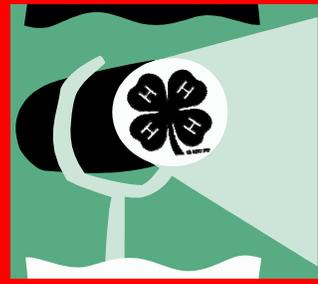




## THE SCIENCE OF 4-H!



**National 4-H Science Day Experiments in 4-H!** National 4-H Science Day has been held in early October every year for the past three years. Students in classrooms or clubs may have had the chance to take part in these hands on science experiments, but many have not. If some of your members have done these experiments have them help you share it with the rest of your 4-H club. You don't have to be a Science Nerd to do them and they are a lot of fun! There are three past experiments available to use with your 4-H (and family) members. Each are available as a kit from National 4-H Supply, but can be assembled in most cases from items easily acquired from your house or grocery store. Some additional items may be available from your local extension office.

**2008 Experiment: Helpful Hydro gels** Water is everywhere - in the sky, in the ground, and in our homes. However conservation is an important topic which means using water wisely. In the 2008 National Science Experiment, youth explore a new super absorbent polymer, called hydro gels that can help with water conservation...right in our own backyards. Uses disposable diapers and water.

**2009 Experiment: Biofuel Blast!** Renewable energy sources like biofuels are constantly making headlines in the news today. This experiment explores the production of the biofuel ethanol. It is typically made in the US by converting the starches from corn kernels into the sugars in corn syrup, and then adding yeast to break down the sugars, which releases carbon dioxide and ethanol as byproducts. Uses corn syrup, water, yeast and balloons.

**2010 Experiment: 4-H<sub>2</sub>O** Reduce the environmental impact of carbon dioxide by learning about the powerful effects of CO<sub>2</sub> on animals, plants, and other living organisms whose habitats are our natural water sources. Our carbon footprint can be calculated, like the kind we create with CO<sub>2</sub> emissions from our cars, factories and power plants to discover the impact these choices have on our water sources. Uses water, bromothymol blue solution and anti-acid tablets.

*If you are looking for a way to add some excitement to your 4-H meeting go to: <https://site.4-h.org/nysd/> for more information or call your local extension office.*



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:

- 4-H'ers & the Future - Interview Jitters **2**
- Projects with a Purpose **3**
- Play with your Food! **4**
- Time Management for 4-H Leaders **5**
- Opportunities to Explore Animal Science Career Options **6**

### Special points of interest:

- How does 4-H apply to the future? Youth will learn how to control those first interview "jitters" with confidence learned in 4-H!
- What is the purpose of your 4-H project? Learn more about how to apply these projects to future careers!
- Feeling overwhelmed? Learn how to apply time management techniques to your 4-H Leader experience!





# INTERVIEW JITTERS – HELPING TEENS WITH COMMUNICATION

Many people get the jitters before any job interview. People's natural grace, charisma and bubbly personalities just seem to disappear. These ten tips will help ease your jitters and give you the needed confidence to catch everyone's attention.



1. **Ask yourself "Why am I nervous for the interview"?** - This will help understand and know why you really want the job. Also, the interview committee may be just as nervous as you.
2. **Do not overanalyze how you think the interview will go.** An interview has so many unknowns; you can plan and practice for the expected. By overanalyzing, you only increase your jitters and begin to stress out.
3. **Learn as much as possible.** Research information about the company you are about to interview with. Find their mission statement; find information which may be asked during the interview. This may also provide you with questions you have for that company/business.
4. **Practice with someone.** It is a good idea to practice the interview with a friend or family member. By doing this, it gives you some ease and confidence if they ask the questions you practiced.
5. **Choose an outfit the night before the interview,** making sure you have everything you need and everything is checked over. Also, make sure you choose an outfit which is professional; first impressions are a large part of an interview.
6. **Get enough sleep the night before.** You will have more energy and feel your best before you go in for your interview.



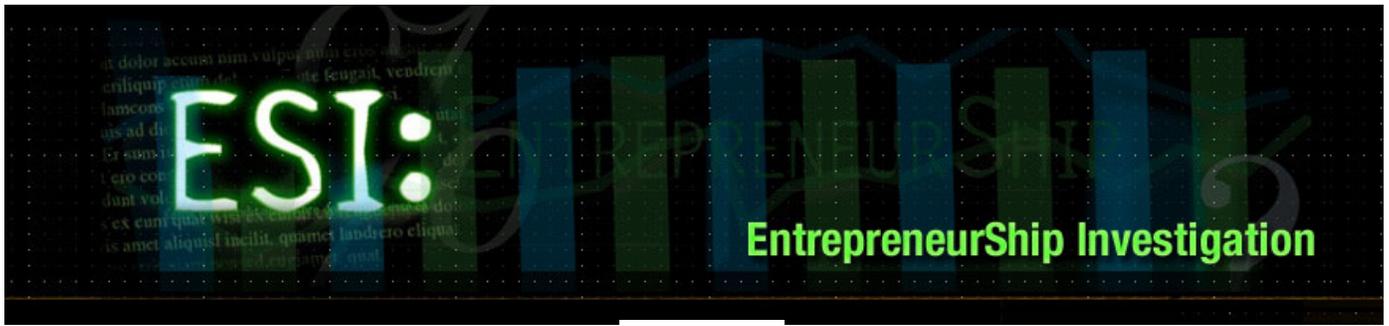
7. **Provide enough travel time;** you never know what you will run into on your way. You may hit detours, a slow vehicle or may even miss your turn. All these things happen unexpectedly. You never want to show up late to an interview.
8. **Take a deep breath** before walking into the interview. By breathing, you will notice your jitters go away. The more breathing you do, the more calm you will feel.
9. Approach the interview committee, with an outstretched hand, intended for a **firm hand shake**. It shows that you have confidence in yourself and the position you are interviewing for. Also, while in the interview make sure to use eye contact at all times. Your confidence will show as you look at someone.
10. The last thing is to **feel "excitement"**. When you feel excited about the job, you are more at ease and have the confidence to shine. The excitement will provide you with a smile that will make you believe that you are the most valuable person for this job!



These ten tips are ways to help a person with the jitters, when they are preparing for an interview. By thinking about these tips, a person will notice how confident they feel and they will be ready to stand out to the people who are interviewing them.



# PROJECTS WITH A PURPOSE



What do you do when your 4-H garden produces 300 gourds or you end up with an overabundance of pumpkins? Why not start a business?

4-H truly teaches life skills and allows youth to explore their interests, develop dreams, set life-long goals and become successful adults. Trevor Spath of Lancaster County and Cody Engelman of Jefferson County both were able



to take the extra gourds and pumpkins their 4-H gardens produced and start a business. Trevor now grows gourds, which he paints and turns into birdhouses.

Cody has turned his overabundance into a full fledged pumpkin business.

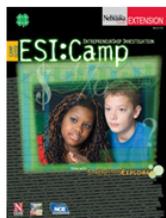
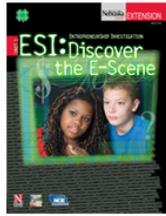
These dreams can become possibilities for any 4-H member, utilizing the skills and experiences they gain from 4-H programs. There is an **EntrepreneurShip Investigation** series, titled "ESI" that educates youth on the basic skills needed to succeed in the professional and business world. This curriculum can be implemented into your club activities and lessons utilizing the "Leader's Guide" that accompanies the three Unit guides for youth.



One activity found within the Leader's Guide is that of Uncovering Your Business Ideas. This activity will allow learners to practice gathering and sorting information when making decisions in relation to reaching their dreams of becoming their own Entrepreneur.



An Idea Sorting Grid is available for the youth to use while sorting through the possibilities available to them. This grid allows the youth to come up with several business idea's, think through what products or services they will offer, determine what satisfactions their customers will need, evaluate who their competition will be, and explore what skills they will need for their business and the interest that they have in this particular opportunity.



Many other activities are available in the ESI: Leader's Guide which can be implemented into your club meetings and events. Visit with your local Extension Office to get your hands on this fabulous educational opportunity.



There are many Kate Walz' from Washington County out there, just waiting for the opportunity to become a featured designer during Omaha Fashion Week and owning their own storefront featuring their own designs in the Old Market, Omaha. Enable your youth the future that they are dreaming about, pick up **EntrepreneurShip Investigations** curriculum today!





## PLAY WITH YOUR FOOD!



Today the Food Channel and Programs related to food has brought a new interest in food preparation and presentation. The youth have become very interested in food not only as a consumable item but also as a form of art. What a better way to get youth to eat fruits and vegetables than to have them grow a garden full of vegetables and have the youth play with vegetable and fruit art.

Fruit and Vegetable Art could be a wonderful club project that all ages could enjoy making and eating. The older youth could use the knives and do the food preparation and then assist the younger youth achieve the edible art. With modern day technology you do not need to be an expert in the trade but willing to download the You Tube Video. Playing the video to the youth and practicing the skill with the youth.

The exquisite craft of fruit and vegetable carving has its roots in the age of Chinese Tang (AD 618-906) and Sung Dynasties (AD 960-1279). Although food garnishing techniques have become more and more refined over the years, it was only very recently that fruit and vegetable carving made a real breakthrough. Since western culture has become more and more interested in Japan and China cuisine the art has gained interest in western culture.



Before you start, make certain that your hands and your work area are clean. If you eat your art later on, you want it to be food safe. Sometimes, creating art is as easy as seeing a bump on an eggplant and thinking that it looks like a nose. Then all you need is eyes and a mouth. Other times, you need to use your imagination and do some more cutting and adding on some smaller vegetables accents. If your garnished art project doesn't come out as you hope just eat it and be healthy.



Want some more ideas? Just go online to YouTube at <http://www.youtube.com> and search for :

“Vegetable Flowers Part 1”

“Making Edible Vegetable Arrangements”

“Crafting a Fruit Bouquet”

“Easy and Fun for kids-making fruit flowers bouquet basket 101”

“How to make a Cucumber Shark”

# FINDING A BALANCE WITH TIME MANAGEMENT



Today's world keeps our 4-H members and leaders very busy. From school and jobs to families, friends and activities everyone is running. Sometimes all this action can

cause us to feel out of whack, overwhelmed and exhausted. As a result, it is often hard for to find a balance in our lives.

Many people believe that there is no such thing as time management. We cannot change time or even control the clock, what we can do is control ourselves and what we do with the time we are given. This is called personal or life management and it is about making choices to balance your life.



The first step to making this happen is understanding that we are all at choice and we make the choices that determine whether we are

too busy or too overwhelmed. Once we understand that, we must think about where we want to go in our life and what our priorities are. Determining what's important helps us determine what we should be doing which in turn helps us find balance in our lives.

If you have decided that being a 4-H leader is a top priority then the next step is keeping the responsibilities that go with it as important and not urgent. You can do this by taking the time to plan ahead when it comes to your 4-H club.

Plan your club year by organizing meetings, delegating responsibilities and communicating with members to help keep the important priorities in order. By doing this you also serve as an example to members and their families on how to manage your time effectively and to keep 4-H a balanced part of your life.

The key to balance is knowing what's important to us and keeping these priorities at the top of what we choose to do each day.



An unknown author reminds us, *"Because we don't know what is really important to us, everything seems important. Because everything seems important, we have to do everything. Other people, unfortunately, see us as doing everything, so they expect us to do everything. Doing everything keeps us so busy, we don't have time to think about what is really important to us."*





# CALENDAR OF EVENTS



AUGUST 4-13, 2011

LANCASTER EVENT CENTER

4-H & FFA EXHIBITS & EVENTS AUGUST 4-7

The Lancaster County 4-H & FFA Fair Book has complete information about entering 4-H/FFA exhibits and contests. Fair Books are available at the extension office and online at

<http://lancaster.unl.edu/4h/Fair>.

Many forms, helpful resources, and example videos are also at the above Web site.

**4-H & FFA Parking** — 4-H/FFA families can get a free 4-H/FFA car pass from the extension office (available July 5–August 3). The car pass allows a vehicle to enter the fairgrounds each day August 4–8 and park in designated areas. It does not cover admission for each individual in the vehicle (see exhibitor admission passes). 4-H/FFA families are asked to enter Gate 3.

**4-H & FFA Individual Exhibitor Admission Passes** — Individual exhibitor admission passes will be available from the extension office (available July 5–August 3). An individual exhibitor pass allows the exhibitor to enter the fairgrounds each day August 4–13.

**General Public Gate Admission** — General public gate admission tickets will be available FREE at participating sponsor locations July 1–August 13. Gate admission without the FREE ticket will be \$2. Pick up gate admission tickets FREE at Casey's General Store (over 35 locations), Russ's Market (6 locations), and SuperSaver (4 locations).



## OPPORTUNITIES TO EXPLORE ANIMAL SCIENCE CAREER OPTIONS

**Youth Beef Leadership Symposium:** The ninth annual Nebraska Youth Beef Leadership Symposium (NYBLS) will be held November 19-20, 2011, at the Department of Animal Science, University of Nebraska– Lincoln. NYBLS is designed for high school juniors and seniors, but sophomores can also participate. The overall goal of NYBLS is to increase awareness and commitment of Nebraska high school students to seek careers in the beef industry through leadership development, timely education, and personal interactions with those involved in many segments of the beef industry.

The symposium includes presentations on setting and achieving goals, defining career paths, marketing, animal health, and human nutrition information, focusing on the beef industry. Students interact with industry representatives, speakers, and faculty, working through problem-solving and decision making exercises. Four \$500 scholarships for **UNL's College of Agricultural Sciences and Natural Resources** will be presented. For more information contact Sara Ellicott at (402)624-8030 or sellicott2@unl.edu, Dennis Brink at (402)472-6446 or dbrink1@unl.edu or visit <http://nybils.unl.edu>. Registration is \$50 and is due by October 18, 2011 and includes all materials, meals and lodging.

**Animal Science Overnight:** Are you interested in a career working with animals? High School juniors and seniors are invited to experience student life in the **Animal Science** program at the **University of Nebraska–Lincoln** through the **Animal Science Overnight**. This educational activity will be held October 13-14 on the **UNL East Campus** in Lincoln. The **UNL Animal Science Student Ambassadors** sponsor this activity and it is free of charge. For information email: UNL Animal Science Student Ambassador, Attn: Animal Science Ambassador at [animal-science2@unl.edu](mailto:animal-science2@unl.edu) or Stacey Agnew Animal Science Admissions Coordinator [sagnew2@unl.edu](mailto:sagnew2@unl.edu) or call your UNL Extension Office for registration details.

Contact Sue Ellen Pegg or Stacey Agnew if you are interested in participating in the **Companion Animal and Wildlife Career Day** which will be held on UNL East Campus from 9:00 to 3:00 p.m. on September 28. There is no cost to attend but you must preregister with Sue Ellen or Stacey and lunch will be provided.

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