



Tips 'n Topics

A MONTHLY NEWSLETTER FOR 4-H MEMBERS, LEADERS & PARENTS IN SHASTA COUNTY

2022-2023 4-H PROGRAM YEAR / VOLUME 23, ISSUE 7 — JANUARY 2023

Did you know ?

Selling your animal at the fair carries certain requirements which must be met in advance.

These are listed on our website in the

[Fairs, Shows & Sales Information](#) section

We're looking for articles and / or pictures from the Clubs.

Whether you're a designated Club Reporter, a member or a volunteer, we want to highlight what's happening.

The deadline is the 15th of every month.

CALENDAR

January

- 2* New Year's Holiday
- 14 Valley Favorite Foods Day
- 16* Martin Luther King Jr. Day
- 18 Valley Council Meeting
- 25 Inter-Mountain Council Meeting
- 31 Presentation Day [Registration Closes](#)

February

- 13* Lincoln's Birthday
- 15 Field Day Planning - [Valley Clubs](#)
- 18 [Presentation Day](#)
- 20* President's Day

March

- 15 2023-24 Budget & Event Planning - [All Clubs](#)
- 17 Council Scholarship Application **Deadline**
- 18 Fashion Revue

April

- 13 Council Scholarship Interviews
- 14-15 Inter-Mountain Home Ec. & Ag Stills Day & Favorite Foods Day
- 19 Valley Council Meeting
- 26 Inter-Mountain Council Meeting

May

- 1 Emerald Star Application **Deadline**
- 5 County Ambassador Application **Deadline**
- 5-6 Valley Field Day
- 12 SDF [4-H Contract](#) due to Office
- 17 Valley Council Meeting

June

- 21-24 Shasta District Fair
- 30 2021/2022 Program Year Ends

* Shasta 4-H Office Closed

Council meetings are open to **all** members.

Member Resources

[Shasta County 4-H Website](#)

[Shasta County 4-H Calendar 2022-2023](#)

4-H Online Enrollment is Year-Round
[2022-2023 Enrollment](#)

Interested in [Volunteering](#) ?

California 4-H [Member Resources](#)

[4-H Handbook for Families](#)

"To Make the Best Better"



<https://ucanr.edu/sites/UC4-HResources/>

This site will be updated regularly with guidance and tips on for 4-H clubs, activities and projects both in-person and virtually during the COVID-19 pandemic.

Please note that guidance is subject to change. Please check back regularly for the latest updates.

See these other sites for more information:

NATIONAL 4-H at Home - Activity Guides link:
[4-H at Home Activity Guides | 4-H](#)

California 4-H State website - For more information on the California 4-H Youth Development Program, visit 4h.ucanr.edu

Tips 'n Topics is published by the Shasta County 4-H Youth Program, University of California, Cooperative Extension, Division of Agriculture & Natural Resources.



Please submit articles and photos by the 15th of each month to:

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LOCAL 4-H



Bouncy Bottle Babies

by Azalia Myers, Palo Cedro 4-H

I got to help deliver baby goats, which are called kids, for the first time this autumn. I was excited that the kids were healthy and muscly with strong bones. Their mama was a champ. After the kids were quickly delivered, I taught them to latch onto the teat because they needed to drink enough colostrum. Soon I started bottle feeding because fullblood Boer goat mamas can usually only produce enough milk for twins. We had triplets. Like a slave, I help bottle feed 2-3 times a day. The kids are cute and snuggly. With my assistance, they are growing fast and jumping all over their mama!

Pine Grove 4-H Steer Carcass Results

by Suz Crane, Club Leader

I thought I would brag about how good my steer kids did in the Carcass contest from this years Inter-mountain Fair.

Out of 8 steers in our small club, Pine Grove had 6 Choice steers with a 2nd and a 4th place.

Three of the steers were from the Daniel Bruce ranch and two steers were Lyn Taylor's.

The 5 steers that did the best were fed out on Fall River/Artois Feed!



LOCAL 4-H



Valley Favorite Food Day



If you've registered for Favorite Foods Day on January 14, 2023, please remember to print off your recipe card - which is on the last page of the [flyer](#).

For additional information on this event, please follow this [link](#).

The theme for this event is Patriotic (stars & stripes, etc.)



COUNCIL MEETING ATTENDANCE 2022 - 2023

VALLEY

	AUG	SEP	OCT	JAN	APR	MAY
BLACK BUTTE	X					
CLOVERLEAF						
COTTONWOOD	X					
COW CREEK	X	X	X			
FOOTHILL	X		X			
GOLDEN ACRES	X		X			
HAPPY VALLEY	X		X			
LONE TREE						
OAK RUN		X				
PALO CEDRO	X	X	X			
SWEDE CREEK	X	X				
TWIN PALMS	X	X				
WEST VALLEY	X					
WESTSIDE		X	X			
WHITMORE	X					

INTER-MOUNTAIN

	JUL	OCT	JAN	APR
BURNEY	X	NO MEETING		
EVERGREEN	X			
HAT CREEK	X			
PINE GROVE	X			

Know Your Council

Inter-Mountain

Katie Eastman, President

Valley

O P E N, President
 Glorianna Junokas, VP
 O P E N, Secretary
 Heather Myers, Treasurer

Local 4-H

4-H Spirit Award

by Bodie Zulliger, Palo Cedro 4-H

Shasta County has a Spirit Award!!!!

Shasta County 4-H's new Spirit Award will be making its grand entrance at Favorite Foods Day. What is the Spirit Award? This is an perpetual trophy that will be given to the club that has the largest percentage of their membership (leaders too) at each county event.

Wouldn't it be awesome for your club to win!!!

So let's go 4-H'rs and sign up to participate so your club has bragging rights for the most spirit at Shasta County 4-H events.



Thank you to Zelma's Trophy in Red Bluff for creating and sponsoring this incredible award.

Goats and Chili

(Not to be confused with goat chili, which sounds tasty.)

by Xara Myers, Palo Cedro 4-H

In November the Palo Cedro market/breeding goat project members and their families visited *Running 6 Ranch* where we had a tour and chili dinner with our friends. Ellie Matthews and I bravely taught about goat anatomy. We also learned about genetics and selection. Then we got to try to select the "best" goat(s) on our own. Practicing goat selection was interesting. During the tour we saw high quality bucks, elegant does, crazy goat kids, and friendly livestock guardian dogs. We learned about goat breeding from start to finish. Koki is my favorite doe, and Giovani is my favorite buck at their ranch. The chili was delicious, and I think everyone had fun!



Shasta County Presentation Day 2023

DATE: Saturday, February 18, 2023

LOCATION: Burney Jr. Sr. High School | 3757 Mountain View Road, Burney

HOST: Burney 4-H

REGISTRATION DEADLINE: **Tuesday, January 31, 2023**

(No late entries will be accepted)



IMPORTANT INFORMATION

EVENT ELIGIBILITY: This event is open to all 4-H members

REGISTRATION: [Online](#) pre-registration is mandatory.

UNIFORMS: Uniforms are acceptable, but not required.

FAIR QUALIFIER: This event can qualify you for participation at the Shasta District Fair if the presentation is in your project area. Call the 4-H office with any questions.

GRADE DIVISIONS: Teams will be assigned locations by *oldest member*.

Primary (ages 5 - 8)

Junior (ages 9 - 10)

Intermediate (ages 11 - 13)

Senior (ages 14 - 19)

AWARDS

The Danish system of judging is used with gold and silver medals or blue ribbons awarded. Primary participants will not be ranked, but will receive participation pins. Those receiving a gold award will be eligible to compete at the *Regional Level*. Gold medalists at the *Regional Level* qualify for competition at the *State Level*.

SPECIAL EQUIPMENT

4-H members are responsible for arranging any special equipment or facilities they may need for their presentations! This includes a TV and VCR for videos, slide projector and screen for slide presentations, tri-folding standup display for the Tabletop Displays, etc. Any special considerations for "Share the Fun" must be arranged by the 4-H members, including sound systems, pianos, tumbling mats, etc.

PRESENTATION FORMAT AND EVALUATION

Please see the UC 4-H Presentation Manual [State 4-H Presentation Manual](#) for presentation format guidelines and evaluation forms.

SCHEDULE (Approximate times)

9:45 - 10 am	Sign-in - GYM
9:45 - 10 am	Judge's & MC's Registration (room # TBA)
10:15 am	Judge's & MC's Orientation (room # TBA)
10:30 am	Welcome & Rules in gym
10:45 am	Members to Set-up Presentations
11 - 1 pm	Presentations
1:30 - 2 pm	Awards



Shooting Sports

4-H Shooting Sports Snapshot

By Nate W. Caeton

As the year comes to a close and we find ourselves staring down the barrel of new year (pun intended), here's a quick update on what's been happening in the Shooting Sports Program and what's planned for the year ahead.

Level 1 Archery Workshop (Completed)

On December 3, 2022, a hardy group of 4-H volunteers (and one Teen Leader) gathered in Redding to complete their Level 1 Archery Certification. All told, there were 14 participants from seven counties who made the trek and endured cold, wet weather. These volunteers were able to return to their respective counties to lead or assist with local archery projects. A special thanks to *Straight Arrow Bow Hunters* and *The Bow Rack* for allowing us to use their facilities and an extra special thanks to Instructor Bill D. from Oregon 4-H for driving down to teach the workshop!

Level 1 Rifle Workshop (TBD)

We are currently working to organize a Level 1 Rifle Workshop with Tehama County as the host. Although the details have not been finalized, an instructor has been secured and we are tentatively looking at dates in mid-to-late March 2023. If the March timeline holds, registration will be available in February so keep an eye out for an announcement. As a reminder, Level 1 Workshops require a minimum of 12-hours of instruction with a preference of 15-hours, so plan on devoting an entire weekend to this event.

Find Additional Workshops

All Shooting Sports training workshops are announced on [Facebook](#), through our [mailing list](#), and posted to the [calendar](#) on our webpage. No luck finding a workshop close by or in your preferred discipline? Use the [California 4-H Shooting Sports Workshop Request Form](#) to request training in a specific shooting sports discipline.

Shooting Better Scientifically

Are you looking for new and different ways to engage your shooters? Check out the new webinar series titled [Shooting Better Scientifically](#), hosted by the National 4-H Shooting Sports Program. Here you will find webinar recordings, presentation slides, and lesson plans aimed at taking your members beyond technical proficiency and into the realm of essential life skills.

Questions

For questions related to the California 4-H Shooting Sports Program, please contact your State Shooting Sports Coordinators:

Nathaniel W. Caeton | nwcaeton@ucanr.edu

4-H Youth Development Advisor for Shasta, Trinity, and Tehama Counties

Russell D. Hill | rdhill@ucanr.edu

4-H Youth Development Advisor for Merced, Madera, and Mariposa Counties



4-H Shooting Sports
Learn by Doing

Shooting Sports



2023 STATE FASHION REVUE CATEGORIES

TRADITIONAL

Participants in this category will construct a garment/s and assemble an outfit that showcases their sewing skills and ability to coordinate an outfit. The outfit must contain at least one constructed garment. Participants are encouraged to construct additional garments to complete the outfit but may wear clothing they purchased or already own. Accessories - such as shoes, hats, belts, jewelry, purses, backpacks, etc., - may be purchased, already owned, or made by the member. If items were sewn that cannot be worn - such as in a coordinating jacket, skirt, and pants set or in a pajama set with matching pillow or quilt - these additional items may be carried. Only garments sewn by the participant will be evaluated on construction, but all items worn will be evaluated on the outfit coordination.

The garment/s in this category must be sewn by the member as part of a 4-H Clothing & Textiles Project* and modeled by the member at the Fashion Revue event.

CONSUMER SCIENCE PURCHASED, \$50.00 LIMIT

Participants in this category will shop for an entire outfit with the total cost not to exceed \$50.00 not including sales tax. Receipts from the current 4-H year are required for any item that is visible. This includes but is not limited to shoes, stockings, jewelry, and hair accessories. Gifts, prior purchases, and items without receipts are not eligible for this category. Receipts from yard sales, etc. may be handwritten. The participant should consider value vs. cost, versatility, the shopping experience, and coordination of the outfit within the cost limit.

This category has no 4-H project requirement and must be modeled by the member at the Fashion Revue event.

SOFTIE CHALLENGE

What is a softie? A stuffed animal, cloth doll, plush toy, soft sculpture, or fabric toy. In this challenge, the participant will sew, felt, knit, or crochet a softie using a pattern or their own design. Any type of fabric and any embellishment techniques (trims, embroidery, yarn hair, removeable clothing) may be used. Participant must present the entry themselves at the Fashion Revue event.

This category has no 4-H project requirement and must be shown by the member at the Fashion Revue event.



COSTUME CHALLENGE

Participants in this category will create a costume for themselves or another person using any technique, materials, or pattern. It does not need to be sewn from fabric. The costume can be any theme and from any time, place, or country as long as it is 4-H appropriate. 70% of the costume must be handmade by the member; 30% can be handmade or purchased. The member must be able to move comfortably in the costume - sit, stand, walk, and go up and down stairs.

This category has no 4-H project requirement and must be modeled by the person it was sewn for at the Fashion Revue event. The member must be present and participate at the Fashion Revue event if it was sewn for another person.

MAKE IT WITH WOOL

Participants in this category will sew, knit, or crochet garment/s from 100% wool, wool blend (minimum of 60% wool) fabric or yarn or specialty wool fiber. Specialty fibers include alpaca, angora, camel, cashmere, llama, mohair, and vicuna. The entire garment body (front, back, and sleeves) must be wool or wool-blend fabric. Vests worn with a suit, sport coat, or blazer may have a back of non-wool fabric. Vests worn as a top layer or with outerwear coat/jacket must have a wool back. Trims, facings, interfacings, linings, and/or under linings may be fabrics other than wool or wool blends. Hand-spun yarns and/or hand-woven fabrics may be used and must meet above criteria.

Garments created for the Make It With Wool competition that is supported by the American Sheep Industry meet the requirements for this category. (<https://makeitwithwool.com/welcome>) If you choose to enter the Make It With Wool competition, it is your responsibility to ensure that your entry meets the Make It With Wool requirements. <https://makeitwithwool.com/the-facts>

The garment/s in this category must be sewn by the member as part of a 4-H Clothing & Textiles Project* and modeled by the member at the Fashion Revue event.



LEATHER CREATIONS

Participants in the Leather Creations category will create any leather accessory – purse, wallet, belt, saddlebag, key fob, etc. – in any style. Any leather techniques may be used (tooling, carving, dyeing, painting, shaping, stitching, etc.) Materials used may be any leather, suede, or faux leather products.

This category has no 4-H project requirement and must be shown by the member at the Fashion Revue event.



QUILTS

Participants in this category will sew a quilt of any size and pattern. The quilt must have finished edges and may use any quilting method (machine, hand, hand-tie, etc.)

The item/s in this category must be sewn by the member as part of a 4-H Clothing & Textiles Project* and shown by the member at the Fashion Revue event.



**4-H Clothing and Textiles projects include Beginning Sewing, Sewing, and Quilting.*

WHO CAN ENTER 2023 STATE FASHION REVUE?

- Any 4-H Member

WHAT DO I NEED TO KNOW TO ENTER 2023 STATE FASHION REVUE?

Traditional, Consumer Science Purchased, \$50.00 Limit, and Costume entries must have received County Winner at a County 4-H Fashion Revue or other qualifying event. Only one County Winner from each age division in these three categories may enter State Fashion Revue.

Age Divisions (Age as of 12/31/22)

Junior, ages 9-10

Intermediate, ages 11-13

Senior, ages 14-18

Members may enter two categories at State Fashion Revue.

All outfits must meet the 4-H Dress Guidelines:

<https://4h.ucanr.edu/files/210170.pdf>

For more information, go to the State Fashion Revue page:

[https://ucanr.edu/sites/sfd/Competitions/State Fashion Revue/](https://ucanr.edu/sites/sfd/Competitions/State_Fashion_Revue/)



2023 STATE FASHION REVUE



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UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

4-H Youth Development Program

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is **broccoli**



Health and Learning Success Go Hand-in-Hand

Children who eat school meals are more likely to eat the recommended amount of fruits and vegetables every day than those who do not. Eating the recommended amount every day can help your child stay healthy and learn better in school. *Harvest of the Month* helps your family explore, taste, and learn about the importance of eating more fruits and vegetables and being active every day.

Healthy Serving Ideas

- Dice and toss raw broccoli in a salad.
- Pour lemon juice or sprinkle lowfat parmesan cheese over steamed broccoli to add and vary flavor.
- For a healthy snack, chop raw broccoli into pieces and serve with a fat free vegetable dip.
- Add broccoli and other vegetables to soups, pastas, omelets, and casseroles.
- Take your child to the grocery store. Ask your child to help you pick out fruits and vegetables for meals and snacks.
- Pack dried fruit or pre-cut fruits or vegetables in your child's lunch.

Produce Tips

- Look for broccoli with a firm stem and tight, compact florets that are dark green.
- Store broccoli in an open plastic bag in the refrigerator for up to five days.
- Rinse (don't soak) broccoli under cool water just before serving.
- Cook broccoli by steaming, microwaving, or stir-frying. Boiling causes some of the vitamins and minerals to be lost.

ZESTY ASIAN CHICKEN SALAD

Makes 4 servings. 1 cup per serving.
Prep time: 20 minutes

Ingredients:

- 3 boneless, skinless chicken breasts, cooked and chilled
 - 3 green onions, sliced
 - 1½ cups small broccoli florets
 - 2 medium carrots, peeled and cut into strips
 - 1 red bell pepper, cut into strips
 - 2 cups shredded cabbage
 - ½ cup fat free Asian or sesame seed salad dressing
 - ¼ cup 100% orange juice
 - ¼ cup chopped fresh cilantro
1. Cut chicken breasts into small strips. Place in a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage.
 2. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat.
 3. Stir in cilantro. Serve chilled or at room temperature.

Nutrition information per serving:
Calories 184, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 22 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 55 mg, Sodium 456 mg

Adapted from: *Everyday Healthy Meals*, Network for a Healthy California, 2007.

Let's Get Physical!

- Get at least 60 minutes of physical activity every day to help keep your heart healthy.
- Start a weekly walking routine with your child, neighbors, and child's friends.
- During TV commercials, have a push-up or sit-up contest with your child.

To track your physical activity, visit:

www.mypyramidtracker.gov

Nutrition Facts

Serving Size: ½ cup fresh broccoli, chopped (44g)	
Calories 15	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 21mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 5%	Calcium 2%
Vitamin C 65%	Iron 2%

How Much Do I Need?

- A ½ cup of broccoli is about the size of one cupped handful.
- A ½ cup of cooked broccoli is an excellent source of vitamin A, vitamin C, vitamin K, and folate.
- Folate is a water-soluble vitamin that helps make healthy red blood cells in your body. It may also help to protect against heart disease.
- Pregnant women need folate in their diets to help prevent some forms of birth defects.
- Folate comes from leafy vegetables like spinach and broccoli, some fruits (oranges), dry beans, and liver. Look for whole-grain breads and cereals fortified with folate (folic acid).

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. It is important to eat a variety of colorful fruits and vegetables every day to get all the nutrients your body needs. Find out how much each person in your family needs.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

January Birthdays

1/1 Mia S.
1/1 Carter W.
1/1 Lauren G.
1/1 Addison S.
1/2 Bryce H.
1/3 Izabella B.
1/4 Brooklyn G.
1/4 Abigail S.
1/4 Jamie D.
1/5 Xander I.
1/5 Shelby M.
1/5 Kaylynn W.
1/5 Isabella M.
1/5 Christopher H.
1/6 Colton M.
1/6 Wyatt H.
1/7 Paisley C.
1/8 Asher B.
1/9 Deasle D.
1/10 Miranda T.
1/11 McKena H.
1/12 Colten M.
1/12 Cara R.
1/13 Samantha C.
1/14 Selah-Rose T.
1/14 Riley C.
1/15 Wyatt C.
1/16 Brystal P.
1/16 Shaylee H.
1/16 Cheryl F.
1/18 Maci M.
1/18 Lily T.
1/19 Hunter R.
1/19 Easton J.
1/19 Riley B.

1/20 Jaxson F.
1/20 Jaxson G.
1/20 Katara B.
1/21 Gauge D.
1/22 Abram L.
1/22 Sam C.
1/23 Rialely H.
1/23 Slader J.
1/24 Elian L.
1/24 Rozlyn H.
1/24 Ryder S.
1/24 Finley N.
1/25 Malia B.
1/25 Khloe L.
1/26 Rylee M.
1/27 Megan B.
1/27 Ellie S.
1/27 Abigail S.
1/28 Carmen U.
1/28 Will L.
1/28 Alexis M.
1/29 Anne W.
1/29 Harlynn H.
1/30 Kadi A.
1/31 Landen E.
1/31 Lucas T.

