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The NEBLINE, April 2005

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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 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 hazardous item collected was "Cyanogas for Ants." When the calcium cyanide powder in Cyanogas is exposed to moist air or water, hydrocyanide, 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 temporary storage facility in Lincoln. Each year, the Lincoln-Lancaster County Health Department (LLCHD) encourage 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.

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 materials in Hallam and surrounding areas.

Hazardous materials collected by the Lincoln-Lancaster County Health Department during cleanup after the 2004 tornado.

<table>
<thead>
<tr>
<th>WASTE MATERIAL</th>
<th>AMOUNT COLLECTED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pesticides</td>
<td>12,175 pounds</td>
</tr>
<tr>
<td>Flammable solids and liquids</td>
<td>2,173 pounds</td>
</tr>
<tr>
<td>Oxidizing materials</td>
<td>705 pounds</td>
</tr>
<tr>
<td>Oil-based paint</td>
<td>254 pounds</td>
</tr>
<tr>
<td>Sodium hydroxide (lye)</td>
<td>173 pounds</td>
</tr>
<tr>
<td>Asbestos</td>
<td>17 pounds</td>
</tr>
<tr>
<td>PCB's</td>
<td>15 pounds</td>
</tr>
<tr>
<td>Calcium cyanide</td>
<td>4 pounds</td>
</tr>
<tr>
<td>Ammonium sulfide</td>
<td>3 pounds</td>
</tr>
<tr>
<td>Mercury</td>
<td>5 gallons</td>
</tr>
</tbody>
</table>

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

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

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

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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+).

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 (NH4+), Potassium (K+), Magnesium (Mg2+), Calcium (Ca2+), Copper (Cu+ and Cu2+), Zinc (Zn2+), Manganese (Mn2+) and Iron (Fe2+).

Soil chemistry is a dynamic process. Various compounds constantly form and dissolve and the proportion 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 the major plant 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 decreases 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 up 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 pay $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 and effectiveness. Some lime is more effective for certain minerals in the soil. Lime and limestone are very similar, with the main difference being that limestone is 100% effective. Lime held on an 8-mesh screen (the size of gravel) is less than 10% effective. Lime that passes through a 60-mesh screen is 100% effective.

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:

- 60-mesh screen (0.00065 in. or 0.0013 mm)
- 40-mesh screen (0.00171 in. or 0.0043 mm)
- 6-mesh screen (0.0250 in. or 0.0635 mm)

Lime that passes through a 60-mesh screen is 100% effective. Lime held on an 8-mesh screen is 40% effective. Lime held on a 6-mesh screen is less than 10% 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 6,000 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. “Pel” 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 when spread as a broadcast product. Once the pellet is in or on the soil and it is wetted, it sloughs (melts) and the fine particles disperse 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 “pel” 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 longer.

For more information:
• “Estimating Ag Lime Quality” (Nebraska Cooperative Extension Service, GF-417)  • “Soils House Study Course” (University of Nebraska, EC8-152)  • “Liming Acid Soils” (Kansas State University, MF-1065)
Illegal Dumping in Lancaster County Declines

Harry H. Heizer, 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 responsibilities 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 Health Department and coordinated by the Keep Lincoln and Lancaster County Beautiful program at the Lincoln-Lancaster County Health Department. Educational messages in 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 office 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 $18,813.

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 5th and N Street. A small fee is charged for appliances with freon. Most refuse haulers will take furniture, usually at no extra cost. Call a refuses 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 keep the tires. Although many might think they use them later, few do. Storing them outside often provides a place for mosquitoes to grow in the warm-wet 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 441-7180.

For more recycling and reuse information, refer to pages 42-44 in the blue pages in the Alltel Phone book (BPO). They are available at the extension office and/or on the Web site at http://lancaster.unl.edu.

Butterflies of Lancaster County*

Butterflies can be found in almost any part of Nebraska, from the Pine Ridge 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 pollinable 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)
• “Butterflies and Birds” (NebGuide, G94-672)
• “Wildflowers for the Home Landscape” (NebGuide, G92-1074)
• “Butterflies and Moths” (Educational Resource, #290)
• “Butterflies Gardening Resource”*
• Plants Attract Butterflies to Your Garden*
• Butterflies of Lancaster County*

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

Create Moving Color in Your Garden

Everything Homeowners Need to Know About TERMITES

THURSDAY, MAY 19, 6:30–9:30 P.M. Lancaster Extension Education Center, 444 Cherry Creek 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

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. 601 W. Granzanuker Highway (Late 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 Parking lot, 56 and Huntington

Friday, Sep. 23 Shepherd of the Hills Church 3–7 p.m.

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 later paint (except May 21), medications, 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 441-8400.
Spending Your Calorie Salary: Tips for Using the 2005 Dietary Guidelines

Alice Hemenway, RD, 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 low in calories — is encouraged.

When thinking of how the following 2005 Dietary Guidelines are 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 undue 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 banana
- 1/4 cup dried fruit
- 1 nectarine
- 3/4 cup dried fruit
- 1/2 cup of raw, cut-up raw of vegetables per day. A vegetable serving equals:

- 1/2 cup of cut-up raw vegetables
- 1 cup cooked vegetables
- 1 cup canned vegetables
- 1 cup sautéed vegetables

Select From All Five Vegetable Subgroups Several Times a Week
Examples of vegetables from these subgroups include:

- Dark green vegetables: Broccoli, collards, turnip greens, mustard greens, kale, green leaf lettuce and romaine lettuce
- Orange vegetables: Carrots, sweet potatoes, winter squash, pumpkin
- Legumes (dry beans): Chickpeas, pinto beans, kidney 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毛泽东 Recommended Grains Coming From Enriched or Whole-Grain Products Examples of a one-ounce equivalent are:

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

Calories and total fat intake should not be increased. What does this mean? It means that 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 to weigh 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 that still may not be an increase in total and fat intake and should be reduced daily.

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.

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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 exposure reports are submitted. Children and youth under age 19 suffer 66 percent of these exposures. To help prevent unintentional poisonings, follow these important steps to keep household cleaning products safely.

Use Safely

- Schedule a 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 leave product containers unattended. The exceptions—first-aid instructions, and instructions 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. 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 still can occur if the package isn’t closed properly.

Dispense 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 corner.
- More about poison prevention or if you think someone has been poisoned from medicine or a household chemical, call the Poison Control Center’s national-24-hour, toll-free hotline at 1-800-222-1222.

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 Cherrycrest Road, Lincolnton. This lesson will show you how to prepare quick, delicious, nutritious meals for one or two people. The emphasis will be on using just a few common ingredients per recipe and as few dishes 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 the quarter or year of study in a vocational school. Applications are due April 1 in the extension office. (LB)

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 Soup and Detergent Association offers up some new ways to clean windows and walls.

Window Dressing

Add a touch of glass cleaner. A能看到只要交 15美金就可以在C&A CORNER 买衣服。 Can be recycled. The exceptions—first-aid instructions, and instructions will be important if there’s an emergency.
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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 the quarter or year of study in a vocational school. Applications are due April 1 in the extension office. (LB)

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 Soup and Detergent Association offers up some new ways to clean windows and walls.

Window Dressing

Add a touch of glass cleaner. A能看到只要交 15美金就可以在C&A CORNER 买衣服。 Can be recycled. The exceptions—first-aid instructions, and instructions 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. 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 still can occur if the package isn’t closed properly.

Dispense 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 corner.
- More about poison prevention or if you think someone has been poisoned from medicine or a household chemical, call the Poison Control Center’s national-24-hour, toll-free hotline at 1-800-222-1222.
Nebraska’s GreatPlants 2005 Selections

The GreatPlants program is a joint effort of the Nebraska Nursery & Landscape Association and the Nebraska Statewide 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 picturesque in youth, in old age, a well developed Ginkgo is an impressive sight, forming large picturesque branches and handsome bark. Female trees 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

Spirea 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 mounding 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 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-shapped 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.

Grass: Side oats Grama

Bouteloua curtipendula. This hardy native grass has delicate, oat-like spikes that hang to one side of the inflorescence in summer, arching to 3 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 hand-some when backlit by the sun or combined with little blueasters 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, back when people were 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 purposes, “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 1889, Nebraska has celebrated Arbor Day on the last Friday in April. Tree planting is still 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 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?

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 providing shade
• help cleanse and purify the air by absorbing carbon dioxide, catching dust particles and other pollutants, and giving off oxygen
• 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

Grass: Side oats Grama

Bouteloua curtipendula. This hardy native grass has delicate, oat-like spikes that hang to one side of the inflorescence in summer, arching to 3 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 hand-some when backlit by the sun or combined with little blueasters 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)
Ten Rules for Planting Trees

Tree planting is an ancient art, but the methods have changed over time to fit the latest trends in agribusiness and forestry research. It is vitally important to remember where you 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. They are important to have in mind when trees are transplanted from the nursery 90 to 95 percent of the root system is left behind.

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 is important to have them covered to avoid heavy loss of water through transpiration. Keep them in mind when trees are transplanted around each seedling or two feet on each side of a tree row.

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 skim on the width of the planting hole. Plant slightly above nursery level. Place the plant on solid ground – do not fill dirt. Be careful of drainage. One sure way to check is to fill the hole with water and let it drain before backfilling. If the water has not drained out, make alternate plans.

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 amendment are not necessary. When dealing with difficult sites some judgments may have to be made.

7. Staking is useful more for large trees in windy areas. It is best if wire baskets can be removed completely.

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 for protection against people. Remove stakes after one year.

8. Water the plant thoroughly at planting. Remove only damaged or rubbing branches. Food production by the leaves is vitally important. Cutting back root zone leaf area and therefore food production.

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

Give Trees a Chance Against Weeds

Competition for moisture, light and nutrients by aggressive weeds may severely stunt or kill newly planted trees and shrubs.

Methods of controlling weed competition include cultivation, mowing, herbicides and natural or fabric mulch.

Killing the weed 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 treatments.

Emergent herbicides are not 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 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.

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Fair Books Have Been Mailed Out, Available Online
Fair Books have been mailed to all 4-H families and previous Open Class exhibitors. Extension offices have them on hand to sell. 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.
All county fair premiums 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:
- Thursday, Aug. 3: 7 a.m.–6:30 p.m.
- Wed., Aug. 4: 7–9 a.m. & 4–6 p.m.
- Thursday, Aug. 5: 9 a.m.–5 p.m.
- Friday, Aug. 5: 9 a.m.–5 p.m.
- Saturday, Aug. 6: 9 a.m.–4 p.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 or county program. 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 tapping of the district winners, the PSA contest will be held at the Lancaster Extension Education Center on Thursday, April 5 at 6:30 p.m. (approximately 1 hour). Presentation must be no more than 5 minutes; topic is 4-H. Emphasis is on the 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.
- Senior (ages 14–19): 5–8 min.

Market Beef ID’s Due April 1
4-H/FFA Market Beef Identifications are due by extension by Friday, April 1. For more information, contact Deanna Karmazin 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 extension cords 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., pressure judging, barn, etc., and neither a single nor a single member project nor a joint project horse may be shown in more than one age group of any class or event. Walk-trail, 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.

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, Adorned quilts, Premier Quilt, Community Service Quilt, and Interregnerational 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 stumps, dying and laying/section 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 classes may be added.

GIS/GPS—Nebraska 4-H is developing a project manual on Geographic Information Systems (GIS) and Global Positioning Systems (GPS). However, several 4-H members must show 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/Plow/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/Dress/Orchestra/Theme/Group: 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 Countyman Arena)
Roping/Working Pairs: 8 a.m. (Amy Countyman Arena)

Western Horse Show— Bareback Equitation/Western Pleasure/Western Horsemanship: 9 a.m.
Horse Judging: 1 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: 8 a.m.
Western Horse Release Time Begins: 10 p.m.

Footnotes:
*Must Sign-up for 1-1/2 Hour Horse Walk-Blocks During Pre-Fair Briefing
**Participants for 4-H/FFA Bareback Walk-Blocks Middletown Shoot Out During Pre-Fair Briefing
***Visitors are allowed in this show. Ride your horse from the indoor—park it-give it heat outside of any Championship classes.
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 on 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://lcl.lib.ne.us or you may contact Tracy Prachel at 472-9016. Deadline is April 15.

Kiwani Kvernival, April 16
The annual Kiwani Kvernival is a free, family event sponsored by Lincoln Center Kiwans. 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 lots of food!

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

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 2-15. 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-Sa-Ben Youth Livestock Expo need to be DNA tested. At this time, the cost for this testing is unknown. (DK)

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. Live- stock 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 Nezne. (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/ de/news.htm for the current listing. If you have a show not listed online, please forward info to Deanna Karmazin at dkarmazin3@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.

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 Mountain store in Gering 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)

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 pro- grams, 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!

Nicole Pedersen State Awards Book Winner
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.

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 her 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 Makiings
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 Makiings” workshops. These workshops will be held at Eiseley Branch Library on Wednesday, June 29, 2:30 p.m., at Bethany Branch Library, Thurs- day, 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 activi- ties? 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.

“I-4-H Discovery Bags” at Bennett Martin Public Library
Anyone with a Lincoln City Library card may check out one of the following “I-4-H Discovery Bags” from the Bennett Martin Public Library. The bags are a compilation of 4-H project books, a 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.

Cathy Hurdle
Lancaster County 4-H is proud to announce Cathy Hurdle as winner of April’s “Heart of 4-H Award” recognition of outstanding volunt- eer service.

Cathy has been a 4-H volunteer for 10 years, serving in many capacities, including local and national 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-supervisor (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. Nominations of co-volunteers welcome.

Tips for Organizing a Successful Neighborhood Cleanup

Yelena Mitrofanova
Extension Educator

Neighborhood cleanups are usually organized by neighbor-
hood associations. Other community groups who might organize or help with a cleanup include:
• Non-profit organizations
• Schools, Community Colleges and Universities (conserva-
tion, 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.

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 opportu-

nity to help your neighbors who may not be able to move heavy stuff around.

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

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 neigh-
borhood cleanup. Forming a neighborhood cleanup commit-
tee 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 names, numbers and other impor-
tant information. It is recommended you document everything and maintain a cleanup file you can use for references and grant applica-
tions.

By researching 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

pickup routes. Make notes on the amount and types of trash, any situations needing special treatment or consulta-
tions, 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
• 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 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 re-
sources 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 commu-
nity effort by donating items, gift certificates or money.

Design an event photog-
rapher to assure you have
photos for your grant require-
ments, newsletter articles,
annual reports, Web page projec-
tions, 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 schedule. Specify the cleanup will occur regardless of the weather. Note: the West “A” and Arnold Heights neigh-
borhood associations havelyers which can be used as a reference when creating yours — contact them for copies.

Publish your event in neighborhood newsletters, on web sites, community bulletin board and local media. Invite the media to do a story on your cleanup — this will recognize volunteer groups, donors and sponsors.

Implementation
Before you start, gather everyone together to review safety requirements and restrictions, workday strate-
gies, 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 and energy.

Designate a coordinator for the event, who will:
• Register volunteers
• Make sure everyone is aware of safety requirements and restrictions
• Coordinate pickup routes
• Make sure children are assigned adult supervision.
• Answer questions on collec-
tion 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 how to do in case of injury or emergency.

Keep a positive attitude and let not volunteers be over-
whelmed; the last thing you want is to overshadow 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-clean-up picnic or gathering to let participants share their experiences and build new friendships. It is always nice to reward every volunteer with a small token of apprecia-
tion or 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 wheelchair next year. This experience will be essential for new members of the cleanup committees.

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 researchgrant writing, proposals and negotiating with funding sources. Designed for both novice and advanced grant seekers, the program provides participants with 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.terci.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 partici-
pate 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 numer-
ous locations throughout Lincoln and Lancaster County, including the Lancaster Event Center, Lancaster County Extension office, Lincoln County Libraries, grocery stores, and village banks, post offices and co-ops. It will also be available online at www.lancastereventcenter.com
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 BK Equestrian Center at 200 34th St., West Calvert St. Cost is $15 per clinic. There is a $3 discount per clinic for Wrangler members and 4-H members. Additional family member discounts are also available. For additional information contact Dr. Sheila Schaeffer at 488-8694 or Colen 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 Equitation 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 J. 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

Registering before April 1

If you are a Wrangler member, 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.

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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 decorations. 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 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.

—Karylee Nelson and Hannah Spencer

Favorite 4-H Activity
I look forward to the 5th and 6th Grade 4-H Lock-In this year. It is by far one of my 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 in 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.

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

U.S. Drought Monitor Map
As of March 8, Lancaster County bordered on abnormally dry/normal conditions.

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—Monica Rentschler

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 the Council Awareness Foci (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 wish. 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.