



UNDERSTANDING FACEBOOK



Social networking is becoming a trend and vital part in human culture that shapes and enriches the social character of every net citizen around the world. Understanding Facebook is an effective way for interacting with the world to improve your social life. As a 4-H Leader and Volunteer, using Facebook can be a great way to network and communicate with your younger 4-H members. To effectively use Facebook you need to understand the different features of the site.

Status box: This is considered the main communication tool where users post their activities or whatever they are doing which they wish to share with others. Everything you post here is shown in your friends' Home and Profile tabs.

Wall: This is specifically located in your Profile tab where your friends can post something for you. If you have a message from your friends via your wall, you can reply to them by writing on the "Write Something" box at the comment window.

Inbox messages: This is found on the top left area of the page which is under the profile picture box. Any messages sent here are viewed only by the sender and receiver of the message.

Chat: Understanding Facebook also means knowing how to use the chat application which is found at the bottom right corner of the Facebook window. The green button shows your online friends. You can always set the chat mood offline to temporarily disable this feature.

Setting up a Facebook account is simple. Follow these simple directions:

Sign up: Log on to <http://www.facebook.com> in the middle of this page is the "Sign Up" information and you'll be on your way to signing up for a Facebook Account.

Security Settings: Once your Facebook account is ready, you'll need to set the security setting. It is a good rule of thumb to only allow your Facebook friends to view your page and information, so make sure security settings are set to "Friends only".

Add Friends: You can search for your friends by using the "Search" feature found at the top of the page. Type in a friend's name and send a friends request from their page.

UNIVERSITY OF NEBRASKA-LINCOLN EXTENSION



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:

- How does 4-H apply to the future? Youth will learn how to write a resume as their 4-H careers are exchanged for "Real Life" choices!
- Do you know your principles of design? Learn how to work with the elements of the home.
- How do you get all those plants and flowers entered correctly at the fair? Learn how to tag and identify cut flowers and plants for fair.





4-H 'ERS IN THE FUTURE: HOW TO WRITE A RESUME

A polished, professional, and well-written resume is important for anyone seeking employment, but it also important for teenagers to have one put together when working on college and scholarship applications. You as a 4-H leader can serve as a guide and resource to youth in creating their resumes.

Writing a resume occurs in four steps. The **first** is finding out all about you, your strengths, education, and experience. The **second** step is identifying a goal for your resume. The **third** step involves associating yourself to the goal of your resume, and the **fourth** step is the actual assembly of the resume.



To begin the first step have youth discern their talents, skills, and abilities. Encourage them to talk to people about themselves in order to identify their strengths. Additionally, self-discovery activities

work well. Some questions to help get them started include: what do you do the best; what are some of your favorite activities; what does your family brag about you; what are your best subjects in school and why.

Next, have them list any education and training they have received, beginning with the most recent and including any honors or awards they may have received. Then have them list their experience or work history, include all work experience (paid or volunteer) and any part-time, summer, or odd jobs. Make sure they don't overlook experience working with the family business. Also, make sure they highlight any entrepreneurial experience.



For the second step assist the youth in researching job descriptions, requirements, skills, etc. for a resume for employment, or for education/scholarship. After this research is conducted they then should be able to develop a specific goal for their resume.

The next step is associating yourself to the resume goal developed in step two. Youth should brainstorm specific examples of how they demonstrated their abilities, skills, and strengths. You should emphasize the importance of focusing on accomplishments and remind them not all accomplishments are tangible. Action verbs are essential in the writing process at this point. In addition being able to quantify results whenever possible is also important.

The final step is assembling the resume. The following information should be included: name and contact information, summary and/or objective, education and training, experience/work history, activities/volunteering / community service, skills, honors and distinctions/awards.



Writing a great resume does take some time and effort. It also takes a good set of eyes to spell-check and proofread it (since the computer does not always catch everything). Remember the resume makes a powerful first impression so keep it simple and professional.

4-H Pledge

pledge ...
My head to clearer thinking, my heart to greater
loyalty, my hands to larger service, and my
health to better living, for my club, my community,
my country and my world.

PRINCIPLES OF DESIGN

Balance

Placing objects on either side of a center point creates a feeling of stability, that things belong together and that both sides are of similar weight.

Formal Balance Similar objects are placed at equal distance from the center point of an arrangement. Each side is a mirror image of the other side.

Informal Balance Balanced, but not the same on either side of a central point. Items may be unequal distances from the center and may be different items of different weights.



Examples of How to Achieve

To create balance, use more or less weight.

For more weight use:

- large size
- warm or dark colors
- rough, busy texture and pattern
- irregular shapes

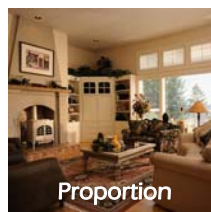
For less weight use:

- small size
- cool color
- smooth, plain texture and pattern
- small, geometric shapes

When arranging furniture, use both formal and informal balance. Formal balance helps avoid restlessness; informal balance helps avoid stiffness.

Proportion

A pleasing relationship between the size of the different parts of a design, how they relate to each other and to the whole design.



Examples of How to Achieve

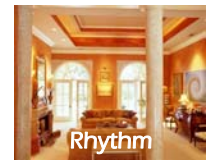
Design a pleasing relationship between the:

- amount, value, and intensity of colors
- quality and kind of textures used
- size and shape of elements or items
- furniture and the room itself

Rhythm Repetition creates movement that the eye follows from one part of a design to the next.

Examples of How to Achieve

- repeat lines, forms, shapes, colors, textures, and patterns throughout a room or project, causing the eye to move where you want it to go

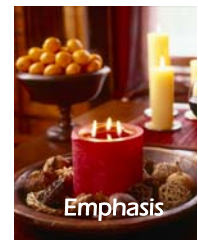


Emphasis

The center of interest or focal point in design. It draws your eye to the main idea, shape or focal point.

Examples of How to Achieve

- place things in prominent positions
- use interesting or unusual shapes and forms
- use contrasting colors
- leave space around objects
- use special lighting



Harmony

A pleasing combination of similar and different elements. Unity and variety help create harmony.

Unity – A theme or idea that helps pull different parts of a design together to create a pleasing, complete item or arrangement.

Variety – Contrast or difference that adds surprise, interest, and life to a room or design.

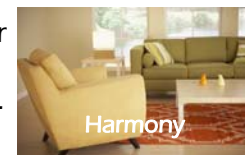
Examples of How to Achieve

To create unity:

- repeat a line, shape, color, or texture
- use similar lines, colors, shapes, or textures
- group items

To create variety:

- use small amounts of contrasting colors, textures, lines, patterns, shapes, and forms or materials
- use accessories





IS IT SAFE? FOOD SAFETY AND 4-H!

There is nothing worse for 4-H members than the disappointment of entering a food exhibit at the county fair and finding out that it has been disqualified because it was spoiled or considered unsafe! Your role as a 4-H leader is to help our youth and their family members understand the importance of food safety when preparing and exhibiting food products. Here are some tips to help your 4-H members have safe and successful food exhibits at the fair:



Remind youth to always wash their hands before and after preparing food. Encourage their family members to make sure the kitchen counters, appliances, dishes, utensils, dish cloths and towels are clean. Family pets should not be in the food preparation area. Encourage them to wear clean clothing or an apron. Long hair should be tied back. Remind them to cover the baked product or put it in a clean plastic bag when transporting the exhibit to the fair.



Advise your club members to leave the following food exhibits at home. These are not safe exhibits. Cake or brownies baked in a jar. Caramel corn or pies baked in a bag. Custard or cream filled pies. Flavored oils or vegetables marinated in oils or herbs. Fresh fruits and vegetables including fresh salsa. Homemade egg noodles. Jerky and meat filled pastries. Raw egg in any uncooked product. Sourdough or friendship bread products.

Pecan and walnut pies are acceptable, if made from a traditional recipe using eggs, sugars, and no added water or milk. There is not enough moisture in this type of pie to support microbial growth.



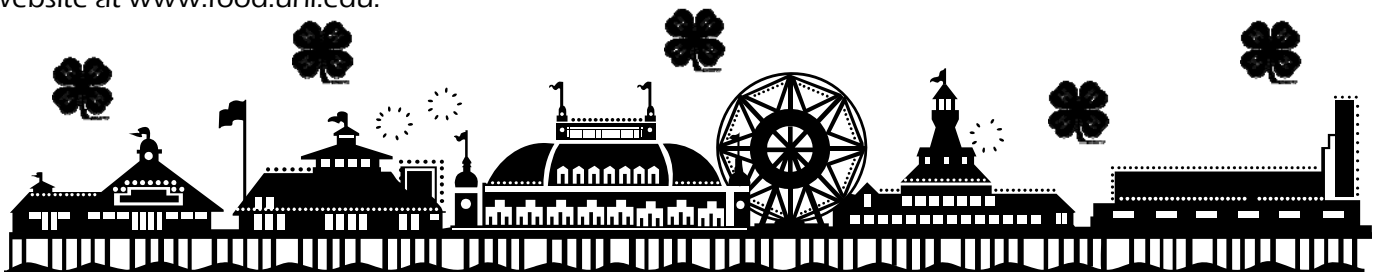
Icings and frostings made with raw eggs are not acceptable; however egg white rinses brushed on prior to baking are fine. Cream cheese frostings are only acceptable if recipe has a ratio of 4 cups sugar per 8 ounces of cream cheese. Cream cheese fillings or melted cheese toppings may result in an unsafe food product.

Here is an activity to reinforce the food safety message at your next 4-H meeting:













Recipe exchange—bring some recipes that could be county fair exhibits. Divide the club into smaller groups. Have the group select a recipe and discuss what makes this a safe county fair exhibit. Does this product require refrigeration? Would you eat this product at room temperature? Will this product hold up to its standard as it is evaluated by a judge or on display for the public?

Additional food safety information is available in the 4-H project manuals or the UNL Extension food website at www.food.unl.edu.












GUIDELINES FOR CUT FLOWER EXHIBITS

You can't control what the weather does to your plants but you do control how you prepare your exhibits.

-  Select the best. The judge will note flaws!
-  Choose the same cultivar and color.
-  Harvest with care. Cut your flowers in the evening or early morning, whichever is closest to judging time. Cut the stem several inches longer to allow for trimming. Use a clean, sharp knife to make a smooth, even cut.
-  Remove foliage from the portion of stems in the water.
-  Conditioning flowers reduces stem blockage and promotes quick water uptake.
-  The container should be a good size and shape. The opening should be large enough that stems don't have to be forced into the neck, yet small enough that blooms don't fall in and become waterlogged.
-  Grooming flowers is the last step. Carefully remove all insects, soil and spray residue from the foliage, stems and blossoms and avoid bruising.
-  Remove faded blooms, petals and ragged leaves. Remember, grooming shouldn't be evident.
-  Review rules and double check the required number of stems in the fair book.
-  Label with the flower name and cultivar or variety name so the judge can base the placing on the proper criteria.

Tips for Exhibiting Houseplants

-  Potted plants should be free of insects, diseases and damaged leaves.
-  Plants grown as houseplants must be used. No annual flowers or annual plants.

-  Foliage houseplants are judged on quality and appearance of leaves and stems. Color should be bright, clear, and typical of the cultivar.
-  Flowering houseplants are judged for their display of flowers but should not show foliage damage.
-  Plant size should be about one-third larger than the container in spread, fullness, and height. Good branching and a compact plant are most desirable.
-  Plant shape should be symmetrical. Unevenly developed plants indicate poor rotation practices in relation to light exposure.
-  Use clean containers in proportion to plant size. The color, texture, and style of the container complement the plant without drawing attention away from it.
-  Use a good quality soil or potting mix. Do not use soil from outdoor gardens.
-  Plants need to have been grown in the container for 6 weeks and are well rooted.
-  Good grooming practices keep houseplants healthy and attractive. Remove dead or damaged leaves and wipe with a damp cloth to remove dust.
-  In Dish and Desert Gardens, all plants used should have similar growing requirements, leaf shapes and textures varied, and not too busy or too sparse. Follow the exhibit guidelines and label all houseplants with the plant name on the entry tag.

**4-H Grows
Friendship
and Fun !!**





CALENDAR OF EVENTS



The Lancaster County 4-H & FFA Fair Book has complete information about entering 4-H/FFA exhibits and contests. Fair Books are available at the extension office and online at <http://lancaster.unl.edu/4h/Fair>. Many forms, helpful resources, and example videos are also at the above Web site.

4-H & FFA Parking — 4-H/FFA families can get a free 4-H/FFA car pass from the extension office (available July 5–August 3). The car pass allows a vehicle to enter the fairgrounds each day August 4–8 and park in designated areas. It does not cover admission for each individual in the vehicle (see exhibitor admission passes). 4-H/FFA families are asked to enter Gate 3.

4-H & FFA Individual Exhibitor Admission Passes — Individual exhibitor admission passes will be available from the extension office (available July 5–August 3). An individual exhibitor pass allows the exhibitor to enter the fairgrounds each day August 4–13.

General Public Gate Admission — General public gate admission tickets will be available FREE at participating sponsor locations July 1–August 13. Gate admission without the FREE ticket will be \$2. Pick up gate admission tickets FREE at Casey's General Store (over 35 locations), Russ's Market (6 locations), and SuperSaver (4 locations).



FOOD TECHNOLOGY FOR COMPANION ANIMALS

The Department of Food Science and Technology at the University of Nebraska–Lincoln has developed a new program called Food Technology for Companion Animals. This is a great major for members that love animals of all kinds and are interested in promoting their health and welfare. In fact, for members who are considering becoming a veterinarian this a great pre-professional degree to complete, providing you with career options.

Did you know that Americans will spend an estimated \$18 billion dollars on pet food alone in 2011? In order to keep up with this demand for highly-trained graduates in the industry, UNL has created the first program in the nation to specifically focus on the foods we feed our companion pets. During their four years in the program, students will have the opportunity to learn from and work with world-known faculty using state-of-the-art facilities. Students will also have the option of applying for millions of dollars in scholarships awarded by UNL and the College of

Agriculture and Natural Resources as well as from the Nestle Purina Corporation.

Food Technology for Companion Animals is also unique because graduates of the program can pursue different career paths. Graduates from FTCA can go into fields that include veterinary sciences and product development, sales and management as well as research, process operations, product safety and quality assurance positions. Starting salaries in the FTCA program are excellent. Graduates can expect to earn an average yearly salary of \$48,000. For more information please contact Ryan Kawata at (402) 472-0945 or rkawata2@unl.edu or visit the FTCA website <http://foodsci.unl.edu/ftcahome>.

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