

Lincoln Safari Encourages Families to Play Outside

Get off the couch and join the fun ... the Lincoln Safari has begun!

Lack of outdoor play has been linked to increased childhood obesity, attention disorder and depression, according to Richard Louv, author of *Last Child in the Woods*. Electronic media can consume as much as 44 hours a week for some youth.

For these reasons, Lincoln Children's Zoo and Healthy Families Play Outside Coalition is sponsoring a Lincoln Safari to help families and children experience the wonders of nature firsthand. "The Lincoln Safari is a great way to engage your family or group in local natural areas in and around Lincoln all year long," says Brook Levey, UNL Extension Educator, Nebraska 4-H.

Visit the Web site at www.LincolnSafari.com to fill out a registration form. You'll receive an e-mail response with a participant's number, take this form to any public library, the zoo or Pioneers Park Nature Center and pick up your FREE safari kit. Your kit will contain a map, a guidebook, a small box of crayons, a set of "calling cards" and a pencil. You're ready to play outside!!



There are 35 safari sites in Lincoln parks and outside spaces. Many are accessible by bus, some are on the hiker/biker trails and others are located in off-the-beaten-path sites. Each site is identified by a symbol on the map and in the guidebook.

Safari sites are divided into seasons and you are encouraged to visit each site in its specified

season. All of the posts are outside and you are invited to explore the area around the post. The challenge is to visit all 35 sites throughout the year and collect rubbings of each of the embossed plaques in your guidebook. Each group or family that achieves this goal will be entered into a Grand Prize drawing.

Healthy Families Play Outside partnership includes the Lincoln Children's Zoo, UNL Extension, Nebraska Game and Parks Commission, The Groundwater Foundation, Nebraska Statewide Arboretum, Lower Platte South Natural Resources District, Dimensions Educational Foundation and Pioneers Park Nature Center.

Author Louv at Lied Feb. 19

Journalist and child advocacy expert Richard Louv, author of the groundbreaking *Last Child in the Woods*, will speak Tuesday, Feb. 19, 7 p.m. at the Lied Center in Lincoln. In a FREE public lecture, Louv will look at research on child development, attention disorders, depression and obesity; and offer suggestions on providing opportunities, places and priorities for outdoor play. The event is designed for parents, educators, environmentalists, counselors, community planners and policy makers. Advanced reservations are required for the free tickets. For tickets, go to <http://liedcenter.org> or call 472-4747. Sponsored by the Healthy Families Play Outside network.



Families and groups who visit all 35 safari sites in Lincoln will be entered into a Grand Prize Drawing. Go to www.LincolnSafari.com for the Safari Outpost Map. Sites are located:

- Pioneers Park Nature Center
- Iron Horse Park
- Hyde Observatory Holmes Park
- Wyuka Cemetery & Funeral Home
- Veterans Memorial Garden in Antelope Park
- Kontras Park
- Loren Corey Eiseley Library
- Holmes Lake Park
- North Star High School Marsh
- Trendwood Park
- Pioneers Park
- Jamaica North Trailhead
- Lincoln Community Foundation Garden
- Cooper Park
- Sheldon Memorial Art Gallery and Sculpture Garden
- Oak Lake Park
- Lincoln Children's Zoo
- Morill Hall, UNL City Campus
- Nebraska Wesleyan University
- Union College
- Tierra Park
- Lincoln Water System Xerioscape Garden
- Pioneers Park Nature Center
- Stransky Park
- Mahoney Park
- Elliott Elementary School
- University Place Park
- Shoemaker Marsh
- Spring Creek Prairie Audubon Center
- Lower Platte South Natural Resources District Offices
- Antelope Park
- Wilderness Park
- Maxwell Arboretum, UNL East Campus
- Pioneers Park
- Game and Parks Commission Perimeter Garden

Can You Guess It?



Photo by Vicki Jeddicko, UNL Extension in Lancaster County

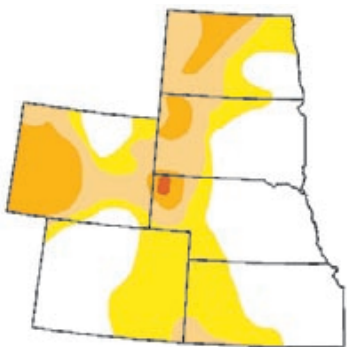
Did you guess it? Find out at <http://lancaster.unl.edu>

Did you guess it from the November/December NEBLINE? The answer was a Chinese Mantid Egg Case.

U.S. Drought Monitor Map

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

	Drought Conditions (Percent Area)					
	D0	D1	D2	D3	D4	D5
Current	44.8	55.2	29.3	11.9	0.3	0.0
Last Week (12/04/2007)	43.4	56.6	29.3	11.9	0.3	0.0
3 Months Ago (09/16/2007)	54.0	46.0	21.4	11.3	1.5	0.0
Start of Calendar Year (01/01/2007)	26.9	73.1	54.3	32.0	14.3	0.0
Start of Water Year (10/01/2007)	55.8	44.2	23.3	10.8	1.0	0.0
One Year Ago (12/13/2006)	10.2	89.8	59.7	34.8	15.3	0.2



Intensity:
 D0 Abnormally Dry
 D1 Drought - Moderate
 D2 Drought - Severe
 D3 Drought - Extreme
 D4 Drought - Exceptional
 D5

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

Source: National Drought Mitigation Center, University of Nebraska-Lincoln

Lancaster County 4-H Teen Council presents its annual...



OVERNIGHT LOCK-IN

for 4th & 5th graders
(need not be enrolled in 4-H)

Jan. 25, 8 p.m. to Jan. 26, 8 a.m.
Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln

This year's theme is....

WINTER ROUND-UP

SLEEP OVER! GAMES! FUN PROJECTS! SNACKS! MOVIES!



Bring your sleeping bag, pillow, toothbrush, toothpaste, active wear, sleepwear (sweats) and a friend interested in 4-H!

Cost \$15/person
Registrations due by Jan. 22

Sponsored by University of Nebraska-Lincoln Extension in Lancaster County
For more information, call 441-7180 and ask for Tracy Kulm.

LOCK-IN REGISTRATION FORM

Make check payable (\$15/participant) to Lancaster County 4-H Teen Council and mail with registration form BY JAN. 22 to:

Tracy Kulm, UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528

Name of participant(s) _____ Age _____

_____ Age _____

Address _____

City/State/Zip _____

Phone _____ Parent or Guardian _____

Special Needs or Other Information (such as food allergies) _____

