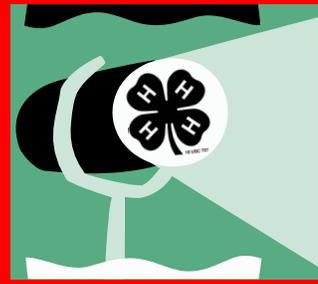




NATIONAL SCIENCE DAY & 4-H



Looking for an exciting and engaging activity to get your 4-H Club working together? Try one of the National 4-H Science Day Experiments during your club meeting. The activity will take approximately an hour.

The National 4-H Science Day has been held for six years. These experiments may have been used in area classrooms by Extension staff members during the National 4-H Experiment Day time period, but they are engaging and enlightening to 4-H members and leaders too. Whether a 4-H member has participated in them before or not, they will enjoy and learn even more. Previous participants could serve in a leadership capacity to their club members during the club experiment time or Junior Leaders could take on this responsibility as the details are on the <http://www.4-h.org/4-h-national-youth-science-day/nysdhome.aspx> website. The 2013 National 4-H Science Day Experiment uses Geographic Information System (GIS) for students to become geospatial scientists. The goal is for each group to design a park considering space and geographic constraints with the location. Brainstorming ideas, dividing up responsibilities and working together to design the park helps bring GIS knowledge right into their hands and minds.

Materials Needed:

- Large clear plastic sheets purchased from National 4-H (or borrowed from your local extension office) or smaller clear overhead transparencies showing a small hill.
- Dry erase markers in 8 different colors to draw the different features of the park.
- Scrap paper for preliminary drawing and brainstorming ideas.
- Binder Clips and Sticky Notes

You may also go back and check out previous National 4-H Science Experiments which Includes:

Eco-bot: using mini robots (motorized tooth brushes) to clean up a "dangerous spill"

Wired for Wind: designing wind generator blades to produce the most power

4-H2O: learn how CO2 levels build-up in water and the atmosphere

Biofuel Blaster: explore the production of the biofuel ethanol

Helpful Hydrogels: explore a new superabsorbent polymer - called hydrogels

Check with your Extension Office for any one of these exciting National Science Day Experiments. They will get you and your 4-H members excited about Science, Engineering and Technology and will result in exciting 4-H meetings they go home talking about!



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

UNIVERSITY OF NEBRASKA-LINCOLN EXTENSION



SPOTLIGHT
ON 4-H!



Inside this issue:

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Special points of interest:

- Learn how to make something old new again and discover your trashy treasures!
- Snacks at 4-H meetings can be a great way to promote healthy eating! .
- Explore the world of Golf Pro Management at UNL! FOREward with your future!



REDUCE, REUSE, RECYCLE... REJOICE

We're recycling and upcycling...creating eco-chic ideas as we reuse and repurpose. Picasso said "Every child is an artist." 4-H can be the bridge for youth to combine creativity with an earth-friendly emphasis.

4-H can focus on functional projects geared toward making the most out of items we find right in our own homes and yards. Often our treasures sit quietly in boxes and drawers, patiently waiting to see daylight... until the "lightbulb moment" when we are inspired to find a way to repurpose them. What a great feeling when we recycle items, give them a second life, and turn them into something totally different and unique.

As Americans, each of us throws away about 4 pounds of trash per day. We throw away 2.5 million plastic bottles every hour. We use over 80 million tons of paper each year. Let's be conscious that the earth's natural resources are not infinite and need to be conserved. The point is that nearly 100% of all waste discarded CAN be recycled for reuse.

"Trash to treasures"... it's a familiar saying. Incorporate the recycling concept into 4-H project areas: clothing, home environment, fiber arts, child care, horticulture, photography, engineering, citizenship, etc. We can reuse show clothes, boots, equipment and supplies in the small animal, horse and livestock projects.

ITEMS THAT CAN BE OR REUSED TO CREATE ORIGINAL ACCESSORIES:

- Luggage, dressers, wire baskets, hardware (keys, knobs), kitchen gadgets, burlap, tin cans, antiques/vintage items, antique photos, CD's, jewelry, plastic containers.
- Paper (grocery bags, cardboard, books, pages and words, tissue paper, magazines, funny papers, junk envelopes, greeting cards, postcards, file folders, sewing pattern tissue paper, cardboard coffee sleeves, sheet music, egg cartons).
- Textiles/linens (tablecloths, bedspreads, ties, trims, lace, doilies, old sweaters, t-shirts, leather purses & jackets, 100% wool/felting).
- Glass (jars, bottles, dishes, glasses, vases).
- Wood (doors, windows, small cupboards, tool boxes, pallets, wooden boxes, frames).

Pinterest: millions of ideas at the touch of our fingers. Search for boards 4-H, art, or recycling projects, etc. Check out this board: <http://pinterest.com/volunteerhandh>. Google it: find the answers.

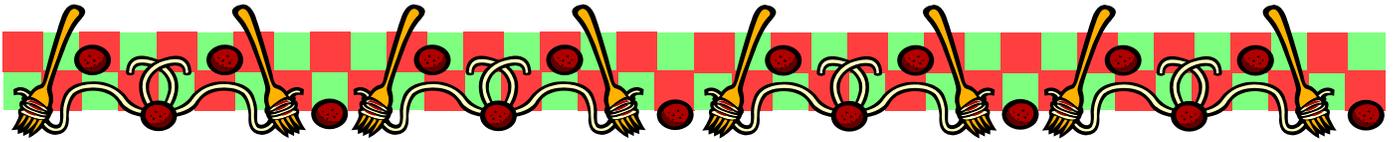
Share equipment, embellishments, supplies. Shop clearance aisles. Visit second hand/thrift stores. Research different mediums and techniques. Use distressed inks or tea dye items for an antique look.

In addition, incorporate recycling into club meetings. Finish your meeting with an edible landfill...just google the recipe. Offer county fair classes, awards, activities and events around the "green" theme.

Rejoice in the fact that 4-H offers opportunities to repurpose. Throw out the "rules", encourage kids to be creative with items for their home and yard and fair exhibits. Reduce, reuse, recycle, make art, and feel good. 4-H: Where kids create!



HINTS FOR WRITING PERFECT MENU



Careful menu planning helps contribute to healthy eating choices, efficient time management and allows us to be better consumers while grocery shopping.

Tabletop Tips:

- Write out the menu and meal preparation schedule before beginning. What do you have to do ahead or at the last minute? What do you have to do ahead or at the last minute? It may be helpful to write the time needed to prepare and cook. Then decide what time you plan to serve your food. From these two times, you can determine what time you need to begin cooking.
- Keep in mind the time you have available. Know when you need a quick meal or when you can plan something special.
- Make the meals as full of variety as possible. Choosing foods Variety is the key to an appealing meal. Create interesting contrasts with various colors, textures, flavors, and shapes of food.
- Plan to serve only a few, good quality foods that are simple and made well.
- Prepare as many foods beforehand as you can.
- Choose foods that save as much last-minute preparation as possible.
- Use equipment efficiently. If you already have the oven turned on use the oven for two dishes.
- Remember to keep and serve hot foods hot and cold foods cold.

After prepared your menu, you need to put some thought into how you will present your meal. You can make any meal special by adding color to the table by choosing a tablecloth, placemats and perhaps a simple centerpiece.

To set the table:

- A plate is centered in front of each chair.
- The fork is place to the left of the plate.
- The knife is to the right of the plate with the blade edge pointing towards the plate.
- The spoon is to the right of the knife.
- A beverage glass is set at the tip of the knife.
- The napkin may be place on the plate, or under or to the left of the fork.

Menu planning skills are necessary in providing healthy and appealing meals for your families and when entertaining for special occasions. Some counties have a table setting contests or favorite food contests, that require you to write a menu.

To write the menu:

- List the foods in the order in which they are served. You do not have to list every item served (salt, pepper, etc.).
- Capitalize main food items. Consider word placement – usually centered.
- Group foods served in one course together - use single line spacing between food items and a double spacing between courses.
- When a food is commonly prepared in more than one way, avoid confusion describe how it will be prepared

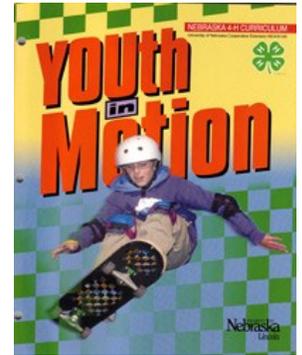
(Center words)
Appetizer
Main Dish
Starchy Vegetable
Other Vegetables
Salad
Bread
Dessert
Beverage



HEALTHY SNACKS FOR CLUB MEETINGS

Healthy eating in childhood helps build a foundation for a lifetime of smart choices. Fruits, veggies, whole grains and low-fat dairy products make good snacks. Healthy beverages include low-fat milk, water, soy drinks and 100 percent fruit juices. The majority of snacks should be fruits and vegetables, since most children do not meet the recommended daily servings, and the vitamins in fruits and vegetables are crucial to preventing disease later in life.

Have your members help make the snacks and discuss the benefits of eating healthy. If making these snacks with your club members discuss the necessity of safe food handling. Make sure everyone washes their hands and let them be the ones to wash the fruit, etc. Remind them that these snacks could be used as a YOUTH in Motion project.



10 HEALTHY SNACKS FOR KIDS

1. Parfait: Layer vanilla yogurt and mandarin oranges or blueberries in a tall glass. Top with a sprinkle of granola.
2. Rocky Road: Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.
3. Mini Pizza: Toast a whole-wheat English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
4. Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.
5. Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.
6. Sprinkle grated Parmesan cheese on hot popcorn.
7. Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.
8. Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag.
9. Snack kabob—Put cubes of low-fat cheese and grapes on pretzel sticks.
10. Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins.

DIP IT! BONUS SNACKS

Dip baby carrots and cherry tomatoes in low-fat ranch dressing.

Dip strawberries or apple slices in low-fat yogurt.

Dip graham crackers in applesauce.

Dip animal crackers in low-fat pudding.

Dip bread sticks in salsa.

Dip a granola bar in low-fat yogurt.



CONNECTING WITH YOUR CANINE

The 4-H Dog Project is a great project to learn about being a responsible dog owner and trainer. Before getting a dog it is very important that you consider all these factors:

1. How old is the dog you want? Puppies require work.
2. What breed of dog do you want?
3. Housing.

For advice about the right kind of dog for your family, talk with dog breeders and trainers, ask your veterinarian and read lots of books. Take time to make this important decision – your dog is depending on you!



CITIZENSHIP Socialization and training is not only for the youth but also for the dog. Your dog's social needs don't stop right after the county fair. One of the best ways to keep your dog engaged mentally and physically for the rest of his life is to work with him every day. Training your dog for competition actually deepens the canine-human bond you share. Plus, it's fun to meet lots of dog owners who love the same activities as you and your dog.



LEADERSHIP Older 4-H dog owners are great mentors. Being a mentor develops camaraderie, shows responsibility and shares a true love for animals. A mentor can teach the younger members how to properly feed and care for the dog and gain knowledge of dog health, first aid and safety precautions. Mentors can also help the younger members gain experience in training a dog in basic obedience and practice handling, grooming and showing.

CONTESTS AND COMPETITIONS There are two types of contests. First is the showmanship classes, exhibitors are judged on their ability to groom and handle the dog in the show ring. The showmanship is judged according to the handler's appearance, dog grooming and conditioning, general health and condition, movement of the handler and the dog for a total of 100 points.

Second is obedience, which teaches the dog to obey the handler. In obedience classes the dog is not judged on how well it performs specific exercises. The difficulty of these exercises increases with each obedience level.



Go to: <http://4h.unl.edu/web/4hcurriculum/dog> for **Nebraska Dog Show Rules**.

To be a successful 4-H dog trainer you must practice, have patience, and perseverance. Remember you can have a bad day, your dog can have a bad day and the results are just one judge's opinion, but many of our successes come from learning from our mistakes!



CALENDAR OF EVENTS



GOLF PRO MANAGEMENT

Imagine being able to do what you love and transform that passion into a successful career. That's what the PGA Golf Management Major at the University of Nebraska-Lincoln can do for you. Your degree in PGA Golf Management with a Minor in Business Administration will put you well on your way.

Entrance requirements include: certified golf handicap of 12 or better or written verification of playing ability equivalent to a 12 or better handicap.

As a graduate of the UNL PGA program you will earn a Bachelor's degree as well as become a card carrying member of the PGA. To graduate you will complete 120 credit hours including all course work required for the PGA Golf Management major, complete 16 months of full-time internships in three different types of golf course settings, pass playing



ability test of the Nebraska Section of the PGA and pass level three of the PGA curriculum. To help you prepare to pass the certification test each student will play in at least three tournaments per semester

The UNL program is one of select group of PGA Professional Golf Management University programs accredited by the PGA of the United States. The UNL program has top notch facilities, rigorous curriculum, and outstanding personnel who help students develop their skills on the course as well as in academic classes so that students not only become a better golfer but more importantly a great golf professional.

Discover more about the PGA Golf Management program at UNL at Pgm.unl.edu. It could put you on course to a career for a lifetime.

4-H! YOUR FIRST CLASS AT THE UNIVERSITY OF NEBRASKA!