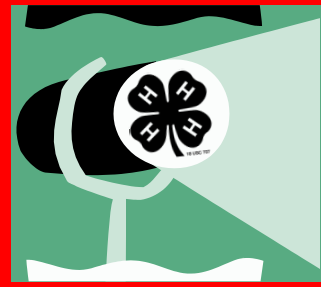




## YOUR THANKS CAN GO A LONG WAY



Have you had to write a thank you note after the County Fair or some other 4-H event? Hopefully this is another part of 4-H that goes without saying, just like community service. While the task seems to be an over whelming chore, the impact you can make with a thank you note can last a lifetime. These two words can recognize someone's generosity, donation, or thoughtfulness and not slow you down too much.

As we in 4-H know, a thank you is more than 2 words, and a few pointers can help you make your Thank You note the one that is remembered more than all the others.

**Hand written is best.** *While computers can speed up the thank-you writing process, the effect of a hand written letter is much larger. It portrays the significance of the thanks you are expressing. After all that some of these people do for you or for the program a few minutes to handwrite the note is worth the trouble. Make sure that you write legibly so your note can be read.*

**Let it shine.** *You are a unique individual, so let your personality show. Shed some insight to your background or the challenges in this specific project. Stay on topic, we don't want to bore them, but we want your note to be as individual as you.*

**Thanks to others.** *Do not limit yourself to the trophy sponsor for a thank you. You may have had another person that played a key role in the development of your goal or project. A little thanks can encourage them to keep working with more youth. Unexpected notes often are the most meaningful, and make the biggest impact.*

**No copycat.** *Write each note a little bit different. Imagine if two people got together and compared notes, make each enough different that they feel their note is special. This can make the writing process more challenging and rewarding when the note is written specifically for that person/sponsor.*

**Sincerity.** *Make sure your thank you shares your sincere thanks. Use your emotions of the moment you got your award to help you set the tone. Make your note stand out because of how you felt.*

A couple minutes of your time to say thanks can make a difference! It may lead to the sponsor increasing their awards or involvement. Sponsors and volunteers can be hard to keep, they are just as busy as you. Your note can keep them involved so they will help someone else like they helped you. You may even find a new friend that is willing to help as you move onto bigger and better projects for your club, community, and the world. You never know what your Thank You could do!



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:

- Picking the perfect peppers and peas takes some skill! Find out what!
- What is the connection between the 4-H experience and future careers?
- Learn more about one of the premier Animal Science departments at UNL!





## PREPARING VEGETABLES FOR EXHIBIT

Planting and taking care of a garden can be an excellent project for 4-H'ers of all ages. When it comes time to exhibit, there may be the question of, "What do I do now?" Each garden exhibitor and you, the leader, will find the publication, "Selecting and Preparing Vegetables, Herbs, and Fruits for Exhibit (4H226)," tremendously helpful. Ask for this publication at your extension office. There may be a small charge. Here are some highlights from this publication.



Vegetables should be harvested and prepared as close to judging time as possible for optimum quality. Check entry times for your county fair to help determine when harvest should be done. In general, harvesting vegetables in the morning yields the best quality. However, if entry time for your fair is in the evening, you may want to harvest later in the day. Be aware that some harvesting (such as onions) needs to be done well ahead of the county fair so that the vegetable has time to cure.



When harvesting, try to avoid injuring the product. Bruising and breaking the skin are two examples of injuries. Cut the vegetable from the plant with the stems on to prevent damage. For most vegetables, the stems should be left on for exhibit. The exceptions are tomatoes and muskmelon.



Check the publication for specific details. For each vegetable, there will be a few sentences about harvesting that are specific to that particular vegetable. Some vegetables should be washed before exhibit; others should not. Some vegetables need a longer stem attached; others need a short stem. Some can have leaves attached; others cannot.



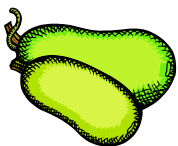
Check to see how many items are needed for exhibit. Most tomato exhibits are five items; however, a salad tomato exhibit requires 12 items. Larger vegetables such as squash or watermelon need only two items for exhibit.



Size does matter. Biggest is not always the best. Check the publication for appropriate size for each vegetable.



Vegetables selected for exhibit should be mature and ready to be used. Some fairs are early in the growing season so ask at your local extension office about entering immature vegetables.

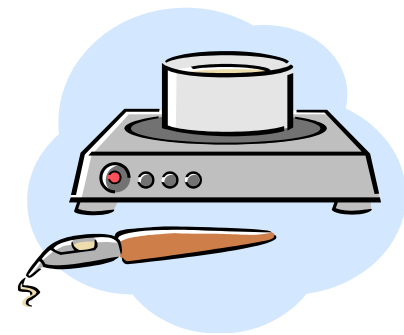


Uniformity is also important when preparing the vegetable exhibit. Check the size, shape, color, maturity and type. Mismatched cucumbers do not make the best exhibit. Finally, remember the cultivar name needs to be written on the entry tag for each horticulture and floriculture exhibit.

# DECORATE YOUR DUDS

How do you decorate your duds? Ask any 4-H'er involved in the **Decorate Your Duds** project and they will share their excitement at the opportunity to be creative in 4-H!

**Decorate Your Duds** is a 4-H project where youth are able to learn and create a number of things. First, youth are able to experiment with a variety of textile techniques! This might include appliqué, patchwork, printing, dyeing, batik, silk screening, bleaching, stenciling, painting and more. The only limiting factor is the creativity of the youth.



Next, youth will learn about the elements and principles of design as they incorporate these into their project work. Through active exploration, youth can learn how the design elements and principles relate to clothing and textiles. There is an excellent video located on the **Nebraska 4-H** web site from a recent **4-H Judge's Training** highlighting the **Decorate Your Duds** project. There is great information on the design elements and principles and their relationship to clothing. Creative examples are provided that highlight each of these elements and principles. You may access that video at: <http://4h.unl.edu/web/4h/video2>

As there is no, one 4-H curriculum piece supporting the **Decorate Your Duds** project, youth are able to search for ideas that are fresh and new and make a project exhibit that is personal to them. This allows each 4-H the opportunity to develop original design ideas using a variety of resources. A recent internet search for creative textile projects brought up over 100,000 web sites! Social media sites are also fun places to check for ideas.

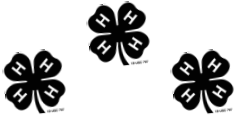
Finally, in the **Decorate Your Duds** project, youth are able to create their own "one of a kind" original garment or accessory that reflects their individuality and personality. Youth can do this as they create an original embellished garment, or create a garment from an originally designed fabric. Fair exhibits are available in the **Decorate Your Duds** project and the county and state fair books should be read carefully for exhibit details.



As the parent or leader helping a 4-H member complete the **Decorate Your Duds** project, remember that creativity is a key component to this project! However, youth should also remember to focus on both the quality of the design and the quality of workmanship as they complete their project exhibits.

Encourage your 4-H youth to enroll in the **Decorate Your Duds** project and let them experience using textiles in a creative way.





## 4-H: YOUR CAREER CONNECTION

As we kick off the summer months and 4-H projects, it's time to stop and think about future possibilities, plans, and options. It's the time 4-H'ers usually are actively working on the projects they will complete and many clubs are deep into their year's activities. Most people know that 4-H members take projects to learn about various topics and then exhibit the projects at their county fair and may be selected to represent their county at the State Fair in Grand Island. It's a great learning experience; members "learn by doing".

What many don't realize, however, is that 4-H projects are very often the basis for a young person's career decision. Children begin thinking about their future careers while they are in the middle elementary years. For some, a decision is made at that time and does not change much. Other young people change their ideas of future careers as they experience classes in school and activities outside of the classroom. 4-H offers many projects and activities to help a child think about their skills, their interests and their future. With over 157 projects offered in 47 project areas, there really is something related to almost every career area. 4-H projects are a great way for a young person to learn about a topic to see if they have interest and wish to learn more about it. As they develop skills in the area, they can think about careers that are available to them if they are interested and talented in that area.

When 4-H projects began over a hundred years ago, the projects helped young people learn about topics needed for farming and homemaking, which were the two most common careers for men and women at that time. As the career areas have changed and expanded, so have the 4-H projects. Today you may find projects in computers, GPS, ecology, wildlife, shooting sports, fitness, entrepreneurship, aerospace, electricity and four wheeling. The more traditional 4-H projects have also evolved. Young people may learn about food and nutrition, which might lead to careers as a chef or dietician, or simply to a capable, informed family member. Projects in photography might lead to a career or a part time career. Young people may also learn about finances and money management, forestry or safety. The list is almost endless. As career exploration becomes more important to youth and their parents, 4-H offers a wonderful opportunity for youth to explore a variety of topics, develop skills in those areas and then work with adults with expertise in those areas.

In addition to the projects, 4-H also offers a variety of activities that help young people develop knowledge and skills they may use in their future careers. From public speaking to presentations, to contests and camps, youth have many opportunities to learn. Camps may specialize in computers, natural resources, arts and drama, or photography. Big Red Academic Camps offer experiences with a small number of participants who have access to professors from University of Nebraska-Lincoln as well as professionals from the area. Topics might include culinology, fashion design, ESI, Web Design and Animation, Golf, Media, even Movie-making and Theatre. These experiences offer in-depth, hands-on experiences where youth can make new friends who have the same interests and can interact in small groups with the experts in the area. They are probably one of the best experiences for youth to truly understand what their favorite career is really all about.



Finally, the other very important "Career Connection" with 4-H is in development of workplace skills. The 4-H motto says "Make the Best Better". That is one of the work values employers are seeking. Through their 4-H activities and project work, youth learn how to work, to improve, to compete, to be fair, to serve others. 4-H actually is designed to teach the thirty-six life skills needed for youth to become successful adults and contributing members of our society.

Please consider participating in 4-H projects and activities as part of the career exploration activities for the young people in your life. To get more information, contact your local [UNL Extension Office](#).

# PREPARING CLOTHING EXHIBITS FOR FAIR



Clothing entries in county and State Fair have some very special requirements that need to be met before entering. Some of these requirements are so the judges know more about the learning that took place for the exhibit. Others are required so the superintendents and volunteers can easily have the exhibits judged and displayed. These are the requirements for exhibiting clothing at the Nebraska State Fair, your local county probably has very similar requirement. Please read your county fairbook and follow those requirements when exhibiting in the county fair.

**Entry Tags** Every clothing exhibit must be described on the entry tag accompanying it (for example: dark blue wool skirt and jacket, red and white figured blouse). Entry tag placement: as you look at the garment place the entry tag on the right side of the garment and the hook of the hanger to the left. This requirement allows the exhibit to be judged by the appropriate judge and helps the workers get the correct entry tag back on the exhibit after judging.

**Identification Labels** Each exhibit must have a label attached stating: County, Exhibitor's name and age, project name and class in which garment is entered, and number of years enrolled in project in which exhibiting. Wool entries must have the fiber content listed on the identification label to be considered for the Make It With Wool Award. **Attach a label on every component of the outfit using safety pins or by basting.** This helps reunite separated components and helps identify exhibitors.

**Preparation Of Exhibits** Please bring all garments on wire hangers or hangers with a swivel hook ONLY. Wool garments and garments with narrow straps hang better on other hangers, i.e., wooden or notched plastic hangers. Use safety pins to fasten skirts, shorts, and pants to hangers. **If more than one hanger is used for an entry, fasten hangers belonging to one exhibit together with twist ties or rubber bands.** This helps when displaying the exhibits. (Optional)



If you used a unique method or technique in creating your exhibit (drew your own design, wove your own fabric, etc.), indicate that on a half sheet of 8 1/2 x 11" paper placed with the entry tag. This lets the judge know what special methods were learned.

As you begin to prepare your exhibit carefully read the requirements, follow them exactly and think about how you want your garment to look when being displayed, use appropriate hangers, make sure your garment will stay on the hanger and hang nicely. Make sure all the pieces of the exhibit have identification labels so if the pieces get separated they can easily be reunited. Finally, double check the class your exhibit is entered in and make sure it is the correct class. The Clothing Department volunteers will thank you for following the requirements.





# CALENDAR OF EVENTS



## ANIMAL SCIENCE

Hands-on... challenging... rewarding: The **UNL Animal Science Department** offers this and more as students prepare for careers related in animal biology and industry. The management, well-being and safe use of animals for food, fiber, and recreation are all components of this science based profession. Seven options in the **Animal Science** degree program include animal biology, animal business, companion animal science, equine science, meat science, production and management and veterinary animal sciences.

With a professional degree in animal science, careers are possible in: **Animal Nutrition, Animal Pharmaceuticals, Banking and Finance, Extension Education, Farm/Ranch Management, Food Product Development, Food Safety, Game Park/Zoo Management, Genetics Research, Quality Assurance, Sales and Marketing, and Veterinary Medicine.**

**UNL Animal Science Department** through experiential learning offers opportunities for national and international travel through intercollegiate team competitions, internships, week-long study tours focused on meats, swine, horse, feedlot and other interest areas, and faculty-led trips to New Zealand and Mexico. Students benefit significantly from Animal Science Departmental Scholarships. In this year alone, nearly \$30,000 in scholarships have been awarded to incoming students, and close to \$50,000 awarded to continuing students in the **Animal Science Department**. Students have received national recognition through International Livestock

Congress, National Cattlemen's Beef Association, Intercollegiate Horse Show Association, American Meat Association, National Block and Bridle Club, All-American Judging Teams and other organizations.

Extensive opportunities for student involvement include the Block and Bridle Club, Animal Science Ambassadors, Students for Education in Exotic and Companion Animals (SEECA), Equestrian Team, Horse Judging Team, Livestock Judging Team, Meat Animal Evaluation Competition (MAEC) Team, Meats Judging Team, Student Advisory Counsel and others. An ideal location in Nebraska's capital city provides opportunities for unique educational experiences involving all aspects of the state's internationally prominent beef production industry, as well as the state's highly competitive swine, poultry, equine and companion animal industries.

Alli Raymond **Animal Science Department Student Recruitment** Contact (402)-472-0204 araymond2@unlnotes.unl.edu will be delighted to visit with you about the opportunities in Animal Science. Learn more at: <http://casnr.unl.edu/Animal-Science> or <http://animalscience.unl.edu>.

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