



Kittitas County 4-H FOCUS



Calendar

June 9	County Demonstration Contest, 3-6 p.m., Armory A
June 11	4-H Cat Pre-Show, 5 p.m., Manastash Room
June 13	County Demonstration Contest, 11 a.m.-2 p.m., Armory A
June 14	Swine Weigh-In, Judging Contest & Clinic, Bloom Pavilion
June 15	Monday Night Ride, 6-8 p.m., Rodeo Arena
June 16	Livestock Committee Meeting, 7:00 p.m., Armory Room A
June 19	Juneteenth Holiday-Extension Office Closed
June 22	Monday Night Ride, 6-8 p.m., Rodeo Arena
June 25	4-H Dog Pre-Show, 4:00 p.m., Umtanum Hall & Hunt Arena
June 27	Rabbit Pre-Show & Poultry Clinic, 9 a.m., Umtanum Hall
June 27-28	4-H Horse Training Days & 2nd Horse Judging Contest, Bloom Pavilion
June 29	Monday Night Ride, 6-8 p.m., Rodeo Arena
June 30	4-H Council Meeting, 7:00 p.m., Armory A
July 1	Friend of 4-H & Outstanding Leader Nominations due
July 3	4th of July Holiday-Extension Office closed
July 6	Monday Night Ride, 6-8 p.m., Rodeo Arena
July 9	4-H Cat Project Meeting, 6:00 p.m., Heritage Center
July 13	Record Books due to Club Leaders
July 17-19	4-H Horse Pre-Show, Bloom Pavilion & Rodeo Arena
July 20	Monday Night Ride, 6-8 p.m., Rodeo Arena
July 27	Record Books due to the Extension Office by 5:00 p.m.
July 27	Monday Night Ride, 6-8 p.m., Rodeo Arena
July 28	4-H Council Meeting, 7:00 p.m., Armory A
July 30	All County Dog Contest Practice, 6:00 p.m., Heritage Center



Club Business

County Demonstrations

It's time to sign up for our Countywide 4-H Demonstration Contest. This is a great opportunity to practice your public speaking skills, share something you know well, and qualify for awards. Youth who earn a blue ribbon may be eligible to advance to the State 4-H Public Presentations Contest in Puyallup. You can also choose to present your demonstration again at Fair.

Demonstration Dates:

June 9 from 3–6 p.m.-Armory Room A

June 13 from 11 a.m. – 2 p.m. - Armory Room A

Sign-Up: Please use the online sign-up to select a 20-minute time slot for your demonstration: <https://www.signupgenius.com/go/10C084AA5AB2DA1F9C70-64146707-kittitas>

Tips for a Successful Demonstration:

- Choose a topic you know well so you can explain it clearly and answer questions.
- Use visuals, at least one poster is recommended.
- Poster guidelines:
 - Titles: at least 2” tall and 5/16” thick
 - Supporting text: at least 1½” tall and 3/32” thick
 - Black on yellow is easiest to read
 - Make sure your poster can be seen from a distance
 - Speak loudly and clearly and be prepared for questions
 - Use note cards as reminders—not a script.
- Time your presentation:
 - Juniors: 3–8 minutes
 - Intermediates: 5–15 minutes
 - Seniors: 8–20 minutes

Don't forget:

- A strong opening “zinger” to grab attention
- A clear closing
- Repeat questions before answering

For more guidance, you can review:

[Getting to the Point: How to Do a 4-H Public Presentation Public Presentations, Demonstrations, and Illustrated Talks](#)

Record Book Deadline

Up-to-date record books are due club leaders on or before Monday, July 13 and to the Extension Office by 5 p.m. on Monday, July 27.

All 4-H'ers must submit an up-to-date record book by the last Monday in July to be eligible to enter the 4-H Division at the Kittitas County Fair.

Dirt Bike Safety Clinic

Registration is open for our upcoming Be Crash Free RideSafe Dirt Bike Clinic on June 20th.

The RideSafe Motorcycle Training Course is a fun, hands-on 4-hour program designed for youth ages 8-18 who want to learn how to safely ride dirt bikes. Certified Be Crash Free instructors will guide participants through:

- Basic motorcycle controls
- Protective gear and safety
- Balance exercises
- Starting and stopping
- Turning techniques
- Riding through simple obstacles

Safety is the top priority, and instruction is kept age-appropriate with small groups, controlled riding environments, and plenty of encouragement for new riders.

Event Details:

- Date: June 20, 2026
- Time: 9:00 AM – 1:00 PM
- Cost: \$150 per participant
- Ages: 8–18

Participants will need to provide their own dirt bike (please reach out if you do not have a bike but would like to participate). Required riding gear includes:

- Helmet
- Over-the-ankle boots
- Long durable pants
- Long-sleeve shirt or coat
- Gloves
- Eye protection such as goggles or glasses

Registration is now open using the link below: <https://motors.becrashfree.com/p/i5OaMvZgzrpy>. We are very excited to partner with Be Crash Free to help provide a safe and educational riding opportunity for local youth while continuing to explore future possibilities for a Kittitas County 4-H Dirt Bike Club. Please feel free to reach out with any questions—amy.alder@wsu.edu.

Up-to Date Record Book Check-Help Needed!

A representative from each club (leader or parent) will need to attend at least one hour assisting with the Up-to Date Record Book check on July 29-31. More details will be in the July FOCUS.

Record Book Completion Check Lists

The Record Book Completion Check sheet has been revised. All members will use the same check sheet-there are not separate check sheets for Livestock members this year. The check sheets are available on the [website](#) or from the Extension Office.

Record Book Tips – June

- Accommodations are made for 4-Hers with learning/physical disabilities. A note requesting accommodation must be included with the member's book.
- Update Calendar and Project Diary (Level 1) or Project Journal (Level 2) with June dates.
- Project Journal- Leadership members should record time and money spent attending State 4-H Conference. List any project/training meetings and club meetings.
- Permanent Record – Sheep and Goat Pre-Show Fitting and Showing and Feeder classes may be entered under 4-H Contests Entered page 7. Sheep and Goat judging should be entered in Judging page 5. Horse Monday Night Riding needs to be entered under Events Attended page 9. Open Horse Shows, Dog Shows or Wool Contest that are non-4-H events but pertain to your project go under Contests Other than 4-H Entered page 15. Fill out 4-H Meeting Attendance, last page, by putting the year and the number of meetings that will be held for the year. In September mark down the number of meetings you attended. On Most Important Recognition, last page, list the most important recognition you received in 4-H during the year, such as honors, awards, trips, etc. and the project it is related to.

Cloverbud Record Book Tips

- Cloverbud Record Books or Level 1 Record Books are recommended for cloverbuds.
- If developmentally appropriate, record books must be in member's own handwriting. Support with writing is expected for most cloverbud members; members can write on their own or dictate their responses to an older youth or adult to write.
- A Project Diary is NOT required of cloverbud members; however, if appropriate can be included.
- A Permanent Record is NOT required of cloverbuds, however it can be kept up-to-date, if desired.
- Members of all age divisions, including cloverbuds, are eligible for coupons.

4-H Age Division Reminder

5-7 years old – Cloverbud

8-10 years old – Junior

11-13 years old – Intermediate

14-18 years old – Senior

4-H age is determined by the member's age on **October 1, 2025 for the 2025– 2026 4-H year**. Their 4-H age doesn't change when they have their birthday after October 1, 2025. For example:

- **Age 8 and the 2nd grade-Junior**
- **Age 11 and in the 5th grade-Intermediate**
- **Age 14 and in the 8th grade-Senior**

Leaders: please check your 4-Hers ages so that they are entered in the correct divisions at Pre-Shows, Fair – Showmanship, judgings, demonstrations, etc., and any other 4-H activities. Leaders can run a report of club members from 4-H Online. Families can log in to 4-H Online and view the 4-H Age of their members as well.

4-H Forms and Policies Online

Many Kittitas County 4-H forms and policies are available on the [Kittitas County Extension Website](#).

2026 Fair Theme
“Country Charm From the Farm”

4-H Council Meeting

A representative from each club needs to attend 4-H Council meetings. Meetings are held the last Tuesday of every month, except August and December. The next meeting is Tuesday, June 30 in Armory Room A at 7 p.m. Meetings for the remainder of the year are July 28, September 29, October 27, and November 24. Please join us!

Completing the Year

4-H members must do the following to complete the year:

1. Do not miss more than three club meetings per year (Business meetings, not practice or work meetings).
2. Give at least one demonstration. It is suggested a member give one in each project area in which they are enrolled.
3. Participate in at least one showmanship in each project area (if none available, participate in a county contest or event).
4. Complete a record book and turn it into the Extension Office by the last Monday in July
5. 4-H members enrolled in a livestock project must judge at the Kittitas County Fair. 4-H members enrolled in a horse project must judge at one of the two county Horse judging contests.



Shooting Sports Project

State Shooting Sports State Championships

Kittitas County 4-H Shooting Sports was well represented at the State Championships held May 15-17 at the Upper Nisqually Sportsman's Club in Eatonville. Results and placings from the event:

LillyMae Smith, Intermediate
4th Place Overall in Recurve Archery
3rd Place in Field

Sunday Plettenberg, Intermediate
7th Place Overall in Recurve Archery

Kyler Hagen, Senior (Qualified for 2027 Nationals)
1st Place Overall in .22 Pistol
1st Place in Camp Perry, 2nd Place in Silhouettes and Slow Fire

Kayden Hagen, Senior (Qualified for 2027 Nationals)
2nd Place Overall in .22 Pistol
1st Place in Silhouettes and Slow Fire , 2nd Place in Camp Perry

Evelyn Hein, Senior
1st Place Overall in Air Pistol
1st Place in Slow Fire, Rapid Fire, and Silhouettes

Justin Finch, Senior (Qualified for 2027 Nationals)
2nd Place Overall in Shotgun
2nd Place in Skeet, Trap, and Sporting Clays

Hunter Sealy, Senior (Qualified for 2027 Nationals)
3rd Place Overall in Shotgun
3rd Place in Skeet



Opportunities

Friend of 4-H Nominations

One person and one business will be honored each year with the "Friend of 4-H Award". Nominations are due July 1. Forms are available in the Extension Office, or [online](#).

- Past recipients:
- 1997 - Central Livestock Supply & Jo Barkley
 - 1998 - Ranch and Home & Deanna Kidder
 - 1999 - Kittitas Valley Bank & Mary Matthews
 - 2000 - Grebb, Johnson, Reed and Wachsmith & Gene and Helen Barnhart
 - 2001 - Mid State Co-Op & Sally Panattoni
 - 2002 - Luft Trailer Sales & Doug and Carol Evenson
 - 2003 - Ellensburg Cement Products and Don & Ann Black
 - 2004 - Hancock Printing & Henry & Frances Schnebly
 - 2005 - Albertsons & Catherine Stockdale and Joyce Palelek
 - 2006 - Mike Johnston/Daily Record & Joe Hubbard
 - 2007 - The Copy Shop
 - 2008 - Booker Auction Services & Gayle & Scott McIntosh
 - 2009 - Alnita Engravers & Jim and Dorothy Hand
 - 2010 - Number 9 Hay
 - 2011-NKC Tribune & Jim Markardt
 - 2012-Joe Shannon-Country Financial and Pat & Linda Clerf
 - 2013-Westwind Suffolks & Lana Thomas Cruse
 - 2014-Ace Screenprinting & Embroidery and Carl & Kathy Tostenson
 - 2015-Ward Rugh & Barbara Schnebly Shaw
 - 2016-Kittitas County Cattlewomen
 - 2017-Mike Fuller, DVM & Allan & Larue Herzig
 - 2018-Anderson Hay & Paula Thompson, DVM.
 - 2019-Dakota Café & Rick Gilson
 - 2020-Kittitas County Sheep Producers & Jim Daly
 - 2021-Kittitas Valley Event Center
 - 2022-Parker Othodontics & Janet Downs
 - 2023-Hilary Jensen/The Patch & The Mann Family
 - 2024-First Impressions Screen Printing & Badger Pocket Christmas Tree Farm
 - 2025 -A-1 Petroleum and Hanson 4W Farms

Outstanding Leader Nominations

4-H Council sponsors an Outstanding Leader Award for currently enrolled 4-H leaders demonstrating meritorious service and exemplary leadership, who have been involved in Leader's Council. Nominations are due by July 1. A plaque will be awarded during National 4-H Week. Nomination forms are available in the Extension Office, or: <http://extension.wsu.edu/kittitas/youth/4-h-forms/>.

Past recipients include: 2003 - Jim & Wanda Munroe, 2004 - Dick Wedin, 2005 - Lynne Thomas, 2006 - Joy Rucker, 2007 - Jan & Brian McElroy, 2008 - Marie Riegel, 2009 - Barb & Jerry Pettit, 2010 - Audrey Wedin, 2011-Craig & Melanie George and Bob & JoAnn Eddings, 2012-Connie Dunnington, 2013-Ed Beeson, 2014-Diana Tasker, 2015-Mary Matthews, 2016-Bobbi Broderius, 2017-Glenna Maskal, 2018-Mark Crowley, 2019-Carol Hill, 2020-Dianna Cobain, 2021-Jon Blackmore, 2022-Bill & Lynette Miller, 2023-Pauline Clyburn, 2024-Bret Hollar, 2025-Ann Shaw.

Small Animal Project

Poultry and Rabbit Clinic

The Poultry and Rabbit Clinic will be held on Saturday, June 27 in Umtanum Hall at the Fairgrounds/Event Center. Schedule is as follows:

- 9:00 a.m. Rabbit Pre-Show
- 10:30 a.m. Poultry Clinic-Cloverbuds
- 11:00 a.m. Poultry Clinic-Juniors, Intermediates, Seniors—PT Testing will be completed during this time

Birds participating must have adult feathers (no chicks). Extra birds will be available to practice with for members that have birds too young to attend pre-show. Please remember to bring carpet squares.

This event is **required** for all Rabbit and highly encouraged for Poultry members. Any Rabbit or Poultry project member who has an emergency or problem attending needs to write a letter requesting to be excused to: Small Animal Committee Chair, 901 E 7th Avenue, Suite 2, Ellensburg, WA 98926 by June 17. The letter needs to address the reason for not attending Pre-Show, a plan to make up for the missed activity, and be written by the member requesting the excuse. Letters can be submitted via email to amy.alder@wsu.edu.

Dog Project Information

Dog Project Dates

Mark your calendars with these upcoming Dog Project Events:

- Thursday, June 25th, Dog Pre-Show in the Hunt Memorial Arena & Umtanum Hall at the Fairgrounds
- Thursday, July 30th, All County Dog Contest Practice, 6pm in the Heritage Center at the Fairgrounds
- Sunday, August 16th, AM Agility - Lunch - Fair Contests (Judging, Dog Bowl & Skill-a-thon)

Dog Pre-Show

The 4-H Dog Pre-Show is scheduled for June 25 beginning at 4:00 p.m. in the Hunt Memorial Arena and Umtanum Hall at the Fairgrounds/Event Center. Dog project members are strongly encouraged to attend.

Cat Project Information

Cat Pre-Show

The 4-H Cat Pre-Show is scheduled for Thursday, June 11 at 5:00 p.m. in the Manastash Room at the Fairgrounds/Event Center. Cat project members are strongly encouraged to attend.

4-H Cat Project Meetings

4-H Cat Project Meetings have been scheduled. Meetings begin at 6:00 p.m. in Heritage Center at the Fairgrounds/Event Center. Upcoming dates are July 9 and August 13.

All 4-H Cat Project members are encouraged to attend!

Livestock Project Information

Swine Weigh-In, Clinic, & Judging Contest

The Swine Weigh-In, Clinic & Judging Contest will be held on **Sunday, June 14th** in Bloom Pavilion at the Kittitas County Fairgrounds. This is a **required** event for Swine members.

Schedule for the day:

- 6:00-10:30 a.m. - Swine Weigh-in & Tagging -Hogs must have a RFID tag from breeder
- 10:15 am - All youth must be in Bloom Pavillion
- 10:30 a.m. - Swine Judging Contest

Swine members must bring a COPY of their health records, any out of state hogs must have affidavit attached. PLEASE DO NOT TURN IN YOUR ORIGINAL HEALTH RECORD!

Swine members need to register in the Showman app. Please register before 6/14/26. The Showman app will require the RFID # for each hog.
**Under fair tag number please put 001 for the 1st hog and 002 for the 2nd hog. We will update the fair tag number once tagged.

Showman | Livestock Show Management Software:
<https://showman.app/shows#/kittitas-county-fair-livestock-show-and-market-sale-6a22>.

Exhibitors who have a conflict with the clinic are required to write a letter to: Livestock Committee Chair, 901 E 7th Avenue, Suite 2, Ellensburg, WA 98926. Letters can be submitted via email to amy.alder@wsu.edu. The letter needs to be written by the 4-H/FFA/Grange member requesting the excuse, address the reason for not attending, and who will weigh the animal. The Livestock Committee will review these requests. Members must have another exhibitor weigh their animal(s) in their absence.

Livestock Committee Meeting

The next Livestock Committee meeting will be **June 16 at 7:00 p.m. in Armory Room A**. Meeting dates have been set for 2026 - 3rd Tuesday @ 7:00 p.m. with one exception *

- August 11 * Second Tuesday
- September 15
- October 20
- November 17

Every club with livestock projects should to have a representative at all the Livestock Committee meetings.

Washington 4-H State Livestock Judging Contest

The Washington 4-H State Livestock Judging Contest will be held Saturday, June 27, in Moses Lake. Early registration ends on May 29, with late registration closing on June 12. Please note there will be no day of registration.

A new scoring system will be used that will require Scantrons. Clipboards and pencils will be provided for contestants, and they will be expected to complete the Scantron independently. For more details, visit the [Event Page](#).

If you are interested in attending, please e-mail Amy Alder at amy.alder@wsu.edu.

Animal Health Record

Animal Health Records need to be completed on all livestock project animals.

- The updated Producer/Breeder Affidavit & Market Animal Health Record must be included in the member's record book when it is turned in for the Up to Date check by the last Monday in July. There are animal specific forms (1 per animal) for Market Beef, Dairy Heifer, Lamb, Swine, Goat, Individual Goat, Dairy Goat.
- **Health Records are required at Sheep, Goat, and Swine weigh-ins this year**
- Youth will need to turn in the updated Producer/Breeder Affidavit & Market Animal Health Record at Fair Vet Check.

By federal law meat processors must identify the origin of animals entering the food supply; state law requires animal disease traceability made possible through the transfer of health records from one owner to the next. Without this record you will not be able to sell your animal at the Kittitas County Fair Market Sale.

Animal Health Records are available from your 4-H leader, the Extension Office, or online under [Animal Add Sheets](#).



Horse Project Information

Monday Night Riding

For liability reasons, parents are reminded that they must be present while their children participate in Monday Night Riding or the member will not ride.

The purpose of Monday Night Riding is to provide educational opportunities for horse project members to gain knowledge about different disciplines offered in the horse project. Therefore Monday Night Riding participation is limited to enrolled Kittitas County 4-H Horse project members.

All rides will be from 6:00-8:00 p.m. in the Rodeo Arena. Upcoming dates are:

June 15, 22, 29
July 6, 20, 27
August 3

Rides are subject to cancellation due to inclement weather. Check with your leader before attending.

4-H Horse Training Days

The 4-H Horse Training Days will be held on Saturday, June 27 and Sunday, June 28, from 8:00 a.m. to 6:30 p.m. in Bloom Pavilion. It is **HIGHLY RECOMMENDED** that all 4-H Horse project members take advantage of this great opportunity to improve horsemanship skills and prepare to do their best at the Kittitas County 4-H Junior Horse Fair. **Participants must wear approved helmets and boots.** More information will be in the July FOCUS.

2nd Horse Judging Contest

The second 4-H Horse Judging Contest will be held Sunday, June 28 at 9:00 a.m. in Bloom Pavilion (during Horse Training Days). Classes will be Pleasure Driving, Reinsmanship, Western Equitation, and Quarter Horse Mares (Oral Reasons on this class).

Two judging contests are held each year. Horse Project members are required to participate in one county horse judging event to be eligible to compete at the Kittitas County Junior Horse Fair and complete the 4-H year. Novice members will judge in their age group.

To be eligible to judge on the Kittitas County 4-H State Horse Judging team members must judge in two county judging events completing oral reasons at both judging events and the horse parts worksheet.

Ellensburg Rodeo Posse Youth Horse Shows

The Ellensburg Rodeo Posse Youth Horse Shows will be held on Sunday, June 7 and Sunday, July 5 in the Rodeo Arena. The shows are open to all Kittitas County residents age 18 and younger. Entry forms are available at Arnold's Ranch & Home, Don Bacon's Leather Shop, and Old Mill Country Store.

4-H Horse Pre-Show

The Kittitas County 4-H Horse Pre-Show will be held July 17-19 in Bloom Pavilion. Classes offered at the Kittitas County Junior Horse Fair will be offered at the 4-H Horse Pre-Show.

The Horse Pre-Show is designed to have training in a horse show environment to improve horsemanship skills and prepare for the Junior Horse Fair

It is **HIGHLY RECOMMENDED** that all 4-H Horse project members take advantage of this opportunity to learn and prepare for the Fair.

Exhibiting at the KCF Junior Horse Show

4-H Horse members have several requirements to be eligible to exhibit at the Kittitas County Fair Junior Horse Show on August 20-23.

1. Must have submitted an up-to-date 4-H Record Book by July due date.
2. Must have given a 4-H demonstration during the current 4-H year.
3. Must have been an active 4-H member and have met the 4-H club's requirements for attendance at club meetings.
4. Must have attended and completed one Kittitas County 4-H Horse Judging Contest.
5. File a horse identification certificate by April 30 of current year.

All-Around Showmanship at Kittitas County Fair Labor Day Weekend

In anticipation of Fair this year, we would like to remind everyone of all-around showmanship requirements. First place winners in junior, intermediate and senior showmanship are required to participate in All-Around Showmanship (Round Robin) at the Kittitas County Fair on Monday, September 7. In the event the first place winner cannot participate, the second place winner will move into the vacated position.

Record Books

Record Books are due to leaders on July 13 and due in the Extension Office by July 27 at 5:00 p.m. Here are some tips to help Horse members get books ready:

- The record books need to be up-to-date to July.
- The calendar should be filled out for each month including upcoming dates in August and September (fair?).
- The project plans should be completed and signed by member, leader and parent.
- The project journals should be completed up to July.
- Project Summary/Highlights need to be started.
- For Level 2 Record Books Financial Summary, the Beginning Value section should be completed unless a first year member is using this level for the first time.
- After the Summary (Level 1) or Financial Record (Level 2) are where the **Commitment to Excellence** and **Horse Certificates** should be. The Commitment to Excellence should be signed and dated at the beginning of the project year.
- **Quality Assurance - Youth Advancement** checklists come next. Horse 1st year members will need to have Level 1, Units 1,2,4 completed, 2nd year and above members will need to have Level 1, Units 1,2,4 and Level 1 Units 3,5,6 completed.
- All 4-H horse project members are required to include the **"4-H Horse Member Advancement Checklist"** EM2790 as part of the youth's project record book. This follows the Horse Quality Assurance.
- The Story should be started.
- The Permanent Record should be up-to-date from the time member first enrolled in 4-H.

If a 4-H Horse Record Book **does not** have Horse Certificates, Commitment to Excellence and Quality Assurance add sheets it is considered **incomplete**.

Washington State 4-H Fair Horse Dates

The Washington State 4-H Fair will be held September 4-27. Horse dates are:

- Sept 9-12 Senior Dressage
- Sept 10-14 Senior Performance
- Sept. 12 Horse Judging Contest
- Sept 16-19 Senior Western Games
- Sept 19-21 Intermediate/Senior Harness/Small Equine
- Sept 22-24 Intermediate Performance/Dressage
- Sept 24-27 Intermediate Western Games

More details can be found in the [Exhibitor Guide](#).

2026 HORSE 4-H DATES

June 15, 22, 29	Monday Night Riding – Rodeo Arena—6-8 pm
June 27-28	4-H Horse Fair Training Days, Bloom Pavilion 8am-8pm
June 28	2nd Horse Judging, Bloom Pavilion, 9:00 a.m.
July 6, 20, 27	Monday Night Riding – Rodeo Arena 6-8 pm
July 17-19	4-H Horse Pre-Show – Bloom Pavilion & Rodeo Arena – 8am – 8pm
August 3	Monday Night Riding – Rodeo Arena 6-8 pm
August 7	State Fair Interest form due by 5:00 pm
August 18	Junior Horse Fair: Barn Open for Decorations
August 19	Junior Horse Fair: R.V. Parking Open
August 20-23	Kittitas County Junior Horse Fair – Bloom Pavilion & Rodeo Arena
September 3-7	Kittitas County Fair
October 4	4-H Fall Leader's Show – Bloom Pavilion – 8am – 8pm



WSU EXTENSION
Kittitas County

Washington State University Extension helps people develop leadership skills and use research-based knowledge to improve their economic status and quality of life.

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