

# HORSE BITS

One of the more overlooked aspects of horse riding is the physical fitness requirement of the rider. Although you need not be a body builder, a certain amount of strength is necessary to increase muscular endurance and agility. The muscles called on most often when riding are those of the legs, hips, buttocks, and belly. Since this would be considered the "off-season" for riding, here are some suggestions for companion activities to keep yourself fit and prevent muscle atrophy.

According to Cherry Hill, author of *Becoming an Effective Rider*, there are several activities which will help keep you physically well-rounded and

prevent injury when resuming your riding schedule.

Bicycling is a good riding-season companion sport, providing cardiopulmonary improvement as well as fine tuning your equilibrium. Cross-country skiing is a great "off-season" activity keeping both your muscles and your cardiopulmonary system in shape. The characteristic crouch of the skier uses many of the same muscles as riding does, and the aerobic exercise is unequalled in winter sports.

Indoor cross-training can include various types of dance; ballet for improving your flexibility, and ballroom or country dance for coordination

and sequenced movements. Fencing utilizes some of the same muscles as riding and can improve your reaction time as well as developing a sense of poise. Gymnastics can improve balance, strength, poise and focus.

As you sit and read this paper, you are burning approximately 30 calories per hour. If you were riding your horse at a walk, you would use 120-240 calories per hour; at a trot, 240-420 calories per hour; at a canter, up to 480 calories per hour. With proper conditioning in both winter and summer, you'll be at your best when it's time to show! (EK)

## Money available to 4-H clubs

The Nebraska Investment Finance Authority (NIFA) has made 25 awards of \$1000 each available to 4-H clubs in Nebraska. The purpose of the awards is to:

- Allow 4-H members to explore careers in agriculture
- Strengthen the image of agriculture in local communities
- Strengthen 4-H educational programs which emphasize agriculture and life skills

In order for 4-H clubs to be considered for an award, the primary focus of their activities must be of an agricultural nature.

Applications must be approved by an Extension Educator and must be received by University of Nebraska Cooperative Extension in Lancaster County by March 2. For an application and more information, please call Lorene at 441-7180. (LB)



## New 4-H projects for 1998

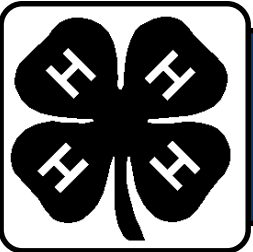
Attention Shoppers! A clothing consumer project. A pre-teen version of Shopping in Style—information on selecting and buying, self-esteem, laundry and clothing repair.

A new food series is also available: Six Easy Bites, Tasty Tidbits, You're the Chef and Foodworks. (TK)

## State 4-H BB/Air Gun Tournament

The State BB/Air Gun Tournament is scheduled for Saturday, March 21, in the Lancaster Building, State Fair Park from 8:00 a.m. to 4:00 p.m. The tournament is open to youth in the 4-H shooting sports project. Registration forms are available at the Extension Office and due March 13. The tournament will include a four-position BB gun or three-position air gun section and a 50 question written test. For more information, contact Lorene at 441-7180. (LB)

## 4-H & Youth



## 4-H Lock-in



The Lancaster County 4-H Teen Council conducted an overnight lock-in for 5th and 6th graders on January 23. "Around the World in a Day" was the theme and youth found themselves traveling to Japan, Italy and Mexico. The participants above are shown working on a traditional Japanese art project.

## Community service awards program

Colgate-Palmolive Company is offering community service awards of \$100-\$1000 for service work performed between March 1, 1997 and March 1, 1998. A flyer is available. If your club has completed an exciting community service project, be sure to apply! (LB)

**Attention  
4-H  
web surfers!**

Do you like to chat on the Internet? Would you like to have the opportunity to talk to other 4-H members nationwide? Well, now you can. "4-H Chat Night" is every Monday at 5:00 p.m. You can access the chat using Netscape 3.0+ or Internet Explorer 3.0+ via the link from the California 4-H home page (<http://fourh.ucdavis.edu>) or directly (<http://fourh.ucdavis.edu.8080>).

If you know how to use IRC software (like mIRC or PIRCH—available to download from the Internet), you can connect to the server: fourh.ucdavis.edu on port 6667 (fourh.ucdavis.edu:6667).

This communication tool has been set up for use nationwide by both youth and adults connected with the 4-H program. It is not connected to any other chat servers to limit the likelihood of inappropriate discussion matter. However, parental supervision is recommended.

Enjoy! (TK)

## Kiwanis Karnival

Karnival time is here! The Kiwanis Karnival is a free family event sponsored by Lincoln Center Kiwanis and the 4-H Council. It is scheduled for Saturday, April 18, 7:00-9:00 p.m. at State Fair Park. All 4-H families are invited to attend this fun and free activity.

4-H clubs or families are needed to provide carnival-type game booths for the evening. Each booth will have an area 4' x 6' to use. Prizes are provided. If your club or family would like to provide a booth, call the Extension Office to register by March 21. More information will be provided to those assisting with booths.

There will be bingo for the adults and treats for all. Plan now to attend this fun, family activity. For more information, call Lorene at 441-7180. (LB)

## Computerize your 4-H records

The Nebraska 4-H homepage found at <http://www.ianr.unl.edu/ianr/4h/> gives templates for "Building Your 4-H Records" for Word Perfect 5.1, 6.0, 6.1 and 7.0, as well as, Microsoft Word and Excel. You may want to download these onto your home computer. Once you get your records on computer, it will be a lot easier to update. (DL)