

## Orange County 4-H July Update

"Making the Best Better"

Visit [go.ncsu.edu/OrangeCounty4H](https://go.ncsu.edu/OrangeCounty4H)

### District Activity Day A Success

Thank you to all of our wonderful volunteers, donors, and participants who helped make the North Central District Activity Day at Cedar Ridge a success on June 21. We had over 300 4-Hers, parents, and community members in attendance that day.

Congratulations to Merinda Harry and Namron Chapman who will move on to state 4-H presentation finals on July 20 at NC State University. Congratulations to Kaitlyn McBroom who was recognized as a 2019-2020 North Central 4-H District Officer. Congratulations also go to Carmen Espada who performed in the 4-H Entertains talent show.



Thank you to News of Orange for covering the event. [CLICK HERE](#) to read the article.

### Ridenour Recieves North Carolina 4-H Scholarship

Orange County 4-H County Council President Grace Ridenour has been selected to receive the Lorna W. Langley 4-H Scholarship. This scholarship is presented as part of the North Carolina 4-H Scholarship Program. The scholarship is valued at \$1000. Grace has been an active leader in the Hilltoppers 4-H Club and in the 4-H County Council. Grace will be attending East Carolina University in the fall. Congratulations, Grace! We wish you the very best!



For more information on the NC 4-H Scholarship Program, visit <https://nc4h.ces.ncsu.edu/>. Graduating seniors can apply for scholarships each January.



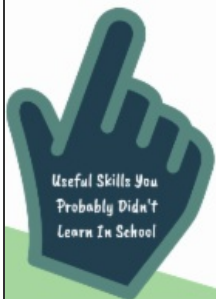
# LIFE HACKS FOR TEENS

JULY 8, 10 & 12, 2019 (MWF)

1:00-5:00 P.M. RISING 9TH-12TH

306 REVERE RD, HILLSBOROUGH

MAKING A HEALTHY SNACK IN YOUR DORM ROOM, BUDGETING, CHANGING A TIRE, BASIC SEWING, POSITIVE STRESS RELIEF TECHNIQUES, SOCIAL MEDIA DO'S AND DON'TS, FINDING A PART-TIME JOB WITH A GOOD RESUME, AND MORE!



REGISTER AT  
[GO.NCSU.EDU/ORANGECOUNTY4H](https://go.ncsu.edu/orangecounty4h)  
QUESTIONS? CALL 919-245-2057

**\$25**

**NC** COOPERATIVE  
EXTENSION

ORANGE COUNTY  
NORTH CAROLINA

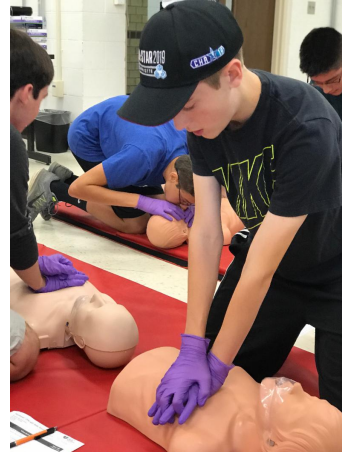
NC State University and N.C. A&T State University are collectively committed to positive action to secure equal opportunity and prohibit discrimination and harassment regardless of age, color, disability, family and marital status, gender identity, genetic information, national origin, political beliefs, race, religion, sex (including pregnancy), sexual orientation and veteran status. NC State, NC A&T, U.S. Department of Agriculture, and local governments cooperating.

**REGISTRATION WILL CLOSE ON JULY 3 FOR THE LIFE HACKS CAMP.**

## Orange County Conducts Second Annual Youth Preparedness Camp

Orange County 4-H partnered with Orange County Emergency Services to conduct the second annual Orange County Youth Preparedness Camp June 24-28 at Durham Tech-Hillsborough Campus. Twenty local teens were trained in the FEMA Community Emergency Response Team (CERT) curriculum, attained certification in CPR/AED/First Aid, and participated in a disaster simulation at Cedar Grove Community Center.

The Orange County Youth Preparedness Camp is a part of the [North Carolina Youth Preparedness Initiative](#). We look forward to hosting this camp again in 2020.



---

## 4-H Clubs to Begin Teaching *Habitudes* In Fall 2019

Orange County 4-H Clubs will begin to incorporate *Habitudes* leadership curriculum into 4-H club meetings beginning in Fall 2019. Each month, 4-H leaders will present a leadership or social-emotional image to begin discussions with youth around topics of leadership, community service, and citizenship. The goal is to use images to help transform "habits and attitudes". According to *Growing Leaders*, "*Habitudes* by Tim Elmore combines images, relatable stories, and experiences into leadership development curriculum and lesson plans that resonate with today's





young adults, equipping them to navigate through life's challenges and opportunities". To learn more about *Habitudes*, [click here](#) or contact 4-H Agent Jonathon Smith at [jonathon\\_smith@ncsu.edu](mailto:jonathon_smith@ncsu.edu).



## Represent Orange County 4-H With Our New Shirt

Orange County is pleased to offer a new shirt for 4-H members, parents, and community supporters! Shirts are navy, \$11 each (larger sizes are a bit more), and can be personalized for an additional charge. [Click here](#) to access the order form.

## Scholarships & More |

**College Foundation of North Carolina-** A great resource for locating grants and scholarships. Eligibility, award amounts and deadlines, vary. [Click here.](#)

**Does your organization award scholarships? Would you like to promote these opportunities to Orange County 4-H members? Send an email to Jonathon Smith at [jonathon\\_smith@ncsu.edu](mailto:jonathon_smith@ncsu.edu) with details. We will be glad to share with our graduating seniors.**

## Dates On the Horizon |

<b>JULY</b> <b>8, 10,</b> <b>12</b>	<b>Life Hacks for Teens Camp</b> 1:00-5:00  306 Revere Rd., Hillsborough, NC Food Lab  Pre-register at <a href="http://go.ncsu.edu/OrangeCounty4H">go.ncsu.edu/OrangeCounty4H</a> by July 3.	<b>JULY</b> <b>10-</b> <b>12</b>	<b>Orange County 4-H Robotics Experience for Elementary Youth</b> 8:30-12:00  306 Revere Rd., Hillsborough, NC Food Lab  Students must be pre-registered.
---	---	--	--

JULY  
20-23

**North Carolina 4-H  
Congress**

NC State University

JULY  
28-

**Orange County  
Attending 4-H Camp at  
Betsy-Jeff Penn 4-H  
Educational Center**

AUG  
2

Students must be pre-registered.



Follow us on **twitter**



NC State University and N.C. A&T State University work in tandem, along with federal, state and local governments, to form a strategic partnership called N.C. Cooperative Extension.

Extension's 4-H program is the largest youth development organization in North Carolina. We help over 247,000 young people grow into active, contributing citizens each year.

NC State University and N.C. A&T State University are collectively committed to positive action to secure equal opportunity and prohibit discrimination and harassment regardless of age, color, disability, family and marital status, gender identity, genetic information, national origin, political beliefs, race, religion, sex (including pregnancy), sexual orientation and veteran status. NC State, N.C. A&T, U.S. Department of Agriculture, and local governments cooperating.