

# Youth enjoy summer activities with OSU extension



Kassy Warner (left) and Kiersten Anderson (right) tend to a garden, assisted by Community Educator Emilee Hugie.



Frank Yahtin, 9, and Idelia Cloud, 16, work on a volcano as part of the "Mad Scientist Day."



Atoria and Cara James make pizza dough as part of the Chefs in the Making Cooking Club.

By Leslie Mitts  
Spilyay Tymoo

The Education Building has been bustling with activity as OSU Extension Services host summer activities for local youth.

Two clubs have been keeping kids busy through the month of July. The Chefs in the Making Cooking Club gives kids a chance to learn about all aspects of cooking—including making their own healthy snacks.

According to Emilee Hugie, community educator, "We're just trying to help them have more skills to make healthy choices."

For instance, recently kids had the opportunity to make their own vegetable pizzas. They even made their own dough for the crust and learned about whole grains.

The Summer Sprouts Gardening Club offers similar opportunities to learn about healthy living.

Through that club kids

learned about different parts of plants and how things grow.

The gardening club also included some hands-on demonstration as participants planted in a garden behind the Education Building and learned about things like weeding and garden maintenance. That club also involved a daily snack relating to the parts of the plant that children learned about that day.

The Summer Sprouts Gardening Club was held on Mondays for three hours, while the Chefs in the Making Cooking Club was held on Wednesdays for three hours. Each of the clubs lasted for five weeks throughout the month of July.

Between the two clubs, Hugie said, almost 30 local children have been able to participate in the activities. This year was the first year for both clubs.

In addition, youth workers at OSU Extension Services came

up with their own plan to keep kids busy this summer—a "Mad Scientist Day." According to Minnie Yahtin, the youth workers planned the entire day of activities for local youth and organized it all.

About 15 children attended the Mad Scientist Day where they created models of volcanoes.

Next up OSU Extension will conduct a culture camp in conjunction with the Culture and Heritage Department.

Registration is open for the Strengthening Families and Culture Camp. The Strengthening Families and Culture Camp will be Monday through Thursday, August 11-14 at Peters Pasture.

This camp replaces the 4-H Culture Camp and focuses on families. Activities and classes will be available at the camp for both families and youth.

Registration closes very soon, and is limited to 50 people.

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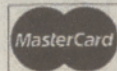


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