1-1-2004

The NEBLINE, January 2004

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Part of the Agriculture Commons

Living on an acreage or farm has its rewards and challenges. As the home slows the wind and improves the overall environment, windbreaks conserve energy, provide snow control, improve working and recreational environments, provide visual screening and controls dust. Windbreaks definitely enhance living in the country. Another thing you will find in the country is a diverse variety and increased number of pests. Pests that eat your vegetable crops as well as your landscape plants and pests that invade your home. Critters you have never seen before or will never want to see again will visit you.

A well designed windbreak around the yard, but that your home should be protected from contamination. By identifying development potential risk to your home.

The home owner. The primary treatment is to manage the growing environment to reduce weed competition and how to use chemicals effectively.

To control weeds and pest, reduce the need for weed control and increase production and profitability. Learn how to manage and grow happy corn. control and how to use chemicals effectively.

Properly managed pastures and hogs. The focus of this program will be to teach participants how to install, design and manage your own windbreak system. The primary treatment is to provide visual screening and controls dust. Windbreaks definitely improve working and recreational environments, provide visual screening and controls dust. Windbreaks definitely enhance living in the country. Another thing you will find in the country is a diverse variety and increased number of pests. Pests that eat your vegetable crops as well as your landscape plants and pests that invade your home. Critters you have never seen before or will never want to see again will visit you.

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Caring for Florist Azaleas

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 warmer location. Swimming the plant outdoors is 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°F are ideal. Warm 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. (MJF)

Starting Avocado Seeds

Avocado seeds may be started in a glass of water or in a moist, porous soil mixture. Either will work, but the soil method will provide faster results. If the seed is started in water, insert three or four toothpicks in the seed about half way down the sides.

Next, fill a small glass with water to the brim and place the seed in the glass, flat end down, so the toothpicks rest firmly on the brim. The toothpicks should be supporting the seed so that the pointed half is out of the water and the bottom half is in the water. The sprouting tip will come out of the pointed end, so be sure the flat end is immersed in water.

Place the glass on a sunny window sill or some other well lighted spot. Add water as needed to keep the bottom half of the seed wet all times.

After many weeks, a small root should appear from the flat end, and there should be signs of a small shoot at the pointed end. Tiny leaves will develop and grow on this shoot. Lower, when the main stem emerges, plant the seed in a container with house plant potting soil. If the avocado seed is started in soil, fill a large container with house plant potting soil. Plant the seed so that the pointed end is just under the soil surface. Keep the soil moist until the avocado plant is established.

Water the plant often enough to keep the soil moist but not wet. A wet soil will result in curled leaves and soft stems. A dry soil will cause dry leaves that eventually fall off. Avocado plants should be fertilized every three months with a standard houseplant fertilizer.

Also, remember that avo- cado plants require good, indirect light. Because avocado plants grow into trees, provide them with plenty of growing space. Avocados are not hardy in Nebraska and will not survive the winter outside. (MJF)

Horticulture Information Center

NUFACTS 24 hours a day, 7 days a week 1-800-832-5441 or 441-7188 in the Lincoln area

to listen to a NUFACTS information center message, call 441-7188. For a three-digit number, enter any of the NUFACTS message numbers.

NUFACTS

117 Tree Snow Damage
124 Wood for Fireplace
137 Del-Icing Salt Injury
210 Amethyst
212 Silver Leaf
213 Prayer Plant
214 Houseplant Insects
215 Cyclamen
217 Boston Fern
218 African Violet Care
220 Houseplant Leaf Yellowing
222 Winter Houseplant Care
223 Repotting Houseplants
224 Houseplant Artificial Light

Growing Norfolk Island Pines

The Norfolk Island pine is an evergreen plant suitable for a houseplant. It can be used in a variety of decorative purposes. In its native habitat, it can grow to a height of 220 feet with a trunk up to 10 feet in diameter. As a small plant, it is very uniform with branches parallel to the ground. These branches have rows of soft, bright green, half-inch long needles that taper to a fine point.

The Norfolk Island pine is a long lasting houseplant that grows to 3 to 6 inches a year. A large Norfolk Island pine makes an excellent display in entrance halls or foyers and presents a good first impression of the home or office. Smaller plants are handsome attractions for coffee tables, desks and end tables.

Norfolk Island pines grow well in indirect sunlight. Night temperatures of 50 to 55°F and day temperatures of 68 to 72°F are optimal for plant growth. However, the Norfolk Island pine will tolerate temperatures between 45 and 85°F. The soil should be kept only lightly moistened. This plant does not require as much water as most common houseplants. It cannot tolerate soggy or saturated soil. Norfolk Island pines do not require frequent fertilization. Use any complete houseplant fertilizer and follow the label recommendations.

These pines need to be repotted every three to four years to allow for growth. (MJF)
Rabbits can cause damage any time of year. In winter, rabbits grow tender bark off of young trees and shrubs and eat the green, inner bark. During the spring, rabbits prefer young, growing vegetation, like tulips, garden vegetables (carrots, peas, beans, lettuce, beets) and grass. Don’t wait until your precious new plantings disappear. Take action now to prevent damage from rabbits.

Exclusion
A one-inch mesh fence of poultry netting (chicken wire) works well to protect gardens and perennial flower beds. For cottontail rabbits (found in southeastern Nebraska), use a fence at least two feet high. If snow is on the ground or predicted, you may need to make the fence higher. Consider fencing rabbits out of your entire backyard. This is easily done if you have a pre-existing wood or chain-link fence. Just add the rabbit fence to the bottom of your pre-existing fence. (Note: Chain-link fence does not keep young rabbits out of your yard.)

Fencing can be used to protect individual trees and shrubs by placing cylinders of hardware cloth or wire mesh around the trunks (see illustration below). For small flower beds, construct a lightweight frame at the anticipated height of the flower blossoms and then shape plastic mesh netting to fit it. Modify habitat and choose plants rabbits don’t care for. For cottontails, remove brush piles, tall weeds and other areas that rabbits use for shelter. For jackrabbits, you need to do the opposite by encouraging tall, dense vegetation. As for plants: rabbits eat most plants when food is in short supply. However, plants with strong aromas or dense hair are typically avoided by rabbits.

Frightening
A number of creative tactics have been used to try to frighten rabbits. These are limited to a range of just a few feet and unfortunately, rabbits quickly get used to them.

Repellents
Chemical repellents are short-lived and have to be reapplied after you water plants, rain or when there is new growth on the plant. Odor repellents also dissipate after a while and need reapplied. Make sure you read the label before applying any repellent.

Trapping
If you live in Lincoln, check with Animal Control at 411-7900 for regulations related to trapping and removing rabbits. If you live in rural Lancaster County, check with Nebraska Game and Parks Commission at 471-6641 or your municipal authority for permits to remove rabbits outside of hunting season.

Good cold-weather baits for traps include cabbage, ear corn, dried apple and dried alfalfa or clover. During winter, place traps in sheltered areas and cover them with heavy cloth or cage to guard the captured animal against cold. Consider placing boards or 1-foot high fences alongside traps to help funnel rabbits into the traps. If you trap a rabbit, approach the trap slowly and quietly to keep the animal from injuring itself. Rabbits should be released safely in areas with suitable habitat and where they are not likely to cause future problems.

Shooting
Cottontails and Jackrabbits are game species in Nebraska. About 10,000 hunters harvest between 50,000 and 100,000 rabbits each year in Nebraska. Rabbit hunting with firearms is permitted during fall and winter with a small game hunting permit. Check with the Nebraska Game and Parks Commission for details at 402-471-0651.

Prevention and Control of Rabbit Damage

Birds Need Water in Winter Too
A dirty bird is not happy and neither is a thirsty one. Providing a clean water source year-round attracts birds for drinking and makes it easier for them to find food. A bird bath is a great addition for convenience and for keeping the water open and available when birds need it.

Birds need water in winter too. In cold weather, birds need water because their bodies are heavier and they fly less. They can only fly a short distance to find water. If a bird bath is covered and not open, the birds won’t drink. Water at a bird bath is used to wash feathers, preen and for drinking. A small bird bath is great for small birds and will attract many species.

Use Compact Fluorescent Lamps to Save Energy
Did you know of all the energy old-fashioned bulbs use, only 10 percent goes toward giving off light? The other 90 percent is wasted as heat. Compact fluorescent lamps (CFL’s) give off very, light, but use 75 percent less energy than ordinary light bulbs because less heat is produced. They cost more than ordinary bulbs, but don’t burn out as fast and last up to 10 times longer. Each bulb used will save at least $25 in energy costs.

So, if you like the idea of saving energy, saving money or replacing your light bulbs very often, replace your next light bulb that burns out with a CFL.
Crop Protection Clinic Scheduled for Jan. 7

Tom Dunn
Extension Educator

The primary clientele I serve in my job as an Extension Educator based in Lancaster County are the commercial agricultural producers, farmers, and agruculture operators and acreage owners. My interest was understandably piqued when I read about the following policy brief by Roy Frederick, public policy specialist, Department of Agricultural Economics, University of Nebraska. I think it tells much about the economic realities of farming today.

Dr. Frederick said, “To me it’s a stunning number. The U.S. Department of Agriculture recently estimated that 94 percent of the income for farm-operator households will come from off-farm sources this year.” In average dollar terms, that’s off-farm income of $63,635 out of total household income of $76,603. Stated differently, the average farm family is forecast to receive only $3,968 from its farming operations in 2003. And this comes in a year when farm incomes are expected to be about 50 percent higher than last year!

Averages, of course, mask wide variations among individual farm-operator households. Differences fundamentally occur because of the size of the farm business and work/investment choices. The National DDA broadly categorizes farms three ways: rural residential, intermediate and commercial.

Operators of rural residential farms spend most of their work time on the farm. In fact, 70 percent of those in this group work full time at an off-farm job. Owners of these farms receive most of their income from passive sources, including Social Security. But they’re all still classified as farmers because they sell at least $1,000 worth of agricultural products annually.

More often than not, those in the rural residential group have net losses from farming. But they stay with it, mostly because they enjoy the rural lifestyle and earnings from other sources make it possible. Perhaps surprisingly, average income for these households is a few thousand dollars higher than the overall farm-operator average.

The chief characteristic of the intermediate group is that, unlike rural residential farms, operators work mostly on the farm. However, the operator’s spouse usually works off the farm. Operators of these farms typically aspire to reach the status of full-size commercial farms. Total gross income for the intermediate households averages about $40,000. This is lower than both the rural residential group and commercial farms.

Commercial-farm households derive farm residencies and intermediate-size farms have to receive only $3,968 from off-farm income and its sources. Net farm income for commercial-farm operators is expected to be in the $75,000 range for 2003. Overall household income should approach $110,000. Obviously, farm income for these households, even though off-farm income is not insignificant. Two important implications come from understanding differences among farms. First, off-farm employment and the more attractive salary may be what rural residential farms need more than anything else. Second, many intermediate farms want to increase overall profitability to the level of commercial farms. But what the public role should be, if any, in helping them reach that objective remains elusive.

Sorghum Seminars Scheduled

The University of Nebraska, in cooperation with the Nebraska Grain Sorghum Producers Association, will be conducting a series of sorghum seminars across Nebraska in January. Topics include a marketing outlook, long-range weather forecast, nitrogen application based on soil analysis, feed forage value of sorghum, successful sorghum production, making the most of available moisture, understanding the farm bill and governmental alphabet soup. Registration is $5 at the door but NeGSPA members get in free. (TD)

Crop Protection Clinic Scheduled for Jan. 7

Private Pesticide Applicator Training

Who needs a private pesticide applicator certificate and license to apply these agribusiness or agency personnel. About half of the participants (31/150) estimated the value of the program in terms of dollar per acre.

Several participants of previous Crop Protection Clinics estimate the value of the program is $5.37 per acre.

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Farm Views

Lancaster County is slated to serve as a host site for a Crop Protection Clinic again in 2004. This very popular clinic draws many topics of interest to crop producers and agribusiness professionals alike. As usual, the latest developments in weed, insect and disease management topics will be covered. Specific topics this year include: Managing Roundup Ready Corn, Soybean Aphids, Seedeformance Effects, Yield on Timing of Weed Removal, Enhancing Herbicide Performance, Rootworm Transgenics, Soybean Disease Update, What’s new in Herbicides, Factors Affecting Glypososate Performance, Resistance Management, Rust Diseases and a wrap-up session for commercial applicator certification in the Ag Plant category.

An evaluation survey following last year’s clinic tells the value to Nebraska farms. We had 152 people attend the clinic in Lincoln in 2003 split roughly 50/50 between producers, and agribusiness or agency personnel. About half of the participants (31/150) estimated the value of the program in terms of dollar per acre increased profit. The average reported estimated value of the program to these 31 participants was $5.37 per acre on 297,935 acres. This represents a direct benefit of $1.6 million to these 31 participants.

Commercial Pesticide Applicators will be able to renew their General Standards and Ag Plant certification by attending the entire workshop session. Registration begins at 8 a.m. with sessions continuing from 9 a.m. to 4 p.m. The $25 registration fee includes proceedings, publications, refreshments and the noon meal. (TD)

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Private Pesticide Applicator Training

Off-Farm Income Important to Farm Families

The Nebraska Legislature passed LB329 in May 2001 which created a new state private pesticide applicator license fee of $25 for private applicators. The pesticide license fee is a replacement for the former or defunct fertilizer tax. Upon the completion of your private pesticide applicator training at the Lancaster County Extension office, we will forward your application to the NDA. The license fee covers the three-year certification period. Note: We cannot collect the license fee at the beginning training.

Upon receipt of the license fee payment, the NDA will issue your pesticide applicator license card to you. All dollars collected by the NDA in license fees are transferred for use by the Natural Resource Districts in their educational programs. You must have your combination private pesticide certification and pesticide license card in order to apply the use of restricted-use pesticides.

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Under no circumstances should a generator produce more power than will be needed to operate the equipment. Choose a generator that produces enough power to supply sufficient power for today's home. Therefore, power put into a home via a generator could "backfeed" into the main line and cause problems for the electrical utility company, neighbors or the home owner. There are a number of products available that will provide either an automatic or manual transfer between two power sources in a manner prescribed by the National Electrical Code. When selecting a product for this function, it should be one that has been evaluated for safe performance by a nationally recognized testing organization, such as Underwriters Laboratories. The project must be installed according to the NEC, all applicable state and local codes and the manufacturer’s instructions. Homeowners should only attempt installation of products if they have thorough knowledge of safe electrical installation practices for this type of equipment. Otherwise, a qualified electrician should be contacted. (DJ) 

SOURCE: Shirley Niemeyer, Ph.D., Housing and environmental specialist, NU/IANR

If you use a generator, take precautions to prevent carbon monoxide poisoning, gasoline ignition, and electrocution.

Use Portable Generators Carefully

The Midwest winter storm season can mean power outages for businesses and homes. Following some simple guidelines can protect buildings and people when it becomes necessary to use a generator to keep the home and business running. Start by buying a generator that is listed with Underwriter’s Laboratory (UL) or Factory Mutual (FM) testing organizations.

Look at the labels on lighting, appliances and equipment that will be connected to the generator to determine the amount of power that will be needed to operate the equipment. Choose a generator that produces more power than will be used by the combination of sources drawing on it, including the initial surge when it is turned on. Ask an electrician if unsure of energy needs.

Follow the directions supplied with the generator. Under no circumstances should portable generators be used indoors, including inside a garage. Many home fires and deaths from carbon monoxide poisoning occur from using a generator improperly. Be sure to let a generator cool down before refueling. Store fuel for the generator in a approved safety can in a location outside the home. Do not hook up a generator directly to the home’s wiring. Home-use generators do not supply enough amperage to supply sufficient power for today’s home. Therefore, power put into a home via a generator could "backfeed" into the main line and cause problems for the electrical utility company, neighbors or the home owner. There are a number of products available that will provide either an automatic or manual transfer between two power sources in a manner prescribed by the National Electrical Code. When selecting a product for this function, it should be one that has been evaluated for safe performance by a nationally recognized testing organization, such as Underwriters Laboratories. The project must be installed according to the NEC, all applicable state and local codes and the manufacturer’s instructions. Homeowners should only attempt installation of products if they have thorough knowledge of safe electrical installation practices for this type of equipment. Otherwise, a qualified electrician should be contacted. (DJ)

Note: This is part of a series of articles related to rural water issues.

Many properties have wells that are no longer used. Sites with older homes often have an abandoned shallow well that was installed when the house was first built. If not properly filled and sealed, these wells can provide a direct channel for waterborne pollutant to reach groundwater.

Please fill out the following form.

REGISTRATION FORM

Name(s) ___________________________
Address ___________________________
City ___________________________
State ________ Zip __________
Phone ___________________________

$10/person advanced registration, $15/person at the door. Preregistration is required three working days before each program. If a minimum number of pre-registrants are not received, clinics will be cancelled and preregistered people will be notified and given a full refund. The programs will be offered at the following locations: 
• Omaha — Douglas/Sarpy County Extension Office, 8015 W. Center Road 
• Columbus — Platte County Courthouse - Extension Office Conference Room, 2610 14th Street (participants must use the east basement door to enter.) 
• Grand Island — Hall County Extension Office - Main Extension Meeting Room, 3180 W. Highway 34 (located in College Park) 
• Lincoln — Lancaster Education Extension Center, 447 Cherry Creek Road

TOPICS continued from page 1

• Grapes (October) 
  Selection of grape varieties, equipment needed, wildlife control, fencing, and the marketing of grapes will be the primary focus of this program. Participants will gain a greater understanding of the grape enterprise and wine industry by attending this session.

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2004 PROGRAMS

GRASSES & WILDFLOWERS

FEBRUARY

Acreage Weed Control

MARCH

PASTURE MANAGEMENT

APRIL

SEPTIC SYSTEMS & WASTE WATER TREATMENT

MAY

VERTEBRATE PESTS

JUNE

SMALL SCALE MEAT ANIMAL PRODUCTION

JULY

PRIVATE DRINKING WATER SYSTEMS

AUGUST

PONDS

SEPTEMBER

WATERBREAK DESIGN & MAINTENANCE

OCTOBER

GRAPEs

May 17, 7–9 am Omaha 20, 9–11 am Lincoln
June 21, 7–9 pm Omaha 24, 9–11 am Lincoln
July 19, 7–9 pm Omaha 22, 9–11 am Lincoln
August 16, 7–9 pm Omaha 24, 9–11 am Lincoln
September 18, 7–9 pm Omaha 21, 9–11 am Lincoln
October 12, 7–9 pm Omaha 15, 7–9 pm Columbus 17, 9–11 am Lincoln
April 24, 9–11 am Grand Island
May 22, 7–9 pm Omaha 20, 9–11 am Lincoln
June 24, 9–11 am Grand Island
July 24, 9–11 am Grand Island
August 20, 9–11 am Grand Island
September 19, 7–9 pm Omaha 22, 7–9 pm Grand Island
October 19, 7–9 pm Omaha 22, 7–9 pm Grand Island

Mail completed registration form and check (payable to UNL Cooperative Extension) to: UNL Cooperative Extension in Dodge County 
Acreage Insights 1206 W. 23rd St. Fremont, NE 68025
Drain water from container and fill with chili. Thermal container with boiling water. Heat chili to a full rolling boil.

Dinner.

According to the U.S. Department of Agriculture, it is not safe to let soup set at room temperature for more than TWO hours. For best safety and quality, make a large batch of soup and enjoy some for another meal. Many soups, with the exception of seafood soups, may taste better the next day! For best safety and quality, plan to eat refrigerated soup within TWO days. And avoid letting soup set at room temperature for more than TWO hours. Don’t put a large pot of hot soup directly into your refrigerator. Total prepping in the U.S. Department of Agriculture, it would take an 8-inch stock pot of steaming chicken soup 24 HOURS to cool to a safe temperature in your refrigerator. To be safe:

- To speed cooling, transfer soup to shallow containers, making sure soup is no more than TWO inches deep. Refrigerate promptly. You can place loosely covered foods in the refrigerator. Simply use a pedometer to measure the number of steps that you take through each day. The goal is to reach and maintain a level of 10,000 steps a day, five times a week.
- When serving a second cooling, reheat it until it’s steaming hot throughout, at least 165°F (AH). Tips for Healthy Holidays for Seniors

1. Avoid overeating. If eating out, split an entreé with someone, or only eat half and take the other half home. (Be sure to refrigerate the take home food within two hours.) If eating at home or if invited to a friend’s home, take small portions, eating more frequently throughout the day. Choose a lot of fruit and vegetable dishes. They may tend to be lower in fat and sodium content than some of the other foods available.
2. Candy, desserts and other calorie treats. You can still control how much you put on your food item.
3. Try to avoid fried foods. If eating out, order grilled or baked entrees.
4. Get plenty of rest. If you usually rest or nap during the day, take time to do so. An overly tired body tends to be more susceptible to illnesses.
5. Doing “one more thing” on a night you’re extremely tired isn’t a complete sentence!

AT 10,000 STEPS A DAY, YOUR BODY

Are you getting at least 10,000 steps a day? The reason is, if you have a friend or family member who is in shape, then you can ask the question, “Is the jar full?”

The speaker then added, “No!” Coined the speaker. The point is, if you don’t put the big rocks in first, you just may never have time for the smaller sand and gravel.

Combine all ingredients except salsa in Dutch oven or large saucepan, bring to a boil. Reduce heat, cover tightly and simmer 1-1/4 to 1-1/2 hours or until beef is fork-tender. Just before serving, stir in salsa, heat thoroughly.

The Nebraska Beef Council and the Nebraska Department of Health and Human Services recommend you reach an approximate calorie intake of 10,000 steps per day: 6,000 steps per day. Many people need to include some type of daily walking program for about half hour to one hour to get to 10,000 steps. If you can’t get to 10,000 steps, becoming more physically active is still better than not being active at all.

Dinner.

• Start the year off right.
• Elk—often marketed as “venison.”
• Cooking for One or Two: Small Portions is available from the Nebraska Department of Health and Human Services.

Quickie Quiz—Which Activity Looks Like a Big Rock to You?

1. Watching a rerun of a less-than-favorite TV show OR taking a walk with a friend or family member. Many soups, with the exception of seafood soups, may taste better the next day! For best safety and quality, plan to eat refrigerated soup within TWO days. And avoid letting soup set at room temperature for more than TWO hours. Don’t put a large pot of hot soup directly into your refrigerator. Total prepping in the U.S. Department of Agriculture, it would take an 8-inch stock pot of steaming chicken soup 24 HOURS to cool to a safe temperature in your refrigerator.

To be safe:

- To speed cooling, transfer soup to shallow containers, making sure soup is no more than TWO inches deep. Refrigerate promptly. You can place loosely covered foods in the refrigerator. Simply use a pedometer to measure the number of steps that you take through each day. The goal is to reach and maintain a level of 10,000 steps a day, five times a week.
- When serving a second cooling, reheat it until it’s steaming hot throughout, at least 165°F (AH). Tips for Healthy Holidays for Seniors

1. Avoid overeating. If eating out, split an entreé with someone, or only eat half and take the other half home. (Be sure to refrigerate the take home food within two hours.) If eating at home or if invited to a friend’s home, take small portions, eating more frequently throughout the day. Choose a lot of fruit and vegetable dishes. They may tend to be lower in fat and sodium content than some of the other foods available.
2. Candy, desserts and other calorie treats. You can still control how much you put on your food item.
3. Try to avoid fried foods. If eating out, order grilled or baked entrees.
4. Get plenty of rest. If you usually rest or nap during the day, take time to do so. An overly tired body tends to be more susceptible to illnesses.
5. Doing “one more thing” on a night you’re extremely tired isn’t a complete sentence!

AT 10,000 STEPS A DAY, YOUR BODY

Are you getting at least 10,000 steps a day? The reason is, if you have a friend or family member who is in shape, then you can ask the question, “Is the jar full?”

The speaker then added, “No!” Coined the speaker. The point is, if you don’t put the big rocks in first, you just may never have time for the smaller sand and gravel. tips for healthy holidays for seniors

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New to Extension in 2003

UNL Cooperative Extension in Lancaster County is committed to being relevant and responsive to the evolving needs of Lancaster County residents. Here are some new developments in extension programs.

Heart of 4-H Award
Lancaster County 4-H and 4-H Council established the monthly “Heart of 4-H Award” in January 2003 to recognize outstanding volunteers. Information about all 12 of this year’s honorees are online at lancaster.unl.edu/4h/clubs/ClubSpotlights. More than 750 adults volunteer their time and talents through 4-H to help youth develop life skills.

NEP Program Kits for Early Head Start
This past year, the Lancaster County Nutrition Education Program (NEP) developed and piloted 12 Early Head Start kits which rotated monthly between five child development centers. Each kit focuses on a nutrition-related topic and includes a teacher’s curriculum, supplies needed for hands-on activities, a supplied snack and a parent letter. While the kits emphasize healthy eating and food safety practices, the activities are also aimed at developing literacy and improving fine/gross motor skills. More than 400 youth participated in kit-related activities.

NEP Teams Up With Every Woman Matters
New this year, NEP collaborated with the Lincoln-Lancaster County Health Department to provide nutrition education for participants in the Every Woman Matters program (women age 40-65 who are low to moderate income level). Each session encourages women to Aim for Fibers, Build a Healthy Base and Choose Sensibly.

Food Safety for Home Cooking on Web Site
In May 2003 a special section on “Food Safety for Home Cooking” was added to extension’s Food Web site at lancaster.unl.edu/food/foodsafety.htm. Consumers can find information on everything from storing to preparing foods safely. It also includes food safety recommendations on everything from canning and freezing instructions to microwave, slow cooker and grilling guidelines. Content for the site is provided in partnership with the Lincoln-Lancaster County Health Department.

“Ask Lorene”
For years, Extension Educator Lorene Bartles has given expert information on household management, shopping

“Can You Guess It?”

Nitrogen & Irrigation Management Training
In cooperation with the Lower Platte South Natural Resources District, UNL Cooperative Extension in Lancaster County presented “Nitrogen and Irrigation Management Training” seminars as part of the educational requirements for agricultural producers in the Lower Salt Creek groundwater management area.

4-H Involvement in “Holiday of Trees”
For the first time, 4-H became involved in Heritage League of Lincoln’s Holiday of Trees which raises funds for various community projects. 4-H’ers created homemade ornaments and decorated three trees: “4-H is Alive at the County Fair,” “4-H Memories” and “The Wild Side of 4-H.” Funds benefited the Salvation Army After School Hot Lunch Program.

Strong Families
Parenting/child care
Marriage relationships
Resource management

Environment of the Home
Indoor air quality
Home maintenance and safety
Reduce, reuse, recycle

Leadership Development
Families and youth
Neighborhoods
Organizations

Extension Provides Reliable, Research-Based Information
Horticulture
• Horticulture education
• Plant problem diagnosis
• Master Gardener volunteers
• Yard waste management

4-H Youth Development
• Hands-on projects
• Gaming life skills
• Career development

Pest Management
• Insect pest identification
• Low-toxic solutions
• Wildlife educational resources

Food, Nutrition & Food Safety
• Nutrition, food safety and food preparation
• Stretching food dollars

Farms & Acreages
• Farm management
• Crop & livestock production
• Acreage owner programming

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Albert C. Dickey, Director of Cooperative Extension, University of Nebraska, Institute of Agriculture and Natural Resources. University of Nebraska Cooperative Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

We do not discriminate against any individual on the basis of race, color, sex, religion, national origin, age, disability, sexual orientation, gender identity, gender expression, veteran status or genetic information.

UNL Cooperative Extension in Lancaster County
444 Cherrycreek Rd., Suite A, Lincoln, NE 68528 • (402) 441-7180 • Web Site: lancaster.unl.edu

4-Hers decorated hundreds of ornaments for Heritage League’s Holiday of Trees fundraising event.

Acreage & Small Farm Insights eNews
University of Nebraska Cooperative Extension began publishing a free monthly e-mail newsletter in March 2003. “Acreage & Small Farm Insights eNews” helps acreage and small farm owners better manage their rural living environment. People can sign up for the e-newsletter by going to dodge.unl.edu/Webforms/ Acreage2s-CLIENT.

One of this year’s “Can You Guess It?” photos. Answer — It is a close up of moldy bread from a 4th grade classroom doing an experiment from a Nutrition Education Program (NEP) School Enrichment kit.
Local Extension Programs Attract Regional, National & International Attention

“Ants: Know Your Target” — training materials developed by UNL Cooperative Extension in Lancaster County were integrated into a pest control operators recertification course delivered live via the Web to locations in South and North Dakota.

“Cockroach Control Manual” — this manual written by extension educators is being used as the basis of a fact sheet about cockroach control for the Washington, D.C. Asthma Coalition and is used extensively by many states in training activities.

eath wellness festival — organizers of Earth Awareness Researchers for Tomorrow’s Habitat (Wichita, Kansas) and Georgia Children’s Water Festival (Atlanta, Georgia) have continued their events after Lincoln’s successful earth wellness festival.

4-H Embryology Web Site (with Egg Cam) — one of 22 Web sites selected for inclusion in the American Library Association’s 2003 Great Web Sites for Kids; Egg Cam was highlighted on goCyberCamp, a virtual camp for youth developed by University of Minnesota Extension Service.

Food Web Site — continues to be rated “Among the Best” by Tufts University Nutrition Navigator; Cook It Quick section selected as “Site of the Day” by Tufts University Nutrition Navigator; Cook It Quick section selected as “Site of the Day” by Tufts University Nutrition Navigator; Cook It Quick section selected as “Site of the Day” by Tufts University Nutrition Navigator; Cook It Quick section selected as “Site of the Day” by Tufts University Nutrition Navigator; Cook It Quick section selected as “Site of the Day” by Tufts University Nutrition Navigator.

Food-related Educational Materials — three handouts and a PowerPoint developed for local classes were selected for inclusion on the Centers for Disease Control and Prevention (CDC) “Resource CD” sent to all 50 States (of fruits and vegetables) coordinators nationwide.

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A spider I stumbled across your Web site and with your help have found it to be a harmless wood louse hunter! I only wish we had such a comprehensive and expansive link here in the UK.”

About the Extension Board

The extension board serves as an advocate for UNL Cooperative Extension in Lancaster County. The board provides assistance to extension staff in establishing and accomplishing extension program goals and objectives. Annually, it assists in developing an operating budget and local educational priorities.

The 2003 Extension Board members were:

- Wayne Heyen (pres.)
- Deb Arends (vice pres.)
- Sheila Kepler (sec./treas.)
- Linda Perlman
- Alice Doane
- Dean Lesong
- Kendra Penrod
- Phil Rooney
- Clarice Steffens
- Gaylan Suhr
- Jay Wilkinson

During a recent tour, elected officials and UNL administrators had the opportunity to experience first-hand some of Lancaster County extension programs.

With this annual report, we invite you to take an in-depth look at our program accomplishments over the past year.

UNL Cooperative Extension in Lancaster County’s Web site, lancaster.unl.edu, has more than 3,750 pages of content and receives nearly 2.5 million hits annually. Visitors can easily navigate the site and find extensive educational resources in extension’s program areas. The site is updated daily and has interactive features such as movie clips, virtual panoramas, online registration forms, quizzes, searchable database and Master Gardener Diagnostic Center.

Not only do Lancaster County residents, Nebraskans and Americans utilize the site, the site also has Web users from more than 100 countries monthly.

“Thank you for globalizing your knowledge! I’m a mum living in London, England who had an unexpected visitor in my home last night — a spider. I stumbled across your Web site and with your help have found it to be a harmless wood louse hunter! I only wish we had such a comprehensive and expansive link here in the UK.”

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UNL Cooperative Extension in Lancaster County 2002–03 Honors and Awards

Extension Educator Alice Henneman — selected to co-present poster session at national Urban Extension Conference; selected to present poster presentation at national meeting of Food and Nutrition Education Educators and meeting of Society for Nutrition Education

Extension Assistant Vicki Jedlicka — Commissioner’s Award of Excellence presented by Lancaster County Commissioners

Extension Educator LaDeane Jha — selected to present workshop and co-present two poster sessions at national Urban Extension Conference; co-authored article in national “Journal of Extension”

Extension Associate Deanna Karmazin — co-authored article in national “Journal of Extension”

Extension Associate Tracy Kulm — Achievement in Service Award presented by National Association of Extension 4-H Agents (NAE4-HA)

Extension Associate Karen Wobig/Extension Educator Maureen Bursen — selected to present workshop and poster presentation at Urban Extension Conference

Pioneering New Frontiers

University of Nebraska Cooperative Extension in Lancaster County accomplishes the University of Nebraska’s land-grant mission by delivering reliable, research-based information that you can use every day. Extension uses multiple delivery methods, ranging from direct teaching and publications to exciting new technologies such as satellite delivery and the Internet to link information of value to you and your family.

In our mission of “Putting Knowledge to Work,” we’ve collaborated with more than 240 agencies, organizations, businesses and schools to develop and deliver educational programs which strengthen individuals, families, businesses and communities. Many of our local extension programs have attracted statewide, regional, national and international attention.

Handwashing Poster — the U.S. Department of Agriculture and the Food Safety Training & Education Alliance Web sites link to handwashing posters developed by UNL Cooperative Extension in Lancaster County and Lincoln-Lancaster County Health Department for county use and shared worldwide via the Internet.

“Removing Head Lice Safety” — more than 1,600 videotapes of this award-winning video has been sold nationally. The Korean Broadcasting System and French Société Radio Canada have requested to use the video in documentaries about head lice.

Termite Control — the Minnesota Department of Agriculture and the City of Windom requested a termite workshop developed by UNL Cooperative Extension be conducted in Windom, MN; extension offices from Maryland, Florida, Arkansas have requested information and may replicate program; termite information was presented at national meeting of Entomology Society of America.

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Two messages are emphasized in all of UNL Cooperative Extension in Lancaster County’s food programs—the importance of nutrition as well as food safety.

**The Great Taste of Good Nutrition**

Eating a healthy diet helps promote good health and reduces risk for chronic diseases such as heart disease, certain types of cancer, diabetes, stroke, and osteoporosis—the leading causes of death and disability among Americans. Extension Educator Alice Henneman helps people select and prepare healthy, enjoyable foods. One of her programs this year was “Eat Smart: How to Fill Up, Not Out.”

By using multiple media formats and distribution channels, extension is able to extend the outreach of programs from hundreds of people to thousands.

Extension Educator Alice Henneman presented a free class “Healthy Cooking with Spices & Herbs” as part of BryanLGH Medical Center’s Wellness series. 350 people attended the program. A radio program was also done on the topic.

The Lancaster County Nutrition Education Program incorporates materials into their lessons.

Program handouts were posted on extension’s Web site and have received a total of 12,297 hits. One Web user responded, “My husband is recuperating from triple bypass cardiac surgery. I am always looking for ideas to keep him on track nutritionally. Thank you for this series.” The PowerPoint slideshow was posted online for other nutrition educators to use in their programming. It has been downloaded 2,540 times.

The Centers for Disease Control and Prevention (CDC) saw the materials and included them on a “Resource CD” sent to all 5 A Day coordinators nationwide.

In NEP, qualifying adults learn through small groups at agency or community sites, or individually through home visits, mail lessons, or phone consultations.

This past year, the Lancaster County NEP staff taught 2,014 nutrition education lessons to 1,844 people who care for 6,845 family members.

NEP partners with more than 165 agencies, classrooms and coalitions and receives funding from the Expanded Food and Nutrition Education Program (EFNEP) through USDA, the Food Stamp Nutrition Education Program (FSNEP) through Health and Human Services, Lincoln Housing Authority, Early Head Start through Lincoln Action Program and other sources. Women, Infants, and Children (WIC) continues to be a primary partner. New this year, NEP was able to provide classes in Arabic and Persian.

Program evaluations show graduates made positive changes in nutrition practices, food resource management and food safety.

“I’ve eaten a veggie at every meal and have added fruit to breakfast,” one participant reported. She almost always plans meals ahead of time as a result of the program and even involves her family eating most meals at home.

Research shows for every dollar invested in NEP programs, there is a projected health care cost savings of $8.82.

**Limited-Income Residents Stay Healthy Through Nutrition Education Program**

Lancaster County Nutrition Education Program (NEP) helps limited resource families learn to prepare nutritious and safe foods while stretching their food dollars. In NEP, qualifying adults learn through small groups at agency or community sites, or individually through home visits, mail lessons, or phone consultations.

This past year, the Lancaster County NEP staff taught 2,041 nutrition education lessons to 1,854 people who care for 6,845 family members.

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**Promoting Healthy and Safe Homes**

In the past year, Extension Educator Lorene Bartos has disseminated information on home maintenance, indoor air quality, lead paint hazards, safety in the home, recycling through the Nebraska Extension’s Web site, her quarterly column in the “Lincoln Journal Star” and other outreach methods.

Bartos is a member of the advisory board for WasteCap of Lincoln. WasteCap promotes waste reduction and recycling by providing local businesses technical assistance and recycling services. The training and education committee (of which Bartos is also part) developed a technical guide, “Recycling 101: Train and Maintain.”

More than 220 child care providers gain inservice hours by participating in three-day-long Child Care Conferences organized by extension and other Lincoln agencies. The conferences help increase participants’ knowledge and skills in the areas of child development and age related activities.

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In invaded by ants? Mortified by mice? Spooked by spiders? UNL Cooperative Extension in Lancaster County has extensive resources to help identify pests and suggest management options. Last year, Extension Educator Barb Ogg and Extension Associate Soni Cochran responded to more than 2,500 phone calls, 750 walk-in identifications and 400 e-mail requests for information. Extension’s pest and wildlife Web pages received more than 1.4 million hits.

Ogg often works with community organizations and industry professionals in training and dis- seminating pest control resources and assistance. Ogg is part of a team which recently authored results of a survey of Nebraska school officials about pest management practices. She also contributed material for several chapters in “Integrated Pest Management (IPM) in Schools: A How To Manual.” The IPM in Schools team is comprised of UNL faculty, Nebraska Department of A free service, extension horticulturists and entomologists identify insects, weeds and diseases in and around the home and garden and make recommendations about the best way to help manage these problems. “People can save money, protect trees and ornamentals and their home and eliminate nuisance pests — often with less pesticides — by having a correct diagnosis and using expert recommendations. The Buzz on Controlling Insects and Other Pests

Gardens and other green spaces help make cities more enjoyable, liveable and sustainable. UNL Cooperative Extension plays a vital role in teaching community horticulture issues customized for local weather, water, soil and pest conditions. Extension also helps property owners develop healthy, diverse and functional landscapes that are energy efficient and less dependent on pesticides. In 2003, Extension Educator Don Janssen and Extension Associate Mary Jane Frogge, with the assistance of Master Gardeners: • Presented 104 educational programs to groups and through other venues such as home and garden shows; • Disseminated information through the media, such as “Garden Gossip,” a weekly column in the “Lincoln Journal Star”; “Linclove” on KFOR radio; and “Backyard Farmer” on Nebraska Public Television; • Answered more than 7,200 telephone calls; • Diagnosed problems via samples brought to the extension office or on-site; • Continued adding educational resources to the gardening section of the Web site; • Extension also educates employees in the horticulture industry through the Nebraska Commercial Horticulture Clinics and videos. This year, two videos were developed: “Annuals for the Landscape” and “Perennial Selection and Care.” A teaching curriculum, “The Economics and Profitability of Landscaping: Beyond Escrow Flowers,” was presented to 125 real estate and land appraiser professionals to promote functional and sustainable landscapes.

Managing Yard Waste
Extension conducted 18 hard- ten composting presentations throughout Lincoln to teach citizens how to successfully compost yard waste in their own backyards. More than 350 residents attended these presentations. An estimated 1,000 residents participate in informal, self-guided tour of the composting demonstration site at University Place Park, 50th and Colby Streets.

Extension horticulturists also educate the public on the benefits of mulching grass clippings through a “Bag-Nothing” campaign. The City of Lincoln Recycling Office estimates these educational programs will extend the life of the Bluffs Road landfill by three to five years over the next 25 years.
Lancaster County has approximately 1,540 commercial farms covering 421,000 acres—farm products bring in more than $82 million annually. UNL Cooperative Extension continues to make agricultural profitability and sustainability a priority issue. Extension Educator Tom Dorn fulfills this goal through numerous workshops and meetings, educational resources, person-to-person contacts and a Web site.

A Crop Protection Clinic was offered to help ag producers make informed weed, insect and disease management decisions. Participants reported an estimated value of the program to be $5.27 per acre—a total benefit of $1.6 million to participants.

In addition to direct outreach, UNL Cooperative Extension trains individuals who, in turn, impact or teach others. This includes teachers, business professionals, food and other service industry workers, government employees, health professionals, childcare providers, master gardeners and community volunteers. Here are some ways Cooperative Extension “trains the trainer” in Lancaster County:

- Provides integrated pest management (IPM) educational resources for pest control professionals, health care professionals and social workers.
- Provides training for Commercial Pesticide Applicator certification. More than 300 people have passed or recertified at the Lancaster County Extension Education Center in 2003.
- Provides training for Master Gardener volunteers who then share the information with the public through phone calls, direct contacts, educational programs and special events.
- Offers termite and landscaping workshops which Real Estate licensees receive continuing education credits from the Nebraska Real Estate Commission for attending.
- Educates Commercial horticulture industry employees on localized horticulture issues with commercial horticulture clinics and videos.
- Offers extensive resources on the Food Web site and e-newsletters for health professionals and educators to use for more successful food, nutrition and safety programming.
- Presents leader training lessons to Family and Community Education club members and other community leaders.

Two Waste Pesticide Collections in Lancaster County last year safely disposed of 17,331 pounds of pesticide products and PCB’s. These collections were held in cooperation with the Nebraska Department of Agriculture, Nebraska Fertilizer & Ag Chemical Association and Nebraska Department of Environmental Quality.

Increasing Outreach Through “Training the Trainer”

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Pesticide Industry

Extension Educator Tom Dorn demonstrates protective clothing and equipment during a pesticide certification training.

A series of four Financial Record Keeping workshops were offered in the surrounding counties to farm operators. Of the responses, 82 percent said they learned to create reports that will help them make better management decisions and 58 percent expect to save time and/or money when preparing their income tax return.

Crop producers continue to take the Irrigation Home Study Course (developed by UNL Cooperative Extension in 1998) which teaches irrigation management schemes. Responses indicate an average savings of $4.22 per acre—an estimated annual savings of $3.5 million to participants.

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- Offers termite and landscaping workshops which Real Estate licensees receive continuing education credits from the Nebraska Real Estate Commission for attending.
- Educates Commercial horticulture industry employees on localized horticulture issues with commercial horticulture clinics and videos.
- Offers extensive resources on the Food Web site and e-newsletters for health professionals and educators to use for more successful food, nutrition and safety programming.
- Presents leader training lessons to Family and Community Education club members and other community leaders.

Two Waste Pesticide Collections in Lancaster County last year safely disposed of 17,331 pounds of pesticide products and PCB’s. These collections were held in cooperation with the Nebraska Department of Agriculture, Nebraska Fertilizer & Ag Chemical Association and Nebraska Department of Environmental Quality.

Through the Pesticide Containment Program, about 9,500 pounds of pesticide containers were collected and recycled in Lancaster County last year.

Understanding the 2003 Farm Bill

Six seminars were presented to help farmers take advantage of the new farm legislation to reduce risk and maximize profitability. There were 316 producers, ag lenders and farm managers who attended. These seminars were presented in cooperation with the Lancaster County Farm Service Agency.

Information on the farm bill was also made available through UNL Cooperative Extension’s Web site, including a link to the Texas A&M Base and Yield Analyzer (BYA). The BYA Web site was accessed 2,304 times for farms in Lancaster County reflecting 459,580 acres (represented essentially all of the crop land in the county).

UNL Cooperative Extension Educator Tom Dorn helped two brothers who are farming more than 3,500 acres. The calculation was made using the best option according to the Lincoln’s nutrient-rich biosolids, which were applied to these fields, was the reason for the increased yields.

Biosolids are organic solids that are separated from wastewater and biologically processed during wastewater treatment to make them safe for land application. UNL Cooperative Extension in Lancaster County coordinates distribution and application of biosolids to agricultural cropland for the City of Lincoln Wastewater and Solid Waste Division. Mark Benes was one of 20 farmers who used biosolids in 2003. This past year more than 37,000 tons of biosolids were delivered and/or applied to 55 fields and 1,319 acres of crop land.

While results vary, Mark is not alone in seeing a significant improvement in crop yields. Most farmers reported higher yields for several years after just one biosolids application. Studies have shown the nutrient value of biosolids is worth at least $25 per acre for the first year’s crop. Since 1992, when the City of Lincoln’s Biosolids Land Application program began, more than 285,000 tons of biosolids have been distributed to crop fields. This program has saved taxpayers $4.5 million by keeping this recyclable material out of the landfill.

Mark says biosolids are “worth their weight in gold” and will continue using them to improve his soil and crop yields.

Biosolids Program Saves $4.5 million

After the 2003 harvest, Mark Benes had one field that yielded 10 percent more corn than ever before. This field was even more amazing considering the lack of rain during the heat of the summer. He also had 50 acres of pasture that grew grass so lush that he could have grazed more cattle on it. He believes Lincoln’s nutrient-rich biosolids, which were applied to these fields, was the reason for the increased yields.

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“Extension’s programs turn knowledge into action which helps create a stronger Nebraska.”

—Wayne Heyen, Lancaster County Extension Board

4-H clubs and activities, such as Clover College (above), are made possible by numerous volunteers donating their time and talents.

Last year, UNL Cooperative Extension in Lancaster County programs benefited from 1,320 volunteers investing 29,127 hours of time for a total value of $481,761. Extension trains and supports, as well as coordinates the efforts of, a variety of volunteers: 4-H leaders and superintendents, Master Gardeners, Family Community Education (FCE) volunteers, NEP volunteers and earth wellness festival presenters and assistants.

*Independent Sector values volunteer time at $16.54/hour.
4-H is University of Nebraska Cooperative Extension’s youth development program. In the past year, 4-H reached 22,994 youth in Lancaster County (44 percent of the eligible youth).

Youth ages 5–19 can become 4-H members by joining one or more 4-H clubs or becoming an independent member who works on projects individually. Some clubs complete several projects a year and some focus on one particular project area.

4-H has more than 150 project areas available, including: bicycles, chess, child development, clothing, computers, electricity, entomology, flowers/gardening, foods, home environment, horses, household pets, livestock, photography, rocketry, small engines and woodworking.

In addition to teaching practical skills, 4-H develops life skills such as thinking critically, solving problems, respecting self and communicating.

Youth enjoy 4-H because they choose their project areas to participate in and they receive personalized attention from their leaders and parents while working on projects. These adults child mentoring relationships are crucial to the positive learning experiences youth gain in 4-H. Youth also have fun in 4-H and develop new friends.

In 2003, Lancaster County had 99 active 4-H clubs. Independent membership was up 23 percent. Youth interested in joining can contact Tracy Kalm at 441-7180 or visit the Web site at lancaster.unl.edu/4H.

“4-H teaches responsibility and citizenship. Clubs actively involve youth in service projects so 4-H’ers have opportunities to give back to the community.”
—Keth Dey, 4-H Council president

Opportunities for Personal Growth and Leadership

4-H offers youth a variety of activities and opportunities which help teach youth decision-making skills and build self-confidence.

Record keeping of projects teaches 4-H’ers record keeping, writing and responsibility.

Youth learn public speaking in the Speech and Demonstration Contest tests. Ian Blader says, “By participating in the Speech Contest, I learned the ability to write and deliver a speech properly. These speaking abilities will help me the rest of my life.”

Livestock exhibitors have several opportunities to participate in activities across the state, including progress shows, the State Fair, and state scholarships. 4-H offers opportunities to participate in activities across the state, including progress shows, the State Fair, and state scholarships.

District Horse Show, State Fair and the Ak-Sar-Ben 4-H Livestock Expo.

Fifty-one 4-H’ers currently participate in Citizen Washington Focus (CWF), which organizes an educational trip to Washington D.C. every three years. This year, CWF members raised $60,000 through various fundraisers for their June 2003 trip.

4-H Council includes youth members (see left). 4-H Teen Council members assist with many 4-H activities such as Speech Contest and Fair Fun Day. They also plan, organize and lead a 5th and 6th grade overnight Lock-In.

4-H'ers bring their pets to shows.

Sheri Ramirez and Shirley Condon are co-leaders. Meetings include an agenda of old and new business, announcements, the evening’s activity, treats provided by a family and scheduling the next meeting date. Often 4-H’ers bring their pets to shows.

Meeting activities range from guest speakers to community service projects. Past speakers have included a chinchilla breeder, a graduate student from Wesleyan with rats from the Rat Olympics, a researcher who studies bees (he brought a box of bumblebees!), a specialty pet food manufacturer and representatives from animal rescue organizations. One meeting was held at a pet store where club members were given a tour and tips on animal care.

This year’s community service projects included organizing the club’s annual petting zoo at the Lincoln Children’s Museum, staff ing a game booth at the Kiwanis Carnival and decorating a tree at the Heritage League’s “Holiday of Trees.”

Club members also brought pets and answered questions at the 4-H Kick Off. The club donated money from its treasury for special ribbons awarded at the Lancaster County Fair 4-H Household Pet Show. 4-H’ers also plan, organize and lead a 5th and 6th grade overnight Lock-In.

4-H’ers, however, the best rewards are learning about taking responsibility for the health and care of their pets, and receiving unconditional love from their pets in return.

About 4-H Council

Paula Peterson (left) was one of many 4-H Council members who assisted at this year’s 4-H Kick Off.

Lancaster County 4-H Council is responsible for determining long- and short-term goals and policy for Lancaster County 4-H. They also raise funds by staffing a snack booth at the Lancaster County Fair. These funds help support 4-H programs and activities.

The 2003 4-H Council members were:
- Keith Dey (pres.)
- Emily Veburg (vice-pres.)
- Karen Futt (treas.)
- Connie Lemke (sec.)
- Deb Arends
- Kathleen Arends
- Rebecca Fiala
- Cindy Fiala
- Jolene Fujian
- Monica Fujian
- Jean Pedersen
- Nicole Pedersen
- Paula Peterson
- Denise Schachnemeyer
- Gene Veburg

Open to All Youth

Many activities are open to 4-H and non-4-H youth. Clover College is a four-day series of workshops held each June. The annual overnight 4th & 5th grade Lock-In is held in January. More than 35 4-H Camps are offered each summer at the three Nebraska 4-H camp facilities.

County Fair Showscases Projects

The County Fair marks the end of the activity year for 4-H members, who work the rest of the year on projects, many of which are exhibited. Winners at the county level go on to State Fair.

At the 2003 Lancaster County Fair, 3,866 exhibits were showcased by 632 4-H members.

This fair marked the start of a new, local Future Agriculturist Incentive and Rewards (F.A.I.R.) program funded, in part, by Alumni Showmanship contests.

New this year was a potato bar sponsored by 4-H Council.
School Enrichment programs have been a part of Nebraska’s 4-H program since 1974. These programs include teacher guides, videos, books, posters, experiments, games and more. Extension staff develop the programs, train teachers on their use and go into the classrooms for hands-on activities with students.

In the 2002-03 school year, UNL Cooperative Extension in Lancaster educated 17,498 youth in 61 schools through the following science-oriented 4-H School Enrichment programs:

**Embryology**
Through incubating and hatching baby chicks in the classroom, third graders study life cycles. A core (required) subject in the science program of the Lancaster Public Schools, Embryology meets the National and Nebraska Learning Standards of Excellence.

**Vermicomposting**
2nd graders learn a new way to compost in Vermicomposting. About 1,000 red wigglers can eat up to three to five pounds of kitchen scraps a week. Their castings can then be added to potting or garden soil for richer plantings.

**Nutrition Education Program Teaches Healthy Eating**
Web viewers can take part in the Egg Cam Embryology program via Egg Cam and other embryology resources online. Youth, families and classrooms can access information (including photos and movies) about incubating, candling and hatching eggs. Egg Cam has featured chickens, ducks, turkeys, peacocks, quail, pheasant and Guinea fowl successfully hatching.

**Ag Awareness Festival**
4th graders who attend the Ag Awareness Festival gain a greater understanding of agriculture and how it impacts their daily lives. This is the third year the festival has been held in Lincoln.

**Thanks to Sponsors**
The educational experience of 4-H’ers is enhanced by support from business and individuals who donate money or in-kind gifts to 4-H events, activities and programs. Lancaster County 4-H would like to thank all of its sponsors.

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**Lancaster County’s Nutrition Education Program (NEP)** offers several School Enrichment programs to qualifying, limited-resource schools. During the 2002-2003 school year, 1,900 Lancaster County youth in 104 classrooms participated in NEP youth presentations. Teachers averaged 11 hours of nutrition instruction in their classrooms per school year, up from two hours in 1998/99.

NEP has developed supplemental kits of hands-on educational experiences designed to enhance first, fourth and fifth grade school health curriculum. Teachers may request these kits for three-week periods, and an extension staff member provides training and support.

**Blue Sky Below My Feet**
Blue Sky Below My Feet links space technology to the everyday interests of fourth grade students. Learn about changes in farm technology, taste space food and communicate with NASA via the Internet.

**4-H Water Riches**
With an emphasis on quantity and quality, 4-H Water Riches looks at the complexities of one of our most precious resources — water.

**Egg Cam Provides Bird’s Eye View of Chicks Hatching on Web**
Lancaster County, NE

**Nutrition Education Program Teaches Healthy Eating**
Lancaster County, NE

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2nd graders at McPhee discover vermiconposting with worms.

5th graders from Masseys explore "Feathers, Feathers and Scales!"

“Extension collaborates with 10 community partners to present the earth wellness festival (ewf), a yearlong school curriculum with one-day festival offering approximately 1,000 fifth graders hands-on experiences to discover the interdependencies of land, water, air and living resources.”

—Lois Mayo, science curriculum specialist at Lancaster Public Schools

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Cooperative Extension accomplishes University of Nebraska's land-grant mission by extending reliable, research-based information to the public for use in everyday life.

Extension utilizes multiple media avenues and new technologies to impact people in Lancaster County and beyond, 24 hours a day.

From NU to You

University of Nebraska Cooperative Extension in Lancaster County

Partnering with the Community

Through numerous partnerships and collaborations, Cooperative Extension leverages its resources and those of the community to reach larger audiences and maximize impact. In the past year, UNL Cooperative Extension in Lancaster County has partnered with the following organizations, agencies, businesses and schools:

- Alice Doane, Lancaster County Extension Board
- And Beyond, 24 Hours a Day.
FAMILY COMMUNITY EDUCATION (FCE) CLUBS

President’s Notes — Lines from Lynn

Lynn Bush
2003 FCE Council Chair

This will be the last Lines from Lynn.” Jan Broer will be taking over as FCE community leader in January. With the title comes the honor of keeping you informed through The Nebline.

I have enjoyed “visiting” with you every month for the past two years. I would like to thank everyone for the support and help I received. It sure made the job easier. Lancaster County has a great group of ladies who support FCE. Thanksgiving is behind us and Christmas is just around the corner. Some of us are trying to use up the turkey leftovers before we delve into the Christmas cookies. Although this is a busy time of year for everyone, please mark your calendars for Monday, Jan. 26. That will be the first council meeting for 2004. We will install new officers. Everyone is welcome. Merry Christmas and many blessings in 2004.

Janet’s Jargon

Janet Broer
2004 FCE Council Chair

Holiday greetings to FCE members and families. A new year can often mean a new start for all of us. And now we are beginning a new endeavor of serving as your FCE president for 2004-05. I look forward to a rewarding experience of working with great FCE members.

Our 2004 first council meeting will be Jan. 26, 1 p.m. at the Lancaster Extension Education Center, hosted by the Council officers. Margie Smith, an energetic and entertaining gal, will be our program presenter with Iris Paper Folding. I think you will enjoy her program a lot. There will be a cost of $2 to cover the materials used. I know we are just finishing the holiday season. However it is not too early to begin thinking of plans for the Sizzling Summer Sampler. Talk about this with your club members and friends; bring some ideas for discussion to the council meeting.

Happy New Year and I hope to see many of you Jan. 26.

FCE News & Events

January Leader Training — “Helping Families and Friends During Tough Times”

“Helping Families and Friends During Tough Times” will be the January FCE & Community Leader Training Lesson. Lorene Bartos, extension educator will present the lesson Tuesday, Jan. 6 at 1 p.m. This lesson will teach you about the signs and symptoms of stress, ways to manage stress and cope with difficulties in life. Supportive persons can help family and friends cope during tough times by using effective communication and making appropriate referrals to an extended formal network when necessary.

Non-FCE members should call Pam at 441-7180 to register so materials can be prepared. (LB)

Council Meeting Jan. 26

The first 2004 Council meeting will be Monday, Jan. 26, 1 p.m. at the Lancaster Extension Education Center. Each person will be making a greeting card with Iris Paper Folding presented by Margie Smith. Two dollars will be collected to cover the cost of materials. Please bring scissors and a cutting board (for taping strips too). Call Pam at 441-7180 to register. (LB)

February Leader Training — “Don’t Be A Victim”

The February FCE & Community Leader Training Lesson will be presented Tuesday, Jan. 27 at 1 p.m. “Don’t be a Victim” will be given by Lorene Bartos, extension educator. Identity theft and fraud has become a major concern. This lesson will cover how it can occur, what you can do about it; and how to guard your privacy. You will learn:

• What to do if you are a victim
• Why personal information should be given and to whom.
• To recognize the warning signs of fraud.
• How to protect yourself from these “crafty” thieves.

Non-FCE members should call Pam at 441-7180 to register so materials can be prepared. (LB)

Cut Dishwasher Energy Costs

Most of the energy used by a dishwasher is to heat the water.

To reduce dishwasher energy costs check the dishwasher’s owner’s manual for recommendations on water temperature. Many dishwashers have internal heating elements that allow the water heater to be set in the home to a lower temperature.

Soaking or pre-washing is generally only recommended in cases of burned-on or dried-on food. Scrape, rather than rinse, leftovers from plates. Be sure the dishwasher is full, but not overloaded, and let dishes air dry.

Energy also can be saved by not using the “rinse hold” option on the machine for just a few soiled dishes. This option uses 3 to 7 gallons of water each time it is used.

Finally, when shopping for a new dishwasher, look for the Energy Star label.

Beware of Product Look-Alikes

Have you ever gone to the medicine cabinet, cupboard, oven, trash can or other storage place and pulled out something to use and later find it wasn’t what you thought it was? Maybe you were in a hurry, or the light was dim, or... Children, people with poor eyesight, anyone who cannot read or people who are in a rush can easily do this with many items. Many items may be packaged in similar containers and some can be harmful if used incorrectly. Many items in the store are “look-alikes.” If you cannot read the label, or the contents have been put in a different container, you may have difficulty knowing what to use for what.

The following should NEVER be stored near each other because of possible mix-ups. They should ALWAYS be stored out of reach of children and in their original container.

• Apple juice, PineSol cleaner
• Maple syrup, honey, ice tea, clean light motor oil (or dark motor oil and used motor oil).
• Windshield washer fluid/glass cleaner, power drink, mouth wash.
• Talcum powder, powdered sugar.
• Cat food, tuna fish.
• Colgate tooth paste, Ben-Gay pain reliever rub.
• Parmesan cheese, Comet cleaner.
• Shave cream, Reddit-Whip.
• Desitin, toothpaste.
• Pepsi-Ashmol, pink dish detergent.
• Moth balls, sugar-covered apples.
• Creek gravel, “rock” candy.
• Lemon juice, yellow dish wash.
• Chlor-rid for fish tanks, antacid tablets.
• Lysol spray, hair spray.

REMEmBER: It is better to be safe than sorry, BEWARE OF PRODUCT LOOK-ALIKES! (LB)

Playing Outside This Winter Keeps Kids Active

Playing outside this winter can give kids a physical workout while preparing their minds for mental exercises.

Many kids aren’t getting enough exercise which de- creases even more during winter when kids sit and watch television or play video games instead of playing outside. Kids also are less active during school because physical education classes and recess time are limited. It’s up to parents to be sure their kids are exercising.

With today’s busy lifestyles, family and friends often get lost in the shuffle. This can be dangerous because exercise is extremely important for kids. Exercise not only keeps them in physical shape and develops motor skills, it also provides relaxation which can help kids concentrate on school or homework. Parents can help their kids get into a fitness routine by setting up a weekly activity plan and goals. This plan should include fun activities and exercises that work different parts of their body. Parents are encouraged to exercise with their kids five times a week for 60 minutes and to make it a family activity.

Work exercise around winter weather. For example, kids get great exercise and have fun while sliding, ice skating, playing in the snow, cross country skiing and having snow ball fights. Parents should not be concerned about an increase in colds from playing outside because colds are caused by viruses — not cold weather. Kids get more colds from indoor, physical contact than from being outside. Kids need to dress in layers with a coat, hat, gloves, boots and dry socks in the water each time it is used.

Energy can often mean a new place and pulled out something to use, but find it wasn’t what you thought it was? Maybe you were in a hurry, or the light was dim, or... Children, people with poor eyesight, anyone who cannot read or people who are in a rush can easily do this with many items. Many items may be packaged in similar containers and some can be harmful if used incorrectly. Many items in the store are “look-alikes.” If you cannot read the label, or the contents have been put in a different container, you may have difficulty knowing what to use for what.

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Lancaster County 4-H and 4-H Council invite 4-H’ers and their families to

Achievement Night

Thursday, Feb. 19 at 6 p.m.

University of Nebraska East Campus Union - Great Plains Room

Part of Nebraska State 4-H Week, Feb. 15–21

Please call 441-7180 to RSVP!
RSVP required — event limited to 150 people.

Evening festivities include:
• Light snacks
• Awards presentation
• Activities & campus tours

More information in the February News.
Family bowling afterwards at East Campus Union upon request.

Beef Weigh-In Jan. 16
The Lancaster County 4-H and FFA beef weigh-in will be held Friday, Jan. 16, 5:30-8:30 p.m. at the Lancaster Event Center. All market steers and heifers must be brought in for tagging, weighing and noseprinting. For more information contact Deanna at 441-7180, (DK)

4-H Web Site Continually Updated
A reminder that the Lancaster County Web site is a resource available 24/7. Information about upcoming events, deadlines, forms, scholarships and photo galleries are online at lancaster.unl.edu/4h.

4-H Speech Updates
The speech workshop will be held Tuesday, Feb. 24, 6:30 p.m. at the Lancaster Extension Education Center. We will focus this year on beginning speakers. The workshop will teach youth how to pick out a topic and talk them through writing a speech. Check future Nebraska 4-H updates for more detailed information!

Depending upon building availability, the 4-H Speech Contest is temporarily set for Sunday, March 14 at the State Capitol. Keep checking the Nebraska 4-H updates!

For more information about the 4-H speech program, call Deanna at 441-7180, (DK)

Colgate Youth for America Campaign
Colgate wants to recognize the best community service projects performed by youth across America. To enter the 31 Annual Youth for America campaign, describe your club’s community service work between March 1, 2003 and March 1, 2004. Specific details about a single project, program or event — rather than a list of activities — are preferred. Over 300 cash prizes will be awarded, ranging from $100 to $2000. For more information and an entry form, contact the extension office or visit the Web site at www.youthforamerica.com.

Fa La La Llamas
For the 6th year in a row, the Star City Llamas 4-H Club participated in Lincoln’s Star City Holiday Festival parade. Their entry theme was “Fa La La Llamas.” Approximately 30 club and family members dressed up as carolers and their llamas were costumed as sheet music. The manure wagon (a four wheeler pulling a garden trailer) was disguised as a house they were caroling at.

—Karen Armstrong, 4-H Leader and Parent

4-H Horse Judging Team Headed to National Competition

The Lancaster County 4-H Horse Judging Team will compete at the National Western 4-H Round-up in Denver this January. The team consists of Dana Hahn of Lincoln, Melissa Raisch of Hickman, Esther Anderson of Raymond and Katy Cockerill of Walton. All are members of the Young Riders 4-H club. Kala Ball, leader of the Young Riders, coaches the judging team.

“This contest is very difficult and requires a huge amount of dedication to learn,” says Ball. “This dedicated group of young women have been practicing together every other week since April of 2002.”

The team started competing last year at the Seward county practice contest. This spring, they competed at Equest in Kansas. After a few local contests during the summer, they felt prepared to compete at the State 4-H Horse Expo in Grand Island. There they qualified to represent Nebraska at the national contest.

Horse judging teaches youth how to determine placings of a class of four horses using knowledge of rules, conformation and horsemanship. The contestants place up to ten classes in a competition. Half of the classes judged are halter and half are performance. Oral reasons explaining their placings are then given to the judge by the contestants.

“Youth have to know the rules to a multitude of classes and have a good eye for conformation,” Ball says. “Oral reasons really challenge the competitors’ public speaking ability as well as their horse knowledge and ability to focus under pressure.”

Ball adds, “This group of girls is not only very active in the 4-H ‘knowledge’ events such as judging, horse bowl, speech and demonstrations, but excellent riders in the show arena.”

(L-R) Dana Hahn, Melissa Raisch, coach Kala Ball, Esther Anderson and Katy Cockerill.

Anyone interested in forming another horse judging team (must be 15 or older) may contact Kala Ball at 430-4889 or via e-mail at kalaball@pfizer.com.
4-H Helps Holiday of Trees Raise $2,500 for After School Hot Lunch

Approximately 2,500 people attended Heritage League’s "Holiday of Trees" held Dec. 4 and 5 at the Unitarian Church in Lincoln. 4-H decorated three of the 26 trees on display. 4-H'ers utilized their creativity to make hundreds of ornaments for the trees. Animal cookies of all sorts, from fish to dogs to horses to cows, were created for the "4-H Is Alive at the County Fair" tree. A variety of personalized ornaments depicting 4-H memories — some from long ago and some from this year — were made for the "4-H Memories" tree. Members of the 4-H Pet Pals Club strung cereal on strings, made bird seed ornaments, and other decorations for the "The Wild Side of 4-H" tree. Ticket sales totaling approximately $2,500 benefited the Salvation Army After School Hot Lunch program. Salvation Army vans daily transport approximately 50 children from three Lincoln Public Schools to the Community Center where the youth are provided with a hot, nourishing, well balanced meal.

Heritage League organizes Holiday of Trees annually and have raised more than $120,500 for local charities since 1973.

The success of Holiday of Trees is due to the support of individuals and organizations who decorate trees and to the public who attend the event. Thanks to all of the 4-H'ers who made ornaments!

4-H Horse Stampede

Mark your calendars! The 4 Horse Stampede has been scheduled for Saturday, March 13. Entries are due Monday, Feb. 2. For entry forms, a schedule of events and more information check online at animalscience.unl.edu/horse/stampede.htm (MC)

Nebraska 4-H Horse Art Contest
Part of Horse Stampede

New this year! An art contest to encourage youth to broaden his/her horizons and utilize creative talent within the horse project. Entrants must be of 4-H age but do not need to be enrolled in a horse project. All entries are to be original works and relate to the equine. Pencil, chalk, charcoal, pen and ink or pastels may be used. No photos allowed. Entry size must be a minimum of 9"x12" and a maximum of 18"x24". This indicates the finished matted size. All entries must be matted with a maximum 3" border. No glass allowed. Entries should have a secure hanging device attached to the back for display purposes. All items must include name, address, county and age as of Jan. 1, 2004 on the back. Exhibits must be delivered to the Lancaster Event Center in the South Expo Hall between 5 and 9 p.m. Friday, March 12.

Judging will take place during the 4-H Horse Stampede. Judges will be looking for originality, creativity, composition and craftsmanship. The Champion and Reserve Champion exhibits will be retained for use in the program of the 2004 State 4-H Horse Exposition! For additional information please check online at animalscience.unl.edu/horse/artcontest.htm or call Marty at 441-7180. (MC)

HORSE BITS

2004 4-H Horse Stampede

Congratulations to Franklyn. Volunteers like him are indeed "heart of 4-H!"

Franklyn Manning

Lancaster County 4-H and 4-H Council are proud to announce Franklyn Manning as winner of January’s "Heart of 4-H Award" in recognition of outstanding volunteer service. Franklyn is very active in the 4-H Horse program. The Wee Amigos 4-H club nominated Franklyn and wrote, "Because to us Frank is 4-H in life practices. He has worked with 4-H kids and their horses for more than 25 years. Frank loves working with and being around young people and their horses. At the 2003 Lancaster County Fair, Franklyn was there helping out wherever he was needed by being a barn superintendent, organizing the speed events and sponsoring trophies. When we think of role models for our youth we cannot even begin to count the number of lives he has touched, whether it’s answering questions, helping out with construction or clean up projects, balancing books, generating ideas, joking with kids or riding himself. 4-H is a better organization and young people have become better adults as a result of Franklyn Manning."

"I enjoy seeing the young people grow up, mature and be good citizens," Franklyn said.

His favorite experience volunteering at the county fair was this year. "In 2003, members of the Horse VIPs committee and 4-H club leaders put on, and pulled off, one of the best horse shows at the county fair since I’ve been around," he said. Franklyn lives in Lincoln and also volunteers at the American Lutheran Church. His favorite way to relax is working with and riding his horse, Skeeter.

Congratulations to Franklyn. Volunteers like him are indeed the heart of 4-H!

To nominate your favorite 4-H volunteer or leader, submit the form available online at lancasterunl.edu. Nominations of co-volunteers accepted.
Use and Care of Home Humidifiers

If you knew a disaster was coming, wouldn’t you make preparations to protect yourself and your family? We may not know when the next big ice storm is coming, you can take steps to keep family safe now. The first step is updating your family’s disaster plan, learn and follow the basic winter safety rules Emergency Management Agency advises.

Family Disaster Plan

During a year, there are a lot of potential disasters that could impact your family: a Hazardous Material accident could force your family to evacuate your home; a winter storm, an earthquake or tornado could cut off basic services such as gas, water, electricity or phone service.

There are six basic types of supplies you should have packed in a special container (such as a large plastic bag or a backpack or duffel bag) in case of a natural or man-made disaster. Those supplies include:

- Water — two gallons per person per day.
- Ready to eat canned food, canned juices, high-energy bars and other dried foods, vitamins, comfort foods.
- Foods, drinks, medications, first aid kit, toilet paper, infant formula, and baby care items.
- Tools and emergency supplies such as: battery operated radio, flashlights, fire extinguisher, pliers, shut off wrench, matches in a water proof container, liquid soap, personal items, household cleaner, bleach.
- Special items for an infant, medication for family members, books and games for entertainments of important family documents.

Winter Storm Preparations

One of the key rules is to keep ahead of the weather this winter by listening to the latest weather reports on local radio and television. In preparing for a severe storm or blizzard, you should have the following items readily on hand at home:

- Extra blankets.
- A battery operated radio.
- A flashlight and fresh supply of batteries.
- An emergency or backup heating system.

It would be worth looking for an adequate supply of heating fuel and be aware of the fire hazards posed by the prolonged use of stoves, fireplaces and space heaters.

The safest place to be during a winter storm or cold snap isindoors. Dress properly before venturing outdoors. Wear several layers of loose fitting, lightweight clothing. Outer garments should be tightly woven, water repellent and hooded.

In addition, an overexposure to cold weather, including when snow shoveling. Be aware that cold weather itself, without any physical exertion, can be an extreme strain on the body.

The Grantsmanship Training Program will again be offered to the Lincoln community May 3-7, 2004. The intensive, “hands-on” workshop covers all aspects of research grants, writing proposals and negotiating with funding sources.

The program is designed for both novice and advanced grant seekers, the program participants are given follow-up services, including expert grant proposal reviews for a full year following training. To identify personal attention, the group size for the workshop is limited.

Since 1997, Lancaster County Extension has hosted the Grantsmanship Training Program. Approximately 120 individuals representing various Lincoln and area agencies have participated to date.

For more information and to register, as early as possible, contact The Grantsmanship Center at (800) 421-9512 or go to www.tegci.com. (GB)
EXTENSION CALENDAR

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

JANUARY

6 FCE & Community Leader Training Lesson — “Helping Families and Friends During Tough Times”  1 p.m.
6 4-H Council Meeting  7 p.m.
7 Crop Protection Clinic  8 a.m.–4 p.m.
7 4-H Rabbit VIPS Meeting, Lancaster Event Center  7 p.m.
8 Extension Board Meeting  8 a.m.
8 4-H Teen Council Meeting  3 p.m.
12 4-H Horse VIPS Meeting, Lancaster Event Center  7 p.m.
16 4-H Beef Weigh-In, Lancaster Event Center, Pavillion 2  5:30–8:30 p.m.
17 “Acreage Insights” - Grasses & Wildflowers  9–11 a.m.
23-24 5th & 6th Grade Lock-In  8 p.m.–8 a.m.
26 Private Pesticide Applicator Training  1:30–11:30 a.m., 1:30–4:30 p.m.
26 FCE Council Meeting  1 p.m.
27 FCE & Community Leader Training Lesson — “Don’t Be a Victim”  1 p.m.
31 Private Pesticide Applicator Training  6:30–9:30 p.m.

WINTER PLAN

continued from page 10

Safety Checks for Your Vehicle

Before severe storms and cold arrive, all vehicles should be winterized with particular attention to the engine, fuel, ignition and exhaust systems. Make sure that tires and brakes are in good condition and that the heater, windshield wipers and lights are working properly. Also check the antifreeze level and always keep the gas tank filled. Each vehicle should be equipped with an emergency winter storm kit which should include: non-perishable foods, extra clothes, blankets, a flashlight, fresh batteries, a shovel, booster cables, flares, and bags of sand. Motorists who become stranded in their vehicles should never try to walk to safety. Conserve fuel and heat by running the heater and engine sparingly. Ten tents with carbon monoxide poisoning, open a car window slightly and periodically clear the snow away from the exhaust pipe. By staying prepared during cold and stormy weather, you can avoid the fatal effects of winter. (LB)

Applications Being Accepted for Summer Staff at 4-H Camps

The three 4-H Camps in Nebraska are currently accepting applications for our 2004 summer staff. All positions provide endless opportunities for growth in an exciting, fast-paced outdoor atmosphere. You may apply for a variety of positions:
- **Camp Staff** — Salaried youth ages 18 and older who lead camp programs. Spend mid-May to August working full time to provide daily leadership of camp activities and teaching groups of all ages. A great summer job for college students with any major. Initial application deadline is Jan. 15.
- **Cabin Mentors** — Youth ages 17 and older who provide cabin supervision and assistance in leading camp programs. Mentors receive an honorarium for their service and are scheduled according to their availability. Perfect for high school youth who need a fun getaway from their full time summer job. Mentor for a few days or for the entire summer — the choice is yours! Application deadline is Mar. 15.
- **Camp Counselors** — Youth ages 15 and older who assist with cabin supervision and leading of camp programs. Join over 150 volunteer teens in providing valuable leadership to a group of campers by day and assist with cabin supervision at night. Camp counselors are selected according to their availability and counseling is a fantastic leadership experience for any young person. Application deadline is Mar. 15. Applications received after deadlines will be accepted until all positions are filled. More information and applications are available on the Nebraska 4-H Web Site at 4h.unl.edu. You can also contact Barb Ogg, Extension Educator, bogg1@unl.edu

Kurt is growing his skills at Nebraska.

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TThe NEBRILE

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All programs and events listed in this newsletter will be held (unless noted otherwise) at: Lancaster Extension Education Center 444 Cherry Creek Rd. (event rooms posted), Lincoln

Lobby Phone: 441-7170

WEB SITE: lancaster.unl.edu

January 2004
Can You Guess It?

Did you guess it? Find out at lancaster.unl.edu

Web site: lancaster.unl.edu January 2004

The answer was suet in a homemade pine cone bird feeder. Did you guess it from the November/December Nebraska 4-H Newsletter? Check out page 11 for the answer and more fun projects! For more information, call 441-7180 and ask for Tracy Kulm.

EBLINE

UNL Cooperative Extension in Lancaster County
Sponsored by Lancaster County 4-H Teen Council
Presented by Lancaster County 4-H Teen Council

Financial FUNdamentals 4-H Camp Mar. 5-6
This camp is all about money and FUN! Designed for youth ages 13–19 and their mom or dad or a mentor — this new camp will let you explore your money personality profile, set college cost goals, learn the FUNdamentals of checking, credit, savings, investing, and spending! Mom or dad can help you understand the complexities of handling your money and do it in an enjoyable setting. You’ll also get to discover more FUN with the camp’s TRUST Course, shooting sports, campfires and more. Can’t you just see mom or dad riding the zip line? The camp will be Friday, March 5 & Saturday, March 6 at the Eastern Nebraska 4-H Center near Gretna. Campers arrive around 5 p.m. on Friday night and leave at 5 p.m. on Saturday night. Cost is $60 per person. For more information or to register contact Kelly Krambeck, Eastern Nebraska 4-H Center, 21520 W. Hwy. 31, Gretna NE 68028, (402) 332-4496.