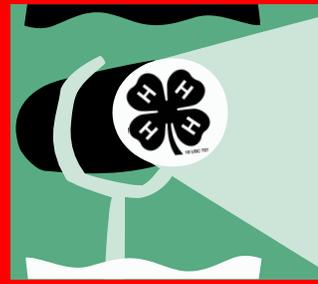




@TEOTD



With more than 82 million people texting on a daily basis, many of us have heard those stories about acronyms that youth have used while texting, on Facebook, or on other message boards online. Many times those acronyms are either misunderstood to mean something completely different or we simply don't know what they mean at all. While cell phones and the internet can be a wonderful communication resource to parents and youth as well, @TEOTD (at the end of the day), do you know what your child is actually saying online and in those text messages, and whether what they are saying is safe?

Below is a brief listing of some acronyms that you should know about as a parent and as a 4-H leader.

- 143:** I love you
- AISI:** as I see it
- ASL:** age/sex/location
- BRB:** be right back
- CD9:** Code 9 (parents are around)
- GF:** girlfriend
- IMO:** in my opinion
- IRL:** in real life
- JK:** just kidding
- KIT:** keep in touch
- LDR:** long distance relationship
- LOL:** laughing out loud
- N/P:** no problem
- OMG:** oh my God
- P911:** my parents are coming or parent alert
- PAW:** parents are watching
- PIR:** parent in room
- PPL:** people
- ROFL:** rolling on floor laughing
- TTYL:** talk to you later
- G:** way to go
- ZERG:** to gang up on someone
- 2Nite:** tonight
- ALAP:** as late as possible
- BF:** boyfriend
- BTW:** by the way
- F2F:** face to face
- IDK:** I don't know
- INDB:** it's no big deal
- ISS:** I said so
- K:** okay
- KPC:** keeping parents clueless
- LMIRL:** let's meet in real life
- M/F:** male or female
- NTK:** nice to know
- OTP:** on the phone
- PAL:** parents are listening
- PDA:** public display of affection
- POS:** parent over shoulder
- S2R:** send to receive
- THX:** thanks
- TY:** thank you
- WTGP:** want to go private?



For more information regarding online acronyms, please visit the website for the National Center for Missing & Exploited Children at

<http://www.missingkids.com/adccouncil/pdf/cpgn/print/Acronym.pdf>

For more information about what you can do as a 4-H leader, visit the SafeKids.ne.gov website at <http://www.safekids.ne.gov/teachers.htm>



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:

- Junior 4-H Leadership** 2
- Selecting Fabric for Fair Projects** 3
- Cooking Creatively with Creative Mixes** 4
- Residual Drugs - Understand QA** 5
- Turfgrass and Landscape Management at UNL** 6

Special points of interest:

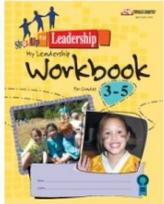
- *Working with Junior Leaders? Use these tips for leadership opportunities all year!*
- *Creative Mixes offer delicious learning opportunities for 4-H'ers!*
- *Why do we do QA? Learn more about how it helps 4-H'ers understand about safe and wholesome food supplies.*





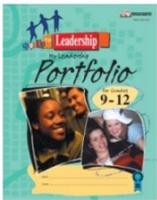
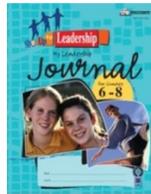
4-H LEADERSHIP AND CITIZENSHIP PROJECTS

In 4-H, no matter what project a 4-Her chooses to enroll in, a citizenship or leadership component may be included. Nebraska 4-H has specific leadership curriculum, including *Step Up to Leadership 1, 2, and 3*.



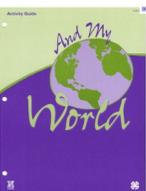
In the first level, 4-Hers learn how to build relationships and communicate with one another.

The second level, they learn the importance of understanding one's self as they become a leader and practice teamwork skills.



In *Step Up to Leadership 3*, 4-Hers can focus on "real-life" leadership activities. They also assume a larger role with responsibilities through youth directed events.

Citizenship – Public Adventures may be something that a club or individual enrolls in. This curriculum could include solving a real community challenge, discovering the possibilities of democratic citizenship and planning and conducting a project that will help change or improve their community.



The citizenship curriculum *And My World*, helps youth make a family tree and discover different parts of their environment and world.

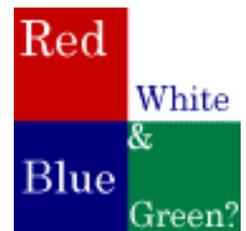
Becoming a leader in 4-H can start at a very young age by allowing beginning 4-Hers to serve on a committee in their club or take responsibility for a specific responsibility. This may include leading the club in the Pledge of Allegiance and 4-H Pledge. When youth are involved in the decision-making process they are learning skills to become leaders and share their thoughts and opinions with others. These skills could lead to organizing a community food drive as they become older or taking action to improve an area on their fairgrounds. Documenting these leadership skills can take place in the 4-H Diamond Clover Program as well.



Becoming a leader involves citizenship. Some ideas for citizenship involvement include updating a community park, a portion of school property or other community landmark. It may be addressing a concern in the community which could involve planning an educational event. With citizenship involvement the 4-Her becomes involved in the community and learns to work directly with 4-H leaders, parents, educators, school administration, or other volunteers in forming a safe plan to get the job done. Youth are to be involved in every process of the project, not just be the ones that show up to do the work. Being involved in the planning process also allows 4-Hers to practice their leadership skills that they gain by being a part of the 4-H program.



4-H encourages leaders to involve youth in the planning process of leadership or citizenship. Youth driven activities can be fun for everyone involved.



UNIQUE BATIKS!

Ir “resist”able!! Batik (BAH-teek) – one of the most creative methods for fabric - goes WILD with a multitude of easy faux (fake) methods – not the ancient PAINSTAKING, traditional method of wax resisting dye on fabric through tedious repeated steps.

By layering and/or combining techniques, youth can create **amazing** creations while having a blast experimenting. Even one technique produces fantastic results.

Creating an art journal with samples and dialogue of procedures is a great way to document creative play and could even be entered as a fair project.



Why not try finishing samples into pillows, wall hangings, curtains, rugs, chair covers, paper or fabric quilts, pillowcases, scarves, cards, tablecloths, napkins, windsocks, canvas shoes, gift bags, tote bags, picture frames; youth can create bleach pen jeans, scrapbooking paper, crazy patch pillows and GO GREEN by hitting thrift shops for frames to finish pieces and for clothes, sheets, blankets, etc. to experiment with. Batiked sheets can also be cut into strips of “yarn” to knit or crochet.

Find MANY intriguing methods for faux batik (rusted fabrics, painting fabric in a bag, twisted fabric painting, rusty nail painting, wiped and striped fabrics, playing with bleach, etc. etc.) in the archives at this blog:

<http://www.mixed-media-artist.com/>

Check out the following websites for “recipes” of techniques and samples.

Soft Scrub and Bubble Wrap:
blogher.com/crafting-your-life-can-shirt-be-saved

Layering Techniques:
prima.typepad.com
Click on Christmas Wallhanging
Dec 06, 2010

Potato Resist and Bleach:
aj-artquiltluvr.blogspot.com/2008/08/potato-resist-and-bleach.html

Dishwasher Gel with Bleach:
emilysmithpearce.wordpress.com/2008/10/13/

Bleach Pen Jeans:
<http://jen-lowe-designs.blogspot.com/2008/02/well-stickle-my-jeans.html>

Bleach:
<http://www.doliferight.com/2009/06/19/>
Click on title

www.threadsmagazine.com/item/3720/dyeing-with-bleach

Flour Resist:
<http://familyfun.go.com/crafts/solar-flare-t-shirt-668775/>

Crayon Resist:
<http://karenswhimsy.com/play/crayon-resist.html>

<http://www.anns-stamping-and-scrapbook-world.com/CrayonResistTechnique.html>

<http://www.suite101.com/content/intro-to-batik-a-fun-homeschool-art-project-a196850>

Glue:
<http://skiptomylou.org/2010/06/04/13523/>

<http://sara-mincy.blogspot.com/2009/09/easy-fun-fall-batik-for-kids.html>

<http://www.southernplate.com/2009/07/easy-peasy-tie-dyed-shirts-kids-projects.html>

Faux Bleach:
<http://melstampz.blogspot.com/2008/02/black-emboss-resist-easy-faux-bleach.html>

<http://trishbee.co.uk/techniqueszone/archives/inkwash-cards.html>

<http://thefrugalcrafter.wordpress.com/2009/01/02/faux-batik-technique/>

http://poppypaperie.typepad.com/poppy_paperie/2008/06/flower-garden-faux-batik.html



PORTION DISTORTION!

Wondering by weight may be an issue for youth as well as adults. Check your portion control! You may be confusing portion control and servings. A portion is the amount of food you put on your plate. A serving is a specific amount of food defined by common measurements, such as cups or tablespoons. A serving of milk is 8 ounces, but the portion you pour might be twice that size, like the one on the right. If your portion control is out of control, you may be supersizing your meals and yourself. Use this guide to become a better judge of portion control and serving sizes.

Using visual cues

You don't need to memorize a food list or carry around measuring cups to get a better grasp on serving sizes. Instead, use common visual cues to remind yourself of appropriate serving sizes. How? Many foods match up to everyday objects. For example, a medium pepper is about the size of a baseball and equals one vegetable serving.

While not all foods perfectly match visual cues, this method can help you better judge serving sizes and practice portion control, which may help with weight loss. If you think the servings seem small, don't panic. Remember that you can eat several servings every day from each food group.

Here are a few examples and for more information go to www.mayoclinic.com/health/portion-control



Fruits: Oranges

One medium orange is about the same size as a tennis ball and equals one fruit serving, or about 60 calories.

Vegetables: Cooked carrots

Half a cup of cooked carrots is about the same as half a baseball and equals one vegetable serving, or about 25 calories.

Carbohydrates: Cooked pasta

Half a cup of whole-grain cooked pasta and brown rice are about the same size as a hockey puck and equals one carbohydrate serving, or about 70 calories.

Protein/dairy: Chicken and beef

A 2.5-ounce piece of cooked skinless chicken or a 2 ounce patty of cooked lean hamburger is about the same size as two-thirds of a deck of cards and equals one protein/dairy serving, or about 110 calories.

For a club experience have members pour a serving of cereal into a bowl. Then measure, using measuring cups, how many servings they have actually poured. Compare it to the serving size on the box. Discuss the difference between portion size and serving size. You can also use different sizes of bowls to show 4-H members that dish size also makes a difference.



HOP TO YOUR 4-H RABBIT PROJECT

If you are looking for an animal project that is fun, easy and relatively inexpensive to get involved in, give the 4-H Rabbit project a try. Rabbits are small animals that can make great pets if they are properly handled, fed and caged. They require little space and food as compared to the larger animal projects.



To get started in the 4-H Rabbit project here is a list of supplies you will need:

Cage - All wire works best with wood floor

Bedding for waste - pine shavings or pellet bedding

Water bottle or crock - Rabbits need plenty of fresh clean water, clean crock or water bottle every few days.



Food dish or crock

Pellet food - A commercially prepared 15%-18% protein pellet provides a balanced diet.

Hay - Hay is essential to a rabbit's good health, providing roughage



Project members need to remember that caring for their rabbit project requires conscientious and continuing care for the animal to remain healthy and active. Outside cages need to be placed in a location with a roof to provide shade and protection from rain, wind, drafts, dampness and direct sun during the hot months of summer and the cold months of winter. Providing high quality feed and clean

fresh water are very important to keeping your rabbit healthy. Store the feed in a water/air tight container away from the sun and moisture so the pellets keep their nutritional value.



Choosing the right rabbit for you will help to make your rabbit project more successful. There are currently over 40 recognized breeds of rabbits. Many of the breeds have multiple varieties and colors. Rabbits range in size from 2 pounds to over 10 pounds. So the choices are very abundant. It is usually better to purchase your rabbit from a reputable breeder. The average cost is around \$20.



The best ways to find out which rabbit is best for your project is to:

- Attend a rabbit show
- Study different breeds
- Consider rabbit size and temperament
- Talk to local breeders



Handling and showing your 4-H rabbit take time and practice. You will need to learn how to pick up and remove your rabbit from the cage. Rabbit showmanship is also an important skill to learn with steps that have to be practiced. Refer to the following web site with guidelines and step by step video's to help prepare your project for fair:

<http://lancaster.unl.edu/4h/Rabbit/index.shtml>





CALENDAR OF EVENTS



BIOMEDICAL ENGINEERING/BIOLOGICAL SYSTEMS ENGINEERING -- OPEN THE DOOR TO NEW WORLDS

Do you have 4-Hers who like to use their math and science skills to help people or the environment? How about designing a medical instrument that makes surgery easier or designing a way to prevent soil erosion? How about inventing the latest and greatest food snack? Or discovering a fuel for cars made from agricultural residue? A degree from **UNL's Biological Systems Engineering Department** will provide them with a rewarding and challenging career.

Biological Systems Engineering (BSE) brings engineering to life – working with living systems and the environment, using biology, mathematics, and engineering to improve peoples' lives and our world.

This major leads to rewarding careers in **Biomedical Engineering, Food & Bioproducts Engineering,** and **Environmental and Water Resources Engineering.** A BSE degree provides students with a broad, flexible engineering background with a biological

emphasis. In addition, the BSE degree is well suited for students that want to go on to professional school for medicine and dentistry or graduate school. A high percentage of BSE graduates go to work immediately after graduation in well-paid positions.

BSE students also go on to professional careers in engineering, law, medicine, food research, and academia. One thing is for certain – students will never be bored in this field of study. Starting salaries for graduates from BSE programs are excellent. Graduates can expect to earn a starting yearly salary of \$48,000. To learn more about the opportunities available to students in **Biological Systems Engineering** please contact Dr. Dennis Schulte at (402) 472-3930 or dschulte1@unl.edu or visit the BSE website <http://bsen.unl.edu>.

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