

“Breaking Barriers – Building Bridges”

Washington State 4-H Teen Conference 2009

Morning Sessions: Session A: 8:45 – 10:45 am

(Workshop A1) Coffin Bones, Spavins, and Trichobezoars! Oh My!

Presenter: Susan Kerr, Klickitat County Extension 4-H

Hey horse enthusiast! Have you ever wondered what horses look like on the inside? Do you like the strange and unusual? Well, this workshop is for you! Be amazed and surprised as you learn the “ins and outs” of horses as you never have before. We’ll use the resources of the WSU Veterinary College to investigate the equine skeletal and digestive systems; a scavenger hunt will help participants learn about equine oddities and curiosities. You’ll never look at your project horse the same way again!

(Workshop A2) Getting Energized!

Presenter: Kirk Reinkens, WSU College of Engineering & Architecture

Spend some time experimenting with wind, water, solar, and stored energy sources. Get hands-on activities, take measurements, and run experiments. Work in teams to answer efficiency questions: How much energy is available? How much can we capture and use? How do hybrid cars save energy? What does energy efficiency mean for society? How are engineers helping address energy challenges? *Grades 10-12.*

(Workshop A3) Beyond the Show Ring....

Presenters: Jerry Newman, WSU Extension 4-H, and Jan Busboom, WSU Animal Science Department

All those days, weeks, and months preparing your 4-H animal for fair--what now? If the selection, preparation, and process was fun and exciting to you, then come explore what your future could look like. Imagine all the career paths involving animals: Education (primary, secondary, college, Extension, scientific research), the animal health industry (from veterinarian to sales rep to research and development), feed and management industries, livestock and meat marketing, meat processing and retail industry, meat inspection and grading, government policy, agriculture journalism, livestock association administration, advertising, and international trade.

(Workshop A4) Feel the Beat

Presenter: Paul Smith, WSU Honors College

Listening to music is great; playing it can be even better! In this workshop you get to make your own rattle, stick, and bell instruments from ordinary found objects and perform traditional West African percussion rhythms and “beats” from contemporary hip-hop! Learn how these rhythms connect people to their culture.

(Workshop A5) The Low Down on Logo Design

Presenter: Gerald Steffen, Extension Communication & Educational Support

Participants in this brain-storming, hands-on session will work to create the logo and slogan for next year's 4-H Summer Teen Conference. Small groups will develop visual concepts, refine ideas, and use *Adobe Illustrator* to bring together words and art. This session is for youth in the 10th grade or higher who possess an interest in art or design.

Maximum capacity 12. Grades 10-12

(Workshop A6) Vroom Vroom Party Starter!

Presenters: Michelle Kistler and Jessica Fitts, WSU Murrow College of Communication

Learn how television commercials for alcoholic beverages use humor and appealing images to build positive impressions among teens. The Murrow College of Communication lets you use its Perception Analyzer wireless dials to show how you feel about television ads as they play on the big screen. These are the same type of dials that CNN used during the 2008 presidential debates. You will also learn ways of resisting the messages of alcohol manufacturers. All participants will receive gift certificates to Ferdinand's Ice Cream Shoppe located on the WSU-Pullman campus!

(Workshop A7) "The Teen Conference News Network"

Presenters: Pamela Roberts, Jefferson County 4-H and Carey Roos, WSU Extension 4-H

Be a part of the "4-H Teen Conference News Network . . . TCNN"! This hands-on podcasting workshop will explore the personnel and technical knowledge required to produce a podcast report. Teens will be trained to use video cameras, and software to produce a 5-minute web report. This web report will be projected on Tuesday during the closing event.

Participation limit: 25 - must take both workshops A7 and D7

(Workshop A8) Caching in with GPS

Presenter: Emily Burt, Ferry County Extension

Ever heard of Geocaching? Learn how this high-tech treasure hunt can help you cache in on healthy outdoor recreation opportunities and prepare you for your future. During this workshop we start at the beginning (getting info online) and will end once the geocache treasure is found. You'll have the chance to learn new technology and discover hidden treasures on the WSU Campus. Global Positioning System (GPS) receivers will be provided. Be sure to wear hiking shoes.

(Workshop A9) Examine the Evidence

Presenter: Anna Ballard, Washington State Patrol

This workshop will allow the participant to discover what it is like in a real crime lab. Explore the expanding field of forensic science. Have a chance to put your new found knowledge to the test by examining the evidence.

Maximum capacity 15

(Workshop A10) Picture This!!” - Getting Better Photos

Presenter: Lisa Harness, Klickitat County Extension 4-H

Why do some photographs capture our interest more than others? What makes a “good” picture? This workshop will cover some simple techniques that will help improve your photographic skills and your desired results. Explore your creative control as we examine the three basic elements of exposure. By the end of the session you will have created a pocket-sized reference book and learn a simple bookmaking technique, too! This interactive session will appeal to all, regardless of your level of experience. Cameras are optional but not required. Great for anyone wanting to take better photos!

(Workshop A11) This is More than Cheesy!

Presenter: Stephanie Clark, WSU, U of I, School of Food Science

How would you like a college major where you could actually eat your experiments? Find out more about the exciting field of Food Science, which combines both science and art in a practical way. You will actually make cheese in this workshop! Learn about the science of milk and cheese (microbiology and chemistry), what food scientists do (careers), what classes to take in college (curriculum), and enjoy fresh and aged cheese curds!

(Workshop A12) College Choices, College Challenges

Presenter: Michael Wallace, Whatcom County Extension 4-H

If you are going to live away from home to go to school, possibly for the first time, it’s a no-brainer that you might find yourself encountering some adult opportunities that challenge you or make you second-guess your values. Come interact with the “Whatcom Asks Why” Drama Club as they help you explore and confront some potential risks of the post-secondary educational world.

(Workshop A13) Students of Color: Roundtable Discussion

Presenter: Mario A. Magaña, Oregon State University Extension

What are your options as a student of color to continue your education, to prepare for college, apply for financial aid, or select a college or university without going CRAZY? Most importantly, how can you promote yourself to increase your possibilities for a successful future? Participants will have the opportunity to ask questions of others who have been there and share their concerns about college life, paying for education, leaving parents and siblings behind, and living outside of home. This may be the most important discussion you ever participate in.



Morning Sessions: Session B: 11:00 – 12:00 am

(Workshop B1) Behind the Mask, Part 1

Presenter: Ben Gonzales, WSU Theater & Dance

If you could choose a different face to show the world or be a different character now and then, who would you be? In this hands-on mask-making and theatrical workshop you will have the opportunity to explore a different side of you. Gain confidence, see new possibilities, tell your story, and learn about how other cultures have used masks for centuries. **(You must also take Part 2, afternoon Workshop C1.)**

(Workshop B2) Getting into College and Paying for It

Presenter: Sol Jensen, WSU Admissions

This workshop will focus on tips and strategies for getting accepted into college and learning about the financial resources and scholarships available to students. We will also discuss what types of leadership opportunities are available for students to be involved on college campuses, including over 200 student clubs and organizations at WSU.

Grades 10-12.

(Workshop B3) The Good, the Bad and the Ugly: The Many Faces of Credit

Presenter: Jim Huber, WSECU Business Development Department

Handing over a platinum card and telling the clerk to “Charge it!” might sound glamorous, but the truth is there’s a lot to learn about building your credit, buying on credit, and protecting your credit. Join this session to get a leg up on how to use this economic tool to your advantage when the time comes and avoid common pitfalls that can cost you big time.

(Workshop B4) The Gift of Friendship

Presenter: Susan Kerr, Klickitat County Extension 4-H

Look around your bedroom—you probably have several handmade articles friends have given you. Why are handmade gifts from a friend priceless despite being free? In this workshop participants will select one of a variety of origami box designs to make for a friend. While working we’ll discuss issues related to friendship, such as giving, generosity, consideration, and more. Join us for a time of creativity, relaxation, sharing, and fun!

Maximum capacity 15

(Workshop B5) Kids Who Mean Busine\$\$

Presenter: Patrick Malone, Horizons Program

Have you ever thought of starting your own business? Youth will explore stories from other young small business owners, assess their entrepreneurial tendencies, identify a range of business possibilities, gain insights from other youth through a business idea assessment process, and then work on refining 12 entrepreneurial characteristics. The session will close by viewing an award-winning PBS documentary which features young entrepreneurs from coast to coast.

(Workshop B6) Sites & Sounds of Physics

Presenter: Tom Johnson, WSU Physics Department

Participants in this informative, yet entertaining, workshop will visit the WSU Physics Department and explore topics such as gravity, electricity, magnetism, light, and thermodynamics. Attendees are offered the opportunity to observe, discuss, and possibly participate in live physics demonstrations and experiments.

Grades 8-10

(Workshop B7) Can You Hear Me Now?

Presenter: Anna Whitehall, WSU Communications Instructor

Communication is a lifelong skill that must be developed and practiced. Communication can be especially hard when you are a teen and it seems like no one will listen to you. In this fun, interactive workshop you will learn some basic communication skills that will make it easier to get your voice heard. Learn about how to listen and speak in ways that will ensure you are part of the conversation. You have a lot of wisdom to share; now you just need to learn how to be heard. Grab your friends and come learn about breaking communication barriers.

(Workshop B8) So You Want a Job?

Presenters: Panel of business employers

Come get the scoop from those in positions to hire youth and professionals. A panel of local employers will share ideas with you as to what they are looking for when hiring and after you get the job. Come prepared to ask them questions.

(Workshop B9) Multiple Intelligences – A Different Kind of Smart

Presenter: William Freitas, Skagit County Extension 4-H

Have you ever asked "How intelligent am I?" But what is meant by "intelligent?" Research has shown that all human beings have multiple intelligences. These intelligences can be nurtured and strengthened, or ignored and weakened. In this hands-on workshop you will: learn how to recognize the different intelligences, recognize your leadership style, identify your strengths, and develop ways to apply your intelligences in your personal life.

(Workshop B10) "The Amazing Brain"

Presenter: Heather Cochran, WSU Neuroscience Program

Explore the amazing and complex world of the brain and nervous system. Touch a real human brain, learn more about your senses, and get to know the power of the nervous system!

(Workshop B11) What Are the Clues?

Presenter: Joy Faerber, WSU Extension 4-H

This workshop will explore the many clues about ourselves that we unconsciously post on our social networking profiles and blogs. We will discover how online predators use this information to earn our trust and learn more about us and even find out where we live! What can you do to avoid this from

happening to you? Come to this workshop prepared to take an objective look at your own social networking profile, learn ways to protect your privacy, and still benefit from the many online networking sites and mobile phones that are part of our lives.

(Workshop B12) Which Road Will You Take: A Map to Your Dreams?

Presenter: Heather Page, Center for Advising & Career Development

There is more than one road to success. How will you achieve the success of your dreams? Do you need to attend college and, if so, what kind of college? Many of us think that attending college means enrolling in a four-year institution. But did you know that two-year colleges can also help you achieve your dreams? In fact there are so many options available to you after high school graduation that the choices can sometimes be confusing. This workshop is designed to help you identify the different options following high school graduation and learn how you can use the different options to map a road to your dreams.

(Workshop B13) Bridge Under Construction -- Engineer at Work

Presenters: Janet Edwards, WSU Extension 4-H, and Chuck Todd, King County 4-H Volunteer

Engineers take the principles of science and math and apply them directly to making things or solving problems. Engineers help make things safe. Buildings, roads, bridges, machines, cars, toys, computers, bicycles, planes, rockets, and cell phones are just a short list of what engineers dream up or improve. They design rides at Disneyland and toys like the Slinky. They are involved in every step of these processes from designing and manufacturing to testing and repairing. Engineering is a field that offers a wide variety of opportunities for careers that are rewarding personally and financially. Review Newton's law of motion and build a bridge as you explore the world of engineering



Afternoon Sessions: Session C: 2:00 – 3:00 pm

(Workshop C1) Behind the Mask, Part 2

Presenter: Ben Gonzales, WSU Theater & Dance

If you could choose a different face to show the world or be a different character now and then, who would you be? In this hands-on mask making and theatrical workshop you will have the opportunity to explore a different side of you. Gain confidence, see new possibilities, tell your story and learn about how other cultures have used masks for centuries. **(You must take Part 1, morning, Workshop B1.)**

(Workshop C2) - repeat Getting into College & Paying for It

Presenter: Sol Jensen, WSU Admissions

This workshop will focus on tips and strategies for getting accepted into college and learning about the financial resources and scholarships available to students. We will also discuss what types of leadership opportunities are available for students to be involved on college campuses, including over 200 student clubs and organizations at WSU.

Grades 10-12

(Workshop C3) Yolates

Presenter: WSU Recreation Department

A combination of yoga and pilates exercises, this class gives the best of both worlds! Benefits include improved strength, endurance, balance, posture, and flexibility. Check out fundamentals of exercise for good health.

(Workshop C4) Sports Car or Beater?

Presenter: Dave Randall, volunteer

You got your license and now you're ready for a car! Should you go new or used? How do you make the most of that money you've saved and not end up with a lemon? Come and learn how to buy a used car and what you should consider and look for.

(Workshop C5) Who Wants to Be a Millionaire?

Presenter: Jim Huber, WSECU Business and Development

You? Then this is the workshop for you! Turns out there are some basic and easy tips and tricks to building your future fortune. Sure it takes a little discipline and a little will power, but after attending this session you'll have everything you need to develop your personal spending & savings plan and start on the road to the Millionaires' Club.

(Workshop C6) The Apprenticeship Advantage

Presenter: Evie Lawry, Department of Labor & Industries

Apprenticeship means real skills and real careers. Registered apprenticeship is an employment and education model that has demonstrated success in Washington State. Registered apprenticeship includes proven methods of learning and earning, higher wages, advancement potential, equal opportunity, and a valuable skills credential valid anywhere in the United States. Apprenticeship is a commitment that prepares you for a lifetime career-your choice-your future!

(Workshop C7) See the Periodic Table React

Presenter: Michael Finnegan, WSU Chemistry Department

Explore the visual and acoustical changes that accompany chemical reactions. You will investigate the concept of chemical reactions, thermodynamics, and bonding. You'll get a 'bang' out of this visit to the Chemistry Department at WSU.

Grades 8-10

(Workshop C8) Interviewing Strategies

Presenter: Janelle Lang, Carson Center, WSU College of Business

Trying to nab a job, get into college, or qualify for an award? You need to know how to sell yourself and present a positive impression. Learn the 'ins and outs' of successfully interviewing to give you the edge.

(Workshop C9) Beyond the Obvious - Exploring Alternative Resources to Pay for College

Presenter: Tony Garcia, Horizons Program

Most students are introduced to Pell grants, Stafford loans, and some scholarships, but are there other ways for determined individuals to get a college education without acquiring so much debt? We will review various existing financial resources that most students may never hear about, including community services and waivers, and give ideas to where little known scholarships can be located.

(Workshop C10) How To Help A Friend...

Presenter: Laurie Vanderboom, National Eating Disorders Association

Ever wish you knew the right thing to say to help a friend you think has “issues”? How about if you think they might have something serious they’re hiding...like an eating disorder? This presentation will help bring some of the issues out of the shadows and into the light. You show real leadership when you take the time to learn the simple skills needed to take on tough conversations with care and compassion. Be a true friend and learn what you can say to help a friend you think is affected by an eating disorder. Remember: eating disorders are illnesses, not choices!

(Workshop C11) Destined for Greatness: A Rites of Passage Approach

Presenter: Charles Johnson (conference speaker), National Family Life & Education Center

The number one factor in performance is self-esteem. Too often we struggle with self-confidence and, thereby, fail to maximize our potential. This workshop is designed to help participants recognize that everyone is unique and everyone has something great to offer this world. Using the ‘Rites of Passage’ model, participants will be equipped with applicable skills to implement in their own lives, as well as to enhance the lives of others. Self-confidence can help transform our mess into our message, and our test into our testimony.

(Workshop C12) Entomology: Up Close and Personal!

Presenter: Richard S. Zack, WSU Department of Entomology

Join us to learn about insects and why they are the most dangerous (and perhaps beneficial) animals on earth. You can’t imagine all the career opportunities that are available to you as an entomologist: researcher, teacher, import/export inspector, agricultural consultant, and crime investigator, to name only a few. Have the opportunity to get up close and personal with hissing cockroaches and tarantulas.

(Workshop C13) When the Economy Strikes at Home

Presenter: WSU Counseling Services

Parents are losing jobs, teens are having difficulty finding them, and everyone is feeling the strain of Washington State’s budgetary crisis. This workshop can help you recognize your own personal ways of experiencing and managing stress and help you develop attitudes and plans for more effective coping.



Afternoon Sessions: Session D, 3:15 – 5:15 pm

(Workshop D1) Designing to Optimize Personal Visual Power

Presenter: Carol Salusso, Department of Apparel, Merchandising, Design & Textiles

Practice visual literacy of clothing on the body through analyzing fashions designed and produced by our own Apparel Design students at WSU. Learn about the power of visual communication as the eye seeks visual flow and your cultural reservoir offers interpretation and meaning. Consider how powerful appearance can be in life....why not use it as a tool for expressing yourself and enjoying the power that comes from scoring visually?

(Workshop D2) Self Defense and Personal Safety

Presenter: WSU Recreation Department

This class will focus on basic self-defense moves that can be used in potentially threatening situations. Basic self-defense moves covered will include defensive stances, punches, kicks, and basic ground defense techniques. Discussions on when self-defense moves should be used and justification behind these moves is included.

(Workshop D3) Spinning a Yarn

Presenter: Lee Bates, 4-H volunteer

WOOL...is the "green" answer in fibers. Positive reasons to use wool include: non-flammable, renewable each year, insulates against cold AND warm temperatures, won't melt on your body if you are in a fire as acrylic or polyesters will, and it doesn't require carbon fuels to produce. Best of all, as a project, YOU can produce this at your own home, process it and create your own clothing from it. In this interactive workshop, participants will learn the art of hand spinning from preparing the fleece to carding and spinning the wool. If you enjoy working with your hands and working with natural fibers, this workshop is for you!

(Workshop D4) Flowers for Chance - It's LITTERally Art

Presenter: Nik Meisel, WSU Fine Arts

This is a different way to think about art! This site specific community art project and clean-up will raise awareness and make a difference! And it's a scavenger hunt...for litter that is...you find it and you flag it. Use a cell phone or digital camera to photograph hundreds of the fluttering banners that will transform the landscape. Interview astonished passersby; call the local media, blog about it! Then clean it up, leaving the space in a better place! (BTW...Chance is a dog)!

(Workshop D5) A Man's Place is in the Kitchen

Presenter: Jim Johnson, Washington State 4-H Advisory Board

Cooking is a skill that is needed to be a well-rounded person. Eating fast food all the time can make you a different kind of well-rounded person. This workshop will introduce participants to basic culinary skills. You'll dice, slice, chop, grate, puree, and more. You will be more versatile in the kitchen than a

ginsu knife! Participants will work as a team to make a salad, an entrée, and a dessert, and then you'll get to enjoy the fruits of your labor.

Boys only.

(Workshop D6) Repeat Getting Energized!

Presenter: Kirk Reinkens, WSU College of Engineering & Architecture

Spend some time experimenting with wind, water, solar & stored energy sources. Get hands-on activities, take measurements and run experiments. Work in teams to answer efficiency questions: How much energy is available? How much can we capture and use? How do Hybrid cars save energy? What does energy efficiency mean for society? How are engineers helping address energy challenges?

Grades 10-12

(Workshop D7) Repeat "The Teen Conference News Network"

Presenters: Pamela Roberts, Jefferson County 4-H and Carey Roos, WSU Extension 4-H

Be a part of the "4-H Teen Conference News Network . . . TCNN"! This hands-on podcasting workshop will explore the personnel and technical knowledge required to produce a podcast report. Teens will be trained to use video cameras, and software to produce a 5-minute web report. This web report will be projected on Tuesday during the closing event.

Participation limit: 25 - must take both workshops A7 and D7

(Workshop D8) Gearing Up for the Great Outdoors

Presenter: Emily Burt, Ferry County Extension

Do you enjoy hiking and being outdoors? Learn what to pack, what to eat, and how to be ready for overnight backpacking trips. The group will face the challenge of fitting everything you need in a pack that weighs less than 40 pounds using real gear and materials. It's harder than you think!

(Workshop D9) Make a Statement! Everything You Wanted to Know about Personal Statements

Presenter: Kim McCormack, WSU Recruiting

In this interactive presentation, students critique examples of real essays, learn the dos and don'ts of essay writing, and have the opportunity to read and rate personal statements. This session will cover topics directed towards writing admission and scholarship essays. Students will also learn college application tips and will leave feeling more confident in their college search. *If time permits, we can also cover activity lists and recommendation letters.

(Workshop D10) From Furry Coats to White Coat

Presenter: Abbie DeMeerleer, WSU Veterinary Medicine

Find out what it takes to go from having pets and loving animals to becoming the doctor who treats their illnesses and injuries and oversees their general healthcare plan. What can you do now to prepare for this exciting career? We'll also check out the WSU Veterinary Teaching Hospital. *Grades: 10th-12th;*

Maximum capacity: 20

(Workshop D11) Youth Voice: Youth Choice

Presenters: Janet Edwards, WSU Extension 4-H, and Brian Luckey, U of I Extension 4-H

You have the power to bring about significant change in the world! Learn strategies to put your voice into action. Youth Voice is the perspectives, ideas, experiences, knowledge, and actions of young people. This workshop will unravel the challenges and the opportunities that youth face in taking on a leadership role in their communities. Learn and practice the steps to get from idea to action.

(Workshop D12) Verbal Graffiti Spoken Word

Presenter: Shanyanika McElroy, WSU Extension King County

Hip-hop + spoken word poetry = Verbal Graffiti! This experience will challenge you to employ the power of written and oral expression to examine yourself, your environment, and the impact you can have on your community. Come ready for a new adventure!

Maximum capacity 15

(Workshop D13) Ruminant on This!

Presenter: Susan Kerr, Klickitat County Extension 4-H

What in the world IS a ruminant?! How can ruminants live on a diet of plants? What processes enable ruminants to turn matter that is indigestible to humans into high-quality sources of protein and other nutrients? This VERY hands-on workshop will take you from one end of the cow to the other as we explore ruminant digestive tract anatomy and physiology with faculty from the Animal Science Department and Veterinary College. Join us for a very memorable event to chew on for a long time to come!

(Workshop D14) Vroom Vroom Party Starter!

Presenters: Michelle Kistler and Jessica Fitts, WSU Murrow College of Communication

Learn how television commercials for alcoholic beverages use humor and appealing images to build positive impressions among teens. The Murrow College of Communication lets you use its Perception Analyzer wireless dials to show how you feel about television ads as they play on the big screen. These are the same type of dials that CNN used during the 2008 presidential debates. You will also learn ways of resisting the messages of alcohol manufacturers. All participants will receive gift certificates to Ferdinand's Ice Cream Shoppe located on the WSU-Pullman campus!