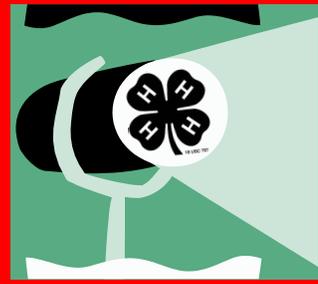




SPORTSMANSHIP AND 4-H



UNIVERSITY OF NEBRASKA-LINCOLN EXTENSION



SPOTLIGHT
ON 4-H!



The beginning of a new 4-H year brings out good intentions from many of us, members and leaders alike. We enroll in 4-H projects and set a goal for ourselves. Your goals specifically relate to each 4-H project, they identify the actions or events you desire to attain or achieve throughout the year.

Involvement in competitive events such as athletics, speech, drama, music and 4-H, is a cornerstone in most of our communities. We are a nation that thrives on the participation in competition. While it is often thought that such participation builds good character, it doesn't automatically happen. Just as a coach or 4-H leader has a plan for each game/event and for the season/4-H year, we need to develop an action plan for learning good sportsmanship through extracurricular activities like 4-H.

Parents, coaches, 4-H leaders youth, and fans all need to be involved in creating an atmosphere that fosters good, positive sportsmanship. When the entire community gets involved, building stronger character through good sportsmanship becomes the norm.

HEAD – Living your life according to your beliefs; begin honest.

HEART – Being loyal to friends, family and community.

HANDS – Carrying out what we say will do.

HEALTH – Resisting peer pressure.

What are the Six Pillars of character and how do they apply to sportsmanship?

TRUSTWORTHINESS

A GOOD SPORT HAS INTEGRITY, IS HONEST, LOYAL TO FRIENDS, AND KEEP THEIR PROMISES.

RESPECT

A GOOD SPORT TREATS OTHERS THE WAY THEY WANT TO BE TREATED.

RESPONSIBILITY

A GOOD SPORT IS ACCOUNTABLE FOR THEIR ACTIONS AND SHOW SELF-RESTRAINT.

FAIRNESS

A GOOD SPORT TREATS ALL PEOPLE FAIRLY AND PLAYS BY THE RULES.

CARING

A GOOD SPORT SHOWS CONCERN AND COMPASSION FOR OTHERS.

CITIZENSHIP

A GOOD SPORT GIVES SERVICE TO THEIR CLUB AND COMMUNITY

SPORTSMANSHIP 4-H AND CHARACTER GO HAND IN HAND.



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.

Inside this issue:

4-H Career Portfolios	2
4-H "There's an App for That!"	3
4-H and Farmers Markets	4
Zipper Expose	5
UNL - Ag Business and Economics	6

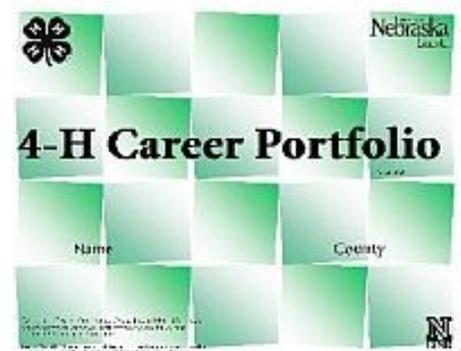
Special points of interest:

- Go online to learn from nutrition apps at a club meeting and learn how to be connected and active at the same time!
- Zippers are so much more than something to keep your clothes on your back! Learn how to zip your style with these fashion tips.
- Explore the world of Ag Business and Economics at UNL for lots of great career opportunities!



CAREER PORTFOLIO HINTS AND HELPS

Record keeping is an important life skill and a great way to further one's learning. In Nebraska 4-H, the 4-H Career Portfolio is used as the record keeping tool. The Career Portfolio is a great place to record 4-H learning experiences, project work, leadership and citizenship opportunities, as well as a tool to record experiences outside of 4-H.



The 4-H Career Portfolio has a number of purposes in addition to recording the 4-H member's experiences. A complete Career Portfolio can serve as a resource for scholarship applications, job applications and resume building. It is used in the 4-H program as the application for local, state and national awards. Finally, it builds upon the important life skill of record keeping.

With a few hints and helps, your 4-H member can get the most from their Career Portfolio. Be sure to read the instructions carefully for each of the five sections in the portfolio and use the examples as a guide. Encourage your 4-H'ers to record at least one thing in each section each year as they get started. 4-H'ers should make entries in real time to avoid getting behind and feeling overwhelmed.

Sections 1 and 2 in the Career Portfolio are the record of what the 4-H'er has done, learned and led in 4-H. Through the years, the content in these sections should show a progression of learning and leadership. These two sections are organized around eight different 4-H curriculum areas. Entries should be made in the most appropriate curriculum area. Not all curriculum areas will have entries.

In Section 3, the 4-H member records those experiences outside of 4-H. Help your 4-H'er find an organizational system that works for them in Section 3. Some youth organize their content based on a school year instead of the calendar year or group like activities together, such as all school activities under one heading and other community activities in another.

In Sections 4 & 5, the 4-H'er can show their creativity with the inclusion of a story and photos. Action photos are the most impactful. Again, read the directions carefully and follow each step!

There are great resources available to help with the Career Portfolio on the Nebraska State 4-H web site at: www.4h.unl.edu.

Good luck as you assist your 4-H members build their 4-H Career Portfolios!

FOOD APPS AS TEACHING TOOLS FOR CLUB MEETINGS

Youth love to learn through technology and using an app to help teach or reinforce a nutrition or food lesson at a club meeting can be a “win-win” situation. Here are few ideas:

Snack Planet is a game developed by The University of Nebraska-Lincoln which aims to promote the benefits of healthy snacking and exercise. Help Optimis, the robot, move quickly through the maze, grab the healthy foods and reach the exit before the time runs out. A word of warning though, steer clear of the snacks which are not healthy. They reduce both time and score. Move about, run, skip and dance with the robot as it warms up for the next level. This app would be great to reinforce a lesson on healthy snacks.



Grow It-Know It: Where do hot dogs come from? How about milk? Hamburgers? Eggs? Most kids likely will say the grocery store. Of course, the real answer is much more fascinating, and “We Grow It, Do You Know It” is a lively free app that gives kids their first lessons in how agriculture produces the things they love to eat – and even their crayons. This app was developed by the University of Nebraska’s Institute of Agriculture and Natural Resources.



Catch the Carrot:

Designed for youth ages 6-8, this app is designed for a player to answer nutrition questions about different foods. There is also the challenge of “catching” foods in the grocery cart if the questions are answered correctly. Developed by the University of Illinois Urbana-Champaign.



Eat-And-Move-O-Matic:

This app is a tool that compares the calories you eat with the time it takes to burn them off exercising. It lets you compare the calories you eat with the time it takes to burn them off in physical activity (including doing chores). Though this app is simple enough for young kids to use, it is really great for older kids and even adults to see the relationship between what they eat and what it takes to burn off those calories in physical activity. It might be a great addition to the Youth in Motion project. This app was originally developed by the Learning Games Lab at New Mexico State University to support the National 4-H Council’s Youth Choice program.





MARKETING AT FARMER'S MARKETS - ENTREPRENEURSHIP

The horticulture project is one that lends itself to 4-H'ers pursuing entrepreneurial opportunities. One such opportunity is farmer's markets. Potential farmer's market vendors normally have questions related to: rules and regulations and pricing. This article will help to answer some of those questions and provide resources.

There are a lot of questions related to the rules and regulations regulating farmer's markets. Generally, each farmer's market has its own set of rules that cover vendor rights and responsibilities. Prior to participating in any market it is important to read and understand these. Commonly, each market also has rules determining who can participate as a vendor. For example, some are "producer only markets" that only allow vendors to sell what they produced themselves.

In addition to market rules there are local, state and federal regulations. These laws cover things such as: permits and licensing, food handling and safety, collecting and reporting sales tax, and production practices. Compliance is the vendor's responsibility. Many online resources are available to provide information. The Nebraska Department of Agriculture's website provides information on inspection and licensing requirements (<http://www.nda.nebraska.gov/publications/foods/market.html>), and the **UNL NebGuides *Food Safety for Farmers Markets and Good Agricultural Practices for Food Safety of Fresh Produce*** cover food safety regulations regarding the storage, display, and transportation of food.



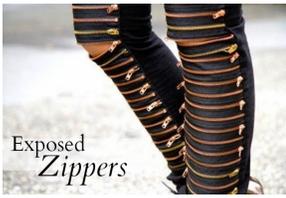
Good Agricultural Practices for Food Safety of Fresh Produce

Maintaining a clean display is one component of food safety and important to a product's marketing. A display that is clean and attractive, as well as interesting and exciting will attract more customers. Quality is what the customer wants, handle products with care and plan displays to keep products fresh, delicious, and safe.

An important part of the display is signs. They inform customers of prices and can educate them about products and the business. Figuring out what prices to put on the sign may be the most challenging aspect of being a farmer's market vendor. To set prices it is important to know how much it costs to produce, package, transport, market, and sell the product. It is also important to know at what price other vendors are selling similar products. Remember, the price should reflect the product's quality, uniqueness, service, and convenience provided.

Farmer's markets can provide an excellent opportunity for entrepreneurial 4-H'ers to develop skills such as, customer service and budgeting. It is also a great opportunity to showcase the talents cultivated and skills gained in the 4-H program to the community.

FEEL THE PULL OF STYLISH ZIPPERS!



Exposed Zippers

Feel the pull of stylish zippers! The mundane zipper closure always tucked away in folds of fabric is making a bold appearance as an attention-grabbing design detail. Exposing a zipper to display its tape and teeth instantly adds a modern designer embellishment to any garment.

Any type of zipper that's appropriate to the garment design can be used. Fine metal teeth can be elegant. Nylon coils add a subtle polish. Modeled plastic teeth lend a sporty look. Oversized metal teeth create an industrial aesthetic and crystal-studded teeth add a touch of sparkle. Match the zipper tape color to the garment fabric for subtle highlight, or make a bold statement with a contrasting-color or novelty-print tape, or with multicolored zipper teeth.



Zippers with decorative tapes and teeth have become more widely available for purchase. Try zippers with multicolored teeth like those from Riri or zippers with rhinestone-accented teeth, such as Swarovski Rhinestone zippers (both on the web at ZipperStop.com). There are also zippers with patterned tape from Coats & Clark (CoatsAndClark.com) or Kandi Corp. (I-Kandi.com). Eyelet-lace tapes can be found from KCC Zipper (Ghees.com).

Individual embellishments can be added to draw more attention to original designs. Zigzag-stitch along the outside edges of a zipper tape, or use the sewing machine's decorative stitches to add an embroidered border. Overlock zipper tape edges with wooly thread, or stitch a ribbon along tape edges before sewing the zipper to the garment.



There are several ways to install an exposed zipper. The trick is managing the seam allowance at the zipper's bottom end and grading seam allowances to very narrow widths to reduce bulk on heavy or stiff fabrics. A miter-cut opening gives a flat, clean finish on both sides of a garment. Also, using fusible interfacing stabilizes the fabric and prevents it from fraying.

Here are some websites with detailed photos for installing exposed zippers:

www.burdastyle.com/techniques/exposed-zipper

www.threadsmagazine.com/item/24422/how-to...exposed-zipper/

See the utilitarian zipper in a glamorous new light by using it as a unique embellishment.





CALENDAR OF EVENTS



AG ECONOMICS/ AG BUSINESS

The economic environment faced by producers, agribusiness firms, and public-and private-sector agencies is characterized by constant change. Effective responses to this challenging transition in the agricultural industry require professionals who are creative, adaptable and well-trained in economics, management, and policy analysis. Students will find a wide range of career possibilities with a degree in Agricultural Economics including areas of Farm and Ranch Management, Entrepreneurship and Business Management, Agricultural Financial Services, Agricultural Product Sales and Marketing, Public Policy Analysis and Development, Natural Resource Management, Community Economic Development, International Agriculture and Development, Governmental Services and Graduate or Law School.

Each major and option has specifically designed coursework that emphasizes principles and practices that are key to student's interests. The Agribusiness Program is a joint program with the UNL College of Business Administration, and the Natural Resources and Environmental Economics major combines Agricultural Economics with offerings through the School of Natural Resources. The Public Policy option in Agricultural Economics allows students to meet the requirements for

the Undergraduate Public Policy Analysis Certificate through the UNL Department of Political Science.

Interested in commodity marketing? Choose the Agribusiness-Agricultural Marketing option; if in finance or bank management, you'll want to consider the Agribusiness-Banking and Finance option; in Agricultural Economics and Agronomy or Animal Science your interest is farm and/or ranch management, or if in law you'll want to look at getting a Legal Studies Certificate. Program flexibility also gives you the opportunity to build strengths through minors in other areas. A 9-hour International Study component for all majors builds a strong understanding of agriculture and natural resources on a global scale. Study abroad or international study tour experiences are encouraged for all students.

In addition to coursework, you have many opportunities to expand your learning through internships beginning as early as the freshman year. Beginning your sophomore year you can work with faculty members to develop research projects that provide opportunities for truly unique experiences! Learn more by contacting Rosalee Swartz, rschwartz1@unl.edu or calling (402) 472-5234.

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