



Rains Youth to Celebrate National 4-H Week October 7-13

For the 76th consecutive year, millions of youth, parents, volunteers and alumni across the country will celebrate *National 4-H Week* from October 7-13. This year's theme, *Inspire Kids to Do*, is a campaign that will give kids more opportunities to do, empowering them with the skills they need to succeed in life and career.

4-H, the nation's largest youth development and empowerment organization, cultivates confident kids who tackle the issues that matter most in their communities right now. In the United States, 4-H programs empower six million young people through the 110 land-grant universities and Cooperative Extension in more than 3,000 local offices serving every county and parish in the country. Outside the United States, independent, country-led 4-H organizations empower one million young people in more than 50 countries. National 4-H Council is the private sector, non-profit partner of the Cooperative Extension System and 4-H National Headquarters located at the National Institute of Food and Agriculture (NIFA) within the United States Department of Agriculture (USDA).

4-H was founded on the belief that when kids are empowered to pursue their passions and chart their own course, their unique skills grow and take shape, helping them to become true leaders in their lives, careers, and communities.

Throughout National 4-H Week, the Rains 4-H Club will showcase the many ways 4-H inspires kids to do through hands-on learning experiences as well as highlight the remarkable 4-H youth in our community who work each day to make a positive impact on those around them.

In Rains County, more than 110 4-H members and numerous volunteers from the community are involved in 4-H. In recognition of National 4-H Week, the Senior 4-H Officers will be making a presentation to the Rains County Judge and Commissioner's Court to acknowledge the support the club receives from the elected officials. They will also highlight some of the successful projects that are held in our county, such as livestock, food & nutrition, archery, photography, sewing, leadership, community service, and public speaking projects. We have many youth each year that compete in local, district, and state contests in these project areas.

The club also prides itself on providing educational scholarships at the local level. Since 2009 Rains High School 4-H graduates have received \$11,000.00 in scholarships. Also, since 2014 Rains 4-H Club members have also been awarded Texas 4-H Opportunity Scholarships totaling \$88,000.00.

4-H alumni around the country are always the first to acknowledge the significant positive impact that 4-H had on them as young people. In fact, research has shown that young people in 4-H are nearly four times as likely to contribute to their communities and are twice as likely to engage in Science, Technology, Engineering and Math (STEM) programs during after school time.

Learn more about 4-H at www.4-H.org, find us on Facebook at www.facebook.com/4-H and on Twitter at <https://twitter.com/4H>.

If you know anyone who is interested in joining the Rains 4-H Club, please contact us for more information at the AgriLife Extension Office at 903-473-4580 or visit us at rains.agrilife.org. We are also on Facebook at [facebook.com/Rains4HClub](https://www.facebook.com/Rains4HClub). Go and “Like” our page to keep up with the latest news, events, and programs offered by the Rains 4-H Club in Rains County.

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