

# THE PEACH PRESS

A Publication of The Georgia Association of Extension 4-H Agents  
Spring 2017 Edition



Brought to you by the  
Media Committee  
Dinah Rowe, Editor  
Media Committee Chair

## THE PEACH PRESS PUBLICATION DEADLINES:

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## A Message from the President ... Kasey Bozeman

At National 4-H Congress this year, C. Kevin Wanzer, author of the book *Choose to Love*, served as a keynote speaker. I had not heard of Kevin nor his book until Sophia Rodriguez, a Liberty County 4-H member, returned from National 4-H Congress with an autographed copy of the text for me. She excitedly came to my office one afternoon, eager to share her experiences of the event and give the book to me.

"The book kinda reminded me of you," she said. "You always teach us to love each other – no matter the circumstances." I got a huge lump in my throat, some extra moisture in my eyes, and simply replied "thanks." Wanzer's book is actually a poem, beautifully illustrated by Kristin Tuller. Though it's only a mere 24 pages in length, the poem shares that regardless of the circumstances that can so easily divide people – sex, race, religion, nationality, politics, socioeconomic status, gender expression, etc. – we all have the opportunity and the responsibility to choose to love one another.

When I graduated college, my mom gave me a large 3ft tall framed poster. She told me that whenever I got a job, the poster needed to hang in my office. The poster reads "it's okay to be missing a tooth, to wear glasses, to be a different color, to dance by yourself, to have no hair, to do something nice for yourself, to have an invisible friend, to be proud of yourself ... it's okay to be different." I'm so blessed that my parents instilled the ideas of embracing differences with me. I proudly display that poster in my office, and I hope the way I lead youth development programming in Liberty County is a reflection of both the poster and the new addition to my bookshelf.

Turning on the TV, reading the newspaper, or scrolling through social media easily shows the divides that we as a society are facing. I embrace living in a very diverse community, where I am afforded the opportunity to work with some of the best youth I've ever known. You would think that with such a diverse group of young people, issues would arise. Actually, it's quite the opposite. I've never had to deal with issues of bigotry – I guess my 4-H'ers know it's okay to be different and the importance of choosing to love.

But I am not the only one. You as a 4-H professional are afforded similar opportunities, too. Your 4-H members are diverse in so many ways. Celebrate the diversity! Teach your club members to embrace themselves, appreciate others, and accept differences. We have an opportunity to contribute to a young person's development each and every time we interact with him or her. Don't forget that our actions speak louder than words, our choices show who we truly are far more than our abilities, and always choose to love!





## After 4-H

By Dot Cofer



I MUST BE MADE OUT OF A DIFFERENT CUT OF WOOD. When I started discussing retirement (21 years ago), I felt like it was the end of life for me. I wondered how I could get through the day without hugging my 4-Hers. I missed them those first few days and weeks and miss them to this day. Honestly, if you get the bug down deep enough, you will not want to part from your career - your way of life.

Well, this is my story of how I survived those first lonely days of withdrawal pains from Extension. I will admit that I almost cried the first day. I wondered if they could carry on without me since I would not be replaced soon. The next week IT HAPPENED. The school system asked me to sub - I could see my kids again- yea! Every single day as I would be dressing for work, I would imagine who I would see that day. Don't kid yourself. Our kids love us, remember that. I mainly subbed in high school. Every day was a blessed day and one to remember. Even when my husband was working in upper South Carolina, I would call home each night from up there to see if I could teach the next day...long early morning drive but it was so refreshing. YOU KNOW THE SCHOOL LAW ABOUT NOT TOUCHING THE STUDENTS, WELL, I JUST IGNORED IT. WE HAD TO HUG AND CELEBRATE SEEING EACH OTHER.

My first 2 summers were spent with a 6 week-long 1/2 day class in our public housing area. Hey, pre-4-Hers and present 4-Hers! We did all the fun things that sometimes agents are not allowed to do: first aid, baking, crafts, pretending to be a sales clerk in a store, you name it, we did it. Even did a little 4-H project work.

About 6 or 7 years ago I began doing jail ministry in our local Law Enforcement Center with my husband and a preacher. Guess what happened - the first 4 girls to come into our classroom knew me! They whispered to each other, paused and said, "You, you are our 4-H Lady, aren't you?" After some more hugging, we settled down. The jail ministry has been so rewarding to me. I hate for them to be in jail, but I know they are alive and safe there. I have one in prison with a stiff sentence but he will be home in a couple of years. I have been proud of him while serving his term. He is a good boy, just got caught up in the wrong moment. I even appeared in Federal Court as a character witness for him. While in prison, he leads a bible class for the men and plans a wonderful community project in our home town. Each year he has given leadership to a "Back to School" event. He has phone hook up from his prison for our committee, gets committees organized and even phones in over loud speaker the day of the event to talk to the kids about what it is like to be parted from family and friends. We have about 400 kids and parents each year. I purchase New testaments for the parents and the Gideon's give one to each child. Just think, my little 4-Her now serving others in a very unusual way.

Before long, I will present my 40th Health Fair. I kept it going when retired, since office was planning to discontinue it. So many people have just about a complete physical, mostly free of cost, except for inexpensive blood work.

As that ends, I'll hop on a plane for the Island of Utila, which is an island off east coast of Honduras, in Central America. I'll be heading up a medical mission pretty much similar to our health fairs.

I am in the process of filling about 8 large suitcases of medicines and supplies to leave with those families who are far from medical help. Just don't get me started on how much fun I have with the villagers-- medical checks, meds, play with the kids, receive more home economics information that I actually give to them and just show them that a group of Christian folks can love them.

**SO, YES, THERE IS LIFE AFTER EXTENSION! I HAVE FOUND IT.**



# 4-H Honey Bee Good Recipe Contest

By Casey Hobbs, Walker County 4-H Extension Agent



The fourth annual Honey Bee Good recipe contest, sponsored by the Northwest Georgia Beekeepers Association, gave 4-H'ers the opportunity to show off their culinary skills by submitting their favorite honey based recipes. Recipes were judged for nutrition, appeal, creativity, flavor, and technique/presentation.

With recipe entries from across the county, judges from the Beekeepers Association were faced with the tasty challenge of choosing their favorites. After much consideration, 3 county finalists were chosen from each division. Each finalist was invited to prepare a dish of their recipe for a final competition on Monday March 13, 2017.

5<sup>th</sup> Grade County finalist include: William Wallace from Chickamauga Elementary (1<sup>st</sup> place overall 5<sup>th</sup> grade winner, recipe below), Cadey Page from Cherokee Ridge Elementary (2<sup>nd</sup> place, Honey Oatmeal Apple Cups), and Su'Andra Williams from North LaFayette Elementary (3<sup>rd</sup> place, Honey Lemon Chicken).

Middle School Finalist were Mattie Day from LaFayette Middle School (1<sup>st</sup> place, recipe below), Austin Sears from LaFayette Middle School (2<sup>nd</sup> place, Honey Bars) and Jacey Baker (3<sup>rd</sup> place, Honey Cinnamon Crescent Roll Bars).

Our 5<sup>th</sup> grade first place winner, William Wallace, prepared the following recipe for Honey Garlic Butter Salmon:

- ¼ cup butter
- 1/3 cup honey
- 4 large garlic cloves, crushed
- 2 tablespoons fresh lemon juice (juice of ½ lemon)
- 2.5 pound side of salmon
- Sea salt, to taste
- Cracked pepper, to taste (optional)
- Lemon slices (to serve)
- 2 tablespoons fresh chopped parsley
- Foil



## Directions:

Put rack in middle of the oven. Preheat the oven to 375 degrees Fahrenheit. Line a baking sheet with a large piece of foil big enough to fold over and seal to create a pocket

In a small sauce pan, melt the butter thoroughly over low-medium heat. Add the honey, garlic and lemon juice and whisk until the honey has melted though the butter and the mixture is well combined.

Place the salmon onto the lined baking sheet. Pour the butter/honey mixture over the salmon and spread evenly over the salmon. Sprinkle salt and cracked pepper to taste. Fold the sides of the foil over the salmon to completely seal it.

Bake until cooked through (about 16-18 minutes depending on thickness of your fish). Open the foil, being careful of any escaping steam, broil for 2-3 minutes on medium heat.

Plate with lemon slices and parsley to serve.

Recipe makes 8 servings.

Pictured left to right are the Fifth Grade Finalists: Su'Andra Williams (3<sup>rd</sup> place, North LaFayette), William Wallace (1<sup>st</sup> place, Chickamauga) and Cadey Page (2<sup>nd</sup> place, Cherokee Ridge), Mr. Roger Ardis (President of the Northwest Georgia Beekeepers Association)





# 4-H Honey Bee Good Recipe Contest (cont'd)

By Casey Hobbs, Walker County 4-H Extension Agent

Middle School first place winner, Mattie Day, prepared Honey Cupcakes with Honey Cream Cheese Frosting.

## Cupcake ingredients.

- ½ cup of unsalted butter, room temperature
- ¾ cup of sugar
- 2 eggs
- 1.5 cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ cup buttermilk
- ¼ cup honey
- 1 teaspoon vanilla extract

## Cupcake Directions.

- Preheat oven to 350 degrees Fahrenheit
- Mix dry ingredients separate from the wet
- Mix wet ingredients separate from the dry
- Combine dry and wet mixtures and place in lined cupcake tins.
- Bake for 18-20 minutes or until lightly brown

## Preparing frosting:

- ¾ cup unsalted butter, room temperature
- 4 ounces cream cheese, softened, not melted
- 3 tablespoons honey
- Yellow food coloring (optional)
- Yellow sugar sprinkles (optional)

Mix ingredients together and pipe onto cooled cupcakes to complete the look.

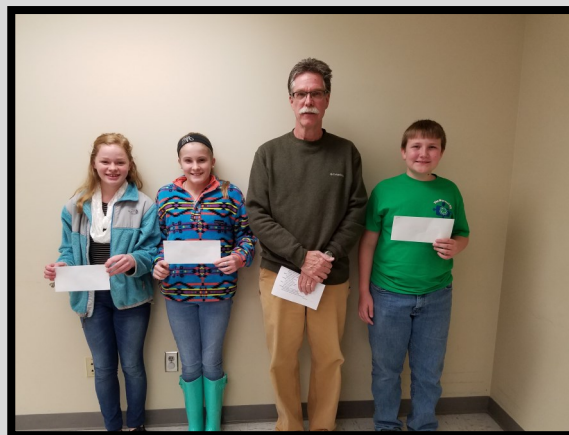
We would like to thank all 4-Hers and parents who participated in this fun contest, as well as the Northwest Georgia Beekeepers Association for sponsoring this contest.

Walker County 4-H is a partner with United Way of Catoosa, Dade and Walker Counties. To learn more about Walker County 4-H, call UGA Extension at (706) 638-2548, come by the office at 102 East Napier Street LaFayette or visit our website at [www.ugaextension.com/walker/4H](http://www.ugaextension.com/walker/4H).

The 4<sup>th</sup> annual Honey Bee Good Recipe Contest, hosted by the Northwest Georgia Beekeepers Association, gave Walker county 4-H'ers the opportunity to learn about the nutritional value and versatility of honey, while developing skills in food preparation when creating award winning recipes using honey.



Pictured left to right are the Middle School Finalists: Jacey Baker (3<sup>rd</sup> place, LaFayette Middle), Mattie Day (1<sup>st</sup> place, LaFayette Middle), Mr. Roger Ardis (President of the Northwest Georgia Beekeepers Association) and Austin Sears (2<sup>nd</sup> place, LaFayette Middle)



# 4-H'ers 3D Print Hands for Larger Service

By Terri Fullerton

Newton County 4-H member CJ Harris and Newton 4-H were awarded a \$500 Disney Summer of Service grant through Youth Service America to purchase a 3D printer and supplies for his prosthetic hand project.

Harris also raised funds through an Applebee's Flapjack Fundraiser to purchase additional supplies, then sent out invitations to his HandATHon.

"I didn't know 4-H'ers did that!" was a common response as his plans were advertised at the Newton County Board of Commissioners meeting, on Georgia Farm Monitor aired statewide, on the front page of the Newton & Rockdale Citizen papers and in a display case at the Tax Commissioner's office.

Harris addressed the Board of Commissioners directly, summarizing his work and plans, on the night he was recognized for receiving the grant. Additional donations arrived from the Pilot Club of Covington, a community member at the Board of Commissioners meeting, and from Harris' friends and family. Other community support included the event location (Newton County Theme School) and refreshments from local businesses.

Forty youth and adults attended the HandATHon on February 25, 2017, helping to assemble nine prosthetic hands printed by Newton 4-H and the UGA MakerSpace.

Families travelled from as far away as Effingham County 4-H, Madison County 4-H, and Fulton County 4-H, and others represented several schools and clubs in Newton County. (Plus one hand assembled by Dr. Lori Bledsoe's family!)

Participants were encouraged to take their hand home to finish, and so that they could share the project with their schools and clubs. Harris is also available to speak to clubs in person or via video conferencing, and may be contacted through Newton County 4-H agent Terri Fullerton at 770-784-2010 or [tkimble@uga.edu](mailto:tkimble@uga.edu). Harris and Fullerton can share information on how to get into 3D printing for under \$500, or also talk about how to participate in the eENABLE project even if you do not own a 3D printer.

Reasons for attending the HandATHon included "Because it sounded really fun and cool," "to help children in third world countries," and "my mom told me to."

After the event, youth and adults said they learned about teamwork, "all the cool things 4-H does," "how easy it is to use your time to help others," and about robotics. One said, "Fingers were a challenging project to do. Not all of us got along, but we did it." Participants were also challenged to think of something else it would be cool to print. Answers included a jet pack, 4-H volunteer awards, robots and robotic parts, and a fake taco. One response was to print a miniature house—which was interesting, since Harris' family also wants 4-H'ers to build tiny houses for the community. A few weeks later, Harris and the Newton 4-H staff were at the Georgia Tiny House Festival in Eatonton, Ga., standing in a tiny Victorian house discussing 3D printing a 100-year old cookie cutter. (4-H really is more than I ever imagined!) Harris is an eighth grade home school student and a member of the 2017 Georgia 4-H Communications and Technology Team. He recently placed 1<sup>st</sup> in the Mechanics and Engineering project at Northwest District Project Achievement.





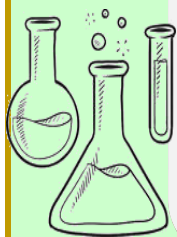


## Cobb 4-H Family Science Night

By Brittani Kelley



Cobb County 4-H was excited to partner with the Atlanta Science Festival for the second consecutive year to provide engaging science programming for local families. The event was held on Tuesday March 21<sup>st</sup> and included 11 hands on science stations that tied to natural, animal, earth, and physical sciences. 4-H staff collaborated with Family and Consumer Sciences, Agricultural and Natural Resources, Georgia Forestry Commission, Cobb County Farm Bureau, and the Cobb County Water Department to provide exciting hands on stations for all ages. Families learned about various Georgia turf grass, created and designed their own water filters, learned about erosion along the Georgia Barrier Islands, walked on the moon through virtual reality, and even learned about animal science with Leroy the pig! 60 families and 15 volunteers participated in the second annual Cobb County 4-H Family Science Night. Families were surveyed at the end of the event to highlight the impact of the hands on science stations. 100% of the families agreed or strongly agreed that they learned a new science concept. 97% of the families agreed or strongly agreed that participation in 4-H Family Science night added value to their family time spent together. 100% of the families agreed or strongly agreed that participation in the hands-on stations increased their child's understanding of the science concepts featured. One parent surveyed commented that participation in 4-H Family Science Night taught her to *"let the child take the lead and you will see how much they already know and how excited they are to learn."* The second annual Cobb 4-H Family Science night in conjunction with the Atlanta Science Festival was a success! We hope to host another hands on family science night again in 2018.



# **“Birds Off Broad: A Birdhouse Build”**

**Abbie Salmon**

In theme with the 2017 GAE4-HA Conference: Building for the Future; Floyd County 4-Hers are building for the betterment and beautification of their community. On Friday April 7, 2015 Floyd County 4-Hers and adult volunteers gathered to participate in a collaborative event, hosted by Floyd County 4-H and Keep Rome Floyd Beautiful, for the first ever “Birds Off Broad: A Birdhouse Build”. In keeping with the theme of highlighting the community the title of the event was inspired by the historic downtown area known as Broad Street.

The idea of this event was inspired by the desire of the Floyd County 4-H program to design a hands-on community service project that could benefit the local community for years to come. The 4-Hers involved in this project were not only directly involved with the construction of the birdhouse, but they will also maintain and check each birdhouse before and after nesting season each year.

In total the “Birds Off Broad” Event produced 23 birdhouses that will be placed throughout Floyd County on various trails, parks, community centers, assisted living communities and nursing homes.

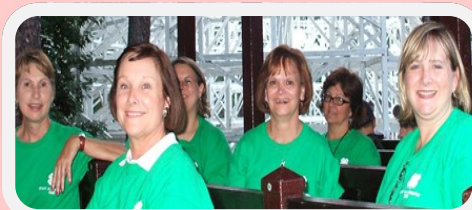






## Cherry C. Hovatter

North West



**Family Members and Names:** Pamela Bays (daughter) Jonathan and Jeremy Bays (grandsons), Angela Hovatter (daughter), Donna Morrison (sister), Derrell Morrison (brother in law)

**Church:** Oak Hill Baptist

**Years worked in 4-H:** 35

**Favorite Music:** County, Pop, Christian

**Hobbies:** Hiking, Travel

**Favorite TV Shows:** This is Us, Nashville, Scandal, Designated Survivor

**Favorite Actor/Actress:** Jimmy Stewart, Tom Hanks, Sandra Bullock

**Pet:** Barkley

**Favorite Quote:** Lord, help me to dedicate all that I do to you. Proverbs 16:3

**Philosophy:** I believe that 4-H doesn't build blue ribbon winners, but life winners.

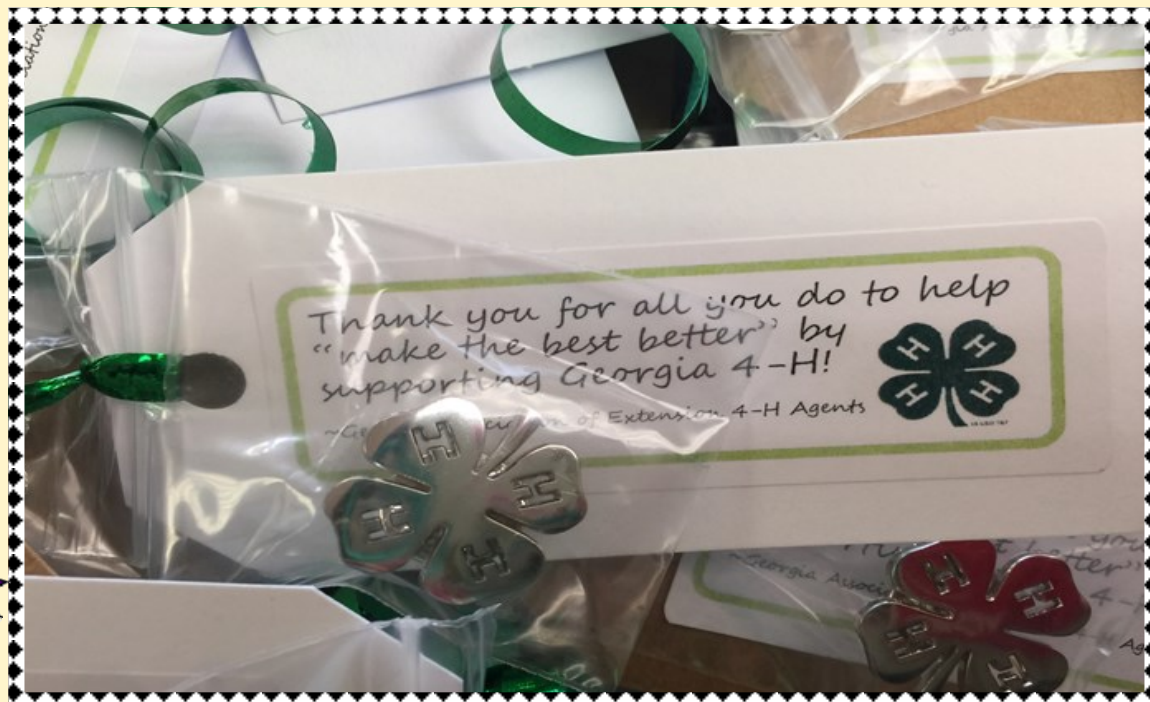
**If I didn't work in 4-H, I would:** I have no idea since I have done 4-H for 35 years.



## Lapel Pins for Everyone!

The Public Relations and Information Committee worked together to put together gifts for all legislators at 4-H Day at the Capitol. The committee worked together to put labels that said "Thank you for all you do to help "Make the Best Better" by supporting Georgia 4-H!" from Georgia Association of Extension 4-H Agents on each of the over 250 lapel pins!

Submitted by:  
Brittany  
Teets, PR&I  
Committee  
Chair





# Millennials learn Basic Life Skills

By Julia Steed (Professional Development Committee)



Millennials are genuine achievers when it comes to structured classroom knowledge. Today, a record share of 25- to 29-year-olds possess degrees from four-year colleges (33%) and high schools (90%). The number who pass AP exams every year has more than quintupled over the past decade.

However they are lacking in basic life skills needed to function independently upon graduation. According to an article featured in Forbes magazine, most Millennial drivers don't know how to check their tire pressure and only half have read their car's owner manual. Cooking is another practical skill that has dropped by the wayside. According to a recent marketing report, Millennials are far more likely than older generations to order food from restaurants for delivery or carry out. In fact, Millennials are unfamiliar with a broad range of life skills. They are less likely than older generations to know how to sew, make basic home repairs, or drive manual-transmission cars. With GPS always at their fingertips, many never really learned to use physical landmarks to guide them. Some can't even imagine how people functioned before mobile IT. One Millennial wrote an article asking older people how they used to look up information, meet up with friends in public places, and handle getting lost without smartphones.

Lanier County 4-H held a day long program during the summer for 7th-12th grade 4-Hers to teach youth basic life skills. 4-Hers learned through hands on experience how to iron, sew on a button, change a tire, and read a map. Guest speakers from the community spoke to 4-Hers on: how to complete tax forms, applying for Financial Aid, signing legal documents, consequences of being arrested and on probation. Lanier County Family and Consumer Sciences Agent Rachel Hubbard spoke to 4-Hers about writing checks and budgeting. Lanier County 4-H Agent Julia Steed taught table etiquette, map reading skills and job interview skills.

Overall 7 volunteers volunteered 3.5 hours to Life 101. 90% of participants showed increased knowledge in check writing, 80% in applying for financial aid, 80% in table etiquette, 80% in ironing and sewing a button, 60 % in basic car care, 80% in interview skills, 70% in signing legal contracts , 80% in understanding tax information, 70 % in reading a map and 70% in understanding what happens when you are arrested. Emily Hunt, 4-H parent and volunteer said, " I thought the class taught many important life skills. I was so happy that Madison learned more about changing a tire and sewing on a button. These are important skills that we all need to know!" Plans have been made to expand the one day event to a two day event.

# You will be Missed!

Awesome! Record-Breaking! Phenomenal! . . . words to describe the work of two amazing 4-H Agents, **Cherry Hovatter (Spalding)** and **Shirley Williamson (Columbia)**. Both of these ladies LOVE being a part of 4-H. THEY ARE 4-H!

With absolute dedication in their roles as youth development professionals, Cherry and Shirley have both involved unbelievable numbers of young people in oh-so-many 4-H classes, clubs, competitions, events, and adventures. As a result of their commitment and passion to make the best better . . . it would truly be safe to say the names would fill volumes if a list were compiled of all the children they have encouraged, influenced, and guided.

“By example” is the way they have led 4-H’ers, volunteers, and other agents . . . being bold in taking on BIG TASKS to build the best 4-H program in their respective counties. Cultivating fantastic volunteers in order to facilitate additional opportunities for 4-H’ers resulted in expanding even beyond programs such as Project S.A.F.E. and Horse Club to opportunities such as Quilting Beez, Edible Clovers, C.S.I. – Community Science Investigation, Thumpers Bunny Club, 4-H Adventure Club, and Robotics Club.

Both Cherry and Shirley have earned long, long lists of awards for the fantastic work they have completed in service to the children and families of their communities.

None of this is news to anyone who has worked with or around Cherry or Shirley. Georgia 4-H Agents have voted for both of them to be recognized as recipients of the William H. Booth Award on the district level. No surprise, both were selected as state winners of this award designed to recognize someone that goes above and beyond in supporting the 4-H mission and program. (Cherry – 2016; Shirley – 2014).

Their dedication is evident in the following excerpts from their applications for the state-level Booth Award:

Cherry – “Being a 4-H Agent is not just a career for me; it has become a way of life. - - - I believe that 4-H doesn’t just build blue ribbon winners, but life winners. - - - 4-H has become my family, giving me an opportunity to nurture children and touch their lives in a meaningful way by offering them opportunities for belonging, independence, generosity, and mastery. Watching them mature from young children to adults has been quite a journey; a journey filled with hard work, heart break, happiness, and success. This is what makes a family.”

Shirley – “I’d bet my last dollar on 4-H as the best youth organization yesterday, today, and tomorrow. Of course, it would not take much to get to my last dollar, but . . . even if I had all the money in the world; I guarantee it would be a safe bet. Other organizations have a specific niche, but no other is as all-encompassing as 4-H. - - - Being a 4-H Agent is the most rewarding, and most challenging job I have ever had. My advice to graduating seniors and just about anybody is to “Work as Hard as you Play, and Play as Hard as You Work.” I see this to be true with myself and fellow co-workers. Extension Agents and particularly 4-H Agents have one of the most fulfilling jobs in the world. It is great to have a job where your work can become your play. We enjoy our work. Being a 4-H Agent is not just a job, it is a lifestyle.”

This year these two 4-H legends will retire from full-time 4-H work. It’s a little hard to imagine!!! They are on to new adventures. Just guessing, but that will likely include travels to amazing places.



Cherry and Shirley, *THANK YOU* for being such awesome examples to 4-H'ers and 4-H Agents. *THANK YOU* for being so absolutely committed to "Making The Best Better". GAE4-HA WISHES BOTH OF YOU ALL THE BEST!!!

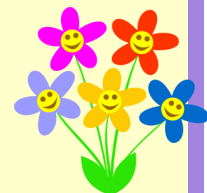


## LIFE MEMBERS / RETIREES

**WANTED!**

### How To Join...

Hope you will join us if you're not already a member. Membership drive is held during the fall – however, Life Member dues may be submitted at any time. Life Member fee is 3 times the regular renewal membership fee. Currently, Life Membership dues are \$220. Application for membership is the same as any new or renewal members. On the membership application, simply check off the "life member" option. Please visit the **GAE4-HA website**, and/or, contact your District Association Director or the Vice-President for application information.



# Georgia 4-H = Diversity

**Kandi Edwards (Diversity Committee)**

Diversity has been defined as “variety” or “range of different things”. You are not part of Georgia 4-H before you realize that everything about Georgia 4-H celebrates diversity. Just as no two Georgia counties are alike, no two 4-H’ers or 4-H leaders are alike. Another obvious example of diversity within Georgia 4-H is visible in the programs, curriculum, events, and competitions that we promote.

At the 2016 GAE4-HA conference, the Diversity committee had a poster exhibit that demonstrated this. Attendees placed pins under the Georgia 4-H activities that they had participated in and indeed, the results supported that Georgia 4-H is made up of a “variety” of 4-H’ers that like to do “a range of different things”. Below are the results of the “Diversity starts with you!” survey from last year.

As Georgia 4-H professionals in the world of youth development, we can celebrate the rich dimensions of diversity that is found in each of our 4-H’ers and commit ourselves to provide them a positive and nurturing environment in which they can safely explore their individuality.

## Celebrating Health and Nutrition Month

**By April Baggs**

The Westside Elementary School 4<sup>th</sup> grade in Warner Robins, GA had a treat when La Keshia Levi FACS/EFNEP agent made a visit to discuss nutrition.

“It was an awesome experience with the 4th graders. They learned a lot not only about nutrition as well as physical activity but also making an easy an inexpensive recipe. Levi said.”

All students were issued a Friends Magazine for Nutrition & Healthy Lifestyles. They discussed being active by doing small amount of exercise for 15 minutes at a time. The students participated in an activity where they read labels to make healthy food and beverage choices. They also discussed portion sizes, increasing fruits and vegetables. As a result of this lesson, the student were able to implement their favorite choices from My Plate and plan healthy meals at home.

The students observed as La Keshia made the 4-Fruit Smoothie. The best part was when they could indulge in the healthy treat!

“I thought it was a fantastic opportunity for our students to see that eating healthy doesn’t have to be boring. They now understand that you can make it fun by whipping together a delicious smoothie to receive one of their servings of fruits and vegetables. “

- Christie Bergh, 4<sup>th</sup> grade Teacher Westside Elementary School





### Concerns From the Heart...

- Cheryl Poppell- *"James Poppell is currently undergoing chemotherapy. Last week he finished treatment 5 of 11. We continue to trust our Heavenly Father for our miracle. Thank you to our Extension family for their thoughts and prayers."*

Your extension family does care and would like to help shoulder your burdens if you are willing to share. We invite you to share the concerns and challenges you or your family may be facing. Please send your concerns to Peach Press editor: [d2rowe@uga.edu](mailto:d2rowe@uga.edu)



#### A CIRCLE OF FRIENDSHIP

A circle of friendship...  
is bound together,  
by sharing good moments  
and Life's stormy weather:  
And should you feel lonely...  
you needn't pretend;  
surrender your false pride  
and lean on a friend.  
A circle of friendship...  
is a growing delight;  
it helps dispel sadness,  
as it lets in the 'light.'  
A circle of friendship...  
warms you in its glow;  
take that warmth with you  
and feel the 'love' grow.  
You stand in a circle...  
with hands reaching out;  
the giving of yourself,  
is what friendship's about!

# Throwbacks...



**Kasey**

**Bozeman**

"Caving with middle school girls was the highlight of our career."

**Lee Anna**

**Deal**

"The world needs dreamers and the world needs doers. But above all, the world needs dreamers who do."

**Ashley**

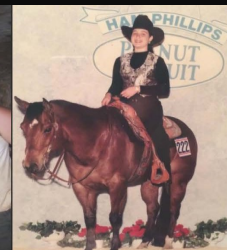
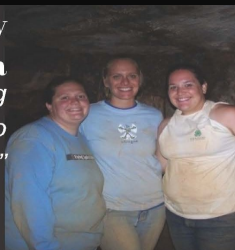
**Carter-Mesa**

"When nothing goes right, go left."

**Sergia**

**Gabelmann**

"Peace begins with a smile."



**Bill**

**Hammond**

"We will never be as good today as we will be tomorrow."

**Brandi**

**McGonagill**

"State 4-H Horse Show Western Champion! My hair is awesome!!! I look like a mushroom!"

**Jackie**

**Nunn**

"Every new friend is a new adventure and the start of more memories."

**Keisha**

**Jones**

"A strong willed little girl will grow to be a strong, independent woman tomorrow."

**Stephanie**

**Myers**

"It's kind of fun to do the impossible."  
~Walt Disney



**GAE4-HA**

## Southeast District 4-H Agents

**Victoria**

**Tillery**

"Oh the places you'll go!"  
~Dr. Seuss

**Jakyn**

**Tyson**

"Even a broken clock is right twice a day."

**Trish**

**West**

"1974 winning my first blue ribbon at the 4-H Dog Show at the Maryland State Fair."





## 2016-2017 GAE4-HA Board of Directors

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### District Directors

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