

# FARM CAMPS: become new 'reality' for 4-H students



photos by EMILY WEAVER

Sam Faucher, left, and Rachel Faucher, right, check out a baby goat held by Jenna Peeler. BELOW, Allie Stumbo, right, milks a goat with Nick Chimento at a petting zoo at SonRidge Farm on Friday.



**FROM Page 1**  
laughingly fed bottles of milk to hungry baby goats, took turns milking a goat and fed the animals. There were many smiles.

Allie thought about taking the petting zoo and farm tour concept one step further. "What about having a week-long camp?" she thought.

She went to the 4-H agency and talked to them about her idea. The youth development organization, which for years has challenged kids to "learn-by-doing" in the areas of science, citizenship and healthy living, liked the thought. The first class was set with a limit of 10-12 students. Over 40 participants signed up. Excited public response and heavy enrollment led to three weekly camps in 2010.

Nine camps have been scheduled so far this year at SonRidge Farm. Intermediate camps for older kids and last year's participants will begin next week.

Similar to the 4-H's horse curriculum or dairy steer program, campers learn the basics of goat showing. They are assigned a goat to care for and learn about, and at the end of the week they present their goat to the judges and receive a grade.

Allie takes the lead in planning the lessons for the camps in conjunction with the 4-H agency that publicizes the events and registers the campers. Her 14-year-old sister Jonie and brother Stephen, 17, also help out. Stephen, a beekeeper and blacksmith, leads the campers in forgework and beeswax projects.

Farm Life 101 campers begin their day at 9 a.m., feeding the baby goats their bottles. Then it's off to horseback riding and forgework. Several other tasks and farm chores throughout the day, including games of "find the llama piles" in the pasture, enrich the campers' experiences.

They learn how to make

soap, lip balm and laundry detergent and each participant keeps a blog of what they did that day. The camp days end at 3:30 p.m. and the week ends with a pizza feast, made by the campers with their very own mozzarella cheese.

Intermediate campers in the "Reality" farm camp will spend more time working with the animals each day, starting at 7 a.m., doing the chores on the farm as they normally are done in "real time". They will arrive each morning to milk the goats, feed the babies, finishing all morning chores before they come together to eat breakfast cooked with products from the farm. They may participate in shearing, castrating, disbudding, and possibly even kidding the animals. They will enjoy riding horses, learning how

to use a spinning wheel, making nails in the forge, following along as the camp blacksmith forges a knife from beginning to end during the week of camp, making Feta cheese and soft goat cheese, in addition to other farm related activities.

Jonie also runs mini day camps for ages 4-8 years old. The mini day camps are held two weeks in April and May on Monday, Wednesday and Friday from 9 a.m.-1 p.m. Many of her campers are homeschooled. The mini camps involve simple tasks, like milking a goat, feeding the baby goats, gathering eggs and crafts.

"It's a perfect micro-dose of farm camp for the little ones," Mary Ann said.

Allie is also thinking of holding a "Survivor: SonRidge" event in early Fall.



Anna Chimento gently holds a baby chick in her hands.

## Camp schedule at SonRidge Farm

**April 18-22:** Intermediate - open to kids in Cleveland and Lincoln counties

**April 25-29:** Intermediate (Gaston County)

**May 16-20:** camp open to homeschoolers in all counties

**June 13-17:** Lincoln County

**July 11-15:** Shelby County

**July 24-29:** Cleveland County

**Aug. 1-5:** Gaston County  
The regular farm camps running during the summer

will have the following Free Family Days:

**May 21:** 5-7 p.m. (Homeschool children, families of any county)

**June 18:** 8-10 a.m. (Lincoln County)

**Aug. 6:** 8-10 a.m. (Cleveland and Gaston counties)

For both intermediate farm camps in the spring, they will share a family day on April 30, 5-7 p.m. (Cleveland, Lincoln and Gaston counties).

Call SonRidge Farm at

704-734-0809 or email: mail@sonridgefarm.com to check days and times before coming to the farm as camps and family days may be cancelled due to weather or low enrollment.

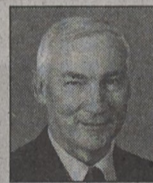
For more information, contact Cleveland County 4-H at (704)482-4365 or Gaston County 4-H at (704)922-2110.

**i missed the squirrel, but not the tree**

**Accident & Minor Violation Forgiveness**

Part of On Your Side® Rewards

CALL ME FOR A QUOTE TODAY



**John Caveny**  
210 East King St.  
Kings Mountain  
(704) 739-3953  
caveny@nationwide.com

THANKS for Making Us #1 in North Carolina for 20 straight years.

**Nationwide**  
On Your Side  
Auto Home Life Business

Source: AM BEST 2008 Combined Lines PC. ©2008-2011 Nationwide Mutual Insurance Company and Affiliated Companies. Nationwide Life Insurance Company, Home Office, Columbus, Ohio 43215-2220. Nationwide, the Nationwide Framework, and On Your Side are federally registered service marks of Nationwide Mutual Insurance Company. Not available in all states. We offer non-Nationwide homeowners insurance products only in FL.

Modern Service,  
**OLD-FASHIONED VALUES**



### Harold's Weekly Health Tip...

#### Managing Heartburn

Heartburn, also called acid reflux or GERD, occurs when muscles of the lower esophagus do not function properly. This causes food and acids from the stomach to leak back -- or reflux -- into the esophagus. Heartburn -- technically a symptom of GERD -- can be aggravated by foods, certain medications, and other factors. Here are some suggestions to improve your heartburn symptoms: \* Don't go to bed with a full stomach. Eat meals at least two to three hours before lying down. This will give food time to digest and empty from your stomach, and acid levels a chance to decrease before putting your body in a position where heartburn is more likely to occur. \* Don't overeat. Decrease the size of portions at meal times, or try eating four to five small meals instead of three large ones. \* Eat slowly. Take time to eat -- don't rush. Try putting your fork down between bites. \* Wear loose-fitting clothes. \* Avoid heartburn triggers. Stay away from foods and beverages that trigger your heartburn symptoms (for example, onions, peppermint, chocolate, caffeine-containing beverages such as coffee, citrus fruits or juices, tomatoes, or high-fat foods). A good way to figure out what foods cause your symptoms is to keep a heartburn diary. \* Shed some pounds. If you are overweight, losing weight can help relieve your symptoms. \* Stop smoking. Nicotine, one of the main active ingredients in cigarettes, can weaken the lower esophageal sphincter, the muscle that controls the opening between the esophagus and stomach, preventing the acid-containing contents of the stomach from entering the esophagus.

## Griffin Drug Center

704-739-4721

129 Mountain St., Kings Mountain, NC

Serving Kings Mountain since 1919 with friendly, hometown service

**Lunch Served**  
Mon-Fri 9 am - 4 pm  
Yes, Burgers at 9 a.m.!

**UP TO \$ 500 TAX CREDIT\*\***

**+\$ 1,200 LENNOX® REBATE\***

---

**\$ 1,700 TOTAL**

It's a rebate, wrapped in savings and topped off with a really great deal.

**LENNOX**

HOME COMFORT SYSTEMS  
Innovation never felt so good.™



Dave Lennox  
**PREMIER DEALER**  
LENNOX

**Dilling Heating Company, Inc.**  
1250 Linwood Road, Kings Mountain, NC 28086  
email: dillingh@bellsouth.net

**704-739-3446**

Proudly serving our customers since 1955

9350 Offer expires 6/30/2011. \*Rebate offer is valid only with the purchase of qualifying Lennox® products. \*\*See dealer for details and visit www.energy.gov for more information on the credit guidelines and list of qualifying heating and cooling equipment. © 2011 Lennox Industries Inc. See your participating Lennox dealer for details. Lennox dealers include independently owned and operated businesses.