

# WVU Extension Works

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## 4-H: The Original Social Network

This summer, one of every four West Virginia youths will participate in a 4-H camp or program.

We already know that children who participate in 4-H become better leaders and better public speakers, and they have a connection to service and learning in their communities. However, we sometimes overlook the all-too-important social aspects of the 4-H program.



*Dave Miller*

At a club meeting, community event, or camp, every participant is made to feel welcome and included. Each person contributes to the overall goal – whether that's working on an Adopt-a-Highway program or helping plan the evening skits for the camp's Council Circle.

4-H doesn't just build foundations for a better future; it also builds friendships that last a lifetime.

This summer I encourage you to participate in the "social network" that is West Virginia 4-H. Volunteer your time at a camp. Encourage youths from your town to participate in a 4-H camp or summer program. If you once participated in a 4-H program, reach out and reconnect with 4-H'ers from your past.

See you at camp!



Dave Miller  
Associate Provost and Director  
WVU Extension Service



*West Virginia 4-H'ers connect on educational and social levels while attending summer camps across the state this summer.*



[www.ext.wvu.edu](http://www.ext.wvu.edu)

# WVU Extension **ROUNDUp**

## Faces and Places

### **Learn how Extension helps shape communities through development**

WVU Extension's Community Resources and Economic Development programs operate throughout the state, but how do communities benefit from these programs? Watch Extension's latest video clip featuring Steve Bonnano, director of Community, Economic, and Workforce Development.

The video features footage filmed at downtown locations around the state, including scenes from Grafton and Buckhannon.

To view the video or learn more about community development programs, visit [www.cewd.ext.wvu.edu](http://www.cewd.ext.wvu.edu).



*WVU Extension faculty and staff work with people in communities to help revitalize downtown areas.*

### **WVU Collegiate 4-H Club named National Club of the Year**

WVU's collegiate 4-H program is no stranger to community outreach – that is why the club has been named as the 2011 National Collegiate 4-H Club of the Year, the highest honor the club can receive.

The club was recognized in April at the National Collegiate 4-H Club Conference in Atlanta, Ga.

More than 50 WVU students participate in the WVU Collegiate 4-H Club. The participants regularly perform community service at the Bartlett House, a homeless shelter in Morgantown; make cards for local nursing homes; and help out at 4-H camps around the state. The club also holds a variety of social activities, including potluck meals, movie nights, and formals.

Many of the students who participate in the program have been 4-H members since they were in grade school. The program allows participants to be active members from age 9 to 21. Once participants enter the collegiate level, they are able to continue in a variety of leadership positions.

Those interested in joining a collegiate 4-H program when they head to college this fall should contact their county's WVU Extension office for more information.



*Each fall the WVU Collegiate 4-H Club hosts a corn roast on the lawn of the university's student union, The Mountainlair.*

### **Extension is clearing pathways for food connections**

The WVU Extension Service's Small Farm Center is showing farmers how to retain more of the \$7 billion West Virginians spend on food each year. Extension educators are helping farmers see their products as "food for customers" rather than as "crops for sale." Extension agents remain the backbone of local farmers markets. And the local foods movement is making farmers markets more prevalent and more profitable.



# W.Va. 4-H'er named top youth volunteer

What started as a family tradition of showing animals through a county 4-H program took a turn to community service and eventually produced a top West Virginia youth volunteer for 2011.



Lauren Lanier

Lauren Lanier, a 17-year-old junior at Point Pleasant High School, received the Prudential Spirit of the Community Award, a nationwide program honoring young people from each state for outstanding volunteerism.

The high school student was just 9 years old when her mother introduced her to 4-H. Lanier loves horses, but her interest was not held by the program's agricultural components alone. Instead, she found a passion for service – one of the 4-H program's core values.

"Can you imagine a world without volunteering?" she asked. "Can you imagine how many projects would go undone or how many people would go without help? Imagine if someone had to pay for all the hours of service that others donate. We wouldn't be able to accomplish anything."

Lanier has helped raise more than \$86,000 for cancer research through programs like Relay for Life. She served as an assistant captain for her church's team before starting a Relay for Life team of her own to encourage teens to become involved in the cause and to raise cancer awareness.

Always interested in community service, Lanier found her activities really began to hit close to home after she was diagnosed with melanoma in August 2009. But she didn't let that slow her down. Now that her cancer is in remission, charity work has taken on a whole new meaning for Lanier.

"It's one thing to watch someone go through something horrible like cancer, and how people who volunteer to help raise money or awareness can help them," she said. "But, to be the one to experience how something so small can bring so much joy to someone who is dealing with something like cancer, it just makes me want to do more to help."

The teenager, who dreams of someday becoming a doctor, has taken her work to the next level. She's created a new "Don't have a FRY-day" campaign, which she is implementing in high schools now and which she will introduce to county 4-H camps in West Virginia this summer.

The campaign teaches teens about the risks associated with tanning and overexposure to the sun.

Lanier, a member of the Kountry Kritters 4-H Club in Mason County, has served twice as a junior counselor for her county's summer camp. She was awarded the "Health H" at camp in 2010; she said she was touched that the counselors would nominate someone with cancer to receive an award for health.

As part of her Spirit of the Community award, Lanier received \$1,000 and an all-expense-paid trip to Washington, D.C., where she enjoyed sightseeing and – more exciting to her – shared and collaborated with other youth volunteer leaders.

She credits her success to having a Christian family and a good church community and to participating in a program that teaches her to help others.

"A lot of adults tend to look down at teenagers as a group and make the assumption that we're lazy or that we're up to no good. I love that 4-H and community service work help teens to break down that stereotype," she said. "We help represent the next generation, and it's a good generation."

For more information on joining 4-H in your community, contact your county office of the WVU Extension Service.



Lauren (right) accepts her Outstanding Youth Volunteer award from Kristy Fidler of the American Cancer Society.



Lauren poses with her fellow Relay for Life planning committee members.



A cancer survivor, Lauren donated 10 inches of her hair to Pantene Beautiful Lengths. The hair will be used in a wig for a cancer treatment patient.





Emily Murphy  
WWU Extension Specialist –  
Obesity Prevention



Elaine Bowen  
WWU Extension Specialist –  
Health Promotion

# WELLNESS CHALLENGE

## Shape up for summer and fall with WVU Extension’s Wild, Wonderful Wellness Challenge

Simple challenges can lead to healthier lifestyles for West Virginians – that’s the concept behind WVU Extension Service’s Wild, Wonderful Wellness Challenge website ([www.fh.ext.wvu.edu/wellness](http://www.fh.ext.wvu.edu/wellness)).

The site offers a weekly health challenge, healthy recipes, and participant blogs. Links to other community-based WVU and WVU Extension resources are also provided. The goal is to create a place where visitors can set their own goals to improve their well-being.



“Wellness isn’t about weight loss,” said Emily Murphy, WVU Extension specialist. “This challenge is focused on helping participants improve their emotional, social, and physical health.” Murphy suggested that a main barrier to changing bad habits is that people set unrealistic goals when it comes to improving health.

“We understand that if you set an unrealistic goal then you’re setting yourself up for failure,” she said. “Our challenge focuses on simple and realistic steps that you can incorporate into your daily routines.”

Challenges might be something like replacing one can of soda a day with a glass of water or taking a 15-minute walk on your lunch break.

“You don’t have to move mountains to make a change,” Murphy said. “Not every challenge will be easy for every person. We know that from research and personal experience. This is a site that lets you set your own pace for progress.”

The site is updated every Monday. New, interactive tools to help users stay on track were revealed in June.



**Q:** I’m shy and worried about not knowing the other kids at camp. What should I do?

**A:** The best tip, above all, for shy first-year campers is to participate. If you don’t get involved then you won’t want to return to camp the next year. If that happens, you’ve denied yourself the opportunity to grow in so many ways. Quiet, shy participation is a million times better than no participation at all. Once you take the initiative, everything becomes easier. Eventually, being loud, leading songs, or acting out something at Council Circle becomes extremely fun and second nature.

Build up to doing the larger things. If you’re not sure that leading a song is your forte, volunteer to be the runner in a game of “Bring Me.” Make a few, close friends. Read a small piece at Reflections or at the flag rising. Whatever you do, just make sure you enjoy yourself and that you escape your comfort zone—even if for just a little while. 4-H is a strong advocate of youth development, and there is no better environment in which to make the best better.

*Emily Vandevender, 17, has attended Greenbrier County 4-H Camp for the past 10 years.*

Have a question for a WVU Extension expert? Send your questions to [cassie.waugh@mail.wvu.edu](mailto:cassie.waugh@mail.wvu.edu).

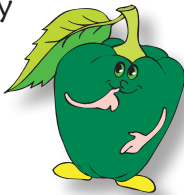


# GROW YOUR OWN PIZZA GARDEN

John Porter, WVU Extension Service Kanawha County Agent

Do you know that many pizza ingredients come from the garden? Tomatoes, basil, oregano, sweet bell peppers, and onions are just a few of the vegetables that you might find on a slice of pizza. These vegetables are also commonly used to make pizza and spaghetti sauce. Other garden vegetables such as spinach and hot peppers are sometimes added as toppings.

It can be fun to grow your own ingredients to make a fresh, tasty homemade pizza that you and your family can enjoy together!



## GETTING STARTED

1. Select a container that is large enough to hold all of the plants you want to grow and deep enough for the roots to grow, too. A recycled 5-gallon bucket or foam cooler works well. Make sure that the container is clean before you begin.
2. It's important that your container has holes in the bottom. If it is a recycled container, an adult should drill or cut drainage holes in the bottom.
3. Next, moisten the potting soil with a little water to make the soil easier to work with once it is in the pot.
4. Fill the container with soil until it reaches about 1 inch below the top of the container.

## FRESH TOMATO PIZZA SAUCE

This sauce will take a little while to make, but the results are delicious. This also makes enough for your family to freeze or preserve for future use.

- 1/3 c. olive oil
- 2 c. finely chopped onions
- 8 c. peeled, seeded, coarsely chopped tomatoes (put through blender, if desired)
- 2 (6 oz.) cans tomato paste
- 2 tbsp. oregano, crumbled
- 2 tsp. basil, crumbled
- 1 bay leaf
- 2 tbsp. sugar
- 1 tbsp. salt
- 1/2 tsp. pepper
- 2 tbsp. finely chopped garlic

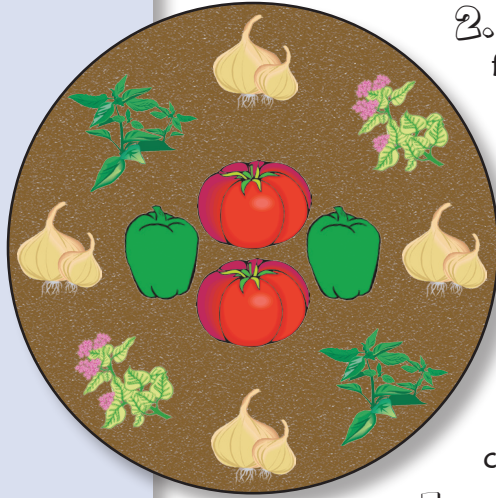
Heat oil in large (6 to 8 quarts) stainless steel pan. Add onions and cook over medium heat for 6 to 8 minutes until transparent. Add garlic and cook another minute. Stir in tomatoes, paste, oregano, basil, bay leaf, salt, and pepper. Bring to a boil. Then simmer, uncovered, for an hour or until thick. Stir occasionally. When finished the sauce should be thin and fairly smooth. Remove bay leaf. Taste and season. Sauce may be canned or frozen. Makes 5 to 6 pints.

From: [www.cooks.com](http://www.cooks.com)



## WHAT YOU WILL NEED

- A large pot, bucket, or any other recycled container with holes drilled in the bottom.
- Enough potting soil to fill the container
- A few of your favorite plants such as:
  - Tomato
  - Bell Pepper
  - Basil
  - Oregano
  - Onions (from sets or seeds)
- A sunny location to place your completed pizza garden



## PLANTING THE GARDEN

1. Carefully remove the plants from their individual containers.



2. Make a hole in the potting soil big enough for the root and soil to fit in and be covered by the potting soil.

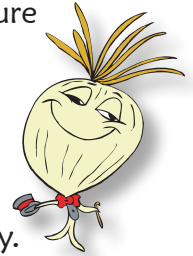
3. Plant tomatoes and peppers in the middle of the container. If you are planting both, keep them at least 8 inches apart.

4. Plant the basil, oregano, and onions around the tomato and pepper plants about 3 inches from the edge of the container.

5. Water the plants well to make sure they feel welcome in their new homes.

## CARING FOR THE GARDEN

1. Keep the garden in a location that receives between 6 and 8 hours of full sunlight each day.

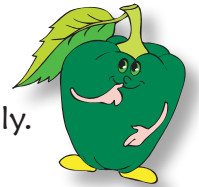


2. Make sure that the garden is watered. The soil should dry out slightly at the top before you water again. Check the soil every day. You probably will need to water a few times per week.

3. Keep an eye out for insects and other problems. If insects start eating your plants, you can remove the plant. Remove plant parts as they turn brown or yellow.

## HARVESTING YOUR INGREDIENTS

1. Pull tomatoes and peppers off of the plant firmly. Wash and use.



2. Remove only the leaves of the basil and oregano. They may need to be washed if they look dirty.

3. Pull onions up from the soil. The longer they stay in the soil, the bigger they get. Wash the onion bulbs and slice as needed. You can also use the green parts when the onions are young.

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County camps allow for younger members to learn from older members who take on leadership roles.

# Have we got **A CAMP FOR YOU!**

Summer camps used to be about swimming, sports, and sunny days. Now, WVU Extension offers camps for nearly every interest.

Local county camps offer courses in everything from science and technology to shooting sports. Campers have the opportunity to learn new skills while attending camp in their own counties. Contact your county office of the WVU Extension Service for more information.

Many counties also offer Energy Express to qualified participants. Energy Express is a six-week summer learning program that focuses on reading education. The children receive two nutritious, family-style meals each day. To find out if there is an Energy Express site in your county, visit [energyexpress.ext.wvu.edu](http://energyexpress.ext.wvu.edu).

State-level 4-H camps, which are held at historic WVU Jackson's Mill State 4-H Camp, near Weston, provide well-rounded educational and social programs to campers. Campers can participate in a wide variety of classes or hone in on a specific topic area.

## Older 4-H Members' Conference – June 19-25

This state-level conference teaches 4-H'ers skills for to use in local clubs and communities. The program requires each camper to be involved in daily presentations and discussion topics that are current to today's youth. Campers also participate in a series of workshops. This program primarily focuses on developing leadership among older 4-H members.

## Junior Fire Fighter Camp – June 25-30

The Junior Fire Fighter Camp—another state event—provides classroom and practical training to further participants' knowledge, skills, and abilities in firefighting and emergency operations for certification in NFPA 1001, Standard on Firefighter Professional Qualifications. Professional and volunteer firefighters from across the state teach the class.

## Alpha I & II State 4-H Camps – July 10-15 and July 17-22

Alpha I and Alpha II state camps help young 4-H members learn how to become outstanding leaders. Designed to enhance kids' professional development, Alpha camps feature "grow group" workshops that enhance campers' self-understanding and more specific workshops that deal with 4-H projects.

Specialty tracks are also available. Some tracks include:

- Networth Academy: Future Millionaires Club (Alpha I only)
- Speak Out for Military Kids
- Wired and Wonderful Technology (Alpha II only)

For more information about any of these camps, contact the state 4-H Youth Development program unit at 304-293-2694.



Teens attending Junior Fire Fighter Camp fight real fires under the supervision of trained volunteer firefighters.



Summer camps mean summer fun, socializing, education, and activities.



Participants dance and sing traditional camp songs at Monongalia County's 4-H camp.



# Miller announces retirement from WVU Extension Service

Dave Miller has served West Virginia University and WVU Extension Service in many ways over the past decade. Miller, 65, a Preston County native, will retire at the end of June.

He has simultaneously held positions as WVU's associate provost and the director of public service and extension. He also served as the University's liaison to the West Virginia Legislature since 2001. Following a nationwide search in 2007, Miller was selected to lead the WVU Extension Service.

"It's been an honor to serve the state and WVU in so many ways," Miller said. "We've accomplished a lot in four years. Jackson's Mill looks better than ever; we've also added positions and grown programs, added to Extension's budget, and always kept in mind and met the goal of providing as much support as possible to the counties and the people of West Virginia."



*Miller joins in the laughter at the WVU Extension Service annual meeting.*

The WVU Extension Service is the "front porch" of West Virginia University in West Virginia. With offices in all 55 counties, WVU Extension agents, specialists, and staff provide West Virginians with practical, research-based knowledge in 4-H and youth development, agriculture and natural resources, family and consumer sciences, health and nutrition, and community and workforce development. WVU Extension also operates WVU Jackson's Mill in Weston, the nation's first state 4-H camp.

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