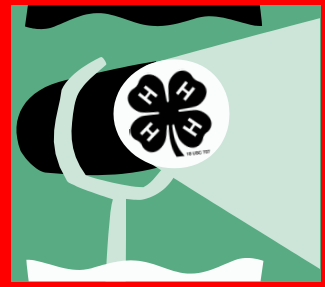




CAREER CHOICES

WHAT TEENS NEED TO SUCCEED.....



Teens need to make a personal commitment to learning. Education really is the key to their future! Do your part to create a caring atmosphere with clear rules and consequences for everyone's behaviors. Get to know their school counselor. He or she can help you choose courses that will benefit them the most. Either preparing for college or work right out of school, finding a job that's right for them. If your school offers College Preparation classes, encourage your teen to sign up.

Get to know the people in the college, at the UNL County Extension Office, and career planning center. They can give teens the scoop on colleges, scholarships, and training programs. You can also go on-line to learn about, virtually visit and apply to colleges and other schools.



Talk to adults they admire. Ask them about their teenage years and how they got where they are today. What advice do they have for teens? Find positive role models whose backgrounds are similar to theirs. Visit with them and get to know them. How could they help area teens?

Volunteer. Serve. Make a difference.

Look for opportunities to play a useful role in their community. They might get clues about their future directions, and they'll make great contacts among adult leaders in your community. These are the people you and the teens can turn to later for advice, employment opportunities, and college recommendations.

Learn what your community offers to help teens prepare for the future. Are there programs that match teens with adults for mentorship, or programs that teach job skills? If they must work during the school year, try to find a job in an organization or business that means something to them. Is this somewhere they might want to work full-time as an adult?

Talk to younger kids about positive things they can do and be in the future. Help them to feel optimistic and hopeful. Have the teens look inside themselves and see what they are really good at, or what they really like to do. That might give them a direction for future career choices. Check out activities and projects that might increase your skills and technical abilities, like 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.

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Special points of interest:

- Working with Clover Kids? Team them up with teens for a great experience for both!
- You don't need to sew to be a successful quilter!
- New agronomy projects are growing new ideas for 4-H'ers!

UNIVERSITY OF NEBRASKA-LINCOLN EXTENSION



SPOTLIGHT
ON 4-H!





TEEN LEADERS AS CLOVER KIDS MENTORS



Do you have teen leaders who like helping younger children and are looking for a way to add to their 4-H experience? Why not introduce them to mentoring? By definition a mentor is a trusted counselor or guide.

Mentors provide support, counsel, friendship, reinforcement, and are positive examples to someone usually younger. Clover Kids, ages 5-7, are perfect matches for teens interested in mentoring because youth ages 5-7 are very easily motivated and have a special attachment to older youth.

Here are some guidelines teen mentors may want to consider when working with Clover Kids:

- Provide support and guidance to Clover Kids by fostering relationships with them. By developing a relationship, Clover Kids will be more welcome to the teens input and therefore more willing to work with them.
- Let Clover Kids know their gifts and talents are recognized.
- Be good listeners, be caring, and want to bring out the youth's strengths.
- Use positive words of encouragement.
- Build in transitions and discussions to help distinguish the imaginary from the real because youth ages 5-7 have difficulty differentiating between the two.
- Try not to make activities competitive; plan some cooperative activities.

- Let the younger members choose who they want to work with or put teens names in a hat and have the Clover Kids pick out one of the teens names.
- Think back to projects he/she has done in the past or look through project books to find activities to lead.
- Remember youth ages 5-7 usually have an attention span of about 20-30 minutes.
- Know Clover Kids are concrete thinkers. This means thinking is in the here and now.
- Be cautious with the pace of the activity. If the activity is moving too quickly, younger members might become frustrated and give up.
- Let Clover Kids be physically active. They take in more information when active than sitting and listening.

Remember, through 4-H youth learn through experience, sharing, processing, generalizing, and applying. Teens who have worked with younger members should discuss their experience and what they have learned. Teens can use this information in future leadership roles whether it is in 4-H meetings, clubs in school, church or community, or in their careers.

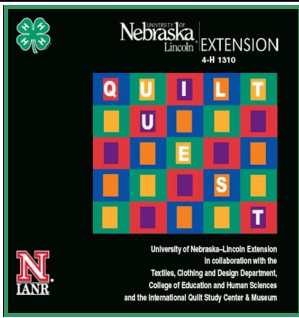
Clover Kids Icebreakers:

I'd rather: The mentor calls out two different items, for example, I'd rather eat chocolate ice cream or I'd rather eat vanilla ice cream. Youth go to the corresponding side of the room of the statement they like better. Play several rounds.

Roll call: The mentor calls roll and youth answers to a question. An example: What is your favorite color?



QUILTLESS QUILT EXHIBITS



Do you have a 4-H'er that is always looking for new ways to create something for the home, who is an avid photographer, someone who just loves doing research, or maybe one of those logical mathematical thinkers who is into geometry? Then do

not overlook the possibility of *Quilt Quest* as a project for them. Sewing a quilt is only one of several options for participating in this project.

Participating in creative activities is one of the Forty Developmental Assets or building blocks of development that help young people grow up into healthy, caring and responsible adults. *Quilt Quest* is a Nebraska developed project with lots of potential for youth to use their creative talents. In addition, mastering any of these types of skills that have the potential of becoming life time hobbies are good for your health. According to Dr. Robert Reiner, a New York University psychologist, crafts de-stress.



If you have 4-H'ers who like to work on computers, the computer exploration exhibit may be for them. They can experiment with different computer generated quilt designs or color variations on a single design for their exhibit.

The *Exploring Quilts* exhibit is very flexible in allowing the 4-H'ers to exhibit any aspect of quilts or quilt making in any form. It might be an essay, power point, video, poster or other technique. They may choose to look at quilts of different cultures, the history of a family quilt, chemistry of textiles

used in quilt fabrics, math conversion of quilt patterns or an interview with a quilter. They are only limited by their own interests and imagination.

Do not let the lack of sewing skills keep your 4-H'ers from *Quilt Quest*. Explore the many ways the time-honoured designs and history of quilt making can be used for 4-H project exhibits.

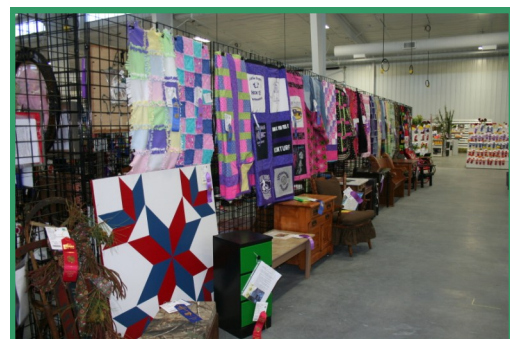
The designs used in quilt blocks are not limited to fabric quilts. They can be replicated in wood, paint, tile, clay, paper, flower gardens.....etc. No matter



what the medium, 4-H'ers can exhibit a quilt design in something other than fabric. Currently, painting quilt designs on wood is very popular as we are seeing many barn quilts popping up all over the country.

If you were at the Nebraska State Fair this year you could not miss the eight foot quilt block ready to go up on the barn. There were also several smaller

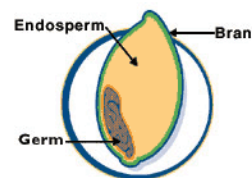
quilt block designs painted on wood that could be used outside on smaller buildings or hung inside. Wooden quilt pieces may also be cut and assembled for quilt blocks in the same way as sewing them. The pieces may then be painted or the natural color of different woods can create the contrast for the design.





BAKING WITH WHOLE GRAINS

WHAT IS A WHOLE GRAIN? Grains are plant seeds, such as wheat, rice, corn, barley, oatmeal and buckwheat. Whole grains get minimal processing, so the grain stays in its natural state with the bran and germ intact. This small kernel of grain is made up of three parts: the bran, the endosperm and the germ.



WHY BAKE WITH WHOLE GRAINS? Leaving grains intact retains all their natural fiber, vitamins, and minerals. The bran or outer layer contains most of the grains fiber and minerals, while the germ contains most of the vitamins. The interior, or endosperm, contains protein and starch. When grains are refined, the bran and germ are removed. To make up for lost nutrients, millers enrich the flour by adding back some of the vitamins and minerals lost during processing, such as iron and folic acid.

HOW DO YOU BAKE WITH WHOLE GRAINS? You can always throw a handful of millet or oats into whatever you're baking for a little nutritional boost, but the real basis of most whole grain baking will be whole wheat flour. Wheat and spelt are the only grains with enough gluten to give you that chewy texture that you want with many baked products. But you can try mixing a small amount of other types of flours such as millet, quinoa, rye or barley for different flavors and added nutrition. If you go all the way to whole wheat, you will find that the end result is too heavy, so increase the baking powder by one teaspoon for every three cups of whole wheat flour or use more yeast and increase rising times for yeasted breads.

WHY EAT WHOLE GRAINS? Whole grains provide phytochemicals and antioxidants, nutrients that help to reduce risks of developing cancer, diabetes, and cardiovascular disease. Whole grains complement fresh fruits and vegetables by providing additional vitamins and minerals not found in fresh produce. They provide a good source of dietary fiber, which promotes a healthy digestive system and can lower cholesterol.

MAKE HALF YOUR GRAINS WHOLE! To get all the benefits of whole-grain nutrition and get your three servings of whole grains, add at least one whole-grain food at each. For example, eat whole-grain cereal for breakfast, use whole-wheat bread on your sandwich, and have brown rice or bulgur at dinner. Also, enjoy whole-grain snacks by eating air-popped popcorn.

ADD WHOLE GRAINS TO YOUR DIET

Each of the following foods provide one "ounce equivalent" serving (1/2 ounce) of whole grains.

- 1/2 cup hot cooked oatmeal
- 1 slice 100% whole-wheat bread
- 1 half 100% whole-grain English muffin
- 2 cups air-popped popcorn
- 1 ounce (about 4) 100% whole-wheat crackers
- 1/3 cup cooked whole-wheat pasta
- 1 ounce 1 cup ready-to-eat whole-grain cereal
- 1 ounce (about 15 chips) whole-grain chips, such as corn chips
- 1/3 cup cooked brown rice, bulgur, barley, quinoa, or cooked grain



CROPS PROJECTS TEACH CAREERS!

Crops play a key role in Nebraska's economy. A wide variety of career paths is available in this rapidly-changing field. With a degree in agronomy, careers are possible as an:



- Agricultural Communicator
- Crop Consultant
- Crop Insurance Adjuster
- Educator
- Elevator or Co-op Manager
- Farmer or Rancher
- Farm Credit Banker
- Farmer Manager
- Field or Lab Researcher
- Plant Breeder
- Seed, Fertilizer, or Chemical Sales or Technical Representative
- Soil or Water Conservationist

If you haven't taken a look at the projects offered in the crop area recently, you should consider exhibiting projects related to field crops, weed science and range. The crops & range division has a wide variety of projects for youth to express their creativity while learning the science behind their exhibit.



If you enjoy making educational displays, a **NEW** display is offered this year – the **Career Interview Display!** The purpose of

this class is to encourage youth to investigate a career in agronomy. Youth should interview 1 person that works with crops about such topics as what parts of their job they like/dislike, why they chose that career, what their educational background is, etc. They should include a picture of the person interviewed and creativity explain what they learned about that career on a display board which could be on poster board or plywood, no larger than 24 x 24".

Other crop displays are:

Crop Production Display – Contains information about crop production aspects such as crop scouting, alternative crops, etc.

Crop Technology Display – Aspects of how technology is used in crop production such as genetic engineering, crop breeding, GPS, yield mapping, etc.

Water or Soil Display – Information about water or soils, such as how soils are being used for crop production, range, conservation, wildlife, or wetland use, or ways to protect or conserve water and soil resources.

The field crops project also has grain or plant exhibits which enable youth to exhibit grain from the previous year, so if planned early, save some grain after harvest, write a short essay on the project and you could have a project completed well before fair time! Another option is to exhibit plants from the current year's project and explain your exhibit in a short essay as well.

Need resources to help learn about crops?

Go to: <http://fillmore.unl.edu/cropscienceinvestigation> and access some excellent educational resources and activities for leaders or educators to teach youth about crops. Questions or need additional resources? Contact Brandy VanDeWalle at bvandewalle2@unl.edu.





CALENDAR OF EVENTS



HOSPITALITY, RESTAURANT & TOURISM MANAGEMENT

4-H members that like planning meals and designing interesting presentation of food, especially the skills developed when competing in the Favorite Foods Revue Contest, might be interested in a career in Hospitality, Restaurant & Tourism Management. Members who are interested in entrepreneurship by adding income to their family farming/ranching operation through hunting ventures or agritourism and those interested in careers in outdoor recreation will want to explore the offerings in the Hospitality, Restaurant & Tourism Management program at the University of Nebraska-Lincoln. UNL is the only institution in the state offering a comprehensive hospitality management curriculum.

The Bachelor of Science in Hospitality, Restaurant & Tourism Management is jointly offered by the College of Agricultural Sciences and Natural Resources and College of Education & Human Sciences. The degree prepares individuals to serve as general managers and directors of hospitality operations by providing an excellent foundation in hospitality, leadership, and business. The program integrates hospitality marketing strategies,



communications, and financial management into a curriculum focused on managing facilities and operations that provide hospitality services to the public. Students select from six emphasis areas offered through the College of Education and Human Sciences: Food & Beverage, Lodging, Convention and Meeting Planning, Human Resources, and Public Relations. There are also two emphasis areas offered by the College of Agricultural Sciences and Natural Resources: Tourism and Parks and Recreation.

Students majoring in Hospitality, Restaurant & Tourism Management will have opportunities to participate in study tours, the program provides a nature based tourism option, and can become active in Culinology® Hospitality Management Club. Students will be required to complete a practicum experience prior to graduating. To learn more about a career in Hospitality, Restaurant & Tourism Management contact: Dr Fayrene Hamouz, (402) 472-1582,

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