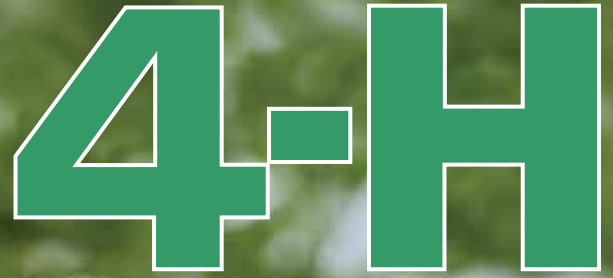


NORTH CAROLINA

GROWING TOMORROW'S LEADERS

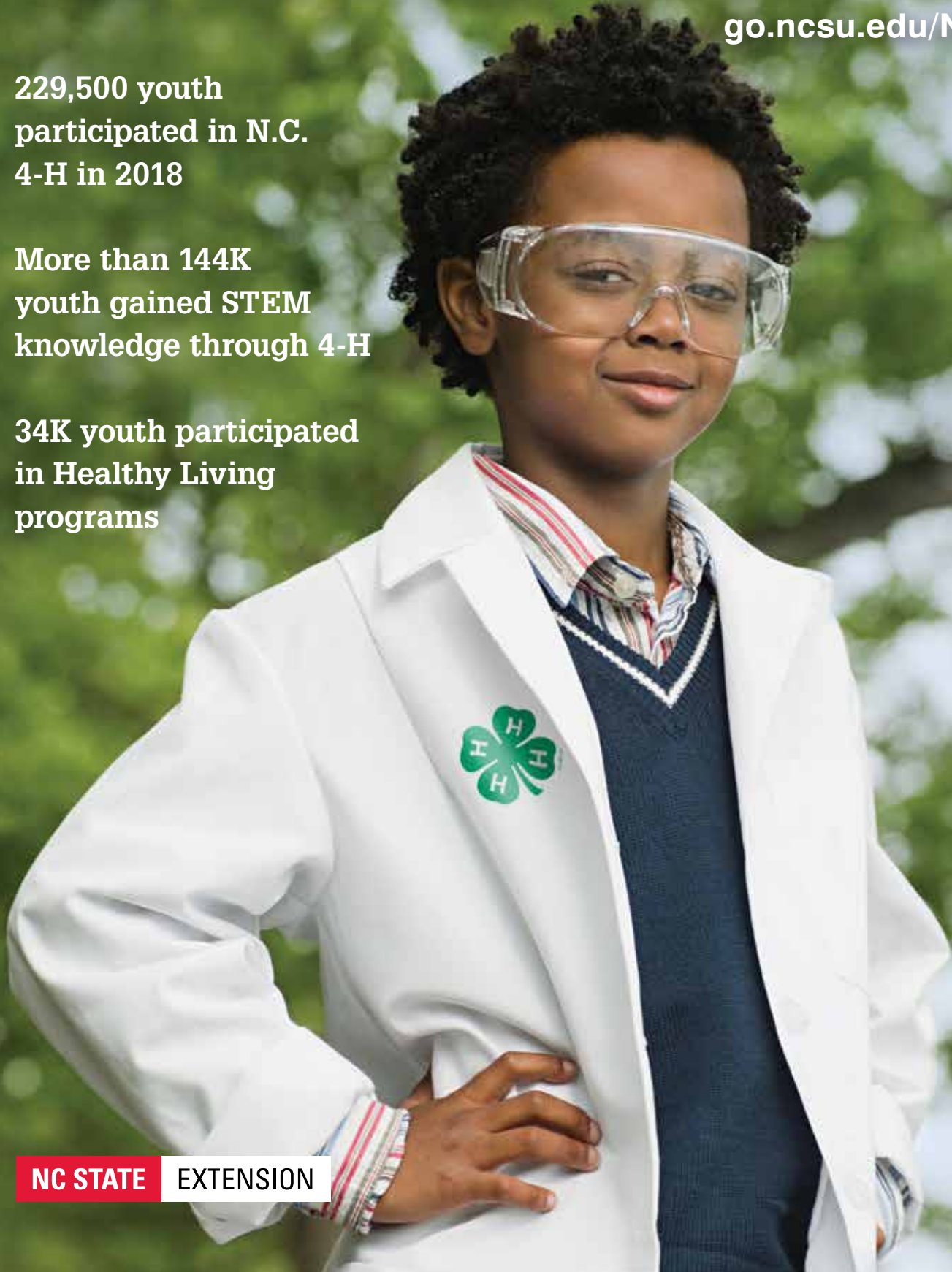


go.ncsu.edu/NC4-H

**229,500 youth
participated in N.C.
4-H in 2018**

**More than 144K
youth gained STEM
knowledge through 4-H**

**34K youth participated
in Healthy Living
programs**





NC STATE
EXTENSION

North Carolina 4-H: Making an Impact



NATIONAL POSITIVE YOUTH DEVELOPMENT STUDY SHOWS 4-H'ERS ARE NEARLY

- 5X** more likely to graduate college
- 4X** more likely to actively contribute to their community
- 3X** more likely to be physically active than non 4-H members
- 2X** more likely to pursue a career in science, engineering or computers

North Carolina 4-H Enrollment Data

NC 4-H participation

229,500

TOTAL PARTICIPATION (DUPLICATIONS ELIMINATED)

140,161

(K-12) SCHOOL ENRICHMENT

87,168

SPECIAL INTEREST

18,295

CLUBS

9,875

AFTER SCHOOL CURRICULUM PROGRAMS

7,697

4-H CAMPING (DAY & RESIDENTIAL)

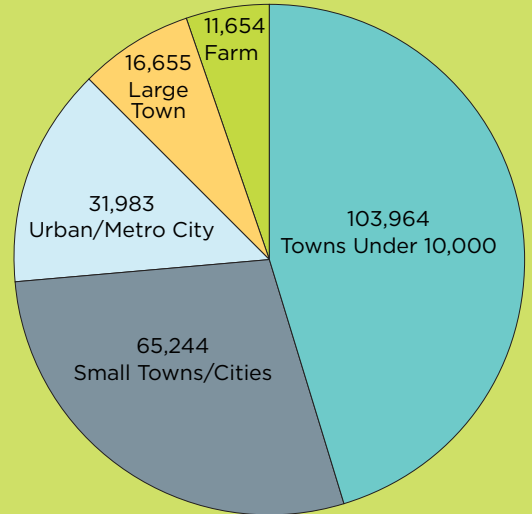
1,227

MEMBER AT LARGE

16,978

YOUTH AND ADULT VOLUNTEERS

WHERE DO 4-H'ERS LIVE?



HOW DIVERSE IS 4-H?

Race	
American Indian or Alaskan Native	1,696
Asian	3,568
Black or African American	57,326
Caucasian	153,845
Multi Race	8,943
Native Hawaiian or other Pacific Islander	461
Unreported	3,661
Ethnicity	
Non-Hispanic or Latino	83%
Hispanic or Latino	17%
Gender	
Male	111,946
Female	117,604



4-H STANDS FOR



HEAD



HEART



HANDS



HEALTH

HOW ARE 4-H'ERS "MAKING THEIR BEST BETTER?"



4-H'ERS HELP REBUILD AFTER HURRICANE FLORENCE

By Dee Shore

On a Harnett County cattle rescue mission after Hurricane Florence, farmer Stephen Broadwell noticed a little white muzzle poking up from the floodwaters – a newborn calf reaching for air. He had to act fast.

Stephen pulled the calf from the flooded ditch and carried it on horseback to higher ground. His wife, Heather, and 10-year-old daughter, Sadie, took over the calf's care. Sadie's 4-H training – both in livestock care and in community focus – were about to come in handy.

The rescue was one of countless acts of service by North Carolina 4-H'ers and their families.

They cooked and delivered meals for hurricane victims. They collected and distributed donations of household essentials and food for displaced pets. They visited children staying in hurricane shelters, playing games and bringing much-needed laughter.

"Our 4-H'ers stepped up for their neighbors and communities in ways big and small," says Mike Yoder, state 4-H leader with NC State Extension. "They went above and beyond, and some of them continue to help with what will be a long period of recovery."

Here, we feature just a few of the 4-H'ers who made good on their 4-H pledge to put their hands to larger service in their communities and beyond.



Moral support – and more: Luke Barber, 13

After Hurricane Florence forced a Bladen County woman to leave 40 chickens behind in her backyard coop, County Cooperative Extension Director Becky Spearman turned to someone she knew would have answers: 13-year-old Luke Barber.

Luke not only loves chickens, he also knows a lot about their care. As a 4-H'er, he's focused his project work on poultry, particularly chickens – and this was a chance to put what he'd learned into action.

Luke set to work, cleaning up the coop and securing and delivering feed the poultry needed to survive. It was one of his first times volunteering directly with someone in need, and he was grateful for the chance to provide moral support.

"When it's one-on-one, you get a better connection with the people that you're helping. You get to know their story," Luke says. "It meant something, being able to talk to her, get to know her and help her out."



Ten-year-old Sadie volunteered.

Her mom and dad lead Extension's 4-H Livestock Club in Harnett County. Sadie knew that caring for the calf – which she named Pirate – would mean commitment. More than two months after the September storm, Sadie still patiently bottle-fed the calf twice a day.

The farmer who owned the calf, so appreciative of what Sadie and her family had done to help, ended up giving it to Sadie to keep.

Nurturing Pirate was just one of the ways Sadie chose to help her community: She also put a box at The Double L tack shop in Coats to collect donated supplies, such as halters, shavings and antifungal soaps, to help area horse owners.

Bridging the distance: Caleb Street, 13

Caleb Street's home in Gaston County is nearly a five-hour drive from New Bern, but that distance didn't deter the 13-year-old from reaching out when that school's library books in the coastal city had been ruined by the flood, and he felt called to help. So he posted flyers at his church, Antioch Lutheran Church, in Dallas, N.C.

The church's response surprised even Caleb. Within five weeks, he'd amassed enough books – 396 – to fill four large plastic bins.

He was, as his mom put it, "overwhelmed."

"He's never done anything on this scale," says Brenda Street, support specialist with N.C. Cooperative Extension's Lincoln County Center. "The experience was a rewarding one for him."

Caleb, who has been a 4-H'er since he was 5, concurred.

"I thought it was important to help out this way because for me, when I read, it's like I'm in my own little world," he says, "If something bad happened that day, it takes my brain off of it for a little bit. And I've learned a lot from books."

Nurturing pirate: Sadie Broadwell, 10

Orphaned by its storm-stressed mother, the bull calf that Stephen Broadwell rescued would need close attention over the weeks and months to follow.



Though the hurricane devastated families and communities, Heather Broadwell said she saw a silver lining.

"Sadie got to see that in these situations, you just go to work," she says. "You don't have time to stop and panic or to worry just about yourself. You take care of what needs to be taken care of." ■



4-H alumna Nicole Worth volunteers for Wake County's SPCA

CLOVERS ALL OVER: WHAT ARE THE 4 H'S, ANYWAY?

By Dee Shore

With Saint Patrick's Day approaching, clover decorations abound. But for the College of Agriculture and Life Sciences, the clover is meaningful year-round: a symbol of its tie to North Carolina 4-H.

4-H challenges young people ages 5 to 19 to learn by doing. The program's name comes from four guiding words in the national 4-H pledge: "I pledge my head to clearer thinking, my heart to greater loyalty, my hands to larger service and my health to better living, for my club, my community, my country and my world."

In our state, NC State Extension and N.C. A&T State University's Cooperative Extension Program work with local governments to staff N.C. Cooperative Extension centers in every county to guide our youth to fulfill the four Hs.



We asked several exemplary 4-H'ers to explain what each word means to them.

Head to Clearer Thinking

"When you are in 4-H, you might have to take care of animals or help little kids, so you have to pay attention and you've got to be responsible. I've learned a lot through 4-H, mainly about responsibility and leadership."

– **Nashia Harris, 14, Northampton County**

The 13 Harris siblings who've taken part in their family 4-H Club over the past 21 years stick together and help each other out. Still, they each have their own personal interests. Nashia, for example, loves to take care of animals, while Anasha is more interested in cooking and Isaiah enjoys creating sauces to use for grilling.



Nashia Harris

As their mom, homeschool teacher and 4-H club co-leader Evangeline Harris points out, 4-H provides an outlet for them to learn more, share their knowledge, meet new people and be recognized for their accomplishments.



Left to right (front row) Nashia, Anasha, Hadassah, Omoni, (second row) Gregory Sr., Evangeline, Noah, Isaiah, Josiah, Gregory Jr.

Nashia knows a lot about animals and animal husbandry because she helps on her family's chicken farm. She says 4-H gave her the guts to stand in front of others and tell them what she knows. Once painfully shy, she's not only embraced presentations as her favorite 4-H activity, she has gold medals to prove she's good at it.

Heart to Greater Loyalty

"Pledging my heart to greater loyalty means doing things that benefit the community. 4-H emphasizes participation in community service activities. When I first started doing community service activities, I was just participating to get the credit I needed for different applications, but now I genuinely enjoy supporting others in my community."

– **Nicole Worth, 19, Johnston County 4-H alumna**



Nicole Worth

To Nicole, a former State 4-H Council officer, loyalty means more than giving back to her community. It means paying forward — and then because she's paying forward, she's also getting back.

As she notes, 4-H events usually include service activities that participants work on

together. They also give her the chance to meet people with talents or skills in areas she doesn't know much about. "I learn something new every time," she says.

Nicole entered NC State last fall as a full-time student in a demanding discipline – computer science – but she still finds time for others. Each week, she rides the bus, then her bike, to her volunteer job as cat and kitten matchmaker for the Wake County SPCA, and she works part-time helping out in the state 4-H office.

"And when the time rolls around when 4-H record book judges and presentation judges are needed," she says, "I can guarantee that I'll be there!"

Hands to Larger Service

"You're promising that wherever you go, your community is going to be your utmost focus. By pledging your hands to larger service, you're promising yourself and the folks around you that you're going to do your best for everyone."

– **Spencer Cook, 17, Forsyth County**



Spencer Cook

“Larger service doesn’t necessarily mean a big, extravagant project: It means putting your focus on helping others, whether it’s a big group of people or even just a couple of individuals. It also means using what you’ve learned through 4-H to aid you in making an impact.”

– **Jadyn Hooker**, 17, Forsyth County



Jadyn Hooker

For Jadyn and Spencer, community service is the reason they are in 4-H. They’re part of the Trailblazers Teen 4-H Club, which works year-round to help others.

Through the Winston-Salem Rescue Mission, they host game nights for men in a program designed to help them overcome drug and alcohol addiction. For Operation Christmas Child, they collect items and then package them in shoe boxes for children in developing countries. For Project Linus, they make blankets for children who are patients in a local children’s hospital. And that’s just for starters.

Back in 1908, the fourth H stood for hustle – rendering ready service to develop health and vitality.

“If you want something done or you want to start a project to help or to influence others, you have to be proactive. You can’t sit by and cross your fingers,” Spencer said. “Taking initiative has been a really big part of what 4-H has taught me.”

Health to Better Living

“Pledging your health to better living not only means being physically healthy and trying to eat better and exercise, it also means being mentally healthy and knowing what to try to focus on it and not let school or work monopolize your life so much that it drives you insane.” – **Ryan Baskerville**, 16, Warren County

There was a time in Ryan’s life when his temper would flare at the slightest frustration. An ambitious, curious

and intelligent person – “always busy,” he says – he filled every spare moment with school work and activities he thought would be résumé builders.

In fact, that reasoning led him to 4-H: A school counselor recommended a 4-H leadership program. He doubted that he’d like it, but he thought it would look good on a college application. Once he took part, though, he was hooked and signed up for more.



Ryan Baskerville

Through 4-H healthy living programs, Ryan learned about the importance of bringing balance to his life, eating healthy and exercising regularly. Then he started teaching younger kids what he’d learned.

The 4-H experience, he says, has been

life-changing. “I don’t think anything has prepared me more for college or the world than 4-H,” he said. “It changed me for the better. I’m a lot calmer, a lot more patient and a lot more tolerant.

“4-H teaches me how to manage my life as a whole. At the same time, it’s also teaching me how to help others – which is amazing.” ■



Ryan Baskerville (center) with Warren County 4-H Program Assistant Rashawn Steverson (left) and County Extension Director Crystal Smith.

ABOUT 4-H

4-H is delivered by Cooperative Extension — a community of more than 100 public universities across the nation that provides experiences where young people learn by doing. For more than 100 years, 4-H has welcomed young people of all beliefs and backgrounds, giving kids a voice to express who they are and how they make their lives and communities better.

ABOUT NC STATE EXTENSION

NC State Extension is the local and statewide outreach provider of North Carolina's preeminent research enterprise – NC State University. NC State Extension translates research-based knowledge in the areas of agriculture, food and nutrition, and 4-H youth development into everyday solutions that create economic, intellectual and societal prosperity for North Carolina.

