

April 2005

The NEBLINE, April 2005

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The NEBLINE[®]

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University of Nebraska Cooperative Extension in Lancaster County
"Helping Nebraskans enhance their lives through research-based education."

April 2005
Vol. XIX, No. 4

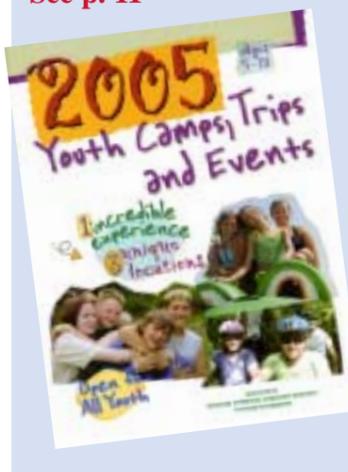
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In This Issue

Farm Views	2
Environmental Focus	3
Food & Fitness	4
Home & Family Living	5
Horticulture	6
Urban Agriculture	7
4-H & Youth	8-9
Community Focus	10
Miscellaneous	11-12

4-H CAMP EARLY BIRD REGISTRATION

Save 10% by registering for 4-H Summer Camps or Big Red Academic Camps before April 1!
See p. 11



Hallam Tornado Cleanup Included Proper Disposal of Hazardous Waste

Barb Ogg
Extension Educator

On May 22, 2004, an F4 tornado traveled 52 miles across five counties and reached an unprecedented width of 2-1/2 miles. Several communities, including Hallam, saw homes destroyed, field flooded, downed powerlines and other property damage.

After the tornado, emergency personnel representing federal, state and local agencies were mobilized to assess the damage and take action. Immediate concerns included ensuring the safety of residents, re-establishing communication, securing personal property and managing and eliminating the huge amount of debris. Other agencies, charitable organizations and businesses helped families find temporary housing and meet their immediate needs.

Beth Mann, Household Hazardous Waste Coordinator and other Lincoln-Lancaster County Health Department (LLCHD) environmental health specialists, spent two weeks after the tornado collecting hazardous materials from damaged homes in Hallam and surrounding areas.

In Hallam, residents and cleanup volunteers were instructed to put hazardous waste on the curb. Environmental health personnel collected waste and brought it to temporary site set up by

LLCHD for sorting and packing hazardous wastes. Because training is required to identify, assess, sort and pack toxic wastes, untrained volunteers could not be used to help.

Due to the fact many containers were damaged or leaking, items normally recycled by citizens such as batteries, used oil, antifreeze and propane tanks were collected for proper disposal. Some waste collected had no label, was in unmarked containers or had damaged labels. LLCHD environmental health specialists performed field tests to determine type of substance so materials could be safely packed.

Types of hazardous waste



Hazardous waste collected after the tornado included banned products containing DDT (left) and a turf fungicide containing mercury (right).

collected in Hallam included PCB's, oxidizing and flammable materials, asbestos, pesticides and five-gallons of mercury. Old pesticides now banned by the Environmental Protection Agency (EPA), such as DDT and chlordane were also collected. One potentially



Lincoln-Lancaster County Health Department environmental health specialists spent two weeks after the tornado collecting hazardous materials in Hallam and surrounding areas.

hazardous item collected was "Cyanogas for Ants."

When the calcium cyanide powder in Cyanogas is exposed to moist air or water, hydrogen cyanide, a deadly poisonous gas is produced. The use registration of this dangerous fumigant was cancelled by the EPA in 1989.

At the end of two weeks, the amount of hazardous waste collected filled a flat-bed semitrailer and was transported to a storage facility in Lincoln. Throughout the summer, staff spent time assessing and collecting additional damaged hazardous materials found in the county as cleanup efforts progressed. By the end of summer, nearly 30,000 pounds of waste had been collected.

This waste was transported to Arkansas by a hazardous waste contractor for disposal for recycling, fuel recovery, incineration or disposal.

2005 Hazardous Waste Collections

Each year, the Lincoln-Lancaster County Health Department (LLCHD) offer several Household Hazardous Waste Collections.

Don't wait until a disaster to get rid of your household hazardous waste. LLCHD encourages all Lancaster County residents to take a few minutes to inventory what is stored in their basements and garages and bring hazardous items to one of the upcoming collections. This is a good step to eliminate potential risk to their families and the environment.

See page 3 for details.

15 Tons of Hazardous Waste Collected After 2004 Tornado

Partial list of the hazardous materials collected by the Lincoln-Lancaster County Health Department during cleanup after the 2004 tornado.

WASTE MATERIAL	AMOUNT COLLECTED
Pesticides (often toxic when concentrated)	12,175 pounds
Flammable solids and liquids (fire hazards)	2,173 pounds
Oxidizing materials (fire and explosive hazards)	705 pounds
Oil-based paint	254 pounds
Sodium hydroxide (lye) (extremely corrosive)	173 pounds
Asbestos (exposure increases lung diseases inc. cancer)	17 pounds
PCB's (stable carcinogen, cause human health problems)	15 pounds
Calcium cyanide (toxic fumigant, when exposed to moist air/water)	4 pounds
Ammonium sulfide (toxic and corrosive)	3 pounds
Mercury (toxic, damages central nervous system, causes birth defects)	5 gallons



After sorting, hazardous waste was packed in large, extra strong boxes with double-wall construction for safe transport.

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University of Nebraska
Cooperative Extension in Lancaster County
444 Cherry Creek Road, Suite A
Lincoln, Nebraska 68528-1507

Liming Acid Soils

Why is liming an acid soil important?

Nutrient availability and biologic activity in the soil can both be affected by pH, especially at levels too far removed from neutral. Nutrient availability is affected by the pH of the soil in two ways. Clay and organic matter carry negative charges. Positively charged particles, called cations (kat-I-ons) are attracted to and held by, the negatively charged sites on the clay and organic matter particles. These nutrients are taken up by plants when the plant roots encounter the nutrient and exchange one or more hydrogen ions (H^+) for it.

There are a finite number of cation exchange sites in a given soil. This can be measured in the laboratory and is reported on some laboratory reports as the cation exchange capacity (CEC) of the soil. As the cation exchange sites get filled up with hydrogen ions, fewer sites can be occupied by the cations needed for the metabolic processes in the plant. The essential plant nutrients held as cations in the soil include: Nitrogen in the ammonium form (NH_4^+), Potassium (K^+), Magnesium (Mg^{2+}), Calcium (Ca^{2+}), Copper (Cu^+ and Cu^{2+}), Zinc (Zn^{2+}), Manganese (Mn^{2+}) and Iron (Fe^{2+} and Fe^{3+}).

Soil chemistry is a dynamic process. Various compounds constantly form and dissociate and only a fraction of the total quantity of a nutrient present in the soil will exist in a plant available form at any one time. One of the factors affecting the availability of many nutrients, is pH. A pH of 6.0 to 7.0 is ideal because in that range the major plant nutrients are most available for use by plants. Phosphorus, Potassium, Calcium, Sulfur, Molybdenum and Boron are all more available to plants in this range than at lower pH values. When pH drops below 6.0, the availability of many of these nutrients is reduced and the lower the pH value below 6.0, the less available they become.

Conversely, at very low pH values (below 5.2), aluminum enters the exchangeable ion complex. Aluminum is toxic to plants and further depresses yields if pH is allowed to get this low.

Besides the effect that pH has on the purely chemical processes in the soil, pH also affects the microbiological processes. Bacteria in the soil are more active between pH 6.0 and 7.0, thus mineralization of organic matter is better (increasing the availability of nitrogen and other nutrients such as phosphorus, sulfur and other nutrients). Also, the bacteria associated with nodule formation and nitrogen fixation by legumes function better in the 6.0-7.0 pH range.

As a rule, it is best to maintain the soil pH at values above 6.0. A pH of 6.5 is considered ideal for agricultural crops. It usually takes several years for lime to fully react in the soil and for that reason, liming should be considered an eight-year investment. Remember also, the same things that made the soil acidic in the first place, are going to continue to occur, requiring periodic applications of lime in the future.

Do you have to apply the recommended amount of lime?

University of Nebraska lime recommendations are for the amount of lime required to bring the top seven inches of soil up to a pH of 6.5. Less lime will not bring the level up as much nor maintain it at the higher level as long. An analogy would be the decision to fill the gas tank on the pickup which might take \$35 or only to put \$10 worth of gas in the tank. Both will help you get down the road, but you won't go as far on \$10. Basically, there is no way around the laws of chemistry. It takes a given amount of calcium carbonate equivalent to neutralize the active and reserve acidity in the soil and bring the measured pH up to an acceptable level.

Are there differences in lime quality or effectiveness?

There can be differences in lime quality due to the chemistry of the product used and the particle size. The ag lime mined in eastern Nebraska is a mixture of mostly calcium carbonate with some magnesium carbonate plus impurities. Both calcium carbonate and magnesium carbonate are effective in neutralizing pH and both Calcium and

Smaller Ag Lime Particle Sizes Are More Effective

The fineness of ground limestone is determined by passing a sample through a set of screens or sieves. Usually, the following three screens are used:



Lime that passes through a 60-mesh screen is 100% effective.



Lime held a 60-mesh screen is 40% effective



Lime held on an 8-mesh screen is less than 10% effective.

Magnesium are essential plant nutrients.

Limestone is not very water soluble and needs to have a small particle size to dissolve into the soil solution quickly enough to be considered effective. Limestone held on an eight-mesh screen (the size of gravel) is less than 10 percent effective, whereas that passing an eight-mesh screen and held on a 60-mesh screen (like course to fine sand) is about 40 percent effective, and that passing through a 60-mesh screen (like gritty flour) is 100 percent effective.

Lime is tested in the laboratory and the acid neutralizing effectiveness is expressed as Calcium Carbonate Equivalent (CCE). Lime suppliers in Nebraska must register with the State Department of Ag and the minimum CCE value must be specified. Most ag lime in Nebraska runs between 60-65 percent CCE. The University of Nebraska lime recommendations assume ag lime with a CCE of 60 percent will be used to correct low soil pH. When interpreting lime recommendations from other soil laboratories, check to see whether the recommendation is stated as pounds of ag lime or pounds of CCE equivalent. A recommendation of 4,800 pounds per acre of CCE lime is equal to a UNL recommendation of 8,000 pounds per acre of 60 percent CCE ag lime.

As discussed above, up to a certain limit, smaller particle sizes are more effective in neutralizing acidity in the soil. There is a practical lower limit to particle size when spreading lime using

traditional broadcast methods because lime that is ground too fine, would blow away (like smoke) before hitting the ground. Manufacturers overcome this problem by pressing the finely ground limestone into pellets. "Pell" lime, as it is called, is easy to apply because it has a uniform particle size, is easily handled and the large particle size does not drift in the wind like a powdered product. Once the pellet is in or on the soil and is wetted, it sloughs (melts) and the fine particles disburse and react in the soil. Another method for applying very finely ground lime is to mix it with water and apply it as "liquid" lime.

Many tenants, especially those with short-term leases, prefer to use "pell" or "liquid" lime products because the extremely fine particles react quickly in the soil, providing first year results. Due to higher manufacturing costs, the cost per pound of CCE is considerably higher than ag lime. These products do provide flexibility in application methods which may partially overcome the cost disadvantage. Annual applications of relatively small quantities of these products are often recommended as an alternative to periodically spreading ag lime which costs more up-front but lasts several years.

For more information:

- "Estimating Ag Lime Quality" (NebGuide, G84-714)
- "Soils Home Study Course" (University of Nebraska, EC98-152)
- "Liming Acid Soils" (Kansas State University, MF-1065)

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Animal Science Youth Field Day April 2

An Animal Science Youth Field Day sponsored by UNL Cooperative Extension will be held Saturday, April 2, 9 a.m.–4:30 p.m. on UNL East Campus at the Animal Science Complex. All high school youth ages are invited to participate — no cost to attend. Fun activities will increase your science-based knowledge of animals. Pre-registration not required, but requested — call Deanna at 441-7180.

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Nebraska Agricultural Youth Institute Applications Due April 15

High school juniors and seniors are invited to take part in the Nebraska Agricultural Youth Institute (NAYI) which will be held July 10–14. The NAYI is to help build leadership skills, explore new aspects of agriculture and encourage young people to become more involved with and remain in agriculture. The Institute takes place at the University of Nebraska-Lincoln. All meals, lodging and activities are sponsored by the Nebraska Department of Agriculture. The only expense for students is transportation to and from the Institute. Applications are due April 15. If interested, contact extension at 441-7180 for an application.



Illegal Dumping in Lancaster County Declines

Harry Heafer
*Environmental Health Educator,
Lincoln-Lancaster County
Health Department*

Illegal dumping in Lancaster County has decreased 36 percent when comparing statistics from fiscal year 2002-03 to 2003-04. From a high of 397 reported in fiscal year 2002-03, the number of illegal dumpings reported to the Lincoln-Lancaster County Health Department (LLCHD) dropped to 254 in 2003-04. This is despite the May 22, 2004 tornado that left a path of destruction across the southern portion of Lancaster County. County residents took responsibility themselves for any debris they cleaned up.

This decrease could be attributed to two things. One is the educational effort being done to combat illegal dumping. The education campaign is funded by the Lancaster County Commissioners and coordinated by the Keep Lincoln and Lancaster County Beautiful program at the Lincoln-Lancaster County Health Department. Educational messages on four different billboards are posted regularly. Signs have also been placed

around the county near areas that have been used for illegal dumping. Educational efforts by the health department, city recycling office and county extension have made citizens more aware of how and where to properly dispose of items commonly dumped.

Secondly, illegal dumpsites are being cleaned up as soon as possible. This removes the items that might otherwise give the impression that it's OK to dump. A contract is signed with a local refuse hauler to clean up sites that have been reported. The hauler also monitors three areas around Lincoln often finding illegally dumped items before they are even reported.

Items most commonly dumped include tires, furniture and appliances. Despite the drop in illegal dumpings, all citizens pay for the cleaning up of illegally dumped items. The annual cost for cleaning up illegal dumpsites for the 2003-04 fiscal year was \$15,835. In 2002-03 the bill was \$22,183.

LLCHD encourages citizens to dispose of items properly. Appliances without freon may be recycled at no cost by taking them to Alter Scrap Processing at 5 and N Street. A small fee is charged for appliances with freon. Most

refuse haulers will take furniture, usually at no extra cost. Call your refuse hauler to find out. Tires can be recycled for a small fee at any of the Graham Tire Stores. Citizens are strongly encouraged to pay the fee when getting new tires and to not keep the tires. Although many think they might use them later, few do. Storing them outside often provides a place for mosquitoes to grow in the warm-weather months.

Fines for illegal dumping can be as high as \$1,000. With this in mind, it's much cheaper to properly dispose of items than risk getting caught.

The Lincoln-Lancaster County Health Department serves as the central clearing house for reporting illegal dumping in the county. The Health Department receives calls from the Sheriff, county roads staff and citizens reporting illegal dump sites. To report a location where material has been dumped, call 441-8022. To report a suspicious vehicle or an illegal dumping in progress, call the Sheriff's office at 441-6500.

For more recycling and refuse information, refer to pages 42-44 in the blue pages in the Alltel Phone book. (BPO)

Household Hazardous Waste Collections for 2005

Residents of Lincoln and Lancaster County can bring household hazardous wastes to the following collection sites. These collections are for household only; not for businesses.

Saturday, April 16 State Fair Park, 4-H Youth Complex
9 a.m.-1 p.m.

Saturday, May 21 Pfizer, Inc.
9 a.m.-1 p.m.
601 W. Cornhusker Highway
(Latex Paint Exchange Day. Only good, usable latex paint is accepted. Please bring containers that are at least half full.)

Friday, June 24 Union College
3-7 p.m.
Parking Lot, 52 and Cooper
(3 blocks south of 52nd and Calvert)

Saturday, June 25 Nebraska Wesleyan University
9 a.m.-1 p.m.
Parking lot, 56 and Huntington

Friday, Sep. 23 Shepherd of the Hills Church
3-7 p.m.
6901 Panama Road, Hickman

Saturday, Sep. 24 Goodyear Tire & Rubber Co.
9 a.m.-1 p.m.
4021 North 56 Street

Saturday, Oct. 22 State Fair Park, 4-H Youth Complex
9 a.m.-1 p.m.

Items you can bring for disposal:

- **HEAVY METALS:** items containing mercury such as thermometers and fluorescent bulbs.
- **SOLVENTS:** mineral spirits, turpentine, paint strippers and thinners, oil-based paints, varnishes, stains, polishes, waxes.
- **PESTICIDES:** weed killers, garden sprays, wood preservatives, roach powder, rat poisons. You may also bring banned products, like DDT, chlordane, 2,4,5-T, pentachlorophenol, silvex, PCP
- **ITEMS CONTAINING PCB'S:** Ballasts from old fluorescent fixtures, small capacitors from old appliances including radios, motors and televisions.

Leave products in their original container and keep the label intact. If the label is destroyed or unreadable, label the products to the best of your knowledge. Open, leaking or rusted containers should be placed in a clear plastic bag during transport. Never mix chemicals.

Do not bring latex paint (except May 21), medicines, fertilizers, explosives and ammunition. Batteries, antifreeze and used oil will not be accepted because these items can be recycled.

For more specific information, call the
Lincoln-Lancaster County Health Department at
441-8040

Create Moving Color in Your Garden

Butterflies can be found in almost any part of Nebraska, from the Pine Ridge's coniferous forests and across the grasslands of the Sandhills to the deciduous forests along the Missouri River.

Watching butterflies, much like bird watching or observing wildflowers has become a popular and enjoyable pastime.

Since many natural butterfly habitats have been lost to urbanization and other development, some environmental organizations have incorporated butterfly conservation into their programs. Many people are also taking a personal interest in attracting these fascinating insects to their gardens.



You can attract many different butterflies, by choosing the right plants, adding a moveable mural of color to your landscape. If possible, include both larval host plants (for the caterpillars) and plants that provide nectar for the adult butterflies.

Here are some resources you may want to check out.

They are available at the extension office and/or on the Web site at <http://lancaster.unl.edu>.

- "Butterfly Gardening" (NebGuide, G93-1183)
- "Backyard Wildlife: Making it Come Alive," (NebGuide, G84-672)
- "Wildflowers for the Home Landscape" (NebGuide, G92-1074)
- "Rearing Butterflies and Moths" (Educational Resource, #290)
- Butterfly Gardening Resource*
- Plants Attract Butterflies to Your Garden*
- Butterflies of Lancaster County*

* available only on Web site at lancaster.unl.edu

2005 Master Conservationist Award Nominations due April 1

Sponsored by the *Omaha World-Herald* and the University of Nebraska Institute of Agriculture and Natural Resources; the Master Conservationist program recognizes those who have excelled in soil and water conservation. Award categories include production agriculture, residential, community and youth. Award recipients will be recognized at the Nebraska Association of Resource Districts annual meeting on Sept. 26, and will be featured in the *Omaha World-Herald*.

Deadline for nominations is April 1. Guidelines for nominations can be obtained from the extension office. For questions about nominations, contact Dick Fleming at 472-8742 or e-mail rffleming1@unl.edu



Upcoming Workshop Everything Homeowners Need to Know About TERMITE CONTROL

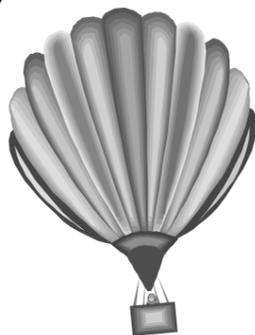
THURSDAY, MAY 19, 6:30-9:30 P.M.
Lancaster Extension Education Center,
444 Cherrycreek Road, Lincoln

Attendees will:

- Learn to identify termites and their damage
- Learn unbiased information about effective treatments, based on research results
- Learn why treatments cost so much
- Receive up-to-date reference materials
- Be informed consumers and make better decisions

Cost: \$25

Call 441-7180 for more information



Earth Day 2005

Soar to New Heights!
Celebrate Our Achievements!

Saturday, April 23
8:00 a.m. - 5:00 p.m.

Pioneers Park



Morning

International Migratory Bird Day Activities
Guided Bird Walk
Walk/Run for the Birds

Tours of Earth-Friendly Sites in Lincoln

*Bike the Bison Trail
to Pioneers Park and
join in the fun!*



Afternoon

Opening Ceremonies
Mayor Coleen Seng
Hawk Release

40 Hands-on Exhibits
Children's Activities
Food Vendors
Musical Entertainment
Hot Air Balloon Launch





Enjoy Nebraska Foods!

Alice Henneman, RD, Extension Educator

To get you off to a good start with the 2005 Dietary Guidelines (see article at right), here are three recipes using foods emphasized in the Guidelines.

Yogurt Salad Dressing

(Makes 8 servings. Serving size: 2 tablespoons.)

Try it, you'll like it! The mayonnaise gives a nice creamy texture to the yogurt. The herbs and lemon juice add a delicious burst of flavor.

8 ounces plain yogurt, fat-free
1/4 cup mayonnaise, fat-free
2 tablespoons chives, dried
2 tablespoons dill, dried
2 tablespoons lemon juice

Mix all ingredients in bowl and refrigerate, covered.

Nutrition analysis per serving: Calories: 23; Sodium: 84 mg; Total fat: 0 g; Calcium: 72 mg; Saturated fat: 0 g; Magnesium: 10 mg; Cholesterol 1 mg; Potassium: 104 mg; Fiber: 0 g
 Source: Courtesy of National Heart, Lung & Blood Institute - DASH recipes at http://hln.nhlbi.nih.gov/nhbpep_kit/recipes.htm

Fruit Muesli

Cool and creamy—stir up a bowl of muesli the night before and enjoy as a quick, nourishing breakfast in the morning! A Swiss doctor, Maximilian Bircher-Benner, invented muesli in the late 19th Century for patients in his hospital. The original muesli was made with uncooked rolled oats, grated apple, milk, lemon juice and nuts. It was served at breakfast as a protection against a variety of illnesses. Today, muesli is still associated with healthy eating with many different recipes and variations available.

INGREDIENTS PER SERVING:

1/2 cup oatmeal, quick or old-fashioned, uncooked
 (also called "rolled oats")
1/2 cup orange juice or apple juice
1/2 cup yogurt, vanilla or plain*
 * You may wish to add 1 to 2 teaspoons sugar or equivalent amount of no calorie sweetener if using plain yogurt.
1/2 cup fresh, frozen or canned fruit (blueberries, raspberries, blackberries, sliced strawberries, coarsely chopped peaches, etc.)
1/4 teaspoon vanilla
1 tablespoon chopped almonds

Mix all ingredients, except almonds. Cover and refrigerate overnight. Serve topped with almonds.

ALICE'S TIPS

- The following raw fruits may turn brown overnight and are best added just before serving: apples, pears, bananas and peaches.
- Create your own version of muesli by adding different nuts, fruits, spices, dried fruits, flavors of yogurt, etc.

Fantastic Fruit Parfait

We're tired, there's no one else to fix dinner for tonight and all we feel like doing is pouring out a bowl of cereal. But, wait! Take an extra 5 minutes and fix this luscious parfait, full of foods from 3 of the 5 food groups. And there's no sink full of dishes! (It's OK to eat this for other meals besides dinner, including breakfast!)



No need to get out your recipe book. Forget about the measuring cups and spoons.

Just layer yogurt, low-fat granola and fruit in whatever proportions you'd like. Add some nuts and you've included a 4th food group. A sprig of mint is optional!

Spending Your Calorie Salary: Tips for Using the 2005 Dietary Guidelines

Alice Henneman
 Extension Educator

The 2005 Dietary Guidelines for Americans place a stronger emphasis on decreasing calorie intake and increasing physical activity than past guidelines. There are more specific guidelines about the types and amounts of foods to eat. Greater consumption of nutrient-dense foods — foods packed with vitamins, minerals, fiber and other nutrients but lower in calories — is encouraged.

Think of following the new 2005 Dietary Guidelines as spending your "calorie salary." Plan your calories the same as you might plan a major expense such as a car, house, vacation, etc. A great-looking car with bad brakes and a faulty heating/cooling system is no bargain if it wipes out our budget if we buy it and it provides dependable transportation.

Choosing foods that do little to meet nutrient needs—even if they're within our calorie salary — can put our health at risk. Four recommendations of the 2005 Dietary Guidelines are:

Choose a Variety of Fruits and Vegetables Each Day

Eat fresh, frozen, canned or dried fruit, rather than drinking fruit juice, for most of your fruit choices. A person consuming about 2,000 calories daily should aim for 4 servings of fruit per day. A serving size of fruit equals:

- 1/2 cup fresh, frozen or canned fruit
 - 1 medium fruit
 - 1/4 cup dried fruit
- At the 2,000 calorie level, aim for 5 servings of vegetables per day. A vegetable serving equals:
- 1/2 cup of cut-up raw or cooked vegetable
 - 1 cup raw leafy vegetable



Select From All Five Vegetable Subgroups Several Times a Week

Examples of vegetables from these subgroups include:

Dark green vegetables

Broccoli, most greens such as spinach, collards, turnip greens, kale, beet and mustard greens, green leaf lettuce and romaine lettuce

Orange vegetables

Carrots, sweet potatoes, winter squash, pumpkin

Legumes (dry beans)

Chickpeas, pinto beans, kidney beans, black beans, garbanzo beans, soybeans, split peas, lentils

Starchy vegetables

Corn, white potatoes, green peas

Other vegetables

Tomatoes, cabbage, celery, cucumber, lettuce, onions, peppers, green beans, cauliflower, mushrooms, summer squash

Consume 3 or More 1-oz Equivalents of Whole-Grain Products Per Day, with the Rest of the Recommended Grains Coming From Enriched or Whole-Grain Products

Examples of a one-ounce equivalent are:

- 1 slice bread
- 1 ounce ready-to-eat dry cereal
- 1/2 cup cooked rice, pasta or cereal

In general, at least half the grains should come from whole grains. Examples of whole-grains commonly eaten in the United States include: whole wheat, whole oats/oatmeal, whole-grain corn, popcorn, brown rice, whole rye, whole-grain barley, wild rice, buckwheat, triticale, bulgur (cracked wheat), millet, quinoa, sorghum



Consume 3 Cups Per Day of Fat-Free or Low-Fat Milk or Equivalent Milk Products

If you don't or can't consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages. Children 2 to 8 years of age should consume 2 cups per day and children 9 years of age and older should consume 3 cups per day of fat-free or low-fat milk or equivalent milk products. A serving size is:

- 1 cup low-fat/fat-free milk, yogurt
- 1-1/2 ounces of low-fat or fat-free cheese

See recipes at left for some delicious ideas for implementing the Dietary Guidelines. For more information about the guidelines, go to www.healthierus.gov/dietaryguidelines



Olive Oil and Heart Disease



for Limited Resource Families
 Wanda M. Koszewski
 UNL Nutrition Specialist

In November 2004, the Food and Drug Administration (FDA) announced the mono-unsaturated fat, olive oil, might help reduce the risk of coronary heart disease. The FDA found replacing saturated fats with olive oil in one's diet might reduce the risk of coronary heart disease. However,

calories and total fat intake should not be increased.

What does this mean? It means when we look at a bottle of olive oil we may see a health claim on the bottle that has been approved by the Food and Drug Administration. This is the third time the FDA has approved a health claim. The proposed health claim is "limited and not conclusive scientific evidence suggests eating about two tablespoons of olive oil daily may reduce the risk of coronary heart disease due to the mono-unsaturated fat in olive oil."

All groups are not supporting this health claim, as the

American Heart Association (AHA) has not yet issued a statement. They want to look at the research and review the health claim in more detail. The AHA says lowering cholesterol, quitting smoking and exercising can help boost heart health.

For now, replacing saturated fats with mono-unsaturated fats like olive oil is a good recommendation. Just remember we still need to watch our calories and total fat intake and should get daily exercise. The FDA and AHA plan to look at this health claim further. So for now, sit tight and see what happens this next year as more research is done.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Janet's Jargon

Janet Broer
FCE Council Chair

Spring bulbs are peaking through the dirt and I'm feeling revitalized with winter past. New flowers in bloom are great surprises with their beautiful colors and fragrances. I have not lived at this home an entire year so I still don't know what remains hidden in my landscape. Each day I do a quick tour around the house looking for new plants coming to new life.

March 28 at 1 p.m. we will have our Council



meeting hosted by Emerald and Live N Learn clubs. A speaker from the Lancaster County Sheriff's office will talk on Women's Safety. Presidents should particularly try to attend but the meeting is open to all members.

Please remember to turn in your signed Tune Out Violence sheets and scholarship applications need to be submitted by April 1. If you know someone studying in the health or home economics fields encourage them to apply for

the FCE scholarship.

The Sizzling Summer Sampler will be July 12, Independent members and Council officers will be responsible for planning this event. We will have a planning meeting around the

first part of April and it would be so helpful if you passed on some ideas to us. Talk about it at your club meetings and let us

know what you are thinking might be possibilities.

Hope to see many of you at our meeting March 28.



FCE News & Events

Leader Training "Healthy Cooking for 1 or 2," March 22

The April FCE and community leader training lesson "Healthy Cooking for 1 or 2" will be presented by Extension Educator Alice Henneman on Tuesday, March 22, 1 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.

This lesson will show you how to prepare quick, delicious and nutritious meals for one or two people.

The emphasis will be on using just a few common ingredients per recipe and as few dishes to wash as possible! Learn how to put FUN into cooking for just one or two.

Non-FCE members should call Pam, 441-7180, to register so materials can be prepared. (LB)

Council Meeting, March 28

The FCE Council meeting will be Monday, March 28, 1 p.m. The speaker will be from the Lancaster County Sheriff's office on the topic of women's safety. All FCE members are invited to attend.

FCE Scholarship Applications Due

A \$300 scholarship provided by the Lancaster County FCE Council is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in family and consumer science or a health occupation. This is open to full-time students beginning their sophomore, junior or senior year of college in the fall of 2005 or who have completed two quarters of study in a vocational school. Applications are due April 1 in the extension office. (LB)

Poison Prevention Now!

Good Poison Prevention Practices Help Save Lives

Despite our best efforts, sometimes unintentional poisonings happen. In fact, every year in the U.S., nearly **2.5 million** poison exposures are reported. Children and youth under age 19 suffer **66 percent** of these exposures. To help prevent unintentional poisonings, follow these important tips for using household cleaning products safely.

Use Safely

- **Schedule routine cleaning with kids in mind.** Choose times when small children aren't around or when they're napping.
- **Read and follow product label directions.** Don't mix products—harmful gases can be released.
- **Never remove product labels.** The precautions, first-aid instructions, and ingredients will be important if there's an

emergency.

- **Take out only the amount of cleaning product needed.** Put the rest away, so nothing's left out to tempt curious toddlers or pets.

Store Safely

- **Lock products up.** This location should be away from children, pets or food.
- **Store products in their original containers.** If you put products in food or beverage containers, someone

might eat or drink them by mistake.

- **Close container caps securely.** Products with more potential hazard, such as some oven or drain cleaners, come with child-resistant packaging. However, unintentional poisonings can still occur if the package isn't closed properly.

Dispose Safely

- **Carefully dispose of empty cleaning containers.** To protect children, pets and garbage handlers, replace caps first, then discard in a sealed recycling bin or garbage container.

For more about poison prevention or if you think someone has been poisoned from medicine or a household chemical, call the Poison Control Center's nationwide, toll-free hotline at: **1-800-222-1222.**



by Lorene Bartos, Extension Educator

Removing Mineral Build-up in a Steam Iron

To remove a mineral build-up in a steam iron, fill the iron with tap water and rest the sole plate on a cake cooling rack. Turn the dial to steam and to the high setting. Shake periodically until all water is dissipated. You may have to repeat the process two or three times, if the condition is not cleared up after the first attempt.

Another method to remove mineral deposits from the inside of a steam iron, is to fill it with equal parts of water and white vinegar. Let it steam for several minutes, then disconnect and let set for one hour. Empty and rinse out with clear water.

Remove brown or burned on spots on the sole plate of the iron by cleaning with a heated solution of vinegar and salt.

Spring Cleaning Spotlight: Put the Sparkle Back in Windows and Walls

Clean windows and walls are the icing on the spring-cleaning cake. They make everything else you've done look even better. The Soap and Detergent Association offers up some new ways to clean windows and walls.

Window Dressing

Curtain call

The deteriorating effect of dust and sunlight can make curtains fragile. If the care label says they're washable, launder on the delicate cycle. Otherwise, have them professionally dry-cleaned. But, with elaborate treatments that are difficult to dismantle on a regular basis, a good vacuuming may make more sense. Follow up with a fabric refresher spray to remove lingering odors.

Blind ambition

Blinds are great dust traps. An easy cleaning tool is an electrostatic duster with a soft, disposable head—the modern version of the feather duster! The multitude of soft, fluffy fibers pass easily between the slats, grabbing dust and dirt.

Windows of Opportunity

Remove dirt and debris

Vacuum window frames and sills to get rid of dust, soot, cobwebs and dead insects.

Spray clean

Traditional glass cleaners have a crisp, ammonia scent. New varieties offer a range of fragrances, including lavender, berry, orange and lemon.

Head outdoors

Check out new outdoor window cleaners. These spray products come with a nozzle that attaches to your garden hose. Spray outside windows from at least five feet away. The sheeting action helps get the windows clean. And, windows don't need to be towel dried.

Wall Story

Read the product label

It will tell you how to properly use the product and what type of wall surfaces the product *can* and *cannot* be used on.

Spray it on

Use a multipurpose spray cleaner. For streak-free results, spray onto a cleaning cloth rather than directly on the wall.

Rub away

Crayon marks on the wall, scuff marks on your baseboards, sticky finger marks on the window sill—lift them off the surface with a new, soft cleaning pad that acts just like an eraser. (LB)

CHARACTER COUNTS! CORNER

Responsibility

Responsibility requires us to recognize what we do—and what we don't do—matters, and we are morally responsible for the consequences of our choices.

- Responsibility means being accountable for what we do and who we are.
- Everyone is responsible for the development of his or her personal character. (LB)



Nebraska's GreatPlants 2005 Selections

The GreatPlants program is a joint effort of the Nebraska Nursery & Landscape Association and the Nebraska State-wide Arboretum. They select and promote exceptional plants that are reliably hardy, easy to care for and ornamentally worthwhile. Look for them at your local nursery.

Previous year's selections can be found online at arboretum.unl.edu

Tree: Ginkgo

Ginkgo biloba. Undoubtedly one of the most distinct and beautiful of all deciduous trees. The leaves can turn a brilliant golden yellow in the fall. One of the oldest trees growing on earth. Usually pyramidal in youth, in old age, a well developed Ginkgo is an impressive sight, forming large picturesque branches and handsome bark. Female trees



Ginkgo



Korean Spirea

produce an undesirable fruit after 20 years, so for this reason, usually only male trees have been selected. A durable tree for difficult landscape situations. Recommended male selections are 'Autumn Gold' and 'Princeton Sentry'. Ginkgo's reach a height of 50 to 60 feet and a width of 30 to 40 feet. Hardy to zone 4.

Shrub: Korean Spirea

Spiraea fritschiana. This exciting little spirea is not very common in the landscape but offers dark green

foliage and large clusters of flat-topped, white flowers in May and June. The creamy white flowers contrast nicely with the rich green foliage. The serrated leaves turn a good yellow in the fall on this dense, mounded shrub. Used as a filler plant or as a low massing plant, this Spirea will perform in a variety of tough conditions. The height is 2 to 3 feet and width is 3 to 4 feet. Hardy to zone 4.

Perennial: Dwarf Blue Indigo

Baptisia minor. An exciting plant for the hot, sunny border. It looks like a miniature version of Blue False Indigo, *Baptisia australis*. A Nebraska Statewide Arboretum introduction from seed collected in north central Kansas. The pea-shaped indigo blue flower spikes appear in spring, displayed nicely above the blue-green foliage. The showy flowers are reminiscent of lupines and are a favorite of bumble bees. In late summer and fall interesting seedpods develop from the flowering stalks, changing from a soft green to a rich black in autumn and

persisting into winter. Native Americans called this plant 'Rattle Pod', because the hard seeds rattle around inside the pods. A tough, durable plant for the hot, sunny border that looks good all season long. It is only 15 to 24 inches tall and hardy to zone 4. This is a great plains native.



Dwarf Blue Indigo

Grass: Sideoats Grama

Bouteloua curtipendula. This durable native grass has delicate, oat-like spikelets that hang to one side of the inflorescence in summer, arching to 3



Sideoats Grama

feet above the basal mound of gray-green foliage. Numerous seed heads are purplish when they first appear in June and July, then bleach to straw color as they age. Autumn foliage is generally bronze-purple to orange and red, to straw-colored in winter. Particularly handsome when backlit by the sun or combined with little bluestem and prairie wildflowers. It spreads slowly to form a dense mat of foliage that is ideal for erosion control, choking out weeds or mass plantings. Hardy to zone 4. (MJF)

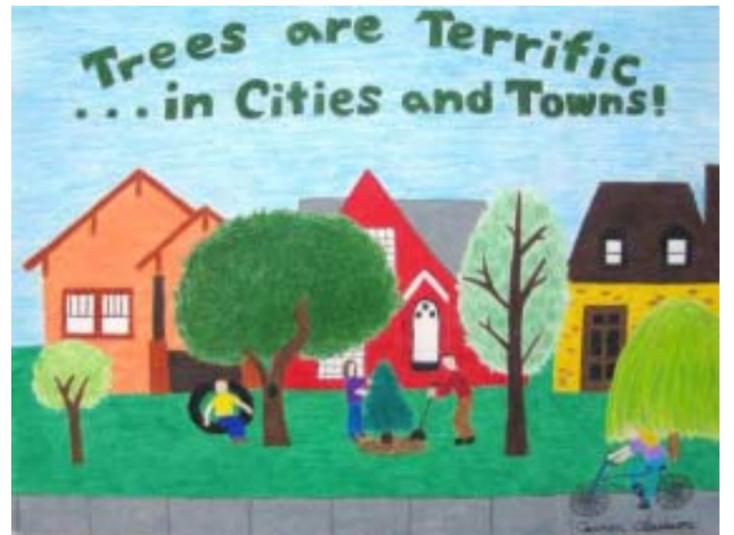
Arbor Day Celebrates Future

Arbor Day, the Tree Planter's Holiday, started more than a century ago in Nebraska, is still going strong today. In January 1872, J. Sterling Morton proposed to the State Board of Agriculture a tree planting holiday be observed in Nebraska on April 10, 1872. He proposed the holiday be named Arbor Day and its purpose, "to urge upon the people of the State the vital importance of tree planting." His efforts were successful and more than a million trees were planted in Nebraska on the first Arbor Day.

In 1885, Arbor Day became a legal holiday in Nebraska, to be observed on Morton's birthday, April 22. Since 1989, Nebraska has celebrated Arbor Day on the last Friday in April. Tree planting is as important now as it was to our grandparents. In fact, it is even more important now since many trees must be planted to keep up with the loss of trees and forests to land clearing, fire and urban development. By replacing these trees we can be sure we will always have forests and trees for our future.

Perhaps the most important aspect of Arbor Day is its emphasis on the future. In the words of J. Sterling Morton, "Other holidays repose on the past. Arbor Day proposes for the future." We learn to plant trees to show our hope for the future and our concern for those who will come after us.

Why is Arbor Day so important to Nebraskans?



The 2004 Arbor Day Poster Contest Nebraska winner was Carmen Claesson (who is a Lancaster County 4-H member).

Certainly the holiday's origin in our state contributes to our enthusiasm. But even more important is the scarcity of trees and forests in Nebraska. We appreciate trees because we can easily see what life would be like without them.

Nebraskans should be proud of their tree planting heritage. We can feel satisfied

in knowing this state is a more beautiful place to live and a better place for the future.

To celebrate Arbor Day this year consider planting a tree in your yard, neighborhood, school yard, local park or city square. To find out more about Arbor Day, go to www.arborday.org (MJF)

Benefits of Trees

- Trees provide more benefits than just shade and aesthetic beauty. Trees also:
- help cleanse and purify the air by absorbing carbon dioxide, catching dust particles and other pollutants, and giving off oxygen
 - moderate building temperatures and conserve energy by insulating homes and buildings and providing windbreaks
 - reduce run-off and erosion
 - screen out "eyesores" in the landscape and frame good views in addition to creating privacy, if desired
 - help increase the resale value of a home

Garden Guide

Things to do this month

Seed bare spots in your fescue or bluegrass lawn.

Consider planting flowers which may be dried for winter arrangements. Some of the best are strawflower, statice, celosia and globe amaranth.

Do not restrict yourself to buying plants in bloom. Petunias blooming in the pack are often rootbound or overgrown and after planting will actually be set back and cease to bloom for about a month. Plants without blossoms will actually bloom sooner and will grow better as well.

To extend the blooming period of gladiolus, plant early, middle and late-season selections each week until the middle of June. Choose a sunny location and plant the corms four to six inches deep and six to eight inches apart.

Scatter annual poppy seeds in flower borders. The fine seeds need not be covered. The plants grow rapidly and provide colorful flowers in early summer.

In a sunny location with poor soil, plant nasturtiums for a colorful show. They require warm soil to sprout and start blooming in about 50 days. Too much water and fertilizer produces excess leaves and few flowers.

When chrysanthemums show signs of life, dig up and divide large plants. Discard woody portions and replant divisions 12 to 15 inches apart.

Cut flower stalks back to the ground on daffodils, hyacinths and other spring flowering bulbs as the flowers fade. Do not cut the foliage until it dies naturally. The leaves are necessary to produce strong bulbs capable of reflowering next year.

Do not add organic matter to the soil when planting trees. It does not help the plant become established and it may create conditions that encourage the roots to stay inside the planting hole instead of spreading to surrounding soil. Do dig a large planting hole, but fill it with the original soil removed from it.

The last Friday in April is National Arbor Day. Plant a tree or support an organization which does.

Prune spring blooming shrubs, such as forsythia and spirea, after they have completed flowering.

Remove sticks, rocks and other debris from your lawn to prevent damaging your lawnmower or injuring yourself when mowing. Check your lawnmower and other lawn care equipment in preparation for the coming season.

Put a birdhouse in the garden to attract insect eating friends.

Measure the rainfall with a rain gauge posted near the garden so you can tell when to water. The garden needs about one inch of rain per week from April to September. (MJF)

Ten Rules for Planting Trees

Tree planting is an ancient art, but the methods have changed over time to reflect the latest and best arboricultural and forestry research. It is vitally important to remember where trees live in nature. In the natural forest there are no sidewalks, automatic sprinklers, streets, parking lots, tall buildings or other man made objects.

These guidelines are the most current practices recommended for proper tree planting. It is tough being a tree in Nebraska, but following these procedures will provide a planted tree the best means of surviving and growing to maturity.

1. Selection is important - Select the right tree for the right place. Many serious problems can be avoided by proper selection decisions.

2. Pre-planting care - Keep planting stock in shaded location and well watered. Do not get rough with the planting ball or container. If you have to hold a plant over, make sure it is moist and shaded. When shipping trees it is important to have them covered to avoid heavy loss of water through transpiration. Keep in mind when trees are transplanted from the nursery 90 to 95 percent of the root system is left behind.

3. On site and prior to planting remove all wires, labels, cords and anything else attached to the plant.

4. Hole size and shape have become a very important factor. Do not skimp on the

width of the planting hole. Plant slightly above nursery level. Place the plant on solid ground...not fill dirt. Be careful of drainage. One sure way to check is to fill the hole with water and come back in 24 hours. If the water has not drained out, make alternate plans.



Photo by Lynn Betts, Natural Resources Conservation Service

5. Remove ALL containers from the root ball prior to planting...even peat pots should not be left intact. Wire baskets and burlap should be rolled back into the hole at least 12 inches below planting depth after the tree has been set into the hole. It is best if wire baskets can be removed completely.

6. Backfill with loosened soil. Research shows amendments are not necessary. When dealing with difficult sites some judgments may have to be made.

7. No need to fertilize at planting time. Remove only

damaged or rubbing branches. Food production by the leaves is vitally important. Cutting back restricts leaf area and therefore food production.

8. Water the plant thoroughly then two to three times per week for the first season.

9. Mulch around the tree.

This is important!! Natural composted mulch is best. Do not use plastic sheeting. Two to four inches of mulch is ideal. Critters will infest mulch levels any deeper. Mulch should cover the ground to the drip line if possible and should not be placed against the trunk.

10. Stake only when necessary. If the tree is staked, allow for some movement but take care not to injure the bark. Staking is useful more for protection against people. Remove stakes after one year.

Source: Taken from Nebraska Forest Service Community Forestry Program. (MJF)

Beware of Misleading Tree Advertisements

Homeowners need to be on their guard for advertisements with lofty promises. Seasonal magazines and newspapers are filled with advertisements for shade and ornamental trees. Beware of those that proclaim "super trees," which usually have faults that need to be investigated before purchase.

According to Dennis Adams, Nebraska Forest Service, "Unsuspecting buyers often are lured by vivid descriptions of amazing growth and beauty. Generally, these advertisements refer to the tree by scientific name only or an

unfamiliar species."

Almost every year brings a new version of the "super tree." The advertisements often feature exaggerated claims such as, "the tree soars into a magnificent tree in just one single year." Prices often are exorbitant for the size and species of tree being promoted.

Two examples of such "super trees" advertised in the past are the *Ulmus pumila* and Royal Paulownia. It is true that both trees grow rapidly; however, *Ulmus pumila* is the scientific name for the common Siberian elm, which is

non-native, short-lived, susceptible to heavy elm leaf beetle infestations and has brittle branches that break easily in storms. Royal Paulownia, or Empress Tree, is not adapted to Nebraska's climate. It grows rapidly, but usually dies to the ground during each Nebraska winter.

To avoid falling into the "super tree" trap, learn the characteristics of trees before purchasing them to ensure they match the intended objectives. Contact a reputable nursery or local cooperative extension office before making a purchase.

Give Trees a Chance Against Weeds

Competition for moisture, light and nutrients by aggressive weeds and grasses may severely stunt or kill newly planted trees and shrubs. Methods of controlling weed competition include cultivation, mowing, herbicides and natural or fabric mulch.

To best aid growth, vegetation should be removed in a 4-foot diameter circle around each seedling or two feet on each side of a tree row. Mulches effectively control weeds and conserve moisture, but initial cost often is higher than cultivation or herbicide treatment.

Pre-emergent herbicides

(e.g. simazine) applied to mineral soil just after planting usually will control most weeds for the bulk of the growing season when applied in the proper amount and at the right time. Always follow label directions when applying any pesticide.

The best time to control weed and grass competition is before the weed seeds germinate or when the weeds are in their seedling stage. Cultivation is the surest method to control weeds and retain moisture for the seedlings, but it should not be too deep and should never ridge soil against the trees.

Where moisture is sufficient and a cover between

rows is desirable to prevent soil erosion, mowing vegetation between tree rows often is recommended.

People often want to plant aggressive grasses such as brome grass or fescue between rows of trees. This generally is harmful. If perennial grasses must be planted, growers should consider less competitive cool-season grasses, like blue grass and rye grass, or short warm-season grasses, like blue grama and side-oats grama.

New tree and shrub plantings should receive adequate weed control for at least three years until the roots have become established.

WATERWHEEL

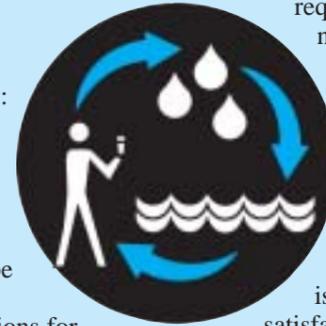
Water Treatment Equipment: a Buyer's Guide

Note: This is part of a series of articles related to rural water issues.

The purchase of water treatment equipment is a decision that must be carefully considered. There are several key steps to follow when purchasing equipment.

These include:

- Use appropriate water quality tests to correctly identify the problem to be addressed
- Identify options for correcting the problem
- Decide whether whole house or single-tap treatment is needed
- Select a reputable dealer
- Obtain second opinions
- Check to see if the equipment has been tested by an independent organi-



zation such as the National Sanitation Foundation

- Talk with others who have the same equipment you may purchase
- Understand all the costs of the equipment including purchase price, installation, operating and routine required maintenance
- Understand what maintenance will be required
- Understand how to determine if the equipment is operating satisfactorily
- Determine if the system has adequate capacity for your needs
- Determine the expected life of the equipment
- Understand any warranty provided with the equipment (DJ)

"Acreage Landscape Management" Rural Living Clinic, April 14



University of Nebraska Cooperative Extension is presenting "Acreage Insights - Rural Living Clinics" to help acreage owners manage their rural living environment. On Thursday, April 14 from 7-9 p.m., "Acreage Landscape Management" will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. The workshop will also be offered in Omaha and Fremont.

Acreage landscapes don't always look like they do in the magazines. In this program, learn the "how to's" on the care of herbaceous perennials and woody plants (watering, pruning, best management practices, etc.) so they will thrive and look their best on your acreage. Workshop presenter is horticulturist Kelly Feehan, extension educator in Platte County.

Preregistration is \$10 per person and must be received three working days before the program. Late registration is \$15 per person. Note: if a minimum number of registrations are not received, clinics will be cancelled and preregistered participants will receive a full refund.

Upcoming workshops are:

- August — Construction and Management of Large Farm Ponds
- September — Septic Systems: Answers to Common Homeowner Questions
- October — Grape Growing for Wine Production in Nebraska
- November — Growing Woody Floral Shrubs for Profit

For more information or for a registration form, call the extension office at 441-7180 for a brochure or go online at lancaster.unl.edu/hort/Programs/AcreageInsightsClinics.htm.

COUNTY FAIR 4-H & FFA NEWS



Fair Books Have Been Mailed Out, Available Online

Fair Books have been mailed to all 4-H families and previous Open Class exhibitors. Extension office has Fair Books and fair forms. The 4-H/FFA portions of the Fair Book and many 4-H county fair forms are also online at lancaster.unl.edu/4h.

Premium Payouts MUST be Picked Up Sunday, Aug. 7, Noon-4 p.m.

Premium payouts to 4-H & FFA exhibitors will be paid in cash on Sunday, Aug. 7, Noon-4 p.m. at the Lancaster Event Center Fair Board Office. Subject to identification, parents, guardians, 4-H club leaders, FFA chapter advisors will also be permitted to pick up and sign for exhibitor premiums. **NO CHECKS WILL BE ISSUED THIS YEAR!** No changes or corrections will be made on premium amounts after 60 days.

Static Exhibit Release Time Sunday, Aug. 7, Noon-2 p.m.

All static exhibits for the 2005 Lancaster County Fair will be released from 12 noon-2 p.m. Sunday, Aug. 7. This includes both 4-H and Open Class static exhibits. Please note time change from previous years.

Animal Bedding for Sale at Fair

Absolutely no outside bedding or straw is allowed. All exhibitors must use bedding provided by Event Center (\$5 per bag). 4-H beef, dairy and bucket calf exhibitors should pre-purchase bedding on livestock entry forms (due July 8). All other livestock and horse exhibitors must purchase bedding from the farrier office (located in Pavilion 2, enter from courtyard) during office hours, which will be:

- Tuesday, Aug. 2 — 7 a.m.-Noon & 6-9 p.m.
- Wed., Aug. 3 — 7 a.m.-2 p.m. & 5-10 p.m.
- Thursday, Aug. 4 — 7-9 a.m. & 5-7 p.m.
- Friday, Aug. 5 — 7-9 a.m. & 5-7 p.m.
- Saturday, Aug. 6 — 7-9 a.m.

Last Call for Speech & PSA Contest Registrations!

The 4-H Speech and Public Service Announcement (PSA) contests are open to all 4-H'ers — need not be enrolled in a specific project. To register, or for more information, call Deanna Karmazin at 441-7180 by **Friday, March 28 at 4:30 p.m.**

PSA Contest, April 5

Due to the growing number of participants in this contest and the taping of the district winners, the PSA contest will be held at the Lancaster Extension Education Center on Tuesday, April 5 at 6:30 p.m. PSA's must be 60 seconds; topic is 4-H. Emphasis is on the

Market Beef ID's Due April 1

4-H/FFA Market Beef Identifications are due to extension by Friday, April 1. For more information, contact Deanna Karmazin at 441-7180.

Seeking Style Revue Superintendents

Do you appreciate creativity and do you like to work with youth? Volunteers are needed to help facilitate the 4-H Style Revue Contest. If interested, please contact Tracy Kulm at 441-7180.

What Qualifies as a Home Environment Exhibit?

"Cut and tie" blanket and pillows are not eligible for the State Fair but will be accepted at the County Fair. Following are tips to determine if a Home Environment exhibit qualifies for State Fair: Is it a quality home accessory that can be used several months throughout the year? Has the member shown creativity or learned and applied the design principles and elements in making this item?

Animal Exhibitors Encouraged to Bring Own Fans

Animal exhibitors are highly encouraged to bring their own fans and extension cords. Fans must have finger guards. Electrical equipment must be UL listed and in good working condition — all equipment subject to safety inspection. Equipment found in poor condition must be immediately removed from the grounds.

Horse Show Rule Clarification

A horse identified jointly by 4-H members **MAY NOT BE SHOWN BY MORE THAN ONE EXHIBITOR IN THE SAME EVENT OR CLASS.** "Event" shall mean a category of classes: i.e., pleasure, reining, barrels, etc., and neither a single member project horse nor a joint project horse may be shown in more than one age group of any class or event. Walk-trot, exhibition and introductory driving classes are exempt from this rule. Each member of a joint project must submit an identification form for the joint project animal.

presentation of a PSA for radio. Contestants must give their PSA in person, no prerecorded tapes allowed.

Speech Contest, April 10

This year's Speech Contest will be held at the State Capitol (date is CONFIRMED) on Sunday, April 10 at 1 p.m. Topics can be anything, but a 4-H theme should be maintained. Length depends on division:

- Novice (ages 8-9): 2 min. or less
- Junior (ages 10-11): 2-3 min.
- Intermediate (ages 12-13): 3-5 min.
- Senior (ages 14-19): 5-8 min.

FCS Life Challenge Contest Information

4-H Life Challenge judging contests help youth learn more about issues related to family and consumer science (FCS). Contests are open to all 4-H'ers, need not be enrolled in a specific project. Preregistration is not needed for the county-level contests.

A county-level Senior Life Challenge (for ages 12 and up) is scheduled for Wednesday, May 25, 7 p.m. at the Lancaster Extension Education Center. Contest questions will be based on the following 4-H manuals: Financial Champions "Money Moves" Book 2, Clothing Level 1, The Sitter, Youth in Motion and Fast Foods. Books may be checked out prior to the contest for studying purposes.

The statewide FCS Life Challenge (for ages 12 and up) will be held Monday, June 27 and Tuesday, June 28 on UNL East Campus. To participate, please contact Tracy at 441-7180 by May 27. Information is online at 4h.unl.edu/programs/pasele

The county-level Junior Life Challenge (ages 8-11) will be held Wednesday, July 6, 1:30 p.m. at the Lancaster Extension Education Center. Contest questions will be based on the following 4-H manuals: Road to Good Cooking, Sewing for Fun, Growing on My Own and Health A/Discovering Myself. A packet with project information will be available prior to contest.

New 4-H Static Exhibits

There are several new static exhibit categories and classes. See Fair Book for detailed information about each of the following:

Quilt Quest—Quilt Quest is a new Nebraska 4-H project which will be a State Fair exhibit in 2006. This year it is a county fair-only exhibit. Classes include: Educational Exhibits, Imaginative Quilt Designs, Photography, Computer Exploration, Wearable Art, Quilted Accessories, Quilts, Advanced quilts, Premier Quilt, Community Service Quilt, and Intergenerational Quilt or Quilt Project.

Eco-Wonders, Eco-Adventures, Eco-Actions—These county fair-only exhibits are based on project manuals published last year.

Leather: Level 3—Additional skills utilized in this level may include the use of decorative stamps, dyeing and lacing/sewing techniques. Additional classes in upcoming years will be added and include such skills as pictorial carving and color, leather garments and accessories, home furnishings and saddles.

Becoming Money Wise—"Becoming Money Wise" level 1 and 2 exhibits are county-only exhibits in the "Consumer Management" category.

Photography: Internet Wallpaper/Screen Saver—This county-only class will showcase the photography talents of Lancaster County 4-H'ers by making select photos available on the Lancaster County 4-H Web site as Wallpaper or Screensaver. Additional forms required.

GIS/GPS—Nebraska 4-H is developing a project manual on Geographic Information Systems (GIS) and Global Positioning Systems (GPS). However, some 4-H members may already be using GIS/GPS technology—here is your chance to share what you have learned at the county fair! Exhibits can be a poster, notebook, display, journal, etc.

4-H Horse Show Schedule

All 4-H horse events held in the Multipurpose Arena unless otherwise noted

SUNDAY, JULY 31

Pre-Fair Briefing: 2 p.m. (Pavilion 3 - 4H Extension Office)

MONDAY, AUGUST 1

Set-up for Dressage: 7 p.m.

TUESDAY, AUG. 2

Check-in for Dressage and English Horse (Western also if desired): 8 a.m.-12 Noon (Pavilion 2)

Warm-up Opportunity for Dressage*: 8:30 a.m.- 12 Noon
Dressage Show: 1 p.m.

WEDNESDAY, AUG. 3

Warm-up Opportunity for English Horse**: 7:30-8:30 a.m.
English Horse Jumping Show—Hunter Hack/Hunter/Jumper: 9 a.m.

English Horse Show—Hunt Seat/Saddle Seat Showmanship/English Pleasure/English Equitation: 1 hour after Jumping Show

Dressage and English Horse May be Released after Show
Check-in for Western Horse: begins at Noon (Pavilion 2)
Horsemanship Pairs/Freestyle Dressage/Drill Teams: 6 p.m.

THURSDAY, AUG. 4

Western Horse Show—Western Showmanship/Groom and Care/Halter: 9 a.m.

Warm-up Opportunity for Western Horse: following Western Show until 3:45 p.m.

Set-up for Trail Show: 4 p.m.

Trail Show: 5 p.m.

FRIDAY, AUG. 5

Check-in for Roping/Working Ranch Horse***: by 7 a.m. (Amy Countryman Arena)

Roping/Working Ranch Show: 8 a.m. (Amy Countryman Arena)

Western Horse Show—Bareback Equitation/Western Pleasure/Western Horsemanship: 9 a.m.

Horse Judging: 1/2 hour after Western Show (Warm-up Arena)

SATURDAY, AUG. 6

Miniature Horse Show: 8 a.m.

Western Horse Show—Working Pleasure/Western Riding/Reining: 1/2 hour after Miniature Horse Show

Horse Games Show: 6 p.m.

Western Horse Release Time Begins: 10 p.m.

*Must Sign Up for 10-minute Warm-up Blocks During Pre-Fair Briefing

**Vouchers for 10-15 Minute Warm-up Blocks Will be Handed Out During Pre-Fair Briefing
***if horse is used only in this show, may show from the trailer—park in grass lot east of Amy Countryman Arena

COMMUNITY SERVICE CORNER

4-H Teen Council Ties Quilts for Sarpy County Social Services



4-H Teen Council members tied five quilts at their March meeting as part of a community service project. The Quilted Moose store in Gretna provides kits for quilts to individuals and groups — upon completion, the quilts are donated to Sarpy County Social Services. Other 4-H groups can participate by calling (402) 332-4178.

Respond Now to Be Included in April/May "Hero Pack" Order

Nebraska 4-H is organizing two community service projects for youth to help Nebraska families with a parent serving the United States as a soldier.

"Hero Packs" are backpacks compiled by 4-H members, and contain a variety of 4-H items and a handwritten letter to the family. 4-H clubs or groups who are interested in purchasing materials to compile a "Hero Pack" (cost is approximately \$30) must respond as soon as possible to be included on the April/May order.

"Operation: Military Kids in Nebraska" is compiling a list of 4-H members, families and clubs who would be willing to volunteer for these families by doing tasks such as raking leaves, shoveling snow, baby-sitting, etc.

For more information about either project, call Tracy Kulm at 441-7180. (TK)

Submit your 4-H news to Vicki at the extension office or vjedlicka2@unl.edu

Llama 4-H Club Welcomes New Members to April 11 Meeting

Have you ever wanted to learn about llamas or show one at the county fair? If so, you should attend the Star City Llama Club's first meeting of the year. The meeting will be Monday, April 11, 7 p.m. Please call Deanna at 441-7180, for the location. This club is devoted to community service. They love to show off their llamas at parades, community festivals and schools. If this is something you are interested in being a part of—call now to join!

4-H State Fair Logo Contest Submissions Due April 15

The Nebraska State 4-H office is pleased to announce the first ever "2005 Discover 4-H, Discover You: Nebraska State Fair" logo contest! Contest rules and information is online at <http://4h.unl.edu> or you may contact Tracy Pracheil at 472-9016. Deadline is April 15.

Kiwanis Karnival, April 16

The annual Kiwanis Karnival is a FREE, family event sponsored by Lincoln Center Kiwanis. This year, it will be Saturday, April 16, 7-9 p.m. at the Lancaster Event Center in Pavilion 3, Exhibit Hall. The Karnival features games, BINGO, prizes and food!

If your 4-H club or family would like to have a booth, please call Lorene at 441-7180 by April 4. (LB)

4-H Livestock Quality Assurance Training, May 4

Quality Assurance (QA) certification is required for all 4-H or FFA youth wanting to exhibit market animals. Livestock exhibitors who have not yet been certified need to call Deanna at 441-7180 to set up a time to get certified. There will be a Quality Assurance Training on Wednesday, May 4 at Waverly High School. Time will be announced in the next NEBLINE. (DK)

Sheep Tagging Days

4-H members who will be exhibiting sheep at this year's county fair need to have their animals tagged by June 15. Deanna Karmazin will be visiting farms the week of May 16. Contact her at 441-7180 to set up a tagging time that works for your family or 4-H club. All lambs which might go on to the Ak-Sar-Ben Youth Livestock Expo need be DNA tested. At this time, the cost for this testing is unknown. (DK)

Upcoming Progress Shows

The 4-H office is keeping an up-to-date list of all upcoming livestock progress shows online. Please check out our Web site at lancaster.unl.edu/4h/news.htm for the current listing. If you have a show not listed online, please forward info to Deanna Karmazin at dkarmazin2@unl.edu. (DK)

Teen Council Won't Meet for 3 Months

4-H Teen Council will not meet in April, May or June. The next meeting will be July 10.

Nicole Pedersen State Awards Book Winner



Lancaster County 4-H member Nicole Pedersen is the state Awards Book winner in the area of plant science. Awards Books are a cumulative record of an individual's 4-H and other leadership activities.

This honor gives Nicole the opportunity to attend the 2005 National 4-H Congress held Nov. 24-29 in Atlanta, Georgia. This year's theme "Growing Into the Future" will focus on environmental awareness. During the five day event, 4-H members will participate in educational programs, cultural events and a service-learning experience.

On a related note, Nicole placed 4th in the state 4-H Horticulture Judging Contest and represented Nebraska at the National 4-H Horticulture Contest in Wisconsin last year. Congratulations Nicole, on your outstanding 4-H achievements in plant sciences!



4-H Partners with Lincoln City Libraries



The Lancaster County 4-H program will be working with the Lincoln City Libraries, this summer, to spread the word about 4-H and to promote reading.

Volunteer for Summer Reading Program

Middle-school-age 4-H'ers are invited to spend time at a library as a Summer Reading Program volunteer, helping other children participate in summer reading by signing them up, explaining the program and handing out stickers. 4-H'ers are encouraged to wear their 4-H T-shirts and answer questions about the 4-H program. Scheduling is flexible and interested individuals should contact his or her branch library directly starting April 1. Each branch will have a limited number of volunteer slots for 4-H'ers, so call early.

4-H Workshops: Medieval Makings

Another way 4-H'ers and/or 4-H clubs can volunteer at the Lincoln City Libraries is by helping with one of the "Medieval Makings" workshops. These workshops will be held at Eiseley Branch Library on Wednesday, June 29, 2:30 p.m., at Bethany Branch Library, Thursday, July 7, 2 p.m., and at South Branch Library, Friday, July 8, 10:30 a.m. Call Tracy, 441-7180 if you are interested in this opportunity.

Reserve Room Space

Did you know your club can reserve community room space for club meetings and activities? Bennett Martin Public Library, Anderson Branch Library, Gere Branch Library, Eiseley Branch Library and Walt Branch Library have community rooms available. To reserve a community room, call Arlene at 441-8503 or go to www.lcl.lib.ne.us and click on Library Information.

"4-H Discovery Bags" at Bennett Martin Public Library

Anyone with a Lincoln City Library card may check out one of the following "4-H Discovery Bags" from the Bennett Martin Public Library. The bags are a compilation of 4-H project books, library books and other resources.

- The "4-H Discovery Bag for Arts & Crafts" is a one-stop solution for your "Celebrate Art" and "Art in Your Future" project needs. Includes ideas for easy projects that only look complicated.
- The "4-H Discovery Bag for Wildlife" makes wildlife and conservation projects fun and easy. The bag includes information on birds, wildlife and fish.

April



Cathy Hurdle

Lancaster County 4-H is proud to announce Cathy Hurdle as winner of April's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Cathy has been a 4-H volunteer for 10 years, serving in many capacities: organizational leader (Carpe Diem 4-H club), project leader (Teddy Grahams and Star City Kids clubs), Clover College instructor (Fun Sun Pinata, Pizza for You), judge (record books), co-superintendent (County Fair 4-H Table Setting Contest) and fundraising co-chair (Citizenship Washington Focus '08 group). She has also assisted with Teen Council, County Fair setup, County Fair 4-H Food Booth, Kiwanis Karnival and other activities.

Her favorite experience as a 4-H volunteer was working with the Star City Kids in preparing for the Music Contest. "It was fun watching the kids grow closer together and become confident in their abilities to succeed in the contest," she says.

Cathy also volunteers for, and is current president, of the Heartland Home Schoolers. She lives in Lincoln with her husband Jim — four of their six children are current 4-H members.

Congratulations to Cathy! Volunteers like her are indeed the heart of 4-H!

Nominate your favorite 4-H volunteer by submitting the form available at the extension office or online at lancaster.unl.edu/4h. Nominations of co-volunteers welcome.



Tips for Organizing a Successful Neighborhood Cleanup

Yelena Mitrofanova
Extension Educator

Neighborhood cleanups are usually organized by neighborhood associations. Other community groups who might organize or help with a cleanup include:

- Non-profit organizations
- Schools, Community Colleges and Universities (conservation, environmental, service clubs, etc.)
- Youth groups such as 4-H clubs or Boy/Girl Scouts
- Churches
- Juvenile and adult probation/community service programs
- General public

Here are some helpful tips for organizing a successful neighborhood cleanup event.

Time

You will need time to organize the event. Start planning at least a month or two in advance. Spring is the

Join a Cleanup Near You!

The best way to immediately improve the quality of life in a community is with a litter cleanup or beautification project. When the neighborhood looks better, everyone feels better about living there. These activities also boost neighborhood pride.

A neighborhood cleanup is a great chance to clean-out clutter from your yard or garage. Also, it is a nice opportunity to help your neighbors who may not be able to move heavy stuff around.

names, numbers and other important information. It is recommended you document everything and maintain a cleanup file you can use for references and grant applications.

Research your "cleanup area" to get an idea of the support you will need. Consider making sample maps to coordinate placement of roll-offs, drop sites or

fund Now you are ready to build your "community team" for your neighborhood cleanup.

Building a Team

Remember letters work well, but personal contact is the best way to build your team and secure the needed resources for the job. If you do

not know your neighbors, now is a good time to meet them.

Introduce yourself and tell them what you would like to do. Do not

ask for a commitment — that will come later — just get a feel for the support you have.

There may be groups within your community that regularly organize community projects. Consider partnering with these or other groups, even if they are not in your neighborhood.

Businesses, utilities and local government also take pride in their communities. Ask them to help with this community effort by donating items, gift certificates or money.

Designate an event photographer to assure you have photos for your grant requirements, newsletter articles, annual reports, Web page projects, promotional flyers, etc.

Advertisement/Promotion

Create a promotional flyer to distribute at local businesses. Specify what will be or will not be accepted; provide options for those items. Inform neighborhood members about trash pickup time. Specify the cleanup will occur regardless of the weather. Note: the West "A" and Arnold Heights neighborhood associations have

flyers which can be used as a reference when creating yours — contact them for copies.

Publicize your event in neighborhood newsletters, Web site, community bulletin board and local media. Invite the media to do a story on your cleanup — this will recognize volunteers, donors and sponsors.

Implementation

Before you start, gather everyone together to review safety requirements and restrictions, workday strategies, distribute supplies and to answer questions.

Have a cleanup plan, such as starting at one end of the street and working to the other end or starting at both ends and working towards the middle. Spread volunteers out so they have plenty to do and not waste any time.

Designate a coordinator for the event, who will:

- Register volunteers
- Make sure everyone is aware of safety requirements and areas to avoid.
- Make sure children are assigned adult supervision.
- Answer questions on collection and removal.
- Have brochures and coupons available on how to dispose of items you cannot accept (hazardous waste, tires, batteries, waste oil, etc.).
- Make sure plenty of water, communications equipment and a first aid kit are on-site.
- Know what to do in case of injury or emergency.
- Keep a positive attitude and not let volunteers be overwhelmed; the last thing you want to do is overwork your volunteers; you can always schedule another day.

The Lincoln/Lancaster County Health Department has a "Checklist for Cleanups" which can be used to record all required information to obtain grants for future projects. To request this checklist, please, call Harry Heafer at 441-8035.

Post-Event Recognition

Provide lunch/refreshments to all your volunteers after cleanup. You can have a post-cleanup picnic or gathering to let participants share their

Sample Volunteer Registration Form

Name: _____
 Organization: _____
 Address: _____
 City: _____ Zip: _____
 Home Phone: _____ Work Phone: _____ Email: _____
 Cleanup Location: _____ Date: _____

NOTICE

The undersigned, recognizing and assuming all risks of accidents and injury, hereby agrees that the following sponsors and volunteers:

will not be liable or legally responsible for any injury sustained by the participant, or for loss or damage to property owned or in the possession of the participant during, or as a result of, participation in this cleanup project at the above location whether agents, or otherwise.

Signature: _____ Parent/Guardian if signatory is less than 18 years of age
 Witness, Date: _____

Thank you for volunteering!

Sample Volunteer Registration Form

experiences and build new friendships. It is always nice to reward every volunteer with a small token of appreciation or certificate of recognition. Donated T-shirts, soft drinks and food coupons can also be effective incentives.

Take every opportunity to mention the support of your volunteers, especially when talking to the media. You should write thank you letters to key volunteer groups and local businesses/donors. Provide copies of photos for their archives.

Reflect on and record what worked and what did not; so you do not have to reinvent the wheel next year. This information will be essential for new members of the cleanup committee.

This article is based on the information from Lincoln neighborhood cleanup organizers from the following neighborhood associations:

- Arnold Heights Neighborhood Association
 - West "A" Community Association
 - East Campus Community Organization
 - Witherbee Neighborhood Association
 - University Place Community Organization
- For information on these and other Lincoln neighborhood associations, go to www.ci.lincoln.ne.us/city/urban/comdev/neighbor/nhcont.htm

Local Resources

Keep Lincoln & Lancaster County Beautiful/Environmental Public Health Division - Harry Heafer, coordinator, 441-8035, Web site www.ci.lincoln.ne.us/city/health/environ/kilcb

Hazardous Waste Assistance for Households and Businesses, 441-8021

City Public Works and Utilities Department Recycling Hotline, 441-8215

Solid Waste Operations, 441-8102

Yard Waste, Composting and Recycling, 441-7180, Web site lancaster.unl.edu



Trash collected from the East Campus Community Organization Spring Cleanup 2004.

best time to do a cleanup — before grass and weeds have a chance to hide trash and make retrieval more difficult.

When you select a day for the cleanup, check with volunteer organizations in your area to avoid any conflicts your volunteers may have. Reserve your roll-offs or hauler for your selected date.

A Good Plan

A good plan will help your group set a direction and document the steps you need to take to organize the neighborhood cleanup. Forming a neighborhood cleanup committee is a great way to get things done efficiently and build ownership at the same time.

Before you start, buy a small notebook and label it "Cleanup Book" to record

pickup routes. Make notes on the amount and types of trash, any situations needing special tools/equipment or consultations, a rough estimate of the number of volunteers, names of neighboring businesses and homeowners, etc.

Some of the typical cleanup needs include:

- Volunteers
- Trash bags
- Safety signs
- Refreshments
- Gloves/heavy-duty
- Buckets for sharp objects
- Insect repellent
- Tools (ropes, rakes, shovels, etc.)
- Trees/wildflower/grass seeds
- Safety vests
- First aid supplies
- Communication equipment
- Gift certificates/coupons
- Money for the neighborhood

September Grantsmanship Training

The Grantsmanship Training Program will again be offered to the Lincoln community September 12–16, 2005. The intensive, "hands-on" workshop covers all aspects of researching grants, writing proposals and negotiating with funding sources.

Designed for both novice and advanced grant seekers, the program participants are given follow-up services, including expert grant proposal reviews for a full year following training. To maximize personal attention, the group size for the workshop is limited.

Since 1997, Lancaster County Extension has hosted the Grantsmanship Training Program. Approximately 150 individuals representing various Lincoln and area agencies have participated to date.

For more information and to register, as early as possible, contact The Grantsmanship Center directly at (800) 421-9512 or go to www.tgci.com

Lancaster County Fair Books Now Available



The 2005 Lancaster County Fair will be held Aug. 3–7 at the Lancaster Event Center. The Fair Book has been published — it includes all the information needed to enter an exhibit or participate in a contest. Anyone can enter "Open Class" categories, which include youth divisions (no entry fee for youth).

The Fair Book will be distributed at numerous locations throughout Lincoln and Lancaster County, including the Lancaster Event Center, Lancaster County Extension office, Lincoln City Libraries, grocery stores, and village

banks, post offices and co-ops. It will also be available online at www.lancastereventcenter.com

EXTENSION CALENDAR

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

MARCH

- 22 FCE & Community Leader Training Lesson, "Healthy Cooking for 1 or 2" 1 p.m.
- 28 Family & Community Education Council Meeting 1 p.m.
- 28 4-H Speech & PSA Contest Registrations Due
- 31 4-H Horse Knowledge Club Meeting [note date change] 7 p.m.

APRIL

- 1 County Fair 4-H Market Beef ID's Due to Extension Office
- 2 Animal Science Youth Field Day, UNL East Campus 9 a.m.—4:30 p.m.
- 5 4-H Public Service Announcement (PSA) Contest 6:30 p.m.
- 5 4-H Council Meeting 7 p.m.
- 8 Lancaster Extension Board Meeting 8 a.m.
- 9 4-H Spring Chess Tournament 8:30 a.m.
- 9 Beginning Beekeeping Workshop, Agricultural Research and Development Center (ARDC), near Mead 9 a.m.—3 p.m.
- 10 4-H Speech Contest, State Capitol 1 p.m.
- 14 "Acreage Landscape Management" Acreage Insights-Rural Living Clinic 7-9 p.m.
- 14 4-H Citizen Washington Focus (CWF) Meeting 7 p.m.
- 16 Kiwanis Karnival, Lancaster Event Center, Pavilion 3 7 p.m.

Horse Mini-Clinics Offered in April and May

The Salt Creek Wranglers, sponsored in part by a grant furnished by the Nebraska Horse Council, will be holding mini-clinics Friday nights in April and May from 6:30 to 9:30 p.m. The clinics are for all ages and levels of riders. All clinics will be held at the Wranglers Arena located at 4300 S. Coddington Ave., Lincoln. Rain location is the BKT Equestrian Center at 200 West Calvert St.

Cost is \$15 per clinic. There is a \$5 discount per clinic for Wrangler members

and 4-H members. Additional family member discounts are also available. For additional information contact Dr. Sheila Scheideler at 488-8694 or Coleen Warner at 477-4697.

April 1 — Getting Started: Picking the Right Horse and Equipment (demonstration only) presented by Chad and Heather Zadina

April 8 — Intro to Dressage (demonstration only) presented by the Nebraska Dressage Association

April 15 — English Disciplines: English Equita-

tion and Pleasure presented by Diane Shannon

April 22 — Showmanship presented by TBA

April 29 — Western Horsemanship presented by Dr. Kathy Anderson

May 6 — Reining, Working Pleasure, Western Riding presented by Diane Shannon

May 13 — Performance Classes: Barrels and Poles presented by Heather Zadina and Justy Hagan

May 21 — Working Ranch & Roping presented by Carl Brown

Discover 4-H Camps!

Save 10% by registering before April 1!

Early Bird Registrations Due April 1

Register for Nebraska 4-H Summer Camps or Big Red Academic Camps by Friday, April 1 to save 10% on fees!

Free Open House on April 24 and May 1

The Nebraska State 4-H Camp near Halsey will have a FREE Open House on Sunday, April 24, from 1-4 p.m. and the Eastern Nebraska 4-H Center near Gretna will have a FREE Open House on Sunday, May 1, from 1-4 p.m. Bring your family and friends to help kick off the 2005 summer camp season by exploring the facilities and participating in some of the activities that will be offered this summer.

Nebraska Wildlife Habitat Contest Early Registration May 10

The Wildlife Habitat Evaluation Program (WHEP) contest, open to all youth ages 8-18, will be held at Eastern Nebraska 4-H Camp near Gretna on June 3 and 4. Learn about the fundamentals of wildlife management and natural resources management through both the contest and associated programs. Early registration is \$45/person (includes lodging) and is due by May 10. For more information, go to 4h.unl.edu/whp or contact Tracy at 441-7180.

Choose from More than 40 Nebraska 4-H Summer Camps

Camps are a great opportunity to meet new friends and experience a wide variety of exciting activities such as canoeing, mountain biking, horseback riding, rappelling or climbing, volleyball, basketball, art, dancing, backpacking, shooting sports, water skiing and fishing!

There are more than 40 day and overnight camping programs and trips scheduled in May, June, July and August at the three 4-H camp locations in Nebraska:

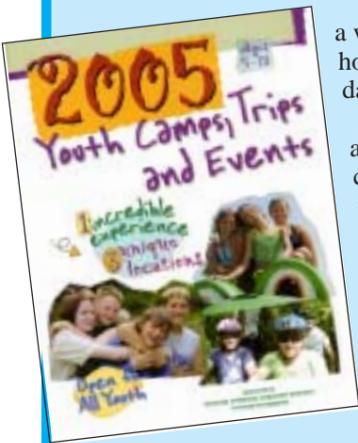
- Eastern Nebraska 4-H Center, Gretna
- Nebraska State 4-H Camp, Halsey
- South Central 4-H Center, Alma

Brochures with camp descriptions, registration forms and more information are available online at 4h.unl.edu/camp/youth or at the extension office.

Open to all youth ages 5-19

Explore Careers at Big Red Academic Camps

Open to all high school youth, the Big Red Academic Camps are a great way to explore career options and discover the University of Nebraska-Lincoln campus! Camps include: Fashion Design, Culinary, Golf, Child Development, Movie Making, Unicameral Youth Conference, and Horsemanship. Hosted by Nebraska 4-H and UNL faculty members, the camps held in June and July. Information and applications are available online at bigredcamps.unl.edu, at the extension office, or by calling Peggy Jeffries at 472-2805.



The NEBLINE



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Main Office
444 Cherrycreek Road, Suite A, Lincoln, NE, 68528-1507

Satellite Office
Lancaster Event Center
4100 N. 84th St. (84th & Havelock Ave.), Lincoln, NE 68529

Phone: 441-7180
Web site: lancaster.unl.edu

Fax: 441-7148 • TDD: 441-7180
NUFACTS Information Center: 441-7188
Composting Hotline: 441-7139

All programs and events listed in this newsletter will be held (unless noted otherwise) at:

Lancaster Extension Education Center
444 Cherrycreek Rd. (event rooms posted), Lincoln
Lobby Phone: 441-7170



Gary C. Bergman, Extension Educator—Unit Leader,
gbergman1@unl.edu

- Mary Abbott, Extension Associate, mabbott3@unl.edu
- Lorene Bartos, Extension Educator, lbartos1@unl.edu
- Maureen Burson, Extension Educator, mburson1@unl.edu
- Hilary Catron, Extension Assistant, hcatron2@unl.edu
- Soni Cochran, Extension Associate, scochran2@unl.edu
- Mary Cruickshank, Extension Assistant, mcruckshank2@unl.edu
- Tom Dorn, Extension Educator, tdorn1@unl.edu
- Mary Jane Frogge, Extension Associate, mfrogge2@unl.edu
- Alice Henneman, Extension Educator, ahenneman1@unl.edu
- Don Janssen, Extension Educator, djanssen2@unl.edu
- Deanna Karmazin, Extension Associate, dkarmazin2@unl.edu
- Tracy Kulm, Extension Associate, tkulm1@unl.edu
- Vicki Jedlicka, Publication & Media Assistant, vjedlicka2@unl.edu
- Mardel Meinke, Extension Associate, mmeinke2@unl.edu
- Helen Mitrofanova, Extension Educator, ymitrofanova2@unl.edu
- Barb Ogg, Extension Educator, bogg1@unl.edu
- Zainab Rida, Extension Assistant, zrida2@unl.edu
- Heidi Schmitz, Extension Assistant, hschmitz2@unl.edu
- David Smith, Extension Technologist, dsmith9@unl.edu
- Jim Wies, Extension Assistant, jwies1@unl.edu
- Dana Willeford, Extension Assistant, dwilleford2@unl.edu
- Karen Wobig, Extension Associate, kwobig2@unl.edu

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1. Change your address or order a subscription (please print)
2. Submit general comments and/or story ideas

Name _____

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Story Idea(s) _____

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Organizing Lock-In Gives 4-H Teens Leadership Experience

Each January, Lancaster County 4-H Teen Council presents a 5th & 6th Grade Lock-In. Attendees are treated to a fun-filled, overnight event and Teen Council members gain valuable leadership skills.

This year's theme was "A Royal Knight." More than 50 fifth and sixth graders attended and 33 Teen Council members were involved in the planning, organizing and presenting of 12 hours of activities!

Here is a recap of the evening from a few of the teens:

A Royally, Great Night

It was like a fairy tale all on a Friday night. Actually, it was the annual 4-H Lock-In that was held on Jan. 21. The magic came together at the Lancaster County Extension office where many 5th and 6th grade boys and girls gathered to be swept away into the Dark Ages for a night. What a great night it was, but not without the hard work and planning of the 4-H Teen Council and 4-H staff.

A month before the Lock-In, Teen Council began making decisions on the theme of this year's Lock-In. The Medieval period was chosen and the research began. Committees were formed to plan for different activities and decora-



More than 50 fifth and sixth graders attended this year's 4-H Lock-In; 33 Teen Council members were involved in the planning, organizing and presenting of the evening's festivities.

tions. Crafts, education, food, games and even costume planning were among the areas we need to prepare. We wanted the night to give a feeling of historical relevance but also have lot of fun! We tried the food, approved the games, crafts, decorations and costumes and knew we were headed for success.

The night of the Lock-In held a lot of preparation before the kids arrived. The creative minds and hands of Teen Council members helped provide a medieval setting with knights in armor, a drawbridge and great costumes.

When the kids arrived, we

played get-to-know-you games to help the kids make new friends. They enjoyed the "Market" where they had ham, cheese, fruit and juice. They played games such as charades, string and word games and cards. In crafts, they made their family crest, shields and crowns or princess hats. Kids could also explore their creativity by dressing up in costumes.

Education was provided so that the kids had understanding of the medieval time period. As the night wound down, kids could watch movies or go to sleep—there was definitely more kids staying awake for the movies

than those sleeping.

—Kaylee Nelson and Hannah Spencer

Favorite 4-H Activity

I look forward to the 5th and 6th Grade 4-H Lock-In the entire year. It is by far one of my most favorite things to do in 4-H. I think it's a great experience for both the teens and the 5th and 6th graders. We are not only learning leadership and communication skills, but we get to have fun and be ourselves. The kids aren't there to judge or criticize; they are there to have fun!

—Karen Clinch

Fifth Lock-In

I have been an active member of 4-H Teen Council for five years and have participated the past five 4-H Lock-Ins. In those years I've seen themes such as: Hollywood, Jungle, Mystery and Blast From the Past. Each year I look forward to the Lock-In not only because it is fun for the 5th and 6th graders, it's fun for the council members as well.

This year's Lock-In included activities such as making paper crowns, building cardboard box castles and eating delicious foods from the medieval period. I helped out with the games committee which put on a high stakes game of charades, a cutthroat game of "Catch Phrase" and a bewildering game called "Pogo" (which confused even myself).

The night was a blast and went very smoothly thanks to the outstanding work of the Teen Council members. As a veteran member, I was very impressed with the younger members' enthusiasm to participate in any way they could. It's comforting to see the future of 4-H Teen Council and the Lock-In will be in good hands when I leave next year.

—Monica Rentschler



The 4-H Spring Chess Tournament

Saturday, April 9

8:30–9:30 a.m. On-site registration
9:00–9:30 a.m. Check in

**Lancaster Extension Education Center,
444 Cherrycreek Road, Lincoln**

The Lancaster County Checkmates 4-H chess club invites all Nebraska 4-H'ers to a chess tournament! The Checkmates Tournament is also open to 4-H friends age 18 and under. It is nonrated, so United States Chess Federation membership is not required. This is a four-round, Swiss system chess tournament. Players who notate their games will be eligible for special drawings. Chess sets will be provided.

Note: Supervision of youth will not be provided.

Open to all
4-H'ers and
Friends

4-H Citizen Washington Focus members will have a lunch/snack stand at the event.

Registration Information

Due to limited space, preregistration is encouraged. Preregistration deadline is April 6. Entry fees: 4-H members: \$3/Non-4-H members: \$5. Payment should be made at time of check in. On-site registration will depend upon availability of space. On-site entry fees for those not preregistered: 4-H members: \$4/Non-4-H members: \$6.

Registration form, schedule and rules are available at the extension office or online lancaster.unl.edu/4-H. For more information, contact James Walla, Checkmates leader, at 476-2094 or e-mail jgwbohemian@yahoo.com.



Can You Guess It?

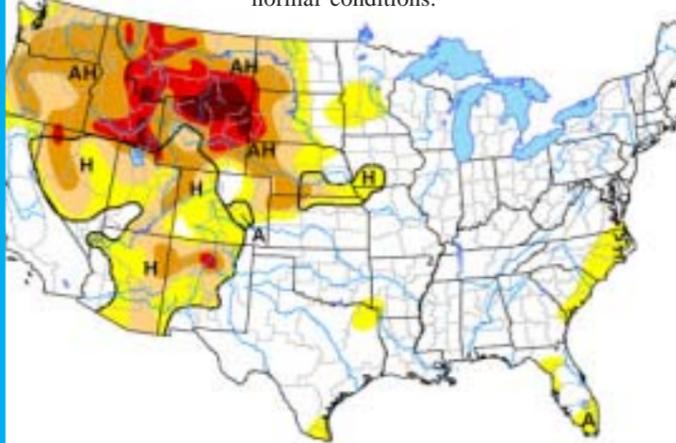


Did you guess it? Find out at lancaster.unl.edu

Did you guess it from the March NEBLINE?
The answer was Nanking Cherry Blossoms

U.S. Drought Monitor Map

As of March. 8, Lancaster County bordered on abnormally dry/normal conditions.



Intensity:

- D0 Abnormally Dry
- D1 Drought - Moderate
- D2 Drought - Severe
- D3 Drought - Extreme
- D4 Drought - Exceptional

Drought Impact Types:

- A* Grasses dominant impacts
- A# Agricultural crops, pastures, grasslands
- H Hydrological (water)
- (No type = Both impacts)

Source: National Drought Mitigation Center, University of Nebraska

For the most recent map, visit www.drought.unl.edu/dm



Volunteering does your
Head, Heart, Hands
& Health good!

New 4-H Volunteer T-Shirts For Sale

4-H volunteer T-shirts with above pocket design are now for sale at the extension office. Shirts are burgundy, 50/50 blend and available in sizes: S, M, L, XL & XXL. Cost is \$6.50.



4-H "Makes a Difference" Wristbands

Green, silicone "4-H Makes a Difference" wristbands are available for sale as a fundraiser for Citizenship Washington Focus (CWF). Cost is \$3. To purchase, contact a CWF member or the extension office.

Clover College, June 21–24

The annual Lancaster County 4-H Clover College is four days of hands-on workshops open to all youth ages 6–18. Youth may sign up for as many or as few workshops as they want. A small fee will be required for most workshops. Look in next month's NEBLINE for a full list of workshops, information and registration forms.