August is National Sandwich Month
Did you know that August is National Sandwich Month? I sure didn't!! Fill in the blanks below to discover some tasty sandwich ideas. Perhaps you will get some ideas for Back To School lunch planning!

**Grilled Cheese Sandwich:** (also known as a cheese toastie or toasted cheese sandwich) is a T_A_T_D or fried sandwich that consists of two slices of B_A, usually buttered, and H melted in between.

**Monte Cristo:** Monte Cristo is a sandwich of H_T_Y and Swiss H between batter-dipped grilled or fried B_D.

**Fluffernutter Sandwich:** This is a sandwich made with P_T butter and M_S_W creme. Its name comes from the common use of a specific brand of the brand m_s_w creme.

It is particularly popular in the Northeastern United States states. Variations of this recipe include the addition of B_N_S_S, honey, G_H crackers, or any ingredients that are deemed compatible with peanut butter.

**Cuban Sandwich:** A variation of a ham and cheese originally created by Cuban workers, either in Cuba or in the immigrant community of Ybor City in Tampa Florida. The sandwich is made with M_R_P_S_P_R_S, Swiss E, P K L S, mustard, and sometimes salami on Cuban bread.

**Club Sandwich:** A club sandwich is often served as a double-decker. The traditional club ingredients are T_K_A_N, L_U and O_T_H is sometimes substituted for bacon. C_E is often added to the sandwich as well, usually Swiss, American, or Cheddar.
Teen Leader Training, Part 2

Teen leaders spent two days preparing for our next segment of summer activities. We had the opportunity this summer to conduct activities in cooperation with the Granville County Schools Summer SAALT program, and our activities focused on learning more about insects. When you see our teen leaders, please be sure to thank them for their contributions!

4-H Electric Congress

Daniel Barker, Vicky Hamrick, and Tiara Raines represented Granville County at 4-H Electric Congress. This year’s event was held on the campus of UNC-Wilmington, and featured many hands-on activities.

NC 4-H State Congress

What a great week! Though 4-H Congress looked a little bit different this year, everyone had a lot of fun. Workshops centered on careers, and included a campus tour of NC State University. The nights featured engaging presenters, State 4-H officer campaigns, and dancing. And, 4-H’ers had their first opportunity as a group to show that we are “Hungry to Help” by assisting the Food Bank of Central and Eastern North Carolina as they packaged enough food to provide nearly 32,000 meals.

Exploring Granville County, Part 2

On July 29th, 4-H members came together to tour agricultural sites in Granville County. We started our day with a brief visit to Wilton Slopes, a newer park near Oxford. We then traveled to Bayfield Farm, where we learned about their award-winning horse groups, and all of the other people (such as veterinarians and farriers), who help them to succeed. Our third stop was the bio-fuel center in Oxford, where we learned about ongoing research happening in our community. After lunch, we visited Goose River farm, where we learned about the operation of a cattle farm. Our final stop for the day was Flat Woods farm, where we had the opportunity to learn about tobacco farming, and raising timber. It was a very busy, and very interesting day! Thank you to all of the community members who provided this opportunity for our 4-H’ers, and thank you to Paul Westfall, Granville County Extension Director for coordinating our visits.

4-H Babysitting Camp

On July 20th, 10 young people came together to hone their babysitting skills. They learned how to handle big emergencies that require steps like CPR, and they practiced addressing day to day needs, such as changing diapers. After this course, I know we have 10 great new babysitters in Granville County!

Summer Clover Experience

This year’s summer clover experience focused on learning more about insects. We made crafts, like a caterpillar marionette, and butterfly masks. We practiced our insect voices, and we explored how bugs eat.

Exploring Granville County, Part 3

We started our day with a visit to the NC Forest Service, where we met with forest rangers serving Granville County. They had some amazing hands-on activities for us! (see pictures to the right.) In the afternoon, we had a visit from officers from the Oxford Police Department. We were able to learn about the workings of a K-9 team, as well as the array of services provided by the police department.

Technology Day Camp

Thank you to staff and graduates of NC Connected Inc. for a great week! Though challenging at times, this camp was a LOT of fun. To see pictures of other young people across the state enjoying classes presented by NC Connected, please visit their website at http://www.ncconnected.org/

Congratulations!

4-H Congress is the time when state level competitions are held. These include the 4-H ARIE, 4-H Presentations, and Poultry Judging, to name a few. 4-H Congress is also the time when new members are inducted into 4-H Honor Club. Congratulations to all of our Granville County award recipients

State Level 4-H Presentation Awards
- Mollie Melton - Mt. Energy Reading Program - State Silver Award
- Hannah Melton - Teddybear Making - State Silver Award

4-H Honor Club
- Following her interview, Mollie was selected to represent North Carolina 4-H at the National 4-H Conference

4-H Honor Club
- Victoria Hamrick, a member of the 4-H Club SHOW, was inducted into the NC 4-H Honor Club

4-H Babysitting Camp Participants

Nadia and Lauren at Betsy Jeff Penn 4-H Camp

Making Butterfly Masks during the Summer Clover Experience

A home-made water filtration system

2010 NC 4-H Congress Delegates

A State Park Ranger looks on while Raivyn explores the challenges of swimming in extremely cold water during Safety, Kerr Lake