



Extension programs service people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin .The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

BELL COUNTY 4-H EXCHANGE

Welcome to the Bell County 4-H Exchange Program. In this program, you will be able to engage in activities which help prepare you to host other 4-H members from another state. You will also prepare to travel to another state and stay in the home of another 4-H member. You will be able to experience some of the ways that people in other communities are different and ways that they are similar.

We are blessed to be in a unique part of Texas in which our county is very diverse in geography, industry, and even culture. Other states in the United States also offer differences in these areas which you will be able to learn about. The lifestyles of some communities are based closely around the work that is done there. In rural areas where farming is prevalent, many activities and celebrations are based on agriculture like “cotton festivals or corn festivals”. In other areas of the United States, the culture may be based on fishing, forestry, or even art. In this program you will be able to explore some of the differences.

Objectives of the Exchange Program

- Have fun as a member of a 4-H group
- Learn more about yourself and your family, friends, county, and state.
- Learn to help, plan, conduct, and support fund raising efforts to pay for the expenses of hosting a visitor and traveling to another state.
- Learn what it means to be a good host or hostess for a guest in your home.



- Learn how to travel as an interested, fact-finding individual by being aware of your surroundings.
- Develop as an individual by learning to think on your feet, work and play with people who may have different beliefs and cultural practices than yourself.
- Create life long friendships.
- Learn how the 4-H program works in another state.

Day 1 --- Destination: Carbon County, Pennsylvania

The group of 5 girls and 2 chaperones headed for the Austin Bergstrom International Airport at 7:30 a.m. It



was off to Dallas to catch a connecting flight to Philadelphia, Pennsylvania. Three out of five 4-H members had never flown before or experienced an airport, much less DFW, so it was exciting! The SkyLink was also a first for most of the group and surprisingly caused a temporary loss of balance as girls were tossed around. No delays or cancellations and we landed safely in Philadelphia right on schedule and after the initial anxiety by the

beginners was overcome. The group met up with our driver, Leon, who transported us for the 1 ½ hour drive. He also gave us a brief synopsis of the area and took us through the Lehigh Tunnel (another first for most).

The schedule showed a picnic for Day 1. It was much more than an average picnic including a disc jockey, a bouncing house, new desserts, and astounding fireworks.

An excerpt from Lacy Ide:

"Today I rode a plane for the first time, and it was really cool! On the ride to Carissa's house, I saw beautiful green trees, mountains, and blue rivers. Here in Pennsylvania, I feel so much more alive. When we arrived at Carissa's house, they were having a 4th of July picnic, with many people I didn't know. We met up with our exchange kids, gave hugs, then we ate juicy hamburgers with soda. After that, we rode a cool looking slide which was a lot of fun. We all had a good laugh watching Randall and Kathy slide down super fast into the grass. Then there were fireworks in the backyard, and I have to say they are better than the ones you see in Texas. We finally fell asleep in a tent in Carissa's backyard about 2 a.m. Finally, we woke up in 5 hours to the loud roosters and the bright sun shining in the tent with the morning dew."



Day 2—Jim Thorpe River Adventures

The early morning started off with strong thunderstorms and lightning and the calls were coming in. “Are we still going rafting?” “Yes, it is supposed to clear off before we start rafting.” So off we went. Another day of something new was in store for us. The day began with everyone meeting up at the Jim Thorpe River Adventures shop. First we got our tickets, then our lifejackets. Everyone was suited up and ready to go and varied in age from 9 years to 66 years in age, but all had the same enthusiasm about this new challenge. Our hosts brought their brothers, sisters, cousins, and even grandparents. After a 30 minute lesson in how to row a boat and what not to do in order to be safe, we boarded school buses with our oars in hand and headed upstream. The first reaction as we dipped our feet in the water was the same from all Texans “Wow this water is cold!”



Day 2 as described by Taylor Harris:

“It was Sunday, July 3, 2011 at 10:00 a.m. when we went to the Jim Thorpe River Adventure in Jim Thorpe, Pennsylvania. We traveled down the Lehigh River over 8 miles in orange rafts that held up to 6 people each. This was a good way to spend time with the Pennsylvania Exchange group and their families. In our boat were Carissa, Courtney, Dallas, Lacy, Whitney, and me. As you go down the Lehigh River you come across a lot of rocks and rapids. Also, when you are rafting, everyone has a bucket so you can fill it up and dump it on people. The water was COLD! The temperature that day was only 85 degrees and that’s a shock to Texas people who have seen several 100 degree days before arriving. We spent almost all day on the river. Day 2 was really fun, but after it ended, we were all very tired.”

The day concluded with a picnic at Emma’s house. Sausage, pasta, salad, and great desserts were again served to all who attended. The evening concluded with some successful fishing by Katherine and Steton and a campfire was the finale before all headed home.

Day 3—Dutch Springs Aqua Park

A short drive led us to Dutch Springs on day 3. In 1933 the National Portland Cement Company purchased about 300 acres from several farms near Nazareth, Pa. By 1935 the company had completed construction of a cement plant and began mining the adjacent limestone for use in cement manufacturing. Soon after the mining started, the quarry began to flood, and it became necessary to pump water out to keep the quarry operating. The quarry continued supplying limestone until the 1970s when National Portland Cement went



out of business. When operations ended and the pumps were shut off, the quarry, now as deep as 100 feet in some areas, flooded again, becoming a 50-acre lake. In 1980, the property was purchased and converted into one of the largest fresh-water scuba diving facilities in the country. Natural Springs flow into the



man-made lake keeping the water temperature very cold. The lake is over 100 feet deep in the center and the water was crystal clear. Attractions offered here included kayaking, swimming with inflatables, scuba diving, and a ropes course.

Day 4--- Harrisburg, Pennsylvania and Hershey, Pennsylvania

The day began when everyone met at Giant (local supermarket) to catch a charter bus at 6:30 a.m. Once loaded, our driver, John headed us in the right direction. It would be an 80 mile trip through mountain roads and curves. As we approached Harrisburg, the land was flatter and the mountains became small hills, if any. The Exchange members were also very quiet (mostly asleep) as we came into the city. Arriving at the Capitol, we were awestruck with its beauty. Lots of white rock and a distinct green rotunda set it apart from anything we had seen before. Inside, we met up with our tour guide, Diane.

Diane explained the three different parts of Pennsylvania Government which include the House of Representatives, The Senate, and the Supreme Court. Diane also gave us a history of Pennsylvania and explained the religious background of the state and William Penn's influence. She gave us a brief tour of each of the three chambers and then we took a group photo on the Italian Marble steps.



Notes from the Capitol as scribed by Marcene Grimsley:

- The Pennsylvania Capitol was erected in 1906
- William Penn founded the State and called it the land of Religious Freedom
- The Texas Capitol has the same skylight features
- The cost to build the Capitol was \$13 million
- The dome at the top was patterned after St. Peter's Basilica
- The carpeted floor is laid out chronologically and called the carpet of history
- The architects were told that the building needed to reflect the "Spirit of Religious Freedom"
- There are 270 grandfather clocks which must be wound manually every 7 days
- The original desks from 1906 are still in the Senate
- The chandeliers weigh 2 tons and 16 tons and require 1050 light bulbs per year
- All lights look like an "X" when you view them
- The Legislature meets every year for about 10 months
- The glass in the building is all lit with natural sunlight
- The walls are extremely detailed and suggest the Divine Law—Love, Law, and Wisdom
- John 8:32 is the only scripture printed on the walls

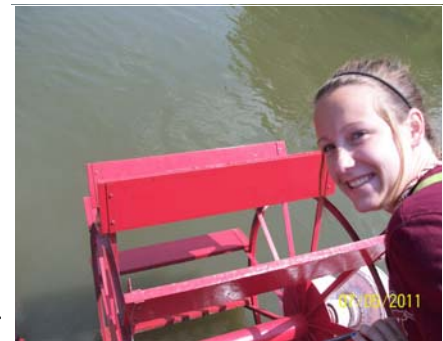
Day 4 - continued

National Civil War Museum (the words of Katherine Wood)

- I learned that blackjack is a braided rope used in hand-to-hand combat
- I learned that a Ketchum Grenade with fins is one of many types of hand-held explosives that were used during the Civil War
- The National Civil War Museum was about slavery and the people that were part of the war.
- There were several sections which incorporated the weapons they used.
- This was one of my favorite places so far.

Pride of Susquehanna – A Riverboat Experience

This fun and relaxing river boat ride took place on the beautiful Susquehanna River. The river spans a mile wide in many places and is 440 miles long. We learned that the two paddles on the boat provide power, steering, and can operate in only 2 feet of water. The Susquehanna River Starts in New York State. The River is a major path for migratory birds including purple martins which travel all the way to South America each year and loons. The captain pointed out a buoy in the river which indicated the point that General Robert E Lee reached during the Civil War. This murky river turns into mini glaciers during Winter, causing a beautiful display of ice.



Day 4 Continued - Hershey Park and Chocolate World



Notes from Whitney Bushing:

Hershey Company uses cocoa beans from different countries to vary the flavor. No two Hershey bars have the exact same consistency in flavor. Milk is a very important ingredient. They first roast the beans, then crack them. The next step is to grind the beans. Some of the major brands they sell are Hershey's, Ice Breakers, York Peppermint Patties, Reeses, and Kit Kat. The whole town revolves around the chocolate factory and the biggest candy bar I saw weighed 5 pounds.



Day 5—Lancaster County, Pennsylvania



The Bell County delegation looked forward to this day for many months. We learned all about the Amish culture through a detailed bus tour led by our guide, Fran. Fran has lived in Lancaster County her whole life and is not Amish, but most of her neighbors and friends are Amish. She was familiar with all the cottage shops and knew all about crafts, agriculture, and religious beliefs as well as current

trends in Amish society. Fran explained that Amish do not have electricity in their homes and most have a small phone booth in their front yard so that they may communicate for business purposes. She informed us that younger generations have cell phones for business only, and never bring the phones into their homes, but rather leave them in their barns at night so that they do not interfere with family life. We learned that Pennsylvania had the first Amish communities in the U.S. and is now 3rd in Amish population following Indiana and Ohio. We also learned that Amish families keep good family records through diaries which tell about community and marriages. Finally, the Amish do not believe in divorce under any circumstances and there are no arranged marriages.

Amish Culture as described by Taylor Harris:

“The county was named after William Penn’s father. William Penn didn’t believe in the Anglican Church, but rather religious freedom. The Amish people who originally came to Pennsylvania came from Southern Germany. Amish people have church every other Sunday in their homes and 25 families belong to a church group. The church service lasts 3 hours and the tradition is that the same meal is served for lunch after each church service. The Amish speak 3 languages during church. They follow the Asbon, which has 44 verses. The traditional walls in the church room are light blue with green shades, but this is slowly changing.

The Amish culture is changing slowly with the times. Today many of them use freezers (kept in their barns). They really don’t like sewing, so they are allowed to buy dresses at public stores. Modern Amish also use store-bought diapers for their babies. They always have big kitchens and basements and never put carpet in their homes. The family records are displayed on the wall in their homes. Most have nice glassware and like to display dishes.”

The Amish Life—by Whitney Bushing

- Amish followers live in 23 states
- On Sundays, girls that are not married wear a white apron over their dress
- The Amish do not drive cars, but will ride in a car with someone else
- The women always wear one color dresses
- Traditional wedding dresses are navy or plum colored, and recently some are tan
- Men who wear indented hats belong to the church, round hats are for non-church males
- Women wear a white mesh over their dresses up until their wedding day
- When boys and girls die, they are dressed in white
- Dead bodies have 3 viewing days in their homes before burial
- Funerals are by invitation only, due to the large family size
- Tombstones can be in German or English and always face East



Day 5 Continued

Amish One Room Schoolhouse—by Katherine Wood

“Most Amish still attend school in a one-room school house. They start in Kindergarten and stop in eighth grade. The 14 year olds can usually pass a standardized test designed for a graduating senior. The first thing the teacher does when arriving is to start a fire using coal in the stove. Reading, Language Arts, and Math are critical subjects. They also emphasize Art and Music. The most important thing you can learn in school is a trade. They always sit in wooden desks and chairs. Finally, an Amish girl can become a teacher at age 16.”



Little Country Store—Lancaster, PA

Here we were greeted by Gideon and Elizabeth, young Amish children who gave us samples of homemade potato chips and pretzels. Henry was the father who had a wood working shop. He and his older sons make wooden crafts such as birdhouses, table legs, and bed posts. He also used to make wooden baseball bats that were actually used in Major League Baseball games, but had to stop because the MLB



license fees for products were too expensive. He uses an electric lathe powered by a diesel generator, and only uses electricity for business use. They do not use electric lighting in their shops or barns, but instead have propane lights. The family also raises miniature horses for sale and for show. They have 23 total horses including 4 stallions. He sells the horses for \$800-\$1500 each. Henry told us that it may take up to 5 years to get a show quality horse to sell. He also pays a trainer to show the horses

and invests about \$7000 in each horse that is showing during the Summer. They have a small cottage where the family sells quillows, purses, woodwork, homemade potato chips, and birch beer.

Day 5 Continued

Lacy Ide's words:

"Our next stop was Intercourse, Pennsylvania. We learned from Fran that Intercourse meant social friendship when they named the town. Here we toured Kitchen Kettle Village; a place with many side-walk shops, cafes and delis. The village also had a library where Amish go to use computers (even the internet). We saw a deerskin leather shop where hats, belts, and bells were all made by Amish people. One gentleman was making kettle corn with soybean oil, sugar and salt. A huge jam and jelly shop offered samples of every product they sell. We each ate lunch here and many found a few souvenirs to remember the trip."



Amish Organic Farm – by Lacy Ide

Our next stop was Sunset View Aquaponics. Here, our guide was the owner, Sam Stoltzfus. Mr. Stoltzfus got out of the dairy business after researching aquaponics. He built a greenhouse 2 years ago after learning about aeroponics, hydroponics, and aquaponics from the internet at a local library. Sam and his family grow lettuce without any soil or pesticides. He told us that you see a lot less insect problems in the greenhouse than a traditional garden. The family operation grows organic hydroponic bib lettuce, salad greens, and melons. Also, they have two above ground swimming pools where they raise tilapia. Recycled water is used for the fish pools. They also have a 500,000 gallon geothermal pond where rainfall from the greenhouse is used to keep it full. The pond is also used for swimming in Summer, and ice skating and hockey games in the Winter. They also make mint tea for sale to local customers.



Day 5 Continued

As our bus ride continued, Fran gave us more details about the Amish culture. We learned about Rumspringa. This period of freedom begins when kids are 16. During this time, Amish kids join a youth group and can try new experiences. The chaperoned youth groups have guidelines to follow. Sometimes they will rent a charter bus and go to a State Park for volleyball and fun. They are allowed to drive during this period. It is designed so that between ages 16-25, Amish can decide whether they want to join the Amish community or go on to the outside world. Most young people now wait until age 25 to decide to join the church or not. We also learned that many Amish farmers still grow tobacco, though they don't promote it. It is a good cash crop yielding them about \$6000 per acre.

Plain and Fancy—by Marcene Grimsley

“Here we were treated to Bizarre foods. We first had an explanation of what the food was, then a sample followed. Chow-Chow was the first thing we tried and it is simply pickled vegetables. We learned that Brine is made up of sugar and vinegar. Apple Butter includes no butter, but uses apple, cinnamon and sugar. It takes 14 apples and 24 hours to make one jar, and most kids liked it. We discovered that if you add milk



to a dead cow's stomach, it will curdle. You drain the curds with cheese cloth, and the result is curds and whey. This had the after taste similar to beer. A common saying among Amish is that pigs are the most preferred animal because you use everything but the squeal. Next we tried pudding. Pudding is pig organs that taste like sausage. We were all shocked as we ate head cheese which is made up of pig skins and vinegar. A new term we learned was scrapple, or cornmeal and pig organs. We were treated to birch beer which is similar to root beer, but comes from a birch tree. The weirdest thing we tried was jelly. After we tried it, we were told that it is a mixture of bone marrow and apple juice, from a calf's foot. Most of us thought this was disgusting!”

Day 6 - Family Day

Family Day is designed to experience the Pennsylvania culture with the host families. Three groups ventured in different directions and had three separate and unique experiences.

Adult chaperones, **Randall Rakowitz** and **Kathy Ide** were guests of Hank and Kristin Williams and Ann Schoenberger. First, we were treated to the Kutztown Folk Festival. This was a festival celebrating the German heritage of Pennsylvania. We learned all about the Pennsylvania Dutch and saw recreations of the ways from the old world. We learned all about the hit and miss engines, hex signs, antique tractors, gun making, and saw many Dutch ovens. Perogies and homemade bread were common among food booths. Merchants had crafts of all sorts including wine-bottle hummingbird feeders, cuckoo clocks and coffee can planters. A huge wall of home-made quilts was on display for the upcoming quilt auction.



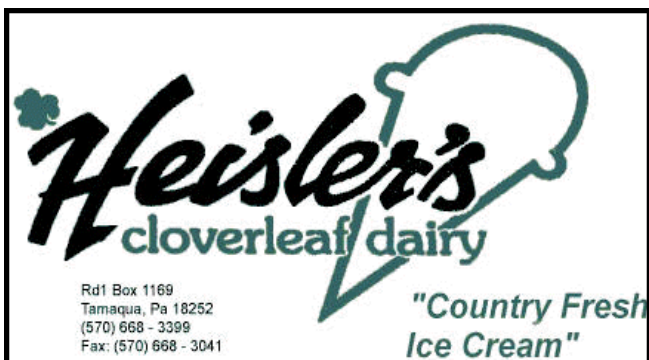
Next we visited the Jim Thorpe Memorial. We learned that Jim Thorpe never lived in Mauch Chunk, Pennsylvania, but the town was named after him when his body was allowed to be buried there. Jim Thorpe won numerous events in the 1912 Olympics including broad jump, javelin, discus and played professional football and baseball. He was the only athlete to ever win the pentathlon and decathlon in the same Olympics. He was a terrific golfer and his bowling average was in the 200's. He was named greatest athlete of the century by ABC's wide world of sports.



Lastly, Randall, Kathy and hosts took a one hour train ride through the beautiful Lehigh Valley. We had great views above the Lehigh River and saw the blooming mountain laurel. It was a refreshing way to end the afternoon.



Day 6 - Family Day Continues



Marcene and **Katherine** were guests of Emma. This trio decided to sleep in after a week of late night card games. When they woke up, they went to a local attraction, Heisler's. Here they ate lunch and played miniature golf. The highlight of their day was going horseback riding on Emma's family farm.

Whitney, Lacy, and Taylor were guests of Dallas, Courtney, and Carissa and were headed to New York City. This group was led by Yvette and Marci and would experience some new things. They started off with a ride on the Staten Island Ferry to see the Statue of Liberty. Most thought it seemed



small from what their perception was before arriving. They learned it wasn't small when it was put up, but the skyscrapers that soon arose only made it seem small. Next, it was on to the subway. This was a first experience for these girls and the diversity of people on the ride was, "scary" as one girl put it. The subway

arrived in Times Square. "It looked exactly like you see on T.V.," said Lacy Ide. Whitney had a strange experience with a wall and chewing gum stuck on her shirt. After buying some souvenirs, it was back home for the group. Taylor sums it up, "I had a blast!"

Day 7 - Carbon County Day - Jim Thorpe, PA

The Asa Packer Mansion—Summation by Katherine Wood

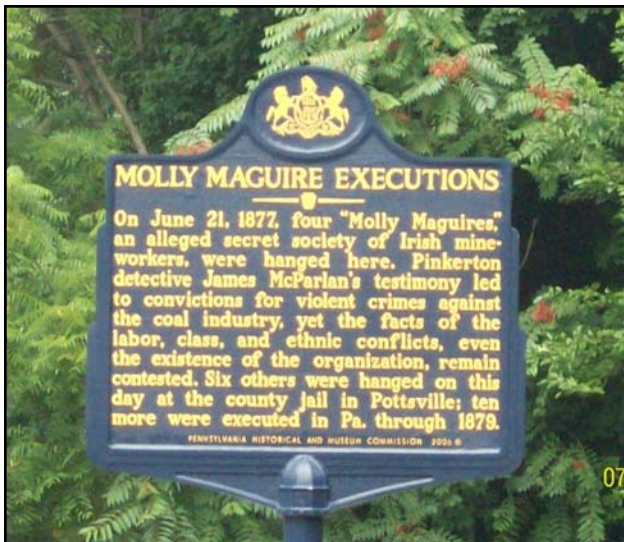
Tom introduced himself as our guide, gave us some museum rules, and then locked us inside the mansion with him so that no one could follow us in and steal things. In 1851, Asa Packer bought the 3 local railroads and merged them into one. This is how he became VERY wealthy. Asa Packer was a philanthropist who shared his wealth. He donated \$500,000 to found Lehigh University, and then paid the tuition for all the students for the first 20 years. The home was built in 1861, took two years to build, and cost \$14,000 to build. The mansion is over 150 years old. We learned that the home was modest, compared to what it would become after Asa Packer's 50th wedding anniversary. The ceilings were all hand-painted. The home consists of 3 stories, 18 rooms, 3 hallways and is over 11,000 square feet. On the 50th wedding anniversary, Asa had many amenities installed and upgraded. He had the walls hand-carved with 1575 roses, and no two roses are exactly the same. Stained glass windows were put in above the staircase. An enormous dining room table was brought in, and was a gift from Queen Victoria. The curtains had 14k gold sewn into them. Three complete sets of china with service for 30 were all made of 14k gold as well. Almost all of the elaborate wood in the house is walnut with the exception of a few imported pieces. Asa and his wife had 7 children, of which most died at a young age from pneumonia. Mary was the last daughter alive and inherited the entire fortune, including the mansion. Asa respected his servants and provided rooms in the mansion for them. His butler's name was John. John's bedroom was the only bedroom with a



sink and he had a bed which was identical to Abraham Lincoln's bed in the White House. John had a very modern doorbell system for the era, which allowed him to see at which door a guest was located out of 8 total doors. Mary Packer, the heiress to the mansion left it to the City of Mauch Chunk when she passed away. From 1912-1956, the borough didn't know what to do with it, so it sat idle with one maintenance person to keep it clean. Finally, the local people decided to give tours and share the wonderful history of Asa Packer with visitors.

Day 7 - Carbon County Day - Continued

The Carbon County Jail—Notes from Marcene Grimsley



- Inmates who were housed in the dungeon slept on straw mats and had no bathroom
- During part of the Molly Maguire hangings, nooses were tied wrong and it took 15 minutes for some of the convicts to die
- The jail is famous for a hand print left by a prisoner during the trials
- The prisoner took his sweaty palm and wiped it on the wall, and told a guard, “I am innocent, and my handprint shall remain here forever”.



- The Carbon County Jail housed prisoners until 1995
- It is most known for the Molly Maguire trials
- The Molly Maguires were individuals believed to be coal boss murderers
- Most hangings were done outside, until Maguire trials, then gallows went inside
- The jail had a traditional cell block of 2 stories, and a dungeon for bad behavior



- The handprint on the wall has been painted over, scraped, pieces of wall removed, and blown and doesn't scientifically exist; yet you can still see its remnants
- The gallows are 125 years old
- The warden and their family lived in the jail and the kids were picked up by the bus here
- There have been 33 recorded escapes from the jail

Old No. 9 Coal Mine - Lansford, PA

by Taylor Harris

Today we learned about coal mining from our guide, Larry. We learned that Eastern Pennsylvania has 450 square miles of coal not yet used. The type of coal they mine is called anthracite, or hard coal. A vein means there is coal in between rock. Mules used



to be used in early days to pull carts out of the mine and people weren't allowed to mistreat mules. Originally rock was drilled by hand drills, but later explosives helped speed up the process. Coal mines were dangerous places to work and it was hard to make good money because miners had to buy their own supplies from the company. If a miner died, the bosses would dump his body on the front steps of his home. Sons from that family age 7 or older were expected to replace their father in the mine, or the family would be evicted from their home. The Old Number 9 mine was in operation from 1855-1931 and has 4 ½ levels. We traveled into the mine 1600

feet by a small rail car. Then we went on a walking tour inside where it remains a constant 52 degrees Fahrenheit. The miners sent birds in to see if new areas were dangerous. If the birds came back, they knew it was safe to breathe. Larry also explained that rats can save your life in a mine. If you see rats running a certain direction, then you should follow them to a safe area. Inside we saw a stage area, where several coal carts would be brought to and then hauled outside. Also inside the mine, small hospitals were built to tend to injured workers before they could head outside. Coal miners used oil burning wicks on their hats, then hardhats with a headlight improved visibility greatly. Current coal mines use electricity for lighting and for transportation into the mines. Many people died at a young age working in coal mines, and many more had severe respiratory problems after prolonged exposure to coal dust. It was a hard way of life for many people, but the only life they knew.



Top 11 Things We Learned in Pennsylvania

1. Exactly 20 minutes from anywhere in Pennsylvania, you can find a State Park. This was done on purpose.....Marcene
2. Boys as young as age 6 worked in the coal mines.....Whitney
3. Amish people don't drive cars, but they will ride in them.....Taylor
4. Mauch Chunk means "sleeping bear".....Randall
5. Amish girls can wear swimsuits, as long as it has a skirt.....Katherine
6. Gold can be made into ink.....Lacy
7. The rotunda at the Pennsylvania State Capitol is modeled after St. Peters BasilicaMarcene
8. Jim Thorpe, the man, was a true sports legend.....Randall
9. If you see a rat running in a mine, follow it, it's your only chance of survival.....Katherine
10. They have white corn and it is very sweet!.....Lacy
11. Poison Ivy is not as poisonous in Pennsylvania as it is in Texas....Randall



Bell County 4-H Exchange Program



- The Bell County 4-H Exchange Program is a 2 year program for Senior-aged 4-H members ages 13-18.
- The program is open to 4-H members across Bell County and begins a new group every other year in September.
- Special thanks to our 2009-2011 Adult Leader for Bell County, Belia Rodriguez for her dedication and commitment to the program's success.
- We would also like to thank all of the parents in Bell County and Carbon County for serving as great hosts.
- Thank you to all of our donors who supported our fundraisers!
- Special thanks also goes to Kathy Ide, Ann Schoenberger, Hank Williams, and Kristin Williams for serving as traveling chaperones for our youth.
- We also would like to thank Shelly Chapman, Tennille Harwell, Mary Pearl Meuth, and Pat Pomykal for your work behind the scenes in making things happen.

For More information about the Bell County 4-H Exchange Program:

Contact : **Randall Rakowitz**
 Bell County Extension Agent
 254-933-5305 or randall.rakowitz@agnet.tamu.edu