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The NEBLINE, February 2003

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Access Extension’s Extensive Resources On the Information Highway

More and more Internet users are visiting UNL Cooperative Extension in Lancaster County’s Web site. Last year, the site received more than two million hits. People from around the globe access the site for reliable, research-based information. In addition, Lancaster County residents can find out about Extension’s events and activities, as well as get resources customized for local needs.

This past year, 1,000 pages of Web content were added to the Web site. That totals 3,000 pages of Web resources available to you 24 hours a day/ seven days a week. The site is updated continually with new resources for you and your family. The site consists of numerous educational resources, a program calendar, photos of events, multimedia clips and downloadable PowerPoint presentations. The site also has interactive features such as a searchable database, online registration forms, quizzes and Master Gardener Diagnostic Center. You can subscribe to Food Reflections Newsletter and Cook It Quick Updates: “How-to” message on food, nutrition, or food safety for health professionals, educators, and consumers.

The Lancaster County Extension Web site has won several awards: • The Ag and Acreage Web site was a national winner in the National Association of County Agricultural Agents Communications Awards • The Food Web site is rated “Among the Best!” by Tufts University Nutrition Navigator

The 4-H Egg Cam and “Head Lice Resources You Can Trust” Web pages have been selected by the National Science Teachers Association as a resource for their “Sci.Links,” an endeavor to connect textbooks to useful online content.

Several individual educational resources have received the Lightspan STUDYWEB Academic Excellence Award.

If you haven’t visited Lancaster County Extension’s Web site yet, we invite you to take a look!

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Family Living
4-H & Youth

Community & Home Living

An Inside Look at lancaster.unl.edu

4-H and Youth: Loaded with resources for 4-H leaders, parents and club members. Keep track of local activities, share ideas, and learn more about local clubs and members. Online questions/contact form.

Agriculture & Acreage: Drought Resources and the Farm Bill are two popular topics. Keep track of trends and quickly find information to answer your questions in the new “Frequently Asked Questions” section.

Environment/Natural Resources: Find information about the Biosolids program, water quality and youth education.

Family Living: Upcoming programs, parenting resources, families & divorce education, community programs. “Rate Your Family Strengths” online quiz.

Food Safety & Nutrition: New this year is the Food Safety for Home Cooking section — highly recommended for anyone who enters the kitchen. Includes food storage, cooking temperatures, preparing foods in advance, microwaving, using a slow cooker, grilling and much more.

Gardening: Timely articles and “To-Do Lists” focus on the unique needs of Lancaster County gardeners and plant enthusiasts. Past updates give you a heads-up on potential problems for your garden, landscape or houseplants.

Home Environment and Family Living: Find information on upcoming programs, household hints & help, healthy homes, Family & Community Education (FCE) clubs, and more.

Pests and Wildlife: This site continues to add wonderful photos (some submitted by local residents) of insects, spiders and more. Access head lice resources you can trust — watch the award-winning video online (in English, Spanish and Arabic).

Lancaster County NEP (Nutrition Education Program): Contains program successes and educational resources. Local teachers can sign up online for school enrichment kits.

The Nelnine Newsletter: View current/past issues online.

Lancaster County Web
Announcements: Sign up for free, weekly email updates of Web site highlights and program updates.

Web Cam/Egg Cam: Watch chickens, ducks, turkey’s and even peacocks hatch on Egg Cam. The eggs and chicks educate and entertain thousands. This includes classrooms like Ms. Farrar’s Kindergarten students who use their computers to track the progress of the eggs, and then email Lancaster County staff with their questions. New in 2003, the Egg Cam features streaming full-motion video.

Updates.

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UNL Cooperative Extension in Lancaster County

SATELLITE OFFICE

Lancaster County Extension
84th & Havelock, Lincoln
Open Wednesday 8 a.m.–4:30 p.m.;
Mon, Tue, Thur, Fri
8 a.m.–4:00 p.m. by appointment
Main office at 664 Cherry Creek Rd.
Phone for both offices: 441-7180
**Horticulture**

**Garden Things to do this month**

Order perennial plants and bulbs now for cut flowers this summer. Particularly good choices are phlox, daisies, coneflowers, asters and lilies.

Check stored bulbs, tubers and corms. Discard any that are soft or diseased.

Order gladiolus corms now for planting later in the spring after all danger of frost has passed. Locate in full sun in well-drained soil.

Temperatures between 40 to 50 degrees Fahrenheit are ideal. Warner temperatures will probably limit flower bud formation. Plants should receive full sun during this period.

Continue to water but limit fertilizer. When flower buds start forming, move the plant to a warmer location and increase humidity. (MUF)

**Azalea Plant Care**

Florist azaleas are not hardy in southeastern Nebraska and should not be planted outdoors for survival. However, they can be cared for as a regular blooming houseplant.

Make sure the soil does not dry out and the plant does not wilt. Many azalea soil mixes are composed of a high percentage of peat moss which dries quickly, especially when the plant is in full bloom. It may be necessary to water daily.

Submerging the pot and allowing the peat-like soil to absorb water, and then draining in the sink may be beneficial.

Once the petals have fallen, keep the plant in a cool, sunny location. Plants may be set outdoors in partial shade for the summer. Fertilize monthly with a houseplant fertilizer. Keep the soil moist, but not soggy. Keep the plant outdoors as long as possible in the fall, but bring indoors before a heavy frost.

In order for the plants to re-bloom, it is necessary to go through a cool, dormant period. Temperatures between 40 to 50 degrees Fahrenheit are ideal. Warner temperatures will probably limit flower bud formation. Plants should receive full sun during this period.

Flower buds start forming, move the plant to a warmer location and increase humidity. (MUF)

**2003 All-America Rose Selections**

Dazzling and unique colors stamp the four 2003 All-America Rose Selections (AARS) winners as gardener favorites to any garden. Add great vigor, wonderful form and disease-resistance and even an inexperienced gardener will be able to quickly establish a showplace with these nationally AARS tested roses.

AARS is a non-profit association of rose growers and introducers dedicated to the introduction and promotion of exceptional roses. Since 1938 the AARS seal of approval has granted outstanding new rose varieties that will withstand the test of time — and Mother Nature.

The four 2003 AARS winners — Eureka, Cherry Parfait, Hot Cocoa and Whisper are the “best of the best.” They’ve been at the “top of the class” in AARS test gardens across the country; proving they will do well in all climates.

For more information about AARS, visit online at rose.org.

**Eureka**

AARS, visit online at rose.org.

**Cherry Parfait**

The 2003 Grandiflora winner, Cherry Parfait, has an outstanding color and appearance.

**Hot Cocoa**

The 2003 All-America Rose Selection (AARS) award-winning floribunda offers a beautiful old-fashioned looking bloom of rich apricot yellow with four-inch flowers. In groups of three or five, Eureka offers a golden anchor to the border, a centerpiece or accent area. It will become very popular because of its abundant blooms, exceptional rebloom ability, glossy green leaves, easy-to-grow vigor and light fragrance.

**Whisper**

Hybrid Tea lovers will find the pureness of Whisper’s white color beautiful and attractive, one of the most stunning white roses introduced in the past decade. Whisper enchants the viewer with classically formed flowers of creamy white with dusty green, semi-glossy leaves. Very resistant to disease, Whisper is equally at home as a specimen plant or in a cutting garden. This rose will grow up to 5 feet by 4 feet and boasts five-inch flowers.

**Hints for Starting Transplants**

Starting flower and vegetable transplants at home can be fun. Growing quality transplant requires a seed, a sterile, well-drained growing medium, proper temperature and moisture conditions and adequate light.

Since the home is usually not the best environment for growing transplants, problems occasionally develop.

Poor or erratic germination of seed may be caused by improper planting, for example, planting too deep. Uneven moisture and cool temperatures can also cause problems. Medium to large seeds are sown at a depth of two times their minimum diameter. Fine seed is usually dusted on the surface of the seedbed. Cool potting mix temperatures, below 70 degrees Fahrenheit, delay germination. Maintain the proper temperature and even moisture conditions for rapid, uniform germination. Diminished germination usually associated with damping-off are a poorly drained potting soil and excessive watering high temperatures, excessive fertilization and crowded growing conditions are factors which contribute to spindly growth. It is best to grow the seedlings under artificial light. It is not necessary to have a fancy plant stand. A standard fluorescent shop fixture with one cool and one warm fluorescent tube works fine. For best results, the lights should be approximately 3 inches above the seedling. Raise the light as the seedlings grow. Leave the lights on 12 to 16 hours a day. When the first pair of “true leaves” appear, thin or transplant the seedlings. Allow the potting soil to become somewhat dry between waterings. The best results are transplanting are short, stocky, and dark green. Green algal or brownish fungal growth may appear on the soil surface near peat pots. While their appearance generally causes little harm, their presence usually indicates excess nitrogen levels. Allow the potting mix to dry somewhat before watering.

A lack of essential nutrients produces characteristic defi- ciency symptoms. Phosphorus and nitrogen deficiency symptoms sometimes occur on vegetable and flower seedlings. Phosphorus-deficient plants frequently have purplish leaves and growth is stunted. Yellow lower leaves may indicate a nitrogen deficiency. Other symptoms usually associated with nitrogen defi- ciency are stunted growth and small leaves. Apply a soluble fertilizer solution. (MUF)

**Forsythia**

Branches of forsythia, pussy willow, quince, spirea, and dogwood can be cut when collecting the branches and place the stems in a vase of water. Change the water every four days. They should bloom in about 3 weeks.

**Food for Birds**

Once the petals have fallen, Florist azaleas are not usually used containers should be free of any disease, pest, or fungus. (MJF)

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Voles are small, mouse-like rodents found throughout Nebraska. They are sometimes called meadow mice or field mice. Voles have short tails (about one inch long), stocky build and small eyes. Voles can cause problems by damaging lawns, gardens, tree plantings and other plants. There are many common species, the prairie vole, is found statewide. Meadow voles are also found throughout the state. Pine voles, or woodland voles, live in the woodlands of the extreme southern portion of Nebraska. Prairies are an important food source for many predators because they can help to keep populations of hawks, owls, coyotes, weasels, foxes, mink and badgers. Death rates for voles are very high. In the wild, the may not live longer than two months and few live longer than 16 months. Prairie and meadow voles normally have five to ten litters per year and average three to five young per litter. The gestation period is about 21 days. One meadow vole held in captivity had 17 litters during one year, totaling 83 young. One of the females from her first litter had 13 litters, totaling 78 young before she was one-year-old. Damage: One clue you may have or prairie and meadow voles in an area is by finding their surface runways. The voles make runways by clipping off grass and plants making a path about one to two inches wide (see image). Typically, homeowners call the extension office in early spring when they discover these paths after the snow melts. The voles damage woody plants during late-fall through early-spring when it is hard to find green vegetation. Voles tunnel through snow and may gnaw on trees and shrubs up to the height that snow accumulates during winter. If you discover voles, it doesn’t necessarily mean they have major property damage. But, it does mean that some populations can build up quickly and can be cause for concern. Before you decide to control voles, consider the extent of the problem in relation to the cost of control. For example, a few voles could damage a highly valued tree or flower bed and warrant control. At other times, you may even notice the voles or find damage, making control unnecessary. There is a relationship between vole populations and the level of damage you can expect. Prevention is more beneficial than population control after the damage has occurred.

Natural Insecticides Aren’t Always So Safe

Barb Ogg Extension Educator

Because of general misunderstandings floating around, there is a lot of confusion about “natural” pesticide products and it is an assumption “natural” pest control products are safer than synthetic ones. This is not necessarily true. The following was a response to an internet e-mail asking about “natural” products that have insecticidal properties.

Q. I purchased a home a year ago and am finding some insects around the home and garden. I have browsed your site and think it is the most informative I have come across. Are you aware of the use of natural products to control insects? I would like to use “natural” instead of man-made pesticides to control insects.

A. We don’t promote natural products because, in many cases, they are more toxic than some other pest control approaches that actually are much safer. We are more interested in having people use less toxic approaches than ones that are natural. But, there are many products available that are botanically natural.

Many plants have insecticidal/repellent properties. Because the insecticidal compounds in plants are often found in low concentrations, scientists have been working to identify these plant compounds, determine their effectiveness and either extracting them outright or synthesizing them so they can be produced more economically. Many products are already on the market.

Many people equate a product that is “natural” with “safe,” but this just isn’t true. nicotine, from tobacco, is a natural insecticide is very toxic—much more toxic than most synthesized insecticides. nicotine in the form that many of its uses have been cancelled by the EPA. The only form that is still available to the public is called Nico Soap. nicotine is an alkaloid. Other well-known alkaloids which DO NOT have insecticidal properties include caffeine (from coffee and tea), morphine (opium poppy), cocaine (coca leaves), strychnine (climbing trees and shrubs in the genus Strychnos), conine (spotted hemlock, the poison that killed Socrates) and LSD (even though LSD is considered a controlled substance, it is possible to make LSD in the news lately is ricin, a very poisonous toxin in caster beans. It is used to kill unwanted species in garden crops and rodents, and is not toxic to humans or insects.

Botanical Insecticides Include:

Pyrethrum — from chrysanthemum flowers. This naturally occurring chemical is unstable and breaks down into non-toxic products quickly after it is applied. It is quick-acting, with no residual activity, which means insects appear to die, but then revive. A synthesized synergist known as piperonyl butoxide is usually added to pyrethrum to increase its residual activity. There are many pyrethrum products labeled for many different uses.

Rotenone — from the roots of two types of tropical legumes (deris and cube). It has been used for generations as the ideal general garden insecticide because it is harmless to plants, highly toxic to insects and moderately toxic to warm-blooded animals. It leaves no harmful residues on vegetables and there is no waiting interval between application and harvest. It is both a contact and stomach poison and is sold as spray concentrates and a ready-to-use dust. It kills insects slowly, but causes them to stop feeding almost immediately. However, it is also highly toxic to fish and used to kill unwanted species in garden crops and rodents.
Chemigation Training
Feb. 18
Lancaster County Extension will conduct chemigation training Feb. 18 at 6:30 p.m. This training session is intended for initial certification or re-certification of chemigators (people who wish to apply fertilizer or certain approved pesticides in their irrigation water).

Producers seeking initial certification or who need to be re-certified, are encouraged to pre-register for the training session. Initial certification is $15 and renewal is $10. To pre-register, obtain an application form from the Lancaster County Extension office, 447 Cherry Creek Road, Lincoln, NE 68528.

People paying the fee for initial certification will receive a packet of written training materials by return mail. People who will be re-certifying should already have the materials. If you cannot locate yours, another set can be obtained for an additional $5 fee.

Chemigators are encouraged to study the materials prior to attending the training session as this should improve chances of passing the written examination. Also bring study packets to the training session as these will be referenced. All individuals are encouraged to bring a calculator and pencil to the training/testing session. (TD)

Unwanted Pesticide Collection March 17
A pesticide disposal collection will be held on Monday, March 17, 8 a.m.–noon at the Farmers Cooperative Company fertilizer plant on North 148th Street, Waverly.

Anyone with outdated or unwanted pesticides may bring them. Once received, the pesticides will be sorted and packaged for shipment to a certified incinerator for disposal.

No pre-registration is required. There is no charge for up to 1,000 pounds of product from individuals or firms. A charge of $1 per pound will be assessed for the amount over 1,000 pounds.

Pesticides Which Will Be Accepted
There are three main categories of pesticides that will be accepted:
• Unused, unneeded, old or damaged pesticides (includes insecticides, herbicides, fungicides, rodenticides and fumigants).
• Contents of all types (agricultural crops, livestock, homes, lawns, gardens, structural, commercial) including those in aerosol containers.
• Farmer-supplied electrical transformers containing PCB’s from renovated irrigation systems.

Pesticides Which Will NOT Be Accepted
Since different wastes need to be handled and disposed of differently, products that will not be accepted include:
• Pesticide products in pressurized cylinders
• Waste oil or oil filters
• Antifreeze
• Paints, varnishes and thinners
• Cleaners and solvents

Pesticides should be brought in their original containers with label intact, if possible, but pesticides which no longer have readable labels will be accepted. Remember to protect yourself and your surroundings when handling waste pesticides. You may need to wear personal protective equipment or, as a minimum, unlined neoprene gloves, when handling waste pesticides. If the pesticide container has been damaged, back it in another container that will hold the product if the first container should rupture while being transported. Use a container that can be left at the collection site if it becomes contaminated.

UNL Cooperative Extension in cooperation with the Nebraska Department of Agriculture, the Environmental Trust Fund, the Nebraska Fertilizer and Ag Chemical Association, and the Nebraska Department of Environmental Quality, is sponsoring pesticide collections at 18 sites across Nebraska. Due to anticipated tight funding, this may be the last statewide pesticide collection for several years. Don’t miss the opportunity to dispose of unwanted pesticides! (TD)

Farm Views

Computerized Financial Record Keeping Workshops
Held in Lincoln March 18

Lancaster County Extension will present the very popular Computerized Financial Record Keeping workshop series in four southeast Nebraska locations again this spring. The Lincoln workshop will be held Tuesday, March 18 from 9 a.m. to 4:30 p.m. in a computer lab in the Animal Science Building on East Campus. See right for other locations.

All instruction will be presented in a hands-on teaching style with participants performing the tasks being demonstrated by the instructors. Participants, therefore, should have a basic familiarity with using a computer and typing on a computer keyboard.

Instruction on computerized record keeping in this workshop will begin with the basics, no prior computerized record keeping experience is necessary. However, some prior experience with a hand-kept single entry accounting system (such as the extension blue book) would be useful. At a minimum, participants should have experience with keeping a check ledger, (preferably one that is periodically reconciled with bank statements).

To save time, much of the instruction on generating reports will be done using sample files that have been created to represent typical crop & livestock farming operation. Specifically, participants will receive instruction on:
• Setting up and starting your records,
• Developing a chart of accounts (categories) to key income and expense transactions to,
• Entering transactions into the ledger (single transactions and transactions that are split between multiple categories),
• Retrieving information in the form of various reports (including transaction reports and reports that are sorted and filtered according to various criteria),
• Dealing with term loans, such as a car loan, etc,
• Reconciling with the bank statement,
• Electronic Banking.

The concepts taught are applicable to any of several inexpensive computerized record keeping programs, with slight modifications in procedure. This workshop will be taught hands-on using Quicken 2003 BasicTM in the classroom.

Registration will be limited due to space and computer availability on a first-come, first-served basis. After the class is filled, a waiting list will be developed in case of a cancellation. If you are interested, please contact the extension office and ask to have a brochure and registration form sent to you.

Written step-by-step instructional sheets have been developed and are intended for use in the workshop and as reference materials to take home. Reference materials, lunch, refreshments and a conference parking pass are all included in the registration fee. The registration fee for each workshop is $40 for one person, $45 for two people sharing one computer with two meals and one set of handouts. Payment must be received with the registration form in order to hold your reservation. Please make your check payable to NU Cooperative Extension.

Registrants will receive conference parking permit and a map showing directions to the animal science building and where to park on campus.

To view/print the brochure for this workshop online go to http://lancaster.unl.edu/ag/recordkeeping.pdf. (TD)

Latest U.S. Drought Monitor Map
As of Feb. 4, Lancaster County is in Severe Drought conditions.

For the most recent map, visit www.drought.unl.edu/dm
Marketing is one of the most important factors determining the success of any fruit or vegetable farming enterprise. Direct marketing includes any method by which farmers sell their products directly to consumers. Justification for establishing a direct farmer-to-consumer marketing outlet is based primarily on the producer’s desire to increase the financial returns from farm production. This profit motive for increased returns stems from (1) opportunities to reduce marketing costs (and capture profits) attributed to intermediaries (middlemen) in the supply chain, and (2) consumer desire to buy (and willingness to perhaps pay a premium for) ripper, fresher, higher quality fruits and vegetables. These two factors combined have often generated substantial interest in the net returns for producers. When producers become the “retailer,” they have the opportunity to sell at or slightly above retail supermarket prices and avoid paying for the services of wholesalers and retailers. Bypassing intermediaries allows producers to capture a higher percentage of the consumer’s food dollar and thus enjoy a higher profit on a per unit basis. However, if growers expect to receive prices similar to those at retail outlets, they must provide the same value of services. Consumers have come to expect from other retailers and wholesalers. At a retail store, the price consumers pay for produce generally covers the costs of production, packing, transportation, wholesaling and retail merchandising. To receive higher net returns, producers must either provide the marketing services at a lower cost, provide a product that is more salable through other markets and/or eliminate certain unnecessary services.

Direct marketing may provide outlets for products that do not meet the specifica- tions of large commercial buyers. Sometimes direct marketing consumers actually desire products that vary from commercial standards in terms of size, maturity, appearance, volume or grade. For example, a tomato that is “fully ripe” might not be acceptable to supermarket buyers who are concerned with shelf life, but may be just the one that the direct marketing consumer wants for canning purposes. Thus, direct marketing involves matching the consumer with the product that otherwise might have been lost or culled produce into additional income by emphasizing “freshness” and “ripeness” attributes.

Direct farm-to-consumer marketing allows many producers to capitalize on individual comparative advantages (e.g., marketing services at a lower cost, advertising, etc.) by selling directly to consumers. This direct marketing may be the only viable marketing alternative for small farmers. A substantial number of producers use direct marketing channels to augment sales to wholesalers, retailers and processors to reduce the risk of relying on a single marketing channel. Although additional income is the primary motivation for direct marketing, several other factors may influence producer’s decision. Flexibility and the ease of market entry associated with direct marketing operations enable almost anyone with the desire and a few acres to become involved. Many producers favor direct marketing, especially consumer harvesting or pick-your-own operations, because of the reduced labor requirements associated with not having to harvest, grade, sort and pack produce. However, the most attractive aspect of direct marketing to some farmers is the opportunity to own their own business, be their own boss and do their own thing. This flexibil- ity allows them to determine their own product mix and to balance this production between consumer demand and individual talents for selling and market management. Producers with abilities in raising specialty crops (e.g., flowers, herbs, organic vegetables, etc.) have successfully used direct farm-to-consumer marketing to provide additional income or to supplement retirement incomes.

With the arrival of winter weather, fireplaces and wood stoves are once again warming our homes. Many hardwoods are well suited for use as firewood. Species such as ash and oak are ideal because they produce a high relative amount of heat, a slow rate of burn and have few sparks. Hardwoods generally are preferred over softwoods because they have a higher density, burn slower and do not contain sap or pitch, which lead to increased creosote buildup in the chimney. Firewood is usually sold as a standard cord. A standard cord is a stack of wood that contains 128 cubic feet of wood and air space. The actual wood content may vary from 60 to 110 cubic feet depending on the diameter of the bolts and the air space between them. A standard cord is usually visualized as a stack of wood four feet high, four feet wide and eight feet long. The weight of dry hardwoods varies from 2,000 to 5,000 pounds per cord depending on the species. Firewood is often sold locally by the pickup load where the actual volume greatly vary depending on the size of the truck bed, height of the stack and the stacking method. The only way to compare such units is to stack the wood in a neat pile and measure the height, width and length and divide by 128. Proper seasoning of firewood is very important. Properly dried wood will have a higher heat value than green wood, it is easier to light, less likely to throw sparks and less likely to cause creosote accumu- lation in the chimney. If you are purchasing firewood this late in the season, it is recommended that you buy seasoned firewood. Green firewood should be air-dried for one year prior to burning. Most of the drying occurs in the warmer months and very little drying occurs in late fall and winter. One can increase the rate of drying by splitting over- sized pieces and cutting the firewood to smaller lengths.

Firewood more than six to eight inches in diameter should be split to help increase the drying rate. Green wood should be stacked in an open area where there is good natural circulation. Use blocks to build up a small foundation to keep the first course of firewood off the ground. This will reduce insect infestation and increase airflow through the stack. The wood will become lighter and develop a dry, crumbly appearance. By selecting the proper species and burning dry hardwoods, it is possible to produce a slow burning, high heat producing, safe fire in your home fireplace or wood stove. (DJ)

**Selecting and Using Hardwood Firewood**

- Long length firewood is preferred because of reduced labor requirements associated with not having to harvest, grade, sort and pack produce. However, the most attractive aspect of direct marketing to some farmers is the opportunity to own their own business, be their own boss and do their own thing. This flexibility allows them to determine their own product mix and to balance this production between consumer demand and individual talents for selling and market management. Producers with abilities in raising specialty crops (e.g., flowers, herbs, organic vegetables, etc.) have successfully used direct farm-to-consumer marketing to provide additional income or to supplement retirement incomes.

**Direct Marketing**

**Direct Marketing**
Cleaning the Kitchen Cupboard: Can This Food Be Saved?

Alice Henneman, MS, RD
Extension Educator

Have you looked—REALLY looked—at the foods in your kitchen cupboards lately? Is it time to bid some foods a fond farewell? Should others be moved to a better location and/or storage container? Can you “revive” some aging foods so they still can be used? Read on for tips to help you decide whether to toss, move or try to save common foods.

The following storage times are based on food stored at a room temperature of about 70°F. The Food and Drug Administration gener-ally cited for maintaining best food quality. A range of times and temperature storage recommendations are given to allow for the age of the product when purchased, how long it has been open, etc. READ LABELS CAREFULLY—they often contain important storage information and recommended “use by” dates.

**Baking Powder**

- 12 to 18 months or expiration date on container.
- **Storage Tip:** Store tightly covered in a dry place. Make sure measuring utensils are dry before dipping into the container.

**Testing For Freshness:** Mix 1 teaspoon baking powder with 1/3 cup hot water. If it foams vigorously, it still has rising power.

**Baking Soda**

- 6 to 12 months.
- **Storage Tip:** Store tightly covered in a dry place. Make sure measuring utensils are dry before dipping into the container.

**Testing For Freshness:** Mix 1 teaspoon baking powder with 1/3 cup hot water. If it fizzes, then it will still help leaven a food. If it doesn’t fizzle, use it as an odor catcher in the refrigerator.

**Canned Foods**

- 1 to 2 years.
- **Storage Tip #1:** The Canned Food Alliance (www.nfaglims.org) recommends eating canned food within 2 years of PROCESSING for best quality. Many cans are safe past that limit.

**Food & Fitness**

Enjoy Nebraska Foods!

See “Red” on Valentine’s Day and throughout the year. The Produce for Better Health Foundation (PBH) calls red fruits and vegetables “Red-hot and Healthy.” They contain many health-promoting phytochemicals including lycopene and anthocyanins. Some “red” fruits and vegetables include red apples, cherries, cranberries, red grapes, pink/red grapefruit, raspberries, strawberries, watermelons, beets, red cabbage, red peppers, radishes, red onions, rhubarb and tomatoes. For additional red fruits and veg-etables and recipes, check the PBH Web site at www.saday.com.

Some “red” ideas for Valentine’s Day or any day include:

- Pasta with tomato sauce.
- Tossed salad with red bell peppers.
- Tossed salad with cherry or grape tomatoes.
- Tomato soup.
- Slow coleslaw with red cabbage.
- Cranberry sauce—use the bag of cranberries in your freezer you bought when they were on sale.
- Oatmeal topped with a heart shape made of dried cranberries.
- Raspberry smoothie—put 3/4 to 1 cup plain or vanilla flavored yogurt in blender. Add a few tablespoons of frozen raspberries at a time and blend until desired consistency. After blending, if desired, blend in 1 or more teaspoons of sugar or artificial sweetener to taste.
- Pink/red grapefruit half topped with a sprinkle of brown sugar.
- Red grapes make a great side to your sandwich for noontime nibbles.
- Frozen lowfat yogurt or ice cream with “real” strawberry sauce—see recipe below.

**Strawberry Sauce**

1 1/2 cups fresh strawberries or partially thawed frozen strawberries
1 tablespoon lemon juice
1/4 cup confectioners sugar

In a blender, blend strawberries with lemon juice and sugar until smooth.

Source: National Cancer Institute (NCI)

**Healthy Cooking**

with Spices & Herbs

Mardel Meinke
Extension Associate

Pathways is a residential community, administered by the Lincoln Medical Education Foundation to help young parents become self-sufficient. The Lancaster County Nutrion Education Program (NEP) has provided nutrition programs for Pathways families since 1997.

At a recent program, Pathways families had a lively discussion about the five food groups. Hands-on items, such as food, packaging, recipes and U.S. Department of Agriculture (USDA) information, served as inspiration for sharing. The topic of food safety was emphasized using items from the kitchen. The men and women also shared ways they save money shopping for food.

While the parents were learning and discussing ideas, their children were involved in separate groups talking about “everyday foods” vs. “sometimes foods” and preparing healthy snacks they can make at home.

At the next session, families utilized their skills preparing a meal for the group of 55 parents and children. The adults worked in teams to prepare turkey and rice skillet dinners, vegetables, fruits, breads and healthy desserts. Their children prepared a very colorful fruit salad to accompany the meal. While everyone moved through the serving line, a 6-year-old girl proudly shared she had helped make the fruit salad. This was a great way to involve the children in the preparation of the meal and also encourage them to eat healthy.

Parents who attended both sessions were awarded the NEP cookbook, The Cook’s Helper. Several commented they learned a lot about the food groups and plan to eat healthier foods, including less “fast food.” One dad said he learned about whole wheat bread. A mom said she liked learning about different food combinations. Another mother reported she will do weekly menus and shopping. Still another mom plans to make oatmeal for breakfast as a good source of whole grains. While preparing the “Colorful Corn” recipe for the meal, one mother refused to use a dented can because the potential dangers of foods from dented cans had been emphasized. Many of the parents said they liked the recipes that were prepared for the meal and plan to utilize them at home.

There were many successes for the Pathways’s adults and children as a result of this opportunity to focus on incorpo-rating the five food groups into a healthy diet.

Web Resource for February

Check our “Food Theme Month Links” at lancaster.unl.edu/food/cooking.htm for information that will be helpful to you during each month of the year.

To keep up-to-date on new tips, resources and recipe ideas to help you prepare healthy foods in a hurry, sign up for our monthly Cook It Quick e-mail messages at lancaster.unl.edu/food/cookital.htm

Free class on Healthy Cooking with Spices & Herbs on Thurs-day, March 20, 7-8:30 p.m. At the next session, families will discuss and learn about the five food groups. Hands-on items, such as food, packaging, recipes and U.S. Department of Agriculture (USDA) information, served as inspiration for sharing. The topic of food safety was emphasized using items from the kitchen. The men and women also shared ways they save money shopping for food.

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Kitchen Cupboard Management 101

Once you’ve sorted, tossed, moved and/or repackaged and perhaps revived some foods, here are a few tips to take control of storing foods in your cupboard:

- If you tossed portions of expired foods, buy a smaller container next time.
- Keep a permanent marker pen in your kitchen and put the date—month and YEAR—you purchased the food on the container.
- When in doubt about storage times, call the company (many have toll-free numbers). Check if the company has a Web site that might answer your questions.
- You can’t determine how old a food is and the container contains no “use by” date, check for a production code on container. If it’s not possible to decipher the production code, call or write the company or check if this information might be given on a company Web site.
- Practice “first in, first out,” or what food service profession-als refer to as FIFOs, for foods. If you have purchased several containers of the same type of food, arrange the containers so you reach for the oldest package first.

If it fizzes, then it will still help leaven a food. If it doesn’t fizzle, use it as an odor catcher in the refrigerator.

**NEP for Limited Resource Families**

Mardel Meinke
Extension Associate

The NEP program provides nutrition education classes and support for Limited Resource Families. The Lancaster County Nutrition Education Program (NEP) has provided nutrition programs for Pathways families since 1997. At a recent program, Pathways families had a lively discussion about the five food groups. Hands-on items, such as food, packaging, recipes and U.S. Department of Agriculture (USDA) information, served as inspiration for sharing. The topic of food safety was emphasized using items from the kitchen. The men and women also shared ways they save money shopping for food.

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Lines from Lynn

Lynn Bush
FCE Council Chair

As I write this, I am snuggled up in a quilt in front of the fireplace. Dog’s asleep on one side of me, cat on the other. Husband at work, son, son at school... all the good life. Oh yes, I also have a cup of hot chocolate. I could get used to this picture quite easily.

As I try to pen something clever, I have to wonder what happened to last week and those warm 40 degree days. This actually feels like winter. If we get some of the snow that’s predicted, it will also look like winter. For those of you who are not accustomed to the cold (I just plain don’t like it), spring is just around the corner.

Mark your calendar for March 24, 1 p.m. at the extension office, our next FCE Council meeting. It will be hosted by Beltline and 49ers.

Thank you to all the “regulars” who attend council meetings and activities. If you have never been to a council meeting or haven’t been for awhile, please come to the March meeting. Everyone is invited to attend all FCE activities and council meetings. You may run into an old friend. You will definitely meet new friends.

Spend time together, learn to see everyday examples we set in our children’s lives. The way in which we deal with conflict, the tone of voice we use in answering questions are all essential in character education. The following are a few tips from research.

• Spend time together, learn to really listen, and talk through issues and how your family would deal with them. Show your children they are a priority in your life.
• Try to be cheerful and ignore their moods as much as you can. (LJ)
• Try to not tell your teen what to do. Ask for his/her cooperation. Other choices when you can.
• Be sure what you expect of your teenager exactly what will happen if the rule is broken. Be clear about what is for and what is not allowed.
• Appearance (hairstyles, clothing, etc.) is important to all teenagers. Set rules about your teenager’s appearance only when it really matters to you. For example, “Going out to dinner.”

Many choices. The personal values we have help us to make those choices and so there is no better time than the present to “Practice what we preach.”

What we hold true in our lives is demonstrated by the everyday examples we set for our lives. The “little things” are the big things when it comes to developing moral fiber in our children’s lives. The way in which we respond to need, the attitudes we take in according our chores, the tone of voice we use in answering questions are all essential in character education. The following are a few tips from research.

• Spend time together, learn to really listen, and talk through issues and how your family would deal with them. Show your children they are a priority in your life.
• Talk about the things that are important to you. Take an example from a television or news article and ask your family “what would we do in our home if this happened?”
• Model the actions you expect other children to take. Children learn from the examples we set much more than from the words we speak. Raise a child with character; a child who will do the right things and make the right choices in the journey of life.

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Education Center, 444 Cherrycreek Road, Lincoln. This lesson will focus on some of the new beef convention products as well as include beef nutrition.

March FCE Council Meeting

The March FCE Council meeting will be Monday, March 27, 1 p.m. Plans to have a speaker on fraud are in the making. Watch for details in next month’s Nebraska FCE Heritage Arts Contest

Heritage Skills Contest categories for this year are Photography; Quilting and Original Heritage Skills. Bring your finished items to the March Council meeting. County winner in each category will enter into the State Contest at FCE Convention in August.

Photography: Black and white or color photograph frames, not smaller than 8” X 11, to prevent possibility of loss, following theme of “Nebraska, The Good Life.”

Other Heritage Skills: Article made using early day skill, not in other category such as quilting, scrimplaw, leather craft, tin punch, wheat weaving, basketry, dyeing, lace making or other.

All entries must be original (patterns may be used, but not a complete kit), ready to exhibbit, hang or display. It can be traditional patterns or completely created by exhibitor. (LB)

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There is no question we live in challenging times. Threats of war, violence, crime, plunging stock markets, corporate corruption and a loss of civility in many aspects of our lives have contributed to general unrest and uncertainty. Some-times adults make excuses for their behavior and give reasons their children can or cannot be held accountable based on what is happening in the general population. Peer groups add pressure to children’s actions, many times leading to negative outcomes.

As parents, it is important for us to provide a lifetime and stability for our children. One of the best ways to do this is to be a good role model. As parents we set the model for what our children see as important to us.

Every day we are faced with many choices. The personal values we have help us to make those choices and so there is no better time than the present to “Practice what we preach.”

What we hold true in our lives is demonstrated by the everyday examples we set for our lives. The “little things” are the big things when it comes to developing moral fiber in our children’s lives. The way in which we respond to need, the attitudes we take in according our chores, the tone of voice we use in answering questions are all essential in character education. The following are a few tips from research.

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In this busy world we live in, we try to squeeze every minute out of every day and in so doing often deprive ourselves of the amount of sleep necessary for optimum health. The same is true for our young children. Very often the result of our busy schedules, our routines are disrupted. It may be helpful to review how much sleep young children actually need. First, however, it is important to understand each child is unique and so are their needs for sleep. It can be reassuring to know what is considered average or typical for different ages.

What to Expect

Almost all children benefit from a consistent bedtime and a routine to prepare for bed. The routine can be listening to music, reading a story or can begin with a warm, relaxing bath. It is the security of knowing what to expect and preparing for rest that makes a routine effective. Other sleep needs vary according to the ages of children.

Birth to Six Months

Newborn babies sleep more than they are awake, typically sleeping 16 to 18 hours per day. Infants usually have four sleep cycles a day and need at least two naps or depending on the length of the nap.

Six Months to 1 Year Old

The six month old baby develops a routine which typically includes two naps and about 12 hours of sleep at night. Infants this age go through the phases of sleep, which include a light phase of crying, movement or restlessness.

1–2 Year Olds

The one-year-old will begin to decrease his need for sleep. A total of 12 to 13 hours of sleep out of every 24 hours is typical. This may involve one or two naps. Over time naps will decrease in length.

2–3 Year Olds

Toddlers usually need only one nap but still need between nine and 12 hours of total sleep. Most two-year-olds take a two to three hour nap after lunch, but some children this age need much less. Unless a child shows signs of being overly tired or crabby due to lack of sleep, it is not necessary they take a nap at this age.

Celebrate march, the month of energy conservation. The Ohio State University Family Tapestries are a wonderful way to introduce the concept of energy conservation to the young child. The Tapestries are all made from old, used materials and all are handmade. Each Tapestries features a different energy conservation practice.

• Turn off lights when not in use.
• Use energy-efficient bulbs.
• Use fan to cool room before turning on air conditioning.
• Be sure to turn off lights and appliances when not in use.

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Kiwani Karnival

Karnival time is here! The Kiwanis Karnival is a free family event sponsored by Lincoln Center Kiwanis. It is scheduled for Saturday, April 5, 7-9 p.m. at the Lancaster Event Center, 844th & Havelock, in the Exhibit Hall. All 4-H families are invited to attend this fun and free activity. 4-H club families are needed to provide carnival-type game booths for the evening. Each booth will have an area 4' x 6' to use. Prizes are provided. If your club or family would like to provide a booth, call the extension office to register by March 28. There will be bingo for the adults and treats for all. Plan now to attend this fun, family activity. For more information, call Lorene at 441-7180. (LB)

Speech Workshop and Contest Dates Set!

There will be a Speech and Public Service Announcement Workshop Tuesday, Feb. 25 at 6:30 p.m. at the Lancaster Extension Education Center to help youth who are just starting or continuing their 4-H speech career.

The 4-H Speech Contest will be Sunday, March 16 at 1:30 p.m. at the Nebraska State Capitol in the hearing rooms. This contest is open to all 4-H youth, ages 8-18. Speech entries must be called in by March 7 at 441-7180. For more information, call Deanna at 441-7180.

Booster Needed

The Lancaster County Booster Club is looking for both a beef and swine representative. If you are interested, please call Deanna at 441-7180. Duties include only making a few phone calls to past county fair trophy sponsors to obtain money for this years fair. We hope you want to join our fun group! (DK)

2003 4-H Calendar

(All events located at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln unless otherwise noted)

4-H Club Leader Training

March 11

All 4-H leaders are invited to attend the Tuesday, March 11, leader training at 9:30 a.m. or 7 p.m. This training will be targeted to those newer organizers, project leaders and parents whose 4-H club started within the past three years. Leaders and parents will learn more about 4-H club management, activities and projects. Please bring your questions, concerns and success stories. MUST call 441-7180 to RSVP by Friday, March 7. (TK)

Program Ideas Needed!

Want to learn about animal nutrition, breeding, grooming or maybe about careers in agriculture? There is an agricultural program that you would like to see in this county? I am just starting to plan educational programs for this summer and would like to do programs that interest you. Please call Deanna at 441-7180 with your ideas. (OK)

Interested in Trapshooting?

If you are interested in Trapshooting (shotgun), and are 12 years old by January 1, 2003, contact Richard Marshall at 476-8126. Must have hunter safety card prior to competition which begins mid-March. (TK)

Join the Technology Team

The Nebraska 4-H Youth Technology Team is seeking high-school-aged 4-H ers for this year’s Technology Team! The Technology Team is a group of youth who serve to promote the responsible use of computer technology in the Nebraska 4-H Program, act as resource people and assist with computer-related 4-H projects, design and update Technology Team and other 4-H related web sites and achieve other goals set by each year’s team. Visit ctep.unl.edu for more information and to apply. Applications must be submitted by April 1. (TK)
The Stars Were Out at Achievement Night

At 4-H Achievement Night on Feb. 4, 4-H’ers, 4-H clubs and 4-H leaders were recognized for their achievements. The event was held at Morrill Hall, and after the awards presentation, 4-H’ers and their families could attend a planetarium show and tour the UNL State Museum. The evening was sponsored in part by 4-H Council and University of Nebraska-Lincoln.

A complete list of award, scholarship, and pin recipients (as well as additional photos) visit online at Lancaster.unl.edu/4H.

1. Rebecca Fiala, 4-H Council President
   Keith Dey and Rachel Rentschler

2. Lois Mayo received the 4-H MERITORIOUS SERVICE award. She is the Curriculum Specialist for Science at Lincoln Public Schools and has strongly supported 4-H School Enrichment programs.

3. Rebecca Fiala and Rachel Rentschler were presented I DARE YOU awards for their growth in leadership. Rachel Rentschler is president of 4-H Teen Council.

4. CHARTER CLUBS:

5. Speaking Corner

6. A "Heart of 4-H Award" is awarded OUTSTANDING 4-H MEMBER. She has been a 4-H member for 9 years, is vice-president of 4-H Council and vice-president of 4-H Teen Council.

7. Scholarship for Nebraska 4-H’ers
   - Orschlen Industries Foundation Scholarship
   - Three scholarships ($800–1000).
   - Must be attending University of Nebraska-Lincoln, College of Agricultural Sciences and Natural Resources for one or more college scholarships.

8. For a complete list of award, scholarship, and pin recipients (as well as additional photos) visit online at Lancaster.unl.edu/4H.

9. Pre-4-H Deadline are published in Calendar on opposing page. Fairbooks are tentatively set to be mailed out in March.

10. Guam Passage
   - L–R) Rebecca Fiala, 4-H Council President
   - Keith Dey, Nicole Pedersen and Laura Cassel

11. A "Heart of 4-H Award" is awarded OUTSTANDING 4-H MEMBER. She has been a 4-H member for 9 years, is vice-president of 4-H Council and vice-president of 4-H Teen Council.

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15. 4-H Theme Night at Saltdogs June 20
   - Lancaster 4-H Council is sponsoring “Discover 4-H” event at the Lincoln Saltdogs baseball home game on Friday, June 20th “4-H Centennial” theme night at the Saltdogs last year was attended by more than 1,000 4-H’ers and family members! Ticket information will be published in upcoming NEUBLINES.

16. National Anthem Tryouts April 5 & 6
   - The Saltdogs are holding National Anthem auditions on April 5 (10 a.m.–4 p.m.) and April 6 (12 noon–5 p.m.) at Haymarket Park. 4-H’ers who would like to sing the National Anthem during “Discover 4-H, Discover You!” Saltdogs game MUST participate in these auditions and request to perform at the 4-H theme game. Candidates MUST register in advance by contacting Jamie Van Sossan at 441-4181.

17. A "Heart of 4-H Award" is awarded OUTSTANDING 4-H MEMBER. She has been a 4-H member for 9 years, is vice-president of 4-H Council and vice-president of 4-H Teen Council.

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Scholarships for Nebraska 4-H’ers

The following scholarships available to Nebraska 4-H’ers, high school seniors are due March 1. For more information and for applications forms, visit online at 4h.unl.edu.

Loewenstein Scholarship: One or more college scholarships ($800–1,000). Must be attending University of Nebraska-Lincoln. College of Agriculture majors preferred, but not limited to those majors.

R. B. Warren 4-H Horse Educational Scholarship: One or more scholarships ($200–1,000). Currently enrolled in and active in the 4-H horse program. Must attend the University of Nebraska-Lincoln, College of Agricultural Sciences and Natural Resources and major in agriculture or closely related area.

Orschlen Industries Foundation Scholarship: Three scholarships ($1,000 each). May attend any college or university in the United States offering a four-year program in agriculture or ag-related sciences. Preference will be given to those with keen interest in the family farm and a resident of selected counties (Lancaster county is one).

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4-H Theme Night at Saltdogs June 20

CLOVER COLLEGE will be June 24–27 Presenters, volunteers and workshop ideas are needed! Call Tracy Kulm at 441-7180 if you’d like to contribute. Last year, there were 26 workshops and a total of 278 registrations!

COMMUNITY SERVICE CORNER

4-H Theme Night at Saltdogs June 20

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THE NEUBLINES

Page 9

FEBRUARY 2003
LaDeane Jha Retires After 30 Years

FOOD SAVED?
continued from page 6
cones will include a “for best quality use by” date stamped somewhere on the can. In a well run and busy store there should be a fairly constant turnover of canned goods, with cans on the shelf only a short time before you purchase them, according to the Canned Food Alliance.

• Storage Tip #2: Avoid refrigerating OPENED canned foods in their can. Food can develop an off-odor from the can, once opened.

Flour
• White flour: 6 to 12 months at room temperature; up to two years in your refrigerator; indefinitely in the freezer
• Whole wheat flour: 1 to 3 months at room temperature; about 6 months in the refrigerator; up to 12 months in the freezer.

• Storage Tip #1: Store in a cool, dry place. It’s important to store flour in an airtight container or freezer bag to preserve the flour’s moisture content. Exposure to low or high humidity will affect the flour’s moisture content and may influence the outcome of a recipe.

• Storage Tip #2: For longer storage, flour should be stored in an airtight container or freezer bag in the refrigerator or freezer.

• Storage Tip #3: The Wheat Foods Council recommends allowing refrigerated or frozen flour to warm to room temperature before using.

Honey
• 12 months.

• Storage Tip: Honey stores best at room temperature. It tends to crystallize more rapidly, a natural process in which its liquid turns solid, in the refrigerator.

• Revitalizing Crystallized Honey: The National Honey Board (www.honey.com) recommends revitalizing crystallized honey by placing the jar in warm water and stirring the honey until the crystals dissolve.

Popcorn
Other Than Ready-to-Pop Microwave Popcorn
• 2 years.

• Storage Tip #1: Store in an airtight glass or plastic container in a cool place, such as a cupboard.

• Storage Tip #2: The National Popcorn Board (www.popcorn.org) recommends storing popcorn in the refrigerator. The kernels are more likely to dry out in the refrigerator and do not pop as well. It’s the water inside a popcorn kernel that expands when the popcorn is heated, causing the kernel to explode or “pop.”

INSECTICIDES
continued from page 3
are older botanical insecticides, but no products containing these active ingredients are currently registered in Nebraska.

Inorganic insecticides:
Boric acid – Products containing boric acid were widely used for cockroaches and other crawling insect pests in the 1930’s and 1940’s and it is more popular than ever. It is long lasting—especially when placed in wall voids. It works primarily as a slow-acting stomach poison. It is the active ingredient in some readily available over-the-counter bait product sold for ants and cockroaches.

Insecticidal soaps
Soap dilutions have been used to control soft-bodied plant pests like aphids, spider mites and mealybugs since the 18th Century. Soaps disrupt the cuticle and act to "drown" exposed insects. Effective insecticidal soaps are the potassium salts of fatty acids. Products containing soaps primarily target garden and ornamental pests.

To find out what pesticides are registered in Nebraska, search the Nebraska Department of Agriculture Website at www.ag.state.ne.us/division/hmi.htm and click on the button [Pesticide Databases: Products/Applicators/Dealers].

SLEEP
continued from page 7
3 Year Olds and Up

From preschool through early elementary, children need less sleep, with a range of nine to 11 hours being typical. They may or may not need a nap, but many still enjoy a period of “quiet time” after lunch. This might involve reading a book or listening to quiet music. Nightmares are common in young children, particularly at this age when they can’t easily distinguish between reality and fantasy.

I turn to know your child and make sure they are getting the sleep they need to function well at each stage of their development. (LJ)

Miscellaneous

Free Chicks!
If you are interested in receiving free baby chicks hatched in the Embryology project in Lancaster County schools, please call Ellen at 441-7180 and leave your name, phone number, number of chickens you’d be interested in taking and whether you’d like them in February (available either the 14th or 18th), March (available either the 21st or 44th or May (available either the 16th or 19th). You will be called the morning we have chickens available for you, and we will have them in the office ready to be picked up between 3:30 and 4:15 p.m. that day. (EK)

This former Link is making connections at Nebraska.

MARLENE GRAYER, a Lincoln High alum and a sophomore pre-elementary and hearing impaired education major at the University of Nebraska-Lincoln, likes new experiences. She plays women’s rugby and is a member of the African Union’s Union and the Mexican American Student Association.

She lives of children: “I’ve always brought such joy to my life. I want support’ I get here at Nebraska, and about my progress.’ For diverse experience...
**Extension Calendar**

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

### February 2003

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<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>13</td>
<td>4-H Rabbit VIPS Committee Meeting</td>
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<tr>
<td>14</td>
<td>Extension Board Meeting</td>
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<td>Commercial Pesticide Applicator Training - Recertification</td>
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<tr>
<td>16</td>
<td>Chemigation Training</td>
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<tr>
<td>17</td>
<td>Commercial Pesticide Applicator Training - Initial Certification</td>
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<tr>
<td>18</td>
<td>Family Community Education (FCE) Leader Training</td>
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<tr>
<td>19</td>
<td>4-H Speech and Public Service Announcement Workshop</td>
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<tr>
<td>19</td>
<td>Nitrogen Certification Training</td>
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### March

<table>
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<tr>
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<td>4-H Council Meeting</td>
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<td>5</td>
<td>4-H Speech Contest Entries Due</td>
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<td>6</td>
<td>4-H Teen Council Meeting</td>
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<td>7</td>
<td>4-H Horse VIPS Committee Meeting, Lancaster Event Center</td>
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<tr>
<td>8</td>
<td>4-H New Leader Training (RSVP required)</td>
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<td>9</td>
<td>4-H Rabbit VIPS Committee Meeting, Lancaster Event Center</td>
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<td>10</td>
<td>Extension Board Meeting</td>
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<tr>
<td>13</td>
<td>4-H State Horse Bowl, Public Speaking and Demonstration</td>
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<tr>
<td>14</td>
<td>4-H Speech Contest, State Capitol</td>
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<td>15</td>
<td>Unwanted Pesticide Disposal, Wawler Farmers Cooperative</td>
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<td>16</td>
<td>Healthy Cooking with Spices &amp; Herbs, Bryan/GH Wellness Center East</td>
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<tr>
<td>16</td>
<td>Computerized Farm Financial Recordkeeping Workshop</td>
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<tr>
<td>16</td>
<td>4-H Rabbit Clinic, Lancaster Event Center</td>
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<td>Family Community Education (FCE) Council Meeting</td>
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<td>19</td>
<td>Acreage Owners Expo, ARDC near Mead, NE</td>
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**The NEBRINE**

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**Chalabi, President of Iraqi National Congress, To Speak at UNL March 6**

Ahmad Chalabi’s Thompson Forum address will look at the future of Iraq, a country gripped by internal dictatorship and geopolitical exigency. Chalabi may not yet be a household name, but he may soon be in the headlines. As the president of the Iraqi National Congress, an umbrella organization trying to overthrow Saddam Hussein, Chalabi’s name is well known to both Democrats and Republicans in Washington, DC. In exile since 1996, Chalabi and his supporters have been waging a public relations war in an attempt to get Western countries, particularly the United States, to support an INC-led insurrection to topple Hussein.

A cooperative project of The Cooper Foundation and the University of Nebraska—Lincoln, the E.N. Thompson Forum on World Issues began in 1988 as the Cooper-UNL Forum on World Issues, with a mission of promoting better understanding of world events and issues by Nebraskans. In 1990, the name of the series was changed in honor of E.N. ‘Jack’ Thompson (1913-2002), a 1933 graduate of the University of Nebraska-Lincoln who served as president of the Cooper Foundation from 1964 to 1990 and as its chairman from 1990 to his death in 2002. (GJ)

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**Discover 4-H Camps!**

4-H camps are open to all youth ages 5-19. 4-H membership is not required. There are more than 35 summer camps in Nebraska, including the Eastern Nebraska 4-H Center at Gretna. 4-H camps are open to all youth ages 5-19. There are more than 35 summer camps in Nebraska, including the Eastern Nebraska 4-H Center at Gretna.