Animal Science:

The girls were able to associate a career in science by attending a veterinarian clinic. They were able to see a procedure performed on a companion animal. The vet and her staff were remarkable in their discussions with the young ladies. They not only conveyed the day to day happenings at the clinic, but helped them to understand the education involved and the opportunities that are available. I think the girls also received the “I can” understanding from Dr. Roten-Henson, who is a native of Watauga County.

The afternoon horseback ride showed another aspect of animal science. By listening to the "resident cowboy" the girls became excited and yet learned to be calm around the horses. While on the trail ride I heard comments like "I can't believe I am riding a horse all by myself" and "this is so much fun, I didn't think I could do this, because I am afraid of horses". Statements such as these show that the day was fun but still helped build confidence in these young ladies.
2009 LEAD - Leadership, Environment and Agricultural Discoveries

We used the 4-H Youth Development model in designing LEAD to help foster positive youth development and life skills.
Through a ropes course session, girls experienced the challenges of problem solving both at the group and individual level.

They learned how to work cooperatively with one another to meet a common goal, and mastered the art of communicating and listening during the process.

After completing several rigorous ropes challenges, the girls described what they had learned: the importance of trusting one another, the necessity of working together to solve problems, and the value of encouragement to help everyone feel strong and empowered.
Health Science:

The LEAD participants toured the Health, Leisure, and Exercise Science lab at Appalachian State University. While there they explored different careers associated with health and wellness and the research done on athletes.

This year we had a ASU Nutrition major student intern help with the LEAD camp. She provided guidance on making healthy meals and snack choices. The girls were responsible for making their own snacks and lunches every day.

The intern is also a yoga instructor in the county, so she provided a daily 15 minute yoga session to the girls to expose them to mind body connections. Because she was closer to the girls age, she was able to connect with them and provide college and lifestyle mentorship.

The first day of camp the girls created their own nature journals out of 100% recycled/reused materials. They wrote in their journals daily about their experiences, thoughts, and dreams for the future. Creating their journals below.
Plant and Soil Science:

The girls explored the vast connections that are often overlooked in the agricultural setting— insects pollinating crops, the integration of sustainability to build soils and crops without the use of harsh pesticides and chemical fertilizers, and a hands-on soil experiment designed to show the differences in soil biota from different soil types.

The girls interacted and learned from ASU farm manager Brooke Kornegay on the importance of learning the skills of food production, as well as the usefulness of farm animals to the organic farm.

Finally, the girls developed an understanding of the ecological relationships between mammals, birds, amphibians, insects, and human beings on the agricultural spectrum.
During the week of summer camp the girls learned many facets of Environmental sciences: hands on experiences testing the oxygen levels in the stream, pH, conductivity, temperature, and studying the biology to determine water quality in an urban area and compare it to a forested area.

They also went to Grandfather Mtn. and helped the rangers with a crayfish study on the slopes of the mountain. These studies have just started since the state purchased the land, and the girls learned about how the rangers do their jobs.

The grand finale of the week was a canoeing experience where the girls guided themselves down the New river. They picked up trash along the way and learned about the geology of the Southern Appalachian Mountain chain.
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Overcoming Fears -
(Sarah holds a frog)

Balance

Experiencing new activities

Yoga
Thank-You High Country Women’s Fund for supporting Watauga LEAD

Daily Journaling