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Grasscycling is the natural recycling of grass clippings by leaving them on the lawn when mowed. Mulchingowers (such as the one pictured) can be used to:

Grasscycling can be practiced on any lawn as long as some simple turf management guidelines are followed. Proper mowing is required. Cut grass when the surface is dry and keep mower blades sharp. Follow the 1/3 rule. Mow the lawn often enough so no more than 1/3 of the grass blade length is removed in any one mowing. This will produce short clippings that will filter back into the turf. Mulchingowers can be used if blade lengths are longer than 1-inch in length. Raising the mower height in summer encourages deeper roots and protects the turf from heat stress. Always sweep clipping onto sidewalks and driveways back onto the lawn.

Most cool season turfgrasses need one-inch of water per week during the growing season. Lawns watered too frequently Develop shallow root systems. Over-watering causes lawns to grow faster and require more frequent mowing. Proper fertilization maintains a healthy lawn without excessive growth. For moderate, even growth, use a combination of quick release and slow release nitrogen fertilizers. Rates and timing depend on the grass species. It is better to apply smaller quantities of fertilizer more frequently than large amounts less frequently. Leaving grass clippings on the lawn can supplement up to 25% of the lawn’s yearly fertilizer needs reducing the amount of money spent on fertilizer. Grasscycling the clippings add nutrients to the lawn with each mowing.

Composting turns yard waste such as grass and leaved (pictured above) into a beneficial soil amendment (at right).

Mulches made from yard waste such as grass or chipped wood (wood chips pictured above) reduce weed growth and rate of evaporation around plants.

The problem is, in lakes and streams, excess nutrients encourage algae and rooted plant growth. This in turn reduces fertilizer and water needs, which can minimize nutrient runoff entering storm drains.

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Rental Arrangements Changing with the Times

Part 2 — Flexible Cash Leases

The net result of these developments is traditional leases may no longer represent an equitable business arrangement between the two business partners (landowner and tenant). This has prompted some landlords to develop flexible cash leases. Flexible cash leases return to the concept of having the landowner share some of the production and/or market price risks. This can open up possibilities for the landowner to realize higher returns from the land. Table 1 shows the total rent (base + bonus over a range of prices with yield set at 200 bushels per acre).

Option 2. Flex on commodity price and actual yield

Assumptions (as negotiated between the two parties are):
- base rent of $175 per acre
- base revenue 200 bushels x $3 = $600 per acre
- flex rent: 35% of gross revenue above or below base revenue

*Note: Table 2 is figured on actual yield and price. Base rent is $175 per acre based on 200 bushels per acre and 3% per bushel = $600 gross revenue.

Caution: As this is being written, the new 2008 Farm Bill has not been passed by congress. It is likely flexible rental arrangements which set rental price on bushels of crop raised, will be treated as a crop share arrangement necessitating the FSA to split the Direct and Counter-cyclical payments between the landowner and tenant. The percentage of the payments going to each party will depend on the circumstances of the lease.

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Water loss through evaporation is decreased and soil erosion is decreased by reducing the impact of heavy rainfall. Soil temperatures are modified by mulches. Last but not least organic mulches add nutrients and humus to the soil as they decompose.

A two- to three-inch layer of grass clippings provides good weed control. Build up the layer gradually, using a grass thick layer of green grass will give off excessive heat and food odors. A layer of 2- to 3-inches thick after compaction, provides annual weed control. Leaves and bark mulches are quickly, are attractive as a mulch and improves the soil. Leaves of hardwood trees are not be used because of juglone, a chemical in the leaves which inhibits growth of many plants. A two- to three-inch layer of shredded bark provides good weed control. Wood chips are slower to decay than shredded bark and can be used for pathway material in gardens.

The best way to deal with landscape trees is to limit its production in the first place. Or at least produce as little as possible, to attract trees and shrubs with their mature height and spread, in mind. Plants requiring little or no pruning do not produce much landscape waste. There are many dwarf and slow-growing varieties available of adapted plants to Nebraska's climate and soils.

Mulching continued from page 1

The Stately American Elm

By Paul Hay
UNL Extension Educator

We recently planted 23 new trees around the horse arena on the south edge of Gage County’s Fairgrounds. They were bare root trees from a Nebraska nursery and we appear to be off to a good start. The trees selected included; red oak, London plane tree (sycamore), American linden, flowering crab, Kentucky coffee tree and pioneer elm.

Is pioneer elm the return of the American elm? The American elm has never left, Nebraska desert it as a state tree and replaced it with the cottonwood. There are still plenty of American elms around. The problem is Dutch elm disease is also still around. We see American elms in woodlands, right of ways and fence rows. They grow well for 10, 15 or even 20 years until Dutch elm disease wipes them out and a new crop has to begin again.

In the nursery trade there are offerings of American elms. Liberty, Valley Forge, Washington, and Jefferson are some of the cultivars. The verdict is still out on these varieties, it appears they are more resistant to Dutch elm disease, but are not immune. So we wait and see whether they exhibit the same immunity. It has to be out there somewhere if the gene for gene theory is correct. This theory says for any gene in an infectious agent there is a gene to block or counteract that infection.

The two most promising American elm-like trees in the nursery trade today are pioneer and acolade elm. Acolade is a complex cross selection from Asian elm species. It will achieve a mature height of 70 feet with a 60 foot in 40 years, it forms a good planting zone. Acolade is a vase-shaped tree with arching limbs similar to the American elm. The leaves are glossy and dark green and the foliage is somewhat resistant to the feeding of the elm leaf beetle which riddles the leaves of Chinese/Siberian elms we have growing in the area. Pioneer elm is a selected cross of two species of European elms. Pioneer Elm Amna a rounded shape and will gain a height of 50 feet and a spread width about the same. The dark green foliage in a few years will shade the 4-H horse participant’s families at fair time and change to yellow in the fall. The pioneer elm combines the fast growth strength to withstand the challenging Nebraska conditions.

The City of Beatrice, like most Nebraska towns, removed over 16,000 American elms from the city in the 1960s and ’70s. Let us hope these look-alike replacements today and a truly resistant American elm tomorrow can bring the glory of the American elm back to the people of Nebraska.

Elms Approved for City of Lincoln Streets

The City of Lincoln has a list of approved trees for streets. Property owners must obtain a permit to plant any tree on CITY property before planting is done. As of Feb. 2008, approved elms are; Acolade, New Harmony, Valley Forge, Cathedral, Vanguard, Discovery, Triumph and Pioneer. Among elms that will not be permitted as street trees are Siberian elm and non-approved trees. For more information visit http://www.lincoln.ne.gov/city/parks/parks/forestry/forindex.htm or call forestry at 441-7035.

Glossy Plant Ads

They’re starting already! Purveyors of questionable plant deals are busy trying to take advantage of people’s thirst for spring planting. Glossy ads compete for our attention with coupons for fifty cents off baked goods or laundry detergent. But most of these plant ads are not a bargain.

Take dewberry plants. They’re interesting as houseplants, but I’ve yet to see them produce fruit year-round in a sunny window. I’ve grown them in the aid. Maybe in a large greenhouse or conserver, but not in a home. Nor can you produce strawberries indoors, “even in winter.”

Ditto, tree tomatoes which, according to the ad, will be confused with an ordinary vine or a tomato plant. “...simply plant and watch your tree quickly zoom to the full height, and supply you with yummy fresh garden tomatoes.” Don’t you believe it! If the plants ever do produce fruit for you—and that’s unlikely—it will be instantly apparent that they aren’t tomatoes at all. They are different, read the fine print online (and Internet) nurseries whose reputations are built on years of service. Be reasonable when shopping on line and in local nurseries and garden centers. They know what can be expected to grow well here... and what can’t. The nursery or garden center down the road from you wants to keep your business. They’re not about to make up wild claims for plants that are marginally hardy here, at best.

Spraying For Weeds May Also Damage Other Plants

Chemical herbicides kill weeds, says UNL Extension Forster Dennis Adams, but they also can damage or kill other plants. Depending on the aim site of the herbicide, chemical herbicides kill weeds rows are normally planted in a north-south orientation, with straight rows preferred where possible. Occasionally it may be necessary to plant rows on a contour or across a slope. However, curved rows will usually lead to problems with the trills. Differences in light interception between North/South and East/West row orientation lead to different ripening times.

Spacing of plants varies with cultivars and equipment. A common spacing is ten feet between rows with plants eight feet apart in the row. Wider row spacing may be desirable for different cultivars. Greater spacing between plants in the row may be appropriate for cultivars of exceptional vigor (e.g. ‘Edwards’), ‘St. Vincent’, ‘Frontier’ or on sites that stimulate strong vine growth. Wider row spacings intercept less sunlight with more hitting the ground and thus reduce yields. Wind may cause poor coverage, which may impede equipment and reduce air flow through the vineyard, which will lead to greater disease problems. Close row and plant spacings will increase costs of establishment, since more plants and trellising will need to be purchased. For example, 5 x 10 foot spacing = 545 plants per acre, while 6 x 12 foot spacing = 454 plants per acre.

Site Preparation and Vineyard Design

Because grapevines are perennials, it is important site preparation and vineyard design be done very carefully and thoroughly. You will live a long time with your vineyard, try to avoid any mistakes. As noted in previous articles, pH adjustment and most fertilization should be done prior to planting. Correction of drainage problems and control of persistent perennial weeds must also be implemented before planting. Planting at least one year ahead of establishment of the plants should facilitate accomplishment of site preparation requirements. Plowing or rototilling the entire site, followed by fertilization, liming (if needed) and weed management practices can be done in the fall (April) or the spring.

A cover crop can be seeded in late summer/early fall, then planting can take place the following spring. If planting in soil, such as an old pasture, it may be desirable to allow the plantings to develop for 1-2 years to grow such a cover crop. Then plant rows to be planted the following spring. If planting on a contour or across a slope, however, curved rows will usually lead to problems with the trills. Differences in light interception between North/South and East/West row orientation lead to different ripening times.

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Paul E. Read, UNL Professor of Horticulture/Viticulture
Stephen Gamen, UNL Viticulture Research Technologist
Max McFarland, Mac’s Creek Winery and Vineyard
Jim Ballard, James Arthur Vineyards
Seth McFarland, Mac’s Creek Winery and Vineyard

Note: This is part of a series of articles related to commercial vineyards in Nebraska.

Establishing a Commercial Vineyard

Row spacing

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Planning to Plant a Tree for Arbor Day? Read This First!

Dear Master Gardeners,

Five Lancaster County Master Gardeners were recently awarded plaques to recognize them for their years of service to the Lancaster County Master Gardener program. We appreciate their dedication and support to University of Nebraska Extension programming in Lancaster County. Master Gardeners are given annual training by UNL personnel and in return provide 40 hours of volunteer time to educational outreach such as answering horticulture phone calls.

Mary Jane Frock, UNL Extension Associate

Planting a tree for Arbor Day is a Nebraska tradition for many families. Here are some things to consider before purchasing and planting a new tree this year.

Properly planted and cared for, trees add beauty and value to almost any property, whether they are planted in a park, in front of your house, or along a street or highway. Selecting planting locations is one of the most critical decisions made during the planting process. If the plant must eventually be removed because the site is unsuitable, then the planting was a failure.

To avoid failure, consider overhead and underground utilities, future construction sites and the mature size of the plant. Trees often have to be removed because they have grown too large for the site. Large landscape-sized trees should be planted a minimum of 1.5 to 20 feet away from buildings or other obstruction points. Overhead and underground utilities must be considered in order to avoid potential conflicts. Large trees should be planted a minimum of 20 to 25 feet from overhead power lines. When selecting your planting location, consider the plant’s requirements for growth and survival, such as exposure to sunlight and soil drainage needs.

Once you have selected the species that will perform the desired function in your landscape, visit a reliable nursery in your local area who will guarantee the plant material. Consider the size and height of the tree when you are selecting your plant. Smaller trees will establish better than larger trees. If the tree is too large, it may go into shock and never fully recover.

Container-grown stock may be less expensive but must be kept moist after the first year except when soils are frozen and during the extreme heat of summer. The best time for planting container-grown stock is in the spring between March 15 and May 30, if weather and soil conditions permit. All plant material should be planted as soon as possible after delivery. Soil should not be disturbed at the time of planting; new root growth is essential to prevent damage from rooting. Supports should allow for some free movement of the plant. Use wire or hose. To prevent girdling, remove all gaging material at the beginning of the first growing season.

Tree wrap should not be used on newly planted trees. Tree wraps may not always protect trunks from damage and, in fact, can cause hide and increase problems. In addition, tree wrap covers the photosynthetic tissue of the trunk, preventing the production of food that is needed by the young tree. Tree wraps should be removed before the tree is girdled to allow for some free movement of the trunk. Tree wraps do not prevent insects from chewing out the bark. Removed tree wraps are frequently saved for study. Some tree wraps are likewise removed by persons that are interested in plant disease. Some tree wraps are used to identify trees against insect damage. Mechanical damage to the bark is very important and can be a factor when determining tree health.

Most soils contain sufficient levels of available nitrogen, so applying the requirements of newly planted landscape plants except where restriction has either altered the soil or changed its composition. Fertilizer should not be applied during the first several growing seasons while the new roots are establishing themselves. After this period, determination of additional nutrient needs should be based upon the condition and vitality of the plants and analysis of soil samples.

Water is critical to the success of any tree planting. Tree roots, especially the small, water absorbing roots, are easily damaged during transplanting. For sufficient water uptake to occur, the root ball of a newly planted tree must be kept moist, but not saturated. Monitor the moisture in the root ball daily and water as needed so that the root ball does not dry out. The area outside of the root ball should be watered in and around it to encourage root growth into the surrounding soil. Avoid over watering, which is a major cause of tree failure in many Nebraska communities. Heavy clay soils that have been compacted during construction activities severely restrict the movement of water and commonly lead to saturated conditions.

Mulching is the most important post-planting practice that you can do to improve the health and vigor of your landscape plants. The following table shows that wood chip mulch can nearly double plant growth in the first few years after planting. Mulch with a three to two inch layer of organic material around the base of each tree. The diameter of the mulched area should be 2 feet. Do not place mulch directly against the stem of the plant. Proper mulching provides a well-groomed appearance and designates an area where grass or weeds are eliminated, which results in lower water rates from mowers and weed trimmers. Mechanical damage is one of the leading causes of injury and death of landscape plants.

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Source: Nebraska Landscape Plants

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Source: Nebraska Landscape Plants
Controlling Fleas
Barb Ogg
UNL Extension Educator

Fleas are obligate blood feeders, which means the female flea must have a blood meal to reproduce. The female flea lays eggs while on the animal host, but the eggs are not glued to hair so they fall off the host into the nesting material. Flea eggs hatch into tiny worm-like larvae which feed on organic debris. Fleas are nearly always associated with animals that nest, e.g., dogs, raccoons, opossums, rabbits, and rats are nesting animals and have fleas. Human- or grazing animals like cattle, deer and elk rarely do. Controlling Fleas

Fleas are difficult to control because you have to think about treating the animal host (pet or wild animal) and the home environment, particularly pet beddings or other locations where the pet spends time. If pets go outdoors, sometimes the outdoor environment also needs to be treated. Each of these different areas need a specific type of treatment. Treating the animal

There are a number of treatment methods for treating pets. Dips and shampoos can be obtained from a pet store or a veterinarian. Some of the more common prescription products include permethrin (Eurax®), pyriproxyfen (Frontline®) or imidacloprid (Advantage®). Preventative treatments should be started in the springtime before flea infestations increase. In the case of a wild animal host, you can control the nest site or wild animals as the source of the fleas. Treating the home environment

Places where pets spend time are most likely infested with fleas. Vacuum thoroughly where pets spend time resting. Consider steam cleaning carpets and rags. Put away yard debris and look for holes where fleas can nest. Use insecticides for larvae and may even kill larvae. Beds that pets sleep on will likely be infested. Wash bedding in hot water and dry in a hot dryer. Pay special attention to where pets jump off the bed or sofa and fleas eggs could be dislodged. Chemical treatments will probably be necessary for control adult (biting) fleas and flea immatures. Unusual flea infestations:

Case #1. Specific areas of a large manufacturing facility developed a flea infestation during the spring. They were later determined to be cat fleas, Ceratophyllum felis. The areas on the production floor were treated and the problem subsided for a while, but the fleas returned to torment the workers. What was overlooked was the identification of the host animal. Cat fleas have a wide host range: in this case, the source of the infestation was determined to be a raccoon. In early spring, a pregnant female raccoon found its way into the crawlspace and had a litter of pups. After weaning, mom and the pups left the crawlspace, but the fleas remained. Because the crawlspace was not identified as the source of the fleas, it was not treated. Treatment of the crawlspace was necessary to solving this flea infestation.

How common are fleas on raccoons? Results of one research study showed cat fleas were found on 50% of the raccoons trapped in urban areas. A single raccoon can carry more than 50 fleas.

Case #2. Flea larvae were found in the bed of a pre-schooler. The pet cat sleeps on the bed, but never goes outdoors. How could this flea infestation get started? One of the parents visited a family who had animals and picked up a flea. Fleas have remarkable jumping abilities and can easily hitch a ride home. Vet offices and pet stores are locations where fleas can be picked up.

Human Fleas

The most common domestic flea in the U.S. is the cat flea, which has a very wide host range. However, there is also a human flea, Pulex irritans, which isn’t found very often in the U.S. today, but has historical connections with humans. Before modern hygiene and laundering, human fleas were common in dwellings, particularly in bedding. During the Renaissance, ladies wore fur collars to catch fleas, which could then be removed and shackled out. Today, Pulex irritans is rare in the U.S. and most likely associated with domesticated pets.

Managing Deer Damage
Sonni Cochran
UNL Extension Associate

In eastern Nebraska, white-tailed deer are common in both rural and urban areas. They are very adaptable and often consume large portions of crops and other vegetation. Deer are not usually the first thing people think of when they hear the term ‘pest’. Deer can cause problems in many ways:

• Deer-vehicle collisions. About 5,000 deer-vehicle collisions are reported each year in Nebraska.
• Diseases. Deer can transmit diseases like salmonella, giardia and E. coli. Wearing protective equipment and being cautious when handling and processing deer helps reduce your risk.
• Callousing disease is a degenerative, fatal disease affecting members of the deer family. Nearly all deer obtained from this disease has been found in the panhandle of Nebraska. Hunters should have their deer tested for chronic wasting disease at hunter check stations or home test kits.

Identifying Damage

Browsing by deer is easily identified and common on most properties near edges of twigs or stems. Most browsing occurs from the ground up to six feet. In the fall, male deer rub their antlers against trees which can lead to severe damage to trees. Fences and plants are a good place to look at the ground to see if you find deer pellets (droppings). Deer pellets usually in a group, are larger than rabbit pellets and are slightly sallagone-shaped. You may also find the distinct print of a deer track nearby on bare soil.

Preventing Damage

Habitat Modification: Deer feed on a wide variety of plants. If you notice damage to landscape plants, try planting ornamentals less likely to be damaged by deer. No plant is 100% proof, but you may be able to reduce the damage. A list of plants is available at http://lancaster.unl.edu/pest.

Removing or changing the actual habitat of deer is not recommended because of the impacts on other wildlife and the environment. Deer also adapt easily to frightening new sources at low costs.

Exclusion: Fencing can be very effective in preventing and reducing deer damage. You can also exclude individual trees, shrubs and other plants from deer browsing and antler rubbing. Chicken wire, hardware cloth, plastic netting and plastic tubes and cylinders to encase young trees are available from a number of sources at low costs.

Repellents: Measure the effectiveness of repellents by reducing deer damage. You can also exclude individual trees, shrubs and other plants from deer browsing and antler rubbing. Chicken wire, hardware cloth, plastic netting and plastic tubes and cylinders to encase young trees are available from a number of sources at low costs.

Population Reduction: Since the level of deer damage is often linked to the number of deer in an area, population reduction may be the most effective and efficient means of preventing and controlling damage.

FOR MORE INFORMATION
UNL Extension NebGuide "Managing Deer Damage in Nebraska" available at the extension office or online at http://lancaster.unl.edu/pest.

Managing Deer Damage

Highly magnified view of a cat flea (above) and a flea on a cat (right).

Tree branch damage caused by deer browsing (left) and rabbit browsing (right).

Fleas are identifiable by the jagged or torn edges and personal property.
Deer can transmit diseases.

Deer can transmit diseases.

Deer can transmit diseases.

Deer can transmit diseases.
Most of us eat at least three times a day. How much do you REALLY know about the foods you eat? Play “Name that Food” and find out! Answers are at the bottom.

Food 1: Round and contain vitamins C and A. Though most people call me a vegetable, I’m really a fruit. I taste best when I’m stored at room temperature away from direct sunlight.

Food 2: While I’m often thought of as a meatless entrée, I also can be served as a meat-free entrée. I’m oval or kidney shaped. I contain protein, fiber and an excellent source of folate. I’m 4 of the 5 MyPyramid Food Groups.

Food 3: I’m a green fruit that is a source of “monounsaturated” fat, a healthy fat. Store me at room temperature until I ripen. I’m soft and creamy to the touch.

Food 4: I’m on the nutty side of the same plant family as peaches and apricots. I’m a good source of vitamin E. I’m 23 of me in one ounce, about a handful. Hint: I begin with an “A” and am often served in a mixture with other similar foods.

Food 5: I’m a member of the grain food group and a good source of fiber. I increase in size after I’m prepared. Three cups of me, served without added fat or sugar, provide less than 100 calories. I’m often eaten as a snack.

Food 6: A cup of me is similar to milk in calcium content. I’m available in several flavors. I’m a good source of protein and the B vitamins, riboflavin and thiamin.

Food 7: I’m a good source of potassium. Store me at room temperature until I ripen; then refrigerate me. Though my skin darkens in the refrigerator, I’ll still be light inside.

Food 8: I belong to the morning glory family. I’m orange and high in vitamin A. I taste best when I’m stored at a cool temperature (50 to 65 degrees F) and stay fresh for 3 to 5 weeks. At room temperature, I’m at my peak for about a week. I’m sometimes served mashed.

Food 9: And for a last question, here’s a food riddle…You throw away the outside and cook the inside. Then eat the part you threw away. I’m yellow in color. Hint: after throwing away the “outside,” the “inside” becomes the “outside.”

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Country Style Potato Salad
Serving Size: 1 cup • Yield: 4 servings

- 1 cup chopped celery
- ½ cup minced onion
- 1 cup frozen peas
- 1 teaspoon mustard
- ½ cup mayonnaise, lowfat
- ½ cup yogurt, nonfat plain
- fresh cracked black pepper to taste

Garnish: lettuce and tomato

Place in pan and cover with water. Bring to a boil, lower heat and simmer until peas are tender, about 20 minutes. Drain in colander and sprinkle lightly with cold water. In the mean time, put the rest of the ingredients in a large mixing bowl. Add drained potatoes to the bowl. Mix well and refrigerate until ready to use. Garnish with fresh lettuce and sliced tomatoes.

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What Counts as a Cup of Fruits and Vegetables?
The MyPyramid Food Guidance System recommends eating 2 cups of fruit and 2½ cups of vegetables for a 2,000 calorie diet. How much is this?

In general, 1 cup of raw or cooked vegetables or 100% vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group. One cup of fruit or 100% fruit juice or ½ cup of dried fruit can be considered as 1 cup from the fruit group.

Here are the cup amounts of some common fruits and vegetables:

- 1 small apple
- 12 baby carrots or 2 medium carrots
- 16 grapes
- 8 large strawberries
- 1 cup cooked greens or 2 cups raw (spinach, collards, mustard greens, turnip greens)
- 1 medium potato
- 1 large banana
- 1 small wedge watermelon
- 1 large ear of corn

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Stretch Your Food Dollar With These $10 Money Saving Strategies

Mardel Meinke
UNL Extension Associate

On the average, Americans are spending close to 15 percent of their annual income on food. Preparing to be more frugal, so shopping smart is more important than ever. Do you know about these ten money saving strategies?

1. Keep a master list of the items you replenish weekly, such as bread, cereals, produce etc. and add additional items you need at the bottom. This helps keep your priority items at the top of the list and saves time. If you have pre-planned your week’s menu, it is easy to make sure the items needed to serve those foods are on your list.

2. Know your supermarket. Supermarkets fall into two camps—EDLP (everyday low prices) and “high-lows,” which stores will match the price of food from sale ads of other stores and take advantage of this opportunity.

3. Look for sales cycles. Many supermarkets cycle the various categories of food on sale approximately every 12 weeks. If you shop for just what you need every week, you miss out on many of the sales. Buy larger quantities of shelf-stable foods, including canned, dried and non-perishable foods when they are on sale toock your pantry.

4. Cut coupons from many sources, including on-line coupon websites. The most if you use coupons for items you normally purchase, not “extras.”

5. At the store:
   A. Shop the perimeter of the store first. This is where the fresh produce, meats and dairy are located. Then check the inner aisles for other needed items, avoiding the more pricey prepackaged foods.
   B. Look up and down. The higher-priced foods are often placed on the shelves at eye level. Look up and look down to check out the store brands and sale items.
   C. Check the unit price on the shelf and the weight. The bigger box may not contain more. Also, if purchasing individual servings of foods, you are probably paying much more for the package than for the food. Buy the larger quantity and divide into small containers yourself, freezing them, if necessary.

6. Look for products on sale that are close to their sell-by date. Be ready to use the food immediately or freeze and use later.

7. Sign up for the store cards that are offered, even if you do not shop there often. You may be missing out on store specials, double coupons, rain checks or other money-saving opportunities.

8. Look for meat savings. Meat is usually the highest-priced food in your cart. Many butchers will package small cuts of steaks, chops or run tougher cuts through the tenderizer. Ask what time of day they do their mark downs and try to shop accordingly. If you can find a package with a sell-by date "today," ask if they will give it to you.

9. Make your own, whether it is chopping, slicing, grating, peeling, cooking, etc. Pre-made meals are always more expensive. If you find them, you are often ordering in or eating out, a ready-to-cook meal may be less expensive.

10. Watch the scanner when you check out. Try to unfold your items before the checkout person starts scanning them so you can make sure the prices are correct. Also, always check your receipt before leaving the store. Use these strategies and you will most likely see your food bills decrease rather than increase.
There's hardly a family expert who would not agree with the message family fun is vital for a parent’s healthy living. If you merely teach your children how to cope with problems because you haven’t taught them how to experience joy, we’re finding in our research just because a person isn’t down doesn’t mean he or she’s up. Here’s how to teach this important life skill.

Make ordinary things fun. One great thing about fun is it doesn’t have to cost anything, and it doesn’t have to take extra time. Psychologists say happiness is actually just a matter of how you view your life, being willing to use any opportunity to laugh at anything that comes your way. It’s important to sit around and laugh at the antics of everyone, especially yourself!

Get in the habit of putting a label on what she's feeling. It's okay to push their child in to adopting their analytic style. It's okay to help your child simple experience the wonderment of something, like rolling in a pile of leaves. Don't make her think she has to put a label on what she feeling. Take plenty of strolls down memory lane. It's OK to reminisce about old times, to savor things that happened in the past and keep them alive in your child's memory. Taking photographs and gathering souvenirs are very good ways. Also, tell stories about things the child has done. Encourage your child's playful side. You can show your kids how to be light, how to take pleasure from the day, how to relate to others. Give them the gift of savouring the moment. Children tend to be absorbed in the experience, which adults may step back and reflect on it.

A trip to Disney World or a holiday with tons of presents. Don't make her think she has to put a label on what she feeling. Take plenty of strolls down memory lane. It's OK to reminisce about old times, to savor things that happened in the past and keep them alive in your child's memory. Taking photographs and gathering souvenirs are very good ways. Also, tell stories about things the child has done. Encourage your child's playful side. You can show your kids how to be light, how to take pleasure from the day, how to relate to others. Give them the gift of savouring the moment. Children tend to be absorbed in the experience, which adults may step back and reflect on it.

More Fun in Your Family Life

FCE News & Events

FCE Scholarship Applications Due May 1

A $400 Scholarship provided by the Lancaster County FCE Council is available for a high school senior 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 2008 or who have completed two quarters of study in a vocational school. Applications are due May 1 in the extension office.

FCE District Meeting, April 23

Lancaster County is hosting the Southeast District FCE meeting on Wednesday, April 23, 9:30 a.m. at the Lancaster Extension Education Center. This leader training session gives you the tools to present this topic as a program. Extension provides teaching outline for the facilitator and a handout for participants.

Lorene Bartos will present the lesson “Developing Cultural Understanding and Cultural Competence.” This lesson focuses on how individuals can be more responsive to cultural differences and diversity in backgrounds and who global citizens in today’s changing world.

Non-FCE members, please call Pam at 441-7180, to preregister so packets can be prepared.
Lancaster County 4-H is proud to announce Stephenie Doeschot as winner of April’s “Heart of 4-H” award in recognition of outstanding volunteer service.

Ten years ago, Stephanie started as a project leader for Creative Kids 4-H club. Now she is treasurer of 4-H Council and a County Fair co-superintendent of the 4-H Style Revue. She also has helped with Food Booth at the County Fair and Fair Fun Day tours for daycare groups.

"I like being a 4-H volunteer because it is so much fun!" says Stephanie. "Not only fun, but it is such a great opportunity to teach practical skills for life that also build character. 4-H develops poise, confidence and helps build the leaders of tomorrow — who wouldn’t want to be a part of that? Every time I see a child learn a new skill or accomplish a seemingly hard task, I am so proud to be a part of 4-H!"

She and her husband Clayton operate a family farm near Hickman with their four children (who are 4-H members). In addition to volunteering for 4-H, Stephanie is director of Primary Camp at Maranatha Bible Camp and a crew leader of Dare 2 Share youth conference.

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

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

**April’s “Heart of 4-H” Award**

### Jammie Jamboree, April 12
Sew jammie bottoms on Saturday, April 12, at 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Bring your own pull-on pajama bottom pattern, prevalved flannel or 100% cotton fabric (no one-way design fabrics or plaid) and matching thread. Also bring your sewing machine, basic sewing equipment such as scissors, pins, measuring tape, etc. and a such lunch. Open to all youth (need not be in 4-H). Adults are welcome. Sign up by April 11 by calling 441-7180. Jammie bottoms may be entered at the county fair.

**Scrapbooking Workshop, April 19**

Make a 4-H or personal scrapbook by attending a workshop on Saturday, April 19 from 10 a.m. to 12 Noon at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Open to all youth ages 10-18 (need not be in 4-H). Tools and supplies will be provided. Cost is $37 for a 8” x 8” album that comes with real pages and page protectors or $15 for a four page paper album kit and tape runner. Pay at the door. Optional supplies will be available for purchase. Bring related memorabilia and 23-45 pictures for large album, 10-20 for small album. Must RSVP by April 10 by calling 441-7180. Scrapbooks may be entered at the county fair (see Fair Book p. 44, under Heritage).

**4-H Speech Contest, April 20**

The 2008 4-H Speech Contest will be held Sunday, April 20 at 1:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. The Speech Contest provides 4-Hers the opportunity to learn to express themselves clearly, organize their ideas and have confidence. This year we have added a new age division for our Clover Kids. Any youth aged 7-10, who would like to participate in 4-H can participate in the speech contest. Register by April 14 by calling 441-7180 or e-mailing dkarmazin2@unl.edu with name, speech title and age division. For speech resources, go to http://lancaster.unl.edu/4h/Contest/speech.shtml

**New Public Service Announcement Guidelines**

This year the 4-H Public Service Announcement (PSA) Contest will not be held face to face. The contest will be held via audio only. Any 4-H member ages 8-18 can submit a PSA via cassette tape or CD playable on any standard stereo equipment to Deanna by April 14. If you do not have the capabilities to record a PSA, contact Deanna to set up a recording time. State 4-H asks for PSAs to be non-county specific so winning PSAs can be aired on radios statewide (for example, say “call your local extension office”). Additional information and examples are online at http://lancaster.unl.edu/4h/Contest/speech.shtml

**District & State Entries Due May 9**

District and state horse show entries are due to UNL Extension in Lancaster County, 444 Cherry Creek Road in Lincoln by May 9. No late entries will be accepted! Anyone planning on going to state must also have their horse IDs turned in and all parts of their horsemanship level tests passed by May 9. If you will be showing market animals this year, you will once again be required to be Quality Assurance Certified to be eligible to show. If you have not been QA certified yet through your 4-H club meetings or at your county fair, please plan on attending a training on Thursday, May 15 at 7 p.m. at the Lancaster Extension Education Center. Please RSVP by May 12 by calling Deanna at 441-7180.

**4-H Horse Stampede**

The 4-H Horse Stampede was held March 8 at the Animal Science Building on UNL East Campus. The stampede consists of the statewide 4-H art, public speaking, demonstration and horse bowl competitions. Congratulations to ALL Lancaster County 4-H’ers who participated! Complete county results (as well as additional photos) are online at http://lancaster.unl.edu/4h

**Livestock Quality Assurance Training, May 15**

If you will be showing market animals this year, you will once again be required to be Quality Assurance Certified to be eligible to show. If you have not been QA certified yet through your 4-H club meetings or at your county fair, please plan on attending a training on Thursday, May 15 at 7 p.m. at the Lancaster Extension Education Center.

In the ART CONTEST, Spencer Peters (above left) earned Junior Division Reserve Champion.

In the DEMONSTRATION CONTEST, Cory Peters and Ian Schuster (at left) earned Senior Division Grand Champion with “Wheeler To Do.”

Ellie Dearmont and Hannah Ronnau (below) earned Junior Division Grand Champion with “The ABCs of PRT’s.”

**In the Arts Contest, April 2008**

### Level Testings April 22 & May 6

Upcoming riding skills level group testings at the Lancaster Event Center Warm-Up Arena: Tuesday, April 22 at 6:30 p.m. and Tuesday, May 6 at 6:30 p.m. Call Marty at 441-7180.

District & State Entries Due May 9

District and state show horse entries are due to UNL Extension in Lancaster County, 444 Cherry Creek Road in Lincoln by May 9. No late entries will be accepted! Anyone planning on going to state must also have their horse IDs turned in and all parts of their horsemanship level tests passed by that date. Entry forms, entry guidelines, entry procedures and the 2 and 3 year old western pleasure affidavit are available at http://animalscience.unl.edu/horse/horse4h.html and at the extension office.

### Free 4-H Roping/Ranch Clinic, May 3

A free roping and ranch 4-H clinic will be held Saturday, May 3 at the Salt Creek Wranglers Arena. All Lancaster horse 4-H’ers, their parents and leaders are welcome and encouraged to attend. The clinic is intended for those who have never tried to rope but think it might be fun to try and for advanced ropers who would like to polish their skills.

Areas covered will be: Dummy roping, Dummy roping from horse, Beginning working ranch skills, Roping demonstrations, Heading and Heeling, and Antique Bit Display.

Please RSVP to Marty by calling 441-7180 or by e-mailing mcrucksank2@unl.edu — give your name, whether you have or have not roped before, and what areas you would most want to take part in. More detailed information will be in the next Nebline.

**Stampede Results**

In the ART CONTEST, Spencer Peters (above left) earned Junior Division Reserve Champion.

In the DEMONSTRATION CONTEST, Cory Peters and Ian Schuster (at left) earned Senior Division Grand Champion with “Wheeler To Do.”

Ellie Dearmont and Hannah Ronnau (below) earned Junior Division Grand Champion with “The ABCs of PRT’s.”
4-H Achievement Night

Lancaster County 4-H Achievement Night was held Feb. 12 at the University of Nebraska-Lincoln Animal Science Complex on East Campus. The evening was presented by 4-H Council with generous support from UNL, 4-H Federated and 4-H leaders were recognized for their 2007 achievements. The evening included two presentations by Animal Science professors and an optional behind-the-scenes tour at the animal science/vet science teaching labs, research facilities and projects. Lancaster County 4-H congratulates these youth who work throughout the year on their 4-H projects and commit themselves to excellence! We also thank the 4-H leaders who volunteer their time and talents to youth! For a complete list of award, scholarship and pin recipients (as well as additional photos) visit online at http://lancaster.unl.edu/4h

COMMUNITY SERVICE AWARDS
Presented to 4-H’ers who have completed the most hours of community service. Award recipients receive a $30 Activity Certificate from Lancaster County 4-H Council redeemable towards 4-H activities and supplies.

Age 14 and over (pictured above): Carly Belz, Kaley Cook, Ann Dearmont, Grace Farley, Eliza Hammond, Marian Hanigan, Christina Mayer, Kyle Pederson, Jessica Skey, Nathan Smith, Cassandra Spellmeyer and Britni Walter

Age 13 and under (pictured at right): Kaisee Brown, Spencer Farley, Jennifer Hoffman, John Hoffman, Jaime Stephenson and Jessica Stephenson

CAREER PORTFOLIOS
County winners and nominated to represent Lancaster County at district competition:
Animal Science: Elizabeth Boender
Communication & Expression: Ann Dearmont
Science & Technology: Nathan Smith
Consumer Family Science: Britni Walter

COMMUNICATION AWARDS
District Speech & Public Service Announcement (PSA) Contest participant: Grace Farley, Anne Greff, Molly Noel, Kyle Pedersen, Erica Peterson, Jacob Pickrel, Rachel Pickrel, Jaime Stephenson, Jessica Stephenson

COMMUNICATION AWARDS
District Speech & Public Service Announcement (PSA) Contest participants: Grace Farley, Anne Greff, Molly Noel, Kyle Pedersen, Erica Peterson, Jacob Pickrel, Rachel Pickrel, Jaime Stephenson, Jessica Stephenson

COLLEGE SCHOLARSHIPS
Lincoln Center Kiwanis — $1,000: Nathan Smith
Lancaster County 4-H Council — $500 (pictured above): Britta Doeschot, Abigail Gabel, Marian Hanigan, Brad Morgan, Nathan Smith and Gabrielle Warner
Lancaster County Teen Council — $250: Marian Hanigan and Nathan Smith
Lane Community — $200: Kerry Schachenmeyer

New in 4-H This Year
See the Fair Book for detailed information about each of the following:
• Photography — Nebraska 4-H has all new photography classes to match the new manuals. Focus on Photography – Unit I, Controlling the Image – Unit II and Mastering Photography – Unit III. These classes are for 13-18 year olds (not eligible for State Fair) such as “Photogram” and “Favorite photo.”
• Robotics — Nebraska 4-H has robotic classes to match the new manuals: Robot Explorer–Unit 1 and Robotic Explorer–Unit 2
• Theatre Arts — at the request of 4-H After-school clubs, two county-only classes for clubs have been added: 4-H Club Portfolio and 4-H Club Acting Portfolio.
• Roping/Working Ranch Horse Show will be held in the new Pavilion 3 – Arena on Thursday, Aug. 7 at 7 p.m. Goat Tying (three age divisions) has been added this year. Also new are All-Around Cowboy/Cowgirl Awards sponsored by Lomus Farm/Myrion Ang Family. An all-around cowboy/cowgirl award will be given to the Elementary, Junior and Senior age divisions.
• Horse Novice Calf Classes — walk-trot classes designed for 4-H youth ages 12–18 who have just started riding and showing. All walk-trot rules apply. The following horse events have novice divisions: English Pleasure, English Equitation, Horsemanship Pairs, Western Pleasure and Western Horsemanship.

Other Changes
• The Bicycle Contest will be held before county fair on Saturday, June 28, 9 a.m. at the Lancaster Extension Education Center.
• The Presentation Contest will be held one day only on Saturday, July 19, 9 a.m. at the Lancaster Extension Education Center (no presentations during county fair).
• The county and state Horticulture Contest will be plant identification only. A new plant list along with a study guide can be found at http://www.agronomy.unl.edu/newoutreach/youth/programs.html. The new plant list contains plants that are commonly used or sold in Nebraska.
• Due to construction of Amy Countryman, 4-H livestock shows will be held in the new Pavilion 2. All loading/unloading animals on the east side of Pavilion 1. All loading/unloading animals (except for horses) will occur north of Pavilion 1. Animal check-in times have been staggered to ease congestion. See Fair Book for times.
• Bucket Calf now has only two classes: Current-year bucket calf – Junior division (ages 8–11) and Current-year bucket calf - Intermediate division (ages 11–13).
• The Shooting Sports Contest and Llama Show are on a break this year.
Volunteerism Creates Community Vitality

National Volunteer Week is April 27–May 3

Inspire Youth to Volunteer – Action Steps for Parents and Educators

The experience of volunteering provides youth with the social and practical skills that can help them succeed in life and further engage and more invested in their own communities. While youth today are involved in a variety of volunteer activities such as sports and music, volunteerism can provide unique experiences and have many positive benefits for development. Here are some suggestions on how adults can encourage youth to volunteer.

Provide youth with information about volunteer opportunities. One of the top reasons youth do not volunteer is they believe it is too difficult, they do not have the information about opportunities, parents and involved adults should help youth find opportunities in their own communities, schools, local organizations and churches. It might not take a few extra calls, visit to youth sites or even searches on the Internet to receive more information. Adults should also help youth consider their choices. This includes studying available information to make an active decision, safe lead by competent people, experiences offered are engaging and activities are well organized.

Invite/ask/encourage youth to volunteer. After finding information about volunteer opportunities, it is also important to invite the youth to volunteer or to directly communicate with the opportunities.

Many youth report they did not think of volunteering because nobody ever asked them.

Help youth work through practical barriers. Go through the practical issues and logistics of how the child/youth could actually volunteer. Help them think about and work through issues such as scheduling, transportation, how to put in an application if there is one) and other steps entailed in volunteering. For instance, the top reason youth do not volunteer is lack of time. Parents can help youth struc- ture their time better and consider the amount of time they might want to commit to volunteer work.

Help youth find an opportunity that fits his or her interests/skills. Many youth drop out of volunteering because the activity is too hard, too easy or simply uninteresting. There are a host of opportunities that can match each person’s interests and skills. Consider whether the potential volunteer enjoys face-to-face interactions (e.g., mentoring) or solitary activities (e.g., community gardening). Also, try to help youth find volunteer opportunities that are age-appropriate.

Alert youth to the rewards of volunteering. While the essence of volunteering is to provide service without rewards, there are some tangible benefits youth can get out of volunteering. Alert youth to these practical benefits. For instance, point out to youth they can gain skills that might improve their marketability and volunteer activities can enhance their resume. These benefits might make them more attractive to future employers or colleges. Many schools also have service learning components, so youth might actually get school credit for their services.

Make it a family event. Parents are always looking for ways to have family time and to find activities the whole family can do together. Finding a volunteer activity, or even starting their own, could be a great oppor- tunity for a family to be involved in something together. Perhaps a family can think of something to do each month to help others.


Volunteering Produces Health Benefits

Over the past two decades, a growing body of research indicates volunteering provides not just social benefits but also health benefits as well. This research has established a strong relationship between volunteering and health outcomes later in life than those who do not volunteer. A more comprehensive review of this research can be found in the full report, “The Health Benefits of Volunteerism: A Review of Recent Research,” which can be downloaded at www.nationalservice.org

Older volunteers are most likely to receive the most health benefits from volunteering. These benefits include improved physical and mental health and greater life satisfaction. Volunteers must meet a “volunteering threshold” to receive significant health benefits. That is to say, volunteers must be engaged in a certain amount of volunteering in order to receive these health benefits. City the volunteer activities.

A number of studies demonstrate individuals who volunteer at an earlier point experience greater functional ability and better health outcomes later in life.
**EXTENSION CALENDAR**

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

**March**

- 24 Family & Community Education (FCE) Council Meeting, Olive Garden, 6100 "O" Street, 1 p.m.
- 25 Guardian/Conservator Training, 1:30-4:30 p.m.
- 26 4-H Horse Riding Fundamentals Clinic for 4-H Volunteers, 5:30 & 8 p.m.
- 27 4-H Horse Riding Fundamentals Clinic for 4-H leaders, 6:30 p.m.
- 27 Livestock Selection & Nutrition Workshop, State Fair Park, Open Beef Barn, 6:30 p.m.
- 27 Family & Community Education (FCE) & Community Leader Training Lesson: "Developing Cultural Understanding and Cultural Competence," 9 a.m.
- 29 Lancaster County 4-H Spring Rabbit Show, Lancaster Event Center, Pavilion 3 - Exhibit Hall, 8 a.m.-3:30 p.m.
- 29 Child Care Conference, 8 a.m.-3:30 p.m.

**April**

- 1 4-H Council Meeting, Valentina’s, 70th & Van Dorn, 6 p.m.
- 11 Extension Board Meeting, 8 a.m.
- 12 Beginning Beekeeping Workshop - Day 2, Agriculture Research and Development Center near Mead, 10 a.m.-2 p.m.
- 12 4-H Jammie Jamboree, 9 a.m.
- 13 Kiwanis Karnival, Elliott Elementary School, 7-9 p.m.
- 13 4-H Teen Council Meeting, 3 p.m.
- 14 4-H Public Service Announcement (PSA) Tapes Due for PSA Contest, 5:30-8:30 p.m.
- 15 Guardian/Conservator Training, 1:30-2 p.m.
- 15 ABC’s for Good Health – 1st of 2-part series, 6-8:30 p.m.
- 17 Initial Commercial Pesticide Applicator Training Session, 9 a.m.
- 17 Parents Forever/Kids Talk About Divorce, 5:30-9:30 p.m.
- 18 4-H Scrapbooking Workshop, 10 a.m.-12 Noon
- 19 4-H Speech Contest, 1 p.m.
- 19 ABC’s for Good Health – 2nd of 2-part series, 6-8:30 p.m.
- 20 ABC’s for Good Health, Lancaster Event Center Warm-up Arena, 6:30 p.m.
- 21 4-H Horse Level Testing, 6:30 p.m.
- 23 Southeast District Family & Community Education (FCE) Meeting, 9:30 a.m.

**Livestock Selection & Nutrition Workshop, March 27**

Lancaster County 4-H is presenting a Livestock Selection and Nutrition Workshop on Thursday, March 27, 6:30 p.m. in the open beef barn at State Fair Park. Anyone may attend. Our speakers on nutrition management will be Tracy Coffland, Show Feed Specialist and Melissa McGee – Livestock Production Specialist, both from Land O Lakes Purina Feeds. We will also have species speakers representing beef, sheep, swine and goats who will talk about how to select the right animal for your goals, project and management strategies for your 4-H or FFA project. Please RSVP by March 2 by calling Deanna at 441-7180.

**Clover College Instructors and Volunteers Needed**

The 2008 4-H Clover College will be Tuesday, June 17-18. The 4-H County Clover College Workshop will be the second day of a three-day event. The Lancaster County 4-H Clover College is four days of fun-filled, hands-on workshops for youth ages 6 and up. If you have workshop topic ideas, or if you would like to teach a workshop or volunteer to help, please contact Tracy at 441-7180. All help is very much appreciated!

**Pioneer Farm Family Award Applications Due May 1**

The Knights of Ak-Sar-Ben and the Nebraska Association of Food Managers will recognize Nebraska Pioneer Farm Families at the Lancaster County Fair. Titled “Nebraska Pioneer Farm Family Award,” local recognition requires the land of a family in Lancaster County must have been owned by some member of the family for a century or more. Applications for this year’s recognition are due by May 1. Applications can be obtained by contacting Deanna Karmasin at dkarmasin2@unl.edu or 441-7180.

**Nebraska Preview JUNIOR OPEN HOUSE**

Nebraska Preview is an opportunity for high school juniors and their families to preview exciting opportunities for success at the University of Nebraska–Lincoln. From 10 a.m. to 3 p.m., you will get an inside look at what to expect during your senior year college search. You will meet with current students, tour campus, eat lunch in a dining hall, explore academic choices and more! Fee to attend NEBRASKA Preview is $10 per person.

**Preview Dates:**
April 4, April 14, April 18 & April 25

For more information or to register, see http://admissions.unl.edu

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Meet the 2008 Lancaster County 4-H Council

Lancaster County 4-H Council represents the interests of youth, parents and leaders. 4-H Council is responsible for determining long- and short-term goals and policy for Lancaster County 4-H. They also raise funds by staffing a snack booth at the Lancaster County Fair. These funds help support 4-H programs, activities and scholarships. The following are members of this year’s 4-H Council:

Trophies & ribbons will be awarded!

CLASSES: Fancy Rabbits, Commercial Rabbits, Pet Class and Pee Wee Class. REGISTRATION FEES: $2.50 per rabbit or cavy, $1 fur class, $1.50 showmanship. FREE CONTESTS: Rabbit Quiz & Rabbit Breed ID

All rabbits must be tattooed in the left ear and brought in solid bottom cages.

For more information, call Rodney at 782-2186 or Teri at 441-7180. For the most recent map, visit http://www.drought.unl.edu/dm

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U.S. Drought Monitor Map

As of March 11, Lancaster County was not in drought conditions.

Spring Rabbit Show

Saturday, March 29, 9 a.m.

Lancaster Event Center, Pavilion 3 Exhibit Hall

84th & Houdieck, Lincoln, Registrations 7:30–9:00 a.m.

Trophies & ribbons will be awarded!

CLASSES: Fancy Rabbits, Commercial Rabbits, Pet Class and Pee Wee Class. REGISTRATION FEES: $2.50 per rabbit or cavy, $1 fur class, $1.50 showmanship. FREE CONTESTS: Rabbit Quiz & Rabbit Breed ID

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For more information, call Rodney at 782-2186 or Teri at 441-7180. For the most recent map, visit http://www.drought.unl.edu/dm

4-H Teens Lead Lock-In

Each January, Lancaster County 4-H Teen Council presents an overnight Lock-In for 4th & 5th graders. Attendees are treated to a fun-filled event and Teen Council members gain valuable leadership skills. More than 80 4th and 5th graders attended and over 30 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 Successful Round-Up

Once again, Lancaster County 4-H Teen Council hosted a successful Lock-In. This year’s theme was the Winter Round-Up, and 4th and 5th graders enjoyed creating their own brands and participating in a cowboy relay race. The children had a blast making their own cowboy hats, guitars and other crafts. Smiles abounded as teens led them in a variety of games throughout the night. It was exciting to see many of the younger members of Teen Council take larger leadership roles this year and learn how to put on a successful Lock-In. The increased number of attendees meant members had to make quick adjustments. The teens proved capable of handling the challenge and the Lock-In ran smoothly. The Lock-In was fantastic thanks to the efforts of many amazing hard-working teens!

—Marion Hanigan, Vice-President

One of the Best Ever

I thought the Teen Council 4-H Lock-In was one of our best ever. In my five years on the council, the kids seem to have more and more fun each year. I think this is because we improve the event every year to make it more fun. The teens really illustrated their maturity throughout the entire night, and I could not be more proud to call myself a teen. All in all, the Lock-In was a huge success and I look forward to the future years.

—Brad Morgan

Youth Have Fun

The 4-H Lock-In is a great way for fourth and fifth graders to make new friends and explore the wonders of working and cooperating in games. The youth learn things while they have fun doing it. This year our theme was Winter Round-Up and they had healthy country food. They got to make a bunch of craft items such as hats they could take home if they wanted. At the end of all of the fun activities the youth finally settled down to rest with some movies. They were all tired when morning came. We helped them pack and get ready to go home. Then we went home and slept and slept and slept, ready to start planning for next year!

—Erica Peterson

4-H Teens Council members and organized and led all Lock-In activities, including games, crafts and snacks.

Can You Guess It?

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

Did you guess it from the March Nazas? The answer was flaked tuna fish in a can.

2010 4-H Washington Group Forming Now!

Any Lancaster County youth age 14-19 can join 4-H Citizenship Washington Focus (CFW), a summer citizenship program which culminates in a nine-day, intensive trip to Washington D.C. in June 2010. CFW delegates learn about the democratic process and their role as citizens. Get the inside scoop about how government really works from prominent guest speakers and from Senators and Congressmen themselves. We will also take a few more days to discover the wonders of New York City. Youth who sign up now are able to start earning funds through organized fund-raising. A $100 deposit is needed to reserve your spot. For more information, contact Deanna Karmazin at 441-7180.

Paws-On Dog Workshop, May 31

If you have an interest in learning about dogs or want to better your show skills, plan on attending the Lancaster County 4-H statewide dog clinic on Saturday, May 31, 10 a.m.—4 p.m. at the Lancaster Event Center, 84th and Havelock. This workshop will cover obedience, showmanship, agility, grooming, health care, careers in the small animal field and much more. Fee is $5 per person and includes lunch. Anyone may attend. RSVPs are required by May 23 by calling Deanna Karmazin at 441-7180.

Kiwanis Karnival, April 12

The annual Kiwanis Karnival, a FREE family event is sponsored by the Lincoln Center Kiwanis. This year, it will be held Saturday, April 12, 7-9 p.m. at Elliott Elementary School, 225 S. 26 Street, Lincoln. 4-H members & their families and Elliott school students & their families are invited to share the fun!

The Karnival features carnival type games for the kids, bingo for adults, prizes, snacks, fun and fellowship. Lincoln Center Kiwanis has sponsored this event for over 50 years providing prizes and snacks. 4-H clubs are needed to provide carnival-type booths. For more information, call Lorene at 441-7180.

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