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Kerry Elsen  
Buffalo County Extension  
For Immediate Release

### **4-H 101**

February is Nebraska 4-H month. As the 4-H year is just beginning to get underway, this is a great time to consider joining or adding to your 4-H experience. The mission of Nebraska 4-H is to empower youth to reach their full potential working and learning in partnership with caring adults. Joining a 4-H club provides opportunities for youth to learn from their peers, develop friendships project areas and across the county while developing a relationship with a caring adult. In addition to clubs youth can participate in 4-H through a variety of other avenues, such as: camps, clover kids, school enrichment projects, afterschool programs, special interest clubs, or as independent members.

4-H is open to youth 5-18 years old. There are more than 150 projects for 4-H members to choose from. Cover the following topics: Clover Kids, Animal Science, Communication and Expressive Arts, Consumer and Family Sciences, Leadership, Citizenship and Personal Development, Environmental Education and Earth Science, Healthy Lifestyles, Plant Science, and Science Engineering and Technology. 4-H is a great place to increase skills you already have and to explore new project areas.

On Monday, February 22<sup>nd</sup>, Buffalo County 4-H will be hosting a 4-H 101 Virtual Escape Room at 7 pm. If you are interested in learning more about 4-H and the opportunities it provides for youth, plan to participate in this fun learning experience. You can register by contact the Buffalo County Extension Office, 308-236-1235 or contact Kerry Elsen, [kerry.elsen@unl.edu](mailto:kerry.elsen@unl.edu).