

EXTENSION CALENDAR

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

April


- 22 **Kiwanis Carnival, Elliott Elementary School**..... 7 p.m.
 23 **4-H Speech Contest, Lancaster Extension Education Center**..... 1 p.m.
 25 **4-H Horse Trail Clinic, Lancaster Event Center**..... 5:30 a.m.

May

- 1 **Family & Community Education Scholarship Applications Due to Extension**
 2 **4-H Council Meeting**..... 7 p.m.
 6 **4-H Horse Group Testing, location and time TBA**
 9 **4-H Meat Quality Assurance Training** 7 p.m.
 12 **County Deadline — District/State 4-H Horse Show Entries, I.D.'s, Level Tests Due to Extension Office**
 15-17 **4-H Sheep Tagging and DNA Testing** by appointment
 18 **Everything Homeowners Need to Know About Termite Control** 6:30-9:30 p.m.
 23 **4-H Leader Training** 9:30 or 7 p.m.

4-H Photos on Display at Gere Library

Photographs of 19 Lancaster County members are on display at the Charles H. Gere Branch Library (2400 South 56th Street) through the month of April. The clubs involved are The Star City Explorers, Extreme Green, Creative Clovers and Cool Clovers. The public may view the photographs during library hours.



Kiwanis Carnival, April 22

The annual Kiwanis Carnival, a FREE family event is sponsored by the Lincoln Center Kiwanis. This year, it will be held Saturday, April 22, 7-9 p.m. at Elliott Elementary School, 225 S. 26 Street, Lincoln. The Carnival features carnival type games for the kids, bingo for adults, prizes, snacks, fun and fellowship. Come join the fun!



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska-Lincoln Extension in Lancaster County

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UNL Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture. We assure reasonable accommodation under the Americans with Disabilities Act; for assistance contact UNL Extension in Lancaster County at 441-7180.

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 Maureen Burson
 Tom Dorn
 Alice Henneman
 Don Janssen
 Yelena Mitrofanova
 Barb Ogg

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THE NEBLINE

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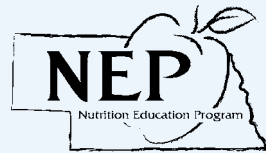
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ABC's for Good Health, June 1, 8 & 15

A 3-Part Series Which can Change Your Life

UNL Extension Nutrition Education Program (NEP) is presenting "ABC's for Good Health," a free series aimed at limited- to moderate-income women. Upcoming dates are Thursdays, June 1, 8 and 15. Choose between two time slots, 10 a.m.-12:30 p.m. or 6-8:30 p.m.



Learn that good health is as easy as:

- Aim for fitness — Increase your physical activity with a personalized walking program.
- Build a healthy base — Use MyPyramid to guide your food choices.
- Choose sensibly — Balance the foods you need and enjoy.

Participants receive:

- A pedometer and inspiration to stay fit
- A notebook with practical nutrition information
- New recipes and food preparation ideas
- A cookbook (valued at \$15) after completing the series

Sessions are held at the Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln. Please register by May 24. Call NEP at 441-7180 for more information or to register.

CLOVER COLLEGE REGISTRATION FORM

SEE PAGE 9 FOR CLOVER COLLEGE WORKSHOP INFORMATION

To register, complete the registration form (one person per form) and return with payment (make check payable to Lancaster County Extension). Registrations must be received by June 12. Registrations are handled on a "first come" basis and will only be accepted upon receipt of fees. Classes fill up quickly — early registration is recommended. Telephone registration not accepted. All fees are nonrefundable unless a class is filled to capacity or canceled. May photocopy form if needed. Assume your registration is confirmed unless we contact you about filled classes.

Name _____ Age _____
 Parents Name(s) _____
 Address _____
 City _____ State _____ Zip _____
 Daytime Phone _____ Evening Phone _____
 Special Needs (allergies, etc.) _____
 Workshop(s) # _____ Title _____ Fee _____
 # _____ Title _____ Fee _____
 # _____ Title _____ Fee _____
 # _____ Title _____ Fee _____
 # _____ Title _____ Fee _____
 Use additional sheet of paper if needed
 Total _____
 I give permission to use my child's name/photograph in publications, news articles, advertisements or Web sites pertaining to 4-H. yes no
 Parent/Guardian Signature: _____ Date: _____

Mail or bring registration form and payment to:
 UNL Lancaster County Extension, 444 Cherrycreek Rd., Ste. A, Lincoln, NE 68528