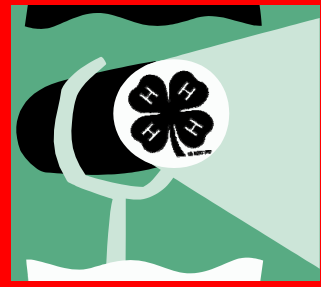
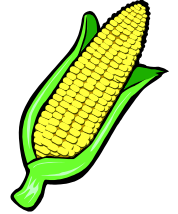




INNOVATIVE YOUTH CORN CHALLENGE



Projects are real life experiences that help 4-Hers learn to make sound decisions. Projects put the hands and mind to work. There are lots of opportunities for clubs to participate in community service projects and activities and it is important for clubs to participate in activities together as it builds teamwork and helps youth learn how to effectively accomplish a goal. A crops project that is also a contest is being piloted this year to provide youth the opportunity to think outside the box in producing an economical, but high yielding corn crop.



The University of Nebraska-Lincoln Extension and the Nebraska Corn Board have teamed up to offer the first *Innovative Youth Corn Challenge* contest. This contest, open to 4-H members (age 10 & older as of Jan. 1st) or FFA members (in-school members), will guide youth through all aspects of corn production, as well as the agricultural careers related to corn production. Youth will be challenged to implement a production practice different than normal to determine if they increased their yield. Economics and sustainability of the practice will also be considered. Yields, cropping history, and production information will be collected in the Corn Yield Challenge management summary.

Goals of the contest are: achieve new, innovative, and economically feasible crop production methods to improve yields; provide research data for producers to implement in their operations; distribute data to corn producers, researchers, and agri-businesses for decision making purposes; introduce youth to a variety of agronomic professionals, including corn producers.

Youth will work with an adult mentor throughout the process. Mentors can be 4-H leaders, extension faculty, ag teachers, or other qualified agronomy professionals.

Cash prizes and plaques will be given to the first, second, and third place teams. First place will receive \$1,000, second place will receive \$500, and third place will receive \$250. A data completion and innovation award will also be given.

To participate, youth must complete and return an entry form by March 1st to the Fillmore County Extension Office in Geneva, NE. Forms can be downloaded at crop-watch.unl.edu/youth/activities. For more information, contact Brandy VanDeWalle at bvandewalle2@unl.edu or 402.759.3712.



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:

- Choose MyPlate 2
- Digging Up family Treasures 3
- The Power of Wind 4
- 4-H Design in the Home 5
- Fishing for a Wild Career at UNLI 6

Special points of interest:

- Explore some fun ways to teach heritage to your club members!
- How can 4-H'ers use design principles with their home environment projects?
- Kids are full of hot air! Learn all about the new 4-H projects about the wind.

UNIVERSITY OF NEBRASKA-LINCOLN EXTENSION



SPOTLIGHT
ON 4-H!





CHOOSE MYPLATE !

MyPlate is designed to remind Americans to eat healthfully, and you can use many of the messages to help your 4-H Club members have a healthy diet. Messages include:

1. Balance calories

Go to www.ChooseMyPlate.gov to find calorie levels. Being physically active also helps balance calories.

2. Enjoy food, but eat less

Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.

3. Avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before eating. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4. Foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients needed for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

5. Make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6. Switch to fat-free or low-fat (1%) milk.

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

7. Make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole wheat bread instead of white bread or brown rice instead of white rice.

8. Foods to eat less often

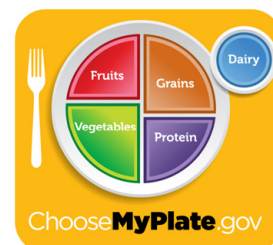
Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats.

9. Compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

10. Drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.



DIGGIN' UP ROOTS! HUNTIN' FOR TREASURE!

The Treasure Hunt is on and the Fun is in the Hunt! (AND the project!) Roots! That's the treasure - finding oneself through genealogy. What better way is there to intrigue a youth's curiosity about his/her past than by creating fun and educational keepsake projects or activities?



Have youth explore their past with visits to relatives, interviews, digging in the attic or basement, looking through photos and mementos, checking out websites, etc. Link heritage projects to other 4-H areas: Gardening (explore and grow Heirloom tomatoes, herbs or a traditional family vegetable); Photography (explore and photograph family buildings, members, traditions, etc.); Woodworking (craft a keepsake box to hold photographs, mementos, letters, written history etc.); Electricity (make an ancestor's canning jar into a lamp); and much more!

Ideas!

- **Family Tree Magazine** is a good beginning point with lots of links and fun activities such as making Picture Magnets with clear glass gems and copies of old photos.
<http://kids.familytreemagazine.com/kids/default.asp>
- **Club Food Festival** - Each member brings a dish and traditional activity unique to his cultural background. Share traditions, sample recipes, participate in some of the traditional activities.
- Create a **recipe book** or box by scrapbooking with recipes. Interview family cooks or research old family recipes. Include photos, history and other mementos for pages or cards. For ideas, google: scrapbooking recipes images
- Paper lunch bag **mini scrapbook** of photos, history, anecdotes -
www.youtube.com/watch?v=jwBTjZXmL00
- **Squash Book With Dawn** - You Tube (How to fold)
http://www.youtube.com/watch?v=7PPau-F_G3k (Samples of **journaling and photos**)
- **Shadow box** - buy new, find at thrift shops, make the box, use a vintage letterpress box
http://www.exposuresonline.com/ExposuresOnline/ExposureStyle/How_to_Create_a_Shadowbox.aspx
<http://crafts.lovetoknow.com/projects/make-keepsake-shadow-box>
<http://www.etsy.com/listing/45911803/heirloom-military-medals-shadowbox-with>
- **Vintage photo tiles/coasters**
<http://www.abovethemark.com/howtos/tilecoasters/index.htm>
<http://www.art-e-zine.co.uk/tileml.html>
- **Digital storytelling** - Easy to add your own pictures and voice. Customize the music.
- **PhotoStory** software - free download from Microsoft's website.
<http://www.microsoft.com/download/en/details.aspx?displaylang=en&id=11132>
<http://www.climbingmyfamilytree.com/2011/07/03/genealogy-for-kids-cemetery-scavenger-hunt/>
- **Heritage Power Point**
- **Pillow or Christmas stocking** from old quilt scraps. Arrange mementos (postcards, medals, passport, military items, etc.) in top of stocking
- **Antique button frame**
- **Placemats** using scrapbooking techniques, laminate
- **Embroidery designs**/heritage samples

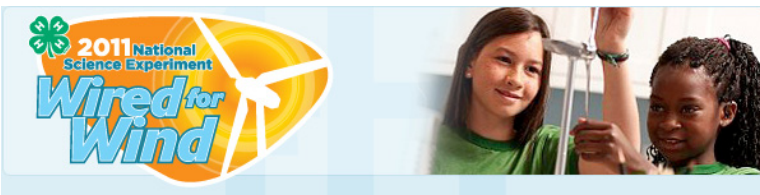




WIND ENERGY IS FOR EVERYONE!

Did you know you don't have to be an engineer to facilitate a Power of Wind activity to your 4-H club or group? There are two curriculums available when working with Wind; The Power of Wind (POW) and Wired for Wind. Both curricula are easy to use and really fun for the youth and adults involved.

POW is a National 4-H Curriculum where youth and leader manuals are available from your local Extension office.



Wired for Wind is the curriculum written for use during the 2011 National Youth Science Day, and is available by going to:
<http://cropwatch.unl.edu/web/bioenergy/power-of-wind>

Sixty Counties across Nebraska received four Wired for Wind Kits from One Ok Energy, if your county is one of them, contact your local Extension Office for information and to check out a kit. If your county did not receive kits, you can contact John Hay in the Biological Systems Engineering Department on the UNL Campus and he will lend you the equipment you need. The Biological Systems Department also has other types of turbines and supplies for those of you who would like to take the experiment a step further.

Planning for your club Wind Energy Activity is simple, and which activity you choose will depend on the time you have.

- One Time Activity – Do Experiment #1 in Wired for Wind
- 2-3 hours – Start with the Wind boat in Power of Wind Curriculum (Pages 6-7). Youth will learn about engineering design and then you can move into experiment #1 in Wired for Wind.
- 3-5 hours – Start with the Wind boat Activity in the POW Curriculum (Pages 6-7), move into the lifting experiment (POW, pages 18/19), move into Experiments #1 and #2 in the Wired for Wind Curriculum and then finish with Experiment #3 in Wired for Wind.
- There are State Fair Projects on Wind Energy, if your club would like to complete a project, check out the Fairbook for further information.

An excellent Wind Energy resource for leaders is:

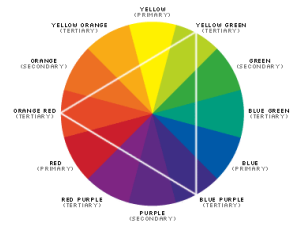
John Hay, Extension Educator
Biological Systems Engineering
L.W. Chase Hall
Lincoln, NE 68583-0726
PH (402) 472-0408
jhay2@unl.edu
Website: <http://bioenergy.unl.edu>

The UNL Website has lots of great information for leaders of all Wind Energy skill levels. If you're in an area of Nebraska where a wind farm isn't too far away, contact them and schedule a field trip for your group.

CREATIVITY IN THE HOME

The creativity of youth is never more evident than in the Home Environment area of 4-H. Here are some ways you as a leader can encourage your 4-H members to be creative and try new projects in this area.

First of all 4-H'ers and leaders need to learn the elements and principles of design. These are found in Design Decisions, Home Building Blocks, Portfolio Pathways and Sketchbook Crossroads 4-H manuals. The manuals also have some ideas for teaching these to a group of 4-H'ers.



One way to teach the elements of design - line, shape, form, color, texture, and space - as well as the principles of design - balance, proportion, rhythm, emphasis and harmony - are to send 4-H'ers outside or around a building to take pictures. After they return you can pull the photos up on a computer and print off the best examples of the elements and principles in nature and man-made creations.

A fun method for teaching primary and secondary colors, the color wheel and color schemes is to make red, blue, yellow, green, orange and purple small jello jigglers or use jelly beans and let the youth choose the colors they need to, for example, make a complimentary color scheme, i.e. red and green, yellow and purple, blue and orange. Of course the idea is that you eventually get to eat the color schemes (wash hands before beginning this project).



Once the basics are learned encourage youth to think about their rooms and what they "need" to make their room more user friendly. Clover kids can be encouraged to make simple items for their rooms. The new Space for Me project includes instructions for a treasure board, storage boxes, pillow, draft stopper, recycling box, and picture frames among other simple projects.

As 4-H'ers move into Home Building Blocks they can continue to make items for their rooms such as simple shelves, storage units, hangers, waste paper cans, and bulletin boards. They can also start to learn how to use different kinds of media, such as wood, paint, fabric, and yarn to make these projects. Other ideas for Home Building Blocks are bringing in ladies from the community or grandmothers to teach some of the basic needlework skills such as simple embroidery projects.

By the time 4-H'ers are into Design Decisions they should be ready for coming up with solutions to problems in their room or house, such as floor coverings (latch hook rugs from strips of fleece, braided rugs), window treatments (valances, painted shades), lighting fixtures (lamp shade from camera film) and accessories (privacy screens, decorative items for walls, etc.)

Throughout the Home Environment projects 4-H'ers can be taught to "Redo, Reuse, Recycle, Refinish", starting with covered storage boxes to refinished, painted and reconstructed furniture.





CALENDAR OF EVENTS



Jammie Jamboree, March 17

Practice basic sewing skills as part of the 4-H Clothing Level 1 project and make jammie bottoms at the "Jammie Jamboree" sewing workshop on Saturday, March 17, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Open to all youth (need not be in 4-H). No cost to attend. Adults are welcome to help. Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape, etc.), pull-on pajama bottom pattern (one simple pattern is Simplicity 3553), pre-washed flannel or 100% cotton fabric (no one-way design fabrics or plaids) 1 yard 1/2-inch elastic, and matching thread. Also bring a sack lunch. Sign up by March 14 by calling 402-441-7180.

Painting Barrels for Event Center, March 18

It has been ten years since Lancaster County 4-H'ers painted trash barrels for the Lancaster Event Center and county fair.

All 4-H families are invited to participate in this group community service project on Sunday, March 18, 1:30-3:30 p.m. at the Lancaster Event Center, Pavilion 4 - Amy Countryman Arena. All paint and brushes will be supplied. To help plan supplies, please let us know if you are planning to attend by calling 402-441-7180.

Speech/PSA Workshop, March 29

Learn more at a Speech/PSA workshop on Thursday, March 29, 6 p.m. at the Lancaster Extension Education Center. Out of ideas? We will help you get started. Already started? Bring your completed speech/PSA's to practice or get suggestions. This is also a good time to record your PSA. We will teach you Audacity basics so you can add sound effects and edit to make your final PSA perfect. There will be computers available to work with, or bring your own. Find out more about the PSA Contest (CD's due April 13) or Speech Contest (April 22) at <http://lancaster.unl.edu/4h/Contest/>



SOMETHING FOR THOSE INTERESTED IN THE WILD SIDE

Fisheries and wildlife education at UNL has a long and proud history of preparing students to meet the challenges of a world that is increasingly responsive to preserving fisheries and wildlife habitat, protecting threatened and endangered species and the thoughtful management and conservation of natural ecosystems. UNL students also benefit from being in close proximity to the **Nebraska Game and Parks Commission** and other governmental agencies focused on wildlife and the environment. This association helps provide additional opportunities for internships, temporary and seasonal work and other activities.

Fisheries and wildlife professionals are responsible for the conservation, protection, regulation, and management of our nation's fish and wildlife resources. Their management strategies provide for both consumptive (hunting, fishing) and non-consumptive uses (bird watching, non-game species enhancement, threatened and endangered species protection, and others). Students in the **UNL Fisheries and Wildlife** major receive hands-on training with active demonstrations, problem-based exercises, community-based service learning opportunities, and experiential learnings.

With a professional degree in fisheries and wildlife, careers are possible in **Fisheries Research and Management, Wildlife Research and Management, Wildlife Damage Management, City Planning and Policy, Refuge Manager, Conservation Officer, Geospatial Information Services, Marine Biology, Endangered Species Management, Private Lands Habitat Manager, Water Quality Specialist, Park Ranger, Environmental Education or Zoo Animal Keeper.**

The **UNL Student Wildlife Club** provides guidance and further knowledge about specific wildlife, promotes and stimulates interest in wildlife, provides for the cultural and social development of members, provides opportunities to develop leadership, furthers cooperation with organizations concerned with wildlife, and acquaints interested students and faculty members with the wildlife field.

More information on clubs in the **School of Natural Resources** may be found at: <http://snr.unl.edu/undergrad/> or by contacting: Drew Tyre, Associate Professor, atyre2@unl.edu (402) 472-4054.

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