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FOR IMMEDIATE RELEASE – December 5, 2010

### **Christmas Gift Ideas**

By Lacey Mann, CSU 4-H Extension Agent, Bent & Prowers Counties

Southeast Area—Merry Christmas, Feliz Navidad, Happy New Year, Feliz Año Nuevo, have you finished your Christmas shopping yet? As you set out in the windy, winter weather to find the perfect gift for your loved ones allow me to suggest 4-H, one of the most affordable and valuable options available.

Why 4-H? The answers are simple. 4-H is over 100 years old in Colorado and even older nationwide. The origins of 4-H draw on practical and hands-on learning which originally connected public school education to rural living, utilizing public and private resources. The programming has evolved to focus on member personal growth through life skills taught in 4-H projects, activities and events held locally, at the state level, nationally and internationally. These are designed to help youth become productive, self-directed and positive community members.

4-H members, leaders, parents and volunteers are your friends and neighbors in this community. They all use the Essential Elements to create opportunities and environments to ensure youth build the life skills such as belonging, mastery, generosity and independence. They belong to a club, master skills through projects, give back through community service activities

-more-



**Southeast Area**  
*Extension*

### **County Extension Offices**

**Baca County**  
772 Colorado St.  
Springfield, CO 81073  
719-523-6971

**Bent County**  
1499 Amb. Thompson Blvd.  
Las Animas, CO 81054  
719-456-0764

**Cheyenne County**  
425 S. 7<sup>th</sup> W.  
P. O. Box 395  
Cheyenne Wells, CO 80810  
719-767-5716

**Crowley County**  
603 North Main St.  
Courthouse Annex  
Ordway, CO 81063  
719-267-5243

**Kiowa County**  
1305 Goff  
P. O. Box 97  
Eads, CO 81036  
719-438-5321

**Otero County**  
411 N. 10<sup>th</sup>  
P. O. Box 190  
Rocky Ford, CO 81067  
719-254-7608

**Prowers County**  
1001 S. Main  
Lamar, CO 81052  
719-336-7734

and learn independence through critical thinking skills which infuse their ability to make wise decisions. According to a National 4-H Headquarters Impact Study, “research shows 4-H is open to new learning. Over 88 percent of the youth feel that they can try new or different things. Eighty-four percent of youth feel that 4-H can help them solve problems on their own.”

This year as you cross off your gift list add a 2011 4-H enrollment to your stocking. “4-H is one of the most rewarding and family affordable gifts for an entire year and builds experiences for a lifetime,” Lacey Mann, CSU Extension 4-H and Youth Development said.

If your child is interested in joining 4-H or you would like further information on the 4-H program, please contact your local CSU Extension Office; Baca County 719-523-6971, Bent County 719-456-0764, Cheyenne County 719-767-5716, Crowley County 719-267-5243, Kiowa County 719-438-5321, Otero County 719-254-7608, Prowers County 719-336-7734. 4-H is a cooperative effort between CSU Extension and the County.

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