

## What is 4-H?

You are traveling to Japan with the States' 4-H International Exchange Program. Maybe you or a family member has participated in 4-H, or this may be your first experience as a 4-H member. 4-H is sponsored by the United States Department of Agriculture and administered by state universities. In our case, 4-H is a youth leadership program of the University of Alaska Fairbanks Cooperative Extension Service. The goal of 4-H is to learn by doing, and then to share what you have learned. The 4-H motto is "To make the best BETTER."

Famous former 4-Hers include: Eric Stonestreet, Julia Roberts, Johnny Bench, Al Gore, Faith Hill, Johnny Cash, Jim Davis (the creator of Garfield comics) and Herschel Walker.

While 4-H began as a program for farm families helping people learn practical skills such as raising animals and preserving vegetables, it has expanded. 4-H is now an international program, with millions of members in countries all over the world. In the USA, 4-H still has programs related to