Want to earn money to buy things in the 4-H Source Book or to go to 4-H Camp or on other 4-H trips like Congress, Teen Retreat or Summer Fun? Here’s an easy way to help lower the cost and help people in our community at the same time. During the months of November and December, Alleghany 4-H will be working to collect food to benefit the Solid Rock Food Closet, located in Sparta. We are especially looking for items for the Backpack Program which helps children during weekends and school vacations. Backpacks are filled with food that the kids take home. Food is child-friendly, non-perishable and easily opened. Examples of food that can be used in the backpacks include: juice boxes, pudding packs, granola bars, canned goods, dry milk and individual fruit packs.

For each item a 4-Her drops off, they will receive Cloverbucks that they can then use towards purchasing 4-H items or for upcoming 4-H programs and activities including camps, day trips and summer fun. Food drop off will be at the County Office Building, 3rd floor – 90 S. Main Street beginning November 3 through December 15. For more information contact the Extension Office at 336-372-5597.
4-H Fit and Fun Food Show

Come show off all your cooking talents at the 4-H Fit and Fun Food Show on Saturday, December 6, 2008 from 9 am to 12 pm at the County Office Building - 2nd floor conference room. Choose from four categories of dishes to present including: Main Dish, Vegetable/Soup/Salad, Dessert, or Snacks/Appetizers. Participants will be able to set up from 9-9:30 am. You must pre-register for this event. Registration forms are enclosed in the Newsletter, on the blog, or will be sent to you by contacting the Extension Office at 336-372-5597.

Barter Theater
The Elves & the Shoemaker

Come with us as we enjoy a day at Barter Theater in Abingdon, VA to see the Elves & the Shoemaker. The Shoemaker is struggling to keep his shop open during the Christmas holidays. He is old and tired, and his loving daughter worries that he will not be able to do the work he has promised in time. She makes a Christmas wish for him, the purest wish ever wished, and, sure enough, some small friends come to lend helping hands. The Shoemaker, his daughter, and even the elves come to find Christmas in a whole new way as they give and receive the gift of friendship during the holiday.

When: Saturday, December 13, 2008.
Cost: $12.00
Space is very limited so call the Extension Office now to reserve your spot. We will be leaving the parking lot at 8:30 am.

4-H Centennial Website

We are excited to announce that the "public" NC 4-H Centennial website is now online. Please take a minute to visit and bookmark www.nc4h100.org site. This site will eventually be the central location for all NC 4-H Centennial materials. Please note that the new website is still under construction. In addition, centennial materials are now being moved from our 4-H sites to the new centennial site. So, please keep checking the site - plans are to have all of the materials posted to the centennial site by the end of next week.
The Pete Conrad Spirit of Innovation Awards

This is a challenge for high school students (or the equivalent home school level) to design products using science and technology. The competition includes areas of competition in personal spaceflight, lunar exploration and renewable energy. To compete, teams develop their concept, submit a business plan, and become public Ambassadors for their ideas. Students get to compete for over $120,000 of prize money as well as the opportunities to connect with leading scientists, engineers, and entrepreneurs. The awards create a long term community for students and teachers that provides the resources and opportunities needed to develop and incubate commercial products. The competition is just the beginning of this journey. For more information on the Pete Conrad Spirit of Innovation Awards go to: [http://www.conradaward.com/](http://www.conradaward.com/). Entries are due by January 9, 2009.

Team America Rocketry Challenge

Applications are now available for the 2009 Team America Rocketry Challenge! Participation is limited to the first 750 teams who register by Monday, December 1. This year’s challenge is to design, build and fly a one-stage model rocket that reaches an altitude of 750 feet, stays aloft for 45 seconds, and returns 1 raw egg unbroken. The egg must be placed in the rocket perpendicular to the direction of flight! The contest is open to youth in grades 7-12 and homeschool students. Download the Handbook and Rules documents and get started on your rocket now! For more information visit the TARC website at [http://www.rocketcontest.org/](http://www.rocketcontest.org/).

4th Grade Farm Safety Day Success!

Farms are a great place for children to work and play but they can also be places where they can be seriously injured or killed. Homes in general hold many dangers to youth including but not limited to fire risks, ATV safety and what to do when a stranger contacts you online or on the phone. One way Alleghany Cooperative Extension along with Ashe Cooperative Extension is addressing the need to help youth learn about staying safe and healthy is by offering a 4th grade Rural and Community Safety Day. This year 124 Alleghany County fourth graders attended the event where they learned about farm animal, water, gun, environmental, household chemical, fire and ATV safety as well as the dangers of strangers and farm equipment.
4-H Food Show Entry Form

Name: ___________________________ Age: ______ (As of Jan. 1, 2008)

4-H Club: _________________________ Phone: ___________________________

Age Division:
_____ Cloverbud (5-8)  _____ Junior (9-13)  _____ Senior (14-19)

Category:

Snack: _______  Dessert: ___________

Main Dish: _______  Soup/Salad/Appetizer: ___________

Deadline for Registration is:
Wednesday, December 3, 2008 by 5 pm

Be sure to check out the Alleghany 4-H Blog & the 4-H Calendar for updates on programs and activities at:
www.alleghany4h.blogspot.com.
Sign up for email notification & you will receive an email every time we update the blog.

E-Mail Change
My e-mail has officially been updated! You can e-mail me at amy_lucas@ncsu.edu.
Goodness Grows in North Carolina Bike Winners

Congratulations to Caleb Evans and Dustin Creed who each won a brand new bicycle and helmet through the Goodness Grows in North Carolina Secret Word Scavenger Hunt. Our two winners were chosen at random by a mystery judge from almost 30 correct entries that were submitted during this year’s Alleghany County Fair. Thanks to everyone who participated and be sure to find the Goodness Grows table at next years fair for your chance to win.

This symbol identifies Goodness Grows In North Carolina products. Whether it is produce, meat, seafood, plants or packaged items, if the GGINC logo is on it, it represents North Carolina grown agriculture.

Dustin Creed
Caleb Evans

Youth Beekeeping Club
Want to learn where the tasty honey you eat comes from? Why not join the Youth Beekeeping Club? For meeting times and locations, contact Harold Edwards at 336-372-4158 or the Extension Office at 336-372-5597.

Helping Hands 4-H Club
November Meeting – November 12th at the Crouse House. Program: Scrapbooking
Sport: Flag Football – weather permitting
December Meeting – Dec 3rd at the Crouse House. Program: Tin punching
Sport: Volleyball – weather permitting
For more information contact: Felicia Joyce at 276-579-3075 or the Extension Office at 336-372-5597.

Remember to send in your club reports!! They are due by the 25th of each month. December’s club report is due by Dec. 22. They may be mailed to P.O. Box 7, Sparta, NC 28675 or e-mailed to amy_lucas@ncsu.edu
Sincerely,

Amy Lucas
Extension Agent
4-H Youth Development