



4-H Youth Leader Bios

Nosa Akol, New York



Nosa is a 17 year old senior at Binghamton High School in New York. Her 4-H experience began when she joined CITIZEN U 4-H her freshman year of high school.

According to Nosa, CITIZEN U 4-H helped her overcome bullying, develop self-confidence and build leadership and public speaking skills. She was a delegate at the World Food Prize Global Youth Institute. As a Wallace-Carver Fellow, Nosa received a paid internship at the Robert W. Holley Center for Agriculture and Health at Cornell University where she worked as a Biological Science Aide.

Nosa was also invited to be a panelist at the Norman Borlaug Symposium where she had the opportunity to speak with U.S. Secretary of Agriculture Tom Vilsack about how micro-farming could help women and girls in South Sudan. In addition, Nosa delivered the keynote address at the 4-H Career Explorations at Cornell University.

Within her community, Nosa was involved in the Great Pothole Solution Project to help map the location of potholes throughout the city of Binghamton. This spring, Nosa will partner with 4-H alum Lazarus Lynch to lead a Hunger Banquet and Poverty Simulation to educate her community about childhood hunger and how they can become “hunger champions” in the fight to end world hunger.

As Nosa says, “My experiences in CITIZEN U 4-H undid years of painful bullying, opened new doors and opportunities for me, and set me on a path to be an agent for change. 4-H changed my life.”
Congratulations Nosa!

Andres Parra, Arizona



Andres Parra is a remarkable Arizona 4-H'er who credits 4-H for putting him on a path to success, and empowering him to have a similarly positive impact on his peers and community.

Growing up as part of a Mexican immigrant family, Parra experienced many obstacles in life and struggled to find the motivation to excel in school. He was introduced to the 4-H/United Healthcare Eat4-Health program and discovered a passion for nutrition and exercise that led to more productive academic and personal health habits.

These habits led to compelling personal results for Parra, who dropped from 200 to 146 pounds by his senior year. Through the program, Parra also had an opportunity to lead community events and interactive educational activities empowering other young people to pursue healthy lifestyles. As a teen ambassador, Parra taught more than 200 5th and 6th graders about nutritious eating habits and making healthy choices.

His success as a youth ambassador opened the door to work for University of Arizona as an Instructional Aide at the Tucson Farm Village, where he taught nutrition to youth through the 4-H Pima County Cooperative Extension program.

Parra is currently attending Pima Community College and plans to transfer to the University of Arizona and major in Nutritional Science.

Tess Hammock, Georgia



Tess Hammock is a Youth Trustee of the National 4-H Council Board of Trustees and is a five-time Master Georgia 4-H'er. During her seven-year 4-H career, Tess served on the 2011-2012 Georgia 4-H State Board of Directors and won state and national honors in Public Speaking, Communications and the Arts, National 4-H Chicken Barbecue Competition, and Leadership in Action. She put her public speaking skills to work in 2014 when she testified before Congress to relay the powerful story of 4-H, its impact and why believing and investing in youth is vital to America's future. Tess is passionate about empowering youth to serve and make a difference in the world and believes that 4-H is the single most important positive youth development program in the world today.

A University of Georgia Presidential Leadership Scholar, Tess is an Agricultural Communications major and will pursue a career in Public Relations or Marketing in government or agri-business. She recently completed the 4-H Seeing is Believing Tour of 4-H clubs in Tanzania and Kenya where youth are using science-based agricultural 4-H projects to support orphanages and schools in order to eliminate poverty for their families and villages. In 2015, Tess won the crown of Miss Warner Robins 2016 and will now compete in next year's Miss Georgia pageant.

Lazarus Lynch, New York



Lazarus Lynch attributes his 4-H experience for allowing him to "think global and act local." From his participation in the World Food Prize conference in Des Moines, Iowa, where he learned about issues related to hunger and food insecurity in the world, to becoming a National 4-H Youth Trustee, Laz has had opportunities to grow and develop into the leader he is today. Through his 4-H involvement, Laz was selected to be a Borlaug-Ruan international intern at the Chinese Academy of Agricultural Sciences in Beijing, China for three months researching with master's students. Lazarus has since taken on opportunities to influence youth in his community to reflect on hunger and food security around the world by hosting a hunger symposium. "4-H empowered me to believe in myself and in the great potential power of united young people." Now, Lazarus has taken his love of food and cooking and is studying culinary arts at the Food and Finance High School. Lazarus' natural cooking talent and blog, *Keeping it Healthy*, built him a following, gaining the attention of the Food Network and NBC. Food Network's host, Ingrid Hoffmann named Lazarus "the next big food star." In 2014, Lazarus created the brand, Son of a Southern Chef dedicated to his father's southern cooking.