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3-2014

### NEBLINE, March 2014

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# The NEBLINE

University of Nebraska–Lincoln Extension in Lancaster County

## 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.

## Electronic Waste is a Growing Problem

Technology has added to the number of electronics found in homes today. Consumer Electronics Association (CEA), reports Americans now own 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.



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 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.

### Reuse it!

Items that can be reused are accepted by the following places. Fees and 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.,  
402-486-4939

### Recycle it!

Check with the firms listed to insure proper handling of your recycled product.

### COMPUTER EQUIPMENT

**Best Buy** 6919 O St.,  
402-473-2099

#### Goodwill Locations

**Geeks to the Rescue** 1371 S.  
33rd St., 402-853-0101

**Secure Recyclers** 1060 N. 33rd  
St., 402-805-0065

**Schrock Innovations** 2801 Pine  
Lake Rd., 402-423-9595

**Scrapy's** 7701 Cornhusker Hwy.,  
402-217-9095

**Staples** 4940 "O" St.,  
402-467-1118

### HEARING AIDS

**Hearing Aids Nebraska**  
**Sertoma Hearing Aid Bank P.O.**  
Box 830731, 402-467-4837 or  
402-488-2260 for pick up

### TELEVISIONS

**Best Buy** 6919 O St.,  
402-473-2099

**Goodwill Computer and Electronics** 5745 "O" St.,  
402-486-4939

**Scrapys** 7701 Cornhusker Hwy.,  
402-217-9095

**Secure Recyclers** 1060 N. 33rd  
St., 402-805-0065

### TONER CARTRIDGES

#### Cartridge World Locations

**Latsch's** 200 Oakcreek Dr.,  
402-323-7222

**Messiah Lutheran Church & School** 1800 S. 84th St.,  
402-489-3024

#### Target Locations

#### Walgreens Locations



## CONNECT WITH US

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Know how. Know now.



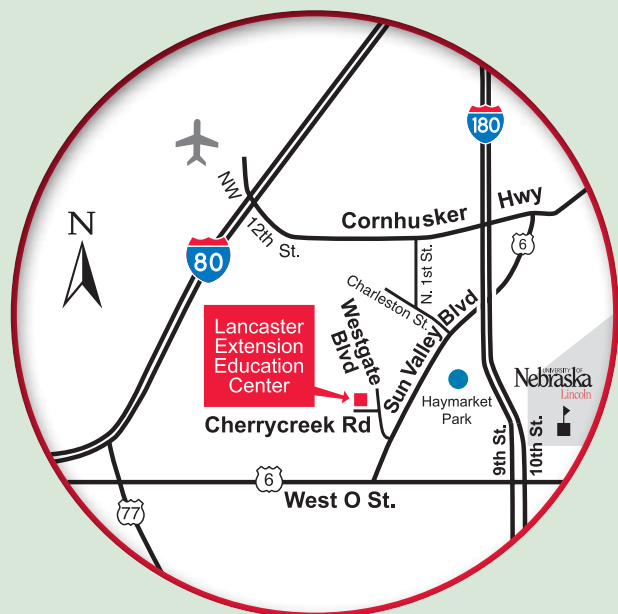
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## The NEBLINE

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# 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



USDA Food Safety and Inspection Service

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



USDA Food Safety and Inspection Service

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



Stephen Train (McTeo), www.flickr.com

Spice up your leftovers — use them in new ways. For example, try leftover 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.

Source: USDA Choose MyPlate, Eating Better on a Budget at [www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet16EatingBetterOnABudget.pdf](http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet16EatingBetterOnABudget.pdf)

## HEALTHY EATING

### ENJOY NEBRASKA FOODS!

Alice Henneman, MS, RD, UNL Extension Educator

This recipe is so easy to make and tastes great! Plus, with all the vegetables, you get lots of nutrients and fiber!

### Confetti Bean Salsa

Yield: 6-1/2-cup servings

**1 can (15 ounce)  
black or red beans**  
**1 can (11 ounce) corn**  
**1 cup salsa**

1. Drain and rinse the beans. Drain the corn.  
2. Combine beans, corn and salsa in a medium-size bowl. Mix.  
Note: Like it hot? Add a few drops of hot sauce or chopped green chilies. Try chopped cilantro, parsley or green pepper, too.



Alice Henneman, UNL Extension in Lancaster County

Alice's Notes: You can substitute 1-1/2 cups of cooked dry beans for the can of beans and 1-1/4 cups of thawed frozen corn for the can of corn.

Adapted from: The Power of Choice, Food and Nutrition Service, USDA and Food and Drug Administration, DHHS. Author: USDA, Food and Nutrition Services (FNS) and available at SNAP-Ed Connection Recipe Finder

### UNL “Recipe to Reality” Seminars

The University of Nebraska Food Processing Center offers one-day “Recipe to Reality” seminars for all individuals interested in exploring the idea of starting a food manufacturing business. A seminar will be offered on Saturday, March 22, 8 a.m.–5 p.m. at UNL East Campus in Lincoln. Pre-registration is required by March 15 and space is limited.

Other 2014 dates are:

- Friday, May 16
- Friday, Aug. 1
- Saturday, Nov. 15

Following the seminar, affordable, confidential services are available to those participants who decide to launch their own food business.

More information is at [http://fpc.unl.edu/small\\_business](http://fpc.unl.edu/small_business). For an information packet, contact Jill Gifford at [jgifford1@unl.edu](mailto:jgifford1@unl.edu) or 402-472-2819.



# Take a Grand Stand for Your Grandchild and Nebraska's Future

**Diane Rolfsmeyer**  
Nebraska Early Childhood  
Grandparent Network  
statewide coordinator

Did you know high quality early childhood experiences and environments are proven to decrease crime, improve community safety, 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 grandparents using their wealth of wisdom and knowledge to assist in nurturing the coming 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 Jaia Peterson Lent, deputy executive director of Generations United, and Diane Rolfsmeyer, statewide coordinator of the 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.

The webinar is archived online at <http://go.unl.edu/9bnr>.

## 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 our grandchildren and keep Nebraska safe, strong and thriving for generations to come.

Nebraska Early Childhood Grandparent Network works in partnership with First Five Nebraska.

## Get Involved

For more information about these programs and how you can get involved, go to [www.seniors4kids.org/Ourwork/OurStates/Nebraska.aspx](http://www.seniors4kids.org/Ourwork/OurStates/Nebraska.aspx)

If you are a grandparent interested in becoming more involved, contact Diane Rolfsmeyer at 402-435-7211 or [nebraskagrandparents@gu.org](mailto: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://netnebraska.org/state-of-education-on-demand>
- Educare of Lincoln, a state-of-the-art early childhood center, <http://wp.lps.org/educarelincoln>
- Sixpence Nebraska Early Childhood Fund, [www.singasongofsixpence.org](http://www.singasongofsixpence.org)
- First Five Nebraska, [www.firstfive-nebraska.org](http://www.firstfive-nebraska.org)

## 3 Simple Ways How Nebraska's Most Experienced Citizens Can Ensure That More of Our State's Youngest Children Get the Right Start in Life

### 1) Be a Family Resource

A tighter economy, increasingly demanding jobs, and overloaded schedules mean parents struggle more than ever in the important work of raising their children. For many Nebraska families, grandparents are taking on greater responsibility for the little ones in their lives.

Even if grandparents are not the primary caregivers for young children, they can play an essential role just by being there to provide a warm, consistent and reassuring presence in the lives of young children — a crucial part of healthy early social and emotional development.

### 2) Be a Community Resource

All children deserve to experience the warmth and joy that grandparents can provide, but not all children have the luxury of having engaged grandparents in their lives. Finding ways to connect meaningfully with little ones in your community is a great way of meeting that crucial need in children's lives, even beyond your own family.



Larry Burson

Share your favorite childhood book at your library's storytime. Volunteer to help for an hour or two at a local preschool. Offer your assistance to other grandparents who are taking on the job of raising their own young grandchildren. There are plenty of opportunities for you to become actively involved in shaping the next generation of Nebraskans.

### 3) Share What You Know

Nebraskans have known for generations that children's earliest environments, experiences and relationships shape the persons they will grow up to be. Now, scientific, educational and even economic evidence is showing us more clearly just how crucial those early years are to the way children acquire

their ability to communicate, focus on tasks, work well with others and develop a sense of responsibility to their families and communities.

Who benefits? *Everyone* does. Positive early childhood experiences are *proven* to better prepare children to succeed in school and earn more as future workers and taxpayers. They are known to decrease crime, increase community safety, and lower the burden on public assistance and healthcare programs. All in all, it adds up to the quality of life that makes us proud to call Nebraska our home.

Stand up and share what you know about positive early beginnings with your civic association, church group, local newspaper or elected officials. A great way to start is by finding out more about the **Nebraska Early Childhood Grandparent Network** and how you play an important part in building Nebraska's future.

**Starting Nebraska's youngest children off right is everyone's business.**

Source: Nebraska Early Childhood Grandparent Network



## ASK LORENE

### FAMILY LIVING TIPS

Lorene Bartos, UNL Extension Educator

**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.

"Ask Lorene" by mail: Attn. Lorene Bartos, UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528; email [lbartos1@unl.edu](mailto:lbartos1@unl.edu); or phone 402-441-7180.



## Take Time to Play

**A Conference for Early Childhood Professionals.**

## Saturday, April 5

8 a.m.–3:30 p.m.

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

Cost is \$20 (includes lunch from Brown Baggers/refreshments)

**Pre-registration is due March 21**

For more information, call 402-441-7180 or go to <http://lancaster.unl.edu/family>

*In-service hours will be given for this conference.*

## 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 card and number.**

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,
- techniques to safely handle driving 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.





**AGRICULTURE:**

365 Sunrises and  
7 Billion Mouths to Feed

NATIONAL  
AG DAY

**NATIONAL AG DAY: MARCH 25, 2014**

[www.agday.org](http://www.agday.org)

America's farmers share a commitment to protecting the land and meeting the demands of a burgeoning population. Farm families are up before the sun, day in and day out to put food on the table for us.

**NEBRASKA AG FACTS**

- Cash receipts from farm marketings contributed over \$21 billion to Nebraska's economy in 2011 and 5.8% of the U.S. total.
- Nebraska's 10 leading commodities (in order of importance) for 2011 cash receipts are cattle and calves, corn, soybeans, hogs, wheat, dairy products, chicken eggs, hay, sugar beets, and dry beans, which represent 98% of the state's total cash receipts.
- Nebraska had 46,800 farms and ranches during 2011; the average operation consisted of 972 acres; average net income per farm averaged \$92,208 during the 2007-2011 period.

Source: USDA ERS and USDA NASS, Nebraska Field Office (More detailed list of rankings available from USDA NASS, Nebraska Field Office, Phone 402-437-5541)

**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.

A meeting 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](mailto:phay1@unl.edu) or 402-223-1384.

Listen to UNL ag economists and invited speakers team up to discuss the ag situation 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.

Program support provided in part by the Nebraska Corn Board and Great Western Bank.

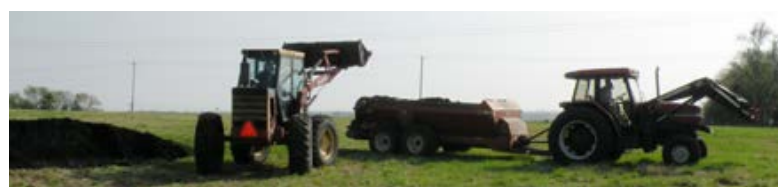
Refreshments and educational materials will be provided at each meeting.

Locations and additional information is at <http://agecon.unl.edu/ceo>.

**Biosolids Improves Soil, Increases Yields**

Since 1992, University of Nebraska—Lincoln Extension in Lancaster County has coordinated distribution and application of biosolids to agricultural cropland for the City of Lincoln. Biosolids are organic solids separated from wastewater and biologically processed to make them safe to use as an organic fertilizer for crops not in the human food chain.

Because of the high cost of nitrogen (N) fertilizer, there is more demand for biosolids than ever before. Corn and soybeans are the most common crops fertilized by Lincoln's biosolids,



Biosolids are stored on farmland until cooperators can apply it.

but it can also be applied to pastures and alfalfa.

Using biosolids improves poor soil and increases yields. This material is high in organic matter and contains all the nutrients crops need to grow, including of phosphorus (P).

We are seeking new biosolids cooperators. Cooperators must

be able to apply the materials in a timely way or hire someone to custom apply biosolids. To be considered for 2014 delivery, sign up for biosolids before March 15, 2014.

For more information, call 402-441-7180 and ask for Dave Smith or Barb Ogg.

**Emerald Ash Borer Will Make its Way into Nebraska**

**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 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, because despite its common name it is not a true member of the ash family. Popular ash cultivars 'Autumn Purple', 'Marshall's Seedless' and 'Patmore' are true members of the ash family and are susceptible.

Ash trees can be identified by several unique characteristics. All have compound leaves, typically with 5–11 leaflets. Edges of the leaflets can be either toothed or smooth. Ash trees have an opposite branching pattern, with

leaves developing opposite each other on the stem. Ash seeds are flat, narrow elongated ovals and develop in drooping clusters.

**EAB Identification**

Adult beetles are small, only about 1/2 inch in length, long and slender, metallic green in color. They emerge from infected trees in early summer, June and July. Adult females lay eggs in the bark of branches or the main trunk.

Larvae are borers and tunnel just under the bark after hatching. They are flat, cream-colored and legless. They have a brown head, and their bodies are divided into 10 bell-shaped segments. At maturity, they reach 1-1/2 inches in length. After pupating into adults, the beetles chew their way out of the tree, leaving behind a D-shaped hole.

**Symptoms**

EAB attacks healthy trees, with eggs laid in the upper twigs, secondary branches and main trunk. One of the first symptoms seen in affected trees is branch dieback in the top 1/3 of a tree. As the infestation progresses, tree's often respond by sending up suckers, or adventitious branches, from the base.

Inspect trees for the presence of D-shaped holes. The exit holes are small, only about 1/8 inch across.

As insect tunneling occurs under the bark, sections of bark die and often crack. These



Adult Emerald Ash Borer (above: magnified) (right: approximate size)



'D' shaped exit holes

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 borer larvae. So woodpecker damage in an ash tree could also point to a developing EAB infestation.

Trees under attack by EAB do not die immediately. Healthy trees use their resources to kill as many of the invading immature borers as possible. Typically symptoms of branch dieback don't become obvious until the tree has been infected for three or more years, so there is time to treat infected trees once symptoms are noticed.

**Future Considerations**

What does this mean for homeowners? First, if you will be planting new trees this spring keep this insect in mind. It will be a serious problem when it reaches Nebraska, and

trees that are not protected will die. Unfortunately, Nebraska will lose many or all of the ash trees that currently grow wild along country roads, creeks or streams. This is particularly sad, considering green ash is one of Nebraska's native trees. Don't plant ash trees if you are not willing to protect them from attack.

If you have healthy ash trees in your landscape, keep them healthy through good watering and mulching, and inspect them on a regular basis for:

- branch dieback in the tree top,
- suckers developing on the tree's trunk,
- woodpecker damage, and
- D-shaped holes.

It is not recommended to make chemical applications for tree protection unless the insect has been confirmed within 15 miles of your home.

The outlook for trees of importance, or those with significant value to your home, is

**FOR MORE INFORMATION**

- Nebraska Forest Service EAB website, <http://nfs.unl.edu/eab>
- Nebraska Forest Service publication, "Emerald Ash Borer: Guidelines for Nebraska Homeowners," online at <http://go.unl.edu/7q98>
- Nebraska Forest Service publication, "Emerald Ash Borer," online at <http://go.unl.edu/60df>
- A website with the support of the USDA Forest Service, [www.emeraldashborer.info](http://www.emeraldashborer.info)
- If you suspect your ash tree has EAB, contact the Nebraska Department of Agriculture at 402-471-2394.



## 2014 Vegetable All-America Selections



Photos: All-America Selections



### Cucumber 'Pick a Bushel' 2014 AAS Vegetable Award Winner

This award winner is an excellent heat tolerant pickling 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.

Nice sweet flavor that is excellent either fresh, grilled or roasted. Bright yellow/gold fruits are pendant on sturdy dark green bushy plants with excellent coverage from sunburn. The somewhat compact 24-inch plant takes up less space and offers disease tolerance to Tobacco mosaic virus.



### 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](http://www.all-americaselections.org)



## GARDEN GUIDE

### THINGS TO DO THIS MONTH

Mary Jane Frogge, UNL Extension Associate

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 seed companies, plant name, variety, planting date and harvest date. During the growing season keep notes on how well the plant does. 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 doing? 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.

## 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.



Odorous house ants feeding on bait.

Collect a few of the ants coming into your home and take them to your local University of Nebraska-Lincoln Extension office for identification. Extension also has a Plant and Pest Diagnostic Lab. Once we identify the ants, we can suggest the best treatment which may include:

- finding the colony and treating directly,
- using a slow-acting bait, or
- hiring a pest control company.

### 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 windowsill. 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.



Termite mud tube on a basement wall

### Skunks

Skunks begin looking for mates in mid-February through March. Males travel up to five miles in one night looking for a female. Many skunks will be hit by vehicles on these "love travels."

Since skunks are more active now, make sure you take steps to avoid rabies exposures. Vaccinate all pets and livestock against rabies. Be sure to teach children to never approach a skunk or other wild animal. If an animal appears sick, injured, or if a wild animal seems tame, contact your local animal control office.

### The Nibblers!

Voiles and rabbits will damage plants in early spring when it is hard to find



Surface runway system of the prairie vole.

Barb Ogg, UNL Extension in Lancaster County

green vegetation. If you have clipped runway paths through your lawn after snow melts, you may have active voles in your landscape. Exclusion of young plants and trees is your best defense.

As you plan your garden, don't forget to put in a plan to protect plants. Installing wildlife proof fencing around your garden is worth the extra expense and the fence will be functional for many years. Hardware cloth (1/4" squares) and chicken wire are acceptable fencing to keep out most garden pests. Make cylinders out of these materials to put around landscape plants and young trees.

Bird netting can be draped over fruits and fruit trees.

### 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://lanaster.unl.edu/pest>
- UNL Extension statewide Plant & Pest Diagnostic Lab in Lincoln. Call 402-472-2559 or visit <http://pdc.unl.edu/diagnosticclinics/plantandpest>
- Contact your local Extension office. In Lancaster County, call 402-441-7180. To find your local office, visit <http://lanaster.unl.edu/office/locate.shtml>

## 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>.



Bee nest boxes can be small and simple, or large and elaborate. They can even be artistic! Both bee nest boxes pictured were made with natural or reused objects.



Vicki Jedlicka, UNL Extension in Lancaster County

Stephen M. VanTassel, UNL Project Coordinator, Wildlife Damage Management





## HEART OF 4-H VOLUNTEER AWARD

### 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.

A 4-H 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 am always learning from these amazing kids and I hope I've been able to teach them some things along the way too. It is incredibly easy to dedicate my time when I have kids as great as these."

Lancaster County 4-H thanks Teresa for donating her time and talents. Volunteers like her are indeed the heart of 4-H!

**Volunteers are needed to help lead 4-H clubs. If you would like to learn more about 4-H volunteer opportunities, call 402-441-7180.**



### 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 Contest 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.

### Interested in Joining a 4-H Poultry Club?

A 4-H poultry club is 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.

### 4-H Paws-On Dog Workshop, March 8

UNL Extension will present its annual statewide 4-H Paws-On Dog Workshop on Saturday, March 8, 9 a.m.–3 p.m. at the Greater Lincoln Obedience Club Building, 5740 Johanna Road, Lincoln. This workshop aims to help 4-H members learn more about dog care and improve their 4-H dog training and showing skills. Bring a crate and show leads to work with. Fee is \$15 per person, which includes a lunch. Registration form is at <http://companionanimal.unl.edu>. Registration must be postmarked by March 1.

### Pick-A-Pig Club Accepting New Members

The Pick-A-Pig 4-H club will accept new members in February and March. All youth ages 8–18 are welcome. Learn all about raising a pig and showing it at county fair. The pigs are raised at one central farm. Call Harry Muhlbach at 402-430-7304 with any questions.

### 4-H Jammie Sewing Workshop, March 15

4-H youth ages 8 and up are invited to practice their basic sewing skills and make jammie bottoms at the "Jammie Jamboree" sewing workshop on Saturday, March 15, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No cost to attend. Adults are encouraged to attend to help 4-H'ers.

Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape, etc.), simple pull-on pajama bottom pattern, pre-washed flannel or 100% cotton fabric (no one-way design fabrics or plaids) elastic as recommended by pattern and matching thread. Also bring a sack lunch. Sign up before March 12 by calling 402-441-7180.

4-H'ers may enter jammie bottoms at the Lancaster County Super Fair and styled in Style Revue under Clothing Level 1.

### Furniture Painting Workshop, April 12

4-H youth ages 8 and up are invited to participate in a furniture painting workshop on Saturday, April 12, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Bring a small piece of unpainted furniture, such as a shelf, stool or chair. These items can be found around your house, at craft stores, garage sales and thrift stores. Learn how to prepare new and used wood furniture by sanding, sealing, painting and finishing. All paints and finishes provided. No cost to attend. Adults are welcome to attend to help youth. Register by April 9 by calling 402-441-7180.

### Clover College Instructors Needed

4-H Clover College is four days of fun-filled, hands-on workshops for youth ages 6 and up, June 17–20 at the Lancaster Extension Education Center. If you have workshop ideas, or would like to teach a workshop or volunteer to help, please contact Tracy at 402-441-7180 or [tanderson14@unl.edu](mailto:tanderson14@unl.edu).

### Farm Service Agency offers Youth Loans

The Farm Service Agency (USDA) makes operating loans of up to \$5,000 to rural youth age 10–20 to finance income-producing agriculture-related projects. The project must be of modest size, educational, and initiated, developed and carried out by rural youths participating in 4-H clubs, FFA, or a similar organization. It must be planned and operated with the assistance of the organization advisor, produce sufficient income to repay the loan, and provide the youth with practical business and educational experience in agriculture-related skills. For more information please contact Farm Loan Manager Wes Finkner or Farm Loan Officer Gina L Essing at the Syracuse FSA office 402-269-2361.

## 4-H Speech & PSA

Contests are open to all 4-H'ers — need not be enrolled in a specific project. Youth may choose to participate in either or both the Speech and PSA contests. For guidelines, and examples, go to <http://lancaster.unl.edu/4h/Contest/speech.shtml>. If questions, contact Cole Meador at [cmeador2@unl.edu](mailto:cmeador2@unl.edu) or 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 to set up a recording time. Results and comment sheets will be handed out at the 4-H Speech Contest on April 13. **The 2014 PSA theme is "Making a Lasting Impact."**

**New this year, please use .wav or .mp3 audio formats when recording your PSA.**

### Speech Contest, April 13

The 4-H Speech Contest will be held Sunday, April 13 at the Lancaster Extension Education Center. Registration 1–1:30 p.m., contest begins 1:30 p.m. Register by April 7 by calling 402-441-7180 or emailing [cmeador2@unl.edu](mailto:cmeador2@unl.edu) with your name, speech title, age division, and if it is "Speech for YouTube." **Note new age divisions again this year.**

Note special class added last year: **Speech For YouTube (13–18 years old)** (may enter a regular speech and/or this county-only class) — length: 1–3 minutes, topic: ask adults to volunteer for 4-H by helping start a club, helping teach a project, volunteering at various 4-H activities, etc. Please include "To find out more, go to [lancaster.unl.edu](http://lancaster.unl.edu) or call 402-441-7180." Parent of 4-H participant will need to fill out an image permission form (online at <http://lancaster.unl.edu/4h/Contest/speech.shtml>). Do not use your name in the speech. All speeches will be videotaped and purple ribbon winners' videos posted to YouTube and submitted to Cable 5 City-TV.

### 4-H Clubs Needed to Help Provide Booths at Kiwanis Carnival, April 12

The annual Kiwanis Carnival, a FREE family event, is sponsored by the Lincoln Center Kiwanis. This year, it will be held Saturday, April 12, 6–8 p.m. at Elliott Elementary School, 225 S. 25th St., Lincoln. The Carnival 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. This is a great community service and leadership activity for clubs. 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**

**Open to all  
youth 8–18**

**Opportunity  
to learn and  
practice your  
showmanship!**



**Awards will be given!**  
**CLASSES:** Fancy Rabbits,  
Commercial Rabbits, Pet  
Class, and Pee Wee Class.

**REGISTRATION FEES: \$2.50  
per rabbit or cavy, \$1 fur  
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  
402-525-8263 or Marty at 402-441-7180**

Sponsored by Lancaster County 4-H Rabbit VIPS Committee and UNL Extension in Lancaster County

**Great opportunity for youth  
to talk to other 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.  
Please bring an item for raffle such  
as crafts, rabbit items, plants,  
Easter/Spring items, books, etc.





# Achievement Celebration

University of Nebraska–Lincoln Extension in Lancaster County and 4-H Council presented the Lancaster County 4-H Achievement Celebration on Feb. 11. 4-H'ers, 4-H clubs and 4-H leaders were recognized for their 2013 achievements. Lancaster County 4-H congratulates all 4-H youth who commit themselves to excellence! We also thank all 4-H volunteers who donate their time and talents to youth! For a complete list of award, scholarship and pin recipients (as well as additional photos) go to <http://lancaster.unl.edu/4h>.

**Lancaster  
County 4-H 2013  
Year in Review Video**  
<http://lancaster.unl.edu/4h>



Guest Speaker Hayley Thramer, former Husker volleyball player and student coach, spoke about sportsmanship.

## 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 Bunz, Will Bunz, Kali Burnham, Emily Clark, Sarah Cunningham, Sadye Daniell, Celia Faith, Maddie Jackson, Rose Jaros, Grant Johnson, Luke Johnson, Finn Kramer, Sara Kreikemeier, Gemma Larsen, Sarah Logan, Alyse Monismith, Megan Neal, Thomas Neal, Riley Peterson, Eliese Schwinck, Grace Spaulding, Jackson Stander, Jay Stander, Reed Weitz, Madalyn 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 Wachter, 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



Level 1 – Amethyst



Level 2 – Aquamarine



Level 3 – Ruby



Level 4 – Sapphire



Level 5 – Emerald

## 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 Bodfield, Victoria Garza, Miranda Gunnerson, Austin Hurt, Brooke Kreikemeier, Kylee Plager, Kate Rawlinson, Paige Roach, Sheridan Swotek, Max Wanser

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



Age 14 and over



Age 8–13

## 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 KIWANIS – \$1,000:** Hannah Ronnau

## OUTSTANDING 4-H MEMBERS

Presented to individuals 14 years of age or older who have excelled in his/her 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



Sadie Hammond, Kate Rawlinson and Hannah Ronnau pictured with Extension Associate Marty Cruickshank.

## 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-H'ers, Joe's Clover Knights, Lucky Lopers, Pick-A-Pig, Rabbits R Us, Rock Creek Ranchers, Rock'n Riders, Salt Valley, Shamtastic 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

## 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



4-H volunteer Kathleen Conroy (left) pictured with Extension Associate Tracy Anderson.





# EXTENSION CALENDAR

All events will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln, unless otherwise noted.

## 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 Council Meeting ..... 7 p.m.
- 6 Cornhusker Economics Outlook..... 6:30–9 p.m.
- 8 4-H Paws-On Dog Workshop, Greater Lincoln Obedience Club Building, 5740 Johanna Road ..... 9 a.m.–3 p.m.
- 9 4-H Teen Council Meeting ..... 3 p.m.
- 13 Co-Parenting for Successful Kids Class ..... 12:30–4 p.m.
- 14 Extension Board Meeting..... 8 a.m.
- 15 4-H Jammie Jamboree Sewing Workshop ..... 9 a.m.
- 18 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.communityactionnetwork.org/programs/community/services.html](http://www.communityactionnetwork.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. VITA's 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

Source: City of Lincoln Recycling Office

## MAP KEY

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

## LANCASTER COUNTY

- Bennet Refuse Transfer Station
- Davey Refuse Transfer Station
- Denton 2nd & 91st Streets
- Firth Community Center
- Hallam Village Shop
- Hickman City Park
- Malcolm Village Shop
- Panama Refuse Transfer Station
- Waverly Honey Creek Restaurant

## NEWSPAPER ONLY DROP-OFF

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

# MATERIALS ACCEPTED AT THE MULTI-MATERIAL RECYCLING SITES

ACCEPTABLE		NOT ACCEPTABLE
Newspapers	Inserts/ads are OK. Put newspapers in paper bag.	No other paper.
Cardboard Boxes	Flatten cardboard and paperboard (i.e. cereal boxes). All boxes must be flattened and placed inside recycling containers.	No packing material. No waxed cardboard.
Cans	All food and beverage cans. Rinse, clean and flatten aluminum and tin cans and place in separate recycling compartments.	No aluminum foil. No pie pans. No metal cookware. No metal parts.
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.	No drinking glasses. No window glass. No light bulbs. No lids.
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.	No motor oil containers. No plastic toys. No other plastic #6 or #7 containers. No plastic sacks. No polystyrene packaging. No plastic lawn chemical bottles. No plastic syringes.
Residential Mixed Paper	Mail, magazines, office and school paper, telephone directories and shredded paper. Put clean paper together in paper bag.	No tissue paper. No milk cartons or juice boxes. No paper plates. No newspaper. No cardboard. No paperboard.