



I find myself using 4-H skills in my daily life, like using public speaking skills at work or baking treats at home! 4-H has helped me grow into the person I am today.

My Mom enrolled me in 4-H when I was little and over the years, I have entered a project in every curriculum area. Shooting sports, showing cats, and sewing are some of my favorites. Aside from gaining crucial life skills, I have traveled and made lifelong friends by participating in 4-H. I was able to meet my (now) biggest supporters and know that I can push myself to do great things, even when my struggles look impossible. 4-H has had an extremely positive impact on my life goals, morals, and the kind of person I strive to be. I will forever be in debt to what 4-H has given and taught me.

### Programs At-A-Glance

- ServSafe: Cozad High School Culinary Students (n=26) received certification after completing the ServSafe Handlers Training with an average testing score of 87%.
- Gardening Extremes: Conservation workshop (n=10) where one Lex Public School worker reported 6 less mowings conserving time, fuel, and water by raising the mower height to 3".

# 10

On-Farm Research studies were completed with growers in Dawson County.

# 22

3rd-5th grade multicultural students participated in Marathon Kids Program running 26.5 miles.

# 72

Managers, owners and employees learned about best management practices at Feedlot Roundtable.