

MN 2500 MI - 2349 (1995)

Center for 4-H Youth Development
College of Education and Human
Development
340 Coffey Hall, 1420 Eckles Avenue
St. Paul, MN 55108

MINNESOTA EXTENSION SERVICE

UNIVERSITY OF MINNESOTA

MI-2349-S
1995

PROJECT SELECTION GUIDE

TODAY

UNIVERSITY OF MINNESOTA
DOCUMENTS
SEP 7 1995
ST. PAUL CAMPUS LIBRARIES

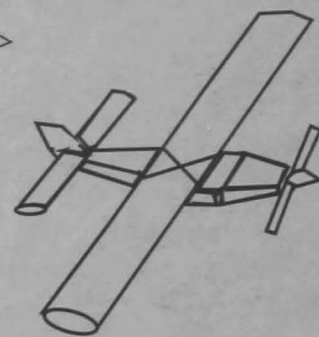


SandyArcher

This archival publication may not reflect current scientific knowledge or recommendations.
Current information available from University of Minnesota Extension: <http://www.extension.umn.edu>.

PROJECT SELECTION GUIDE

TODAY



Center for 4-H Youth Development
 College of Education and Human Development
 340 Coffey Hall, 1420 Eckles Avenue
 St. Paul, MN 55108

Urban teens represent Minnesota at National 4-H Conference

Every spring 4-H'ers from all over the nation gather at Washington, D.C. for an experience they'll never forget.

Minnesota sent four delegates to the 1994 National 4-H Conference, which was held April 10 through 16 in Washington, D.C. Delegates from outstate Minnesota were Sarah Clasen of Princeton and Dayna Ludeman of Tracy. Metro area delegates were Melissa Livingston and Talesha Mason, who are part of the St. Paul Falcons Drum and Bugle Corps. The four served as 4-H ambassadors to the national event, which hosted more than 350 youth from the United States and Canada.

"This experience shows that there is a way every kid can fit into 4-H."



Minnesota 4-H ambassadors meet Senator Wellstone on Capitol Hill. From left, Melissa Livingston, Dayna Ludeman, Talesha Mason and adviser, Brent Larson.

Minnesota has been one of the first states to successfully integrate innovative, less traditional 4-H clubs into the organization. Even though the kids from the inner city had little experience with traditional 4-H programs, they soon found ways to fit right in. Their experience with performance art and music led them both to volunteer to help organize a talent show and get other delegates to try out for it. "They began to mix very readily and

were soon involved in a leadership capacity," said Brent Larson, extension educator, Fillmore County, who accompanied the group as adviser and chaperon. Said Larson, "This experience shows that there is a way every kid can fit into 4-H."

Much of the group's time was spent in small group work sessions. However, they were able to take the time to visit Capitol Hill where they met Senator Paul Wellstone and Representative Tim

Penny. An avid autograph hunter, Talesha asked Representative Penny if he could get her the president's autograph and was thrilled when Penny presented her with a letter he had received from President Clinton. All the girls agreed this was a trip they would always remember. Said Melissa, "It was a great opportunity to do new things and meet new people, and a lot of fun too."

The Falcons Drum and Bugle Corps, a 4-H club made up of

boys and girls from St. Paul city neighborhoods, was organized by local volunteers working with Ramsey County Extension staff. It has met its goals of providing a safe environment and a sense of accomplishment for its members, and has blossomed into a real source of community pride.

Conference empowers urban youth to find solutions to violence

Any youngster can fall victim to violence. Inner city youth are especially at risk.

At a conference, *Finding a Positive Solution to Youth Violence*, held February 16-17 in Minneapolis, about 160 middle and high school youth from Minneapolis-St. Paul area alternative and public schools and their teachers were given some tools for coping with the violence in their daily lives.

Co-sponsoring the conference were the Youth Training Institute; the University of Minnesota College of Education and Human Development, Center for 4-H Youth Development; the Minnesota Departments of Public Safety and Drug Policy; the State Attorney General's Office, the Minneapolis Youth Coordinating Board; Twin Cities Kwanzaa Committee; and the Minnesota 4-H Falcons Drill Team.

"With this kind of collaborative effort, 4-H is entering another dimension without losing sight of the original mission: to promote positive youth development through support for communities, organizations and families," says Vant Washington, Ramsey County extension educator who helped facilitate the program. "I believe 4-H will play a key role in bringing youth with various cultural backgrounds together to learn about each other."

The conference's aim was to teach youth how to handle con-



Melvin Giles, AIDS Coordinator, Catholic Charities

flict, drugs and violence and also to train youth service providers.

Keynote speaker Dr. Andrew Chisholm, University of South Carolina, emphasized the theme of the conference, that the solution to violence lies in the hands of youth. He noted that the people most affected by a problem are the ones who have the means to solve that problem. Chisholm asked for a commitment from the young people present to try to make a difference in their communities.

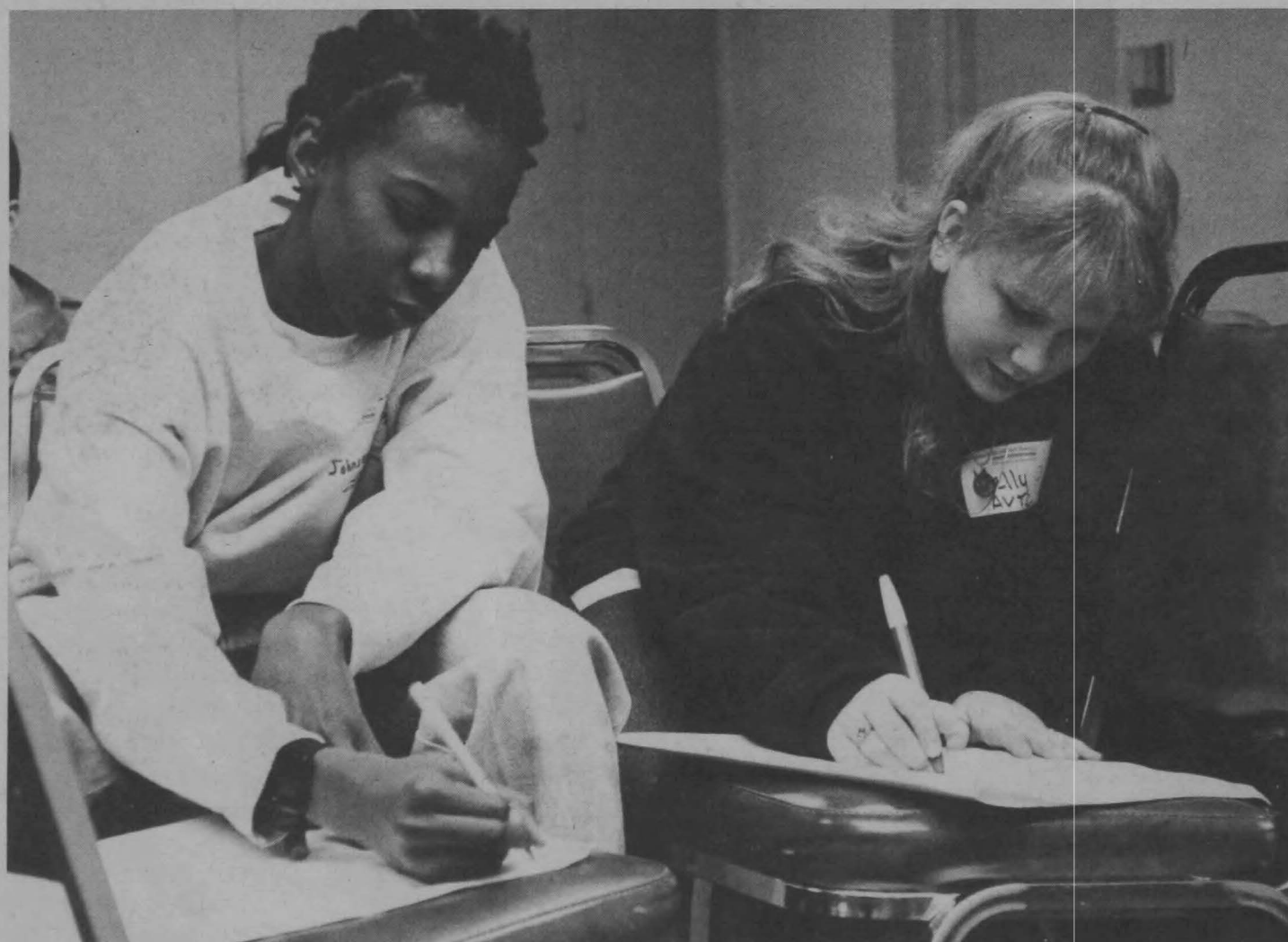
Workshops covered topics that most concern urban youth, ranging from adolescent sexuality and media stereotypes to Minnesota sentencing guidelines and youth drug treatment and intervention. Breakout groups looked at African American, American Indian, and gay and lesbian youth issues. Workshops for leaders provided information on developing youth conflict mediation teams, women's support groups, alternatives for homeless youth, and ways to empower the com-

munity through neighborhood block clubs.

"Challenges to youth today are growing," says Sara Jerpseth, extension educator working with local youth organizations to plan a second conference in May. This next collaboration with the Youth Training Institute will focus on issues of particular concern to middle school students such as school safety, family violence and ways to resist media hype. To encourage self-esteem, students will be trained to facilitate small group discussions. "Conferences such as this bring people together to help create understanding between different populations," Jerpseth believes. She feels that youth service organizations need to develop flexibility and open-mindedness to the situations that exist, because demographics are changing so much and so quickly.

Rex Marshall, conference organizer and director of the Youth Training Institute, agrees that this kind of interaction can help stem the violence. He says, "We have to begin to empower the young people. Youth issues need to be addressed, and adults need to be there to listen to them."

Violence is multicultural, Marshall believes; it affects not only African Americans, not only urban youth, not only the poor, but the entire community. "If we don't begin to address the root causes of violence," he says, "it's going to be everybody's problem soon."



Participants at violence conference

Day-to-day Center activities transform 4-H vision into reality

A Message from Carol Shields, Acting Director, Center for 4-H Youth Development, College of Education and Human Development

Last year, the Center defined its vision and mission and planned their implementation. The idealism and lofty goals expressed in these statements are ground in some very fundamental principles. The Center is now focusing on transforming its vision and mission into everyday action in communities.

We will be guided by our belief in three fundamental principles:

- youth participation is essential
- experiential learning methods are preferred
- caring adults are necessary for program success

The Center will support youth development efforts in every county by partnering with faculty in the College of Education and Human Development and the larger University. This will allow the Center to generate new knowledge, to apply existing knowledge to practical issues and to identify new topics for future study.

This is an exciting time to work in the youth development field. There is an infinite number of ways that we can support youth in communities. Making the best use of our resources must be done in partnership with Extension educators, volunteers, youth, community partners, schools,



Carol Shields

service organizations and University faculty. Our direction will come from the diverse voices of those who are committed to the vision and mission. 4-H Youth Development programs will continue to focus on those principles that will make a positive impact on young people's lives.

Vision:
Every community to foster comprehensive sustained nonformal youth development opportunities for all its young people.

Mission:
To promote positive youth development through support for communities, organizations, and families in the education of their children.

Safety camps make learning fun

Fifth-grade kids had a great day at camp while learning how to live and play safely at *Safety Day Camps* held in central Minnesota in April. Thirty-two school districts in a six-county area sent nearly 2,000 students and their teachers to six one-day sessions held at the Brainerd High School Farm April 18 through 21 and at the Wadena County fair grounds April 25 and 26.

"We try to make the learning as experiential as possible," says Wadena County extension educator Tom Hovde, who co-chairs the program for the Minnesota Extension Service. "Children learn best by doing, so we give them hands-on experiences. For example, they can learn the dangers of hypothermia by plunging their hands into a bucket of ice water and seeing how long they can stand the cold." Another popular activity is a *Hazard Hunt* where children try to recognize dangerous situations inside the home and out of doors.

Campers can choose from several activities including safe bicycling and in-line skating; water safety (stressing hypother-

mia); animal bite awareness and safety around domestic animals; outdoor survival; avoiding entrapment in snow, sand or grain; lawnmowers and tractor/PTO equipment safety; and first response techniques.

Extension educators from Aitkin, Cass, Crow Wing, Morrison, Todd and Wadena counties serve as instructors, with help from local agencies and businesses such as law enforcement, ambulance services, the electric company and lawnmower dealers.

Objectives of the program are to have children learn about potential home and farm accident situations, develop hazard recognition skills, learn how to live and play safely and understand



Hands on demonstration of the dangers of grain bins is given 1994 Safety Day Campers by Tom Hovde, extension educator.

emergency and first aid techniques.

According to Hovde, the program, which is in its second year, has been an overwhelming success. In 1994, nearly 1,400 students and teachers participated; in 1995, about 2,000 from 78 classrooms registered. After their day at safety camp, the kids go back to the classroom to review what they learned. Teachers are given packets of safety education

materials and ideas they can use to create more "live-action" safety learning experiences. "This is an important part of the program," says Hovde, "because with elementary school age youngsters, you need to repeat the message many times to make it effective."

...in the
Spotlight!

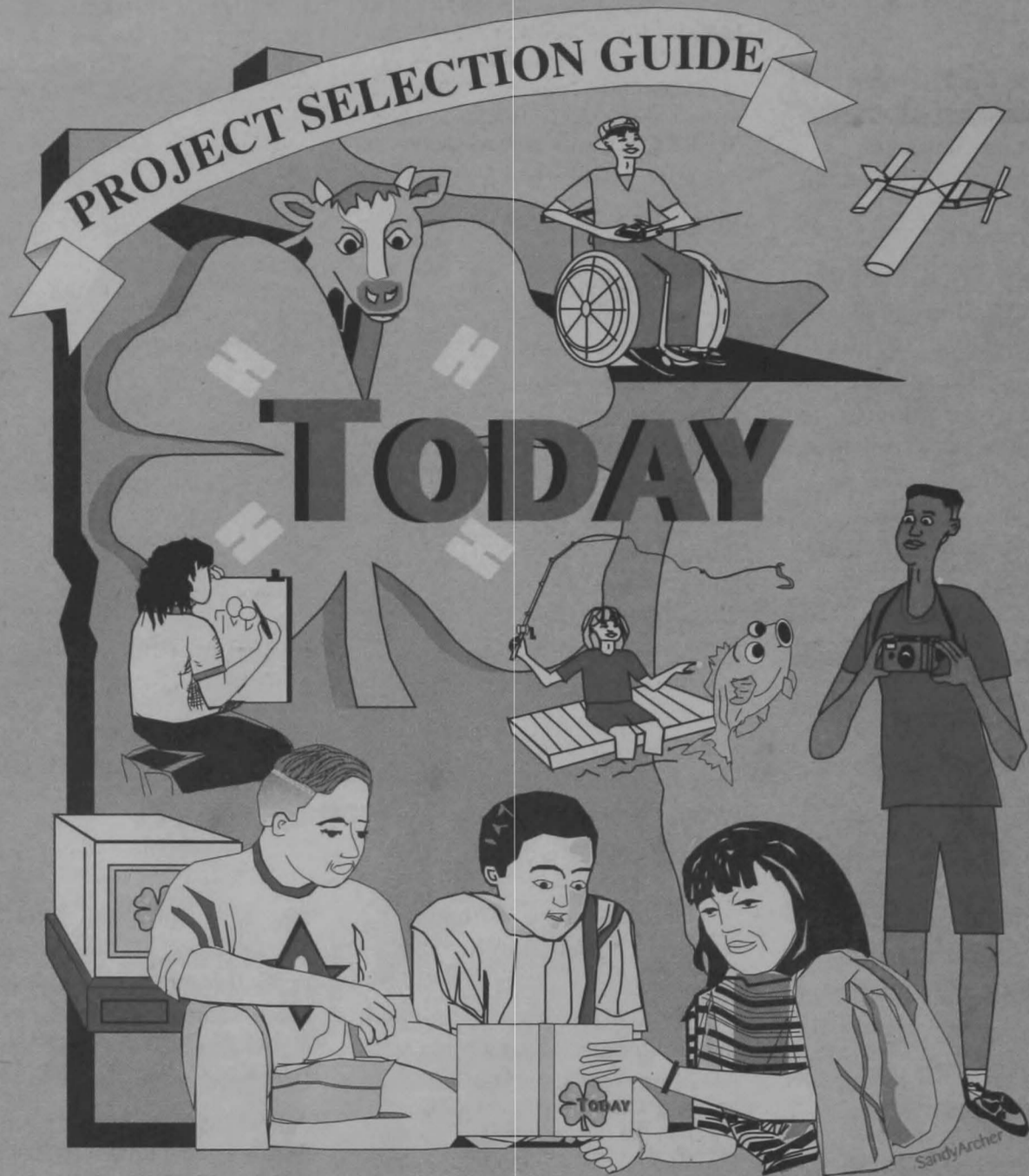


Jason Caskey, 18
Holland
Pipestone County

4-H Awards and
Recognition 1994 State
Winner in Sheep Project
Area

Career choice:
Animal Science

"Through 4-H, I have had the opportunity to develop and explore an interest in Animal Science, one that I plan to continue to pursue in college. 4-H gave me the necessary information I needed to start and operate my own sheep enterprise. 4-H has presented positive challenges for me, not only in project work, but in leadership and personal development as well."



GROW AND HAVE FUN IN 4-H

Welcome to 4-H, the largest youth organization in Minnesota! You're among 300,000 young people and 22,000 adult volunteers who will learn, grow, and have fun in 4-H this year.

4-H is for all kids, no matter whether they live in cities, towns, or rural areas...no matter what their race, religion, gender, or disability. It's part of the University of Minnesota, so programs are based on University research about kids and learning. Inside, you'll find information on just about any project or activity that might interest you. And besides these projects, 4-H has programs that deal with current youth issues. You can teach others about alcohol decisions, sharpen your public speaking skills, travel to other countries, help your community solve problems, or explore new directions for your career and lifestyle. Ask your county Extension educator if you have questions.

HOW TO SELECT YOUR 4-H PROJECT

Make a list of things you like to do, or want to learn about. Talk over your list with your parents, leaders, and friends. Then compare your list with the projects described in this guide. There may be other projects in your community, too. Ask your county Extension educator, whose number is on the back page.

If this is your first year, take one or two projects. You can spend more than one year in a project, if you want. The age ranges listed for projects are just suggestions. Some projects have more than one unit, but if you have some experience in the project, you may not need to take the first unit. Most kids take the units in order.

Be sure to notice the project number at the beginning of each listing. Use that same number when you fill out your Member Enrollment Form or Re-Enrollment Form, if this isn't your first year.

GETTING INVOLVED

You've probably heard of 4-H clubs, and that's a great way to be involved. But there are also special 4-H programs in your school and many other short-term projects. Each of Minnesota's 87 counties has a 4-H Extension educator who can tell you what's going on right in your community...their phone numbers are on the front page of **4-H Today**. The general state number is (612) 625-9700 or (toll-free in Minnesota) 1-800-444-4238. **4-H Today** is for parents as well as kids. Pass it on to your parents so they can read the articles about current 4-H programs. In many homes, 4-H is a family activity. Your parents can be part of 4-H, too, by sharing their skills and interests with young people.



BEEF

Beef Steer (1001)
Breeding Heifer (1002)
Market Heifer (1003)
Cow/Calf (1004)
Feeder Calf (1005)
Dairy Steer (1006)

In the beef project, you'll have fun learning how to select, feed, care for and show any of these beef animals you choose to raise:

If you plan to show your animal, you'll need to register it with the county Extension office by May 1. All market animals must be owned by the 4-H'er or immediate family. Heifer and cow/calf project animals may be owned or leased. Animals may be grade, purebred, or crossbred, except for dairy beef, which must be purebred.

CAT

Cat (1101). You'll have fun getting to know your family cat better and sharing your knowledge and skills with others.

DAIRY

Dairying has come a long way since every farm had a cow or two! Young people who want to be part of the dairy industry of the future have to prepare themselves for all phases of dairy technology. Members and leaders have the chance to explore manufacturing and marketing dairy products, scientific dairy research and related agribusinesses.

You may lease (prior to first freshening) or own a dairy animal. June 1 is the deadline to identify your animal at the county extension office if you intend to show it.

Adventure in Dairyland (1150). Without having an animal, learn about dairy animals, milk and milk products—especially useful for urban and rural nonfarm youth as well as others who wish to learn about dairy production and processing.

Calf (1151). Must be dropped between September 1 of the previous year and February 28 of the current year.

Junior Yearling (1152). Must be dropped between March 1 and August 31 of the previous year.

Senior Yearling (1153). Must be dropped between September 1 and February 28.

Two-Year Old (1154).
Advanced (1155).
 Any substitution in these two divisions must be made prior to the animal's first freshening. Two-year olds must be dropped between September 1 and August 31, advanced cows before August 31.

Herd Management (1156).

DOG

Dog (1201). Kids and dogs go together naturally and make a great combination for a 4-H project! Some 4-H dog project members learn to

train and care for their own dogs, while others raise puppies to become Leader Dogs or companions for persons with disabilities. You'll develop into a confident and responsible dog owner! Dogs may be leased or owned to be eligible to show in obedience or showmanship classes.

DAIRY GOAT

Dairy Goat (1251). Dairy goats make ideal 4-H projects, especially for younger members. The animals are relatively easy to handle and interesting and inexpensive to keep. Besides learning about animal care, you'll explore the uses of products that come from goats, such as milk, meat and fiber. Plenty of life skills building opportunities are built into the Dairy Goat project.

HORSE

Horseless (1301)
Horse (1302)
Horse Training Program (1303)
 When you own or care for a horse or pony, you feel pride and develop valuable social and physical skills. You can participate in show, trail or endurance riding, quiz bowls, or judging teams, or you can study horse science. Use the 4-H Horse Achievement Program to guide your project activities. The horse may be leased or owned. In Horseless (1301), you can learn all about horses even though you do not have a horse of your own. If you are interested in working with an untrained horse, enroll in the Horse Training Program (1303). 4-H Horse opportunities are endless.

PETS

Pets (1401). You will learn about small pets and how to take care of them. Small pets include birds, hamsters, mice, rats, guinea pigs, etc.

POULTRY

Chickens (1501)
Turkeys (1502)
Ducks (1503)
Geese (1504)
Show and Hobby (1505)
 Learn to properly care for, judge and manage turkeys, chickens, ducks or geese. You may also raise show and hobby species, which include guinea hens, pigeons, pheasant and quail. You will learn how to select and mate poultry to achieve standard characteristics and observe genetic principles.

RABBITS

Rabbits (1601). Don't think 4-H animal projects are out of your league just because you live in the city. The 4-H rabbit project is ideal if you live in an urban area or on a small farm where lack of space, facilities or money makes it hard to raise larger animals. Rabbits are farm animals just like other livestock, and they give you experience in feeding and managing animals for fun and profit.

SHEEP

Breeding Ewe (1421)
Market Lamb (1422)
 You'll explore all aspects of sheep raising: animal selection, care, feeding, record-keeping and marketing. You can focus on market lambs, breeding sheep or both. You'll learn to appreciate animals and understand the sheep industry. You can raise or show purebred or crossbred yearling

ewes, aged ewes or market lambs. Ewe lambs and market lambs must be born on or after January 1 and be identified by May 10; market lambs must be weighed by the same date.

SWINE

Barrow (1431)
Gilt (1432)
Litter (1433)
 Learn all aspects of raising hogs: animal selection, care, feeding, record-keeping and marketing. You can focus on market hogs, breeding hogs or both. You'll learn to appreciate animals and understand the swine industry. You may raise or show one or more purebred or crossbred gilts, barrows or litters. Barrows must be born on or after March 1 and gilts, on or after January 1. All animals must be identified by May 10.

VETERINARY SCIENCE

You can use any kind of animal, including cats, guinea pigs, mice or birds. You do not need to own an animal. You will learn to understand the animal's health and how to prevent disease. You will also gain some understanding of veterinary medicine.

The Normal Animal (1901). Learn about animal body structure, functions of organs, attitude, behavior, and health by studying the normal animal (ages 10 and older).

Animal Diseases (1902). Learn about diseases and their control: bacteria, viruses, external and internal parasites, nutritional deficiencies, poisons, stress and heredity (ages 11 and older).

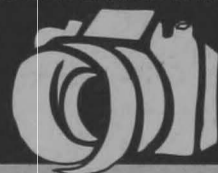
Animal Health (1903). Learn how animals and their systems overcome disease and illness, and how diseases are transmitted between animals and people (ages 13 and older).

OTHER ANIMAL SCIENCES

County and Self-Determined Project or Program (6800). Develop a project all your own if you want to study, do or make something not included in the listed projects. Set your goals, develop your own record and describe your progress and accomplishments (ages 13 and older).

There are also opportunities for youth who don't live on farms in each of the animal science project areas.

Expressive and Communication Arts



CREATIVE ARTS

Creative Arts (7801). Learn about art materials and explore new ways to express yourself. Draw, paint, model, carve, design, print, letter, construct, make puppets and learn about works of famous artists. Share your artistic skills and talents with others in your community, and enjoy the excitement of creative activities and the way they enrich your life.

(Project Guide continued on page 8)

...in the Spotlight!



Lynn Friedrichs, 19
Stewart
McLeod County

4-H Awards and Recognition 1994 State Winner in Leadership Project Area

Career choice:
Business or Law

"For over 10 years now, 4-H has been a major part of my life. It has helped me grow and develop into the person I am today. 4-H has helped me become a leader in all I do. 4-H's importance in my career choice is developing me into the person I am and helping make my chosen profession more obtainable. 4-H has made me a leader and a leader is what I need to be in the business world and beyond."

VISIT TODAY'S 4-H! SCENES FROM MINNESOTA PROGRAMS



CREDITS
4-H Today
Project Selection Guide

Educational
Development System,
Minnesota Extension Service:

Phyllis Jenks
Managing Editor
Lisa Peck
Graphic Designer
Nancy Goodman
Writer
Sandra Archer
Cover Illustration

**CENTER FOR 4-H
YOUTH DEVELOPMENT
COLLEGE OF EDUCATION AND
HUMAN DEVELOPMENT**
340 Coffey Hall
1420 Eckles Avenue
St. Paul, MN 55108
(612) 625-9700
1-800-444-4238



4-H PLEDGE

I pledge:
MY HEAD to clearer
thinking,
MY HEART to greater
loyalty,
MY HANDS to larger
service,
MY HEALTH to better living,

for my **FAMILY**,
my **CLUB**,
my **COMMUNITY**,
my **COUNTRY**,
and my **WORLD**.

Note: The word "family" appears
in the Minnesota pledge but not in the
national version.



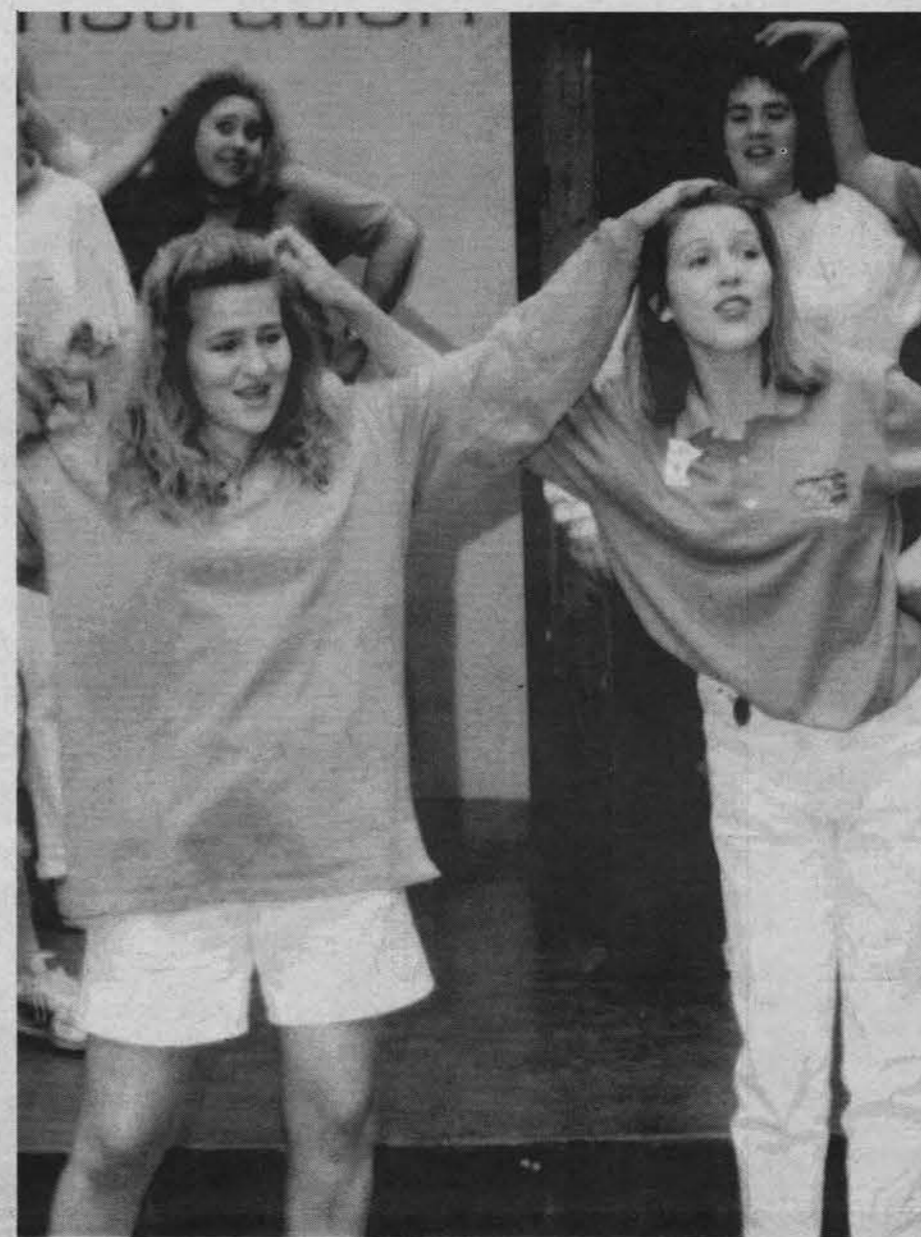
RUTH KLOSSNER



NANCY JOHNSON



DEAN BARTSCH



DEAN BARTSCH



RUTH KLOSSNER



DEAN BARTSCH



Center for 4-H Youth Development

Richard Byrne,
Director, Center for 4-H
Youth Development
Program Leader, MES
College of Education and
Human Development

Linda Bradley,
Youth EFNEP Coordinator

Stephan Carlson,
4-H Youth Development
Educator

Annette Drewes,
Aquatic Education Specialist

Trudy Dunham,
Research Fellow

Jan Hively,
Collegiate Program Leader,
College of Education and
Human Development

Laurie Jensen,
Prevention Program
Coordinator

Jim Lewis,
Executive Director,
4-H Foundation

Cynthia McArthur,
4-H Youth Development
Educator

Deb Noll,
Development Associate

David Pace,
4-H Youth Development
Educator

Brad Rugg,
4-H Program Coordinator

Byron Schneider,
Extension Youth Policy
Education Coordinator

Tony Seykora,
Professor, College of
Agriculture, Department of
Animal Science and Dairy

Carol Shields,
Acting Director, 4-H Youth
Development, College of
Education and Human
Development

Carla Tabourne,
Assistant Professor, College of
Education and Human
Development

Joyce Walker,
4-H Youth Development
Educator

Thomas Zurcher,
4-H Youth Development
Educator

This publication was produced by the Educational
Development System, Minnesota Extension
Service.
The University of Minnesota, including the
Minnesota Extension Service, is an equal
opportunity educator and employer.

Printed on recycled paper with minimum
10% postconsumer waste.

This material is available in alternative formats
upon request. Please contact your Minnesota
County Extension Office, or, outside of Minnesota,
contact the Distribution Center at (612) 625-8173.

...in the
Spotlight!



Rachel Eggimann, 18
Jackson
Jackson County

4-H Awards and Recognition 1994 State Winner in Fashion Revue Project Area

Career choice:

Elementary Education or Political Science

"Although I'm still exploring my career options, I know my experiences in 4-H and the clothing projects will be invaluable in whatever career I choose. No ribbon or award can outshine the knowledge, friendships and life skills that the 4-H program has given me."

(Project Guide continued from page 5)

VISUAL COMMUNICATION

Photography

Adventures With Your Camera (7701). Learn all about simple cameras, film, flash devices, lighting, putting people in pictures, basic composition, telling a story with pictures, preparing an exhibit, and caring for your camera, negatives and prints (for beginners).

Exploring Photography (7702). Focus on more detail about types of film, lighting, composition, advanced cameras and special effects. You may wish to enroll in 7701 for more than one year before selecting this unit.

Adventures With Adjustable Cameras (7703). This unit is for the person who has good photographic knowledge and a manually adjustable camera. You will learn about different lenses, stopping motion and low-light photography and exposure adjustment.

Darkroom Techniques (7704). Learn to select equipment, set up a darkroom, process black-and-white film, make black-and-white enlargements from negatives, use enlarging techniques and mount prints. (Successful completion of at least 7701 and 7702 is recommended.)

How to Produce a Slide Show (7705). Be creative and make your own slide show. You will learn how to make the slides as well as how to produce a show in five easy steps. (Successful completion of at least 7701 and 7702 is recommended.)

Advanced Photography Skills (7706). Specialize in advanced photography by enrolling in Investigating Portraiture, Fitting a Darkroom Into Your Life, Making the Most of Your Photo Skills in Your Future Career, Solving the Mastery of Publicity Photos, Experimenting With Your Enlarger, or Color Printing Techniques. (Successful completion of Photography Units 7701-7703 is recommended before enrolling in these activities.)

Video

Beginning Video (7601). Explore basic equipment, composition and shooting techniques. Beginners should have a video camera to use.

Intermediate Video (7602). Learn how to tell a story through video. This unit will help you with planning, story creation, more advanced camera techniques, lighting, and basic editing.

Advanced Video (7603). Learn all you can and make high quality videos by working by yourself or with a friend. (Successful completion of 7601 and 7602 is recommended.)

Video Production Team (7604). This is for members working regularly throughout the project year with a multi-camera production team (cable, school, etc.). Request video materials from Units 7601, 7602 or 7603.

OTHER EXPRESSIVE ARTS

Performing Arts. This is a flexible, self-directed project emphasizing experimentation in music, theatre arts

and stage presentation, including skits, plays, clowning, public presentations, reading, stage design and construction, costume design and technical work. **A Share-the-Fun Leader's Guide (4H-BU-2013)** will help leaders develop their program; members develop this as a self-determined, self-study project (ages 6-19).

County or Self-Determined Project or Program (6800). Develop a project all your own if you wish to study, do or make something not included in the listed projects. Set your goals, develop your own record and describe your progress and accomplishments (ages 13 and older).



CHILD AND FAMILY DEVELOPMENT

Playing With Children I (9100). Become a super big brother or sister or an excellent babysitter. Learn about children's basic needs, helping with play activities and using books and stories. Recommended: enroll for two to three years (ages 9-11).

Working With Children II (9101). Continue activities and ideas learned in the first project. Learn about growth and development of children, choosing and using toys, safety and babysitting. Enroll for two to three years (ages 12-14).

Living With Children III (9103). Build on ideas and experiences from previous projects and learn about parenting, discipline, feelings, television and careers. Through reading, discussion, activities and working with a child, you will be able to apply what you've learned. Enroll for two to three years (ages 15-17).

Teens Learning About Children IV (9102). An individual study project using family-life fact sheets as resources to study three or four topics in depth. Enroll for two to three years (ages 18-19).

CLOTHING AND TEXTILES

Beginning Clothing I (9211). Learn how to buy, make and care for clothes that do something for you. Learn about grooming; selection, use and care of the sewing machine; fabrics; and care of clothing. Make a tote bag, wall hanging, bike bag, chef's apron, ski bag or pillow. For first-year clothing and textiles members (ages 9-10).

Beginning Clothing II (9212). Learn how to select a hairstyle and make the most of a professional hair appointment. Learn how to select clothes that make you look your best, what to consider when planning a wardrobe, how to select patterns and fabrics, and how to make a simple garment: T-shirt, skirt, top, jumper, simple pants, or shorts (ages 10-11).

Beginning Clothing III (9213). After mastering the basic skills, you are ready for new techniques. Learn more about fabrics and interfacings. Learn how to make simple pattern alterations, fit a garment and be a wise shopper. Make a garment or outfit

using construction techniques: collar, set-in sleeve, buttons and buttonholes (ages 11-12).

Intermediate Clothing (9214). Learn more about clothing, fabrics and grooming. You will have an opportunity to use different types of fibers and fabrics. Make a garment using one or more of these construction techniques: top stitching, lining, pockets, ribbing and others. Members should remain in this project for two to three years (ages 13-15).

Advanced Clothing (9215). Exploration in Clothing and Textiles. Explore a topic that interests and challenges you: clothing alterations, clothing needs of handicapped or elderly persons or of infants and children, wearable art, outfit showing cultural diversity, using fabric you've never sewn with (suede, satin, microfibers, etc.), studying advertising for clothing promotions. This is the main project for all advanced members (ages 16-19).

Tailoring for Teens. Learn how to tailor a garment using either custom or simplified tailoring techniques, pad stitching, taping the lapel roll line, using fuseable interfacings, lining a garment and making shoulder pads.

CONSUMER EDUCATION

Super Shopper (5051). Learn how to make shopping decisions by understanding basic ideas about money, stores, quality, quantity and prices. You will also learn about wants, needs, values, basic shopping tips, and your rights and responsibilities as a shopper (ages 9-12).

Teaching Super Shopper (5052). By becoming a leader for a project, club or community group, you can help others learn about and practice decision making, advertising, comparative shopping, and consumer rights and responsibilities (ages 13 and older).

FOOD AND NUTRITION

Food for Fun and Fitness—Beginner (9311). Learn about food preparation, nutrition, dietary guidelines, food buying, fitness and a healthy lifestyle. You will learn through reading, food preparation and participation in activities (ages 9-12).

Food and Fitness Choices for You—Intermediate (9310). Learn to make healthful food choices and carry out fitness activities that suit you. Find out about snacks, fast foods, packed lunches, food excesses and the health problems they cause. Prepare and serve new foods and an entire meal (ages 12-14).

The World of Food and Fitness—Advanced (9317). Choose, plan, carry out and evaluate an individual study of some area(s) of nutrition and fitness. Topics include nutrition updates, diet and disease, food and fitness, food supply, food safety and additives, weight control, food fads, world hunger, international meals, careers, athletic diets, eating disorders, wild edible plants and nutrition during pregnancy (ages 15-18).

Food Preservation (9312). Use the latest techniques as you learn the fun of freezing, canning and/or drying fruits, vegetables, meats, fish, game and juices; make jams, jellies and preserves using current recipes; preserve foods to use as gifts.

Breads (9313). Learn about the nutritional value, ingredients, methods and serving of quick breads, white breads, sweet breads, whole-grain breads, specialty breads and cereal products, and international breads.

Dairy Foods (9314). Learn about nutrients, milk products, forms of milk, yogurt, nonfat dry milk, cheese, butter, cream, ice cream, buying food, giving a demonstration and careers. Prepare and serve dairy foods; develop menus; create recipe files; understand and practice fitness; and share knowledge through posters, puppet shows, illustrated talks and demonstrations.

Meats (9315). Learn about meat inspection, grading, quality, cut identification, selection, pricing and buying, microbiology, storage, cookery and nutrition to become a better informed consumer of meat products.

Microwave Cooking (9316). Learn to understand and use a microwave oven safely and how to prepare snacks, breakfast, lunch, desserts and dinner.

HOME ENVIRONMENT

Exploring Your Home—I (9411). Take a new look at your home and the people who live there. Learn about home care and how to make your home and yard more attractive (ages 9-10).

Where I Live—II (9412). Learn more about taking care of and improving your home. Carry out a project on home care, repair (inside and outside), storage, design, refinishing, recycling, heritage and energy resources (ages 11-12).

Home Environment—III (9413). Plan and carry out an independent, in-depth study on one or two topics: furniture styles; interior design; re-decorating; remodeling; house plans; buying a home, furnishings or appliances; storage areas; energy retrofitting; etc. (ages 13 and older).

NEEDLE ARTS

Knitting (9220). Learn basic knitting through advanced stitches, terms and tools while having fun. Appreciate the beauty of knitted items.

Crocheting (9221). Learn basic crocheting through advanced stitches, terms and tools while having fun. Appreciate crocheted items.

Needlework (9222). Develop skills and appreciation in needlework: counted cross-stitch, needlepoint, crewel, hardanger, tatting, ethnic stitchery, hand quilting, etc.

OTHER HOME ECONOMICS

County or Self-Determined Project or Program (6800). Develop a project all your own if you want to study, do or make something not in the listed projects. Set your goals, develop your own record and describe your progress and accomplishments (ages 13 and older).

Mechanical Science

AEROSPACE

Model Rocketry (4051). Build and fly model rockets. Start with simple stage models and eventually design and fly your own (ages 9 and older).

Model Airplanes (4052). Learn the principles of flight by building and flying your own model airplanes. Show your plane to others at the county fair (ages 9 and older).

Flying (4053). Have you ever wanted to fly an airplane? You will learn about instrumentation, navigation, radio communications and weather. Great introduction to actual flight training (ages 12 and older).

BICYCLE

Bicycle (4211). Bicycling is a good way to get to work or school, stay fit, have fun and help the environment. Learn how to make bicycling a lifelong activity. Use the 4-H Bicycle Advancement Program to guide your project. Learn how to ride more safely, how to fix your bike or how to be part of bicycle events in your community. Become involved in off-road biking, touring, or racing. Come to Pedal Power Camp, for 11-17-year olds. The State Fair 4-H Bike Event is a great way to test your biking skills.

COMPUTERS

This project will help you use micro-computers in 4-H and in everyday life. Computer not required for beginning level. Access to a computer is required for advanced levels.

Learning About Computers—I (4311). Learn the basic parts of computers and how they function together. Become familiar with the important keys and how to use them, including how to use the computer as a calculator. Learn to run simple, existing programs from disk or tapes. Learn one or two commands for the BASIC computer programming language. Become familiar with terminology. Share your knowledge with other members (ages 9 and older).

Learning About Programming—II (4312). Learn BASIC programming commands using a learn-by-doing approach. Use the commands to write, run and list simple programs. Learn simple flowcharting to illustrate how your programs work. Share your knowledge with other members through demonstrations and/or illustrated talks (ages 9 and older).

Using Computers in 4-H Projects—III (4313). Flexible, self-directed project emphasizing use of the microcomputer in various 4-H activities. Learn practical applications, polish your programming skills, explore a new programming language, discover career opportunities in the computer field or explore other interests. Share your knowledge with other members (ages 12 and older).

ELECTRICITY

Discover the exciting potential of electricity and how it can be used effectively and efficiently.

Exploring the World of Electricity—I (4101). Learn about simple electrical circuits, electrical terms and how to measure electricity (ages 9 and older).

Electricity's Silent Partner—Magnetism—II (4102). Discover the relationship between electricity and magnetism and the way they work together (ages 10 and older).

Working With Electricity—III (4103). Learn what electricians and electrical engineers do as you plan a safe home wiring system; use basic electrical equipment and tools; study wires, codes and basic electrical connections; and learn how to ground and maintain home electric equipment.

Electricity for Family Living—IV (4104). Survey your home's electricity use, including proper use of lighting, lamps and fixtures; operation of electrical appliances and motor-driven appliances; and how to maintain safety and energy conservation.

Introduction to Basic Electronics—VI (4105). Discover the principles of electronics, beginning with the flow of electrons and current and moving through the functions of resistors, capacitors, transistors and solid-state components.

SMALL ENGINES

Study two kinds of engines—four-cycle and two-cycle. Learn how they work, how to service and fix them, and how to safely operate machines that have these engines.

Small Engines—I (4221). Learn the two kinds of engines, then study the four-cycle engine by disassembling, identifying parts, and checking compression. You will disassemble a carburetor and air cleaner, identify parts, and service or adjust. Check and adjust ignition, clean and regap spark plugs, and start engines safely.

Small Engines—II (4222). You will do the same as in Unit I except with a two-cycle engine.

Lawn and Garden Equipment (4223). Learn about the kinds of machines that use small engines—lawn mower, rotary tiller, edger, trimmer, shredder/bagger, power vacuum, leaf blower and rotary hoe. Learn how to operate, service and maintain each machine.

TRACTOR

Tractor and Farm Machinery Care and Safety (4241). If you are 14 or 15 years old and you want to operate tractors and machinery off your own farm, you will need to take this course to receive a legal license to work on other farms. You will learn how to safely operate tractors and machinery and will receive a certificate of completion (ages 14 and 15).

OTHER MECHANICAL SCIENCES

County or Self-Determined Project or Program (6800). Develop a project all your own if you want to study, do or make something not included in the listed projects. Set your goals, develop your own record and describe your progress and accomplishments (ages 13 and older).

...in the Spotlight!



Kristen Vathauer, 19
Red Lake Falls
Red Lake County

4-H Awards and Recognition 1994 State Winner in Food and Nutrition Project Area

Career choice:

*Agricultural Education/
Extension Service*

"The Food and Nutrition Project has truly changed my life. Because of the many valuable skills and knowledge that I have gained from this project, I have developed a healthy lifestyle, gained valuable communications skills, learned how to work with and help others, and have acquired many lifelong skills. I have decided to major in Agricultural Education in college and pursue a career in Extension. The 4-H program has been very influential in making my future career choice."

...in the
Spotlight!



Katie Carroll, 17
Austin
Mower County

Current Project:

Lambing

Career choice:

Medicine

"I've learned many leadership skills in 4-H through the activities and opportunities that are offered. I participated in the Minnesota/Mexico cultural exchange sponsored by the Kellogg Foundation about two years ago and that was a highlight in my 4-H career. Since then I've been interested in learning about different cultures and studying languages."

Natural Resources



THE ENVIRONMENT

Exploring the Environment (3101). Take trips or hikes to a forest, field, or stream, make collections, and learn about plants, trees, insects, animals and birds. Learn how you can help manage waste (grades 4-6).

ENTOMOLOGY

Entomology (3220). Learn about insects and look into their complex world. Make a collection net, killing jar, pinning block, spreading board and display case. Learn experimental techniques, do some research and study careers (grades 4 and up).

FISHING SPORTS

Beginner Angler (3601) (grades 4-6).
Intermediate Angler (3602) (grades 7-9).
Advanced Angler (3603) (grades 10-12).
Discover just how much fun fishing can be! You will learn how to identify fish, how to catch different kinds of fish, how to use equipment and tie lines. Understanding how and where fish live is an important part of this project, along with cleaning and cooking fish. This project will make you a better angler and outdoors person.

FOREST RESOURCES

Beginner (3301). Adopt a tree! Learn how trees change with each season. Discover the different types of leaves in the forest and make leaf prints. Learn about some products made from the forest.

Intermediate (3302). Learn about the layers of a forest. Find out how to identify different trees in the woods and how forests change.

Advanced (3303). Learn how to practice forest stewardship using a hands-on manual for youth who have basic forestry knowledge. Calculate the carrying capacity of the Isle Royale moose, and imagine a day without wood products (ping-pong balls, artificial vanilla). Find how urban trees are a breath of fresh air for cities.

GEOLOGY

Discover the fun of exploring the rocks, minerals and water that make up our earth. Many exciting career opportunities are available in this area.

Rocks and Minerals (3401). Study the uses of minerals and metals in your home. Learn about birthstones. Make rock plates and collections of rocks, minerals and fossils. Build a rock tumbler and polish and make your own decorative jewelry (grades 4 and up).

Our World of Water (3403). Do some interesting experiments and discover the importance of water and how to use it wisely. Learn about the physical properties of water; and how it comes to earth, is stored, used and returned to the atmosphere.

**SHOOTING SPORTS/
WILD LIFE MANAGEMENT**

Beginner (3701) (grades 4-6).
Intermediate (3702) (grades 7-9).
Advanced (3703) (grades 10-12).
Join more than 4,000 4-H members in an experiential outdoor education program built around the use of air pistols, air rifles, .22 cal. rifles, shot-guns, archery and blackpowder guns. Learn to be a better marksman, a safer hunter and an ethical sportsperson. Learn about wildlife and the environment through involvement in habitat projects.

WILDLIFE/BIOLOGY

Beginner: Call of the Wild (grades 4-7).
Advanced: Wildlife Diversity (grades 8-12).
Wildlife (3500). These new activity guides will help you understand how wildlife populations are in constant change, due to habitat, management, and environmental issues.

WOOD SCIENCE/SHOP

Develop your woodworking skills and learn about wood as a building material. Make articles from wood and learn how to properly select, work and finish this remarkable natural material. You will work with a variety of hand and power tools, learn woodworking safety and explore career opportunities.

Working With Wood and Tools (4411). Measure and mark boards, saw boards, drive and pull nails, sand wood, build things, and use glue and finishes.

The Wonderful World of Wood (4412). Measure and mark wood, use a grid, drill holes, use different tools, smooth wood and build things.

Building Bigger Things (4413). Learn about wood species, structure and properties of wood, economics, careers, hand and power tools, and woodworking plans for more difficult items.

OTHER NATURAL SCIENCES

County or Self-Determined Project or Program (6800). Develop a project all your own if you want to study, do or make something not included in the listed projects. Set goals, develop your own record, and describe your progress and accomplishments (grades 8 and up).

Personal Growth and Development



CITIZENSHIP

Discover more about yourself and how you can make a difference in your home, your club, your community and your world.

Me, My Family and Friends (6301). Find out more about yourself and your relations with family and friends. You will learn that "good citizenship

is knowing who I am and being able to relate to others" (ages 9-11).

My Neighborhood (6302). Reach out beyond your family and close friends and learn more about your neighborhood and school. You will discover that "good citizenship is knowing and sharing with neighbors" (ages 9-11).

My Club and Groups (6303). Become an active, more effective member of organized groups by developing certain life skills such as helping a group make decisions (ages 11 and older).

My Community (6304). You and your friends in your citizenship project group will learn how to really get involved in your community and make a difference. This unit may be continued as long as you wish (ages 12 and older).

My Heritage (6305). Develop your family tree and an appreciation of your heritage (ages 14 and older).

My Government (6306). Know how your city, county, state and national governments make decisions and how you can be a part of those decisions (ages 14 and older).

My World (6307). Is international study or travel in your future? This is an excellent project to explore your area of interest (ages 14 and older).

**CLOVERBUDS...
A DISCOVERY 4-H
PROGRAM**

Cloverbuds (6200). Find out what 4-H is all about by having fun participating with a group of your friends and a leader. Make puppets, plant an indoor garden, take field trips, collect rocks and read maps (ages 7-9).

GLOBAL CONNECTIONS

The "AND MY WORLD" curriculum will teach you about cross-cultural understanding and global interdependence in our ever developing and changing world.

"And My World"— The World Around Me — Unit I (6310). Basic information about the physical properties of the world and the people who live here.

"And My World"— Peoples and Customs of the World — Unit II (6311). Basic information about family relationships and cultures around the world.

HEALTH

Health (6441). Become involved in fun and challenging projects that impact your health and your world. Topics include tobacco use; alcohol and other drug use; nutrition; eating disorders; fitness and exercise; sexuality; mental health; violence; stress and depression; preventable illnesses such as STD's, HIV/AIDS; pregnancy prevention; recreation and sports; child and sexual abuse; suicide; environmental hazards; and inhalants (all ages).

PERSONAL MANAGEMENT

Learn to take charge of your life and develop the life skills that will help you become a self-directed, contributing member of your community. You and your friends will enjoy this action-oriented project.

You're in Charge — I (6501). Learn the "big ideas" of management decision making, values, resources, and goals as they relate to your self-worth. Apply them to day-to-day living skills. This should be a group project with a leader.

Living as if People Mattered— (6504). Learn to use management principles in social relationships such as meeting someone new, showing appreciation, making friends, asking for help, solving conflicts and trying something new. Recommended as a pre-junior leader project (ages 13-15).

SAFETY

Have fun learning about how to make your world safer. Topics include traffic and bicycle safety, recreation safety, injury prevention, farm safety, fire prevention, off-road vehicle safety, water safety, gun and hunting safety, home safety and bus safety.

Safety (6701). Individual and club activities include topics such as learning about water safety, identifying farm hazards and learning about good nutrition (ages 11-14).

Safety (6702). Take part in community activities such as conducting a bike safety rodeo or teaching young children about the dangers of drinking and driving. You can conduct a community survey about strategies for injury prevention (ages 14 and older).

YOUTH LEADERSHIP

Youth Leadership (6511). This project is designed to help you learn about leadership through activities in a series of workbooks. It will encourage and help you apply what you are learning to real community decision making (ages 13-19).

Member workbooks:

Understanding my TRAITS (4H-BU-5727)

Reading the SITUATION (4H-BU-5728)

Mastering the ORGANIZATION (4H-BU-5729)

Appreciating POWER (4H-BU-5730)

Seeing the VISION (4H-BU-5731)

Acting with ETHICS (4H-BU-5732)

Reflecting on ACTION (4H-BU-5733)

Mentor's Guide (4H-FO-5734)

Youth's Guide (4H-FS-5735)

Organizer's Guide (4H-BU-5736)

Member Record (4H-MI-5737)

Complete set of items above

(Savings of \$8.50) (4H-PC-5745-S)

Video—Acting with Ethics:

Discussion Guide (4H-VH-5633) 16:30 min.

Community Leadership: Community Pride Project

Get involved in community affairs and concerns. This project offers a variety of hands-on learning experiences that build community-related skills, knowledge and beliefs in the role of an active citizen. The Community Pride guidebooks are available through your Extension office.

OTHER PERSONAL GROWTH AND DEVELOPMENT

County or Self-Determined Project or Program (6800). Develop a project all your own if you wish to study, do or make something not included in the listed projects. Set your goals, develop your own record and describe your progress and accomplishments (ages 13 and older).

Plant Sciences



CROP SCIENCE

Corn (2018). Learn how to produce, harvest, and market corn. For intermediate and advanced members. Younger members may enroll with educator's permission.

Small Grains (2019). Learn how to produce, harvest and market small grains. For intermediate and advanced members. Younger members may enroll with educator's permission.

Potato (2100). Grow potatoes for family use or for marketing. Keep a record of costs (ages 12 and older).

FLOWER GARDENING

Beginner (2311). Grow several kinds of flowers to beautify your home using seeds or transplants. Learn the basic requirements for plant growth; how to recognize some common annuals; and the differences among annuals, biennials and perennials. Learn how to prepare flowers for exhibit (ages 9 and older).

Intermediate (2312). Plan, plant and care for a flower garden. Draw a plan; prepare the soil; apply fertilizer; plant seeds or transplants; and study and control weeds, insects and diseases. Learn how to prepare flowers for exhibit, and arrange flowers (ages 12 and older).

Advanced (2313). Learn about plant growth requirements and how to plant, care for, use and arrange many kinds of annuals and perennials. Learn about commercial methods of growing and marketing flowers. Share knowledge with other members through experimentation, science exhibits, demonstrations and project help (ages 15 and older).

FRUIT

Fruit (2300). Learn how to properly grow, store and market fruit. Apply scientific methods to fruit production. Grow or maintain one or more of the following: 25 or more strawberry or raspberry plants; three or more grapevines, fruit trees, currant bushes, or gooseberry bushes (ages 11 and older).

INDOOR GARDENING

Beginner (2321). Learn to identify and grow several house plants. Start plants from seeds as well as from grocery store produce (carrot tops, avocado, potatoes). Learn what plants need to grow. Share what you've learned with others in your club (grades 4-6).

Intermediate (2322). Learn to identify and grow several house plants including flowering plants, foliage plants, cacti and succulents. Propagate house plants by stem cuttings, leaf cuttings and/or runners. Share what you've learned with others in your club (grades 7-9).

Advanced (2323). Learn to identify and grow several house plants. Carry out an experiment. Improve your community's indoor environment by caring for plants in a public building

or by teaching others in your community about plants (grades 10-12).

LAWN AND LANDSCAPE DESIGN

Beginner (2211). Learn to care for home lawns and to understand the growth requirements of landscape plants, how a tree grows, and how to plant trees and shrubs (ages 9 and older).

Intermediate (2212). Learn the right way to mow, water, fertilize, and control weeds and pests in the home lawn. Learn about soil testing, varieties of lawn grasses, ground covers, shrubs and trees suitable for planting (ages 13 and older).

Advanced (2213). Draw a landscape plan for the home. Select varieties of landscape materials suitable for your area. Plant and care for new trees, shrubs and ground covers. Learn how to prune trees and shrubs. Visit nurseries. Propagate trees or shrubs, grow and sell landscape materials, or start a lawn service in your community (ages 15 and older).

PLANT AND SOIL SCIENCE

Exploring the World of Plants and Soils—I (2701). Conduct simple experiments in the following five areas: plant reproduction, soils, plant growth factors, plant characteristics, and growing and using plants (ages 9-10).

Plant Reproduction—II (2702). Observe seeds and how they grow; learn the parts of a flower; use cross fertilization to develop hybrid plants; and grow plants from vegetative plant parts such as cuttings, tubers, roots and bulbs (ages 12 and older).

Plant Growth and Food Production—III (2703). Explore soil and crop management, costs of raising a crop, soil conservation principles, physical and chemical factors affecting plant growth, rainfall studies, and weed and crop identification (ages 15 and older).

VEGETABLE GARDENING

Beginner (2331). Grow a small garden with three or more vegetables for family use or help with the family garden. Draw a garden plan. Prepare the soil, plant the seeds and transplants, and care for the garden. Keep a record of varieties planted and harvesting dates. Prepare vegetables for exhibit (ages 9 and older).

Intermediate (2332). Grow a garden large enough to produce six to eight kinds of vegetables for your family. Draw a garden plan to scale. Prepare the soil, plant and care for the vegetables. Learn proper cultural practices, weed control, harvesting times and methods. Keep records and prepare vegetables for exhibit (ages 12 and older).

Advanced (2333). Understand the growth requirements of vegetable plants. Experiment with varieties, watering methods, fertilizer application, soil improvement, mulches, and pest-control methods at home or at a commercial garden. Keep records. Help other members through demonstrations and project meetings (ages 15 and older).

...in the
Spotlight!



**Christian Ingebretsen,
18
Felton
Clay County**

**4-H Awards and
Recognition 1994 State
Winner in Achievement
Project Area**

**Career choice:
DNR Naturalist**

"Through the 4-H Wildlife, Shooting Sports and Fishing Sports project, I have decided that I want to be a DNR State Park Naturalist. The 4-H Leadership project will help me to lead excellent naturalist programs."

Where you can learn more...County Extension Offices

AITKIN (218) 927-7321
 Courthouse
 209-2nd St. N.W.
 Aitkin 56431-1257

ANOKA (612) 755-1280
 Anoka Co. Activity Ctr.
 550 Bunker Blvd. NW
 Anoka 55304-4199

BECKER (218) 847-3141
 Agriculture Service Ctr.
 809-8th St. S.E.
 Detroit Lakes 56501-2842

BELTRAMI (218) 759-0038
 815 15th St. N.W.
 Bemidji 56601-2501

BENTON (612) 968-6254
 Courthouse, 531 Dewey St.
 Foley 56329-8247

BIG STONE (612) 839-2518
 20 S.E. 2nd St.
 Ortonville 56278-1544

BLUE EARTH (507) 389-8325
 Government Center
 P.O. Box 8508
 Wankato 56002-8608

BROWN (507) 794-7993
 300-2nd Ave. S.W.
 Sleepy Eye 56085-1402

CARLTON (218) 384-3511
 Civic Center
 P.O. Box 307
 Carlton 55718-0307

CARVER (612) 442-4496
 609 W. 1st St.
 Waconia 55387-1204

CASS (218) 547-3300
 Courthouse
 P.O. Box 3000
 Walker 56484-3000

CHIPPEWA (612) 269-6521
 Courthouse, 629 N. 11th St.
 Montevideo 56265-1685

CHISAGO (612) 257-2982
 38694 Tanger Dr.
 North Branch 55056-9500

CLAY (218) 299-5020
 Courthouse, 807 11th St. N.
 Moorhead 56560-1500

CLEARWATER (218) 694-8151
 RR 1, Box 18
 Bagley 56821-9103

COOK (218) 387-9031
 Community Center Building
 P.O. Box 1150
 Grand Marais 55804-1150

COTTONWOOD (507) 831-4022
 235 9th St.
 Windom 56101-9511

CROW WING (218) 828-3980
 County Service Building, 322 Laurel St.
 Brainerd 56401-3578

DAKOTA (612) 463-3302
 Fairgrounds
 4100-220th St. W.
 Farmington 55024-9539

DODGE (507) 374-6435
 42 E. Main St.
 P.O. Box 159
 Dodge Center 55927-0159

DOUGLAS (612) 762-2381
 305 8th Ave. W.
 Alexandria 56308-1785

FARIBAULT (507) 526-6240
 County Office Building
 412 N. Nicollet
 Blue Earth 56013-0130

FILLMORE (507) 765-3896
 Masonic Building, P.O. Box 310
 Preston 55965-0310

FREEBORN (507) 377-5660
 Room 222, Courthouse
 411 S. Broadway
 Albert Lea 56007-1147

GOODHUE (612) 385-3100
 Courthouse, Room 105
 Red Wing 56066-2540

GRANT (218) 685-4820
 411 1st St. S.E.
 Elbow Lake 56531-1099

HENNEPIN (612) 374-8400
 1525 Glenwood Ave.
 Minneapolis 55405-1264

HOUSTON (507) 724-5807
 419 Foltz Dr., P.O. 228
 aledonia 55921-0228

HUBBARD (218) 732-3391
 Courthouse, 301 Court St.
 Park Rapids 58470-1483

ISANTI (612) 689-1810
 555 18th Ave. S.W.
 Cambridge 55008-9386

ITASCA (218) 327-2849
 Courthouse
 123 4th St. N.E.
 Grand Rapids 55744-2600

JACKSON (507) 662-5293
 419 Main St., P.O. Box 309
 Lakefield 56150-0309

KANABEC (612) 679-3010
 Courthouse, 18 N. Vine
 Mora 55051-1351

KANDIYOHI (612) 235-1485
 905 W. Litchfield
 P.O. Box 977
 Willmar 56201-0977

KITSON (218) 843-3674
 Courthouse, P.O. Box 369
 Hallock 56728-0369

KOOCHICING (218) 283-6282
 Courthouse, 701 4th St. W.
 International Falls 56649-2486

LAC QUI PARLE (612) 598-3325
 Courthouse, 600 6th St.
 Madison 56256-1295

LAKE (218) 834-8377
 Courthouse
 601 3rd Ave.
 Two Harbors 55616-1517

LAKE OF THE WOODS (218) 634-1511
 Courthouse
 P.O. Box 598
 Baudette 56623-0598

LE SUEUR (612) 357-2251
 88 S. Park
 Le Center 56057-1620

LINCOLN (507) 694-1470
 402 N. Harold
 P.O. Box 130
 Ivanhoe 56142-0130

LYON (507) 537-6702
 Ag Service Center
 1400 E. Lyon Street
 Marshall 56258-2529

MAHNOMEN (218) 935-2226
 Courthouse
 P.O. Box 477
 Mahnomen 56557-0477

MARSHALL (218) 745-5232
 Courthouse
 208 E. Colvin Ave.
 Warren 56762-1698

MARTIN (507) 235-3341
 104 Courthouse, 201 Lake Ave.
 Fairmont 56031-1845

MCLEOD (612) 587-0770
 840 Century Ave. suite B
 Hutchinson 55350-3754

MEEKER (612) 693-2801
 325 N. Sibley Ave., P.O. Box 562
 Litchfield 55355-0562

MILLE-LACS (612) 983-8317
 635 Central Ave. N.
 Milaca 56353-1743

MORRISON (612) 632-0161
 213 S.E. 1st Ave.
 Little Falls 56345-3100

MOWER (507) 437-9552
 Courthouse
 201 N.E. 1st. St.
 Austin 55912-3475

MURRAY (507) 836-6148
 County Courts Building
 Slayton 56172-0057

NICOLLET (507) 931-6800
 501 S. Minnesota Ave.
 St. Peter 56082-2533

NOBLES (507) 372-8210
 P.O. Box 758
 Worthington 56187-0758

NORMAN (218) 784-7183
 101 W. Third Ave.
 Ada 56510-1200

OLMSTED (507) 285-8250
 1421 S.E. 3rd. Ave.
 Rochester 55904-7947

EAST OTTER TAIL (218) 346-5750
 222-2nd Ave. S.E.
 Perham 56573-1719

WEST OTTER TAIL (218) 739-2271
 Courthouse, 121 W. Junius Ave.
 Fergus Falls 56537-2544

PENNINGTON (218) 681-2116
 P.O. Box 616
 Courthouse
 Thief River Falls 56701-0616

PINE (612) 384-6156
 105 Fire Monument Road
 P.O. Box 370
 Hinckley 55037-0370

PIPESTONE (507) 825-5416
 119 S.W. 2nd Ave. suite 2
 Pipestone 56164-1684

EAST POLK (218) 563-2465
 P.O. Box 69
 McIntosh 56556-0069

WEST POLK (218) 281-8696
 P.O. Box 556
 U Teaching & Outreach Center
 Crookston 56716-0556

POPE (612) 634-5735
 Courthouse, 130 Minnesota Ave. E.
 Glenwood 56334-1628

RAMSEY (612) 777-8156
 2020 White Bear Ave.
 St. Paul 55109-3795

RED LAKE (218) 253-2895
 Courthouse, P.O. Box 279
 Red Lake Falls 56750-0279

RED LAKE NATION (218) 679-3959
 P.O. Box 279
 Red Lake 56671-0279

REDWOOD (507) 637-8323
 Courthouse
 P.O. Box 130
 Redwood Falls 56283-0130

RENVILLE (612) 523-2522
 Renville County Office Building
 500 E. Dupue Ave.
 Olivia 56277-1396

RICE (507) 332-6109
 Courthouse, 218-3rd St. N.W.
 Faribault 55021-5146

ROCK (507) 283-4446
 331 W. Gabrielson #2
 Luverne 56156-0898

ROSEAU (218) 463-1052
 308 Center St. W.
 Roseau 56751-1499

ST. LOUIS-Duluth Office (218) 726-7512, 2305 E. 5th St.
 109 Washburn Hall
 Duluth 55812-2420

ST. LOUIS-Hibbing Office (218) 262-0144
 1810 E. 12th Ave.
 Hibbing 55746-1680

ST. LOUIS-Virginia Office (218) 749-7120
 Northland Office Ctr.
 307 1st St. S., Suite 114
 Virginia 55792-2668

SCOTT (612) 492-2370
 123 1st St. E.
 Jordan 55352-1580

SHERBURNE (612) 241-2720
 County Government Ctr.
 P.O. Box 311
 Elk River 55330-0311

SIBLEY (612) 237-5531
 Courthouse
 P.O. Box 207, 13880 Hwy. 10
 Gaylord 55334-0207

STEARNS (612) 255-6169
 2700 1st St. N., #205
 St. Cloud 56303-4202

STEELE (507) 451-8040
 County Administration Annex
 590 Dunnell Drive
 P.O. Box 890
 Owatonna 55060-0890

STEVENS (612) 589-7423
 Colonial Square
 208 Atlantic Ave.
 Morris 56267-1321

SWIFT (612) 843-3796
 Courthouse
 P.O. Box 305
 Benson 56215-0305

TODD (612) 732-4435
 Courthouse Annex
 119 3rd St. So.
 Long Prairie 56347-1354

TRAVERSE (612) 563-4515
 Courthouse, P.O. Box 457
 Wheaton 56296-0457

WABASHA (612) 565-2662
 611 Broadway Ave. #40
 Wabasha 55981-1613

WADENA (218) 631-2332
 Courthouse
 415 Jefferson Ave. S.
 Wadena 56482-1594

WASECA (507) 835-0600
 300 N. State St. #1
 Waseca 56093-2933

WASHINGTON (612) 439-0101
 1825 Curve Crest Blvd., #202
 Stillwater 55082-6054

WATONWAN (507) 375-1275
 Courthouse, P.O. Box 68
 St. James 56081-0068

WILKIN (218) 643-5481
 421 Nebraska Ave.
 Breckenridge 56520-1415

WINONA (507) 457-6440
 202 W. 3rd St.
 Winona 55987-3115

WRIGHT (612) 682-7394
 Courthouse
 10 N.W. 2nd St.
 Buffalo 55313-1193

YELLOW MEOICINE (612) 669-4471
 1004-10th Ave.
 Box 128
 Clarkfield 56223-0128

