



University of California

Agriculture and Natural Resources

4-H Youth Development Program

Project Proficiency Q&A

When do these new proficiencies take effect? The new proficiencies are in effect July 1, 2013 but can be started as soon as they are posted.

What if I have project members who have already started a level? If youth members started a proficiency level BEFORE June 30, 2012, they may complete that proficiency by June 30, 2013 for an award this October 2013. If not, they will need to start the new proficiency on July 1, 2013 at the beginning of the new program year

Where is the youth member supposed to be identifying and choosing his or her goals from? 4-H curriculum? These proficiencies? Personal life?
 Youth will come up with their own goal out of their own heads. This is NOT coming from curriculum or the project leader. You as the project leader have a specific goal when you are leading the project, youth have similar or different goals. One may be to attend all project meetings, or another goal is to be with their friends. There are no right or wrong answers here...it is all part of learning how to set goals. The step-by-step plan is a way to learn how to achieve goals. At the project meeting you can revisit what youth are doing to meet their goals.



HELP YOUR PETS FIND THEIR WAY HOME!!!!

FREE microchip and rabies vaccination for your pet, free microchip includes registration, Compliments if Vip Pet Care and County of Santa Clara Animal Care and Control. May 19, 2013, 80 W. Highland, San Martin, CA, 12:00pm – 400:pm
 Directions: Hwy 101 to San Martin exit West; Monterey Road South ½ mile, Highland Ave on West side of Monterey Ave
ALL PETS MUST BE ON LEASH OR IN CARRIER!!!! For more information please contact Albert Escobar (408) 201-0661



Which Came First the Chicken or the Egg?

By Maria Rauwolf

Coyote Crest 4-H Poultry Project

Members of Coyote Crest Poultry Project met on January 18th, 2013. We did our monthly cleaning of the coop at the Bernal Ranch. Then we went to our leader's house and watched a video on the reproductive system of the chicken. We then labeled all the parts of the reproductive tract. We performed a skit in which each person played a different part of the reproductive system of the chicken. Now we know the answer to the question "Which came first the chicken or the egg?"

Grocery Store Shopping Spree

By Emily Friesen

Coyote Crest 4-H Club

Hello my name is Emily Friesen and I am from the Coyote Crest 4-H club. I am going to be telling you about the cooking meeting. On January 21st the cooking project met at Nob Hill Foods for our meeting. When we first went into the store we went to the flour section and talked about the different types of flour and their values. Next we went to the egg section and talked about the different eggs, sizes, colors, and prices just like with the flour. After that we split into groups of two and went to two different sections the fruits and vegetables, and the crackers and chips. We each brought three dollars and we had to choose healthy and cheap items with good quality for under six dollars. The group that was in the cracker and chip section got three items with their money! Goldfish, cheesy pretzels and graham cracker goldfish! The group that went to the fruit and vegetable section got two different items with their money! A box of blueberries and three apples! And with the extra money we had left over we bought a jug of juice! Then we came home from the store to Mrs. Friesens house and got to eat what we bought! The food was delicious and healthy at the same time! I think the meeting was really fun and yummy!



Quilting Project: Finishing the Christmas Table Runner

Lauren Oliver, age 12

Pleasant Acres 4-H

What's more fun than spending an afternoon with 4H friends quilting? That's what the Pleasant Acres Quilting Project did recently, with the objective being to finish the Christmas table runner we had worked on last time. We didn't get to complete it in time for Christmas in 2012, but we remarked that now we have almost a year to complete it! First, I finished sewing the front of it, and then I added the batting and backing fabric. Now all I need to do is quilt the top!

As usual, the meeting was filled with chatty conversation (which delayed us a bit!). And, like the last meeting, we made clever sewing puns like: "I'm sew good at this!" or "Sew, this is fun." Despite our laughs and messing around, we got a lot done in a short amount of time.

Lastly, the Pleasant Acres Quilting Project's latest meeting was a whole lot of fun, learning, and laughter, and I anticipate the next one with eagerness!

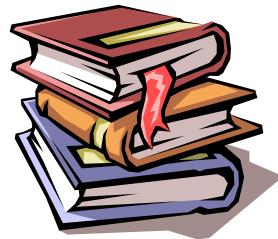
**University of California**

Agriculture and Natural Resources

4-H Youth Development Program



The San Martin 4-H Judging team has qualified again at the state qualifier. This year Mackenzie Ward was 8th, Amanda Sura was 9th, Marissa Smith was 11 and Kate Miller was 12th overall. Our team placed 3rd. That being said all of our team has qualified to travel nationally.



2013 4-H Camp Dr. Seuss Book Drive

Greetings 4-Hers! This year the 4-H Camp Youth Directors are planning to have a book drive for underprivileged kids in Santa Clara county. So if you plan on attending camp, please bring your favorite new, or gently used Dr. Suess books to camp to donate. The books will also be used for theme enhancement at camp. We look forward to having all of you at our 4-H Camp this year. Applications for campers should be out early March.

Conrad & Taylor - Youth Directors

All Star Report

By: All Stars'

Leadership Overnight (LON) was a huge success! With five sessions about National 4-h opportunities, icebreakers, self defense, boys and girls and a speaker Karla Massera. Everyone met new people and had lots of fun. I encourage all 4-H members who are in seventh grade and above to apply to come next year! Everyone had fun with the theme of Knights of the Round Table as well. Thank you to the LON staff for helping out the All Stars for this event. Make sure to pay attention for the next county event held by the All Stars.

Favorite Foods Day!

Lauren Oliver
Pleasant Acres 4-H

What's better than a room full of dessert, soup, and 4-H'ers? Well, this is exactly what Favorite Food's Day was! Everyone who entered prepared a meal plan, a dessert, and a table setting matching a certain theme. Another option was to create a one dish meal.

There were many creative 4-H'ers there! Some of the table settings that caught my eye were "A Day at the Beach," "Alice in Wonderland," a French theme, and "Christmas Eve Dinner." On the People's Choice table, where you judge your favorite dessert, I tasted many yummy creations. For example, there was a Brookie, which is half brownie and half cookie.

My theme was "Family Movie Night." Using a CD case of *Princess Bride* (one of my favorite movies), I displayed my menu inside. Also on my table setting was: a popcorn holder, a fake movie ticket, and a director's clapper. For my dessert, I prepared delicious Minty Brownies, a very rich brownie with a hint of mint.

At the awards ceremony, people all around awaited with anticipation the results. And I got a gold! Actually, most kids got very high scores – thanks to 4H Cooking Projects!

So, all in all, 4-H Favorite Food's Day was a big success. I got to meet new 4-H'ers, sample delicious desserts, and pretty much hang out around food all day! What's better than that?



Food Glorious Food-Favorite Foods Day 2013

By April Alger

Favorite Foods Day was held on March 2nd. We had a total of 25 members participate. This year we had a new category called the "4-H My Plate Challenge". In this category the member made a meal that included all five food groups. They then took a picture and included a one page description about their meal. We had seven members participate in this category. The "4-H My Plate Challenge" can also be entered at the State field Day.

While some of the members were being judged, there were several games related to food safety that members could interact with. Some of the activities were "Guess the Kitchen tool", legos, puzzles, food safety tic-tac-toe, and hula hoops. The activities were organized by the youth committee: Aaron Alger, April Alger, Emily Friesen, Paula Piva, and Santiago Piva.

This year we had two guest speakers, Helena Roberts, an agriculture biologist, came to talk about "Hawkeye" who is a California Parcel Inspection K-9. We also had a speaker from animal control Carla Setzer, who talked about how to safely approach animals. It was interesting to hear about their jobs and how they related to food and safety.

Our community service activity was decorating place-mats for "Day Break Cares", an adult day care. Day Break provides respite for care givers and activities for the clients. We were able to donate 16 place-mats to cheer the clients at lunch.

Our People's Choice Awards went to:

Emily Friesen for the favorite dessert, Rylie Weaver for the favorite one-pot meal and Cooper Delisle for the favorite place setting.

**Makeover Traditional Cheesecake-Emily Friesen**

1 3/4 cups graham cracker crumbs 1/4 cup butter, melted

2 Tbsp. confectioners' sugar

FILLING:

1 TBSP. lemon juice

1 1/4 cups sugar

1 TBSP. vanilla extract

2 TBSP. all-purpose flour

2 cups (16 oz.) 1 % cottage cheese

4 eggs, lightly beaten

2 cups (16 oz.) reduced-fat sour cream, divided

1 TBSP caramel ice cream topping

2 pkg. (8 oz. each) cream cheese

2 Heath candy bars (1.4oz. each), chopped

Place a 9-in. springform pan coated with cooking spray on a double thickness of heavy-duty foil (about 18 in. square). Securely wrap foil around pan.2. In a small bowl, combine graham cracker crumbs and confectioners' sugar; stir in butter. Press onto the bottom and 1 in. up the sides of prepared pan. Place on a baking sheet. Bake at 325° for 18-22 minutes or until lightly brown. Cool on a wire rack.3. Place the lemon juice, vanilla, cottage cheese and 1 cup sour cream in a blender; cover and process for 2 minutes or until smooth.4. In a large bowl, beat cream cheese and sugar until smooth. Beat in the remaining sour cream. Add the flour and pureed cottage cheese mixture; mix well. Add the eggs; beat on low speed just until combined. Pour into crust.5. Place spring form pan in a larger baking pan; add 3/4 in. of hot water to larger pan. Bake at 325° for 1 1/2 hours or until center is just set and top appears dull. Remove spring form pan from water bath. Cool on a wire rack for 10 minutes.6. Carefully run a knife around the edge of the pan to loosen; cool 1 hour longer. Refrigerate overnight. Remove sides of pan. Garnish with caramel topping and chopped candy.

Olive Garden Pasta Fagioli Soup Ingredients -Rylie Weaver

2 pounds ground beef
2 small onion diced (2 cups)
2 large carrots, julienned (2 cups)
5 stalks celery, chopped (2 cups)
4 cloves garlic, minced
4 - 14.5 ounce cans diced tomatoes
2 - 15 ounce can red kidney beans (with liquid)
2 - 15 ounce can great northern beans or other white beans (with liquid)



2 - 15 ounce can tomato sauce
2 - 12 ounce can V8 juice
2 Tbsp white vinegar
2 tsp salt
2 tsp oregano
2 tsp basil
1 tsp pepper
1 tsp thyme
1 pound large shell or ditalini pasta

Directions: 1. Brown the ground beef in a large saucepan or pot over medium heat; drain off most of the fat. 2. Add onion, carrot, celery and garlic and sauté for 10 minutes. 3. Add remaining ingredients, except pasta, and simmer for 1 hour. 4. About 30 minutes into simmer time, cook pasta separately, drain. 5. Add the pasta to the large pot of soup and simmer for the last 15 minutes and serve.

Inside Scoop at the Coop

By April Alger



On February 15th, at the Bernal-Gulnac-Joice Ranch, we held our monthly poultry meeting for Coyote Crest 4-H Club. We divided into two groups. One group started to clean the chicken coop, while the other group inspected bones of a chicken, trying to figure out which bone was which, and what order they went in. When the group that started cleaning finished, we switched jobs. After the chicken coop was all cleaned, and all of the tools were put away, the members got together, and using diagrams we compared the bones

of a chicken to those of a human. Most of the chicken bones were similar to those of a human. It was interesting to see how our skeleton is like that of a chicken's.

Summer Camp Sign-up

By Holly Davis

It's that time of year again; time to sign up for 4-H Summer camp. All 4-H youth members between the ages of 9 and 18 are able to attend 4-H Summer Camp. Santa Clara County 4-H Summer camp is unique because it is run by our very own youth staff and chaperoned by our very own parents and alumni. Camp will be held Tuesday, June 25th through Saturday, June 29th at the same location as last year, Camp Butano in Pescadero. Clover Day is available for 4-H youth ages 5-8 and is only one day, on Thursday, June 27th. Applications are already out for Camp Chaperones and our youth staff has already been attending leadership training meetings planning this year's camp. Camper applications and Clover applications will be online at the end of March. Sign up as soon as you can because camp is limited to the first 125 applicants. We are in need of an adult Clover Director that will organize all clover parents, carpooling and assist youth camp staff with clover activities on June 27th (we have templates to do all this work). We also are in need of an adult chaperone in charge of purchasing Arts and Craft supplies and Assisting Arts and Craft youth staff. All camp applications are online at: ([!\[\]\(104fbf564e2e5a8fbd84f31656d114c7_img.jpg\)](http://cesantaclara.ucanr.edu>Youth Development/Events/Summer Camps/)</p></div><div data-bbox=)



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Agriculture and Natural Resources

4-H Youth Development Program

29th Annual California Range & Natural Resources Science Camp for High School Students - 2013 Applications now Available



Mark your calendars for this great opportunity!

April 19th is the deadline for submitting applications for Range Camp!

Range Camp is a week-long camp experience for students ages 15-18 who have an interest in the science and conservation of natural resources in California. The camp is put on by the California-Pacific section of the Society for Range Management. Students learn plant identification, principles of livestock and wildlife management, forestry, fire ecology, hydrology and water quality, geology and soils, and management of stream and river environments. Field activities include learning to read wildlife 'sign', outdoor navigation with compasses, maps and GPS, forest management, a tour of a working ranch, and a beach BBQ. Sessions are taught by faculty from the University of

California, Cal Poly San Luis Obispo, Humboldt State, and staff from local, state and federal agencies, and private professional scientists and natural resource management specialists.

Range Camp runs from June 16th-21st at the University of California's Elkus 4-H/Youth Ranch just south of Half Moon Bay. Information and applications are available at <http://www.rangelands.org/casrm/HTML/rangecamps.html>. Cost is \$400.00. Late applications will be considered after the deadline if spaces remain.

This is a unique opportunity for students thinking about college to learn about university-level courses of study in agriculture and natural resources, and for students looking for job opportunities to talk with a variety of professionals whose careers touch on their areas of interest.

The Society for Range Management will send the top two campers as representatives to a national high school youth forum held concurrently with its annual science conference in Orlando, Florida in February of 2013.

Many Resource Conservation Districts (RCDs) are willing to help sponsor students from their areas. If you need help finding a contact for your local RCD, start at the CARCD directory page: http://www.carcd.org/rcd_directory0.aspx. For more information about camp, and help finding other potential sponsors, please contact:

Northern California: Mary Kimball, (530) 795-1520 mary@landbasedlearning.org

Central California: Theresa Becchetti, (209) 525-6800 tabecchetti@ucdavis.edu

Southern California: Cece Dahlstrom, (619) 532-2269 carol.dahlstrom@navy.mil

From the 4-H State Office

FUNDING UPDATES

- **California 4-H \$1,000 for 1,000 Service Learning Projects**
2013 Revolution of Responsibility - <http://www.ca4h.org/Support/RoR/>

2013 Application Deadlines:

May 15, 2013
July 15, 2013
September 15, 2013
November 15, 2013

Please note: University policy requires an Advisor or County Director to submit all grant applications and fulfill the requirements of UC ANR Contracts & Grants. If you plan to apply for any of the funding opportunities, please notify the 4-H Office (fxmoncloa@ucanr.edu) who will review your application prior to submission to ensure that it is as strong as possible.

SCHOLARSHIPS & AWARDS

- **Higher Education Scholarships 2013**
The Higher Education Scholarship applications are now available online. All applications will be due on **May 1, 2013 by 11:59 pm**. For more information and to apply: <http://www.ca4h.org/Resources/Members/Scholarships/>
- **Paper Clover Fundraiser, May 8th -19th** in all Tractor Supply Company/Del's stores. There are several exciting features that have been added to this spring's promotion
 - TSC will be offering a **\$5 Paper Clover** available for purchase in addition to the \$1 option;
 - a **Purina coupon** will be attached to each Paper Clover;
 - a **new incentive program for counties** to receive additional funds; and
 - a **regional 4-H award winner**, which will award \$1,000 to the top performing state in each 4-H region

The online Paper Clover toolkit is now available! You will find promotional resources like ads and web banners to help you spread the word in your community. You will also find information and planning resources to help answer any questions you may have such as an FAQ, tip sheet for in store activities, and planning calendar of all upcoming TSC events. [Click here to access the toolkit](#): user name: paperclover@4-H.org; password: paperclover

DATES & DEADLINES

- **Spring Conference “Camp Works”**
Mt. Hermon Conference Center
May 17-19, 2013
The event will be held at Mt. Hermon Conference Center from May 17th to 19th and will feature a welcome by Bob Ditter, a variety of breakout sessions and skills trainings and many opportunities for networking. In addition to his welcome, Bob Ditter will also be presenting Camp “STEP” (Specific Training for Emerging Professionals). This track is designed to ratchet up the child behavior management skill level of young directors and/or mid-level staff. For more information, visit <http://www.acacamps.org/norcal/events/spring-conference-2013>



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Agriculture and Natural Resources

4-H Youth Development Program

- We are now accepting statewide **4-H Advisory Committee applications for the 2013-14** program year. The statewide 4-H Youth Development Program (YDP) Advisory Committees are a representative group of 4-H members, adult volunteers and county and state 4-H YDP staff. The committees offer insight, review and input for the operation and management of the statewide 4-H YDP. Please note that there is now an [online](#) option to apply. We advise applicants to read the [advisory committee descriptions](#) for additional materials that may be required depending on the committee. **Applications are due to the CA State 4-H Office postmarked by May 31, 2013 or online by 11:59pm on May 31, 2013.** For more information, see: http://www.ca4h.org/Administration/Advisory_Committees/
- Save the Date: June 26-30, 2013**

The **California 4-H Horse Classic** at Brookside Equestrian Park in Elk Grove (20mins south of Sacramento)

We are offering Tenderfoot classes and Miniature Horse Classes this year. Tenderfoot classes are for those whom were unable to participate in a qualifying horse show. Also don't forget about our educational contests: Hippology, Horse Bowl, Horse Judging, Public Speaking, and demonstrations.

Hosting a Qualifying show for the 2013 California Horse Classic?

Register your show here: <http://ucanr.edu/qualifying-shows> for it to be considered a qualifying show for the 2013 California Horse Classic.

Criteria for a Qualifying Show:

- Show verified by County
- Up to 3 shows per county
- If your county has 3 horse shows 1 show must be associated with a county fair
- Each horse show must be registered
- The Horse Show must offer the same classes that are offered at the State 4-H Classic (they may offer more if they choose too)
- Show must be before June 3rd, 2013
- Management of each show is required to send show results to Sarah Watkins at the State 4-H Office
- Please submit results on this form-[Classic Qualifying Show Results Sheet](#)
- Results can be sent via email to spwatkins@ucanr.edu or faxed to (530) 754-8541 or mailed to: Sarah Watkins, CA State 4-H Office, 1 Shields Ave, DANR Building, Davis, CA 95616

The **2013 Premium for the State 4-H Horse Classic** is now published!

<http://www.ca4h.org/files/163210.pdf>

Register today! Early Bird runs through **May 1st!**

New this year: Online registration

For Educational Contest: <http://ucanr.edu/classic-educational-contest-registration>

For the Horse Classic Horse Show: <http://ucanr.edu/classic-horse-show-registration>

Looking for a Qualifying Horse show for the 2013 California 4-H Horse Classic?

Visit <http://ucanr.edu/classic-qualifiers> to find a Horse Show near you!

New Horse Classic Social Media's

Visit <http://ucanr.edu/blogs/HorseClassic/index.cfm> for updates on 2013 State 4-H Horse Classic.

Also find us and join us on Facebook- <https://www.facebook.com/events/222083951263098/>

- **State Leadership Conference (SLC)**

July 25-28, 2013 at UC Davis

Celebrating 100 years of California 4-H

"There's no place like 4-H"



The 4-H State Leadership Conference brings together high school youth from across a four-day leadership training, networking and learning experience.

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California in

Video Contest now being held! Winners will receive discounted registration fees to 2013 State Leadership Conference. For details visit <http://www.ca4h.org/Programs/Conferences/SLC/>.

Check our website, Facebook, Twitter & Instagram for updates and exciting announcements!

- **Awesome Time – SLF Workshop Proposals Needed**

Awe! When was the last time you felt awe over anything? Awe is a hard thing to revive. Things become so familiar, even a lightning bolt, or a sunset, or a 4-H project meeting. Which is why in this Centennial Year of 4-H in California – "100 Years and Thriving," we aim to rekindle our capacity for awe, for experiencing the awe of what we do in 4-H, for relishing the awe-inspiring people we know in 4-H, for the awe of strengthening our vision of the future for 4-H. Join your fellow 4-H leaders and staff for an awesome experience, a networking opportunity, and a celebration of your 4-H commitment. Come to the State Leaders Forum in Sacramento on Nov. 8 – 10, 2013. Check out the web page <http://ucanr.edu/sl2013> for information.

- **The SLF Workshop Request for Proposal Form is ready for you to fill out and submit. It is due by June 30, 2013. <http://ucanr.edu/sl2013workshop>**
- Each year for the SLF Silent Auction we find that items made by 4-Hers bring in the most money. If you know of youth who are clever and wish to donate a hand-made article that is worth \$10 or more, please contact Louise Silacci moolu@unwiredbb.com
- The Tech Team wishes to have a head/shoulder picture of each and every 4-H volunteer in California. Please submit to John Trammel techdude4h@gmail.com. Pictures should be good quality, at least 600 KB in size. Title each photo with the name and county of the person pictured.

PROGRAM UPDATES

POSTIVE YOUTH DEVELOPMENT

- **California 4-H Youth Development**

Get Connected and Plugged In to Positive Youth Development!

California 4-H has several ways to connect with us online to get up-to-the-minute updates on information affecting 4-H statewide. Don't rely on urban legend or information to pass through the grapevine—get the information as it happens and from the horse's mouth. Here is a list of the ways you can connect with us online:

- **Website:** <http://www.ca4h.org>
- **4-H Online Record Book** (yes every registered adult volunteer and every youth ages 9 and older has an Online Record Book account): <http://www.ca4h.org/4hbook/>
- **Facebook:** <https://www.facebook.com/california4H>
- **Twitter:** <https://twitter.com/California4H>
- **YouTube:** <http://www.youtube.com/user/California4h>
- **Pintrest:** <http://pinterest.com/california4h/>
- **Blog:** <http://4hvolunteercafe.wordpress.com/>
- **Instagram:** <http://instagram.com/ca4h>

We will be continuing to provide virtual opportunities for you to connect directly with us at the State Office though these social media outlets.



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4-H Youth Development Program

HEALTHY LIVING

- New Healthy Living Officer Position at Club level**

Are you looking for ways to integrate healthy living practices into your 4-H club? Starting in the 2013-2014 program year California 4-H will be adding a Healthy Living officer position to the 4-H Officer Manual. The Healthy Living officer will serve as the club's ambassador for health! By choosing to elect a Healthy Living officer your club is taking an active role in promoting healthy lifestyles. The Healthy Living officer will be the leadership for all health activities including: providing ideas on how to incorporate physical activities and healthy eating into each club meeting, write Healthy Living articles for the club newsletter, and adopting and promoting a club Wellness Plan. Please help ensure that the health "H" of 4-H is at the forefront of all our meetings, consider electing a Healthy Living officer!

The Choose Health Officer Guide developed by Cornell University Extension can be found at:

<http://www.ca4h.org/Resources/Publications/>

- Bullying: A Big Problem with Big Consequences**— Teen Talk Fact Sheet reviews the research and what can be done about bullying. [English](#) (360 K PDF) | [Spanish](#) (273 K PDF) Go to this link for free downloadable PDF: <http://www.extension.umn.edu/family/families-with-teens/fact-sheets/teen-talk-bullying.pdf>

- Bullying: A Big Problem with Big Consequences** (Teen Talk Take and Teach CD) — CD of easy-to-use resources for professionals who work with teens and their parents. Go to this link for ordering information; \$15 for the CD, which includes power point presentation, facilitator guide, handouts/activities, evaluation, resources: <https://shop-secure.extension.umn.edu/PublicationDetail.aspx?ID=1779>

SCIENCE, ENGINEERING, and TECHNOLOGY (SET)

- Earth Day, April 22**

<http://www.earthday.org/>

Earth Day is an annual day on which events are held worldwide to increase awareness and appreciation of the Earth's natural environment.

- Have you planted a tree recently?**

<http://www.4hmilliontrees.org/>

To date, over 456,034 trees have been planted as part of the 4-H Million Trees project. The BIGGEST days of the year for 4-Hers to plant trees are coming up this April. All 4-H Clubs and Units are encouraged to organize tree planting events this April to celebrate Earth Day (April 22), Arbor Day (April 26), and Global Youth Service Day (April 26-28).

RESEARCH UPDATES

- Report from National 4-H Council**

4-H Science Initiative from Inception to Impact: Methodologies, Lessons Learned, Best Practices and Recommendations <http://www.4-h.org/Programs/Science/4-H-Science-Comprehensive-Report-February-2013.dwn>

This report highlights the development, expansion and sustainability of the national 4-H Science system. The highlights of the work—intended to show how the 4-H Science Initiative was conceived, designed, implemented and sustained—are included in this report.

- Longer Meals Linked to Improvement in Health of Kids from Low-Income Families**

A new study looked at the impact of family dinners on elementary-age children, particularly the correlation between the time spent at the dinner table and the weight of children from low-income families. Study results showed that "children whose families engaged with each other over a 20-minute meal four times a week weighed significantly less than kids who left the table after 15 to 17 minutes." Read more at: <http://news.aces.illinois.edu/news/minutes-day-low-income-families-can-improve-their-kids-health/>

- **Dating Violence Linked to Family Violence, Says Study**

From Michigan State University: Researchers surveyed 180 female high school students in a poor Chicago community. The survey showed that 85% of students saw domestic abuse at home, 72% experienced violence personally and 29% were sexually abused. Researchers found a strong association between dating violence and severe levels of these types of family violence. Researchers believe that experiencing violence in the home can normalize this behavior, making it more likely that students will experience it in other situations. Read more about these findings here:

<http://msutoday.msu.edu/news/2013/severe-abuse-at-home-linked-to-dating-violence>

- **Graphic Warning Labels on Cigarette Packages Shown Effective across Demographic Level**

A new study examined the impact of graphic labels and found that pictorial warnings were effective across all demographic groups, regardless of minority status. Text-based warnings on cigarette labels have been shown to be less effective for racial/ethnic minorities than they are for non-minorities. This is believed to be due to the fact that disadvantaged groups have less ability to access, process, and act on health information. Read more at:

<http://www.hsph.harvard.edu/news/press-releases/graphic-warnings-on-cigarettes-effective-across-demographic-groups/>