3-2014

NEBLINE, March 2014

Follow this and additional works at: http://digitalcommons.unl.edu/neblines

http://digitalcommons.unl.edu/neblines/282

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in The NEBLINE Newsletter Archive from UNL Extension in Lancaster County by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.
Make a Difference — Reduce, Reuse, Recycle

Lorene Bartos
UNL Extension Educator

Reduce, Reuse, Recycle. These are the 3 R’s of everyday life. Recycling has become a standard procedure in many homes and businesses. A survey conducted by the City of Lincoln in 2012 indicated 80 percent of Lincoln households use curbside or drop off recycling. The Environmental Protection Agency estimates 75 percent of solid waste is recyclable, but only about 30 percent is actually recycled. Reducing, Reusing and Recycling can become a daily habit.

Reduce

There are ways to reduce the need to recycle waste by source reduction. One way to start waste reduction at home is to “Shop Smart”. The City of Lincoln Recycling Guide suggests the following ways to reduce waste:

• Try for zero waste. If you can’t reuse or recycle it, don’t buy it.
• Practice selective shopping and control impulse buying.
• Buy strong and durable goods. It pays to buy quality products.
• Get thrifty by using community exchange and reuse options. Share, barter or give away.
• Avoid excess packaging to reduce plastic and styrofoam waste!
• Buy products free of harmful chemicals or don’t need special handling for disposal.

Reuse

Always keep in mind how an item can be reused before discarding. Remember one person’s trash maybe another’s treasure. Tips include:

• Use less paper products.
• Use old T-shirts and socks for rags when cleaning and wiping up spills.
• Use cloth napkins.
• Take your lunch in reusable containers and lunch sacks.
• Use cups and glasses for drinks at home and work.
• Use reusable shopping bags for groceries.
• Use plastic bags for trash can liners or take them to stores which recycle bags.

Recycle

Lincoln and Lancaster County have the availability of many recycling drop off sites. See map on back page of this issue. These sites accept newspapers, cardboard, aluminum and tin cans, glass bottles and jars, plastic containers #1–5, and mixed paper.

Technology has added to the number of electronics found in homes today. Consumer Electronics Association (CEA), reports Americans own now approximately 24 electronic products per household. Recycling these products will help reduce the risk of toxic contamination and conserve valuable resources. These products are referred to as E-waste. E-waste contains toxic substances such as mercury, lead, cadmium and arsenic which can cause cancer and reproductive disorders. It is estimated 75 percent of old electronics are in storage because owners are not aware of possible or proper disposal methods. Some businesses will take back old electronics when new items are purchased.

E-waste contains toxic substances such as mercury, lead, cadmium and arsenic which can cause cancer and reproductive disorders. It is estimated 75 percent of old electronics are in storage because owners are not aware of possible or proper disposal methods. Some businesses will take back old electronics when new items are purchased.

The City of Lincoln Recycling Office has compiled places in Lincoln which accept old electronics. If you’re unsure about where to recycle your item, call the Recycling Hotline at 402-441-8215 for more information.

Recycle it!

Items that can be reused are accepted by the following places. For location restrictions may apply. Please call before dropping off materials.

CELL PHONES

Voices of Hope 2545 “N” St. 402-476-2110
Friendship Home – Leave at Eastridge Presbyterian Church, 1135 Eastridge Dr., 402-434-6599

ELECTRONICS

Goodwill Computer and Electronics Store (working electronics) 5745 “O” St., 402-486-4599

TELEVISIONS

Best Buy 6919 O St., 402-473-2099
Goodwill Computer and Electronics 5745 “O” St., 402-486-4939
Scraps 7701 Cornhusker Hwy., 402-217-9095
Secure Recyclers 1060 N. 33rd St., 402-805-0065

TONER CARTRIDGES

Cartridge World Locations Latsch’s 200 Oskreek Dr., 402-333-7222
Messiah Lutheran Church & School 1800 S. 84th St., 402-489-3204
Target Locations Walgreens Locations

Cell phones are a popular item. Research shows the average person replaces their mobile phone every 20 months. In 2009, 8 percent (by weight) were collected for recycling. Working cell phones are accepted by some non-profit organizations. Cell phones contain many different metals. For every million cell phones recycled, 35,274 pounds of copper, 772 pounds of silver, 75 pounds of gold and 33 pounds of palladium can be recovered. Recycling one million laptops saves the energy equivalent to the electricity used by more than 3,500 U.S. homes in a year. Before recycling a computer, check to see if it can be donated for further use. Always back up and remove all personal data from computers before donating or recycling.

Where to Recycle Your Electronics

The Where to Recycle Your Electronics page has information on recycling electronics. The page can be found on the back of this issue. Check with the firms listed to ensure proper handling of your recycled product.

IN THIS ISSUE

Food & Health .............. 2
Family Living .............. 3
Farm & Acreage .......... 4
Horticulture ............... 5
Pests & Wildlife .......... 5
4-H & Youth ............... 6-7

March 2014
Eating Better on a Budget
10 Tips to Help You Stretch Your Food Dollars

Get the most for your food budget! There are many ways to save money on the foods you eat. The three main steps are planning before you shop, purchasing the items at the best price and preparing meals that stretch your food dollars.

1) Plan, Plan, Plan
Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles or stir-fries, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.

2) Get the Best Price
Check the local newspaper, online and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood often the most expensive items on your list.

3) Compare and Contrast
Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.

4) Buy in Bulk
It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.

5) Buy in Season
Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6) Convenience Costs … Go Back to the Basics
Convenience foods like frozen dinners, pre-cut vegetables and instant rice, oatmeal or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own — and save!

7) Easy on Your Wallet
Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens or potatoes. As for fruits, apples and bananas are good choices.

8) Cook Once … Eat All Week!
Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won’t have to spend money on take-out meals.

9) Get Your Creative Juices Flowing
Spice up your leftovers — use them in new ways. For example, try heftier chicken in a stir-fry or over a garden salad or to make chicken chili. Remember, throwing away food is throwing away your money!

10) Eating Out
Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner or looking for “2 for 1” deals. Stick to water instead of ordering other beverages, which add to the bill.

Sources:
Take a Grand Stand for Your Grandchild and Nebraska’s Future

Diane Rollsmeyer
Nebraska Early Childhood Grandparent Network
statewide coordinator

Did you know high quality early childhood experiences and engagement are essential for children to decrease crime, improve community safety, and lead to stronger family bonds and prepare kids to succeed as contributing members of our society? These outcomes aren’t far-fetched; they’re the results of grandparenting using their wealth of wisdom and knowledge to assist in nurturing the subsequent generation. This was the focus of a recent webinar.

Webinar
On Feb. 1, a virtual presentation and discussion “Grand Stand for Nebraska's Children: How Nebraskan Grandparents Can Support Quality Early Experiences for Our Youngest Citizens” was hosted by Lorene Bartos, extension educator, University of Nebraska-Lincoln Extension in Lancaster County. Moderators were Jiaa Peterson Lent, deputy executive director of Generations United, and Diane Rollsmeyer, statewide coordinator for Nebraska Early Childhood Grandparent Network.

This hour and a half webinar included first Lady Sally Ganem offering welcome remarks. A national perspective was given by Rebecca Parlakian from Zero to Three (a national organization that provides the knowledge and know-how to nurture early development). A local understanding was given by Kyle McGowan, Crete Public Schools superintendent.

A link to the program is archived online at http://go.unl.edu/9hmr.

Nebraska Early Childhood Grandparent Network

Generations United is a national organization focused on improving the lives of children, youth, and older people through intergenerational strategies, programs and public policies. Seniors4Kids is an initiative of Generations United. In Nebraska we call Seniors4Kids the Nebraska Early Childhood Grandparent Network.

The goal of Nebraska Early Childhood Grandparent Network is to do something about the nearly 40 percent of Nebraska’s children who are considered at risk of failing in school and life because they don’t have access to high quality early childhood experiences and relationships.

Our efforts focus on educating others about the value of quality early childhood experiences and raising our voices in support of public policies that give our youngest-at-risk children a good start in life. The state’s population of at-risk children is growing faster in rural Nebraska than in urban communities. The need is urgent. Together we can take a grand stand for Nebraska’s children and keep Nebraska safe, strong and thriving for generations to come.

Get Involved
For more information about these programs and how you can get involved, go to www.seniors4kids.org/OurWork/ OurStates/Nebraska.aspx

If you are a grandparent interested in becoming more involved, contact Diane Rollsmeyer at 402-435-7211 or nebraskagrandparents@gu.org.

RELATED RESOURCES
• NET television’s monthly series, The State of Education in Nebraska, Jan. 16, 2014 episode featured local experts on infant and toddler brain science — watch online at http://nebraska.net/State ofEducationOnDemand
• Educare of Lincoln, a state-of-the-art early childhood center, http://wp.go.org/ educarelincoln
• Seniors4Kids Early Childhood Fund, www.seniors4kids.org
• First Five Nebraska, www.firstfivenebraska.org

Source: Nebraska Early Childhood Grandparent Network

Q: How often should you replace the water take-in hose to the washing machine?
A: The intake hose should be checked frequently for cracks or weak spots in the hose. The hose should be replaced every 3–5 years. There are two types of replacement hoses that can be purchased from hardware stores. They are reinforced rubber and stainless-steel reinforced. Reinforced rubber hoses are the most common and least expensive. Rubber hoses are usually reinforced with braided rayon or polyester mesh. Stainless-steel reinforced hoses are supposed to be burst-proof. It is a flexible plastic hose encased in a twisted mesh of stainless steel wire. Even so, they may fail.

AARP Driver Safety Program, April 9

An AARP Smart Driver™ course will be presented in Lincoln as a one 4-hour session on Wednesday, April 9, 9 a.m.–1 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. A certified AARP instructor will teach the driving refresher course. This is a new, research-based Smart Driver class for older adults, extensively revised from previous versions. Sign up for the class by calling 402-441-7180.

Those attending are encouraged to arrive a few minutes early to complete check-in and registrations procedures. Cost is $15 for AARP members and $20 for non-members, payable at the door. Payment by check is required — credit/debit cards are not accepted, nor is cash. All participants must bring their driver’s license and AARP members are required to also bring their ID to the class.

In this class you will learn driving strategies which encourage confidence and safer driving, including: defensive driving techniques, new traffic laws and rules of the road.

• how to deal with aggressive drivers
• how to stay safe in hazardous situations, such as left turns, right-of-ways, and blind spots, and
• how to make the best use of safety features found in most automobiles.

A](http://nebraska.net/State ofEducationOnDemand)
Biosolids Improves Soil, Increases Yields

Since 1992, University of Nebraska—Lincoln Extension and the UNL Department of Agricultural Economics are proud to present their 9th annual Cornhusker Economics Outlook meeting series across Nebraska in March. No cost to participants.

The Outlook meetings will be held in Lincoln on Thursday, March 6 from 6:30–9 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road. If questions, contact Paul C. Hay at phay1@unl.edu or 402-223-1394.

Listen to UNL ag economists and invited speakers team up to discuss ag information and outlook for 2014. Topic areas include:

- Crops — the latest info on corn, soybean, and wheat markets for producer production and marketing decisions
- Livestock — the current outlook for cattle and hogs for producer production and marketing decisions
- Policy — the latest perspective on the volatile policy debate in D.C. and the implications for ag policy and the farm bill
- Land and leasing — an update on trends in land values and lease terms in a changing crop market environment.

A program support provided in part by the Nebraska Corn Board and Great Western Bank. Refreshments and educational materials will be provided at each meeting.

For more information, contact the 2014 program coordinator, Sarah Browning, 402-471-2394 or Sarah.Browning@unl.edu. Additional information is at http://agecon.unl.edu/ceo.

Cornhusker Economics Outlook, March 6

University of Nebraska—Lincoln Extension and the UNL Department of Agricultural Economics are proud to present their 9th annual Cornhusker Economics Outlook meeting series across Nebraska in March. No cost to participants.

The Outlook meetings will be held in Lincoln on Thursday, March 6 from 6:30–9 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road. If questions, contact Paul C. Hay at phay1@unl.edu or 402-223-1394.

Listen to UNL ag economists and invited speakers team up to discuss ag information and outlook for 2014. Topic areas include:

- Crops — the latest info on corn, soybean, and wheat markets for producer production and marketing decisions
- Livestock — the current outlook for cattle and hogs for producer production and marketing decisions
- Policy — the latest perspective on the volatile policy debate in D.C. and the implications for ag policy and the farm bill
- Land and leasing — an update on trends in land values and lease terms in a changing crop market environment.

A program support provided in part by the Nebraska Corn Board and Great Western Bank. Refreshments and educational materials will be provided at each meeting.

For more information, contact the 2014 program coordinator, Sarah Browning, 402-471-2394 or Sarah.Browning@unl.edu. Additional information is at http://agecon.unl.edu/ceo.

Sarah Browning
UNL Extension Educator

By now many homeowners have heard of emerald ash borer (EAB). It’s been national news since it was first detected in a suburb of Detroit, Michigan in 2002. Emerald ash borer is a highly invasive insect that has killed millions of trees since its accidental introduction from Asia.

Now EAB is found in 22 states from Massachusetts south to Georgia, and west to Minnesota and Missouri. Closest to home, EAB was confirmed in Missouri in 2008, Iowa 2010, Kansas 2012 and Colorado 2013. The nearest confirmed sites are Kansas City, Mo. and Creston, Iowa. It is inevitable that EAB will eventually make its way into Nebraska, probably within the next few years.

All ash species are susceptible, including white, green and black ash. Mountain ash is not affected by EAB. EAB is new to Nebraska and is not a native species. Though it is not known if it will become naturalized, it is possible. EAB is a carrier for D-shaped holes which can be used by other insects.

The outlook for trees of Ash trees of all ages is very poor in Nebraska, and insect tunneling occurs under the bark, sections of bark die and often crack. These cracks occur vertically, or up and down the trunk, over a dead bark section. Woodpeckers are often attracted to infected trees, and peck into the bark in search of larval borers. So woodpecker damage in an ash tree could also point to a developing EAB infestation.

Trees under attack by EAB do not lose leaves. Healthy trees use their resources to kill a significant percentage of the tree. If you suspect your ash tree has EAB, contact the Nebraska Forest Service or Barb Ogg, 402-471-2394. Additional information is at http://nfs.unl.edu/eab.

Biosolids are stored on farmland until cooperators can apply it.

Biosolids Improves Soil, Increases Yields

Since 1992, University of Nebraska—Lincoln Extension and the UNL Department of Agricultural Economics are proud to present their 9th annual Cornhusker Economics Outlook meeting series across Nebraska in March. No cost to participants.

The Outlook meetings will be held in Lincoln on Thursday, March 6 from 6:30–9 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road. If questions, contact Paul C. Hay at phay1@unl.edu or 402-223-1394.

Listen to UNL ag economists and invited speakers team up to discuss ag information and outlook for 2014. Topic areas include:

- Crops — the latest info on corn, soybean, and wheat markets for producer production and marketing decisions
- Livestock — the current outlook for cattle and hogs for producer production and marketing decisions
- Policy — the latest perspective on the volatile policy debate in D.C. and the implications for ag policy and the farm bill
- Land and leasing — an update on trends in land values and lease terms in a changing crop market environment.

A program support provided in part by the Nebraska Corn Board and Great Western Bank. Refreshments and educational materials will be provided at each meeting.

For more information, contact the 2014 program coordinator, Sarah Browning, 402-471-2394 or Sarah.Browning@unl.edu. Additional information is at http://agecon.unl.edu/ceo.

Cornhusker Economics Outlook, March 6

University of Nebraska—Lincoln Extension and the UNL Department of Agricultural Economics are proud to present their 9th annual Cornhusker Economics Outlook meeting series across Nebraska in March. No cost to participants.

The Outlook meetings will be held in Lincoln on Thursday, March 6 from 6:30–9 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road. If questions, contact Paul C. Hay at phay1@unl.edu or 402-223-1394.

Listen to UNL ag economists and invited speakers team up to discuss ag information and outlook for 2014. Topic areas include:

- Crops — the latest info on corn, soybean, and wheat markets for producer production and marketing decisions
- Livestock — the current outlook for cattle and hogs for producer production and marketing decisions
- Policy — the latest perspective on the volatile policy debate in D.C. and the implications for ag policy and the farm bill
- Land and leasing — an update on trends in land values and lease terms in a changing crop market environment.

A program support provided in part by the Nebraska Corn Board and Great Western Bank. Refreshments and educational materials will be provided at each meeting.

For more information, contact the 2014 program coordinator, Sarah Browning, 402-471-2394 or Sarah.Browning@unl.edu. Additional information is at http://agecon.unl.edu/ceo.
Cucumber ‘Pick a Bushel’ 2014 AAS Vegetable Award Winner

This award winner is an excellent heat tolerant picking cucumber which can be picked at the gherkin or spear stage and processed. Semi-bush plants can be planted in the garden or in patio containers. Sow directly in the garden after last frost date in rows or hills with an 8-10 inch spacing. Try staking or trellising cucumbers to save garden space and ease in picking. Water only moderately, do not over irrigate. 

Pepper ‘Mama Mia Giallo’ 2014 AAS Vegetable Award Winner

‘Mama Mia Giallo’ is a very early maturing yellow sweet Italian pepper, with long tapered fruits and easy to remove skin.

Tomato ‘Fantastico’ 2014 AAS Vegetable Award Winner

‘Fantastico’ is a must for any market grower or home gardener looking for an early-maturing, high-yielding grape tomato with built-in late blight tolerance. Bred for small gardens, determinate ‘Fantastico’ will work great in hanging baskets, container gardens, as well as in small gardens.

Bean ‘Mascotte’ 2014 AAS Vegetable Award Winner

The first AAS winning bean since 1991, this compact variety is perfect for today’s small-space gardens. ‘Mascotte’ is a bush type bean that produces long, slender pods that stay above the foliage for easy harvest. Judges appreciated the crunchiness and taste of this bean as well as the plentiful harvest all season long. The ‘Mascotte’ root system is ideal for patio containers and window boxes and this versatile variety performs well in garden beds too. That means you can raise delicious beans in any outside space.

Source: All America Selection, www.all-americaselections.org

2014 Vegetable All-America Selections

What Pests and Wildlife to Expect in March

Soni Cochran
UNL Extension Associate

Ants

In early spring, food outdoors is limited and ants may come indoors looking for food. To control ants, you must treat the colony. Killing a few ants with an over-the-counter insecticide spray won’t solve the problem.

Termites

As we ease into April, be on the watch for termites. You may never see swarming termites, but you may find long wings left along a window sill. Keep watch as you start a little spring cleaning. Look for mud tubes along walls in garages and basements. If you find shed wings or an insect you don’t recognize, we’d be happy to identify it for you.

Bee Nest Boxes

Do your part to help encourage native pollinators. Add a few native flowering plants to your landscape. Build and hang bee nest boxes for solitary native bees. For information and ideas, check out UNL Extension in Lancaster County’s blog, “The Buzz at Cherry Creek” at http://buzzatcherrycreekunl.wordpress.com.

Birds & Bats

Put the finishing touches on new bird houses and bat houses so they can be installed at the end of the month.

FOR MORE INFORMATION
• UNL Extension in Lancaster County web pages "Insects, Spiders, Mice & More" at http://lancaster.unl.edu/pest
• UNL Extension statewide Plant & Pest Diagnostic Lab in Lincoln. Call 402-472-2559 or visit http://pdc.unl.edu/diagnosticscenter/plantpests
• Contact your local Extension office. In Lancaster County, call 402-441-7180. To find your local office, visit http://lancaster.unl.edu/office/locate.shtml

Turn the compost pile.
Do not plow your garden when the soil is wet. It will form clods which are difficult to break up and interfere with cultivation during the summer.
Buy a notebook and use it to keep all your gardening information. List what you plant in the garden. Include the name of the seed companies, plant name, variety, planting date and harvest date. During the growing season keep notes on how well the plants do. If the variety is susceptible to disease, record what was used to treat any problems. All this information will be helpful in planning future gardens.
Complete the pruning of shrubs, ornamental trees before growth starts, except for spring flowering shrubs. Prune those which bloom in spring as soon as they finish flowering.

If you have not done it already, check stored tools and outdoor furniture for signs of rust. Remove any surface rust with steel wool and paint with rust preventing paint.
Start transplants indoors of tomatoes, peppers and eggplant. Pick a permanent spot for herbs in the garden.
Rake the lawn to remove leaves and twigs.

Some annuals, such as verbenas, snapdragons and petunias, take 70-90 days to bloom. They should be started indoors in early spring.
Buy some new perennials for your flower border. Spring is a good time to renew and add variety to your landscape. How are your houseplants growing? Check all five growing factors if your house plants are not growing well. Light, temperature, nutrients, moisture and humidity must be favorable to provide good growth.
Finish repairing and painting of window boxes, lawn furniture, tools and other items in preparation for outdoor gardening and recreational use.

Birds & Bats
Put the finishing touches on new bird houses and bat boxes so they can be installed at the end of the month.

For information and ideas, check out UNL Extension in Lancaster County’s blog, “The Buzz at Cherry Creek” at http://buzzatcherrycreekunl.wordpress.com.

For more information, visit UNL Extension in Lancaster County’s blog, “The Buzz at Cherry Creek” at http://buzzatcherrycreekunl.wordpress.com.
The would like to learn more about 4-H volunteer opportunities, and talents. Volunteers like her are indeed the heart of 4-H!

Interested in Joining a 4-H Poultry Club? Forming in Lancaster County! If you are between the ages of 8-18 (as of January 1) and are interested in being a part of this exciting new club or just want to see what it’s all about, please come to the first meeting which will be held on Tuesday, February 25 at 6:30 p.m. at the Lancaster Event Center 4-H office, 84 & Havelock Ave, which is located on the north side of Building 3. Questions, call Marty at 402-441-7180.

PSA Contest, Due April 7
In the Public Service Announcement (PSA) Contest, 4-H’ers submit a 60 second “radio commercial” promoting 4-H. Submit a PSA via CD to extension by Monday, April 7. If you do not have the capabilities to record a PSA, contact Cole Meador at 402-441-7180 or email cmeador@unl.edu. Please bring an item for raffle such as a radio. All items will be donated to 4-H’s annual county fair. The pigs are raised by 4-H members, the proceeds go to support 4-H and the project. All proceeds will go to the 4-H Jamboree.

4-H Bicycle Contest Superintendent Needed
Do you enjoy riding your bike and helping youth? Here is a great opportunity to do both. A 4-H Bicycle Superintendent is needed for the annual contest usually held in June. Training and direction provided. If there is no superintendent, there will be no contest. If interested, contact Tracy at 402-441-7180.

Teresa Brandt Lancaster County 4-H is proud to announce Teresa Brandt as winner of March’s “Heart of 4-H Award” in recognition of outstanding volunteer service. Teresa is a volunteer for six years. Teresa started as leader of the horseless club, Star Spangled Saddles. Four years ago, she started the Boots ’N’ Hooves club with three youth and it has grown to 15 members. She has been a superintendent of English and Western 4-H horse shows at the Lancaster County 4-H Super Fair. She is also a member of the Horse Volunteers in Program Service (VIPS) Committee and a tester at group horsemanship level testings. “I like being a 4-H volunteer because I have gotten to see these kids grow up into young adults and even see a couple off to college.” Teresa says, “They surprise me with their dedication to their horses and the project as well as their loyalty to their club and their dedication to service. I get the chance to help them try new and exciting volunteer opportunities. I have been a superintendent of English and Western 4-H horse shows at the Lancaster County 4-H Super Fair. The pigs are raised by 4-H members, the proceeds go to support 4-H and the project. All proceeds will go to the 4-H Jamboree.”

4-H Clubs Needed to Help Provide Booths at Kiwanis Karnival, April 12
The annual Kiwanis Karnival, a FREE family event, is sponsored by the Lincoln County Kiwanis. This year, it will be held Saturday, April 12, 6–8 p.m. at Elliott Elementary School, 225 S. 25th St., Lincoln. The Karnival features carnival type games for kids, bingo for adults, prizes, snacks, fun and fellowship. Lincoln County Kiwanis has sponsored this event for over 50 years — providing prizes and snacks. 4-H clubs are needed to provide carnival-type booths. This is a great community service and leadership opportunity for families. If your 4-H club or family would like to have a booth or for more information, call Lorene at 402-441-7180. Come join the fun!

Spring Rabbit Show Saturday, March 29, 9 a.m. Registrations 7:30–8:30 a.m. Lancaster Event Center – Exhibit Hall 84th & Havelock, Lincoln

AWARDS WILL BE GIVEN:
CLASSES: Fancy Rabbits, Commercial Rabbits, Pet Class, and Pee Wee Class.
REGISTRATION FEE: $5.00 per participant per class, $1 Showmanship.
FREE CONTESTS: Rabbit Quiz & Breed ID
All rabbits must be tattooed in the left ear (available at the show 7:30–8:30 a.m., — $1 per rabbit). All rabbits must be in carriers with leak-proof bottoms.

For more information, call Bob at 402-441-7180.

Great opportunity for youth to talk to others 4-H’ers about where to purchase a good 4-H rabbit project!

Raffle for many prizes!
Tickets 3 for $1 or 20 for $5. Purchase entry form at the Greater Lincoln 4-H Office such as crafts, rabbit items, plants, Easter/Spring items, books, etc. RAFFLE ENDS APRIL 1.

For more information please contact Farm Loan Manager Wes Finkner at 402-391-2561.
**NEBRASKA DIAMOND CLOVER**

The Nebraska 4-H Diamond Clover Program is a statewide program which encourages 4-H members to engage in a variety of projects and activities. At the beginning of the 4-H year, youth choose goals from a provided list, and at the end of the 4-H year, complete a report which documents their accomplishments.

**LEVEL 1 – AMETHYST:** Steven Aden, Abigail Bales, Emma Bales, Hannah Bales, Madelyn Bales, Mindy Bartels, Toby Becker, John Boesen, Chloe Bohaty, Ellie Bune, Will Bune, Kari Burnham, Emily Clark, Sarah Cunningham, Sadye Daniel, Celia Faith, Maddie Jackson, Rose Jaras, Grant Johnson, Luke Johnson, Finn Kramer, Sara Kreikemeier, Gemma Larsen, Sarah Logan, Alyse Monsmith, Megan Neal, Thomas Neal, Riley Peterson, Eliese Schwinck, Grace Spaulding, Jackson Stander, Jay Stander, Reed Weitz, Madyson Wells

**LEVEL 2 – AQUAMARINE:** Lydia Kramer, Abbie Russman, Madison Schnase, Sydney Schnase, Anna Sump, John Sump, David Swotek, Addison Wanser

**LEVEL 3 – RUBY:** Ellie Babcock, Nathan Gabel, Valerie Griess, Kayla Humphrey, Galen Kramer, Elizabeth Russman, Bethany Wachtler, Riley Weitz

**LEVEL 4 – SAPPHIRE:** Abigail Babcock, Elizabeth Garza, James Griess, Brooke Kreikemeier, Emma Lanik, Jenna White, Alyssa Zimmer

**LEVEL 5 – EMERALD:** Morgan Cuttlers, Victoria Garza, Paige Roach, Max Wanser

---

**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:** Morgan Bedfield, Victoria Garza, Miranda Gunnerson, Austin Hurt, Brooke Kreikemeier, Kylie Plager, Kate Rawlinson, Paige Roach, Sheridan Swotek, Max Wanser

**AGE 8 – 13:** Valerie Gabel, Elizabeth Garza, Bailee Gunnerson, Kyle Hurt, Emma Lanik, Bethany Wachtler, Addison Wanser, Alyssa Zimmer

---

**COLLEGE SCHOLARSHIPS**

**LANCASTER COUNTY 4-H COUNCIL – $500:**
- Morgan Cuttlers
- Sadie Hammond, Justine Nelson
- Kate Rawlinson
- Hannah Ronnau
- Jena Wilson

**4-H TEEN COUNCIL – $250:**
- Sadie Hammond

**LANE COMMUNITY – $200:**
- Morgan Cuttlers

**LINCOLN CENTER KWANIS – $1,000:**
- Hannah Ronnau

---

**OUTSTANDING 4-H MEMBERS**

Presented to individuals 14 years of age or older who have excelled in their involvement with the Lancaster County 4-H program. Selection is based on participation in a wide variety — and depth of — 4-H activities.

Sadie Hammond, Kate Rawlinson, Hannah Ronnau

---

**NATIONAL LEADERSHIP AWARD**

(Formerly I Dare You Award) Awarded on behalf of the American Youth Foundation to youth ages 15-18 who strive to achieve their personal best and make a positive difference in their schools, youth groups, 4-H clubs and communities.

Justin Muehling, Kylee Plager, Paige Roach, Max Wanser

---

**4-H MERITORIOUS SERVICE**

Kathleen Conroy

---

**NEBRASKA 4-H CLUBS OF EXCELLENCE**

Nebraska 4-H Clubs of Excellence have met criteria outlined by the State 4-H office.

- 4-H Explorers, Fantastic 4, Fusion 4-F’ers
- Joe’s Clover Knights, Lucky Lopers
- Pick-A-Pig, Rabbits R Us
- Rock Creek Ranchers, Rock’n Riders
- Sab Valley, Shamastic Clovers, Super Shamrocks

---

**CAREER PORTFOLIOS**

Career Portfolios are a record of an individual’s 4-H career.

- COUNTY WINNER
  - Morgan Cuttlers

- Healthy Lifestyles Education

- COUNTY WINNERS AND NOMINATED TO REPRESENT LANCaster COUNTY
  - AT DISTRICT COMPETITION
    - Abigail Babcock
    - Consumer & Family Science
    - Kayla Humphrey
    - Consumer & Family Science

- NEBRASKA 4-H CLUBS OF EXCELLENCE

- OUTSTANDING 4-H MEMBERS

- COLLEGE SCHOLARSHIPS

- NATIONAL LEADERSHIP AWARD

- 4-H MERITORIOUS SERVICE

- Achievement Celebration
February
25 Commercial Pesticide Applicator Recertification Training ............ 9 a.m.
27 Commercial Pesticide Applicator Initial Training and Testing ....... 8:30 a.m.

March
1 4-H Horse Stampede, UNL East Campus - Animal Science Building
1 Preference Given to 4-H Council Camp Scholarship Entries
1 R.B. Warren 4-H Horse Educational ($500) and Grand Island Saddle Club Scholarships ($1,000) Entries Due
1 Deadline for Governor’s Agricultural Excellence Awards ($500)
4 Gardening at Lunch Webinar: For The Birds, online only; 12:05–12:55 p.m.
4 4-H Teen Council Meeting
6 Cornhusker Economics Outlook ........................................ 6:30–9 p.m.
8 4-H Paws-On Dog Workshop, Greater Lincoln Obedience Club Building, 5430 Johanna Road ............. 9 a.m.–3 p.m.
9 4-H Teen Council Meeting
13 Co-Parenting for Successful Kids Class ................................ 12:30–4 p.m.
14 Extension Board Meeting ................................................... 8 a.m.
14 4-H Jammie Jamboree Sewing Workshop ................................ 9 a.m.
15 Guardian/Conservator Training ........................................... 1:30–4:30 p.m.
20 Commercial Pesticide Applicator Recertification Training ......... 9 a.m.
29 4-H Spring Rabbit Show, Lancaster Event Center, Exhibit Hall ........ 9 a.m.

Volunteer Tax Preparation Services
Lincoln’s Volunteer Income Tax Assistance (VITA) program provides free tax preparation services to low- and moderate-income individuals and families living in Lancaster and Saunders Counties. Tax preparation includes both state and federal electronic filing.

The tax services are available at specific hours and dates through April 15 at the following sites in Lincoln: Community Action, Nebraska East Union, Nebraska Union, Jackie Gaughan Multicultural Center, Eisely Library, Anderson Library, Asian Community and Cultural Center, Bennett Martin Library, Matt Talbot Kitchen, North Star High School, Good Neighbor Center, and Indian Center.

For the 2014 VITA site schedule and list of what to bring to have your taxes prepared, go to www.communityactionatwork.org/programs/community/services.html or call 2-1-1 or 402-471-4515 (ext 411).

Community Action leads VITA in partnership with the Lincoln Earned Income Tax Credit (EITC) Coalition and University of Nebraska-Lincoln. VITAs volunteer tax preparers are thoroughly trained on tax law, and have vast knowledge of the Earned Income Tax Credit (EITC) and other credits designed to put a bigger refund into the hands of taxpayers. In the 2013 tax season, over 120 volunteers aided in the return of more than six million dollars to the community through the VITA program.

Lincoln-Lancaster County Recycling Sites

MAP KEY
Aluminum cans Cardboard Residential mixed paper Glass bottles and jars Newspapers
#1 thru #5 plastic containers Tin cans
Newspaper only

NORTH
1 N.W. Roundhouse Dr. & West "P" streets
2 UNL Food Stores Warehouse, 1200 N. 17th Street
3 University Place, 47th & St. Paul streets
4 Recycling Enterprises, 1200 W. Upland Avenue
5 Russ’s Market, 63rd & Platte Avenue
6 Centro Plaza, 48th & "R" streets
7 Southeast Community College, 68th & "Q" streets
8 48th Street Transfer, 5101 N. 48th Street
9 Air Park Recreation Center, 3710 N.W. 46th Street
10 Highlands Fire Station, 5435 N.W. 1st Street
11 North Star High School, 5801 N. 33rd Street
12 A & J Recycling Center, 3250 N. 20th Street, Unit 8
13 Lancaster Event Center, 4100 N. 84th Street
14

SOUTH
15 UNL College athletic field parking lot, 53rd & Calvert
16 North East High School
17 Southeast Field parking lot, 70th & 68th Streets
18 South of Randolph Car Wash 21st & Monroe Avenue
19 Trabert Hall, 12th & South streets
20 Pepsi Cola Distribution Facility, 1901 Windhoe Drive
21 Russia’s Market, 1550 S. Coddington
22 Russia’s Market, 33rd & Highway 2
23 Midland Recycling, 440 "J" Street
24 Super Saver, 27th & Pine Lake
25
26

NEWSPAPER ONLY DROP-OFF
24 UNL East Campus parking lot behind Fire Station No. 2, 33rd & Holdrege streets
25 Blessed John XII Center, 3700 Sheridan Boulevard
26 Indian Village, 13th & High streets

MATERIALS ACCEPTED AT THE MULTI-MATERIAL RECYCLING SITES

ACCEPTABLE
Newspapers Inserts/ads are OK. Put newspapers in paper bag.
Flatten cardboard and paperboard (i.e. cereal boxes). All boxes must be flattened and placed inside recycling containers.
Cans All food and beverage cans. Rinse, clean and flatten aluminum and tin cans and place in separate recycling compartments.
Glass Bottles and Jars All food and beverage glass. Green, brown and clear glass. Labels are OK. Rinse clean, take off lids, separate by color and place in separate recycling compartments.
Plastic #1 thru #5 Containers All #1 thru #5 plastic bottles and containers. Labels are OK. Rinse clean. Take off lids. Flatten containers to save space.

NOT ACCEPTABLE
No packing materials. No waxed cardboard.
No aluminum foil. No pie pans. No metal cookware. No metal pans.
No drinking glasses. No window glass. No light bulbs. No lids.
No motor oil containers. No plastic toys. No other plastic #6 or #7 containers. No plastic sakes. No plastic syringes.
No tissue paper. No milk cartons or juice boxes. No paper plates. No newspaper.