairs to equipment owned by the club such as sewing machines, clippers etc. Members planning to undertake an Emerald Star project may apply for a mini-grant to enable a specific project to be completed. These are just a few ideas. If you are interested in applying, please fill out the survey at this link http://ucanr.edu/survey/survey.cfm?surveynumber=19734. Leaders Council will review the grants and respond accordingly.

Council BBQ Financial Report

The Council BBQ held during Judging Day in November contributes to the financial stability of the Council. The results are:

Income:
- Tickets sold: $8,930.00
- Leftovers sold: $302.00
- Sweet Shop Sales: $606.00
- Total Income: $9,838.00

Expenses:
- Meat: $978.19
- Other Supplies: $1,406.19
- Total Expenses: $2,384.38
- Net Profit: $7,453.62

Thank you to everyone that worked so hard on this fundraising endeavor.

Profits from the BBQ are down this year by $2,796.39 due to a decrease in ticket sales.

Top BBQ Ticket Sellers Announced!

This year, there is a tie for 1st place. The prize money for 1st and 2nd place will be split among the 1st place winners.

1st place: (to receive $62.50)
- Ragan Jessup, Kings River selling 42 tickets
- Amanda Curtis, Corcoran, selling 42 tickets

3rd Place: (to receive $25.00)
- Jade Nansel, Oakvale, selling 31 tickets

Congratulations to the top ticket sellers! Your help is greatly appreciated by the 4-H Council.

Western Classic Junior Dairy Show

March 4-5
Kings Fairgrounds

The Western Classic is quickly approaching. This great Dairy Show is in Kings County! Be sure to take advantage of participating in a show that is so close to home! All entries will be on-line entries this year. For more information click here:

Western Classic Junior Dairy Show information

Kings County Farm Day

March 16, 2017
Kings Fairgrounds

One of Kings County Farm Bureau’s most exciting educational programs is Farm Day, where approximately 2,300 Kings County third-graders are treated to interactive agriculture exhibits that will help them gain an increased awareness of the positive contributions agriculture makes to our local community and economy.

4-H members are encouraged to share their agriculture knowledge at Farm Day. If you are interested in participating as a presenter, please contact the Kings County Farm Bureau at 584-3557.
Make America Great Again with Milk

Our Emerald Star team has been hard at work in the community of Hanford. We have served over 600 cartons of milk to our local soup kitchen. We have seen so many people in need as well as had our eyes open to the many people who don’t have access to milk. They have the opportunity to have a warm meal at least once a day but often are only offered water not milk. Many people we served would even take two milk cartons and had an excited look on their face to have milk.

It was such a great experience for our team to see. During this process we also have developed great team work with each other as well as other club members. We will be at our upcoming Presentation Day as well, giving nutritional information about milk and passing out milk related items. Hope to see many 4-H members there!

Thank you for the support in making our Emerald Star project so successful thus far.

Kassidy Sheldon, Hannah Costa & Elliot Martin

Toes & Tushies-Share a Pair

Our 4-H Emerald Star Project, “Toes and Tushies - Share a Pair”, just finished passing out all of the donated socks and underwear last Thursday, January 26, 2017, at the annual Kings United Way Project Homeless Connect Day. We collected and distributed a total of 854 pairs which exceed our goal by 54 pairs. At the Homeless Connect Day where we passed out our socks and underwear, we made lots of new friends and our station was the first to run out! Everyone was so grateful for new socks and underwear to keep their feet dry and keep them healthy!

Thank you to everyone who helped by donating and collecting socks and underwear for this project!

Sincerely,

Captain Underpants (Reilly Nava) & Super Sock Girl (Breana Glover) & Under Dog
Kings County Dairywomen
Deadline: March 1, 2017
Kings County Dairywomen will award up to three $500 scholarships to graduating seniors in Kings County majoring in an agricultural field. A 2.5 GPA is required for those applicants attending a community or vocational college and 3.0 GPA for a 4 year college.
Applications available from your High School Career Center.

Kings County Farm Bureau
Deadline: March 3, 2017
Kings County Farm Bureau offers scholarships to students based upon academic achievement, extracurricular activities, determination, leadership skills, and a commitment to a career in agriculture. More information is available at www.kcfb.org or call 559-584-3557.

CattleWomen's Association Scholarship
Deadline March 15, 2017
The Fresno-Kings County CattleWomen’s Association is offering scholarships to high school seniors, college freshman and college sophomores in the field of agriculture. Scholarships range from $500 to $1,000. For applications and more information click here: Scholarship application

Brock Jarrett Toledo Memorial Scholarship
Deadline Postmarked by March 31, 2017
Applications for the Brock Jarrett Toledo Memorial Scholarship are now available at the UCCE Office, all Kings County High School Agricultural Departments and through the California Holstein Association. Applications may also be obtained by emailing Rondi Chambers at kcrclan@comcast.net or at http://cekings.ucanr.edu/files/255467.pdf.
Applicants must be graduating seniors from Kings County, OR graduating seniors and members in good standing of the California Jr. Holstein Association, planning to attend a college or university with a major in Agriculture. Applicants must also be a member or former member of 4-H for a minimum of four years, enrolled in dairy or livestock projects.
Mail the completed application to Mr. & Mrs. Ron Toledo, 242 Star Dr., Hanford, CA 93230.

O.D. “Mac” McCutcheon Memorial 4-H AG Scholarship
Deadline: March 1, 2017
This $500 scholarship is awarded annually to a present or former Kings County 4-H member graduating from high school and planning to major in agronomy or another discipline in agriculture. Students must have completed at least three years in the Kings County 4-H program.
Applications are available at the UCCE Office or at http://cekings.ucanr.edu/files/205230.pdf. Submit it along with your biography and transcript by March 1, 2017 to the UCCE Office.

Everett “Fuzzy” Feaver Memorial 4-H Scholarship
Deadline: March 1, 2017
This $500 scholarship is awarded annually to a present Kings County 4-H member graduating from high school and planning additional education at a vocational school, community college or four-year college or university. The member must have already completed at least 2 years of 4-H at the time of application. Selection criteria includes leadership and community service.
Applicants must submit their completed 4-H Record Book from last year along with the application. Applications are available at the UCCE Office or http://cekings.ucanr.edu/files/205229.pdf and are due by March 1, 2017 to the UCCE Office.

CA State Fair Scholarship Opportunity
Deadline: March 2, 2017
The Friends of the California State Fair announced that they will continue their scholarship program for the 2017-18 academic year. California college students and graduating high school seniors are eligible and must submit an application by March 2, 2017.
Multiple scholarships are awarded for 14 categories ranging from $1000-$2500 each. Guidelines on these scholarships can be found at: http://www.castatefair.org/scholarship/
For more information contact (855) 670-ISTS (4787) or scholarship@calexo.com
California State Farm Bureau Scholarship
Deadline March 1, 2017

The California Farm Bureau Scholarship Foundation was organized to give aid to students with a desire to pursue a career in the agricultural industry. The scholarships are awarded annually based upon academic achievement, career goals, extracurricular activities, determination, leadership skills, and a commitment to study agriculture.

Who is eligible?
An undergraduate student, who is a collegiate member, entering or attending a four-year accredited college or university in California and pursuing a career in the agricultural field. Applicants must be a resident of California.

More information available at:  http://www.cfbf.com/

4-H Fair News
April 6-8th at the Kings Fairgrounds

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, resulting in a much safer experience for the exhibitor, animal and the public. Leaders and parents, please encourage your members to participate in this event! 4-H Fair

For 2017:

Indoor Exhibits: Entries will be available to view on Friday, April 7th from 4:00 PM to 7:00 PM, and again on Saturday, April 8th from 9 AM to 12 noon. There is NO early release. At 12 noon on April 8th the Indoor Exhibits will be released. Entries will need to be signed out. The building will close at 1:00 PM. Each club is asked to monitor the Indoor Exhibits Building for 1 hour during the fair. Each club will be given 2 tables covered with plastic for their club’s entries. If more tables are needed or other display items required, they will be provided by the club. Each club is invited to be creative with their display space. The Indoor Exhibit Bldg. will open at 12 noon on Thursday, April 6th for clubs to begin decorating their display space.

Please note, 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 17th. The Dog Show and the Rabbit Show will be held the evening of Thursday, April 6th.

4-H State Leadership Conference
July 20-23, 2017
UC Davis

The State Leadership Conference Planning Team is hard at work planning for the 2017 conference. SLC is a leadership conference for 4-H youth ages 13-19 years old. If you are a recent 4-H alumni consider applying to be a Program Assistant. For more information on what this involves and more information on SLC in general, please visit: http://4h.ucanr.edu/4-H_Events/SLC/

Important State Leadership Conference Dates:
Week of February 7th: SLC registration opens
Week of April 3rd: SLC Early Bird Registration ends
Week of May 23rd: SLC Regular Registration ends
July 20-23: State Leadership Conference at UC Davis
New Federal Regulations to Impact Livestock Producers

As of January 1, 2017, all medically-important antibiotics for use in or on feed and in water will require a Veterinary Feed Directive (VFD) or a prescription. This new regulation will affect all livestock producers including 4-H and FFA members.

The State 4-H Office, in coordination with the UC Davis Veterinary Medicine Extension, and the California Department of Food and Agriculture will be presenting a one-hour webinar on multiple dates to further explain the new regulations and their implications.

**Webinar Dates:**
- February 6th: 10 am to 11 am
- February 28th: 10 am to 11 am

The webinars will be hosted in Zoom Conferencing. Please join one of these webinars from PC, Mac, Linux, iOS or Android at: [https://ucanr.zoom.us/j/174735292](https://ucanr.zoom.us/j/174735292)

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4-H Club News

**Grangeville 4-H**

Every second Tuesday of the month, Grangeville 4-H hold their monthly meeting at the Pioneer Elementary School Cafeteria at 6:30 pm. At the November meeting, all members present gave reports on their projects. We also discussed the many opportunities to serve the community that our club has coming up soon. We selected chairpersons for our Christmas Basket, Serviceman’s Basket, The Angel Tree, and Christmas Cards for Seniors. We also did some planning for the Christmas Potluck we will have at our December Meeting. Everyone was reminded that our next meeting is December 13th at 6:30. Lastly, project leaders gave their announcements to the club. It was a great meeting!

During our December meeting, Grangeville 4-Hers were notified that there is going to be a 4-H fair planning meeting on January 12, 2017. Our new club T-shirt design was revealed, and members were informed about how they can order one. We also discussed the Kings County Fashion Review, The Food Olympics, and the upcoming Color Me Green Run meeting. After the meeting, our members enjoyed a wonderful potluck meal provided by the 4-H families. It was a great way to wrap up the year, and for everyone to wish each other a Merry Christmas and Happy New Year.

The Grangeville 4-H Club met at the Pioneer Cafeteria on January 10, 2017. Members Jillian Willhite and Lily Gutierrez presented their Emerald Star Photography Project. Everyone present was reminded that dues are due ASAP! Presentation day was discussed, and members were notified that entries are due February 10th. Grangeville 4-H has been assigned the UCCE Office Display window for the month of April. Chairmen were selected, and refreshments for the April Council meeting were arranged. Community Leader Mrs. Bell announced that the Color Me Green Run was moved to April 23rd. Mrs. Bell was present at the planning meeting, and encouraged our members to take part in the event. Hopefully, our club will have lots of participants in the event. It is a lot of fun! Grangeville 4-H will hold its next meeting on Tuesday, February 14th at 6:30. The meeting will be held in the Pioneer Elementary Cafeteria. What a great way to celebrate Valentine’s Day! Until next time...

*Isabella Mello*, Reporter

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Island 4-H

Island 4-H Club held its January meeting on Tuesday, the 10th. The club went over old business and new business. Anna Felipe gave a presentation called “Tulle Rific”. The meeting was filled with project meeting announcements, telling us that Island 4-H Club projects are in fully swing. Activity Directors, Jaylee Souza and Jessica Alves, ended the meeting with a fun game.

*Brandon Rossi*, Reporter
More 4-H Club News

Kings River 4-H

Kings River 4-H Club held its January meeting on Monday, January 9th. The meeting was called to order by President Jenna Searcy. The Flag salute was lead by Madeline Valadao and the 4-H pledge by Noah Mendes. Members gave their project meeting reports. Several examples were brought by members to demonstrate what was needed to participate in the upcoming Food Olympics. The meeting concluded with several projects announcing upcoming meetings.  

Steven Loogman, Reporter

Lemoore 4-H

Lemoore 4-H held their monthly meeting January 11, 2017 at 6:30 at the Cinnamon Elementary School Cafeteria. Madison led the Pledge of Allegiance and Tyler led the 4-H Pledge. Reilly Nava and Breana Glover gave a presentation to our club for Toes and Tushies where our club discussed afterwards, how we could contribute to their Emerald Star Project. Mrs. Eller gave the Council Report. In old business, project reports were made by several members as well as Miguel Alcala with a committee report on food donations our club gave for Christmas. In new business we discussed future project meetings, Emerald Star project Maddy French is starting, 4-H Fair Planning Meeting, CA Focus District Leaders Apps due, all countywide projects meets for this month, LCORT, record book workshop, and finally, future project meeting dates and times. Our next meeting is slated for February 8 that 6:30. Members were adjourned at 7:15.

Riley Cunning and Madison French, Reporters

Mid Valley 4-H

In December Mid Valley 4-H was in front of Walmart ringing the bell for the Salvation Army and singing Christmas songs for all the customers. At our December meeting we voted to give Kings County Jr. Fair Board $100.00 for helping with the fair awards and expenses. The meeting was adjourned and we had refreshments. Our first meeting of 2017 was January 9th, we had discussed our old and new business. Several 4-Hers also got up and told about the different things they had done in their projects. Lilly Barcellos then gave a presentation on Table settings and Jenna Bracy gave a presentation on how to decorate cupcakes. They gave the presentations to help promote the Food Olympics and hopefully more will enter from our club. Lilly also made flyers explaining the different areas for the members to enter in Food Olympics. The meeting was adjourned.

Lilly Barcellos, Reporter

Join Kings County 4-H on Facebook!

Come like our Facebook page at Kings County 4-H Youth Development Program. You will be able to find updates on upcoming events, meetings and other local 4-H information. You may also use this Facebook page to promote your club’s fundraisers and activities. Simply submit your information and the UCCE Office will review and post for all our friends to see.

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.)

Tara Batista UCCE 4-H Youth Development Advisor 852-2739 tabatista@ucanr.edu
Teresa Evangelo 4-H Support Staff 852-2731 tlevangelo@ucanr.edu

OFFICE HOURS: 8am-12 noon and 1pm-5pm Monday-Friday

Please feel free to call the UCCE Office before coming in if you have a specific need or to make an appointment.
Photography Workshop

Date: February 25th, 2017.

Location: Hanford West High School (during Presentation Day).

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30 a.m. - 10:40 a.m</td>
<td>Introduction with Lily Gutierrez and Jillian Willhite.</td>
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<tr>
<td>10:40 a.m. - 10:55 a.m</td>
<td>First rotation Judging &amp; Reasons-Kayla McCalvy</td>
</tr>
<tr>
<td>10:55 a.m. - 11:10 a.m</td>
<td>Second rotation Judges Critique-Mark Sherman</td>
</tr>
<tr>
<td>11:10 a.m. - 11:25 a.m</td>
<td>Third rotation Photo Mounting-Michelle White</td>
</tr>
<tr>
<td>11:25 a.m. - 11:35 a.m</td>
<td>Closing with Lily Gutierrez and Jillian Willhite</td>
</tr>
</tbody>
</table>

Photo Mounting, Judging & Reasons, Judges Critique
Finding Hope
For Valley Children’s Hospital

My name is Paige Clarke. I am 14 years old and this is my 6th year in Island 4-H. As part of my Emerald Star Project for 4-H, I am collecting items for Valley Children’s Hospital. I hope to help make the kids that are staying more comfortable while they are there. Items can include:

**New Items**
- Teething Rings
- Rattles
- Crib Gym
- Busy Box
- Push Toys
- Journals
- Arts and Crafts
- Board Games (All Ages)
- Sports Equipment
- Coloring Books
- Crayons (8-24 pack)
- Puzzles
- Playdough
- Legos

**New or Gently Used Items**

**Movies**

Movies: They can use movies for all ages. All movies MUST be rated between G and PG-13. The hospital asks for Spanish and English movies. Disney movies are very popular!

Donations can be made at the
UCCE Office 680 Campus Drive, Suite A in Hanford.

Like “Finding Hope” on Facebook by searching @findinghope150

Please call me at 559/924-1532 for more information. Thank you for any contribution you can make!
Pleasing the Past with Millennial Style
Emerald Star Project by: Maddison French

The Project Consists of-
Spending time with patients in the Hanford Nursing and Rehabilitation Center while creating projects with them such as the items listed on their Facebook page.

When is this happening?
This will occur the first and third Sundays from January through March.

Why should you be involved?
These patients desire to play games, talk to, or even have their nails painted by volunteers.

4-H Members are Needed to Help!
All 4-H members who are 13 years or older are invited to help! To volunteer, contact Maddison at:

teresa_french2001@yahoo.com or (559) 904-3185
Color Me Green
5K Run/Walk
Sunday, May 7, 2017
Hickey Park
16850 Flint Ave., Hanford
Registration – 8 AM  Race – 9 AM
Adults ~ $25.00 includes T-shirt & Snacks
Youth 5-18 yrs old ~ $10.00 includes T-shirt & Snacks
Youth Under 5 yrs old ~ Free  (No T-shirt)
Register online at:
https://runsignup.com/Race/CA/Hanford/KingsCounty4HColorMeGreen5K
or
Registration/Waiver forms available from:
Kings County UCCE Office
680 N. Campus Dr. Suite A, Hanford
559-852-2730
or
http://cekings.ucanr.edu/Kings_County_4-H_Program/

Sponsored by
Kings County 4-H &

[Image of FAST Federal Credit Union]
HATE EXERCISE?
5 Tips That May Change Your Mind

You don’t have to be a gym hero to get enough physical activity to improve your health. There are a lot of ways to make regular activity part of your life—which can help you have more energy, handle stress better, reduce your risk of illness and disease, and look and feel good! About 80% of Americans don’t make exercise a regular habit. And many say it’s because they just don’t like it.

So how can you stop being a hater and get over exercise aversion? Here are some tips to help you add physical activity to your life—and maybe even learn to like it!

1. Instead of forcing yourself to do something you don’t enjoy, find ways to exercise that fit your personality. If you’re a social person do something that engages you socially—take a group dance class, join a recreational sports team, or start a walking group with friends. Connecting with your friends is a great way to stay motivated and avoid working out alone. If you’re a person, running or swimming might be a better fit. And if you’re not a morning person, you’re not likely to get up at the crack of dawn to make a boot camp class.

2. It can take a while for a new behavior to become a habit so give yourself time to get into a regular routine. One way is to try to be active around the same time each day. Exercise can become addictive in a good way. Once it becomes a habit, you’ll notice when you aren’t doing it.

3. Build activity into your schedule and lifestyle so it doesn’t feel like a chore. There are many ways to fit exercise into your life, and it doesn’t mean you have to give up something else, like time with family and friends. Get active together as a family, you’ll all benefit. And if you just can’t imagine life without your daily phone chat with your BFF, take that call for a walk around the block.

4. It’s okay to break up your physical activity into smaller segments. The American Heart Association recommends a total of 150 minutes a week, but if that sounds overwhelming, try two or three 10-minute activity sessions most days of the week. It all adds up!

5. If you miss a day or a workout, don’t worry about it. Everybody struggles once in a while. Just make sure you get it again the next day. And if what you’re doing just isn’t working for you, you may need to try a different activity or a different time of day. Don’t give up!

Physical activity can help you live longer. It’s true, 70 is the new 60...but only if you’re healthy. People who are physically active and at a healthy weight live about seven years longer than those who are not active and are obese. Staying active helps delay or prevent chronic illnesses and diseases associated with aging. So active adults maintain their quality of life and independence longer as they age.

So this is easy! As they say, just move. You don’t have to make big life changes to see the benefits. Just start building more activity into your day, one step at a time.