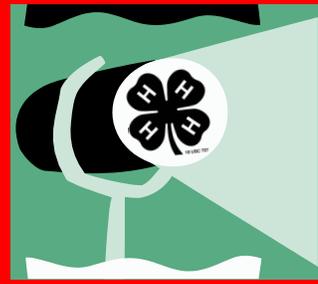




INVOLVING BUSY FAMILIES & COMMUNITIES



Adult involvement in 4-H programming has had a proven, positive effect on children's success. But how do you find time in already busy schedules to get volunteers to help?

Make all families and volunteers feel welcome. Let them know their expertise and knowledge is needed and appreciated. You may have to get out of your comfort zone and greet these people. Sit down with them, get to know them, learn about their interests, listen to their stories, and allow them to get comfortable with you.

Don't expect a lot; ask parents and volunteers to become involved in only one activity per year. Give everyone a list of wants and needs and share your yearly goals. Let them know you have a plan that is very flexible.

Email, twitter, or visit with parents and volunteers individually to become familiar with their special interests and strengths. Not all people are comfortable teaching or presenting in front of an entire group. Some volunteers are willing to work on a one-to-one basis with 4-H members, others like to read, and still others may just want to listen to the 4-H members.

Collaborate with the community. Seek out people in the neighborhood, local churches, schools, and other organizations who are creative in different areas such as: wood working, sewing, technology or cooking. An example may be, "Ask who raises or has raised animals and may be interested in assisting a 4-H'er in raising that type of animal".

Find past 4-H members. Many of these people have a passion for 4-H and want to keep programs going. These alumni may want to share their skills and talents at a project day or during the fair.

UNIVERSITY OF NEBRASKA-LINCOLN EXTENSION



SPOTLIGHT
ON 4-H!



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.

Inside this issue:

- MyPlate? MyPyramid? **2**
- Shopping in Style **3**
- Clothing And Textiles On Campus **4**
- Wild About Wool **5**
- Forensic Science at UNL **6**

Special points of interest:

- *Shopping for style is more than just filling a bag!*
- *Learn about upcoming special events on campus at the Robert Hillestad Gallery and the International Quilt Study Center!*
- *Working with wool is easier than you thing. Learn some pressing tips for success!*





CAN I STILL USE MYPYRAMID?



Yes! There are many educational materials based on **USDA's MyPyramid** available and still in use. These materials can be used together with **MyPlate**.

Here's why: The information about what and how much to eat has not changed—both **MyPyramid** and **MyPlate** are graphics that are based on the same food groups and recommendations about what and how much to eat. **MyPyramid** was developed to represent intake for a whole day, **MyPlate** is a reminder to eat healthfully at a mealtime.

The ChooseMyPlate.gov website contains much of the same information that was available on MyPyramid.gov. Look for information to be continually added and new interactive tools such as the "Supertracker" that will allow visitors to track their nutrition and physical activity.

Here are some common questions that 4-H leaders have concerning the addition of the **MyPlate** graphic:

What is the best way to use 4-H manuals that contain the MyPyramid graphic? Continue to use materials. The information should still be current and relevant. Encourage 4-H'ers to visit the www.ChooseMyPlate.gov website. Have a discussion on how the two graphics are the same and how they are different.

What about physical activity and **MyPlate**?

MyPlate doesn't have any visual that promotes physical activity. Continuing to use the **MyPyramid** graphic allows us to promote physical activity as an important part of good health.

How can 4-H leaders use the **MyPlate** graphic?

Try using **MyPlate** to generate interest and prompt kids to think about what they actually put on their plates. Here are a few ideas:

- ★ Bring paper plates to a club meeting and have kids draw pictures on the plate of what they ate for lunch that day. Or have them cut out pictures of food from magazines or grocery store ads and attach to the paper plates. Did their meal contain foods from all of the food groups? Is half the plate fruits and vegetables?
- ★ Download coloring sheets from www.ChooseMyPlate.gov—use them to encourage children to draw what they think is a healthy plate.
- ★ Download images of **MyPlate** from www.ChooseMyPlate.gov—display and ask kids to "rate their plate" and discuss ways to improve their choices

Where can I find more information? Contact your local Extension office. They may have colored **MyPyramid/MyPlate** handouts or posters for you to use. Also check out the food and nutrition resources from the **University of Nebraska-Lincoln Extension** found at <http://food.unl.edu/>.



SHOPPING IN STYLE ~ MORE THAN AN EXCUSE TO GO SHOPPING

All youth need to develop good consumer skills. Shopping skills include finding the best deal for their dollar no matter if it's in the grocery store or the department store. Being able to decide what is the wisest choice for the money spent is a skill that youth will use for life. The **Shopping in Style** project offers multiple avenues for youth to gain wise buymanship skills when it comes to selecting and caring for their wardrobes.

Here are some of the concepts that one can learn by being in **Shopping in Style**:

- ☞ How does your personality affects your clothing choices?
- ☞ Is it a fad or a fashion?
- ☞ How to develop a positive body image through identifying your body shape and selecting clothing to enhance it,
- ☞ Ethnic and cultural aspects of clothing,
- ☞ Personal colors and related clothing choices,
- ☞ How to mix and match, wardrobe planning,
- ☞ Setting a clothing budget,
- ☞ Prioritizing clothing needs,
- ☞ How advertising can affect your clothing purchases,
- ☞ Understanding layaway plans,
- ☞ Knowing what to look for in quality clothing,
- ☞ Determining cost per wearing,
- ☞ Care and repair of clothing,
- ☞ Storage options, and much more.



Looking for ideas as a 4-H leader? Try some of the following at your next club meeting!

- ◆ Invite guest speakers to your club such as local beauticians or consultants who would be able to talk with 4-H'ers about hair styles and make-up tips
- ◆ Go online and have 4-H'ers create a virtual model which matches their body type and try on different outfits on the model
- ◆ Visit local stores and comparison shop for a specific item or accessory
- ◆ Go to second-hand clothing stores or garage sales and challenge the youth to come up with an inexpensive outfit
- ◆ Have the local buyer at a nearby clothing store talk about his or her job
- ◆ Check clothing labels to determine where the item was made; Conduct experiments to see which stain removal process works the best on tough stains like mustard
- ◆ Visit several local clothing stores and see what type of purchase plans they have for their customers
- ◆ Practice modeling in front of other club members or visit the local senior center or nursing home and conduct a fashion show
- ◆ Look through fashion magazines to see how the advertisements are enticing the reader to spend their money.



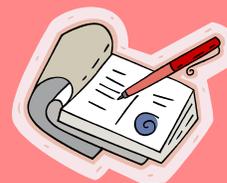


CLOTHING, TEXTILES, CAREERS AND STYLE!

How to Start an Amazing Career in Textiles

Date: Tuesday, July 10, 2012

Cost: \$25/participant including 4-Hers and adult leaders which include the admission to the Quilt Center and Pizza Party Buffet. Registrations are due on or before July 1, 2012. Must be 12 years and older to attend.



International Quilt Study Center & Museum Highlights:

Jean Ray Laury: Getting It All Together

This exhibition examines the significant impact of Jean Ray Laury, a leader in the California art quilt movement. Beginning in the 1960s, she created provocative images from a feminist viewpoint in her quilted, felted, and screen-printed textiles, inspiring other artists to likewise adopt a political stance in their work. She also authored a series of books that stimulated a whole generation of quilt makers and artists that followed her.



Tribute to Ardis James

Ardis James loved quilts and all things about quilt making. Her legacy will live on in many ways, including one of her primary passions, the International Quilt Study Center & Museum. This exhibition will feature quilts donated by many of today's leading studio quilt artists, including: Sonya Lee Barrington, Pauline Burbidge, Dorothy Caldwell, Gayle Fraas and Duncan Slade. Wendy Huhn, Michael James. Judith Larzelere. Terrie Mangat, Therese May, Linda MacDonald, Ellen Oppenheimer. Joan Schulze, Lynn Settington. Susie Shie, & Sandra Sider.

What's in a Name? Inscribed Quilts

What is it about quilts that draw our interest? Is it appreciation of the elements of line, color and form, carefully manipulated by the maker to create a dynamic design? Is it admiration for the workmanship required to complete a large and time-consuming project? Or is it the story of the quilt's creation - the reason why the quilt was made that intrigues us? It's probably all of these things - there is something universally fascinating about quilts and their intimate role in human's lives.

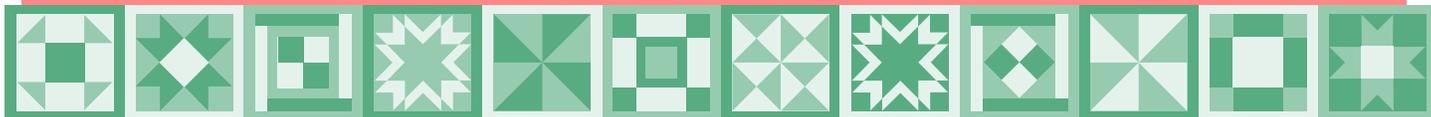
Department of Textiles, Clothing & Design Highlights:



Past experiences in the Textiles , Clothing And Design Department have included a tour of the Department, Photoshop for creating original repeat pattern designs, the 2010 China tour and runway project, and in 2011 a Crochet Bomb. 2012 will be an exciting faculty led experience for any textile enthusiast.

Hillestad Gallery exhibition: The Best of the Katie Best Collection -- 1880-1940

Omaha vintage costume collector Katie Best recently donated a significant collection to the departments' historic costume holdings, including exceptional pieces such as a 1910 velvet corded coat, an 1880s bustle dress, and a flocked wedding ensemble from the 1890s. (Kristin Weber, Curator)



A FEW INS AND OUTS OF SEWING WITH WOOL



Wool has been the choice of garment manufacturers, tailors and designers for 8,000 years with good reason. Wool is easy to sew! Wool is a novice sewer's dream and a professional's delight.

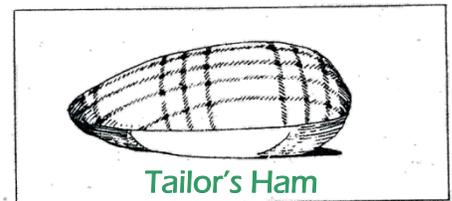
Wool comes in a variety of textures and weights. It can be soft and drapy or crisp and tailored. Wool also is a unique fiber because of its rich hand (feel) and its ease in handling. Seams can be eased into place preventing puckering, stretching or slipping.

Wool presses beautifully and can be molded into garments that keep their shape. Wool doesn't wrinkle easily and if it does, the wrinkles soon hang out. Most of all, wool is comfortable. It is the warmest fiber to wear in the winter and sheds dirt easily.

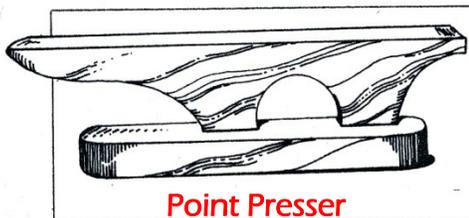
For the first experience with wool, pick a simple pattern without tailoring requirements and choose a medium-weight fabric. Wool shrinks easily so it's important to pre-shrink the fabric.

A professional steam pressing at the dry cleaners is best or steam-press on the wrong side of the fabric at home. Be sure to press with the grain-line to prevent distortion. Allow the fabric to dry flat to prevent stretching.

Traditional tailoring and dressmaker techniques required hours of hand sewing and basting. The new contemporary approach uses fusible interfacings. Types of fusible interfacings include woven, non-woven, knit and weft-insertion. Knit and weft-insertion are good choices for wool. Fusible interfacing stiffens upon application so try a sample of interfacing on a scrap of fashion fabric in order to test its effectiveness.



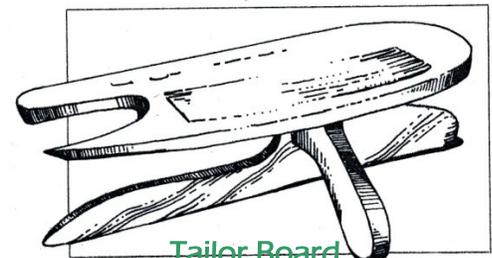
Tailor's Ham



Point Presser

Pressing techniques and tools are important to achieve professional results. Set up a pressing area convenient to the sewing machine for efficiency. Press each construction area before it is sewn into the next section. Important pressing tools include a steam iron, press cloth, seam roll, tailor board or point presser, and tailor's ham.

Wool is an animal fiber that scorches and dries out easily under extreme heat. Always use a press cloth and moisture supplied by a steam iron to protect the fabric from heat. Don't press the wool until it is completely dry. Some moisture must be left in the fabric to retain its hand. Remember to press up and down, and with the grain. When top-pressing on the right side, use a press cloth and light touch. Steam is essential for molding and shaping wool fabrics.



Tailor Board



Seam Roll

Even though sewing with wool has changed over the last decade with industry time-savers like fusible interfacing, it will continue to be the fabric of choice for novice and professional sewers.



CALENDAR OF EVENTS



LOOK TO COLLEGE OF AGRICULTURAL SCIENCES CSI TRAINING

UNL College of Agricultural Sciences and Natural Resources Forensic Science Program provides students with a well-rounded education in the sciences, mathematics, and statistics. In addition, there are two options from which students can select to help them meet their interests and career goals. These include **Forensic Biology and Crime Scene Investigation**.

Forensic Science includes any science that is conducted for use in the legal system. The need for science in the courtroom has greatly increased as a result of legal rulings and the positioning of forensic science in popular culture. The **Forensic Science Program** is designed after the curricular recommendations of **National Institute of Justice and the Forensic Science Education Programs Accreditation Commission**. Accreditation will be sought following the graduation of two classes.

The University of Nebraska–Lincoln is one of only two **Forensic Science** undergraduate programs in the **Big Ten**. They have strong working

relationship with regional investigative agencies and the **Nebraska Institute of Forensic Sciences, Inc.** provides students with access to professionals within a classroom setting. Readily available internship and research experiences provide valuable real-world learning opportunities for students beyond a classroom setting. The interdisciplinary nature of the program provides flexibility for students to build strong competencies in several areas. The curriculum is structured so that students can tailor their degree to best meet interests and career goals.

To learn more about educational opportunities or a career in forensic science investigate: the department's website at:

<http://casnr.unl.edu/web/CASNR/ForensicScience> or contact Craig McGill, Academic Advisor, cmcill2@unl.edu (402) 472-2967.

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