What Does 4-H Mean to Me?  
Reflections by State 4-H Teen Council Members and Others from 2006 – 2012

**District One**

4-H is an outstanding program that helps create the leaders of tomorrow. This program also helps create friendships that last a lifetime. The love, life lessons, Mark Mains, and leadership is something unique of all teen programs.

*Cody, Pike County*

To me, 4-H is a way to become outgoing. 4-H has helped me come out of my shell and become a leader. 4-H is something that anyone can relate to and have fun with. It helps people find their true selves. 4-H creates amazing memories that last a lifetime, especially ones with Mark Mains. 4-H includes family, friends, and anyone that wants to have fun and create memories. Seeing kids become leaders makes anything 4-H does worth the time.

*Breanna, Lawrence County*

To me, 4-H is my past, present, and future. 4-H had the most positive and prominent influence on my development into who I am today. It has given me countless opportunities to meet people whom I wouldn’t have otherwise. Some of these people have become my best friends - 4-H is family: the most supportive, loving, dependable family anyone could possibly have; and for that, I am extremely lucky. My future is also bright, all due to social skills and work ethics I have gained through my experience in the 4-H program. I completely owe my entire being to 4-H.

*Courtney, Morgan County*

4-H is an ever-open door; one that’s always offering new opportunities to go different places and meet new people. 4-H is a reason to fall in love with places you’ve never been and people you’ve never met because of the common ground. 4-H sets an example: only the best of the best. 4-H is passion and commitment, the driving force behind everything I do as well as the goal I’m always striving for. 4-H supplies everything necessary to be a leader and instills a tradition of excellence within each one of its members. I’ve gained uncountable memories and learned priceless lessons through 4-H and I would never wish one of those moments away. 4-H is love. It is family. It is everything that has helped me blossom into the person I’m becoming. 4-H is forever.

*Courtney, Morgan County*

To me, 4-H means a family. I don’t get along with my true family and I don’t have many friends at home, and when I came to 4-H I found the family I never had but always wanted and friends that I never had. I got a Mother (Caryn McCreary) and a role model and hero (Mark Mains). I have had many friends through 4-H and I hope I keep making them. 4-H has taught me tolerance and how to keep calm. I have learned so many life lessons and developed so many skills through 4-H and without it I wouldn’t be the person I am today.

*Wyatt, Lawrence County*

4-H has been the largest component of my life since age 9. 4-H has contributed to, or directly caused, most of the most successful, meaningful, and memorable moments of my life. Thank you, 4-H, for making me who I am.

*Josh, Lawrence County*

For the rest of my days on Earth, 4-H will be a huge part of my life. Through 4-H I have made friends that will last a lifetime. I feel like it doesn’t matter where I am in Kentucky, I will be able to find friends through the 4-H program.

*Celsey, Carter County*

4-H is that little family sitcom that we watch every week. We all do and say crazy stuff and even fight, but at the end of the episode we all get together and have a cheesy, happy ending.

*James, Lawrence County*
4-H has been like a family to me. It means this place that I can just chill and have a good time. It’s one of the few places I actually don’t have to worry.

James, Lawrence County

4-H should be synonymous with “opportunity”. The opportunity to make new friends, to serve your community, to change your life. It has taught me to be a better person and to seize every opportunity I have the privilege of encountering.

Kaitlin, Lawrence County

4-H means so much to me, I almost want to say that it is like my second life, however, I don’t really think I would have much of a life without 4-H. About 60% of the fun things I do and social events I go to are through or by 4-H. 4-H has had a huge impact on my life. 4-H also allows me to have a huge impact on the lives of many others, which is an incredible thing, and also has amazing effect on me. I have never been connected to any other organization that is able to convey so much important information and love to so many people than 4-H.

Joshua, Lawrence County

4-H is much more than just an organization, it is a reason to smile, laugh, and become a better leader. Throughout my many years in 4-H I have learned a new lesson each year. Some small and some really huge but nonetheless important. I wouldn’t be who I am today if it wasn’t for the people and the 4-H organization itself. Every step of the way is a new journey.

Brooke, Pike County

4-H is so diverse. It means so many things in my life. It means having a sense of family. Becoming a responsible adult. Learning how to better yourself and set priorities. It means being able to do anything you put your mind to because of all the years you were involved in the program and your confidence has blossomed. 4-H is a way of life, as corny as that sounds, it’s true.

McKenzie, Pike County

4-H has helped me form pretty much every close relationship in my life. The opportunities it presents to me are exponential, and something I am so grateful for. I can’t explain my passion for 4-H in words. But I know it’ll stay with me throughout my lifetime.

Kaitlin, Lawrence County

4-H means more to me than what I could ever write on this paper. It’s leadership for a lifetime, something that inspires me to strive to do better in my community, county and world. I can honestly say that 4-H has impacted me more than any youth organization has every influenced me. I cannot thank the 4-H Foundation enough for the leader it’s made me.

Casey, Carter County

4-H means the world to me. Literally the world. All the aspects of life in general have been improved by 4-H. Most importantly my leadership skills have advanced and my shyness has dwindled.

Brooke, Pike County

To me, 4-H is all about having a fun learning experience. Yes you do make friends, goof around and leave every 4-H event with amazing memories, but at the core of all that awesome experience, you walk away knowing more about poultry judging or crocheting or something else pretty random. The 4-H program is a wonderful way to get people to try new/different things while having them enjoy the experience.

McKenzie, Pike County

To me 4-H is a massive family encompassing an entire state, it brings people together like nothing else can and nothing else ever will. To some 4-H is what they do, to me 4-H is who I am.

James, Pike County
4-H is a place, inspiration, love, friends, hugs when you are sad! 4-H to me is an outlet a place to go to get away from life. It’s “I went green shirt year”. It’s beautiful and passionate. Home away from home, it’s just as hard to leave. 4-H is life between souls that gravitate to each other. I’m 4-H and 4-H is me, imperfect but full of life and happiness!

Gerri, Pike County

4-H means a lot to me. It represents vision, integrity, dedications, openness, creativity, fairness, assertiveness, service I have been in 4-H since I could walk and I love it!

Alyson, Fleming County

4-H means a family of people from all backgrounds that mean the world to me. 4-H has more to me who I am and even though I age out this year 4-H will always be a part of my life. 4-H has given me so much and has become my life, I will always bleed green.

Hannah, Johnson County

4-H is a HUGE family across the state made up of friends, family, fellowship, and fun! 4-H is not only a family, but a support system.

James, Pike County

4-H means my state office. A 100 years, A 100 years of officers. I love 4-H.

Caroline, Mason County

4-H means A LOT to me! I’ve been involved with it since I was younger than 9. So, it’s been part of my life for a long time. It has taught me so much. I have learned many leadership skills, responsibility, and social skills as a member of 4-H. Without camp, poultry judging, and STC I don’t know what I would do. Through the years, 4-H has become a part of me and has helped me become the person I am today!

Chelsey, Lawrence County

4-H means so much to me that I cannot put it to words. When I think of 4-H I think of friendship, love, amazing memories, and belonging. Never have I ever been a part of something that has made such an impact on my life. Without 4-H I would not be the person I am today.

Natasha, Carter County

4-H to me means a place where people of many backgrounds can come together to form a “family” of friends. Everyone has the chance to learn new things and have fun at the same time.

Hannah, Johnson County

What 4-H means to me cannot entirely be described. I have a passion for 4-H and a desire to make the most of it. But, if I had to answer this question, I would say that it would be a great organization to get involved in.

Joshua, Johnson County

4-H is Family, Friends, STC, 4-H Camp, being a Junior Counselor, Sally Down the Alley, Camp Fires, Jabez, First Loves, Showing cattle and horses, Being an officer, North Central, State Officers, Teen Conference, and just totally being in love with 4-H and putting your whole heart into it.

Caroline, Mason County

4-H means the world to me. I’ve made friends who have become families and moments that have become memories.

Natasha, Carter County

To me 4-H means friends, memories, and love.

Justin, Boyd County
To me, 4-H is my family outside of home. We all work together and love what we are doing. 4-H and the people who work with it have made me who I am today, a great leader! The 4-h motto is “To make the best better” I believe we were the best, and now we are better!

Paul, Pike County

4-H helped to define my teenage years. I started with the county council before I was even a teenager; it started to shape my life the moment I joined. When I count off my best friends and favorite memories in my head, 4-H is involved in almost all of them. It is something that will always stay with me and which I will always be involved in.

Justin, Boyd County

4-H is a way for me to work with kids and to show them they can have a great time and meet awesome people without the need to do drugs or alcohol to fit it. Also, I can show kids to have the good time they may not be able to have at home.

Jessica, Magoffin County

To me 4-H is a chance to turn a life around. Kids come to me for advice from fishing to family life. I love knowing that I help. That’s all!

Amber, Boyd County

4-H means family. We fight, argue, and cry but at the end of the day we still love each other. 4-H means unconditional, we will always be there for each other. 4-H means a life time of friendship, leadership, and family. 4-H means growth within ourselves, counties, districts and our state, Growth between friends, agents and STC members. 4-H means something to believe in, something to be proud of!

Gerri, Pike County

District Two

4-H is me. 4-H is what keeps me waking up. It’s what keeps me excited and looking forward to the next day. 4-H is what has taught me how to socialize. 4-H is who I am. I am the clay and 4-H was my sculptor. Whether or not it was cool, 4-H and all the people in it welcomed me, accepted me, and even loved me. I love 4-H.

John, Wolfe County

Basically, 4-H means more to me than words can describe. Without 4-H, I wouldn’t be the young man I am today. It has helped me break away from my shyness, become a better leader, and meet a group of people that mean the world to me. People I’m proud to call my friends, and my family. Without Mark Mains, none of this would be possible.

Cayden, Letcher County

4-H for me is my future. During my last STC meeting, we talked about always being a 4-H family. 4-H is really my past, present, and future. #realtalk.

Dorothy, Letcher County

4-H means so much to me. It means community, friendship, loyalty, respect, leadership, envolvimento, and so much more. I would never change a single minute spent with 4-H for anything in the world.

Dorothy, Letcher County

To me, 4-H means meeting friends that become family, having experiences that become treasured memories, and learning things that become skills. 4-H means laughing, crying, and not sleeping. 4-H means not only having your life changed, but hopefully changing someone’s life.

Keisha, Leslie County

4-H is more than just a youth organization. 4-H to me is a way to get youth active in positive things. This in return gives them a sense of family, teaches them responsibility, leadership and many more things. I love 4-H!

Trevor, Letcher County
4-H means everything to me. It started as a fun camp as a child to a life growing experience that has lead me in the right direction every time. 4-H has made me so many true friends that I call family.

*Terry, Letcher County*

4-H means family, hope, love and everything. 4-H means the world to me. 4-H has become my life in the short years I have been doing this amazing program.

*Angela, Jackson County*

4-H means having a friend everywhere I go. It means having endless support from my peers. 4-H has helped me grow into the person that I am today.

*Kristen, Wolfe County*

4-H is a family of wonderful people who are caring and just simply fun. It’s given me so many friendships, and the opportunity to be myself and come out of my shell. I love 4-H! 😊

*Trevor, Letcher County*

4-H means the world to me it’s everything. It’s friends, family, fun, love, music, laughter, growth, achievement, support. It means so many things to different people but it means everything to me.

*Angel, Johnson County*

4-H means: fun, friends, knowledge, experience, larger service, loyalty, STC, conference, Issues Conference, and memories that will last a lifetime.

*Kolby, Perry County*

4-H means many things to me. First of all it means making your best friends and making a new family. You can make friends from all over the state and keep them the rest of your life.

*Victoria, Perry County*

4-H means going in as strangers and leaving as a family: It means always being able to count on someone to be there for you.

*Ellen, Perry County*

4-H is the family that I never had. Whenever I feel stressed about life, I just grab a couple 4-H shirts and pants and stuff them into my 4-H duffle bag and I pray that my next STC meeting or conference will come quickly. It always calms me down and makes me miss my 4-H family even more.

4-H is my life. 4-H is my protector. 4-H is my teacher. SO NOT ready to give it up. But I know that I don’t have to. The transition from 4-Her to 4-H leader or advisor or volunteer is a rough one. But it’s been a great time. We’ve worked this whole time to make our mark on 4-H, but really 4-H has worked the entire time to make its mark on us.

*Richard, Bell County*

What does 4-H mean to me? 4-H is an organization that has given me a lot. 4-H has made me into the man I am today, I thank 4-H for what it has done for me.

*Shane, Bell County*

4-H means family, new adventures, new best friends. 4-H means learning life lessons and making new memories! 4-H means a chance to learn about someone else while having fun. 4-H means to me to give back to people. 4-H means to me life!

*Kaitlyn, Perry County*
4-H means everything to me. It’s not all about the hard work and dedication that I put into it; it’s also about the memories and fun activities that follow along. I like being a positive role model for teens and pre-teens. STC is another family to me and the present officers (Richard, Matt, J-Rose, Caroline) are like another mother, father, and grandparents to me. They have taught me how to be a better person. I love everyone the same and don’t anybody change. STC members take care.

Charles, Leslie County

4-H means...All of my best and closest friends who are more like a family. It means a learning experience like no other. Learning about people, places, activities, etc. around Kentucky has changed me immensely. I will never forget my 4-H memories because they are the best. I <3 4-H 😊

Tori, Perry County

What does 4-H mean to me? It’s my anti-drug, my anti-trouble-maker, and my world. This is where I made my best friends, my family, and my world. I truly can say that it changed my life.

Jimmy, Lee County

4-H means good times with even better friends. We make a difference and that is what matters.

Justin, Breathitt County

4-H means that I can now get in front of 500 people and give a 3 minute speech. I have a network of almost 100 STC members state-wide.

Richard, Bell County

4-H means being my true self. I am able to be myself when I am around State Teen Council. I have made lifelong friends and memories. I will never be able to forget them. I am the girl I am now because of who I’ve met in 4-H. This program has helped me to come out of my shell. I love 4-h and it has meant the world to me! State Teen Council is and will always mean so much that I cannot adequately put it in words.

Lori Shea, Whitley County

4-H means being yourself and trying new things. If I would have never tried 4-H I would never have realized how much I love it.

Ellen, Perry County

4-H means a lot to me. I have done so much and gone to so many new places and I will never forget it. I will take so much away that I will use and treasure for the rest of my life.

Andrew, Jackson County

What does 4-H mean to me? It’s more than just some club that you’re involved with. It’s a family. Having the opportunity of serving in the State Teen Council for the past three years I have friends that I call at random times just to say “Hi”. Taking random people and becoming great friends like that. It turns the club into family.

Jimmy, Lee County

4-H has blown all other items in my life away. Almost all my stories in school begin with “one time in 4-H...”. Everything I do; livestock club, teen club, and STC; they outweigh every club and event I do outside 4-H.

Richard, Bell County

To me, 4-H means nothing short of good times. I have met so many amazing people through this program that it would take me five pages to thank all of them. But that only takes care of the tip of the iceberg, because 4-H really does make a difference. Sure, we have fun and all, but when it comes down to it we have helped someone through one of our numerous service projects. 4-H, in my opinion is unparallel and that’s the way it should be.

Justin, Breathitt County
4-H which mean more to me then Head, Hands, Heart, or Health, 4-H is my life. When you get excited about coming and doing something good for people, even if it changes the person's mind, you know you've done something great and it was worth the time.

*Jimmy, Lee County*

4-H has been an experience for me. I have been in 4-H for 9 years and I love it. I have learned so much from this experience. I was always the kid that had no friends, that was until my first year of camp. I can remember Ray Wilson coming over to me and introducing me to all these other kids. 4-H helps people meet new people. And the younger kids look up to you. I really enjoy being a member of 4-H.

*Monica, Leslie County*

4-H to me is a program that I think everyone should be involved in. It helps kids believe in their selves when they think they can't speak in front of 100 people or when they think they can't do something. It also can take you to different locations around America and around the world. It also brings you closer to people and you develop a second family.

*Summer, Lee County*

Believe it or not, when I was in elementary school, I was the quietest and shyest kid in class. When I first joined 4-H, the school board was debating whether or not to put me in special education. Now, after all these years, I am loud, and funny, and serious about work. Well, maybe not the latter.

*Richard, Bell County*

**District Three**

4-H means so much to me. It is my family away from home. Before 4-H I was a really shy guy and didn't speak to people outside my group of close friends. 4-H has really helped me open up to new people. I am not afraid to talk to anyone anymore. I would not be anywhere near the guy I am now if it wasn't for 4-H.

*Clay, Pendleton County*

To me 4-H means family. J-Crew and the rest of Jefferson County provide constant support and motivation to another. 4-H has taught me to be a leader. I developed knowledge and grew a family. Without J-Crew and all my 4-H experiences I would not be who I am today.

*Caleb, Jefferson County*

4-H is family, friends, and lifelong memories. I feel so lucky to have the support from my parents, agent, and other 4-H members.

*Shelby, Spencer County*

4-H means a world of opportunities for my life! I can still remember being a cloverbud waiting to turn 9 and now I've done so much through the program. 4-H has given me a world of opportunities to expand my life skills and experiences. I’ve loved all the projects, conferences, people, and events I’ve been involved in. STC has been the most amazing 4-H experience. The people I’ve met will be lifelong friends! I'm never going to forget the impact 4-H has made in my life.

*Hannah, Campbell County*

4-H is my life and I love it tremendously. I've been so blessed to have had the opportunities to be a part of many of the great things this organization has to offer including Teen Conference and State Teen Council. Through 4-H, I've gained leadership and communication skills that I'll use the rest of my life. 4-H has truly made me the person I am today.

*Elizabeth, Oldham County*
4-H means everything to me. There have been so many experiences I wouldn’t have gotten without 4-H. It has truly made me into the person I am today. I am stronger, more social, a better leader and so much more because of 4-H. 4-H is life. 4-H is family. 4-H is home.

Kelsey, Pendleton County

4-H means so much to me. 4-H has helped me get through so much. My family is really close because of 4-H shows and projects. Without 4-H I would not be the outgoing person that I am today. 4-H is great!

Clay, Pendleton County

4-H means fun and family and friendship and feelings. So it’s really 4-F, not 4-H.

Evan, Bullitt County

4-H means family to me, because everyone could be a brother or sister to me. Everyone loves everyone, even people that have just arrived from places not in Kentucky.

Jordan, Henry County

I bleed green. To say the least, 4-H to me means family. 4-H has made me who I am today and I truly mean that. 4-H in any capacity was by far the best memories of my life. The 4-H program has done so much for me. I only hope I could still be in 4-H, even though my involvement will never end.

Easton, Grant County

4-H means a life changing foundation that teaches youth life skills they will cherish the rest of their life!

Mary Beth, Jefferson County

4-H means learning, opportunities, and friends to me. 4-H has given me many opportunities throughout the years as a member. 4-H has made me a better leader, and more outgoing, I have gotten many chances to do the things I love through 4-H. 4-H means the world to me.

Danielle Montgomery, Spencer County

To me 4-H is one big family and I wouldn’t know what to do without it, and it’s the greatest.

Nick, Jefferson County

4-H is a way to get away from home and meet new people from new places. It’s also a way to hang out with old friends that are all over the state; also it’s a way to make the best better.

Jordan, Henry County

4-H is the most impactful organization that I’ve ever been part of. The growth and development that I have felt and gone through during my 4-H tenure will never leave me, and I am very grateful for these opportunities that I have had.

Evan, Bullitt County

4-H to me means new challenges to face. 4-H is a way of life not just a phase to go through.

Christina, Jefferson County

4-H means a family I can depend on. Life skills I will always use. The people you meet are life-long friends. 4-H is a huge part of my life because I can’t make it through each day without a reminder of my lucky clover. W-H is more than just agriculture and camp. It’s teen conference, Jabez, STC, Etc.

Mary Beth, Jefferson County

4-H means the world to me 4-H has become my live long family and friends that I will never forget. 4-H gives you leadership and hope for the future. People are always smiling and happy. Mark makes STC what it is. He is a wonderful person and believes in the function of 4-H and kids themselves. He makes the best better. Our 4-H program will grow stronger cause of our great agents and STC members and without the love of our agents this family of 4-H would not be possible. I love 4-H and this is good bye. I'm
so sad to leave the green behind but more doors will open for me. These past years have been a blast I have everyone that made 4-H years the best with love.

Kaitlin, Spencer County

A family for life, people that are respectful and smart. They all care for one another. 4-H means new opportunities that will help you in life. 4-H means Jabez, KY a getaway a place you can call home. 4-H means work, but working together I have learned so much from my experience and I am still learning each day. I care so much about my 4-Hers because I know they are dependable. 4-H means: family, trust teamwork, a shoulder to cry one, fun, skills, get away, creativity, inspirations

Mary Beth, Jefferson County

I don’t know where to start… there are so many emotions that come to mind. I think of family, friends and so many other things. I love everything about STC.

Evan, Bullitt County

I have been in 4-H for the last 6 years. Yet after this STC meeting my entire life in 4-H just started. I know I’m not a true member, but these past 2 days have changed my life. I see the connect all you have, and I want to be a part of it so bad this past 48 hours has been by far the greatest point in my life so far. It will be burned in my memory forever. Please just keep doing what you do. Thanks

Easton, Grant County

4-H means my world 2 new way of life for me! It’s changed me for the better in so many ways. It means new friends new experiences in life.

Christina, Jefferson County

To me 4-H means family, it means Jabez, Issues conferences, meetings, day camps, Summit, injuries and much more. It also means having friends for a lifetime that I can go to anytime. It means making the best better for everyone and it also means STC, camps, and some of the best times of my life.

Ashley, Campbell County

4-H IS life. Without 4-H my life would be boring; I wouldn’t have half of my friends, or, half of my memories I have now. 4-H just opens up so many windows for any type of people. If every child in the US was involved in 4-H the world would be a better place.

Kelsey, Pendleton County

4-H has been the most influential experience in my life. I have learned life skills, travelled the state, and made some of the closest friends in my life. I love 4-H and will continue to contribute to the program for the remainder of my days.

Chastain, Grant County

4-H means friends, fun, love, laughing, and Jabez. It means making friends who you might only see a few times a year, but are some of the best you’ve ever had. And finally it means family. You make connections that I never would have foreseen with the people I met. I love 4-H!

Evan, Bullitt County

4-H means family, life lessons, adventures, and friends. 4-H has influenced me to be the man that I am today. I’m thankful for the people I have met, the places I have been, and the lessons I have learned.

Chastain, Grant County

To me, 4-H means unity among people who might not normally get along. Just look at our STC this year, from Caroline who shows cows, to Sarah who lives in a subdivision in Berea, Derek who lives in the most Western part of KY next to nothing I’ve ever heard of before to Natasha who lives next to Virginia. Without these people, STC would be totally different. 4-H is a place where the youth can go and be themselves without having to worry about being judged by adults.

Olivia, Campbell County
4-H means the world to me. It means love, friendship, and hope. It has been a family I have grown up to have that has made me a better person. As the year comes to an end, I’m glad I had a great few years. 
Kaitlin, Spencer County

4-H to me means experience; every time we get together it’s something wild, new, and fun! There are tons of leadership programs but 4-H teaches it the best. It’s a friendly environment that accommodates to everyone no matter where they are from. 
J’Aron, Jefferson County

4-H is an amazing place to make lifelong friends. Everyone has their ups and downs, and some may fight but in the end you know what you are there for and that is to make the future world a better place to live for our youth.
Tiffany, Jefferson County

4-H to me is friendship, leadership, and opportunity. Memories that last a lifetime and skills that help to make it through a lifetime. 
Curtis, Henry County

Family and love. 4-H is the most wonderful thing on the face of the earth. 4-H has made me a better person and I wouldn’t know who I would be without 4-H. And my agents have made all the difference in my life. 
Kaitlin, Spencer County

4-H means so much to me I can’t begin to describe in words how it has impacted my life. 
Chastain, Grant County

4-H means the world to me. I have been able to meet a lot of amazing people that I have been able to build friendships with from all over the state of Kentucky. I was nine years old when I started 4-H. I have learned so much through 4-H. My 4-H agent is leaving in a few days and when she told me, I broke down in tears with the feeling of loss. I can’t believe she is leaving, but then a great thing happened and so many others stepped in to help me. Mark from the State Teen Council, Cathy from Henry County…they have helped me with paperwork that my agent had always turned in. I’m so thankful for 4-H and it means the world to me. 
Kaitlin, Spencer County

4-H means everything to me, for several reasons. Ever since I was 9 years old and got on that nasty old school bus to ride to Jabez I didn’t know that my life would change forever. From the bond I made with the camp to the fishy smell you get when you get out of the canoes I knew that my life would be different forever. 
Sarah, Henry County

4-H means the world to me, myself, my experiences, and my passion. Every leadership, teamwork, and compassionate skill I have came from 4-H. 4-H is one of the biggest ways I figures out what I wanted to do with my life; work with the children who are underprivileged in Africa. It was through our 4-H fundraisers, community service projects, and almost every experience that I figured out, to help those who need it is selflessly, just because it’s the right thing to do. I am 4-H and 4-H is me.
Morgan, Jefferson County

4-H is getting out of the box making you do things you never thought you would do. It has opened so many doors and creates opportunity after opportunity, I have been privileged to take advantage of these open doors and opportunities and I am so thankful for 4-H and am honored to be a part of it. 
Curtis, Henry County
4-H is a group of friends together planning for one common goal…to make the best better. 4-H is like a family, we may not see each other or talk all the time, but when we do I like what we do. 4-H friendships last forever and help us grow. Tiffany, Jefferson County

4-H is more than fun it’s about personal growth. Through 4-H you not only grow as an individual, you aid in the growth of others. It’s helping others get things out of life they might not have without 4-H. Emma, Grant County

4-H means a lot cause my mom is an agent and we wouldn’t be able to eat if she didn’t get paid. 4-H is awesome in a sense that it develops you from the beginning to the end. At first, as a camper, or a participant, you take advantage of the programs. Then as a volunteer, you help with the next generation. Ryan, Campbell County

4-H means fun and that’s about it. I want to make a difference and this is where I can. Evan Young, Bullitt County

**District Four**

4-H is my life. It is not only a place where you make lifelong friendships, but you create a 4-H family. 4-H has taught me essential skills that I never would have learned without this program. Aubrey, Jessamine County

4-H is crazy, stressful, busy, time consuming, and amazing. Everyone in 4-H is able to connect to each other at least one way. We’re a huge family that has its fights and love. Without 4-H in my life I wouldn’t be the person I am because it truly has changed me for the better. Haley, Clark County

4-H is family. 4-H is friendship. 4-H is love. I have gained lifelong friends through the 4-H program and I’ll never forget the memories I have made. As an STC member, I have had the opportunity to travel to different places, meet all sorts of people, and even be adopted by counties and a district that aren't mine. But they are now. I love each and every person, memory, and lesson I have learned. They will be in my heart and as they say, home is where the heart is. 4-H is home. <3 Bryce, Madison County

4-H really is my family. We work together, play together, laugh together, and even cry together. I love them to pieces! Allie, Jessamine County

I never have been a star athlete, talented singer, or fantastic piano player. However, I still found a way to keep myself busy and stay involved in the community. 4-H has always been my outlet when all of my friends are busy with sports, musicals, or school events. I feel so welcome, loved, and cared about at 4-H events. But, it doesn’t end there- even after camps, conferences, or exchange trips I still feel the love associated with 4-H. Kaylie, Lincoln County

When I first Joined 4-H (unofficially) at age 3 ½, I obviously had no idea how much this organization would mean to me. When I first began getting involved in the leadership programs at age 13, I entered as a shy, awkward, insecure middle schooler. I later joined State Teen Council in 2011, when my 4-H career really took off. Since then, I have developed as a leader, citizen, and person exponentially. I wouldn’t be the same person I am today without 4-H. 4-H is not just an organization- it’s a home. State Teen Council isn't just a council- we’re family. Rachel, Madison County

4-H means opportunity, family, consumer life skills, and a career path of success. Ryan, Franklin County
Ever since the age of three, 4-H has played a huge role in my life. 4-H has presented me with numerous wonderful opportunities that have changed my life. 4-H isn’t just an organization, it’s a family.

Rachel, Madison County

4-H has given me a chance to step out of my comfort zone and make friends and memories that I will always hold close to my heart. 4-H is something that I can feel a part of, and I would not be the person I am today without it.

Allie, Jessamine County

4-H has impacted my life in so many ways. I have been made better as a friend, person and leader through all of the amazing programs, clubs, and leadership opportunities. I honestly cannot picture my life without 4-H. I don’t know where or who I would be without it. I have made so many friends from across the state. These friendships will last a lifetime. To me, 4-H means fun, work, leadership, life, friendship and love.

Stacie, Madison County

4-H to me means a diverse family that comes together no matter what the case/event may be. Through 4-H I have met amazing people that will be life long friends. The memories are so special to me and others.

Haley, Clark County

4-H, one simple analogy, which can transform a person into a caring and compassionate person, and I am a complete example of how 4-H can shape one’s life. I know this is very cliché but 4-H has honestly made me into the person I am today, I can’t even begin to imagine my life without 4-H. 4-H has helped me in so many different ways in all aspects of my life.

Paige, Mercer County

4-H means making lifelong friendships with people across the state. 4-H means growth, growth as a person, leader, and friend. 4-H is collaborating with a group to accomplish something big. 4-H is somewhere where everyone is accepted for who they are. 4-H provides opportunities you wouldn't normally have. 4-H means leadership, friendship, and fun. 4-H is not an activity or club; it is a way of life.

4-H = Love.

Stacie, Madison County

4-H means many things to me. Inspiration, dedication, commitment, family, acceptance. It’s a home away from home and is looked at as a parent who guides us into the right direction of our life. 4-H is a reason to be who you are without the need of society’s pressure. I love 4-H.

Will, Jessamine County

4-H means many things to me. Inspiration, dedication, commitment, family, acceptance. It’s a home away from home and is looked at as a parent who guides us into the right direction of our life. 4-H is a reason to be who you are without the need of society’s pressure. I love 4-H.

~Will Reddington, Jessamine Co

Friends, family, leadership, life skills, fun events, camp; all these things and many others complete the picture of 4-H. 4-H is a place that no matter where or when you can pick up where you left off. There is a place for everybody, but it also lets people step out of their norm.

Aubrey, Jessamine County

Learning leadership in fun ways with Mark Mains and the state officers.

Zack, Fayette County

4-H is the opportunity to grow as a person by becoming a better leader, speaker, and member of society. 4-H has helped me to meet new people all over the state and still become friends, even living hours away from each other. 4-H has enhanced my leadership abilities and helped push me out of my comfort zone to make me a more rounded person.
Katie, Clark County

4-H means to me so much, I'm not even sure where I can start. I joined 4-H in the 4th grad in Ms. Couch's class. And have been involved every year since. 4-H means hard work, determination, sweat, satisfaction, nervousness, friendships, relationships as well as happiness. I am grateful for being involved in 4-H.

Ryan, Franklin County

4-H means family and a place where everyone is welcome and feels comfortable enough to be themselves. 4-H teaches teens how to be leaders and develops their personalities into a hard working diverse group of citizens. 4-H to me has made me who I am and given me so many opportunities and new friends it's been the very best thing for me to be a part of while growing up.

Sarah, Madison County

4-H means, love, laughter and learning. I grew up giving speeches, demonstrations and fair projects. These taught me confidence, life skills, diligence and to “make the best better”. My 4-H experience broadened as a 4-H senior. I learned leadership from the teen councils. State Teen Council showed me the broad impact of 4-H in Kentucky. STC became my second family. Now I have my officers they are my family.

Anna, Jessamine County

4-H is a place for me to get away from the pressures of high school and life. A place where I’ve developed great friendships and amazing memories. 4-H allows me to stand out and become a leader. I <3 4-H!

Hannah, Woodford County

4-H is a great way to better myself among the best people.

Zachary, Fayette County

4-H means many things to me, it means family most importantly. I love how I can truly be myself around fellow STCers and know that they’re always there to talk to about anything. When I think of 4-H I instantly go to the conference room in Jabez in my mind and all the memories there. 4-H has been my life.

Sarah, Madison County

4-H to me means meeting new friends and gaining relationships that will last a lifetime. 4-H also teaches life lessons and has helped me to develop more as a person mostly 4-H has helped shape me into the person I am by holding me to higher standards.

Katie, Clark County

4-H has made me the person I am! Without it I would be a shy awkward homeschool kid. I have developed skills like public speaking, leadership, and many more. 4-H = Love and friends.

Aubrey, Jessamine County

For me, 4-H has been about finding out who I am as a leader, and stretching myself in ways I never expected. By constantly putting me in unfamiliar situations, 4-H challenged me to roll with the punches and continue to be open to new friends and possibilities. I was strengthened by 4-H and have been truly improved as a person.

Jessica, Fayette County

What 4-H means to me is “everything”. I have spent the last 4 years of my life, pouring my soul into it. It is by far the best thing I have ever done and I wouldn’t trade a moment of it. It truly means family to me. I know I can call any of the many friends I have made in 4-H at any time and they would be there. There is so much love in a 4-H family and I for one am proud to be a past.

Quaid, Jessamine County
4-H means opportunity. It has opened so many doors for me and provided me with amazing friends, hard-working advisors, and trustworthy confidants. I can honestly say that I would not be the person I am today if it were not for this organization. 4-H has ALWAYS been part of my life and I do mean always. I do not plan on that changing even though I have “aged out”. 4-H has given me so much and I plan on giving back in any way possible.

*Stephanie, Lincoln County*

To me, 4-H means the world. It has given me the family I love, whether it is State Teen Council, District 4 Teen Council, or Jessamine County Teen Council. 4-H has brought me the things that make me who I am, and gave me the tools to be successful in this world. I have seen the impact 4-H has made on youth and teens just like me and it is truly a great thing.

*Quaid, Jessamine County*

To me, 4-H is a family away from my own. My family means everything to me (Both families). Without 4-H, I truly don’t know what my life would be like. 4-H is learning from somebody, and teaching what you learn to other people so that they can teach somebody else, and the chain can keep growing.

*Aubrey, Jessamine County*

To me 4-H is more than just one of the many extracurricular activities I’m involved in. 4-H is my life; it’s taught me so many things about myself and about growing up. In 4-H I’ve met some of the most amazing people and have lifelong friendships because of all the things its gotten me involved in. There have been times when things felt like they were crashing down around me and 4-H has been an escape from it all. 4-H has made me the person I am today. I just hope that one day I might be able to give back to 4-H as much as it’s given me.

*Sarah, Madison County*

4-H to me is the chance to grow as an individual, meet new friends, and learn valuable new skills. As a young cloverbud I was a very shy person. 4-H, through public speaking and other experiences, has given me the confidence to stand in front of large groups of people without being intimidated. This program has helped to shape me into the person I am today. I would not trade my 4-H experience for the world.

*Angel, Mercer County*

It is hard to put into words what 4-H means to me. Family, love, friendship, everything! Without 4-H I wouldn’t be who I am today.

*Gretta, Boyle County*

Wow! Such a small word with a powerful meaning! 4-H has pushed me past many limits, stretched me farther than I ever thought possible, and it brings more joy and struggle, which has made me a better person. So from the bottom of my heart 4-H is part of my family and my life.

*Anna, Clark County*

There is no way to sum it up other than the word “everything”. It is anything you want it to be. Every opportunity can be given through 4-H. It allows people to make it their own unique experience.

*Lesley, Woodford County*

I have been in 4-H for as long as I can remember, and I have enjoyed every second of it. My bestest friends are people that I met through 4-H. I would have such a hole in my life and heart if I were not in 4-H. I have learned so many life lessons that I will carry with me into the future. 4-H is more than an organization, it’s a family that I will always have dear to my heart.

*Stephanie, Madison County*

4-H consists of projects and competitions, but at the root of it, there are friends. 4-H does a better job of bringing together a diverse group of people and giving them a common thread in which to bond.

*Matthew, Woodford County*
4-H has been an awesome experience for me. I have learned many skills I will use for the rest of my life as well as made lifelong friends. Even though I was involved in 4-H when I was younger, I didn’t really stay involved during middle school and part of high school. But after Lois, my 4-H agent, convinced me to go to a District 4 meeting, 4-H became much more important to me and I wanted to share this feeling with everyone else. It was because people believed in me that I have become the person I am today and I am truly grateful.

Lucy Ann, Bourbon County

4-H gives me the chance to push myself and discover who I am and what I am capable of. The ham project makes me face something I would never touch before- raw meat. The ham project, presiding over meetings and many other activities make me face my fear of public speaking. I also have found I am capable of making friends when I go to conferences where I knew no one. It has given me confidence I never expected.

Lesley, Woodford County

4-H to me is a chance to be myself. It gives me an opportunity to come out of my shell and not be judged. 4-H has really shaped me into who I am today. I don’t know where I’d be without it. 4-H has showed me that adults, besides my family want me to be successful. 4-H has made me want to be an influence on teenagers on day as an agent of teacher. It has allowed me to dream and dream big, 4-H has helped me achieve those dreams as well. Thanks to everyone involved in helping me grow!

Gretta, Boyle County

I could easily fill up an entire page front and back of what 4-H means to me. Being in 4-H is where I met all of my best friends, it’s taken me across the state and across the country meeting new people, laughing until I cry, and having unforgettable experiences. 4-H means friendship, camp, late nights and productive days with creative and diverse people. I have grown up with some people since I was 9, growing as a leader, a communicator, and a person with the support and love of amazing 4-H agents and friends who will last for a lifetime and are unforgettable. 4-H has become part of me, made me who I am, and is what I love. My heart will always be in the shape of a clover.

Sabrina, Fayette County

Growth. We all grow, we can’t help it, and if we could then we would not. Inside of every person there is some unique ability to learn and grow, however this growth is often effected by the environment that we are placed in or which we place ourselves. For me, 4-H has been a great place to grow, like rain and sun, on a plant in a garden. 4-H has given me opportunities, strength, and skills to grow, prosper, and to succeed. Everyone will try to grow, some on rock, some with no encouragement, but 4-H has been a clean rich piece of ground where I have grown. That is what 4-H means to me.

Jonathan, Jessamine County

What 4-H means to me: Some of the most amazing people I know and will ever meet. My best friends who truly understand me and who I don’t think I would have survived without. These people mean the world to me and I don’t know what I would do without them. The agents who helped me through my 4-H career are more than just employees of a program; they are closer to me then some of my relatives. I know that each success I have in 4-H and in life makes them proud and that inspires me to achieve more. 4-H has changed my life. It has shaped who I am and made me the person I am today. I don’t know who or where I would be without these experiences and people. I am so glad that I went to camp all those years ago and became a part of this amazing organization.

Katy, Fayette County

4-H gives me some way to connect with my family. With so many outrageous experiences, I can relate to my family but extend to make friends.

Matthew, Woodford County

4-H makes me different than just the average young person. 4-H has taught me life lessons that no person or other organization could teach me. Leadership, responsibility, citizenship are not even the beginning. 4-H changes children’s lives for the better. It makes that very shy child outgoing and that
lonely child feel loved. 4-H is a family away from home. It can become a safe haven if you only open up to it. That is why I love 4-H!

Rachel, Madison County

**District Five**

4-H is more than just a youth organization to me. 4-H is my family. I have learned many life skills and have made life-long friends. 4-H has given me so many opportunities that I would not have otherwise had. I am very thankful for all that 4-H has given me.

Chandler, Nelson County

4-H means family to me. It is so rare that you find a group of teenagers that care so much about each other and an organization. We have so much fun just hanging out and playing silly games. I’ve met so many amazing people that I am blessed to call my friends. 4-H has truly changed my life.

Alison, Hardin County

4-H has been a lot to me. At a younger age, I was in 4-H Shooting Sports until it became too expensive and I had to drop out. I was not in 4-H again until 2011 when my 4-H agent got me back in 4-H. 4-H is now a major part in helping me with leadership skills and volunteering.

Logan, Casey County

4-H means everything to me. It's happiness, joy, fulfilling, empowering, and inspiring in every aspect. It's wonderful and amazing. 4-H is Mark Mains. 4-H is my life. 4-H is everything.

Alicia, Meade County

To me, 4-H means family and friendships. Bonds have been created in my life that will be with me forever. Everyone that I have met will, and has, made an impact on my life. The ability to come together and accomplish goals is something that is imbedded in every participant of the program.

Savhanna, Adair County

4-H…It is hard to take something that is already the best, then try to make it better; For years, however, that is what all participants have been doing, taking perfection and making it bliss. To me 4-H is a safe haven away from judgment, hate, and discrimination. It is a place where family and friends make lifelong connections, memories, and can learn to become the person this world so fiercely demands. 4-H has been a lifestyle for me, and for that I am beyond grateful.

Lileana, Adair County

4-H has meant many things to me. I have made many friends, some of which I consider my “4-H Family.” 4-H has taught me valuable communication and leadership skills. Before my involvement with 4-H I was a very shy child with a speech impediment. 4-H helped me to overcome my impediment and make me a more outgoing person. 4-H means great times at camp and the “lightbulb” moment that shows what 4-H’ers feel when they learn something new.

Chandler, Nelson County

4-H means the world to me! It has opened so many doors and opportunities. 4-H is a great youth program that has helped me grow so much as a speaker, leader and person. I have met so many amazing people that I look up to and admire. I honestly don’t know where I’d be without 4-H!

Alison, Hardin County

4-H, not only STC, has opened so many doors for me. It has lead me to so many opportunities and expanded my leadership skills. I have developed into a patient, loyal, and diligent person because of this program. 4-H has lead me away from the pressure of conforming to temptations and pushed me to do my best.

McKenzie, Taylor County

To me 4-H is an escape. It’s a place to be with the best people you will ever meet. 4-H provides so many opportunities and wonderful memories for every single participant; it is a program that breeds leaders.
Hannah, Taylor County

To me 4-H means family, whether that is someone in the next county or across the country. I know that the people I have met will be in my life forever. I love 4-H and the people in it.

Savhanna, Adair County

4-H is something different to everyone but some aspects every one shares is in family. Everyone comes with open arms and wants to make friends. People involved do it because they love helping and are interested in helping youth. It means the world to me and there are no other words for it.

Whitney, Nelson County

To me 4-H means a chance to learn and grow in a positive environment. It means fun, new friends, old friends, opportunities, everything. 4-H has made me who I am and I wouldn't trade it for anything in the world. 4-H means learning, love, laughter and life...my life.

Courtney, Nelson County

4-H is my family. It’s about gaining friends and learning. We come in as these scared little 4th graders and we become responsible adults. There is no other organization that comes close to 4-H. 4-H encourages youth to reach beyond their comfort zones. For me, I have learned how to be the best person I can be. 4-H people are my friends, family, role models. Shoulders to cry on and the people I love.

Whitney, Nelson County

There really aren’t words to describe what 4-H means to me. Just a few would be: family, friends, leadership, Jabez. But if you add all of these together I think of one thing, STC. That is what 4-H is, a group of people working together to make the best better, and ready the people of today for be the leaders of tomorrow. 4-H has changed my life forever. I have made the best friends, and have been surrounded by great people. So I suppose that is what 4-H means to me: Amazing people.

Savhanna, Adair County

The word 4-H helped me to find myself and define who I am. My world revolves around 4-H. Without it I would have been so shy and quiet. I love everything about it. It has touched my life in so many positive ways. I love you.

Whitney, Nelson County

4-H is a place where you can be yourself. You make so many friends and memories. You learn valuable skills and there are so many opportunities. It makes the best better 4-H helps you grow into the person you are meant to be.

Mary, Washington County

4-H is more than half of my life. I live, sleep and breathe it. I love 4-H. 4-H is friends, family, and memories

Amelia, Pike County

4-H means a chance to learn, grow, lead, make new friends, and give back to others by using my head, heart, hands and health to make the best better

Courtney, Nelson County

4-H is a blend of all kinds of different people with different skills, interests, and personalities working to make the same thing work. On the surface, we’re one whole organization, but if you dig a little deeper, the whole is made up of many small, close knit pieces. In 4-H, all colors mix to make green.

Charlotte, Washington County

4-H is an organization that not only helps you learn to work in a team, but also how to be the best individual you can be. You are never judged; you receive support in your successes, guidance in your
difficulties and encouragement in your failures. 4-H is the best thing to ever happen to me.  
Rachel, Hardin County

4-H means a world of opportunities that I wouldn’t get the chance to experience if it wasn’t for people who care about youth. 4-H means that I will get a chance to make a difference.  
Faith, Breckinridge County

4-H means more than clubs and fun events. It’s a group of young people with the skills and power to change their community, country, and world.  
Meagan, Hardin County

Family. Because no matter what group or organization you’re in, you’re going to bond. And that bond is not only unbreakable, but it is also truly memorable. The friends, memories, and good times together make for one great BIG 4-H Family.  
Cindy, Marion County

4-H has meant a lot to me; it’s more than I can put into words really. I have made lifelong friends that I hope never to forget. I have gained many skills, and have become a more developed and better person... I do truly love, support, and enjoy 4-H with all I have done thanks to everyone who has made it possible.  
John, Washington County

4-H means friends who last a lifetime, memories that will be taken to the grave, and fun times that won’t be fun anywhere else. Without 4-H I wouldn’t be as outgoing as I am now. 4-H brings out the best in me and nothing can take the experiences away from me.  
Jessica Wells, LaRue County

I was always really shy until I started doing demos in 4-H. speaking in public was something I learned very well from watching older 4-Hers. If it hadn’t been for 4-H, I wouldn’t know how to speak in front of others, scoop ice cream like a pro, (selling ice cream is BIG in Hardin County), or why it’s important to keep a look out for fake spiders in the dairy barn at the fair.  
Meagan, Hardin County

The pledge of 4-H is pretty much self explanatory. I give my head, heart, hands, and health to this club. All 4-H events are useful to making a difference in people’s lives and changing them for the better. It is a great opportunity to make new friends.  
Dominque, Nelson County

4-H has been my life. It has given me everything I need and prepared me for my future. It has provided me with friends, family, and experiences I’ll never forget  
Thomas, Adair County

4-H has made me realize all of which I am capable. I never would have known how much I could grow and develop if it hadn’t been for all these opportunities.  
Mary, Nelson County

4-H means everything to me. It is the reason for all of my success in my competitions. It has brought me out of my shell. Before 4-H I was a quiet, shy kid. Because of 4-H I have grown and am now able to speak in front of people. It is why I am running for State Secretary. 4-H is my life.  
Courtney, Nelson County

To me, 4-H is about making friends and having a good time while working. We try our best to make our state and 4-H Program as good as it can get. I love 4-H and will miss it. I have had an amazing past 4 years especially the last 2 on STC  
John, Washington County
4-H means friends that will last a lifetime, memories I'll never forget and hardworking people who never stop. 4-H has had a tremendous effect on my life. Without 4-H I wouldn't have nothing else to do nor have as many friends as I do.

Jessica, LaRue County

**District Six**

4-H can be expressed as many words: fun, family, awesome, incredible, and possibly the best experience of my life. The leadership experience is unbelievable. I don't know where I would be as a person. Between stock shows, blackberry cobbler contests, shooting sports practices, and sewing club meetings, I’ve learned skills that will help me, but I’ve also learned leadership, social, and communication skills that will help me for a lifetime.

*Julia, Hart County*

4-H is my past, present, and future. It is anything from cooking and sewing projects to being a state-level leader. 4-H has taught me so much about life, learning, and leadership. For all of my life, 4-H has had a huge impact on me and it is the reason that I am the person I am today.

*Sarah, Webster County*

When you go to a 4-H event it's like a family reunion. You reunite with old friends and make new ones but what unites you all is a passion for 4-H. Everyone who is in 4-H is making themselves a better person through 4-H. Whether it is skills, confidence, or friends, 4-H makes a huge impact on a person’s life. My 4-H family is an exceptional group of people who accept everyone’s differences and love unconditionally because 4-H unites us.

*Haley, Ohio County*

4-H means so much to me: It means being a positive role model, enjoying meeting new people and appreciating all our differences. It means friends and fun while still getting things done! It means experiences and confidence. 4-H is an amazing program and helping others to realize this as well by promoting 4-H activities and all the many benefits I have come to treasure such as leadership opportunities, friendships, room to grow in a caring atmosphere, acceptance, and making wonderful memories with one of the best groups of people in the world.

*Mckenna, Hart County*

4-H means a lot to me. It's a great way to do different things. 4-H has also given me a lot of new friends and responsibilities. I am happy to be in 4-H.

*Allison, Metcalfe County*

4-H is my life. Ever since I was younger, my summers were dominated by washing, clipping and showing stock. However, being accepted to STC has helped me realize 4-H is about leadership and family.

*Julia, Hart County*

4-H is a great leadership organization. It has made me the leader I am today.

*Unknown, Webster County*

4-H has been a home to me with friends I can always talk to. I love being able to go to almost any county and say, "I have a friend from here." I can relate to any one I meet at 4-H because we both have a passion for this great organization. I couldn't imagine my life, past, present or future without 4-H.

*Haley, Ohio County*

4-H means to me a lot of experience, and opportunity. Some experiences are fun, some not as much. But you learn from everything you do through 4-H. it gives you so many opportunities to meet new people and do new things. It’s just a great program.

*Mckenna, Hart County*
In the ten years I have been a 4-H member, it has changed me so much. I have learned so many skills that I will use for the rest of my life such as leadership, organization, and friends I will keep for a lifetime.

*Samuel, Warren County*

4-H to me is an amazing group of people coming together to do the best at making Kentucky better. 4-H isn’t like any other organization out there; we care about every single member and have an instant connection. To say that 4-H is changing lives is an understatement. 4-H is shaping people for their futures in a unique and loving way. 4-H is love.

*Jacob, Ohio County*

4-H to me is family. No matter who you are outside of 4-H you are always accepted. STC has helped me come out of my shell and become a more open and loud. I have met the most wonderful people in 4-H and have been able to build lifelong friendships. I love 4-H 😊

*Laura, Barren County*

4-H is a group of people coming together who only have 4-H in common, but they still connect and become friends. It’s becoming a better person by learning from others and appreciating their differences. You learn skills that make you a better leader and can take you out of your shell.

*Haley, Ohio County*

It means leadership. 4-H has taught me responsibilities. I help others. 4-H has really helped.

*Allison, Metcalf County*

4-H is a place to learn. During my term at STC, I served as liaison to D6 Mammoth Cave Area & Simpson Co. 4-H has so many things for everyone to try, and that’s why I love our program. 4-H is power and potential. Every member of the 250,000 4-H participants have the power and potential to be the great leaders of the world.

*Allyson, Simpson County*

I have been in 4-H since I was born, It has always been a part of my life. 4-H has always been there when nothing else was. I have met so many amazing people that I know would help me in a second if I needed it. STC has become my family and I don’t know what I would do without them 4-H is the one place that you can be anything you want and you escape all the outside pressures. 4-H is my life and I love every minute of it.

*Laura, Barren County*

4-H has become my life. I am currently 17 years old. I have been in 4-H since I was nine. I’ve grown throughout these years in 4-H and have become to love it more and more. Now looking back, I see how far I have come to be an STC representative.

*Josh, Monroe County*

To me, 4-H means this huge group of people who are different from me that still accept me into their family. No matter what, I can always count on my 4-H friends to support me and be there for me. 4-H has been, and will always be a huge part of my life. 4-H has changed my life and it has truly changed me for the better.

*Jasmine, Simpson County*

You can’t put a tag on greatness and for that reason; 4-H is priceless, completely priceless. Yes, this program will change your life, you can learn how to do anything, change the world, and be anything. But then again you can’t tag greatness, only remember it.

*Wil, Union County*

To me, 4-H is a huge part of my life and always will be. 4-H has made me the person I am today. I have grown in so many ways, from the first time I presented a speech (I was so nervous!) to joining STC, my eleven years in 4-H have been absolutely amazing. I look forward to another 20+ years in the 4-H program.

*Kaile, Hart County*
4-H means everything to me. If it weren’t for 4-H I would be more shy. It has taught me how to be myself and to never give up. STC is the best thing that has ever happened to me and I hope to be on it again.
Jenna, Monroe County

4-H is the opportunity to pursue my dreams with help and direction from others. 4-H is improving myself so that I can help others improve themselves. To me, 4-H truly is making the best better.
Anonymous

4-H means family, friends, free time. It means everything to me. It has given me strength, courage, leadership, and the ability to learn amazing things with lifelong friends.
Kala, Monroe County

4-H to me means the world. It gives me a sense of responsibility and acceptance. I have the most amazing fellow STC members anyone could ever begin to wish for. They honestly are my family, and Mark is a second father. I thank God for allowing me to experience relationships with these people across the state. I bleed green. I know that without a shadow of doubt that even after I age from 4-H that I will still remain active. Teens today are faced with many hard burdens. 4-H teens are an example for the US. I can only hope to become as great as some of the people I’ve met through 4-H.
Josh, Monroe County

4-H means the world to me; let me explain: I have been in 4-H since I was about 6 years old. Sitting in my first meeting, I had no idea how much 4-H would come to mean to me! I have transformed from a shy, quiet little girl to an outgoing teen who got voted ‘friendliest in STC superlatives. The friendships I have made and the obstacles I have overcome have made me into the person I am today! 4-H means sooo much to me and has opened sooo many doors, it is impossible for me to express it in one simple page—I love 4-H!
Kaile, Hart County

4-H is a brick. It is a brick that will be with me for the rest of my life. And life itself is a road that happens to be made of bricks. Life has many paths but the brick that I have acquired will set me in the right direction. And when I look back at life I can see that 4-H started it.
Wil, Union County

4-H has been an eye-opening adventure. It has taught me about other people but, more importantly, about myself. 4-H equals friends, friends equal family… 4-H is my family.
Davis, Allen County

I really don’t know how to explain what 4-H means to me, but I’m going to try the best I can! 4-H has been a part of my life for 16 years. Through these 16 years I’ve met a lot of people that will be lifelong friends! And well, 4-H has just helped me get ready for the real life, and being on “STC” this year has been great.
Jenna, Monroe County

4-H is a metaphorical well of opportunity. It is a place where old friends get to know each other, and a place to make new best friends. Everybody should experience what 4-H has to offer.
Davis, Union County

To me 4-H gives kids opportunities to do things they have never done before. You make many great lifelong friends. Many of those friends are from other parts of the state or country, so when you visit one of those places it’s nice to know that you already know someone. It’s something that I really believe helps make a difference.
Molly, Union County

What 4-H means to me is friendship that will last forever. Something pushes me to better and excel at everything I do. The people come and go but the memories will never leave. It also has provided me with
the confidence to try new things and meet new people.

Jared, Ohio County

4-H is fun. You get to meet a lot of people and see many things. Thanks to 4-H I have friends all around the state and even in other states across the country. 4-H has allowed me to culturally expand myself.

Brennan, Hart County

4-H has made such a difference in my life. It has helped me with different challenges, along with gaining leadership skills, having fun, meeting new people, and having friendships and memories that will last a lifetime.

Toni, Hancock County

4-H has made a major impact in my life. It has made me the young woman I am today. It has also taught me about leadership responsibility, and self-confidence. I feel 4-H gives me the opportunity to give back to my community.

Heather, Hancock County

To me, 4-H is a chance for me to let myself go and just be myself. It allows me to release my inner child and not suppress it.

Ecil, Hart County

4-H has become my life. It has given me so much, and it has led me to my future—my college and my job. The feeling I get from helping children to do new things is irreplaceable.

Kelli, Monroe County

4-H is everything to me, it is my world. It has made me who I am. After my mom died, Susan (agent) & 4-H became my family. They are always there and push me to do more than I ever thought I could. I like to watch 4-H change the life of kids and make them change just like it has changed me.

Kala, Monroe County

4-H is a chance for me to see the immediate effects of my actions. Whether it’s the smile on a kids’ face after I try to cheer them up, or seeing my cabin with the cleanest cabin award after I explain proper cleaning techniques.

Brennan, Hart County

To me, 4-H is a refuge with new and enriching events. It has taught me to be outgoing and brave enough to try anything. I have learned countless skills and made life-long friendships.

Lelia, Ohio County

District Seven

4-H to me means LIFE! 4-H is not only a way of life it is life. Just like in life you learn lessons, meet new people, have heartbreaks and disappointments, but there is also happiness and joy. When I joined thirteen years ago as a cloverbud, my life truly began. I have learned so much that will help me not only now, but in the future as well. I have made a family in 4-H, not just friends, but a family.

Amanda, Hopkins County

To me, 4-H means belonging. 4-H is a family, a home away from home. 4-H is a way of life. Being a member of 4-H means always upholding our pledge and motto—taking it a step above and beyond. For me, 4-H was a saving grace, for lack of better term. As a child I was often bullied (for example, my classmates and teachers called me a ghost because I’m so pale and ignored me for weeks at a time). 4-H camp was the only place I felt like I could come out of my shell and be myself. It helped me to overcome the obstacles in my life and to find myself. I am so blessed to be a part of this amazing program. I thank God every day. This program touches and changes lives daily. It gives people a place to belong, a second family, and a home away from home. My 4-H family is both my biggest supporter and my worst critic, because they expect more from me. They expect me to make the best better. To
me, 4-H means letting loose, growing up, being myself, overcoming challenges, and family. But most importantly, 4-H means love.

*Megan, Muhlenberg County*

4-H means everything to me. My parents raised me, but 4-H has developed me. I am the person I am today because of 4-H. I have learned so many lessons, made friendships and been unconditionally loved. I couldn’t have asked to be in a better organization that develops today’s youth into tomorrow’s leaders.

*Paige, Caldwell County*

4-H has allowed me to grow as a person and has helped me come out of my shell. It has allowed me to meet and form bonds with people I probably would have never met. 4-H means the world to me. It means I can be myself knowing my friends won’t judge me because they are just as silly as I am. 😊 <3

*Joia, Calloway County*

I have been in 4-H practically all of my life as an agents kid and it has had such an impact on my life. To me it has been relationships and lifelong friendships that have made an impact on me. Through 4-H I have done such a variety of activities such as needlework, archery, and found my passion for showing livestock. This has taught me dedication, responsibility, and communication skills. I would not trade the experiences I have had for anything in the world.

*Audree, Calloway County*

Home- it rolls off the tongue when talking about where a 4-H event is held. To me, it’s an extension of what 4-H becomes to you when you place your head, heart, hands, and health in everything you do. The people, the places, and the experiences are all once in a lifetime, but the memories are endless. The people become your family, the places become your “home” and the experiences shape you into the person you want to be. 4-H really does “Make the Best Better.” I know I wouldn’t be who I am had I not been a 4-Her and I will forever be grateful for dedicating 13 years of my life to the Kentucky 4-H program. What it has given and taught me is tenfold to what I could ever give back, but I will forever be a supporter of the 4-H program.

*Brittany, McCracken County*

4-H means family. STC, Mark, Trevor, Jacob, Kelsey, my office team and my STC means the world to me. 4-H is love.

*Greg, Calloway County*

4-H means an opportunity to grow. It gives you a chance to develop needed life-long skills all while having fun. 4-H also means family. It is a place where we come from vast backgrounds but all have the common love for 4-H which makes us family.

*Paige, Caldwell County*

Fun, friends, and memories that will last a lifetime.

*Mark, Trigg County*

4-H means the opportunity to meet new people and make life-long friendships. It helps you grow as a person and become a better leader. It means you have the chance to make your county the best it can be by being exposed to people from all across the state.

*Alex, Carlisle County*

Continual development of leadership, character, and knowledge are embedded into everything we do here in 4-H. To me 4-H means development and growth through the ages of 9-19, that correlates to make the best better. It is vital that students experience something with such significant opportunities and 4-H does that better than any organization.

*Megan, D7*
4-H means a lot to me. It has allowed me to make new friends, see new places, and to better my horse showing ability. I have been able to be mentored by other 4-H members on many different levels, from public speaking to proper horse training. I have also been able to mentor other 4-H members and be a role model for other 4-H members.

Kathryn, Livingston County

It’s hard to describe in words exactly what 4-H means to me. Any conference, meeting, camp or event has become my home and the people I have met have become my family. The people, the places, the experiences are all once in a lifetime, but the memories are endless. I know no matter where I go in life 4-H will always be my heart.

Brittany, McCracken County

It means everything. The programs and activities that I have participated in have helped to shape me in the person and leader I am. And I give back to give that experience in someone else’s life.

Paige, Caldwell County

4-H means a chance to hang out with my friends across the state. To be a leader to those younger and help them reach their full potential.

John Mark, McCracken County

4-H is a way for me to step out of my boundaries. It is a way to meet people from everywhere that will be friends for a lifetime. 4-H is everything.

Mark, Trigg County

4-H has meant continual, never changing personal relationships. It has meant personal leadership development through core curriculum, 4-H has been one constant in my life who has helped me to be their person I am today. 4-H has a way of impacting not only ourselves, our community and our world!

Megan, Calloway County

Diversity, leadership, teamwork, family, continental breakfast, opportunities.

James, Trigg County

4-H means everything to me. Family, friends, love, Jabez, committees. Every emotion you can feel is STC.

Greg, Calloway County

4-H means getting away from the hassles of the world, and spending time with friends.

Mason, Caldwell County

4-H means life to me. It allows me to show emotion and no other part of my life does that. I do not smile, but I am happy. I love Mark, Jeremy and D7 and STC.

Dylan, Marshall County

To me, 4-H means friendship. 4-H means waking up in the morning and not being grumpy about it. 4-H means hugs so long and hard that you’re out of breath after. 4-H means jokes that no one else could possibly understand. 4-H means the love of a family too big to fit under one roof. 4-H means memories to last a lifetime.

Derek, McCracken County

4-H means Jabez, STC, Friends, Love, Fun, Family

Greg, Calloway County

To me 4-H means time with friends, away from the stresses of life. 4-H is not just a club, but a huge clique and group of friends.

Mason, Caldwell County
4-H is not my home away from home. It is the place I look forward to when I’m where everybody else calls home. 4-H is a group of dorks taking over all of the world.

James, Trigg County

4-H to me, is the long weekends looked forward to, thousands of laughs, hundreds of miles together, so many familiar faces, so many memories with lifelong friends only seen a few times a year, and teens making a difference.

James, Trigg County

4-H means making new friends from all over Kentucky. 4-H teaches people leadership and teambuilding skills. You learn to work and learn from fellow 4-Hers. By being in 4-H I learn something new and amazing all the time.

LouNet, Graves County

4-H means to me true love and friendship. When I first joined this amazing organization at the age of 9 I hardly knew 10 people but as I continued to grow and participate in 4-H, everyone I met always welcomed me with open arms and with a warm smile. It has always been these friends I have made that I could count on to be there for me no matter what I needed. I truly believe that it is these friendships made that keep people involved in 4-H because they can’t wait till the next time they see all of their 4-H friends again. I have always made it an initiative of mine to continue the chain of love that 4-H started over 100 years ago.

Josh, Hopkins County

4-H is a truly amazing organization that has taught me so much—everything from leadership skills to how to make new friends. I am truly blessed to be a part of an organization that cares about its members and their thoughts. I view 4-H as my second family and am proud to say they are my second family.

Matt, Trigg County

When asked this question I first think family, dedication, and love. 4-H ends up being a girl’s closest family. 4-H is the people I go to when I need help, when I need a friendly shoulder to cry on. 4-H is a group of people who have an amazing sense of dedication. When these people say they’re going to do something, no matter the cost, it gets done. And love; 4-H has an amazing sense of love that no person can ever understand. It’s the kind of love that a family can provide. That’s the kind of love and family that this girl feels.

Amanda, Livingston County

4-H means friendship. This has only been my 2nd STC meeting ever. Last year, knowing very few people, I came into the meeting room and sat by myself. That weekend, I met a few people and planted some friendship seeds, but that doesn’t even compare to this year. The last two days I have spoken with everyone, participated as a secret pal, and have even been invited to all night “pow-wows”! So thanks, STC, for making this such a memorable experience. I hope that there are many more to come!

Alex, Hopkins County

4-H means love. It means the Power of Youth. I love 4-H forever. Before 4-H, I didn’t have a lot of friends. I joined it and now I have some of the best friends for the rest of my life.

Dylan, Marshall County

4-H means everything to me without it I would have nothing. I have made 4-H friendships that I will never lose no matter how old I am. The leaders in 4-H inspire me to make the best better when it comes to 4-H and my life.

Dylan, Marshall County

Many people think of 4-H as strictly agriculture, others view it as a leadership and volunteerism. However, through my eyes 4-H means all of this and more! 4-H has provided me with so many experiences and friendships. This organization has given me closer friends in the last 3 years than friends I’ve known my
whole life. My agents have taught me honesty, loyalty, and trust. For all this, I am thankful!

*Alex, Hopkins County*

4-H means so much to me because it has given me so many opportunities. 4-H has taught me several life skills and has set me on the path for success. I have been able to improve my public speaking skills, leadership abilities, and made so many friends and memories that I will never be able to forget. 4-H is like a family to me, it has given me a place to belong and work with others that I know will remain in contact with.

*Josh, Hopkins County*

To me 4-H is friendships that last a lifetime, more opportunities then I can count and an amazing learning experience. The people I have met through 4-H, I consider to an extension of my family. I love being involved in 4-H. It is an amazing organization!

*Kellsey, Caldwell County*

4-H means the world to me. There are so many words that I can use to describe 4-H and I am going to tell you right now. Scrumtrelescent, baby chick, vomit, tanlines, dancing, cheesy, ski, mafia, cornhole, chalupa, listen to your heart, memories, laughs, stories, love, tears, and last but not least…goodbye!

*Colton, Lyon County*

4-H means the world to me. I love being a role model for younger kids, and having the opportunity to meet new people and the chance to see them. 4-H is great!

*Kellsey, Caldwell County*

4-H is a unique opportunity to better yourself and your community. 4-H is the one place that lets me meet unique people and display leadership. The community seems to appreciate the hard work that 4-H displays in everything they do.

*Jessenia, Crittenden County*

4-H means learning new things and having wonderful experiences. I like helping the community. I like that I make a difference in people’s lives, it is great to see a smile on a child’s face knowing you made their life better.

*Louiet, Graves County*

4-H has done so much for me. It has prepared me for life and given me skills that I could use later on in life that are priceless to have.

*Josh, Hopkins County*

4-H means the world to me. It has for the past year been my life. Kentucky’s 4-H members are the best of the BEST in the entire world. 4-H has taught me to focus. Focus on where I’m at and where I want to be. It has taught me not only to focus on myself but focus on others. Don’t just talk about making a change. One day if I don’t realize it now 4-H has impacted me more than anything else.

*Matt, Trigg County*

4-H, to me, means life-long friends, long-lasting memories, and life-changing events. 4-H is what made me who I am today and it is one of my defining qualities. That is what 4-H means to me.

*Derek, McCracken County*

4-H is a group of people and an organization that cannot be described easily at all. 4-H, for me, means friendship, understanding, cooperation, and acceptance. The friendships I have developed in my 10 years of 4-H have been vastly different. However, my 4-H friends range from all-star athletes to “band geeks” to “mathletes”. Each friendship is a great example of the boundaries that are crossed through cooperation and acceptance.

*Alex, Hopkins County*
Others

4-H has been an instrumental part of my life since 4th grade. 4-H has given me so many lifelong friends and events to look forward to all throughout high school. Because of 4-H I have had the opportunity to travel to many places I never would have otherwise, including Washington D.C., Denver Co., and Kentucky. I do 4-H continuously because it is a place where I feel that I belong and be completely myself. I choose to be involved in 4-H because I believe in its legacy and the power it has to impact the future.
Kelly, Tennessee

4-H is more than just an organization. It is where I met friends, role models, and myself. 4-H has made me the person I am today, and I couldn’t imagine my life without it. This organization is by far the best thing that has happened to my life. I had no clue what I was getting myself into when I joined a club called 4-H in the 4th grade. But I wouldn’t change a thing. <3
Nicole, Tennessee

4-H means a world of opportunities to improve who I am. I have learned a lot about leadership, communication, and other life skills through 4-H. 4-H has also given me many contacts for my future. 4-H means the world to me.
Sarah, Pennsylvania

4-H means I am able to excel in areas I have a passion for. I have the opportunity to lead my peers to the next level. Being a member of this organization, I am allowed to show my animals. 4-H has many opportunities to let our members shine.
Pennsylvania Delegate

4-H means a lot to me because it has been a large part of my life. It has taught me everything I know about leadership, and has taught me public speaking and life skills. I would not be where I am today. Thank you 4-H, you mean a lot to me.
Grant, Pennsylvania

4-H means a lot to me. I has made me who I am. It has given me leadership and citizenship skills. It has made me hundreds of friends. It has given me the opportunity to explore the U.S. and to explore future careers. 4-H means a lot me.
Will, Tennessee

To me, 4-H means what it says: Head, Heart, Hands, Health. It encompasses all of these areas, and frankly has taken them over.
Unknown

4-H means a lot to me! There is not other organization I would want to be a part of. 4-H has given me opportunities that I would have never gotten anywhere else. I also have met people that I will always remember and be friends with for the rest of my life! Without 4-H, I would not be the person I am today!
Pennsylvania Delegate

4-H to me means meeting new friends, traveling around the world through 4-H, and learning so many life skills to become the person I am today. Through 4-H I have made so many friends and memories for lifetime.
Courtney, Missouri

4-H means everything to me. I don’t know where I would be without it. I would not be the person I am today without the 4-H program. I wouldn’t have had as many experiences that I have. I would not know so man incredible people if I wasn’t in 4-H. I cannot imagine my life without 4-H. 4-H means the world to me.
Danielle, PA State Council 2012

4-H is a program full of endless opportunity and I have learned so much. Through 4-H, I have gained leadership skills and it has helped me decide on a furture career. 4-H also offers the opportunity to travel
and meet tons of people. Without 4-H I would not know as many people across the nation or even my best friends. To me, 4-H means a program that offers so many things and everyone fits in.

_Hannah, Missouri_

To me, 4-H means the opportunity to be a leader and to set example. The opportunity to network and meet new people from other places. The opportunity to make a difference in my world and to become a productive citizen of society.

_Jared, Florida_

4-H has been one of the best programs of my life. It has given me friends for life and so many memories. I wouldn't trade my friends or memories for anything.

Daniel, Tennessee

4-H is a great program that develops youth into America's future leaders. It develops friendships and relationships that last a lifetime. People wonder why we should keep 4-H and it's obvious, just look at youth before they enter 4-H and after their 4-H Career has closed and that is the reason it is so essential to the future of this great nation.

Bil[y, Tennessee]

For me it is really hard to put 4-H into words. A person can't describe 4-H and do it any justice. 4-H is meant to be hands on and not be spoken about. 4-H allows me to unwind and let loose from my everyday life. 4-H allows me to work with the next generation of leaders and have an impact on their lives. If it wasn't for 4-H, I would probably be in jail now.

Anonymous

I look back on my past 9 years and without 4-H I would have been a boring teenager. I cannot tell you how thankful I am to be in 4-H. 4-H has opened the door to my life. 4-H means everything to me. In 4-H, I have met people across not only the state of Tennessee but everywhere. 4-H has given me best friends that will last forever. 4-H means lifetime of friendships. I have also learned that 4-H teaches us to lose so that we have people to teach us, before we enter the real world.

Amber, Tennessee

4-H means that there is never a boring moment in my life, from the crazy car rides to the stress of getting ready for a completion. It's finding a voice within a crowd and being able to speak up and stand out. It's about learning to get back up after you fall. It's no one understanding a single story from an entire week. It's about becoming a part of a timeless tradition and being wired for success. It's being part of a council family. It's about having friends all over the place. It's about winning and losing. It's my life... and as I move forward in my life I will remember all the memories.

Jaime, Tennessee

4-H means finding confidence. Finding confidence to speak, confidence to lead, confidence to trust others, confidence to be myself, confidence to organize, prepare, and conduct. Most importantly, I'm confident that when I fall, my 4-H friends will ALWAYS be there to catch me.

Alaina, Tennessee

4-H has been the biggest impact on my life. The people you meet and the times you have are unmatched my any other programs. 4-H is a great influence on young people.

Kyle, Tennessee

4-H is basically my life! It has made a huge impact in my life. It has given me my best friends and life skills you wouldn't learn anywhere else! 4-H has left me memories I will never forget. 4-H has made me who I am today.

April, Tennessee
The person I am today is in a large part because of 4-H. 4-H has taken me places I never could have imagined, helped make me the person I dreamed of being, but thought I would never be. I am blessed to be part of 4-H and for 4-H to be part of me.

Elizabeth, Tennessee

4-H means meeting new people from all over the state and country! 4-H also provides leadership skills.

Scott, Missouri

4-H has meant the world to me! I know that a lot of people say that 4-H is a big family and it’s true! 4-H instills in its members’ the ability to be productive, intelligent, loving and awesome people. I love 4-H and my 4-H family and I will never forget them.

Anonymous

4-H is a place I can find all my best friends. It always amazes me when I see so many diverse people from all over America becoming the best of friends in such a small amount of time. What can be better than having fun and learning all at the same time?

Jordan, Missouri

The world. 4-H means the world. 4-H means the opportunity to write this note, it means the opportunity to get out of my shell, and it means the opportunity to live like I was meant to live. It means the world.

Anonymous

Compiled from State Teen Council members during the 2006 - 2013 STC Terms. Modifications have been made to spelling and grammar when necessary for clarification.