The 2022 fair is now just a memory, school has started, and September is here. It's time to celebrate the successes of 2022 and begin setting goals for 2023. Make plans to have some type of end of the year celebration this fall. We will have end of the year packets available soon!

News You Can Use:

1. **Hands Across the Darke** will meet on Tuesday, September 6, 7:00pm, Extension Office. Open to all youth in grades 5-12 who are interested in community service.

2. **Thank you Notes**: now is a good time to send thank you notes to those who helped you achieve your goals in 2022. Who supported you or donated a prize or award? Taking time to say a simple ‘thank you’ goes a long way in securing support for the future.

3. **Ohio 4-H Health Heroes**: Ohio 4-H Health Heroes serve as Health Education Resources for Outreach, Engagement, and Service. Youth will learn about current issues and topics in healthy living. Youth who are passionate about health and in grades 9 through 12 may apply. For more information, important dates, and expectations, check out [https://ohio4h.org/healthheroes](https://ohio4h.org/healthheroes). Application is due Sunday, September 11th, 2022 by 11:59 pm.

4. **HealthU**: Are you a 4-H'er interested in health? Do you see yourself potentially working in health one day? Nutritionist? Therapist? Nurse? Athletic Trainer? Geneticist? Health University (HealthU) is a weekend camp in October focused on Healthy Living for high schoolers in Ohio 4-H. Camp will be held Friday, October 21 to Sunday, October 23, 2022 at 4-H Camp Ohio, 11461 Camp Ohio Rd, St Louisville, OH 43071. The cost is $50 per youth. Deadline to register is 11:59pm on Sunday, October 2, 2022. Registration link: [https://go.osu.edu/4HHealthEvents](https://go.osu.edu/4HHealthEvents) (will go live mid-September)

5. **Darke County United Way**: Did you know that you can designate your United Way pledge to be given to the Darke County 4-H program? Simply write “Darke County 4-H” on the designation line. Thank you to everyone who designates their pledges to us. It means a lot to our program!

Reminder: The best way to reach me is by using the phone number or email below. Do not utilize Facebook Messenger as I have removed the App from my phone due to spam/scam messages. I do not spend a lot of time on Facebook so I often miss messages until days after they have been sent. My personal cell phone number should only be utilized in the event of an emergency. Contact Rhonda at 937-569-5003 or williams.418@osu.edu