

# Virginia Cooperative Extension

State 4-H Office

107 Hutcheson Hall, 250 Drillfield Drive (0419) Blacksburg, Virginia 24061 540-231-6372 Fax: 540-231-0762 www.vt.edu

#### I. Personal

Name Address Phone Date of Birth Age

### II. Education

South Elementary School: 1984-1989

Certificate of Recognition for Distinguished Accomplishment in Art

Certificate of Award for Citizenship

Certificate of Achievement for Academic Excellence

Presidential Academic Fitness Award

Certificate for Perfect Attendance (3 years)

Cluster Springs Elementary School: 1989-1992

Certificate of Award for Academic Excellence Certificate of Appreciation for Computer Lab

Volunteer Computer Literacy Achievement for Proficiency

Academic Achievement for All-Star

Academic Team Competition Certificate of Recognition for Excellence in Music

Certificate of Recognition of Excellence in Barid

Certificate of Appreciation as a library helper

Two Golden Keys presented as key to success

Certificate of Recognition for participating 3 years in the

St. Jude's Children's Hospital Math-A- Thon

Certificate of Recognition of Perfect Attendance (2 years)

County Junior High School: 1992-1993

Induction to DECUS Chapter of the National Junior Honor Society

Certificate of Achievement of Honor Roll

Certificate of Recognition for Excellence in Band

Certificate of Recognition for American Mathematics

Competitions Certificate for Outstanding Service as a team member of the

School's baseball team

Certificate of Recognition for Eastern Division Championship as a member of the baseball team

Certificate of Recognition for Perfect Attendance



Virginia Tech · Virginia State University

### County High School: 1993-present

Induction to PERIHELION Chapter of the National Honor Society Selected to attend The Governor's School for Global Economics/Technology Selected to attend Boys' State 1996 Certificate of Recognition for Perfect Attendance

## III. 4-H Participation

### 4-H School Club Membership

My first experience in 4-H was in 1989. I was nine years old and a fourth grade student at Elementary School. Once a month the County 4-H Agent would come to our school and hold a 4-H meeting. I was excited to become a 4-H member because both of my parents were active in 4-H during their school years and my mother is now a 4-H volunteer leader. I remember being elected as flag bearer and pledge leader. This was my first experience as an elected "official" and I took my job very seriously. I learned that with any job there is a responsibility and others depend on you. I also learned that I should help others, not only in my home, but also in school and in my community .The 4-H Agent talked about the many activities available to 4-H members and I knew it would become an important part of my life and that 4-H is where I belonged.

## 4-H Junior Camp

In the summer of 1990, at age 10, I attended my first 4-H Junior Camp.

This week was so much fun I knew I would always attend 4-H Camp. I was hooked. I learned how to build a rocket, shoot a bow and arrow, how not to tip a canoe, and how to work as a team member on the beginning ropes challenge course. I have continued to attend 4-H Camps each summer. I participated in 1991, 1992, and 1993 as a regular camper. Each summer I advanced in the classes I took. The fun was great and I learned a lot. I learned about riflery, archery, canoeing, ceramics and tee-shirt painting. Each year I advanced on the ropes challenge course. I learned how to be a team member and to work for a common goal as a team. I know this will help me in my career because in the work place everyone will be working as a team for the common good of the company.

#### Greenwing Ducks Unlimited

I attended the County 4-H and Greenwing Ducks Unlimited outing in 1988. We took a nature walk to the beaver pond and saw the duck boxes the older 4-H'ers had made and put into use. We got to shoot clay pigeons and a man with a black lab gave a demonstration on teaching a dog to retrieve. Also, competitions for prizes were held. This was a fun day that my entire family attended.

#### Teen Winterfest Weekend

In February 1995, I attended the 4-H Teen Winterfest Weekend. I had the opportunity to shoot skeet which was a continuation of the Skeet Team that County 4-H'ers had started in 1994. I also attended a class on body building. With this class I learned the basics of a body-building program. In the summer of 1994 I had started a body-building program of my own so I was glad when I was able to attend this class. With the help from what I learned at the 4-H Class, I created a body-building project for Biology class at school and earned an A+ .I am continuing this pursuit and body-build at least three times a week and sometimes up to six times a week. Each session runs between 2-3 hours.

## Pine Seedling Project

In March 1994, I received and planted 50 loblolly pine seedlings. In March 1995, I received and planted 100 seedlings; and in March 1996 I planted 200 seedlings through the 4-H program. With this project I've learned that Virginia has a large number of wood industries and that the State doesn't produce enough trees for this industry. I also learned that once quality hardwoods and pine forests are cut lower value and less desirable trees take their place unless the owner replants with quality seedlings. Also I learned some other values of planting with quality seedlings: erosion control, noise barriers, watershed protection, beauty and wildlife shelter. Another thing I learned is that in 15-20 years I'll have pulpwood to sell and it will be time to replant.

#### 4-H Teen Volunteer

In June 1994 and also 1995, I volunteered in the Extension Office helping the 4-H Agent assign classes, roommates and rooms for 4-H Camp. I realized there is much work involved in organizing and planning a camp. I learned I needed to be fair to all campers and that a person with a disability may sometimes need special assistance.

#### Teen Summerfest

September 17-18, 1994, I participated in Teen Summerfest at ----- 4-H Educational Center. We were given a tour boat ride on the " ------" and we were taken to ------. This was amazing to see how electricity is created through water. I also participated in a class on jet skiing. A high-rated competitor taught us lots of things about a jet ski.

### 4-H Awards Night Program

On December I, 1994, I attended my first 4-H Awards Night program and I was the Clover Bear. I learned that even though the bear suit was extremely hot it was also a lot of fun and an honor to be able to represent 4-H as the Clover Bear. I also learned at Awards Night that there are a lot of 4-H'ers who work really hard and strive to do their best. From the recognition of 4-H leaders I learned that there were many 4-H adult volunteers willing to help me. The awards I received that night were for Leadership and Honor Club inductee. The Awards Night program for 1995 was held on November 30, 1995. Again I volunteered to be the Clover Bear. At this program, I was awarded certificates in Achievement, Leadership, Wildlife and most prized of all, one of three County Outstanding 4-H'ers for 1995. With this award, will be honored to attend Citizenship-Washington Focus July 14-20,1996.

## Skeet Shooting Team

In August 1994, under the leadership of the 4-H County Agent and the 4-H Honor Club volunteer leader, a Skeet Shooting Team was created. I was fortunate to become a member of this team. We spent many hours practicing and the practicing paid off. We placed 1st in the youth division of the County 4-H Ducks Unlimited Skeet Shoot. I learned that there must always be a practice of safety when dealing with firearms. I learned the proper use of safety equipment to be used in skeet and also, in whatever you do, practice always pays off. In April 1995, the Skeet Team competed in the First Annual 4-H Invitational Skeet Tournament. This event was sponsored by the Four Rivers 4-H Shooting Sports Club and the 4-H Shooting Sports Club. I learned that you don't always have to win a prize to feel good about your yourself. I will continue to practice and compete in 1996.

### 4-H Honor Club

November 5, 1994 was a very special day for me. On this day I was inducted into the 4-H Honor Club of County .This was very exciting and special because to become an Honor Club member a person has to be very active in 4-H and be a well-rounded individual. They also have to show leader- ship, confidence, and enthusiasm. Since I became a member, I have attended all of the club meetings.

#### Share-The-Fun

I have volunteered as a worker with the Share-the-Fun Show for two years. In 1995, I was a member of the stage crew. In 1996, I signed up for sound crew but was needed as a stage crew member. From this experience I learned that there is a lot of work that goes on behind the stage in a performance. Both years I helped on rehearsal night also and learned that teamwork and practice are quite important. In 1996, I also helped the Extension Office personnel with the paperwork involved with the Share-the-Fun Show. I learned that there is LOTS of paperwork to any program.

### Judging Weekend

Judging Weekend, May 5-6, 1995, was a weekend of Wildlife Habitat for me I learned how to control, improve or even create a wildlife habitat. I learned about diets of many types of wildlife. I even learned how to read aerial photo- graphs. I won 1st place in the individual competition and my team won second place. I have signed up to attend the 1996 Judging Weekend to be held May 10-11 at Holiday Lake 4-H Center.

#### Wildlife Game Food Patch Project

I participated in the 1995 Wildlife Game Food Patch Project and chose my planting plot on my uncle's land, with his permission. I drew a sketch of my plot and was then ready to prepare the land for the sowing. I used his tractor and harrow to work up the land and then I put down 50 pounds of fertilizer and sowed the seed mixture. I had a great game patch. When it came time for my patch to be judged I didn't win any awards but I was still pleased that I had participated. On April 17, 1996, I attended a workshop at the Extension Office on the benefits of a game patch and I will be planting a patch this year also.

### White Water Rafting

On July 1-2, 1995, the Honor Club adult leader and three other adult volunteers took a white water rafting trip. We went to West Virginia on the Lower New River and camped out. Early the next morning we went rafting. This was very exciting and fun. I learned the importance of safety gear and that I must hold my paddle at all times even if I go over.

### IV. 4-H Citizenship/Leadership

#### Litter Pick-Up

The 4-H Honor Club holds at least two litter pick ups per year. The Club has adopted a section of Mountain Road as their designated highway to keep clean. I have participated in the following litter pick-ups:

September 26, 1993 January 28, 1995 April 27, 1996 March 26, 1994 November 12, 1994 April 22, 1995 October 21, 1995 I have learned that some people don't seem to care about the beauty of County since each time at litter pick-up there is a lot of trash on our section of the highway. I have learned that litter is very unsanitary and very unappealing, and it can be dangerous not only to humans but also to animals. It is also bad for the environment. I feel it is my duty as an Honor Club member and as a concerned citizen to do what I can to make my hometown a better and prettier place to live. I have also learned that the homeowners on Mountain Road really appreciate the efforts of the 4-H Honor Club.

### 4-H/FFA Junior Livestock Show

Another program that I enjoy in the 4-H is the County 4-H/FFA Junior Livestock Show. The 4-H'er raises the animal and at the show the public is invited to bid on the animals. This is a good community service program sponsored by 4-H and FFA. I am not fortunate enough to own livestock or have a place for them but I participate in this project by helping to set up, serve the meal, and clean up. I've learned that I can take part in this activity and have fun without showing and selling an animal. I also enjoy seeing the hard work of my fellow 4-H'ers payoff for them.

#### 4-H Honor Club Fair Booth

In October 1994 and again in 1995, I helped to set up the Honor Club booth at the County Fair. In 1994, our theme (which was my idea) was "Alcohol Can Send You to The Can." Our idea was to tell people that drinking alcoholic beverages in a non-responsible way may get you locked up. We won a blue ribbon for our efforts. In 1995, our theme was to stay away from illegal drugs. This time we won a red ribbon. I have learned that through our fair booth we can communicate a positive message to the community.

### Holiday Living Show

Each year in November, County has a Holiday Living Show. This is a huge craft fair in which vendors set up and sell their crafts. It is held at the County High School and the 4-H Honor Club members help vendors unload and set up their space. This is done as service to the community. If the vendor gives a tip, the money is put in the treasury of the Honor Club. I took part in this service on November 11, 1994 and November 18, 1995. I look forward to participating this year.

## United Way Kick-off Campaign

In 1995, four other Honor Club members and I set up a booth and handed out literature about the United Way. This was set up at a local industry and we took turns manning the booth.

#### 4-H State Congress

In June of 1995 I had the privilege to attend 4-H State Congress. I was thrilled to be able to visit the campus of Virginia Tech. I learned about horticulture. I now know how to plant, transplant, and what to do to help plants and trees grow. I plan to use what I learned in my pine seedling project. What I learned will also help me with odd lawn jobs that I do during the spring, summer and fall.

### Teen Leader

In the summer of 1994, 1995 and again in 1996, I was honored to be selected to go to 4-H Junior Camp as a teen leader. This requires that I to all the counselor training sessions each year, and I have learned a great deal about being a leader--being a good role model is one of the most important I know I need to be energetic and enthusiastic when dealing with the campers. I've learned to keep a positive attitude, to be punctual, to show a genuine concern for others, and to understand and accept rules and standards. I also learned to work well with others and to be a good partner. I've learned to show leadership when I'm in charge and to delegate when necessary .All live learned as a teen leader has helped me in my education. I know how to work with others on school projects, how to respect my teachers and others in authority and to show school spirit and to encourage others to do so.

### Skeet Shoot

The 4-H Skeet Team participated in a State Skeet Tournament of Ducks Unlimited in October 1994 at the Buffalo Creek Sporting Clay Range. I was thrilled to receive 2nd place in the State in the Youth Division. I feel that this was a leadership project because the team was representing Halifax County .I learned that I can enter any competition, try my best--sometimes come out a winner and sometimes not be so fortunate. It was a privilege for me to be a representative for my County.

## Collegiate 4-H Club of Virginia Tech Host Weekend

One of my most favorite activities of 4-H was when I attended the Collegiate 4-H Club of Virginia Tech Host Weekend February 22-24, 1996. During this week-end I got to stay at the apartment of a Virginia Tech student. I'm interested in an Engineering career and that was the major of my host student. I had the opportunity to attend an Engineering Class. I learned that if I pursue an Engineering degree I must work extremely hard. I also learned that sometimes it takes a whole sheet of paper just to answer one question! I had a chance to ask many questions about college. It was exciting to be with other high school students who like myself were learning about higher education. I learned about the co-op program at Tech and about scholarships and financial aid. At this point I feel that Virginia Tech will be my first choice for college. I intend to apply for early admission and hope to enter in the fall of 1997.

### V. Leadership, Citizenship. Scholarship Outside 4-H

## 1979 -present Church

I attend Second Baptist Church of and have always been active as a member of our Youth Group. I serve as usher on Baptist Youth Sundays and I've helped three years as a Bible School Teen helper. Through my church I've learned that a good spiritual life helps improve my daily life. I've also learned how important it is to be a good role model. When I was 10, I became a Royal Ambassador at church. This is an organization for young boys who demonstrate leadership in spiritual matters.