



## Adair County 4-H Alumnus and Friend of 4-H Speak Out



### Carey (4-H Alumnus) and Teresa (Friend of 4-H) Noland

**Family:** Parents of Sarah, Andrew, and Matthew

**4-H Involvement:** Carey was member of Grant Sky Eagles in Guthrie County showing cattle and developing woodworking skills. Teresa wasn't in 4-H, but helped her friend show cattle at the Cass County Fair.

**Volunteering as an Adult:** Teresa is serving her 15th year as co-leader of the Summit Super Stars. Carey volunteers whenever needed with club and county fair activities.

**Advice to 4-H'ers:** Try a new project area and learn from your mistakes and your success. Being successful takes a lot of hard work and time. Don't measure your success from ribbons or trophies---those are nice to have and fun to receive---but True Success is what you have learned---this is a life skill.

**Advice to Parents:** Be there to support your child and offer advice and help when asked. Be willing to stand back and let them fail or succeed on their own. This is how a child learns responsibility and builds self confidence--the most important life skill you can give your child.

Congratulations Carey and Teresa on being honored as 4-H Alumnus and Friend of 4-H at the 2011 4-H Awards Day!