Hi. My name is Anna Collins. I am 14 years old and attend Crawford County High School, where I am in the 9<sup>th</sup> grade. I live with my parents and brother in the town of Roberta which is a particularly small place. 4-H is a big part of my life in our little town. It has provided innumerable opportunities for me. Through classes and retreats, I have met many new friends. Judging teams and workshops have introduced many new concepts of learning to me. Every 4-H event has widened my horizon of knowledge. I now have the ability to communicate better with others.

I find pleasure in cooking, and at any time, I take delight in cooking for others. Sharing food makes cooking worthwhile and rewarding. 4-H has made me more aware of my responsibility to help others. I have helped make food for 4-H events, church events, elderly citizens, and less fortunate children. Cooking is a great way I express myself and reach out to the community and others. I am thankful that through 4-H I have developed my skills and taken advantage of opportunities to share.

For quite some time, I have benefitted from 4-H. Since 5<sup>th</sup> grade, I have participated in various activities. I really enjoy competing! I have attended District Project Achievement since fifth grade and have placed first in the Food for the Family Project, Between Meal Snacks Project, Festive Foods for Health Project, and the Muffins Project. During that time, I have developed my skills in preparing tasty, nutritious, attractive foods, safely and economically. I have grown from simply doing my demonstration to year round 4-H work emphasizing sharing and helping others with 4-H and in my community. I have organized a Foods Project Club through which I taught younger 4-H'ers, took them on many tours, and accomplished community service work. Our trips made some great memories.

I became a master 4-H'er when our Wildlife Judging team won the state competition. I participated in over 50 hours of team practice. It was great to win after I had worked so hard. I look forward to preparing for and participating in the national competition in Arkansas this summer. I also enjoy other 4-H events such as entering baked goods in the fair, making homemade ice cream, and entering arts and crafts.

My 4-H work goes well beyond foods. I have helped set up a sound system, helped put the 900 lights on the tree for the 28<sup>th</sup> 4-H Christmas Program, participated in state and district events, babysat foster children for the Foster Parent Association meetings, and worked over eight hours at the annual 4-H Rabies Clinic.

4-H has helped make me a better citizen and an asset to the community.

Follins

Sincerely,

Anna Collins

Festive Foods for Health Main Project Work

# Foods Prepared:

Advanced: (involved complexity, accuracy, judgement, and attention to detail)

- •Pies, blueberry, pecan, sweet potato. and egg custard (crust made from scratch)
- •Jellies, muscadine and plum
- •Pound cake, vanilla ice cream, M&M cookies, and oreo balls
- ·Casseroles, breakfast and hash brown
- •Macaroni &cheese
- •Beef stew, fried&boiled shrimp, baked spaghetti, and pizza (homemade dough)
- Preserved pears
- •Waffles
- ·Banana bread and cheese straws

Intermediate: (involved sensitive techniques, doneness tests, and judging ingredient quality)

- •Muffins, surprise, apple strudel, pumpkin, and banana
- •Cookies, oatmeal, peanut butter, sugar
- •Cobblers, pear and peach
- •Desserts, apple dumplings, banana pudding, and peanut caramel bars
- •Enchiladas and quesadillas
- •Vegetable soup and oyster stew
- •Grilled steak and chicken
- •Pineapple punch
- ·Biscuits, sour cream and regular
- Stuffed cherry tomatoes
- Brown rice
- Omelets

Simple: (involved cutting, mixing, measuring, kitchen safety, food safety, and baking)

- •Muffins, blueberry, lemon poppyseed
- •Chocolate chip cookies
- •Scrambled eggs
- ·Salad, green, chicken, and pistachio
- •Potatoes, baked, fried, and mashed
- Pancakes
- •Rice Krispie squares, cupcakes, and brownies
- •Grits
- •Pigs in the blanket
- ·Sausage balls
- Meatloaf
- •Corn casserole
- •Mandarin orange pie

# Tours:

•Learned about food production: Dickey Farms, Big Six Farms, Mennonite Dairy Barn, Taylor Orchards, and Mid GA Farm Service

•Learned about food safety: USDA Food Safety Mobile Unit

•Learned about food safety, food preparation in quantity, and preparation techniques from different cultures: Tapatios Mexican Restaurant, Ingleside Village Pizza, Nazerene Bean Coffee House, China Express, Mikatas, Macon Outreach Soup Kitchen,

Pizza Hut, Wendys, Sakio Japan, Hovan Gourmet, Sbarro, Chickfil-a, Bourbon Street Grill, The Great Steak&Potato Company, and Wilson's Bakery.

# Honors & Awards:

- •1st in pie contest at GA Ntl. Fair, \$10
- •1st -ice cream contest GA Ntl. Fair,\$20
- •Placed 1st at DPA in Muffins Project
  - •Won a total of \$63 at the Georgia State
- •Entries at the GA State Fair
- -Canned pears-2nd
- -Jelly-5th

#### Other:

- •Watched the Food Channel
- •Read cookbooks and articles in magazines

 Shopped for groceries weekly(compare prices in weekly sale papers to find the best deal)

# Festive Foods for Health Main Project Sharing and Helping Experiences

## Community Service:

- •Made 75 Valentine treat bags and delivered to Nursing Home
- Shopped &planned menu for Valentine's banquet for church
- -Lasagna, salad & bread ·Handed out goodies to church congregation for Valentine's Day
- Packaged & delivered Valentine treats for Sr. Citizens with church and 4-H
- •Prepared muffins for the middle school teachers for Valentine's Day
- •Planned&prepared menu for fall party
- •Delivered applesauce to Nursing Home for St. Patrick's Day
- •Delivered cookies&hot chocolate from Tree Lighting to Sr. Citizens & community organizations
- •Sent 38 vogurt lids to the Susan G. Komen Breast Cancer Fund
- Sorted cookbooks sold at 4-H office

- •Worked the concession stand for a high school baseball game
- •Baked muffins at Easter to deliver to Sr. Citizens
- •Assembled Easter Basket for raffle (proceeds Relay for Life)
- •Proofread 40 recipes for 4-H cookbook
- •Helped with Easter egg hunt at church -hid eggs
- -bought&prepared snacks ·Sold ice creams at Relay for Life
- •Baked goodies for Science class
- -brownies, muffins, cookies •Helped with breakfast at church (7 times)
  - -Shopped(4)
  - -Cooked surprise muffins(4)
- -Prepared&served various items(7)
- •Wrapped 50 sets of silverware for Family Counseling Center banquet

- •Helped pack & hand out commodities
- •Made milkshakes for my brother
- •Served coffee at Nursing Home
- •Made oatmeal cookies for the Chamber of Commerce Auction
- •Baked birthday cupcakes for a kindergarten class
- •Prepared&delivered fruit bags to Sr. Citizens
- •Served food at Macon Outreach Soup Kitchen (2 times) & cracked 12 dozen
- •Served at the following functions:
  - -Chamber of Commerce Banquet
  - -Teacher "Back to School Brunch"
  - -Teacher Appreciation Banquet
  - -Board of Education Meeting (twice) -Made punch, set up, & served
  - -Old Knoxville Days Festival
    - -Made beef stew
    - -Served BBQ, beef stew, brunswick stew

#### Assisting Other 4-H'ers:

- •Taught younger 4-H'ers how to bake muffins at a project club meeting
- Prepared 3 Cloverleafs for DPA
- -Speech, posters, visuals
- -Freshwater Fish & Shellfish, Between Meal Snacks. & Kitchen Fun Projects
- •Judged the Milkmake Contest recipes
- •Helped Juniors in foods projects prepare their portfolio
- •Critiqued many Cloverleaves' speeches and offered suggestions
- •Helped the Cotton Boll & Consumer Jamboree Team learn about vogurt

- •Helped a Junior with the Dairy Project
- •Prepared reasons for the Cotton Boll Team
- •Helped younger 4-H'ers prepare for the Milkmake Contest
- •Started 6 member Foods Project Club
  - -Made sugar cookies for Halloween & delivered them to Sr. Citizens
  - -Toured a dairy farm
    - -Fed baby cows gathered eggs
    - -Watched milking process
- -Prepared a bulletin board on healthy food choices for Board of Education
- -Toured a feed store

- -Made M&M cookies for 4-H Christmas Tree Lighting
- -Visited the Ronald McDonald House to deliver needed items
- -Delivered can food to the Community Service Center

Bourbon Street Grill

- -Toured Food Court at Colonial Mall -Sakio Japan, Chen's Wok, Wendy's, Pizza Hut, Hovan Gourmet, Great Steak&Potato Company, Sbarro, Chick-fil-a,
- -Led a class on making good choices when eating at fast food restaurants and standard food serving sizes

# •Helped my grandma cook Thanksgiving Dinner

# Other:

- •Explained my project at 4-H meetings
- Nutrition Exhibit at Fall Forum
- •Wrote an article explaining my project for our 4-H Newsletter
- •Made sugar cookies for my family

# Other 4-H Leadership and Teen Leadership Activities

- •Prepared Teen I Application.
- •Led Operation Christmas Child
  - -Typed promotional flyer
- -Checked & packed the boxes
- •Student Council Member
  - -Started a Christmas Food Drive
- -Homecoming Court Coordinator
- •Taught Junior 4-H'ers how to prepare an effective portfolio
- •Kept the nursery at my church

- •Kept the nursery for the Foster Parents Meeting monthly
- •Led a pop tab collection at my dad's work for the Ronald McDonald House
- •Wrapped 12 boxes for a food drive with the Boy Scouts Troop 264
- •Top Graduate of my 8th Grade class
- •Taught younger 4-H'ers how to pack commodities
- •Elected Community Service Leader of my 4-H Club

- Attended Cloverleaf DPA
  - -Judged 2 projects
- -Helped younger 4-H'ers set up for and clean up from their demonstrations
- •Assisted with Junior Officer Training
- •Student Representative on the CCMS Library Committee
  - -Reviewed 2 books that were challenged due to content
  - -Secretary
  - -Adopted a new book policy

# Other 4-H Community Service and Citizenship Activities

- •Packaged & delivered 4-H Centennial pins to supporters and donors
- •Helped organize the food pantry and clothing bank at the Macon Outreach(2)
- •Attended 5 Senior 4-H meetings
- -Brought canned food, greeting cards for St. Jude's Hospital, paper plates, plastic bags, plastic silverware •Played bingo with nursing home residents and took prizes to award the winners (4 times)
- •Cooked hotdogs for the youth Fall Festival
- •Helped with the Great Tree
  - -Put on the lights and removed lights
  - -Cleaned the front of the 4-H office

- •Assisted my county extension agent:
  - -Helped prepare folders for leaders attending Cloverleaf DPA
  - -Made and placed posters advertising the annual Christmas Tree
  - Lighting around town
  - -Folded, separated, and labeled shirts for Cloverleaf award winners
- •Helped the Historical Society raise money through a concert
  - -collected tickets
  - -escorted people to their tables
- •Utilized the recycling program by carrying items from home to the recycling center weekly

- •Sold poinsettias to raise money for the Rock Eagle Pool
- •Help set up the sound equipment for a live nativity scene at the Peach County Hospital
- •Participated in the annual 4-H Rabies Clinic
  - Prepared postcards to mail
  - -Prepared signs in storage
  - -Set up signs
  - -Registered animals & collected money
  - -Distributed tags
- •Organized books for public library book sale
- •Donated school supplies to the elementary school

# Other Activities

- •Awards and Recognition
- -Member of Student Council
- -Highest GPA in core classes
- -Received President's Award
- -Master 4-H'er- Wildlife Judging
- -Placed 5<sup>th</sup> in a dance competition
- •Entered items in GA State Fair, placed -3-1st; 2-2sd; 1-3rd; 2-5sh
- •Member of Roberta United Methodist-Sunday School and Youth
- •Attended Fall Forum and State Council
  •Student of Fain School of Dance





Dear Arts and crafts Project Judge,

Six years ago I found a shoebox, painted it green, and put a four-leaf clover on it. Within my box I planned to put all the awards, certificates, and ribbons that I hoped to win in 4-H.

Joining 4-H in the fifth grade as a very shy and reserved child, my mother was very skeptical on whether or not I was capable of getting up in front of a group of people to give a demonstration. However, my 4-H agent, Mrs. Beth Epling, had faith in me and she knew that I was very capable of giving a demonstration. She did all that she could to help prepare me to do my best. With her bubbly personality and words of encouragement she taught me to be "Vanna White" by using my hands to point to items on my posters. It is because of her persistent help and encouragement that I succeeded and did my best.

I started Cotton Boll and Consumer Judging in the seventh grade and mastered in the tenth grade. Looking back on all the years I participated in 4-H competitions, Cotton Boll helped me realize that I would not always place first. In ninth grade our team placed second at district and went on to state. At state we place second and lost by just a few points. This was the first time during my 4-H career that I did not win first. Instead of being disappointed I decided to work harder and prepare more for the next year's competition. The next year, our team did really good and placed first at district. We also went onto state and brought home first place as well as five new master 4-Hers. It is because we lost by only a few points the first year; it made going back the next year and mastering even better.

The summer before the tenth grade, I had the opportunity to go to Washington D.C. for Citizen Washington Focus. This was one of my most rewarding and memorable experiences I have had with 4-H. I had the opportunity to room with two girls from New York. It was very interesting to learn how different our 4-H programs are. While at Citizenship Washington Focus, the Georgia delegation had the most popular skit and we were all known by our "country" dialect. I made so many new friends and I still keep in contact with them.

In my closet on the top shelf is a shoebox painted green with four leaf clovers on it. Within the box are all the ribbons, certificates, and honors I have won with 4-H. My box got so full that I had to make not only one but two more boxes. To any other person when they look at that boxes, they see years of success and blue ribbons, however when I look at that box I see so much more. I see success, failure, friends, accomplishment, determination, public speaking skills, life skills, and a successful future because of these accomplishments. Looking back now I realize that 4-H is more then winning and loosing. It is about preparing youth for their future by teaching them life skills. If it was not for Georgia 4-H and the wise investment I made in it, I would not be the outgoing and successful young lady I am today. I cannot wait to paint a new shoebox to hold all my mementos from collegiate 4-H.

Sincerely,

Kathy Snock

#### Arts and Crafts

# Individual Projects

- \* Decorated my house for Christmas
- \* Made 11 Colorguard rookie sashes
- \* Designed and decorated bulletin board for band camp
- \* Holiday Classic
- Designed and decorated 25 tables
- Decorated Christmas tree for display
- \* Projects made in Ceramics & Pottery class
- 9 different Border designs
- Watercolor painting of pots
- 4 sunflower glasses and a pitcher
- 6 novelty napkin rings
- Piano people pot
- Flamingo cookie-jar
  - Life preserver tea pot
  - Coil pot with leaf and fruit border
  - Sunflower pinch pot
- Slab box replica of my house
- \* Made "blanket baby" basket
- \* Mad patriotic bulletin board
- \* Made patriotic purse

- County 4-H Staff

- EVEN Start Program

- State Congress

\* County Fair

\* Made mosaic tile cup coaster

**Demonstrations or Exhibits** 

# Arts and Crafts Project Work

- Projects Prepared for Craft Club \* Paper-maché notebook
- \* Boo-boo bunny
- \* Pumpkin necklaces
- \* Masks
- \* Angel ornament
- \* Reindeer ornament
- \* Stocking ornament
  - \* Christmas door hanger
- \* Gingerbread cookie ornaments
- \* Stencil painted pillowcase
- \* Fabric bulletin board
- \* Stencil tote bags
- \* Decoupage Valentine bookmarks
- \* Painted snowmen out of straw hats
- \* Bunny pins

#### Honors and Awards

- \* 1st place in Arts and Crafts at SouthEast DPA
- \* 2nd place in Arts and Crafts at State Congress
- \* County Fair
  - 1st place hand made sunflower pottery
  - 2<sup>nd</sup> place hand painted sunflower glasses & pitcher
- Grand Champion mini booth "From Placemats to Purses"

# Helping and Sharing in Arts and Crafts

# Community Service

- \* Assisted 27 Cloverleaf 4-Hers in making lays for Ben's Luau Summer Time Activity
- Displayed ornaments made at craft club on a tree at the Effingham County Nursing Home
- Took 75 Christmas door hangers made at craft club to Effingham County Nursing Home
- \* Took 98 pumpkin necklaces to Effingham County Nursing Home for their fall festival
- \* Donated 100 boo-boo bunnies to local Health Department for younger children when they get shots

Web Sites Visited

\* Kidsdomain.com

\* FamilyFun.com

\* Trading Spaces

\* Marthastewart.com

\* Surprise By Design \* Clean Sweep

**Craft Festivals Attended** 

\* HGTV (Home and Garden TV)

\* Holiday Classic: Springfield, Ga.

\* Million Pines in Soperton, Ga.

\* Painted Candles by Pam Gregg

\* It's in the Bag! by Anne Childs

you can make by C. Dahlstrom

\* Michaels Book of Arts & Crafts

\* The Best Holiday Crafts Ever!

by Kathy Ross

\* 365 easy gifts & decorations

\* While You Were Out

\* HGTV.com

**TV Programs** 

**Books Read** 

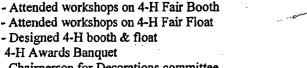
- \* Painted piggy bank like Dorothy off of Wizard of Oz to promote Down Syndrome awareness month
- \* Painted faces at American Heart Association Heart Walk 4-H booth
- Took 27 Christmas door hangers to Lake View Manner retirement home
- \* Donated hand made placemat purse to Centennial Gala
- \* Attended Cloverleaf DPA as a Teen Leader
- Helped at face painting booth
- \* Made 16 Halloween bags for Pre-School Intervention class
- \* Made 28 ghost tootsie pops for Backus Children's Hospital

# Project Club and Teaching Experiences Continued

- \*\* Kathy's Craft Club\*\*
- \* June- Fabric bulletin board
- Stenciled pillowcases to take to Cloverleaf Camp
- \* September- Drawing get to know you game
- Made paper-maché notebook
- October- Made masks
- Made 100 Boo-boo bunnies for Health Department
- Made 98 pumpkin necklaces for Nursing Home
- \* November
- Angel ornament, Reindeer ornament, Stocking ornament
- \* December
- 75 Christmas door hangers
- Gingerbread cookie ornaments







- Designed 4-H booth & float \* 4-H Awards Banquet
- Chairperson for Decorations committee

\* Entered mini-booth exhibit in county fair

(Featured hand made gift bags)

\* Presented hat box stenciling demonstration to:

- East District DPA (District Project Achievement)

- Designed and decorated tables
- Designed and decorated stage
- Helped plan banquet

# Assisting other 4-Hers

- \* Assisted Cloverleaf 4-Her with DPA project on candle making
- Helped make poster
- Helped research for history
- \* Assisted Cloverleaf 4-Her with her poster for Cotton Boll and Consumer Judging
- \* Assisted Junior 4-Her with his Mini-Booth

#### **Project Club and Teaching Experiences**

- \* Demonstrated and assisted 17 children at
- MoMH(Moderately Mentally Handicap)Christmas Party
- Reindeer party favor containers
- Cinnamon ornaments
- \* \*Kathy's Craft Club\*\*
- \* January- Painted snowmen out of straw hats
- Painted snowmen out of straw hats
- 'ebruary- Decoupage Valentine bookmarks March- Stencil tote bags
- April-Bunny pins

# Other Leadership and Teen Leadership

#### Teen Leader Activities

- \* Helped Jr. 4-Her with Cotton Boll and Consumer Judging
- Reasoning skills
- Making poster
- Writing speech
- \* Attended District Cotton Boll and Consumer Judging
- \* Helped Cloverleaf 4-Her preparing for CPA and DPA
- Make posters
- Practice speech
- Assisted in writing speech on candles
- \* Attended CPA as a Teen Leader
- Judged
- \* Attended DPA as a Teen Leader
- Helped at tattoo booth
- \* Assisted Cloverleaf and Junior 4-Hers at Mini-Booth Workshop
- \* Teen Leader for summer time activities
- Ben's Super Luau
- Kathy's Craft Club
- Super South East Surprise
- \* Teen Leader MoMH (Moderately Mentally Handicap)Christmas Party
- Played bingo
- Assisted in making reindeer party favor cup
- Assisted in making cinnamon ornaments
- \* Applied for Teen I and II
- \* Applied for Nation Conference

# Offices Held

- \* Vice President for County Senior 4-H Club 2003-2004
- 4 countywide meetings
- \* Captain of Rebel Regiment Colorguard

# Committees Served on

- \* Beta Club
- \* Tri-M Music Honor Society
- \* Woodwind Quintet
- \* Chamber Winds
- principle chair oboist
- \* Wind Ensemble
- principle chair oboist
- \* Rebel Regiment Core Council
- \* 4-H Banquet Committee
- \* Social Committee for marching band
- \* Concert Committee for band
  - \* Head member of woodwind quintet

# Other Leadership Activities

\* Attended Band Leadership Camp

# Other Community Service and Citizenship Activities

# 4-H Community Service

- \* Donated items for 4-H Santa for a needy family
- \* Chamber of Commerce 4-H Holiday Classic Dinner
- Sold tickets for 4-H fund raiser
- Worked at desert table
- Decorated 30 tables
- Displayed Craft Club Christmas tree
- \* Attended Heart Walk
- Painted faces at 4-H booth
- Walked 3 miles
- Raised money for American Heart Association

# Other Community Service Activities

- \* Donated clothing items to the Manna House
- \* Collected 575 coke tabs for Ronald McDonald House
- \* Recycled old news papers
- \* Recycled coke cans

\* Sr. 4-H Member

**Judging Teams** 

- Attended 7 meetings

Awards and Honors

\* Sold 7 4-H Recipe Books for fundraiser

Participation in County 4-H Activities

- Attended 8 monthly meetings

- Attended State Competition

\* Member of Wildlife Judging Team

- Placed 3rd at State Competition

Received Soccer Scholastic Award

Received all superior ratings at:

\* Received Most Improved Woodwind Award

- Statesboro & St. Augustine Competitions

# School Community Service

- \* Volunteer worker at "Coastal Classic Band Competition"
- Band guide for Southeast Bulloch High School
- Judges assistant
- On Clean-up committee
- \* Collected money for Downs Syndrome
- Collected \$1,266.67
- Painted piggy bank to promote donations
- \* Helped with middle school band
- Helped with flute ensemble
- Helped prepare flutes for honors band auditions
- Ran mock auditions for Saxophones
- 2 times per week for 2 months
- \* Marched in Martin Luther King Parade
- \* Marched in School Homecoming Parade
- \* Preformed for National Night Out with Marching Band
- \* Volunteer worker at Soccer Shoot-Out Tournament
  - Ran balls for games
  - Helped set-up goals and concession stands
  - Helped in concession stands

# Other Activities

#### **Band Activities**

- \* Auditioned for District One Honors Band
- Made 2nd chair
- \* Auditioned for GMEA All-State Band
- Made 2<sup>nd</sup> round auditions
- \* Attended District Honors Band February 2004
- \* Nominated & Chosen for Jan Fest Instrumental
- 11th and 12th grade
- \* Attended Jan Fest January 2004 (11th)
- \* Took private lessons on oboe
- Once a week all year
- \* Member of Rebel Regiment Colorguard
- Attended band camp 11 days

# Church Activities

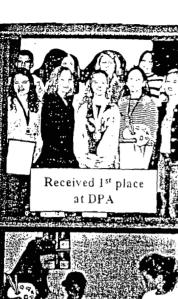
\* Member of Springfield United Methodist Church

#### Soccer Activities

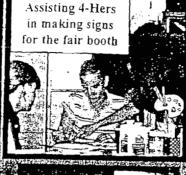
- \* Made Varsity Lady Rebels Soccer Team
- Played 15 games - Placed 2<sup>nd</sup> at Soccer
- Shoot Out Tournament

# State Activities

- \* Attended State Congress
- \* Attended State Council
- \* Attended State Wildlife











Helping Cloverleaf 4-Hers at October Craft Club



Presenting demonstration at State Congress



Decorating Craft Club tree at Holiday Classic



Teaching Craft Club how to make boo-boo bunnies



Assisting Craft Club in making papermache notebooks



Flamingo cookie





Teaching craft Club how to make cinnamon ornaments



Hand painted sunflower glasses and pitcher



Decorating the Christmas Tree at my house



Life Preserver tea pot



Presenting ribbons to CPA Arts and crafts winners



Painting faces at Cloverleaf DPA



Presenting boo-boo bunnies to Health Department







orking on 4-H Booth

for County Fair

Newspaper Article about

Down Syndrome fund raiser

January 1, 2005

Senior Project Competition State 4-H Office University of Georgia Athens, Georgia 30602

Dear Project Judge:

Please accept this portfolio as my official entry into the Beef Project. Through 4-H I have set many goals such as serving as a district officer, becoming a Master 4-Her, and one day having a successful cattle operation.

Living on my family farm with my parents and three sisters has had a huge impact on my decision to choose the Beef project. My family's involvement in agriculture encouraged me to join 4-H. At the age of three, I began to exhibit lambs as a pre-club 4-Her. When I started kindergarten, I exhibited my first hog. In the fourth grade, I moved to the "big animals" and started my cattle career with my first cow Rosy. Rosy was just like every Hereford. She was deep red, very docile and my own little sweet heart. That summer we worked together in the horrible heat, and it all paid off when we won showmanship at the Georgia National Fair. Through these experiences in the show ring, I have learned responsibility, teamwork, patience, and cooperation. These traits have also helped me contribute to my family's cattle operation, and with my mind set toward an agricultural career, I know that these skills will help me to better pursue my profession.

Through 4-H, I have had many fun and rewarding experiences that I will never forget. I have attended many events such as State Council, Fall Forum, Citizenship Washington Focus, and District Project Achievement. Two years ago at DPA, I campaigned to be on the East District Senior Board. On Sunday morning, I had the privilege to run down to the front of the auditorium and swing the board member whose place I took. Through my time in office, I learned social and leaderships skills that will help me to become a better leader in my school and community.

I have also organized a project club that consisted of 6 first time cattle exhibitors from the Southeastern Ogeechee area. At the project club, I taught classes on show cattle health and grooming techniques and also invited knowledgeable speakers. I provided the exhibitors with resources packets. With the help of a local elementary school, I also organized a local farm field day for the elementary kids. I enjoyed sharing with them about life on the farm (although they had the most fun watching my heifer take a bathroom break). Through these projects clubs, I learned time management and responsibility.

Most recently I had the opportunity to attend the Governor's Honors Program in the Agriscience and Biotechnology Major. While there I spent 6 weeks increasing my knowledge of the agricultural world and also sharing my farm background with many fellow GHP participants from the "big cities." I enjoyed the opportunity to be an ambassador for agriculture and also strengthened my knowledge through this valuable experience.

As you can tell 4-H will always be a part of my life and has truly taught me a lot about myself. From spending a rainy week at Rock Eagle to presiding over an assembly of 700 people at DPA, I know that I have made many life long friends and have had many unique and fun experiences. Even though I'm not quite sure what the future holds for me, I do know that I will strive to "make the best better" in every situation, just as 4-H has taught me in the last 15 years.

Sincerely,

David P. Martin Bulloch County 4-H

David P. Moston

# **Beef Project Work**

# Martin Cattle Farm (200 cows)

- -Checked cows twice a day during calving season
- -Checked and repaired fencing daily
- -Feed cattle feed and hay
- -Bottle-feed 3 claves
- -Treated cow for delayed placenta
- -Treated cow for under-nursed udder
- -Treated calf with injured leg
- -Dewormed all cattle every 3 months
- -Castrated bull calves
- -Assisted ABS specialist with artificial insemination
- -Assisted veterinarian with pregnancy checks
- -Observed heifers for heat detection
- -Heat synchronized heifers using Lutalyse and CID-R
- -Tagged and tattooed calves for identification
- -Kept herd records up-to-date and precise

# Animal Science In-Action

- -Viewed a cloning seminar
- -Performed a rumen test on a canulated steer
- -Participated in a livestock evaluation demonstration

# Competitions

- -Meat Judging
- -Area FFA judging contest--3<sup>rd</sup> place team -State FFA judging contest--2<sup>nd</sup> place team
- -State FFA judging contest-6th Individual

#### -Livestock Judging

- -State FFA Judging contest—2<sup>nd</sup> place team
  -State FFA Judging contest—4<sup>th</sup> individual
  -Eastern US Judging contest—9<sup>th</sup> place team
  -Eastern US Judging contest—2<sup>nd</sup> Individual

# Interviews

- -Dr. McCann, Virginia Tech Animal Science, Ag Industry -Quarterly Ogeechee Cattlemen's meetings
- -Dr. Billy Nessmith, DVM, show cattle care
- -Dr. Buddy Morgan, DVM, herd health
- -Nancy Sell, Meat Specialist, handling practices
- -Jim Collins, Executive Vice-President GCA, BQA
- -Max Burns, US Congressman, Ag Issues in D.C.
- -Richard Herrin, FFA advisor, herd management
- -Romaine Cartee, ABS specialist, breeding
- -Dewey Morgan, Cattle Producer, bull selection

# Readings

- -GJPHA quarterly
- -ABS Bull Semen Catalog
- -Georgia Cattleman monthly
- -Hereford Breeze quarterly

# •Martin Show Cattle

- Owned 6 heifers and 3 steers
- -Exhibited in 15 shows
- -Exhibited 4 GCCPA show calves
- -Fed and watered cattle twice a day
- -Treated for flies during summer
- -Treated steer for umbilical infection
- -Vaccinated cattle with 7-way vaccine
- -Dewormed all cattle every 2 months
- -Arranged for all veterinary visits
- -Observed heifers for heat detection
- -Repaired fences when needed
- -Cleaned trough, pens, and trailer as needed
- -Transported cattle to and from shows
- Trimmed show cattle hooves
- -Deciphered cattle feed ration
- -Exercised and practiced with show cattle
- -Washed, groomed, and clipped at shows
- -Prepared show bedding and stall areas
- -Register cattle for up coming shows
- -Ordered new show supplies

# •Governor's Honors Program

- -Agriscience and Biotechnology student
- -Chaired cloning debate
- Performed experiment on a canulated steer
- -Toured Cargill Meat Solutions
- -Toured Merial Animal Health Products

# Participated and Attended

- -Certified in Beef Quality Assurance Program
- -East US Livestock Judging Contest
- -Purina Foods nutrition class
- -Georgia Junior Cattlemen's meetings
- -Georgia Cattlemen's Annual Convention
- -Georgia Beef Expo
- -Beef classes concerning Herd Management
- -"The Beef Story" -Georgia National Fair
- -County Show Team meetings

# •Tours

- -Whitehall Livestock Station
- -University of Georgia-Animal Science Dept
- -Abraham Baldwin Agricultural College
- -Virginia Tech Animal Science Dept.
- -Bulloch Veterinary Animal Clinic
- -Fries Meat Processing Plant

# Beef Sharing & Helping Activities

#### Speeches

- -"Eat More Beef"-Senior CPA-1st place
- -"Eat More Beef"-Senior DPA-1st place
- -"Eat More Beef"-State Congress-3rd place
- -"Eat More Beef"-Georgia Beef Ambassador-2<sup>nd</sup> place -Transported cattle for other 4-Hers
- -"Eat More Beef"-Governor's Honors Class (15 people) -Helped feed and wash other 4-Hers cows
- -"Eat More Beef"—SEB FFA Chapter (30 people)

# Exhibitor Help

- -Printed and mailed entries to exhibitors
- -Assisted 3 4-Hers with livestock judging
- -Prepared bedding and stalls for 4-Hers

- -Made stall signs for county show exhibitors

- -"Agriculture- Wheels of Progress"--Mini Booth--1st place-Organized county show team meeting
- -FFA Sub-Area Extemporaneous-1<sup>st</sup> place
- -FFA Area Extemporaneous Contest-1st place
- -FFA State Extemporaneous Contest-4th place

# Show Help

- -Assisted in announcing winners-2 local shows
- -Presented awards-3 local cattle shows
- -Painted 2 cattle dividers for county show team
- -Cleaned school show facilities for local show
- -Showed animals for exhibitors when needed
- -Taught 4 first time exhibitors show technique
- -Order end signs for stalls
- -Assisted with cattle check-in at 2 shows

- -Wrote newspaper articles for exhibitors
- -Assisted at Purina showmanship workshop
- -Assisted at a first year fitting clinic

# Agriculture Field Day

- -Organized for 160 elementary students
- -Educated students about cattle and farm life
- -Contacted 5 exhibitors to display animals
- -Contacted farmers to donate equipment

# •Governor's Honors Program

- -Made display boards for Agriscience fair
- -Worked booths at the Agriscience Fair
- -Demonstrated proper beef injection methods

# 4-H Leadership Activities

# District Board

- -Attended District Officer meetings
- -Presided over Cloverleaf CPA winners assemble
- -Co-wrote the skit for Senior DPA
- -Presided over assemblies
- -Introduced a guest speaker at Senior DPA
- -Assisted with registration
- -Led group singing at assembly

# Community Development Plan

- -Project initiated along with 3 other 4-Hers
- -Activated city clean up and beautification plan
- -Spoke before City Council for approval of project
- -Spoke before City Development Board to solicit funds

# •County 4-H Club

- -Serve as County Senior Club President
- -Assisted 1 Sr. 4-Her with Speech
- -Helped to plan 4-H Christmas Party
- -Received Teen Leader I and II
- -Assisted 3 Sr. 4-Hers with portfolios
- -Co-organized County Banquet
- -Made table toppers and banquet backdrop
- -Spoke to Homemakers Club about 4-H
- -Served as teen leader for East District CPA
- -Assisted with county bulb sale fundraiser -Served on county program committee
- -Spoke at District Winners Workshop

# Citizenship & Community Service Activities

#### Volunteer Work

- -4-H food booth at county fair
- -Brooklet Peanut Festival-food booth
- -2 local American Red Cross Blood Drives
- -Assisted with dispersing county bulbs
- -East Georgia Regional Hospital--Physical Therapy
- -Raked yards for community elderly
- -Visited nursing home patients
- -Boys and Girls Club 6 Weeks
- -Sang Christmas carols to local shut-ins
- -Assisted with local elementary Fall Festivals

# Community Collection

- -Dog and Cat food-Humane Society
- -Canned Food-Bulloch County Food Bank
- -Clothing items-local needy family
- -Monetary Donations -- UNICEF

# •Citizenship

- -Organized Christmas party-needy children
- -Participated in Recycling program
- -Participated in Operation Christmas Child
- -Registered new voters at school
- -Assisted with Special Olympic Basketball

# **Activities & Awards**

# •4-H Activities

- -Attended Bulloch County Destination Unknown
- -Attended Bulloch County Senior 4-H meetings
- -Attended Georgia Livestock Exhibitors Banquet
- -Applied for Camp Counselor
- -Applied for Teen Leader III

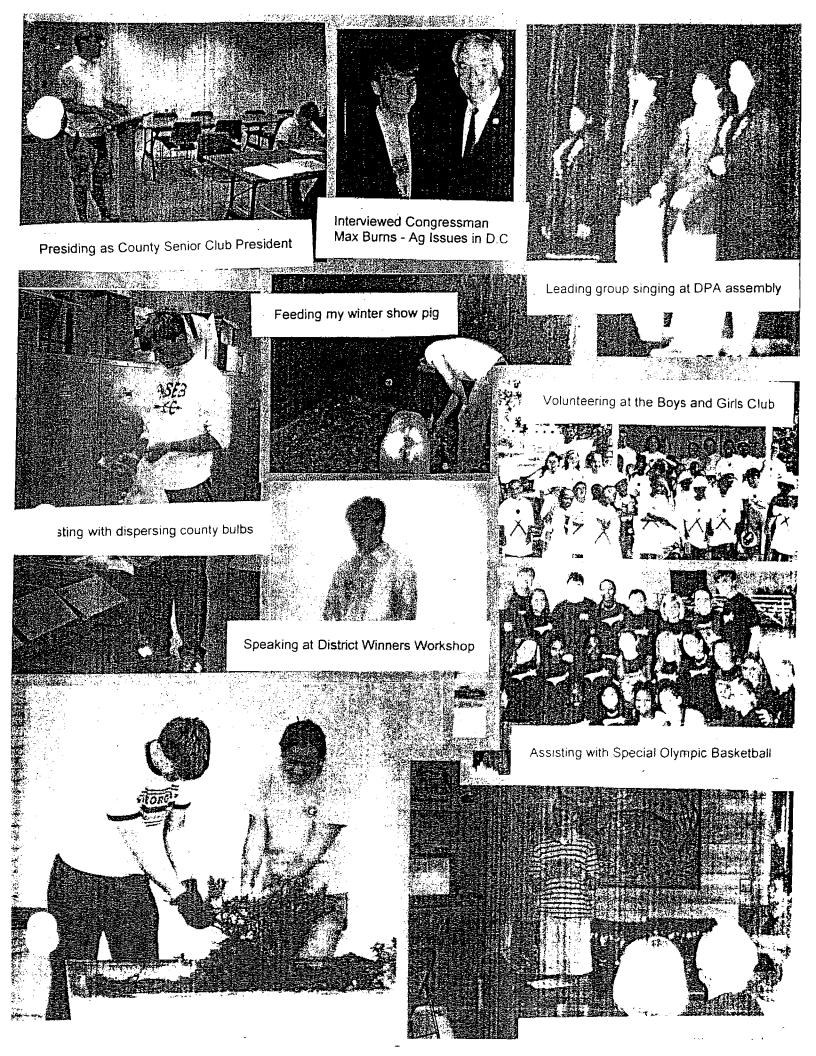
#### Awards

- -Wendy's High School Heisman School Nominee
- -Recipient of Donald Griffith Memorial Scholarship
- -Georgia Junior Cattlemen's Sweepstakes-3rd place
- -United States Youth Senate County Nominee
- -DAR School Good Citizen Award Recipient

# Organizations and Other

- -Brooklet United Methodist Church
- -Exhibited at hog in winter show circuit
- -SEB High Tennis Team-Co-Captain
- -Southeast Bulloch FFA Chapter Member
- -SEB High Key Club-President
- -SEB High Senior Class Vice-President
- -SEB High Homecoming Chairman
- -SEB High BETA Club-Vice-President
- -SEB High Y-Club-Treasurer
- -Joint enrolled--Georgia Southern University
- -Completed Life Saving Certification





January 1, 2005

enior Project Competition state 4-H Office University of Georgia Athens, GA 30602

Dear Project Judge:

Please accept this portfolio as my official entry in the Breads Project. I have been active in 4-H for the past seven years and am currently on eleventh grade student at Tift County High School.

4-H has been a major part of my life since I first became involved in the program. It has opened up many opportunities for learning that I never would have experienced before! As a result of the many demonstrations and speeches that I have i repared for 4-H activities, my speaking skills have dramatically improved. I am now able to speak before a group with more ease and assurance. Thanks to 4-H, I have become more confident, learned more about being a responsible and caring citizen, and have made many new friends.

Since early childhood, I have always been interested in food. Watching and helping my mother or grandmother prepare a meal was always one of my favorite pastimes. Every year in 4-H, I have learned about different aspects of nutrition, but this year, I have had the opportunity to learn more specifically about the many characteristics of bread. While studying bread through research, tours, classes, and other activities, I have also been able to share this new knowledge with groups of children and youth.

It is amazing to me how easily puppets and props can make learning about nutrition so much fun! I have been involved with "Kids in the Kitchen", a cooking class offered by the community college, for several ars. I lead small groups of children in "making something yummy" while teaching basic nutrition along e way. Children especially enjoy projects with hands-on experience. When teaching about yeast and quick breads in my Project Club, the kids use their hands to mix and prepare the dough and use problem-solving skills to answer questions about why each ingredient is necessary. I have learned that lessons are much more effective when they are interesting and interactive.

This year, I had the new and exciting opportunity to develop "Frul-Gurt", a new snack food product, with the Tift County Food Product Development Team. Our team of three not only came up with the idea of a fruit roll up dipped in yogurt – we created it, researched its feasibility, created a package design and marketing plan, and "sold" it to a panel of judges. It was exciting to win 1<sup>st</sup> place at this new contest in the 4-H program. I have learned that when it comes to the items I see on every grocery store shelf, there is much more than meets the eye. Developing anything, whether it is a cereal, ice cream, or children's snack item, takes months of devoted work and time. It Is amazing to see what began as a small blossom of an idea in our minds become the detailed plans that we have created.

4-H and its many areas to be involved in will help me face any opportunity that comes along as I grow older.

Sincerely,

Marial Clement

Hannah Clement Tift County 4-H Club

# **Project Learning**

<u> </u>	<del></del>
Product Development	Member of the Tift County Food Product Development Team, 1st place State winner; assisted in developing new product, "Frui-Gurt" dried fruit roll and yogurt dip; created the package design and the animated "Mr. Frui-Gurt" character for the planned TV commercial; assisted in created a Power Point proposal for Food Scientists; received expense paid trip to
,	Regional Institute of Food Technologists meeting in Atlanta to present "Frui-Gurt" presentation
Tours	eatZi's Market & Bakery in Atlanta; Viking Appliance Center in Atlanta; Flowers Bakery Plant in Thomasville; Tift County
	Library Cookbook section; Winn Dixie; Food Max; UGA Food Science Department; UGA Food Product Development Center
Research	Books - Best Bread Machine Recipes (Better Homes and Gardens); The Best Quick Breads (Beth Hensperger); Betty
	Crocker's International Cookbook; Bread Machine: how to prepare and bake the perfect loaf (Jennie Shapter); Breads for the Family; Breads for 4-H; Complete Guide to Food and Cooking (Better Homes and Gardens); The Family Baker (Susan G. Purdy); Food: A Handbook of Terminology, Purchasing, and Preparation; Kid's Cooking (Williams-Sonoma); Light Muffins (Beatrice Ojakangas); Pasta Shmasta (Karen Cross McKeown); Step-By-Step Lowfat Baking (Carole Handslip); Step-by-Step
	Recipes for Kids to Cook (Judy Williams); "The Story of Yeast"; The Tassajara Bread Book (Edward Brown); Wycliffe International Cookbook  No. 10 10 10 10 10 10 10 10 10 10 10 10 10
	Videos - Healthy Bread Baking (BreadMan Inc.); Perfect Bread Baking (Betsy Oppenneer); The White Lily Baking School Individual Projects - Bread recipe file (36 recipes)
Competitions	Georgia National Fair Mini Booth Competition, State Food Product Development Contest, 2004 DPA, 2004 State Congress
Interviews	eatZi's Market & Bakery manager eatZi's Bakery chef.) Viking Culinary Arts Center manager; Steve Brown, ; UGA Food Scientist Dr. Robert Shewfelt; Edwards Pies Food Product Developer China Reed; UGA Food Science Graduate Student Melissa Van China; Extension Food Science Specialist Dr. Jim Daniel
Honors	• 1st place – DPA, Breads; 4rd place – State Congress, Breads • 4th place at Georgia National Fair, Pasta exhibit • 1st place – Food Product Development Competition • 1st place – CPA, Breads
Experience	Yeast Breads- 22 loaves of sourdough bread 2 batches of pizza dough making 1 pizza each 30 yeast "luncheon" rolls bread
<u>Breads</u>	machine: 2 loaves of white bread 1 loaf of Anadama oat bread  Quick Breads- 2 batches of miniature sausage muffins (36 muffins = batch) 8 pigs-in-a-blanket coverings made with baking
	powder biscuit dough 4 loaves of peanut butter bread 24 muffin tin biscuits 18 regular-sized banana nut muffins 10 baking
	powder biscuits 3 small loaves of banana bread 1 large loaf of banana bread 1 large loaf of cinnamon swirl bread 24 small
1	loaves of pumpkin bread 1 loaf of monkey bread 6 lemon poppy seed muffins muffin mixes: 4 blueberry, 4 mixed berry, 5
Main Dishes	corn bread, 2 lemon poppy seed  2 corn casseroles, green beans, 12 bowls of mashed potatoes, 4 chicken and broccoli braids, 4 stuffed green peppers, 1 squash
Main Distres	casserole, 1 chicken divan, sloppy joes, 9 pieces oven-fried chicken, 1 baked macaroni and cheese casserole
<u>Desserts</u>	1 strawberry pie, apple dip, cranberry salad, 1 blueberry dump cake, 2 plain cheesecakes, 8 bowls gelatin delight, 24 cheesecake bars, 60 cinnamon cookies, 36 peanut butter cookies, 48 chocolate oatmeal bars, blackberry jam
Project Sharing and Helping Experiences	
Demonstrations	"The Bread Machine: As Simple as Do-Re-Mi!" - C <sub>3</sub> D <sub>1</sub> S <sub>1</sub> ; "Bread-in-a-Bag" - C <sub>1</sub> ; "Sourdough Bread" - C <sub>1</sub> ;
	"High Fiber Muffins for Health" - C <sub>1</sub> ; "Banana Nut Muffins" - C <sub>1</sub> ; "Making Sourdough Bread Starter" - C <sub>1</sub> ; "Sourdough Holiday Breads" - C <sub>1</sub>
Talks	"How to Measure Ingredients" C <sub>1</sub> "What Makes Bread Rise?" C <sub>1</sub> "Bread as a Mexican Tradition" C <sub>1</sub>
	"The History of Pretzels" C <sub>1</sub> "Bread in Ancient History" C <sub>1</sub>
Exhibits	"Carbohydrates: simple or complex?" C <sub>1</sub> "Wheat Bread" C <sub>1</sub> "Be a Grain Brain!" - School Food Service Conference "Fast Food Frenzy" - "Food Pyramid" - Care For Kid's Day, Aud.
	1183; "Bread: Serve it up!" – Serv-Safe Food Certification classes – 23 adults; "Do you know the Muffin Man?" – Georgia National Fair – tips when baking muffins – 25,000 children and adults
Classes	ABAC Kids in the Kitchen Pizza Fun-12; 4-H Fun Day - Bread in a Bag; Everett Temple After-school Childcare; Tifton
	Police Summer Childcare-22
Breads Project Club	Breads Project Club 5 Classes, 9 Members, 9 kide—Made gingerbread muffins and discussed the importance of each ingredient in the recipe 9 kids—Made peanut butter bread, 9 kids; Caroled and delivered bread and jelly to elderly citizens in
ages 5-9	the community 5 kids - Toured Flowers Bakery Plant in Thomasville and discussed commercial bread-baking, 11 kids;
	Explained the science and history of sour dough bread
Newsletter	"Holiday Foods" – a compilation of holiday recipes for children to bake "Pumpkin Recipes" – several recipes making use of pumpkin products
Project Citizenship and Leadership	
Community	Assembled bags of candy for underprivileged children. Provided pumpkin muffins for a Halloween Party at a local after-school
Service	program. Made pancake batter for a Pancake Supper fundraiser to benefit the 4-H program. Donated canned goods to the local Food Bank. Donated 2 dozen cookies to local assisted living residents. Donated, with leadership group, a basket of holiday
	foods to an underprivileged family in the community. Baked 3 loaves of pumpkin bread for the annual Brother Charlie's
	Thanksgiving Basket drive, providing holiday meals for families in the community. Donated cookies to a church gathering.
.	Prepared 2 dinners for elderly shut-ins. Prepared a meal for the Santa's Helpers workers in the community. Donated cookies to
yo dawshin 1	an assisted living home. Made 2 loaves of sourdough bread to be sold at an auction benefiting the church.  Organized and led 4-H Holiday Bake-Off: 20 4-Hers attended, entering 30 items; Categories available for judging: Bread,
adership	Candy, Cake, Cookies, Pie, and Other; Provided Christmas music; Promoted 4-H foods project areas; Gave demonstration for
	the contestants; Created an advertisement for the event sent out to 4 different school 4-H clubs and published in the December
	4-H Pathfinder Consumer Judging Team - wrote yogurt class and situations, listened to reasons on yogurt; Recognized at State
]	Congress for first place Consumer Judging, Led "Where Our Foods Come From" quiz competition; School Nutrition Conference – taught measuring techniques & work station-125 school nutrition employees; Led cookie-decorating and a
	chocolate flower craft at a children's club meeting – 21 kids
·	

# Leadership

# Teens 4 A Change, Tift County Commission on Children and Youth – Youth Leadership Group 26-member leadership group

rning Activities: Attended "Tifton Day at the Capitol" — Observed State Legislature in action. Met and spoke with cretary of State Cathy Cox about future leadership opportunities in local and state government. Met Representatives Austin Scott and Jay Roberts, discussing issues affecting teenagers. Met Governor Sonny Perdue. Teens for a Change Summer Retreat — Served on planning committee for the event. Played leadership-building games. Helped outline the group's 2004 activities. Family Night — Hosted guest speakers who discussed the importance of planning in leadership roles. Planned and organized food and decorations for the event. Led the invocation.

Community Leadership Activities: Assisted at the Community Involvement Center; Painted faces at Arts in Black Day; Volunteered at Tift Theatre; Planned and helped put together the group's fair booth; Promoted Brother Charlie's Community Thanksgiving Drive, Contributed to Reach Out and Read community book drive; Gathered items for "Mayor's Motorcade"; Made Thanksgiving gift bags and Christmas cards for "Meals on Wheels" recipients; Decorated residents' doors at the Nursing Home; Caroled for nursing home residents; Participated in United Way Roof-Sit fundraiser – painted faces and manned children's section to raise funds for Santa's Helper; Kick Butts Day – recorded radio spots promoting tobacco-free youth; Teen Leadership: Adopted a future 4-Her to help with school work; Wrote thank you notes to project and banquet donors;

Teen Leadership: Adopted a future 4-Her to help with school work; Wrote thank you notes to project and banquet donors; Wrote news article on my experiences in 4-H for 4-H newsletter; Member of 4-H Fun Day planning committee; Led a Halloween party for 40 at-risk children at a local primary school; Judged Junior CPA demonstrations; Gave a 5-minute demonstration to 10 after-school children on the 4-H program and how to choose a project and begin working on a county or district presentation; Led and organized community Christmas children's club meeting

Community Leadership: Volunteered for 5 hours in the local Reading Center, helping with Accelerated Reader tests and reading to the children; Tutored underprivileged elementary school children with their homework 3 afternoons a week for 5 weeks; Organized a Silent Auction to raise money for the church building; Organized and led the Care for Kids Day Health Fair arts and crafts booth;

Assistant teacher at Matt Wilson Elementary School for 3 weeks: Helped with two classes of 15 students each; Read to individual children; Taught two math lessons to 15 children; Organized math and reading materials for the teachers; Gathered supplies; Assisted teachers with jobs around the school, giving them more time to spend with their students; Volunteered as a secretary in the office for twelve hours; Delivered snacks to classrooms; Served as school nurse

: County 4-H Board: Voted Secretary of the Tift County 4-H Club; Planned for the Annual 4-H Banquet; Introduced Centennial feature at 4-H Banquet; Lock-In committee; 4-H Singers skit; "How to – and how not to – conduct a meeting" skit

# Community Service and Citizenship Activities

Elderly: Makes monthly nursing home visits to talk to and get to know the elderly residents; Provided a local nursing home with monthly entertainment; Caroled with project club to elderly citizens in the community; Made Christmas ornaments for an assisted living center

Needy: Donated and collected gifts for Ruth's Cottage, a shelter for battered women; Participated in and promoted "Operation Christmas Child" for the needy; Wrapped and filled shoeboxes for "Operation Christmas Child"; Donated and collected gifts for Mayor's Motorcade; Donated gifts to the Salvation Army; Donated items to give to Brother Charlie's and Goodwill, both collection centers for goods for needy in the community; Shopped for items for the United Way Santa's Helper organization

At-Risk Youth: Donated a gift to "Warm 'n Fuzzy", a program that sends gloves, scarves, etc. to needy children in the community; Volunteer 2 hours per week tutoring underprivileged children at a local elementary school, Worked at Care For Kids Day Health Fair

Other Community Service: Adopt-A-Mile clean up; Set up tables and chairs for Pancake Supper; Volunteer as Sunday School teacher for 3-5 year olds – teach lesson, plan for and organize activity time; Volunteer to help church nursery; Recycled at home; Gathered and bagged cans to recycle to benefit the Science Club; Worked in yards of community buildings to celebrate "Keep Tifton Beautiful Day"; Chairperson of Care For Kid's Day 4-H Arts & Crafts Activity, Audience 1,183

# Other Activities

Honors: Nominated for the Georgia Governor's Honors Program, Superior Honor student, Who's Who Among American High School Students

Other Activities: National Beta Club (90+ GPA to join), National Spanish Honor Society, Science Club, Y-Club, Involved with church Youth Group

County 4-H Events: District Project Achievement Club Meetings; 4-H Fun Day; Annual 4-H Lock-In; 4-H Awards Banquet; nty Project Achievement

rict 4-H Events: District Project Achievement

Some and Regional 4-H Events: Recognized at State 4-H Congress Awards Banquet as 1st place winning Cotton Boll Consumer Judging Team member, as 4-H Food Product Development Team 1st place winning team member and 4th place in the Breads Project; State 4-H Food Product Development Team Competition at UGA; Featured presenter at Regional Institute of Food Technologists Meeting in Atlanta; Georgia National Fair





# Christopher Robert Cary Uppole 107 Foxchase Ct. Leesburg, GA 31763

Senior Project Competition State 4-H Office The University of Georgia Athens, GA 31602

15 December 2004

Dear Project Judge,

Thank-you for the time you have taken to review my portfolio. As you will see, 4-H is an extremely important part of my life. 4-H in Lee County is a big thing, but not too many people are as active as I am... one could say I bleed the colour green! It makes me proud to be in such a honourable part of our society, and it gives me a sense of belonging. That sense is one of the most crucial in anybody's life.

In my 4-H career, I have done many things and gone many places that I would have not have been able to had I not joined and decided to be active in the 5<sup>th</sup> grade. For example, I had never been to a Georgia beach until I volunteered to be a teen leader at Jekyll Island in 2002. I was able to meet the Honourable Sonny Perdue at Youth Summit 2003. I was able to spend a full weekend soaking up college life early at Weekend in the Classic City In 2004. I met a Miss America at Fall Forum, and wrote letters to my Governer and state senators. I even got letters back! I met the CEO of an international corporation, and taught classes to middle school students. However, nothing compares to the thing nearest to my heart: being elected to the Southwest District Board of Directors. Campalgning is one of the greatest experiences of your life, but being voted on only tops that. There's just something about having your name called and sliding on that stage that has your heart racing instantly! That's why I want to be an extension agent when I graduate from UGA, of course!

I have always believed that communications is the basis of a civilisation as a whole. Some people would say agriculture, art, or religion, but how can you have that without communication & language? Without a form of communication, we'd be nothing more than a bunch of indigents sitting around in the detritus with sticks in our mouths. The Postal Service, computers, media, & etymology have intrigued me for as long as I can remember. I've always been fascinated with linguistics as a hobby, but I think that we should focus on the historical aspect of the digital age. The World Wide Web's been around for 20 years now... time to rewrite the history books! The dot-com boom & bust is something we should be studying as much as the Cold War right now. For the past two years, I've held keynotes on Blogging in different places, including DPA and State Congress. Now I can return and explain this new and innovative way of communication to more, different people.

Thank-you again for giving your time to review my portfolio. I hope you find me well-qualified and with an edge against my competitors.

Sincerely,
Chris Uppole

# Chris Uppole Lee County

# **Communications - Blogging**

# Main Project Work

- Learned how to implement Movable Type, a blogging framework
- Member of newsblog 'FARK.com'
- Member of newsblog 'FARK.com' forums
- Regular contributor to newsblog 'FARK.com'
  - Submitted 367 articles in 2004
- Updated iCal element implemented to blog 'sockeatingdryer'
- Contributing member of Mac newsblog 'MacBytes.com'
   Submitted 87 articles in 2004
- Member of 'MacRumors' forum
- Contributor to 'MacRumors' forum
- Moderator of 'Mac' section at 'Technologic' forum
- Member of GA 4-H Youth Tech Leadership Team

   79 Posts in 2004

   Interviewed 'FARK.com' creator Drew Curtis about his site
- Interviewed columnist & pundit Ann Coulter about the election
- Interviewed FOXnews anchor Bill O'Reilly on the media's state
- Interviewed Radio & TV anchor Sean Hannity about careers in the media
- Interviewed Randstad North America Marketing Specialist Karen A. Cahill on strategical marketing
- Toured Randstad North America Corporate HQ in Atlanta
- Interviewed webpage-creating app author Danial Counsell
- Interviewed famed blogger Rebecca Blood on the blog community
- Updated the George W. Bush newsfeed in blog 'sockeating dryer'
- Scouter in debug team for Apple's 'Safari' web browser
- Scouter in debug team for Mozilla's 'Camino' web browser
- Constructed family electronic communications network
- Co-implemented communications system for LCHS Theatre Dept.
- Earned 47 Thespian Points

- Public Relations Officer for LCHS Theatre Dept/Drama Club
  - Compose Press Releases
  - Send Press Releases
- Read Scripts for LCHS Adv. Drama's Mystery Dinner Theatre 2005
- Selected Script for LCHS Adv. Drama's Mystery Dinner Theatre 2005
- Attended TheatreWork's presentation of the Phantom of the Opera
- Attended LCHS Drama's presentation of The Robber Bridegroom
- Attended LCHS Drama's presentation of Alexander & The Horrible, No-Good, Very Bad Day
- Created Communications Project Page on Georgia4-H.org
- Engaged discussions in GA 4-H Youth Tech Leadership Team online meetings
- Created myspace.com account
- Drafted Model UN resolution

# Main Project Sharing

- Aided cloverleaf Eduardo Wood with DPA keynote on bluebirds
- Assisted peer in initiating a private-interest blog
- Consulted peer in initiating an electronics-related web forum
- Consulted peer in redesign of existing private-interest blog
- Designed and initiated LCHS Drama Dept, website
- Wrote artide in newspaper Lee County Ledger on how blogging is implemented in politics
- Founded online study circle for Mrs. Massey's 6th period AP Psychology class
- Wrote article for Lee County Ledger on how blogging is implemented in journalism
- Wrote and presented psychological analysis of <u>Huckleberry Finn's</u> Huck Finn
  - Wrote article for Lee County Ledger on the 'New Media'
    Taught 4-class series on Improvisational Theatre to the Twin Oaks Elementary drama

- Composed Analysis of the Elemental Relationship in Hawthome's <u>The Scarlet Letter</u>
- Wrote and presented analysis of the Roles of Individual & Society in the American Literary Periods
- Wrote and presented comparison of the writing styles of Nathaniel Hawthorne & Arthur Miller
- Volunteered as publicity agent for the upcoming LCHS spring musical 'Seussical: The Musical'
- Publicised showing of The Wiffenpoofs to LCHS
- Guest writer on the following websites:
  - IPodLounge.com
  - MacOSRumors.com
  - AsTheAppleTurns.com
  - MacRumors.com
  - ThinkSecret.com
  - AppleInsider.com
- Author of weekly column
   MacWeekly in newspaper Lee
   County Ledger
  - eMac: e is for Everyone!
  - 'Book Update, no 'Book Update
  - iPod Audio Defect?
  - IPod Vertigo, Now in Colour
  - iPod v. iPod Mini
  - IBook: 1' is for integrated
  - Lighter-than-Air Stocking
  - The 21st Century Allowance
  - Keeping Warm, Yet Cool
  - Merry IChristmasi
- Began book reading circle for Ann Coulter's <u>Slander</u>
- Discussed the following literary works in R. Davis' AP Language
   William Faulkner's <u>As I Lay</u>
  - Nathaniel Hawthorne's <u>The</u> Scarlet Letter
  - Arthur Miller's The Crucible
  - Jostein Gaarder's Sophie's World
  - Mark Twain's <u>The Adventures of</u> <u>Huckleberry Finn</u>
  - J.D. Salinger's <u>The Catcher in</u> the Rye
  - Edgar Lee Master's <u>Spoon River</u> <u>Anthology</u>
  - Alduous Huxley's Brave New World
  - George Orwell's 1984
  - Herman Melville's <u>Billy Budd, a</u> Sailor

#### Jership Activities 4-H

- Southwest District Senior Board of Directors Member 2004-2005 - Was Inducted at Georgia 4-H State Council 2004 - Attended Georgia Officer Training 2004 - Led 4-H Pledge in District
  - Assembly, Fall Forum 2004
     Led Songs in Joint Assembly,
    Fall Forum 2004
- Went to Southwest DPA Board
   Planning Session in December
   Presided over Southwest District
   4-H Tubing Rally 2004
- Taught Portfolios class at 4-H Junior Conference 2004
- Teen Leader at Cloverleaf APA Project Selection Party
- Teen Leader at Cloverleaf 'Endof-School' Beach Party
- Teen Leader at Cloverleaf final APA Party
- Member of Lee County 4-H Awards Program '04 Committee
- Host at Lee County 4-H Awards Program 2004
- Voted in Lee County 4-H Officer Elections Member of the GA 4-H Youth Technology Leadership Team Other
- Maintained 'Partiality,' watchdog group for political bias in the classroom
- Editor of directory for opensource search engine 'dmoz.org'
- 'A-Team' teammate in the LCHS Varsity Swim Team 2004-2005
- 2nd captain of LCHS Boy's Varsity Swim Team 2004-2005
- International Thespian Society Inductee, Troupe #5297
- Member of Lee County Thespian Society
- Gold Member of LCHS Drama Club

# Community Service & Citizenship Activities

- Elections Official at local precinct during presidential election,
   November 2004
- Constructed set for joint-LCHS/Chehaw Park community Halloween project 'Boo @ the Zoo' Played 2 roles in joint-LCHS/Chehaw Park community Halloween project 'Boo @ the Zoo'

- Headed neighbourhood aluminium can-tab collection drive
- Headed 4 class-wide aluminium can-tab collection drive
- Donated canned-goods to White Christmas, a canned-food drive
- Promoted school-wide Drama Club canned-good drive
- Donated canned-goods to school-wide Drama Club drive
- Volunteered as DJ for Drama Club Halloween Party promoting canned-food drive
- Donated to Food for the Homeless
- Rang Salvation Army Christmas Bell at Wal-Mart
- Volunteered as usher for LCHS Drama annual musical production 'Oliver!'
- Volunteered as House worker for LCHS Drama's children's theatre production 'Alexander and the Horrible, No-Good, Very-Bad Day'
- Volunteered as usher for LCHS Drama production 'The Robber Bridegroom'
- Participated in 5 fundraisers for LCHS Drama's trip to the Fringe Festival in Edinburgh, Scotland
- Ran a booth in festival raising funds for LCHS Drama's trip to the Fringe Festival in Edinburgh, Scotland
- Raised a kitten adopted at a giveaway event at Lee County 4-H meeting
- Made & gave Christmas candy to neighbourhood postal worker & sanitation engineers
- Constructed set for 'Breakfast with Santa,' a Drama program for children to 'meet Santa'
- Donated items to a consignment sale fundraiser towards Rock Eagle facilities
- Adopted 'euthanisation pending' 1.5-year-old dog, "Charlie," from local vet hospital
- Shopped for & bought clothes for underprivileged boy in Lee County for Christmas
- Shopped for & bought a gift for underprivileged girl in Lee County for Christmas
- Designed interior of local Leesburg citizen's home
- Helped move local citizen into new home
- Designed computer set-up for local ditizen of Leesburg

## Other Activities

#### 4-H

- Senior District Project Achievement 2004
  - Voting delegate for Lee County
  - Competed in Communications
    Project
  - Rehearsed keynote approximately 14 times
- 4-H Poultry Judging 2004 (Tifton)
  - Attended all practices
- 4-H Senior Conference 2004
- State Congress 2004
   Competed in Communications
   Prolect
- Tubing Rally 2004
- 4-H Junior Conference 2004
- Southwest District Senior Board Christmas Party 2004
- Attended Lee Co. 4-H meetings
- Lee Co. 4-H Trip to Ag Expo 2004
- Special guest at Crisp County 4-H Awards Banquet
- Special guest at Worth County 4-H Awards Banquet
- Special guest at Turner County 4-H Awards Banquet

# Other

- Took PSAT test, made top 10% of school scores
- Present at 90% of LCHS Varsity Swim Season 2003-2004 Practices
- Swam in 14 meets of LCHS Varsity Swim Season 2003-2004

#### **Awards**

- Received college credit for AP World History course
- Accepted into AP Language
- Accepted into AP Psychology
- Accepted into AP U.S. History
- Accepted into Adv. Drama 2
- Won Region Champion One-Act Team with Not About Nightingales
- Won 3<sup>rd</sup> Place State Champion One-Act Team with Not About Nightingales
- Inducted into Who's Who Among American High School Students 2004-2005
- Inducted into Who's Who Among American High School Students 2003-2004
- Nominated for Presidential Scholars Program
- LCHS Swimming Varsity Award 2004
- Recipient of a green iPod Mini from 4husa.org
- Senior District Project
   Achievement: 1<sup>st</sup> place in Communications
- State Congress: 2<sup>nd</sup> place in Communications

2004:

pictures



















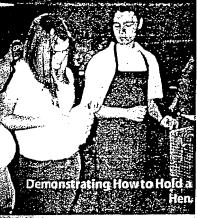
Writing Letter to Senator Concerning 4-H Funds





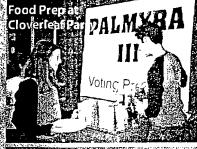
















MacWeekly by Chris L'ppole Most Digital Christmas, Pt. 3

MOST DIGITAL CONTISTMAS, PL. 5

"The 21st Century Allowance"
The post we seek to leave unemperature gives over
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auditors. Texture in source must aliance and under the second of the strength of the second of the second



My Weekly Column: 08 Dec 2004







2004 Chris

26 Stafford Road Grantville, GA 30220 Senior 4-H Portfolio Year 2004

January 11, 2005

Dear Project Judge,

I am a 15-year-old Newnan High School student from a family of six, with me being the oldest of four children, and I have been in 4-H for almost six years. In the past, I have raised and helped raised purebred Hereford pigs, Rhode Island Red chickens, a variety of different dog breeds, and mixed cats. I enjoy animals of all types and my love for animals led me to becoming a member of 4-H.

I began 4-H Fifth grade club in 1999. I served as the secretary for the club and I learned a lot from it. After 5<sup>th</sup> grade, I began searching for a permanent career in 4-H. Although I have always had many animals while growing up, my desire for a rabbit came that Christmas of 2000. When Christmas came, I did not receive a rabbit. I then continued to ask my parents. In January of 2001, my parents decided to call the Coweta County Extension Office. I met the leader of the Coweta Cottontails 4-H Rabbit & Cavy Club and joined. I attended my first American Rabbit Breeders Association (ARBA) rabbit show in February of 2001. I purchased my first rabbit, which was a Netherland Dwarf. Throughout my first year of having that rabbit, which I named "Caleb," I decided that I wanted to start breeding Netherland Dwarfs. I have been in the business ever since!

Through Coweta Cottontails, I have grown into the knowledge of rabbits, such as genetic defects, breeding, and typical rabbit care. I have been elected as vice-president and secretary. Recently, I was elected as president for the New Year. I have also, in 2003, received the award of Outstanding Member of the Year, which signifies a member who has shown outstanding excellence in knowing the rabbit information and sharing the experience with others. I have received excellent participation and good attendance for my almost five rears of being a member of the club. Being in Coweta Cottontails has made my knowledge of rabbits much exter than the average rabbit pet owner.

Through 4-H, I have also joined the Coweta County Preparing Excellent Presentations (PEP) Club, the Senior Club, & Envirothon. I have also learned many different things. One of the most important things I have learned is how to speak publicly. Before I became actively involved with 4-H, I struggled with the feeling of embarrassment and I could not have stood up and spoke with the same confidence as I can now. During this past year, I have had many opportunities to share what I have learned. I have done a majority of this by sharing with others my knowledge of the Netherland Dwarf rabbit. Throughout my participation in various 4-H activities and specialty clubs, I have had the chance to do and learn things that not everyone gets to do. In addition to that, 4-H has given me many opportunities to help and serve others in my community. Whether I am collecting cans for the homeless, giving gifts to children in foreign countries, or providing animals for a local petting zoo, it is good to know that I make a difference in my community.

In this upcoming year, I will continue to breed and show my Netherland Dwarf rabbits. Currently, I have been starting my hobby with another rabbit breed, which is called the Dutch. I will raise both breeds of rabbits and I plan on doing this for the rest of my life. Because of all the knowledge I have gained through raising rabbits, I am studying and hope to one day become a judge for all rabbit breeds. In the future, after graduating from high school, I will hopefully go to the University of Georgia in Athens and begin my career of becoming a Doctor (an obstetrician). I have a variety of interests, abilities, and hobbies and 4-H has helped me put those things in motion.

Thank you for considering this as my entry into the Companion Animals Project.

Sincerely,

Johathan Robertson

26 Stafford Road Grantville, GA 30220 Senior 4-H Portfolio Year 2004

# Main Project Work

- Elected President of Coweta Cottontails at Coweta Cottontails Year End Party
- Served as Secretary and attended 11 meetings of the Coweta Cottontails 4-H Rabbit and Cavy Club
- Wrote minutes of previous meetings for Coweta Cottontails newsletter - 12 times
- ✓ Provided 12 sets of "Words of the Month" and 12 websites for the Coweta Cottontails newsletter
- ✓ Turned in 7 articles for Coweta Cottontails newsletter
- ✓ Received Good Attendance Award at Coweta Cottontails Year End Party
- ✓ Received Excellent Participation Award at Coweta Cottontails Year End Party
- ✓ Attended 2 Coweta Cottontails board meetings -4 hrs
- ✓ Provided food, water, grooming, and care on a daily basis for 22 rabbits and 3 dogs - 456 hrs
- ✓ Cleaned cages for all rabbits- 14 hrs
- ✓ Treated 4 rabbits for hairballs with papaya tablets - 4 hrs

Competed in 6 ARBA rabbit shows - 84 hrs:

- January 24<sup>th</sup> Perry, GA
- February 14<sup>th</sup> Chatsworth, GA Won BOS March 6<sup>th</sup> Dalton, GA Won BOS
- March 20<sup>th</sup> Monroe, GA Won BOB
- September 18th Monroe, GA Won BOB and BOS
- October 9th Perry, GA Won BOS
- Received first in Veteran Showmanship, Grand Champion Showmanship, first in Senior Doe, second in Junior Buck, first in Junior Doe, and Reserve Grand Champion rabbit with Junior

- Doe at Coweta Cottontails Show at the Coweta County Fair
- ✓ Attended a workshop for Netherland Dwarfs in Douglasville, GA - 8 hrs
- ✓ Toured 2 rabbitries with the Coweta Cottontails
- ✓ Provided 3 animals for the Coweta Cottontails Coweta County Fair exhibit
- ✓ Took care of Coweta Cottontails exhibit area at Coweta County Fair - 12 hrs
- ✓ Presented a demonstration on *The History of the* Netherland Dwarf to 40 Coweta Cottontails members
- ✓ Won first place at Jr/Sr CPA in Companion **Animals**
- ✓ Interviewed the following animal professionals:
  - Sandi Hurlbutt, rabbit and cavy expert, on rabbit winter breeding of rabbits
  - Dedrie Edder, Netherland Dwarf breeder, on orange Netherland Dwarfs
  - Dr. Gary Smith, N. D. breeder, on compatible breeding and genetics
  - Bruce Ford, N. D. breeder, on feeding and extra supplements for nutrition of rabbits
  - Bobby Schott, N. D. breeder and author of "Color Genetics", on selection of rabbits and conditioning Netherland Dwarfs for showing
- ✓ Research on Netherland Dwarfs
  - 28 rabbit websites, 12 of which were included in newsletter for Coweta Cottontails
  - Netherland Dwarf Standard (www.islandgems.net)
  - Cage & Hutch-Making Ideas (www.bassequipment.com)
  - Read 3 books on N. D. colors and genetics
- ✓ Created my own 12 page informational website for others - 26 hrs

# Main Project Sharing & Helping Activities

- Created 5 websites for rabbit breeders 25 hrs
- Helped sister set up her rabbitry, taught her proper care of her rabbits, and helped her feed and water her animals - 56 hrs
- Provided an exhibit and informational research for Coweta County 4-H Area Cloverleaf Rally on Netherland Dwarf rabbits for 110

# participants

Selected Best Booth at Area Cloverleaf Rally by participants

- Wrote judging notes at all rabbit shows for 9 judges - 72 hrs
- ✓ Trimmed 7 animals' nails for Coweta Cottontails members - 3 hrs
- ✓ Judged 5 members' rabbits at Coweta Cottontails meeting on show preparation
- ✓ Provided 4 animals for Coweta Cottontails Easter petting zoo
- Gave information to 3 Coweta Cottontails members on Netherland Dwarfs

# Other 4-H Activities

- ✓ Joined Senior 4-H Club at year end party and elections in July
- ✓ Attended 4 Senior 4-H Club meetings
- ✓ Attended Fall Forum at Rock Eagle in December and participated in 2 financial literacy workshops
- ✓ Wrote letters to senators of our state and representatives of our county about Rock Eagle's situation at Fall Forum
- ✓ Observed 30 exhibits at Fall Forum
- ✓ Attended 3 "Preparing Excellent Presentations" (PEP) Club meetings

- ✓ Attended the Coweta County Volunteer Association Annual Auction
- ✓ Judged appetizers at Coweta County Volunteer Association Annual Auction
- ✓ Participated in the Coweta County Volunteer Association "Country Christmas Hoedown"
- ✓ Participated in Coweta County 4-H Favorite Foods Contest - won second in senior main dish category
- ✓ Decorated pumpkin in the Coweta County
  4-H Pumpkin Decorating Contest
- ✓ Attended a portfolio lock-in 14 hrs

# Leadership Activities

- ✓ Volunteered as a counselor for Newnan/Coweta Boy's & Girl's Club for children ages 6 to 10 - 320 hrs
- ✓ Served as a teen leader for Cloverleaf Summer Camp for 21 Cloverleaf 4-Hers
- Assisted Coweta County 4-H Middle School Club members at 8 meetings with projects and other 4-H activities
- ✓ Gave a speech to small children in church on Bahamas trip that I went on

# Community Service & Citizenship Activities

- ✓ Assisted with registration for Cloverleaf Summer Camp
- ✓ Worked at the Chicken-que booth at Powers Crossroads Arts & Crafts Festival for Coweta County 4-H - 4 hrs
- ✓ Cleaned dining area at 4-H booth for Powers Crossroads Festival 2 hrs
- ✓ Donated 3 bags of my own, old clothes to Goodwill
- ✓ Collected and sent personal items for Florida hurricane victims

- ✓ Purchased toys and made decorative
  Christmas boxes for small children in foreign countries
- ✓ Served refreshments at 5th grade 4-H school club Officer Training seminar and cleaned school cafeteria after it
- ✓ Assisted youth director at church for a "Back-to-school Bash" for community children
- ✓ Collected **26 pounds** of all kinds of paper for recycling

# **School & Church Activities**

- ✓ Participated in Newnan High School (N.H.S.) Marching Band, Concert Band, & Symphonic Band II 3,625 hrs
- ✓ Performed with other N.H.S. Marching Band members at 9 football games, 4 parades, 3 competitions, and performed in the Bahamas for 1 week
- ✓ Member of & attended 7 N.H.S. Reading Club meetings
- ✓ Volunteered at N.H.S. Book Fair 6 hrs

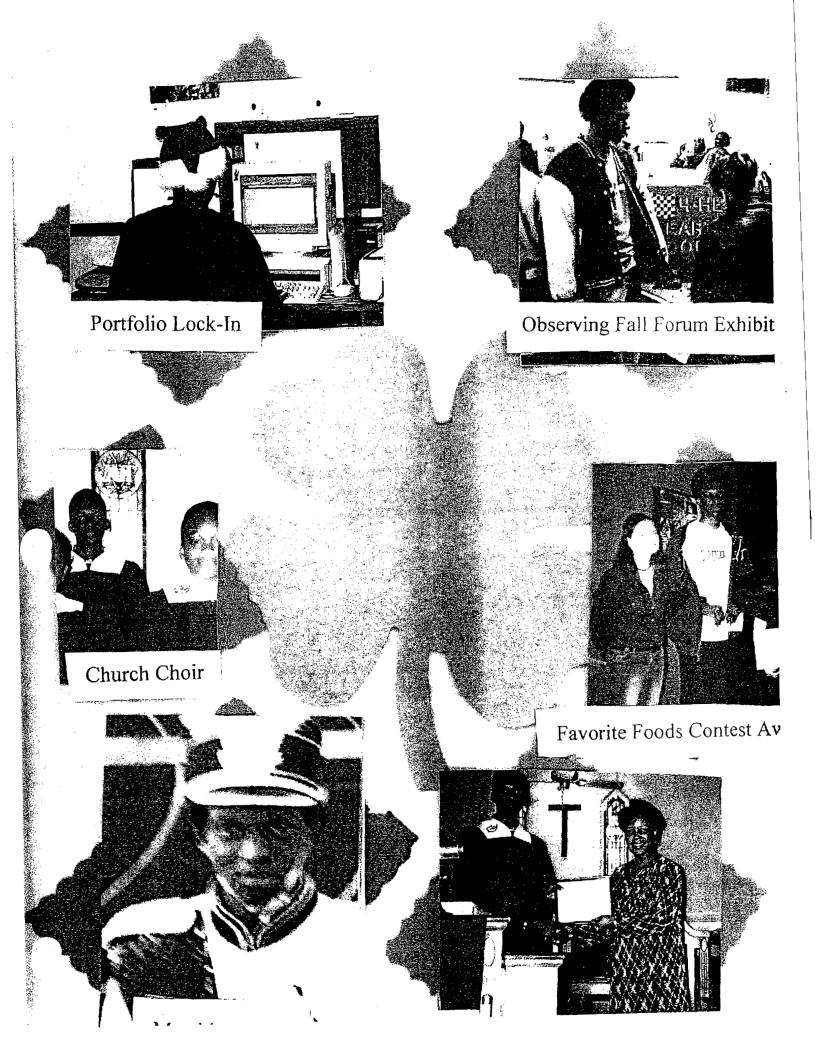
- ✓ Member of & attended 5 N.H.S. Beta Club meetings
- ✓ Member of & attended 4 N.H.S. Educational Talent Search meetings
- ✓ Member of church youth choir & sang 10 times in church youth choir
- ✓ Member of church youth program (MBC) and attended 4 trips with them
- ✓ Collected cans for church "Can-O-Thon"

# Other Honors, Recognition, and Awards

- ✓ Received Outstanding Member of MBC) ?
- ✓ Won "Hotdog Eating Contest" in N.H.S. Marching Band's "Band Bazaar"
- ✓ Received Perfect Attendance at N.H.S. for all classes
- ✓ Earned ranking of seventh place in N.H.S. 9<sup>th</sup> grade honor roll list (Spring 2004) &

- sixth place in N.H.S. 10<sup>th</sup> grade honor roll list (Fall 2004)
- ✓ Received best academic excellence by MBC
- ✓ Earned a \$100.00 savings bond from church for academic excellence
- ✓ Received second place in Talent Show in local area, for playing the piano





4940 Rufus Sapp Road Claxton, GA 30417 January 4, 2005

Senior Project Competition State 4-H Office University of Georgia Athens, GA 30602

Dear Project Judge:

Please accept this portfolio as being my sole work and my entry to the Computers project. I am from Evans County, and a senior at Pinewood Christian Academy. I live in Claxton, Georgia with my parents and younger sister. I am very dynamic when it comes to participating in activities in my school. I participate in 4-H, Fellowship of Christian Athletes, One Act Play, Literary, Spelling Competition, Interact Club, Honor Society, Annual Staff, and Varsity Tennis.

The world of cyberspace fascinates me due to the ability to accomplish the unthinkable right from your seat. The Internet enables one to find information for reports and other school assignments without leaving your home. Using the Internet to communicate with friends especially the ones that live outside my calling area is one of the most beneficial aspects of the Internet. Most businesses and associations are becoming more dependent on the Internet. I have taught many people how to operate a computer using the Internet. I also find the Internet to be a valuable resource because of its ability to find information quickly. Spending my spare time performing upkeep on a local company's website keeps me informed of all newly available capabilities of the Internet.

My plans for the future consist of attending the University of Georgia and major in Environmental Health. My extensive work with children has persuaded me to apply for a position as a camp counselor at Rock Eagle, a position that I hope to continue possessing into following summers. After graduating from the University of Georgia, I hope to enroll at Georgetown University School of Law and specialize in environmental law. I then plan to work as an attorney in the metro Atlanta area.

Through participating in 4-H, I have learned leadership skills, responsibility, and public speaking techniques. I have had the opportunity to work with the members of my community in providing services to benefit my community and in turn receive great personal rewards. One of my greatest rewards came two years ago when I was asked to serve the Evans County 4-H club as their team captain for The Relay for Life. I have participated and held an office each year in 4-H since sixth grade. I am currently the president of the Evans County 4-H Senior Club. Since I have been an active member in 4-H, I have had the chance to see as well as experience the planning, organizing, and follow through that goes into hosting 4-H and public service events. I believe these experiences have helped me to be a more rounded and productive individual for my family, community, and myself.

Sincerely, Joshua Eason

Joshua Eason

# Main Project Work/Learning

- Taught basic computer and computer parts introduction class -14 students
- Wrote letters to get large corporations to donate old computer parts refurbishing
- Collected over 16 central processing units to donate to children at Christmas
- Collected over 20 monitors to donate to children at Christmas
- Advertised for people to donate old computers to be refurbished and distributed to underprivileged children at Christmas
- Built over 6 systems to give to children
- Demonstrated to 6 children how to play computer games on their new computer
- Booted 6 computers for local underprivileged kids
- Wrote 38 thank you notes to people and companies who donated computer parts
- Spent about 250 hours researching colleges on the Internet
- Sent in 5 college applications online
- Served as temporary typist for local business
- Researched Internet Service Providers prices -5 times
- Chatted with friends using the Internet-87 times
- Interviewed computer technician at local business
- Faxed 78 documents
- Presented project to family members-4 times
- Toured the Georgia Southern University computer lab
- Read 41 articles pertaining to the Internet Read 9 magazines pertaining to search engines
- Wrote letters to Evans County requesting the release of two computers to refurbish
- Scheduled times to give follow-up visits with the

- children who received computers
- Toured the Ogeechee
   Technical College computer
   lab
- Researched Cisco certification books
- Downloaded 30 computer programs to hard drives
- Prepared and presented slide show at family reunion-116 people
- Presented Computers project at State Congress
- Taught Adobe PageMaker introductory class
- Installed 17 programs on my computer
- Toured Office Max and noted yearly computer prices-8 times
- Installed scanner software
- Installed printer software
- Interviewed multiple business owners
- Typed 17 scholarship essays and letters
- Consulted with Cisco certified instructor
- Researched internet sites for reports-23 times
- Attended CPA and DPA
- Presented slide show at 4-H Awards Banquet
- Chatted using Instant Messenger-203 times

# Helping and Sharing

- Contacted local computer services company to ask for space to work on computers to give to kids at Christmas
- Organized Give Youth Computers project and team for people to build computers in the future
- Presented "Give Youth Computers" project idea to county commissioner to request assistance
- Helped uncle set up Internet
- Helped cousin set up computer

- Distributed 6 computers to underprivileged children at Christmas
- Helped download DSL on 3 of father's company computers
- Helped aunt pick out most proficient computer
- Assisted English teacher in researching Shakespearean plays
- Presented booth at Ogeechee Fair
- Helped volunteer leader set up 4-Her's portfolio on computer
- Printed out 47 pictures for others 4-Her's portfolio
- Typed and prepared layouts for the Pinewood Christian Academy bimonthly newsletter
- Judged Cloverleaf DPA in the Computers area
- Assisted sibling in locating information using the Internet
- Assisted great aunt in deleting unwanted emails off of her personal computer
- Made greeting cards using Greetings Workshop for friends and family birthdays and other events
- Assisted friends in downloading Instant Messenger to communicate
- Helped father download programs off Internet
- Presented project at CPA and DPA concerning Internet speeds
- Shared computer knowledge with journalism class-17 students
- Helped perform upkeep on website for local real estate firm

# <u>Awards</u>

- Placed 1<sup>st</sup> at CPA
- Placed 2<sup>nd</sup> at DPA
- Placed 2<sup>nd</sup> at State Congress
- Awarded 1<sup>st</sup> at Kiwanis
   Ogeechee Fair

# Leadership Activities

- Helped 5 junior 4-Hers complete their portfolios
- Elected as Evans County Club President
- Helped collect gifts for a needy family at Christmas
- Served as Relay for Life Team Captain -25 team members
- Served as Junior Counselor at a local church camp –207 kids
- Assisted 5 Cloverleafs with DPA Projects –6 hours
- Helped set-up and take down 7
   Cloverleafs and Juniors fair
   booth
- Led classes and served snacks at Officer Training -70 kids
- Organized Games for Leadership Workshop -43 kids
- Presented Volunteer awards
- Presented Teen I, II Leadership Awards
- Assisted kids with science fair project and experiment
- Helped with Vacation Bible School -32 kids
- Helped lead activities at local church camp -207 kids
- Assisted 4-Hers with Teen 1 Competition -7 applicants
- Promoted 4-H to 70 children
- Served as a mentor
- Helped with 4-H Freedom Celebration –2018 attendants
- Invited dignitaries to the 4-H awards program -5 invitations
- Signed and Presented Certificates for Relay for Life -29
   Certificates
- Taught Private Tennis
   Fundamentals Class –7 times
- Presided over every 4-H meeting
- Planned Cloverleaf and Junior Officer Training
- Held Part-time job
- Attended meetings in preparation for the Relay for Life
- Attend Brewton-Parker College at night
   Helped organize Thanksgiving meal for local school children
- Planned activities for kids at local training

# Other 4-H Activities

- Planned holiday events at assisted living facility
- Attended 2 recycling contest
- Planned parade for Claxton Nursing home-53 residents
- Wrote 14 Thank You notes for the Awards Program
- Attended 2 Recycling Parties
- Placed 1<sup>st</sup> in Ogeechee Fair Booth
- Judged cloverleaf DPA
- Judged cloverleaf CPA
- Helped teach dance class -71 kids
- Attended DPA award trip
- Helped cleanup 4-H office after meeting-4 times
- Attended all 4-H meetings
- Awarded Teen I, II, III

# School Activities/ Awards

- Wrote for The <u>Claxton Enterprise</u>
   -9 articles
- Prepared White Christmas Chapel -500 people
- Chairman of Interact of canned food drive
- Member of Fellowship of Christian Athletes
- Placed 2<sup>nd</sup> at district in tennis
- Member of Interact club
- Serve as Editor of Yearbook Staff-14 member staff
- Made 2 shoe boxes for Operation Christmas Child
- Participated in state literary competition
- Competed and placed on an award winning One Act Play cast
- Played in state competition in varsity Tennis
- Organized fundraiser for Yearbook Staff
- Served as junior journalist for seasonal sports banquets
- Attended Journalism classes at Georgia Southern University
- Placed in Several tennis tournaments
- Member of Senior Honor Society
- Member of National Honor Society
- 1<sup>st</sup> Runner-up in team tennis

- Elected to Who's Who Among American High School Students
- Participated in Oral Interpretation
- Made and Served spaghetti for class fundraiser –650 served
- Served as Assistant Coach on JV Tennis team-34 kids
- Attended District Spelling Bee
- Served as Fundraising Coordinator for Yearbook Staff

# Community Services

- Planned Interact Canned Food Drive -5,759 cans
- Delivered donuts to business for American Red Cross
- Collected boxes for Operation Christmas Child –278 boxes
- Recycled 783 lbs of newspaper
- Volunteered at Special Needs Rodeo –400 kids
- Organized toy drive for needy children at Christmas –108 toys
- Helped beautify local area by planting trees and flowers
- Volunteered at school library and at school book fair –6 hours
- Played games at Nursing home
- Sang at Nursing Home -7 hrs.
- Made goody bags for Nursing Home-26 bags
- Helped serve breakfast and lunch at local campground
- Assisted teacher with cleaning classroom -8 times
- Participated in 3 beautification projects -6 hrs.
- Helped sort recyclables at recycling contest
- Participated in 2 Recycling contest
- Made and presented refreshments for 45 teachers as a part of National 4-H week
- Wrapped 28 gifts for DFACS children
- Donated canned food to DFACS Food bank
- Sorted Christmas items for needy families –16 hrs.
- Donated 25 cans of food to needy families at Thanksgiving





Dear Judges,

I am 15 years old and in the 9<sup>th</sup> grade. I have many different interests. I enjoy doing community service activities, school, and all types of music. I also enjoy swimming and reading in my spare time.

I chose conservation of natural resources as my project because I believe it is an important issue for America's youth to understand. America's youth is the future, so if we don't take care of the already in trouble earth, then it will be even worse in the future. It is an interesting current topic that needs to be addressed more often.

I truly believe 4-H is a great organization that helps adolescents, teens, as well as adults meet new people and be exposed to different things. This is my 5<sup>th</sup> year in 4-H, and I enjoy every minute I spend with my friends of 4-H. I've met many people through 4-H. I met one of my closest friends through 4-H two years ago and we talk every day. I've stayed in 4-H because I have met so many people, had so many different opportunities, broadened my horizons and had an amazing amount of fun.

As a cloverleaf in 6<sup>th</sup> grade, my project was using water wisely, in which I placed 2<sup>nd</sup>. My first year as a junior in 7<sup>th</sup> grade my project was conservation of natural resources, in which I placed 1<sup>st</sup>. Last year in 8<sup>th</sup> grade, my project was Public speaking, but I spoke about conserving resources. Over the last 3 years I've been able to teach young people and myself important issues about how to preserve our environment for future generations. 4-H has made me become more responsible and confident. My speaking skills, leadership skills, and social skills have improved dramatically. Speaking to my classmates, club members, and other large groups, I can present myself with confidence and a positive attitude without fear or shyness.

In my time away from school, I work for McKee Foods, better known as Little Debbie Snack Cakes. McKee stresses conservation, in fact, they offer an incentive for recycling boxes. For every box a person recycles they receive four cents. I think conservation is extremely important, and this is just one of the many ways to begin.

Thank you,

Austin Crown

Henry County Senior 4-H'er

#### Main Project Work

- Reprocess old newspapers and magazines
- Recycled approximately 50 aluminum cans
- Checked for water saving fixtures in my house
- Recycled approximately 6,000 boxes at work
- Went to an adopt-a wetland class at Junior Camp
- Attended a beach ecology class at Junior Camp
- Checked water heater to see that it was insulated properly and set at right level
- Bought pencils from recycled wood
- Avoided using Styrofoam
- Went with my parents to get emissions checked
- Viewed display about litter at Rock Eagle
- Observed displays about environment at the Georgia National Fair
- Attended conservation four at the Okefenokee Swamp
- Helped to plant community garden to help needy
- Spoke at DPA in public speaking about conservation
- Influenced 2 families to recycle old magazines
- Researched the best ways to conserve water
- Reused holiday bags to save trees

#### Main Sharing/Helping Experiences

- Shared importance of conserving resources with approximately 30 people
- Shared DPA speech with approximately 20 people
- Spoke about Conservation of Natural Resources at DPA in public speaking
- Donated approximately 250 pop tabs to the Ronald McDonald House
- Shared importance of knowledge of exhibits of conservation from fair to 5 people
- Helped to plant a community garden helping the needy
- Shared with family and friends the importance of recycling old newspapers
- Shared with county agents and approximately 500 students and 60 adults my experience of attending conservation tour at Okefenokee Swamp

- onared with friends importance of recycling aluminum cans
  Shared with my adopt-a-wetland class my project work in conservation
  Spoke of importance of getting and influenced and influence

- Influenced 3 families to check water heaters were insulated and set at proper level
- Spoke of importance of needing to avoid Styrofoam
- Shared with art teacher why using recycled pencils is important
- Shared with family the best ways to conserve water
- Shared with family and friends the importance of reusing holiday bags to save trees

#### Other Leadership and Teen Leadership Activities

- Attended 4 Teen leader meetings at Cloverleaf Camp
- Helped pass out materials for a crafts class at Cloverleaf Camp as teen leader
- Assisted with crafts class at Cloverleaf Camp as teen leader
- Assisted with nature hike at Cloverleaf Camp as teen leader
- Assisted with native lore class at Cloverleaf Camp
- Attended milk cottage time at Cloverleaf Camp as teen leader
- Assisted with day recreation at Cloverleaf Camp for four days as teen leader
  - Served as a volunteer at two 4-H meetings at a middle school
- Completed Teen Leader 1
- Received Distinguished Leadership Award at 4-H awards ceremony
- **Elected for County Council Vice President** 
  - Helped call out scores for CPA
  - Handed out awards at CPA
- Assisted 4H'ers as a teen leader at DPA
  - Helped check people in at CPA
- Assisted 4 cloverleaf 4-H'ers in a cooking class as a teen leader

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water. Er grade teacher

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- Attended Cloverleaf Camp as a teen leader
- Received Junior 4-H'er of the Year
- Assisted 1 Junior 4-H'er in making a portfolio

#### Other Community Service and Citizenship Activities

- Helped put about 5 cases of chips on the shelves of a food pantry
- Picked tomatoes and peppers from the community garden for the needy
- Brought in pencils and party favors for Easter Baskets for Haven House
- Sorted cans at food pantry
- Donated Items for Adopt-a-family
- Made valentines for nursing home
- Filled first step bags
- Helped at the Helping in his Name Food Pantry 2 times
- Helped shake and bag 5 Christmas trees at a Christmas tree farm
- Brought approximately 200 bags of chips at the food pantry
- Donated approximately 50 canned foods to the food pantry
- Brought approximately 20 boxes from the store room to the Pantry
- Made approximately 25 Easter Baskets for the Haven House

#### Other 4-H Activities

- Attended orienteering class at Junior Camp
- Toured Jekyll Island on a bike tour at Junior Camp
- Attended Dolphin Cruise at Junior Camp
- Attended 3 classes on credit at Fall Forum
- Attended Fall Forum
- Helped with 2 4-H fundraisers
- Helped Clean Geraniums
- Attended 2 Cotton Consumer Practices
- Competed at Cotton Consumer
- Assisted a parent volunteer check in people at 4-H awards ceremony
- Recognized special guests at 4-H awards ceremony
- Attended 4-H awards ceremony
- Received 4-H'er of the Year
- Attended JR/SR DPA
- Competed in Public Speaking at DPA
- Attended 7 County Council meetings
- Attended 2 portfolio workshops
- Helped at the 4-H geranium sale for 5 hours
- Attended Junior Rally
- Attended Junior Camp
- Attended 4-H day at Six Flags and 4-H day at the Capitol
- Presented reasons to county council members of why I should be elected for vice president

#### Other Activities

- Attended 2 school plays
- Sold feathers as a fund raiser for Student Council for 3 days
- Cleaned out a middle school book room
- Attended 4 Academic Team Practices and 2 competitions
- Attended 3 Ambassador meetings
- Attended 2 Media Committee meetings as student body representative
- Attended 3 Ambassador meetings
- Donated 2 shoeboxes for Operation Christmas child
- Attended Peer Mediation training for 2 days
- Tutored student in algebra
- Served quest speakers at career day refreshments
- Attended one Teenage Republican Society (TARS) meeting
- Toured approximately 150 fifth graders around the middle school
- Tried out for the high school color guard and school show choir
- Received Best Overall at a national choral competition
- Spoke to approximately 100 5<sup>th</sup> graders about middle school
- Performed with Chorus for 4 concerts
- Attended 2 Student Council meetings

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Austin helping with alvation Army



Austin making Valentines for Nursing Home



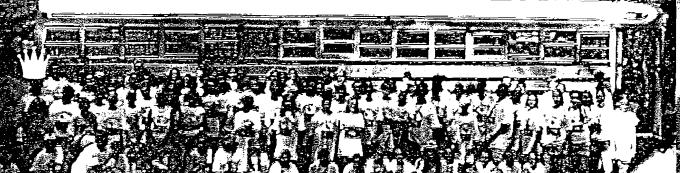




Austin helping out at the food pantry



Austin helping out in the Community G



# Mora of Austina Pictures



Austin with teem security of Junions tellys. ::



Austin at summer cooking class



Austin with parent volunteer. Awards Ceremony



Austin at April County Council Meeting



Austin helping out with geranium



Austin at Awards Ceremony

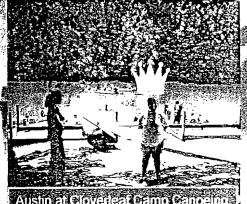


Austin and parent volunteer at Cloverleaf Camp



Austin at April County Council

Meeting



Austin at Cloverleaf Camp Canoeing Class as Teen Leader

January 2005

Senior Project Competition
State 4-H Office, University of Georgia
hens, Georgia 30602

Dear Project Judge,

Please accept this portfolio as my official entry into the Consumer Education Project.

I am a sophomore at Paulding County High School. While this is my 7<sup>th</sup> year in 4-H, it seems I have been involved much longer because my parents were both 4-H'ers and always shared their good 4-H memories with me. Their stories really made me excited about 4-H and encouraged me to get involved too.

My 4-H career started out when I was 9 years old and that year participated in my first Central District DPA in the Time and Money Management Project. My demonstration was about saving money when taking your lunch to school. The next two years my projects were Computers and Communications. I was proud to be a 1st place winner all three years.

As a Junior 4-H'er my 4-H experiences were broadened. In the 7<sup>th</sup> grade I once again entered Time and Money Management as my main project and went to Rock Eagle for DPA. In the 8<sup>th</sup> grade I participated in the Communications Project where I shared what I knew about cell phones and wireless plans. I also explained how many people get "ripped off" with their cell phone plans. During that first year I ran for and won an office on the Central District Jr. Board of Directors. I had the most fun of my life making new friends with my Jr. Board and the Sr. Board Members. Some of the events I enjoyed the most were Officer Training, Jr. Rally, Jr. Conference, DPA, and State Council. Officer Training was the starting point where I learned how to be a true leader. In the summer I attended camp with the Cloverleafs as a teen leader for two years and Junior Camp at Fulton.

Another way 4-H has impacted my life is that it has helped me feel comfortable speaking in front of a large group of people and has opened up my personality. An example of this is my involvement in Relay for Life. It started about four years ago when I gave an inspirational speech at our local Relay for Life kick-off banquet. It really motivated people to get involved in the community and prompted my participation at the national level. After I gave that speech, I received the honor being the number one relayer in the North Georgia District. I became a teen leader and was awarded a trip to Dallas, Texas I later to Washington, D.C., where I was one of fifty youth campaigning at the Capitol for Relay for Life. 4-H gave me experience and confidence to accomplish this.

This fall I was elected President of our Senior 4-H County Council. We have sponsored a Cloverleaf Lock In, 4-H Dance, 100<sup>th</sup> Year Celebration of 4-H and participated in the Christmas Parade. We also celebrated Christmas with residents of Legacy Assisted Living. We placed second in the Area Cotton Boll/Consumer Jamboree Judging and I placed 2<sup>nd</sup> in the Cotton Boll speech. As a senior in 4-H I have been involved in many district and state wide events over the past two years. Last fall I attend the Georgia Youth Summit where we learned areas where youth in Georgia can help make our state better In the summer I attended Senior Camp at Wahsega, where it was fun to do those good old 4-H dances. We learned more intense leadership skills like working with different types of children. At the end of the week, I was a group leader for young children who came for a day of camp. Then it was off to Rock Eagle to be a teen leader for Cloverleaf Camp. I taught cheers and songs even as we rode the bus down I-20. This year I have also competed in the Dean's Award, National Conference and the Senior Speech Contest and Cotton Boll Speech at the National Fair. I was thrilled to be elected as a member of the North District Senior Board. Once again I look forward to working with 4-Hers around the district and state.

One of my surprises this year was to have a working lunch with Cathy Cox, Secretary of State. (And here's where that Measuring Your Manners class that I took at State Officer Training paid off!) She explained to me the many aspects of her job. I was particularly interested in her pursuit to inform senior citizens of Investment Fraud. In turn, I had the opportunity to share with her my 4-H Consumer Education Project. Our meeting far exceeded my expectations.

This year I will compete in the Consumer Education Project. I have a part-time job at a local dragstrip where I earn my own spending money. I love saving money and getting a good bargain when shopping. I go to yard sales, auctions and Goodwill to look for deals. Listening to hours of Clark Howard on the radio has made me realize how easy consumers can be misled when making purchases. When I watch TV commercials I try to decide if what they are saying is the whole truth. My mom and I are constantly looking for ways to save money while getting the best product. Some might call be a tightwad but I like to think I am a good consumer.

My future plans are to attend a college in Georgia, and I hope to pursuer a career in the Extension Service or cation. Whatever my future holds, I know the skills I have acquired through 4-H will lead me to success.

Sincerely,

Emme Worthy
Paulding County

Emme Worth

#### Main Project Work: Consumer Education Purchased 3 Christmas Presents Using eBay - savings of Use discount cards for Arbys, Chic Fil A, El Jalpenos, Pappa Johns'Pizza – approximate savings \$75.00 \$50.00 from retail cost Used coupons for purchases at Rich's Macy's and other ade 24 deposits to Credit Union Account from money stores in the mall irned working at job Purchased 18 items off of eBay Invested \$300 in portfolio at Wachovia Bank Worked 32 Saturdays- 288 hours at Southeastern Dragstrip Utilized Consignment Shop to exchange my "old" clothes concession stand \$7.00 per hour. for "new" ones Participated Area Cotton Boll/Consumer Jamboree Judging Deposited \$160 on eBay pay pal account for future purchases Logged in to eBay-154 times approximately 175 hours Competed Dean's Award - Consumer Education Donated 10 Boxes of clothing to Salvation Army Main Project Work: Learning Activities Researched Fundraiser options for Relay for Life /Paulding Attended Bicycle Safety Workshop - Wellstar Hospital County High Annual Meeting Toured Georgia State Bank - tour led by Branch Manager Research on Cotton - 4 hours Toured WSB Radio & Consumer Action Center Attended 4 classes on Teen Driving Attended Workshop – Consumer Credit - State Level Attended Workshop – Budget & Credit State Level Attended Workshop - Facing Consumer Reality State Level Toured Med-Com Credit Union Received 11 Med Com Credit Union Teen Saving Listened to over 200 hours of Clark Howard (WSB Radio /Consumer Advocate) Newsletters Attended 4 classes on Consumer Judging Received 50 Clark Howard weekly newsletters Main Project: Sharing and Helping Taught 5 students how to use digital camera Shared eBay demonstration - 24 Cloverleafs Shared eBay basics - State Officer Training Taught and assisted 4 adults in use of eBay-40 hours Shared Sunscreen Wipes (new product) – 100 people Shared eBay demonstration to PCHS five administrators Shared 4-H Consumer Project with Cathy Cox, Secretary of Mowed grass in the summer- 10 times at a saving to my mom of about \$30 per week **Ctate** Made Display Board & shared "Five Health Benefits of ared eBay demonstration with Paulding County Board of Jucation Tech Staff Laughter" - Legacy Assisted Living Resident 30 people Began teaching one adult how to use MS Word Taught one adult use of PowerPoint Shared "Get the Point" (Buckle Up Safety) 365 students Taught and assisted 4 adults in use of eBay-40 hours Taught 6 adults how to use simple digital editing Taught one of my teachers how to make a good poster Shared "Five Health Benefits of Laughter" PCHS - 250 Made bulletin Board & exhibited Healthy Choices - PCHS students

Made 25 Posters for Red Ribbon Week

Helped to shampoo carpet-saving time and money for mom Took down all decorations, boxed and organized containers in the basement-8 hours

Designed & Exhibited "101 Investing Tips" with 75 credit union members

Planned, Organized & Participated in Two Seat Belt Safety check /Paulding County High

Seat Belt Safety Display Fall Forum - 750 people Shared eBay demonstration with 90 students at Robert Elementary School - Science Fair

Designed & distributed Bicycle Helmet pamphlet – 25 children and their parents

Lockers Room - 150 athletes

Assisted with house cleaning on weekly basis

Took charge of putting up Christmas decorations 6 hours Submitted eBay Article to Teen Consumer Magazine - CU SUCCEED

Designed and Exhibited "Seat Belt Safety Display Paulding County High School 1000 students

Designed 3-D "Lights on Display" for Teen Driving Safety at Paulding County High School

Made bulletin board and exhibited Seat Belt Safety Information (main school bulletin board – 2000 viewers)

Designed & distributed Bicycle Safety pamphlet - 25 children and their parents

Exhibited 20 mini-posters on Sun Screen at Paulding County High School – 2000 students

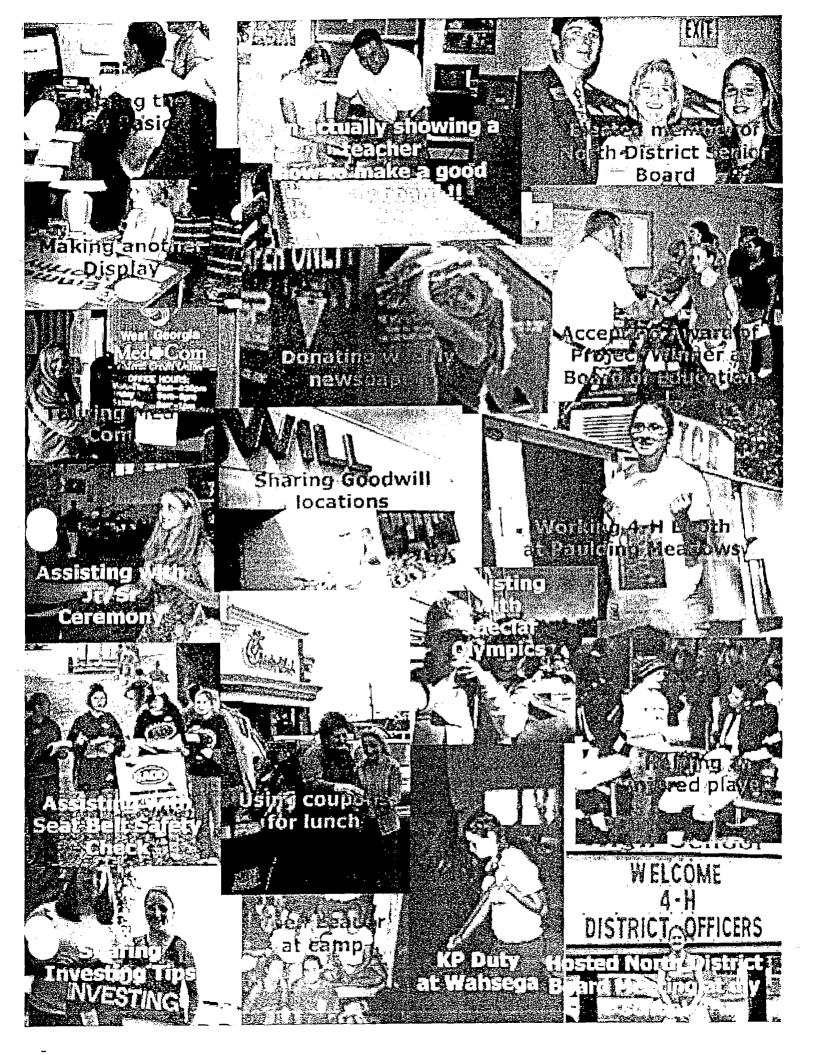
Main Project Work - Awards

1 <sup>st</sup> Place Consumer Education CPA
Cotton Boll Speech Contest – National Fair, Perry, 2 <sup>nd</sup>
ce
tton Boll Speech – 2 <sup>nd</sup> Place NW District

3<sup>rd</sup> Place Consumer Education – NW District Paulding County Cotton Boll/Consumer Jamboree Judging Team – 2<sup>nd</sup> Place NW District Recognized at Paulding County Board of Education Meeting - Consumer Education Winner

Leadership- County	
President Paulding 4-H County Council	Led singing and pledge - 4-H Officer Training
** lped instruct 30 new Cloverleaf Vice Presidents at	Display Board – Join 4-H – EP High School Activities Fair
icer Training	Assisted with Portfolio Workshop
-H is more than you imagined" 2 times / PCHS Open	Teen Leader - Douglasville Awards Trips (Cluster)
House & Jones Middle Open House 1000 people	Teen Leader – Cloverleaf Camp
"Looking at 4-H" Display/Fall Festival— Nebo Elem.School	Presided Over County Cloverleaf Officer Training
Planned and Assisted with County 4-H Awards	Teen Leader @ Sun Valley Trip – 4-H Day Camp
Display Board – National 4-H Week – PCHS 500 people	Planned and implemented Cloverleaf Lock In
Assisted with 100 <sup>th</sup> Anniversary Open House Celebration	Presented 100 <sup>th</sup> Anniversary of 4-H to Paulding County
Teen Leader – Douglasville 4-H Center (Cluster)	Commissioners
	- District Level
Introduced speaker at NW District Officer Training	Introduced Guests at Fall Forum Assembly
Assisted Cloverleaf Area DPA – painted approx 50 faces	Assisted Cloverleaf Area DPA –Presented 1st place Trophies
Assisted Cloverleaf Area DPA – painted approx 30 faces Assisted Cloverleaf Area DPA –Led Songs	NW District Senior Board Member
Assisted Cloverlear Area DFA -Led Soligs Attended two NW District Planning Meetings	Attended class on involving others in 4-H
	Attended class on involving others in 4-11 Attended class on participating in DPA
Attended class on Public Speaking	Hosted NW District Officer Planning Meeting @ my school
Attended class on Making Campaign Speeches	
	Ship - State
Delegate – State Wide SADD Convention in Columbus	Delegate 4-H Fall Forum
Attended 4-H State Office Training	Page at Georgia General Assembly
Attended Senior Leadership Camp at Wahsega	Taught Line Dancing - Senior Camp
Attended 4-H Day at the Capitol	Delegate to State Council
Participated in Talent Show – Senior Camp	Taught Dances - Senior Camp
Group Leader for Day Camp children @ Senior Camp	Taught Crafts - Day Camp Children @ Senior Camp
Competed for National Conference	
	mity Service
sisted one student at Special Olympics	Volunteered as Usher – Alliance Theatre
sisted with Making Bird House – 4-H Summer Program	Planned & participated in Christmas Party for residents at
Assisted Legally Blind Adult with Closet	Legacy Assisted Living
Organization/10hrs	Painted Faces @ Special Olympic Day
Planned & participated in 4-H County Dance	Drove Legally Blind Adult -40 hours
Assisted Legally Blind Adult with Typing – 6 hours	Help to distribute luminaries during R4L Opening Ceremony
Member of the Hardy Party R4L Team(Hardy Chevrolet and	
Family Ford) 30 hours	Special Olympics – In charge of one student throughout day
Exhibit – National 4-H Week – 1000 students	Grade Chairman – Pennies for Paulding
Participated "Samaritan's Purse" - Christmas Donations	Manager – PCHS Football Team 175 hours practice
Franklin Graham Ministries	Painted Faces @Special Olympics
Chairman Student R4L Team	Student Council Member PCHS
Gave Motivational Speech RFL Kickoff Banquet/500	Camp Ministries Donations – personal items
people	Donated weekly newspaper to Lion's club paper Drive
Assisted with counting monies for County Relay for Life	Videotaped 10 PCHS Varsity Football games
Videotaped 10 PCHS Varsity Football games	Assisted with Community Halloween Festival
Assisted with Community Halloween Festival	
A	wards
Recognized – Paulding County High School "Patriot	Recognized - Paulding County Board of Education for 4-H
Jpdate" as Outstanding 4-Her	Leadership
Georgia National Fair – Public Speaking – 8 <sup>th</sup> Place	Recognized in Local News paper (Dallas New Era) 8 times for
North Georgia Fair – lst Place Winner – Original Picture,	4-H Work
North Georgia Fair – 3 <sup>rd</sup> Place - Mixed Media	North Georgia Fair Fair-2 <sup>nd</sup> Place Winner -Original Picture
rth Georgia Fair – 3 <sup>rd</sup> Place – Ceramics	North Georgia Fair Fair – 2 <sup>nd</sup> Place – Original Picture - chalk
	Other
rember Student Government Association PCHS	
	Member, 1st Baptist Church
Member of the Art Club	Member PCHS Wrestling Team
President Freshman Class – PCHS (Jan-May)	Assisted PCHS Jr/Sr Candle Lighting Ceremony
SADD Club (Students Against Destructive Decision) V.Pres.	Assisted with Awards for PCHS students with all A's





Dear Project Judge,

Every morning I wake up at five o'clock and hear a chorus of moos. The calves are calling, and it is my pleasure to wait on them. I have been around calves almost all my life, and I enjoy taking care of them. My sister started a dairy calf raising business when I was in third grade, and I adored helping her feed and water them. I recently started a dairy calf business of my own, and I raise dairy calves for a nearby farmer. Dairy has been my life, so when I began 4-H, I joined the Dairy Quiz Bowl and Dairy Judging teams. I have continued to compete in both these contests. 4-H has taught me so much about dairy cows and the dairy industry that I wanted to share my knowledge with others. I have helped at our local Fall Festival and talked to children and adults about the dairy industry. I also allowed people to come and touch my calf at shows and answer any questions they might have. Teaching people about dairy will help them to appreciate the dairy industry, and it lets people who have never had the joy of petting a cow stroke one. 4-H led me to dairy calves and I cannot imagine my life without them.

My involvement in 4-H began my first grade year. My sister had shown lambs for three years, and I had taken pleasure in helping her raise them. I decided to show lambs too, and my 4-H career began. For the next three years, all I did was show lambs. However, my third grade year a new dairy program was started. My sister showed a calf that year, and I enjoyed attending her shows. The next year, I got a calf of my own. She was a Jersey, and I fell in love with her big brown eyes. I have continued showing dairy heifers ever since. I became a Cloverleaf in fifth grade. Our class held meetings every month, and I began to realize just how much there was to do in 4-H. I attended my first District Project Achievement and received first place in Poultry and Egg Science. I also started Anna's Eggs, my business where I raise laying hens and sell eggs. Ever since then, I have been actively involved in 4-H.

My 4-H experiences have expanded since fifth grade. I have competed on forestry and poultry judging teams at the District and State levels, and I have competed in and won in my County and District Project Achievement project every year. I was elected 4-H President of my fifth grade class and a Junior 4-H Officer my seventh and eighth grade years. I also attended 4-H Camp and have participated in many community service and leadership opportunities offered in my county. I am now a Senior 4-Her, and there are so many more events and opportunities for me to embrace. I enjoy attending the events, meeting new people from other counties, and just having fun.

4-H has played such an important role in my life. It has taught me leadership and goal-setting skills. It has provided me with so many different opportunities to learn new things, visit different places, and meet many new people. I would not be where I am today if not for 4-H. I owe so much to 4-H because it has truly helped me improve and succeed in "my club, my community, my country, and my world!"

Sincerely,

Anna Savelle

anna C. Dravelle

# Dairy and Milk Science 3,545 Total Activities

#### Main Project Work- 1,283 Activities

- Raised and showed dairy calves and yearling heifers
  - 73 Worked with calves
  - 85 Gave hay and water
  - 115 Fed calf
  - 108 Brushed calf
  - 7 Washed calf
  - 4 Clipped calf
  - 7 Dried calves
  - 107 Cleaned out calf pen
  - 1 Tattooed show calf
- · Raised and managed calves for a dairy farmer
  - 30 Gave scour boluses
  - 102 Fed calves
  - 99 Fixed milk replacer
  - 71 Distributed milk to calves
  - 28 Gave shots
  - 121 Kept records on feed consumption and medication of the calves
  - 225 Washed bottles, nipples, rings, pitchers, whisks, and buckets
  - 20 Gave oral medication
  - 12 Washed hutches
- 10 Raised calves

- 18 Practiced for 4-H Dairy Quiz Bowl Team
- Attended State Dairy Quiz Bowl competitionawarded 1<sup>st</sup> place Junior team
- 13 Practiced for 4-H Dairy Judging Team
- 1 Attended State Dairy Judging Contest-awarded 1<sup>st</sup> place Junior team
- 2 Participated on 4-H Dairy Show Team with a calf and yearling heifer
- 7 Attended regional dairy shows
- 8 Received first place ribbons
- 2 Received second place ribbons
- 1 Received Reserve Champion ribbon
- Participated in the State 4-H Commercial Dairy Heifer Show in Perry- 1<sup>st</sup> place showmanship and 1<sup>st</sup> place weight class
- 1 Participated in the Georgia National Fair Commercial Dairy Show-3<sup>rd</sup> place showmanship and 3<sup>rd</sup> place weight class
- 1 Attended portfolio clinic
- 1 Attended DPA practice clinic
- 2 Read information about rumen development on the internet
- 1 Awarded Reserve Champion Dairy Herdsman Award (county group award)
- 3 Read articles in <u>Hoard's Dairyman</u> about rumen development
- 1 Watched video called <u>From Calf to Heifer:</u> <u>Understanding Rumen Development</u>
- 1 Attended last year's DPA in the Dairy and Milk Science Project
- 1 Won 2004 Northeast Junior DPA in the Dairy and Milk Science Project
- 1 Submitted 2004 portfolio
- 1 Watched a vet apply medicine to a hernia

- l Helped build show box for use at cow shows
- Awarded Merial Grant, a \$1000 grant that awards young entrepreneurs, to buy 6 hutches

#### Main Project Sharing and Helping- 342 Activities

- 4 Taught friends how to take care of calves
- 3 Explained some aspects of rumen development to friends
- 300 Educated attendees at Fall Festival about the dairy and beef industries
- 7 Helped educate people about dairy cows and the dairy industry at Gwinnett County Fair
- 4 Helped fellow classmates learn more about the aspects of raising and showing a dairy calf
  - Helped educate people about dairy cows and the dairy industry at the Georgia National Fair
- Assisted vet with applying medicine when treating a hernia
- 1 Provided a sibling with information about rumen development and the different stomachs for a school project
- 1 Loaned rumen models to Governor's Honors program class
- Assisted as a teen leader at Milkmake, a county 4-H food contest
- 15 Quizzed 4-H'ers on dairy quiz bowl questions
- 3 Showed calves for fellow dairy exhibitors

#### Second Project-Poultry and Egg Science Main Project Work- 1,272 Activities

- Raised and managed a small flock of chickens
  - 354 Fed chickens
  - 354 Picked up eggs
  - 3 Cleaned out chicken house
  - 9 Cleaned out nest boxes
  - 22 Gave ovster shells
  - 1 Purchased chickens
  - 24 Sold eggs
  - 356 Washed eggs
  - 32 Gave scratch feed
  - 23 Packed eggs
  - 6 Stamped eggs
  - 42 Clipped chicken beaks to prevent pecking
- 1 Researched facts about raising chickens
- 20 Checked on eggs and water in incubator
- 1 Built my own candler
- 24 Candled incubated eggs during Basic Agriculture class to determine fertility of eggs

#### Main Project Sharing and Helping- 11 Activities

- 3 Dyed eggs during agriculture class to produce colored chicks to assist the class in studying feather growth
- 1 Donated eggs to Oconee County High School FFA
- 1 Donated eggs to Oconee County 4-H
- 4 Educated classmates and teacher about raising and hatching chickens
- 1 Advised teacher about breeds to acquire for the Basic Agriculture class at Oconee County High School

1 Donated eggs and a chicken to the Morgan County High School Agriscience class

#### Leadership Activities- 77 Activities

- 4 Assisted 4-H'ers with DPA demonstration
- 1 Elected song leader in school 4-H club
- 4 Led 4-Her's in song at 4-H club meetings
- 1 Helped 4-H'er with running for officer
- Taught the Parliamentarian class at Officer's Training for 5<sup>th</sup> graders (4-H)
- Led part of the Assembly at Officer's Training (4-H)
- 1 Teen leader at Cloverleaf Camp sign-up (4-H)
- 1 Teen leader at card-making for Magnolia Estates Nursing Home (4-H)
- 1 Judged at Cloverleaf CPA (4-H)
- 4 Attended leadership classes on running meetings, setting goals, and writing thank you notes (4-H)
- Served refreshments and handed out bulletins for
   4-H Sunday at Milledge Avenue Baptist Church
- 3 Recruited and encouraged classmates to participate in 4-H activity (4-H)
- 1 Judged County CPA (4-H)
- 45 Assisted with church service
- 4 Ushered during church service
- 1 Voting Delegate at the State FFA Convention
- 1 President of school FFA Chapter
- 1 Led FFA Awards Program for the Middle School FFA Program
- Educated children and adults about different ornamental plants at 3<sup>rd</sup> Grade Ag Day

#### Community Service/Citizenship Activities- 451 Activities

- 1 Made goodie bags for firemen for 4-H week (4-H)
- Delivered goodie bags to firemen for 4-H week (4-H)
- 55 Collected pop-tops for the Ronald McDonald House (4-H)
- 7 Made garlands for Magnolia Estates Nursing Home residents
- 1 Assisted with clothes sorting for clothes closet (4-H)
- 1 Helped with Fall Festival livestock exhibit (4-H)
- 3 Helped serve at the Cattleman's Association dinner (4-H)
- 1 Helped serve at the Oconee RC&D banquet (4-H)
- 1 Participated in fish population survey (4-H)
- 1 Participated in the Cystic Fibrosis Fun-a-thon, a local event to collect money for cystic fibrosis research (4-H)
- 1 Helped write article for FFA supplement
- 1 Participated in road clean-up for FFA
- 2 Played flute at church
- 1 Helped fill food orders and sort clothes at ACTS, a local food and clothes closet
- 1 Weeded school's flower bed and planted flowers
- 15 Donated cans for school food drive
- 340 Recycled at home
- 3 Fed animals for friends
- 11 Donated money to the church

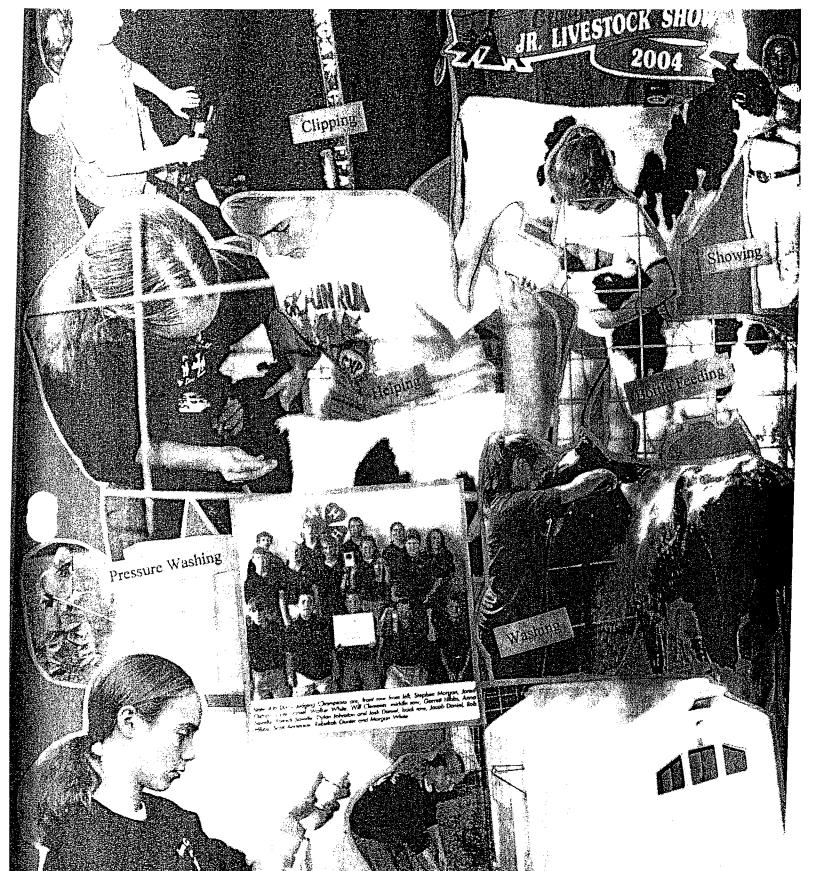
- Participated in the "Angel Tree" project for giving gifts to children
- 1 Donated hair to Locks of Love, an organization that makes wigs for people who have lost their hair
- 1 Sang for the Interfaith Hospitality Network Music Festival
- 1 Volunteered at the Chamber of Commerce Booth at the Fall Festival

#### Other 4-H Activities- 30 Activities

- 1 Attended 4-H day at UGA Gymnastics
- 6 Attended school 4-H club meetings
- 1 Attended 4-H awards program- received Gold Superlative Award for outstanding 4-H participation
- 1 Participated in 4-H Chick-Fil-A Night
- 1 Attended 4-H State Council
- 10 Practiced for the 4-H Livestock Judging Team
- 1 Competed in State 4-H Livestock Judging Contest (Junior Team)
- 1 Attended 4-H Junior Camp at Jekyll Island
- 3 Practiced for the 4-H Forestry Judging Team
- 1 Participated in Livestock Show Team cookout
- 1 Attended the 4-H Centennial Celebration at local 4-H office
- 1 Attended the Welcome to Senior 4-H Party at local 4-H office
- 1 Attended Junior Rally at Rock Eagle
- 1 Attended 4-H Tailgate Party at OCHS Football game

#### Other Activities- 79 Activities

- 13 Took flute lessons
- 1 Member of church youth choir
- 1 Competed in FFA Creed and FFA Quiz competitions
- 5 Attended Georgia Junior Cattleman's Association meetings
- 23 Attended FFA meetings
- 3 Participated on FFA Natural Resources team
- Competed in the Natural Resources Contestawarded 2<sup>nd</sup> in Tree Identification
- 10 Attended Fellowship of Christian Athletes (FCA) meetings
- 1 Competed in FFA Dendrology Contest in Perry
- 1 Awarded First High Individual in the FFA Dendrology Contest in Perry
- 1 Attended FFA Greenhand Jamboree
- 1 On the Straight A Honor Roll every year as a member of Oconee County Middle School
- 1 Member of the church youth group
- 1 Participated in FFA fruit sale
- 1 Member of church Terce ensemble
- 1 Participated in the OCMS Symphonic Band
- 7 Received school academic awards
- I Joined Interact, a community service organization
- 5 Participated on the FFA Nursery/Landscape FFA
- Awarded First place Individual in the FFA Junior Nursery/Landscape CDE



Measuring Vaccine

n (

Giving Mill



January 2, 2005

Senior Project Competition State 4-H Office University of Georgia Athens, Georgia 30602

Dear Project Judge:

Please accept this portfolio as my official entry in the Dairy foods category. This category gave me the opportunity to expand my cooking abilities. Dairy products are a very important part of our daily dietary needs. My demonstration will show the important relationships that dairy foods have to good health. In choosing this category my cooking talents have improved beyond cooking your basic chocolate chip cookies or basic cake mixes to a more complex recipe. I can now read a recipe, understanding the measurements and the importance of following directions in the proper order, plus safe food preparations.

I have a new-found hobby of collecting recipes and cookbooks from different sources. I love to read recipes in magazines. Since hearing of my project area, members of my family have donated old recipes and cookbooks that have been in their kitchen for years.

Since joining 4-H five years ago, I have met so many new people and made friendships that will last a lifetime. I have more self confidence and have improved my speaking skills, through my 4-H activities. The 4-H club is like an extended family, which we will all grow within.

Thank you so much for taking your time to read my portfolio. I hope that you will gain a better understanding of the importance of dairy foods in your daily life.

Sincerely,

(Maggie)

Margaret Elizabeth Johnson

**Bulloch County 4-H** 

# **DATRY FOODS - DPA**

# DAIRY FOODS PORJECT AREA

- \*Studied basic nutrients
- \*Studied relationships to good health
- \*Selected nutritious meals
- \*Prepared nutritious meals
- \*Learned safety of food preparation
- \*Learned proper food storage
- \*Assessed the bodily need of nutrition
- \*Learned food versus health problems

#### STUDIES IN NUTRITION AND WELLNESS CLASS

- \*Nutrients
- \*Food guides
- \*Food safety
- \*Recipes
- \*Kitchen Utensils
- \*Vegetables
- \*Fruits
- \*Grains
- \*Milk and Dairy
- \*Eggs
- \*Baking

#### WORKSHOP, TOURS, AND INTERVIEWS

- \*Shadowed East Georgia Regional Hospital Dietitician
- \*Interviewed High School Nutrition teacher
- \*Toured Walmart Deli
- \*Class on child nutrition at County Extension Service

#### **BOOKS AND PAMPHLETS READ**

- \*Consulted school nutrition book-Food For Today
- \*Cookbook reference source
- \*Researched different magazines for recipes

## MAIN PROJECT SHARING AND HELPING

- \*Assist with Wednesday's youth prayer breakfast
- \*Cooked and Served 4-H DPA workshop snacks
- \*Prepared healthy snacks for Girl Scout Brownie Troop
- \*Assisted handicap children with making and eating their snacks at camp
- \*Prepared and served meals at Girl Scout Camp
- \*Prepared meals for elderly lady in community

#### **DEMONSTRATIONS OR EXHIBITS**

- \*Demonstrated on how to make healthy snacks at 4-H club meeting
- \*Demonstrated and fixed healthy snack for Brownies

#### **COMMITTEES SERVED ON**

- \*4-H Club Food committee
- \*4-H Community Service Committee

#### TEEN LEADER ACTIVITES

- \*Teen Leader 1
- \*Teen Leader at Wild Adventures for Cloverleafs
- \*Teen Leader at Summer Camp for Cloverleafs
- \*Teen Leader for Cloverleaf DPA
- \*Teen Leader for Cloverleaf CPA-Bulloch County

#### **ASSISTING FELLOW 4-HER'S**

- \*Judged horse division at cloverleaf DPA
- \*Assited in Cloverleaf Babysitting workshop
- \*Attended Cloverleaf DPA
- \*Assisited in Cloverleaf 4-H Fun Day
- \*Assisted 5th grade 4-Hers with officer training
- \*Assisted Junior 4-Hers with portfolio
- \*Counseled Cloverleaf 4-Hers in choosing cooking for DPA project
- \*Made photos at Cloverleaf CPA (Bulloch County)

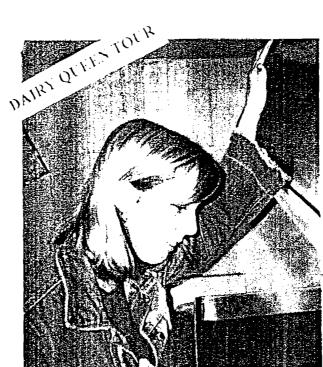
#### OTHER COMMUNITY SERVICE & CITIZENSHIP ACTIVITIES

- \*Collected can food for animal shelter-(4-H)
- \*Youth Volunteer at East Georgia Regional Hospital- every week
- \*Receipant of 50 Hour Youth Volunteer Hospital Award
- \*Brooklet Elementary Fall Festival (Key-club)
- \*Trick or Treat for UNICEF(Key-club)
- \*Stilson Elementary Fall festival (Key -club)
- \*Operation Christmas Child (Y-club)
- \*Assisted Academic Booster Recruitment-(Girl Scout)
- \*Nevils Elementary School Christmas party (Key-club)
- \*Assisted with Key Club Kiwanis Fair Pancake House (Key-club)
- \*Visited Sun-Bridge nursing home residents(Girl Scout)
- \*Prepared and delivered chili supper for Youth group fund raiser(Church)
- \*Prepared and delivered Spagetti supper for Youth group fund raiser(Church)
- \*Helping Hands(assist elderly with home projects)(Church)
- \*Collected personal hygiene items for Second Chance Home(4-H)
- \*Collected food coupons for Military Service families(Girl Scout)
- \*Helped serve meals at the homeless shelter(Church)

#### **OTHER ACTIVITIES**

- \*Demonstrated in 2004 DPA- Arts&Crafts
- \*Attended monthly 4-H meetings
- \*Attended 4-H award ceremony
- \*Key Club member
- \*Y-Club member
- \*Active member of Brooklet United Methodist Church Youth group
- \*Girl Scout member 9 years
- \*Girl Scout Leader- in -Training
- \*Co-leader of Brownie Troop 395
- \*Currently working on Girl Scout Gold Award







YOUTH CHURCH BREAKFAS















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Dear Project Judge,

Please accept this as my official entry into the Dog Care and Training Project. My name is Adam McDonald. I am an 18 year old senior at Upson-Lee High School in Thomaston, Georgia. I have lived in Thomaston all my life and have come to love the town and its people. Though small town life isn't always exciting, it's the life for me.

I have been involved in 4-H for 7 years and have had many accomplishments in that time. I have held the offices of president and reporter at the local club level and was elected by my peers to be a board member on the West District Junior Board of Directors five years ago. I have competed in DPA 6 times in my 4-H career. I have competed in the Dog Care and Training Project 5 times and Physical, Biological, and Earth Sciences once. I have finished 1<sup>st</sup> twice and 2<sup>nd</sup> twice.

As a 4-Her, I have been given many opportunities to be involved in life changing experiences. As I mentioned earlier, I was Junior Board Officer at one time. This was one of the defining moments of my 4-H career. It has taught me life lessons that will stay with me throughout my life. Among these are good character, teamwork, responsibility, and many other qualities. As a board member I was a part of a team that relied on me to assist them in "Making the Best Better". Without each member, the team was a chain with a broken link. At the end of my term, I had come away from an experience that will play a huge part in how I conduct myself in the future.

As a senior 4-Her, I have began to look at some of the other experiences that have had an impact on my life. Another one of those defining moments came 2 summers ago when I was approached with a chance to be a teen leader at Cloverleaf Camp. It wasn't the first time I had attended camp as a teen leader, but that year was set apart from the rest. This particular summer I was given the task of assisting a disabled camper for a week. I was reluctant at first because in former years, camp had been more of a vacation than a job, but I accepted the challenge anyways. As the week went by, I saw life through the eyes of someone that I thought had a life that was to be pitied, but as I watched the camper's everyday life, I saw that he didn't let his disabilities stop him from enjoying his life. For the first time, I truly understood that life isn't always about athletic abilities and things of that nature. I saw that life was all about enjoying what you have and living it to the fullest. Without the influence of 4-H in my life, I may have never been given an opportunity to learn such a valuable life lesson.

As a senior in high school, my future is right in front of me. Lately I have been looking at my college possibilities. At this point, I am hoping to start off at the University of Georgia. I haven't decided what I want to major in, but it's just been a goal of mine to go to the place that finances the club that has done so much for me. After I go to UGA, I hope to transfer to a military academy where I can prepare to serve my country. I have already started "training" by enrolling in the Upson-Lee High NJROTC program. I have been a cadet for 4 years and now hold the rank of Cadet Lieutenant Commander. By spending time in the ROTC, I hope to enter the service with a better understanding of the type of life I will be living. Along with this and my 4-H background, I hope to build myself a bright future.

Thank You,

Adam McDonald

don

#### Main Project Work

- Pre-broke (8) dogs by training them to point, back, and retrieve.
- Provided (5) pointers for hunting preserve in Hawkinsville, Georgia.
- Sold (3) pointers and (1) setter to plantation owner in Ft. Valley, Georgia.
- Purchased 1<sup>st</sup> Labrador for the start of new kennel operation.
- Own (4) pointer puppies that will start their training in late February. —
- Gave (4) puppies shots to prevent against worms and dipped them in an anti-tick and flea bath.
- Own pointer used for breeding purposes only.
- Brought in \$1000 through breeder's fees.
- Attended (3) major field trials throughout the southeast.
- Sold (11) dogs at an average price of \$500 per dog.
- Spend \$880 on food for dogs.
- Amassed \$2400 through arranging purchases of fellow breeders' dogs
- Spent (132) hours training dogs.
- Placed second in dog care and training project at 2004 DPA.

Main Project Sharing and Helping

Took in 3 bird dogs after the owners passing and found homes for them at no charge.

- Watered and fed neighbors dogs for (3) two week periods.
- Assisted grandfather in unloading 88 bags of dog feed.
- Assisted co-worker in finding dog for no fee.
- No impersant ? Handed out pamphlets to hunters to teach them about the history of different bloodlines at two separate events.
- Assisted hunters in finding lost birds in (3) separate hunts.
- Told (3) fellow 4-Hers about dogs and benefits of training.
- Volunteered by feeding and bathing dogs at local animal hospital.
- Took in dog after discovering it was being abused by previous owner.
- Assisted co-worker in teaching dog basic commands such as sit and stay.

## Other Leadership and Teen Leadership Activities

- Serve as local level club president.
- Have led (3) Senior 4-Her meetings.
- Served on Senior 4-H Program Committee.
- Advised fellow 4-Her on how to improve their portfolio.
- Help teach basic skills to kids at church basketball program, UPWARDS.
- Referee for UPWARDS program.
- Supervised project in which the youth of our church installed vinyl siding on side of fellowship hall and back of church.
- Served on 4-H float committee.
- Vice President of church Youth Committee.
- Directed group in remodeling senior citizens area of church.
- Produced and presented slide show for 2004 Upson County 4-H Awards. Assisted in setting up and coordinating community wide wild game cookout.

#### Other Community Service and Citizenship Activities

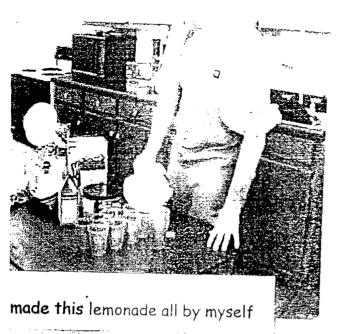
- Prepared care packages for nursing home residents.
- Decorated nursing home residents doors for Christmas.
- Provided products for nursing home goody bags.
- Crafted Thanksgiving Cards to be sent to nursing home residents.
- Participated in (3) sessions of the Adopt-A-Grandparent Program.
- Contributed to the local Empty Stocking Fund by adopting (7) local needy families through the National Honor Society.
- Personally distributed donated items along with fellow members.
- Participated in (3) sessions of the Adopt-A-Grandparent Program.
- Donated used computer to local internet provider to be repaired/upgraded and given to underprivileged families.
- Contributed (3) jackets to local coat drive.

# ROC

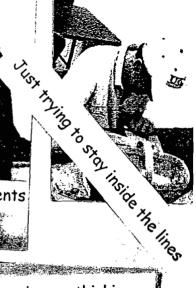
#### Other Activities

- Attended West District Senior DPA.
- Member of Upson-Lee Chapter of the FFA, National Honor Society, Beta Club, Fellowship of Christian Athletes, and Y-Club.
- Senior member of Upson-Lee Tennis Team (10 meets, 2 tournaments)
- Participant at State 4-H Council.
- Have worked at Chili's Thomaston for (7) months.
- Employee of the month for September.
- Present at (4) County Meetings.
- Received (3) awards at Upson County 4-H Awards Banquet.
- Member of Silvertown Baptist Church.
- Play church league volleyball (15 meets, 45 games), softball (16 games), and basketball (13 games).
- Participated in Senior 4-Her bowling night and Starcadia trip.
- Helped to design and construct 4-H Homecoming Float.
- Attended (4) DPA Projects.
- Member of NJROTC at Upson-Lee High School.
- Company Commander of Bravo Company.
- Attended NJROTC Honors Program, Annual Inspection, and Military Ball.
- Member of ULHS NJROTC Rifle Team.
- Active in school's honors program for students who excel in academics.
- Take classes at GORDON COLLEGE as part of Georgia's post-secondary option.
- Member of Upson-Lee FFA Land Judging team.
- Sixth overall at Area III FFA Land Judging Contest.
- Attended FFA Summer Camp.
- Attended National FFA Convention in Louisville, Ky.
- Attended State FFA Convention at the University of Georgia.
- Participated in (4) FFA Forestry Competitions, Area III Forestry Competitions, and State Forestry Competition.
  - Placed second in Insects and Diseases Identification category at State Forestry Competition at State Headquarters of the Georgia Forestry Commission.

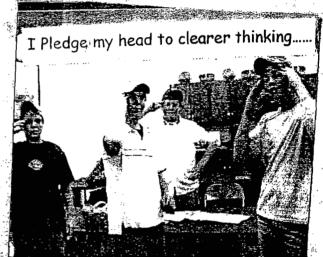














# Lee tennis teams honored

Lwinners for the 2003-04 Upson-Lee tennis team are pictured above (front row I-r); Ansley F for Award and Varsity Letter; Mallorie Edenfield - Captain Award and Varsity Letter; Amy Blc Award, MVP and Varsity Letter; Kristen Mills - MVP; Heather Kinsual - Varsity Letter; Tiffany ' Letter: Back row (I-r) Terrez Jackson - Participation Award; Adam McDonald - Varsity L

Senior Project Competition State 4-H Office University of Georgia Athens, GA 30602-4356

#### Dear Project Judge:

Please accept this portfolio as my official entry into the Flowers, Shrubs, and Lawns project. I have been in 4-H since I was six years old. I started showing hogs as my first activity and then in the fifth grade began project work with Flowers, Shrubs, and Lawns. This has been my favorite project because my family and I love working in our three acre yard. We have more than 500 varieties of daylilies and many other flowers and shrubs planted around our home. I also have a part-time job in landscaping where I care for the lawn and flower beds at a local business. This gives me an opportunity to apply the knowledge gained in my project. Furthermore, as an active member of the Valdosta and Georgia Hemerocallis Society, I have many chances to share and learn from people throughout the state. I have shown flowers in the Valdosta Daylily Show for the past ten years.

I am 18 years old and a home school 4-H'er. I completed the GED this past August. Coming from a family of 4-H alumni where my grandmother, mother, aunt, and uncle are master 4-H'ers, I have seen the difference that 4-H makes in people. I know that I am personally more outspoken because of my involvement in the 4-H program. I especially like the opportunity to help others and have always believed that the more you give of yourself the more you receive in friends and relationships. 4-H is the perfect place to meet people and learn at the same time. I am sure that the skills I have developed through 4-H participation such as leading project clubs and holding offices will continue to help me as I enter vocational training and the business world. I plan to pursue a career in architecture beginning with drafting and design classes at Valdosta Technical Institute. I also know I will be a better citizen because I am a 4-H'er. 4-H is an organization that positively influences every area of my daily life by reminding me to always make the best just a little better.

Sincerely,

Wir Fletcher

Kris Fletcher Lowndes County

#### MAIN PROJECT WORK - FLOWERS, SHRUBS, AND LAWNS

#### Project Work

Lawn Maintenance - part time jobs

Bishop Clean Care; mowed 40 times

Home/neighbor's lawns; mowed 40 times

Raked, edged, cleaned up debris 20 times

Put out fertilizer/weed control 2 times yearly

Designed and transplanted flowers into 2 new beds

Cut back 4 grapevines in the winter to promote spring growth

Hybridized 50 daylilies in home garden

Prepared daylily exhibit for Colonial Mall 4-H promotion, Valdosta Daylily Show, and Health Fair

Studied the type of grass used on baseball fields/golf courses Gathered seeds from daylilies and Mexican sunflowers for spring planting

Built greenhouse for care of plants during the cold season Fertilized daylilies twice yearly with 10-10-10

Earned summer camp points by cleaning yards for church members; raked, picked up limbs, weeded flower beds, cut shrubs - 4 yards

Prepared Bishop Clean Care yards for annual convention Mowed, edged, raked, strawed beds, planted blooming flowers

Entered 3 daylilies in the Youth Division of the 56th Valdosta Daylily Show

Participated in Extreme Makeover of area residence
Placed grass sod in yard, put straw around flowers, planted
shrubs, filled holes in backyard with dirt
ivided 100 daylily plants for fall transplanting season
ept weeds out of home flower beds by weeding and muching

#### Learning Experiences

Member of Georgia and Valdosta Daylily Club
Attend meetings and show flowers in annual events
Attended seminar on Polytepals at club meeting
Studied the correct placement of flowers and shrubs in a yard
Learned the components of mushroom compost and its use
Studied photosynthesis and respiration processes
Learned when to prune shrubs
Learned how baseball fields are cut to create a pattern/design
Studied temperate, tropical, and arid plant growth zones
Participated in a workshop to groom daylilies for the show
Learned how to root camellias, coleus, and hydrangeas

#### Interviews

Beb Megow, owner, Hahira Nursery
Tim Bell, national hybridizer, Bell's Daylily Farm
Ed McKenzie, local daylily growers
Jimmy Carson, specialist in golf course lawns
Hunter Royal, landscaping architect
J.D. Drew, outfielder, Atlanta Braves
Dave Talbot, international hybridizer, Florida

#### Tozrs

belt Agricultural Exposition, Moultrie ,vey Farm wickenzie's Daylily Farm Season's Garden Center, Valdosta Bell's Daylily Farm, Sylvester
Georgia Development Authority, Atlanta
Stone Creek Golf Course

#### Books, Magazines, Pamphlets, Internet Sites

The Georgia Daylily
The American Horticultural Magazine
The Daylily Journal
Weekend Gardner
Daylily Culture
Step By Step Landscaping
www.daylilies.com
www.ahs.com
www.horticopia.com

#### Teaching, Helping, and Sharing

Shared planting tips and pamphlets with 200 children/youth at Lowndes County Health Fair

Taught 8 youth at summer Day Camp how to root coleus

Taught 250 youth and adults at Moody AFB Kids Fest how to
transplant flowers and plant seeds

Donated 10 daylily plants to Extreme Makeover of home Planted 6 pots of border grass for Extension staff project Helped with floral decorations for 2 weddings Helped with set-up and clean-up of Valdosta Daylily Show Set up educational display on 3 different occasions Taught 5 adults how to recognize rust on daylilies Helped clean yards for grandmother after two storms Donated 25 Daylily Culture pamphlets for adult information Helped daylily club gather and prepare 100 plants for auction Co-led 70 5th graders on tours and classes at Ag Awareness Day

Prepared an interactive display for 4-H promotion on transplanting daylilies

Helped fill 500 vases for display of daylilies at annual show Donated 100 blooming plants for adults and kids to transplant and take home

Taught 7 children at Precious Hands Day Care how to root Wandering Jew; supplied containers, soil, and plants Secured 100 vegetable plants for donation at Kids Fest 4-H promotion

Helped select plants and shrubs for pastor's wife's new flower bed

Shared 3 palm plants and 8 shrubs with neighbor for their yard Helped pastor clean yards in preparation for home wedding Cleaned out bed where shrimp plant grows and gave 10 plants to neighbor

#### Honors

First place and State Congress Trip - District Project Achievement

Won Medallion at DPA and Project Pin at Awards Banquet First place "Large Bloom" Youth at Valdosta Daylily Show Awarded certificate and gift for educational display







#### **LEADERSHIP AND GITIZENSHIP ACTIVITIES**

#### Leaderskip and Teen Leaderskip

•Lowndes County 4-H Council

Parliamentarian - 2003-2004

Attended 7 out of 9 meetings

Gave reports at 5 meetings

Helped with set-up and clean-up at each meeting

\*Lowndes 4-H Awards Banquet

Helped with set up, decorations, and clean-up

In charge of lighting during the program

•Teen Leader Activities

Moody Air Force Base Kids' Fest

Set up tables and talked with more than 200 people in

4-H Booth promoting 4-H

Donated flowers for planting activity

Methodist Girls' Home

Organized games for 8 girls

Helped with craft activity and refreshments

Agriculture Awareness Day

Educated 70 5th graders on 4-H opportunities

Helped with crowd control during presentations

Lowndes County Health Fair

Set up 4-H display and talked with more than 200 people about opportunities in 4-H

Extreme Home Makeover for Ferrier Family

Participated in landscaping and clean up activities

Painted baseboards and window molding, cleaned windows

Unpacked furniture, assembled beds, placed furnishings in home

Colonial Mall "100 Years of 4-H" Promotion

Set up display to show variety of 4-H projects

Talked with more 50 people as they visited the booth

Other Leadership Activities

Each week work as a Children's Church volunteer helping with games and activities; work with the sound board for all the microphones

Coach Men's Softball Team

Led  $\underline{7}$  practices and  $\underline{12}$  games with  $\underline{4}$  playoffs

Play left field and lead-off batter on team

Project Club Activities

Held 5 meetings for 6 members of Teen Skateboarding Club

Taught classes on safety and improving skills

Built 4 ramps and 3 rails for skaters

Toured 5 skate parks in Georgia and Florida

Visited with County Manager about progress on local park Set up home-based business to sell skateboarding supplies

•Volunteer Leaders Recognition Banquet

Participated in program of volunteers

Helped set up, decorate, and clean up

•Provide Personal health care 2 nights/week for elderly

Help dress for bed and spend the night

#### Gitizenship Activities

Helped family move furnishings out of fire damaged home Made Valentine cards for 32 Fellowship Nursing Home patients Gathered 4 items to donate to Easter baskets

Helped make 20 Easter baskets for hospital pediatric unit

Donated 4 stuffed animals to Child Advocacy Center

Helped make decorations and set up for 200 at church luau Collected 100's of pop tabs for Ronald McDonald House

Donated 2 gifts for young boys on Angel Tree project

•Georgia Sheriffs Boys Ranch

Volunteer 2<sup>nd</sup> and 4<sup>th</sup> Sundays each month

2 hours of games, devotions, and refreshments - 25 boys

Church Food Pantry

Volunteer 2 hours each Thursday; total 100 hours

Stock shelves, pull files, bag groceries, carry food to car

•National 4-H Week

Participated in "Operation Cookie" delivering baked goods to 2 bank sponsors

Wrote 4 thank you notes to local 4-H donors

· Valdosta Daily Times Cooking School

Helped unpacked 20 boxes of recipes and coupons Set up tables and filled them with items to place in bags Helped stuff 1,000 bags for cooking school attendees

American Heart Association

Donated brownies for auction; won blue ribbon

Helped place goods in correct categories

Participated in "Have A Heart" Bakeoff/Auction

Club raised more than \$500 for American Heart Assoc.

Lowndes County Humane Society

Donated towels for "Project Pooch"

Helped with Open House activities

Worked in concession stands for 8 hours

Special Olympics

Spring Program - Set up the Long Jump; helped <u>6</u> groups participate and awarded ribbons to each one

participate and awarded ribbons to each one

Fall Program - Set up bowling racks for wheelchairs; prepared tables for lunch and served food for 100

Olympians

·Valdosta Soup Kitchen

Helped feed more than 100 area residents

Worked 3 days, washing trays and cleaning tables

•National Church Conference

Stuffed 850 envelopes with area information, applied outside

labels, and sealed them for mailing

Church Sunday School

Cleaned mildew off outside of 2 modular buildings

Vacuumed inside, set up tables and chairs

Volunteered 6 hours to set up a database of prospects

·Ashley House

Donated vegetables; 60 residents

2 days making 60 quarts of soup; delivered to 15 residents

#### OTHER 4-H ACTIVITIES

ing delegate at DPA ended 2 DPA workshops, dress rehearsal

Honored at Senior 4-H Graduation Reception Dinner Received recognition of name placed on Senior Wall at Rock Eagle



Sharing at Lowndes Health Fair



Summer Day Camp - rooting Coleus



DPA - 1" Place



Dave Talbot, Hybridizer



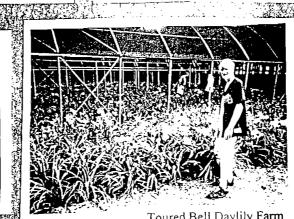
Festival



Transplanted plants at Moody's Kids



Daylily Exhibit - Mall Expo



Toured Bell Daylily Farm ,

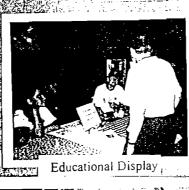


Planting seeds





Part-time job - Lawn Mainenance A STATE OF THE STA



Agricultural Awareness Day

Cleaned/strawed flower bed for local business



Educational Display at Valdosta Daylily Show



Decorations for church wedding



Landscaping at Extreme Home Make-over project



Border grass plants for Extension staff project



Giving soup to Ashley House resident

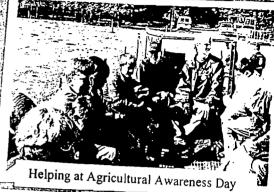




Stuffing recipe bags for Valdosta Daily Times Cooking School



County Council planning session











Soup Kitchen - washing trays





House



Information packages - Church conference



Church Luau set up



Attended senior reception

Dear Project Judge:

Hi! My name is Jessie Moore. I would like to present this portfolio as my official entry into the Food Fare project.

I have chosen the Food Fare project because ever since I was a little girl, I have enjoyed cooking and preparing food. Many of my fondest memories with my grandmother are of helping her prepare supper every night I could. I would help her by cutting out the homemade biscuits with a cookie cutter. The Mexican Lasagna I make for my Food Fare project has become so popular, I'm requested to bring it from everything to family get-togethers to Spanish club covered dish suppers. I made it this year for 2 area programs at the request of the FACS agent in my county. A big project I have enjoyed being a part of is the Smart Kids Fight Bac Pilot. I went into 2 elementary schools last year when the pilot was kicked off and this spring helped with the school who piloted the Smart Kids Fight Bac CD Rom.

This will be my seventh year being a member of the Stephens County 4-H club. Through being in 4-H I have learned a lot about myself as well as about other people. Some of my favorite activities in 4-H include competing at DPA, attending camp, attending state and local activities such as Jr. and Sr. conferences, going on one of the many outings that my county goes on, being a teen leader for day camps and cloverleaf DPA and volunteering with 4-H at various places in my community to help others. One of my favorite 4-H experiences was the first time I attended summer camp as a cloverleaf 4-Her. This was so special because I not only had a great time, but I also met lots of new people. Little did I know this was only the beginning.

4-H is not the only activity that I am involved in at my school. I am a member of the Stephens County High School Anchor club, FCCLA, Beta club, Key club, National Honors society, and swim team. I have been swimming since I was about 5 years old, the year in which I started taking swimming lessons at the Doyle Street Pool. After swimming lessons were over at age 8 I became a member of our local swim team, which I continue in high school. Being a member of the team takes a lot of dedication. I have traveled to an adjoining county on most Thursday mornings for practice (we leave at 5:00 a.m.). I am also a member of the Stephens County High School Marching Indian Band where I play the trumpet. This spring we were invited to perform in the "Lights, Camera, Music" parade at Universal Studios in Orlando, Florida. Also at school, I am secretary and co-founder of the Spanish club.

Aside from school and 4-H, I am a member of St. Mary's Catholic Church and enjoy being a member of our youth group. I also have a part time job at a local sandwich shop where I work after school and on weekends. At my job I have to prepare the sandwiches and also clean equipment as well as practice food safety while at work. I have used most of the skills that I have learned through my project at work.

In the future, my plans are to attend college to pursue a career that I am currently undecided about. I have though selected a couple of colleges that I would like to attend; those are UGA (since I am a die hard Georgia fan) or Young Harris College.

I would describe my skills or talents as very being thorough in that I prepare meals as precisely as possible. Also many people describe me as a nice, talented person with a positive attitude.

u Moore

Sincerely,

Jessie Moore

#### Main Project Work

#### Activities-

-prepared meal for family and friends one night a week for 6 weeks

-prepared Mexican Lasagna for family and friends - 25 times -went grocery shopping for family (help compare prices and nutritional value) average of 30 times

-helped serve lunches at day camp – 3weeks/15 times -copied and binded approx. 80 cookbooks for FCSC agent -helped FCSC agent organize

-helped FCSC agent organize storage closet

-prepared lunches and snacks for 2 children I babysat for – 3 weeks

weeks
-helped prepare snacks at day
camps – 3 weeks/15 times
-helped FCSC agent with health
fair at Emmanuel College
-went to Eastanollee Elementary
kindergarten class for Fight BAC
demonstration

#### Class-

-attended nutrition class at 4-H office
-nutrition study at school
-class preparing for State
Congress
-currently in home economics

class – demonstrations on various foods and cooking terms and safety in the kitchen

#### Tours-

-Ingles (grocery store)

-Quality Foods (grocery store) Toccoa Elementary cafeteria

-Home Economics department at High School

-Dominoes Pizza facilities

-Toccoa Soup Kitchen

-Toccoa Food Bank

-McDonalds of Toccoa facilities

-Brother John's Subs of Toccoa facilities

-Just Right Catering

#### Interviews-

-interviewed Mrs. Dean, FCSC Agent at 4-H office - interviewed Mrs. Wilson, Home economics teacher at high school

Work Experience--work average of 10-15 hours/week -assigned duties -make/prepare sandwiches -wash pans, utensils and dishes -clean equipment/ check for crumbs after we close

#### Research-

research in Southern Living
Magazine
-read 15 nutritional
informational pamphlets on
foods
-compared menus from various
restaurants

-"Getting Into a Food Mood"

#### Survey-

- Surveyed family, friends and classmates - approx. 50 people -Survey results:

-found that most of the people that I surveyed said that they preferred a home cooked meal to a meal at a fast food restaurant -people enjoy other vegetables that potatoes, corn or green beans -most people, when they go out, don't count calories or watch what they eat -more people enjoy steaks better than salads -when hungry most said that they would rather have a candy bar that a piece of fruit

#### Financial Statement-

-printer/copier paper survey-\$2.00

-copies of survey - \$10.00

-approx. \$15.00 each time dish is prepared

-approx. \$50.00 for decorations, pans, dishes and utensils

# Main Project Sharing & Helping Experiences:

#### Sharing-

#### Demonstrations-

-taught food and nutrition classes at summer day camps -class on food safety and Fight BAC at summer day camps -demonstration presented at DPA 2004 -demonstration presented at State Congress 2004 -demonstration of food safety at STAR Events for FCCLA

# County, District, Area presented at-

-Home for the Holidays Expo -35 people -Diabetes Seminar (Tri-county area) -30 people

Preparing Mexican Lasagna-

-prepared dish for Spanish class cultural days - 2 times -prepared dish for Spanish club meetings and after school events - 3 times -prepared dish for demonstration at Emmanuel College - 30 people

-prepared dish for Home for the Holidays fair at Senior Center -35 people

-prepared dish for family and friends - 15 times, served approximately 120 people

#### Helping-

#### Smart Kids Fight Bac Pilot Program-

-served as Sr. 4-H assistant for Mrs. JoEvelyn Dean, FACS Agent in the county-wide Pilot -Collated Pre, Post and Post Post tests for Toccoa Elementary School Smart Kids Fight Bac CD Rom Pilot Project -played CD Rom Fight Bac games with 20 2<sup>nd</sup> grade students -assisted Mrs. Karrie Perrin, School Fight Bac coordinator with end of school wrap-up for Fight BAC Project

#### Other Helping-

-helped Jr. and Sr. 4-H'ers in foods projects
-practiced with 4-H'ers in Jr.
Festive Foods, Pizza, Better
Breakfast and Sr. Foods Fast and
Healthy - 2 times
-helped plan meal for annual
banquet by being on food
committee for 4-H awards
banquet - 250 people

#### Other 4-H Leadership & Teen Leadership Activities:

#### Officer-

-currently serve as county president of senior 4-H club

#### Committee--member of planning committee -banquet committee -Clover Times newspaper committee -dance committee Teen Leader--cloverleaf camp at Rock Eagle -classes -pool time -dances -night activities -in cabin -on bus ride to and from -distributed camp tshirts -summer 4-H day camp -etiquette class -Dominoes Pizza -Farm Tour -Fire department -Police department -Dahlonega gold mining -The Fun Factory in Franklin, N.C. -wet games -canoeing and nature hike -Leon Gathney's nature museum -movie theatre in Seneca, S.C. -Stump House tunnel -helped with crafts · -made sure sunscreen was applied -lifeguard at Shorewood pool for summer day camps -helped Junior 4-H'ers with Forestry practice -helped other 4-H'ers with resumes -Farm Tour at Cabe Farm in Carnesville, GA -Pre-camp Blast -lead dance class -lead games -helped with crafts -helped cloverleafs get to know each other

#### Other-

-radio spot to promote 4-H day camps

#### Other 4-H Activities:

Judging teams--Senior Forestry Team district and State competition -team placed 4th at district and 3rd at State competition

-attended numerous practices and classes

> -UGA Arboretum -- Camp Toccoa -Henderson Falls Park -Toccoa Falls

-4-H office -Camp Mikell

-land

DPA--attended DPA 2004 -competed in the Food Fare project -won 1st place at district and advanced to state -attended State Congress 2004 -placed 2nd at State Congress -MLK center tour

-attended 4-H resume workshop -attended Senior 4-H meetings -annual trip to Mall of Georgia -helped promote summer day camps by delivering flyers to local businesses -attended State Council

-Six Flags

-attended classes on government and how bills become laws -wrote letter to official telling about my 4-H experiences and to get more funding for 4-H

-attended Fall Forum

-attended classes on saving money -wrote letter to state representative on my 4-H experiences and to get more funding for 4-H projects and programs

-4-H day at the State Capital, met senator Carol Jackson. representative Jeanette Jameson and Governor Sonny Purdue -4-H page at State Capital -helped program assistant make signs for club meetings

#### Other 4-H Community Service and Citizenship Activities:

Community Service--helped serve at Toccoa Soup kitchen -helped clean and organize at food bank -help bake cookies for local service men and women to celebrate 4-H's centennial -donated toys to "Toys for Tots" -donated coats for coat drive -donated money to "March of Dimes" -donated food to local food bank -donated clothes to Salvation Army

#### Other Activities and Information

School-

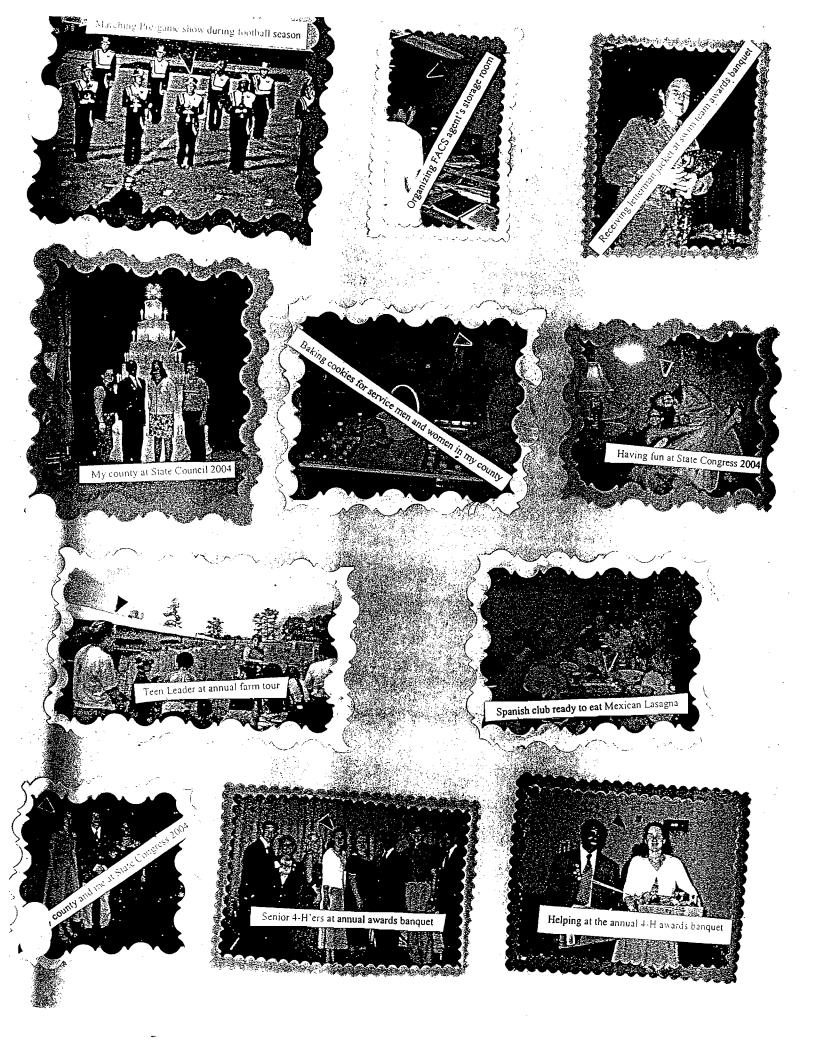
-member of the Stephens County High School Marching Indian Band

-play the trumpet -marched pre-game show at all home games -marched half-time show at 12 games -band camp - had to learn new charts - one week for 8 hours a day -practiced every day after school for 1 hour -competed at band festival -preformed at "Lights, Camera, Music" parade -preformed in Christmas Concert -member of: -Anchor club -Beta club -Key club - National Honors Society -swim team - Spanish club -helped with Miss. SCHS pageant - running errands

#### Church-

-auctioned off for a day of work to raise money for youth group -member of church youth group -alter service

Other Awards--Honor card holder - Gold -received letterman jacket in swimming and track





Talking with FACS agent about DPA project







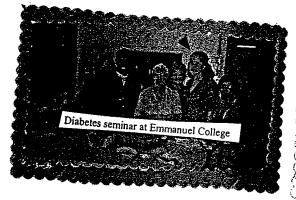




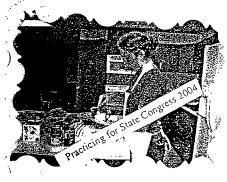


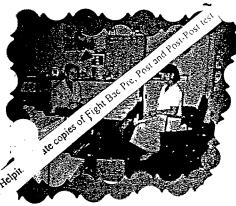


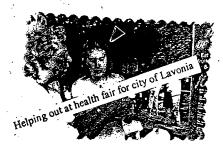














State 4-H Office The University of Georgia Athens, Georgia 30602 Senior Project Competition January 1 – December 31, 2004

Dear Project Judge:

Have you gone to the store and just thought the prices were unbearable? I know I have, especially since I have five siblings. Even though some of them are out of the house they still come over for dinner. The prices for brand name items are astronomical. Why pay \$3.00 more for the same item just because it has a name attached to it. With all the mouths to feed, nine times out of ten, we buy the store brand. It is the exact same thing, but a lot less expensive. I have grown up knowing the value of a dollar. If you have heard or watched any type of commercial it seems they all convey the same message, "It is amazing the value of a dollar!"

I have learned the value of a dollar, because I have been shopping for foods projects for DPA since the fifth grade. For this reason I have learned how to quality shop for the best value. When I was a fifth grader I did Food Fare and received first place. When I was a sixth grader I did Food For Fitness and received second place. I didn't place seventh or eighth grade. I didn't mind much because I just love going to DPA and spending time on something I love doing-cooking. I have always been interested in cooking; foods projects have given me an excuse to tell my mom I need to cook. I participated in the Pizza project during my seventh and eighth grade years and during my freshman year I participated in Food Funds and placed second. During my sophomore year I participated in Food Fast and Healthy and again placed second. In my junior year I placed third, I was devastated. The positive side of that was I was encouraged to work even harder, so that I can earn first place. I even decided to do my senior project (a project all Columbia County seniors have to do to graduate) on catering so that I would know how to shop and cook like professionals. That was one of my best decisions; I am now a very good cook. I also have learned how to cook on a specific budget, for the specific needs of your 'ient or in my case, a family.

I have been interested in a career in cooking since one of my cousins lived with us. He would always cook for us and I would always help him. He is now a Professional Chef. In fact, he is the Executive Chef for the Portland Yacht Club. I had a chance to visit him and my family in Maine and I had the pleasure of watching him work. It was amazing to see him in action. He can come up with the perfect menu in an instant. He made me a cheesecake right before I left, but my aunt and cousins got to it first. So instead he gave me the recipe and I was able to make it for my family. It was terrific I think it was better to me, however, because I put so much work and effort into it.

I do a lot of babysitting at night and have had to make dinners a lot of times. I always try to make something new and exciting for the kids, but also healthy (but they don't know that). When their mother comes home from work she usually has not eaten so I always made enough for her. Even though I always cook for her children, she is very grateful to be included. This learning experience helped me with 4-H by catering for small children.

Whenever the 4-H'ers have a small meeting and they want punch or snacks, I am the one who makes it. I am one of those people who are always helping in the kitchen. Cooking is a pleasure for me; even the cleaning up can be fun...sometimes. I have been cooking for people since I was ten. I am trying to convince my Extension Agent and Program Assistant to let me cook for them. I have to do my own catering event for my senior project, and I know they will come to support me. Being a smart, conscience shopper pays off. It allows you to buy two or three meals instead of one. This is always a good thing, because it helps you shop wisely and cook more. That is one of the best things about doing something new or at least a new aspect of something old. Thank you for taking time out of your busy schedule to read my portfolio, I hope that you enjoy it.

Respectfully yours,

Whitan Rumbaugh

#### LEARNING EXPERIENCES IN FOOD FAST AND HEALTHY MAIN PROJECT WORK

PURPOSE: As an extended family of fourteen, the Rumbaugh household has a difficult time keeping enough food in the refrigerator, especially when four are growing teenagers! We really have to stretch our food dollar. My purpose was to learn how to save money when shopping so that a little bit of money will go a long way.

#### Comparison Shopping & Preparation Activities

- \*Went to the grocery store and compared 2 brands of boneless skinless chicken breast, one was a brand name and the other was a store brand, if you purchased the store brand you saved \$2.19 a pound.
- \*Cotton Boll and Consumer Jamboree class, refreshing my shopping wisely skills subject: Yogurt.
- \*Went to Sam's and comparison shopped for our Junior Toastmasters Graduation meal for more than 60 people.
- \*Went to Wal-Mart and compared the nutritional value and price of selected foods for my family.

#### Educational Programs Skills Learned

- \*Used coupons and discount's to save money
- when shopping for a large meal, and by buying bulk.
- \*Planned many menus with fresh foods and frozen leftovers.
- \*I practice healthy eating for myself.
- \*I teach my family nutrition & how to eat healthier.
- \*Food Channel Network
- \*Cooking with Martha Stewart
- \*Cooking live with Emeril
- \*Thirty minute meals with Rachel Rae
- \*Forty Dollars a Day with Rachel Rae
- Learned how to cater to dietary needs of certain clients, health and religious concerns
  - \*Learned to use the caterer's kitchen at Savannah Rapids Pavilion- automatic dish sterilizer machine
  - \*Shopping with the caterer, bulk buying, Sisco Company

#### Planning Menus Health & Nutrition Books

- \*Evaluated at the nutritional values of the food. \*Eating Right
- \*Planned out a budget for the entire meal.
- \*Menu planning designed, likes & dislikes
- \*Figured out the amount of preparation time and the amount of cooking time for a project
- \*Exercise Is The Kev
- \*Mental Health
- \*How to control stress
- Cookbooks Used
- \*Betty Crocker Cookbook \*Southern Living Volume 1
- \*Southern Living Volume 2
- \*Aunt Bee's Cookbook
- \*Woman's Day \*Cook Wise

#### Professionals Interviewed

- \*Carol Jackson, Private Caterer
- \*Rob Link, Professional Caterer; The Party Link
- \*Betty English, Family & Consumer Sciences Agent \*Teresa Renick, Savannah Rapids Pavilion, Caterer
- \*Christopher Kwasniack. Executive Chef of the Portland Yacht Club

#### Honors in Project Area

\*NE Sr. D.P.A, Food Fast & Healthy, 3<sup>rd</sup> Place. \* County 4-H Awards Program, 100 Years of 4-H

#### Helping and Sharing Activities in Foods & Nutrition

My 4-H project in foods compliments my senior project at Lakeside High School. To enhance my 4-H project work, and for my senior project at school, I chose to job shadow a professional caterer, Rob Link, owner of "The Party Link". He taught me how to best manage and shop for customers who have very different tastes, and are sometimes very hard to please.

- \*Exhibited my 4-H project for teachers and Board of Education guests to view or ask questions
- \*One of two judges for the 4-H MilkMake Contest, 20 finalist out of 250 plus entries.

When I refer to catering in my sharing and helping experiences it entails shopping for the food with my mentor, helping prepare the food, helping set up the event, helping to serve the food, helping to pack and clean up.

- \*Helped cater an engagement party, at a very exclusive "private mansion", I was impressed
- \*Helped cater a Veternarian's Christmas party, at my mentor's Greek revival home.
- \*Helped cater a Lawyer's Christmas party, at Augusta's Old Government House.
- \*Helped cater a private Christmas party, at a large private home.
- \*Help to cater and serve dinner for the 4-H Overnight Chaperone Training dinner, more than 35 in attendance.
- \*Helped cater my mentor's Christmas party for over 250 Doctors, Lawyers, Politicians, and Judges.
- \*Catered the opening of a new, veterinary clinic, St. Francis Veterinary Clinic
- \*Helped with the preparations for 4-H meetings, rooms set up and table preparation, serve food and clean up.
- \*Prepared cookies for a friend's birthday party and as Christmas presents instead of buying expensive gifts.
- \*4-H holds a 5<sup>th</sup> grade teacher luncheon and orientation at the 4-H office during teacher pre-planning.
  - -Helped serve at the luncheon
- -Assisted with food preparation
- -Worked in the commercial kitchen, washing dishes, cleaning using the professional dishwasher
- \*Prepared a meal (Corn Chowder, Muffins and Salad) & delivered to my Aunt's friend, who was homebound.

#### OTHER LEADERSHIPAND TEEN LEADERSHIP ACTIVITIES

- \*President of the Columbia County 4-H Council
- \*Chosen, attended, and represented Columbia County at the National Resource Conservation Camp.
- \*Teen leader at Cloverleaf 4-H camp, Rock Eagle June 28 July 2
- \*Teen leader for 4-H Cloverleaf Holiday Fun Night, sold refreshments to more than 500 Cloverleafs
- \*Teen leader for 4-H Ice Skate Night, at the Augusta Ice Sports Center
- \*Helped supervise and entered youth exhibit items at Columbia County Merchants Association Fair.
- \*Gave Leadership to the PK 3<sup>rd</sup> grade exhibits during Merchants Association Youth Exhibits judging,
- \*Teen leader for Cloverleaf DPA, overnight at Rock Eagle, more than 70 Cloverleafs attended
- \*Supervised the assembling of 75 teacher packets and folders for the teachers luncheon and 4-H orientation
- \*Co-presided over the Columbia County 4-H Awards Program, 100 Year's in the Making

#### 4-H, COMMUNITY & CITIZENSHIP ACTIVITIES

- \*Participated in the reading of the 4-H 100 year proclamation at the County Commissioners meeting
- \*4-H Day at the Legislature, met Senator Joey Brush, Representatives Barry Fleming and Ben Harbin.
- \*Packed 30 Salvation Army Stockings for needy children during the holidays.
- \*Volunteered at the Grandparents' Day out program with the Medical College of Georgia.
  - Worked the craft tables making Halloween crafts and decorations with the young children.
- \*Assisted in the rebuilding and restoration of the playground at Vineyard Baptist church.
- \*Volunteered all day at the Christmas tree recycling at Home-Depot, with Columbia Co. Clean & Beautiful
- \*St. Joseph's Catholic Church yard clean up and beautification.
- \*Participated in Salvation Army food drives.
- \*Volunteered at the Medical College of Georgia Children's Hospital. -
- \*Made holiday ornaments at the church for the elderly at a local nursing home
- \*Cleaned neighbor's house to help out while she was recuperating from an extended illness.
- \*Adopt-A-Highway with Columbia County Clean And Beautiful
- \*Welcomed and signed teachers in at the Teachers 5<sup>th</sup> Grade 4-HOrientation
- \*Participated at Children's Festival, Riverwalk Park in Augusta, as a clown and passed out balloons.

#### OTHER ACTIVITIES AND EXPERIANCES

In the past year I have committed myself to 4-H, community, church and school activities and have volunteered more than 200 hours at the 4-H office. Each opportunity has been a new turning point for me. I feel that it is my duty to help others in my community and I believe that everything I do should some how help people who are less fortunate than myself. All of these activities have helped me to grow into a more mature person by becoming more compassionate and caring.

- \*Helped set up and Worked on the River of Words Display at the teachers luncheon
- \*Worked at the office putting together 2,000 4-H new member packets/envelopes for the open house nights at 14 elementary schools.
- \*Participated in the Columbia County Merchants Association Christmas Parade.
- \*Received Community Service and Leadership awards at Columbia County 4-H Awards Program.
- \*Helped 13 other 4-Hers with their DPA Portfolio and preparation for their project

## <u>SPECIAL HONORS</u> <u>SCHOOL</u>

- \*Special recognition for volunteering at the 4-H office.
- \*4-H Awards Program, 100 years of 4-H
- \*A Semi-Finalist of the National Merit Scholarship Contest.
- \*Member of Tri-M Music Honors Club

- \*Lakeside High School Marching Band
- \*Lakeside High School Concert Band
- \*Lakeside High Trip to Orlando, Florida
- \*Band Solo

#### CHURCH ACTIVITIES

- \*West Towne Community Church
- \*Sang with church choir
- \*Painted church stage
- \*Youth lock-in
- \*Supervised nursery children
- \*Clean up church after activities
- \*Member of Youth Program





#### Dear Project Judge

My name is Sarah Singleton, and I am a 10th Grade Home Schooled student. I am also involved in a number of extra-curricular and civic activities in Forsyth County, including Key Club, Care and Share Food Bank volunteer, violin, piano and chorus lessons, Book Club, providing music for the City of Cumming Veterans Day Ceremony, visiting nursing and senior homes and performing in Sawnee Cultural Arts Center events.

I have been very involved in Forsyth County 4H since joining in 1997, having received recognition as both Junior and Senior 4Hr of the year, and having served in leadership positions throughout my 4H experience. I love 4H because it gives me a chance to give my time and energy to things I care about, in ways that are fun and interesting and really make a positive difference in the community.

Over the last two years, I have combined a community service project as a Food Bank Volunteer with my 4H interest in food production, preservation and safety. I started the Care and Share Community Garden project, a joint venture between the food bank and 4H, to use donated land, seed, materials and labor to create a garden to feed the less fortunate in our community. Not only did we reach our goal of helping feed 400 families, but the garden helped my goal of helping other 4H students learn about planting, harvesting and preparing various produce, applying insecticides and fertilizers and proper crop selection. I learned about organizing more than 30 4H members, Boy Scouts and adult leaders. We raised more than \$1000 plus in-kind donations from local businesses, and the garden will be even bigger next years.

As a senior, I serve as a board member of the county council, I am president and a founding member of the Home School 4H club and Food Club Leader. I completed Teen Leader applications 1 and 2 and served as Teen Leader at Cloverleaf Camp and at Cloverleaf activities. I am also Garden Club Teen Leader and assist in helping other 4Hrs with portfolio and project work whenever needed. I assisted with The University of Georgia Agricultural Awareness Week, playing the role of "Thermy" at retail promotions, and served as Instructor at a 10 day "Safety Town" training session for kindergarten students.

4H is more than a club or an activity. It allows me to focus on a specific subject or area of interest and then develop a deeper understanding through research, discussion and practical experience. It gives me a chance to work with other young people my age and gain insight through their 4H experiences. It is the perfect combination of community service, learning and fun. Currently I am developing a plan to combine my interest in community service with the knowledge I have already gained in gardening and food production for my next project.

I hope to continue with 4H throughout High School and become a master 4Hr, and as a future educator, help expose my students to the opportunities and positive impact of 4H as a part of their educational experience.

wow'

Sarah Singleton

Preservation [630 hrs.] Freezing {12 hrs.} \*Peaches-20 qts. \*Muscadines-4 qts. \*Pears-10 qts. \*Nectarines-6 qts. Dehydrating {220 hrs.} \*Bananas, Apples, Citrus Peel, Nectarines Pears Canning {27 hrs.} \*3 cases Tomatoes, qts-8 hrs. \*1 case, pints, Salsa-2 hrs. \*2 cases Pears-2 hrs. \*1 case Pear Preserves-3 hrs. \*8 1/2 pints Scuppernong Jelly-2 hrs. \*1 case Apple jelly-2 hrs. \*3 1/2 pints Muscadine Jelly-1 1/2 hrs. \*5 1/2 pints Hot Pepper Jelly-1 1/2 hrs. \*5 1/2 pints Orange Jelly-1 hr. \*2 pints Onion Relish-30 min. \*3 1/2 pints Cranberry Conserve-1 hr. Main Project Food Prep{184 hrs.} \*48 School clubs snacks-4 hrs. \*15 Campout meals-15 hrs. \*30 Family dinners-30 hrs. \*Dishwashing/Sanitizing/Coupon clipping-15 hrs \*Breakfast/Lunch & Sanitizing-84 hrs. Main Project Learning [72 hrs.] \*Books-36 hrs. \*Tours-12 hrs. \*Food Network-24 hrs. Main Project Sharing/Helping{24 hrs.& 30 min.} \*Demonstration on-'Jellies'-L2-2 hrs \*Demonstration on-'Food Safety-L2-2 hrs \*Demonstration on-'Sweets'-L2-2 hrs \*Demonstration on-'Hot Water Bth Method'-L1-1 hr \*Demonstration on-'Benefits of Tomatoes'-L1-1 hr \*Guest speaker at local civic clubs about the community garden-C5-11 hrs.50 min. \*Article and picture in Georgia magazine for community garden \*Shared food preparation techniques with friends/family-3 hrs. \*Prepared snacks for 'Keep Forsyth Clean And Beautiful' judges-6 hrs \*Helped two 4-H members with food preservation/cooking-10 hrs

Main Project: Food

Main Project Exhibits \*Georgia National Fair-Apple Jelly \*Georgia National Fair-Scuppernong Jelly Main Project leadership{72 hrs.} \*Leader of 4-H foods club-plan class, shop for items needed. prepare food-utensils, set up class, teach students how to prepare dishes, and food safety/sanitation, clean up. \*4 dishes,50+ students,monthly classes classes \*Teen leader at 4-H event 'Around the World with Food'- Managed children whie helping them in preparing the dishes, supervised handwashing/bathrooms, helped passout pamphlets/prizes-2 hrs \*Cloveleaf CPA food projects judge-2 hrs \*Community garden club teen leader-20 \*Assisted 4-H'r with preparing demonstrations for monthly club meetings-5 hrs \*Assisted 4-Hr with food related portfolio work-4 hrs \*Assisted cloverleaf camp counselors with food classes-6 hrs. Assisted with U.G.A agriculture awareness week-assisted with retail sampling and demonstration on food safety as "Thermy" character-2 1/2 brs. Main Project Community Service 164 hrs. \*Made deliveries of food to local nursing in how kind homes-6 hrs \*Care and Share Food Bank Volunteer admin and food distribution/harvesting-30 hrs \*Provided snacks, drinks for garden volunteers on garden work days/clubs-15 hrs \*Hand-dug trenches for irrigation system for garden-8 hrs \*Harvested, cleaned, packaged garden produce for food bank-5 hrs

Main Project Citizenship{156 hrs.} \*Made baked goods for local veterans-30 hrs. \*Made baked goods for the elderly-30 hrs. \*Provided sweets for nursing home residents/staff-30 hrs.

\*Provided meals for needy family-36 hrs \*Made baked goods for needy family-30 hrs.

Other Main Project Work

\*Prepared food gifts for extention agents

\*Prepared food gifts for food bank clients/staff

\*participated in Georgia food preservation survey

Community Garden Work

\*Donated home garden produce to food bank

\*Maintained spring,summer,and fall garden crops

\*Bought, selected plants, seeds for garden

\*Monitored garden for pests,safety checks on garden

\*Received food grant to fund garden

\*Presented garden to local plant and seed stores for funding (Home

Depot,Lowes,ect...)

Other Community Service
\*Wrote thank you note to community
leaders for donations to the community
garden

\*Provided transportation for 4-H'rs to and from 4-H events

\*Assisted 4-Hr's with monthly demonstrations

\*Assisted Park rangers at State Parks with cleanup, activities

\*Assisted 4-H agent with kids camp classes

\*Assisted in 'keep Forsyth clean and beautiful' work day

Other Leadership/Citizenship \*Completed teen leader 1 and 2 applications

\*Teen leader at cloverleaf camp

\*Teen leader on the Forsyth county history/ghost tour

\*Teen leader at the cloverleaf rally

\*Board member for senior county council

\*Instructor at a ten day kindergartner safety session

\*President of 4-H club meetings

\*Assisted two 4-Hers with portfolio work

\*Sang national anthem, patriotic music at city veterans day ceremony

\*Helped elderly neighbor clean yard,house throughout year

\*Participated in 'Voice of Democracy' contest

\*Made notes of gratitude for local veterans

\*Provided hand tools/gloves for garden work days/clubs

\*Summer baby sitting for needy family

\*Provided handtools/gloves on community garden work days/clubs

\*Assisted music teachers with beginner violinist

\*Advertised 4-H in monthly school newsletter

4-H Activities

\*jr/sr D.P.A

\*4-H club meetings

\*sr county council meetings

\*4-H awards banquet

\*Forestry judging practices

\*District forestry field day

\*State forestry field day

\*poultry judging practices

\*District poultry judging contest

\*Cotton bowl.consumer jamboree practices

\*District Cotton bowl,consumer jamboree contest

\*Drama club

\*United way walk-a-thon

\*Senior state council

\*Senior fall forum

\*4-H agriculture day at the capitol (

\*Lake Lanier Islands

\*jr/sr movie day

Other Activities

\*Cast as a character in community play

\*School talent show

\*School book club

\*Kiwanis key club

\*Piano and violin recital

\*Choral performance

\*Fundraising/care packages for troops

\*Performed/visited nursing homes

Awards

\*4-H 100 point club

\*3rd place D.P.A

\*4 district project pins

\*2nd place district forestry field day

\*1st{x2}2nd,3rd in district photo contest

\*Finalist in state photo contest

\*3rd place in Georgia National Fair

\*Award ribbon in Georgia National Fair

\*Optimist club Student of the month(X2)

\*4-H member of the year



is Teen Leader at "Around the World with Food" exhibition,
"Thermy" to support UGA Ag Week retail promotion, Harry's Farmer
Market tour, harvesting produce from the community garden.



(Top Row, L to R)

Sarah as Optimist Club guest speaker, receiving 4H member of the Year and with Governor Purdue on Ag Day.

(Middle Row, L to R)

Sarah as South Forsyth Rotary Guest Speaker, Garden Club Teen Leader and Keep Forsyth Beautiful Day Camp instructor. (Bottom Row, L to R)

Sarah and Key Club raising money for US Troops, Safety Town Instructor, harvesting produce at Community Garden and Teen Leader at Cloverleaf Camp.

State 4-H Office, UGA Athens, GA 30602

Dear Project Judge,

I am very excited to be writing this letter! Why, you might ask? Well, I love 4-H! 4-H has been such a big part of my life. I have been involved in this program for eight years. I credit the 4-H program for teaching me so many skills. I am a very outgoing person but I must admit speaking in front of a large group of people would probably scare me to death if it had not been for the continual persistence of doing the activities through 4-H. I am also a very competitive person. I rise to the occasion of a challenge. Because of my personality, I am always striving to improve my abilities but I am disappointed with myself if I fall below what I thought I should have accomplished. 4-H has given me many outlets to allow me to be myself.

My first experience in competing was at DPA when I was nine years old. I entered the Human Development Project and got first place! I was so excited. Excited enough, that I have gone back every year since. I have been grateful to have been awarded first five times and second once.

I love being a teen leader! I really enjoy leading the Cloverleaf 4-Her's in their activities. I have been asked to help with many leadership positions. I was able to help with Cloverleaf DPA this year and that was a lot of fun. I was also selected to be a teen leader at a three day Gardening Camp this past summer. I used to go to Gardening Camp as a Cloverleaf and looked forward to it every year so it definitely was a great experience to go and actually be a part of leadership. I hope to be a teen leader at Cloverleaf Camp this summer. I absolutely love going to camp. I have been guilty of getting too attached to the Camp Counselors so I have a hard time coming home after a week of camp. I hope that I can make as much an impact of the kids that I will be leading as my counselors and teen leaders have made for me.

A highlight of this past year, was that I was elected to be a Junior Board Member. I was shocked but so excited. I loved being a part of planning 4-H events, designing the T-shirts and being a part of the assemblies. It was an awesome experience. I loved the experience so much that I will be running again this Spring.

I am also very sport-oriented. My favorite sport is basketball. I hope to one day play college ball. I also enjoy Softball. One of the highlights of my sports career happened this past summer. Our team made it to the State Championship and we placed third in the State! That was an awesome experience and probably a once in a life time event.

I am always full of energy and feel that I have to be doing something all of the time. I have been fortunate to be able to be a part of helping organizations and individuals in our community. I have found it rewarding to be a part of many different projects. I have really enjoyed working with the Relay for Life. I have been a part of this for many years. One service that I was able to be a part of this past year was planting trees at our three new elementary schools. This was great since I love doing anything related to the field of Forestry. We planted a total of 176 trees! The schools look great. One of my goals this year is to help with the new Hart County Botanical Gardens.

My project area this year is Forest Resources and Wood Science. I have chosen this project because I love Forestry. I have been a part of the Forestry Team for five years. Forestry allows me to compete, and teaches me to always do my best. I love being at the practices and just trying to beat my best score. In my 8th grade year. I was the top scorer at a District Field Day. I scored a 395 out of a possible 400! That was definitely one of the highlights of my 4-H career. This past year, my first as a Senior, we won district and then went on to State. The State Competition was a huge challenge. Our team did a great job. received first place and is now on their way to Nationals! I have been honored to be selected to be the Team Captain for 2005's Senior Team.

As you can see, I have a lot of good memories and a lot to look forward to as I continue in my 4-H career. Thank you so much for your time in reviewing my portfolio. I am looking forward to presenting my demonstration at Rock Eagle this spring.

Sincerely.

Jessie Frye

Hart County 4-H

#### MAIN PROJECT WORK: (158 Hours)

- \*Elected Captain for the Sr. Forestry Team 2005
- \*Team practice time (45 hours)
- \*Personal practice time (10 hours)
- -Studied and learned to identify 74 trees
- -Studied and learned to identify 51 insects and diseases
- -Learned how to read a compass and complete a compass and pacing course
- -Learned how to do tree volume by measuring height and diameter of a tree
- \*Attended workshop for compass and pacing during Jr. 4-H Summer Camp (2 hrs)
- \*Participated in Northeast District 4-H Forestry Field Day - Team placed 1<sup>st</sup>. (10 hrs)
- -I placed 5<sup>th</sup> overall for the contest 4<sup>th</sup> on the county team
- \*Participated in State 4-H Forestry Field
  Day Team placed 1<sup>st</sup>. (12 hrs)
- I placed 7th over all for state contest
- \*Recorder for the team's site evaluation event in State Forestry Field Day.
- Team had a score of 90 out of a possible 105.
- \*Site Evaluation Team practice, local (5hrs)
- \*Site Evaluation Team practice at Rock Eagle (6hrs)
- \*Made landscape plans for planting trees at the new elem. school with the extension agent. (3 hrs)
- \*Planted at Hartwell Elem. 74 trees planted (4 hrs)
  \*Planted at North Hart Elem.-48 trees (4hrs)
- \*Planted at North Hart Elem. 54 trees (4hrs)
- Planted at South Hart Elem. 54 trees (4nrs)
- \*Invited speaker/teacher to "Forestry Day" in Blairsville, Georgia (Union County). Taught with extension agent - #200 students - (9 hrs)
- \*Interned at Natural Resource and Conservation Service. Learned about water sheds and mapping (6 hrs)
- \*Worked at the Annual 4-H Plant Sale (8 hr) #200 students (9 hrs)
- \*Researched and prepared "Conservation of Natural Resources" project (15 hrs)
- \*Competed in Conservation of Natural Resources Project at Jr. DPA (10 hrs)
- Received 1<sup>st</sup> place on project, (10 hrs)
- \*Honored at Annual 4-H Banquet
- Recognized for accomplishments in Forestry
- Recognized for 1st place at Jr. DPA for
- "Conservation of Natural Resources"
- Two awards given, 300 people impacted, (3 hrs)

# MAIN PROJECT SHARING AND HELPING

<u>∤37 hrs/ 74 people impacted)</u>
\*Taught tree I.D. to Jr. Forestry Team Practices,

#20 students (6 hrs)

\*Taught new members of senior forestry team in learning the senior trees (2 hr)

- \*Taught new members of senior forestry team in learning the senior insects and diseases (2 hr)
- \*Taught Junior 4-Her's Tree I.D. Made Tree I.D scrapbook #3 students (4hrs)
- \*Scored Junior Forestry team papers for the forestry coaches (3 hrs)
- \*Taught 2 Master Gardeners Tree I.D. (4hrs)
- \*Worked with Cloverleaf 4-Her in the "Forest Resources" Project for Cloverleaf DPA - showed him how to research for material on trees for his DPA project. Helped with posters (6 hrs)
- \*Presented "Conservation of Natural Resources" demonstration 10 times (5 hrs)
- \*Took #15 students on a tour of gardens and taught class "How to Build a Terrarium using Forest Plants" during "Gardening Camp" (3 hrs)
- \*Taught class "How to Build a Terrarium using Forest Plants" to 11 students during Summer Adventure Camp (2 hrs)

# <u>LEADERSHIP AND TEEN LEADERSHIP ACTIVITIES</u> (141 hours, 2968 people impacted)

- \*Elected 4-H Junior Board Member for 2003-2004
- \* Attended planning meeting for Jr/Sr DPA -Planned 5 assemblies, fundraiser ideas and T-shirt designs (5 hrs) #25 people
- \*Attended Thursday night rehearsal for Jr/Sr DPA weekend: Practiced assemblies (9 hrs)
- \*Participated in 4 assemblies:
- -Friday Night Assembly led singing and sat on stage with other board members (#350 people)
- -Campaign Assembly read list of Jr. Board Candidates (#700 people)
- Jr. Assembly led singing and sat on stage with other board members (#350 people)
- -Sat Evening Jt. Assembly led Pledge of Allegiance and led singing (#700 people) (Total hrs 42 hrs)
- \*Directed new board candidates at Orientation #25 people
- \*Teen Leader for Cloverleaf DPA Supervised Cloverleaf 4-Her's by taking them to their demonstration site and being responsible for them at lunch (10 hrs)
- \*Taught line dancing class at Jr. Rally #200 kids (6hrs)
- \*Teen Leader for 4-H Summer Adventure Camp (6 hrs) #11 students
- \*Selected Teen Leader for 4-H Summer Gardening Camp. Supervised during activities and was a life guard during water events (24 hrs) 15 students
- \* Distributed materials during club meetings
- \* Supervised #52 younger 4-H members during club meetings
- \* Worked with 3 Cloverleaf 4-Her's on DPA project in Agriculture Awareness, General Science and Rabbits - helped them make their posters (3 hrs)
- \*Worship leader for Cedar Creek Church's Youth

- Group- led singing on Wed, nights (12 hrs) #20 kids
- \*Worship leader for youth group's Winter Retreat led worship hour, 6 times (6 hrs) #30 kids
- \*Greeted at the sign-in table at the 4-H Awards
  Banquet (1 hr) #300 people
- \*Sports and Field Trip Page Designer and Ad Salesman for the TCCHE Yearbook Club #100 people purchased paper (5 hrs)
- \*Sports Editor and Reporter for the TCCHE

  Journalism Club published an 8 page newspaper

  #100 people purchased paper (5 hrs)
- \*Tutored TCCHE Drama members on memorization of script lines for "A Victorian Christmas" (7 hrs 10 students)

# COMMUNITY SERVICE AND CITZENSHIP ACTIVITIES (63 HOURS)

- \*Participated in the Relay for Life help raise money to find a cure for cancer. I collected \$106.00 and donated to the Relay for Life
- Member of the 4-H Relay for Life Team
- Set up 4-H booth and took down booth
- Walked 12 victory laps for Relay for Life
- -Set up 60 luminaries for cancer victims
- -Assisted in carnival games at the 4-H relay site
- -Spent the night in support of cancer victims (22 hrs) Total raised \$81,000 for Hart County.
- \*Assembled goody bags for 92 residents of Hartwell Health Care Center, (2 hrs)
- \*Rang bells for the Salvation Army at Christmas to raise money (1 hr)
- \*Participated in "Clean Up Lake Hartwell" campaign to keep the shores of the lake clean picked up trash at assigned location - 1 hr
- \* Participated in Clean-up Day at Hart Life Crisis Pregnancy Center - cleaned windows, moved furniture, etc - (6 hrs)
- \*Folded, addressed and stamped newsletters for Hart Life Crisis Pregnancy Center total #900 - 3 separate times (6hrs)
- \*Went Christmas Caroling at Hartwell Health Care Center- sang to 92 residents (2 hrs)
- \*Registered 75 cats and dogs at 4-H Rabies Clinic (2 hrs)
- \*Passed out abstinence information to #300 students during a drama "Too Young to Die" performed by high school STAAR Club (4 hrs)
- \*Performed at kindergarten and Senior Graduation for the TCCHE group with the band -100 people impacted (1 hr)
- \*Performed "Arise My Love" drama to three church congregations with the TCCHE Drama Team through the YMCA-500 people (4 hrs)
- \*Performed "Hotel Bethlehem" to Cedar Creek Baptist Church, 100 people-(2 hrs)
- \*Performed "American Ideal" to Cedar Creek Baptist Church, 50 people (2 hrs)

- \*Performed "A Victorian Christmas" at TCCHE Christmas Party,120 people (3hrs)
- \*Performed with Worship Team in front of church congregation 5 times (5 hrs)
- \*Volunteered baby sitting services for an Etiquette Class 9 kids (3 hrs)
- \*Wrapped Christmas gifts for Hart Life Christmas party (2 hrs) 94 kids

# 4-H ACTIVITIES AND OTHER INFORMATION (755 Hours)

- \*Attended 4-H Jr. Club Meetings, (5 hrs)
- \*Attended 4-H Sr. Club Meetings (8 hrs)
- \*Attended portfolio and picture page workshop at 4-H office (2 hrs)
- \*Attended Junior 4-H Summer Camp (80 hrs)
- \*Attended 4-H Junior Rally (24 hrs)
- \*Attended Fall Forum 2004
- Learned practical ways to save money (24 hrs)
- \*Honored with a plaque for being a Jr. Board Member
- \*Member of Little League Jr. Softball Team -

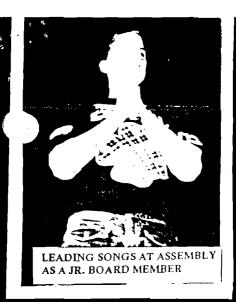
Member of the Twins

Position: Pitcher and Fielder

Practiced softball (24 hrs)

Played 10 games (20 hrs))

- \*Selected to the Hart County All-Star Junior Softball Team-Played 10 games- (20 hrs) Practiced: 24 hrs
- Team won the District Softball Tournament-24 hrs
- \* State Competition in Cartersville, GA for a week tournament- Played 4 games (70 hrs)
  Team placed 3<sup>rd</sup> in the State of Georgia
- \*Member of the Church Recreation Basketball
  League- Plays for Cedar Creek Baptist Church
  Played 11 games, (11 hrs) Practice time (30 hrs)
- \*Member of Cedar Creek Baptist Youth Group
- \*Participated in car wash and spaghetti supper fundraiser for youth group. Raised \$500.00 (5 hrs)
- \*Attended Youth Winter Retreat in Boone, N.C. (46 hr)
- \*Attended Youth Summer Retreat, camping trip in Helen, GA (31 hrs)
- \*Attended "Girls of Grace" Conference in Spartanburg, S.C.-Attended 7 workshops (16 hrs)
- \*Participated in Youth Bible Study (20 hrs)
- Attended and participated in Youth Lock-In (3hrs)
- \*Participated in disciple training for youth (52 hrs)
- \*Member of the Awana program, (80 hrs)
- \*Received Meritorious Award for completing 10 books in the Awana Program 10 years of service
- \*Plays drum in the TCCHE Band/ Classes (52 hrs)
- \*Attended 6 TCCHE Journalism Meetings, (10 hrs)
  \*Attended 7 TCCHE Yearbook Meetings, (15 hrs)
- \*Attended TCCHE Drama Team practice (18 hrs)
- \*Attended Cedar Creek Church practices (24 hrs)
- \*Took a sewing class- made pajama shorts (12hrs)
- \*Attended an etiquette class (2 hrs)



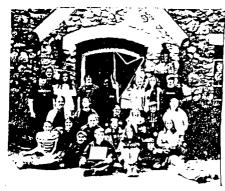








**DISTRICT FORESTRY FIELD WINNERS** 



HART COUNTY STUDENTS AT DPA 2004



HELPING CLOVERLEAFS WITH PROJECTS

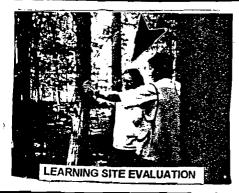


LEADING THE PLEDGE OF ALLEGIANCE AT ASSEMBLY AS JR. BOARD MEMBER



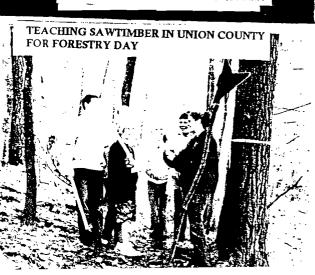








RINGING BELLS FOR SALVATION ARMY



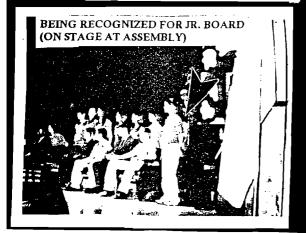




## Tree planting

Despite the cold temperatures on Jan. 28, the Nancy Hart Garden Club. along with 4-H volunteers and members of Master Gardeners, planted 76 trees at North Hart North Hart Elementary schools. Twenty-five magnolias were donated by the garb and the schools purchased elm and oak trees. Assisting with the planting rom left, standing, Lois Helland, Cameltia Mont, Clift Wadell, Chanes Rice. I Acord. Amber Acord and Annette Johnson: in Iront, Aaron Acord. Autumn Acord. April Acord and Jesse Type: Others assisting were Bevery Verdery, Manlyn Marsh, Rila Chapman and Card Ford.

Photo coursely of Carol Ford)



# Hart stars hope to shine



The 13-14-year-old Hart County Junior League sotiball All-Stars are Susie Amos, Shaqueta Bates, Ashley Oobbs, Jedsse Flye, Kasie Haygood, Nico Hix, Jeronda Hunt, Rebecca Jones, Nealie Lecroy, Kiaya McCurley, Lauren Parlen and Tiffany Teasley. The manager is Tim Jones. Assistant coaches are Ronnie Hunt, Amy Peepies and Gene Hix. Team mom is Chris Amos.



REGISTERING ANIMALS AT RABIES CLINIC



ME AND A CAMP COUNSELOR AT JR CAMP 2004

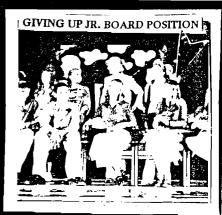


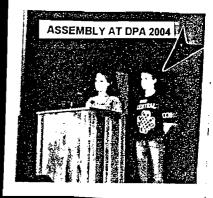






UNLOADING PLANTS FOR PLANT SALE







Senior Project Competition State 4-H Office University of Georgia Athens, GA 30602

Dear Project Judge-

Please accept these as my official entry in the **Fruits**, **Vegetables**, and **Nuts** project.

Who knew that such a little thing could make such a big difference? The peanut has affected people in many ways, not only in my family's income, but also in the economy. My dad is a peanut consultant. He checks the peanut and the peanut plant to insure a high yield. The peanut has affected the United States by contributing more than four billion dollars to the economy each year.

I have experienced many things throughout 4-H and look forward to many more experiences. I was first introduced to 4-H six years ago in 5<sup>th</sup> grade. Sitting in my classroom not understanding what 4-H was, I began to ask "What do we do in 4-H?" and "How do I become involved?"

I have competed in District Project Achievement since the 5<sup>th</sup> grade. This year I have attended or participated in the following for the first time in my 4-H career: Paged at the Capital, Cotton Boll and Consumer Judging, and Project Club. If it were not for 4-H I wouldn't have the friendships and skills I have now.

I have gained many leadership roles; my self-confidence and public speaking skills have improved greatly through my 4-H experiences. 4-H has taught me how to set and achieve goals. Assisting Cloverleaf 4-Hers achieve their goals has been a rewarding experience. Serving as a Teen Leader during many Cloverleaf events has provided support to younger 4-Hers, such as Cloverleaf officer training workshop, County Project Achievement, and District Project Achievement.

4-H has planted me into the right soil so I can become a better nut!

Sincerely,

Rebecca Kessler

# FRUITS, VEGETABLES AND NUTS PROJECT WORK/ PROJECT ACTIVITIES

- \* Read Peanut Trivia brochure Read Peanut Recipes brochure
- Read Pest Management Handbook (peanuts parts)
- \* Read Peanut Pest Management in the Southeast
- \* Read Peanuts-Health Management
- \* Read Peanuts-Nutrition in a nutshell brochure
- \* Organized "You Crack Me Up" club to discuss peanuts for cloverleaf- 6 meetings
- \* Research web site " Peanut Facts" for project and peanut club on the website

www.coopsiokes.com/amz/amzpnut.htm

- \* Researched the history of peanuts
- \* Researched for project information
- \*Interviewed a local farmer to obtain information on practices and products produced for nuts
- Created Nutty Facts worksheet with peanut facts (20) Created Peanut Crossword puzzle (20)
- Created Peanut and Peanut Plant word search (20)
- \* Pickeu grapes
- \* Toured Pecan farm

- \* Obtained various brochures from Georgia Peanut Commission for reading and distribution at club meetings
- \* Toured Peanut farms (5)
  - 1. Five Lock Farms
    - -Observed a Thresher for peanuts
  - 2. Shallow Farms
    - -Observed a Digger for peanuts
  - 3. Dover Peanut Company
    - \* Visited a Buying point for peanuts
      - -Observed a Sample Rack for peanuts
      - -Unloading facilities
      - -Drying wagon
      - -Observed a overhead storage bin for peanuts
  - 4. Newton Farms
    - -Observed a Thresher for Peanuts
  - 5. Huggins Farms
    - Observed a Shaker for peanuts
    - Observed a wagon load of peanuts

pour considert

## **AWARDS IN PROJECT**

- \* DPA-Fruits, Vegetables, and Nuts- 3<sup>rd</sup> place \* Effingham County Fair-1<sup>st</sup> place in pecans
- \* Fffingham County Fair-participated by entering soybeans fingham County Fair-participated by entening peanuts

#### MAIN PROJECT HELPING AND SHARING

- \* Made peanut butter cookies for project club-15 kids
- \* Chairman of 4-H Bake Sale for annual Holiday Classic
- \* Served food at nursing home for monthly birthday party
- \* Assisted in Roasting Pecan for Teachers Christmas gifts-2 gallons
- Prepared and served Mannated Fruit Salad for family
- \* Provided and served food for summer mission workers
- \* Assisted in preparing, and serving for the Youth Breakfast
- \* Shared information about peanuts to relatives
- \* Assisted in making, and serving for the elderly dinner at church
- \* Prepared and served food at Effingham County Fair Workday
- \* Prepared and served Original Nestle Toll House cookies with nuts for family
- \* Prepared Beef Vegetable soup for friends and family
- \* Assisted in the making 16 loaves of raisin bread for baked goods sale
- \* Provided and served food at Effingham County Fair workday
- \* Prepared and served a meal for Habitat for Humanity Workers
- peanut butter cookies for kids-240 cookies

\* Helped set up peanuts in agriculture exhibit in preparation to County Eair

organized in eatherfollowing "You Crack concessionneerings, 29 cloverslear s raught proper technique for making peanut

- butter cookies -Demonstrated on how to make a peanut butter
- sandwich -Assisted cloverleaf's and made Reindeer
- Pretzels (peanut butter, peanut butter M & M) -Peanut Butter Cookies Taste Test Worksheet (15)
- -Distributed brochures about Peanuts obtained from Georgia Peanut Commission (20)
- -Created and Shared Nutty Facts with club members (20)
- \* Made baked potato soup for Sunday School Teacher **Appreciation Dinner**
- \* Boiled and served peanuts to family and friends
- \* Made peanut butter cookies for sick elderly in church-75 cookies
- \* Made peanut butter sandwiches for 7 kids



## 4-H LEADERSHIP AND TEEN LEADERSHIP ACTIVITIES

- \* Annual 4-H Holiday Classic Meal
  - -Sold 50 tickets
  - -Assisted in set up
  - -Worked in food booth
  - -Clean up committee
- \* Assisted in constructing the County's 4-H fair booth-2<sup>nd</sup> place
- \* Participated in construction of the 4-H float-1st place no
- \* 4-H Banquet Clean up Committee
- Wouth Revelopments Prainted 2004/2905
- \* Assisted in teaching at Vacation Bible School
- \* Youth Planning Team member
- \* Chosen for Governors Honors

- \* Nursery Attendant
- \*Youth Sunday- prepared and delivered Children Sermon
- \* Rode on the 4-H fair float
- Senior Leader for following activities:
  - -Assisted Jr. 4-H with DPA demonstration
  - -Assisted cloverleaf's at "Kathy's Craft Club"
  - -Cloverleaf officer training workshop-lead team building station
  - -County Project Achievement
  - -Teen Leader for cloverleaf's at Fort Discovery
  - -Teen Leader for cloverleaf's at Patriot's Point

#### 4-H COMMUNITY SERVICE AND CITIZENSHIP ACTIVITIES

- \* Attended and helped set up Christmas Party for Moderately Mentally Handicapped student
- \* Zion Community-participated in roadside clean up
- \* Delivered school supplies for needy children
- \* Department of Family and Children Services-collected and delivered toys for needy children- 2 times
- \* Assisted Fair committee in cleaning fair booths
- \* Collected personal care items for Victim's Witness
- \* Assisted in making kits for Seafarers
- \* Ronald McDonald House
  - -Delivered aluminum tabs
  - -Delivered can foods
- \* County fair-helped in cleaning exhibit building in preparation for fair
  - Provided Christmas gift for needy family
- elped sign in volunteers and gave out food for the blood drive participants
- \* Sponsored underprivileged youth

- \* Made and handed out Valentine hearts for Nursing Home residents
- \* Collected and counted pennies for American Heart Association
- \* Provided a Christmas gift for "Toys for Tots!"
- \* Played BINGO with the local nursing home attendants
- \* Handed out Thanksgiving pin to elderly in nursing home
- \* Helping Friends of Faith- yard work for needy church
- \* Caroling to Nursing Home
- \* Assisted in cleaning up after County Fair Beauty Pageant
- Colected as County is the second live as rage Day for Representative Ammetireal
- \* Attended Workshops for County Fair booth/float (3)
- \* Provided a gift for Savannah Care Center
- \* Participated in Church Service for Nursing Home resident

# OTHER ACTIVITIES IN 4-H, CHURCH, AND SCHOOL CHURCH 4-H

- \* Active member of church and youth group
- \* Participated in Lenten Service
- \* Attend weekly Bible Study
- \* Served as Crucifer
- \* Cleaned Church
- \* Supporting role in Advent Program
- \*Planned and participated in the following events:
  - Made Health Kits for Seafarers
  - Made craft with kids at Union Mission
  - Game Day
  - Summer Waves
  - Assisted in making a breakfast for elderly
  - Attended Mall Scavenger Hunt with Youth
  - Helping Friends of Faith- yard work for needy church
  - Helped construct Youth group fair booth
  - Participated in caroling to elderly of the church
  - Made Christmas gifts for Nursing Home residents

- \* District
  - Participated in DPA-

Fruits Vegetables and Nuts -

3<sup>rd</sup> place

- Cotton Boll and Consumer Judging- 3<sup>rd</sup> place
- \* Attended 6 Cotton boll workshops

#### SCHOOL

- \* Spirit of ABW award (track)
- \* Member of Family, Community, Careers Leaders of America Club
- \* Weight Lifting Brestam Bastletzan
- \* Participated in Career Day
- \* Member of BETA Club
- \* Member of Track Team



#### GENERAL RECREATION

Dear Project Judge,

Arnold Schwarzenegger once said, "The mind is the limit. As long as the mind can envision the fact that you can do something, you can do it-as long as you really believe 100 percent." In all my general recreation activities I use the words of Arnold as my motivation. Hello, my name is Melanie Hollingsworth, and I am a senior at Wayne County High School. My world history teacher always said, "World history is everywhere." I find the same to be true about my project area. I have experienced recreational activities through school, clubs, and events in the community.

One club where I get to really improve in general recreation activities is 4-H. My involvement in 4-H has allowed me to enhance my skills in my project area by using my head, heart, hands, and health. In activities throughout my school I use my head. Taking part in the general rec that I love, I get to use my heart. When I serve the community through recreation, I get to use my hands. Last but not least my project area allows my to stay active and receive lots of exercise, which keeps me in good health.

One of my greatest enjoyments of general recreation is working alongside of my friends. Mark Twain once said, "Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great." Friends can make or break someone. Being involved in positive recreational activities has put me in the situation to stay optimistic with lots of encouragement.

Max Lacudo once said, "If you believe you are a true leader, look behind you."

Doing my record book has allowed me to look back and realize I have made a difference. General rec has also provided me with leadership skills. I have been able to learn how to lead loud and silently. Being put in leadership positions of all sorts has prepared me to respond correctly in situations.

I am attending the University of Georgia in the fall and I feel as if I will be apply all the fundamentals general recreation has taught me to be successful. I give 4-H a lot of credit to who I am today, along with my creator. It is people like you that help make this program possible, and I thank you for that. This program has touched many lives, along with mine. It all started with a few kids growing vegetables and look what it has "grown" into. I hope that all the things I do in 4-H will prosper just as much as the club has itself. I will leave you with a thought by George Shinn, "There is no such thing as a self-made man. You will reach your goals only with the help of others."

Sincerely,

Melanie Hollingsworth

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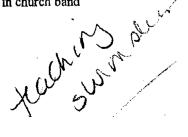
## MAIN PROJECT WORK

- **Shooting Sports:** 
  - Assistant Coach for The Backwoods 1. Bunch BB gun team
  - Worked with shooters during weekly practices
  - Coached 2<sup>nd</sup> place team at Jaycee State Match
  - 4. Coached 4th place team at 4-H State Match
  - 5. Coached 11th place team at Daisy International Match in Bowling Green, Kentucky
- Cheerleading:
  - WCHS Varsity Cheerleader 1. Football/Basket Ball 11th & 12th Grade
  - Universal Cheerleading Association (UCA) All-star Cheerleader
  - 3. Attended Tumbling Classes Weekly
  - 4. Attended Competitive Cheerleading Stunt Clinics
  - 5. Attended Varsity Cheerleading Camp in Panama City, Florida
  - 6. Attended Competitive Cheerleading Camp
  - 7. WCHS 1st ever WCHS Competitive Cheer Squad
  - 1st place team at "Southeast Cheer Classic"
  - 4th place team in 5A Region
  - 10. Competed in Cheerleading State finals in Columbus, GA
- General Recreation Club Activities:
  - Fellowship of Christian Athletes (FCA)
    - Game coordinator during monthly meetings and special events
    - 2. Spoke at monthly meetings
  - Student Council
    - 1. Student Council 11th and 12th Grade
    - 2. Helped arrange mixers
    - 3. Helped and Participated in Powder Puff Football Tournament
    - 4. Coordinated Christmas party and
    - 5. Designed Alma Mater sign to hang in school gym
    - 6. Designed a "Wall of Fame" for athlete winners at school
    - Put together teacher Christmas gifts
    - 8. Helped promote Special Olympics
    - 9. Organized spirit week during Homecoming
- 4-H State Board
  - Wrote the skit for Fall Forum

- Participated in 4-H dances
- Sr. Camp recreational activities
- 3. All About Camp (ABC) training weekend
  - Served as an ABC at Wahsega
  - Taught tubing
  - Taught rope courses
  - Taught line dancing
- Selected to attend counselor selection
- Y-Club
  - 1. Helped plan Y-Club Rally
  - 2. Helped with Recreational Activities
  - Helped plan Y-Club Club meeting mixers

#### MAIN PROJECT HELPING AND SHARING EXPERIENCES:

- Shooting Sports:
  - Helped coordinate BB and Air Riffle Fundraisers
  - Helped run targets at Jaycee State Match
  - Helped run District 4-H BB Match
  - Helped challenge targets at State 4-H BB Match
  - Challenge Official at Jaycee State BB Match
  - Helped run targets at International Jaycee BB Match
- Cheerleading:
  - Taught private cheer lessons 1.
  - Helped with cheerleading fundraisers
  - Helped make signs for Football and Basketball
  - Helped with mats at competition practices and games
- Youth Dance and Drama Team
  - Member of Jesup Church of God's Dance Team "Unshakeable"
  - Member of Jesup Church of God's Drama Team "Detour"
  - Coordinated group dances
  - 4. Coordinated group dramas
  - 5. Attended a conference in Mobile, Alabama to learn new dance material
  - Traveled all over the state performing at different churches and youth functions
- General Recreation Extra Activities:
  - Taught swing dancing to Key Club
  - Worked on swim strokes with the younger kids on the Wayne Co. Swim Team
  - Sang in church band



#### **LEADERSHIP ACTIVITIES:**

- Student Council Vice-President
- Student Council President
- Selected to serve on State 4-H advisory board
- Served as 03-04 State 4-H Vice President
- Local 4-H Vice President
- Local 4-H President
- Participated in student council monthly projects
- Received 4-H Deans Award for Leadership
- Campus Hope Devotional Group Monthly Speaker
- Spoke at local 4-H Annual Banquet
- Worked with Jr. 4-Her's on 2004 campaign for district board
- Worked with Jr. 4-Her's on DPA projects
- Worked with Cloverleaf 4-Her's on DPA projects
- Served as a teen leader for Cloverleaf DPA
- Leadership Role in T.A.S.K. (Teens Always Seeking the King) Force Youth Group
- Spoke at T.A.D.S. (Training and Discipleship) youth program
- C.I.A. (Christ In Action) Drama Team
- Performed with C.I.A. at Wayne Co. Youth Rally
- Performed in "Hell House" a week long county wide drama
- Represented Wayne Co. at G.A.S.C. (Georgia Association of Student Councils) Leadership Conference
- W.O.W. (Worship Our Way) Wednesday night Youth Services, opened up services by speaking
- FCA Vision Team Member
- FCA Co-Captain
- FCA Captain
- ACS (American Cancer Society) Club Publicity Chairman
- S.A.D.D. (Student Against Destructive Decisions) Steering Committee Member
- S.T.A.N.D. (Students Together Against Negative Decisions) elite member
- Helped Run New Student Breakfast for WCHS
- Helped coordinate "See You At The Pole"
- Spoke at "See You At The Pole"
- 4-H Sigma Lambda Chi Member
- Helped coordinate Red Ribbon Week Activities
- Served on Family Connections Jr. Board of Directors
- Attended Youth Assembly Leadership Congress
- Received the Mcluthcen award for top debater in Senate at Youth Assembly
- Chosen to attended National Youth Leadership Conference
- Worked with local State Representative about his Truancy Bill
- Attended REMC Washington Youth Tour
- Vice-president of Patterson Bank Board of Directors
- Y-Club President
- Y-Club community projects chairperson

#### **COMMUNITY SERVICE ACTIVITIES:**

 Volunteered at local recovery center for people with addictions (The ACE Foundation)

- Put 4-H flyers up around WCHS for Statewide Christmas Card Art Contest
- Fair Booth for 4-H
- Fair Booth for S.A.D.D.
- Brought cookies to firefighters in Wayne Co.
- Donated items to Fair Heaven for Christmas
- Helped students with PowerPoint projects
- Thanksgiving Baskets Y-Club
- Thanksgiving Baskets student council
- Bulletin Boards around WCHS for Student Council
- House-sat for youth pastor
- · Babysat lots and lots and lots
- Helped decorate at 4-H banquet
- True Love Waits Bulletin Boards
- Helped with fundraisers for youth group
- Helped with Special Olympics
- Sent letters to Soldiers in Afghanistan
- Helped Family Consumer Science Agent with "Taste of Home" Activities
- Helped Family Consumer Science Agent with Holiday program
- Participated in work clean up days at church
- Worked in WCHS Baseball Concession Stand
- Served at Pastors Appreciation Banquet
- Helped with "Great American Clean up Georgia"
- Helped with decorations for student council banquet
- Worked with Family Connections to help form a Boys and Girls Club for Wayne County
- Took Supper to Police Officers
- Helped organize a fundraiser to send an unfortunate kid to a WCHS football game
- Sent Christmas cards with blessings to local Hospital
- Operation Care Lift
- · Operation Christmas Child

#### **OTHER ACTIVITIES & HONORS:**

- BETA Club
- 4-H Newspaper Article
- Fall Forum delegate
- Youth Group
- DPA 1<sup>st</sup> Place General Recreation
- State Congress 2<sup>nd</sup> Place
- 2004 Homecoming Queen
- Attended Pace Setters Luncheon
- Newspaper article for Attendance Policy
- Mock Trial Team
- Met with the Dean and Associate Dean about the 4-H program
- Went to Supreme Court Trial for Civics Class
- 4-H State Council
- 4-H UGA Day
- Yearly "A" Honor Roll
- Awarded local scholarship for DPA project

4-H National Conference Alternate

Quill and Scroll Journalism Award

National Honors Society



# AAIN PROJECT D



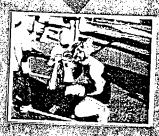




































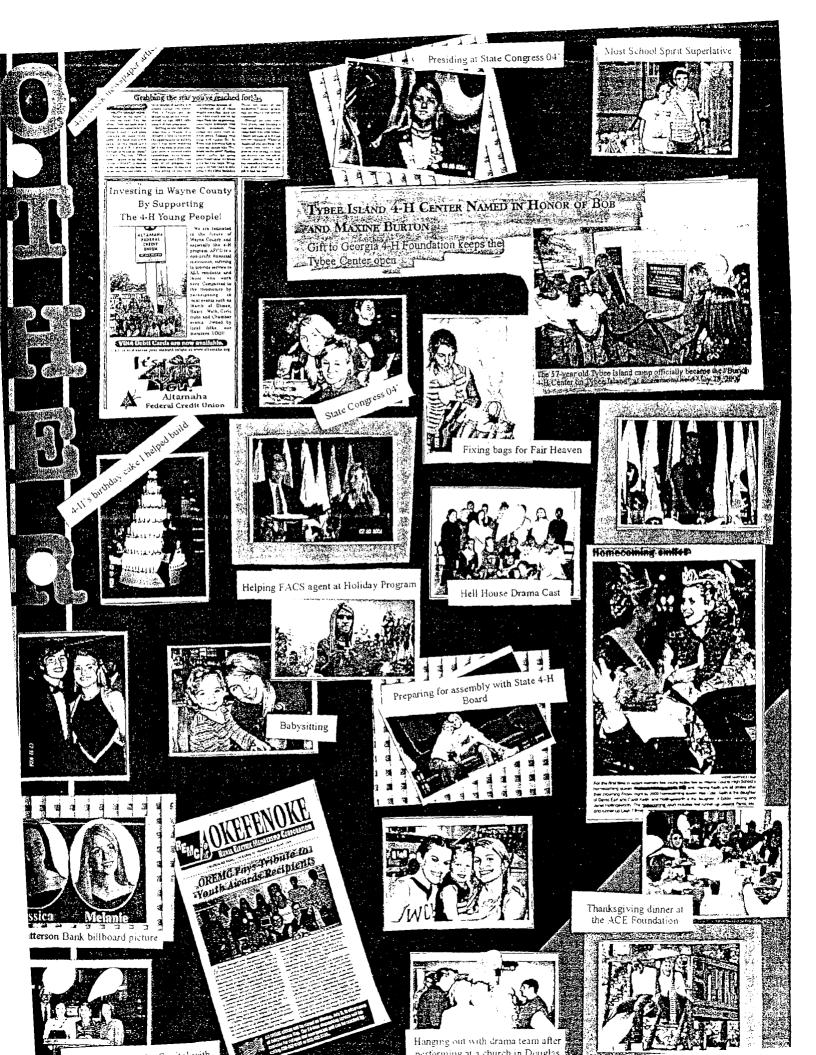












January 13, 2005

Senior Health Project Competition State 4-H Office University of Georgia Athens, Georgia 30602

#### Dear Project Judge:

Throughout the past seven years I have been very involved in Georgia 4-H. 4-H has taught me some essential skills of life. 4-H has taught me social skills, skills of leadership, responsibility, and great citizenship.

Ever since I was a little girl people have asked me what my goals were in life. I've always told them that when I grew up I wanted an occupation in the medical field. When I graduate from high school I plan to attend Emory Medical College and major in Internal Medicine. The Georgia 4-H Health Project has allowed me experience hands on in this area. It has also allowed me to expand my knowledge of the harmful effects of diabetes. For a long period of time I didn't know exactly what diabetes was. I became interested and educated in the effects of diabetes when one of my grandmother's died because of some of the effects of diabetes. I have several family members that have diabetes. I help my relatives by helping control their blood sugar by educating them on the harmful things that diabetes can do to your body. I've done utreach in my church by displaying posters that list the harmful effects of diabetes and distributing educational materials. A 2003, through knowledge gained from the 4-H Health Project and my research done on diabetes, I was able to self diagnose my own diabetes. 4-H has given me a precious gift, and I now have to practice what I try to preach to others about diabetes.

Through research I've learned that one of the best ways to cope with diabetes is by exercise and diet. In order to keep myself healthy my hobbies include cheerleading, jogging, and weight lifting. I also plan snacks and meals ahead. Through my 4-H club I was able to form a project club "Diabetes - Sugar Oh! Sugar" to share with those in my community ways to control diabetes. My project consist of various ages of African Americans. Prior to attending the project club meetings many of the participants were not aware of the affects of diabetes, proper meal planning and self care.

I have made a lot of close friends with the help of 4-H and participating in various events such as Page at 4-H Day at the Legislature, Deans Award, 4-H Camp, Jr. Leadership Conference, DPA, attending State Congress for the past two years, State Council, Jr. Rally, Cotton Boll and Consumer Jamboree, Horse Quiz Boll, Youth Summit, serving as Teen Leader for various events, running for district officer, being selected as a cast member Clovers and Company, county reward trips and serving as a county 4-H officer for the past seven years. 4-H has opened a new door of people and ways of helping others. 4-H has allowed me to fulfill one of my deepest passions, which is my passion for helping those in need. I hope you will consider my portfolio in the Health Project.

Sincerely yours,

istina Waller ethorpe County

Christina Walls

Senior 4-H'er

#### **HEALTH PROJECT**

#### MAIN PROJECT WORK:

- Using Knowledge gain from 4-H Health Project was able to self-diagnosis diabetes.
- Check my blood sugar daily
- Plans well balanced diet to help control my diabetes (weekly)
- Conduct bi-monthly meeting with 2<sup>nd</sup> year "Diabetes Sugar, Oh! Sugar" Project Club (11 participants)
- Organized "Diabetes Alert" Project Club (5 meetings)
- Attended Athens Regional Medical Center Diabetes Center self-management education program
- Interviewed Certified Diabetes Educator important tips of self-care to prevent & minimize complications of disease
- Prepared (10) handouts and fact sheets for diabetes project club participants
- Interviewed (10) Diabetic Patients and Interview (3) Hypoglycemia Patients
- Spend approx. 5-10 hours monthly assisting disabled diabetic female with cooking and cleaning
- Assisted Extension FACS Agent with Diabetes Education Program at Athens Clarke County Classic Center (110+)
- Interviewed doctors at Oglethorpe Medical Center regarding diabetes and its effects
- Prepared exhibit" What Are The Long-Term Circulatory Problems of Diabetes" (32 signed visitors)
- Prepared exhibit "What Is The Role of Food In Diabetes" (13 signed visitors)
- Prepared exhibit "What Is The Role of Exercise In Diabetes" (21 signed visitors)
- Presented talk "Smoking, Diabetes and Your Health" (22 participants)
- Presented talk "Ways to Lower Your Risk Of Diabetes" (17 participants)
- Read (8) books and numerous articles on diabetes, reads "Diabetes Forecast" magazine monthly
- Requested, received/distributed information from American Diabetes Association to project club members (5 pubs)
- Interviewed Oglethorpe County Health Department Nurse
- Attended lecture on Teens & Aids assisted in distributing handouts (45+ participants)
- Assisted Pediatrician with Well Baby Care
- Attended Drug and Alcohol Awareness Classes
- Attends daily Health and Physical Education Classes
- Attended the Progressive Farmer Safety Day Camp First Aid Classes
- Observed nurses at Oglethorpe County Medical Center take blood pressure and blood sugar readings

#### Participated In Health Observations and Healthcare Recognition Dates:

Children's Dental Health Month (February) prepared exhibit for "Youth On The Move" (26 participants)

- American Diabetes Alert (March) distributed 150 brochures
- Nutrition Month (March) distributed info to church group proper diet, food guide pyramid
- Mental Retardation Awareness Month (March)conducted fun and games with mental retarded male
- Child Abuse Prevention Week (April) displayed statistical facts (200 distributed)
- Infants Immunization Week (April) made flyers for distribution at childcare center (300 distributed)
- Minority Cancer Awareness Week (April) handout to minorities on proper checkups relating to cancer (350 distributed)
- Walk America March of Dimes (April) participated in actual walk and served as teen volunteer (125 participants)
- Alcohol Awareness Month prepared exhibit poster effects of alcohol
- Buckle Up America! Week (May) distributed 200 stickers
- Teen Pregnancy Prevention Month (May) displayed information
- Nurses Assistant's Week (June) interviewed (2) assistants regarding career goals/plans
- Alzheimer's Awareness Week (June) prepared exhibit
- Diabetes Month (November) Put up various posters and exhibits, distributed (450) handouts
- Diabetes Eye Disease Month (November) Prepared handout of effect s diabetes has on eyes (175 distributed)
- Preventive Health Month (December) distributed (2) flyers to (500) various ages of African American regarding importance of checkups.
- National High Blood Pressure Education Month (May) assisted Medical Assistants with free blood pressure screenings (approx. 60 participants)
- National Stroke Awareness Month volunteered 2 hours to assist stroke patient with general cleaning.
- National Breast Cancer Awareness Month (October) distributed pink ribbons during awareness month (100+)

#### SHARING AND HELPING:

- Assisted diabetic female patient with foot care
- Prepared (200+) insulin needs for diabetic Aunt
- Assists diabetic patient(neighbor) with taking blood sugar twice weekly
- Assists diabetic grandparents with meal planning
  - Distributed (approx. 50)complimentary Neoteric Diabetic Skin Care Cream packets
  - Distributed 4 health pamphlets at CMOC Health Fair (125 each)
- Prepared exhibit "50 Things You Should Know About Tobacco"
- Assisted Kidney Stone patient by administering medicine

#### Leadership Activities:

- Served as Oglethorpe County Senior Club 4-H vice President 2003-2004
- Presently serving as local Senior 4-H Club Board Member
- Served as Health Project judge for Elbert County 4-H CPA
- Attended State Congress Teen Leader III Competition
- Received Teen Leader Levels I,II & III Awards
- Received "Outstanding Sr. 4-Her Award" county Awards Banquet
- Prepared Dean's Awards Portfolio
- Participated in 2004 Essay Contest
- Selected as cast member of 4-H Clovers & Company
- Member of 3<sup>rd</sup> Place District Cotton Boll and Consumer Jamboree Sr. Team
- Participated in State Sr. Cotton Boll and Consumer Jamboree competition
- Ran for District Officer
- Won second place DPA Health Project
- Served as Judge at Northeast District Cloverleaf DPA
- Served on Annual 4-H Awards Banquet Program Committee
- Presided at Annual County 4-H Awards Banquet
- Assisted Walton Program Assistant with Radon Kit distribution at Progressive Farmer Farm Safety Day Camp
- Teen Leader Cloverleaf DPA
- Assisted (3) Cloverleaf 4-Hers with DPA Projects
- Teen Leader at county wide Community Day Festival (Assisted with exhibit setups/Displayed Health Info)
- Organized (2) 4-H Project Clubs
- Taught (2) Youth Leadership Program classes sponsored by UGA Fanning Leadership & Oglethorpe Family Connection
- Selected delegate for National 4-H Conference

#### Citizenship Activities:

- Visited/assisted (10) local nursing home patients
- Wrote Pen Pal at Grandview Nursing Home
- Visited and help prepare (20) shoe boxes of needed goods for community elderly and shut in
- Purchased and collected toys for the "Toys For Tots" drive at school
- Collected items for the can food drive at school
- Assisted Family Connection Coordinator in promoting Youth Leadership in Middle School
- Distributed 250 flyers for All God's Children Adoption Agency
- Purchased goods for 4 families for Christmas funds donated assisted with distribution
- Assisted (2) elderly with putting up Christmas decorations
- Help design and decorate float for Annual Martin Luther King Parade
- Performed/served on food serving committee for Church Senior Citizen Recognition Program (100 participants)
- Youth Leader at Church Youth Enrichment Conference (42 participants)
- Assisted elderly gentleman with total financial reports
- Served on food serving/decorating committee for Church Pastoral Appreciation Program (150 participants)
- Assisted with (12) costumes for St. John Annual Christmas Parade, Crawford GA
- Assisted with float for Martin Luther King, Jr. Parade, Elberton GA
- Conducted community Senior Citizen Helping Hand Drive
- Assisted with clothes closet for needy

#### Other Activities and Information:

- Honor Roll Student
- Oglethorpe High Varsity Basketball and Football Cheerleader
- Member of Oglethorpe High Chorus
- Vice President of Oglethorpe County Future Business Leaders of America Club
- Member of Oglethorpe County Fellow Christian Association
- Oglethorpe High Kaplan Educational Center participant
- Selected Who's Who Among American High School Students
- Selected member of University of Georgia Upward Bound Program
- Elected treasurer of UGA Upward Bound Trio
- Member of New Hope Baptist Church
- Serve as Sunday School Secretary
  - Sing in New Hope Youth Choir
  - Serve as New Hope Youth Usher President
- Served as teen leader at Vacation Bible School
- Served as teen leader at church annual picnic





Erin Lovin 4665 Kelly Mill Rd. Cumming, Ga. 30040

Senior Project Competition State 4H Office Athens, Georgia 30602

Dear Project Judge,

Allow me to introduce myself. My name is Erin Lovin; I am in 10<sup>th</sup> grade at Forsyth Central High School. I have been in 4-H for 7 years. When I was six I had my 1<sup>st</sup> riding experience at a local barn and haven't gotten of the back of a horse since. I chose horses as my DPA because of my growing love for equines and my desire to become a large animal veterinarian.

For the past, 6years I have volunteered at a local horse rescue farm. The mission of the Horse Rescue Relief and Retirement Fund, Inc. (HRRRF) is to improve the quality and life for all horses and thereby improving the lives of people through their human bond with horses. They are committed to the rescue and rehabilitation of horses and equine suffering from abuse and to the successful retirement of working horses and equines. Their aim is to improve the public awareness and knowledge of the standards necessary to keep equines healthy and safe.

It is because of my love for these beautiful animals and as a person with a disabling illness, JRA (Juvenile Rheumatoid Arthritis), I felt a strong need to get involved with the rescues development of its "Dreams of Courage" program. This program uses the rescued horses to help disabled children and adults improve their lives through the movement and involvement with these horses. I know first hand that equines have the ability to improve the quality of life, health, and well being for people with disabilities. Through therapeutic and enjoyable equine activities, riders learn horsemanship that stimulates physical, mental, and emotional growth. Individuals with physical, cognitive, and emotional disabilities can also benefit from therapeutic horseback riding activities. Whether it's a five-year-old with Down syndrome, or a 45-year-old recovering from spinal cord injury, horseback riding provides challenges as well as rewards for many.

Research has shown that individuals of all ages who participate in therapeutic riding experience physical, emotional and mental rewards. Because horseback riding rhythmically moves the riders body in a manner similar to a human gait riders with physical disabilities often show improvement in flexibility, balance and muscle strength. For individuals with mental and emotional disabilities, the unique relationship formed with the horse can lead to increased confidence, patience, and self-esteem.

The rescue has already secured its NARHA (National American Riding for the Handicapped Association)
Therapeutic Riding Center approval and has a licensed hippo therapist ready to get started. However the rescue still had a few final preparations and long term needs that had to be met.

That's where I found the place where I could make my contribution. In order to get started the rescue needed to build handicapped-mounting ramps, and needed to purchase some safety equipment. So I started raising money and got people interested in what we were doing. I even started giving riding lessons to 5 children with varying problems such as Autism, learning disabilities, severe depression, and behavior disorders. I even got my mom and a few of my friends to help out. Now the word is spreading and our program is getting larger. By this time next year I am hoping have our new therapeutic riding facility ready so we can take in more students and instructors.

There is nothing better to see than a parents face light up because they've heard their child laugh for the first time or to see how much a child opens up to you when they're on the back of a horse. Often we have discovered that having fun is what is really most important to these riders or perhaps, it's to feel some power on the back of a horse that they're unable to have in any other area of their lives. So why walk when you can ride?

Thank you,

#### HORSE

#### MAIN PROJECT WORK - Total HRS 1560

#### CARE/MANAGEMENT- Hours = 350

Work at Horse Rescue Farm

- -Feeding/daily (80+ horses)
- -Stall maintenance / daily (25 stalls)
- -Grooming (Routinely)
- -Exercising/Training (Routinely)
- MEDICAL EXPERIENCE
- Strangles- (Rain & Princes-Yearling/Filly, Dante-7yr/gelding) Assisted Vet w/ Tracheotomy trach cleaning, temps, isolation, meds, etc.
- Hoof Abscess –(Lacey 12 yr old, Quarter Horse/ Mare) Soak hoof, applied Ecthamal
- Eye & Scar tissue removed -(Rosie/Appaloosa Mare) Post operative care after surgery at UGA Vet Hosp.
- -Colic Surgery (Buster/16 yr old /Rocky Mountain /Gelding). Post operative care after surgery- Diet, rehabilitation, removed staples, exercise program, etc.
- -5-Nurse Mare Foals 4-colts, 1 filly -Rescue foals-Salmonella/ Diarrhea/Milk supplement/ One foal died resp infection
- 20 State Ag. Depart Impound PMU Foals- Rescue housed quarantined foals for State- Trailer Fever, parasites, injuries, etc. Help with care and feeding of foals while they were in here.
- RIDING EXPERIENCE -Hours= 350
- Pleasure/Trail Rides Galveston Beach TX

Dawson Forsest GA, Pine Mountain GA Camp Meriweather Cumming GA, Silver Comet Trail GA

- -Northwinds Equestrian Center Arena/Rink
- -Hunter/Jumper Lessons weekly
- -Western Pleasure/Trail Lessons

Schooling Camp Horses - Western & English

#### LEARNING ACTIVITIES - Hours = 110

\*Classes/Trainings - 68 hrs

Dreams of Courage Handicap Rider Training -12hrs EAP-Equine Assisted Psychotherapy Class - 10hrs Volunteer Training: Sidewalker/Spotter/Handler 6hrs Horse Rescue Core Volunteer Training (HRRRF) 8hrs UGA Extension - Horse Program - 3 hrs

-Dr. Gary Heusner - UGA Equine Specialist

-Jeff Lyle - Farrier

West Nile Presentation – 1 hr

Mounted Civilian Training - Tek Marciniak- 20hrs Colic Surgery - Album University-Dr. Gomez DVM 6/24/04-4 hrs Assisted Equine Chiropractor/Acupuncturist Ron Daw DVM \*Tours/Field Trips 27 hrs.

UGA Veterinary Hospital - 3hrs

Navasota Large Animal Hospital - TX - 2hrs Texas A&M Campus & Vet Science Department - 5hrs Navasota TX, FFA Student Livestock Barn - 3 hrs Alburn University -Vet College Tour - 4 hrs UGA Equestrian Team - UGA vs Ohio State - 11/13/04-10hrs \*Interviews - 12 hrs

Cheryl Flannigan - Horse Rescue Relief and Retirement Alicia Galfant - NARHA - Licensed Hippotherapist

Dr. Gary Heusner, UGA Extension Equine Specialist

Dr. John McGrouder - DVM

Peter Reynolds - Ferrier

ill Friesel - Physical Therapist

Daina Smith - Occupational Therapist

Mark Gunter - Forsyth County Disability Coalition

Rachel Bortz - Riding Instructor/Trainer

2-Vet. Students at Alburn University – Class of 2004

ARTICLES/PUBLICATIONS Hours = 2 STR & NGI ES .. Diagnosis & Treatment

★ LEADERSHIP ACTIVITIES - Hours = 700

\*Dreams of CourageTherapeutic Riding Lesson-142 hrs

- -7 yr. old boy- Autistic (100hrs)
- -12 yr old girl -Bi-Polar/Learning Disabilities (20hrs)
- -1 lyr old girl -Non-Verbal Learning Disorders (10hrs)
- -6 & 7yr old Foster Children- Learning Disabilities (12hr)

\*4-H Horse Rescue Project Club - 20 hrs

- Project Club Leader/President
- -Planned and starting project club
- -Plan Program activities for meetings
- -Advertised program in 4-H and Horse Rescue Newsletter
- Held Meetings 1st Thursday of each Month
- \*Camp Meriweather 500 hrs June-Aug 2004
- Summer Resident Camp Counselor Worked at Barn, with campers and horses, teaching ground and riding lessons to campers & schooling of horses.
- \*Camp Lanier Girl Scout Camp 17hrs
- -Taught Horse Grooming with Miniature Horses(150G,S)
- \* Teen Activist Help inform and educate people 12hrs.
- ?) Ethical Treatment of Equines and other animals
  - -H.R. 857 American Horse Slaughter Prevention Act
  - -PMU and Nurse Mare Farms
  - -Wrote to State Legislatures about H.R.857 Rep Isakson, Johnny, Rep Linder, John, Rep Majette, Denise L. Rep Lewis, John ,Rep Deal, Nathan

\*RESCUE ME CONCERT-9/18/04 I organized a concert featurin local High School Garage bands(5) to raise money for the Horse Resc Relief & Retirement Farm the Event Raised \$1500

\*Judged Showmanship Halter Class -10/30/04-Fun Horse Show at Northwinds Equestrian Center

#### SHARING & HELPING - Hours 250

- -Rescued Dante from local Horse Action /Care/Adopted-6mths -PMU Auction -9 hrs
- -Horse Rescue Booth Sawnee Park Festival- 5hrs
- -Barn Tour /Horse Care (2 -Day Care Groups)- 8hrs
- -HRRRF Open Houses/Volunteer Training Days-60hrs
- Hand Across Atlanta Farm Workday 6hrs
- -Field Trips/Birthday Parties at Horse Rescue -10 hrs
- -Honor Our Heroes Day at the Horse RescueFarm 9/13 6hrs
- -Animal Rescue Fair 4/18/04 Wills Equestrian Park-6hrs
- -Polo Match Chukkar Farm-Alpharetta -10/31/04-8hrs
- -Holiday Open House/Canton Christmas Parade 12/04 -12hrs

TV SHOW APPERANCES - Hours - 6

- "ANIMAL TAILS" PAX TV Series -3 hrs

Filmed on 9/4 - Aired on 12/14 -

-"ANIMALS HELPING HUMANS" - 3 hrs

Atlanta Interfaith Broadcasting -Filmed 11/3, Air 2004

#### $\underline{DEMONSTRATIONS} = \underline{Hours} = \underline{12}$

-SR DPA Rock Eagle - 3/20/04

- -State Congress Demonstration- 07/20/04
- -Girls Reach Out Workshop Whispering Hope Ministries-10/2/04 Talked to girls about volunteering at Therapeutic Riding Center.
- Sr. 4-H Council: Horse/Barn Fire Safety- 10/04
- -DPA/Jr Rock Eagle 3/15
- -Jr. 4-H Meeting VCMS: Presented DPA 5/14
- -Sr. 4-H County Council: Handicapped Riding 8/25
- -Sr. 4-H Council: Horse Project Club Demo 9/8
- -Livestock Club Meeting Horse Rescue Demo 9/16
- Sr. 4-H Council Meeting: Horse Rescue 10/13
- -Horse Project Club: Leading/Haltering/Grooming 11/6

BOOKS/MAGAZINES Hours = 50

- -The Horse, the handicap and the riding team (a Training Manual for Volunteers) By Engel, Gallaway & Bull
- -STRIDES NARHA Magazine Qtly Issues
- Equine Facilitated Mental Health & Learning—McDaniel

#### OTHER 4-H ACTIVITIES

#### \*COUNTY

- -Senior County Council 2003-2004
- -Liverstock Club 2003 -2004
- -Horse Quiz Bowl Team Jr Team Coach & Sr. Team member
- -4-H Horse Club
- -Jr 4-H Vickery Creek Middle School- Secretary-Spring
- Christmas Parade
- -Goat Farm Tour
- -100pt Club Stone Mountain Laser Show
- -Glow Golf
- -Pet Show
- -Nursing Home Trip/Talent Show -2003-2004
- -Awards Program 2003 & 2004
- -4-H Picnic City Park 8/23/04

#### \*STATE

- -Sr. Council 2003-2004
- -State Congress -2004

#### \*DISTRICTS

- Sr. District Project Achievement 1st Place 2004
- -Jr District Project Achievement 2<sup>nd</sup> Place 2003

#### **\*** OTHER LEADERSHIP

- Daisy Girl Scout Troop Leader for Church After School Program- Meets every Wednesday for 1 hour. 9/15/04-present
- Girl Scout Northeast Georgia Delegate-2003/2004
- Spoke at Girl Scout Round Up to about 2005 G.S.
  - Convention coming to Atlanta.
  - Camp Counselor Camp Meriweather G.S. Camp
- Kids VOTE Poll Worker
- Voters Registration Booth County Library
- Summer Book Club = President
- Teen Leader 4-H Ghost Tour
- Teen Leader 4-H Gold Panning
- VBS Bethelview United Methodist Church
- Jr. High Midway UMC Bible Study Leader

#### **OTHER ACTIVITIES**

- -Midway United Methodist Church Sr. High Youth
- -Forsyth Central High School Art Club
- -Teen Art Group/Artistic Adventures/ Pottery & Jewelry
- Girl Scout (10th yr) Senior Level Scout, NE GA. Council
- -PADI SCUBA Dive Club
- -Member National REEFBALL Foundation
- -Girls of Grace Ministry -Atlanta

#### AWARDS/CERTIFICATIONS

- -WXIA 11ALIVE-Community Service Award -4/01/04
- -4-H Honor Society SIGMA LAMBDA CHI -2004
- -1st place 4-H Sr. DPA Rock Eagle -03/19-3/21 2004
- -Jr League of Atlanta Youth Leadership Award -5/11/04
- STATE 4-H Congress 7/20-7/23 2004
- -P.R.I.D.E. Certification. Ga. Teens Ride with Pride-8/26/04
- Defensive Driving Certification-Pruitt's- 9/4/04 8 hrs
- -4-H Forsyth Co.2004 Youth Leadership- I Dare You Award
- -Volunteer Appreciation Award Horse Rescue 2004
- -Angel Soft- ANGEL IN ACTION Award
- -PADI Open Water Scuba Certification
- -Project A.W.A.R.E. Coral Reef Dive Certification
- -DNR- Boating Safety Course Boating License
- -Jr DPA -Horse 2<sup>nd</sup> place
- -Girl Scout Silver Award
- -School Science Fair 1st place
- -Forsyth County Science Fair 2<sup>nd</sup> place
- -District Honors Band

#### COMMUNITY SERVICE

- -Foster Parent 2 puppies for Human Society -1 adopted 12/19/04
- Organized One Life Revolution Sponsors AIDS Orphans 12/0
- Atlanta Masters Commission Dream Team Xmas party.
- for Atlanta inner city youth mission & help at 12/04
- REEF RELIEF- Coral Reef Conservation Public Education Programs
- Sr. High Mission Day Midway UMC
- Hands Across Forsyth Sponsored a Christmas Family
- Earth Fest Centennial Olympic Park Capt. Planet Vol. 4/04
- Sr. High Mission Trip Cherokee N.C. Indian Reservation 5/04
- Youth Mission Trip Panama City, Fl.-6/04
- Lions Club-Concession Wills Equestrian Park 8/21/04-11hr
- The PLACE Packed Back to School Book bags8/2/04 4hrs
- Painted and removed graffiti church Scout Hut. 8/4/04-8hrs
- Church Consignment Sale helped set-up-8/22/04 -- 4 hrs
- Nursing Home Wesley Woods Methodist Ministry-8/06/04-6hrs
- Shoebox Ministry
- Upward Basketball Volunteer
- Nursing Home Visits Tara Plantation
- Collected old Cell phones for Women/Children Shelter
- -, Donated clothing to Good Will
- A Made Blankets for Foster Children
  - Wrapped Christmas Presents for CASA
  - Christmas Tree Recycling Keep Forsyth Beautiful
  - Chamber of Commerce Clean up





January 3, 2005

Senior Project Judges University of Georgia Athens, GA

Dear Project Judges.

Hi, my name is April Ford and I am a sophomore at McIntosh High School in Fayette County. I had a great 2004 year in 4-H and these were my highlights.

My most satisfying activity was being a teen leader for my county's Cloverleaf camp week at Rock Eagle. The girls want to come back to camp next year and have me again as their teen leader. I see the same girls around town and we still hug and laugh. The most fun was the week of the Fayette County Fair where I worked in the 4-H Petting Zoo. I recruited some of my friends to participate in a 4-H activity and a chance to see lots of people in the community. The most exciting event was winning 2004 District Project Achievement in Housing and Environment, it made my Mom cry. I was inspired by State Congress and the scholarship presentations. I returned from State Congress really ready to help other 4-H members with their projects so that Fayette County can have one of the largest and best, county groups at District Project Achievement and State Congress. I enjoyed seeing my friends from all over Georgia at District Project Achievement, State Council, Fall Forum, Cloverleaf Camp, State Congress and State Horse Show.

The hottest and dustiest week of the year was State 4-H Horse Show. I didn't place but I enjoyed every minute of the week and cheered on my county team member who did well enough to move on to Southern Regional Horse Show. We hope to have a larger group at this year's 4-H State Horse Show and put up aisle decorations for Fayette County. I learned about the demonstration project competition at the State Horse Show and plan to participate next year. I am the Teen Leader helping to start a new after school 4-H program in our local elementary school. This is definitely a work in progress and a challenge for 2005. Attending the Fayette County Commissioner's meeting to participate in the 4-H Centennial Proclamation was a good lesson in citizenship as I now know what the people look like that I read about in our local newspaper. The leadership skills that I have learned at 4-H events and meetings have been used in my High School where I was selected to be a Peer Leader mentoring Freshmen, serve as a Peer Mediator and serve as a reading tutor for at risk elementary students. Taking a second year of Debate in High School and competing on the traveling Debate Team has improved my public speaking and analytic thinking skills and helped me be a more effective 4-H leader. My biggest surprise was being named as High School 4-H'er of the Year for Fayette County.

Housing and Environment is a natural project for me. My parents never quit building, remodeling and changing our home environment so there is always something new to learn and plan. I enjoyed sharing my Homeowner's Insurance project at school, with my local 4-H club and through a poster presentation at Fall Forum. And, much to my surprise, I keep seeing new ways to use and share my Housing and Environment project knowledge of sun angles and heat gain. The most fun part of my project is, of course, driving my golf cart around the 88 miles of cart path in Peachtree City.

I have tried to use my head to work hard on my project, I have certainly put my heart into 4-H, I have used my hands to make the models for my project and to work for others and I will pray for good health for District Project Achievement where I hope to earn a repeat trip to State Congress.

Thank you.

Sincerely, Open Leigh Tool

April Leigh Ford

#### Main Project Work

Designing and helping to build an indoor riding arena extension to my home barn

- Used knowledge of earth-sun angles to predict heat gain in new riding arena
- Learned about getting local building permits for new construction or renovation
- Sketched design of new riding arena to check water flow and gutter placement
- Checked circuit box capacity then planned new electrical outlets and lighting
- Researched and selected fencing, gating and building material suitable for horses
- Learned to better operate a tractor and bobcat to move earth for construction
- Helped in maintenance of tractor and bobcat machinery
- Did some of the building and fence work over summer vacation

#### Studied about homeowner's insurance

- Purchased book about home finances and studied about insurance
- Visited several commercial insurance and Georgia Secretary of State web sites to learn about insurance
- Interviewed my family's licensed insurance agent to better understand insurance
- Reviewed my family's insurance coverage and helped update coverage with endorsements

Prepared a long term landscaping plan using a scaled drawing from the legal land survey

- Landscaping plan showed the maximum tree sizes then talked with Fayette County Extension Agent about fast growing shade trees appropriate for the landscaping plan and our climate
- Visited local plant nursery and internet sites to learn about shade trees and check prices of different size trees
- Sketched a plan for planting shade trees in my yard based on actual legal land survey
- Studied the automatic irrigation system to keep plantings similar in terms of water needs

#### Studied water heater energy efficiency

- Learned about the difference between electric tank water heaters, gas tank water heaters and tankless gas water heaters and calculated the dollars saved by going to tankless gas water heaters in my home; old electric was \$748/yr, new gas tankless is \$320/yr
- Learned about venting, plumbing and electrical needs for tankless gas water heaters and observed tankless water heater installation in my home

## Learned about real estate property tax and deed recording

- Visited county tax assessor's office with my home's tax assessment and interviewed director to learn exactly how
  property is assessed in my county and how to use millage rate to calculate tax
- New school bonds were approved in the November election, I followed the bond issue in the newspapers
- Reviewed the legal property appraisal and deed for my home and visited the Fayette County Superior Court Deed Vault and looked up my home's deed and reviewed deeds from the 1920's and handwritten deeds from 1822

Studied positive effect on air quality of using electric golf carts for local transportation instead of cars

- Participated in legislative process to change state law in March 2004 to allow non licensed adults and learner's permit teens to drive golf carts legally on a cart path system
- Attended golf cart legislation bill signing by Governor Perdue in Peachtree City as 4-H representative
- Drive my golf cart to school, to shop, to visit friends, to restaurants and for recreation to get around without increasing air pollution in metropolitan Atlanta

2004 NW District Project Achievement First Place Winner in Housing and Environment Project

Competed at State Congress in Atlanta in July 2004 in Housing and Environment Project

#### Main Project Sharing and Helping Experience

- Shared my earth-sun angles project with the High School 4-H Club to show new members about projects
- Presented earth-sun angles project to the Senior Fayette County 4-H meeting and led discussion of heat gain in homes
- Gave earth-sun demonstration to Junior Fayette County 4-H meeting emphasizing how to use models and posters
- Used models and some posters to share with High School science class how sun angles affect climate
- Shared earth-sun angles project with Fayette County 4-H Horse Club regarding barn design and summer heat game
- Poster presentation on "Homeowner's Insurance" at Fall Forum
- Shared information about homeowner's insurance to my Peer Leadership class in High School
- Discussed information learned about homeowner's insurance with to High School 4-H club

- Made poster presentation at Senior Fayette County 4-H meeting to encourage others to make posters for Fall Forum
- Shared poster presentation at Junior Fayette County 4-H meeting as example of how to prepare projects
- Shared my experience at State Congress with County 4-H meeting including the scholarships available
- Extensively helped another senior prepare for her first District Project Achievement trip in 2004
- Shared my experience at State Horse Show at 4-H Horse Club and encouraged other Horse Club members to attend and participate in the Junior and Senior Demonstration competitions at State Horse Show

#### 4-H Leadership and Teen Activities

- Vice President of Favette County Senior 4-H Club
- Teen Leader, second year, for Fayette County Cloverleaf 4-H Camp week at Rock Eagle
- Teen Leader assisting in teaching Teen Leader Cloverleaf camp orientation for new Teen Leaders
- Peer Leader at my High School; nominated by faculty, selected by interview, attended two days of summer leadership training, attending one hour of class each school day studying leadership, diversity, peer mediation, drug awareness, teen depression and other teen topics
- Teen Leader for new after school elementary 4-H Club, 7 meetings including co-teaching lessons and activities
- Teen Leader for Cloverleaf District Project Achievement duties included coaching and helping new participants
- Teen Leader and co-teacher for Cloverleaf 4-H officer's induction training and ceremony, 120 4-H'ers attended
- Teen Leader at Fayette County Cloverleaf Swim Party staffed sign in and parent pick up at gate, 175 attended
- Teen Leader and recruitment of others to help staff 4-H Petting Zoo for 4 nights, shared my animal knowledge
- Teen Leader at monthly Junior 4-H meetings, helped 12 to select projects, prepare portfolios and plan demonstration projects for District Project Achievement, encouraged attendance at Junior Rally and summer Junior Camp
- Worked with faculty sponsor at my school, McIntosh High School to start new High School 4-H Club
- Prepared snacks for 8 McIntosh High School 4-H meetings, guided new members through project selection, project work and community service, recruited several new members to attend Fall Forum as a first 4-H trip
- Actively recruited and provided transportation for several new Senior 4-H members
- Teen Leader in Fayette County 4-H Horse Club, recruited new members, made 3 presentations at meetings
- Assisted new 4-H member in attending her first State 4-H Horse Show
- Participated in Georgia Centennial 4-H proclamation by Fayette County Commissioners at their monthly meeting
- Co-presenter of awards at Fayette County 4-H Awards Banquet
- 4-H representative to my High School guidance project "Mix It Up Week" to reach out to students without friends

#### **Community Service**

- Three full days of volunteer service to help faculty open for new school year, prepare for Freshman Orientation
- Maintained weekly contact with my assigned ten freshman high school students as a peer leader and performed at least one hour of separate community service per week
- Helped to teach two weeks of summer Horse Camp at Rock House Stables where I board my horse
- Collected from family and friends and delivered used clothing, 120 items, on 3 occasions during the year for Goodwill
- Donated new clothing to Share the Warmth children's winter clothing drive
- Donated items from 4-H mall for sale at Fall Forum for new Rock Eagle pool
- Saved pop tops for 4-H Junior Rally

#### Other 4-H Events

- Named High School 4-H'er of the Year, 2004 for Fayette County
- Competed in State 4-H Horse Show for 5 days in Perry, Georgia
- Competed in Central Georgia 4-H Horse Show
- Attended State Council Centennial Celebration with State dignitaries, officials and 4-H alumni
- Attended Fall Forum learning about personal finance and budgeting my time and money

#### Other Events

- Member of Junior Varsity Debate team, traveling to competition events and member of National Forensic League
- Member Teen Youth Group at Peachtree City United Methodist Church
- Member of American Quarter Horse Youth Association



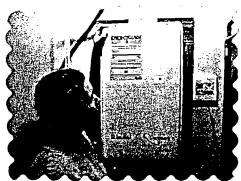
Interviewed Licensed Insurance Agent Made Fall Forum Poster Presentation "Homeowner's Insurance"



Gov. Perdue Signs Golf Cart Legislation in Peachtree City



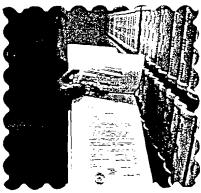
McIntosh High School Golf Cart Parking Lot



Installed Tankless Gas Water Heater Costs 57% Less To Operate Compared to Electric Water Heater



Helped to Plan and Build Indoor Riding Arena Extension To My Home Barn



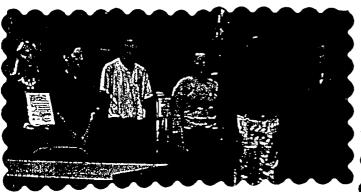
Inside Fayette County
Superior Court Deed Vault
My home's Deed Book



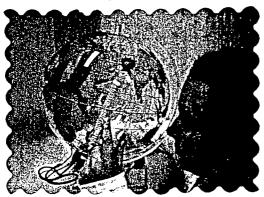
My Home Peachtree City Fayette County, GA



Using Legal Land Survey
To Make Landscaping Drawin.



Fayette County Commissioners Proclaim Georgia 4-H Centennial



Explaining Model Making Using Fiberotics in Earth Model Fayette County Junior 4-H Club

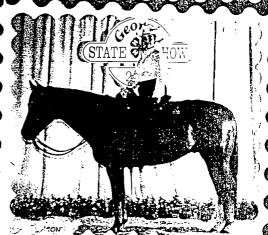


Teen Leader for After School Cloverleaf 4-H and at Cloverleaf Pool Party





Fayette County Fair 4-H Petting Zoo Teen Leader 4 days



2004 State 4-H Horse Show My Horse, Skippy



Second Year Teen Leader Rock Eagle Cloverleaf Camp



Jennifer Davenport P.O. Box 1247 Clayton, GA 30525 706-782-3341

Dear Project Judges,

what is demo focus?

Please accept this portfolio as my official entry into the Human Development category. I chose to do my project on human development because the thought of discovering what makes each of us different and unique has always interested me. Since the beginning of my senior year, I have been enrolled in a teacher apprenticeship class, in which we visit an elementary class once a week. I have always wanted to be a kindergarten or first grade teacher, but I realized that before I can teach young children about different life skills, I need to know how each of their brains grow and develop. Therefore, I have chosen to be in the human development category once again this year so I can learn as much as possible about young minds.

Since I love to be around children, I am always being called on to be a babysitter for many people in my hometown. I also work in the 0-2 year old nursery at a Methodist church in my town. Each time that I go to baby-sit children, I feel a sudden burst of energy because I just love little ones and the joys that they help bring to life. I have a three-year-old niece, who I often consider my little sister because I never had one. She brings me so much happiness, as do so many other children when I am around them. I often feel that I have a certain calling to be a teacher because the love that I have for teaching radiates from me each time I enter a classroom. It feels great to know that when you are around children, you are making an impact on their lives, and in the future of America.

Even though I was never blessed with a little sister or brother, I do have two older sisters and one older brother. My oldest sister's name is Laura, who is 27, married, and has one child. My brother's name is Justin, who is 23, and my other sister's name is Kelly, who is 21. I also have a wonderful mom and dad, who I love very much.

I have many different activities that I enjoy doing on a regular basis. Those include: babysitting, listening to music, taking pictures, going to the movies, hanging out with friends, talking on the phone, snow skiing, writing letters, swimming, and living life to the fullest. I am also active in many different clubs within my school. Of course, I am most active in 4-H, but the other clubs includes: Future Business Leaders of America, DECA (a club for marketing students), Interact, Future Georgia Educators, Spanish, and Art. I am an active student in college prep classes at my school, and my favorite subject is English. My elective classes include Marketing, with whom I am going to New York in April, the Teacher Apprenticeship class, and Sociology. I hope to graduate this year with the Class of 2005 and continue on this summer as a counselor at one of the 4-H camps in Georgia. I would like to attend a two-year college within Georgia, but I am not sure where yet. Once in college, I want to major in Early Childhood Education, and become an elementary school teacher. Along the way, I hope that I will be blessed with marriage and a loving family.

I hope that you have enjoyed learning just a small portion about me, and the strong love that I have for children. Thank you so much for your time!

Sincerely

Jennifer Davenport

Rabun County

laverport

#### Jennifer Davenport Human Development

#### Main Project Work:

Work in nursery 91/2 hours every Sunday where I: Care for 3-5 children birth to 2 years old Play games with children Prepare & give out snacks Read books Help children put away toys

Babysit for niece twice monthly (approx 30 hours) Baby sit individual children ages 2 years to 7 years once a week

Took Teacher Apprenticeship class in school for 2 semesters where I:

Visit Elementary schools once a week to:

Observe classes Help students with work Lead games and activities Pass out snacks Read books

Lead students to class Discuss college core curriculum for teacher

certification

Discuss educational issues

Developed a Power Point slide show on Autism

#### Interviews

Warren Huddleston, Pastor of Clayton Methodist Church

Shelley Martin, Assistant Pastor

Luann Duncan, Children's Minister

Dr. Mack Spats, Substitute Teacher

LuAnn Duncan, Children's Church Minister

Laura English, Parent

Amy Leggett, Parent

Gwen Fink, Nursery Director

Mary Bowden, Parent

Laura Davis, Parent

Mr. Mooney, Granparent

Missy Hash, Parent

Renee Smith, Parent

Rabun Martin, Parent

#### Tours

Creative Learning Center & Methodist Church

Clayton Elementary School

South Rabun Elementary School

Rabun Co. Elementary School 

Clayton Methodist Church 0-2 year-old Church nursery

2-4 Sunday School room

#### Lectures/Workshops

CPR & First Aid Class - Received certification 8

8 Medical Termonology Class

Certified Nursing Assistant Class-received certification

Teacher Apprenticeship Class

Elementary School observances

#### ials Read

Parent's Magazine, monthly

Parenting Magazine

Super Sitters - Sitter's Resource Guide by Dr. Lee Salk

Super Sitters - Emergency Care & First Aid Manual by Dr. Lee Salk

Children's books in Teacher Apprenticeship class

Read Edweek.. org bi-monthly

Read notes from Teacher Apprenticeship class, Ms. Woerner

#### Main Project Sharing & Helping Experiences

Observed baby being born

Share with friends what I learn from

Apprenticeship class

Assisted in developing puppet show for grades K-3 about nutrition

Making a potato chip puppet called "Bad Taters"

Shared educational quotes during Teacher Apprenticeship class

Shared educational articles in Teacher Apprenticeship class

Shared a Kindergarten Graduation 7 video to watch

Gave advice about Human Dev. to Cloverleaf CPA participants

#### Other Leadership & Teen Leadership Activities

Teen Leader at Cloverleaf Officer Training class where 1:

Co-taught President's class for cloverleaf Helped with games at officer training night Served refreshments Led camp songs

Served as ABC at Cloverleaf Camp 2004

where I:

Helped counselors Supervised dances Helped with games & group

Called roll for all trips

activities

Assigned cabin clean up duties to cloverleaf campers

Helped clean cabin

Teen Leader at CPA where I: Judged Human Development,

Entomology, General Recreation, Power and Energy, Safety and Food for Health and Sports

Teen leader at 5 Cloverleaf DPA workshops where I:

> Helped with posters Researched information Timed demonstrations

Teen Leader at Cloverleaf DPA where I:

Helped with games Served as Bus monitor Led cheers on the bus Judged General Recreation and Outdoor Survival Skills

#### Áwards

Certified Nursing Assistant Award

4-H Camp Teen Leader award

2nd Place Award at DPA

County Council Board Member Plaque

#### Other 4-H Activities

Attended 9 4-H Club meetings at RCHS

Attended 10 County Council Meetings

Attended 4 Senior Portfolio workshops

#### Other 4-H Activities cont.:

- Competed at Senior DPA in Human Dev., where 1: Completed a portfolio Placed second in Project Area
- Attended 5 Senior DPA workshops
- Attended ABC Training Weekend where I: Participated in team building acitivites Participated in two different interviews Was certified as an ABC Leader

Worked at booth at CES Spring Fling

- Helped assemble appreciation baskets for teachers in honor of National 4-H week
- Attended Officer Training Night planning meeting where I:

Helped plan upcoming events Helped plan trips for cloverleafs Discussed events & previous meetings Discussed DPA

Campaigned for County Council where I:

Created posters
Prepared and presented speech

Was elected as County Council Reporter

Sold flower bulbs as 4-H fund-raiser

- Planned and worked at the Board of Commissioners Reception
- Attended Rabun Historical Society Tour

Worked on Park Project, two days

Attended Cloverleaf Bike Rodeo where I:

Helped set up stations Maintained a station Conducted drawings for prizes Directed Cloverleafs from one station to another

Helped with clean up

Assisted with Senior Center Project where I: Assembled decorative place mats Assembled table decorations
Was featured in a CPA training video

Member of the Heirloom Garden Club Where I:

Attended 10 Garden Club meetings Helped lay out the garden site Helped prepare the soil Helped plant tomatoes and beans Helped water the garden Helped fertilize the garden Kept a Garden journal Cultivated the garden

Helped with Club of the Year Party Organized and conducted games Served refreshments

Helped with main learning activity

Attended in-school club meetings

Participated in community Relay for Life event where

Attended planning meetings Helped decorate team booth' Helped team raise more than \$1,000.00 Walked in the Relay Sold muffins and cookies at the Relay event Helped price items for Relay Yard Sale Helped set up Relay Yard Sale Worked the Relay for Life Yard Sale

Served on Award Banquet Committee where I:

Helped plan the Banquet Helped Decorate for Banquet Helped with refreshments Presided at the Head Table Conducted motivational speech on 4-H as part of the program Received awards Helped clean up

Attended 4-H Picnic in the Park

Helped with Car Wash fund-raiser

Worked at ACAR Thrift store as community service

#### Other Community Service & Citizenship Activities

Worked on Mountain City Park Beautification Project

Member of Interact Club where I: Helped at the annual Interact Club Pancake Breakfast Helped at Special Ed social Helped with Special Olympics Helped with school beautification project Shopped for Christmas gifts for adopted family Helped with Rotary Club

basketball tournament Member of Awana Club at Church where I: Helped church with Trunk or Treat

#### 4-H Committees Served On

Officer Training Night:

Planning, set-up, decorating, clean-up

Spring Fling: Set-up, clean-up

Awards Banquet: Planning, set-up, clean-up

Board of Commissioners Reception: Refreshment, set-up, serving, clean-up

CPA: Set-up & Clean-up

Bike Rodeo: Set-up & Clean-up

#### Offices Held

Elected as 2004-2005 Senior Club President

County Council Reporter

DECA Secretary

#### Other School Activities

Participated in Miss RCHS Pageant where I placed in top 12

DECA Member

Helped raise money for MDA

Attended DECA Night with the Atlanta Hawks

Attended DECA Leadership Conference Donated toys for Toys for Tots Prom Committee Member where I:

Attended planning meetings Helped decorate for prom Helped clean up after prom

FBLA member where I:

Competed in regional competition Attended Leadership Conference Visited Attended Fall

Motivational Rally

Spanish Club Member Student Council Member

Attended See You at the Pole

Art Club where 1:

Attended a field trip to Biltmore Estates

Helped with recycling project

Attend College Prep Classes at RCHS

Future Georgia Educators Member where I: Assembled bags for Teacher Appreciation Week Helped host and serve the retired teachers luncheon Served as host at college fair





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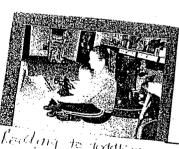




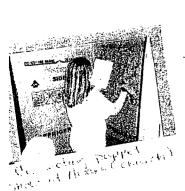




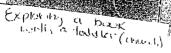
Filling Deaples in Kindergerham



heading to todater









HELDARY SHE Gradies



Charling 131 great : 5 Change weather activity











Peritaine.



December 31, 2004

Senior Portfolio Judge State 4-H Office University of Georgia Hoke Smith Annex Athens, GA 30602 Dear Senior Portfolio Judges:

Please accept this portfolio as my official entry in the 4-H International Project.

I first became interested in the International project two years ago when I read in our county's newsletter about the opportunity to host a month-long Japanese Exchange student. "Wow!" I thought, "That's different and it sounds like a ton of fun." That summer we picked Misato Horiuchi up at Rock Eagle and the month that followed was one of the most fun and educational times of my life. We introduced Misato to life as we know it on our horse farm in rural North Georgia, but she introduced my family and everyone else in the community to even more. We all realized that even though she came from a different hemisphere, different culture, and spoke a different language, that just like us she was a human being and we found common ground and ways to work around the language barrier. My experiences during that month led me to host a year long exchange student for the 2003-2004 school year and then to embark on the biggest adventure of my life: spending a month in Japan as an exchange student.

arough 4-H projects, judging events and community service projects, I have learned to be active in whatever I am involved in to have a voice and discover my own personal talents. Before enrolling in the International project, I competed at DPA and placed 1<sup>st</sup> in the Veterinary Science Project. As a Cloverleaf 4-H'er, I placed 2<sup>nd</sup> at DPA in Flowers, Shrubs and Lawns. I have also competed Horse Quiz Bowl and Horse Judging, Cotton Boll and Consumer Jamboree, and Poultry Judging. I chaired our local Rabies Clinics for one team of teen leaders and Community Fair Booth for our 4-H Club.

All of these experiences have been made available to me through 4-H. 4-H has been a huge part of my life since the first club meeting in the 5<sup>th</sup> grade where I was elected president of my club. I owe all of my leadership skills to the experiences that I have had through 4-H. I have served as a club officer every year of my 4-H involvement. In the 7<sup>th</sup> grade, I was elected a member of our County Council and as the President of the County Council my 8<sup>th</sup> grade year. Through holding these offices, I have learned responsibility, how to get and keep the attention of a room full of people, and have gained an immense amount of confidence. These skills and experiences have opened many doors for me in other areas of life, as you will see as you judge my portfolio. I hope that these skills will assist me as I run for District Office.

Leading up to this last year, I have been very active in many different areas. I held the first chair saxophone position all throughout my middle school years. I was a line captain in marching band and helped tutor younger saxophone students. I ran on the school track team both my 7<sup>th</sup> and 8<sup>th</sup> grade years, winning 2<sup>nd</sup> in the region in the 400 meter dash and running on the region champion 4x400 relay team in my 8<sup>th</sup> grade season. I have been on the honor roll every semester of my entire school career and continue to hold my 4.0 in ACP classes at Madison County High School. I competed on the 4-H Challenge Bowl team as a high scoring member in 3 consecutive years of state championship titles.

In conclusion, 4-H has undoubtedly played a large role in shaping who I am today and with my strong dership skills and 4-H values, that is a person that I am proud to be.

Sincerely,

Kayla L. Pury Kayla Perry

#### **International Project Work**

#### Tours, Classes and Interviews

- \* Toured a Horse Museum in Tokyo
- \* Toured a secret Godzilla factory
- \* Visited Tokyo Disneyland
- \* Toured and climbed Mt. Fuji
- Attended a year long host family meeting in Atlanta
- Attended Exchange Student Orientation in Seattle and again in Tokyo
- Attended 3 days of Japanese Middle School and 1 day of Japanese Elementary School
- Attended LABO camp Kurohime outside of Tokyo
- Attended Japanese Congi Calligraphy classes in Japan
- Met with year long Japanese exchange student and potential host family members about hosting and my experiences as a host family member
- \* Took Kendo lessons at a Japanese Martial Arts School
- \* Interviewed a past exchange student for pointers on how to get the most out of my trip
- \* Interviewed Sheinto Priest
- \* Interviewed the State 4-H international coordinator
- # Gave a speech at school on the Japanese culture and the exchange program
- # Donated Japanese currency (Yen) to Danielsville Presentations, and Performances
  Elementary for use in their International theme # Gave a speech of introduce
- \* Taught people in my business class how to fold an origami crane
- \* Maintain contact with the other international youth members that traveled with me to Japan

#### Other Learning Experiences

- \* Learned to cook the Japanese dish "Miso Soup"
- Learned multiple Japanese phrases from Jun Katayama
- # Learned the proper way to tie a Yukata
- \* Looked through Japanese books, magazines, and
- \* Watched Japanese Television Programs
- \* Learned to use a Japanese to English translator and used my skills throughout the year that Jun was here, on a daily basis in the month that I was in Japan, and still with my friend's family's exchange student
- # Learned to eat with "Hashi" (Chopsticks)
- Shopped for and purchased gifts to present to my host family
- \* Researched weather patterns in Tokyo to help me pack for my trip
- Learned to better communicate with people of a different language through omitting unnecessary words, speaking with words that have only one meaning, and using hand signals
- \* Researched Japanese Culture on the internet
- \* Studied all literature sent to me from 4-H and LABO about Japan and the exchange program
- \* Applied to become an exchange student

- \* Learned to order food and buy stamps in Japanese at stores and restaurants in Japan
- \* Learned to use a "Purikura" photo booth machine in Japan
- \* Tried many Japanese foods including: squid, octopus, eel, seaweed, sushi, raw egg dishes, and dongo
- Hosted Jun's mother and sister for a weekend when they came to visit
- Maintain E-mail communication with my family's month long and year long students and with my host family in Japan
- \* Sent my host sister's favorite American foods to her in Japan
- \* Wrote a Thank you letter to the state coordinator for my great experience in Japan
- Wrote a Thank you letter in Japanese to my host parents for the experiences they provided me with while in Japan
- Listened to tapes on how to correctly say Japanese words and phrases
- Researched South African culture on the internet and in encyclopedias
- \* Wrote a paper about South Africa for my literature class

# International Sharing and Helping Instructional Classes, Celebrations, Talks, Presentations, and Performances

- Gave a speech of introduction in Japanese at a Japanese Middle School, Elementary School, Martial Arts School, and LABO party meetings
- \* Presented "Japanese Etiquette " at the District Project Achievement and won 1st place
- # Gave a talk to my literature class about my experiences in Japan and how to become a host or an outbound delegate
- \* Taught Japanese children in our cabin at camp popular American chants and games
- \* Shopped for groceries in Japan
- \* Taught Japanese Children a popular American children's song at the LABO party meetings
- \* Worked the International Youth table at the fund raiser bazaar at camp Kurohime
- \* Talked to the local LABO tutor about life in Georgia and she translated it for the LABO children
- Hosted a 4-H pool party for the exchange students in Madison county and other 4-Hers to gain publicity for the exchange program
- \* Wore my "Yukata" (traditional women's festival wear) to a Halloween costume party and told people about its meaning in Japanese Culture
- \* Presented a demonstration to my 4-H club about how to host an exchange student and how to become an outbound delegate
- Wrote a newspaper article about how to become involved in the exchange program
   Sang American Songs at a Japanese Karaoke
- \* Created an exhibit on Japanese Exchange and donated it to the International State 4-H office

\* Performed Japanese High School Fight Song on Saxophone

#### Other Sharing and Helping Experiences

- Hosted a year long Japanese Exchange Student (Jun Katayama)
- Cooked an American meal of beef stew, macaroni and cheese, chocolate pudding, and Kool-Aid for my host family
- \* Cooked a Japanese meal that I learned to prepare while in Japan for my family and some friends
- Introduced my American friends to Japanese snack foods
- \* Showed and talked about my Japanese souvenirs with younger 4-Hers in the International project
- \* Shared my Japan Scrap book with many 4-Hers and non4-Hers throughout the community
- \* Frequently encourage other 4-Hers to experience hosting a Japanese exchange student
- \* Introduced my host family to grits
- # Helped work with Dylan Brooks in the International Project in preparation as DPA Buddy
- Invited another family's year long exchange student to my house to ride horses

#### Leadership

- \* Serve as my FFA Chapter's Treasurer
- Collect dues from FFA membership and present financial standing report at all meetings
- \* Attended the FFA Officer Training
- \* Coordinated Secret Santa efforts with fellow FFA officers
- \* Served as a 4-H Team Leader at the Rabies clinic
- in charge of the teen leaders orientation and project work
- + President of 4-H County Council 2004
- \* Helped install new officers at 4-H Kick-off picnic
- \* Serve as the Kel-Mac Saddle club assistant "Trail Boss"
- Coordinates meals and such for organized trail rides for Kel-Mac Saddle club
- \* Served as the International Youth representative at LABO camp while in Japan
- # Presided over meeting for LABO camp International Youth meeting and coordinated youth work communication with intern
- # Helped coordinate a International presentation to be presented at the closing ceremony camp fire at the LABO camp Kurohime
- \* Captain of the MCHS 9th grade basketball team
- Helped meet with Referees at the beginning of games and sometimes called plays for 9<sup>th</sup> grade Basketball games
- \* Staff Member at Perfectly Polished, Inc. Etiquette School
- Helped teach social graces, social and ballroom dance, and serve as a role model
- Assisted with Junior Staff Training for Perfectly Polished

- Guided Perfectly Polished applicants in their selection process through group games and presentations
- # Helped as a DPA buddy and worked with Morgan Cavender and Danielle Eddols
- \* Attended Cloverleaf DPA as a 4-H Teen Leader
- Helped at Cloverleaf DPA with District Score Sheet Running
- \* Served as a voting delegate at Junior DPA
- \* Received the Teen Leader I Award

#### Community Service

- \* Attended "World Changers" where we roofed a house and redid the flooring in a bathroom of an elderly lady
- \* Served as team leader at the Fall Rabies Clinic
- Helped my "Freshman Focus" Class pick up trash in my school's student parking lot
- \* Donated money to a secret Santa foster child
- Donated Clothes to Goodwill
- \* Donated toys to Goodwill
- Volunteered at 4 benefit horse shows and received the top youth volunteer award for the Kel-Mac Saddle Club
- \* Volunteer at Danielsville Volunteer Fire Department's annual chicken mull fundraiser
- Helped with the FFA chicken Barbecue fundraiser
- \* Serve as a varsity basketball statistician
- Made and donated a horse exhibit to the Madison County Farm Bureau
- \* Made Valentine Day Cards for Patients at a Veterans Hospital
- \* Face Painted at the Danielsville Elementary Fall
- Took our ponies and led them for pony rides at a fund raiser for a personal care home
- Rode in Comer Christmas Parade, Colbert 4<sup>th</sup> of July Parade and Watkinsville Christmas Parade
- \* Won Best Animal Entry in the Watkinsville Parade

#### Other Activities

- Member of the MCHS Varsity Cross Country team that made it to state and placed 9<sup>th</sup>
- Middle School Track Team (runner on the 2004 Region 4x400 champion relay team and placed 2<sup>nd</sup> individually in the 400 meter dash at region)
- \* Member of the 4-H Shotgun team and attended 8
- \* Practices, qualification match and qualified and competed at State Match
- \* Attended 4-H Kickoff Picnic
- Attended Poultry Judging Practices and Area Contest
- \* Attended Challenge Bowl Practices
- Participate in trail rides twice a month with the Kel-Mac Saddle Club
- \* Teach Riding Lessons on our ponies
- \* Ran in the Raider Run 5 K
- \* Received Honor Roll Awards Quarterly





#### Dear Project Judge,

When you say the "Great Outdoors" I really perk up and listen because I love being active outside. I am very fortunate that my family also loves the fresh air. We have a pool in our back yard, a four wheeler, a boat, horses, and tons of camping and fishing equipment. I also love to help in the herb garden. This is my seventh year in 4-H, and I continue to become even more involved every year.

The Outdoor Recreation project is the perfect project for me. 4-H opened many new doors and opportunities for me. 4-H has something to offer to everyone. I want to be well rounded and gain as much knowledge about as many things as I can. 4-H is always there for me. In ninth grade I placed first at DPA in the Outdoor Recreation project. Going to State Congress was an experience of a lifetime. I competed in DPA last year and won second place in the Senior Outdoor Recreation Project. I could not believe I was not going back to State Congress. It was very hard for me to be with the seniors as they were working and getting ready to go. I learned a lot, and I am trying even harder. I'm looking forward to the opportunity to compete again this year.

I began my "Career" as a Senior 4-H'er with a bang, I can't believe it gets better every year. I have been on the Crisp County 4-H Board of Directors for three years. I was elected Vice President this year. I completed the requirements for Teen Leader Levels I, II, III and interviewed for Level III. I was so proud to receive my county's coveted Senior Outstanding Citizenship & Leadership Award. I participated in the Georgia 4-H State Horse Show for the fourth time in 2005. I was so excited when I received a 10<sup>th</sup> place in Senior English Showmanship In-Hand, 5<sup>th</sup> place in Senior Saddle Seat Equitation. 2<sup>nd</sup> place in Senior Pattern Saddle Seat Equitation, 5<sup>th</sup> place in Junior/Senior Plantation Pleasure Horses, 7<sup>th</sup> place in Pony Hunter Under Saddle, 8<sup>th</sup> place in Pony Working Hunter-2'3, 2<sup>nd</sup> place in Pony Open Jumping-3', 5<sup>th</sup> place in Senior Horse Photo Contest, and 5<sup>th</sup> place in Senior Horse Drawing Contest. With 8<sup>th</sup> overall in Senior Saddle Seat Division, I was eligible to compete at Southern Regional Horse Championships in Monroe, Louisiana. What an honor to go and represent Georgia 4-H, not only in riding, but also in the Parade of States. I was chosen to carry the Georgia State Flag and march not just with other Georgia 4-H'ers, but with two other 4-H'ers from my own county! My placements, 1<sup>st</sup> in Saddle Seat Type Mares, 10<sup>th</sup> in Saddle Seat Showmanship, 10<sup>th</sup> in Saddle Seat Equation, and 10<sup>th</sup> in Saddle Seat English Pleasure, added to my 4-H Pride.

Lattended 4-H Horse School as a student for three years. This is the second year I applied as a teen leader and again, out of over 100 applications, I was one of less than twenty chosen! Teamwork was highly stressed at horse school, and we also learned about leadership, sportsmanship, and safety. As a Teen Leader, I also helped teach and set a good example. I know that through this experience I have become more responsible and gained more leadership and equine knowledge.

This year I led a project club, 'Outdoors "R" Us' and we met 6 times. We played a variety of outdoor games, some can also be used indoors with limited space. We went over the game rules, safety rules, and practiced teamwork and sportsmanship. We also discussed the different skills that each game is designed to develop. I enjoy teaching, and I am getting better at being organized and planning ahead. I gave talks and demos at our monthly 4-H Horse Club meetings. I represented our 4-H Club on WSST Television shows, (viewing audience of 500,000) at a parade interview and I pictured in our local newspaper, the Cordele Dispatch numerous times.

I love learning, and am thrilled to be on the 2005 Crisp County Senior Horse Quiz Bowl Team. I have been a Crisp County 4-H Horse Quiz Bowl team member for the past four years. My Senior Horse Quiz Bowl Team placed 4th in the Area Contest this year. I have also been on the Crisp County 4-H Horse Judging Team for the last four years. We placed 12th in the State this year and I was one of the two team members. I was a member of the Consumer Judging and Challenge Bowl teams when my county offered them.

I love my neighborhood and community. 4-H provides many opportunities and different ways for me to give something back. I always participate in giving pony rides in the community and raising money for St. Jude's Children's Research Hospital. This year, I drove the beverage cart for a golf tournament to raise money for the American Cancer Society. I donated and helped raise money for The Georgia Equine Rescue League and have adopted a starved horse. At the Watermelon Festival, I gave away slices of watermelon, a county cash crop, to visitors and the community. I have been writing and sending packages to our troops in Iraqi, and our 4-H Club is now helping with the rebuilding of a new country. I am donating money and school supplies to Operation Iraqi Children. I am also involved in helping put the school kits together and packing them for shipping.

Welcome to my world, which is full of 4-H events and opportunities and the great outdoor life!

Sincerely,

Jessica T. Gordon Crisp County 4-H

#### MAIN PROJECT WORK

- \*I feed and water my registered Quarter horse mare, registered Paint mare, walking horse mare & walking horse gelding, daily
- \* Weather permitting, I swim daily in pool
- \* I ride my horses at least 3 times weekly
- \* I ride my 4 wheeler with friends, weekly
- \*Fished & camped in Florida 6 times
- \*I went boating 20 times, , jet ski riding 7 times, hiking and paddle boating, 2 times
- \*Hostess at outdoor picnic in Lake City, FL
- \*Rode at 4 three day AKC Field Trials
- \*Rode in Watermelon Parade 4-H HC
- \*Took dessert to picnic at State Park
- \*Participated in 8 horse shows-English, Western, Jumping and Trail Classes

#### Memberships

- \*Member of Georgia Quarter Horse Assoc.
- \*Member of American Quarter Horse Assoc.
- \*Charter member-CC4-HSSHC

#### Lessons and Classes Taken

- \* I took "on site" camp-cooking lessons
- \*I take horsemanship lessons once a week at Rose Hill Farm
- I take weekly western riding lessons Attended clinics and seminars-3 day Georgia Horse Fair in Perry Attended 2 jumping clinics

#### Work Experience

\*GA Veteran's Memorial St Park in Outside booth giving info on different recreation areas & outdoor entertainment for 5 mths.

# SHARING/HELPING/LEADING

#### **Demonstrations and Talks Given**

- \*Talk on my DPA project at Cloverleaf Orientation - 118 4-Hers & parents
- \*Gave a talk on my 4-H activities to OPAL Club, First Baptist Church
- \*Talk on Quiz Bowl at 1\* Horse Club meeting for new members
- \*Gave talk on State Horse School activities at Horse Club meeting for new members
- \*Demo on "Grooming" at CC4-HSSHC
- \*"Outdoor Rec" demo given horse club meeting 4 times to co. groups & 1 at DPA
- \*Gave Outdoor Safety talk to 22 4-H'ers
- \*Gave talk on touring the Veterinary Diagnostic and Investigational Lab, UGA College of Veterinary Medicine at 4-H Stable Stars Horse Club Orientation mtg.

#### "Pool Your Pennies" Project for new pool at Rock Eagle)

- \*Co-chair fringed blanket raffle fundraiser
- \*Helped cut out/make fringed blanket
- \*Sold tickets for blanket, raised \$400.00
- \*Donated "pennies" for project
- \*Wrote/submitted article & picture to newspaper for project

#### German Shorthaired Pointer Club of South Georgia

- \*Attended 4 Field Trials this year put on by local non-profit organization, I assisted with; filling out brace sheets, drew running order of dogs, collected money for meals, planted quail, in charge of Judges horses, helped with outdoor cooking, got dogs to the break away line, filled out AKC paperwork, mailed out Premiums, helped total fees and deposit
- \*I was an apprentice field marshal at two of the trials, worked as an actual AKC Field Marshal at the last two Field Trials
- \*Drove Workhorse cart from Maintenance Barn at State Park to field trial grounds and returned it for two separate trials
- \*Policed grounds for trash, after Trials

#### **Badcock Golf Tournament for American Cancer Society**

- \*Helped purchase beverages and snacks
- \*Loaded and iced down drinks in coolers
- \*Drove beverage cart, sold snacks & drinks
- \*Helped register golf teams
- \*Passed out information packets
- \*Helped pass out doorprizes
- \*Helped raise over \$4,200.00 for the ACS

#### St Jude's Children's Research Hospital \*Participated in St Jude Saddle Up Trail Ride & Walk-A-Thon

- \*Raised \$ 1,575.00 personally and over \$5,000.00 with the Crisp Co. 4-H SSHC
- \*Worked concession stand at WalkAThon
- \*Bought ingredients, made and gave lemonade to walkers
- \*Set up & cleaned up the concession stand at the Cordele-Crisp Recreation Dept. for Walk-A-Thon
- \*Filled out the paper work, ordered the incentive prizes for 4-H'ers in WalkAThon
- \*Signed all of the Participation Certificates as Coordinator for the Walk-A-Thon
- \*Received Thank You plague from St Jude's

#### Georgia Equine Rescue League

- \* Donated money monthly for GERL
- \*Sr Chairman, "Mock Horse Show & Calcutta" fundraiser for GERL
- \*Made up class list for Mock Horse Show
- \*Made up patterns needed by the judge for the different classes at the Mock Show
- \*Called & set up a Judge for Mock Show
- \*Bought hot dogs, buns, chips & drinks for the Mock Horse Show
- \*Typed up the show bills and entry forms for the Mock Horse Show
- \*Set up arena for the "riders" at show
- \*Raced in Calcutta Auction fundraiser

\*Set up race course for Calcutta Race

- \*Placed 4th in the Calcutta Race
- \*Cleaned up after Calcutta Race

#### Media Experiences

- \*Twice, I was a 4-H guest on WSST Channel 55, Noon Day Show in Cordele. I talked about my 4-H horse project work, horse shows, trail rides and 4-H activities, viewed by over 500,000
- \*I appeared on WSST Video Hits 3 times to talk about 4-H and my community
- \*I was interviewed by WSST at the Watermelon Parade about 4-H
- \*Appeared in local newspaper 5 times
- \*Taped public service announcements at WOXZ, a local radio station in honor of Georgia 4-H Centennial Day

#### Other

- \*I attended 5 day State 4-H Horse School. as a Junior Leader, assisting 15 4-Hers 12 hours, daily to tack their horses, feed/water their horses, clean stalls, wash horses, be in the right place on time, select daily and weekly winners for Cleanest Stall, Best Sport and Most Improved Rider
- \*Taught Outdoor games, skills, safety rules to 10 4-H'ers at GA 4-H Centennial Days \*Helped 5 cloverleaf's, 1st Horse Manual
- \*Teen Leader Minnow Release Days
- \*Made & wore button/t-shirt to inform community about mosquito dangers
- \*Donated gloves to Good Citizen Project
- \*Gave away Watermelon Slices to community - Annual Watermelon Festival
- \*Assisted with Cookout Fundraiser
- \*Modeled Iraqi hat(burnoose) to 18 4-H'ers

# HONORS AND AWARDS IN MAIN PROJECT

#### State

- \*2ND DPA Ribbon/Trophy Outdoor Rec \*Georgia National Fair Mini Booth, "St.
- Jude's Volunteer Round-Up, 2<sup>nd</sup> place
- \*Member 9th place CC 4-H Sr. 2004 State Horse Judging team
- \*2004 State 4-H Horse Show placements: Pony Hunter Under Saddle
- 8<sup>th</sup> Pony Working Hunter-2'3"  $2^{nd}$
- Pony Open Jumping-3'
- 16th Overall Sr. Hunt Seat Division Senior English Showmanship In-Hand 10th Senior Saddle Seat Equitation 5th
- Senior Pattern Saddle Seat Equitation 2nd Junior/Senior Plantation Pleasure Horse 8th place Overall-Sr Saddle Seat Division

# 4-H Southern Regional Horse

Championships

\*Represented Georgia 4-H in Monroe Louisiana, placed:

Placed 1st Saddle Type Mares

Placed 10th Saddle Seat Showmanship Placed 10th Saddle Seat Equitation

Placed 10th Saddle Seat English Pleasure

# LEADERSHIP

#### Offices Held

- \*Senior Board Member for Crisp County 4-H (Jan - May)
- \*Vice President, Senior Board Crisp County 4-H (June – Dec)
- \*2004-05 Vice President Crisp County 4-H Stable Stars Horse Club
- \*2003-04 President CC4-HSSHC

#### 4-H Award Banquet

- \*Recognized 4-H Volunteer Leaders
- \*Handed out awards at Annual 4-H Awards Banquet
- \*Was on the decoration committee for the 4-H Annual Awards Banquet
- \*Painted backdrop for Annual Crisp County 4-H Awards Banquet
- \*Attended 4-H Awards Banquet

#### Cloverleaf, Jr. & Sr. DPA

- \*Attended 2004 Southwest District Cloverleaf DPA as Teen Leader assisting 72 4-H'e's
- \*Was Teen Leader on bus to 2004 West District DPA
- \*Worked with 3 Cloverleafs on their DPA projects, I helped them; -make their posters
- -write their speeches
- -listened to demonstrations
  -gave public speaking pointers
- \*Helped 2 7<sup>th</sup> grade Jr. 4-H'ers complete the picture page for their first DPA portfolio
- \*Took 4-Hers pictures for portfolio
- \*Developed & distributed pictures to fellow 4-H'ers

#### **President of CC4-HSSHC**

- \*Assigned 4-Her to lead American Pledge and 4-H Pledge at 8 Horse Club meetings
- \*Led outdoor games at Horse Club Awards Banquet
- \*Planned topics for 12 meetings
- \*Made arrangements & introduced guest speakers for 8 meetings
- \*Called members to remind them of meetings or functions, 10 times
- \*Arranged 4-H to speak at meetings
- \*Led 4-H Pledge at 4-H Horse Club Meeting for new 4-H'ers

#### State 4-H Leadership

- \*Led outdoor games at Georgia State 4-H Horse School
- \*Helped 3 Cloverleaf and 2 Junior 4- H'ers at State 4-H Horse Show; washing their horse, grooming & braiding, tacking, cleaning stalls, leading them to classes on time
- \*Read Horse Quiz Bowl Questions to Cloverleaf & Jr. teams, 14 weeks

#### Other

- \*Teen Leader for Bulldog Buck Reward Trip to Albany Mall & Bowling, Albany, Georgia
- \*Helped sign in Cloverleafs at Orientation meeting for new 4-H'ers & parents - 118 attending
- \*Appeared as main guest on WSST Noonday Show-Topic-"Opportunities Through 4-H"

# **COMMUNITY SERVICE**

#### **National Community Service**

- \*Wrote/mailed letters, Military Mail
- \*Saved pop tops Ronald McDonald
- \*Boxed pop tops to mail to the Ronald McDonald House
- \*Donated money to Operation Iraqi Children to buy school supplies

#### County & State Community Service

- \*Helped make collection jars for Georgia Equine Rescue League
- \*Delivered collection jars to feed store, and checked on progress.
- \*Brought food to covered dish meal at 4-H Award Banquet
- \*Brought food to 4-H Horse Club Awards Banquet
- \*Voted in Crisp County 4-H Board of Directors elections
- \*Neighborhood beautification, 3 times
- \*Represented Crisp County at Wilcox County Awards Banquet
- \*Sold 4-H t-shirts at new 4-Her & parent orientation meeting
- \*Made signs for recycling Christmas
  Trees for the "Bring One for the
  Chipper" project
- \*Wrote Christmas cards to shut ins

## **OTHER 4-H ACTIVITIES**

#### **County Activities**

- \*Attended 4 DPA Demonstration Clinics
- \*Filled out Teen Leader Level I, II, III forms
- \*Attended 12 Horse Club meetings
- \*Attended 6 4- H Sr. Club meetings
- \*Attended 3 Senior board meetings
- \*Attended Crisp County 4-H Stable Stars Horse Club Awards Banquet
- \*Attended 3 portfolio clinics
- \*Filled out Intent to Show forms for State Horse Show
- \*Made T-shirt and decorations for the Watermelon Parade

# **District and State 4-H Activities**

- \*Attended:
- Sr. Fall Forum at Rock Eagle
- Healthy Eating Classes, Fall Forum
- Sr. Conference, Jeykell Island
- 11 4-H Horse Judging practices
- 20 Sr Horse Quiz Bowl practices
- \*Made decorations for 2004 State 4-H Horse Show
- \*Decorated stalls and aisle at 2004 State Horse Show
- \*Member 4<sup>th</sup> place CC 4-H Sr. team, 2004 District Horse Quiz Bowl
- \*Interviewed for Teen Leader III
- \*Member 2005 Horse Quiz Bowl Sr team

#### 4-H HONORS/AWARDS

#### County & State

- \*Goodwin Nix Outstanding Leadership, Citizenship & Service
- \*Received Teen Leader Level I, II, III Awards
- \*2<sup>nd</sup> place Aisle Decorations at 2004 Georgia State 4-H Horse Show
- \*Received Certificate of Achievement for being 1st highest in total points for Crisp County 4-H Stable Stars Horse Club
- \*Earned 4-H Bulldog Buck Ribbons
- \*Entered a photo in the Senior Horse Photo Contest at Georgia State 4-H Horse Show, received 5<sup>th</sup> place
- \*Entered drawing, Senior Horse Drawing Contest, received 5<sup>th</sup> place





#### Dear Other Instrumental Project Judge,

Welcome into my wonderful world of music! Music has always been a big part of my life. As a voice and piano major my grandmother has always inspired me to "get into" music. At age 6 I began piano lessons but I soon realized that the piano was not my instrument. Six years later I discovered the saxophone My mom, of coarse was upset because I picked the most expensive instrument to play (besides the piano). My parents used to insist that I go outside to play my saxophone but eventually they allowed me to practice in the house, after making the neighbor's dog howl. I never really thought serious about playing until I was in the eighth grade when I decided that I would go into performing arts instrumental for my DPA project. I won first place and decided to peruse my talent. I began performing in church and at local festivals. Because of 4-H I have had so many opportunities to share my talent not only with crowds but also with younger youth. I have held two project clubs and I am in the process of putting together another one. I love sharing my project with cloverleaf 4-Hers because they are always so attentive and eager to learn as much as possible.

Now let me tell you more about my 4-H career; I learned about 4-H at a very young age. Since my mom happened to work in the same office as the Extension Service, when I would go in her office I would always see kids around having fun; I could not wait until I was old enough to join in. Finally, my fifth grade year came and I was elected president. I have made so many close friends in 4-H. It does not matter where I go; I am always bumping into to someone I have met through 4-H. I love making new friends and being involved in every activity 4-H has to offer. In 2003, I ran for district office, not expecting to win but I not only made the board, I was also elected Vice President of West District (now southwest), 4-H has inspired and taught me many things. I am always learning something new. Four-H has also helped me develop my leadership skill. I have been a member of Student Council for three years and I am currently serving as vice president. Furthermore, I am secretary of my senior class and drum major of the Taylor County High School Marching Band. Four-H has given me the confidence and the ability to get up in front of a crowd whether it is to give a speech, run for an office, or perform before a large crowd. Thanks to 4-H I have set my goals high, strive for my best and, if I don't get it right the first time. I strive to make my best better.

As you can see, I have accomplished much through 4-H. I have enjoyed every minute of it, even the long hours of putting together portfolios. I intend to take everything I have learned in 4-H with me for the rest of my life. This summer I hope to be a camp counselor and to give new cloverleafs the experiences I have had. After high school I will attend college and study to be Veterinarian and minor in music. I plan to continue to stay active in 4-H and give back to 4-H as much as it has given to me.

Sincerely, ashley Cooper

Ashley Cooper

# Main Project Work

#### ★I practiced over 615 hours:

- Band practice- over 230 hours:
  - High school marching band, 80 hrs.
  - High school Concert band, 60 hrs.
  - High school Jazz band, 40 hrs.
  - 4-H Clovers & Co., 40 hrs.
  - Special programs, 10 hrs.
    - Invited to play at Crawford County
       4-H Christmas program.
    - Thanksgiving service at church.
    - Communion service Christmas Eve.
- Personal practice, 300 hours:
  - Scales and etudes, 75 hours.
  - Memorization, 75 hours.
  - Perfection, 150 hours.
- Lessons from professional, 85 hrs.

#### **★Competed at:**

- DPA. Performed I've Got Rhythm.
- State Congress. Performed Embraceable You.
- 4-H Variety Show at the Georgia National Fair.
- Marching band festival in Phoenix City, Alabama.
- Concert Band Festival, Columbus, GA.

- Sang My Lover is a Fisherman at Gordon College.
- Sang Chi Vole la Zingerella at literary meet.

#### \*Performances:

- Solo:
  - Star Spangled Banner, football game.
  - It Don't Mean a Thing If It Ain't Got That Swing, at Jazz Concert.
  - Basin Street Blues at Jazz Concert.
  - Wind beneath My Wings, at homecoming football game.

#### Band:

- With the UGA Red Coat Marching Band, halftime at UGA football game.
- With high school marching band at high school football games, 14 times.
- Performed Dance of the Sugar Plum Fairy solo at Christmas Concert on the soprano and alto saxophones.
- Performed on my soprano saxophone with trumpets at Spring Concert.
- Marched and performed for the Strawberry Festival.
- Marched and performed for the Countryside Festival.

#### **★Learning Experiences**

- Interviewed my high school band director about his music career choice and its benefits.
- Interviewed my church music director about why he chose music as career.
- Attended a performance of the Columbus Symphony.
- Attended choir workshop at Mercer University.

# ★Selected to be a member of Clovers and Company twice

# ★Awards • 3<sup>rd</sup> place at State Congress.

- 1st place in Performing Arts Instrumental at DPA.
- 1st place at Georgia National Fair.
- 4<sup>th</sup> year marching pin & letterman jacket.
- Invited to compete in special talent contest at Georgia National Fair.
- Special recognition at Piano Recital.
- 3<sup>rd</sup> at College singing competition.

# Main Project Sharing and Helping

# **★Sharing Through My Project** Club:

• Country Side Festival:

Organized a show for a local festival:

- Organized seven performing arts project)

  4-H ers (including me) into an hour-long show of individual performances.
  - Organized and ran 7 meetings before the show. Led planning of presentations and show order.
  - Prepared show schedule for participants.
  - Organized dress rehearsal.
  - Typed the introduction speech.
  - Made programs for the audience.

#### • Crawford Co. Tree lighting

- Organized the music for a Christmas Program for Crawford County:
  - Organized 5 performing arts 4-H'ers into an hour long Christmas Program.
  - -Helped run rehearsal.

#### ★Sharing through Teaching:

- As marching band section leader of the saxophones I taught the new members playing techniques and band music.
- At Rookie Band Camp I taught the new band members, 4 hours a day for 5 days, how to:
  - March and hold their instruments.
  - Stand at attention.
  - Assume parade rest position

 At Full Band Camp, taught entire band drill downs and marching techniques.

#### ★ Sharing through solos:

- Played I've got Rhythm in the 4-H Variety Show.
- Perform 4 solos in church.
- Performed I've got a crush on you at our local Valentines Day Pageant.
- Performed Christmas Melody, at communion with church orchestra.
- Performed at Crawford County 4-H annual Christmas program at invitation.
- Preformed two numbers I've Got a Crush on You, and Basin Street Blues for Kiwanis club to promote performing arts program.
- Performed a Patriotic Medley at opening ceremony for local festival.
- Performed two hymns at Crowell United Methodist Church to help raise money for the Methodist Men Scholarship.
- Performed I've Got Rhythm for my school's variety show.
- Performed two numbers at our local Christmas Tree Lighting Let it Snow and The Christmas Song.

- Performed Christmas carols at church Christmas banquet.
- Performed I've got a Crush on You and Someone to Watch Over Me by invitation at a piano recital.
- Performed The Christmas Song as a solo at my Christmas Band Concert.
- Performed I've Got a Crush on You and I've Got Rhythm at the Country Side Festival
- Performed I've Got a Crush on You at Star Search in my county to raise money for Relay for Life.
- Performed The Christmas Song and Greensleeves to help raise money for the National Cancer Society.
- Performed Someone to Watch Over Me at Farm Bureau banquet.

# ★Sharing through Group and Band Performances

- · Clovers and Company
- -Performed three shows at the Georgia National Fair.
- Performed at Junior Conference
- Performed at Fall Forum.
- Performed at Farm Bureau Conference.
- Performed at 4-H Centennial Gayla.
- · Church Orchestra
- Performed for Thanksgiving service.
- -Performed at communion.



Senior Performing Arts-Piano Project Competition State 4-H Office University of Georgia `thens, Georgia 30602

Dear Project Judges,

The benefits of being a member of 4-H have reached deeply into my life over the years. As Tuli Kupferberg once said "When patterns are broken, new worlds emerge." One of the fundamental pillars of this organization which I have come to love is that it is constantly taking me out of my comfort zone, making me branch out and grow into a better person. Though it has not always been easy participating in the Performing Arts Project, as I have taken on the challenge it has been very rewarding. I remember vividly the DPA when I decided to play the piano instead of giving a presentation. I was in 8° grade that year and I definitely was going out on a limb by switching to such a tough project area. The fruits of my efforts, placing 1° at DPA in 8°, 9°, and 10° grade, as well as claiming 3° and 2° at State Congress, have not only been exciting, but they have given me assurance that I really can achieve my goals.

I will never forget the ecstasy with which I arrived at Clovers & Co. Rehearsal Weekend the first time. I was completely unprepared when I was handed 20 songs to learn in the following two days. Becoming a Clovers pianist has without doubt stretched me to my limits many times over. I have learned to improvise, to play from chords, to work with the band, singers, and cast, and to hold up under loads of pressure. Everything that I have poured into Clovers has more than paid off, and I have learned to express myself and not only appreciate all genres of music, but all branches of performing arts as well.

The ability to feel comfortable in front of a crowd has not come easily for me, but I never would have learned if not for 4-H. Speaking at Gwinnett County 4-H Council Meetings and at DPA in previous years has helped me gradually develop invaluable public speaking skills. Through Forestry, Consumer, Wildlife, and Poultry Judging competitions I have been challenged to logically deduct the best solutions in every tricky situation that comes my way, whether it has anything to do with chickens or trees or not. Through participating in the Teen Leader Interviews and the National Conference Application Interviews, I have learned to value and effectively communicate my own thoughts and ideas.

Since I was in 7° grade I have yearned to run for District Board. Year after year passed, and I never quite found the nerve to go out and campaign to all the 4H'ers at DPA. When I finally mustered up my courage and ran last year, it was one of the most stretching experiences I've ever had. As an elected North West District Board Member, I have been given the opportunity to work with a group to organize district assemblies, plan district themes, and creatively represent and lead large groups of people. I also had the opportunity to be a part of the 4-H Adventure Club program, affiliated with the Adventure Clubs of America Inc. Adventure Club is an after-school program for elementary age kids that live in a Government Housing Development. The mission of Adventure Club is to equip and empower the Adventure Club kids to rise above the crime, violence, and negative environment that pressure them every day. As one of the original four teen leaders who began the program in 2002, the Adventure Club challenged me in an endless number of ways. These and the many other opportunities to lead in 4-H have given me a commitment to try to make a difference, to recognize the problems around me and look for practical solutions.

I have tremendously enjoyed the many camps and social activities that are available in 4-H, since I have been able to make friends throughout the entire state of Georgia. Most youth get exposed only to the people in their own schools and communities, but 4-H has given me the opportunity to meet unique and diverse people through district and statewide 4-H events such as Fall Forum and State Council. Since everyone receives welcome and respect in 4-H, I have learned that I can be well rounded and accepting of others.

Through my experiences in 4-H I have gained a vibrant understanding of the world of a musician. I have realized the satisfaction that comes from leading, communicating, and serving. I'm looking forward eagerly to the time I have remaining in 4-H, since the time that I have spent so far has taught me so much. After I graduate I plan on attending college and finding a way to share my passion for the arts with others. Until then I hope to continue to grow and discover what other new worlds might emerge.

onicerciy,

Yoelle Freeman

Gwinnett County 4-H'er

# Joelle Freeman

1685 Lawrenceville-Suwanee Road • Lawrenceville, GA 30043

# Performing Arts Piano Project 2004

## Learning Experiences: Piano Performances

- Received "Honorable Mention" at National Federation Festival High School Competition
- Awarded 1\* place in 4-H Performing Arts-Piano DPA project
- Performed 3 duets at the Gwinnett County Music Teachers Association Ensemble rehearsals and concert the Ensemble consists of five pianos played by ten pianists at once
- Performed preludes, procession, recession, postlude at Gwinnett County Home Educators High School Graduation
- Awarded 2<sup>--</sup> place in 4-H State Congress Performing Arts-Piano Competition
- Received "Superior" rating on performance in Gwinnett Music Teachers Association Fall Festival
- Performed in Spring Piano Recital at Amazing Grace Lutheran Church
- Played Offertory in Heritage Baptist Church services
- Performed Winter Wonderland High School Piano Recital
- Participated in Heritage Baptist Church Talent Recital
- Performed for the Official Rededication Ceremony of Fortson 4-H Center
- Played in 4-H's 100\* Birthday Celebration at 4-H State Council
- Provided dinner music during the 4-H State Congress Annual Banquet
- Requested to be 4-H Centennial Gala dinner entertainment provider
- Played at the Children's Healthcare of Atlanta Festival of Trees at the National Congress Center
- Competed in the Bob Jones University Classical Piano Competition at the Annual High School Festival
- Performed in the community high school group piano class

# Learning Experiences: Clovers & Co. Pianist/Keyboardist

- Benefit Show, Walton County, GA
- Georgia Farm Bureau Show, Macon, GA
- 2004-2005 Auditions, Rock Eagle
- State 4-H Council Show, Rock Eagle
- Virginia 4-H State Congress, Virginia Tech
- Centennial Gala Show, Atlanta, GA
- Clovers & Co. Awards Ceremony
- Chosen as 2004-2005 Clovers Band Member

- Clovers Band Rehearsal
- Attended 9 additional full cast rehearsals
- Clovers & Co. Rehearsal Weekend
- Georgia National Fair Clovers 2004-2005 debut performed show 3 times
- Junior 4-H Conference Show, Rock Eagle
- Jackson EMC Show, Classic Center, Athens, GA
- 4-H Fall Forum, Rock Eagle

# Helping and Sharing Experiences: Music Project Club

Coordinated, planned, and led a music project club in partnership with a local home school coop. Twelve children aged 4 to 6 participated in the club, which met 8 times. Knowledge and skills acquired in the class included exploring vibrations and why they make sound, learning about rhythm and duration, learning to hear and sing accurate pitch, exploring various sounds using classroom instruments, identifying contrasts of loud and soft music, participating in song stories, singing games, moving creatively to music, and participating in musical dramatizations.

# Helping and Sharing Experiences: Piano Teaching Assistant

Worked part time as a piano teaching assistant for local piano teacher Lois Simon. I helped her by organizing her piano studio, previewing and selecting music for younger students from her newly acquired sheet music inventory, helping keep student records, sending paperwork to students' parents, and helping with less advanced student's lessons. This has been a great benefit to me, since I am able to absorb how she teaches other students so that I can learn to teach others.

# Other Performing Arts Experiences

- Watched performing arts projects at 4-H State Congress
- Watched the Christmas play "Winter Wonderettes" at ART Station Theatre in Stone Mountain Village
- Attended Bob Jones University Annual High School Festival Concert sponsored by the BJU School of Fine Arts
- Attended Bob Jones University High School Festival Honors Recital sponsored by the BJU School of Fine Arts
   Watched Toccoa Falls College Spring Performing Arts Concert
- Attended a performance of "Bye Bye Birdie" by Creekland Middle School
- Watched the Christmas musical "The Spirit of Christmas" at Hebron Baptist Church
- Researched digital pianos at music stores throughout Gwinnett County



- Purchased a portable keyboard to aid in my own practicing and to utilize in Clovers shows
- Researched music programs available at several renowned colleges and universities
- Participated in High School Women's Chorus practices and recital

## Other Helping and Sharing Experiences

- Helped lead Clovers, Etc. Workshop for 4-H'ers interested in starting a Virginia state 4-H Performing Arts Group
- Judged Gwinnett County Cloverleaf Project Achievement Performing Arts-Vocal, Instrumental, and General
- Went to a local recording studio and helped a musician compose music which she later performed
- Wrote a new movement to C.S. Themes and Variations Duet and performed it at the Spring Piano Recital
- Helped a Creekland Middle School student audition and practice songs for "Bye Bye Birdie" performance

# Other Experiences

## Leadership Activities (38 Activities)

- 4-H North West District Board of Directors:
  - Applied for nomination to run for board
  - Prepared and delivered campaign speech and campaigned to 4-H'ers at DPA
  - Elected as Northwest District Board Member
  - . Attended Paulding Co. Planning Meeting
  - Participated in Georgia District Officer
     Leadership Training at Fortson 4-H Center
  - Installed as Board Member at State Council
  - Attended Kennesaw DPA Planning meeting
  - Participated in Rock Eagle Planning Meeting
  - · Attended GA District Officer Christmas Party
  - Attended Fall Forum in officer capacity led district assembly, helped lead letter-writing to Georgia representatives activity
  - Designed Northwest District T-Shirt
  - Served as chair of DPA skit committee organizing, writing, and editing the skit
- Member of Gwinnett 4-H Council Senior Board
- Participated in the Teen 1,2, and 3 applications,
- Selected as one of four Teen 2 winners in district
- Placed in top ten Teen 3 interviewers in area
- Attended 4-H Adventure Club Leader Retreat

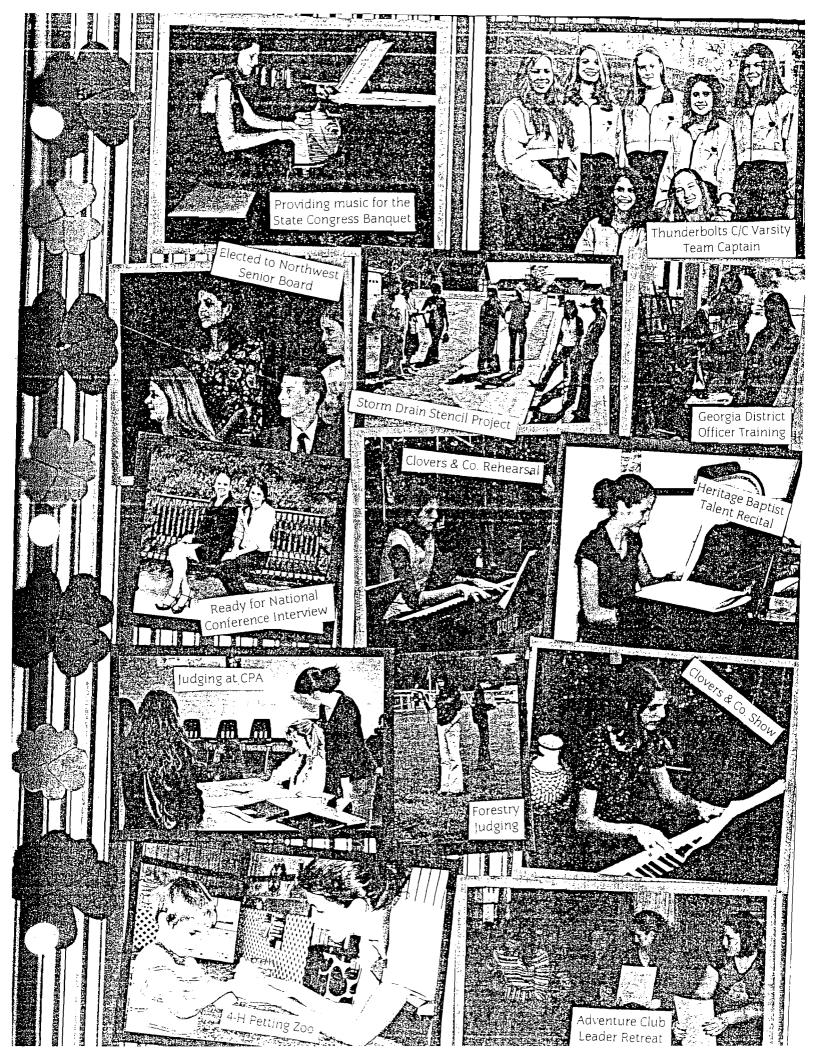
- Participated in the 4-H National Conference Interview process and was selected as one of four state winners
- Rock Eagle Cloverleaf Camp Teen Leader, attending leader training and parent information meeting also
- Led at 4-H Cloverleaf County Project Achievement
- Served as Cloverleaf DPA teen leader
- Led at Gwinnett Co. Fair 4-H Petting Zoo fundraiser
- Led Thunderbolts Cross-Country girls to 3\* place in League Championship as Varsity Team Captain
- Attended Ned Ryun Citizen Leadership Seminar
- Helped establish Gwinnett 4-H club by-laws
- Worked with 4-H Staff as a 4-H representative to develop a county community club concept
- Coordinated Senior 4-H "Adopt-A-Junior" Project
- Organized Storm Drain Stenciling Group Project
- Helped plan McDaniel Farm Park Grand Opening activities
- Helped at Gwinnett 4-H Kayaking Adventure Trip

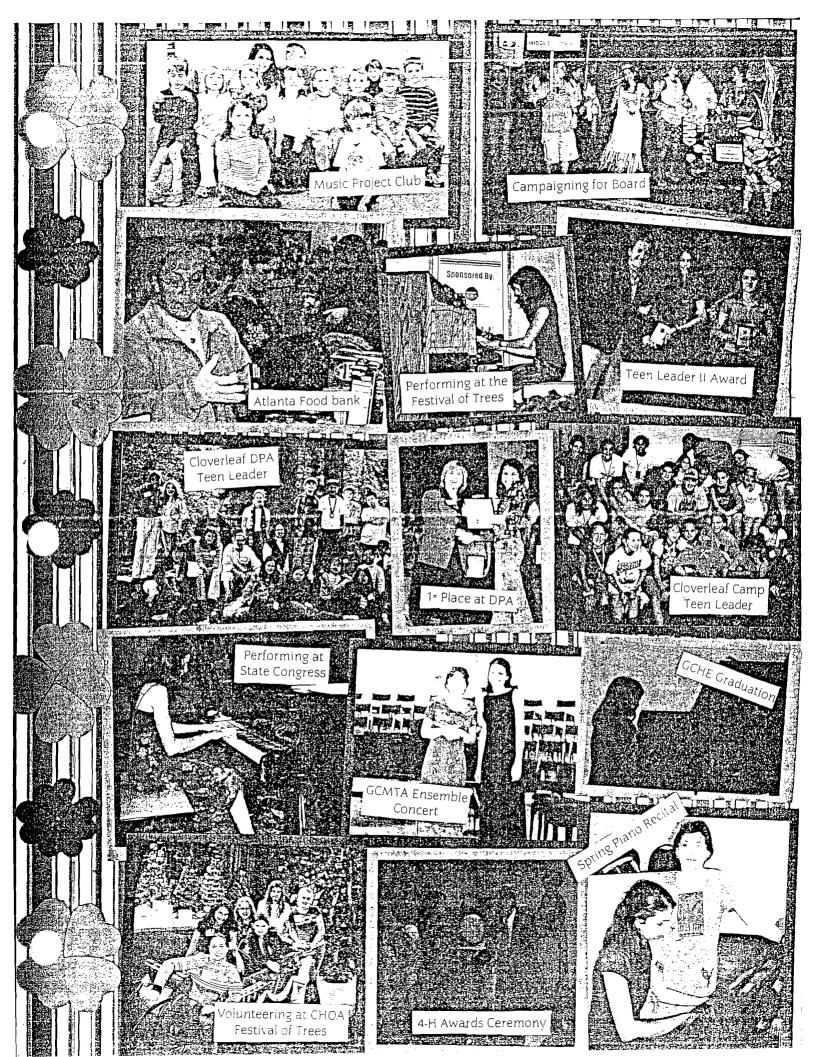
# Community Service and Citizenship Activities (20 Activities)

Attended Gwinnett Extension Legislative Dinner and spoke to legislators about the impact 4-H has had on my life • Assembled Pet Goodie Bags for Gwinnett Animal Shelter and families of newly adopted pets • Participated in Teen Pact State Capitol Class, learning about state government and the political process • Participated in Storm Drain Stenciling Project • Volunteered at the Children's Healthcare of Atlanta Festival of Trees • Participated in Pop-Tabs Collection for Ronald McDonald House Charities • Donated spare change to Gwinnett 4-H Penny Wars • Wrote letters to Georgia representatives on behalf of the Georgia 4-H Foundation • Participated in Get Out The Vote campaigns during elections • Donated shoeboxes full of presents to Operation Christmas Child • Volunteered at Georgia Home Educators Association Home school convention • Selected to participate in Gwinnett Youth Leadership (GYL), a program where top-notch students have the opportunity to address county legislators regarding current county issues. Attended GYL weekend, workshops, and planning meetings • Volunteered at grand opening of McDaniel Park, a historic 1930's era farm • Organized project to sew wheelchair pillows for nursing home residents • Planned Glow in the Dark Crime Scene Fundraiser to help build new Rock Eagle Pool • Participated in "Dress Cool, Build Our Pool" Fundraiser at Fall Forum • Participated in Gwinnett 4-H Senior Council's "Adopt-A-Junior" Project

# Other 4-H Activities and Experiences (31 Activities)

Attended 8 Senior Council meetings • Participated in 6 Poultry Judging practices and Area Poultry Judging Competition • rticipated in 7 Forestry Judging trainings and the Area Forestry Field Day • Attended Gwinnett 4-H Awards Ceremony • Attended State Council • Attended Fall Forum • Participated in Project Club Workshop • Attended Fortson 4-H Center Rededication • Participated in Human Clover Activity • Attended Wahsega Family Weekend • Attended Fortson Family Weekend





Senior Project Competition State 4-H Office University of Georgia Athens, Georgia 30602

#### Dear Performing Arts - Vocal Judge:

Another year has passes and it's almost time for D.P.A. again. This will be my fifth time competing in Performing Arts-Vocal. I've won twice and placed second twice. I've really tried to improve my portfolio this year since it is my weakest point. I've had many great opportunities this past year.

In January, I sent an original song onto a radio station in Dublin, Georgia. They play an original song every Sunday night by a local artist. I had just finished recording my second CD. The DJ selected my song for that Sunday night, and then it was voted original song of the month. Every year in May I sing in Augusta, Georgia at A Day in the Country Festival, they always let me open the show for the top country act. I opened for Trace Adkins and Billy Currington. I enjoy singing at this festival the most because I am a huge country music fan. Hopefully one day someone will be opening the show for me.

My biggest achievement this year was being selected to perform at the NACAA Conference in Orlando, Florida. Being in my third year of Clovers & Co., a performing arts group through Georgia 4-H, all the cast had the opportunity to send in a video to audition. I was selected out of 80 entries to be one of the 14 acts. Upon returning home, I traveled with Clovers & Co. to Virginia for their State Congress. After returning home from Virginia, I attended State Congress for 4-H. Since I was a ninth grader, I thought I was very fortunate. I placed 2<sup>nd</sup> and received sweepstakes at D.P.A. It was a big learning experience. I met new friends and had the time of my life. Four-H is a big part of my life. This year I even participated with the Livestock Judging Team. We didn't place, but I did see some areas to improve for next year.

I think the area on my portfolio that needs improving most is leadership. This year I started my own project club. I formed a performing arts group called "The Shining Stars". I also worked with three cloverleaf students on their D.P.A. project. All three participants placed 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>. I was so proud of their achievements.

During the year, I have helped several charities raise money. I performed with Stella Parton for domestic abuse. I performed for the Heart of Georgia Charity Run to raise money for Hospice, in which we raised \$14,750.00. I also sang to raise money for Alzheimer's Support. I performed throughout the day for S & M Racing to raise money for child abuse. I worked with my 4-H Club to raise money for the Relay for Life. I have been blessed with my vocal talent and will continue to be active in my 4-H Club to serve others. Using my head, heart, hands, and health to better myself through as many diversified 4-H activities as possible. Please accept this portfolio as my official entry in the Performing Arts - Vocal project and thank you for taking the time to read it.

Amber Carter Johnson County 4-H'er

#### Amber Carter Rt. 1, Box 945 Wrightsville, GA 31096 Performing Arts - Vocal

	10110111111611110	
Proi	ect Work	
*	Member of Clovers & Co.	·
*	Member of Clovers & Co. Etc.	
*	Solo Performing Artist	
*	Member of Clovers & Co. Stage Setup and Breakdown Team	
*	Attended Clovers & Co. Try-outs - June - Rock Eagle	
*	Attended Clovers & Co. Rehearsal Weekend - August	
*	Attended Clovers & Co. Rehearsal Weekend - October	
*	Practiced at Home - more than 125 times	
*	Took Voice Lessons from Mrs. Cindy Pitts - 16 times	
*	Recorded 1 CD	
*	Purchased Music - 15 times	
*	Clovers & Co. Performances - 10 times	
, ,	- Jan. 31 - Monroe, GA	- Oct. 17 - GA National Fair - Perry, GA
	- Mar. 26 - Farm Bureau - Macon, GA	- Oct. 23 - Junior Conference
	- June 19 - Atlanta Braves Game - "National Anthem"	- Nov. 20 - EMC Banquet - Athens, GA
	- June 27-29 - VA State 4-H Congress	- Dec. 04 - Fall Forum
	- Aug. 14 - Centennial Gala Show - Atlanta, GA	- Dec. 06 - Farm Bureau - Jekyll Island
	Tango I. Comomina Guia Discom Transitia, C.	200.00 1
*	Clovers & Co. Etc. (Solo) Performances - 3 Performances	
	- Feb. 09 - First Baptist Church - Athens, GA	
	- Feb. 27 - Jr. Livestock Banquet - Perry, GA	
	- Feb. 28 - Rodeo - Perry, GA - "National Anthem"	
*	Professional Solo Performances - 11 Performance	
	- Mar. 28 - Cherry Blossom Finale - Wesleyan College	- Oct. 30 - Yatesville Festival
	- May 2 - Andersonville Civil War Festival	- Oct. 31 - Georgia State Fair - Macon
	- May 29 - Day in Country Festival - Augusta	- Oct. 9 - McDonough Festival
	- July 3 - Social Circle Festival	- Nov. 06 - Butler Festival
	- Aug. 28 - McDonough Festival	- Nov. 13 - Bishop Fall Festival
		- Dec. 16 - Woodman of the World
		Christmas Party
*	Other Performances - 16 Performances	
	- Feb. 7 - Junior/Senior D.P.A Rock Eagle	- July 2 - Sandersville Flea Market
	- Mar. 27 - Cherry Blossom Festival - 4-H	- Aug. 21 - Jo. Co. Football Game
	- Mar. 20 - Cherry Blossom Festival	- Sept. 10 - Jo. Co. Football Game
	- Apr. 20 - Jo. Co. Bus Driver's Banquet	- Oct. 10 - WDEN Stage - Perry, GA
	- Apr. 01 - Johnson County Band Talent Show	- Oct. 15 - Jo. Co. Football Game

#### **★** Magazine Articles

- The County Agent - A Publication of the National County Agents Assoc.

#### **★** <u>Competitions</u>

- Cherry Blossom Festival Talent Show 1st place
- Georgia South Carolina State Fair Talent Show First Runner-up
- Georgia State Fair Talent Contest Macon 2nd place
- Georgia National Fair Variety Show

- May 28 - Taylor Co. 4-H Rally

- May 13 - District FFA Meeting

- June 6 - First Baptist Church - Dublin

#### **★** Awards and Recognition

Amber won 2<sup>nd</sup> place sweepstakes at S.E. District DPA and traveled to State 4-H Congress as a 9<sup>th</sup> Grader.

- Oct. 31 - Brown Memorial Baptist Church

- Nov. 21 - Brown Memorial Baptist Church

- Nov. 12 - Preliminaries Ga/Sc State Fair

#### **Sharing and Helping Activities**

#### **Sharing Activities**

- D.P.A. Supper Club Demonstrations Wrightsville
  - 1. October Meeting "What is Clovers & Co."
  - 2. November Meeting "How to Audition for Clovers & Co."
  - 3.December Meeting "Effects of Improper Singing Techniques"

#### Helping Activities 5 Charity Fundraiser Performances and 4 Senior Citizen Support Activities

- Feature Performer at National County Agents Annual Meeting Orlando, Fla.
- Domestic Abuse Fundraiser with Stella Parton Bryon, Ga.
- \* Invited to sing as part of Vespers program at SE Dist. DPA
- Invited soloist at Soil Conservation District Banquet along with Chuck Lavell
- Taught Performing Arts Workshop at Virginia State Congress
- \*\*\*\* Alzheimer Support Fundraiser - Dublin
- Brown Memorial Fall Festival Wrightsville Teen Leader
- Hospice Fundraiser Sept. 25 GARHOF Association Byron
- \* Performed at 3 Nursing Homes - Oconee, Dublin, Wrightsville
- \* Assisted 3 Cloverleaf 4-H'ers prepare for DPA in Performing Arts Instructed students on use of microphones, stage presence, introductions, and proper attire)
- $\star$ Child Abuse Fundraiser Mar. 27 in Byron, GA
- \* Heart of Georgia Charity Run for Abused Chilldren - Macon
- Christmas Caroling for Community Shut-ins
- Set up Stage for Miss Georgia Taylor County

#### Leadership Experience -Project Club

- Created a Performing Arts Project Club "The Shining Stars"
  - Consists of 5 members
  - 5 practice / organizational meetings
  - Oct. 29 Performed at Wrightsville Manor (Nursing Home) 1st Performance- Others scheduled for Jan.

#### 4-H Leadership and Teen Leadership Activities

- Helped with 4-H Awards Banquet Set-up
- Attended Junior/Senior D.P.A. Performing Arts Vocal
- Attended 4-H State Council
- Attended 4-H State Congress
- Participated in Teacher Appreciation Day made cookies and cards for teachers
- Celebrated National 4-H Week
- 2 Worked with Cloverleaf 4-H'ers on Demonstrations
- Served as a Judge at 4-H Hobby Show Performing Arts Vocal and Recycling
- Wrote letter to Governor requesting money for Rock Eagle Dining Hall

#### Community Service and Citizenship Activities

- Donated Canned Food for Needy Families  $\star$
- \* Participated in Cancer Relay for Life
  - Attended Relay for Life Team Meeting
  - Assisted with Cake Walk and Face Painting
- Worked in the Concession Stand Johnson County Football Game
- Made Fruit Packages for Elderly Brown Memorial Baptist Church

#### Other 4-H Activities

- Attended 4-H Awards Banquet
- \* Attended all in school 4-H meetings
- \* Attended Junior/Senior 4-H Kick Off
- Sold Vidalia Onions for 4-H Fundraiser
- Sold Coca-Cola Products for 4-H Fundraiser
- Member of Livestock Judging Team
  - Attended 8 practices and contest
- Helped with Landscaping at 4-H Office
- Attended Summer Reward Trip Jekyll Island Summer Waves
- Attended Bowling Reward Trip
- District Winners Workshop Statesboro





#### Dear Photography Project Judge,

As my seventh year in 4-H comes to an end, I can look back and say that it was a great one. I have done many activities to improve my social, mental, and physical health. My name is Bud Nash. I am a Junior at Schley County High School.

The project I chose was Photography. The first activity I participated in this year was DPA.. It was tough to create a project with a ten minute speech, but I pulled everything together and did it. I placed first and headed off to Atlanta that summer. State Congress was amazing. It was a really good social and learning event. I placed second at state level. For me DPA isn't a once a year kind of thing. It's something that you work on year round to make perfect. No matter how good I think something is, I strive to make the best better. This year, I'm back with the same project with even more knowledge.

4-H has always been my favorite club. It's so educational! The best 4-H event, in my opinion, was Citizenship Washington Focus. This was a wonderful trip. It was only possible through 4-H with the help of Chevron. Chevron put up a scholarship for four 4-Hers from the entire state of Georgia. I applied for the scholarship and won it. I was extremely surprised when I heard this news. The entire week was spent learning, meeting great people, and having fun. There was only bad thing about the trip-LEAVING.

I've grown up with a great family consisting of three sisters, ages 7,18, and 21, my mom, and my stepdad, and was reunited with my dad 5 years ago. They are indeed great, but they never really pushed me to be someone I didn't want to be, so I've led a life of self-formation. This has really helped me. I chose to live a life of good actions. This has led to many comments like "You're a geek!" In spite of this I have endured.

Another thing I am really active in is my schoolwork. Many of my friends think I am weird because I do well in school. I'm always trying to help my classmates understand what the teacher has been teaching. My favorite and best subject is mathematics. I am quite sure that I will be able to maintain an average in the 90s so that I can obtain the HOPE Scholarship. I am hoping to be an honor student if not top of my class. Currently, I am Fourth in my class with a 96.3 average. After high school graduation I hope to go to the University of Georgia, where I will seek a degree in Education, Math and/or Accounting.

I have grown a liking to photography over the years. As you will see in the rest of this record book, I have done much to further my knowledge in the subject.

Sincerely,

Bud Nash

# Main Project Work:

I believe that one important thing about performing a presentation is knowledge of the subject. Here are a few of the things I have done this year to further my knowledge of photography:

- ✓ I have worked with 35mm, 110, digital, instant, and Kodak APS (Advanced Photo System) cameras and have become familiar with how they work.
- ✓ I have obtained information from the following books to learn about the past, present, and future of the great science of photography:
  - "The Handbook of Digital Photography"
  - "The Manual of Outdoor Photography"
  - "John Hedgecoe's Photography Basics"
  - "The Handbook of Color Photography"
- ✓ I have researched many different types of cameras and films as well as the history of photography on the Internet at the following sites:
  - www.rleggat.com
  - www.ritzcamera.com
  - www.niepce.com
  - www.antiquewoodcameras.com
  - www.holoworld.com and many, many more.
- ✓ Nothing teaches a person to do something like hands on work. Here are a few activities, in which I exercised my knowledge of photography.
  - I was our county's official photographer at Cloverleaf APA in Macon County.
  - Photographed the Schley Co. Rabies Clinic.

# Main Project Sharing and Helping Experiences:

- ✓ I have presented my project for a group of cloverleafs. This was to familiarize them with DPA and what is expected of them.
- I have upheld a web site which can be used as a tool to teach about photography. You can access it at www.photography2.freeservers.com.
- ✓ I frequently help strangers and friends alike with their photography dilemmas.
- ✓ I presented my project for our county's commissioners.

# Other Leadership and Teen Leadership Activities:

- ✓ I am the President of my local 4-H Club.
- ✓ I am the Vice-President of the Future Business Leaders of America (FBLA)
- ✓ I am a member of the Sr. Beta Club

\*

- ✓ I have started to fulfill the requirements for TEEN 1 and TEEN 2.
- ✓ I served as a PAGE at the Georgia State Capitol for Rep. Jimmy Skipper.
- ✓ I served as a Teen Leader on a Cloverleaf DPA reward trip to Starcadia in Macon, Georgia.
- ✓ I also attended the Cloverleaf APA in Macon County as a teen leader. I also served as a judge in six project areas including Photography and Ocean Ecology.
- ✓ Conducted an informational meeting on DPA for our county's cloverleaf 4-Hers.
- ✓ I campaigned for District Board at the last DPA.
- ✓ Helped to critique cloverleaf demonstrations.

# **Community Service Activities:**

Nothing proves how caring a person than how they help other people. I try my best to be at any community service project that is offered in my county. Here are a few:

- ✓ Assisted the veterinarian at our local Rabies Clinic.
- ✓ Attended Adopt-A-Mile highway cleanup with my fellow 4-Hers.
- I started a "Bingo with Beta" operation in our area. Our club's first session was at the Sumter Retirement Village in Plains, Georgia..
- ✓ Assisted in our county's Wood Duck Box Project by creating birdhouses for the birds.
- Our Beta Club had a canned food drive. The proceeds were donated the "The Golden Rule", an organization that helps former alcohol and drug addicts. We raised over 1600 cans. I personally donated sixty cans and helped deliver the cans to the organization's headquarters.
- I assisted our local veterans with taking down the 72 American flags in our town's square. These flags are in memory of and honor of our local veterans.

#### Other Activities:

#### ✓ 4-H Activities:

- ▶ Attended DPA where I placed 1<sup>st</sup> in my demonstration.
- ► Attended State Congress where I placed 2<sup>nd</sup>.
- ▶ Attend all local 4-H meetings.
- Attended Fall Forum at Rock Eagle.
- Captained the Schley Co. Challenge Bowl at the Georgia National Fair in Perry.
- Helped Juniors with Poultry Judging.
- I participated in the online Georgia LifeSmarts competition.

# ✓ Extracurricular Activities

- I am the alternate male Extemporaneous Speaker for the Schley County Literary Team.
- I am a cashier/stock person at the local grocery store.
- I attended the Senior Beta Convention in Atlanta, Georgia where I competed in the Mathematics competition.
- I competed in the American Legion Historical Speaking Contest.

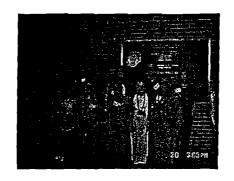
# ✓ Awards and Recognitions:

- ▶ 4-H Teen Leader Award
- I am a member of the United States Achievement Academy Foreign Language Award.
- My poem An Alien's View has been published in a book titled A Celebration of Young Poets. I have also received letters from <a href="https://www.poetry.com">www.poetry.com</a>, <a href="https
- I received the Silver Honor Roll at my school's Award's Ceremony.
- ▶ I am a member of the Sr. Beta Club.
- I am currently on the Principal's Honor Rollat school. (90+ in all classes)
- I am a member of the National Honor Roll.
- I received certificates of excellence for highest average in Physical Science.

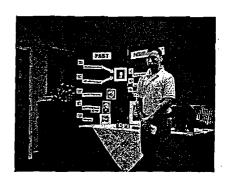


CHALLENGE BOWL Perry, Georgia

Captain



CLOVERLEAF APA Macon County Teen Leader & Photographer



SCHLEY CO.
COMMISSIONERS
MEETING
Guest Speaker



GEORGIA GENERAL ASSEMBLY

Page



CAN THE PRINCIPAL FOOD DRIVE

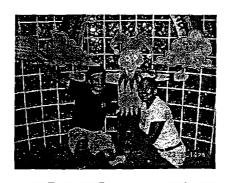


VETERAN'S DAY FLAG REMOVAL

Assisted Local Veterans



CHRISTMAS PARADE 4-H FLOAT



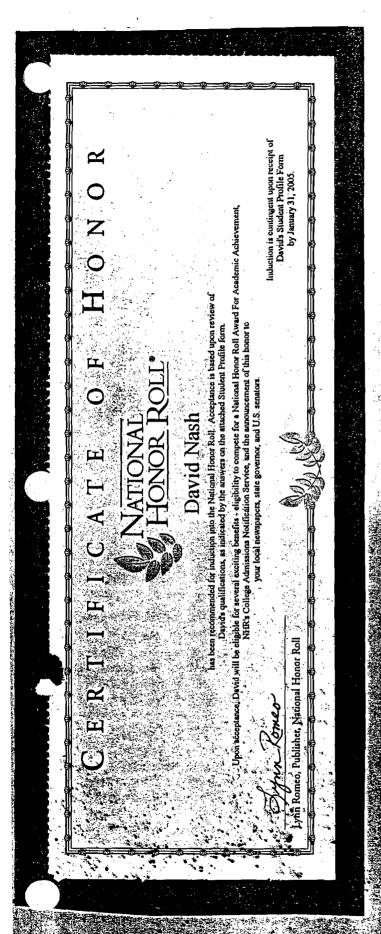
**STARCADIA** 

Teen Leader



**RABIES CLINIC** 

Assisted Veterinarian



#### State 4-H Congress

# Schley's Nash is state runner-up

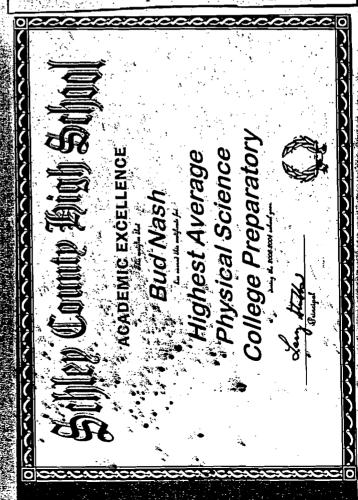
Bud Nash recently traveled to Atlanta to compete in the 62<sup>nd</sup> Annual State 4-H Congress, where he became a statewide runner-up. State Congress is the culmination of a year's hard work in 4-H.

4-H'ers prepare a portfolio of their project work, participate in an interview about their portfolio and give an oral



Bud Nash at State 4-H Congress, where he won a 2nd place award.

presentation for this statewide competition. Bud competed in the photography project and won in the district level, which allowed him to compete at the state level, where he placed second overall.



Senior Portfolio Judge State 4-H Office Hoke Smith Annex University of Georgia Athens, GA 30602

Dear Portfolio Judge:

My interest in science came early if life, especially my interest in biology and astronomy. I can remember sitting on my dad's lap when I was a little girl and being amazed as he pointed out the constellations to me. I also remember watching the HaleBopp Comet as it passed over our house and insisting that my mother take me out to see it each night that it was visible. To this day, my mom kids me about my proclamation as an 8 year old that when I grew up I was going to "invent a suit so we can walk on the sun without burning up" and my Grammy still cringes when she remembers that the first "adult" book I read was on the mummification process!

Today, as a 16 year old, my interest in science has not waned. I have, however, changed my career goals. At one time, I wanted to receive a PhD in Astronomy and work for NASA. Now, due in part to my 4-H project work and several life experiences, I have decided to pursue a degree in medicine and become an Oral Surgeon. I know that the stars will always fascinate me and that astronomy will continue to be a major part of my life, however, as a career, oral surgery fits me better and I can see myself enjoying it for many years.

4-H is definitely helping me to define my career goals. Through my main project work, I have investigated various careers in science and looked into the academic paths needed to achieve those careers. I have met people who are working in the medical field and have been fortunate enough that Dr. Richard Manus, an oral surgeon in my community, has allowed me to shadow him at work and ask him all kinds of questions! This past year, my grandmother had an experimental procedure done to help protect her kidneys during coronary catherization. Her procedure was only the second one attempted in the United States and it was fascinating to talk with her cardiologist about the advancements being made in the medical field. On top of all these experiences, this past summer I was selected to attend the UGA Poultry Scholar's Program. During my three-day stay, my eyes were opened to the many biological careers and advancements in the area of Poultry Science.

I have found that the main skills I need to succeed in my career are leadership, teamwork, and a commitment to my community. My 4-H experiences are definitely helping me to develop these skills! As a Central District Junior Board Member and Co-President of my County Senior Board of Directors, I have learned the importance of teamwork firsthand. As a Teen Leader, I have learned to be more responsible and to follow through on my commitments. Through my community service work at the Ty Cobb Health Care Center and with my "foster" grandparents, I have become vitally aware of the importance of respecting my elders and listening to their advice and wisdom. All of these learning experiences will help me to achieve my life and career goals.

I know I have high career and 4-H goals. Since I come from a "4-H Success" family, I have no doubt that I will achieve these goals. I am a third generation 4-H'er! My Grammy was the "4-H Princess" in her county and my mom served as Lesser Chief (Vice-President) of her District V All-Stars in Tennessee and mastered in Poultry Judging and Achievement. One day, I hope to master in my project area of Physical, Biological and Earth Science and Poultry Judging. I have made progress towards both of these goals! Last year, I placed second in my project area at State 4-H Congress and participated in my second State Poultry Judging Competition.

Archimedes said, "Give me a place to stand and I will move Earth." Marie Curie wrote, "Humanity needs practical men...but humanity also needs dreamers." This is my dream and my goal. I want to move the Earth in a way that will improve humanity. I want to be practical in my endeavors but use my dreams to achieve something big in the area of medicine and in Georgia 4-H. One day, I will.

Municall-Scott

Sincerely,

Brittany Kimball-Scott Madison County 4-H'er

**Main Project Work** Classes/Programs 'Weird and Wacky Science" Project Club--5 classes مسمعیں ہے students 7 Poultry Scholars Program—selected as a participant in UGA/s "Colorific"-7 students 'Slime and Polymers" 3-day residential scholar's programs-classes focused on biological -"Air Science"—7 students "Crystalline Structures"-7 students aspects of poultry science "Neurology"--7 students Sower of Poultry" Project Club-5 classes Aerospace: The New Frontier—Half semester gifted class offered "Egoceptional Team work"—6 students" through University of Missouri's Continuing Ed department-studies included the scientific principals of space technology and how these "Eggstraordinary Eggs"—6 students "Avian Reproduction"—6 students technologies were developed in the 20th Century **Shadow Experiences** "External Avian Anatomy"—6 students 🐠 "Internal Avian Anatomy"-6 students Observed 4 oral surgeries conducted by Dr. Manus, DMD Observed Reprieve Endovascular Temperature Therapy, an "The Wonderful World of Color" Summer Class-16 students experimental procedure in which cooling is used to prevent Discussed ways animals utilize colors, human perceptions of colo radiocontrast nephropathy in patients undergoing coronary utilized chemical reactions to create tye-dye shirts catheterization, conducted by Dr. Malcolm Foster, Cardiologist with Junior Splash Co-Instructor-2 classes-50 students East TN Heart Consultants—this was only the second time the Developed and co-taught "Fatal Attraction" a program on pet procedure was conducted in the U.S. parasites and diseases at 6 county 4-H event Major Experiments/Labs Conducted Science Instructor-18 weeks-1 Home School Student Tye-dye shirts—chemical reactions Co-taught Science course utilizing University of Missouri's curriculum Streaked Bacteria—isolating bacteria in controlled environment Set up and helped conduct 14 experiments Agarose Gel Electrophoresis-isolation of small DNA strands Explained concepts in detail/Administered chapter tests Avian Blood-collected sample, tested for packed cell volume, and Instructor—Ila Elementary—60 students performed cell count Conducted 4 classes on how eggs are formed, graded, and their Avian Semen—collected sample and evaluated nutritional value Tissue Lab-identified epidermis, dermis, hypodermis, cancer cells, Plant Researcher skin cells, and other tissues present Researched over 100 plants for use in garden at nursing home Reflex Lab—tested reflexes, reflex time, and intensity of reflexes  $\ensuremath{\backslash}\ensuremath{\mathcal{Y}}$ Reported results to Master Gardeners in charge of project Muscle Tissue Lab—identified cells, type of muscle tissue, parts of cell, and other tissues present looked website too 17th grade Science student cell, and other tissues present Muscle Work and Fatigue Lab-tested amount of work required for 3 Anatomy & Physiology High School students fatique to become present 2 Biology High School students 3 Avian Surgeries—prepared area for incision, performed incision 4 Chemistry High School students and identified internal organs 3 Avian Sutures—completed sutures on birds after surgery; both Met with Dr. Peter J. Bolan of the East TN Cardiovascular Surgery continuous and interrupted group to discuss surgical options for heart patient--explained Anesthesia Techniques-monitored vitals during avian surgery and options to heart patient (77 year old grandparent) and helped put 2 birds under with anesthesia her understand the risks and benefits of each eep Brain Dissection-identified brain portions/performed Power Point Presentations-2 programs "Ecological and Economic Impact of Georgia's Coast" ssection Developed for use by 96 Danielsville Elementary 5th graders Beef Eye Dissection—identified portions of eye/performed dissection Rat Dissection-identified portions of all body systems/performed "Saving Cape Hatteras Lighthouse" Developed for use by 96 Danielsville Elementary 5th graders Science Fair Assistance 4 Avian Dissections-identified muscles, internal organs, external portions, and performed dissections Assisted approximately 15 5th grade students research science fair Poultry Female Avian Reproductive Parts-identified major portions topics during a 3 hour help session Male Avian Reproductive Parts-identified major portions Assisting 3 7th grade students develop experiments to test **Examples of Research Conducted** hypothesis and prepare projects <u>Danielsville 5<sup>th</sup> Grade Science Class</u>—18 students Assisted with "Bubbleology" (surface area of bubbles) experiment Suitable experiments for young people under age 14 Various Diseases including rickets, polio, smallpox, osteoporosis, etc. Booklet-Developed 10 page booklet on various careers in Science Major scientists including ancient Egyptians, Hippocrates, Salk, etc. and the education needed get them-distributed 96 booklets to <u>Interviews</u> Danielsville Elementary 5<sup>th</sup> graders and 23 to middle school students Dr. Richard Manus, DMD-Oral Surgeon Dr. Mike Lacy-UGA Poultry Science Department Head & Professor Pamphlets-Developed and distributed 100 pamphlets on "Celestial Dr. Amy Batal-UGA Poultry Science Assistant Professor Events" to Madison County Library, Stokely Memorial Library and Dr. Mark Compton-UGA Poultry Science Associate Professor Comer Elementary School Dr. Brian Fairchild-UGA Poultry Science Assistant Professor Demonstrations/Presentations "Infrared: Seeing the Invisible, Doing the Impossible" **Observations** DPA-7 audience members (placed 1st) Jupiter at Opposition Lyrid Meteor Shower State Congress-7 audience members (placed 2<sup>nd</sup>) Total Lunar Eclipse Perseids Meteor Shower 2 State Congress Practice Sessions—12 audience members **Uranus at Opposition** Geminids Meteor Shower "Hippocrates: Father of Medicine"—achievements Tours/Lectures NASA Space Center-Huntsville. AL Human Anatomy ACP Class-26 audience members Science & Technology Museum (Smithsonian)—Washington D.C. "Rickets"—speech on symptom/cure of disease Human Anatomy ACP Class-26 audience members Natural History Museum (Smithsonian)—Washington D.C. Poultry Science Department—University of Georgia "Formation of Stars' Veterinary School-University of Georgia 4-Hers/Adult Leaders--7 audience members "Celestial Events"— overview of 2004 events to watch for Articles Read "Growing Body Parts"-Science World 9/97 4-Hers/Adult Leaders/Volunteer Leaders-12 audience members "M" ad for Life"-Science World 9/98 "The Scientific Method" intation of Wound Healing Using Monochromatic Infrared 5th and 6th Grade Students-13 audience members Observations - set up 3 Observation Parties \_\_\_gy"--Lon Horwitz, Thomas Burke, Dale Carnegie "Saturn's Phoebe: Small Moon, Grand Debut"-J. Jelly Beatty Lunar Eclipse (10/04)-5 participants Lyrid Meteor Shower (4/04)—6 participants

Geminids Meteor Shower (12/04)-7 participants

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"The Heat is On"-David Tytell

"Picturing the Heavens"-Alan W. Hirschfield

"The Space Infrared Telescope Facility"-William H. Waller

**Exhibits** 

GA National Fair—approximately 356,000 viewers

"Mars Attack!" mini-booth

Elberton 12 County Regional Fair-approximately 2500 viewers

"Infrared: Seeing the Invisible, Doing the Impossible" mini-booth

Madison County Fair - approximately 1000 viewers

"Mars Attack!" mini-booth

Leadership

**GA Key Award Recipient** 

Citizenship Washington Focus

Served on Talent Show Committee/Emceed Talent Show

Lobbied for 7 bills to pass

National 4-H Conference

Wrote essay/Completed application/Interviewed at Rock Eagle

Teen Leader-Cloverleaf Officer Training

Greeted parents/Responsible for check-in

Compiled and distributed Club Officer Books and nametags

Co-taught class for 16 Cloverleaf Secretaries

Team Captain—Spring Rabies Clinic

Responsible for 4-H participants at each of 7 locations

Registered dogs and cats to be vaccinated

"Filled-in" for 4-Hers who did not show up

County Council Co-President

Co-Presided over the Annual Awards Program

Co-planned 2 county-wide events/Serve as mentor and role model

4-H Awards Program Committee Chair

Presided over planning meetings/Co-wrote and participated in skit

Helped set up and clean up

Fair Booth Committee

Helped plan, design, and decorate 4-H booth

Researched past state 4-H events/Prepared 4-H Timeline

Helped set up/take down fair booth at two fairs

Teen Leader-Cloverleaf CPA

Escorted participants to demonstration sites

Served as judge/Helped award winners

Teen Leader-Cloverleaf DPA

Escorted participants to demonstration sites/Chaperoned participants

'alped 3 participants "set up" demonstrations

Leader-Cloverleaf Reward Trip

\_ed Cloverleaf Class in games/Chaperoned participants on bus

Monitored participants while on skating rink

Teen Leader—Poultry Judging

Teen Leader—Junior Conference

Teen Leader - Junior Splash (6 county event)

Assisted volunteer leader in setting up classes
Taught classes on reasons and candling
Served as "Teaching Buddy" for 4 junior participants
een Leader—Junior Conference
Taught class on healthy eating
Escorted Junior members to required destinations
Delivered pop tabs for county to designated site
een Leader—Junior Splash (6 county event)
Monitored participants while in water/ Led recreational games
tate Council

State Council

Attended classes/Participated in college fair

Weekend in Classic City

Attended classes on preparation for college

Toured UGA campus and residence halls

Met with several university representatives during fair

Fall Forum

Attended 3 classes on financial planning

Teen Leader I Award

Teen Leader II Award

Teen Leader III Award

Madison County Outstanding Senior Gold Superlative

Citizenship and Community Service

Ty Cobb Health Care Center "Dream Garden"

Prepared \$75.00 worth of baked goods for fund raising

Delivered baked goods and helped price donations

Met with nursing home staff to plan ways 4-H could assist residents h Master Gardeners to evaluate needs and how 4-H could

in development of therapeutic garden

Posted flyers for fundraising concert

Publicized 3 Work Days and recruited workers

In charge of 10 4-H Volunteers at Work Day

Day of Play

Helped plan event and activities

Assisted in the development and distribution of publicity

Presented concept to Comer Lion's Club to gain support

Served as emcee during event

Helped compile documentation sent to Nickelodeon

Let's Just Play Grant

Helped prepare grant proposal for Nickelodeon

Checked prices of equipment for grant

Tomado Clean Up

Served on team that helped one family clean up and move

Provided water and snacks for clean up crews

Presented Colors

Presented American Flag at 4-H Day at UGA Basketball game

"Adopted" Grandparents

Work with 1 elderly couple and 2 elderly individuals

Assist with chores and run errands/Visit each on a regular basis

Food Drive

Donated 20 canned food items/ Decorated bags for food drive

Helped pack bags with food for families in need

Helped deliver food items to food drive

Friends of the Stokely Memorial Library

Donated over \$600.00 in books to book sale/ Assisted in book sales

Created 2 craft items and donated them for library auction

Red Ribbon/Trick or Treat Bag Workshop

Donated candy

Prepared over 20 red ribbons and 12 Head Start trick-or-treat bags

Distributed ribbons to students at Madison Co. High School

Rabies Clinic-Fall

Took up money/Handed out rabies tags/Assisted vet with animals

Adopt-A-Highway

Participated in 3 clean ups/Picked up litter from 1 mile of highway

Radio Spots

Recorded announcements for Rabies Clinic and National 4-H Week

Aluminum Can Donation

Donated over 500 cans for 4-H Scholarship Program

**Other Activities** 

Poultry Judging

Attended 10 practices/Participated in "mock" county competition

District Poultry Judging Competition participant

Raising 6 birds for Poultry Judging team

State Poultry Judging Competition participant

Challenge Bowl

Participated in Lock-in/served as "Buddy" to Cloverleaf 4-Hres

Attended 15 Challenge Bowl Practices

Selected as Team Captain and Senior Member for county team

Team placed 1st in the State Competition at the GA National Fair

won \$1,000 for Madison County 4-H program

Developed "practice" questions on 4-H Facts and Nutrition

Co-wrote newspaper article concerning Challenge Bowl Spoke to County Commission Board on behalf of Challenge Bowl

Cotton Boll and Consumer Jamboree

Attended 5 Cotton Boll practices

District Cotton Boll Competition participant Livestock Judging

Attended 10 practices

State Livestock Judging Competition participant

Madison County Fair

Assisted FACS agent with check in and check out of exhibits

Assisted with the set up of Madison-Oglethorpe Animal Shelter Booth

Elberton District Fair

Helped set up Madison Co. 4-H booth

Summer Class/Project Club Participation

Attended 2 Summer Classes and assisted with 2 Project Clubs

Portfolio Clinics

Participated in 3 county clinics

**Honors and Awards** 

National Honor Roll

Georgia College Counseling Association:

Selected as page for annual conference

Responsible for attendee check-in, posting signs, running errands

Who's Who Among American High School Students

Madison County High School Academic Team





Senior Project Competition State 4-H Office University of Georgia Athens, GA 30602-4356

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#### Dear Project Judge:

Please accept this portfolio as my official entry into the Plant and Soil Science project. I am a 16 year old home schooled 11<sup>th</sup> grader. I have been in 4-H since I was six years old. While showing hogs was my first activity, plant and soil projects have been my primary focus. My family and I enjoy working in our three acre yard. We have spent many hours landscaping around our home this year. We have more than 500 daylily varieties in our yard and many more plants, trees, and shrubs. Therefore, I have had several opportunities to learn and experiment with plants and soils. I also have a part-time job at a local business where I am responsible for caring for the flower beds, planting, and weed control. Furthermore, as an active member of the Valdosta and Georgia Hemerocallis Society, I have shown flowers and participated in workshops to increase my knowledge and learn from people throughout the state.

One of the highlights of this year was my 12 day road trip to the Kingdom Bound Music Festival in Buffalo, NY. I had the chance to use my leadership skills as a volunteer in the Kidz Tent each morning during the four day event. I also visited many educational sites in Canada such as Niagra Falls, Washington D.C., and Philadelphia. The experiences I gained and information I learned will give me memories for a lifetime.

I come from a family of 4-H members and alumni. My grandmother, mother, aunt, and uncle are Master 4-H'ers. My older brother and I have heard great stories of their the fun they had at Rock Eagle in years past. 4-H has made a positive change in my life because I am now more outspoken before groups of people. While serving two terms as Reporter of my County Council Board of Directors, I have increased my interests in photography and videography. I plan to pursue a career relating to these areas and 4-H has given me extensive opportunities to practice and learn. My 4-H experiences have made a me a better person and the one thing I like best about 4-H is the chance to share with others. I do receive more when I give of myself and 4-H provides endless opportunities to develop citizenship and leadership skills.

Sincerely,
Nink Thatcher

Kirk Fletcher Lowndes County

# MAIN PROJECT WORK - PLANT AND SOIL SCIENCE Interviews Tim D

#### Project Work

Studied groups of decomposers related to decay in soil Researched best pH level for daylilies in my yard for wo

Held part-time job at Bishop Clean Care in maintenance of lawn and vard

Fertilized lawn, cleaned flower beds, cut shrubbery, replanted as needed, mulched beds

Mowed 2 acre yard at home 20 times, fertilized 2 times Built greenhouse for cold weather plant protection Cut back 4 grapevines to promote growth Tested pH level on neighbor's flower bed (6.2 slightly acid)

Collected soil sample of new area to plant flowers

Studied the ecosystems and the makeup of each one

Researched the 3 major elements needed in cultivated soil: nitrogen, phosphorous, and potassium

Broadcasted 100 lbs. of 10-10-10 fertilizer on flower beds Viewed 25 Sunbelt Expo exhibits on advances in agriculture Conducted an experiment on pest control vs. no pest control S

Entered 3 off-scape daylilies in the Valdosta show 8 Learning Experiences

Member of Valdosta Daylily Club and Georgia Chapter - 8 years Assisted in hybridizing 100's of daylilies

Learned about several advances in planting crops from Expo exhibitors

Viewed new technology available for gathering pecans inducted experiment to show soil erosion and the correct placement of plants in a vard studied correct placement of plants in a yard Learned about crop rotation system to stop mineral depletion Attended workshop on types of pest control for home plants Participated in a grooming class for daylily show flowers Collected and labeled 4 types of weedy plants on our farm Cared for plants during the winter in our greenhouse Studied the use of fungicides to control rust disease Learned how to gather and freeze pollen for future use Took an educational tour of a conifer collection and deciduous

Attended a class on cotton and soybean products Transplanted 50 daylilies to a new location in the yard Learned how to arrange roses for Valentine's vases

Books, Magazines, and Internet Sites

The American Horticultural Magazia

What is pH?

Lawns in Georgia

woodland

Soil Testing

programs distance control Weed Control in Home Lawns

Pest Control in Our Yard The Daylily Journal www.gardenguides.com

www.ezplant.com

www.bhglive.com/gardening

Tim Bell, national hybridizer

Mark Gorham, lawn care specialist, Expo

Bob Megow, owner, Hahira Nursery

Gerald Wilson, John Deere Tractor salesman

Dale Clements, soybean/cotton farmer

Robin Ward, Flower Gallery employee

**Tours** 

Sunbelt Agricultural Exposition, Moultrie

Bell Daylily Farm, Sylvester, GA

Season's Garden Center, Valdosta

Stalvey Farm, Valdosta

Hahira Nursery

Flower Gallery, Valdosta

Teaching, Helping, and Sharing

Shared planting tips with 200 adults/kids at Health Fair

Set up booth

Passed out tickets for participation

Gave out 100 brochures

Taught 250 adults/youth at Kids Fest how to transplant flowers Set up booth Lef Leds Blank to Share Donated flowers, pots, and soil

Donated 100 Daylily Culture brochures

Helped 8 children at Summer Day Camp root coleus and Wandering Jew

Donated 10 daylily plants to Nspire magazines Extreme Home Makeover project

Planted and donated 6 pots of border grass for Extension staff project

Helped set up tables and displays for 56th Annual Valdosta **Daylily Show** 

Filled 500 vases with water for displaying flowers in the show Helped gather and prepare 100 plants for daylily auction

Donated 100 blooming plants for adults/kids to transplant and take home

Helped clean yards at pastor's home for a wedding

Supplied containers, soil, and plants to teach 7 Day Care kids how to grow plants from a cutting

Prepared an interactive display to teach daylily transplanting tips to 50 adults and youth at the Colonial Mall

Co-led 70 5th graders on tours at the Ag Awareness Day

Shared 3 palm plants and 8 shrubs with a neighbor for yard

Helped grandmother clean up her yard after 2 storms

Taught 4 adults how to cross-pollinate daylily plants Shared benefits of home grown food with my family

Set up an educational display on the parts of a daylily at the

Valdosta Show

Helped collect 100's of seeds for spring planting

Worked at local florist during Valentine week

Delivered flowers, arranged bouquets, cut stems, sorted vases, cleaned floors and counters of leaves and stems

#### Honors

First Place and State Congress trip at District Project Achievement

Blue medallion and project medal for 1" place Certificate and \$20 gift for educational display

### LEADERSHIP AND CITIZENSHIP ACTIVITIES

Reporter - Re-elected 2<sup>nd</sup> term Leadership and Teen Leadership Lowndes County 4-H Council -Attended 7 planning sessions Helped with set-up and clean-up at meeting Took pictures and videos 5 times Gave reports at 4 meetings Attended County Council Leadership Training Lowndes 4-H Awards Banquet Attended 2 planning sessions Participated in 1 rehearsal Helped with filming/editing of video for banquet Introduced special guests on program Teen Leader Activities Educational Agricultural Awareness Day Helped with crowd control - 70 5th graders Supervised 5th graders on hayride tours Moody Air Force Base Kids' Fest Helped 200+ children and adults learn about 4-H Lowndes County Health Fair Spoke with more than 250 youth/adults in 4-H booth Methodist Girls' Home Organized game and crafts, and refreshments for 8 girls North Lowndes Recreational Facility Did interview with County Manager for video documentary for Fun Channel TV Kingdom Bound - Buffalo, NY - Worked 12 hours in Kidz Tent helping with projects and Worked 3 hours as a greeter handing out information Kingdom Kids - Ft. White, FL Junior Counselor for one week; responsible for 3 boys during the camp water the reds Attended craft classes, horseback riding, go-carts, swimming, and evening music/teaching programs Nspire magazines's Extreme Home Makeover for family & Led a group in painting baseboards, clean-up activities unpacked trucks of furniture; helped decorate home Colonial Mall "100 Years of 4-H" Promotion Talked with more than 50 people about 4-H projects Other Leadership Activities Run video camera for church services 2 times monthly Head of video programming for church Student Ministry Georgia Sheriffs Boys Ranch Twice monthly - work 2 hours in games and refreshments with 25 boys Volunteer Leader Church Party Participated in program recognition of volunteers Helped set up, decorate, and clean up Responsible for pictures and videos ct Club Activities

Led 6 members in teen skateboarding club

supplies

Held 5 meetings, toured 5 skate parks, taught safety and skill

classes, set up a home-based business to sell skating

#### Citizenship Activities

National 4-H Week

Wrote 2 thank you notes to 4-H sponsors

Participated in "Operation Cookie" delivering baked goods to 3 bank sponsors

#### Church Food Pantry

Volunteered 100 hours, 2 hours once a week Stock shelves, bag groceries, carry to client's car Valdosta Daily Times Cooking School

Unpacked 20 boxes of recipes and coupons
Set up tables and filled them with items for bags
Helped stuff 1,000 bags for cooking school

American Heart Association

Participated in "Have A Heart" Bakeoff/Auction
Donated cookies; won blue ribbon
Helped raise more than \$500 for American Heart Assoc.
Special Olympics

Set up Softball Toss area in <u>Spring Program</u>
Helped <u>8</u> groups participate in Softball Toss
Awarded ribbons to all who participated
Helped set up Bowling Racks in <u>Fall</u> Tournament

Prepared lunch tables and food for more than 100 Olympians

Lowndes County Humane Society

Worked in concession stand for <u>8</u> hours Helped with Open House beginning activities Donated towels for Project Pooch

Valdosta Soup Kitchen

Worked 2 days - 3 hours each day; fed 100 residents Washed trays, dried them, and stacked for next use

Prepared 2 Modular Buildings for Sunday School

Cleaned mildew off the outside

Vacuumed inside and set up tables and chairs

Provide personal healthcare for grandmother <u>3</u> nights/week Dress her for bed and spend the night

Educational Tours during Summer

Niagara Falls, Canada, White House, Arlington Cemetery, Liberty Bell, and Love Park in Philadelphia

Volunteered <u>6</u> hours to set up a <u>200</u> name database of potential Sunday School participants

Helped stuff <u>850</u> envelopes for national church conference with area information and attendance forms

Made a promotional video at the Senior Citizens Seminar Set up tables/chairs, decorations for 250 people at luau Donated 4 stuffed animals to Child Advocacy Center Made and delivered 20 Easter baskets to hospital pediatric unit Spent 10 hours moving furniture out of a fire-damaged home Helped make/deliver 60 qts. of soup to Ashley House residents Wrote 2 thank you notes to state sponsors

Collected 100's of pop tabs to benefit Ronald McDonald House Provided gifts for 2 young boys - Angel Tree program

#### **Honors**

4-H Citizen of the Year award - Lowndes 4-H Banquet Volunteer of Year - Video Department at church



Rooting Coleus at Summer Day Camp



Shared planting tips at 4-H display





Sharing daylily information at Lowndes Health Fair



Tim Bell, National Hybridizer



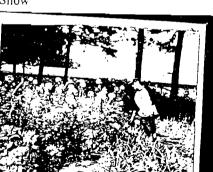
Planted Border grass for Extension staff project



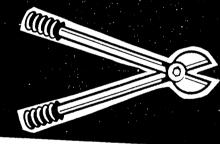
Flower Gallery - Valentine work



Educational Display at Valdosta Daylily Show



Toured Bell Daylily Farm



Transplanting flowers at Moody Kid Fest



DPA - 1st Place



Helping at Agricultural Awareness Day



Planting flowers at Nspire Magazine



Stuffing recipe bags for Valdosta Daily Times Cooking School



County Council Reporter - Club Skit





Showing skateboard at Mall Expo



Church conference - 850 packets



Collected pop tabs for Ronald McDonald House



Delivering soup to an Ashley House resident



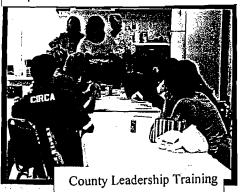
Concession stand at Humane Society Open House



Receiving 1st @ American Heart Bake-off



Making Easter baskets for SGMC Pediatric ward





Set up for church luau





Church Food Pantry - filling grocery



Helping with craft at Methodist Home



December 1, 2004

State Project Competition State 4-H Office University of Georgia Athens, Georgia 30602

Dear Pork Production Project Judge:

Hello my name is Lauren Reeves. I am a Home schooled Senior 4-Her from Turner County. I have been in 4-H for 6 years and, in my opinion, it's the greatest club on earth.

4-H offers so much, but what I like most is showing pigs. I have been breeding, raising, and showing my own pigs for about 5 years. It is a lot of fun and hard work. When I first got started I didn't have any idea about breeding or raising pigs, but over time I have learned so much. For example, I have learned how to artificially inseminate a gilt and how to deliver a litter of pigs when the sows is having trouble. I have learned and been taught so much and now I want to be given the chance to share what I have learned.

I don't just raise pigs for fun, but it does give me a lot of pride when I walk in the ring with a pig I've raised from gestation and birth. It's a joy to know that I have accomplished something like so significant. I have many goals. I would like to become a well known breeder and one day become a veterinarian. Right now my biggest goal is to become a Master 4-Her and I would love to master in Pork Production

Respectfully submitted,

Lauren K. Reeves

Turner County 4-Her

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# Lauren Reeves 560 Blanchard Road Sycamore, Georgia 31790 Pork Production

#### MAIN PROJECT WORK

Size and scope of project includes 2 sows, 9 piglets, 4 breeding gilts, 8 market hogs (3 shows)

#### Herd Health (as listed)

### Swine Health and Management

Purchased feed - 50 times Fed show pigs - 365 times Watered show pigs - 180 times Exercised show pigs - 180 times Sanitized pens - 87 times Administered shots - 15 times Tagged show pigs - 8 pigs Weighed pigs routinely -14 times Checked heat cycles on gilts - 6 times Ordered A.I. semen- 8 times Obtained official health papers- 4 shows Bled pigs for show requirements-4 shows Assisted with building of pens Completed Pork Quality Assurance (P.Q.A.) Certification for PQA Training Bred pigs- 2 times Repaired pens- 8 times

#### Shadowing & Learning Experiences

Went on call with Vet- 2 times Sanitized surgery equipment Helped with books at vet clinic Took blood to the Diagnostic Lab Shadowed Vet at Country Side Attended sales - 5 Interviews:

Purebred Producers - 5
Feed Sales Representative
Extension Agents- 3
Veterinarians - 4
Graduate Students- 3
Extension Specialist-4
Researchers - 3

#### Books, Phamphlets, Videos

Lean Value Sires
American Yorkshire Breeder
American Duroc Breeder
American Yorksire Club Judging Video
Livestock Judging Video 1
Childs and West Semen Catalog

#### Interviews, workshops & Tours

#### Livestock Farms Visited

Cypress Meadows, Chula
Whiddon Farms, Ashburn
UGA Whitehall Farm, Athens
Waters Farms, Rebecca
Moormans Farm, Omega
Reeves Livestock, Sycamore
Coastal Plains Experiment Station, Tifton
Childs Hog Farm, Cairo
Jones and Mormons Pigs Sale, Tift County

#### Livestock Judging

Attended practices - 20 Gave oral reasons - 25 Awarded 11th High Individual Keep/Cull Selection Classes - 5

#### Honors & Awards

DPA Participant Award
GA National- 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 8<sup>th</sup>
Showmanship- 10<sup>th</sup>
Albany Fair-1st, 2<sup>nd</sup>, 3<sup>rd</sup>, 5<sup>th</sup>
Average Daily Weight Gain- 4<sup>th</sup> and 5<sup>th</sup>
DPA - 3rd in Vet Science
Livestock Judging Award
Teen Leader I Award
Consumer Judging/Cotton Boll Judging Team
Poultry Judging Team Award
Fruit Sale Award
Hog show Participant Award

# MAIN PROJECT SHARING AND HELPING EXPERIENCES

#### **Sharing**

Appeared on WSST-TV/55,000 households - 4 times Spoke at Rotary Club Shared demonstration with 4th graders - 120 students Assisted with barn clean-up day Assisted at local swine clinic Visited with public about animal projects - 7 fairs Authored article in newspaper- 4-H animal projects Portfolio Workshops Served as CPA judge for animal projects Authored article and displayed at RDC



Teaching

Taught swine showmanship techniques - 8 people
Taught workshop on swine care - 11 people
Taught juniors/clvfs how to judge pigs - 5 people
Taught exhibitor how to remove carcass tattoo ink
Assisted other swine participants
Recruited swine pre-clubers
Assisted pre-cluber at local swine show
Taught children about farm animals
Helped Clvfs/Jrs with swine oral reasons - 15 times
Helped Clvf with swine demonstration

Exhibits, Demonstrations & Shows

Ga Nat'l Fair Exhibit "South GA Farm Life"
"Cloning Pigs" exhibit - 35 people
"Swine Project and Care" - 9 people
"Showing Pigs" - 8 people
"Swine Reproduction" - 45 people
Georgia State Market Hog Show
Turner County Market Hog Show
Albany Fair Breeding Gilt Show
Deep South Invitational Swine Show
GA National Fair Breeding Gilt/Market Hog Show

#### Main Project Community Service Activities

Wrote Thank You notes to project sponsor
Delivered Boston Butts
Sold raffle tickets for livestock shows
Sold Boston Butt tickets
Helped sale jackets to Livestock Participants
Made collection cans for "Kiss the Pig Contest"

# OTHER 4-H LEADERSHIP AND TEEN LEADERSHIP ACTIVITIES

Submitted article for 4-H Newspaper Insert
Presented Thank You plaque/speech to show
chairman on behalf of swine exhibitors
Assisted with summer 4-H classes
Teen Leader for Cloverleaf Bowling party
Teen Leader at CPA, DPA, Fall Festival Dance
Assisted juniors with portfolios
Assisted Cloverleafs with CPA and DPA- 13
Assisted with DPA banquet decorations
Assisted with setting up for 4-H Banquet
Interviewed Camp Counselors
Teen Leader 6th Grade Leadership Planning Team

# OTHER 4-H COMMUNITY SERVICE AND CITIZENSHIP ACTIVITIES

Wrote letter to Governor Purdue & Senator Bowen Gave fruit baskets to County Commissioners
Assembled bookbags for needy school children
Donated refreshments for 4-H Centennial Dance
Volunteered at library
Made Valentine Cards for nursing home
Assisted with cleaning up after 4-H activities

Delivered Fruit baskets to elderly home Cleaned up public side walk

**Activities in Community** 

Sang Christmas Carols at nursing home Planted flowers for grandmother Volunteer at Agrirama Helped with Christmas Shop Volunteered at Victorian Christmas Helped make gift baskets Worked at the General Store Volunteer at Westside Ministry Assisted Church Secretary

#### OTHER ACTIVITIES

**County 4-H Activities:** 

Wrote 4-H article for the 4-H Insert
Portfolio Workshops
Livestock Judging Practices- 15
Poultry Judging Practice
Cotton Boll/Consumer Judging Practices-15
Attended the 4-H Awards Banquet
Attended DPA workshops - 5
Attended Portfolio workshops
Attended Awards Banquet Practice
Assisted with elementary 4-H Club Meetings
Attended 4-H Advisory Committee Meetings - 3
Planning Team 4-H Fall Festival

#### District 4-H Activities:

Campaigned for Senior Board
Junior/Senior DPA
Senior Conference at Jekyll Island
Cotton Boll Consumer Judging Contest-High Speech
Poultry Judging Contest
Sr Olympics at Sr. Conference
Attended the Tubing Rally
Sand Castle Contest at Sr. Conference
Southwest Assemblies at DPA
Southwest Assemblies at Jr. Conference
Southwest Assemblies at Sr. Conference

#### State 4-H Activities:

Senior 4-H Camp
State Livestock Judging Contest
Member Georgia Junior Cattlemen's Assn.
Georgia Nat'l Fair Decorative Agr Project - 1st Place

#### Church Activities

Member of House of Prayer
Member Drama Club - Christmas Play
Assisted/attended Vacation Bible School
Member Praise Team & Youth Group
Taught bible school at several churches
Helped make bags for homeless families
Helped with Christmas play

Senior Project Competition

Dear Project Judge,

Hello, my name is William Heath and I am a senior 4-Her from Haralson County, please accept this portfolio as my official entry into the Poultry and Egg Science Project.. I have been a very active member of the Haralson County 4-H program for nine years now.

Beginning with my first fifth grade meeting, 4-H has been a major part of my life. Through such activities as District Project Achievement, Poultry Judging, Fall Forum, and serving on Haralson County's County Council, I have gained valuable leadership and social skills, and also life-long friendships.

As my portfolio will demonstrate, I am involved in numerous 4-H activities and community service projects. I feel that 4-H has given me an obligation to give back to the club and community that provided me with so much. I feel I have discovered the true meaning of 4-H through the activities and community service I have participated in and I want to give back as much as I can.

I chose the Poultry and Egg Science project because of my interest in chickens. I first realized my passion for poultry when I was a little boy being raised on a chicken farm. I have learned a tremendous amount about poultry and I am very eager to learn more. After learning a lot of fascinating information about poultry, I have decided to grasp this opportunity to share with other 4-H members.

The Poultry and Egg Science Project, as well as my overall 4-H involvement, are very important steps in preparing for a promising future. Thank you for your time and allowing me to participate.

Sincerely,

William Heath Haralson County 4-H

#### Main Project Work

- ☼ Toured 4 local Broiler Farms
- Toured 1 local layer farm
- ♀ Interviewed 3 Poultry Specialists
- The Interviewed 4 Poultry Farmers
- Read 3 magazines about the Poultry Industry
- Acquired various raising techniques from 3 local broiler farmers (dark houses, steel houses, conventional)
- 한 Educated myself on the different parts and electronic equipment of a poultry farm
- **Toured Feed Mill**
- **分** Toured Processing plant
- Toured local hatchery
- Toured Poultry Farm as poultry was caught for market
- ☆ Assisted in delivering baby chicks
- ₩ Worked on Broiler Farm during grow-out
- ♦ Managed Broiler Farm for 2 months. during grow-out period
- ♦ Interviewed Georgia State House Representative concerning Broiler Legislation
- 1 Interviewed Georgia State Senator concerning Broiler Legislation
- ♥ Discussed Poultry Diseases with UGA Poultry Specialist
- ♥ Visited 104 websites about Poultry Farming

#### Main Project Sharing and Helping

- ♥ Discussed the different aspects of a Broiler Facility with 7 other 4-H'ers
- Discussed the setup of a Broiler Facility with 10 other 4-Hers
- ♦ Led 1 Senior 4-H'er on a tour of a Broiler Farm
- Talked about Poultry Judging Competition with <u>18</u> 4-H'ers
- Presented Demonstration to the Buchanan Women's Club
- The Discussed Poultry Judging Project Club with local Poultry Farmer
- The Discussed Poultry Judging Project Club with local Layer Producer
- Discussed Poultry Judging DPA Demonstration with local Layer Producer
- ₩ Worked with 4-H Leader to develop a Poultry Judging team
  - Taught 1.5 hr. class on "Introduction to Poultry Judging"
  - o Taught class on "Identifying poultry parts" 1.5 hrs.
    - Discussed and reviewed body parts of a chicken
  - o Led class on "Ready-To-Cook Poultry" 1.5 hrs.
    - Guided Judging techniques of Ready-To-Cook Poultry
    - Taught different parts of Ready-To-Cook Poultry
  - o Taught 1.5 hr. "Exterior Quality of Eggs" Class
    - Instructed 4-Hers on exterior quality of eggs
  - o Facilitated "Interior Quality" class 1.5 hrs.
    - Demonstrated proper candling techniques
  - o Taught class on "Broken-out eggs"- 1.5 hrs.
    - Discussed and reviewed parts and layers of an egg
    - Educated 4-Hers on quality of Broken-Out-Eggs
  - o Led 1.5 hr. class on "Past Laying Production"
    - Taught Chronological bleaching order of birds
    - Demonstrated how to correctly handle a live bird
    - Explained abdominal finger spread of a chicken
    - Explained the molting process to 4-Hers
    - Directed written test over Poultry Judging Manual
  - o Reviewed material with 4-H'ers on day of contest

#### Other Leadership and Teen Leadership

- **登** Teen Leader
  - o Cloverleaf Camp
  - o Haralson Helpers
  - Cloverleaf CPA
  - o 4-H Fun Day
- ☆ Youth Group Leader
- **む** Poultry Judging
  - o Trained 4-Hers for the poultry judging competition
  - o Reviewed body parts of chickens
  - o Taught bleaching order of chicken parts
  - o Demonstrated how to correctly handle a live bird
  - Educated 4-Hers about how to candle eggs
- ਊ Vacation Bible School Leader
  - o Taught Arts and Crafts for the older children

- o Recreation
- o Reading the Bible
- o Leading in Prayer
- पे Cloverleaf CPA
  - o Helped cloverleafs get ready for their demonstrations
  - o Controlled sounds for the performing arts and performing arts vocal
- ♣ Lead Bible Study every Friday morning at BHS
- Awana Church Leader for 2 churches
- Assistant Sunday School Teacher
- ☆ Math Tutor
- **&** English Tutor
- ☆ Science Tutor
- Help Pack and Wrap shoeboxes for Samaritan's Purse

#### Other Community Service

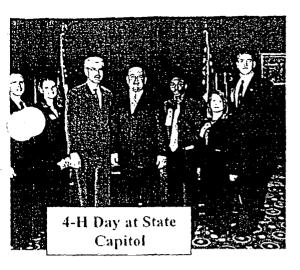
- 令 "Haralson Helpers:"
  - o 4-H Community Service Focus Group
  - o Help with local nursing homes
  - o Made Snowman and Reindeer Milk Cartons for DFACS
  - Assisted cloverleaf 4-H'ers with projects and team building activities
- ☆ Collected pop tops for the Ronald McDonald House Charities

- <sup>⊕</sup> "Project TNT" Towards no Tobacco use
  - o Teaching children the effects of tobacco
  - O The Dangers of Tobacco
    Use
  - How to deal with peer pressure
- Made cards for the nursing home
- Read to pre-schoolers at a local church
- Helped with 4-H Lamb Show Concessions

#### Other

- ₩ Concert Band 7 years
- Marching Band − 6 years
- Superior Ratings for band competitions
- ♦ NorthWest District DPA
- Poultry Judging Competition
- ♥ S.A.F.E. Team 5 years

- ☆ Church Choir
- ♥ Y-Club
- **分 FCA Club**
- Load master for Marching and Concert Band
- ₱ Blood Drive

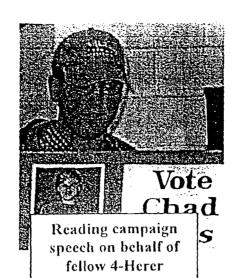


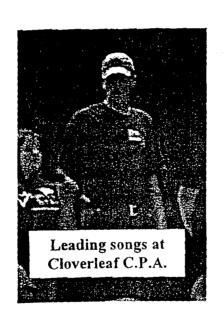




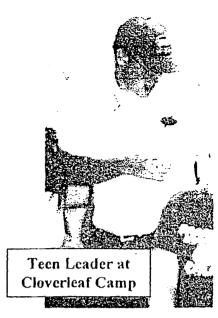
Leading a TNT

workshop







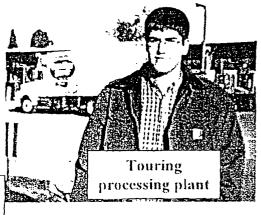






at Region 1 Youth Summit





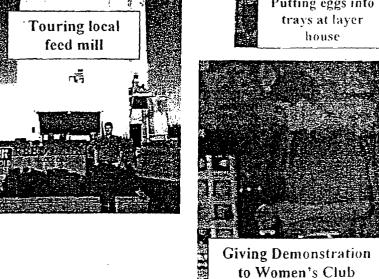


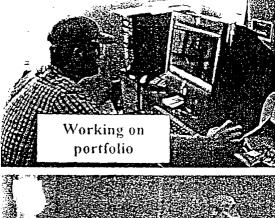
Showing 4-H'ers live birds



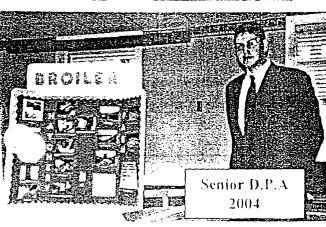
Receiving a medallion at D.P.A.

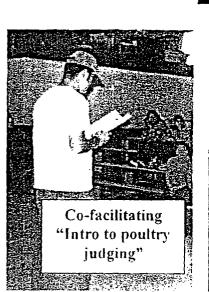


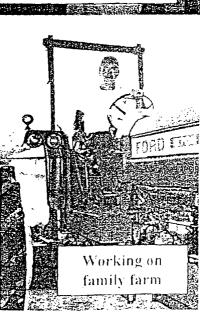












Senior Project Competition State 4-H Office University of Georgia Athens GA 30602

Please accept this portfolio as my official entry in the Poultry and Egg Science project. I have been an active member of the Jeff Davis County 4-H for 5 years.

I have known about 4-H for a long time, because of my two aunts, and a sister who is 3 years older than me. They were active 4-H members and I probably participated in some 4-H activities before I was really an official member.

Poultry & Egg Science is a good project for me to choose for DPA because of the farming that my family does. I have been involved in this activity since I was approximately 5 years old. Working with our broiler houses is a year around activity for me. My family is really serious about our broiler houses. We work extra hard to keep our chickens and houses in good shape. Working at the chicken houses all year fills a big part of my leisure time. We house the broiler chickens for eight week cycles and through that time we go through many interesting, yet difficult processes to keep our chicken as healthy as possible.

My family encourages me to be an active 4-H member and I have participated in many activities. I have been chosen as the Most Active Cloverleaf 4-H Member of the Year both years as a Cloverleaf. This award is given at our annual Awards Reception. I received \$25.00 from 2 of our local banks and my name is on a plaque at the 4-H office. I have enjoyed being a part of the Poultry Judging Team, Consumer Judging Team, and participating in the 4-H summer program.

This past summer my sister and I went to El Salvador. We went with my preacher and his wife to see his children and grandchildren, who are missionaries there. It was an experience unlike any other. During our time spent there, we attended many Bible studies, and went on trips to the mountains and the beach. At the Bible studies, we handed out small items of not much value to us, but for the people who live there, you would have thought we had given them a pot of gold. This trip made me appreciate so many things that I had taken for granted at home.

4-H has proliferated my skills and abilities to a level high above any I thought I could achieve. When I first became a member of 4-H, my grades were about as low as the speed limit. 4-H and its leadership activities have helped me turn my life around since that point. Living life to the fullest can be educational, as well as fun.

Respectfully Yours,

Chase Moody

Jeff Davis County 4-H

#### Chase Moody ~ Poultry & Egg Science ~ 2004

#### **Exhibits & Demonstrations**

Exhibit ~ Mini-booth at local fair ~ Planned, prepared posters and put up exhibit for fair ~ "Eggs - - - A Hidden Treasure ~ 1st Place

Bulletin Board ~ "Vertical Integration in the Broiler Industry'" ~ 4-H Office

DPA ~ 1st Place ~ Prepared speech and posters ~ "A Successful Broiler House Operation Is No Day At The Beach"

Junior Practice Night ~ Presented speech for peers who were DPA participants

#### **Main Project Work In Poultry**

- Assisted my parents in the process of cleaning & laying down of biddy feeders
   Washed the broiler houses down
- Put water cups on the water lines
- Medicated water for disease control
- Controlled ventilation by lowering and raising curtains
- Checked feed lines to make sure they had feed
- Washed fans to keep the houses at an adequate temperature
- Helped unload chicks at their arrival
- Cleaned out feed bins for proper feed flow
- Sealed gates to maintain temperature
- Emptied feed pans
- Set controls to keep the chickens comfortable and calm
- Adjusted vents for controlled air flow
- Kept up with daily mortality rate
- Set heaters for proper temperature for new chicks
- ❖ Assisted my parents in maintenance of the houses during 8 week cycles ∼ Helped pick up dead chickens daily
- \* Read information on the correct way to kill a cull (crippled, sick, etc.)
- ❖ Job shadowed my granny in working at the broiler houses for a school project

### **Sharing and Helping Activities**

- Mission trip to El Salvador ~ Assisted in moving and transporting 100 chickens from mini broiler house to another location to be slaughtered
- ❖ Made presentation to Senior 4-H Club about project goals and completion
- Taught friend about culling and how to properly move broiler chickens

# **Poultry Judging Team Member**

Joined FFA poultry judging team

# **Sports Project Activities**

**Baseball Activities** ~ Member of Recreation Team ~ Practiced 4 times a week during season ~ Played a variety of positions

**Swimming Activities** ~ Practiced 5 times a week from May through July ~ Swam competitively in local and district meets and qualified to compete at State Invitational ~ Member of Jeff Davis County High School swim team ~ Medley Relay ~ Placed 6<sup>th</sup> at State Competition ~ Started Weight Training Program to stretch muscles and increase stamina

Helping and Sharing Swimming Activities ~ Helped younger swim team members to improve strokes ~ ped teach someone younger to swim ~ Raised money by selling Blue Dolphin Discount Cards ~ ...elped with car wash to raise money for team ~ Helped put up tent for team members ~ Put Lane Ropes in for practice

#### 4-H Leadership

- Served as Vice President of Junior club and Senior club
- Led Pledge of Allegiance and 4-H Pledge at meetings
- ❖ Helped set up before meetings and clean up after meetings
- ❖ Worked with assigned groups for 3 days at Classy Clovers Workshop
- ❖ Brought candy for "Teacher & school Administration Appreciation" for National 4-H Week
- Responsible for showing alligators at "Farm City Day"
- Assisted in leading games at Burger Bash
- ❖ Helped with "End of Year Reward Party" for 5<sup>th</sup> graders
- ❖ Served as leader for CPA ~ Took participants to class rooms and helped in presenting awards
- ❖ Served as leader for APA ~ Took participants to class rooms
- Assisted in presenting awards at Awards Reception
- Critiqued 25 cloverleaf speeches while they practiced at 4-H office before APA

#### Other 4-H Activities

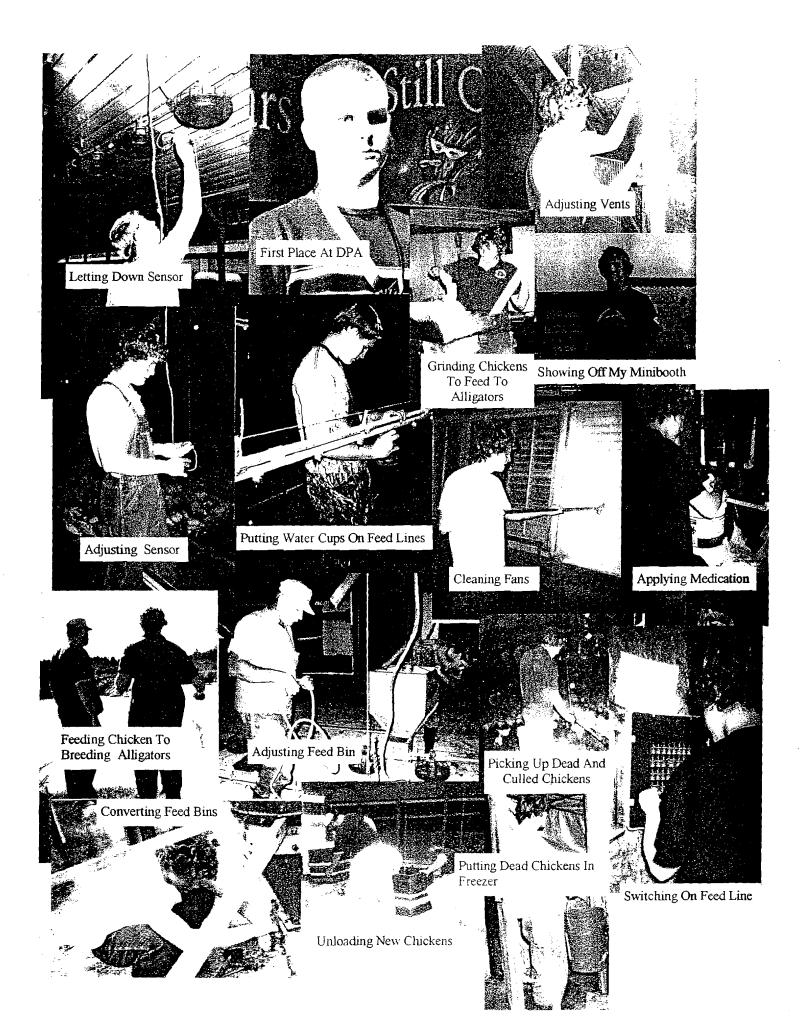
- Member of Cotton Boll & Consumer Judging Team
- ❖ Attended 4 classes to prepare for Cotton Boll & Consumer Judging competition ~ Wrote Cotton Boll Speech
- ❖ Participated in local Mock Contest to prepare for CBICJ competition
- Attended Awards Reception
- ❖ Participated in Multi-county Summer Events ~ Wild Adventures trip
- Participated in Portfolio Workshop

#### **Honors and Awards**

- ❖ Member of Cotton Boll Consumer Judging Team ~ Team Placed 1st at District Competition
- ❖ Junior DPA ~ Poultry and Egg Science ~ 1<sup>st</sup> Place
- ❖ Livestock Judging Team ~ Placed 1st at Waycross Fair
- Selected to play in the John Phillip Sousa National Honor Band
- Received award for showing heifer
- ❖ School Attendance Award ~ Perfect attendance since 2<sup>nd</sup> grade
- Selected as one of the top individuals in my grade with best GPA
- Invited to be in an Advanced English Class

## Leadership in Other Activities

- ❖ Member of FFA & FFA Plant ID Team ~ Participated in contest at Waycross Fair and local fair ~ Attended FFA Career Day ~ Showed heifer at local and state competition
- ❖ Young Farmer Tractor Pull ~ Sold tickets
- ❖ Member of High School Marching Band ~ 1<sup>st</sup> Chair Tuba
  - ~ Participated in Band Festival, concerts, and 10 football halftime shows
- Church Youth Activities Participated in RA Camping Trips ~ Youth trip to Wild Adventures ~ Member of church play cast ~ Taught kids how to make a variety of Christmas crafts ~ Taught Sunday school class
- ❖ Member of FFA Livestock Judging Team
- Member of community play cast
- ♦ Member of Young Young Farmers ~ attended monthly meetings and helped with events





Dear Power and Energy Project Judges:

The lights go dim, and then the darkness surrounds you. Your lights have just gone out, and who knows for how long. Minutes later your lights come back on and all is as it should be. This is one experience that every one has had. My name is Ashley Waters, and I'm from Marion County. My goal is to share the information I've learned with people that will hopefully change the outlook on electricity and help with important decisions they will make in the future.

The activities that consume my life are softball, tennis, various clubs, being outdoors, watching movies, and having fun with friends and family. I'm a very athletic person who enjoys all sports and being outside. Besides participating in sports and school activities, I'm in a variety of clubs such as 4-H, FCA, FBLA, and Sr. Beta. In the midst of all my running around I always make time for my friends and especially my family. Friends and family make up a large part of my life.

The reason for my interest in this area is because my dad is a Master Electrician, and I have been around it all my life. I've grown up learning about electricity and all the tools that go along with it. My fascination started one day when I had to go to work with my dad. I watched him work and wire up a ceiling fan. When he flipped the switch the fan and light both worked and it utterly amazed me! I've been learning about it ever since.

My future plans are to attend college, the University of Georgia and major in Psychology. I plan to become a Criminal Psychologist and work with the Federal Government.

Thank you,

Ashley N. Waters

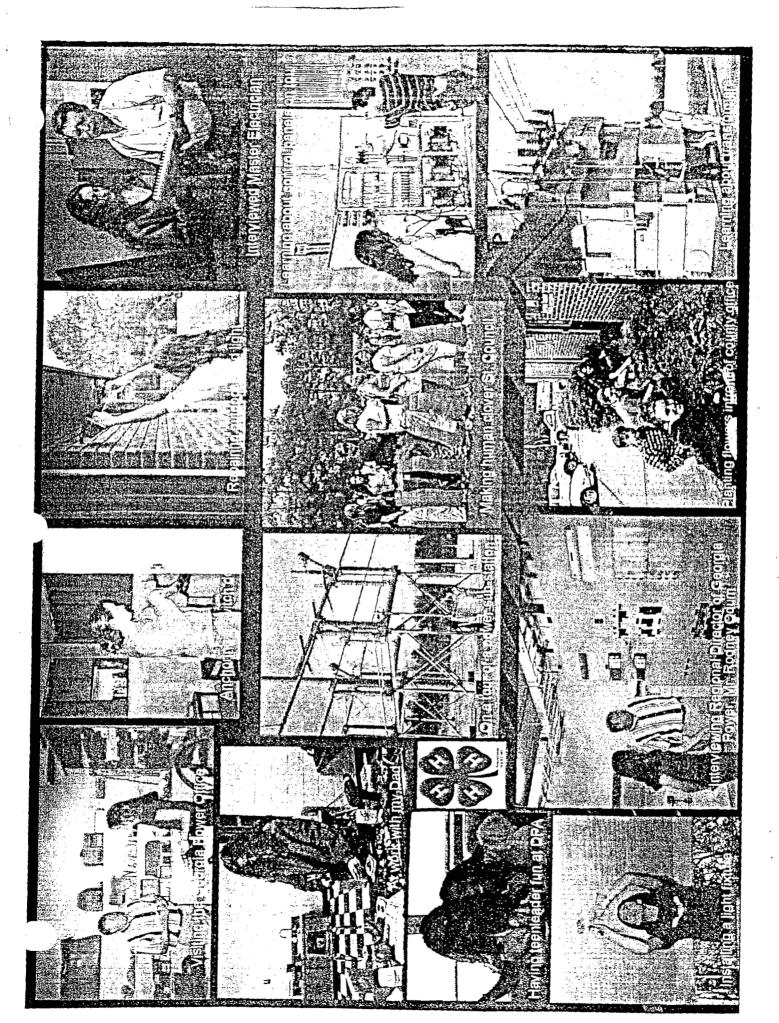
### Main Project Work

- Learning:
  - 0 Taken the following Science classes
    - Biology, Biology II, Chemistry, Earth Science
  - Attended a "How to Wire" seminar
- Research:
  - Books: 0
    - Electricity Eyewitness Science
    - Natural Electrical Code Book
    - Electrical Service and Metering Installations
  - Other Sources:
    - Extensive Research on Internet
  - Pamphlets I have read
    - "Electricity is very Powerful Energy"
    - "Let's Learn About Electricity"
  - Worked "hands on" with Master Electrician gaining valuable experience and knowledge
- Interviews:
  - Interviewed Ric Waters, Master 0 Electrician
  - Interviewed Flint Energies Manager
  - Interviewed Georgia Power Representative, Rodney Odum
  - Interviewed Maintenance Manager of Baby's Dream Furniture Factories
- Tours:
  - Toured Georgia Power Plant 0
  - Electrical Supply Store
  - Had Lines People give me a tour of a power station
  - Toured Control Room of Baby's Dream Furniture Factory
  - Toured Georgia Power District Office
  - Had Extensive Tour of a Power Sub-Station
- Project Work:
  - Wired Receptacles
  - Wired Switches
  - Pulled Wire
  - Run Conduit
  - Replaced Fuses
  - Tripped Breakers
  - Put up Ceiling Fans
  - Put on Receptacle Plates

- Put on Switch Plates
- Replaced Bulbs
- Helped Install Fixtures
- Repairing an Outside Flood Light
- Assisted with Tool Management
- Supplies:
  - Screw Drivers 0
  - Wire Strippers
  - Wire Cutters 0
  - Wire Nuts a
  - Electrical Tape
  - Box Cutters Ω
  - Level 0
  - 0 Meter
  - a Switches
  - 0 Receptacles
  - Screws
  - **Electrical Boxes**
  - Electrical Wire
  - Conduit
  - Drills 0
  - Wire Fishing Tape 0
  - Wire Pulling Lube

#### Learned:

- Importance of Electricity
- How powerful it is
- How to wire receptacles and switches
- Proper techniques to work with hot wires
- How to pull wire 0
- How to hang a ceiling fan
- How to run conduit o.
- How to put on receptacle plates 0
- How to put on switch plates
- How to change a Quartz Bulb 0
- How not to overload a Circuit
- Learned proper bulb wattage and usage
- Learned about energy conservation
- Honors and Awards
  - DPA- Power and Energy Project Sr. Level 2004 placed 2<sup>nd</sup> in District
  - Competed in Economics for FBLA
  - Valley Ag Fair in Hamilton, GA
    - Portfolio; 4<sup>th</sup> place Canning; 3<sup>rd</sup> place Cookies; 2<sup>nd</sup> place
  - Perfect Score Award GA High School Exit Exam in Reading



#### Sharing and Helping

- Shared Power and Energy Info with Cloverleaf, Junior, and Senior 4-H'ers
- o Participated in Co. Project Achievement
  - Presented project to: Marion Co. Bd. Of Commissioners, Bd. Of Education, Georgia Farm Bureau Bd., Mayor, Principals, Chamber Members
- Assisted Cloverleaf and Juniors 4-H'ers with their DPA projects
- o Prepared project on Electricity and Shared with Chemistry classes
- o Helped promote TCHS within community
- Assisted fellow Senior 4-H'ers with their DPA portfolios
- o Mission Work with Church
- o Electricity Project for Science Fair
- o Judge at Cloverleaf Milkmake Contest
- o Electricity experiment for Chemistry
- Shared Christmas light safety with 500
   Primary School students
- o Shared 4-H info with 270 Middle School Students
- Helped with after school meetings
- Help publicized 4-H to the public by assisting with posting 4-H welcome signs
- Helped Distribute and Share Health Information within the Community
- o Share 4-H info to recruit for DPA
- o Shared the Holiday Season by caroling and visiting Nursing Home Residents
- o Helped fellow students in Year Book

#### ♦ Leadership

- o Captain of the Tennis Team
- o Cloverleaf DPA Teen Leader
- o Cloverleaf DPA Score Runner
- o 4-H Voting Delegate for Marion Co.
- o Senior Class Superlative
- o Selected as Year Book Staff
- o TCHS Student of the Week
- o Elected to Prom Committee
- o Junior Usher for TCHS Graduation
- o Breakfast for High Student seniors
- o Hosted Baptist Student Union
- o Milkmake Competition Judge
- o Teen Leader for Junior Portfolio Clinics
- o Teen Member in Challenge Bowl
- o Member of the Church Youth Council
- o Teen Leader at Vacation Bible School
- o Participant in Bible School Drama
- Teen Leader for Church ProgramsCloverleaf Teen leader
- Cloverleaf Teen leaderHostess for Valentine Banquet at Church

#### School Awards

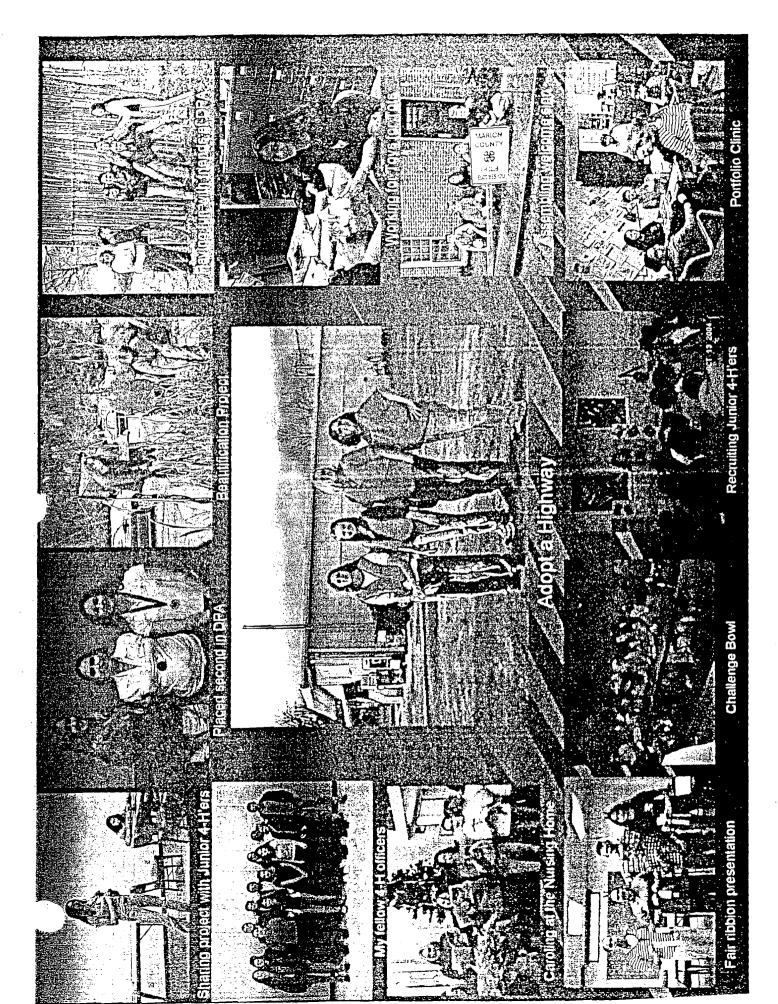
- Who's Who Among High School Students
- A Fox "Faces of the Future" Nominee
- · Honor Roll
- Usher for TCHS Awards Night
- o Parliamentarian of 4-H
- o Assistant Director of Sr. Beta
- o Member of FCA
- o Member of FBLA
- Member of Co-Ed Y
- o Received the Ultimate Eagle Award, given to for performance, dedication, and sportsmanship
- Nominated for Excellent Eagle Award

#### ♦ Community Service/Citizenship

- o Beautification Project Co. Offices 4-H
- o Installation Co. 4-H Welcome Sign
- o Holiday Card Project for Sr. Citizens
- o Family Consumer Cooking Workshop
- o 4-H Community Rabies Clinic
- o Adopt-A-Highway Project
- o Relay for Life Cancer Walk-a-thon
- o Food Drive for the Needy
- o Share the Season Clothes Closes
- o Worked with "Southwest GA. With Love", Church sponsored yard sale
- o Toys for Tots
- Operation Christmas Child toy drive for the needy
- O Donated fruit and cards to Nursing
  Home
- Hostess at school Open House
- o Christmas Tennis Tournament for needy
- o FACS Sewing Workshop

#### ♦ Other Activities

- 4-H Sr. School Meetings
- o 4-H after School Workshops
- o 4-H Recreational Activities
- o Varsity Tennis
- Varsity Softball
- o League Tennis
- o Private League Softball
- o All A Honor Roll Banquet
- o Chess Club
- o FBLA
- o Sr. Beta
- o 4-H
- o FCA
- o Year Book
- o Awards Night TCHS
- o Film Club



January 14, 2005

Senior Project Judge State 4-H Office The University of Georgia Athens, Georgia 30602

#### Dear Project Judge:

As a small child, I was very timid and shy about getting in front of large groups. Looking back to my first DPA demonstration in the 5<sup>th</sup> grade, I can see how 4-H and public speaking have shaped my life. Even over the past seven years in 4-H, I have noticed how far I have come. Though I may still get some butterflies, I now have confidence in speaking publicly, from school presentations to livestock judging reasons.

Not only have I enjoyed preparing and giving presentations, but I also thrive on listening to other speakers and analyzing the content, organization, and overall effectiveness of their delivery. One practice that I have learned is to listen for insightful quotes in the speeches that someone might give. The ability of someone to understand the audience that he or she is speaking to has an impact on their ability to communicate. By listening to others, I have discovered how much I can apply new skills to better communicate with others.

The ability to communicate through public speaking has helped me not only in 4-H, but in school and other activities in which I participate. I have come to realize how important good speaking skills are in developing leadership skills. Public speaking has also given me the opportunity to serve in many leadership positions in my community, my county, and across Georgia. Roles such as 4-H District Officer, FFA President, and GA Jr. Cattlemen's Secretary-Treasurer have taught me the importance of setting goals and teamwork. By developing my speaking skills even further, I know that the skill will help me in whatever I undertake.

No matter what I do with the rest of my life, good communication skills will be a priority. Yes, Public Speaking is involved in every thing I do, not only 4-H. It has been a great year and a great experience!

Sincerely,

Ward Black

Jackson County 4-H'er

### Ward Black 930 B. Wilson Rd Commerce, GA 30529

#### **Public Speaking Project**

#### MAIN PROJECT WORK

#### 26 Personal Activities:

#### Prepared:

- Resume for 2 Scholarship Contests
- Magazine article for The Georgia Cattleman
- Campaign speech for 4-H District Office -
- Speech for GA-Beef Ambassador Contest
- 2 agendas for local Jr. Cattlemen's meetings
- Testimonial speech on Youth Mission Trip to New Orleans, LA
- Speech on Artificial Insemination in Ag Class
- Invocation for 4-H Banquet
- Reasons for State and Area Livestock Judging (5 sets)
- 2 Oral Presentations for AP English
- 2 Oral Presentations for AP American Government
- 2 Oral Presentations for Human Anatomy
- Notes for Welcoming Guests at FFA Banquet
- Scavenger Hunt for GJCA Field Day
- Ten Minute Speech for DPA

#### 31 Learning Experiences

#### 22 Workshops:

- One Portfolio Workshop
- Two DPA Workshops
- 10 weeks of Livestock Judging practice workshops for State and Area Contests
- 3 weeks of practice workshops for Youth Christmas musical
- 2 weeks of practice workshops for a speech on Jackson
- Attended 4 Interview Workshops

#### 48 SHARING AND HELPING ACTIVITIES

- Presented Campaign Speech 4-H District Officer Election
- Introduced Special Guests at Fall Forum District Assembly
- Presented Beef Ambassador Speech at State Contest
- Presented Beef Demonstration at local Cattlemen's Association meeting
- Presented Junior Awards at Georgia Cattlemen's Convention (over 300 in attendance)
- Presented Special Guests at GJCA Annual Meeting (75 in attendance)
- Led a Role Playing Workshop at County 4-H Summer
- Gave a lead speaking role in a Youth Christmas Musical
- Led prayer time in Church youth group for 18 weeks
- Gave testimony on Mission Trip to New Orleans, LA
- Participated in Theme Skit at County 4-H Banquet Gave invocation at County 4-H Banquet
- Led the Pledge of Allegiance at JCCHS Beta Induction Ceremony

#### 11 Honors and Awards:

- Elected 4-H Northeast District President, Senior Board
- Selected as "Mr. JCCHS" 2004-2005
- Top 10% of Senior Class (7th out of 314)
- Elected 4-H County Council Board Member
- National FFA Proficiency Winner- Home Development
- Selected for the Georgia Youth Livestock Visioning
- 2<sup>nd</sup> Place Livestock Judging Team-State
- 3rd Place Livestock Judging Team- Area
- Scholarships: Mr. C.D. Brannen Memorial, GA State Fair
- 3rd Place GA Junior Beef Ambassador Contest
- 3<sup>rd</sup> Place Public Speaking Project- District

#### 9 Speakers Heard:

- Dr. Bo Ryles- State 4-H Leader
- Rev. Brian Stow-Pastor, Maysville Baptist Church de
- Joe Theismann, Former NFL Player
- Todd Shultz-Livestock Judging Coach
- Scott Greenberg, Cancer Survivor and Writer for Chicken Soup for the Youth Soul
- Dave Roever, Motivational Speaker
- 3 National FFA Officer Retiring Addresses
- Introduced special guests and swine show team at FFA Banquet
- Presented 5 sets of reasons for State and Area Livestock Judging
- Presented 2 sets of reasons for beginning Livestock Judging participants (10 Team Members)
- Gave a presentation on the GA Jr. Cattlemen's Assocation at local "Beef Day"
- Competed in the Team Sales Talk contest at GJCA Field
- Gave 1 1/2 Presentations over The Grapes of Wrath and A Tale of Two Cities in AP English Class
- Gave 45 Minute Multi-Media Presentation over the Circulatory System in Human Anatomy Class
- Gave 15 Minute Presentation over the Allied Leaders of WWII in AP America History Class
- Presented 10 Minute Demonstration on the Importance of Service Instillation in Electrical Wiring Class
- Presented the FFA Opening Ceremonies 10 times
- Introduced Speaker at 4-H District Officer Training

#### 27 OTHER 4-H LEADERSHIP AND TEEN LEADERSHIP ACTIVITIES

- Jackson County 4-H Senior Board member
- Attended Georgia 4-H District Officer Training
- Attended State 4-H Fall Forum
- Attended State 4-H Council and Centennial Anniversary Celebration
- Attended 6 County Council Meetings
- Attended County 4H Awards Night
- Attended Northeast District Jr./ Sr. DPA
- Member Planning Committee for County Awards Night
- Attended Banquet at Georgia State Steer and Heifer Show
- Assisted in Ring during the Jackson County Steer Sale
- Helped Set Up for 4H Awards Night
- Hosted District Officer Christmas Party
- Attended District Officer Family Picnic
- Recognized by the Jackson County Commissioners for DPA Participation
- Participated in 10 4H/ FFA Livestock Shows
- Cared daily for 5 Show Animals (3 heifers, 2 steers)
- Toured 4-H Exhibits at the Georgia National Fair

#### 17 OTHER COMMUNITY SERVICE AND CITIZENSHIP ACTIVITIES

- Visited County Shut-ins during Christmas
- Gave gifts and sang carols to Jackson County Sr. Citizens during Christmas
- Collected pull tabs for Ronald McDonald House
- Helped Cook and Serve 1500 Chicken-Que Plates for the Pottery, Inc.
- Assembled care packages for Troops in Iraq
- Attended a school-wide trash pickup
- Completed a 10-hr Community Service Program for JCCHS Beta
- Attended a dinner with Congressman Charlie Norwood
   Helped Decorate and serve dinner for the Commerce City Lights Festival (400 in attendance)
  - Attended the Georgia Agribusiness Council's Harvest Celebration
    Fed breakfast to over 200 Men and Women in Homeless Shelter in New Orleans, Louisiana
- Attended 2 Campaign Dinners for County Commissioner Chair Pat Bell
- Assembled Christmas Shoebox for Operation Christmas Child
- Assembled Chicken-Que Plates for Jackson EMC Annual Meeting
- Assembled Valentines for Teachers during Teacher Appreciation Week
- Gave money for Rock Eagle's "Dress Cool for the Pool" Campaign
- Participated in Citizenship Ceremony at State 4-H Council
- Helped Set Up for Southern Association of State Departments of Agriculture Annual Meeting (over 500 attending)

#### OTHER ACTIVITIES

#### 11 School Activities

- Member JCCHS Beta Club
- Member JCCHS Y-Club
- Member JCCHS Student Council
- Member JCCHS Academic Team
  - Attended 4 Meets
  - Participated in 8 rounds
- Member JCCHS FFA Chapter
  - Chapter President
  - Area 2 (NE GA) FFA President
  - Attended National FFA Convention
  - Attended 75th State Charter Celebration in Plains, GA

#### 3 Cattlemen's Activities

Charter Member of the GA Jr. Cattlemen's Association

- 2003-2004 Secretary-Treasurer
- Attended Annual Field Day
- Member Planning Committee for Scholarship Contest

#### 26 County Show Team Activities

- Participated in 10 Shows
- Exhibited in 12 Showmanship Contests
- Attended 2 Show Prospect Sales
- Assisted Younger Show Team members in preparing for show day
- Worked for Calloway Cattle Company during Spring Break, halter breaking and clipping claves

#### 6 Church Activities

- Member of Maysville Baptist Church
  - Member of Youth Group
  - Member of Youth Choir
  - Teen Leader for the Prayer Ministry Team
  - Attended Youth Evangelism Conference
  - Participated in Summer Mission Trip to New Orleans, Louisiana



The Jackson County 4H'ers elected state officers include (left to right) Caroline Black, Mack Prater, Ward Black and (not pictured) Amy Funderburk.

# Local 4-H'ers Installed As Georgia State Officers

State 4-H Council was held in June at the Rock Eagle 4-H Center. Local delegates to the annual meeting were Mack Prater, Amy Funderburk, Ward Black and Caroline Black.

The 4-Hers spent two days attending educational programs, participating in a citizenship ceremony, studying ideas and issues, attending dances, electing state 4-H officers and Kenny Prater, Hoschton, and a senior at Jackson County Comprehensive High School. As new Northeast District 4

As new Northeast District 4
H officers, Ward Black, and
Caroline Black were installed
during the Northeast District
meeting. They were elected at
Junior-Senior District Project
Achievement earlier this year.

The program included a citi-



Cut Cut

...receiving awards at County Awards Night



...visiting County Senior Citizens Center for Christmas Party



...handing out prizes at GA Jr Cattlemen's Field Day



...serving supper at Nat'l Dept. of Agriculture Meeting



# 10 Jackson 4-H'ers Are Winners At **District Competition**

IEFFERSON - Ten Jackson County 4H'ers returned from the Northeast District Project Achievement competition March 12-1 with honors in their project areas, and two were elected officers of the Northeast District 4H Senior Board of Directors for 2004-05

Ward and Caroline Black, son and daughter of Gary and Lydig Black, Commerce, were elected president and board membe respectively. They will officially assume office this summer after statewide 4-H officer training.

Their duties for the following year will include planning star senior conference; planning district events such as District Proje-Achievement, assisting with assemblies at district and state eve by presiding introducing special guest and programs; and p forming in theme presentation skits

Rebecca Bryan, daughter of Harry and Rena Bryan, I served as a North District Junior Board Member for: She assisted in planning and carrying out the North Project Achievement.

#### WINNERS

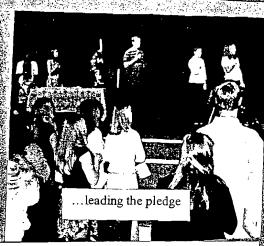
Ward Black was a third-place winner in the senior puling project. Caroline Black placed second in the senior be and Ben Shirley was the second-place winner in the sen foods project.

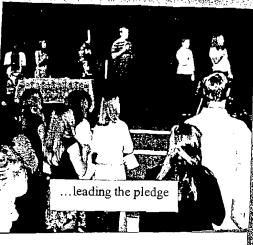
Senior 4-H'ers receiving honorable mention w Funderburk, crafts; Raquel Woodall, general recreation Hulsey, human development; Andy Shirley, dairy is Samantha O'Day, performing arts-vocal. The senior 4Ht dents at Jackson County Comprehensive High School

Brad Griffeth, an eighth grader at Jefferson Middle Si the third-place winner in the dog care and trainin Rebecca Bryan, an eighth grader at West Jackson Midd

received second place in the target sports project.

Held at Rock Eagle 4-H Center, DPA was attended

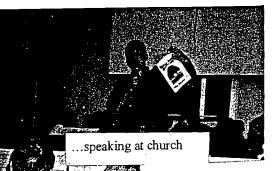


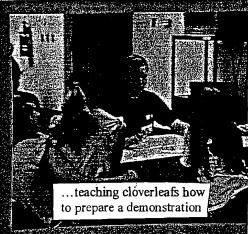






.speaking at GA Cattlemen's Convention in February









Beef Ambassador Contest



# 2004 Georgia Beer Ampassador Contest

During the convention, a new beef ambassador was chosen to represent Georgia at the National Beef Ambassador Contest in Sheridan, Wyoming, in September

Josh Cabe of Franklin County was chosen as the winner of the senior division and will represent Georgia at the national competition. David Martin of Bulloch County earned second place and Ward Black of Jackson County took home the third place award.



Senior division: (left to right) Ward Black, Jackson County; David Martin, Bulloch County; and Josh Cabe, Franklin County.

December 31, 2004 Emily Martin 1061 Laurel Pointe Bogart, Georgia 30622

or Project Competition Le 4-H Office University of Georgia Athens, Georgia 30602

Dear Resource Management Project Judge,

Beginning in middle school, I realized that I was the student who wanted to do it all. I wanted to be involved in sports, extracurricular clubs, community activities, and especially 4-H. I wanted to be a straight A student. And, I wanted to begin to handle my own expenses and income. But with the fun of being involved with many different clubs and activities, completing schoolwork at my fullest potential, and managing my money, came a major problem!

I realized that I had to find a way to keep myself organized. I had to learn to manage my time to attend the club meetings and other activities but also be able to complete my schoolwork. And speaking of schoolwork, I needed a way to manage the stress that comes from heavy workloads. And in order to buy what I wanted, I had to manage the means of my income properly! Lucky for me, I found the Resource Management project! As I began to discover more about this project, I got desk calendars and personal day planners to organize activities. I used my school agenda to properly record all school assignments to make sure they were completed on time. I remembered to book some time for my self to relax! And, I opened up a checking account to manage income and expenses (with the help of my parents, of course)! I was definitely starting to manage my resources more effectively and efficiently!

At this point, I want to stop and take you back to the beginning of my 4-H career. Because, after all, 4-H is what gave me the Resource Management project. My 4-H career began in the fifth grade. I recall finding out about this awesome club that I could be involved in. I got to go to camp, help my community, and meet lots of new people. It was the start of a long string of clubs and sports that I have gotten involved with. I went on after fifth grade to participate in a wide variety of 4-H activities, including Consumer Judging, Magnolia Estates Retirement Home visits, road cleanups, summer camp, and D.P.A. And, as I became a member of the Oconee Senior 4-H Club, my life in 4-H went into full speed ahead. I now participate in activities like Dairy Quiz Bowl (placing and at the state competition in 2004), continue to participate in Consumer Judging (where I placed fifth High Individual in Senior h), and continue to attend statewide events like State Council and Fall Forum. And as I entered the world of Senior 4-H, my L...A. interest level really began to rise. Last year, I placed second at District Project Achievement in Resource Management, and went to State Congress a year before that!

One of the most exciting events I've participated in was the Georgia 4-H Centennial Gala, held in Atlanta in August. What an honor it was to be one of the current Georgia 4-Hers to attend the gala. Young and old alike gathered for an evening to reminisce upon the amazing accomplishments of Georgia 4-H, and to celebrate the future accomplishments that are sure to come. I am looking forward to contributing towards those future accomplishments. The evening at the gala was another milestone in my 4-H career and in the Georgia 4-H legacy!

I hope that through my further involvement in clubs like 4-H, I will gain better knowledge and understanding of how to manage my resources even better than I have already learned how. Already the tips and techniques I've learned through my research and studies of Resource Management have made a difference in my life. I am involved in extracurricular activities. I am a straight A student. I am managing my own expenses and income! Through all of these, I am part of the Georgia 4-H legacy!

4-H has taught me many things over the years. I have gotten better at public speaking, and I have learned how to give well-prepared and thorough presentations. I have set goals, such as going back to State Congress and becoming a master 4-Her, and I have gained experiences that will help me not only now, but in the future. The resource management lessons, ideas, and techniques I have learned and developed through 4-H helps me to be my best. And with every new 4-H experience I have, I get the chance to make my best better!

Sincerely,

Oconee County Senior 4-Her

#### RESOURCE MANAGEMENT PROJECT TOTAL ACTIVITIES – 1,214

#### MAIN PROJECT WORK TOTAL ACTIVITIES - 220

Completed and turned in a portfolio for 2004 Northeast District Project Achievement in Resource Management

- Placed 2<sup>nd</sup> at 2004 Northeast District Project Achievement in Resource Management
- Youth Representative for the Athens/Oconee Georgia Saves Planning Committee
- 1 Attended an Athens/Oconee Georgia Saves Planning Committee General Seminar
- 1 Attended an Athens/Oconee Georgia Saves Youth Model Planning Committee Meeting
- 6 Attended Cotton Bowl/Consumer Judging practices where I learned about being a wiser consumer
- 1 Attended Oconee State Bank presentation about various aspects of savings accounts, CD's, FDIC
- Competed in Cotton Bowl/Consumer Judging area competition
- Placed 5<sup>th</sup> High Individual in Senior Speech at Cotton Bowl/Consumer Judging area competition
- Researched aspects of Georgia's agricultural industry for a final presentation during my participation in the Executive Management class at the Georgia Governor's Honors Program (GHP)
- 36 Read and discussed articles and topics presented in the business section of the Atlanta Journal Constitution for one hour at GHP
- 1 Studied and discussed government IRA's at GHP
- Completed a 15-day stock market simulation (buying, cording gains and losses, selling stocks, etc.) with stock cams at GHP
- 56 Studied and memorized an investment or stock related term from the Young Investors Network at GHP
- 4 Watched a video from an ABC series by John Stossel about America's economy
- 1 Attended a presentation by Donna Rocker about Georgia and agri-business at GHP
- 1 Made a visit to the Brooks County Dairy farm at GHP to learn about the dairy industry and how it affects Georgia's economy
- 1 Created a babysitting business plan at GHP, focusing heavily on the financial aspects of being an entrepreneur and running a business
- 3 Learned, studied, discussed various aspects of credit (credit score, protection, what is credit, etc.) at GHP
- Studied chapters about Time Management from <u>Fighting</u> <u>Invisible Tigers: A Stress Management Guide For Teens</u>
- Read and studied brochures on various Money Management topics such as banking, credit, mortgages, etc. from local banking and financial establishments
- 3 Examined a Fannie Mae Foundation Booklet on various Money Management topics such as mortgage, credit, etc.
- 1 Watched a History Channel video on how U.S. money is created
- Researched and documented different aspects of various was in my local area
- Itained a basic checking account with Oconee State
- Filled out a check for transaction

- 18 Deposits made to basic checking account
- 9 Automatic Teller Machine Transactions with checking account
- 2 Listened to a classroom presentation about cheap, inexpensive ways to give gifts during the holiday season
- 1 Attended a Future Business Leaders of America District Seminar where I discussed and promoted the teenage savings program, Georgia Saves
- 1 Attended a Future Business Leaders of America State Seminar where I interacted with speakers, bankers, and educators focusing on savings aspects of Georgia Saves
- 1 Attended a National Technical Honor Society seminar where I interacted in games and activities with other students while learning techniques to be a leader that is able to manage both time and stress
- 2 Participated in a workshop focused on financial aspects such as saving for college and other saving goals at 4-H Fall Forum

#### MAIN PROJECT SHARING/HELPING TOTAL ACTIVITIES – 805

- Presented display with Resource Management project posters and information for viewing at the Oconee County 4-H Centennial Celebration
- 5 Taught a class focused on fast food (monetary aspects of eating fast food, stress related to fast food, time aspects that contribute to eating fast food, etc.) at 4-H Junior Conference
- 6 Teen Coach for 15 children at a Consumer Judging Practice
- 5 Listened to a Consumer Judging Commercial Demonstration by a Cloverleaf 4-Her
- Presented information pertaining to competition material from my Resource Management project for participants in Consumer Judging (15 kids)
- 3 Led Consumer Judging simulation of Reasons presentation for savings accounts (15 kids)
- 2 Researched cotton in the economy of the United States to help Cloverleaf Consumer Judgers develop commercial demonstrations
- 1 Helped a Senior 4-Her research information and create a senior speech based on cotton and its impact on Georgia's economy
- 7 Created and taught a financial game about saving using newspaper advertisements, Monopoly money, etc. for a Cloverbud (1<sup>st</sup> through 4<sup>th</sup> grade) 4-Her
- 7 Discussed cheap ways to make and give holiday gifts without going bankrupt to a Cloverbud 4-Her
- 10 Presented "Checking Accounts 101" Resource Management Project to a fellow 4-Her
- 25 Presented "Checking Accounts for Teen 101!" Resource Management Project to a student in an Oral/Written Communication Class
- Wrote an article for the local 4-H supplement (run every year during National 4-H Week) in the newspaper the Oconee Enterprise
- 728 Papers, bottles, and plastic items recycled with local waste/recycling management company
- Helped younger brother set up savings account with Oconee State Bank kids program

# LEADERSHIP EXPERIENCE TOTAL ACTIVITIES – 97

- 1 Elected Oconee Senior 4-H Club County Board Member
- 1 Ran for Northeast District Senior Board at 2004 D.P.A.
- Led a club meeting activity (reports, presiding, pledges) as Oconee Senior 4-H Club County Board Member
- Attended a Senior 4-H Club meeting
- Voting Delegate at 2004 District Project Achievement
- 1 Teen Leader at Oconee 4-H Middle School Bash
- 8 Gave reports on a recent 4-H activity at a club meeting
- Leader and teacher of 5<sup>th</sup> grade Vice-Presidents at Oconee
   4-H 5<sup>th</sup> grade officer's training
- 1 Teen Leader at an Oconee 4-H Junior Portfolio Clinic
- Wrote letters to an Oconee Junior 4-Her encouraging participation at District Project Achievement
- 1 Helped younger brother create his portfolio for Northeast District Project Achievement in the Muffin Project
- 1 Judge at 2004 Oconee 4-H Cloverleaf CPA
- Handed out awards and project information at 2004
   Oconee 4-H Cloverleaf County Project Achievement
- 1 Helped organize the Oconee Senior 4-H Tailgate Party
- 1 Turned in a Teen Leader I Application
- 1 Received the Teen Leader I Award
- 1 Turned in a Teen Leader II Application
- 1 Received the Teen Leader II Award
- 1 Received Oconee 4-H Citizenship Award and scholarship
- 1 Recipient of Georgia 4-H Key Award
- 1 Turned in Oconee 4-H Superlative Award Application
- 1 Received Oconee 4-H Senior Gold Superlative Award
- I Received a Dairy Quiz Bowl Award
- Recipient of an Excellence in Consumer Judging Award Received an Excellence in Project Achievement Award Called a Senior 4-Her to invite them Oconee Senior 4-H's Christmas party/meeting
- 1 Wrote letters to the Honorable Governor Sonny Perdue and the Honorable Brian Kemp pertaining funding for a new dining hall at Rock Eagle 4-H Center and county extension agents
- 1 Selected as a 2004 Who's Who Among American High School Students
- 1 Selected as a 2004 Who's Who Among American High School Athletes
- 1 Oconee County High School Principal's Honor Roll
- 1 Recipient of Excellence Promoted in Oconee Schools Award in American Literature Honors
- 1 Received the Oconee Sophomore Scholar Award
- 1 Represented Oconee County High School at the Georgia Hugh O'Brian Youth Leadership Conference
- Georgia Ambassador to the Hugh O'Brian Youth Leadership World Leadership Congress in Washington, D.C. during the summer
- 1 Served as Reporter for Oconee County High School Future Business Leaders of America
- 1 Served as Vice-President for Oconee County High School Future Business Leaders of America
- Served as co-chair of Oconee County High School Student Leadership Council
- 1 Elected Oconee County High School Future Business Leaders of America Relay for Life Representative
- Elected Oconee County High School Future Business Leaders of America Student Leadership Council Rep

- 1 Represented Oconee County High School Future Business Leaders of America in the OCHS Miss Legend Pageant
- 1 OCHS Business Ed Committee Meeting Youth Speaker
- 1 Union Christian Church Junior Deacon
- 5 Leader at Union Christian Church Pre-School Worship hand out snacks, read Bible, clean up, make crafts, etc.

# COMMUNITY SERVIE/CITIZENSHIP TOTAL ACTIVITIES-- 67

- Oconee 4-H Magnolia Estates Retirement Home Visits (played games, made goody bags, made ornaments, sang songs, played piano, etc.)
- 1 Made and delivered goody bags to firefighters in Oconee County in remembrance of September 11<sup>th</sup>
- 10 Made an Oconee 4-H Goody Bag for a local 4-H supporter (for National 4-H Week)
- 1 Created cards during my November Senior 4-H meeting for the Friends of Our Troops Christmas Card Project
- 1 Painted birdhouses for retirement homes at the 2004 4-H Junior Conference
- 1 Made and delivered Christmas cookies and other gifts to Mrs. Willie Oaks, Georgia and Oconee 4-H's oldest 4-Her
- 1 Helped gather and display pop-tops for the Ronald McDonald house during the 2004 4-H Junior Conference
- 1 Helped with Oconee 4-H Can Recycling program to raise money for the Rock Eagle Pool I
- 3 Halloween Trick-or-treating for cans with Oconee County High School BETA Club
- 2 Cleanup with Hugh O'Brian Youth Leadership WLC in the Marvin Gaye Park in Washington, D.C. for one hour
- 1 Oconee County High School Interact Club Road Cleanup
- Participated in Oconee County High School Interact Dog Wash to raise money for Relay for Life
- 12 Spent an hour working the press box for an Oconee County High School football game
- 1 Delivered soup and combread to church shut-ins
- 1 Worked at Oconee Boo To Drugs Halloween Carnival
- 2 Helped for an hour to run a Halloween Carnival for diabetic children at St. Mary's Hospital in Athens
- 1 Caroled for canned food for a local food pantry (ACTS)
- 19 Worked for an hour at the Oconee County Secret Santa Project (labeling boxes, shopping for families, packaging food and boxes, organizing clothes, etc.)
- 1 Organized and sorted clothing at the local ACTS pantry
- 1 Helped organize & run the inaugural Oconee Relay for Life in April
- 1 Adopted a family at Christmas buy presents, wrap, etc.

# OTHER ACTIVITIES TOTAL ACTIVITIES – 25

- 1 Attended the Georgia 4-H Centennial Gala in Atlanta
- 7 Attended Oconee 4-H Dairy Quiz Bowl Practices
- 2 Competed at State 4-H Senior Dairy Quiz Bowl Competition and placed 2<sup>nd</sup> in the state
- 1 Attended 2004 Oconee 4-H Awards Program
- 1 Attended 2004 4-H Senior Fall Forum
- 1 Attended 2004 Oconee Senior 4-H Tailgate Party
- 9 Oconee County High School Extracurricular Clubs and Activities: BETA, Spanish, Future Business Leaders of America, Varsity Academic Quiz Bowl, National Honor Society, National Technical Honor Society, Student Leadership Council, Interact, Varsity Track and Field
- Union Christian Church Youth Group
- 2 Babysitting and Piano





December, 2004

West District Senior Project Competition State 4-H Office University of Georgia Athens, GA 30602

Dear Safety Project Judge,

Accident prevention and the promotion of health and safety have been the main focus of my 4-H safety project work this past year. I feel it is important to teach people how to take better care of themselves, but also teach them what to do in case and accident or injury does occur. Please accept this portfolio as my official entry into the safety project.

I have actively demonstrated and taught CPR, First Aid and the use of the AED (automated external defibrillator) throughout my school system and my community. I have a junior club that focuses on health and safety issues that meets monthly, and I also produce, act in, and edit a weekly "Medical Minute" which focuses on health and safety topics for the NBC affiliate in our local area. These Medical Minutes can be seen as public service announcements by over 150,000-200,000 people. This summer I won a silver medal for community service in a national competition featuring my work on the "Medical Minute" and the promotion of safety and health. After viewing a copy of several Medical Minute segments OSHA (federal government) asked me to be a part of a phone conference in February 2005 to help educators across the country come up with innovative ways (like the Medical Minute) to teach teens about workplace safety. This year I was asked to serve on a Healthcare Science Community Advisory Committee, which gives me the opportunity to meet with health care professionals in my community and share my ideas and suggestions. I am also the only teenager who is a part of Harris County Family Connections. Our focus is on the health and safety of the families of Harris County. I have recently been instrumental in starting a new program in our county we call TAF ("Teens Against Fatalities"). We hope that through this educational program we can educate not only the children of our county, but adults as well about the dangers that young people face. I hope the work I am doing in my project area is providing a service to my community by helping educate people on safety and health issues. My 4-H safety project work will always be important to me and be apart of my life, especially since I am considering a career in the medical field.

In addition to my project work, I think 4-H has helped me gain self-confidence and has improved my ability to speak and present information to other people. This year I have been interviewed on a local TV talk show, and written several articles for the local paper and a statewide club newsletter. I have been involved in several leadership training programs including Youth Leadership, and a weeklong Servant Leadership program. As a junior 4-H member, serving on Junior Board gave me a good start on developing my leadership style and ability. This past year I served on Senior Board where I have had the opportunity to practice my leadership skills. Whether it is presiding at DPA or leading recreation, being an officer at the district level or serving as my county President, 4-H has provided me opportunities that will benefit me throughout my life. I have been asked to come to Counselor Selection Weekend in January of 2005. This would be a great way to complete my experience as a 4-H'er, and hopefully as I get older I will be able to serve as volunteer leader for the 4-H members of the future.

I am looking forward to this new year. I hope I continue to grow and learn through my participation in 4-H. My County Extension Agent, Adrianne Cox, has been a great influence in my 4-H career, and I certainly appreciate everything she has done to help me be the best 4-H member I can be. My parents are supportive of my 4-H work and serve as volunteers in our county program. My brother and sister are both Master 4-H'ers. I hope to follow in their footsteps and continue to contribute something back to the community through my involvement in the 4-H program.

Sincerely,

Adam J. Johnson

# Adam J. Johnson - Safety Project - 2004

#### **MAIN PROJECT WORK - SAFETY** Learning Experiences: Books Read and Reference Books Utilized - 11 sources American Red Cross Community First Aid and Safety Diversified Health Occupations Anatomy Coloring Book BAT Instructor Manual Internet- health and safety information Medical Assisting Surgical Procedures **Body Structures and Functions** Columbus Ledger-Enquirer - health and safety articles Taber's Medical Dictionary Delmar's Comprehensive Medical Terminology Videos/Programs Watched 12 hours American Heart Assoc. BLS for Healthcare Providers American Heart Assoc. Heart Saver AED American Red Cross Basic Aid Training Common Sport Injuries Prevention of Disease Transmission Sports Safety Training Field Trips and Tours and Shadowing - 56 hours Muscogee Manor Nursing Home 42 hrs Harris County Health Department and Harris County Senior Center 4 hrs Safety Inspection and Tour of Health and Safety Program - Cessna Aircraft Georgia Tech Homer Rice Center and Sports Medicine Facility 4 hrs Workshops and Training - 290 hours 270 hrs Completed Healthcare Science Technology IV and Therapeutic Medicine American Heart Association Basic Life Support for Healthcare Providers 2 hrs Use of the Automated External Defibrillator 8 hrs. GA Athletic Trainers Association Student Workshop which included observing a cadaver knee dissection Athletic taping workshop and lab 2 hrs. Speakers, Interviews, Lectures - 51 hours 8 hrs Shanna Helms - Surgical PA 4 hrs John Winchester - Medical College of GA recruiter and Three Rivers AHEC 1.5 hrs Jim Patrick, RN - infection control specialist, Martin Army Community Hospital, Fort Benning, GA Dr. Blake Lane - Orthodontist, Columbus, GA 8 hrs Cheryl Batts - Registered Nurse, Columbus, GA 6 hrs Robbin Nix - Physical Therapist, Albany, GA, and Andrew Graham, ATC, Columbus, GA 1.5 hrs Susan Hunt - Radiologic Technologist, Columbus Regional Hospital 8 hrs Julie Johnson - Director of Outreach, Georgia Academy of Family Physicians 1.5 hrs Lane Brown - American Red Cross, Columbus, GA 1.5 hrs Sean Agam - Athletic Trainer, Hughston Orthopedic Hospital 1.5 hrs Sean Again - Athletic Hallet, Hughston Ofthopedic Hospital 1 hr Debbie Trotter - Muscogee County Medical Society, Columbus, GA 4 hrs Nancy Bunton, RN and Susan Miller, RN - Safety Coordinators, Cessna Aircraft, Columbus, GA 1.5 hrs Susan Sasser - Certified Medical Assistant, Columbus Nursing Home 2hrs Linda Johnson, NP - Harits County Health Department, Hamilton, GA 1.5 hrs Mary Alice Stacey - Health Educator, Amos Cancer Center Skills Learned and Practiced - 95 hours training Measuring Blood Pressure, Pulse, Respiration, and Temperature 3 hrs Certified in American Heart Association BLS for Healthcare Providers (Adult, Child and Infant CPR) 10 hrs 10 hrs Use of the Automated External Defibrillator Certified in American Red Cross First Aid and American Heart Association First Aid 14 hrs 25 hrs Sterile technique, sterile dressing change, surgical scrub, surgical prep, sterile gowning and gloving 4 hrs Suturing and suture removal Use of crutches, cane, walker, gait belt, and range of motion exercises Cleaning a blood spill and disposing of biohazardous waste 10 hrs 2 hrs Proper application & removal of gloves and proper medical hand-washing Standard Precautions, use of Personal Protective Equipment, & isolation 4 hrs 8 hrs Applying bandages, dressings, slings and splints 3 hrs 2 hrs Athletic taping, including the knee, ankle, and wrist Safety Project Sharing Experiences / Demonstrations - 361+ hours, 200,000+ people reached 300 hrs. I researched, produced, acted in and edited my own Public Service Announcements called the "Medical Minute" on NBC 38 and the local WB affiliate out of Columbus, Georgia (\*Viewing audience of over 150,000 People) every Saturday and throughout the week. The "Medical Minute" is also shown on the HCHS morning news, and is seen by over 1300 students and staff at Harris County High School once a week, featuring health and safety topics. OSHA (federal government) has set up a phone conference that I will participate in with teachers from all over the country. I will share with those teachers how we produce and use the Medical Minute with a focus on "Health and Safety of the Teen Worker" Assisted in teaching CPR/First Aid to employees at Cessna Plant - 25 people Taught BAT (Basic Aid Training) - basic American Red Cross First Aid to 100 fifth graders at Mt. Hill Elementary School. This program included: responding to an emergency, rescue breathing, the Heimlich 8 hrs 12 hrs Maneuver, bandaging, fire safety, what to do for poisoning, bites and stings, electric shock, and others situations Selected as a student representative to Health Occupations Community Advisory Committee - shared report on 4 hrs safety and health projects - Reached 25 people in the community 1 hr Competed at DPA – project demonstration Wrote 2 Newspaper Articles - Harris County Journal featuring "Medical Minute", (\*Reached 15,000 people/article), and 2 articles VICA Voice (\*Reached 5000 people/article across State of Georgia) Wrote articles about the "Medical Minute" featured on the HCHS web site <a href="www.harris.k12.ga.us">www.harris.k12.ga.us</a> Prepared and displayed mini booths at the Georgia National Fair -"Prevention of Falls" (\*30,000 People)

- Displayed and discussed "Prevention of Falls" Fall Forum 2004 (\*Reached 500 people) 2 hrs
- Set up display on health and safety of children when riding bikes and car seat and seaf belt safety at the Wheels 6 hrs of Fire Bicycle Tour

Safety Project Helping Experiences - 110 hours

- 10 hrs Volunteered with Harris County High School Emergency Plan team assisted with gathering of data, and distributing information to HCHS faculty/ staff
- Assisted Healthcare Science Technology Instructor with classroom projects and technology Displayed informational health and safety booth at community events & PTSA 40 hrs
- 10 hrs
- Medical Minute was shared with the Harris County Board of Health Volunteered at Harris County High School Blood Drive 2 hrs
- 2 hrs
- Worked with 25 fourth graders in a Junior Health Buddy Club teaching health and safety information 20 hrs including health and safety careers, teamwork within the medical field, nutrition, anatomy, emergencies, and first aid kit preparation
- One of the founding members of new organization at my high school called TAF "Teens Against Fatalities" we are addressing the causes of teen fatalities in our county including such things as motor vehicle accidents, substance abuse, violence, and sexually transmitted diseases. After research and surveys are completed, we have been planning prevention programs and activities for all students in our school system.
- Volunteered at Muscogee Manor Nursing Home assisting patients in safely performing diversionary activities 8 hrs Volunteered at Harris County Health Dept. Immunization Day for school age kids. Instructing parents on safety 4 hrs
  - and health information and assisting health dept. personnel with the children.
- Participated in Family Connections strategic planning session for the citizens of Harris County. Focused on health and safety of children and teens.

Safety Project Awards and Honors

- \*2nd Place DPA Safety Project demonstration
  \*1st Place State of Georgia Skills USA VICA Community Service -The "Medical Minute"
- \*Silver Medal National Skills USA VICA "Medical Minute" community service health and safety project
- \*School Nominee for Toyota Scholarship, based on community service (Health and safety activities), will compete at the state level
- \*Selected as only 1 of 25 students from across the state of GA to participate in a week-long Servant Leadership (selected due to community service record, primarily health and safety projects) program sponsored by Columbus State University and Callaway Gardens.
- \*Sixth place GA National Fair for mini booth on "Fall Prevention"
- \*Selected to be the only student representative for the Harris County Family Connections Program focus on health,
- safety, and welfare of families in the community
  \*Selected as one of 15 students as a "Super Teen" of GA for "Next Step" Magazine (a college and career magazine) based on my work with health and safety and the medical field.
- \*Selected as my school representative for the Page One Awards representing healthcare science as the Industrial Vocational nominee

- Other 4-H Experiences (\*denotes teen leadership activities) 104+ hours

  Served as North West District Senior Board Officer Presided and participated in assemblies, led singing, assisted with recreation, various other duties at DPA and other district events and assisted with state events Prepared, Practiced and Competed at district Cotton Boll / Consumer Jamboree
  - 40 hrs
  - Teen leader at Cloverleaf Officer Training\* and helped teach a junior portfolio workshop\* 7 hrs
  - 3 hrs
  - 12 hrs
  - 4 hrs
  - Member of Awards Banquet Planning Committee and Decorating committee
    Served as President Harris County High School 4-H Club
    Served as a judge for the safety and health projects at Cloverleaf CPA
    preparation: fair exhibits: 2 1st place, 1 2nd Place ribbons at the Valley Ag Fair 8 hrs
  - volunteered in food preparation at Harris County Cattleman's Rodeo raising money for 4-H scholarship fund. preparation: Harris County 4-H and GA National Fair Mini Booth "Fall Prevention" (placed 6<sup>th</sup>) 6 hrs
  - 10 hrs
  - Attended classes and assemblies at Fall Forum, and played guitar to help raise money for Rock Eagle pool. 12 hrs
  - 2 hrs Selected to represent 4-H for County wide Veterans Day Program Selected to attend Counselor selection weekend in January 2005

Other Community Service and Citizenship Activities - 85+ hours

- 4 hrs Collected can tabs for the Ronald McDonald House, Christmas Cards for St. Jude Hospital, children's books for DFACS, canned goods
- 42 hrs Volunteer - Harris County Senior Center - play cards and games, take blood pressures, Fall Festival
- 2 hrs
- Made cards and Christmas omaments for nursing home
  Donated clothes for FOCUS and helped organize FOCUS clothing bank; donated clocks at visited Hospice 3 hrs
- Assisted with preparation and served meal to area Government officials 4 hrs
- Volunteered at the Wheels of Fire Bicycle tour of Harris County. 6 hrs
- Selected to represent HCHS at Hands on Columbus Community Service Kick off 6 hrs
- Volunteered in the arts and craft area at Muscogee Manor Nursing Home 6 hrs
- 6 hrs
- Set up display on Job Skills for a job fair held in our county
  Volunteer "Welcome to the Real World" a senior class seminar on life skills
  Volunteer at Camp Joy Camp for underprivileged children 2 hrs
- 4 hrs

#### Other Activities and Information:

- Selected as semi-finalist in the Coca-Cola Scholars program (competition will continue into 2005)
- Vice President HCHS Skills USA VICA Club, serve as float committee chairman, community service chairman Appeared in the HCHS musical "Guys and Dolls" and in the play "Twelve Angry Men"
- Selected for membership in the International Thespians Society and National Honor Society
  Worked on maintenance crew for the Harris County Bd. Of Education during the summer, and Callaway Gardens
  Fantasy in Lights during November and December (seasonal job)

Participated in GA Public Television - Youth Counts Summit

Completed Harris County Youth Leadership Program and selected for Diverse Power Leadership Institute



**ABOVE:** Applying tape after a sterile dressing change.

**RIGHT:** Teaching BAT (Basic First Aid Training) to Cloverleaf 4-Hers.



**ABOVE:** I toured the Homer Rice Sports Medicine Facility at Georgia Tech in Atlanta, GA



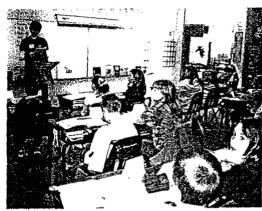
ABOVE: Demonstrating rescue breathing to Cloverleaf 4-H members at New Mtn. Hill Elementary School FAR RIGHT: Demonstrating the use

of sterile technique that must be used for the safety and health of a patient.

ior health buddies have dressed ohelp me in surgery.

**RIGHT:** Practicing athletic taping to prevent ankle injuries.

# Adam Johnson Safety Project





ABOVE: My "Medical Minute" PSA's are shown weekly on NBC 38 out of Columbus, GA





# CENTER:

Demonstrating abdominal thrust on a choking victim to a group of 4-H members.

LEFT: My junior health buddy club are "Germ

Stoppers" and pledge to wash their hands.





ABOVE: To teach how health/safety personnel must work together as a team, I played a teamwork game with my junior health club.

ABOVE RIGHT: Observing a cadaver knee dissection at a sports medicine workshop.







# Adam Johnson Other 4-H Activities







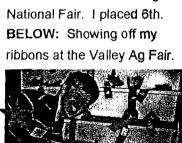
ABOVE LEFT: Presiding at JR/SR DPA

LEFT: Serving as a SR. District Board member gave me a lot of opportunities to interact with 4-H members from my district as well as at State events such as Fall Forum.

ABOVE CENTER: Leading a recreation activity at Fall Forum. LEFT: "Fall Prevention" Mini Booth exhibit at the Georgia

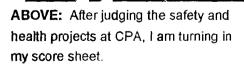
ABOVE: Performing a skit for all of the new 4-H members. I served as President of our county 4-H club. BELOW: Working at the Cattleman's Rodeo which serves as a fundraiser for our 4-H scholarship fund.

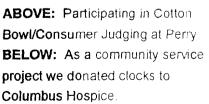








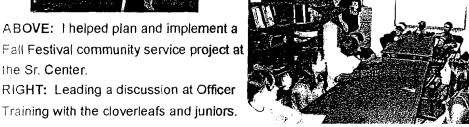








Fall Festival community service project at the Sr. Center.



Dear Project Judge,

4-H has really landed a special place in my heart in the past eight years especially as I have grown and entered my high school years. I have watched my brother become very successful in his endeavors through 4-H and I have been extremely interested in doing the same. With his guidance and encouragement, I can truly say that 4-H holds a special place in my heart. It is truly amazing how 4-H has boosted my confidence and self-esteem. That very first exciting 4-H meeting in the fifth grade was where my interest in 4-H first started. I was elected by my classmates to be the class vice-president. From that day on, I knew 4-H was something special and something I could even look back on and use for many years to come.

I first learned about 4-H as a 5<sup>th</sup> grade Cloverleaf in Mrs. Debbie Sawyer's classroom. She was such a great encourager and optimist of 4-H, so I was instantly drawn. I participated in DPA in each of the following eight years and was fortunate enough to win 1<sup>st</sup> place seven times and third once! My projects have always been based on the area of sports, another one of my favorite things. I've participated in all kinds of 4-H events from teen leading cloverleaf and junior 4-Hers to State Council and Fall Forum to being an ABC at Tybee and co-captain for our Relay for Life team. I've participated in fund raisers galore, hosting dinners at the extension office and buying Christmas presents for a needy family yearly. Every bit of it from the work to the fun brings joy to me. I don't want to know how my life would be without 4-H. It's made me the person I am today.

Besides 4-H, running is my favorite past time. I am a member of the Bleckley County High School Cross Country team, also known as the "Runnin' Royals". I run in several races around the wonderful state of Georgia apart from my cross-country team. As a senior in high school, I had the amazing opportunity to run in the AA State Cross Country Championships in Carrollton, GA for the fourth time. This was a great and fun experience, and one that I took a lot of pride in since I am from a rather small public school. I have won several races around the state in my age category, including my biggest wins, a 1<sup>st</sup> Place finish in the Labor Day Road Race held in Macon, the Middle School Championships held in Cochran and 2nd place for the entire Run and See Georgia Grand Prix Series one year. Competitive running isn't all that I'm interested in though. I like just going on runs with my dad and my dogs on fall evenings and winter mornings and enjoying the scenery. And, of course, I love racing and beating my brother. Running has proved to be a great way for me to relieve pressure, improve my tennis game, and make me feel good. Running is definitely one of life's many pleasures for me.

As a senior 4-H'er who is about to graduate, I have accomplished many things through 4-H, and have many more I want to accomplish. My brother has been my 4-H role model. As I have watched him, I set many of the same goals for myself. I want to one day become a Master 4-H'er and counselor, and I also want to be a role model for younger 4-Hers. Most of all, I just want to have fun, and by staying active in 4-H, I know that I will. It is great for me to be able to tie two things I love, running and 4-H, together and share why I love each. Without either, I know that my life would not be as great as it now is.

Sincerely,

Laura Evans

# Laura E. Evans Sports Project Experiences

#### Main Project Work/Running and Cross Country Project Work

- > Girl's team captain for the 3AA region champion cross country team.
- Seventh year member of the Bleckley County High School cross-country team.
- > 8th place team in the GHSA State finals in Carrolton, Georgia.
- 3AA region champs. Placed in the top third. Hosted region and assisted in the setting up and taking down of the course.
- Other cross-country meets I've run in this year include: B.C. Classic (2nd<sup>nd</sup> place team), Gainesville College 2 mile (4<sup>th</sup>), Vidalia Invitational, (1<sup>st</sup>), Bleckley Co. Invitational, (1<sup>st</sup>), Bleckley County 5K, (1<sup>st</sup>), Jones Co. Invitational (1<sup>st</sup>), B.C. 2-miler (1<sup>st</sup>).
- Ran in the Macon Labor Day Road race.
- > Training: Train during off-season daily, attend voluntary summer practices, summer camp, and attend daily season practices 5 times a week. Also went through the conditioning program to prepare for the state finals.
- > Hosted 3A cross country region. Put up course and assisted in the race and results.
- > Participated in Yankee Candle sales for the Runnin' Royals Booster Club.
- > Honored on Sr. night at the last football game for running cross country for four years.

  Tennis and other Sports
- > Fifth year member of the BC Tennis Team and 4th year for high school and varsity.
- > Received "Most Valuable Player" for our girls '04 team at the annual tennis banquet.
- > Played varsity #1 and #2 singles. Placed 4th in region and made it to the sweet sixteen. My record this season was 18 wins-4 losses.
- Defeated tennis teams of all 5 classes including, Jones County, Houston, Crisp, E. Laurens, Telfair, Cook, Bryan, Toombs and more.
- > Sold dinner tickets, raffle tickets, worked at tennis dinner, sold programs at all home football games, and sold candy for tennis team.
- Played in USTA Jr. Championships for Georgia at 2.5 level. Won all of my matches and team placed 1st<sup>nd</sup> for the state. Played in Jacksonville, Florida for Ga/Fla champions and won the division. Champions of Ga/Fla challenge and best 18 u team in Georgia/Florida.
- > Chosen for the Macon Telegraph All Middle Georgia Tennis Team, title given to the top 6 players in all classes in Middle Georgia.
- > Official member of the USTA- United States Tennis Association.
- > Lettered in varsity cross country and varsity tennis.

#### Learning Experiences

- > Attended practice daily to increase my speed during speed days, and endurance during distance days.
- > Often Read Runner's World Magazine, Georgia Runner Magazine, Eastbay Catalog, Roadrunner Sport, and TENNIS magazine.
- > Toured Georgia Sports Hall of Fame, John Drew Smith Tennis Center, Tatnall Square tennis center, several Atlanta tennis centers, Stone Mt. Tennis Center, Finish Line, Dick's Sporting Goods, Footlocker, Nike Town and Hibbits Sports.
- Interviewed former college runner Jimmy Davis, former UGA cross country runner Coach Shelley Cranford, current college runner Brandon Melonin, and former cross country coaches John Sharpe and Francis Sharpe.

# Sharing and Helping Experiences/Project Club

- Assistant coach at cross-country camp for grades K-5. Had my own group of 25 1st grade boys and girls for five days sessions. Taught the kids how to train, run, and race properly. Assisted with all 120 kids who attended camp, and their race. Set up course, ran with the kids, and showed them how to stretch.
- > Assistant coach for tennis camp grades 1-6. Had my own group of 7 kids for a session 2 days a week for 3 weeks. Taught them the fundamentals of the game, basic strokes, and fun tennis games.
- Placed first for 4 years and 3<sup>rd</sup> once at DPA while sharing with the audience about running cross-country.
- > Train upcoming freshmen tennis players for the Ultimate BC tennis experience. Privately teach them our special techniques and work with them especially during and outside of practice to prepare for the season.
- > Assisted with the middle school cross-country championship meet hosted by our cross-country team.
- > Participated in the workday for our cross-country course. Trimmed trees, bushes, and thinned trails. Set up the course for all home meets and middle school championship. Set up and took down the course for all home meets.
- > Encouraged a friend to start running who went to the GSHA State meet and ran as a varsity top 5 for the team.
- > Special guest to the Rotary Club during a meeting in July. Delivered my DPA speech before State Congress.

#### 4-H Leadership and Teen Leadership

- > Chosen to serve as vice president on the Bleckley Co. 4-H '04-'05 Board of Directors
- Attended ABC training weekend and was selected to serve as a resident at Camp Tybee for two weeks. Taught marsh ecology and seining and even won the treasure chest with won on my groups. I looked after the kids, stayed in the cabins with them, led games and dances and did my assigned duties. I learned how to care for wildlife and marine life and cleaned cages and tanks and fed the animals.
- Adopted a new senior 4-Her and guided him in the making of his portfolio. He placed very high on portfolio with my help.
- Member of Bleckley County 4-H Sigma Lambda Chi
- > Placed first in the sports category at '04 Southeast district DPA and voting delegate for '04 and '05 board of Directors.
- > Participated in the '04 DPA preparation workshops for posters, portfolio, and speeches. Attended winners workshop before State Congress.
- > Assisted fellow senior, junior, and cloverleaf 4-Hers with DPA projects and posters. Encouraged many new 4-Hers to participate in DPA.
- > Teen leader for '04 spring 5<sup>th</sup> grade dance. Taught dances and danced with the cloverleafs.
- > Attended State Council. Participated in community service projects there, and competed in tug of War for the iron clover. Voting Delegate.
- > Went shopping, wrapped presents and gave money and food towards our 4-H adopted family at Christmas time.
- Attended the officer planning meeting at the beginning of the year to sketch future activities.
- > Attended State Congress and placed 3rd in the Sports category. Enjoyed touring the CNN center, the annual banquet and more.
- Planned 4-H membership rush at school. Set up breakfast and talked with our Principal for our crazy week of fun and gaining membership.
- > Officer training for Cloverleaf 4-Hers. Led games, snacks, and presided. Taught the president/vice president class.
- Cotton Bowl and Consumer judging team member. Placed 3rd for our county, which placed 4th for the district. Helped two fellow seniors write their cotton speeches, one seniors who never participated in cotton bowl, and helped several juniors know how to judge the items.
- Teen Leader for '04 cloverleaf summer camp at Rock Eagle. Had a cabin of 5<sup>th</sup> grade girls and assisted with the 180 kids our county brought. Helped as a red, white, and blue string teen leader for the week while I enjoyed working with the kids all week long.

- Attended Bleckley County's 4-H banquet where I received awards in Cotton Bowl Consumer Judging, 1st place DPA award, Quiz Bowl trophy at our 4-H Banquet, Teen Leadership 1 and 2 award.
- Received the special "I Dare You" award for our county 4-H program. This award is presented to the 4-Her who has exhibited the most leadership, teamwork, and many other skills that stand out from the individual in which it is given.
- Attended '04 Fall Forum at Rock Eagle. Participated in all of the workshops and assembly programs. Wrote letters to Representative Ross Tolleson for money for 4-H. Helped raise money new pool and donated clothes. Gave money for the road race.
- Serve weekly at the farm suppers for local farmers at our extension office.
- Teen leader for cloverleaf DPA at Rock Eagle. Judged Safety and Bicycle Safety. Led kids in games and songs throughout the day. Helped with the 82 kids Bleckley County brought, and with the preparation of their projects.
- Adopted two cloverleaf 4-Hers with their projects; one of which is in my project. Helped them decide on topics, helped with their posters, speeches, and the delivery.
- Volunteer for the annual Rabies Clinic. Spent all day writing up the dog and cats and assisted in the stabilization for the shots.
- Planted two flower beds in front of the courthouse.
- Attended county DPA reward luncheon and meeting.
- $\triangleright$ Attended annual Senior Breakfast and present seniors with gifts, along with the other underclassmen senior 4-Hers.
- Teen leader for the 5th grade club reward party. Gave out cupcakes, and performed skits and led songs to these students.
- Co-Captain for the '04 4-H Relay for Life Team. Attended all meetings, and participated in all fundraisers. Sold 30 Boston butts personally and 20 raffle tickets. Participated in this all night event while competing in the scavenger hunt, trivia, group karaoke, and several games all over the grounds.

## Other Leadership and Teen Leadership

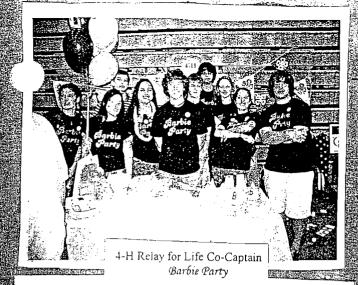
- Member of FCA, FFA- Secretary, and SADD club- President.
- Co-editor for the BCHS Scepter Staff, (annual staff). Sold ads downtown, took pictures at all events, and constructed several layouts solely.
- Þ Attend all of the FFA weekly officer meetings and officer training workshop.
- ➣ Sold FFA dinner tickets. Constructed the ticket booklets, cooked the chicken, served inside. Sold mums and poinsettias. Deliver flowers to the teachers at all schools and manage the green house and water and set up plants for selling. Even took cuttings and grew plants to sell.
- Built an outhouse for the Georgia National Fair and placed 1st and Reserve Grand Champion. Placed first on Azalea minibooth.
- Selected as one of the 8 students in our school to be on the youth Peer Mediator Team. Participated in the Peer Mediator Conference at  $\triangleright$ Georgia College on how to handle situations on our school.
- Participated in homecoming week activities and Red Ribbon Week. Attended Proclamation signing with the SADD officers.
- FFA Land Judging competition. 5<sup>th</sup> place team out of 14, and high individual for county. Set up FFA Horticulture fair exhibit on "Fruits and Vegetables in Georgia". Exhibit placed 2<sup>nd</sup>.
- $\triangleright$ Helped with the MD Shamrock Sells in March for Jerry's Kids.
- Attended FFA summer camp while participating in team building activities. Chosen as team MVP of the week.
- Chosen as Who's Who Among American High School Student and National Honor Role.
- Took a leading role in SADD club's mock crash for the community about the dangers of drunk driving and highway safety issues. Helped in the planning of the event and in contacting the emergency units to help with the event. Several hundred people in the community came.
- ➣ Headed up the two week SADD club membership drive. Tended the table for 2 weeks and publicized for membership.
- ➣ Represented BCHS in a Georgia Highway safety conference. Took classes on how to handle these issues in my community.
- $\triangleright$ Worked the Georgia Ag teachers' golf tournament to raise money for new Ag teachers in Georgia.
- $\triangleright$ Represented Bleckley County in Louisville, Kentucky at the National FFA Convention. Dressed up, attended assemblies, the career show and represented Georgia respectfully.
- Helped with the BCHS FFA tractor driving invitational. Helped set up course, and helped with the competition itself.  $\triangleright$
- Participated in FFA Floriculture. Team placed 4th and I placed 1st for team. Also participated in Forestry Field Day Land Measurement.
- $\triangleright$ Selected to be a part of FBC Cochran's Youth Dream Team to help plan events. This group has devotions and prayer time at our meetings.
- Set up and tended the table for the Scepter Staff homecoming cupcake contest. Baked cupcakes for the event.

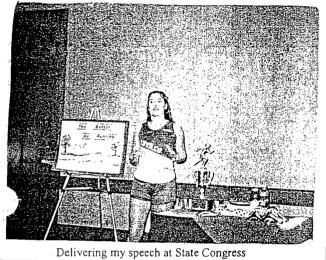
## Other Community Service and Citizenship Activities

- Þ Baby-sit very often for several families, church events, weddings, and other community occasions.
- Youth teen leader at my church's back to school bash for the children. In charge of the bean toss and the obstacle course.
- Þ Helped with children's hayride and bonfire. Led a group of kids caroling at the nursing home and presented Christmas cards.
- Part of the planning and putting together of the '04 BCHS See You at the Pole and SYATP Rally at FBC.
- Wrote letters to shut ins and inactive youth at our church. A member of the youth reach out team who monthly goes out to visit inactive youth and invite them to special events we hold, following reach out. Also Visited a widowed Shut in and went caroling.
- Þ Helped with the '04 orientation and move in day at Middle Georgia College. Moved students into dorms and helped the register.
- Served at FBC's annual Christmas deacon's banquet. Served the tea, food, and deserts, as well as set up and cleaned up.
- Helped with Operation Christmas Child at our church. Filled two boxes myself.
- Raised money to buy bicycles for Defax children for Christmas.
- Helped with the FFA Toys for Tots drive at the Christmas meeting.
- Organized the Christmas FFA havride, October Fright Night, September Nasty Night, and August Peanut Boil. Help cook, setup, cleanup and plan all meetings.
- Set up and gave blood for the Bleckley County High School blood drive.

#### Other Activities

- Participated in the 4-H ski weekend in Boone, North Carolina.
- Attend First Baptist Church Cochran and an active member of FBC Youth group, Sunday school, Wednesday night youth Bible study, '04 YEC, Tribulation Trail, Bible Studies, Case for Faith and Virtual You, 5th Quarter, and hosted Sunday Night Lives once a month.
- Part of the community wide Prayer Walk for the new school year in August. Handed out Prayer Guides and helped with opening ceremony.
- Attended the community wide Youth Revival, "Y.A.C.K." for all three night in September.
- Participated in the Hanging of the Greens; the Christmas program at my church.
- Attended Youth Back to School Bash at John's Sports Park in Douglas, Georgia along with most of the youth groups from Bleckley. Pulaski, and Dodge Co.





# Win State 4-H Honors

The 64th Annual State 4-H Congress was held in Atlanta, June 20-23. This event determines the best in the state in project competition and Bleckley County joined that circle of winners again this year.

Sports Project.

Erin Darsey, daughter of Ken Darsey and Louneil Tripp, won first in the state in the Dairy Foods project. Being a winner in Dairy Foods means Erin has mas-

tered in 4-H project work. She receives a trip to National 4-H Congress and a college scholarship.

Laura Evans, daughter of Buster and Debbie Evans received third placed at State 4-H congress as a District 4-H winner in the competitive Sports Project Kelly Hitchcock, son of Lori Blagg, also competed in the

Gold Kist, Inc. This distinguished award was pre sented to five counties in the state. Debbie Evans volunteer leader, participated in the opening assen bly and accepted the award on behalf of all Bleck ley County 4-H volunteers. At the closing banquet, Bleckley County was rep

At the closing banquet, Bleckley County was represented by two local leaders, Wanda Barrs, Chai of the State Board of Education and Lauren Ledbet ter, youth representative on the Georgia 4-H Foundation Board of Directors. According to Kath:





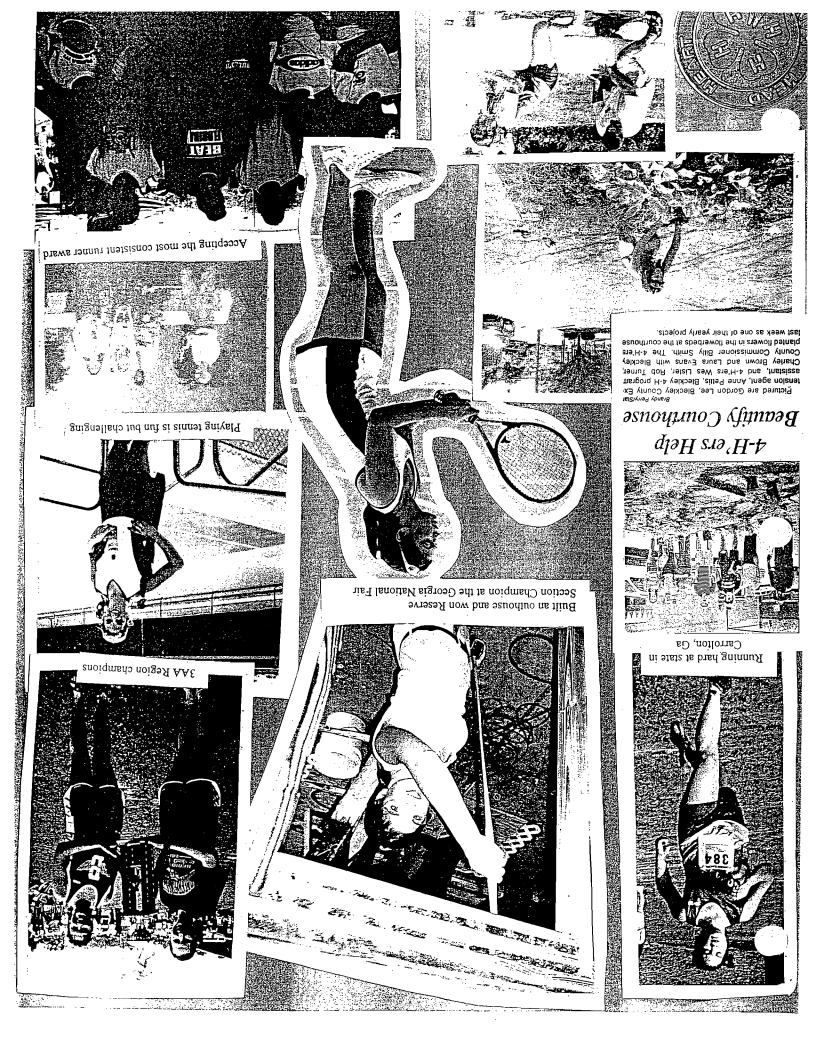
Teen leader at camp as a Shawnee





ABC at Tybee for two weeks





State 4-H Office 302 Hoke Smith Annex University of Georgia Athens, GA 30602

Dear DPA Project Judge,

Please except this portfolio as my official entry to the Target Sports Competition. I am an active eighth year member of the Paulding County Georgia 4-H Program. I have been actively involved in many fields of competition and clubs. While doing this, I have held the offices of parliamentarian, vice-president, and president.

I began my 4-H career as a Cloverleaf attending DPA. I won second place in the Area of Geology. I started and continued mostly due to the help of an elder sibling model. As I pressed on, I joined the Paulding County Shooting Stars B.B. Gun Team. I competed there for four years. I chose to enter into a more competitive area. So I started with Outdoor Recreation and eventually ended up in Target Sports. I competed in the Cotton Boll/ Consumer Jamboree Judging for four years. I continued with a mild success in one of my most favored activities, District Project Achievement. As a junior, I won first place in the Area of Outdoor Recreation and I won second place in Shooting Sports. Then I became a senior 4-H'er. I started by winning third place at DPA in the area of Target Sports. Then second in Target Sports. I finished first place in Target Sports in 2004. I went on to attend State Congress and achieved second place.

I started up my first year in the sport of Precision Air Rifle. I had high hopes and unstoppable dreams. I competed the same year, with my two-man team, at Rock Eagle in the state level competition for Precision Air Rifle.

I also broke new ground when my friends and I decided to form a new 4-H type group.

The basis of the group, with help of gracious grants and the local health care providers (Northwest Health District and The Paulding County Health Department), was to acknowledge prime teenagers of the harmful causing substance; tobacco. This group is named The Anti-Tobacco Team. For three years, we have been strong in our messages. As a start to a pilot program, it has raised attention and inspired dreams of a mass information system.

The club started with eight members and two pilot schools. A middle school and elementary school were chosen. We presented a thirty minute demonstration and challenged the 4-hers to design motivational posters in a contest. The winners' design would be used in future publications of literature. We found much success in a fourteen percent drop rate in teenage smoking in the county. The team obtained many recognized awards and became advocates for the American Cancer Society. I became the first youth recipient of the Paulding County Collaborative Outstanding Community Volunteer Award.

Outside of 4-H, I am a Boy Scout of America. I belong to Troop 25 and hold the rank of Life Scout. I have earned the Citizenship in the Community, Nation, and World Merit Badges, along with many more; a total of 31. I as well participate in the Order of the Arrow, Lam a Vigil Honor member. I play an active role in my church service and an inspired writer. I currently play on the varsity tennis squad at my high school. I also play for the Pride of Paulding Marching Band. I love taking an active role in the Relay for Life sponsored by the American Cancer Society. As well, I take a part in the March of Dimes and American Heart Walk.

After high school, I plan to go to college. I have applied to many institutions and have set my sights on the University of Georgia I am as well looking to Jacksonville State, Georgia Southwestern State, and Shorter College to eventually obtain a Bachelor's degree in the field of Biology. I want to find a career in Environmental Research.

Sincerely Yours,

(Joshua Rogery

Joshua Rogers

Paulding County

Matiriasia.

what

Creating musted for the starting

Lower Joshua Rogers 1751 HWY 101 N Dallas, GA 30157 Target Sports Project Main Project Work- Target Sports \*Attended 45 Varsity team practices for PCHS Rifle Team (95hrs.) \*Competed in eleven regular season matches of PCHS Rifle Team 2004 Toured local Wal-Mart Shooting Sports Department- twelve times

Interviewed ex-marksman instructor for the United States Army, Mr. Floyd Castle Viewed History Channel special on Law Enforcement and Military Critics on precision shooting \*Member of the USA Shooting Appreciation Organization \*Competed in first-round Georgia State playoffs with precision team \* Interviewed ex - marksman soldier for the United States Army, Mr. Mark Perdue Toured Shooting facilities at Fort Benning Georgia Military Base \*Attended District Project Achievement in the Target Sports Project area (1st place winner) \*Participated in Hands on Archery workshop at Woodruff Boy Scout Reservations \*Participated in .22 caliber rifle practice and competition session \*Participated in a B.B. instructional course at Boy Scout Camporee \*Served as a helping hand at a Georgia SYC Banquet \*Interviewed the Northwest Georgia Charter President of NWTF, Carmen Clark, about rifle safety/ \*Interviewed SGT T Hill of the US ARMY about fundamental shooting \*Researched and presented a school paper on Gun Control \*Attended Northwest Georgia Firearm display trade show \*Presented a Shooting Display at Douglas County Wild Game Banquet for 4-H'ers and County Executives Main Project- Helping and Sharing \*Assisted Intermediate Rifle Team in Instructional for Proper Shooting Form- ten times \*Instructed Varsity Rifle Team on Proper Sling Usage- five times Explained components of the firearm to B.B. Shooters - ten times \*Assisted in B.B. competition rules for county competition - five times Mentored three B.B. Gun Competitors \*Demonstrated How Air Rifle Competition works to young shooters \*Assisted in Paulding County B.B. Gun Competition with set-up and clean-up \*Assisted in the setup of the Annual B.B. Gun Awards Banquet \*Assisted in helping three beginning shooters with basic instruction on Muzzle Control \* Served as a helping hand at a Georgia SYC Banquet Other Teen Leadership Activities \*Assisted in collecting 4-H funds for March of Dimes \*Co-Presented Anti-Tobacco Program information to Regional Convention \*Led songs on bus to Cloverleat Camp.
\*Voting delegate for District Board Representatives \*Voting delegate for State Board Representatives \*Raised funds and in the process of completing an Eagle Scout Project More astrol Inde 7 Vice- President of Paulding County High School 4-H Club. \*Operated 4-H game at Cloverleaf DPA - Douglasville, GA \*Jan.-May. Vice-President of High School Senior Club \*Senior Patrol Leader of Boy Scout Troop 25 \*Vice-Chief of Administration for Order of the Arrow Chapter \* Earned Teen Leader I & II, participated and interviewed in Teen Leader III \* Helped serve food for the Area Cloverleaf DPA \*Attended Cloverleaf Camp at Rock Eagle as a County Teen Leader \*Was the Leader of the patrol competition for a Boy Scout Camporee \*Serve as Associate Public Relations Chairman for the "Youth T.A.S.K. Force" on Organizing Anti-Substance Use Event \*Led 4-H Pledge at 4-H Club Event- fifteen times

\*Sold Tce at Paulding Meadows asCounty 4-H Fundraiser

\*Trained Vice-Presidents at County Officer Training

- \*Assisted in Cloverleaf Camp sign up for county participants
- \*District delegate for Iron Clover competition in softball
- \*Managed 1 county candidate running for State Board
- \*Attended County portfolio workshop
- \*Attended Cotton Boll/ Consumer Jamboree Judging practice two times, Attended Area Competition in Cartersville, Team won 2nd Place.

- \*Teen led for Paulding County Family Poster Contest Awards Trip Visited Atlanta, GA
- \*Elected to the Northwest Senior Board of Directors for 2004-2005

## Community Service and Citizenship

- \*Worked in the American Cancer Society Relay for Life Lemonade Booth
- \*Active as American Cancer Society Congressional Advocate
- \*Helped Paulding County Relay for Life Achieve #1 spot in the USA
- \*Helped serve food at the SYC Banquet
- \*Assisted with Can food drive for VICA Club
- \*Paulding County March of Dimes, helped raise money
- \*Pennies for Paulding, helped raise money
- \*Participated in Boy Scout "scouting for food" drive
- \*Assisted in Boy Scout Camp clean up week end at Woodruff Reservation
- \*Helped with Homecoming clean up day at Pleasant Grove Methodist Church
- \*Played taps at Paulding County Memorial Day Ceremony
  - \*Played with Paulding High School Band at Sept. 11 Ceremony
- \*Helped in Dog Food Drive for Beta Club
- \*Delivered Hunger Baskets for Church Group at Christmas
- \*Visited the community rest home five times including singing, conversing, and demonstrations.

# Other 4-H Activities

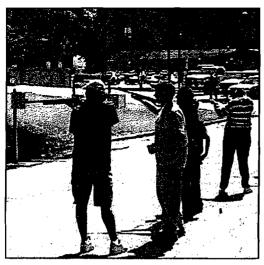
- \*Summer Senior Challenge Camp at Washega
- \*Assisted with Paulding County Cloverleaf Dance
- \*Cotton Boll/Consumer Jamboree Judging Cartersville, won 2nd Place, scored third highest from county
- \*Participated in District Project Achievement won 1st Place in Target Sports Project
- \*Participant at State Council
- \*Attended Senior Conference at Newton
- \*Paged at 4-H Day at the Capitol
- \*Competed in County Family Poster Contest
- \*Attended Fall Forum 2004 and participated in Senior Fund Raiser and pool fundraiser
- \*Attended Georgia Officer Training at Camp Fortson
- \*Attended Weekend in the Classic City at UGA
- \*Attended Wild Game Dinner hosted by Douglas County Extension
- \*Interviewed for National Conference
- \*Interviewed for Dean's Award at State Council

# **Awards**

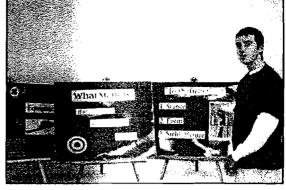
- \*Recognized by Paulding County School Board as a County DPA Participant and 1st Place Winner
- \*First place at DPA in Target Sports Project Area
- \*Second place at State Congress in the Target Sports Project Area
- \*County Senior 3rd place winner in County Family Poster Contest
- \*Awarded Outstanding Senior 4-H'er of Paulding County
- \*Awarded youth leader Anti-Tobacco advocate grant for county improvement
- \*Awarded Coach's Honor Award for PCHS Rifle Team 2004
- \*Awarded the Eagle Scout Rank in Troop 25 from the Boy Scouts of America
- \*Awarded Family Life Merit Badge in Troop 25
- \*Awarded Physical Fitness Merit Badge in Troop 25
- \*Awarded Hiking Merit Badge in Troop 25
- \*Awarded Bronze Palm Leaf to accompany the Eagle Scout Rank
- \*Senior superlative for class of 2005 as Runner-up Mr. PCHS
- \*Runner-up for National Conference selection (placed sixth)

# Other Activities

- \*Brotherhood Member of Egwa Tawa Dee Lodge 129
- \*Achieved Vigil Honor Member status for OA Lodge
- \*Varsity Member of Tennis Team at Paulding County High School
- \*American Heart Walk, helped raise money
- \*Member of Paulding County Youth T.A.S.K. force
- \*Life Rank Boy Scout in Troop 25
- \*Eagle Scout in Troop 25
- \*Paulding County Pride of Paulding Marching Band Member
- \*Beta Club Member at Paulding County High School
- \*Jazz Band Member of PCHS Band
- \*PCHS Rifle Team Member
- \*Worship Performer at Pleasant Grove Methodist Church
- \*Fellowship of Christian Athletes and Students
- \*Senior Ambassador for the Class of 2005



Assisting B.B. team members



**Displaying a Shooting Safety display at a Wild Game** Luncheon.



The University of Georgia College of Agricultural and Environmental Sciences Cooperative Extension Service / Athens, GA 30602-4356

October 4 2004

Joshua Rogers 1751 Hwy. 101 North Deltes GA 30157

Dear Joshua

On behalf of the Georgia 4-H Foundation, I extend congratulations to you on being a competitor and participant at the 2004 State 4-H Congress. This was very special congress in that we are celebrating our 100<sup>th</sup> birthday. I hope your school year is off to a good start and that your experiences in 4-H are serving as enablers in your work.

Throughout this year we have been discussing the 4-H centennial Birthday. On particular way we are trying to commemorate the birthday of 4-H is with a licerary late. Wouldn't it be great to see care throughout the state proudly displaying a Geometric AL Care Time?

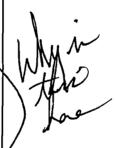
To make this idea a reality we need to complete a commitment of 1000 tags. We have been successful in getting more than 1% of that commitment made. I hope you will consider ordering a car tag and helping us reach the minimum order. Please act quickly. We are laying to reach our good and start the production of tags. Enclosed is an order from for your use. You can also read about the project on line at <a href="https://www.useculeth.com/public/brows/thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/brows-thoratemak/b

Thank you and best wishes for a great year.



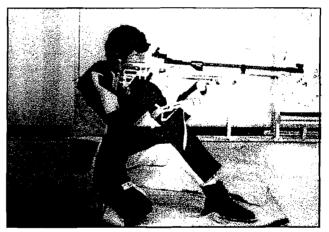
State Congress Letter







**State Congress Demonstration** 



Practicing air rifle shooting



**Displaying** Shooting Safety posters at 4 - H birthday celebration

Retrieving target at State 4 - H competition



Recieving a 4 - H award from the County Commissioner.



**Boy Scout Community Service** 



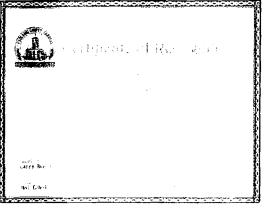
Teen Leader at cloverleaf cam



**Eagle Scout Ceremony** 



Training county officers



Dear Textiles, Merchandising and Interior Project Judge,

4-H reminds me a lot of a shopping spree. It's hard to stop buying. With 4-H, it is hard to participate in just one thing. Once you start, you want to keep going and going.

Hi. My name is Ariel Hayes. I am currently a freshman at Macon County High School. I am a member of Sigma Lambda Chi. I hold the office of President. This is my fifth year of competing as a Macon County 4-H'er at DPA. I have been an active member of my local club since the fifth grade. I also served on Junior Board 2003-2004.

4-H has been a major part of my life for the past 5 years. From attending DPA, 4-H Camps and Summer Classes to even helping with Fund-raisers, it has all helped me in some way with my journey through life. I have found myself more social and very confident because of 4-H. I have made many friends along the way. 4-H even introduced me to one of my very best friends to this day. The memories I have made in 4-H will last a lifetime.

I am an extremely active student in my School System. I am a member of the Student Action Team, Junior Beta Club, P.R.E.P, and F.C.C.L.A. Our school motto is "Working Hard To Be The Best" and that is exactly what I am doing. I take pride in my school and my education. If there is anyone who needs help, I am always willing. Sometimes, I am not able to, but I will find someone who can.

Like all things, my projects serve a purpose. I choose Textiles, Merchandising, and Interiors as my project this year because I have a deep passion for it. I have been voted Best Dressed for my grade the past three years. I felt since I love clothing so much, it would be a good idea to talk to you about it. I have been working part-time in Fabrics & Tailoring, a local seamstress shop. My dream is to one day own my own clothing line.

Sincerely,

Ariel J. Hayes

Aziel Hayes

# Ariel Hayes Macon County Textiles, Merchandising, and Interiors

# Main Project Work

Learning Experiences		Sharing and Helping	
*	Handmade a skirt and vest for self		`
*	Toured Fabrics & Tailoring a local seamstress shop to learn more about Clothing and Textiles.	*	Evaluated my wardrobe and selected items to give to a used clothing drive for the needy.
*	Toured Piggly Wiggly to learn more about methods of merchandising.	*	Assisted friend in picking out and purchasing a wardrobe.
*	Sort family laundry to search for stains to pretreat for washing	*	Assisted 4-H'ers in designing jeans at the "Fabulous Fashions" class.
*	Decorated family home for Christmas  Constructed a pillow for my  bedroom	*	Donated clothing and housing items to a family whose house burned down.
*	Designed bedroom and planned decorating purchases	*	Co-Chairman of the t-shirt design committee for J.R. Crew.
*	Assisted with Pashion summer class  Trabulous Pashions  Indeed Clothing Pextiles; and Merchandising as Cloverleaf APA	*	Member of Church Cleanup Committee: Cleanup church kitchen and sanctuary after church services (once a month)
*	Mademany purchases online via- internet	*	Decorated Church for Christmas Season
*	Assisted with Merchandising display managed stone	*	Spoke at NAACP Banquet
*	Sharifowed this townwest Palopics & Palloning (or a Weekle of the second		Water Creek Park on Fashion Merchandising Careers
*	Read Seventeen magazine plinch described where to purchase choring where to	*	Instructed family and friends on best places to shop and how to save
*	and accessories (O) midel \$17.  Designed spans at the eliabelous		money.

# Other Activities

# Leadership and Teen Leadership Activities

- ★ District Junior Board Member 2003-2004
- ★ Vice President of F.C.C.L.A
- ★ President of Sigma Lambda Chi.
- ★ Served as a member on the Christmas Party decorating committee
- ★ Served as a teen leader for the Cloverleaf APA reward trip.
- ★ Adopted Cloverleaf 4-H'er for APA
- ★ Helped coordinate Mrs. Kelli's going away party.
- ★ Assisted at the Line Dancing Class
- ★ President of Jr. Beta Club
- ★ Baked cookies for the J.R. Crew Club
- ★ P.R.E.P member (Preparatory, Readiness, Enrichment Program)
- \* Attended Fright Fest

# Community Service and Citizenship

- ★ Help plant a garden at White Water Creek Park.
- ★ Donated food to the Christmas Canned Food Drive.
- ★ Painted rocks to use as plant identification markers for the garden at White Water.
- ★ Planted a planter for Down Town beautification in Oglethorpe.
- ★ Coordinated Christmas Stocking for the Salvation Army Stocking Drive and filled a stocking.
- ★ Wrote letters to servicemen for the Military Mail Campaign through Fans of Our Troops.
- ★ Donated Gifts to patients at the Ideal Nursing Home.

- ★ Help raise \$200.00 for Relay For Life.
- ★ Donated money to Homeless Kids of America.
- ★ Sold Doughnuts as a fund raiser for the J.R. Crew Club.
- ★ Helped with the Vidalia Onion Sale.
- \* Assisted with the Sweet Potato Sale.
- ★ Baked cupcakes for J.R. Crew Club Bake Sale.
- ★ Planted flowers outside of the Extension Office.
- ★ Attended the Macon County High School Clean-Up.
- ★ Performed 'Twas the Night Before Christmas for Nursing Home.
- ★ Contributed money for Penny Wars.
- ★ Sang Christmas Carols for Nursing Home.
- ★ Made goody baskets for Nursing Home.

# Other

- ★ Attended Macon County 4-H Awards Banquet.
- ★ 1<sup>st</sup> place in the 4-H County Mini Booth Contest.
- **★** Attended Weird Science Class.
- \* Attended Jungle In A Jar Class.
- ★ Member of Interpretational Dance group called Silent Voices.
- ★ Member of the Jehovah Baptist Church.
- ★ Serve on the Usher Board at Jehovah Baptist Church.
- ★ Member of the Ebenezer Baptist Church Youth Choir.

# Macon County 4-H'ers excel at District Project Achievement

Management is Minimpoted in the and Server (MA or Kent report The components of the co-mination of a rear of project work, leaders against a range

mittage service attends Competing at 1715 were Store, Jame Nationally places from Netrosonth, places from a click-places from a click-derice Preparation and cert Development pro-ect and Taylor Homas, near placed first in the Jestice Foods For Health Propes Juniors competing were Arvit Hayes, who placed rist in the Workhorse Preparation and Career Development Project lesha Rogers who placed third in the clumum Development Project, and Harold Legger, who placed third in the Entomology



Continued from page 12

plaque for ser year of service to the Costrict

Another highlight of the ment was the Senior Sanquet Scaduating Senior 4 H'ers were recognized famor Nathesingii was recognised with a green cord to wear when she graduates this spring from Schley County High School, Japue has been action after in Maryal.



- mario sour e collection à l'estate de la collection de de la collection

Local 4-Her's participating in DPA at Rock Eagle were, from left, Taylor Thumas, lesha Royers, Jame Nathasingh and Ariel Hayes, and Harold Legget in

And Haves served as a the new officer than the And Makes served as a Distinct enter on the house the past ere. A cut was energed the presenting of correct the resecting of correct the resecting of correct thereby was energed the resection of the distinct fractions, and the was presented to the a their promises on word to Please see DPA page 10.

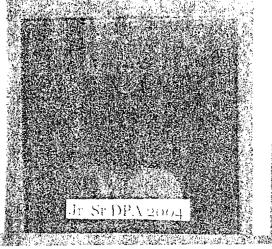
fifth grade Because Season Station ween test power or for his est at the Courtes week as the with noise property of the following and property will be competing at 421.

State Competing at 421.

State Competing to believe to play Macon closest to physometric the active and the distribution of the d Achievement, 4 of as made to complete a permitted a resed work, desiminate set and leadership activities they con-completed in the pear year. Taylor competed in a finish project lab project, where

Consists since the way is the side was required a consecutive she were required to the set of the september or pairs to out the season graded on the pair to be their fraid pressure, their table preparation to hope the DPA is not all their trial.

Extension Agent, Easi vicen and Macon County 4 H chograin Assistant, vicinity di



# Watch out, Donald Trump! 4-H'ers doing 'Apprentice' work

Management of Fors Management of the Samuel Management of the Committee of the Samuel Management none there alone produces to hope proposed them for ones. Whereas in our area to these discountines of commercial above and some after make a few and the some of the result in the commercial and the comm

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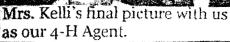
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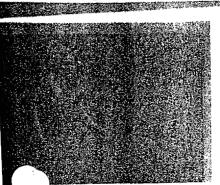
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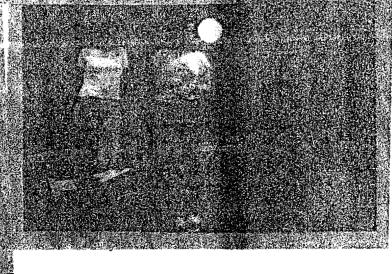
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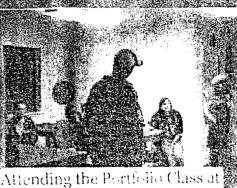






.ng for the 4-H Christmas





Attending the Portfolio Class at Fright Fest.



# A-M grant will benefit Whitewater Park

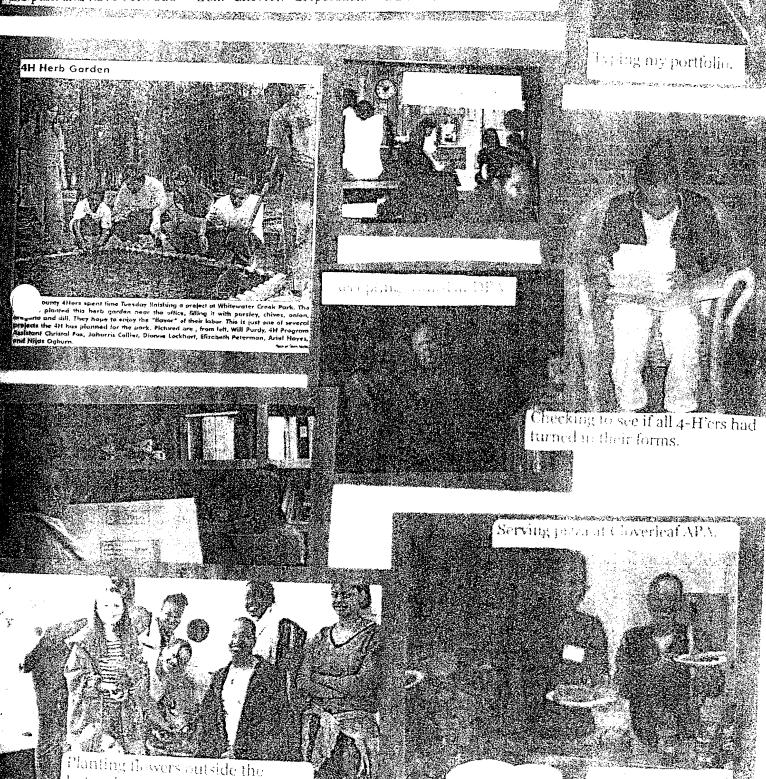
The Cherron Contractify
Fide Frogram has a varder frant to Macon Counce 4 Hi
program will be using the grant to complete a garden project at Whitewater Creek.

Local 4-Hiers have been working on an herb garden at the park and have been add-

ing a wild lower and permand bed for butterfler. In addition to having the runds to complete these projects, differs will also place which whoses at the county offices on Sumfer Street.

The 4-H Community Pride Program is made possible through funds received from Chevron Corporation. ear of a speciation is not exact the con-Corporate is to contributions for and the property.

for close minimization on 4 H v oraminately Service Projects and the Chevron Community Pride Grant contact Kelli Green at the Macon County Extension Service at 472-7588.



Senior Project Competition State 4-H Office University of Georgia 'hens, Georgia 30602 **d** J:

January 2005

Dear Project Judge:

Please accept this portfolio as my official entry in the Veterinary Science Project. I've been active in the 4-H program for 6 years. I am a sophomore student at Paulding County High School, member of the cross country team and on Junior ROTC Cadet Staff as a Major.

I have been riding horses for 10 years and have owned and taken care of my horses for more than 5 years. Owning and caring for 13 horses has taught me how to be responsible and knowledgeable with horses. I believe 4-H has strengthened my personality and allowed me to be an outgoing individual. I have participated in activities provided by 4-H that are not offered elsewhere and have gained confidence in myself that I did not have before I-joined 4-H. Besides teaching me responsibility and education in a fun atmosphere. 4-H has given me the opportunity to meet many new people. I look forward to sharing my experiences with others interested in the care of horses. Teaching horse care workshops & riding classes to youth has become very important in my personal growth and development. I have selected Veterinary Science as my project area because of my knowledge and love of caring for horses. This is the 4th year I have taught horseback riding camps at my farm where I plan the agenda, line up the teen leaders, schedule the classes and supervise the camp activities. I schedule veterinary and farrier visits during the camp days so the students will receive an education about the medical and hoof care of horses. These camps are 6 hours in duration each day and this past year I held more than 41 camp dates. During the summer, I scheduled 3 weeks of 5-day camps (6 hours each day) and this past year more than 153 4-H'ers learned proper English and Western riding disciplines. I utilize the Ga. 4-H Horse Project Novice Horseman Book as a basic education guide for the campers. I taught 4-H'ers general horse care & maintenance and instructed the basics of horseback riding to new riders. My 5-day camps culminated on Fridays with a horse show for parents with horseback riding routines to music performed by the students. I can teach the understanding of horse care & management practices to others, who otherwise would not have access to a horse.

During my 4-H career, I have given a total of 450 (98 in 2004) horse related demos, entered 321(14 in 2004) exhibits in fairs and horse shows, participated in 502 (97 in 2004) community service activities, attended 606 (116 in 2004) 4-H events. In total, I have won 185 firsts, 98 seconds, 74 thirds, 41 fourths, 12 fifths, 4 sixths, 4 sevenths, 5 eighths, 3 ninths, 2 tenths, 83 special awards, more than 560 in prize money and 43 project medals. I have appeared in 68 (59 with my picture) 4-H newspaper articles (14 in 2004).

Over the past 6 years I've been involved in many Ga. 4-H activities. Highlights were placing in the top 10 in the state pole bending competition, winning 1st place for my "Equine Rescue" demo, qualifying/placing 7th at the Regional Horse Show Championships in 2004, being elected as President of Central District Jr. Board, winning 3 "Best of Show" awards for photo exhibits at the Ga. Nat'l. Fair, and having our county horse quiz bowl team advance as one of the top 4 teams in the state in 2002. I was selected to serve as a teen leader this year for a week at the 4-H State Horse School and really enjoyed the leadership experiences it provided. I have been fortunate to attend many conferences and training sessions which well-equipped me to handle the many leadership roles I have served in. I have served as a 4-H Teen Leader I, II and was District Teen Leader III winner in 2004. I received 3rd Place at State Congress for my Veterinary Science demonstration this year. In addition, I was selected to represent Paulding County as a delegate at several state and regional teen leader summits. For the past 5 years, I have been named 4-H'er of the Year for Paulding County.

The 4-H Horse & Pony Club has several ongoing community service projects. We have collected pull tabs from cans for the Ronald McDonald House for leukemia treatments & our club began collecting cell phones which were no longer being used & donated them to women in crisis. We are also recycling license plates as a fund raising & environmental awareness opportunity. Our last project consisted of collecting UPC codes from horse wormer boxes for the Ga. Equine Rescue League (GERL) which benefits abused & neglected horses. This year we collected scarves, hats & gloves for the women's shelter, personal items for the homeless, filled plastic eggs with candy & toys, assembled Easter baskets & delivered to a children's home, volunteered hours, donated food, & had a fund raiser for an animal rescue, collected 101 books for needy kids, collected 53 canned food items for a food pantry, adopted two needy families and provided gifts for the holidays. I was instrumental in obtaining grant money from & have worked with the American Cancer Society educating children about the effects of tobacco use & volunteered at the Paulding Meadows Festival.

As a member of the Ga. Horse Council I have worked with the State of Ga. Dept. of Agriculture for the past 4 years at the Ga. Horse Fair demonstrating the rescue of a horse from an overturned trailer and working in the arenas. This demo serves as an education to the public how to safely remove a horse from an overturned trailer without the horse or the handlers being injured. It's a very involved process & takes teamwork from many people, but it is through the education of this demonstration as well as through my horseback

ing camps where others learn how to handle horses. My future goals include going into the Veterinary Science profession, enlisting 2 U.S. Army in the Vet Corps, serving for several years, then retiring to open a private practice. I would like to specialize in large animals so I may pass the knowledge of these wonderful creatures along to others. Thank you for considering me in this project area.

Sincerely,

Im hwleen

Sam Raybon

Paulding County 4-H

# Sam Raybon 2051 Highway 101, North Dallas, GA 30157 Veterinary Science Project - 2004 Main Project Work:

Dwned and cared for thirteen horses daily; fed, watered, cleaned stalls, rode, groomed, stable management: made sure there's enough reed, hay, shavings, wormers, and other necessary items. Kept records, scheduled appointments with vet and farrier. Additional property management skills were utilized such as keeping the barn grounds clean, repairing fencing and keeping the pastures up (700x) \*Designed and helped construct a horseback riding arena and a six-stall barn addition\*Cleared, fenced & seeded new pastures\* Workshops - Participated in lectures, seminars and workshops at 4-H State Horse School, Georgia Horse Fair and State 4-H Horse Show (29x)\*Attended monthly demonstrations and workshops with 4-H Horse and Pony Club on various topics from farriers' instructions, nutrition, veterinary care, riding disciplines, grooming, saddlery, horse rescue, etc. (18x)\* Learning Opportunities - Attended local, state & national fair exhibits & shows to learn more about different types of horse breeds, riding disciplines, feed & nutritional needs(42x)\*Participated in State 4-H Horse Quiz Bowl Practices(28x)\*Assisted vet in all medical procedures of horses including sedating, floating teeth, cleaning sheaths, gelding, injections, colics, impactions, injuries, routine & emergency medical care\*Worked with equine vet in-depth on breeding procedures, stallion management, follow-ups, ultra sounding & foaling of miniatures\*Worked at Haney's Farm Supply in field gathering & putting up hay (10x)\*Participated in 4-H State Horse Quiz Bowl competition\*Served as Teen Leader at 4-H State Horse School for a week assisting trainers, leaders and volunteers while teaching younger 4-H'ers the correct riding disciplines\*Worked at Lawson's Feed & Seed Store - learned about feed, hay, tack, deliveries, retail business (19x)\*Assisted farrier in trimming hooves & shoeing horses while providing educational opportunities to students at 4-H horseback riding camps (8x)\*

Tours - Took horse group to tour mini horse farm, learned about care, feeding & training of mini horses\*Toured barn in Calhoun with Horse Judging Team; learned more about horse judging techniques (5x)\*Toured Adairsville barn facilities to learn more about barn mgmt\*Toured Berry College Equestrian Ctr. to learn about breeding procedures & viewed barrel racing & drill team demos\* Interviews - Interviewed 4 times by newspaper reporters about 4-H activities\*Interviewed 4-H Horse Club leaders regarding their experiences with horses\*Interviewed veterinarian, farrier & feed store owners about how their businesses are involved with horse care (10x)\*Discussed horse rescue possibilities for our county with Ga. Dept. of Agriculture state personnel, Ga. Horse Council and Paulding County Animal Control staff (6x)\*Interviewed and featured on front page of Ga. Equine Rescue League newsletter\* Pamphlets, Videos, Magazines - Read all articles in "Horse Illustrated" magazine monthly\*Read horse related articles in classified ads, newspapers and "Farmers and Consumers Market Bulletin" \*Watched 4 videos on horse rescue \*Viewed 2 slide presentations on on formation\*Read 14 horse related books\*Watched four videos on horse judging\*Watched 2 videos on horse ownership\* nors and Awards - Captain, State 4-H Quiz Bowl Competition\*1st Senior DPA Veterinary Science Project\*3rd at State ongress\*1st place for Teen Leader III for Northwest District\*HM for Teen Leader III at State Congress\*1st State demonstration "Equine Rescue," Qualified and placed 7th at Regional Horse Championships, Top 10 State pole bending, Award, 4th in Hunter Showmanship at State 4-H Show\*4th in photography at State 4-H Horse Show\*Earned County 4-H Awards Trip\*Named County "4-H'er of the Year"\*Featured in 14 4-H newspaper articles (12 with my picture)\*1 Project Pin, 1 Leadership Pin, 2 Judging Team Pins, 23 Certificates, 9 Rosettes, 8 Trophies, 2 Plaques, 6 Medallions\*4-H main project (Horse) ribbons at Georgia National Fair, 4-H Fairs & horse shows - 30 (1st), 15 (2nd), 6 (3rd), 8 (HM), \$560 prize money\*County 4-H Horse & Pony Club "Superior Horseman" and "Perfect Attendance" Award/Trophies\*

## Main Project Sharing and Helping Activities:

<u>Demonstrations</u> - DPA and other horse demos (31x)\*Saddlery demo for Cloverleafs (audience-150) (18x)\*Showed younger 4-H'ers how to groom horses, basics of horseback riding and feeding (46x)\*State/Regional 4-H Horse Show demo "Equine Rescue"\*4-H mounted meeting & demonstrated different riding disciplines\*Shared knowledge regarding horse care, saddlery/ tack demonstrations, veterinary science, feed/nutrition, basic grooming & riding techniques through demonstrations, photographs, posters, news articles, bulletin boards & monthly newsletters\* Horse rescue/trailer tipping demo at Ga. Horse Fair (audience 500) (3x)\*Demonstrated proper riding disciplines to 4-H'ers while Teen Leader at State 4-H Horse School\*

<u>Displays</u> - "Feed and Nutrition of Horses" display (County) (5x)\*County 4-H display "TGIF Youth Rally" (3x)\*Bulletin boards for 4-H Horse & Pony Club (5x)\*4-H State Horse Show displays at School Box & 4-H Horse and Pony Club (4x)\*Bulletin boards for county library (2x)\*Placed Ga. Equine Rescue League displays at monthly meetings and feed stores for community awareness\*

<u>Articles Written</u> - Prepared & distributed monthly 4-H Horse & Pony Club newsletters & fliers (10x)\*Prepared press releases for 4-H Horse & Pony Club's various activities (18x)\*Wrote newsletter articles regarding "Feed and Nutrition of Horses" (4x)\*Wrote various articles for horse and pony club newsletters (10x)\*Wrote article for Ga. Equine Rescue League newsletters (2x)\*

<u>Classes Taught</u> -Taught more than 141 4-H'ers proper riding disciplines\*Taught 4-H'ers general horse care & maintenance (38x)\*

Instructed basics of horseback riding to new riders (38x)\*Planned, organized & implemented spring, summer & fall horseback riding classes focusing on proper riding techniques, grooming, care & feeding of horses (38x)\*Coordinated speaker for club meeting (3x)\*

<u>Community Service Projects</u> - Worked at 4-H Horse Fair & State Show (2x)\*Brought Iminiature horse & 2 pygmy goats (horse mpanion animals), provided for their care at "Farm Day" at Matthews Learning Center (500 children)\*Led horseback trail rides

\*Planned/held county-wide 4-H Horse Club fund raisers (raised \$4300.+ total/year)\*Brought 4 miniature horses & 2 pygmy goats (norse comp. animals), provided for their care at 4-H haunted house petting zoo (1200+ people) (1x)\*Gave free riding lessons for youth (26x)\*Worked at State 4-H Horse Show, assisted leaders, set up barrels, cones and jumps for competitions\*Provided 7 miniature horses for 4-H Horse & Pony Club to use at Dallas Christmas parade\*Leased two personal horses to 4-H'ers for use in 4-H Horse Project\*Volunteered at Foxhall Cup 2-day Horse Event\*Bike-A-Thon fund raiser\*Worked at Lucky Ranch workday and fund raiser\*

## Other 4-H Leadership and Teen Leadership Activities:

Leadership - Presided (9x) & presented minutes (9x) at monthly club meetings\*Led 4-H Pledge (6x)\*Presented Thought for the Day 'qx)\*Designed & prepared bulletin boards for county 4-H club meetings (2x)\*Assisted Agent with Area Award trip registration\* ined incoming Parliamentarians at County 4-H Officer Training (audience 125)\*Regional Youth Summit Leadership Training at Leader 1\*Teen Leader 11\*Teen Leader 111\*State Horse School Teen Leader\*Ga. Youth Summit Leadership Training\*Provided ice breaker games and recreational activities at county 4-H club meetings (5x)\*Teen Leader at County Lock-in\*
Offices Held -President County 4-H Horse & Pony Club (Jan. - June 04)\*Vice-president County 4-H Horse & Pony Club (Aug. - Dec. 04)\*County Senior Club 4-H Recreation Leader\*Paulding Co. High School PTSA Youth Advisory Board\*County Youth Collaboration Committee Board Member (TASK)\*

Committees Served On Special project committee of 4-H County Council Anti-tobacco campaign\* County Youth Collaboration Committee planned rally\*Grant Preparation Committee\*Planning Committee at State 4-H Horse Show\*Ga. Horse Council Member\*

Teen Leader -Judged county 4-H model horse contest\*Trained 40 new 4-H club parliamentarians at county 4-H officer training\*Teen leader at 2 county overnight lock-ins for 75 Cloverleaf 4-H'ers\*Teen leader in charge as supervisor who planned, organized and led 41 horse-back riding camps for more than 153 4-H'ers and other county youth\*Teen leader for county "Middle School on the Mountain"\*Served as teen leader and judge for 4-H horse show (3x)\*Planned, set up and served as Emcee county 4-H Horse Club Fashion Show\*Teen Leader for a week at State 4-H Horse School\*

## Other 4-H Community Service and Citizenship Activities:

General - Participated in fund raisers and food drives for community\*Donated food and clothes to area shelter (12x)\*Wrote 32 thank you notes to 4-H donors\*Worked at and donated pet food to Paulding County Animal Shelter (2x)\*Assisted at 4-H booth at Paulding Meadows\*Volunteered and worked at American Cancer Society Booth at Paulding Meadows\*Marched in Paulding Meadows opening ceremony\*Received personal congratulatory letters from Senator Nathan Dean, Glenn Richardson & Governor Sonny Perdue for 4-H accomplishments\*4-H Day at the Capitol\*Served as Honorary Page at State Capitol and Senate\*Collected and delivered 53 canned food items to Helping Hands food pantry\*American Cancer Society "Relay for Life"\*Helped collect and deliver 52 gifts and bicycle to two needy families at Paulding Collaborative, one needy family with Shriner's Association, and delivered Santa gifts in Bartow Co.\* Collected cell phones for women's shelter, license plates to be recycled and wormer UPCs for horse rescue as ongoing 4-H community service projects\*

Elderly - Made holiday cards for the Senior Center\*Took elderly neighbors dinner and gifts (17x)\*Helped elderly in church kitchen (7x)\*Mowed elderly friend's grass (15x)\*Helped deliver hot meals to shut-in seniors (24x)\*Taught craft classes to approximately 20 renior citizens at senior center (6x)\*Sent 65 Christmas cards to homebound seniors during holidays\*

uth - Collected school supplies for Homeless Shelter\*Sponsored 3 needy families for Christmas\*Taught cloverleafs how to do craft rojects at meetings (10x)\*Made safety kits for babies at Jr. Conference\*Collected pop tabs for leukemia treatments as ongoing 4-H community service project\*Collected 125 children's and youth books & donated to children's home\*Collected 104 gloves, hats & scarves & donated to women's & children's crisis center\*Collected and assembled 18 Easter baskets and delivered to children's home\*

#### Other 4-H Activities:

4-H - Lock-ins\*Anti-tobacco demonstrations (4x)\*Awards rafting trip\*End of Year awards ceremony\*Photo contests\*4-H Day at the Capitol\*Cotton Boll & Consumer Jamboree Judging Training\*Cotton Boll & Consumer Jamboree Judging Team competition\*Field trips\*Six Flags\*Volunteered in llama barn & showed llamas at Georgia National Fair\*DPA\*Sr. Conference\*Dallas Christmas Parade\*

<u>Displays</u> - Represented County 4-H at fall youth rally with 4-H displays\*Provided 8 non-project related photography entries for 4-H and fair exhibits\*Holiday Card Contest\*

<u>Demonstrations</u> - \*Anti-tobacco (8x)\*Craft demonstrations (6x)\*EAA Airplane Parking demonstration (5x)\*Sports Technique demonstration (10x)\*Llama Showmanship demonstration (10x)\*

<u>Fairs</u> (placement) - Entered a total of 14 exhibits (other than 4-H main project exhibits) at Georgia National Fair, 4-H Fair and other local fairs and exhibits\*3 (1st), 2 (2nd), 2 (3rd), 2 (4th), 3 Honorable Mention\*

<u>Judging Team</u> -6th year on County Cotton Boll and Consumer Jamboree Judging Teams\*Captain, 4-H State Horse Quiz Bowl Team\*4-H State Horse Judging Team\*

Awards (placement) -3 Achievement Pins, 28 Certificates, 5 Rosettes, 14 Trophies, 5 Medallions, Paulding County 4-H'er of the Year\*Other project ribbons - 18 (1st), 5 (2nd), 4 (3rd), 4 (4th), 6 Honorable Mention, \$165 prize money\*In 9 other 4-H newspaper articles (6 with my picture)\*6 T-shirts\*Nominated for "Kohl's Kids Who Care" award\*

# Other Activities and Information:

<u>Church</u> - Member of Lost Mountain Baptist Church Youth\*Attended summer camp\*Lock-ins\*Cook-outs\*JAM sessions\* Scavenger hunt\*Bible studies\*Retreats\*Youth praise team\*Member of drama group\*

School - Captain, school Academic Team\*MVP Award\*Gifted Program\*Cross Country Team\*Spring 04: 6 School Reflections Awards in Photography (2), Literature (2) and Visual Arts (2)\*County Reflections Award Certificate, Medallion and Trophy in Photography and Literature\*Fall 04: 5 Reflections Awards in Photography (2), Visual Arts (2)\*Literature (2)\*Major Cadet and serve

<u>vther</u> - Member of "Young Eagles" EAA Chapter\*Flew small airplanes and volunteered at "Young Eagles" fly-ins around southeast\* Volunteered time working around airplanes, worked as part of ground crew team and parked airplanes (9x)\*Gave demonstration, speech and provided visuals for EAA monthly meeting (3x)\*Instrumental in providing ground support and coordination at various flyins and assisted more than 200 Young Eagles earn their certificates (32 hrs)\*Represented "Young Eagles" in 4th of July and Labor Day parades\*Civil Air Patrol Cadet Master Sgt., Color Guard Commander\*Presented colors at 4th of July parade\*





Dear 4-H Veterinary Science Project Judges:

Dateline: Sydney, Australia. The Headlines of the <u>Sydney Herald</u> read: "New Zoo Vet to take over at Taronga Zoo". The story goes on to tell how a young boy from rural Georgia visited the Taronga Zoo in 1998 and decided that his life's goal was to become a zoo veterinarian. That young boy has grown into Dr. Andrew T. Moseley, DVM. He has moved from McIntyre, Georgia to live in Sydney and conduct the breeding programs for the Taronga Zoo.

Of course, this is <u>MY</u> dream for the future. I believe that the life of a zoo veterinarian would be exciting, and I fell in love with the unique animals of Australia while visiting there with my mother and grandmother. The Taronga Zoo was my favorite part of our entire three week vacation and set in motion my plans for the future. It goes without saying that I will first have to attend the University of Georgia and get my degree in Veterinary Medicine before I head "Down Under" to begin my life of working with the kangaroos, wallabies, and Tasmanian Devils.

4-H has helped me to learn to set and reach goals as I have developed citizenship and leadership abilities through many different activities. My parents have been totally supportive of all my 4-H work from DPA project work, to being a Junior District Officer for West District and a Senior District Officer in Southeast District, to serving as an intern for Dr. Ivey Dennard at the Gordon Animal Clinic. This year I worked one day per week at the clinic, and my activities counted toward my Science credits for this year because I am home schooled. I feel very fortunate to be able to give my career choice a "trial run". I am learning everything from how to deal with various animals, to the need for good record keeping and scheduling of appointments. There is an awful lot going on every day at an Animal Clinic that draws people from a 100 mile radius.

I believe that 4-H has helped me to learn more about myself and to feel confident with people of many different backgrounds, ethnicities, and incomes. I am learning that there is more to being a "professional" than just knowing the information in a book. You really have to "live" your career. 4-H is helping me to do just that.

I come from a family of active 4-H'ers. My great-grandmother was an honorary Master 4-H'er, my grandmother was an active volunteer leader, my three aunts were all counselors, and my mother was an active 4-H'er, 4-H camp manager, and 4-H/Extension Agent in Virginia. At my house, we talk about 4-H all the time, and my 4-H projects have become a family affair. My father, who is now a preacher, always wanted to be a veterinarian and has helped me to have opportunities that he missed out on as a youth.

My family made a major move in 2002 when my father was called to a new church in McIntyre, Georgia. I had been active in Bibb County 4-H until 2002 when I became active in the Wilkinson County 4-H program. 4-H helped me to adjust to this *major* move and lifestyle change.

I am thankful that I have 4-H to fall back on and to help me as I make my way into the future. I know that with 4-H, I will always have the support I need to reach my goals. Thank you for your time and consideration in examining my Portfolio.

Sincerely, Aloy, hostery

Andy Moseley

Wilkinson County 4-H

Veterinary Science Project

# Veterinary Science Project - Andy Moseley - Wilkinson County

# Veterinary Science Learning Activities:

Tours/Visits: 22 visits/ 14 locations Gordon Animal Clinic, Gordon GA. (Internship); Duffell Animal Hospital, Macon, GA. (4 visits); Gordon Pet Supplies, Gordon, GA; Gordon Grooming Center, Gordon, GA; PetSmart, Macon, GA; Macon Feed & Seed, Macon, GA; Bowden Farm Sales, Dry Branch, GA; Pay Day Feed & Seed, Ivey, GA; Irwinton Hardware, Irwinton, GA; Pet Land Pet Shop, Macon, GA. (5 visits); C & B Deer Processors, Milledgeville, GA; Tybee Island 4-H Center Marine Resource Center, Tybee Island, GA; Jekyll Island 4-H Center, Seining Program, Jekyll Island, GA; Dausett Trails, Fosyth, GA. (2 visits);

Interviews: 13 people interviewed/16 topics \*Dr. Ivey Dennard: "Veterinary Medicine as a Career" and "How To Be An Effective Intern"

- \*Tony Amerson: "How to Clean A Kennel" and "Stress Free Boarding of Animals"
- \*Jennifer McCook: "Operating Room Procedures and Sterilization" and "How To Declaw a Cat"
- \*Mark Fountain: "Safe & Proper Disposal of Animal Waste & Entrails After Surgery/ Death"
- \*David Gleason: "Keeping Accurate Records for a Veterinarian's Office"
- \*Chad Middleton: "Preparing an Animal for Surgery Using Appropriate Restraints"
- \*Tom Harold: "OTC Animal Vaccines"
- \*Terry Moseley: "Breeding Hunting Dogs"
- \*Brian Moseley: "Stud Services and Prices"
  \*Jennett Ussery: "Care For Injured Animals"
- \*Thad Greene: "Equipment for Handi-capped
- \*Carl Swicord: "Therapeutic Companions"
- \*Fred White: "Space Requirements For Horses"
- Workshops/Video Presentations
- \*DPA 7 contestants speeches
- \*State Congress 4 contestants speeches
- \*American Kennel Club Beginner's Guide to Dog Care and Training
- \*BuckMaster's Series Deer Management, Fighting Disease and Malnutrition
- \*Dog Command Performance Training-Level I -David Dikeman
- \*Dog Command Performance Training Level II-David Dikeman
- \*Project WILD Ga. Dept. of Natural Resources
- \*Hunter Safety Course-Stan Simmler,instructor
- \*Dogs for the Handi-capped (Work Dogs) -Discovery Channel Series
- \*Dog Detectives (Detecting drugs, mold, contraband -Discovery Channel Series
- \*Animals of the Far East-Animals in Missionary Locations - McIntyre Baptist Church
- 4 Books Read/4 Magazines Subscriptions:

Family Dog by Richard A. Wolters; Water Dog by Richard A. Wolters; Biology For Today (textbook); Mammals by Herbert Zim MAGAZINES: "Marine Biology"; "Gun Dog Magazine"; "Puppies, You and Your Dog" (AKC); "Pet Club" (Nutrition Guide for

Things I have done: (At Gordon Animal Clinic serving as Volunteer Intern -without pay)

Prepared animals for surgery 9 times, cleaned kennels for local boarding facility, cleaned surgery table after 21 operations, assisted with 56 spays, 42 neuters, 9 declawings, 23 mange shots, 110 antibiotic shots, 46 parvo treatments, 96 heartworm treatments, gave instructions on arthritis treatment to 33 patients, transferred 119 dogs from owners to kennel, fed dogs in kennel nest control for animal clinic cours 6 ve

checked 4 horses' teeth for age, determined breed of 178 dogs for papers, applied flea medication to 120 cats & 176 dogs, assisted with 28 C-Sections of dog, euthenised 4 goats (tumor, gore, hit by car, & attacked by dogs), and 36 tagged dog for rabies vaccination, kicked by horse during examination, cared for owl for 2 weeks that was hit by a car, shaved hamster for surgery (tumor), bandaged 2 hairless Chinese Crested Chihuahuas (no hair for blood clotting), euthanized 12 feral dogs, gave penicillin shot to Sugar-Glider (Amazonian squirrel), prepared Burmese Python for check-up; gave ferret FECAL shots; assisted with llama check up.

(Personal Pets) Fed and watered 2 dogs daily, bathed and groomed on a regular basis, treated to fleas, ticks, and heartworms, gave 7 way shot to puppy, dewormed puppy, fed and watered cat daily, groomed cat regularly, removed ticks from pets, examined and cleaned dogs' teeth, cared for injured red fox caught in trap (under supervision of wildlife specialist) cleaned yards of animal feces, cleaned kennel of sick dog, installed new dog house for pets, installed electric fence for 2 hunting dogs, made a cat bed for indoor kitten, bought 8 week old Black Labrador Retriever from breeder, registered dog with American Kennel Association, and trained puppy to obey simple commands, rehabilitated injured bat.

Veterinary Science Sharing Activities:

Demonstrations/Presentation:

DeWorm Or Disease-State 4-H Congress, audience 15 (2<sup>nd</sup> place at State); DPA, audience 16 (1<sup>st</sup> place at DPA); Wilkinson Co. Council, audience 8; 4-H Exchange Program, audience 11

Releasing Domesticated Animals Into The Wild neighborhood meeting - audience 9

Safety Measured - Don't "Horse" Around -Wilkinson County Council, audience 6

Lymes Disease and Your Animal - Wilkinson County Council, audience 8

Radio Interview: WBML Radio, Macon, Live Interview on Vet. Science Project Work

Newspaper Articles: State Congress Trip Posters/Exhibits/Pamphlets Made:

Exhibits - Flea Treatments - McIntyre Baptist Church Appr. 40 people viewed; Worms in Dogs - Ebenezer Association Annual Meeting - Appr. 95 people viewed; Worms in Dogs - Wilkinson Co. Library, Appr. 50 people viewed; DeWorm Or Disease - 4-H Spring Conference - Appr. 100 people viewed Posters - Worms In Dogs - McIntyre Baptist Church -Appr. 60 people viewed; Flea and Tick Treatments -McIntyre Baptist Church - Appr. 40 people viewed

Pamphlets: Worms, Deadly Killers-Wilkinson County 4-H Office - 100 distributed

Killers of Puppies & Older Dogs - Worms-Englehard Conference Center, Wilkinson County Library, Georgia Power Company, Wilkinson County Senior Citizens Center, McIntyre Baptist Church, McIntyre Fire/Rescue Department, Wilkinson County

Bank, Dr. Richard Duffel's Animal Clinic, Gordon Animal Clinic, Gordon Library, 4-H Spring Conference, Ford's Body Shop - over 1,000

distributed

4-H Leadership - Veterinary Science

\*Organized, planned programs, and led weekly meetings of Noah's Ark 4-H Club - 40 meetings, 12 members

- \*Taught 4-H'ers about herpetology 8 4-H'ers
- \*Taught class on indigenous animal habitat
- \*Conducted class on benefits of bats for 9 4-H'ers

- \*Taught 4-H'ers proper skinning,tanning techniques
- \*Conducted tour of bat houses for 5 4-H'ers
- \*Conducted class on teaching your dog basic commands 10 4-H'ers
- \*Conducted class on precautions when dealing with wild animals 5 4-H'ers
- \*Organized 4-H Animal Food Drive for elderly man collected 50 lbs of food
- \*Assisted 4-H'er in learning about and caring for his exotic pet Alligator Snapping Turtle
- \*Relocated 4-H'ers cat to safe environment

# 4-H Community Service - Veterinary Science

- \*Prepared Hurricane Shelter to be equipped for refugees with pets - Hurricanes Charlie & Jean
- \*Served as Volunteer Intern for Gordon Animal Clinic
   one day per week
- \*Fed birds at Toomsboro Nursing Center
- \*Did health check of birds, dogs, and cats used for therapy at Toomsboro Nursing Center - monthly
- \*Removed unmanageable dog from Toomsboro Nursing Center and relocated
- \*Fed birds of vacationing relative
- \*Checked bat houses at church for cleanliness
- \*Prepared 4-H Volunteer's dog for shots
- \*Examined cat who lost eye for infection for elderly couple in our church
- \*Stored and tanned otter for man in military
- \*Removed elderly man's dog from danger in the street
- \*Removed 2 poisonous snakes from local playground
- \*Cleaned out chicken coop for elderly, disabled lady
- \*Removed debris from turkey roost for disabled (heart condition) man
- \*Gave shots & heartworm treatment to elderly couples 5 dogs and 2 cats
- \*Cleaned dog yard for elderly man
- \*Cared for dog of man put into nursing home until he could be relocated to a good home
- \*Washed dogs at Toomsboro Nursing Center for residents
- \*Cared for horse used in therapy at Toomsboro Nursing Center
- \*Fed dogs for 2 volunteer firemen while on call Citizenship and Community Service General
- \*Recycled canned for local playground
- \*Member of McIntyre Baptist Relay for Life teamraised \$100 for cancer research
- \*Cooked meals for 12 shut ins 2 times
- \*Prepared and distributed Thanksgiving meals to 81 shut ins in the community
- \*Prepared and served 35 meals for District Soil and Water Conservation Day
- \*Prepared and delivered 79 fruit baskets for Christmas to the elderly
- \*Led children's church participants in visit to Toomsboro Nursing Center to carol – 9 children
- \*Planned and coordinated "Birthday Party" for Toomsboro Nursing Home Residents
- \*Made monthly visits to nursing home to see patients
- \*Planned and led 4 classes of English As A Second Language for 7 Mexican children at McIntyre Baptist
- \*Prop coordinator for children's Christmas play
- \*Presented 4 Advent Services audience 220
- \*Taught my Sunday School class 4 members
- \*Built steps for local playground/landscaped slopes
- \*Donated clothing to Fire/Rescue Clothing Bank
- \*Hosted Valentine banquet for 27 Senior Adults
- \*Hid Easter Eggs for children's church Egg Hunt \*Planned and coordinated Birthday Party for Jesus
- ornament making project 26 youth, 29 adults
- \*Wrapped 51 shoe boxes for Operation Christmas Child-collected small toys/hygiene products for boxes

- \*Toured Georgia State Capital
- \*Sound committee McIntvre Baptist Church
- \*Conducted mock election for Noah's Ark 4-H Club
- \*Raised \$160 for Foreign Missions
- \*Prepared 12 Sunday School Breakfast-approx. 45 people monthly
- \*Clean Up Committee for monthly church meals

#### Other 4-H Activities:

4-H Promotion.\*Radio spot for National 4-H Week, WBML Radio, Macon; Made and distributed 40 cupcakes and cookies to 4-H donors for Nat'l 4-H Week; Contacted and collect funds from local businesses for 4-H Exchange Program with Missouri 4-H (raised \$225); 12 newspaper articles with photos about 4-H events in Wilkinson County Post and Wilkinson County News; Wore 4-H T-shirt appr. 25 times to promote 4-H events; Made and sold green & white bows to promote 4-H; put up 4-H signage in front of new 4-H office; Encouraged 4 friends to join 4-H; Designed and produced 4-H fund raiser door hanger, Designed Southeast District Board Member Jersey and District t-shirt.

#### 4-H Events/Activities:

- \*Southeast District Board of Directors 2003-2004
- \*Cloverleaf DPA Teen Leader, handed out awards
- \*DPA Presented Welcome, directed skit, Presented vespers, fulfilled obligations of District Office
- \*Spring Conference Led vespers, played guitar at dance, wrote skit, set up stage, helped with registration
- \*State Council ran for State Board, swore in new District Officers, presided at district assembly
- \*Cloverleaf camp Rock Eagle Teen leader
- \*Hosted 4-H Exchange Trip from Missouri-took 4-H' to Tybee Island 4-H Center & Rock Eagle
- \*State Congress 2<sup>nd</sup> place in Vet Science Project
- \*State Egg Preparation Demo-GA.Nat'l Fair-3<sup>rd</sup> place
- \*Fall Forum Sponsored runner for road race, raised
- \$55.00 playing guitar at the dance for pool fund
- \*Wilkinson County 4-H Awards Program
- \*District Cotton Boll & Consumer Jamboree -3<sup>rd</sup> place District Team
- \*Teen Leader II Interviews GA. Southern University
- \*State 4-H Safety Belt Poster, PSA, and Essay Contest
- \*4-H Field Trips: Savannah, Tybee Island, Macon Mall, Bowling, Movies, Hard Rock Café, Atlanta
- Airport, Black Creek Lodge, Historic Salem Church,
- Historic Ghost Tour, Coca-Cola Museum,
- Underground Atlanta, Farm Tour
- \*4-H Community Christmas Program
- \*State 4-H Fair Exhibits GA. State Fair won \$360
- \*Bleckley County Awards Banquet

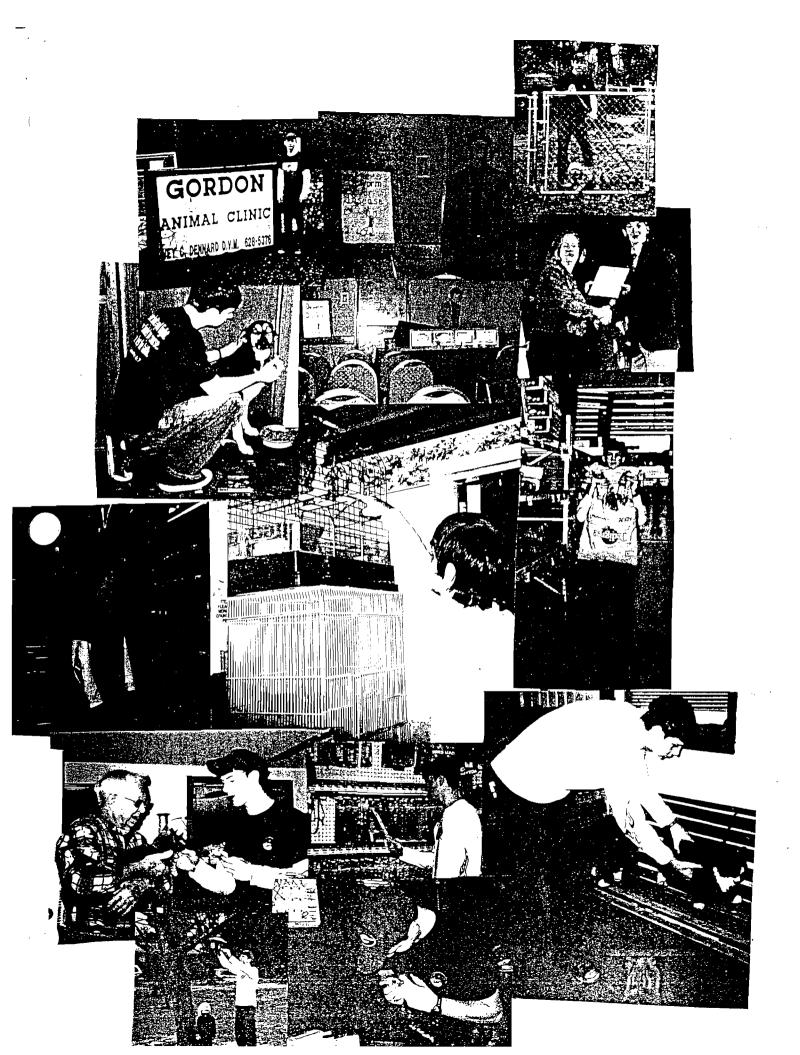
#### Offices Held/Honors Received:

- \*Southeast District Board Of Directors Member
- \*Presiding Officer Wilkinson County Awards Program
- \*1st Place District, Veterinary Science
- \*2<sup>nd</sup> Place State Veterinary Science
- \*3rd Place- District Cotton Boll/Consumer Jamboree
- \*3<sup>rd</sup> Place State Egg Preparation Demonstration
- \*Teen Leader Level I, II, and III Received \$100
- savings bond, interviewed for Level III

# Other Activities/Clubs:

- \*Active Member McIntyre Baptist Youth Group
- \*Sound Technician for McIntyre Baptist Church-run sound board for 3 services weekly
- \*Home Schooled
- \*Play Piano and Guitar
- \*Member, McIntyre Baptist Drama Team
- \*Member, McIntye Baptist Acteens and Youth Choir
- \*Royal Ambassadors Leader, McIntyre Baptist Church

mmint form





# Mone't Murphy 575 Murphy Rd. Dawson, Georgia 39842

Senior Project Competition State 4-H Office University of Georgia Athens, Georgia 30602

January 5, 2005

Dear Wildlife and Marine Science Project Judges:

Please accept this portfolio as my official entry into the Senior Wildlife and Marine Science project. Good Evening, I bring you greetings from South Georgia. My name is Mone't Murphy, I am a Freshmen at Lee County High School where I take pleasure in studying the existence of thousands of marine creatures. If not studying, then actively helping and participating in my 4-H club. Is it any wonder that I find this project area so captivating?

Richard Wilbur once said, "All that we do is touched with ocean yet we remain on the shore of what we know." All my life I've had a infatuation with the sea. The Ocean encompasses creatures as delegate as the jellyfish or as powerful as the whale. Though before 4-H I saw only the ocean as a place filled with only the creatures that I read in books.

Our Growing Knowledge on the ocean is so important. We can't protect what we don't understand. Working on this project gave me the incentive and motivation to keep going with my broadening of knowledge for the ocean. Hard work, study, research and persistence has resulted in so many things opening up to me.

Over the past year I've written over 72 artists sea and its habitats. On July 9<sup>th</sup> ,2004 I received the marine science award for creating and founding the Deep Sea Renewal Foundation. Here many other associates and myself help to conserve coral reefs around the world.

I've also Job shadowed many professional Marine biologist such as Jaime Yves Cousteau (Daughter of the famed Jacques Cousteau) and two of the trainers at Sea World of Orlando, Florida. Along with my many activities my family and I became one of the founders of the Flint Riverquanum in Albany, Georgia.

My project of the wildlife and manne Science has been helping me with my long range goal of becoming a Marine Biologist. Although many of the things I do contribute to ocean and its natural wonders, I also try to do so many things to help my club, my community, my country, and my world.

In my club I help by sharing what I learn from my experiences to others, so they can share in the beauty of the ocean. I try to show and tell of great things that a child or other human eyes will never see, hear, or even understand the nature of such brilliant creatures. I've also been club secretary three consecutive years.

In my community I try to help bring things to this part of Georgia, that other people might not see fascinating at first, but once they distinguish the animal they can say " hay! I've seen this creature before." and go home feeling that they learned something about the ocean

In my country and world I help by creating organizations that contribute to all, to help make the world a better place. I also support other organization that have the power to do even greater things.

Without 4-H I wouldn't have pushed myself so hard to help the ocean and I probably wouldn't be where I'm at today. Because of 4-H my passion to become a manne biologist has been lifted 20,000 Leagues Above the Sea! 4-H is a place where you don't have to win to feel good about yourself, but because you know you accomplished something that everyone can share and can gain knowledge from, makes it the best place to be. I truly believe that 4-H MAKES A DIFFERENCE.

Thank you very much for taking the time to read my portfolio.

Sincerely

Lee County 4-H Secretary

# WORK ACCOMPLISHED

# Presentations & Speeches:

- Georgia conservation of aquatics:
  - " Habitat Regions Of Georgia"
- National Aquatics Symposium; Fla. State University
- Organized & presided over Crystal River Seminar
- Albany State Univ. Marine Conference
- Scuba Diving Assoc. Speech Competition
- Augusta Maine/ Marine & Aquatics Assoc. "Tranquility of the Seas." (Information on Waves and Currents)
  N.A.A.C.P. Banquet: Ocean Life
- Florida A&M University Marine speech on The Nubibranch
- Speech given at the John PennCamp State Park: "Dive for a Day (History Of Diving)."

# Written/Published Articles:

- Lee County High School Newspaper Articles: "Aquatic Accounts" By: Mone't Murphy
- Student Government Association News Letters
- N.A.A.C.P articles (National Distribution)
- Skin Divers Unlimited Magazine Article "A Sneak Peek of some Sea Freaks. "(National Distribution)
- Tales of Youth Poetry Book" A Sight To Sea" (National Distribution) Award Winning

# Marine Management **Projects Implemented:**

- Took water samples At Wakulla Springs in Wakulla Florida.
- Weekly (Aug. Sep. & Oct.) Added Sand to Lighthouse Beach In Tallahassee, Florida for the burial of Sea Turtle eggs.
- THE PROPERTY OF THE PARTY OF TH
- book threshoution of fice Turks French Personal and
- Mounted Coral on sea cliff in South Beach Miami

# Interviews:

- Dr. Phyllis Reaves: Marine Scientist Florida A&M
- John Emerson : Parks At Cheehaw Conservation Consultant
- Tonya Seann: Marine Biologist, Flint River Aquarium
- George Winston: Florida A&M University Professor
- Dr. Gloria Stanton: Costal Ecologist at Spellman

# **Scuba Diving Experiences:**

Coral Reef Mounting : South Beach, Miami
Aquatic Mammal Study : Salem Tohago

Underwater Sightseeing: Cozumel Mexico Underwater Cleanup: Managua Nicosasa Nighttime Exploration (2016) A Polyago

Snorkeling Adventure: Key West Florida

- Tampa Aquarium Tour of the Black Sea
- Outdoor Tour of the Marine Aquarium in Augusta, Maine
- Disney World Of Orlando Florida: Living Seas Tour
- Crystal River: River Boat tour
- Key West: tour of the Fish Farm at John PennCamp state Park
- Key Largo: Aquanauts association tour
- Marine Lab Tour In Epcot of Disney World In Orland, Florida

# BOOKS AND PAMPHLETS

# Reading Materials:

- Marine Management And Conservation By: James Law
- The Ocean's Facts And Fantasies By: Linus Miles
- Dive! National Distributed Magazine
- Skin Divers National Distributed Magazine
- Treasures Of The Tropic Seas By: Amanda West
- "Within A Rainbow Sea" Pamphlet From the Tampa
- Ocean Wildlife By Garrett Johnson
- How To Cope With Dangerous Sea Life :By: Paul Quell
- Indigo Ocean By Christopher Newbert
- The Tranguil Seas By Allan Copeland
- The Anatomy of A Sea By: Robert Duncan
- "Briny Seas" Pamphlet By: Wesley Mason
- From Ocean To Shinning Ocean By: David Mitchell
- Into The Deep: By: John Brabon
- Aquamarine, A Sea Tale By: Renée Knoff

# Marine Aquatics Organizations:

- American Seaside Corporation
- N.A.A.C.P Aquaties
- Marine Science Lederation
- Pacific & Atlantic Conservation Club
- Flint River Research ( Youth)
- S.C.U.B.A Research crew
- Crystal River Sporkeling Club
- Bumble Bee Tuna Organization

# Marine Life Displays:

- Leon Public Library Marine Science Display
- Georgia Shores Association Display
- Fern Bank Display
- Land And Sea Turtles Science Fair Display
- Aquatics Symposium; FSU
- Wakulla Springs Showcase 04' Wakulla Springs, Florida
- Set up Marine Ecosystem display at the N.A.S.A center in Cape Canaveral, Florida
- Cheehaw Education Center display on oceanography
- Backyard Habitat Display at Wild Animal Kingdom: Disney in Orlando, Florida

# Honors And Awards:

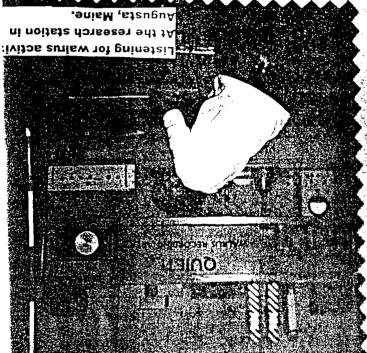
- 2004 Lee County Student Of the year
- Highest average for School in Science, Literature, World History and Algebra
- Allstate Honor Band District two 1st place winner
- Certificate Of achievement for the Founding of the Deep Sea Renewal Foundation
- Prince Sound Marine Science Award
- Lee County High School Honors society

# Marine Project Learning Experiences Workshops Attended:

- Clam spawning cycle: Held in Atlanta, Georgia
- Cuttlefish workshop: Held in Tallahassee, Florida
- Jelly Fish Friends learning Co. Held in Albany, Georgia
- Sea Creatures Of the Deep: Held in Cape Canaveral Fla.
- From Sea to Shinning Sea: Held in Augusta, Maine

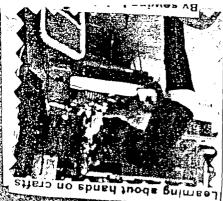


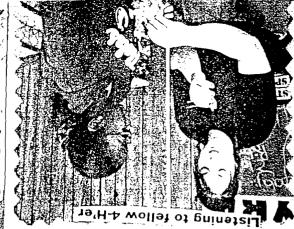












# Sharing And Helping

- Presented Marine and Biological science Project.
- Read Sea animals books to Mrs. Hammond's first grade class at Lee County Primary School
- Gave out flyers to the Albany Community For sea learning at the Flint River Aquarium
- Taught a class at Albany Sate University on Marine Ecology
- · Taught a class at Florida State University on Coastal Ecology
- Held an Exhibit at Sea World Of Orlando, Florida on Marine And Coastal Ecology
- Lead the manatee research Foundation at the Crystal River in Jennings, Florida
- Began a Deep Sea Renewal off the coast of Key West Florida
- Presented Exxon Valdez project at the National Science Fair
- Indulged many of the schools who came to the Flint River Aquarium in Albany, Georgia the unnecessary slaughter and use of sharks in Japan.
- Jola-Mola (Ocean Sunfish)
- Help and taught fifteen Children on medicating and nursing turtles at Sea World of Orlando, Florida
- Set up a community service project on Marine Science at the John Penn Camp Association in Key west Florida
- Help set up a Sea Life performance at the Flint River Aquarium.
- of Orlando, Florida

Made A video recording of my Scuba Diving experience to share with Florida A& M University Marine research crew.

- Gathered dead coral reefs for the Aquarium Exhibit at the Flint River Aquarium
- · Shared Starfish encounters with young children
- Helped Elementary Students make fish tank displays
- Taught Middle School Students fish tank cleanup procedures
- Shared Land Turtle Encounters with Primary School students
- Shared Stingray encounters with tourist at Seaworld of Orlando, Florida

# Other Activities

- Swim Team Captain
- Scuba Diver
- · I've started a turtle farm
- Traveled to Augusta, Maine aquatic research tournament
- Member of the St. Agnes Episcopal church
- Member Of the Lee County High School Marching Trojans Band
- Volunteer my time everyday to work at the Flint River Aquarium
- · Coach of the youth snorkeling group
- Work with the Audubon society (Marine and Aquatic Birds)
- Work with the Graceway Recovery Residence (Abused Youth)
- Y.M.C.A. Sports Park Lifeguard
- Volunteer at the Southwest Georgia Phoebe Hospital Sickle Cell Center
- Read to the caner children at Palmyra Medical Center of Albany, Georgia
- Manage and take care of 10 of my own fish tanks with over 14 different species of Aquatic Life
   Build Small Coy Ponds for the Leesburg and Albany, Georgia
- Clean and scrub Wright whales, turtle shells, and Algae off of Sting rays at the Sea world Aquarium in Orlando, Florida
- Student Government Association
- Science Club.
- Member of the Lee County 4-H

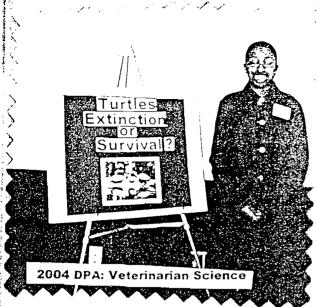
# Other leadership and Teen Leadership Activities

- Secretary of Lee County 4-H
- Lee County High School 9th Grade Student Government Association President
- N.A.A.C.P. youth group President
- · President and Founder of the Deep Sea Renewal Foundation
- President of N.A.S.A. youth group
- President of Natural resources at the Flint Riverguarium
- Treasurer of the Manatee Research Foundation
- Member of the National Honor society
- Vice President of the Science club
- President Of N.A.A.C.P Alpha Kappa Alpha (A.K.A) Sorority Group

# Other Community Service And Citizenship Activities

- Donated 60 bags of New Clothes To The Bridge (Women and Children's Shelter), Albany, Georgia
- Participated in the Lee County Primary habitat cleanup
- National Founder of the Flint River Aquarium
- Salvation Army Bell ringing
- Donated can goods to the Postal Service Food Drive of America
- Donated \$ 200 to the Help the Homeless Co.
- Spent the week at the nursing home cleaning and playing games with the elderly
- Gathered And collected bottles of dawn dish washing detergent for the Exxon Valdez Cleanup crew
- Made bird feeders out of pine cone for Home Depot
- Planted 50 acres of tree seedlings the Georgia Forestry
- Planted And weeded flowers for the Leesburg Habitat
- · Sold BBQ plates for LCHS Band boosters
- Built a Halloween fun house to raise money for beach cleanup
- Made and sewed blankets for the Homeless shelter
- · Fixed dinners for Procter and Gambles Family Day
- Sent off Christmas Boxes to the soldiers in Iraq
- Sent Christmas cards to the people who were in the Hospital
- Donated teddy bears to children who were in the hospital during Christmas
- Donated fish tanks to the Flint Riverquerium
- Donated ocean books to the Lee County, and Leon County

   Dublic Life and County
- Sent care packages of food to Nairobi, Africa
- Donated \$500 dollars for research for cures for cancer contributing to the sea.
- Made eye goggles for the construction workers at Procter & Gamble
- Gathered can tops for the Ronald McDonald charity.
- Sewed quilts with the senior citizens at the Lee County Senior Citizen Home
- Help load water for the disaster victims in Punta Gonda, Florida
- Painted windows for the Lee County Primary Fall Festival
- Sent off Get well soon cards to retired Veterans in the Hospital
- Participated in the Adopt A Highway cleanup for 4-H
- Help put together Bicycles for unfortunate children of Southwest Georgia
- Gave away Procter& Gamble Gift Baskets
- Volunteered and Helped Build Houses for Habitat For Humanity











Participating in Sing-Along at 4-H cloverleaf meeting



teen leader at cloverleaf introduction meeti

Deep Sea Renewal Foundation ( Placing Down Artificial Coral Reefs)



Senior Portfolio Judge State 4-H Office Hoke Smith Annex University of Georgia Athens, GA 30602

# Dear Portfolio Judge:

Education is, and always has been, very important to me. I remember being excited about learning in the second grade and as an elementary student I excelled as an honor student. Now, as a Senior at Madison County High School, I am maintaining a 3.8 grade point average. I work hard in school because I believe that good grades, a strong education, and hard work will lead me to accomplish my personal and career goals. My hard work has paid off this year as I have been named to the National Honor Roll and been accepted to several universities to continue my studies.

My personal and career goals are high because I believe in the saying "always shoot for the moon because even if you miss you will still land among the stars." I plan on attending Berry College or Valdosta State University and pursue a degree in biology. I'm not quite sure yet what my actual major will be but after talking with several college career specialists I know it's acceptable to be undecided

My participation in the Workforce Preparation and Career Development project area has been invaluable in preparing me to face the challenges I am setting for myself. Through my project work, I became more aware of college and university entrance requirements, more knowledgeable of the skills that employers look for, and have taken an in-depth look at my personal and career values. I have networked with college administrators, interviewed entrepreneurs, and discussed the transition form high school to college with several college students. My extensive project work was rewarded earlier this year when I was accepted to 5 universities/colleges.

My 4-H experience has taught me skills that I know I will utilize in the future. I have gained valuable teambuilding skills through my participation in numerous judging events. By giving reasons, I have developed the ability to make decisions and then defend those decisions. I have proven to myself that I can learn new and different concepts (I would never, ever thought that one day I would not only judge a chicken but understand why I was judging it) that help me think outside the proverbial box and to use my critical thinking skills. My leadership and communication skills have been honed by being Co-President of my county Board of Directors and by being an ABC Intern/Teen Leader at Camp Wahsega. I have truly been blessed with great learning experiences.

I see myself in twenty years as a successful person thanks to my hard work and the encouragement I receive from my family and my 4-H family. I see myself carrying on the values and ethics that I have learned in 4-H and, someday, serving as a 4-H volunteer and perhaps even giving the keynote address at State 4-H Council!

Sincerely,

Jăcquline Nunn

Madison County 4-H'er

Tacqueline R. Nunn

## Main Project Work

## Colleges Applied to and Accepted by:

- Berry College in Georgia- Accepted
- Emmanuel College in Georgia- Accepted
- University of Nebraska in Lincoln- Accepted Valdosta State University in Georgia- Accepted Georgia Southern University in Georgia
- University of Nebraska in Omaha

# College Admission Contacts other than ones applied to:

- Agnes Scott Women's College
- Emory University
- Harvard
- ▶ Johnson and Wales University
- Samford University in South Carolina
- University of Georgia
- ▶ University of Miami in Florida
- > University of Washington in St. Louis

## Career and College Classes:

Drafting I - Madison County High School

- ▶ Learned basic drawing and computer skills utilized in drafting
- ▶ 90 sessions

## Drafting II - Madison County High School

- Learned advanced computer skills utilized in drafting
- Completed computer drawings of various mechanical instruments
- ▶ 90 sessions

# Biology 101- Emmanuel College (PSO Student)

- Learned fundamentals of Biology while gaining college course experience
- ▶ 90 sessions

#### CPR and First Aid - John Sartan, Instructor

- ➤ Became certified in CPR and First Aid
- ▶ 2 sessions

# Learning and Work Experiences:

# Teacher's Aid - Art Class - Maoison County High School:

Observed the roles of teacher

Assisted with classroom instruction

#### WWJC - Radio Station - Commerce, GA

- Discussed careers in broadcasting with personnel director
- ▶ Toured facility
- ➤ Visited with professional disc jockey

#### Page - Georgia State Capitol

- ➤ Observed the roles of state senators and representatives
- Helped with errands for the senators at the capitol

#### PROBE Fair - Oconee County High School

Talked to representatives and received information from University of Georgia, Berry College, Georgia Southern University, Valdosta State University, The Art Institute of Atalanta, Piedmont College, Emmanuel College, Davidson College in North Carolina

## Week-end in the Classic City - University of Georgia

- Discussed college student issues and admissions issues with representatives from Abraham Baldwin Agricultural College, North West Georgia State College and University, University of Georgia, Georgia Technical College, Berry College, Georgia Perimeter College
- Became aware of student services at UGA
- Attended classes led by college students on student issues

# Athens Ben-Epps Airport - Athens, Georgia

 Discussed careers in aviation and aviation administration with Splash Operations Supervisor
 (6 coun

#### Interviews:

- ▶ Keith Cowne- Madison County School Superintendent
- ➤ Dr. Douglas Butts- Emmanuel College Biology Professor
- Michelle Cleaveland- Madison County Coroner
   dd Sartan- Madison County Crime Scene Investigator
   uck Scoggin- Madison County Criminal Investigator
- ► Cody Cross- Madison County Criminal Investigator
- John Sartan- EMT
- ▶ Ron Kaes- Local Entrepreneur

# College Prep/Psychological/CareerTests Taken:

- ➤ Georgia Writting Test-Scored 520
- ➤ Georgia Graduation Test
- ► SAT- 2 times

Scored a 980 the first time/Scored a 1050 the second time

- Georgia End of Course Test- Score 91 on Economics Test
- ➤ ASVAB-Scored a 50
- ► Myers Briggs Type Indicator
- Holland Career Inventory

# Main Project Sharing and Helping Experiences

#### Presentations:

"Six Keys for Success, Opening Your Door to College" Northeast District DPA Practice

▶ Presented demonstration eight people

"Six Keys for Success, Opening Your Door to College" Northeast District DPA

- ► First place in both demonstration and portfolio
- Presented demonstration to thirteen people
- "Six Keys for Success, Opening Your Door to College" State Congress Practice
  - Presented demonstration to five people
- "Six Keys for Success, Opening Your Door to College" State Congress
- ➤ Third place demonstration
- ▶ Presented demonstration to fifteen people

# Classes Organized and Taught/Project Clubs:

"So You Want to go to College"- 5-hour seminar featuring four key note speakers on college prep issues - 8 Senior 4-Hers Speakers included:

- Dr. Steve Brown, Counseling Center Director ETSU "Choosing a College Major"
- Dr. Douglas Butts, Science Department Emmanuel College "Succeeding in College"
- Ms. Beth Scott-Brown, Adjunct Faculty Gainesville College "The Successful College Application"
- Mr. Robbie Jones, Senior UGA "The Successful Student"
- ► Met with each speaker prior to class to discuss seminar goals
- ► Introduced each speaker
- > Prepared thank-you gifts for each speaker
- Developed and distributed publicity flyers

"We're Off to See the World"- Career Exploration - 9 students

- ▶ "So. You Want to be an Astronaut" taught class
- "So, You Want to be an Entrepreneur" planned and took class to local pizza business where owner spoke to group about how to start and run a successful business
- "So, You Want a Career in Aviation" visited Athens Airport to see what it is like to be a pilot and a Airport EMT/Fire Fighter

"Back to the Future"-2 classes on career skills - 7 students

- Developed communication skills through many team building and communication activities
- Explored career options through understanding ourselves and our morals and values

"Get a Jump Start"- High School Preparation- 1 class- 6 Juniors

- ► Talked about future jobs to disappear and new jobs of the future
- Gave out a Middle School and High School time line to help prepare for college
- "Communication Skills and the Workforce"- 2 classes 40 Junior Splash

(6 county event)participants

 Prepared and led activities to enhance communication skills and showed importance of communication in the workforce

Developed Career and College Exploration Center at 4-H office:

- ▶ Has information from over 30 colleges throughout Georgia
- ► Has information from over 15 out of state colleges
- ► Has investigational materials for over 20 careers

Instituted a Career Spotlight Exhibit in the local 4-H office:

Developed informational flyers for five careers

## Tutor/Classroom Assistant:

- Drafting I Class 1 semester 27 students
- ► Art Class 1 semester 30 students

# Exhbits:

- "4-Hers Earn as you Learn"- Madison County Fair 1st place -
  - Approximately 500 viewers
  - Hers Earn as you Learn"- Ga National Fair 8th place -
  - ► Approximately 365,000 viewers
- "Six Keys for Success: Opening your Door to College"- Elbert County (District) Fair - Honorable Mention -
  - Approximately 500 viewers

# Individual Assistance Provided:

- ▶ 12th grade student figure out where she should apply to school
- ▶ 12th grade student understand the process of registering for the SAT and how she could get it for free, also consider the different college types
- ▶ 12th grade student consider secondary options that are close to ▶ Gave Blood to the Red Cross Blood Drive twice home

# Pamphlets Developed and Distributed:

"Six Keys for Success: Opening you Door to College"- handed out to 15 people

## Leadership and Teen Leadership Activities:

## County Council Co-President

- Helped plan county awards banquet
- ▶ Helped plan county officer training

# Georgia Key Award Recipient

# Teen Leader I, II, III Award

▶ 10th place in Teen Leader III area interviews

#### State Technical Team

- ▶ Work with GPS/GIS on mapping trails at Rock Eagle for grant
- Supervise Cyber Café

# All About Camp Teen Leader Training

- Participated in and learned many activities that can keep campers busy
  - 'Vent through interviews to compete for residential positions at → Participated in recycling of paper products and cans ummer camp

# . air Booth Committee Chairperson

- ▶ Presided over committee meetings
- · Assisted with creating and implementing design of booth
- ▶ Responsible for recruiting members to set-up and take down booth

## County Awards Program

- Attended 8 awards program planning meeting
- Presided at the Introduction of the program
- ► Announced recognition of volunteers
- Participated in skit
- Responsible for set up and clean up

# Junior Splash- Teen Leader

- Taught two classes
- Led recreational activities

# County Cloverleaf Summer Camp- Teen Leader/ ABC

- ▶ Led kitchen patrol duty all week for every meal
- · Assisted counselors with both pond and waterfall duty
- Attended and helped with all classes and family meetings with rny assigned group
- Helped counselors with wet day
- Helped campers with problems

## Summer Class-Teen Leader:

- Assisted with Vet class
- ▶ Assisted with Science class
- Assisted with GPS/GIS class

## County Officer Training-Junior Leader/ Instructor:

- ▶ Reviewed presidential duties with presidents of the Cloverleaf 4-H classes and Junior 4-H classes
  - fficially pinned the Presidents of the Cloverleaf 4-H classes d Junior 4-H classes
- > Set up, ran, and cleaned up the refreshments table
- Answered all questions the presidents had

# Nickelodeon Day of Play:

- Assisted with set up and clean up
- Assisted with team and single games

# Assisted younger 4-H'ers with their DPA Projects

- Assisted Younger 4-11-93 with their DFA Figlets
   Assisted Elizabeth Wood, 5th grader, with her DPA demonstration
   Assisted Samantha Wood, 7th grader, with her DPA portfolio
   Assisted Steven Morgan, 7th grader, with picking his project
- Teen Leader for Madison County Poultry Judging

Assisted Junior team with questions and developing their

techniques

## Community Service and Citizenship Activities:

County Food Bank

Gave canned food to the 4-H office for the food bank Went to the Food Bank and helped pack bags of food for Christmas dinner for underprivileged families

- Participated in filling a shoe box full of toys for Shoe Box Santa
- Made and Distributed red ribbons for Red Ribbon Week
- ▶ Made trick-or-treat candy bags for the Head Start Foundation
- > Participated in registering animals for their rabies shot in the Madison County Rabies Clinic at over 5 different locations
- > Participated in cleaning up a mile of land for the Adopt-A-Highway project
- ▶ Donated a bag of clothes to the Good Will Donation
- Donated household materials to the Project SAFE for Battered Women and Children's Home
- Helped build a gazebo, refinish an awning, and prepare to plant a garden for the Ty Cobb Nursing Home
- ▶ Helped serve breakfast at the Madison County New Teacher Orientation
- Helped paint Christmas Bulbs for nursing home patients
- ▶ Participate in the Madison County Youth Senior Connection
- Gave money to sponsor a runner in the 4K run for 4-H at Fall
- Through my local 4-H office and through school

#### Other Activities:

Poultry Judging:

Attended 10 practice sessions

8th high individual at Area Competition

11th high individual at State Competition Competition

▶ Livestock Judging:

Attended 10 practice sessions

10th high team at State Competition

3rd high individual on county team at State Competition

➤ Cotton Boll and Consumer Jamboree:

Attended 5 practice sessions

► Challenge Bowl:

Attended 15 practice sessions

4th high team at State Competition

➤ Wildlife Judging:

Attended 15 practice sessions

5th high team at State Competition

▶ Participated in local 4-H kickoff picnic

Helped advertise the first 4-H meetings at school Competed in county council competition

- ▶ Participate in local Senior Christmas Party
- ▶ Attended Senior Conference
- ▶ Attended Fall Forum

Attended the Reality of Budgeting and Credit workshop Competed in the National Conference Interview competition

#### Honors and Awards:

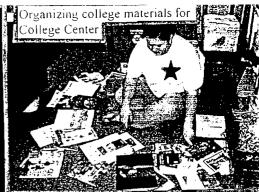
- ▶ Who's Who Among American High School Students
- ▶ 4-H Gold Superlative Award County Award
- First Place at North District DPA
- ▶ Fourth Place team at State Challenge Bowl
- ▶ North District Cotton Boll Speech High Individual

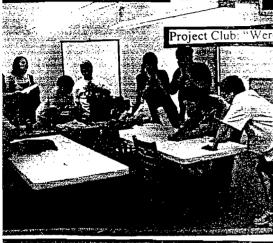


# Jackie Nunn

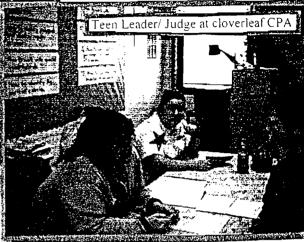
Madison County











County Council , Co-President, hosting the awards banquet



itate Applicants Selected!!

Jackie Nunn

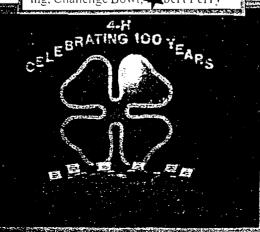
ongratulations to Jackie Nunn on eing selected as a member of th 004-05 State Technology

eadership Team.

Congrats to 4-H'ers showing animals in the fair. Stay tuned to see complete fair results next month. Everyone did a great job with their fair exhibits. Make sure you look in the newspaper for our local youth fair results. The Big 4-H Exhibit booth placed Yor a Madison County Fair and Honorable Mention at the Elbert 12 County Fair! Thanks to the great job of the Committee, 4-H Fair Booth placed 2<sup>nd</sup>. This booth was chaired by Jackie Nunn.



& State Shotga Jackie Nunn-DP. Workforce Preparation & Career De velopment Project 1st Place, Cotto-Boll & Consumer Jamboree, Area & State Poultry Judging, State Live stock Judging. State Wildlife Judging, Challenge Bowl; bert Perry



So...You Want to go to College???

DON'T miss this wonderful opportunity to discuss your college plans with actual college/university administrators!!! This informative program includes sessions presented by Dr Steve Brown from UGA, Dr. Douglas Butts from Emanuel College, Ms. Beth Scott-Brown from Gainesville College ar-Robbie Jones, a current UGA student. The program will be held at the Madison County 4-H Office on Saturday, December IIth from 10:00 - 2:30 and you must pre-register!!! Call 795-2281 for more information and to register!!!! §

So you want to go to college" Class

