



## News Release

Communication Services  
5334 South Prince Street  
Littleton, Colorado 80166-0001  
Phone: 303-795-4284  
Fax: 303-738-7894  
[www.co.arapahoe.co.us](http://www.co.arapahoe.co.us)

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Contact:

**SHAYLEN FLOREZ**  
4-H Program Coordinator  
Direct: 303-730-1920  
[sflorez@co.arapahoe.co.us](mailto:sflorez@co.arapahoe.co.us)

**NICHOLE PARMELLY**  
Communication Services Specialist II  
Direct: 303-636-1945  
Mobile: 303-710-7893  
[nparmelly@co.arapahoe.co.us](mailto:nparmelly@co.arapahoe.co.us)

### **Who's that cooking in the kitchen?**

#### *Arapahoe County youth show their parents what cooking is all about at the 4-H Creative Cooks Contest*

Aurora, Colo. --- Last Saturday, pint-sized chefs showcased their culinary talent and creative juices at the 2008 Arapahoe County Creative Cooks Contest. The annual competition invites 4-H members, ages 5-18, to cook up some tasty fun and showcase their culinary expertise.

"Because most kids love to eat, creative cooking is a great way for kids to learn to cook their favorite food," said Amy Einarsen, an 18-year-old 4-H'er who's been competing in this contest since the age of five. "When you're cooking, it's important to plan a well-balanced meal that is nutritional and looks pleasing by using different colors and textures. By participating in the creative cooking project you also learn food safety and handling."

Contestants planned, prepared and presented a balanced menu according to nutrition values and the food pyramid and chose a specific theme that was incorporated into their menu, place setting with centerpiece, and appearance. Each contestant chose one dish to serve a judge who not only tasted the food, but also asked questions regarding nutrition knowledge, preparation, etc.

Unique and creative entries could be found throughout the competition. Joseph Yousling earned the title of Junior Champion with his Tae Kwon Do theme and delicious Jump Kick Cherry Delight which the judges said provided an excellent mix of protein, carbohydrates, veggies and fruits in the menu.

Arabian Nights by Rebecca Gaffney won the Senior Popularity Division and judges said her orange cream dessert was very nice with excellent texture and flavor.

4-H is a great way for youth to have fun and learn valuable life skills at the same time. Arapahoe County is accepting membership applications for those who are interested in competing in the 2008 Arapahoe County Fair. The deadline for animal projects is March 1.

For more information about the contest or 4-H, please call the CSU Cooperative Extension 4-H office at 303-730-1920 or visit [www.arapahoextension.org](http://www.arapahoextension.org).

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**To download photos click on the following link: <ftp://www.co.arapahoe.co.us/Pub/CA/>**

*Photo captions:* Amy Einarsen, Ashley Vaughan, Eric Einarsen, Zach Vaughan, and Amanda Vaughan earned the Champion and Popularity Award in the Senior Group Division for their Southern Living entry which included fried chicken, mashed potatoes and gravy and succotash salad.

*Ballerina:* Second time participant Mirth Pack, age 7, entered with her Ballerina Party theme.

*Joseph:* Joseph Yousling earned the title of Junior Champion with is delicious Jump Kick Cherry Delight.

*Mice:* Jacob Wilson, age 10, got into full character with his entry "A Meal with Mice."

*Rebecca:* Arabian Nights by Rebecca Gaffney won the Senior Popularity Division and judges said her orange cream dessert was very nice with excellent texture and flavor.

**Full List of Winners:**

**INDIVIDUALS:**

Jr. Champion: Joseph Yousling, Aurora

Jr. Reserve Champion & Jr. Popularity Award: Melissa Bowen, Byers

Intermediate Champion: Katie Wilson, Aurora

Intermediate Reserve Champion & Popularity Award: Melissa Minor, Aurora

Intermediate Colorado Specialty Champion & Popularity Award: Aurora Pack, Parker

Sr. Champion & Popularity Award: Rebecca Gaffney, Aurora

Sr. Reserve Champion: Colton Bowen, Byers

**TEAMS:**

Sr. Colorado Specialty Team Champion & Popularity Award: David and Marie Pack, Parker

**GROUPS:**

Sr. Champion & Popularity Award: Amy & Eric Einarsen, Littleton and Ashley, Zach & Amanda Vaughan, Aurora