

The oldest of three, I am the first person in my family to participate in 4-H. In 5th grade, I was elected 1st Vice President of my club and became very active in 4-H. Cotton Boll and Consumer Judging, Tree Identification, Poultry Judging, and District Project Achievement are some of the events in which I have participated. I am, also, currently president of my middle school 4-H club. I have attended Junior Conference and Camp Rock Eagle in 5th and 6th grade. I have enjoyed being a teen leader at Cloverleaf activities. As an 8th grade Junior 4-Her, I plan to partake in as many Junior activities as possible. My sister, 5th grade Cloverleaf 4-H'er, has just been introduced to 4-H, and I hope to a great inspiration for her to stay involved in 4-H and help her reach for the stars.

I am Altimease Lowe from Camden County, and ever since I was about five years-old, I was told I would need braces because of my small mouth. I had braces for two years and I think the experience was passable. There were times my uncle would tease me, using names like "Train Tracks." Also, the list of foods I couldn't eat was ridiculously hard to obey. My dad loved it because he didn't have to worry about me eating his pecan pie. Overall, if I had to go back and get braces again, I would because it left me with a beautiful smile and a topic for 4-H project achievement.

Main Project Work

- ✚ Attended Health Rocks classes at Junior Conference
- ✚ Participated in the Health category for 2009 District Project Achievement
- ✚ Attended a doctor's appointment at Kings' Bay Clinic
- ✚ Attended Physical Education classes at Camden Middle School
- ✚ Attended an exhibit on the Human Body at Museum of Science and History in Jacksonville
- ✚ Completed a sports physical at Kings' Bay Clinic
- ✚ Learned basic CPR and Heimlich maneuver
- ✚ Became a certified babysitter by American Red Cross
- ✚ Completed a Mendez drug workbook for health class
- ✚ Wrote a thank-you letter to my project donor
- ✚ Attended 1 orthodontist and dentist appointment

Main Project Sharing and Helping

- ✚ Presented a summary of my project on braces at Jekyll Island Teen Retreat, 37 people were present
- ✚ Taught my sister proper teeth brushing techniques
- ✚ Explained drug testing information to my health class, 24 people were present
- ✚ Helped my mom cook dinner based on the Food Guide Pyramid
- ✚ Answered friends questions about braces
- ✚ Dispersed medicine to my siblings
- ✚ Helped my siblings with their mouthwash
- ✚ Presented my demonstration on braces at a project workshop

Leadership

- ✚ Worked a carnival game as a teen leader at 2009 Cloverleaf Project Achievement
- ✚ Passed out food at Cloverleaf officers training as a teen leader
- ✚ Lead Cub Scout Pack 269 in "Bear Hunt" song
- ✚ Brought snacks in for 4-H club meeting
- ✚ Elected President of my 4-H club
- ✚ Posted 4-H club meeting signs
- ✚ Became head of 8th grade yearbook committee
- ✚ Photographed students at a Camden Middle School pep rally

Leadership Continued

- ✚ Baby sat my brother and sister for my parents
- ✚ Brought cookies for my homeroom's Christmas Social

Community Service and Citizenship

- ✚ Donated items for the Hero Packs at Junior Conference
- ✚ Served as a voting delegate for the 2009 Junior Board
- ✚ Participated in A Million Thanks at Teen Retreat
- ✚ Helped remove 146 lbs of trash from Jekyll Island Beach
- ✚ Made a thank-you card for Military families
- ✚ Made Thanksgiving cards to soldiers overseas
- ✚ Volunteered at a carwash for Cub Scout Pack 269
- ✚ Raised money by selling donuts for the Cub Scouts
- ✚ Baked cookies for the Transportation Department
- ✚ Recycle all plastic, glass, aluminum cans, containers, or bottles
- ✚ Volunteered at the Angel Food Ministries' order pickup
- ✚ Donated band aids to the International Medical Relief
- ✚ Collected 4 gallons of can tabs for the Ronald McDonald house
- ✚ Participated in a Hat day fundraiser for a student with cancer
- ✚ Donated a Dr. Seuss book to a student with cancer

Other 4-H Activities

- ✚ Member of Cotton Boll and Consumer Judging Team for Camden County, attended 5 practices
- ✚ Attended 2009 Junior Conference
- ✚ Attended 2009 Jekyll Island Teen Retreat
- ✚ Attended World of Fun 4-H Lock-In
- ✚ Visited back-to-school 4-H Club information booth at Camden Middle School
- ✚ Member of Camden Middle School 4-H Club, attended 7 meetings
- ✚ Participated in 4-H Talent Show at Junior Conference

Other Activities

- ✚ Sold Business Ads for the Camden Middle School yearbook
- ✚ Raised money for Word Vine Christian Fellowship Dance Ministry
- ✚ Member of Word Vine Christian Fellowship Dance Ministry
- ✚ Sang a solo at Word Vine Christian Fellowship Praise Program
- ✚ Participated in Word Vine Christian Fellowship 2009 Youth Talent Show, placed 1st in the Music category
- ✚ Participated in the Duke TIP Program
- ✚ Nominated for Junior National Leadership Conference
- ✚ Created Ads for church jewelry sale
- ✚ Sold candy for Word Vine Christian Fellowship fundraiser
- ✚ Participated in Word Vine Christian Fellowship Christmas and Easter play
- ✚ Danced in Word Vine Christian Fellowship Praise Program
- ✚ Earned A\B Honor Roll
- ✚ Awarded a certificate for the highest average in Mathematics
- ✚ Photographed an ill student for the yearbook



Jumping across borders and making blankets at 4-H Lock-in



Reviewing 4-H Quiz questions with Cloverleaves



Putting in my retainer at the Orthodontist

Helping out the Angel Food Ministry



Jr. |Sr. District Project Achievement



Sharing my project at the Jekyll Island Teen Retreat

Helping the little boys fold the flag at a Cub Scouts meeting

