

# EXTENSION CALENDAR

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

## June

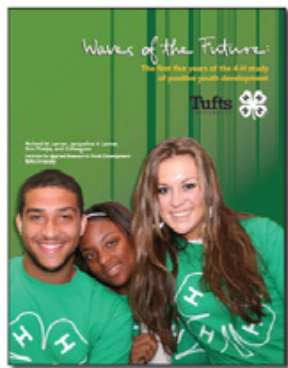
- 20 **Composting Demonstration**, *Pioneers Park Nature Center's backyard composting demonstration area* ..... 10 a.m.
- 22 **Family Community Education (FCE) Council Meeting** ..... 7 p.m.
- 23 **Guardian/Conservator Training** ..... 5:30–8:30 p.m.
- 23 **4-H Horse Level Testing**, *Lancaster Event Center, Pavilion 3* .... 6:30 p.m.
- 25 **Parents Forever/Kids Talk About Divorce** ..... 5:30–9:30 p.m.
- 25 **4-H Presentations Workshop** ..... 6 p.m.
- 26 **4-H Dog Workshop** ..... 9 a.m.–Noon
- 27 **Insect Photography Class**, *Spring Creek Prairie Audubon Center, 11700 SW 100 St., Denton* ..... 9:30 a.m.–3 p.m.
- 29–30 **4-H PASE/Life Challenge**, *UNL East Campus*

## July

- 7 **4-H Horse Level Testing**, *Lancaster Event Center, Pavilion 3* ..... 6:30 p.m.
- 8 **All 4-H/FFA County Fair Animal Entries Due to Extension**
- 9 **Family Community Education (FCE) Sizzling Summer Sampler** ..... 6–9 p.m.
- 9 **4-H Rabbit VIPS Committee Meeting**, *Lancaster Event Center, 4-H Office* ..... 7 p.m.
- 10 **Extension Board Meeting** ..... 8 a.m.
- 11 **4-H Junior Life Challenge** ..... 9:30 a.m.
- 12 **State 4-H Hippology**, *Fonner Park, Grand Island*
- 12–16 **State 4-H Horse Show**, *Fonner Park, Grand Island*
- 18 **4-H Presentations Contest** ..... 9 a.m.
- 21 **Guardian/Conservator Training** ..... 1:30–4:30 p.m.
- 23 **4-H Horticulture Judging Contest** ..... 10 a.m.–12 p.m.
- 28 **4-H Horse Course Challenge** ..... 9 a.m.
- 29 **County Fair 4-H Style Revue Judging**, *Lancaster Event Center, Exhibit Hall* ..... 8 a.m.
- 30 **4-H Food Booth Training**, *Lancaster Event Center, Exhibit Hall* ..... 6–7 p.m.

# National 4-H Study of Positive Youth Development

New research shows that youth development programs like 4-H play a special and vital role in the lives of America's young people. According to The 4-H Study of Positive Youth Development (PYD), youth



have the capacity to thrive when presented with the resources for healthy development found in families, schools, and communities—regardless of background, socioeconomic status, race, or gender.

Researchers at the Institute for Applied Research in Youth Development at Tufts University with contribution by land-grant universities, surveyed more than 4,400 youth in grades 5–8 and 2,800 of their parents in the first four years of this longitudinal study. Those surveyed lived in rural, suburban, and urban areas in 34 states and were from a variety of racial, ethnic, and religious backgrounds.

The 4-H Study of PYD is the first research to show that the foundational characteristics of PYD — the **Five C's of competence, confidence, connection, character and caring** — can be measured, enabling youth development programs to finally prove their success. It also shows that young people who participate in a high number of positive youth development activities are more likely to develop a sixth characteristic: contribution. Conversely, young people who have few or no opportunities for PYD are at higher risk for personal, social and behavioral problems.

• Children who participated

in 4-H for at least one year by eighth grade were **3.5 times** more likely to contribute to their families, themselves and their communities.

- Eighth graders who participated in 4-H programs at least twice per month had greater confidence and higher grades and were **1.6 times** more likely to plan to go to college.
- Eighth graders who participated in 4-H programs at least twice per month also **scored higher on civic identity and engagement measures** and had a greater ability to express opinions on community issues, help neighbors, and bond with adults and teachers.

The 4-H Study of PYD finds that youth involved

in high-quality, structured out-of-school programs are more likely to develop the five C's the longer they participate. The study also found that the most important developmental assets associated with PYD is human: the caring, committed adults who work with youth on projects that make a difference in their communities. Youth development programs like 4-H, which provide optimal opportunities for positive youth development, **reduce likelihood of youth to engage in risk behaviors** such as underage drinking, smoking, bullying, and vandalism.

The study also confirms that **4-H youth are leaders, achieve higher marks in school, and contribute to self and society — all which help to strengthen the communities in which they live.**

To learn more about the study, go to <http://4-h.org>

COMPLETE YOUR BACHELOR'S DEGREE ONLINE

**Bachelor of Science in Applied Science**

- Attend courses at anytime, from anywhere
- Increase earning potential and compensation
- Continued mental growth is vital to happiness

[onlineundergrad.unl.edu/bsas](http://onlineundergrad.unl.edu/bsas)

College of Agricultural Sciences and Natural Resources | **Nebraska University of Lincoln**



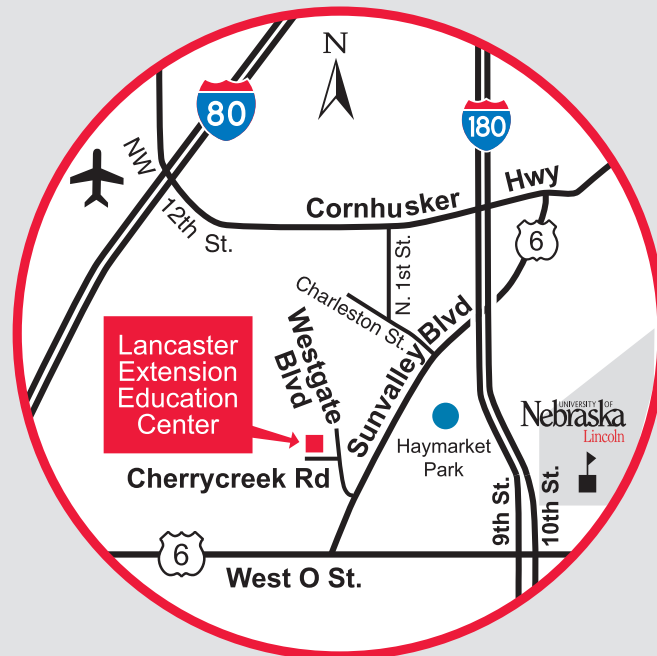
Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

**University of Nebraska–Lincoln Extension in Lancaster County**  
 444 Cherrycreek Road, Suite A  
 Lincoln, NE 68528-1507  
**(402) 441-7180**

<http://lancaster.unl.edu>  
 E-mail: [lancaster@unl.edu](mailto:lancaster@unl.edu) • Fax: 441-7148

Join us on YouTube, Twitter and Facebook  
<http://lancaster.unl.edu/media>

Lancaster Extension Education Center Conference Facilities  
 444 Cherrycreek Road, Lincoln



UNL Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture. We assure reasonable accommodation under the Americans with Disabilities Act; for assistance contact UNL Extension in Lancaster County at 441-7180.

**Extension Educator & Unit Leader**  
 Gary C. Bergman

**Extension Educators**  
 Lorene Bartos  
 Maureen Burson  
 Tom Dorn  
 Alice Henneman  
 Don Janssen  
 Barb Ogg  
 Karen Wobig

**Extension Associates**  
 Mary Abbott  
 Soni Cochran  
 Marty Cruickshank  
 Mary Jane Frogge  
 Deanna Karmazin  
 Tracy Kulm  
 Mardel Meinke  
 Julie Rasmussen  
 Zainab Rida

**Extension Technologist**  
 David Smith

**Extension Assistants**  
 Teri Hlava  
 Emily Hulse  
 Vicki Jedlicka  
 Jim Wies  
 Dana Willeford

**Support Staff**  
 Pam Branson  
 Kay Coffey  
 Deanna Covault  
 Karen Evasco  
 Virginia Piening  
 Chris Rosenthal  
 Karen Wedding

## THE NEBLINE

THE NEBLINE is published monthly (except December) and mailed to more than 11,000 households in Lancaster County.

THE NEBLINE articles may be reprinted without special permission if the source is acknowledged as "University of Nebraska–Lincoln Extension in Lancaster County NEBLINE." If the article contains a byline, please include the author's name and title.

Use of commercial and trade names does not imply approval or constitute endorsement by UNL Extension.

## Free Subscription

Subscriptions to THE NEBLINE are free to Lancaster County residents. There is an annual \$5 mailing and handling fee to addresses in zip codes other than 683–, 684–, 685–, 68003, 68017 and 68065.

Order subscription  Change of address

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

We will only use your phone number in case there is a problem with your mailing address.

**Mail to: UNL Extension in Lancaster County**  
 444 Cherrycreek Road, Suite A • Lincoln, Nebraska 68528-1507