

# Teen To Represent State At National 4-H

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**DUNCANNON (Perry Co.)** —  
 Seventeen-year-old Judi Mains is packing her bags for the National 4-H Contest.

It's quite an honor for this high school senior as she is Pennsylvania's only representative to the National 4-H Fashion Revue.

It took Judi almost 10 years of 4-H participation to earn this spot in the sun or should we say in the "windy city" since the 4-H National Congress is held in Chicago.

To win her spot as the state representative, Judi not only was involved in numerous events but also kept a detailed record of all her activities since she first joined 4-H as an 8-year-old.

It is the "blue form," on which "every project, every activity, I ever did is recorded," Judi said. Based on this written account and an individual interview, Judi and one 4-H'er from the other represented states are determined.

It was the second year in a row that Judi was called for an interview. Although she was not chosen as a national representative last year, Judi was honored just to be selected for an interview.

"Most are freshman in college before they are chosen," Judi said.

She credits her diligence in keeping a written record from the beginning as the aspect that gave her the edge over other contestants.

Applicants earn a possible 165 points for the blue form and 35 for the interview.

"Too many (applicants) wait six years and then try to recall everything they did. That doesn't work," Judi said.

Although Judi sometimes wearied of writing down everything, her parents, Donald and Miriam, who are both 4-H leaders, continued to encourage her.

"My mother taught me to finish my projects, participate, and not quit," she said.

A brief synopsis of Judi's 4-H involvement reveals nine years of clothing and textile projects; nine years of food nutrition; projects in crochet, knit, cross stitch, quilting, adopt-a-tree, forestry, fitness, and much more.

For many of the clubs, Judi has served as a teen leader.

Becky Kaucher, Perry County 4-H Extension agent, said, "Judi is a very enthusiastic, caring individual. Judi spends time with young members. She is a well rounded individual who is active in a variety of different experiences."

Judi is a member of the Duncannon Cloverleaf 4-H and the Perry County Senior Exchange County Council. She believes 4-H gives more hands-on experience than school. In fact, her school home economics teacher used her as an aide because some of the students

could not control the sewing machine.

Speech class in school was an easy course for Judi since 4-H had taught her and offered her many opportunities to speak.

As a senior, Judi is focusing on college. Originally she had been focusing on a career in physical therapy but now is looking toward becoming a recreational therapist for the mentally retarded or the elderly. She has been volunteering at a local hospital to see how she likes it.

In the past, Judi has run in cross country and winter track. She averaged five to seven miles of running daily, but last year, she suffered a leg injury that still requires a shint splint and has required her to give up running for life. Now, Judi is team manager and tapes everyone else's injuries.

She also manages Junior Girls' Basketball and is yearbook staff editor. She is proud that the school yearbook competed for state and national awards.

"I want shots of teachers who do funny things," Judi said.

She is also a member of Math Club, French Club, and SADD. She is a member of marching and concert bands and her church's choir.

In studies, Judi said that she excels in biology and history but gets some help with math.

Community involvement has included planting and maintaining flowers at public buildings, visiting nursing homes, walking for pledges for the area food pantry, and baking birthday cakes for youth in a local detention center.

With all these activities, doesn't Judi ever get tired?

She said, "Sometimes I wish that I wasn't as busy. But it gives me a good feeling to do well in things that I try."

Becoming a national representative to the 4-H Congress was a long-time goal that Judi held. Although she has competed in many fashion revues, she will not compete when she goes to National 4-H. She needed to complete a white form that is now being judged for that event.

Judi said that scoring was changed some years ago to keep a member from making only one great outfit and then getting a trip to national competition. The award is now based on a composite of the member's activities.

At the National Congress, six \$1,000 scholarships will be awarded.



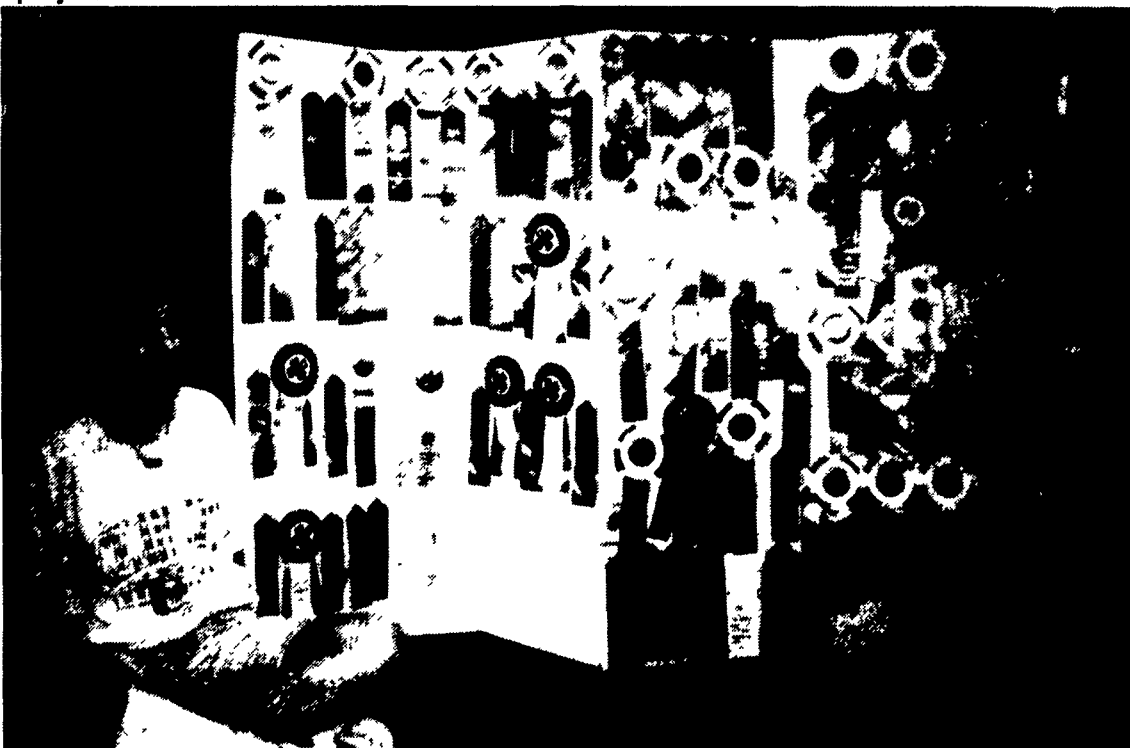
Judi Mains models her latest 4-H project made for 4-H Fashion Revue. She will represent Pennsylvania at the National 4-H Congress.

"I enjoy the opportunities 4-H offers," Judi said. "It really helped me become a good speaker and helps built self-esteem. Every kid

should try it." Judi has two older sisters, Cathleen and Karen, and a younger sister Jacki, 15.



As 4-H leader, Judi's mother oversees Judi's sewing project.



These are some of the ribbons that Judi has collected from her many 4-H projects.

## Homestead Notes

### What's 4-H Got Cooking?

NEWARK, Del. — Delaware 4-H Favorites, a cookbook with recipes from 4-H members, leaders, alumni and friends, is now on sale. According to Joy Sparks, 4-H state program coordinator, this fund-raising project is expected to bring \$30,000 in new funds to local and state 4-H programs.

The cookbook, which contains

342 recipes, is available for purchase from individual 4-H members, at stores and businesses throughout the state and at community events, fairs and fall festivals, including Coast Day. For more information, contact your local 4-H club or call your county 4-H office — Kent County, (302) 697-4000; New Castle County, (302) 831-8965; Sussex County, (302) 856-7303.