

EXTENSION CALENDAR

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

April

- 22 **4-H Teen Council Meeting** 3 p.m.
 24 **4-H Horse Level Testing**, Lancaster Event Center
 Warm-up Arena 6:30 p.m.

May

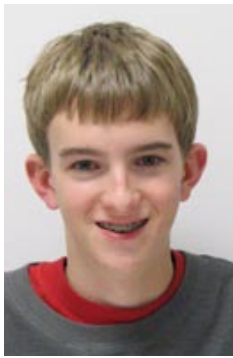
- 1 **FCE Scholarship Applications Due to Extension**
 1 **Windstream 4-H Camp Scholarship Applications Due to Extension**
 1 **4-H Council Meeting** 7 p.m.
 3 **4-H Horse Elementary Dressage Clinic**, Lancaster Event Center
 Warm-up Arena 6 p.m. & 7 p.m.
 8 **4-H Horse Skills Level Testing**, Lancaster Event Center
 Warm-up Arena 6:30 p.m.
 8 **Live Animal Training Session**, Lancaster Event Center 6-9 p.m.
 10 **2008 4-H CWF Meeting** 7 p.m.
 11 **Extension Board Meeting** 8 a.m.
 11 **County Deadline for 4-H District/State Horse Show Entries**,
 I.D.'s, Level Tests
 15 **Guardianship Training** 5:30-8:30 p.m.
 15-17 **4-H Sheep Tagging Days**
 17 **"Everything Homeowners Need to Know about Termites**
and Termite Control" Workshop 6:30-9:30 p.m.
 24 **4-H Leader Training** 9:30 a.m. & 7 p.m.

4-H'ERS IN THE NEWS

Nathan Smith Named to State 4-H Youth Curriculum Committee

Lancaster County 4-H member Nathan Smith, son of Myron and Barb, was one of 13 Nebraska 4-H youth selected to participate in a statewide 4-H Youth Curriculum Committee. The committee consists of youth ages 14 and older and will give youth a voice in 4-H curriculum decisions such as selecting new project manuals, revising outdated materials, reviewing technology components and promoting new curriculum in counties. Additional information is at <http://4h.unl.edu>.

Nathan is a member of Lancaster County 4-H Council, Teen Council, the Creative Clovers 4-H club and Classic Cars R Us 4-H club.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska-Lincoln Extension in Lancaster County

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Lancaster Extension Education Center
 Conference Facilities
 444 Cherrycreek Road, Lincoln



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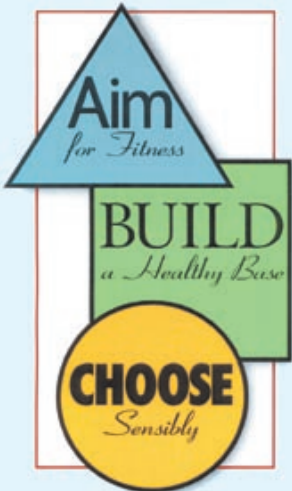
Support Staff

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David Smith

ABC's for Good Health Classes in June



UNL Extension Nutrition Education Program (NEP) is presenting "ABC's for Good Health," a three-part series aimed at limited to moderate income women. If you are receiving assistance such as food stamps or Medicaid, you would qualify to attend this program at no cost.

Upcoming classes are Wednesdays, June 6, 13 & 27. Choose between two time slots, 10 a.m.-12:30 p.m. or 6-8:30 p.m.

Learn that good health is as easy as:

- A) Aim for fitness — Increase your physical activity with a personalized walking program.
 B) Build a healthy base — Use MyPyramid to guide your food choices.
 C) Choose sensibly — Balance the foods you need and enjoy.

Participants receive:

- A pedometer and inspiration to stay fit
- A notebook with practical nutrition information
- New recipes and food preparation ideas
- A cookbook (valued at \$15) after completing the series

Sessions are held at the Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln. Please register by May 30. Call NEP at 441-7180 for more information or to register.

CLOVER COLLEGE REGISTRATION FORM

SEE PAGE 9 FOR CLOVER COLLEGE WORKSHOP INFORMATION

To register, complete the registration form (one person per form) and return with payment (make check payable to Lancaster County Extension). Registrations must be received by June 11. Registrations are handled on a "first come" basis and will only be accepted upon receipt of fees. Classes fill quickly — early registration is recommended. Telephone registration not accepted. All fees are nonrefundable unless a class is filled to capacity or canceled. May photocopy this form if needed.

Assume your registration is confirmed unless we contact you about filled classes.

Name _____ Age _____
 Parents Name(s) _____
 Address _____
 City _____ State _____ Zip _____
 Daytime Phone _____ Evening Phone _____
 Special Needs (allergies, etc.) _____
 Workshop(s) # _____ Title _____ Fee _____
 # _____ Title _____ Fee _____
 # _____ Title _____ Fee _____
 # _____ Title _____ Fee _____
 # _____ Title _____ Fee _____
 Use additional sheet of paper if needed
 Total _____
 I give permission to use my child's image in photographs taken at Clover College in publications, news articles, advertisements or Web sites pertaining to 4-H. yes no
 Parent/Guardian Signature: _____ Date: _____

Mail or bring registration form and payment to:
 UNL Lancaster County Extension, 444 Cherrycreek Rd., Ste. A, Lincoln, NE 68528-1507

THE NEBLINE

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