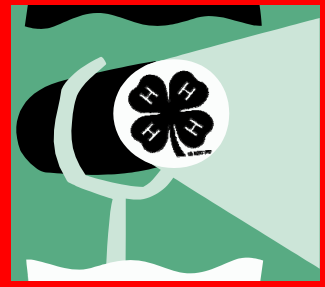




# 4-H AND FACEBOOK



## facebook

Are you familiar with facebook? Have your children asked to have a facebook page? According to ConnectSafely.org, facebook is a social networking site used by more than 500 million people in every country on the planet and is in 70 languages. It used by teens (minimum age 13), adults, businesses, organizations, and governments all over the world to communicate.

People that use facebook chat with friends, share photos, post videos, plan meetings, send various greetings, do homework and business together find and contact long lost friends and relatives, share all kinds of information from good restaurants, good books, or how to support charities.

It is important to use facebook safely. The users themselves and how they behave toward each other are a very important part of facebook safety. Facebook provides safety and privacy features and education for its users, visit facebook's Safety Center to find this information. Specific risks include: Posting negative information, harassment or online bullying, spending too much time on line, exposure to inappropriate content, and inappropriate contact with adults.

Basic facebook parenting tips include: Be sure you talk with your child about how they are using and what they are doing on facebook. Remember you are part of the solution if something negative happens. Try not to overreact, staying calm and thoughtful helps your child come and talk. Again, it is very important to stay informed about your children's experience. Your family's values, household rules and technological control tools such as filtering and monitoring software are essential tools.



Facebook itself can be a great tool. Friend your child and have them friend you back. Be careful about writing on their wall or commenting on their posts. Use the privacy and safety features provided by Facebook. The Connect Safely organization has a guide for parents about facebook. It is available online at: <http://www.connectsafely.org/pdfs/fbparents.pdf> and includes information about how to optimize the settings and using some of the many features on facebook. Spend some time reading this information and discussing with your child so facebooking will be a positive experience for everyone.



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:

- Working with Junior Leaders? Use these tips for leadership opportunities all year!
- Creative Mixes offer delicious learning opportunities for 4-H'ers!
- Why do we do QA? Learn more about how it helps 4-H'ers understand about safe and wholesome food supplies.





# JUNIOR 4-H LEADERSHIP OPPORTUNITIES



The **Junior Leader** aged 4-H youth (ages 13-19) are very important members in the 4-H program. This age group can play a crucial role in your 4-H club. They can serve your club in several ways; being Junior Leaders, serving as role

models, and being the “work horses” to name a few.

It is important if you have teen aged youth in your club that you have age appropriate activities for them. They can serve as leaders in community service activities for the younger youth, however, having a community service activity for their age level will give them a chance to get involved in the community by doing activities they can feel rewarded in by completing.



Some activity ideas could be:

**January** - Shoveling sidewalks for elderly

**February** - Host a food drive for a local food pantry

**March** - Participate in the Make and Take Days

**April** - Make pillowcases or blankets for a local women’s shelter or hospital

**May** - Plant a community garden

**June** - Sack groceries at a local grocery store

**July** - Host a babysitting service during a community activity

**August** - Help a senior center deliver meals on wheels

**September** – Collect aluminum cans and donate the money to a favorite charity

**October** – Rake leaves for the elderly or people with special needs

**November** – Send care packages to the troops

**December** - Donate toys, coats, hats and mittens to local youth during the holidays

Want more ideas for community service activities your Jr. Leader members can do? Check out **366 Ideas for Community Service** at the Lancaster County website at:



<http://lancaster.unl.edu/4h/CommunityServiceIdeas.pdf>

Don’t forget to continue to encourage your members to be advocates for 4-H during



community service activities. As applicable, have them wear a 4-H t-shirt, attach 4-H information to projects, and promote the activity in local newspapers.

To help you plan a successful community service activity, go to the following link in the 4-H Volunteer Information Series section of the Nebraska 4-H Youth Development Web Site:

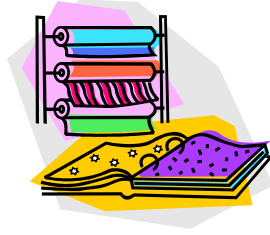
[http://liferaydemo.unl.edu/c/document\\_library/get\\_file?p\\_l\\_id=2527192&folderId=4238577&name=DLFE-30059.pdf](http://liferaydemo.unl.edu/c/document_library/get_file?p_l_id=2527192&folderId=4238577&name=DLFE-30059.pdf)

A very important step to the activity is making sure the youth have a voice. They will have much more commitment and ownership in the activity if they help decide what to do. Once the activity is complete, don’t forget to take time to reflect on your experience and to celebrate the members contributions to the community.



# SELECTING PATTERNS AND FABRICS FOR 4-H FAIR PROJECTS

So, your 4-H member is ready to sew! Careful selection of both the pattern and fabric is important to sewing success. Before your 4-H member begins the hunt for that perfect pattern or fabric, ask them to look over their 4-H



Clothing manual! These manuals contain a wealth of information on both patterns and fabrics. One of the most important and useful sections in these manuals is the clothing skills checklists located in the books. These lists provide a roadmap for the types of skills that the 4-H member is ready to tackle. Your 4-H member should match these skills to be learned with the skills required for each pattern and fabric that they are considering!



Let's start with the pattern. Make sure that the garment is something that your 4-H member wants to make. Their personal interest will definitely increase their motivation to








complete the project! Then, review the pattern envelope carefully. Information such as the description of the design, suggested fabric choices, fabric yardage, number of pattern pieces required to make the garment, and garment and body measurements are all found on the pattern envelope.

Now they are ready to find that perfect fabric. This is a great time to discuss the advantages and challenges of working with woven and knit fabrics and synthetic and man-made fibers to help the 4-H member select the fabric that best meets their skill level, is most appropriate for the pattern that was selected and is something that the 4-H'er is comfortable and likes wearing.



When purchasing, your 4-H member has a number of options available both on-line and in traditional shops. When shopping on-line, keep these tips in mind.



-  Youth should never shop online without parental permission.
-  Only buy from reputable vendors
-  Look for indicators of security on the web site. The address of a secure site begins with https. Also note the locked padlock should be in the lower right or left corner of your screen.
-  Stick with the budget. Note any special fees, such as shipping and handling charges.
-  A number of on-line fabric stores will provide fabric samples before you purchase. Use this service to help select the most appropriate fabric. Note the costs associated with this service.
-  Use all the tools at the website to review the item that you are considering buying, i.e. zoom, different angle pictures, different colors, detail pictures, measurements tools, and virtual models.
-  Be sure to review the return policy.

*Happy Sewing!*





## CREATIVE COOKING!



We all know that 4-H families lead very busy lives and often times need to bring a food item to a club meeting, family gathering, sports dinner, bake sale or other event. We all have those recipes we turn to in a pinch, you know the ones that are semi-homemade or use a mix as the starting point for a dish. Did you know that you can enter those family favorites in the fair? Well you can, the key is to know just what those items could be and where you would exhibit them.

To answer the question of what those items might be let's start by defining creative mixes. Creative mixes are defined as any baked item made from a mix (commercial or homemade). Food product must have been modified to make a new or different baked item. Examples of this are using a cake mix to make a quick bread, cake mix cookies, sweet rolls made from readymade bread dough, monkey bread made from biscuit dough, coffee cakes made from a cake mix and many others. The important thing is that the mix is added to or modified so that it is not just the mix baked in a different shape.



Semi-homemade can include using a bread machine to mix the dough and allowing the dough to go through the first raise cycle. This shortcut is often used for sweet rolls and other specialty bread products. After the machine is done the dough is taken and manipulated into its final form. Purchased phyllo dough can be used to make specialty pastries and saves you time. Not only do these methods save the individual some time but nobody knows the difference when it comes time to eat the item.

Now that we know what those semi-homemade or creative mixes could be, in what project or class should they be entered? Tasty Tidbits is the place for creative mixes, it has a class dedicated to them. Items made using purchased phyllo dough could be exhibited in Foodworks, specialty pastry. Any bread item prepared or baked using a bread machine should be entered under the Fast Foods – Food Technology exhibit. All exhibits made in the You're the Chef and Foodworks Project Areas must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food item.



Creative mixes and semi-homemade items save valuable time, effort and taste great. But, they also allow us to be creative in the kitchen.

# DRUG RESIDUALS

What is “Drug Residual”? The easy answer is: *A Drug Residual is the amount of medication (drug) that is still in an animal’s tissues at any given time.* So you might ask...

Why is this a concern? Through Quality Assurance Training, youth and adult producers learn about Drug Residue. So let’s review the facts:



The **Food and Drug Administration (FDA)** is the agency of the U.S. Department of Health and Human Services which is responsible for regulation of medicated animal feeds and most animal health products. Violative Drug Residues are those residues which remain in the animal tissues after harvest that exceed the levels allowed by the FDA.

When an animal receives medication (drug), the body utilizes that drug to treat the illness or injury. The drug is maintained in the tissue of the animal and is released or breaks down at specific rates. Different drugs are sustained in body tissue for different lengths of time. Therefore, knowing the appropriate information about the medication you are treating your animals with is vital to good management practices.

If an animal that has been treated with a drug enters the food chain before the drug residue is eliminated from the muscle tissue; the consumer of that product can be negatively impacted with illness or possible death. Animal drugs are licensed as such. In some situations, human contact with drugs can be severely harmful to the human. Even



basic drugs, such as Penicillin can be harmful to humans if that human is allergic to penicillin and consumes a product where there is enough drug residue that they have an allergic reaction.

Eliminating the risk of drug residue is easy to do as long as a good record keeping system is in place. On all medication labels, there is a “Withdrawal Time” indicated. The withdrawal time tells the producer how many days that animal must be off of a medication (drug) before it can safely go to harvest.

Label reading is a great lesson to teach young producers so that they are able to calculate withdrawal time properly.

Cross-contamination is another way that drug residue can be an issue in livestock production. Contaminated feeds, water, environment and equipment are just a few of the ways cross-contamination can occur. This can be controlled with attention to detail.

To avoid cross-contamination, the producer must control their environment. Keep medicated feed stored properly. Clean feeders and waterers thoroughly when the treatment cycle is complete.

By following good management practices, this link of the food chain can remain safe and wholesome for the consumer.





# CALENDAR OF EVENTS



## Furniture Painting Workshop, May 7

All youth ages 8 and up (by Jan. 1) are invited to a “Junque to Jewels” workshop on Saturday, May 7, 9 a.m. at the Lancaster Extension Education Center. Need not be in 4-H. Bring a small piece of “junque,” unpainted furniture, such as a shelf, stool, or chair, and turn it into a “jewel!” Choose a “Red, White, & Blue” or a “Black & White” theme and learn how to prepare new and used wood furniture by sanding, sealing, painting, decorating, antiquing, and finishing. All paints and finishes will be provided. Cost is \$5. Adults are welcome to attend to help youth. Bring a sack lunch. Call Tracy at (402) 441-7180 by May 2 to register.

## Wildlife Habitat Evaluation Program

The Wildlife Habitat Evaluation Program is a fun and challenging outdoor adventure where 4-H and FFA members learn about wildlife, conservation, and management. The statewide contest will be held June 19–21 at Niobrara State Park by Niobrara, Neb. Junior (age 12–13) and senior (age 14–18) division teams (individual participation possible) compete in the contest. The novice group (ages 8–11) does not compete, but learns about wildlife through fun educational activities and games. Please indicate intention to participate by May 21. June 4 is the last day to register by mail. Cost is \$47.50 per person. For more information, go to <http://4h.unl.edu/whep> or contact (402) 441-7180.



## TURFGRASS AND LANDSCAPE MANAGEMENT

4-H members who enjoy gardening, designing with plants and creating unique designs working with plants or creating interesting living environments might find a career in **Turfgrass and Landscape Management** to their liking.

The **Turfgrass and Landscape Management** degree program at the **University of Nebraska–Lincoln** provides undergraduates with education and skills in the management of turfgrasses and landscape plants in a comprehensive set of situations, and pertinent business relationships related to careers in the Green Industry. Turfgrass and landscape plants and their management are closely related and highly interactive in urban, suburban, and rural environments. Students in this degree program will select either the **Turfgrass Management** or **Landscape Management Option**, allowing them to focus on important aspects that are distinct to their selected career path.

The **Department of Agronomy and Horticulture**, home to the **Turfgrass and Landscape Management Program** is located in Plant Science Hall and the department has an extensive scholarship program for their students. The program is based in the newly renovated Keim Hall

on **UNL's East Campus** providing students with hands on experiences in multiple climate conditions. Students will be well versed in integrated management practices and environmental issues that affect highly managed plant systems. Readily available internship experiences provide valuable, real-world learning opportunities beyond the traditional classroom setting. Students benefit from a one-on-one working relationship with faculty advisers and mentors through advising, research, and employment opportunities.

The **Turfgrass and Landscape Design** program is noted for outstanding employment placement for graduating seniors. To learn more about the **Turfgrass and Landscape Management** program contact: Bob Shearman (turfgrass) Agronomy and Horticulture (402) 472-1122 [Rshearman1@unl.edu](mailto:Rshearman1@unl.edu); Kim Todd (landscape management) Agronomy and Horticulture (402) 472-8618 [Ktodd2@unl.edu](mailto:Ktodd2@unl.edu) or Anne Streich (recruitment coordinator) Agronomy and Horticulture(402) 472-1640 [Astreich2@unl.edu](mailto:Astreich2@unl.edu).

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