

4-H'ers in Spotlight at Saltdogs Game

More than 600 4-H'ers participated in "Discover 4-H, Discover You" night at the Saltdogs on Friday, June 20. Prior to the game, 4-H'ers and their families paraded around the field.

Dwayne Wittstruck, surrounded by members of his family, threw the first pitch. The Wittstrucks are a three-generation 4-H family.

Dwayne Wittstruck Still Strives to "Make the Best Better"

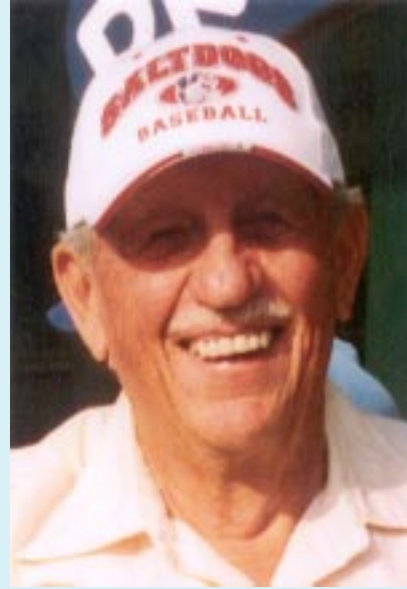
When Dwayne Wittstruck was invited to throw the first pitch for "Discover 4-H, Discover You" night at the Saltdogs, he was a little surprised: Basketball is his game. He has coached junior high boys and girls at Crete the past 12 years, although he's played a little baseball and coached a little softball when his granddaughter Courtney played for the Lincoln Swingers.

But it wasn't his fastball they wanted. He was on the mound to represent three generations of 4-H at the "Discover 4-H, Discover You!" night. Three generations were present. Wittstruck isn't the oldest former 4-H'er in Lancaster County — he was a charter member in 1934 of the Henny Penny Poultry Club — but he's one of 4-H's top boosters. He was a longtime leader of the Rokeby Dairy Club. "My family received more benefits from 4-H than any other activity," he says, "It was something our family did together."

Children Craig, Marc and Laurie received many state and national awards

Grace Farley sang the national anthem. She is only one of two youth who has sung the National Anthem at a Saltdogs game this season. She auditioned at the Saltdogs national anthem auditions prior to their season.

Terra Thomson and Jessica Stephenson, delivered public announcements (PA's) during the game.



Dwayne Wittstruck



Grace Farley



Terra Thomson (shown with Mark Taylor, public announcer for the Saltdogs)



Jessica Stephenson

and scholarships — benefits any 4-H'er can earn if they work hard. But there were unexpected benefits like meeting their future spouses at 4-H camp (Craig), on the East Campus bus (Marc), and a national 4-H show in California (Laurie). Dwayne credits 4-H for adding Colleen, Holly and Bill to the family, along with grandkids Courtney, Casey, Cole, Lindsay, Stephanie, Mallory and Alexa — all former or present members of the Rokeby Ramblers 4-H club.

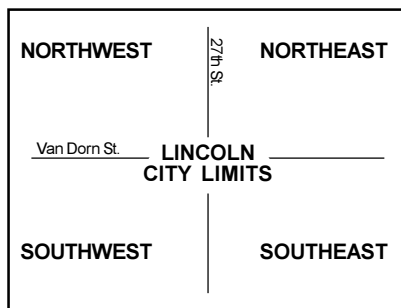
Dwayne prepared for his first pitch at the Saltdogs by pitching to his wife, Joan, a few hours before the game. His pitch to the Saltdogs catcher was in the strike zone but a tad low. "The pitcher's mound was so doggone high it made my pitch low. I should've had a warm-up pitch first."

That's Dwayne Wittstruck. Never satisfied. Always wanting to "make the best better" — whether it's kids, cows, basketball or throwing the first pitch at the Saltdogs game.

4-H Council Opportunities

Seeking qualified applicants for 4-H Council youth and adults in the following geographic areas:

- Northeast — youth
- Northwest — youth
- Southwest — adult and youth
- Southeast — adult
- Lancaster County at large — adult



Term length: Adults — 3 years, Youth — 2 years

Starting date: Oct. 1, 2003

Requirements: Proactively work for the future of the 4-H program in Lancaster County. Possess an interest, an understanding of youth and be willing to promote the 4-H program.

Benefits: The gratitude of volunteers, parents and 4-H youth throughout the county.

Interested applicants call 441-7180 for further information and an application form. (TK)

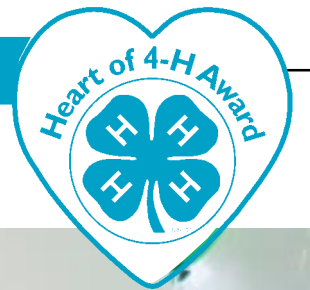
Recycle Ink Jet Cartridges and Help 4-H CWF

The Lancaster County Citizenship Washington Focus (CWF) group is collecting computer printer ink jet cartridges as part of a "Children Helping Children" recycling program. CWF will receive \$3 per cartridge and the empty cartridges are diverted from the landfill.

The following types of ink cartridges are accepted: all Hewlett Packard, all Lexmark, all Compaq, and Canon BC01/02/05, Bc20 and BX3.

Help CWF and the environment by saving these ink jet cartridges from home and work. Empty cartridges can be dropped off at the extension office or the Lancaster Event Center. Your help is greatly appreciated! (DK)

JULY



Sheri Ramirez

Lancaster County 4-H and 4-H Council are proud to announce Sheri Ramirez as winner of July's "Heart of 4-H Award" in recognition of outstanding volunteer service.

A 4-H volunteer for 10 years, Sheri is co-leader of the Flamingos and Pet Pals 4-H clubs. She is co-superintendent of the 4-H Household Pets Show at the County Fair. She has also helped out with Character Counts and Clover College. Her daughter, Amber, was a 4-H'er for 12 years and graduated from high school last year.

Sheri was nominated by Shirley Condon who said, "Sheri has a genuine compassion for kids and animals. A single mom with two jobs, she still makes time to volunteer. Her enthusiasm is inspiring."

"I like being a 4-H volunteer because 4-H is so inclusive of all kids regardless of talent or abilities," Sheri said. "It can meet the needs of most any child to belong to a club, hold an office or win a fair ribbon." She is involved with the Household Pets Show & Quiz Bowl so that city kids who can't show livestock can still show a "critter" at the fair.

Sheri also volunteers at Madonna's Angel Dogs therapy program and Lincoln Pet Partners (another pet therapy program). She works at University of Nebraska-Lincoln in the Burr-Fedde-Love Residence Halls.

Something most people don't know about Sheri is she loves to make up silly songs to sing to her three dogs!

Congratulations to Sheri. Volunteers like her are indeed, the heart of 4-H!



Nominate Your Favorite 4-H Volunteer!

A "Heart of 4-H Award" is awarded to a Lancaster County 4-H volunteer each month! Nominate your favorite 4-H volunteer or leader by submitting the following form (also available online at lancaster.unl.edu/4h). Nominations of co-volunteers accepted.



I, _____, nominate _____

for a "Heart of 4-H Award" because _____

I can be reached at (phone) _____ or (e-mail) _____

Mail to: UNL Lancaster County Extension, 444 Cherrycreek Rd, Ste. A, Lincoln, NE 68528.