2-1-2005

The NEBLINE, February 2005

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The NEBLINE®
University of Nebraska Cooperative Extension in Lancaster County
"Helping Nebraskans enhance their lives through research-based education."
February 2005
Vol. XIX, No. 2
441-7180 • Web site: lancaster.unl.edu

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The Scoop on Poop
Lessons in Wastewater Biology

Pardon me for being personal, but did you ever wonder what happens after you flush? If you live in the country and have a septic tank, you undoubtedly know the septic tank catches what you flush and it eventually needs to be pumped out. But where does the waste go after the honey wagon cleans out the tank? Ask any Lincolnite what happens after they flush, and they probably will tell you it ends up in the sewer system. But what really happens to all that stuff in the sewers and septic tanks? Ask kids who listen to the Scoop on Poop presentation at the earth wellness festival and they will tell you the real story.

These fifth graders learn the wastewater treatment plant converts sewage into cleaner water and carbon dioxide and wastewater solids. Cleaned water meets rigorous environmental standards and is released into Salt Creek. Processed wastewater solids — called biosolids — are recycled by fertilizing crops. Wastewater processing is really a story about recycling.

A wastewater treatment plant is an engineering marvel most of us take for granted. And, contrary to what most people think, chemicals are not the primary method used to clean the water. Instead, wastewater treatment plants use mechanical and biological methods that efficiently and effectively remove pollutants.

Wastewater is first screened to remove large objects like golf balls, car batteries, hub caps, boards and other stuff unlightened people throw down manholes.

Wastewater is then pumped into a grit basin where sand and gravel and other heavy materials settle to the bottom of the tank. If not removed, grit can damage equipment and pumps at the treatment plant. Grit is pumped out of the tank and taken to the landfill. Grease and oil float on water and are skimmed from the top of the tank and taken to the landfill.

Primary treatment separates solids through sedimentation, because the solids sink to the bottom of the tank. These solids are pumped into anaerobic digesters, heated and processed to reduce bacteria which eventually become “biosolids.”

During secondary treatment, the wastewater is aerated to make it a better place for oxygen-loving bacteria to live. These bacteria eat pollutants in water and release carbon dioxide in the process. Bacteria eventually settle to the bottom of the tank and are pumped into the anaerobic digesters and processed as biosolids.

Septic tank waste produced in Lancaster County is transported to the Theresa Street Wastewater Facility, pumped into the treatment plant and processed so even folks who live in the county contribute to biosolids.

Anaerobic processing is an essential part of making biosolids because time (three-four weeks) and temperature (98°F) inside the egg-shaped digesters significantly reduce bacteria — making wastewater solids suitable for land application. Some wastewater treatment plants use lagoons, but the Theresa Street Wastewater Facility uses anaerobic egg-shaped digesters that are a familiar sight just south of the Salt Creek Bridge west of 27th and Cornhusker. The City of Lincoln Wastewater and Solid Waste Division maintains the Theresa Street Wastewater Facility.

Biosolids are rich in nutrients that crops need to grow so it would be a waste to discard this resource. Instead, biosolids are used by area farmers to fertilize their crops. Since 1992, University of Nebraska Cooperative Extension in Lancaster County has coordinated distribution and application of biosolids to agricultural cropland. To date, the Biosolids Land Application Program has worked with 55 crop producers to safely apply more than 300,000 tons of Lincoln’s biosolids, while improving soil and increasing crop yields in the process. Farmers interested in applying biosolids should contact Barb Ogg or Dave Smith of Lancaster County Extension at 441-7180 or attend the upcoming March 3 workshop (see below).

Fertilizing Cropland With Biosolids
An Educational Workshop about Lincoln’s Biosolids Land Application Program

All interested persons are invited to attend a free biosolids workshop on March 3 from 3:30 to 8:30 p.m. Preregistration is required — call Karen Wedding at 441-7180 by March 1.

Participants will:
• Tour the Theresa Street Wastewater Facility and learn how wastewater is processed and made safe for application.
• Learn how regulations determine application rates and locations.
• Learn how GPS and GIS technology is used in Lincoln’s Biosolids Program.
• Learn how biosolids improves soil tilth, especially on poor or eroded soil.
• Learn how biosolids usually increases crop yields for several years after just one application.

Meet at 3:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. The group will then tour the Theresa Street Wastewater Facility and return to extension for dinner and educational program.

Extension Educator Barb Ogg explains Lincoln’s Biosolids to fifth graders attending the annual earth wellness festival.

Barb Ogg
Extension Educator

The Theresa Street Wastewater Facility, southwest of 27th and Cornhusker clears wastewater and produces biosolids 24 hours, 7 days a week and never shuts down for holidays. This facility is currently undergoing major construction to increase capacity to keep pace with Lincoln’s increasing population.
Shopping for Plants, Seeds

When ordering seeds, keep in mind some general guides. Order only enough seeds for your needs. Otherwise, you will be faced with entirely too many plants or with storing the unused seeds. Ordering just what you can use and handle is one of the toughest problems most gardeners face this time of year.

First figure how many plants you will need. Then consult the catalog description to find the percent germination, and how many seeds per packet. The germination is important, since if the packet has enough seeds, but the germination is low, you’ll want to order more. Some packets such as geraniums may only contain five seeds, as they are quite scarce and harder to produce. Others may contain hundreds of seeds and be enough for several years!

When ordering seeds, consider the All-America Selections. These are new introductions that have been judged by horticulture professionals nationwide. These selections are one reason to start your own plants, as many are best by horticulture professionals nationwide. These selections are one reason to start your own plants, as many are never grown before; it may be better than what you are already growing. New introductions of this type are always eagerly awaited and will be killed by the first fall frost.

When ordering plants there are important points to remember. Order from reliable sources in order to get good value and plants that are shipped properly. Some sources are ones you may have used before or heard recommended by friends and neighbors. Beware of inexpensive plants. Price is often a good indication of quality and lower prices often reflect lower quality. These plants seldom resemble those in the catalog and they often die. (MJF)

Bromeliads Need Strong Light, Warm Temperatures to Survive

The bromeliad is a member of a large plant family that is native to the warmer climates of North and South America. Bromeliads grow in trees, attach themselves to rocks and live on the forest floor. They need enough light to allow water to drain. (MJF)

Colorful Coleus Make Good Bedding or Container Plants

Coleus are prized for their foliage which may combine shades of green, yellow, orange, red and maroon. New introductions of this popular annual have been selected for increased sun and heat tolerance. Coleus vary from smaller types that will reach only one foot tall to tall bushy types of three feet. Sprawling types are suitable for hanging baskets and window planters may spread up to three feet or more. Most coleus grow fairly rapidly to their full summer size. They are all tender annuals in Nebraska and will be killed by the first frost.

The brilliant and widely varied colors of coleus foliage make it a natural for use as a bedding plant and as a cut flower. Coleus grows beautifully in containers, which can be used to dress up patios, porches and garden terraces. Coleus are highly resistant to serious disease or insect problems when grown outdoors in properly prepared beds or containers. Some pests to watch for include mealy bug, aphids and whiteflies. Some disease problems to watch for include stem rot and root rot. Most coleus will grow best in part shade. However, several new cultivars are available that will thrive in a full, hot sun. Coleus must have good soil drainage. Poorly drained soils and excessive watering will damage coleus. Over-watered plants will be stunted and root rot could occur. Plants should not be allowed to dry out. Coleus grown in containers are more susceptible to drought and should be planted in a very well-drained soil mix that is watered more frequently.

Pinch growing shoots of young plants frequently to encourage and maintain dense foliage. For a midsummer growth boost, fertilize in June, July and August with a liquid fertilizer at half the usual dilution. Flower spikes will appear in late summer. Many people dislike their appearance, and if allowed to go to seed the plant will decline. Shear back flowers to extend performance. Since coleus are annuals and will be killed by the first fall frost, you may want to take cuttings of especially prized cultivars. They root easily from stem cuttings that are placed in containers with moist potting soil. (MJF)
The Acreage Yard and Garden: an Ongoing Process

Karma Larsen Nebraska Statewide Arboretum

Yards, perhaps more than anywhere else, are a place for freedom, for creativity. Are there many who have chosen to live in the country, providing a wildlife habitat was an important consideration. An existing pond provided a desirable habitat for a variety of animal life, and existing plants provided cover for the animals, etc. The Petersens tried to limit human impact on their five acres to one area and keep the views wide, particularly in areas where their grandchildren play so they can supervise them from the house. For now, grasses planted around the pond keep it out of view from the children, and less of a temptation. As the granchildren grow and safety is less of an issue, they plan to move several paths down to the water’s edge.

Providing a Wildlife Habitat

Acreage owners Gary and Allison Petersen had been living on Cherrycreek Road. The workshops will be held at the Lancaster Extension Education Center, 444 Cherry creek Road. The workshops will also be offered in Omaha and Fremont. The Fall series of four workshops will be announced at a later date.

Raising Small and Tree Fruits for Home or Commercial Use — Thursdays, February 10, March 10, 7-9 p.m.

Container Gardening and Native Grasses and Wildflowers — Thursday, March 10, 7-9 p.m.

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Pests can be controlled by cultural practices such as crop rotation, plant selection, and avoiding the use of harmful chemical pesticides.Integrated pest management (IPM) is a blend of cultural practices, the use of selective chemical pesticides, and biological controls to effectively manage pests while minimizing the use of pesticides. A key part of IPM is monitoring pest populations and adjusting controls as needed to stay ahead of pest outbreaks.

Rural Living Clinic on Raising Fruits, Feb 10

University of Nebraska Cooperative Extension Service to present its series of seminars entitled “Acreage Insights - Rural Living Clinics” to help acreage owners manage their rural living environment.

The Spring workshops (listed with Lincoln dates) are:

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The attic (or storage area) in our homes can be compared to the attic (top section) of the Food Guide Pyramid. We don’t store items we use daily in the attic, just as foods high in fat, sugar and salt do not make up the major portion of our diet, if we want to lead a healthy life. We often call foods from the five major food groups, our EVERYDAY FOODS. Other foods, which are high in fat, sugar and salt are SOMETIME FOODS. These are foods found in the attic of the pyramid. Let’s take a brief look at each of these and consider how we can “go there” less often.

**Foods High in Fat**

The obvious foods high in fat include all fried foods. Frying removes both water–soluble and fat–soluble vitamins and adds fat. Baking, broiling and steaming are just a few healthier cooking choices. Read the Nutrition Facts labels when purchasing prepared foods. Total fat, saturated fat and cholesterol are the first values listed. A serving that provides more than 30 percent of the daily value of fat is considered high. A value of 5 percent or less is considered low. Remember, the values listed are for only one serving. This information helps us balance our intake of fat. The type of fat we consume is also important. For example, vegetable oils which are liquid at room temperature are healthier than animal fats.

**Foods High in Sugar**

Sugar is another “energy–producing” nutrient that can add calories to our diet. On the Nutrition Facts labels, sugars and added sugars in grams. To help visualize the sugar content of one serving, remember four grams = one teaspoon of sugar. If a 12 ounce beverage contains 40 grams of sugar, a person is consuming the equivalent of 10 teaspoons of sugar. There are so many products containing sugar. These “empty” calories really add up.

**Foods High in Salt**

Salt is a combination of sodium and chloride. Most Americans consume too much salt which causes high blood pressure and hypertension (high blood pressure). Hypertension is a major risk factor for heart disease and stroke. Salt is very much a taste we acquire through time. Gradually and intentionally decrease salt intake. Leave the salt shaker off the table and replace it with a no-salt spice or spice combination. Pepper is just one healthy spice alternative. Let’s become healthier by taking fewer trip to the attic and eating those everyday foods low in fat, sugar and salt.

Our good health worth it.

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**Italian White Bean Soup**

(Makes 4 servings)

2 cans (15.5 ounces each) white kidney beans
4 cups no-fat, reduced sodium chicken broth, divided
1/2 cup chopped onion
1 can (16 ounce) whole tomatoes with no salt, undrained, chopped or 4–6 fresh plum tomatoes (peeled and chopped)
2 teaspoons dried basil
1/2 teaspoon dried thyme leaves
1/8 teaspoon white pepper

1. Combine one can of beans with two cups of the broth in a blender or food processor and blend until a smooth puree.
2. Transfer to a large saucepan. Stir in remaining ingredients.
3. Bring to a boil over high heat, reduce heat and simmer, covered, 10 to 15 minutes or until beans and tomatoes reach desired tenderness.

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**Eating Well as We Age, Part 1**

“Blooming” Chocolate Won’t Hurt You

If the Valentine’s Day chocolates you received develop some whitish discoloration on the surface, the chocolate is still safe to eat.

The whitish discoloration is called “fat bloom,” which occurs when cocoa butter separates from the crystallized chocolate mixture and comes to the surface. This usually happens when the chocolate is kept at a temperature of 70–75° F. (21–24° C).

The discoloration also could be due to “sugar bloom,” which occurs when loosely wrapped chocolate is stored in the refrigerator. Moisture condenses on the surface and sugar from the chocolate dissolves in it. As the moisture evaporates, it leaves behind a crust of white sugar crystals. One way to avoid white discoloration is to wrap and store chocolate carefully in a cool place but not in the refrigerator.

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**Problem: Upset Stomach**

Stomach problems, like too much gas, may make you stay away from foods you think cause the problem. This means you could be missing out on important nutrients, like vitamins, calcium, fiber and protein. What to do: Try other foods instead of:

- milk
- vegetables like cabbage and broccoli
- fresh fruit

Try other spice or spice combinations. Pepper is just one healthy spice alternative.

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**Problem: Can’t Chew**

Do you have trouble chewing? If so, you may have trouble eating foods like meat and fresh fruits and vegetables. What to do: Try other foods.

- Instead of:
- fresh fruit
- raw vegetables
- meat
- sliced bread
- try:
- fruit juices and soft canned fruits, like peaches and pears
- vegetable juices and creamed and mashed cooked vegetables
- ground meat, eggs, milk, cheese, yogurt, and foods made with milk, like pudding and cream soups
- cooked cereals, rice, bread and corn chips
- sign up for help with a local volunteer center.
- Ask a family member or neighbor to shop for you. Or pay someone to do it. Some companies let you hire home health workers for a few hours a week. These workers may shop for you, among other things. Look for these companies in the Yellow Pages of the phone book under “Home Health Services.”

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**Problem: Can’t Cook**

You may have problems with cooking. It may be hard for you to hold cooking utensils, and pots and pans. Or, you may have trouble standing for a long time. What to do:

- Use a microwave oven to cook TV dinners, other frozen foods and foods made up ahead of time by the store.
- Take part in group meal programs offered through senior citizen programs. Or, have meals brought to your home.
- Move to a place where someone else will cook, like a family member’s home or a home for senior citizens. To find out about senior citizen group meals and home-delivered meals, call 1-800-677-1116. These meals cost little to no money.
Caring Activities for Families

- Have children list caring things they can do for their families, friends and classmates. Compile these into a “Caring Coupon Book,” add to it as children have completed them, and give as presents.
- Make up “caring prescribing” cards for those who are sad, lonely, ill, hungry, cold, frightened, etc.
- Create weekly calendars, listing caring things to do in the home, school, community and environment. Give stars or other some other agreed upon reward for accomplishing the set goals.
- Let children help sort through their unused toys and clothes they have outgrown. Include the ones that you feel might benefit other children.
- Play a game of “Caring Choices” showing caring behaviors.
- Create puppet shows illustrating the difference between caring and uncaring behavior.
- Have children collect food for families, friends and/or classmates who are in need.

tips for helping your child learn math

Parents can help children develop the confidence in their math abilities by helping them to understand the following concepts:

Problems can be solved in different ways.

What does this mean for you? Where are you spending your family time? On a family vacation? Watching television? Participating in organized sports? Do math “in your head” and multi-digit subtraction, multiplication and division problems and applying what you have learned to new problems and applying what you have learned to new problems and applying what you have learned to new problems and applying what you have learned to new problems and applying what you have learned to new problems and applying what you have learned to new problems and applying what you have learned to new problems and applying what you have learned to new problems

Problems can be solved in different ways.

Learning math is more than finding the correct answer; it’s also a process of solving problems and applying what you have learned to new problems.

Wrong answers can sometimes be useful.

Ask your child to explain how he or she solved a math problem. Their explanation might help you to discover if they need help with addition, subtraction, multiplication and division or with the concepts involved in solving the problem.

Don’t be afraid to take risks.

Give your child time to explore different approaches to solving a difficult problem. As they work, encourage them to talk about what they are thinking. This will help them to strengthen math skills and to become an independent thinker and problem solver.

Being able to do mental math is important.

Do math “in your head” (mental math) is a valuable skill that comes in handy as we make quick calculations of costs in stores, restaurants or gas stations. Let your child know that by using mental math, their math skills will become stronger.

It’s sometimes OK to use a calculator!

Use a calculator to solve math problems. Let your child know that using a calculator is sometimes OK.

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Lincoln’s New Community-Supported Agriculture Project

Yelena Mitrofanova Extension Educator and Kim Matthews Community CROPS Director

Community Combining Resources, Opportunities, and People for Sustainability (CROPS) is a Nebraska Sustainable Agriculture Society project. It began in 2002 with one Lincoln Community Garden (see related article). This year, it will include community gardens and a new four-acre community farm!

The project increases food security for refugees, immigrants and low-income people in Nebraska through asset-based community development that provides resources and technical assistance to grow, market and add value to agricultural products. Community gardens can also be a tool in neighborhood revitalization. Thirty-three community partners make Community CROPS possible, along with funding received from grants.

Community Gardens

In 2004, Community CROPS Community Garden Network served 32 families, as well as another 45 gardeners without families (single adults, youth, homeless and Fresh Start women). The country of origin of the participants included the former Yugoslavia, Indonesia, Japan, Hong Kong, Peru, Brazil, Sudan, Iraq (Yezidi’s), Guatemala, El Salvador, and Mexico and the United States.

Community CROPS offers free gardening supplies, materials, and education at four community gardens in Lincoln: P Street Garden located at 23rd and P Street; 46th Street Garden located at 46th and Pioneers; Sumner Community Garden located at Antelope Park Church of the Brethren (Sumner and Normal Blvd.); Women’s Garden located at 28th and S Street.

The Gardener Outreach Project within Community CROPS, spawned a wide range of community and gardener outreach during the 2004 growing season. These projects included:

- A partnership with Fresh Start, a homeless women’s transition program, to reap the harvest at the Women’s Garden. Fresh Start women planted, tended and cooked the vegetables and herbs grown. They also donated their surplus produce to St. Monica’s, a substance abuse treatment center for women. Over 500 meals had fresh vegetables added thanks to their hard work.
- Saint Paul’s Methodist Church sponsored a plot for the homeless to be planted at 23rd and P Street. Once a week, volunteers went to the local day shelter to recruit and work with homeless gardeners. They grew and ate their bounty.
- Grow! Grow! Garden Club is a group of Prescott Elementary School students learning about composting, ecosystems and gardening.

Sunset Community Farm

A new four-acre community farm located on SW 40th, Sunset Community Farm, will continue to be a key partner in community gardening projects. So far, six businesses comprised of refugee and immigrant farmers from Sudan, Guatemala, Central America, Bosnia and Iraq are assigned up to work on the farm.

All produce will be raised organically (without pesticides) and sold through Community CROPS’ shareholder program.

Fresh Produce Delivered Weekly

Lincoln residents have the exciting option to buy a “share” of Sunset Community Farm’s summertime harvest and receive an amazing array of the freshest seasonal vegetables and herbs! Shareholders have farm fresh vegetables delivered to a convenient pickup point in their neighborhood once a week for 15 weeks for only $26 per week (mid-June to late September). The selection of the produce will change from week to week, as does the total volume and weight of the boxes. The goal is to weekly fill a 3/4 bushel box to the brim – equivalent to 1-1/2 regular paper grocery sacks.

Pick-up points will be announced in May after all the shares have been purchased. There will be a five-hour window for shareholders to pick up their box from the designated site. Home delivery is available for an additional small weekly fee.

A Farm Tour Schedule will be announced so shareholders can visit Sunset Community Farm.

Share a “Share”

Individuals can choose to purchase an entire “share” in the Community CROPS’ shareholder program and donate half of their weekly 3/4 bushel box to a family who cannot afford fresh vegetables.

Community CROPS will work with the multicultural centers and Fresh Start Home to match donors with donation recipients.

Educational Outreach

Community CROPS provides educational outreach to multiple audiences through workshops, presentations, newsletters and after-school programs. Topics include gardening, nutrition and cooking, increasing food security opportunities in Lincoln.

Get Involved!

For more information about any of Community CROPS programs, contact Director Kim Matthews at (402) 438-6056 or via e-mail at crops@nebraska.earthlink.net

Community CROPS is a project started in 2002 as a Nebraska Sustainable Agriculture Society (NSAS) AmeriCorp project. The purpose of the project was to create dialogue between consumers and producers. Andy Witkowski, the NSAS AmeriCorp member, chose a community garden as the way to facilitate the conversation. He named the project the “Lincoln Community Garden” and found space at the corner of 23rd and P Street.

The lot had essentially been a parking lot for the city’s heavy equipment. Garbage, old tires and other waste littered the space. In the growing season of 2003, the area was transformed into a garden – growing food for 35 gardeners representing seven nations from around the world.

Over the course of the growing season, Witkowski asked himself several questions. How could more gardens be created? How could refugees and immigrants use growing food as a means to increase their economic security? How could they get more community investment in the gardens? In his quest for answers, Witkowski began working with Kim Matthews, a grant writer for Lincoln Action Program (LAP). In 2003, they developed the three-year plan for Community CROPS. The plan increased the community garden and refugee/immigrant farmers initiative in 2005, and plans to increase consumer education in 2006.

One 4th Grader’s Vision for Her Neighborhood

As part of the City of Lincoln Urban Development Department’s citizen participation process, Ollison Associates worked with Community Learning Centers on a “Kicks-n-Cameras” project. Adults worked with youth on five questions:

- What is the safest place in your neighborhood?
- What is the scarcest thing in your neighborhood?
- What is the best place to play in your neighborhood?
- What is the prettiest place in your neighborhood?
- What kind of place will your neighborhood look like in the future?

Youth took photographs and wrote short essays. These were shared as part of a community visioning session held at Northridge Community Center in December.

Following is one youth’s vision for her neighborhood:

“My name is Marinha Starns. I’m a 4th grader at Elliot Elementary. In the future, I would like my neighborhood to be clean because it isn’t so far. Too many people throw trash on the ground. If more people would stop throwing trash on the ground our neighborhood would be cleaner.

My neighborhood is pretty already, like the waterfalls and the gardens with the pretty flowers. I hope it stays that way. If people keep throwing trash on the ground maybe no one would notice how pretty it is.

Another thing that I like about my neighborhood is that we have a lot of different cultures. People come from all over the world. They live in our neighborhood.

The languages are Spanish, German, Bosnian, Chinese, Vietnamese, Japanese, African, Sudanese, Arabic and Far-See.

This is important to me because in some neighborhoods they make fun of different people, but in our neighborhood we get along with each other. People need to stop judging others by the colors of their skin and start looking within. Maybe we could all learn that different people don’t always have to be bad.

Also friends can teach each other about different people and get to know each other and spend a lot of time together. I just wish and I wish that those people get along.

In the future the buildings should be colorful like the people in our neighborhood. Imagine the buildings colored yellow, black, brown, pink, orange and purple. The world would look like a rainbow. I care because in the neighborhood we would like the buildings to look like the buildings. To look normal and beautiful, just like us!”

Elliott Neighborhood “Visioning for the Future” Event

Feb. 22

Families, residents and stakeholders in the Elliott School Neighborhood are invited to attend “Visioning for the Future.” Visioning for the Future is a special community event sponsored by the Elliott Community Learning Center to set priorities and goals for the future. The event will take place on Tuesday, Feb. 22 in the Elliott School Cafeteria, 6 to 8:30 p.m. Dinner and childcare are available. Please call Yelena at 436-1563 for more information. Preregistration is recommended. (YMM)
UNL Researchers Measure Decline in Groundwater

UNL water scientists have found in one year’s time, between spring 2003 and 2004, groundwater was lowered by one to five feet in heavily irrigated areas of Nebraska. Researchers measured spring water levels in more than 2,400 irrigation, domestic, observation and monitoring wells in all of Nebraska’s 23 Natural Resources Districts.

Groundwater irrigation and pumping of wells and the recent drought have a direct bearing on why well water levels are lowering and some stretches of Nebraska’s rivers and streams are drying. According to Jim Gokee, UNL hydrologist, “The increase in pumpage and diminished recharge to the aquifer due to the drought disrupts ground- water flow to streams, delaying or diminishing the flow of surface water to many basins.”

The most recent map, shown below, shows groundwater level changes in the High Plains aquifer that underlies much of Nebraska. Most dramatic reductions between 2003 and 2004 occurred in the heavily irrigated Platte, Republican, Loop, Blue and Elkhorn River basins. Few changes occurred in southeast Nebraska where irrigation is not as widespread.

A second map shows longer-term historical declines in the aquifer from prederevlopment — about 1952, when irrigation became more widespread — and spring 2004. Scientists became concerned when aquifer levels continually decline. The High Plains aquifer underlies more than 148 million acres of land in South Dakota, Wyoming, Nebraska, Colorado, Kansas, New Mexico, Oklahoma and Texas.

Sometimes animals can become a nuisance or cause problems in your backyard. Raccoons may raid garbage cans, squirrels may rob seed and damage bird feeders, rabbits may eat garden vegetables and snakes repel some people.

When Wildlife Become Nuisances

Problems with animals in your yard, take a “different” look at the habitat you’ve created for them. Try to see your yard as wildlife would.

• Do you have a garden shed or garage in need of repairs? We get many calls from homeowners concerned about an opoosum living in their garage. In most cases, the buildings are in need of repair or are lacking doors to help keep animals out.

• Did you put in a backyard pond or have a landscaped yard with plenty of places for animals to raise young and find food and water? Frogs, snakes, birds, raccoons, rabbits — many animals live in a variety of naturalized landscaping. Remember — if you build it, they will come!

• Do you feed your pets outside? Do you feed birds? Wildlife don’t understand the food you set out isn’t for them too. It is quite a sight to see a skunk and your cat sharing a bowl of pet food on the porch.

Predator Birds in Urban Areas

A recent call to the extension office was a reminder city limits often have little impact on wildlife.

A lady, who lived in the University Place area, called to report the sighting of a red-tailed hawk in her neighborhood. She was concerned because she noticed birds at her bird feeder stopped feeding activities when the hawk was perched nearby in a tall tree. This is completely understandable bird behavior when predator is in the area.

When predators focus on bird feeders, they can become the equivalent of a predator feeding station. What, if anything, can be done about this situation? Red-tailed hawks are protected by federal law. Migratory Bird Treaty Act of 1918 protects all common wild birds found in United States. Accept the house sparrow, starling, feral pigeon and resident game birds such as pheasant, grouse, quail and wild turkeys. Resident game birds are managed separately by each state. Violations of the Migratory Bird Treaty Act, Eagle Protection Act and Endangered Species Act are considered criminal offenses and can result in significant fines and imprisonment. Any lethal means to control the hawk is not an option.

Perhaps the bird feeder is not placed in an appropriate location. Feeders should be placed so birds have protection from wind and predators. A good spot to place a feeder is in a somewhat open area but within about 10 feet of cover such as bushes or trees. Some open area allows birds to observe predators. The shrubs or trees can provide shelter from strong winds and a place to escape from overhead predators.

Some experts say feeding birds in winter and early spring can help save them survive when food sources are scarce, but birds at a bird feeder become more vulnerable during late spring and summer when predators are feeding young. It might be a good idea to discontinue bird feeding activities when food resources becomes more available. For more information about feeding birds, refer to NebGuide (G83-669-A) “Backyard Wildlife: Feeding Birds” at ianpubs.unl.edu/wildlife/g669.htm.

A red-tailed hawk

When a predator is lurking nearby.

An increase in pumpage during winter may eat garden vegetables and damage bird feeders, rabbits may rob seed and damage bird feeders, rabbits may eat garden vegetables and snakes repel some people.

• If you have problems with animals in your yard, take a “different” look at the habitat you’ve created for them. Try to see your yard as wildlife would.

• Do you have a garden shed or garage in need of repair? We get many calls from homeowners concerned about an opoosum living in their garage. In most cases, the buildings are in need of repair or are lacking doors to help keep animals out.

• Did you put in a backyard pond or have a landscaped yard with plenty of places for animals to raise young and find food and water? Frogs, snakes, birds, raccoons, rabbits — many animals live in a variety of naturalized landscaping. Remember — if you build it, they will come!

• Do you feed your pets outside? Do you feed birds? Wildlife don’t understand the food you set out isn’t for them too. It is quite a sight to see a skunk and your cat sharing a bowl of pet food on the porch.

Eagle Protection Act and Endangered Species Act are considered criminal offenses and can result in significant fines and imprisonment. Any lethal means to control the hawk is not an option. Some experts say feeding birds in winter and early spring can help save them survive when food sources are scarce, but birds at a bird feeder become more vulnerable during late spring and summer when predators are feeding young. It might be a good idea to discontinue bird feeding activities when food resources becomes more available. For more information about feeding birds, refer to NebGuide (G83-669-A) “Backyard Wildlife: Feeding Birds” at ianpubs.unl.edu/wildlife/g669.htm.

A garter snake makes itself at home in a backyard pond.

Groundwater-level Changes in Nebraska — Spring 2003 to Spring 2004

Groundwater-level Changes in Nebraska — Predevelopment to Spring 2004

Beginning Beekeeping Workshop

Cost: $15 (includes reference materials, refreshments and lunch)

For more information, call Barb Ogg at 441-7180 or e-mail lancaster@unl.edu.
Lancaster 4-H and 4-H Council invite 4-H’ers and their families to
Achievement Night
Tuesday, Feb. 1, 6:30–8 p.m.

Please call 441-7180 to RSVP by Jan. 28
University of Nebraska Westbrook Music Building (near 10th and R streets), Recital Hall-Room 119
Free Parking at Que Place Garage, 1111 Q St. (must bring ticket to event for validation)
Westbrook Music Bldg. entrance on east side

Evening festivities include:
• Refreshments
• Awards presentation
• Solo/choral performances presented by the UNL Hixon-Lied College of Fine and Performing Arts

Part of Nebraska State 4-H Month!

Special thanks to the University of Nebraska School of Music

2005 4-H Calendar
All events will be held at the Lancaster Extension Education Center, 444 Cherry creek Road, Lincoln unless otherwise noted. Lancaster Event Center is located at 84th & Havelock, Lincoln

JANUARY
26 Horse Stampede Entries Due to Extension Office 7 p.m.
27 Horse Knowledge Club 7 p.m.

FEBRUARY
1 4-H Achievement Night, UNL Westbrook Music Bldg. 6:30–8 p.m.
8 Trap Shoot Meeting 7 p.m.
10 Horse Knowledge Club Meeting 7 p.m.
10 Teen Council Meeting 7 p.m.
22 Speech & Public Service Announcement (PSA) Workshop 7 p.m.
24 Horse Knowledge Club Meeting 7 p.m.

MARCH
1 Nebraska 4-H Foundation Scholarships Deadline
1 4-H Council Meeting 7 p.m.
3 4-H Spring Rabbit Clinic 7 p.m.
5 4-H Spring Rabbit Show, Lancaster Event Center, Pavilion 3, Exhibit Hall 7 p.m.
10 Horse Knowledge Club Meeting 7 p.m.
10 Teen Council Meeting 7 p.m.
13 Horse Stampede, UNL East Campus, Animal Science Bldg. 8 a.m.
13 Teen Council Meeting 7 p.m.
24 Horse Knowledge Club Meeting 7 p.m.
25 Speech & Public Service Announcement (PSA) Contest Entries Due

APRIL
1 County Fair 4-H Market Beef ID’s Due to Extension Office
2 Animal Science 4-H Education Day, UNL East Campus
5 Public Service Announcement (PSA) Contest 6:30 p.m.
5 4-H Council Meeting 7 p.m.
10 Speech Contest, State Capitol 1 p.m.
10 Teen Council Meeting 7 p.m.
14 Citizen Washington Focus (CWF) Meeting 7 p.m.
16 Kiwanis Karnival, Lancaster Event Center, Pavilion 3 7 p.m.

MAY
3 4-H Council Meeting 7 p.m.
3 MOA Training, Waverly High School, Ag Room 7 p.m.
13 County Deadline for District/State Horse Show Entries, LD’s, Level Tests
19 2008 Citizen Washington Focus (CWF) Reorganization Meeting 7 p.m.
TBA Lancaster Horse VIPS Pre-District Show, Lancaster Event Center  TBA

JUNE
1 County Fair 4-H Horse Identifications Due to Extension Office 6–20
6 2005 Citizen Washington Focus (CWF) Trip to Washington D.C. 7 p.m.
7 4-H Council Meeting 7 p.m.
15 All County Fair 4-HFFA Animal ID’s Due to Extension
20–23 District Horse Shows (N. Plateau-20, Kimball-21, Ord-22, Basset-23)
21–24 4-H Clover College

27–30 District Horse Shows (Bloomfield-27, Columbus-28, Seward-29, Tecumseh-30)

JULY
27–28 PASF/Life Challenge, UNL East Campus

AUGUST
1 County Fair Static Exhibit Entry Day, Lancaster Event Center 4–8 p.m.
2 County Fair 4-H Horse Check-In: Dressage and English (Western if desired), Lancaster Event Center 8 a.m.–Noon
2–3 County Fair 4-H Poultry Check-In, Lancaster Event Center 3 p.m.
2–3 County Fair 4-H Horse Check-In, Lancaster Event Center 3 p.m.
2–3 County Fair 4-H Rabbit Check-In, Lancaster Event Center 3 p.m.

SEPTEMBER
27–28 AkSarBen 4-H Livestock Exposition, Qwest Center, Omaha

OCTOBER
1 8 National 4-H Week 7 p.m.
4 4-H Council Meeting 7 p.m.
9 Teen Council Meeting 7 p.m.

NOVEMBER
1 4-H Council Meeting 7 p.m.
5 Fall Rabbit Club Show, Lancaster Event Center, Pavilion 3 7 p.m.
13 Teen Council Meeting 3 p.m.

DECEMBER
6 4-H Council Meeting 7 p.m.
11 Teen Council Meeting 3 p.m.

Speech & PSA Contest Information

Effective communication is a valuable life skill which can be taught throughout one’s life. The 4-H Speech and Public Service Announcement (PSA) contests teach and allow youth to practice speaking in front of others. These contests are open to all 4-H’ers — need not be enrolled in a specific project.

Keep checking Tim.Nen.m for up-to-date information on these events. If you have any questions, please call Deanna at 441-7180.

PSA Contest April 5
New this year! Due to the growing number of participants in this contest and the taking of the district winners, the PSA contest will be held at the Lancaster Extension Education Center on Thursday, April 5 at 6:30 p.m.

PSA’s must be 60 seconds; topic is 4-H. Emphasis is on the presentation of a PSA for radio. Contestants must give their PSA in person, no prerecorded tapes allowed.

Speech Contest April 10
This year’s Speech Contest is tentatively set for Sunday, April 10, 1 p.m. at the State Capitol. This date is subject to change due to the availability of the Capitol hearing rooms.

Speech topics can be anything, but a 4-H theme should be maintained. Length depends on division:

• Novice (ages 8–9): 2 minutes or less
• Junior (ages 10–11): 2–3 minutes
• Intermediate (ages 12–13): 3–5 minutes
• Senior (ages 14–19): 5–8 minutes

All Speech and PSA entries are due to the extension office by Friday, March 28 at 4:30 p.m.

Contest Information

Contest Information

Contest Information
Upcoming Dine Out for CWF Events
You can help raise funds for the 4-H 2009 Citizenship Washington Focus (CDF) trip by dining out at the following:
Runza on Jan. 25
Runza on Jan. 25 and Holdrege will donate 15% of its profits from all sales on Tuesday, Feb. 25 from 5-8 p.m.
Bruegger’s Bagels Feb. 21–27
During the entire week of Feb. 21–27, both Bruegger’s Bagels locations in Lincoln will donate 20% of their profits from sales in which customers submit a CWF voucher. Vouchers are available online at lancaster.unl.edu/cwf and will be printed in the March Nisuse. Photocopies of the voucher will be accepted.

4-H Sheep Lead Show Highlights Wool
The aim of the 4-H Sheep Lead Show is to present a stylish and elegant picture of wool and bring out its value in sheep and clothing.
In the show, 4-H’ers wear an outfit with at least one garment made from 50 percent or more wool, and lead a ewe by handle. The outfit need not be handmade, but some exhibitors choose to showcase some of their own sewing.
All 4-H sheep exhibitors are encouraged to participate in the Sheep Lead Show.
Last year, Alexis Spath was enrolled in several 4-H projects, including “Sewing for Fun” and “Market Lamb.” So she thought it was only natural to enter the Sheep Lead Show at both the Lancaster County Fair and Nebraska State Fair. For her outfit, she made a wool skirt and purchased a blouse and shoes.

New Supplemental 4-H Resources Available
New supplemental resources are available for the following 4-H project areas:
• Arts & Crafts
• Water Resources
• Science Discovery Series
• Community Service
• First Aid
Contact Tracy at 441-7180 to checkout these resources.

4-H Sheep Lead Show
Alois Spatz models an outfit which includes a wool skirt she sewed, while leading her sheep, Sunset.

Horse Knowledge 4-H Club Forming, Next Meeting Jan. 27
In December, more than 50 4-H’ers, parents and leaders attended the first meeting of the Lancaster County 4-H Horse Knowledge 4-H Club. The club is being formed and taught by Kala Ball. Each meeting will focus on a different part of the horse, such as skeleton, digestive, respiratory, etc. New members of all ages are welcome. The next meeting will be Jan. 27, at 7 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road. The club will meet at 7 p.m. every other Thursday through winter. If you are interested in joining or have any questions, please call Deanna at 441-7180. (MC)

TRAP SHOOTING MEETING ON FEB. 8
There will be a MANDATORY MEETING for all interested trap shooters on Tuesday, Feb. 8, 7 p.m. To participate, you must be ages 12–18 and have a hunter safety certificate. For more information, contact Gene Veburg at 421-1274 (TK)

4-H Scholarships Due March 1
The Nebraska 4-H Foundation has several thousand dollars worth of college scholarships available to eligible 4-H’ers. Information and application forms are available at the Extension Offices. Scholarships include:
• R. B. Warren 4-H Educational Scholarship ($500)
• Grand Island Saddle Club Scholarships ($1,000)
• Osrchen Industries Foundation Scholarships ($1,000)
All applications are due into the Nebraska Foundation office by March 1. If you have any questions or need further assistance, please call Deanna at 441-7180.

4-H Citizenship Washington Focus Organizing for 2008 Trip to D.C.
Lancaster County 4-H Citizenship Washington Focus (CDF) is now taking applicants for the June 2008 trip to Washington D.C. CWF organizes a trip every three years, raising money for the trip during the off years.
On an adventurous 15-day itinerary, CWF travels by bus to D.C., exploring our nation’s history along the way. The group spends five days at the National 4-H Conference Center near Washington D.C. where they hold mock congressional sessions and learn how bills become law. Tours of D.C. include the Capitol building, the Smithsonian and all of the memorials.
If you will be the age of 15-18 as of June 1, 2008 and are interested in joining an adventure of a lifetime, please call Deanna Karmazin at 441-7180. A space can be held with a deposit of $100. This is open to the first 50 respondents.
For more information, please contact lancaster.unl.edu/cwf and/or attend the May 19 CWF reorganization meeting at 7 p.m., held at the Lancaster Extension Education Center.

Second Annual Nebraska Beef Leadership Symposium
Junior and Senior 4-H’ers are encouraged to attend this symposium. The day will include instruction on leadership development, discussion of the beef industry and current topics, a chance to interact with University of Nebraska faculty and students, discussion on careers and tours of the campus and Memorial Stadium. This is a great way to determine if a career in the beef industry is for you, plus make many new contacts!
If you are interested, application and additional information can be obtained from Deanna. Applications are due by March 15, along with a registration fee of $50. Information is also online at animalscience.unl.edu/4h/beef symp.htm.
Plan Your Forage Corale Now to Stack on Track

At this time of year, most of us have an abundance of new calendars—from the coop, the bank and maybe as a gift. Dr. Bruce Anderson, UNL Forage Special- ist suggests farmers put these calendars to good use by planning next year’s forage activities now and make notes on the calendar to complete needed work on a timely basis.

For example, order alfalfa and other seeds in January and February to make sure you get what you want. In March remind yourself to pull any soil samples you didn’t get last fall, as well as, get ready to plant oats at your earliest opportunity.

By mid-April, be sure to get alfalfa planted before corn planting begins. This might also mean lime and phosphorus or other fertilizers needed to be applied even earlier. Cool-season grass species also should be fertilized by mid-April.

When May arrives, get your thistles sprayed right away and begin checking your alfalfa, so once buds just start to form, you can be ready for an early first cutting that will bring a preimum price.

In late May, warm-season grass pastures can use some fertilizer and shortly thereafter, your summer annuals need to be planted. Then be ready in early August to prepare and plant turnips or oats for late fall, early winter grazing. Finally, finish your year by sampling and testing all your harvested forages so you can plan and feed animals during winter to meet their needs at lowest cost.

I’m sure you can think of many other items to add to your own calendar. Make those notes now, and in twelve months you will smile, knowing you got all your forage work done correctly and on time. (TD)

Workshop on Making the Transition to No-Till, Feb. 11

Making the transition to a no-till system will be the topic of a workshop held, Friday, Feb. 11, 9 to 11:30 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. There is no registration fee.

Featured speaker is UNL Agricultural Engineer Paul Jasa. He has over 25 years experience studying no-till and reduced-tillage systems at the Rogers Memorial Farm in eastern Lancaster County as well as many demonstration plots on farmer-owned fields. Jasa has earned the respect of producers, industry reps and academics with his practical, farm-tested, systems approach to no-till. He averages over 75 presentations per year in Nebraska and has been an invited speaker at many national tillage meetings.

Jasa not only knows the effect of farming practices on soil properties, he is a recognized expert on getting planters, drills and air seeder to produce a good stand. Paul breaks the job of any planter down to accomplishing four things. “They must cut and handle residue, penetrate the soil to desired seedling depth, establish proper seed-to-soil contact and close the seed-vee.”

Keeping these things in mind, a producer can evaluate the strengths or weaknesses of any piece of planting equipment (or attachment) and make any adjustment or changes necessary to make no-till successful. Paul will show examples of various planting equipment and attachements with tips on how to best use them in no-till systems. He will also cover other equipment considerations for harvesting, spraying and fertilizer application.

In addition, a panel of farmers will share their experiences with transitioning to no-till. Jim Harder, coordinator of the Wagon Train Water- shed Project, will discuss the goals of the project and talk about cost-share programs for water quality improvement within the watershed.

This workshop is jointly sponsored by the Lancaster County Extension, Lower Plate South Natural Resources District (NRD) and Lancaster County Natural Resources Conservation Service (NRCS) offices. (TD)

Chemigation Certification Training, Feb. 23

In order to apply pesticides or fertilizer in irrigation water, a permit must be obtained for the site and the person who oversees the application must be certified as a chemigator. To obtain a chemigation permit for a site, application must be made with the local Natural Resources District (NRD), a fee for the permit and the site must pass inspection by NRD personnel who check for required safety equipment and proper working order. State law requires the operator receive training and pass a written test to be certified as a chemigator. Certification is good for four years.

A chemigation training and testing session is scheduled at the Lancaster Extension Education Center for Wednesday, Feb. 23 starting at 6:30 p.m. Initial training and certification is $15 — which includes a study book. It is strongly encouraged to pre-register and pick up a study book prior to initial certification. Recertification and training is $10. (TD)

Private Pesticide Applicator Trainings in January, February & March

Federal and state law states a private pesticide applicator must be certified and licensed to buy, use, or supervise the use of RESTRICTED-USE pesticides to produce an agricultural commodity on property they own or rent or on an employer’s property if the applicator is an employee of a farmer. No certification is needed if one will only be using general-use pesticides.

In addition to a larger demand, six training sessions have been scheduled in Lancaster County. There is a $15 fee collected at the training session. When the Nebraska Department of Agriculture receives the application from the training session, private applicators will be billed $25 for a license fee. One fee covers the three-year license period.

Dates and times for Private Pesticide Applicator Training in Lancaster County will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln:

- Saturday, Jan. 29, 8:30-11:30 a.m.
- Thursday, Feb. 3, 6:30-9:30 p.m.
- Wednesday, Feb. 23, 8:30-11:30 a.m., repeated at 1:30-4:30 p.m.
- Thursday, March 3, 8:30-11:30 a.m.
- Wednesday, March 16, 1:30-4:30 p.m.

Commercial Pesticide Applicator Trainings in January, February & April

Commercial applicators are people who apply restricted-use pesticides for hire or compensation. This pertains to applications for any property other than prop- erty owned or rented by the applicator or their em- ployer. Commercial applica- tors shall also include any person who applies lawn care or structural pest control pesticides (whether restricted-use or general- use) to the land of another person for hire or compensation.

One must pass a written examination in the general standards category and one or more additional categories to become certified as a commercial applicator. Commercial certification is good for three years. Once certified in a category, one can maintain commercial certification by attending a recertifi- cation training session or by passing a written examination, with a few exceptions explained below. Initial certification training and testing sessions for commercial applica- tors will be held at the Lancaster Extension Education Center on Tuesday, Feb. 1; Thursday, Feb. 24 and Thursday, April 21. General Standards will start at 9 a.m. and other categories begin at 1 p.m. and 3 p.m. It is highly recommended one obtain and review written study materials prior to attend- ing the training session for initial certification — this will greatly improve one’s chances of passing the written examination. Recertification sessions will be held at the Lancaster Extension Education Center on Thursday, Feb. 3 and Tuesday, Feb. 22 with General Standards starting at 9 a.m. and other categories beginning at 1 p.m. or 3 p.m.

Note: Due to time and space limitations, only specific categories will be presented on training days. Call the pesticide education office 472-1632 or the Lancaster County Extension Office 441-7180 to learn which specific categories will be offered on a given day.

To register for a training session, call the UNL pesticide education office at 472-1632. Training fee is $30. Commercial applicators who wish to pick up additional certifications in a specific category should register as well — the fee for adding one or more categories to an existing certification is $15. There are no certification training sessions for: Fumigation of Soil, Agricultural Pest Control - Animal, Forest Pest Control, Sewer Root Control with Metam Sodium, Wildlife Damage Control, Seed Treatment, Regulatory Pest Control (subcategory) and Demonstration/Research Pest Control (subcategory). The only way to certify or recertify in these categories is to pass a written examination. There are self-study materials which will prepare the applicator to take the examinations in these categories.

In addition to the training sessions mentioned above, applicators already certified in General Standards and Agricultural Plant can recertify in these two categories by attending the Crop Protection Clinic on Monday, Jan. 24. Pesticide Applicator Training Manuals for various categories can be ordered from the UNL pesticide education office at 472-1632. Order form and price list is also online at http://pested.unl.edu/pest/
EXTENSION CALENDAR

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

JANUARY
24 Crop Protection Clinic ............................................. 8:15 registration/8:50 start
24 Family & Community Education (FCE) Council Meeting, Stauler's Cafe & Pie Poppe 12:30 p.m.
25 “One of Rural America’s Greatest Challenges” FCE & Community Leader Training ............................................. 1 p.m.
25 Dice Out for 4-Hs CWF, Runza, 84th & Holdrege ............................................. 5–6 p.m.
26 “Ten Ways to Boost Ag Profits by $20 per Acre” Workshop 9:15 a.m. check-in
26 4-H Horse Stampede Entries Due to Extension Office
27 4-H Horse Knowledge Club Meeting ............................................. 7 p.m.
29 Private Pesticide Applicator Certification ............................................. 8:30–11:30 a.m.

FEBRUARY
1–28 Nebraska 4-H Month
1 Private Pesticide Applicator Certification ............................................. 6:30–9:30 p.m.
1 Commercial Pesticide Applicator Initial Training and Testing ........................... 9 a.m.
1 4-H Achievement Night, Westbrook Music Building ........................... 6:30–8 p.m.
3 Commercial Pesticide Applicator Recertification Training ........................... 9 a.m.
4 4-H Trap Shoot Meeting ............................................. 7 p.m.
4 No-Till Farming Workshop ............................................. 9:30 a.m.
4 4-H Teen Council Meeting ............................................. 3 p.m.
21–27 Dice Out for 4-H’s CWF, Bruegger’s Bagels
22 Commercial Pesticide Applicator Recertification Training ........................... 9 a.m.
22 4-H Speech & Public Service Announcement (PSA) Workshop .................. 7 p.m.
22 Chemigation Certification Training ............................................. 6:30 p.m.
23 Private Pesticide Applicator Certification . 8:30–11:30 a.m. & 6:30–9:30 p.m.
24 Commercial Pesticide Applicator Initial Training and Testing ........................... 9 a.m.
24 4-H Horse Knowledge Club Meeting ............................................. 7 p.m.

“Equine 102 - The Working & Riding Horse” Class
UNL and Purina Mills will hold an equestrian academy, “Equine 102 - the Working & Riding Horse” Tuesday nights from Feb. 1 to March 8. Classes meet 7–9:30 p.m. at the UNL Animal Science Complex, 38 & Fair Streets, Lincoln. Open to all youth and adults. For more information, go to animalscience.unl.edu/horse/ horse102.htm or contact Marty at 441-7180.

Horsin’ Around ’05 Conference Feb. 5–6
UNL Cooperative Extension presents the 12th annual Horsin’ Around Conference Feb. 5 & 6 at the UNL Animal Science Complex, 38 & Fair Streets, Lincoln. Featured presenter is Shane Dowdy on Western Pleasure. Open to all youth and adults. Pre-registration closes Jan. 28. For more information, go to animalscience.unl.edu/horse/ horsinaround.htm or contact Marty at 441-7180.

Nebraska Horse Expo March 11-13
The 2005 Nebraska Horse Expo will be March 11-13 at the Lancaster Event Center. The Expo brings together horse enthusiasts from all disciplines for three days of entertainment and information. Special clinicians and speakers include horse trainer Curt Pate, Susan Harris and horse trainer Kevin Wescott. There is a contest open to all ages. For more information, go to nebraskahorsecouncil.org

This Nebraska Student Spent Her Summer With NASA
MELISSA ACKERMAN, a junior from Alliance majoring in math and French at the University of Nebraska—Lincoln, was one of 12 NASA interns selected from 1,500 applicants last summer. Now, she is continuing her NASA research on campus. Next summer, she plans to study in France and hopes to attend graduate school in the future. Whatever her goals, Ackerman knows she supports her. “Professors matter, I see Dr. Woodward, a week. Dr. Lyons helped me the NASA internship. They’ve FOR PURSUING YOUR DREAMS... There is no place like Nebraska.

The NEBLINE
The NEBLINE is published monthly by the University of Nebraska Cooperative Extension in Lancaster County
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Stories and articles should be submitted to the NEBLINE. The form below is for general comments. Please contact the NEBLINE for requests for more specific information.

Mail to: University of Nebraska Cooperative Extension in Lancaster County 444 Cherry creek Road, Suite A, Lincoln, NE 68528-1507
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This form should be returned promptly. We encourage comments and suggestions on all aspects of the NEBLINE. We welcome feedback on the format, content, and frequency of the NEBLINE. We also welcome suggestions for articles. Please indicate your interest in a particular story area in the space below.

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Return to: University of Nebraska Cooperative Extension in Lancaster County 444 Cherry creek Road, Suite A, Lincoln, NE 68528-1507
Henneman Receives Omtvedt Innovation Award

In December, Alice Henneman, registered dietitian and extension educator with University of Nebraska Cooperative Extension in Lancaster, received one of eight 2004 Omtvedt Innovation Awards. “These awards recognize areas of strength and promise within UNL Institute of Agriculture and Natural Resources (IANR), as well as innovative research and programming by faculty, staff and students,” said John Owens, Harlan vice chancellor of IANR and university vice president.

Henneman has been recognized locally and nationally for the quality of her work and visionary leadership in food safety education. Henneman is routinely asked to serve as a reviewer for national journals and as a speaker for community programming. She also packages her community programming for national projects and as a speaker for community professionals. She also serves Food Stamp Prevention’s. Henneman has been recognized locally and nationally for the quality of her work and visionary leadership in food safety education. Henneman is routinely asked to serve as a reviewer for national journals and as a speaker for community programming.

The award-winning Food Web site, a section of UNL Cooperative Extension in Lancaster County’s Web site at lancaster.unl.edu, receives nearly one million hits per year. The site was started 1996, just prior to the explosion of Web popularity. Henneman authors, edits and updates the Food Web site which now includes: “Cook it Quick,” “Food Reflections” e-mail newsletter, hot topics, publications and resources for educators. The Food Web pages Tufts University Nutrition Navigator has rated the Food Web site “Among the Best” for more than four years. In the “Food Safety” category, Tufts ranks the site higher than the American Dietetic Association’s or the Centers for Disease Control and Prevention’s.

The Irv Omtvedt Innovation Awards program was established by UNL alumni Neal and Leone Harlan in honor of Irv Omtvedt, IANR vice chancellor from 1975–2000. The Harlans also created the named vice chancellorship within the university system.

Heidi Schmitz Joins NEP Staff

Heidi Schmitz joined the UNL Cooperative Extension in Lancaster County Nutrition Education Program (NEP) team full-time in January 2005. In July, she began her career with NEP as a part-time nutrition assistant to provide nutrition expertise to Early Head Start and Head Start families and community professionals. She also serves Food Stamp Nutrition Education Program families through her expanded appointment.

Heidi is a North Dakota native. She graduated with a Bachelor of Science degree in Food and Nutrition from North Dakota State University in May of 2000 and is a Registered Dietitian. Heidi moved to Lincoln from Minneapolis, MN where she worked as a Registered Dietitian at Hennepin County Family Medical Center. Heidi and her husband, Aaron moved to Lincoln July 2002. She worked as a WIC nutritionist and CPA trainer at Family Service in Lincoln.

4-H Summer Camp Brochures Now Available

2005 4-H Summer Camp brochures are now available at the extension office or online at dh.unl.edu/campguide. Open to all youth ages 5-19, camps range from one day to four days/three nights. Brochures have complete information about all camps. Discover the adventure!

U.S. Drought Monitor Map

As of Jan. 11, Lancaster County was in abnormally dry conditions. The most recent map is available at www.drought.unl.edu/dm. The drought Monitor Map is a good tool for agricultural producers, for water conservation efforts and for planning purposes.

Can You Guess It?

Hey Kids! – Teachers, Parents & Grandparents too!

Theme: “Cherished Moments in Time”

Lincoln Camera Club & People’s Choice Judging

Open to ALL ages, Kindergarten to older folks!

Anyone......Anywhere!!!

Best of Show, 1st, 2nd, 3rd, and Honorable Mention prizes by age groups of: K-6, 7-12, and Adult.

**Two Best of Show winners are awarded $100**

For an entry packet call, (402) 441-7022 (collect calls accepted). Deadline for submission is Monday, May 2, 2005. So don’t delay....call today!!

Applications Open for 4-H Camp Staff

The three 4-H Camps in Nebraska are currently accepting applications for the 2005 summer staff. All positions provide endless opportunities for growth in a fun, fast-paced outdoor atmosphere.

You may apply for a variety of positions:

• Camp Staff — Salaried youth ages 18 and older who lead a group of campers. Spend mid-May to August working full time to provide day to day leadership of camp activities and teaching groups of all ages.

A great summer job for college students with any major. Initial application deadline is Feb. 10.

• Cabin Mentors — Youth ages 17 and older who provide cabin supervision and assist 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 March 15.

• Camp Counselors — Youth ages 15–19 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 scheduled according to their availability and counseling is a fantastic leadership experience for any young person. Application deadline is March 15.

More information and applications are available online at http://4h.unl.edu/campstaff. Need not be in 4-H to apply.

NIFS Scholarships Available

Nebraska Independent Fabric Shops (NIFS) is offering two $500 college scholarship opportunities to foster the future development of professionals in the fields of family and consumer sciences, textiles and design, quilt or museum studies or related subjects. Applications must be received by March. Information and application is available online at www.fabricandquilts.com, or call Deanna at 441-7180.