



4-H AND VOLUNTEERS



Volunteer leaders are the heartbeat of the 4-H program. Their teaching, support, and coaching provide the guidance that youth need to be successful. One part of the work of 4-H volunteers is to provide a safe learning environment where youth can learn and develop. To support these efforts, the University of Nebraska-Lincoln has implemented a new Youth Activity Safety Policy that 4-H is incorporating into its risk management practices. This policy is meant to assure a safe, positive, and nurturing environment for all youth involved with the program and to provide protection for youth, volunteers, staff, and University of Nebraska-Lincoln Extension. The majority of policy requirements are practices that 4-H staff and volunteers already implement on a regular basis.

Key factors of the Policy follow:

- All volunteers and staff must complete the 4-H volunteer screening form every four years.
- All adults who have contact with youth will be checked against the state and national Sex Offender Registry.
- Never leave youth unsupervised.
- Volunteers and staff should avoid being with unrelated youth in a one-to-one situation. Never travel alone with a young person, have additional adults or other children present.
- If you are providing transportation for youth on behalf of 4-H you will be asked to provide a copy of a valid driver's license.
- All 4-H events need to have a plan in place for access to first aid and CPR treatment.
- Avoid using bathrooms with youth.
- If you are sponsoring an overnight event, all volunteers and staff need to complete the on-line chaperone training.
- If you suspect a child is being abused physically or emotionally, you are legally required to report the situation to the Child Abuse and Neglect Hotline or to the local law enforcement. Your report will remain confidential.

Most importantly use your common sense. Are the children in your care in a safe environment? Would you feel comfortable if your child, grandchild, niece or nephew were in the same situation with another adult? For more information on the Youth Safety Policy, contact your local Extension Office. Thank you for your continued support of the 4-H program and your dedication to providing a safe environment for the youth in your care.

UNIVERSITY OF NEBRASKA-LINCOLN EXTENSION



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.

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Special points of interest:

- Concerned about food allergies and food at your club meetings? Learn how to keep food safe for those who are sensitive.
- Get some great new club experiments for the Power of Wind project. They really take off!
- Come be a part of the Big Red at the 2013 Academic Big Red camps this summer! Lots to learn and do in Lincoln!





PREVENT FOOD ALLERGY REACTIONS



Anaphylaxis is a rapidly progressing, **life-threatening** allergic reaction. In the United States each year anaphylaxis to food results in:

- 30,000 emergency room visits
- 2,000 hospitalizations
- 150 deaths

Millions of Americans each year have allergic reactions to foods with nasty symptoms such as hives, rash, diarrhea or vomiting, itchiness, abdominal cramps, swelling of face or mouth, wheezing, dizziness, constricted breathing or loss of consciousness. There is no cure for food allergies; avoidance is the only way to prevent anaphylaxis or other symptoms. Some folks can allergically react to eating only a speck of the allergen, or even to being in the same room as the allergen.



Learn more about food allergies and follow these tips for reducing the risk of someone reacting allergically to a food:

- ask 4-H members and their families if they have any food restrictions or allergies that may affect what foods are served at club meetings
- ask members and parents to be considerate about choosing non-allergen snacks for club members or when demonstrating food preparation
- if snacks are purchased provide the food label to the person with an allergy so they can determine if the food has any ingredient that they can't eat
- when serving a possible allergen food such as peanut butter on celery, be sure to place it on a separate plate to avoid cross-contamination
- avoid cross-contamination when preparing foods by using separate utensils and cleaning cooking surfaces carefully

- if foods are prepared by 4-H members for shut-ins, ask the shut-ins if they have food restrictions and avoid using those allergen ingredients
- if baking for a bake sale, label foods that contain any of the 8 main allergen foods and keep them separate from other baked goods
- learn the symptoms and be prepared to respond to an allergic reaction, including use of an epi-pen if one of your 4-H members has an allergy, or to seek medical care for members without previous allergy diagnosis (25% of anaphylaxis reactions in schools occur among students not yet diagnosed*)

The Eight Major Food Allergens:

1. Milk
2. Eggs
3. Fish (e.g., bass, flounder, cod)
4. Crustacean shellfish (e.g. crab, lobster, shrimp)
5. Tree nuts (e.g., almonds, walnuts, pecans)
6. Peanuts
7. Wheat
8. Soybeans

What Are Major Food Allergens?

According to the Food and Drug Administration, "While more than 160 foods can cause allergic reactions in people, the law [**Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA)**] identifies the eight most common allergenic foods. These foods account for 90 percent of food allergic reactions, and are the food sources from which many other ingredients are derived." (www.fda.gov) This law requires that manufactured foods be labeled if they contain any ingredient derived from these eight foods.

Find more information at <http://food.unl.edu/web/allergy/home>.

*Nowak-Wegrzyn A, Conover-Walker MK, Wood RA. Food-allergic reactions in schools and preschools. *Archives of Pediatric and Adolescent Medicine* 2001 Jul; 155(7): 790-795.

FADS AND FASHION

Throughout history, people, events, money, and social trends have changed fashion. Designers of today's fads and fashions are influenced by ideas from media events, the movies, cultural events, foreign countries, and technology.



Everyone wants to be in fashion, but do you know what that means? Fashion consists of the design characteristics that are popular during a certain period of time. A fad is a style that has enormous appeal for only a short period of time, perhaps no longer than several months.

We often hear the term "style" when talking about fashion. Style is the specific type, form, or outline of clothing items. Individual styles have distinctive traits. For example, knit shirts have different styles like polo, Henley and T-shirt. Pants styles include bell bottoms, flair legs, straight legs, or slim-leg. Classics are basic style and colors used for longer periods of time. Clothing fashions and fads change over time.



Often, youth feel they need to dress like their friends. This feeling is caused by peer pressure, the need to fit in and be like others. Peer pressure isn't necessarily bad, but it can cause youth to buy the latest fads and fashions even if the colors and styles don't flatter them. Peer pressure can cost a lot of money.

Fashion vs. Fad Activities and Reflections that you can do with 4-H'ers

- Using 'Google Images' search for fashions from the following years: 1925, 1950, 1969, 1984, 2000, 2013. Repeat the search and look for fads in those years.



As you look at fashion styles can you see things that were going on in society or the world that might have influenced the fashion that you are seeing? Are any of these fads or fashions currently popular today?

What fashions and fads were popular when your parents or grandparents were your age?

What styles are fashionable today?

Can you think of a recent fad? Who started it? How long did it last?



- Visit several stores or websites to compare prices of some of the latest fads and fashions. Oftentimes, fads wind up on the sale rack before fashion trends. Why?

What things should you consider as you decide if you should buy a fad item? How will knowing the difference between fashion and fads save time and money in future clothing purchases?

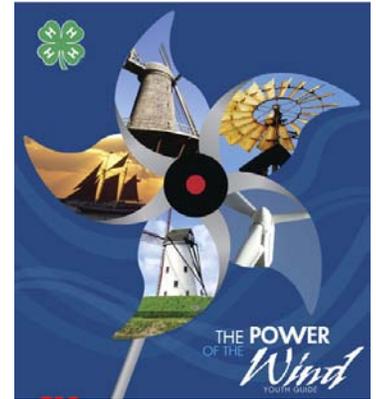




THE POWER OF WIND

Want to add so science to your club activities, but not a scientist? Then the Power of Wind is for you! The Facilitator Guide walks you through each activity, including how to prepare, materials you need, the science behind the activity and discussion questions to ask.

Even if your club has younger members, several of the activities can still be used and are a lot a fun. A great way to broaden the age range of an activity is to partner older and younger youth, so the older child can mentor the younger. Many of the activities do require the use of scissors, so keep that in mind when you are choosing and preparing.



The first challenge lets youth create a sail boat out of easy to find supplies. Then they test its performance, record observations and make design adjustments to improve performance. The performance can be judged in several ways including fastest speed, straightest “sailing”, and farthest distance travelled. This could easily be made into a contest if your group is competitive.

Another great activity has youth creating a Beaufort Scale to help determine wind speed through visual clues. Participants use their imagination and artistic skills to decorate the scale. Then, they cut, bend and tape the paper into a tetraflexagon, a 4-sided flexible shape that folds to show the 12 wind speed categories. It is almost magic how it bends! Once the Beaufort Scales are completed they can be used with outdoor observation to see if you have a Light Breeze, a Near Gale or a Hurricane blowing.



And who doesn't love pinwheels? Several activities involve making pinwheels. Different types of designs work better for different purposes. Participants will be able to try their hand at making them faster for electrical generation and making them stronger to perform work such as lifting weight.

As the activities advance, older youth can discover more about motors and generators, how to determine where to locate wind turbines for best performance, how wind power is currently being used and even the importance of wind in art and literature.

For those truly intrigued by wind, the last challenge is to create a wind powered machine, vehicle or art work and share their new knowledge with others in the community.

The Power of Wind is a fun, easy, interactive curriculum with many of the activities using easy to find, inexpensive supplies and it is adaptable to many ages. Give it a try and you will be *blown away!*



POPCORN – LET’S GET POPPING!

Did you know!? Popcorn is grown in Nebraska just like soybeans, corn, wheat, and many other products. Nebraska consistently ranks 1st in the nation in producing popcorn. Without agriculture we wouldn’t be able to have popcorn as a snack!



Nebraska 4-H and Agriculture in the Classroom have teamed up to get the word out to our youth about agriculture. This partnership has helped to create the Nebraska 4-H Program Agriculture Literacy. Agriculture Literacy has been established to ensure that Nebraska’s youth have a knowledge and appreciation of Nebraska’s largest industry. Lessons have been created for this program include following areas: animals, food products, natural resources and plant science.

One of the lessons created in the plant science area is a lesson all about popcorn. This lesson is a hands-on activity featuring the process of how popcorn pops uses gas as a form of matter. Youth will use science to learn the importance of agriculture and how popcorn goes from a seed to a snack.

Popping Popcorn is an excellent activity to do with your club. Start out by telling the youth a few facts about popcorn. You can visit the following website for facts:

<http://www.popcorn.org/AboutUs/PopcornPoppingMonth/FunPopcornFacts/tabid/118/Default.aspx>

You might ask the youth: “Where does popcorn come from?” Popcorn kernels are grown in a field just like other kinds of corn (sweet corn, field corn). They are not all the same kind of corn. Just like apples, different types of seeds are used to grow different types of corn. For a video on this process please visit:

<http://www.youtube.com/watch?v=rIldiPSZffc>.

Ask your 4-Hers: Have you ever eaten popcorn before? Have you ever seen it being popped? Show them a popcorn kernel and ask them how a kernel turns into a piece of popcorn? Put oil and kernels in popper. During this time the popcorn will begin popping. Explain: “Inside of each kernel is a tiny bit of water. When heat is added to the water it turns into a gas as steam pushes on the inside of the kernel. The pressure becomes too great for the little kernel and the popcorn bursts open to form a piece of popcorn.” In order to show the process videos can be found at:

Educational process of kernel popping:

<http://www.youtube.com/watch?v=bE-ILi8-yOg>

Slow motion of kernel popping:

<http://www.youtube.com/watch?v=CXDstfD9eJ0>

Conclude your club activity by making popcorn balls or Kool-Aid™ popcorn. For recipes visit:

<http://tastykitchen.com/recipes/desserts/kool-aid-popcorn/>

<http://tastykitchen.com/recipes/desserts/marshmallow-popcorn-balls/>



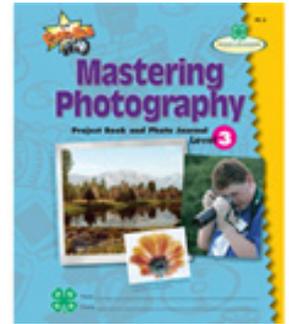


FOCUS ON PHOTOGRAPHY PORTFOLIOS!

Pick Your Top 10 Photos!

It takes a little planning to put the **Unit III Photography Portfolio Fair Exhibit** together, but the good news is that your 4-H members don't need to take any new pictures.

They need to select ten photos from their 4-H career that represent the strongest collection of their work. Photos may have been taken at any time during their 4-H career and may have been previously exhibited. They may only use photos in a portfolio once, so if they exhibit in this category more than one year they will need different photos the second year.



Photos need to be placed in plastic sleeves and then put in an 8 ½ "x 11" black or white 3 ring binder. Each picture needs to have a Personal Data Tag parts A & B on the back of the photo. The Personal Date Tag A should be page one of the exhibit.

They also need to create a table of contents that describes the photos in their portfolio collection.

Secrets Behind the Personal Date Tag Information: Did you know that every digital photo has a record of information stored with it? This information includes the camera used, the date the photo was taken, ASA or ISO Setting, F Stop Setting, exposure time and all sorts of cool information you may or may not know when you took the picture. The easiest way to get to this information is by putting your memory card in a computer or if the photos are saved on a CD that works too. Bring the picture up on the computer and right click your mouse. At the bottom of the list is "Properties". Click on that and on "Details" and you've got more information than you ever imagined! You may also find this information on your camera if you click the "Display" or "DISP" button. This will really help your 4-H members as they struggle to fill out those Personal Data Tags!

This Photography Unit III level exhibit is a great way to wrap up a 4-H members photography career. Just remind your 4-H members, if they take photos out of frames on the wall at home to make this exhibit, to please put them back after the fair. Their family will appreciate having the artwork back!



FROM PROJECT TO PASSION – TURNING YOUR 4-H EXPERIENCE INTO A CAREER!

EXPLORE CAREERS IN

App Development
Beef
Crop Science
Culinary Arts and Food Science
Education
Engineering
Fashion Design
Filmmaking
Unicameral Youth Legislature
Veterinary Science

2013 BIG RED SUMMER ACADEMIC CAMPS

OPEN TO HIGH SCHOOL YOUTH! bigredcamps.unl.edu

A program of the University of Nebraska-Lincoln
Extension 4-H Youth Development



What do you want to be when you grow up? The timeless question asked of almost every young person sometime in their childhood. How does a child begin to answer that question? Many times the answer is based on an experience in which they have been involved. For young people involved in 4-H, the answer to this question may come more easily as many have had a variety of experiences through their involvement in 4-H.

As a leader, how can you give young people the experiences that will help shape their future and direct them into a career? Here are some ideas. Have members invite various guest speakers to each club meeting focusing on their project of interest. If you have a variety of projects being taken in your club, youth will learn about projects they are not enrolled in which will broaden their knowledge of careers.

Older youth should be encouraged to job shadow a career related to projects in which they are enrolled. Post-secondary institutions are helpful in assisting youth connect their experiences with a major that will turn into a career. Maybe a tour of a post-secondary campus or a business would spark some interest in the young minds in your club.

Big Red Camps are offered each summer on the UNL campus is also an excellent option for high

school aged youth. Nebraska 4-H Career Explorer website at careerexplorer.unl.edu allows youth to choose a field of study and follow a path through education to a career.

In addition to learning about specific career fields, youth can also gain skills by participating in such activities such as camps, demonstrations, speaking, record book, and judging competitions. Through these activities, a young person may realize they are comfortable speaking in front of an audience which may lead them into a career in sales or marketing; a record book may lead to a career in finance or business; an animal or plant judging competition may allow discovery of a love for identifying desirable and undesirable traits in living things which could lead to a career in genetics. Youth participating in a camp experience may discover a career in water or soil science, landscape design, wildlife management or forestry. Each of these experiences allow youth to practice communication, team work, decision making and problem solving which are the top three skills sought out by current employers, according to the National Association of Colleges and Employers Job Outlook 2013 Survey.

Share some opportunities with youth today!



CALENDAR OF EVENTS



Jammie Sewing Workshop

4-H youth ages 8 and up are invited to practice their basic sewing skills and make jammie bottoms at the "Jammie Jamboree" sewing workshop on Saturday, March 9, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No cost to attend. Adults are encouraged to attend to help 4-H'ers.

Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape, etc.), pull-on pajama bottom pattern (one simple pattern is Simplicity 3553), prewashed flannel (if bringing flannel, bring 1/2 yard extra fabric) or prewashed 100% cotton fabric. For both types of fabric, no one-way design fabrics or plaids. In addition, bring 1 yard 1/2-inch elastic, and matching thread. Do not cut out pattern and fabric prior to workshop. Also bring a sack lunch. Sign up by March 6 by calling 402-441-7180.

4-H'ers may enter jammie bottoms at the county fair and styled in Style Revue under Clothing Level 1.

Speech/PSA Contest

In the Public Service Announcement (PSA) Contest, 4-H'ers submit a 60 second "radio commercial" promoting 4-H. Submit a PSA via CD by Friday, April 12. **The 2013 PSA theme is "Taking the Lead."**

The 4-H Speech Contest will be held Sunday, April 21, 1 p.m. at the Lancaster Extension Education Center. New this year: **Speech For YouTube** for ages 13-18 (may enter a regular speech and/or this county-only class). Register by April 12 by calling 402-441-7180 with your name, speech title, age division, and if it is "Speech for YouTube."

Learn more at a Speech/PSA workshop on Thursday, March 28, 6 p.m. at the Lancaster Extension Education Center.

For resources, guidelines, and examples, go to <http://lancaster.unl.edu/4h/Contest/speech.shtml>. If questions, contact Cole Meador at cmeador2@unl.edu.



MICROBIOLOGY AT THE UNIVERSITY OF NEBRASKA!

Are your club members interested in going to medical or graduate school? Performing laboratory research? Possibly they envision a career in food safety or protecting the environment? Maybe they are interested in controlling infectious diseases, or preventing bioterrorist attacks. Perhaps they want to teach, become a technical writer, or make new discoveries in bioenergy. All of these paths, and more, are available with a degree in microbiology from UNL College of Agricultural Sciences and Natural Resources (CASNR).

Microbiology is the study of microscopic organisms such as bacteria, fungi, viruses, and other microbes. Microbiologists are in high demand, due to advances in biotechnology, emerging health challenges, environmental problems, and bioterrorism threats.

UNL's investment in scientific research has been steadily expanding, and the new Innovation Campus technology development park will further enhance research opportunities in microbiology.

Rewarding careers are available in a variety of venues, including pharmaceutical, health, and industrial research laboratories, and in the fields of medicine, government, education, agriculture, and the environment. Potential careers in microbiology are diverse and interdisciplinary. To accommodate this, students can use electives within the undergraduate microbiology major to direct their course of study to match their particular interests and goals. Areas of specialization include: clinical and veterinary microbiology (including medical, dental, and other health related areas); food microbiology; biotechnology and industrial microbiology; applied and environmental microbiology to name a few.

For more information on a degree in Microbiology from UNL/CASNR and set up a campus visit contact: Dr. Jim Alfano, Director, Microbiology Program
Phone: 402-472-0395 or jalfano2@unl.edu.

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