**It is Important for Youth to Keep Learning and Stay Active During Summer**

**Organized Learning Opportunities**

Of course there are the many camps, sports, workshops and programs planned for the summer. But what happens to the children who don’t have these opportunities due to a financial situation, transportation or schedule? Research shows these children have more learning loss. There are many free, low-cost and educational activities available for everyone.

Many communities have special days sponsored by organizations that provide free entrance to the zoo or museum. Libraries offer summer reading programs and activities. Some communities have special summer celebrations that include activities for children. As a parent, prepare a priority list and schedule for your family or caregiver; be sure to take in these opportunities and educational activities.

County and state fairs are another fun and educational experience for the family. This opportunity is especially fun for city children to see farm animals up close and learn about agriculture. The 2015 Lancaster County Super Fair will be July 30–Aug. 8 at the Lancaster Event Center, 84th and Havelock.

The Lincoln Convention and Visitors Bureau website has a list of local attractions and events at [lincoln.org](http://lincoln.org).

Lincoln Parks & Recreation has information about their recreation centers, School’s Out programs and more at [http://lincoln.ne.gov/city/parks.](http://lincoln.ne.gov/city/parks.)

**Learning Activities at Home**

Families can include learning in their daily activities by including children in daily chores, meal preparation, doing dishes, cleaning, etc. Children’s learning can be enhanced year round — but especially when they are home during the summer — by including them in daily routines. Children as young as 3 or 4 can help with cooking by stirring and measuring — this is an excellent time to include math skills. Make a game of counting, matching, etc. when picking up toys, folding clothes and putting items away. Be creative and think of ways to continue the learning experience in everyday activities.

Let’s start with math — learning to love math can be a struggle, but there are ways parents and caregivers can help youth see real-life math. For younger children, have blocks, magnetic shapes and numbers, clocks, timers, calendars, measuring cups and spoons for learning.

- Take walks outside and study nature.
- Counting and matching activities when traveling by car.
- Scavenger hunts — create a hunt of the city, a park, your local area, etc.
- Doing arts and crafts with free materials. Check local craft fairs for free items.
- Using puppets or acting out the story. Consider books that encourage math such as *Eating Fractions* by Bruce McMillan, *Over in the Meadow* by Ezra Jack Keats or *Somewhere in the Ocean* by Jennifer Ward and T.J. Marsh.

Other activities:

- Visit the zoo or museum.
- Physical activity — The American Heart Association recommends children over age 2 engage in at least one hour of moderate physical activity each day. Children who are physically active and develop basic motor skills are more likely to become healthy adults.

**4-H CAMPS**

**4-H Summer Camps**

Nebraska 4-H offers nearly 50 summer camps for youth ages 5–18 (need not be in 4-H) at the Eastern Nebraska 4-H Center near Gretna and Nebraska State 4-H Camp near Halsey. Camps range from half day to seven days/six nights. A variety of programs are offered between May 31 and Aug. 6, including:

- Nature programming and GPS
- Team building courses
- Aquatic — canoeing, fishing, tubing, kayaking, swimming
- Arts, crafts, games, songs
- Brochures are available online at [http://4h.unl.edu/camp](http://4h.unl.edu/camp) and at the Extension office.

**Big Red Academic Camps**

These career exploration camps for high school youth (need not be in 4-H) will be held on University of Nebraska–Lincoln East Campus the week of June 7–12. After spending several fun-filled days exploring a specific topic such as engineering, digital arts, weather & climate science, or culinary arts & food science, you can showcase your work at a special “capstone event” your family is invited to.

Brochures are available online at [http://4h.unl.edu/sbancamp/bigredcamp](http://4h.unl.edu/sbancamp/bigredcamp) and at the Extension office. Limited scholarships available.

**4-H Clover College**

Lancaster County 4-H offers four days of hands-on workshops June 16–19 at the Lancaster Extension Education Center. Classes fill up quickly! Details in this issue on page 7.
HOW TO MAKE AN OLIVE OIL SALAD

How to Make an Olive Oil Salad Dressing Tasty, Healthy, Quick

Alice Henneman
Extension Educator

“Limited and not conclusive scientific evidence suggests eating about 2 tablespoons (23 grams) of olive oil daily may reduce the risk of coronary heart disease due to the monounsaturated fat in olive oil. To achieve this possible benefit, olive oil is to replace a similar amount of saturated fat and not increase the total number of calories you eat in a day.” —Food & Drug Administration

Extra virgin olive oil (EVOO) has a higher natural phenol (a type of organic compound) content than other forms of olive oil. EVOO is the least processed of the various types of olive oil so it retains more phenols. Like monounsaturated fat, the phenols in EVOO also help contribute to desirable blood lipid levels (cholesterol and triglycerides).

What healthier way to enjoy olive oil than as part of a dressing served over a salad filled with nutritious fruits and vegetables? A benefit of making a simple oil and vinegar dressing is you control the amount of ingredients, such as salt and fat. And, you can make a fresh salad dressing from common kitchen ingredients: a couple of shakes or whisks.

Here’s how to make a basic olive oil dressing using the general guidelines for a classic French vinaigrette:

• a classic French vinaigrette is typically 3 to 4 parts oil (usually extra virgin oil) and 1 part acid (frequently red wine vinegar)
• seasonings include salt, pepper (freshly ground) and often Dijon mustard and/or garlic

Start experimenting by beginning with 3 parts oil to 1 part vinegar or citrus juice. You may be able to use less oil and more acid ingredient if you use one of the following vinegars in your dressing:
• rice vinegar
• white wine vinegar
• raspberry, blueberry or other fruit vinegar
• champagne vinegar or lemon, lime or orange juice

Note: While lemon and lime juice can stand alone in salad dressings, you’ll get more flavor by combining orange juice with vinegar. Joy of Cooking (Simon & Schuster Inc., 1997) recommends distilled white vinegar is best used in pickling, not salad dressings.

For a better flavor, thoroughly mix the oil and vinegar. The standard procedure is to whisk the vinegar with the salt, pepper and any other seasonings. Then add the oil in a slow stream, whisking constantly, until dressing is translucent. Or, shake the ingredients together in a small jar with a tight-fitting lid. If not using dressing right away, whisk or shake again before using.

Plan to use about 1 tablespoon of oil/vinegar dressing per two cups of salad. Dress, don’t drown, your salad to control the calories lower. Salad dressing sticks better to dry lettuce and you will be able to save calories by using less dressing. Use a salad spinner or dry your lettuce between two layers of clean dish towels.

Choosing, Storing and Using Extra Virgin Olive Oil

Light, heat and air are enemies of olive oil freshness. Look for containers made from dark glass; tin, or even clear glass placed in a box, or mostly covered by a label advises the UC Davis Olive Center.

Store olive oil in a cool, dark place, such as inside a cupboard in a cooler location away from the stove and oven. Refrigeration will cause olive oil to become cloudy and harden. Olive oil returns to its normal consistency when returned to room temperature. If you bought a bottle in winter and wish to refrigerate a portion to prolong its quality until you’re ready to use it.

To enjoy EVOO at its best, UC Davis Olive center recommends buying an amount that will be used up in about six weeks after being opened. If you limit exposure to light, heat and air, it will maintain a satisfactory quality beyond this. Properly stored, unopened EVOO may maintain its quality for two or more years.

EVOO, because of its more pronounced flavor compared to other forms of olive oil, is most often used to flavor salads and dressings; as a base for marinades, and is drizzled on foods, such as pasta, just before they are served. The flavor profile of EVOO varies from robust to more subtle and fruity. Match the flavor to the ingredients — red meat, for example, may suppress the fruity and herbaceous notes. More delicate foods, such as white fish and veggies, may pair better for a milder EVOO.

References

Basic Oil and Vinegar Salad Dressing
Directions (adjust amounts given in table below according to personal taste):
1. Whisk together vinegar and any additional seasonings or flavorings.
2. Slowly add olive oil and whisk in. Or, shake all ingredients together in a small jar with a tight lid.

For safety and freshness, serve homemade dressings the same day you make them.

FOR 1 MAIN-DISH OR 2 SIDE DISH SALADS
FOR 3 MAIN-DISH OR 4 SIDE DISH SALADS

INGREDIENTS

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<tr>
<th>2 SIDE DISH SALADS</th>
<th>4 SIDE DISH SALADS</th>
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<tr>
<td><strong>Balsamic, red wine or white wine vinegar, lemon juice, lime juice or combination of vinegar/orange juice</strong></td>
<td>1 teaspoon</td>
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<tr>
<td><strong>Extra virgin olive oil</strong></td>
<td>1 tablespoon</td>
</tr>
<tr>
<td><strong>Salt and freshly ground black pepper</strong></td>
<td>To taste</td>
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**OPTIONAL SEASONINGS**

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<tr>
<th>2 SIDE DISH SALADS</th>
<th>4 SIDE DISH SALADS</th>
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<tr>
<td><strong>Minced sweet onion</strong></td>
<td>1/1-1/2 teaspoons to 1 tablespoon</td>
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<tr>
<td><strong>Dijon-type mustard</strong></td>
<td>1/4 to 1 scant 1/2 teaspoon</td>
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<tr>
<td><strong>Garlic powder or clove of minced garlic</strong></td>
<td>Dash of garlic powder OR 1 very small clove of garlic, minced</td>
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<tr>
<td><strong>Sugar</strong></td>
<td>A pinch to taste</td>
</tr>
<tr>
<td><strong>Chopped fresh herbs (e.g. oregano, thyme, tarragon, parsley)</strong></td>
<td>1/1-1/2 to more teaspoons</td>
</tr>
</tbody>
</table>
For safety and freshness, serve homemade dressings the same day you make them.

1. Whisk together vinegar and any additional seasonings or flavorings.

2. Slowly add olive oil and whisk in. Or, shake all ingredients together in a small jar with a tight lid.

Directions (adjust amounts given in table below according to personal taste):

Basic Oil and Vinegar Salad Dressing

- Look for containers made from 100% Virgin Olive Oil.
- Towels.
- You will be able to save calories and drown, your salad to keep the two cups of salad. Dress, don't spoon of oil/vinegar dressing per using.
- Whisk or shake again before a small jar with a tight-fitting lid.
- Stream, whisking constantly, until dressing is translucent. Or, spray bottles, vinegar in a "well-ventilated" area — open a door and a window or turn on an exhaust fan. It is not safe to do this when you are done cleaning and allow the room to air out.
- Try using cleaning products that have no scent or are perfume free.
- Try different products to find the ones that work best for you.

Source: American Cleaning Institute

Cleaning to Control Allergies & Asthma

How to Get Children to do Chores

Gail Brand
Extension Educator

How do I get my child to do chores? You might say, “Clean your room!” or “Pick up your toys.” Or, “Finish your homework.” You might say, “You now can stay home it is very easy to get them to do their chores.”

Every day chores are a great time to involve your child and help them learn and grow. Also might need to be reminded to do the task. If children have not done any chores, then start with one or two chores till they are able to do these on a regular basis.

- Charts with stickers and check lists are great for younger children. They can see when a chore is done and they can see how many times it is done in a week, a month or whatever the time schedule is. You can also reward completing so many days of chores. For very young children this may have to be daily at first and work your way up to weekly. I would suggest extra privileges or special activities in place of gifts and money. You might say, “You now can stay up 20 minutes longer tonight since you got your chores done.” As a child gets older giving an allowance is okay because it is a great way to start teaching the use of money. All children need to know chores will always be a part of being a family. Chores are definitely a family affair.

Remember the chore should be done. For best results have it relate to a time in the child’s schedule, such as breakfast, dinner, bedtime or after school. This helps the child remember when it should be done. It also set for a specific time to be competed, if the child is old enough to understand time.

It is very important to reward when your child does their chores without being told. This is one thing parents don’t do very well. If the child is doing the right thing we have a tendency to overlook the good behavior.

It is better to reward for completion of tasks, but sometimes there should be consequences if the chore doesn’t get done. Consequences can come two ways: taking things away or introducing extra tasks to be done.

It should be an enjoyable time, so you may want to use statements like “Let’s see how fast you can get the table set! Remember you have to do it right.” You are giving your child positive comments to motivate them to do better.

Consistency is also the key. This can be a hard task because many times your days are really busy or your daily schedule changes. Just remember when you are home it is very important to keep the chore list going. Both parents need to be clear what the chores are for each child and when they are to be done, otherwise the child will figure out fast who is going to make them do their chores and who is not. This is where consistency breaks down. It has to become part of the daily or weekly routine.

Remember parents, do chores too. Children learn the most from what they see you doing, than what you are telling them to do.
Managing Cankers in Landscape Plants

Sarah Browning
Extension Educator

Dead branches in trees can have many causes, but canker infections are one of the most damaging and difficult to manage. The term “canker” is defined as a dead section of a tree or shrub’s bark. Both fungi and bacteria pathogens can cause canker infections on twigs, stems, tree limbs and trunks. The pathogen invades the plant, growing between the plant’s bark and its inner wood, killing the living portion of the outer bark. Death of the bark limits the plant’s ability to transport water, absorbed by the root system, into branch tissues.

Canker Symptoms

In deciduous trees and shrubs, early symptoms of a canker infection can sometimes be seen as leaves wilt from a lack of water. Closely inspect the stem or branch, especially in thin-barked plants, looking for a dark or discolored area of bark. Discolored bark may be darker than normal; black or dark brown, reddish-brown, orange-brown, or lighter than normal, light tan to white. The canker, or dead section of bark, is usually slightly sunken below the level of healthy bark. On older trees with thick bark, cankers can be harder to find, but often cracks develop around the dead section. Look for cracked and discolored sections of bark at the base of any dead branches.

In evergreens, a common symptom of a canker infection is resin or sap leaking from the canker. As the resin dries, it turns white. Look for streaks of white resin on the tree’s trunk, and try to pinpoint where they are coming from to find the canker. Eventually, in both deciduous and evergreen plants, canker infection results in dead and dying branches.

Common Canker Diseases Found in Nebraska

Canker-causing fungi and bacteria are host specific, meaning each type of pathogen attacks a certain host plant, or group of plants. But unfortunately, almost every plant is subject to some type of canker-causing pathogen. Below are some of the canker diseases commonly affecting trees in Nebraska.

Deciduous Trees

- Botryosphaeria canker — commonly found on dogwood. Affects over 100 species of woody trees and shrubs. Infections occur through wounds, lenticels and cracks in the bark.
- Cytospora canker — apple, ash, aspen, birch, cottonwood, elm, maple, peach and willow. Infects only through wounds or other openings in the bark.
- Nectria canker — crabapple, pear, quaking aspen, black walnut, American elm, red maple, sugar maple, linden and red oak. Pruning wounds are common points of entry.

For more information, see CANKERS on page 5

Using Corn Growing Degree Day Tool

Tyler Williams
Extension Educator

About the Tool

The Corn Growing Degree Day (GDD) tool is an important support tool developed by the Usable to Useful (U2U) project, which is geared towards improving the resilience and profitability of U.S. farms in the Corn Belt. To access the Corn GDD tool and other tools from U2U, go to http://agclimate4u.org.

The Corn GDD tool uses current conditions into a 30-year historical perspective and offers trend projections (based on growing degree days) through the end of the calendar year. GDD projections, combined with analysis of historical analog data, can help you make decisions about seasonal climate risks, activity planning and marketing decisions. While this tool is not meant to be a crystal ball, data and information derived from the tool can be used to make helpful inferences about current conditions, especially when combined with personal experience and localized knowledge.

Growing Degree Days (GDD) are a measure of heat accumulation within a specified temperature range. GDD are important for agriculture since they can be directly related to plant growth and development stages. GDD are sometimes also called growing degree units (GDUs), heat units or thermal time. There are many ways to calculate GDD. The Corn GDD tool uses the 86/50 method (also called Modified GDD or Corn GDD) since it only allows GDD to be accumulated when temperature conditions are optimal for corn development (above 50°F but below 86°F).

Using the Tool

The Corn GDD tool can provide decision support on a variety of issues throughout the entire growing season by integrating current weather data, historical climate data and farm-specific crop information into an easy-to-use tool. The tool allows you to select your location, enter corn maturity length, planting date and adjust freeze thresholds.

Before your crop is even planted, you can start using Corn GDD information. Test the effects of different seed maturity ratings and planting dates on crop growth milestones, informing your early seed purchases. Use historical freeze data to assess the risk of frost damage at planting and harvest time, helping you determine when you might want to plant. The Corn GDD tool can also help you assess risk and adjust practices during the season. In the case of delayed planting or replanting, you can use Corn GDD data to decide if a shorter-season hybrid is needed to increase the chance of reaching crop maturity before the first fall frost. The Corn GDD tool can also be used to track current corn development and anticipate upcoming corn growth milestones for applying or side-dressing nitrogen. When presented with your farming decisions, climate is just one of many important factors you need to consider. The Corn GDD tool takes the guesswork out of assessing your climate-related risks.
Nebraska.

are some of the canker diseases

canker fungus. Cytospora canker

red maple, sugar maple, linden

ash, aspen, birch, cottonwood,

wounds, lenticels and cracks in

Infections occur through

Affects over 100 species of

carried on dogwood.

- ESTS &

http://lancaster.unl.

don't attempt to feed a nestling

rehabilitator for advice. Please

can find the nest the baby bird

feathers.

were "naked" because they

young, they thought these birds

if it is a nestling or a fledgling.

How do you know if the bird

during the spring and summer.

they've found out of the nest

fence doesn't need to be tall

or hardware cloth. To keep

rabbits include asters, hostas,

beans, lettuce and beets. Other

vegetables like carrots, peas,

like tulips, grass and garden

young, growing vegetation

ahead! Rabbits will readily eat

It isn’t unusual for people to

If you’re getting ready to

If you notice a fledgling

You will likely see

Fledgling birds are feathered,

nesting bird, please

awkward flights. If you find an

are injured. Sometimes they will

don’t need our help unless they

Nestling birds are seen on the ground

Canker fungi are consid

solution.

them with 70% denatured

plant. Clean tools by wiping

pathogen throughout your

cuts to prevent spread of the

inches below the dead section.

Trees should receive 1 inch of

Trapping is only a

and fly. We see a lot of fledgling

old enough to feed themselves

calling loudly for their parents

Don’t leave branch

All good border plants.

To grow annuals in containers on the patio, use a light weight

to these and they become

stoma beneath.

sunburned bark.

most common on honeylocust,

GERANIUMS

• Protect the trunks of young,

vigorous through best manage

ment practices.

vigorous through best manage

per plant. Remove stems with a sharp knife. Snip away parts of

with 70% denatured

plant. Clean tools by wiping

pathogen throughout your

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4-H & Youth

TSC Paper Clover Fundraiser, April 22–May 3
Shoppers at Tractor Supply Co. stores will have the opportuni
ity April 22–May 3 to support 4-H by purchasing paper clovers
for just $1 at checkout. All funds raised will be donated to 4-H.
4-H/FFA Sheep & Meat Goat Weigh-In and Judging, May 19
4-H/FFA members planning to exhibit market sheep and
meat goats need to have their lams and goats officially tagged and
weighed on Tuesday, May 19, 6–8 p.m. at the Lancaster
Event Center – Pavilion 2. For more information, call Cole at
402-441-7180.
4-H Interview Judging Regional Contest, May 21
The Annual Interview Judging Contest gives 4-H’ers ages 11 and
up the opportunity to practice the real-life skill of applying for a
job. Youths will use their job descriptions and life experiences to write
a resume and cover letter for one of three job descriptions and
participate in a live interview. This Regional contest will be held
Thursday, May 21, 1–7 p.m. at UNL East Campus. Lancaster County
4-H registraions are due by May 1. The registration fee will be paid for 4-H Council. To learn more about the contest, contact Tracy at 402-441-7180 or tracy.anderson@unl.edu. More details at http://4h.unl.edu/interviewjudgingcontest.
4-H Spring Leader Training, May 14
New leaders, experienced leaders, 4-H members and parents are invited to a 4-H Leaders Training on Thursday, May 14, 9:30 a.m. or 6:30 p.m. (you choose which time to attend) at the Lancaster Extension Education Center, 444 Cherrywood Road. Meeting will focus on NEW 4-H curriculum, static exhibits, opportunities for 4-H members and more. Learn about fair entry, contests and important Super Fair informa-
tion. It is a great opportunity to connect with other parents and
leaders. MUST preregister by May 12 by calling 402-441-7180.
4-H Life Challenge Contests
4-H Life Challenge Judging Contests help youth learn more
about issues related to family and consumer science and entrepre-
nurship. Contests are open to all 4-H’ers. For more information, contact Tracy at 402-441-7180.
• County-level Junior (ages 8–11) Junior
Life Challenge (for ages 12 and up) will be held Saturday, May 30, 9 a.m. at the Lancaster Extension Education Center. Preregister by May 28 by calling 402-441-7180 (there is no entry fee). Contact Tracy for a study packet for the Junior Life Challenge.
• statewide Life Challenge (for ages 12 and up) will be held June 29–30 at UNL East Campus. To participate, contact Tracy at 402-441-7180 by June 1. Information will be available online at http://pase.unl.edu.

GIVE TO LINCOLN DAY, May 28
Lancaster County 4-H Council has registered to be one of the nonprofits the community can give donations to during “Give to Lincoln Day” hosted by Lincoln Community Foundation on Thursday, May 28 (12:00 a.m. to 11:59 p.m.). Every donation you make on May 28 helps your favorite charities even more because they will also receive a proportional share of a $300,000 challenge match pool! For more information or to make an online donation, go to http://give Lincolnlincoln.razoo.com.

Animal Ownership Affidavits Due June 15, NEW Online Format for State Fair/Ak-Sar-Ben
All 4-H/FFA sheep, goats, swine, breeding beef, buckes,
calves, feeder calves, dairy cattle, llamas/alpacas and rabbits which
will be exhibited at Super Fair, State Fair and/or Ak-Sar-Ben State Fair must have Ownership Affidavits submitted by June 15. Paper forms (the forms that have been used previously) must be submitted by each animal. Paper forms are available online at http://lancaster.unl.edu/4h/fair and the Extension office. In addition, all animals which will be exhibited at the 2015 Nebraska State Fair and/or Ak-Sar-Ben State Fair (except Dairy and Horse) must be entered via the online “Ownership Affidavit” form at http://livestockaffidavit.unl.edu. If you have any questions, contact Cole at 402-441-7180.

CLOVER COLLEGE REGISTRATION FORM
To register, complete the registration form (one person per form) and return with payment (make check payable to Lancaster County Extension). Registration forms are handled on a first come basis. Fees are non-refundable and accepted upon receipt of fees. No telephone or online registration. No refunds unless class is already filled or cancelled. Photocopy completed form for your reference.

Confirmation letters and schedules will not be sent. Assume your registration is confirmed unless we contact you about filled classes.

Registration opens May 4 for currently enrolled 4-H members. Registration opens May 11 for non-4-H members.

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Mail or bring registration form and payment to:
Nebraska Extension in Lancaster County, 444 Cherryvood Rd., Ste. A, Lincoln, NE 68528
EARLY REGISTRATION NOT ACCEPTED!
4-Day Workshops

1. **Clover Kids Day Camp Science**
   - Learn about hands-on activities while learning about animals, food, fun, science, the outdoors, engineering and more! (unless otherwise stated in the workshop description)

   **TUE, JUNE 16; 10:15AM–12:15PM**
   - Science in Your Kitchen (AGES 8 & up • FEE $5)
   - Instructor: Jenny DeBuhr, Extension Educator

2. **Science in Your Kitchen**
   - Prepare delicious foods that can be entered in the fair.
   - Always an exciting hands-on experience. Taste what you’ve made!
   - THU, JUNE 18; 10:15AM–12:15PM
   - AGES 10 & up • FEE $3
   - Instructor: Abby Babcock, 4-H Volunteer

3. **Rabbits, Rabbits!**
   - Learn all about rabbits including how to take care of them. Learn basic skills.
   - How to find a home for them.
   - THU, JUNE 18; 3–5PM
   - AGES 8 & up • FEE $3
   - Instructor: Caillyn Schmidt, Extension Educator

4. **GPS Basics**
   - Learn basics of the Global Positioning System (GPS) including the unit and find a compass.
   - THU, JUNE 18; 10:15AM–12:15PM
   - AGES 8 & up • FEE $5
   - Instructor: Extension Staff

5. **Decoupling Details**
   - Decorate your own storage container.
   - THU, JUNE 18; 10:15AM–12:15PM
   - AGES 8 & up • FEE $5
   - Instructor: Extension Staff

6. **Bottles, Bottles**
   - THU, JUNE 18; 10:15AM–12:15PM
   - AGES 8 & up • FEE $5
   - Instructor: Jenny DeBuhr, Extension Educator

7. **Candyland Cottage**
   - Assemble a gingerbread house and adorn it with candy. Bring leftover candy to add to the supplies.
   - FRI, JUNE 19; 12:45–2:45PM
   - AGES 8 & up • FEE $4
   - Instructor: Sheena Bobbitt, 4-H Volunteer

8. **Delicious, Nutritious Meals**
   - Make a delicious, nutritious meal for yourself.
   - FRI, JUNE 19; 12:45–2:45PM
   - AGES 10 & up • FEE $5
   - Instructor: Ron Suing, 4-H Volunteer and Liz Roseke, Extension Educator

9. **Amazing Engineering**
   - Explore the amazing world of remote controlled robots! No released classes unless class is already filled or canceled.
   - Confirmation letters and schedules will not be sent.
   - FRI, JUNE 19; 12:45–2:45PM
   - AGES 8 & up • FEE $3
   - Instructor: UNL Engineering Dept.
5th Graders Learn About Environment at Earth Wellness Festival

Nearly 3,500 Lancaster County fifth graders from 47 schools attended the 21st annual Earth Wellness Festival (EWF) on March 25 and 26 at Southeast Community College. Students rotated among 25-minute sessions and then attended a culminating activity with presenters, World Bird Sanctuary from St. Louis. Classrooms attending the festival featured presenters, World Bird Sanctuary from St. Louis. Classrooms attending the festival featured presenters, World Bird Sanctuary from St. Louis.

Hundreds of volunteers, area educators, environmentalists, government representatives, as well as donations from local businesses, made this educational experience possible. The festival is organized by eight local agencies, including Nebraska Extension in Lancaster County. More photos are online at http://lancaster.unl.edu/ewf.

Extension Associate Tracy Anderson presented a session about “Scat.” Students learned what various wildlife eats affects their scat (feces). Students recreated animal scat using Tootsie Rolls and other edible foods.

Extension Assistant Cole Meador presented “Wildlife CSI.” In the session, students looked at mock wildlife scenes and used clues such as tracks, feathers and nests to interpret what happened.

You’re Invited
Please join us for an important Community-Wide Breakfast

“Breakfast cost is $10 per person.
Registration deadline is May 6.
Please RSVP and register online at http://www.lcf.org/May12. Click here to register now.

Please invite others! This exciting community effort needs all of us.

Leaders of Lincoln’s largest public, private, and philanthropic charitable organizations fund Lincoln Vital Signs. They saw the need, desired a more comprehensive understanding of Lincoln and a way to share that information with the larger community.

Lincoln Vital Signs Funders:
Abel Foundation
City of Lincoln
Community Health Endowment
Cooper Foundation
Educare of Lincoln
Foundation for Lincoln Public Schools
Lincoln County
Lincoln Partnership for Economic Development
Lincoln Community Foundation
Nebraska Children and Families Foundation
United Way of Lincoln and Lancaster County
University of Nebraska Foundation
Woods Charitable Fund

Leaders from across our city have come together to launch Prosper Lincoln, a bold new initiative that will envision and enact a set of community-wide priorities to make Lincoln prosper even more.

hosted by Lincoln Community Foundation