

# Hastings Tribune Tribland 4-H Awards Entry Instructions

This is how 4-H'ers should assemble their entries for the Hastings Tribune's 2020 Tribland Awards competition. The entry deadline is **Dec. 7**.

Entries should be placed in a folder or binder. Arrange books in order as directed below. **Feel free to substitute your own computer-generated replacement pages for any of the enclosed forms, but adhere to the same format.**

1. The **contestant information sheet** should be at the front of the submission. Please attach your photograph to this sheet using a paper clip or piece of tape so it can be easily detached for scanning. Alternatively, photos may be submitted electronically to [araun@hastingstribune.com](mailto:araun@hastingstribune.com). Digital photos should be in jpg format and sent at high resolution so they will reproduce well in the newspaper.

2. Due to legalities, we also need a **copyright release form** so we can reproduce a professionally-taken photo of you (e.g., your senior photo or school photo). Unless your photographer's name appears on the list at the bottom of the enclosed copyright release form, or unless the copyright for your photo already had been released directly to you, you should contact the photographer to sign and return our form or a similar statement. Otherwise, if applicable, just submit a copy of whatever documentation you were given releasing the copyright directly to you. If you submit an amateur photo not marked as copyright-protected, no signature is needed.

4. The **project summary sheets** should follow the contestant information sheet in the entry book. Please list **ONLY** 4-H projects on these lines; this is not the place to report school, church, family or community activities not directly tied to a 4-H project. Those non-4-H activities should be listed on the contestant information sheet.

5. Answers to the five **Questions and Answers** prompts, on your own paper. Be as wordy or as brief as you see fit in answering these questions, but bear in mind that this is a very important part of your submission. It's your way to relate to the judges what 4-H means to you and, conversely, what your contributions mean to the 4-H program in your community.

6. The **Letter of Recommendation form** should be passed along to an Extension educator or other county-level 4-H official who knows you well and can vouch for your good work in 4-H and the wider community. The official's letter of recommendation should be provided to you in the provided, sealed envelope and included with your submission. Whether that official chooses to share with you what he or she wrote will be up to him or her, but the original copy should come to us in the provided envelope and should be sealed when we receive it.

7. If you wish, you may include **up to three single-sided pages of photographs and three single-sided pages of newspaper clippings** further illustrating your 4-H work.

# Tribland 4-H Awards

## Contestant Information

Your name \_\_\_\_\_

Your date of birth \_\_\_\_\_

Parents/guardians and their occupations

\_\_\_\_\_  
Other members of immediate family and  
ages \_\_\_\_\_

\_\_\_\_\_  
Your home address \_\_\_\_\_

Best phone number to reach you \_\_\_\_\_

School/college and current grade/year \_\_\_\_\_

If high school graduate, when and where \_\_\_\_\_

County \_\_\_\_\_

County extension educator(s) \_\_\_\_\_

4-H Club(s) past and present (include years of involvement) \_\_\_\_\_

\_\_\_\_\_  
Total number of years in 4-H and pre-4-H \_\_\_\_\_

List of 4-H leadership and service experiences, including offices held and service projects undertaken, at local, county, state and national levels, if applicable. Please include years with all listings and club names where relevant

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

List of top 4-H awards won, other project accomplishments and 4-H-related travel experiences \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

List of non-4-H activities in school, church and community during junior high and high school years to date (please specify years for activities and note leadership roles held (team captain, etc \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signed \_\_\_\_\_

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**(Please attach or electronically provide a recent color photograph of yourself, plus the associated copyright release form, even if no signature on it is required.)**

# Tribland 4-H Awards

# Copyright Release

I/we hereby give permission to the Hastings Tribune to reproduce my/our copyrighted image of \_\_\_\_\_ in connection with its Tribland 4-H Awards Program.

/s/ \_\_\_\_\_

Date \_\_\_\_\_

Note: The Hastings Tribune has on file "blanket" releases covering all copyrighted photos from the following studios: Abbott Studio; Abby LLC; Dennis L. Beins Photography; Bruning Photography; Busson Photography Inc. (Lifetouch); Capan Photography; Carol's Studio; Church Impressions; Creek Side; Denny's Photography; Leota Griess; Hal Maggiore; Jewel's Photography; KB Images; KT Photography Plus; LAD; Larry's Photography; Lifetouch (Lincoln); Martin Photography; Orthmann Studio; Rami's Photography; Rita's Photography; Milo Rutherford; Sears Portrait Studio; Studio B Photography; The Studio; and TPE Photography. We also have blanket releases specifically for senior portraits from Baer Photography, Creating Memories, D&J Photography, Little Keepers Photo, Picture This Photography, Shelly G Photography and Weber's Studio. (Several of these establishments are no longer in business.) **All other studios, including companies that take school photos, must sign and return this form or a similar statement of their own devising before we can publish your photo, UNLESS the copyright already has been released directly to you.** If you received a copyright release form from your photographer when you purchased the images, please include a copy of that in lieu of this form. The Tribune cannot reproduce copyrighted photos without a written release on file. Thank you for your cooperation.

Signed copyright release forms may be sent to Andy Raun, Hastings Tribune, P.O. Box 788, Hastings, NE 68902, or faxed to him at (402) 462-2184. Award nominees, parents or photographers with questions may contact Andy at (800) 742-6397.

**APPLICANT: If your photo was taken by one of the photographers on the above list, or if it was taken by a non-professional, please indicate that here so we will know that no further copyright release is required**  
(Name of studio/non-professional photographer) \_\_\_\_\_

# Tribland 4-H Awards Projects Sheet

## Citizenship & Civic Education

(includes such project areas as heritage, history, etc.)

Years in which completed

Total # years

1.	_____	
2.	_____	
3.	_____	
4.	_____	
5.	_____	
6.	_____	
7.	_____	
8.	_____	
9.	_____	
10.	_____	

## Communications & Expressive Arts

(includes public speaking, music, photography, etc.)

Years in which completed

Total # years

1.	_____	
2.	_____	
3.	_____	
4.	_____	
5.	_____	
6.	_____	
7.	_____	
8.	_____	
9.	_____	
10.	_____	

## Consumer & Family Sciences

(includes sewing, clothing and fashion show categories, child development, home environment, etc.)

Years in which completed

Total # years

1.	_____	
2.	_____	
3.	_____	
4.	_____	
5.	_____	

6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## **Environmental Education & Earth Sciences**

(focuses on wildlife and natural resources-related projects)

Years in which completed      Total # years

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## **Healthy Lifestyles Education**

(encompasses foods, nutrition, health and safety projects)

Years in which completed      Total # years

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## **Leadership & Personal Development**

(includes officer notebook projects, marketing, entrepreneurship, self-directed projects, etc.)

Years in which completed      Total # years

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## **Animal Science**

(livestock, pet and small-animal projects)

Years in which completed      Total # years

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## **Plant Science**

(agronomy, horticulture, floriculture, etc.)

Years in which completed      Total # years

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## **Science & Technology**

(rocketry, electricity, welding, wood science, etc.)

Years in which completed      Total # years

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

# Tribland 4-H Awards

## Questions and Answers

Please provide answers to the following five questions on your own paper. Your answers can be as lengthy or as short as you wish, but please be sure they are responsive to what is being asked.

- 1. Please explain how you got involved in 4-H. As a youngster, what did you find appealing about 4-H, and what did you hope to get out of the experience?**
- 2. What 4-H achievement has made you proudest, and why? Please describe the achievement and explain what it meant to you**
- 3. Leadership and service experiences build character and are a way to give back to the community, Please describe one or two examples of meaningful leadership and service experiences you have had through 4-H. Explain what you learned from them what rewards you found in your involvement.**
- 4. Teenagers today have many competing demands on their discretionary time, and especially in small communities there's a sense of obligation to be involved in all kinds of school activities, sports, etc. For you, what makes continued 4-H involvement worth prioritizing?**
- 5. What advice would you give to a youngster who is considering joining 4-H?**