Bunnies and chicks are hopping and walking around, and so is 4-H. The trail is leading to our office and the door is always open. Come on in and take advantage of some of the great opportunities that 4-H has to offer. You may encounter a new friend along the way!

4-H Public Speaking Winners Announced:

**General Public Speaking**

- 9-10 Year Old
  - Brianna Harris – 1st Place - $25.00

- 11-12 Year Old
  - Ethan Haug – 1st Place - $25.00
  - Alexis Henry – 2nd Place – $15.00

- 13-15 Year Old
  - Sydney Grice – 1st Place - $25.00

- 16-19 Year Old
  - Stephanie Humphrey – 1st Place – $25.00

**Horse Public Speaking**

- 11-12 Year Old
  - Claire Gill – 1st Place - $25.00

- 13-15 Year Old
  - Taylor Dominessy – 1st Place - $25.00

- 16-19 Year Old
  - Caleb Gill – 2nd Place - $15.00

**Clover bud**

- Stephanie Humphrey – 1st Place – $25.00

Each of the top place finishers representing Onslow County at the upcoming 4-H District Activity Day event in Johnston County. The date of this event is June 18th. Congratulations to all the participants.
Spring Extravaganza... 4-H will once again be hosting our famous Fashion and Talent Show. The event will be held on Thursday April 22nd at the Onslow County Multipurpose Complex with registration starting at 6:30pm and show beginning at 7:00pm. Break out your guitar, keyboard, or dancing shoes and come on out and show us your talent. The event is free and open to the public however, Pre-Registration is required by calling the 4-H office at 910.455.5873 or email wanda_mills@ncsu.edu.

Deadline to register is April 19th. If entering Fashion Review, April 19th is also your deadline. Remember, fashion is judged in advance. Winners will be announced the night of the show. Information sheet for fashion revue and script were mailed in March’s newsletter. Additional sheets are available at the 4-H office.

Hurry, Hurry! Camp Sign up has begun....... Onslow County youth ages 8-14 will be heading to the Piedmont part of North Carolina for this year’s summer camping experience. This year’s trip is planned for July 4th – 9th, 2010. The location is the Betsy Jeff Penn 4-H Center on the outskirts of Reidsville, NC. Our allotment is 30 campers, so spots will be filled on a first come, first serve basis. Cost to camp this year will be $275 with $200 due at registration. Don’t delay! Be one of the first to sign up. Registrations are taken daily at the 4-H office, 4024 Richlands Hwy. Feel free to call us at 910.455.5873 if additional information is needed.

4-H Citizenship North Carolina Focus: A Capital Experience...The 6th Annual Citizenship NC Focus will be held on June 14-16, 2010 in Raleigh at the Sheraton Downtown. The Focus is open to 4-Hers’ age 14-19. This is a hands-on workshop and open discussion with elected officials and legislators. You will learn how the government impacts your everyday life, and how you can impact the government in return. The registration fee is $150.00 per person, including 2 nights lodging and meals during conference. The deadline to submit an application is May 3rd. Forms are available at the 4-H office.

4-H County Council Meeting.... will be held on April 22nd. There will be a brief meeting starting at 7:00pm.

4-H Congress 2010...the dates for Congress this year are July 19-22, 2010. Youth will be staying in the dorms at NC State campus. This year Congress will offer one part-time option. Youth can have the option of spending Monday night for only $125.00. Full time Monday-Thursday registration will be $250.00. Youth with scholarship monies on file can use this towards the cost.

Club News Needed...Any club is invited to send in club news and pictures to be printed in the monthly 4-H newsletter. The newsletter is a great way to let others know what your 4-H Club is doing. If you have club news please turn it in by the 10th of the month. Club news can be submitted to wanda_mills@ncsu.edu.

Character Education Corner... This month’s character trait is: Trustworthiness. Trustworthiness is being reliability, dependability, and worthy of confidence.
**SPOTLIGHT**

*Buy Fresh, Buy Local*

When choosing fruits and vegetables always look for produce that is closest to it’s most natural form. The less processed the food, the better. This is one of the many reasons we suggest visiting your local farmers’ market. It’s a great place to purchase fresh, healthy food directly from the farmer or grower. Onslow County Farmers’ Market is opening for the 2010 market season on April 10th, and it’s a perfect time for you to come out and enjoy the best that nature and your local farmers have to offer.

The benefits of shopping locally at the farmers’ market are numerous. First the market is filled with food that’s good for you, brightly colored fruits and vegetables that change with the season. Enjoy corn on the cob, tomatoes and berries in the summer, or squash, sweet potatoes and collards in fall.

The majority of the produce in supermarkets was picked almost a week before it hits the shelves and traveled many, many miles before being sold. When you shop at the farmers market you can be assured that the food you purchase is fresh, hasn’t traveled long distances and undergone lots of packaging. When you buy locally at a farmers market, you’re doing your part in reducing the energy consumption needed to support large-scale food systems. You’re also helping to put money directly into the pockets of local farmers who don’t or can’t produce supermarket quantities. And you’re buying recently harvested produce – cutting down the time between the harvest and consumption means more nutrients are preserved.

Finally, the farmers’ market offers great opportunities to try something new. Onslow County farmers and growers are there because they have a passion for their product. They’re a wealth of information. Don’t be afraid to ask questions, as this can be a great chance to get new ideas and tips for food preparation.

Not only will you experience the health benefits of eating locally, but also you’ll have some fun and may well learn something new in the process.

The Onslow County Farmers’ Market (located at 4024 Richlands Hwy, Jacksonville, NC 28540) 2010 Season begins Saturday April 10th. The Market is open Tuesdays and Saturdays from 8:30 am until 1:30 pm.

Starting April 15th, the Thursday Market at 1108 Western Blvd, (behind Dick’s Sporting Goods), will be open from 12:00 pm – 6:00 pm.