3-2014

NEBLINE, March 2014

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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 University of Nebraska–Lincoln Extension in Lancaster County suggests the following ways to reduce the need to recycle waste at home is to reduce, reuse, and recycle.

Reduce

There are ways to reduce the need to recycle waste by source reduction. One way to start waste reduction at home is to reduce the risk of toxic contamination and conserve valuable resources. This 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.

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 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.

Recycle it!

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

TELEVISIONS
Best Buy 6919 O St., 402-473-5099
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., 402-337-7222
Messiah Lutheran Church & School 1800 S. 84th St., 402-489-3024
Target Locations Walgreens Locations

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Contact us
UNL Extension in Lancaster County
1444 Cherrycreek Road, Suite A
Lincoln, NE 68528
402-441-7180
http://lancaster.unl.edu

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Know how. Know now.
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) and 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 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.

Try 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.

More information is at http://fpc.unl.edu/small-business. For an information packet, contact Jill Gifford at 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 engagement are proven to decrease crime, improve community safety, lead to stronger families, and help 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 upcoming 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 Nebraska 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 Jaja Peterson Lent, deputy executive director of Generations United, and Diane Rolfsmeyer, statewide coordinator of 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 Parlabian from Zero to Three (a national organization that provides the knowledge and know-how to nurture early development). A local perspective was given by Kyle McGowan, Crete Public Schools superintendent.

A recording is archived online at http://go.unl.edu/9mr.

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 to protect Nebraska’s young children. If you are a grandparent interested in becoming more involved, contact Diane Rolfsmeyer at 402-435-7211 or nebraskanegrandparents@yoi.org.

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

RELATED RESOURCES

Three 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, increasing demand on jobs, and over-loaded 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 need the opportunity to experience the warmth and joy that grandparents can provide. Although some families have the luxury of having engaged grandchildren in their lives, few have the opportunity to connect meaningfully with little ones in your community in a great way of meeting that crucial need in children’s lives, even beyond your own family.

Three Outcomes
- 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.
- You are not alone. There are plenty of opportunities for you to become actively involved in shaping the next generation of Nebraskans.
- Nebraska Early Childhood Grandparent Network is working on a major initiative to connect Nebraska’s youngest children off right everyone’s business.

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.
**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 top 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 beans, which represent 98% of the state’s total cash receipts.
- **Nebraska has 46,800 farms and ranches** during 2011; the average operation consists of 972 acres; average net income per farm averaged $92,208 during the 2007-2011 period.

**Source:** USDA ERS & USDA NASS, Nebraska Field Office (More detailed list of rankings available from USDA ERS, Nebraska Field Office, Phone 402-427-5044)

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**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 meetings will begin 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 phy@unl.edu or 402-221-1384.

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

Future Considerations:

- **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. For more information, contact Sarah Browning at sbrowning@unl.edu or 402-441-7180 and for additional information is at http://agecon.unl.edu/eeo.

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**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, 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 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.

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

**AGRICULTURE:**

365 Sunrises and 7 Billion Meals to Feed

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.

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**Sarah Browning**

UNL Extension Educator

By now many homeowners have heard of emerald ash borer (EAB). It’s been a national news story 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 an ash family, because despite its common name it is not a true member of the ash family.

Ash larvae’s physical attributes, including a purple head, and their bodies with 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.

**EAB Identification**

Adult beetles are small, only about 1/4 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 infected 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 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 borer. 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 infested for three or more years, so there is time to treat infected trees once symptoms are noticed.

**Future Considerations**

- **Nebraska Forest Service**

Two primary strategies 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 concern, or those with significant value to your home, is not completely bleak. There are chemical treatments available with a good track record of EAB protection. While homeowners may be successful in treating small trees, large trees may be better protected by a certified, commercial arborist.
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.

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 Selections, www.all-americaselections.org

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 windrow. 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.

Surface runway system of the prairie vole.

Nice sweet flavor that is excellent either fresh, grilled or roasted. Bright yellow/gold fruits are a treat 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 Selections, www.all-americaselections.org

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.

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 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/diagnosticclinics/plantandpest
• Contact your local Extension office. In Lancaster County, call 402-441-7100. To find your local office, visit http://lancaster.unl.edu/office/locate.shtml

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.

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. Vacinate 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 green vegetation. If you have clipped runways 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 cylin- ders out of these materials to put around landscape plants and young trees.

Bird netting can be draped over fruits and fruit trees.

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 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 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.

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

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 MORE INFORMATION

• UNL Extension in Lancaster County web pages “Insects, Spiders, Mice & More” at http://lancaster.unl.edu/pest
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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://buzzatcherrycreek.unl.wordpress.com.
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 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?

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.

A 4-H volunteer for six years, Teresa started as leader of the horseshoe 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 tests.

“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 service. I get the chance to watch these kids grow up into young adults and even see a couple off to college. They show leadership and work with Fee is $15 per person, which includes a lunch. Registration form is at http://compassionindm.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 Mullick at 402-430-7304 with any questions.

Teresa Brandt
Lancaster County 4-H is proud to announce Teresa Brandt as winner of March’s “Heart of 4-H” Volunteer Award in recognition of outstanding 4-H volunteer service.

A 4-H volunteer for six years, Teresa started as leader of the horseshoe 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 tests.

“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 a 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 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/Contests/speech.shtml. If questions, contact Cole Meador at 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.

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 with your name, speech title, age division, and if it is “Speech for YouTube.” Note new age divisions this year.

New 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 if they would help 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 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/Contests/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 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 Lincoln Obdemnd 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://compassionindm.unl.edu Registration must be postmarked by March 1.

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 youth 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 agricultural production and marketing.

For more information please contact Farm Loan Manager Wes Finkner or Farm Loan Officer Gina L. Essink at the Syracuse UNL Extension office, 84th & Havelock, Lincoln. Call 402-441-7180.

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, at the Lancaster Extension Education Center, 444 Cherry Creek 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, prepping, 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.

Instructors Needed

4-H Clover College is four days of fun-filled, hands-on workshops for youth ages 6 and up, Lancaster County 4-H Paws-On Dog Workshop, 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.

Official College Instructor Needed

4-H Clover College is four days of fun-filled, hands-on workshops for youth ages 6 and up, 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.

Spring Rabbit Show

Saturday, March 29, 9 a.m.

Registration: 7:30–8:30 a.m. Lancaster Event Center – Exhibit Hall 84th & Havelock, Lincoln

Opportunity to earn $1 for Showmanship

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

Tickets 3 for $1 or 20 for $5. Please bring award in original survey such as crafts, rabbit items, plants, Easter/Spring items, books, etc. Awards will be given! CLOSA: Fancy Rabbits, Commercial Rabbits, Pet Class, and Pee Wee Class.

REGISTRATION FEE: $2.50 per youth or $5 per family, 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 at the Lancaster County 4-H Super Fair and styled in Style Revue under Clothing Level 1.

To register or for more information, call Bob at 402-441-7180.
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, Kari Burnham, Emily Clark, Sarah Cunningham, Sadie Daniel, Celia Faith, Maddie Jackson, Rose Jaras, Grant Johnson, Luke Johnson, Finn Kramer, Sara Kreikemeier, Gemma Larsen, Sarah Logan, Alyse Monismit, Megan Neal, Thomas Neal, Riley Peterson, Eliese Schwinick, 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 Swatek, 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

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.

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, Kylee Plager, Kate Rawlinson, Paige Roach, Sheridan Swatek, Max Wanser

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

COLLEGE SCHOLARSHIPS
LANCASTER COUNTY 4-H COUNCIL — $500: Morgan Cuttlers, Sadie Hammond, Justine Nelson, Kate Rawlinson, Hannah Rannau, Jena Wilson

4-H YOUTH COUNCIL — $250: Sadie Hammond

LANE COMMUNITY — $200: Morgan Cuttlers

LINCOLN CENTER KIWANIS — $1,000: Hannah Rannau

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 Rannau

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)
- **1** Gardening at Lunch Webinar: For The Birds, online only; 12:05–12:55 p.m.
- **1** 4-H Rodeo Practice Meeting
- **1** Cornhusker Economics Outlook .................................................................. 6:30–9 p.m.
- **4** 4-H Paws-On Dog Workshop, Greater Lincoln Obedience Club Building, 5720 Johanna Road .......................................................... 9 a.m. – 3 p.m.
- **4** 4-H Teen Council Meeting .......................................................................... 7 p.m.
- **10** Co-Parenting for Successful Kids Class ...................................................... 12:30–4 p.m.
- **10** Extension Board Meeting .......................................................................... 8 a.m.
- **12** 4-H Jummie Jamboree Sewing Workshop ...................................................... 9 a.m.
- **12** Guardian/Conservator Training .................................................................. 1:30–4:30 p.m.
- **14** Commercial Pesticide Applicator Recertification Training ......................... 9 a.m.
- **18** 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, Eisley 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](http://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.

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**Lincoln-Lancaster County Recycling Sites**

**MAP KEY**
- Aluminum cans
- Cardboard
- Residential mixed paper
- Glass bottles and jars
- Newspaper
- #1 thru #5 paper 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**

**NORTH**
- UNL East Campus parking lot behind Fire Station No. 2, 33rd & Holdrege streets
- University of Nebraska-Lincoln athletic field parking lot, 53rd & Calvert
- East High School
- Southeast Field parking lot, 70th & A Streets
- South of Randolph Car Wash
- Traber Hall, 12th & South streets
- Diet Pepsi distribution facility
- 1901 Windhoe Drive
- Russia’s Market, limited hours of operation
- Russia’s Market, 33rd & Highway 2
- Midland Recycling, 440 J Street
- Super Saver, 27th & Pine Lake

**SOUTH**
- Blessed John XIII Center, 3700 Sheridan Boulevard
- Indian Village, 13th & High streets

**MATERIALS ACCEPTED AT THE MULTI-MATERIAL RECYCLING SITES**

<table>
<thead>
<tr>
<th>ACCEPTABLE</th>
<th>NOT ACCEPTABLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newspapers</td>
<td>No packing material.</td>
</tr>
<tr>
<td></td>
<td>No waxed cardboard.</td>
</tr>
<tr>
<td>Cardboard</td>
<td>No aluminum foil.</td>
</tr>
<tr>
<td>Boxes</td>
<td>No pie pans.</td>
</tr>
<tr>
<td>Cans</td>
<td>No metal coat hangers.</td>
</tr>
<tr>
<td>Plastic</td>
<td>No plastic.</td>
</tr>
<tr>
<td>Bottles</td>
<td>No plastic tubs.</td>
</tr>
<tr>
<td>Jars</td>
<td>No plastic.</td>
</tr>
<tr>
<td>Glass #1</td>
<td>No poly styrene.</td>
</tr>
<tr>
<td>No. 5</td>
<td>No plastic bottles.</td>
</tr>
<tr>
<td>Containers</td>
<td>No plastic.</td>
</tr>
<tr>
<td>Mail</td>
<td>No poly styrene.</td>
</tr>
<tr>
<td>Mixed paper</td>
<td>No paper plates.</td>
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</table>

**Source: City of Lincoln Recycling Office**