



# SPOTLIGHT ON 4-H!



## THE COLOR OF THE RIBBONS

During the fair and at events; purple, blue, red, & white ribbons are awarded, but what does each ribbon mean? Every 4-H exhibit receives a ribbon based on comparing the project with an ideal standard, not against each other.

The **red ribbon** is actually the foundation and the starting point of judging. Red means the exhibit is average. It meets all minimum standards, and has visible signs of needed improvements. Receiving a red ribbon on an exhibit doesn't mean the exhibit is bad, it just means that it has lots of potential. When a youth receives a red ribbon take some time and read the comments from the judge, because a red ribbon is a great learning opportunity. After all, 4-H is all about the learning experience.

**Blue ribbons** are awarded to the exhibits that are above average. It exceeds the minimum standard and may have minor flaws where improvements can be made. When you go the fair, the majority of the ribbons are probably blue and that is because the 4-H youth have taken the time to look up the requirements for the project(s).

**Purple ribbons** mean an exhibit is outstanding by all standards. Purples are given to those exhibits that exceed expectation and prove a 4-H'er went above and beyond to create a project that excels. Stop and take the time to study these purple ribbon exhibits-you will be amazed by the effort put into them.

**White ribbons** are below average. For whatever reasons, it fails to meet the minimum standards. It may be under-baked, not finished, missing parts, missing supporting information, or may not have met any of the standards. A white ribbon shows a 4-H'er they have work to do in order to earn a higher ribbon placing before their next project.

The ribbon color does not mean anything unless you take the time to read the judges' comments or listen to their critiques, so you can learn from another's viewpoint and grow. 4-H is all about learning from doing!



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.

The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

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### Special points of interest:

- Make sure to remind your 4-H'ers about the changes in supporting information for Home Environment projects, BEFORE the night before the fair!
- Confused about canners and cookers? Check out this helpful pages of hints for food preservation.
- Woof! What you need to know to keep your dog and your project on a leash!



## CREATING OPEN COMMUNICATION WITH FAMILIES

Good communication between 4-H Club leaders, volunteers, parents and youth is essential for creating a positive experience for all involved in the 4-H Program. By communicating well we are opening up opportunities for sharing ideas, relaying news and asking questions. Often a basic mistake in communication is one that is eternally repeated; that is, to assume that what is known to us is known to everyone else, and will be interpreted the same from person to person.

In today's world there is more than one way to communicate information to families. First and foremost make 4-H families feel truly welcome to your club. Belonging is one of the essential elements of a positive youth program and the base for open communications to happen. Make time as families arrive to talk to them and answer questions they may have. Initiate conversations with them about the 4-H subject for the day or just by simply asking how their family is today and what they have been doing. Extend an open invitation to make contact if there are questions or ideas they wish to share.

While face to face communication is so important there are multiple ways to communicate to generate belonging, enthusiasm and excitement for 4-H families. Ask families how they would like to communicate and find out what communication tools work well for your group. To get started, here are a few ideas:

- Chartered 4-H Clubs will have a 4-H Club Constitution and bylaws that communicates what is expected of the 4-H member in the club.

- Club Newsletter that reaches ALL members. Hand out a short club newsletter of what happened at the meeting, what is coming up and other important information to all members at a meeting. Also be sure to get that same letter out via mail or email to those who were not able to attend.
- Have printed meeting agendas prepared and ready to use at each meeting.
- Use "calling trees" or "mass texting" to send reminders about meetings and other important events. When texting make sure to have current cell phone numbers and that the person can receive mass texts. Not all phones will receive messages if sent in a mass text situation.
- Create a 4-H Club BlogSpot or Facebook Page to share club information, updates to programs, send reminders, etc. If using one of these methods, double check that all families have regular access to see posts.

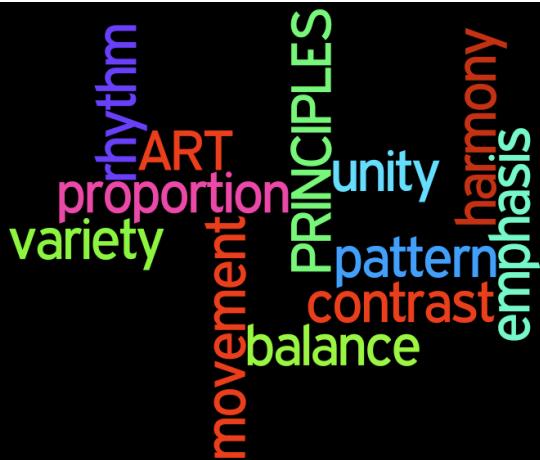
Now get started and go communicate!



# DESIGNS & PRINCIPLES OF HOME ENVIRONMENT PROJECTS



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Home Environment is an exciting area of the 4-H experience. Home & Garden shows, DIY Networks and websites such as Pinterest keep this area fresh and exciting to the young learner. Exhibits coming to the County and State Fair indicate that youth are involved and engaged in 4-H Home Environment.

Exploration is encouraged while keeping sight of the learning component.

Explaining what design elements and principles were used in the creative process will now be part of 4-H exhibit supporting information requirements. Youth must submit an informational index card with their Home Environment exhibit or an explanation sheet which may include pictures. The exception is Preserving Heirlooms (formerly Heirloom Treasures) supporting information which will remain the same as last year.

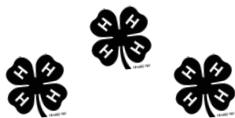
For example: 15 year old Anna paints a landscape for an exhibit from the Portfolio Pathways project and writes her explanation on an index card: "My name is Anna and this is an original oil painting. Attending a Bob Ross class has been on my 'bucket list' and I got to do that this year. I learned many things including that different strokes create different textures. Design Decisions taught me about using different color values. That technique, or design element, made the backdrop of the evening sky look realistic. I used another

design element, space, with the mountain range placement to make it appear distant and it's the background behind the trees. One principle of design is an emphasis on a focal point so I used the cabin for that and the forest of uneven rows of trees creates rhythm so the viewer's eye moves across the painting. Portfolio Pathways is one of my favorite 4-H projects. I hope you enjoy my painting."

Refer to the Design Decisions 4-H manual to learn about design element and principles. The manual's introduction, pages 9-14, teaches that design elements and principles are the building blocks of any design. Elements of design are line, shape, form, color, texture and space. How you combine and organize these elements while creating your exhibit is guided by the principles of design. Principles of design are balance, proportion, rhythm, emphasis and harmony. These design elements and principles are the foundation to any creative process.

Life skills to be learned and applied in the Home Environment area are critical thinking and decision making. Youth are encouraged to explore, create and be innovative while basing their learning experience and creative process on the fundamentals of design elements and principles.





# FOOD PRESERVATION - CANNING 101

Canning is a great way to keep summer produce feeding you all winter long. There is a science to make sure microorganisms do NOT take over the canned food and make you sick! Always use a tested recipe for canning. Two web sites that give the how-to can properly include **Nebraska Extension's FOOD.UNL.EDU Home Food Preservation pages** and the **National Center for Home Food Preservation at: Nchfp.uga.edu**. Both will have current research-based recommendations for home food preservation.

## NEW CANNERS ON THE MARKET

Ball® brands has added 3 new electric appliances to make the canning process easier.

- **Ball® FreshTECH Automatic Jam & Jelly Maker.** Add all the ingredients from the jam/jelly recipe and let this appliance do the work. It cooks and stirs the product. After the jam/jelly is made, then water bath can or freeze the product to keep it safe for later use.
- **Ball® freshTECH Electric Water Bath Canner + Multi-Cooker** will work to can all high-acid canning recipes such as jams, jellies, pickles, salsas, tomatoes, and fruits. This canner can hold a batch of 7 quarts or 8 pints or 12 half-pints. This canner can be used for steaming/blanching vegetables, and keeping soups or drinks warm.
- **Ball® FreshTECH Automatic Home Canning System** is also a water bath canner to be used with high-acid foods. It has canning times/temperatures pre-programmed, so a touch pad is used to start the canner. It holds 3 quarts, or 4 pints, or 6 half-pints.

## USE TESTED TIMES AND PROCESSES FOR CANNING

Canning times are based on bringing a food to the desired temperature and keeping it at that temperature for a time range that will kill the microorganisms in that product that could cause a food borne illness. Some electric multi cookers on the market have a canning or preserving button on them. They may claim that you can use them for pressure canning. USDA canning processes have not been developed for that type of appliance.

We use pressure canning to raise the temperature higher than boiling to destroy microorganisms that can survive boiling temperatures. The temperature needs to stay consistent for it to effectively kill microorganisms. At this time, only Ball® electric canners used with high acid foods, have the research to know that they will keep a consistent temperature for the correct time to properly preserve foods at home.

Check out these newer canning helps:

- Canning on a flat surface stove does not work with the traditional blue canners. Meet the new **Stainless Steel Water bath Canner** from Ball®. It has a flat bottom. Make sure to check your stove instructions to see if your stove top will work with canning.
- Jar lifters are a must when canning. Try the newer **Ball® Brand Secure-Grip Jar Lifter**. It is easy to handle, has spring hinges and a molded grip for lifting jars.
- Not sure how tight is fingertip tight when you put the canning lid and band on the jar? The **Ball® Sure Tight™ Band Tool** is a great way to take the guess work out of securing the band.



# ROCKETS TO THE RESCUE



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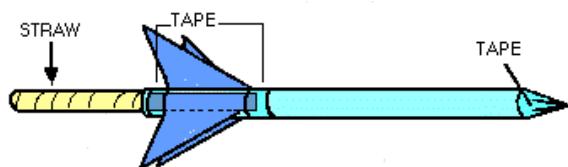


"Kids are always trying to go the highest and farthest, and what I like about this the boys had to be accurate, and actually reach a goal", said Katie Stuhr, 4-H volunteer teaching in the afterschool setting. Stuhr is talking about the 2014 National Youth Science Day Experiment, 'Rockets to the Rescue'. Young people are challenged to create a rocket from paper that will carry a payload of raisins to a hurricane-struck island. A hula-hoop serves as the island, PVC pipe and connectors as the launch pad, and a water or pop bottle as the igniter.

A volunteer can find the experiment by searching the web for "National Youth Science Day Experiment". There are kits available; however, it is easier to pull the items together from the local hardware store for much less money. There are black plugs in the kit which can be replaced with a coin and packaging tape.

Rockets are as cheap or expensive as you want to make them. They can be a make-shift 4-H club lesson, or top-notch fair exhibit. Model rockets for fair exhibits take time, specifically time for glue and paint to dry. The paper rockets make for a good lesson while glue is drying. Another rocket to introduce youth to the concept of force is the straw rocket.

The straw rocket is simple and uses common items to make. You just need pencils, straws, scotch tape, scissors, and paper. Youth will simply use a half sheet of paper and make a circle around the pencil. They tape along the paper edge being careful not to tape to the pencil. Take the tube off the pencil, and add a nosecone for the top, and some fins at the bottom. Use tape to apply them. To launch, simply place the rocket's open end on the straw, and blow.



Rocket displayed at county fair require more than the rocket. Each rocket has to have three launches, and a record of height and size of engine. When using the simple paper rockets, try to include recording data. Not only does it teach the life skill of record keeping, it helps the 4-H member practice for the real exhibit. Stuhr said her 4-H Afterschool class named the Rocket Rescue as their favorite science and engineering experiment from the 18 they experienced all year. Consider rockets for your next 4-H club meeting.

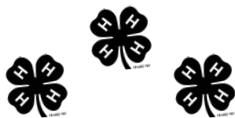


## Paper Rocket Plans

4-H Members, Clover Kids, and Jr. Leaders launch cardstock rockets during the National Youth Science Day experiment. The launcher is PVC pipe and water bottles.



**4-H Jr. Leaders** launch paper rockets from straws at a monthly meeting.



# CREATING A RESUME

**What is a résumé?** Your résumé is your primary marketing tool. The purpose of a résumé is to get an interview. Employers request résumés as a method to prescreen candidates for skills, experience and abilities needed for a job. Employers scan your résumé for the job requirements. To compete for an interview, your résumé needs to include, your skills, past work history or school activities and your education, honors and accomplishments, your strengths, special programs or classes they have taken, volunteer experiences and work experiences.

## Do's for a résumé

- include your name, address, phone number, & email address on your résumé
- make sure your résumé is error free – no typographical, spelling or grammatical errors
- list your skills, qualifications, and accomplishments in a primary position on your résumé
- select an appropriate format that includes a clean, professional appearance and an easy to read font
- make sure your résumé is brief, well organized, and focused on the position for which you are applying

## Do not's for a résumé

- Do not include personal pronouns such as "I" in your résumé
- Do not include abbreviations in the body of your résumé
- Do not include personal information such as height, weight, social security number, driver's license number, race, religion, or political affiliation

**Skills:** Skills are things you can do, things you know and what experience you have. List any skills you have that can help you do the type of work you want to do. Think about what you can do; review job descriptions for ideas or look up a past job title or the job title of the job you want on O\*NET at <http://online.onetcenter.org> if you need help to identify your skills.

**Transferable Skills:** List any skills you have developed in school or in other positions that may help you in a new position. Transferable skills are skills you learned or used in school, volunteering or in another job. Be sure to use your own words to describe your transferable skills.

- On time to school/class/punctual
- Complete assignments/meet deadlines
- Research information/gather data
- Play sports/teamwork
- written reports
- Organize homework assignments to complete on time/organize priorities
- Turn in completed school work/completed assigned work
- Supervise younger children/class projects/lead, manage situations and projects

**Personal Characteristics:** Think about the traits you may have that an employer would find desirable. You may wish to use these characteristics as you develop a summary statement.

- Works well with others
- Dependable
- Honest
- Friendly
- Enthusiastic
- Hard worker
- Follows directions & rules
- Listens well Respectful
- Good grades
- Gets work done without instruction

Employers don't have time to interview all applicants, so they use resumes to filter applicants. The average time an employer spends deciding if your resume goes into a "Maybe" pile instead of the "NO" pile is 30 seconds. So make your resume stand out.

# WHAT'S NEW IN DOG PROJECTS



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There are a variety of ways that youth can be involved in the 4-H dog program including several new programs offered this year.

## Canine Companions for Life 4-H Dog Expo:

The Canine Companions for Life 4-H Dog Expo is an educational event that allows for youth to practice showing their dog and work on training techniques. This event will be held at the Adams County Fairgrounds on May 1 and 2.

Youth can enter into practice classes including showmanship, obedience, agility and rally-obedience. The judges will walk through the class with the youth so that they understand what is expected of them in each class and then youth are scored by the judge. There are also educational sessions interspersed during the day for youth to learn more about the care of their dog.

For more information, visit [companionanimal.unl.edu](http://companionanimal.unl.edu)

## State Fair 4-H Dog Show and Skillathon:

The 2015 State 4-H Dog Show will include the opportunity for youth to show in showmanship, obedience and agility. Showmanship is divided into two classes by age (intermediate – 10 – 13 years old and senior 14 – 18 years old). Youth should be able to perform showmanship patterns as outlined in the NE 4-H Dog Show Rules.

Obedience classes require youth to perform specific obedience skills. New classes were added in 2013. The new classes help to make the transition easier between levels. These new classes include Advanced Graduate Novice and Graduate Open. To prepare for showing in obedience, youth should be working with their dog 10 – 15 minutes a day at least 3 – 4 times a week starting early in the summer or year round if possible.

Agility requires dogs to complete specific obstacles. Levels 1 and 2 are completed on leash and upper levels (3 – 5) are completed off leash. Dogs under one year of age should not compete in agility and should only be asked to complete tasks once they have reached their adult height. Leaders should be considerate of finding appropriate training facilities and equipment. Dogs should not practice agility on concrete or hard flooring that has the potential for causing injury. Once dogs have a basic understanding of obedience, they can begin practicing agility. Dogs should have some training on agility equipment before being entered into the state or county fair.

The 2015 Dog Skillathon will have the non-sporting group as the dog breed group that will be focused on. For this event, youth will need to be able to answer questions about dog care, health, and training. Youth will be asked to identify breeds from pictures. Intermediate youth should focus on just the identified breed group, but senior youth will be asked to identify other breeds as well. To prepare for this event, youth should study the 4-H dog curriculum books and can use the AKC website ([akc.org](http://akc.org)) as a resource.





# CALENDAR OF EVENTS



## FOOD SCIENCE AND TECHNOLOGY OPPORTUNITIES

Do you like creating foods or making sure food is safe to eat? If yes we encourage you to explore a major in Food Science and Technology at UNL. Food Science and Technology curriculum includes a balance of courses in food science, biological sciences, physical sciences, mathematics, social sciences and humanities. Food science courses include food processing, food engineering, food analysis, food chemistry, food microbiology, nutrition, quality assurance, and commodity processing courses. This program is designed to allow the student to develop an area of emphasis that fits their career goals by providing technical elective hours that are chosen by the student. Students may participate in an internship program that provides summer employment in the food industry.

Food Science and Technology majors find career opportunities with food processing firms, government agencies and educational institutions. Types of positions available to food science and technology graduates include product development, quality assurance, food plant management, food research, food marketing and sales, education and extension.

Food Science and Technology graduates can also pursue careers in medicine, pharmacy, and other health-related careers.

UNL facilities are among the best in the United States, state-of-the-art equipment and the dedicated professors that have received college-wide as well as national awards for excellence in teaching and research. There are established funds available for scholarships and unique opportunities for internships and undergraduate research. The Food Science department is student-oriented meaning all of our classes, including laboratory sections are taught by professors.

Learn more by contacting Sara Roberts, Coordinator Recruitment, sroberts14@unl.edu (402) 472-2843 and Dr. Randy Wehling, Professor and Freshman Advisor, rwehling1@unl.edu (402) 472-2857 or viewing their website at: <http://foodsci.unl.edu/>.

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