



## 4-H & Youth

### 4-H Bulletin Board

Teen Council is Sunday, July 14, 3-5 p.m. at the Schepers' home. Watch your mail for more information. (TK)

#### 4-H Alumni Reunion at State Fair

Connect and reconnect with 4-H friends at the 4-H Alumni Reunion and Breakfast held **Saturday, Aug. 31**, 8-11 a.m. at the Nebraska State Fair! The event is in honor of the 4-H centennial.

You'll find entertainment for the whole family, 4-H memorabilia, a chance to recognize four- and five-generation 4-H families, and honored 4-H alumni. Check out a vintage fashion show at 11 a.m. and afternoon ice cream social with NU's special 4-H Clover Mint flavor.

\$5 advance tickets will be for sale at local Cooperative Extension offices. Ticket-holders will receive half-off the \$6 State Fair gate fee from 8 to 10 a.m. Breakfast tickets will be sold at the door for \$7. (Kids five and under eat free.)

Questions? Contact Trish Spencer at 472-9016.

#### Putting It All Together

A workshop will be held **Wednesday, July 10** from 9:30 a.m.-4 p.m. for 4-H'ers interested in the Shopping in Style and Attention Shoppers 4-H projects, and is open to those who sew.

The workshops will help you:

- Develop consumer skills that will enable you to make the most of your clothing dollar.
- Practice your modeling skills.
- Learn the latest in hair, accessory and make-up pointers.

The morning will start at "The Buckle" in Gateway Mall. We will meet with a buyer and learn about latest fashions, etc. Lunch will be on your own. At 1 p.m. we'll meet at the Lancaster Extension Education Center for workshops.

## 4-H Centennial Theme Night at Saltdogs July 12



Lancaster County 4-H and 4-H Council are sponsoring **4-H Centennial Theme Night** at the **Lincoln Saltdogs Baseball** home game against Joliet on **Friday, July 12**. Game starts at 7:05 p.m. **Haymarket Park**

(located near 6th & Charleston streets)

**4-H'ERS SHOULD GATHER AT 6 P.M. on the promenade north of the main gate**

*Wear your 4-H garb!*

There will be many 4-H fun activities, including:

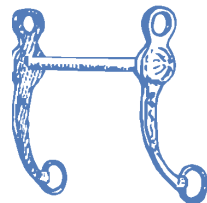
- 4-H'ers will parade onto the field prior to the game
- Lancaster County 4-H'ers Hannah Spencer and Terra Thomson will sing the National Anthem
- 4-H'ers chosen from the crowd will stand on dugouts and lead the 7th inning stretch
- Free Nebraska 4-H temporary tattoos • 4-H Garfield cookie jar giveaway

### Wanted: 4-H Alumni for First Pitch!

Will you be the 4-H Alumni to throw the first pitch at the 4-H Theme Night Saltdogs Baseball game Friday, July 12? Interested 4-H alumni are invited to enter a short story describing a 4-H experience they had as a youth. The person who writes the winning story will throw the first pitch! Alumni may be former 4-H'ers from any state.

Entries must be received by Monday, July 1. All entries become property of Lancaster Cooperative Extension. Send entries to: Lancaster Cooperative Extension, Attn: Tracy Kulm, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528.

**TICKETS:** Lancaster County 4-H will be selling July 12th Saltdogs tickets to 4-H'ers, families & friends until July 5. **To buy your tickets, stop by the UNL Cooperative Extension in Lancaster County office or satellite office.** Tickets are \$4 per person for general admission/grass berm seating. After July 5, tickets are available from the Saltdogs ticket office or at the gates.



## HORSE BITS

### Health Officials Wants Dead Birds to Help Determine Presence of West Nile Virus

The Nebraska Health and Human Services System is soliciting dead birds this season to monitor for the presence of the West Nile virus in Nebraska.

West Nile is transmitted through the bite of a mosquito that has picked up the virus by feeding on an infected bird. In turn, the mosquito can pass the virus to humans, birds and some mammals, including horses. West Nile virus does not affect most livestock species except horses. Dogs and cats are rarely infected.

The virus first appeared in New York City in 1999 and has expanded in all directions. A total of 149 human cases have been identified, with 18 deaths.

There have been no reported cases in Nebraska. West Nile may reach Nebraska this year, according to Nebraska's state medical entomologist. "The virus has been found in Iowa and Missouri," said Wayne Kramer, medical entomologist with the Nebraska Health and Human Services

System. "Finding it this year in Nebraska is

very likely."

Nebraska has received \$120,000 this year for activities related to surveillance for the West Nile virus. The grant will fund mosquito trapping and testing to find out if the virus is present in the mosquito population and testing sentinel chicken flocks around the state.

It will also pay for testing dead birds, such as crows and blue jays. These types of birds are the most susceptible to the virus and likely to die from being infected by mosquitoes. It has been shown in other states that a surveillance system based on wild bird mortality is an effective method for detecting West Nile virus activity.

If dead crows, blue jays, hawks or owls are found that are not damaged or decayed, contact the Nebraska Health and Human Services System at (402) 471-0506 or 471-6994. The toll-free number for information about submitting dead birds for testing is 1-877-220-1237. Nebraska residents can also contact their local health departments, University of Nebraska Cooperative

Extension offices, Game and Parks offices and state veterinarians for assistance in reporting and submitting dead birds.

Most humans infected by the virus show very mild or no symptoms, generally a fever and headache. Less than one percent become seriously ill and that occurs within three to 15 days after the bite of the infected mosquito. Those seriously infected, particularly the elderly, display symptoms such as muscle weakness, stiff neck, disorientation, and convulsions. The greatest risk for infection is during late summer and early fall because the mosquitoes that transmit the virus increase during the summer.

"People should take extra precautions to protect themselves against mosquito bites," Kramer said. To reduce the risk of exposure to West Nile:

- Avoid outdoor activities at dusk and dawn when mosquitoes are most active.
- If you are outside, cover up by wearing long-sleeved shirts, pants, shoes and socks.
- Use mosquito repellent.

- Eliminate mosquito breeding sites, such as standing water in tires, plastic containers, or similar water-holding containers.
- Change water in bird baths on a weekly basis.

"Quite a few horses have been infected as the virus has spread across the country," said David Steffen, Institute of Agriculture and Natural Resources veterinarian and director of UNL's Veterinary Diagnostic Center. "Many equine infections are subclinical, but there is a 40 percent death rate in clinically infected horses."

Steffen recommends that horse owners have their horses vaccinated against West Nile virus.

"Horses and humans are dead-end carriers of the disease," he said, meaning the infection is not contagious when present in those species.

For more information on West Nile, visit the Health and Human Services System's Web site at [www.hhs.state.ne.us/puh/epi/wnv/wnvindex.htm](http://www.hhs.state.ne.us/puh/epi/wnv/wnvindex.htm) or the Centers for Disease Control and Prevention's site at [www.cdc.gov/ncidod/dvbid/westnile/index.htm](http://www.cdc.gov/ncidod/dvbid/westnile/index.htm) (EK)