

FREEDOM
TO
BE... 4H

IT'S BIG!

That's one way to describe 4-H. More than 5.8 million youth are members now! More than half a million volunteer leaders are involved; and more than 36 million Americans are former 4-H'ers. But the real measure of 4-H is the personal and social development experienced by you in the 4-H program!

WHAT'S IT ALL ABOUT?

The 4-H program is part of our nation-wide educational system of the Cooperative Extension Service. Here in this state, North Carolina State University, A. & T. State University, county governments, and the U. S. Department of Agriculture work together for 4-H members.

The educational experiences and opportunities that 4-H offers are for you from all walks of life and all economic levels. The program is tailored to your present-day needs, especially to the interests of up-to-date young people. Do you want to become involved—in understanding yourself, and other people and their viewpoints; to learn about business, economics, and consumer affairs; and about making decisions important to community development and environmental improvement?

Any boy or girl between ages 9 and 19 who wants "part of this action" can join 4-H by participating in a 4-H activity or project, and by following 4-H ideals and standards. The main requirements are a willingness to help others, to learn by doing, and "*To make the Best Better*"—the 4-H motto.

HOW DOES 4-H WORK?

4-H members are organized into local Community 4-H Clubs or Special Interest 4-H Groups. These clubs and groups determine their program emphasis, activities and policies. Friends of 4-H give valuable aid and encouragement. Local adult leaders advise and encourage 4-H'ers in planning and carrying out the program. They teach new subject matter, assist with meetings and most important, have a genuine interest in your development.

4-H'ERS HAVE FREEDOM TO BE!

Individual members and groups of 4-H'ers participate in a wide variety of activities and projects that stimulate personal and social development. 4-H'ers learn through participation in:

- *Demonstrations*—teaching others by showing and telling.
- *Judging*—learning standards and making decisions based on those standards.
- *Group Action*—working toward group objectives, as determined by the membership, and learning about community problems and working toward their solution.
- *Project Work*—fitting 4-H activities into your life-style.

Project areas include:

Management—money, farm, home.

Family Living—foods and nutrition, clothing, home furnishings, home grounds beautification, child care.

Personal Development—leadership, arts and crafts, career exploration, communications, recreation.

Engineering—electricity, automotive, tractor, safety.

Conservation—forestry, soil and water, entomology, wildlife.

Production and Marketing—meat animals, garden, dairy, poultry, crops, horse.

- *Events*—participating in contests, campaigns, shows, tours, camps, workshops, and other opportunities for enriching experiences beyond the local club or group.
- *T.V.*—Members learning through television how technology affects man and how scientific findings can be applied toward the improvement of everyday living.

- *Recreation*—learning to enjoy life, yourself and association with others in meaningful social activities.

WHAT DOES 4-H DO FOR YOU?

- 4-H stimulates the development of life skills which are becoming self-reliant, learning how to learn and to use knowledge, relating to change, and helping and sharing with others.
- 4-H provides opportunities for learning to earn and save money for you or your family.
- 4-H encourages progress through independent work compared to standards of excellence, as well as by competition with other members.
- 4-H encourages leadership development, personal growth and an awareness of ways to help solve community problems.
- 4-H offers educational experiences for you on different levels of learning in many subjects that fulfill your personal needs and interests.
- 4-H brings you in contact with physical and social scientific facts from institutions of higher learning.
- 4-H provides literature and other materials to aid your learning experience.
- 4-H does as much for you as you do for 4-H.

WHO ELSE IS IN 4-H IN NORTH CAROLINA?

More than 3,000 Community 4-H Clubs and Special Interest 4-H Groups with about 98,000 young members operate in North Carolina. Some 11,000 volunteer adult leaders assist with the program. Each year approximately 5,000 young people attend the five state resident 4-H camps. Other events that North Carolina 4-H members participate in include N. C. 4-H Congress on the North Carolina State University Campus; National 4-H Congress in Chicago; National 4-H Conference and Citizenship Short Course in Washington; and the International 4-H Youth Exchange Program.

YOU CAN HAVE FREEDOM TO BE!

Just write, telephone or visit the County Extension office in your county seat and welcome to 4-H!

Adults who would like to assist in leadership capacities are encouraged to help existing clubs and groups or to assist in organizing new groups. Contact your County Extension office, please.

Location of County Extension Offices in North Carolina

Alamance—Agricultural Building, Graham 27253
 Alexander—Co. Office Bldg., Taylorsville 28681
 Alleghany—Community Building, Sparta 28675
 Anson—McLaurin St., Wadesboro 28170
 Ashe—County Office Bldg., Jefferson 28640
 Avery—Courthouse, Newland 28657
 Beaufort—Agriculture Bldg., Washington 27889
 Bertie—Agriculture Building, Windsor 27983
 Bladen—Courthouse, Elizabethtown 28337
 Brunswick—Agriculture Building, Supply 28462
 Buncombe—Allen Center, Asheville 28807
 Burke—County Office Building, Morganton 28655
 Cabarrus—County Building, Concord 28025
 Caldwell—Agricultural Center, Lenoir 28645
 Camden—County Office Bldg., Camden 27921
 Carteret—Courthouse Annex, Beaufort 28516
 Caswell—Agriculture Building, Yanceyville 27379
 Catawba—County Adm. Bldg., Newton 28658
 Chatham—Agriculture Building, Pittsboro 27312
 Cherokee—Co. Office Bldg., Murphy 28906
 Chowan—Hewes Hotel Bldg., Edenton 27932
 Clay—Masonic Building, Hayesville 28904
 Cleveland—County Office Bldg., Shelby 28150
 Columbus—Courthouse Annex, Whiteville 28472
 Craven—508 Broad St., New Bern 28560
 Cumberland—County Office Bldg., Fayetteville 28302
 Currituck—Courthouse, Currituck 27929
 Dare—Evans Bldg., Manteo 27954
 Davidson—County Bldg., Lexington 27292
 Davie—County Office Bldg., Mocksville 27028
 Duplin—Co. Office Bldg., Kenansville 28349
 Durham—Agriculture Building, Durham 27701
 Edgecombe—Courthouse Annex Bldg., Tarboro 27886
 Forsyth—Co. Agr. Bldg., Winston-Salem 27101
 Franklin—Agriculture Building, Louisburg 27549
 Gaston—Agriculture Center, Dallas 28034
 Gates—Agriculture Building, Gatesville 27938
 Graham—Courthouse, Robbinsville 28771
 Granville—County Office Bldg., Oxford 27565
 Greene—220 Kingold Blvd., Snow Hill 28580
 Guilford—Agricultural Center, Greensboro 27420
 Halifax—Agriculture Building, Halifax 27839
 Harnett—Co. Office Building, Lillington 27546
 Haywood—Federal Bldg., Waynesville 28786
 Henderson—Ag. Ext. Bldg., Hendersonville 28739
 Hertford—County Office Bldg., Winton 27986
 Hoke—Magnolia St., Raeford 28376
 Hyde—Agriculture Building, Swanquarter 27885
 Iredell—Adjacent to Co. Courthouse on Front St., Statesville 28677
 Jackson—Comm. Service Center, Sylva 28779
 Johnston—Agriculture Building, Smithfield 27577

Jones—2 S. Market St., Trenton 28585
 Lee—Courthouse Annex, Sanford 27330
 Lenoir—Federal Building, Kinston 28501
 Lincoln—Courthouse, Lincolnton 28902
 McDowell—Co. Adm. Bldg., Marion 28752
 Macon—Co. Courthouse and Adm. Bldg., Franklin 28734
 Madison—Roberts Bldg., Marshall 28753
 Martin—Agriculture Building, Williamston 27892
 Mecklenburg—Rm. 100, 301 Billingsley Rd., Charlotte 28211
 Mitchell—Agricultural Bldg., Bakersville 28705
 Montgomery—Agriculture Building, Troy 27371
 Moore—Agricultural Building, Carthage 28327
 Nash—Agr. Center, Nashville 27856
 New Hanover—Co. Ext. Bldg., Wilmington 28401
 Northampton—Agriculture Bldg., Jackson 27845
 Onslow—Old Hospital Bldg., Jacksonville 28540
 Orange—Agriculture Bldg., Hillsborough 27278
 Pamlico—Courthouse Annex, Bayboro 28515
 Pasquotank—Agriculture Building, Elizabeth City 27909
 Pender—Co. Office Bldg., Burgaw 28425
 Perquimans—Agriculture Bldg., Hertford 27944
 Person—County Office Bldg., Roxboro 27573
 Pitt—203 W. 3rd St., Greenville 27834
 Polk—Ext. Education Bldg., Columbus 28722
 Randolph—Agriculture Bldg., Asheboro 27203
 Richmond—Courthouse, Rockingham 28379
 Robeson—Co. Gov't. Center, Lumberton 28358
 Rockingham—County Center, Reidsville 27320
 Rowan—1216 W. Innes St., Salisbury 28144
 Rutherford—Courthouse, Rutherfordton 28139
 Sampson—County Office Building, Clinton 28328
 Sanderson—Courthouse, Laurinburg 28352
 Stanly—Courthouse, Albemarle 28001
 Stokes—Co. Community Serv. Center, Danbury 27016
 Surry—Co. Agr. Bldg., Dobson 27017
 Swain—Federal Building, Bryson City 28713
 Transylvania—Comm. Services Bldg., Brevard 28712
 Tyrrell—Agriculture Building, Columbia 27925
 Union—The Government Complex, Monroe 28110
 Vance—County Office Bldg., Henderson 27536
 Wake—Courthouse, Raleigh 27601
 Warren—101 S. Main St., Warrenton 27589
 Washington—Agriculture Bldg., Plymouth 27962
 Watauga—Courthouse Annex, Boone 28607
 Wayne—Wayne Center, Goldsboro 27530
 Wilkes—Co. Office Bldg., Wilkesboro 28697
 Wilson—Agricultural Center, Wilson 27893
 Yadkin—Co. Office Bldg., Yadkinville 27055
 Yancey—Courthouse, Burnsville 28714
 Cherokee Reservation—Qualla Civic Center, Cherokee 28719

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