The NEBLINE, January 2005

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SPECIAL INSERT
University of Nebraska Cooperative Extension in Lancaster County 2003-04 Annual Report

New HEADLINES

Gary C. Bergman
Extension Educator

Our nation’s land-grant universities were designed as a partnership of the U.S. Department of Agriculture and state land-grant universities. As Nebraska communities were being settled with farms, ranches and busi
tnesses; the University of Nebraska was an active partner in solving practical problems and conducting scientific research.

Pioneering New Frontiers

Today’s extension continues to be in the forefront of developing and delivering educational programs which strengthen our communities socially, economically and environmentally. Cooperative Extension (part of NU’s Institute of Agriculture and Natural Resources) extends the University’s resources to urban and rural residents for use in everyday life.

Due to the success of our nation’s land-grant universities, they are now the model for similar systems in other countries around the world.

Local Partnerships

Through numerous partnerships and collaborations, Cooperative Extension leverages its resources and those of the community to engage 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:

Asian Cultural and Community Center
Bryan, G.H. Medical Center
Burke Plaza Senior Housing
Burton Tylor’s Flowers
Camob Abott / Capital Sports Foundation
Carol Wulaham Family Resource Center
Cedar's Youth Services
Center/Pizza Kids
Children of Parents Experiencing Divorce Coalition (CPED)

In the pest management arena, Extension Educator Barb Ogg has partnered with professionals from Lincoln County Health Department, Lincoln Action Program, Lincoln Public Schools and other agencies to promote effective, low-toxic approaches for cockroaches, head lice and other pest problems.

An extension partnership with Lincoln Public Schools generates Food Stamp Nutrition Education Project funds to provide in-depth interactive nutrition education for students in qualifying schools. To date, this local, state and federal partnership have generated $127,444 into our local community. These funds have been invested into teacher and student educational materials and programs. A total of 9,294 low-income students have participated since the program was piloted in 1999.

The Ag Awareness Coalition, composed of 11 member organizations including Lancaster County Extension, presents annual Ag Awareness Festivals in Inthaca and Lincoln (shown at left). The festivals help fourth grade students gain a greater understanding of agriculture and how it impacts their daily lives.
Crop Protection Clinic on Jan. 24

The 2005 Crop Protection Clinic will be held Monday, Jan. 24 at the Lancaster Extension Education Center. Pre-registration is NOT required. Registration begins at 8 a.m. with sessions continuing from 9 a.m. to 4 p.m. The $30 registration fee includes proceedings, publications, refreshments and the noon meal.

Featuring a clinic of topics that interest crop producers and agribusiness professionals alike, as usual, the latest developments in weed, insect and disease management topics will be covered. A partial list of specific topics this year includes:

- Soybean aphid update,
- Alfalfa insects,
- Foliar diseases,
- Bacterial diseases in corn,
- Weeds to watch in Roundup-Ready systems,
- Herbicide additives,
- Improving pesticide efficacy and drift management.

Participants will also learn about the Great Plains Diagnostic Network, a consortium of diagnostic laboratories equipped to handle disease outbreaks and homeland security concerns.

The clinic will wrap up with a session for commercial applicator certification where commercial pesticide applicators will be able to renew their General Standards and Ag Plant certification by attending the entire workshop session.

10 Ways to Boost Profit by $20/Acre

A new workshop, “10 Easy Ways to Boost Profit by $20 per Acre,” will make its debut at 20 locations across the eastern half of Nebraska this spring, including one on Wednesday, Jan. 26 at the Lancaster Extension Education Center. Pre-registration is required. Registration check-in begins at 9:30 a.m. The workshop will begin promptly at 10 a.m. and will run through 3 p.m.

This program, featured on the cover of the November, 2004 Nebraska Farmer, is a compilation of common sense farming practices that are proven by field research but not yet universally adopted by farmers. A notebook containing over 20 papers submitted by extension specialists and educators summarizing various profitable/boosting practices has been assembled for this workshop.

Host extension specialists select 10 topics that fit the needs of the local area and are presented live in a particular workshop location. Topics chosen for the Lincoln workshop are:

1) No-till in dryland cropping systems,
2) Switching to no-till can save irrigation water,
3) Credit soil for nitrate nitrogen,
4) Eliminate unnecessary use of P, K, and S fertilizer,
5) Giving proper credit for legumes in corn rotations,
6) Setting realistic yield goals,
7) Improve efficiency of the pumping plant,
8) Repair leaky gates/gaskets to eliminate a set,
9) Using on-farm research to see what works for you.

Program fees are $20 for one person or $30 for three people from the same farming operation. Fees include a one-note book per operation, lunch and refreshments.

If a minimum registration of 30 farming operations is not received by Jan. 24, the meeting will be canceled and preregistered participants will be notified and registration fees returned.

For more information or a brochure to ask questions, call Tori Dorn or Karen Woeber at 441-7180. (TD)
Things to Consider When Planting on an Acreage

- Think about views early on in planning.
- Consider scale. Larger plant material and larger masses of smaller plants for effect.
- Use windbreaks for shelter from wind, cold, heat, unwanted views and as wildlife habitat. They also create beneficial microclimates.
- Keep southwest exposure open to provide cooling, summer breezes.
- Plant deciduous trees to the south for winter exposure.
- Plan for useful purposes. Mix landscape space into a place that provides for functional comfort and activities as well as aesthetic beauty.
- Since entrance areas are not always obvious in a country setting, you may want to highlight building entries and important paths, focusing attention on places you want people to go or look.
- Understand drainage patterns before you begin planting.
- Group plants according to maintenance needs such as watering, etc.
- Plan for activities, recreation, tool storage, vegetable garden. Consider family interests, ages, activities.
- According to forestry research, it is better not to amend soil for tree-planting, though it may be a necessity for perennial beds.
- Layer the landscape for wind, interest, movement and plant and wildlife diversity.
- Consider edible landscape plants.
- Ornamental and prairie grasses are low-maintenance and provide year round interest but can be a fire hazard if planted too close to buildings.
- Think about tradeoffs. Fast growth usually means short life. Trees planted closely for immediate protection won’t fill in at their base and will suffer in the long-term. But if you plant sparse seedlings, they may not reach maturity in your lifetime.
- Give serious thought to how much turf is necessary or desired since it requires more maintenance than any other planting element.
- To attract wildlife, plant thickets of wild plum, chokecherry, elderberry, etc.
- Plan for multi-season beauty by considering bark, seedheads, wind movement through grasses, etc.
- Protect young trees from wildfire damage by caging them.

Paving and Other Soil Surfacing

Paving and other soil surfacing are generally considered harmful to trees because these activities reduce soil aeration and moisture, and because the cutting, grading, filling and compacting required for surfacing weakens or destroys tree roots in the area. The degree to which a particular surface weakens the soil environment or damages tree roots depends on the type of surfacing used. The extent to which surfaces such as roads must have organic material removed, and soil must be compacted or tamped. Constructing driveways and sidewalks on top of the grade does substantial damage to trees. In such cases, the surface is prepared by simply smoothing and tamping.

Chainsaws — Cut Safely and Comfortably

- Here are a few tips that will help you not only work more efficiently with your chainsaw, but also to work more comfortably.
- Your back is the central part of your body. When it hurts, it is hard to do any sort of physical activity. Therefore, care must be taken not to injure or stress one’s back while cutting wood. When getting low to the ground, as when making a notch or a back-cut, bend at the knees or actually kneel down. Don’t bend over and put stress on your back.
- When cutting brush with a chainsaw, position your body so that your right wrist or forearm is resting on some portion of your right leg or knee. This will take a large part of the stress off your back and place it on your legs, which are much stronger.
- Use sturdy boots and be sure your footing is solid before making each and every cut.
- Chainsaw cut-resistant boots are fairly expensive but are a good investment.
- Make sure you have a good, firm grip on both handles of the chainsaw. Your thumbs and fingers should encircle the handles so that the saw can’t slip out of your hands easily.
- When bucking logs or firewood, hold the saw slightly to the right of you. This will place you out of harm’s way should the cutting or linear kickback occur. (Try to be outside the plane formed by the bar and chain.)
- Be sure to keep the chain brake unit clean, as sawdust and oil can reduce its effectiveness.
- Revving the saw and engaging the chain brake handle by hitting the chain brake handle with your left wrist will indicate whether the brake is working correctly and it will help to clean out accumulated debris. If the brake is working correctly, the chain will stop instantly and you will NOT be able to see it slow to a stop.
- Finally, always wear basic personal protective gear. I never use a chainsaw without wearing a hardhat, ear and eye protection, chainsaw safety pants or chaps, and a good pair of steel-toed boots. I hope you do the same. Think ahead and have fun.

Water is the lifeblood of every living creature on earth. Though groundwater is the source of water for about half of all Americans, its location makes it mysterious. Groundwater is stored between particles of sand, gravel, rock and other materials. It moves very slowly in response to water level differences. Nebraska groundwater typically moves between one-third of a foot to three feet per day.

Nebraska is blessed with part of the largest underground water supply in the world, the Ogallala aquifer. If all groundwater underground water was pumped onto the soil surface, it would cover the state with nearly 40 feet of water.

Groundwater is the source for nearly all rural domestic water use in Nebraska and 80 to 85 percent of the public water supply. Irrigation is the largest user of groundwater in Nebraska. Precipitation is the primary source of groundwater recharge. In some locations groundwater levels have been lowered by up to 30 feet as a result of pumping. In other locations where surface water is used, groundwater levels have risen.
StairWELL to Better Health

When you go up, your blood pressure goes down.

• When you go up, your blood pressure goes down.
• Light a day may keep chronic disease away.
• Physical activity will add years to your life and life to your years.
• The first wealth is health.
• (Ralph Waldo Emerson)
• Walking up stairs burns almost 5 times more calories than riding an elevator.
• In one minute, a 150 pound person burns approximately 10 calories walking up stairs, and only 1.5 calories riding an elevator.
• There are 1,440 minutes in every day ... schedule 30 of them for physical activity.
• Step up to a healthier lifestyle. (AH)

• Raise your fitness level, one step at a time.
• Trim 6 teaspoons added to meals and snacks will not only produce health benefits, but form healthy habits that will follow into adulthood. When children are consuming sodas, they drink less of the healthier drinks, especially milk.
• Weigh to wait for more to be known about antioxidants, we already have a good reason to eat berries. They taste good! See the “Healthy Eating” column (a left) for a recipe to get you started.

Choose Your Drinks Wisely

- It Makes Sense, and Saves Cents!

Less soda/pop consumption by youths has been one of the goals of the Lancaster County Nutrition Education Program (NEP) School Enrichment project, in which NEP staff developed supplemental kits of hands-on educational activities.

5th grade classrooms which participate begin one of their lessons by discussing and researching “Nutrition Facts” on food packages and learning how to read the labels. This leads to discussion on how to understand ingredients listed on a product and their relationship to nutrients.

To visualize this, the classrooms create orange soda using actual ingredients. A student adds the sugar (12 teaspoons or 48 grams in the brand used), one teaspoon at a time. During the process, students “stop” when they think the correct amount has been added. Most students stop at 5 or 6 teaspoons. The impact of seeing 12 teaspoons of sugar above represent the average amount of sugar in one 12-ounce can of non-diet soft drink (12 teaspoons).

The results looked “berry” good for berries in 2004 when United States Department of Agriculture (USDA) researchers released a list of the top 20 antioxidant-rich foods in a study of over 100 commonly consumed foods tested (Journal of Agricultural and Food Chemistry, June 9, 2004).

Wild blueberries, cultivated blueberries, cranberries, blackberries, raspberries and strawberries took six of the top 11 spots. Here’s the complete top 20 list — from highest to lowest in antioxidant activity — based on serving size:

1. Small red beans (dry, cooked), 1/2 cup
2. WILD BLUEBERRIES, 1 cup
3. Red kidney beans (dry, cooked), 3/4 cup
4. Pinto beans, (dry, cooked), 1/2 cup
5. BLUEBERRIES (CULTIVATED), 1 cup
6. CRANBERRIES, 1 cup whole
7. Artichokes (cooked), 1 cup hearts
8. BLACKBERRIES, 1 cup
9. Peaches, 1/2 cup
10. RASPBERRIES, 1 cup
11. STRAWBERRIES, 1 cup
12. Red delicious apples, 1 cup
13. Granny Smith apples, 1 cup
14. Pecans, 1 ounce
15. Sweet cherries, 1 cup
16. Black plums, 1
17. Russell potato, (cooked), 1
18. Black beans (dry, cooked), 1/2 cup
19. Plums, 1
20. Gala apples, 1

If one can costs 50 cents, one student would save $26 per year just by drinking one less can per week.

Encouraging children to drink water when they are thirsty and 100 percent fruit/vegetable juices or milk with added sugar is very great.

During the 2003-04 school year, each 5th grade student was asked, “How many cans of soda do you drink in one week?”

Evaluation data comparing average soda/pop consumed before and after the nutrition program indicated an average decrease of one can of soda/pop less per week.

Children were consuming sodas, they drink less of the healthier drinks, especially milk.

Here are some ways to add milk/milk products to your child’s diet:
- Fortify milk with the children’s meals at restaurants.
- Use milk and cheese in casseroles.
- Add cheese to sandwiches.
- Add yogurt for snacks.
- During the cold winter months, drink cocoa made with milk.

In identifying these foods, researchers cautioned their antioxidant activity in the laboratory may differ from their antioxidant activity in the body. Absorption capacity may vary and cooking processes may affect antioxidant levels. For example, cooking increased the antioxidant content of tomatoes but decreased levels in carrots. While a food didn’t make the top 20 for antioxidant activity, it may still be a source of other health benefits.

Foods offer advantages over supplements in supplying antioxidants. They may provide compounds that offer benefits of which we’re presently unaware. Foods also may contain additional substances that work with antioxidants to make them effective.

The American Heart Association (AHA) states, “At this time, the scientific evidence supports a diet high in food sources of antioxidants and other heart-protecting nutrients, such as fruits, vegetables, whole grains and nuts instead of antioxidant supplements to reduce risk of coronary vascular disease.” AHA further advises, “Some studies even suggest antioxidant supplement use could have harmful effects.”

While we wait for more to be known about antioxidants, we already have a good reason to eat berries. They taste good! See the “Healthy Eating” column (a left) for a recipe to get you started.

Here are phrases from 10 sample signs to inspire you to start:

• No more peanuts in our classrooms which have nut allergies.
• Enjoy Nebraska! Foods! Alice Henneman, RN, Extension Educator

Here is a recipe which may be made with a variety of antioxidant-rich berries. I’ve added some cooking tips. See the accompanying article, “It’s the Berries” (at right) about the health benefits of berries.

The vials of sugar above represent the average amount of sugar in one 12-ounce can of non-diet soft drink (12 teaspoons).

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Helping Your Child Develop Emotional Intelligence

In his book, Emotional Intelligence, Daniel Goleman (1995) provides evidence social and emotional intelligence are critical to a child’s successful development into a confident, competent and caring adult. Hence, “emotional intelligence is a different way of being smart. It includes knowing your feelings and using them to make good decisions; managing your feelings well; motivating yourself with zeal and persistence; maintaining hope in the face of frustration; exhibiting empathy and compassion; interacting smoothly; and managing your relationships effectively. Those emotional skills matter im-
mensely — in marriage and families, in career and the workplace, for health and community.”

Schools are embracing a variety of social and emotional learning strategies, including character education, diversity training, service learning, cooperative learning and others. No matter which path your local school is taking, parents are still a child’s first teacher and have both a great opportunity and responsibility to help their child develop his/her emotional intelligence.

Here are just a few developmentally appropriate activities you may wish to try with your child. The list is very short — and is meant mostly to get you thinking about the many ways you can interact with your child and ways to provide positive practice for them to learn how to deal with emotions and get along with others.

Infants:
• When an infant is quiet and alert, hold her so you have close facial and eye-to-eye contact. Imitate back to her facial expressions she may make.
• Talk to an infant, but be sure to pause from time to time to allow him to make a response. This talking turns take with you will help with later communication skills.
• Respond to an infant that cries. This builds trust and security that you will meet their needs. Routines also provide security.

Older infants:
• Put a large orange object in a clean shoe box with lid for the infant to discover. They will enjoy the challenge of taking a lid off and on.
• Infants may feel more at ease and likely to explore if an adult stays nearby while they play. Sometimes all it takes is eye contact.

Toddlers:
• Play a simple game of hide and seek. The toddler will enjoy peeking from behind a chair. He may think he is completely hidden when all that is covered is his head.
• Look at or read simple picture and story-books about differ-
ent people. Ask questions about faces that show emo-
tions.
• Give toddlers opportunities for choices. Use a double-ended marker. Ask him to choose which color to wear your red or green shirt today.

Pre-School:
• Play simple board games, to allow practice taking turns. Stress the fun of the game, rather than winning.
• Fill a large box with old clothes and use it as “dress-up” (post office, grocery store, doctor, teacher, beauty shop, farmer, pet shop).
• Share simple family, religious, or ethnic traditions with your child.

Early Elementary:
• Encourage writing to pen pals.
• Engage them in cooperative games where everyone wins. If there is a winner, some success can be found in every experience.

Middle School:
• Encourage your child to join a club that includes activities where they can practice social skills.
• Don’t compare the success of others with your child. This tends to erode self-confidence and may cause problems in dealing with peers. Instead, compare past performance to present progress.

This Nebraska student fights for homeland security on the food science front.

DAVID LEE SCHROEDER of West Point, Nebraska, a food science and technology and agribusiness double major at the University of Nebraska-Lincoln, was one of just 101 students nationally to receive a prestigious Homeland Security Scholarship. One of two scholarship winners from Nebraska, Schroeder writes a newsletter called "The Nebraska Student Scientist" about his college experience.

There’s no place like Nebraska.
Plants that Add Interest or Color to Winter Landscapes

Red Osier Dogwood

Red Osier Dogwood (Cornus stolonifera) — the young stems of this plant are bright red during the winter months and become more intensely colored toward spring. Older stems are often pruned out in the spring to encourage more of the young, more brightly colored twigs.

Yellow Twig Dogwood

Yellow Twig Dogwood (Cornus stolonifera ‘Farravium’) — this shrub looks much like Red Osier Dogwood except the twigs are bright yellow rather than red.

Winged Euonymus

Winged Euonymus (Euonymus commixtus) — this shrub is a late blooming shrub that adds interest to the fall landscape.

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Burning Bush

Burning Bush (Euonymus alatus) — this shrub attracts so much attention in the fall because of the flaming red coloration of the fall foliage. However, the stems are also ornamental in the winter due to their winged characteristics which tend to catch and hold snow.

River Birch

River Birch (Betula nigra) — this tree has very interesting bark. The flaky bark is reddish-brown to peach colored and contrasts nicely with snow.

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**Watch for Black Knot on Plums**

The knot fungus infects branches of susceptible plants, and occasionally the main trunk. The disease is characterized by rough, hard, elongated, black swellings that elongated, black swellings that are not taken.

Fungicides can offer established orchards or effective control measures to prune trees, avoid planting trees next to or downstream from an old or abandoned orchard with a significant black knot problem. Similarly, remove all wild plum and cherry trees, which are a potential disease reservoir, from fence rows or woodlands within 600 feet of the orchard site.

Established orchards or backward trees should be scouted or examined each year for the presence of black knot and infected twigs should be pruned out and destroyed or removed before bud break. It is important to prune at least 3 to 4 inches below each knot because the fungus grows beyond the edge of the knot itself. If pruning is not possible because knots are present on major scaffold limbs or the trunk, they can be removed by cutting away the diseased tissue down to healthy wood and out at least one inch beyond the edge of the knot. Burn or bury the pruned branches before April 1.

Fungicides can offer significant protection against black knot, but are unlikely to be effective if pruning and sanitation are ignored. Fungicides are necessary and will provide the greatest benefit if applied before rainy periods, particularly when temperatures are greater than 55°F. In evaluating control programs, remember knots often do not become apparent until the year following infection. (MIP)

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Winged Euonymus (Euonymus commixtus) — this shrub is a late blooming shrub that adds interest to the fall landscape.

**Burning Bush**

Burning Bush (Euonymus alatus) — this shrub attracts so much attention in the fall because of the flaming red coloration of the fall foliage. However, the stems are also ornamental in the winter due to their winged characteristics which tend to catch and hold snow.

**River Birch (Betula nigra)** — this tree has very interesting bark. The flaky bark is reddish-brown to peach colored and contrasts nicely with snow.

**Red Osier Dogwood**

Red Osier Dogwood (Cornus stolonifera) — the young stems of this plant are bright red during the winter months and become more intensely colored toward spring. Older stems are often pruned out in the spring to encourage more of the young, more brightly colored twigs.

**Yellow Twig Dogwood**

Yellow Twig Dogwood (Cornus stolonifera ‘Farravium’) — this shrub looks much like Red Osier Dogwood except the twigs are bright yellow rather than red.

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Extending the University’s Research-Based Resources to You

University of Nebraska Cooperative Extension accomplishes the University's land-grant mission by delivering reliable, research-based information to the public. We develop and deliver educational programs which strengthen individuals, families, businesses and communities:

• Nutrition & Food Safety
• Pets & Wildlife
• 4-H & Youth Development
• Yard & Garden
• Farms & Acreages
• Home Environment
• Community & Leadership Development

Storm Recovery Resources

On May 22, 2004, severe storms — including tornadoes — damaged or destroyed many homes, businesses and farmsteads in Nebraska, including Lancaster County. The next day, UNL Cooperative Extension in Lancaster County created a storm recovery section on its Web site, which continues to be updated with resources on:

• inspecting homes for structural damage
• evaluating damage to trees;
• pruning tips
• assessing hail, wind and flood damage to crops;
• clean-up guidelines and tips
• weather safety information
• links to other University of Nebraska resources, local government Web sites, local agencies and national resources

These resources have received 17,920 hits. Extension staff and university specialists also sent relevant information to local media and responded to many storm-related inquiries from residents.

In June, extension joined the Nebraska Disaster Recovery Organization which was created to help people with unmet needs.

Rapid Response to Local Needs

New in 2004

Ant Identification Resources

Lancaster County Extension staff developed the following ant identification resources of the most common household ant pests in Nebraska:

• Detailed color illustrations
• Actual size
• Description of workers
• Habits
• Control methods

Those resources have received more than 56,778 hits since being posted on the Web site at lancaster.unl.edu/enviro/ants in January. Identification of Structure-Invading Ants in Nebraska was recently published as an Extension Circular (EC04-1570).

Handwashing Bean Bag Toss Game

(L-R) Joyce Jensen, LLCHD, and Alice Henneman, Extension Educator

Lancaster County Extension and the Lincoln-Lancaster County Health Department (LLCHD) developed a bean bag toss game, “Sink Those Germs,” to promote handwashing to youth. This educational game can be used in schools, child care centers, homes and events such as health fairs.

Game materials — including a poster and coloring sheets — are free online at lancaster.unl.edu/food/sinkgerms.htm and have been downloaded more than 5,000 times.

NEP Lessons at Camp Abbott, Clinton CLC

Nutrition Education Program staff present a healthy snack experience at Clinton Community Learning Center.

The Lancaster County Nutrition Education Program (NEP) created two new partnerships to present nutrition lessons at after-school and summer programs: Clinton Community Learning Center (CLC) and Clinton Community Learning Center (CLC) continued on page 3
From NU to You

NU Cooperative Extension in Lancaster County contributes to the University of Nebraska’s land-grant mission by extending reliable research-based information to the public for use in everyday life.

Considering today’s fast-paced society, extension engages residents in Lancaster County and beyond, 24-hours a day, by utilizing multiple delivery methods:

• Programs and workshops
• Publications
• Phone calls
• Person-to-person
• Content-rich Web site
• Internet e-mail
• Radio/TV/Video/Satellite
• Displays and exhibits
• Youth groups, activities and schools

In addition to direct outreach, extension trains individuals who, in turn, impact or teach others. This includes business professionals, service industry workers, health professionals, teachers, childcare providers, government employees, master gardeners and volunteers.

Lancaster County extension collaborates with more than 125 agencies, organizations, businesses and school systems to develop and deliver educational programs. We value our community partnerships as a way to leverage our resources and reach even more people. To our partners, we say thank you.

And finally, a salute to the hundreds of volunteers who are essential to extension’s success. Your dedication to programs such as the 4-H youth development program, master gardeners, Nutrition Education Program (NEP) and earth wellness festival greatly add to our community and quality of life. We appreciate your important contributions.

Gary Bergman,
Extension Educator and Unit Leader

Lancaster Extension Education Center

Facilitates Community Programs

As part of extension’s commitment to community learning, the conference facilities at Lancaster Extension Education Center are made available to other nonprofit and governmental organizations at a nominal cost. Last year, more than 4,100 hours of conferences and meetings were held at the Education Center.

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

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

Pests & Wildlife
• Insect pest identification
• Low-toxic solutions
• Wildlife educational resources

Yard & Garden
• Horticulture education
• Plant problem diagnosis
• Master Gardener volunteers
• Yard waste management
• Managing water resources

Home Environment
• indoor air quality
• Home maintenance & safety
• Reduce, reuse, recycle

Community & Leadership Development
• Neighborhoods
• Organizations
• 4-H and youth
• Families
• Family & Community Education (FCE) clubs

“Our community is very fortunate to have a talented extension staff dedicated to extending the knowledge of our land-grant university. As an extension board, we collectively see the impact extension brings to Lancaster County and beyond.”
—Clarice Steffens, president
Lancaster County Extension Board

Youth in 4-H Program

The University of Nebraska Cooperative Extension 4-H youth development program is open to all youth ages 5–19. In the past year, 4-H reached 22,994 youth in Lancaster County. Emphasis is on teaching practical skills and developing life skills through learning-by-doing. Lancaster County 4-H consists of several components:

• Organized clubs — Youth work closely with adults to complete projects.
• Projects — Youth can choose from more than 150 projects. Project manuals are written by university experts.
• School EarChamps — 4-H programs for classrooms include: Garbology, Vermicomposting, Embryology, Blue Sky Below My Feet, Earth Wellness Festival, Ag Awareness Festival, Nutrition Education Program and 4-H Water Riches.
• 4-H Embryology Web Site — EGG Cam and other resources online at lancaster.unl.edu/4h/embryology
• Activities — 4-H staff organize several educational events each year, such as Clover College and County Fair activities.
• Leadership Opportunities — 4-H Teen Council, 4-H Council, Citizen Washington Focus (CWF) group and more.

Lancaster County 4-H'er Nicole Pedersen qualified to attend the National 4-H Horticulture Judging Contest.
This past year, were awarded Discover Practical and Life Skills seniors. By next June, 51 CWF’ers will have raised a total of $97,818 through Extension Educator Tom Dorn— 2003 Annual present by Lancaster County Agricultural Society. Extension 4-H Agents (NAE4-HA); Fair Person of the Year (NCEA) 4-H Section as well as the National Association of Extension Associate Award presented by University of Nebraska Cooperative Extension; Educational Technology 2nd place Team Award presented by National Extension Association of Family & Consumer Scientists; invited to “Choices for a Healthy School Nutrition Environment” at Nebraska Association for Health, Physical Education, Recreation and Dance (NAHPERD) and Action for Healthy Kids Conference; invited to present “Using the Internet for Food Safety Education” at National Association of Food and Drug Officials regional meeting; contributed to Cooking Healthy Across America book published by American Dietetic Association; invited to present “Integrated Pest Management For Daycare Providers” in Kansas City.

Extension Assistant Barb Ogg — invited to present Integrated Pest Management For Daycare Providers in Kansas City.

Extension Assistant Zainab Rida — 2004 Extension New Award presented by University of Nebraska Cooperative Extension.

Extension Support Staff Karen Wedding — November 2004 Commissioner’s Award of Excellence presented by Lancaster County Commissioners.

4-H Staff — Lancaster County 4-H staff presented a poster session at the 2004 national conference of National Association of Extension 4-H Agents (NAE4-HA) about developing an annual marketing plan for 4-H.

Staff Recognized for Years of Service — Extension Educator Lorene Barets (35 years); Extension Support Staff Pam Branson (30 years); Extension Associate Karen Wobig (5 years).

New in 2004 continued from page 1

Camp Abbott (a nine-week youth enrichment program sponsored by the Capitol Sports Foundation and The Ethel S. Abbott Sports Complex). More than 400 youth participated in these nutrition lessons.

“Plants for Problem Places” Video

Extension Educators Don Janssen (of Lancaster County) and John Fech (of Douglas/Sarpy Counties) developed the sixth of UNL Cooperative Extension’s series of horticultural videos which can be used as training tools for commercial horticulture in the country or as educational tools for interested individuals. “Plants for Problem Places” and other videos (now available on DVD) can be ordered online at lancaster.unl.edu/hort.

Horseless Horse 4-H Club

4-H Partnership With Lincoln City Libraries

At the 4-H wildlife workshop, youth made tracks with animal paw print stamps, stickers and stencils.

Lancaster County 4-H and Lincoln City Libraries (LCL) initiated a partnership. In this first year:

• Several 4-H’ers volunteered for the summer reading program
• 4-H presented two weeks of workshops, “Wild in Nebraska” (with the help of the Nebraska Game & Park Commission and Pioneer Park Nature Center) and “Paper-a-Plenty” as part of LCL’s summer reading events
• 4-H and LCL compiled two “4-H Discovery Bags,” one for wildlife and one for arts & crafts.

Discover Practical and Life Skills

By next June, 51 CWF’ers will have raised a total of $97,818 through various fundraisers for their June 2005 trip to Washington D.C.

Lancaster County 4-H’er Hannah Spencer had the top 4-H Multimedia Presentation — a new category this year — at the State Fair.

This year, $6,100 in 4-H scholarships were awarded to graduating seniors.
New in 2004 continued from page 3

4-H Kids Ag Discovery Zone at County Fair

“Milking” a wooden “dairy cow” was one of many activities at the Kids Ag Discovery Zone.

New at the Lancaster County Fair was a free 4-H Kids Agricultural Discovery Zone. It featured hands-on activities and exhibits to help youth see, touch and smell agriculture. Activities included: climbing a tractor, “milking” a “cow,” touching unprocessed sheep wool and seeing a 1,000 pound bale!

“Resources for Educators” on Food Web Site

This year, a special section, “Resources for Educators,” was created on extension’s Food Web site at lancaster.unl.edu/food/resources.htm. Educational materials are provided in downloadable formats useful for teaching: postcards, handouts, displays, games and PowerPoint presentations. Most of these resources are free, some have a small fee.

Acreage Insights: Rural Living Clinics

Instead of a series of 10 “Acreage Insights: Rural Living Clinics” at three locations, UNL Cooperative Extension presented a series of 10 “Acreage Insights: Rural Living Clinics” at three locations, each seminar focusing on a different topic such as waste water treatment, weed control and windbreaks. More than 1,000 residents attended one of 19 composting workshops conducted by extension, and an estimated 2,000 people participated in an informal, self-guided tour of the composting demonstration site at University Place Park.

People’s Choice 4-H Awards

Jeremy Bradford Morgan’s cucumbers were chosen “Plant or Veggie that Looks Most Like a Person” by People’s Choice 4-H Awards at the Lancaster County Fair.

Lancaster County 4-H introduced its first annual People’s Choice 4-H Awards at the Lancaster County Fair.

A Look at Some Program Impact Numbers

Of University of Nebraska Cooperative Extension in Lancaster County programs from Oct. 1, 2003–Sept. 31, 2004

Extension responded to more than 33,300 phone calls, walk-ins and e-mails from the public requesting information.

34,300 tons of biosolids were delivered and applied to 1,169 acres of crop land, worth $850,000 to farmers and saving taxpayers $340,000 by keeping this recyclable material out of the landfill.

An estimated 20,000 tons of yard waste were kept out of the landfill, saving taxpayers $556,749.

Crop producers taking the online Irrigation Home Study Course indicate an average savings of $4.22 per acre — an estimated total savings of $3.5 million. Of the attendees at Financial Record Keeping workshops, 82% expected to make better management decisions and 58% expected to save time and/or money. Participants of the Crop Protection Clinic estimate the value of the program to be $5.37 per acre — a total benefit of $1.6 million.

Crop producers could save up to $60 per acre — a total saving of $892,590. The average value of a termite treatment is more than $1,500. Extension’s termite control information could be worth more than $2 million to Lincoln homeowners.

Online termite resources received nearly 35,000 hits. 86 people (including 13 Realtors) attended this year’s Termite Control workshops, hundreds of people requested information and articles were published in local media. A post-workshop survey has found 82% of attendees obtained information that saved them money, 98% obtained information needed to better protect their properties.

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Last year, UNL Cooperative Extension in Lancaster County programs benefitted from 1,338 volunteers investing 51,925 hours of time for a total value of $892,590.

Independent Sector values volunteer time at $21.75 per hour.

The 4-H youth development program reached 16,658 youth in Lancaster County. There were 4,262 4-H exhibits showcased at the 2004 Lancaster County Fair. 4-H is open to all youth ages 5–19. Youth can belong to a club, be an independent member, participate in 4-H activities such as Clover College, or participate in 4-H School Enrichment projects.

Choice 4-H Awards at the Lancaster Cooperative Extension in Lancaster County's People's Choice 4-H Awards, which featured a series of 10 “Acreage Insights: Rural Living Clinics” at three locations, each focusing on a different topic such as waste water treatment, weed control and windbreaks. More than 1,000 residents attended one of 19 composting workshops conducted by extension, and an estimated 2,000 people participated in an informal, self-guided tour of the composting demonstration site at University Place Park.

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**Bites** Not Always From Bugs

Eastern cottontail rabbits are common in Lancaster County. These rabbits can cause damage any time of year. In winter, the rabbits gnaw tender bark off young trees and shrubs and eat the green, inner bark. Rabbits can easily stand on drifted snow to reach higher bark. Damage is above ground because rabbits usually work best in a combination of methods than three feet. Woody trunks and stems higher than three feet are other options to prevent damage. You might also try a one-inch mesh fence for your entire yard. A rabbit fence added to an existing fence. Eastern cottontail rabbits are game animals in Nebraska. Rabbit hunting with firearms is allowed during the winter with a small game hunting permit (for information, contact the Nebraska Game and Parks Commission. Nebraska code allows the removal of rabbits within municipalities that cause damage to personal property. In most cities and towns, your local animal control or law enforcement agency can authorize live trapping and transporting of rabbits. Firearms cannot legally be discharged within most municipalities. In addition to trapping, here are other options to prevent rabbit damage: For the gardener, the most permanent solution is to build a rabbit-proof fence around your garden. A one-inch mesh fence of poultry netting (chicken wire) is suitable. You might also try a two-foot high fence made of poultry netting and 3/8-inch fence rods spaced at three feet apart. For about $50 (2003 prices), you can protect a 25 x 50 foot garden space. For the owner of a perennial flower bed, the best approach may be to use motion-activated water sprays or a vigiliant dog during the day to distract rabbits. You might also use a low, aesthetic plastic-mesh fence around flowers to prevent the emerging blossoms. Keeping the soil wet may also repel rabbits from gardens or flower beds. If you have young trees and shrubs in a backyard, consider low fences around clusters of plants, individual tree wraps or tree wraps incorporated with chemical repellents. Be sure to plan ahead in the event we have a winter with deep snow cover — you may have to extend the height of your fences. Or, consider keeping rabbits out of your entire backyard. A wood privacy fence or chain link fence will not keep rabbits out of your yard. However, one-inch hardware cloth or bale screen added to the bottom two feet of your existing fencing creates an effective perimeter fence for your entire yard. For more options on controlling rabbits in urban and rural settings, see NebGuide (G-1526), “Prevention and Control of Rabbit Damage,” online at ianrpubs.unl.edu/wildlife/1526.htm or available free at your nearest Nebraska county extension office. This NebGuide describes how to identify rabbit damage and recommends proper methods of control, such as fencing, habitat modification, repellents, trapping and more. (SC)

Rabbit damage to young trees. Damage is above ground because rabbits can stand on drifted snow to reach higher bark. Eastern cottontail rabbits are common in Lancaster County. These rabbits can cause damage any time of year. In winter, the rabbits gnaw tender bark off young trees and shrubs and eat the green, inner bark. Rabbits can easily stand on drifted snow to reach higher bark. Damage is above ground because rabbits usually work best in a combination of methods than three feet. Woody trunks and stems higher than three feet are other options to prevent damage. You might also try a one-inch mesh fence for your entire yard. A rabbit fence added to an existing fence. Eastern cottontail rabbits are game animals in Nebraska. Rabbit hunting with firearms is allowed during the winter with a small game hunting permit (for information, contact the Nebraska Game and Parks Commission. Nebraska code allows the removal of rabbits within municipalities that cause damage to personal property. In most cities and towns, your local animal control or law enforcement agency can authorize live trapping and transporting of rabbits. Firearms cannot legally be discharged within most municipalities. In addition to trapping, here are other options to prevent rabbit damage: For the gardener, the most permanent solution is to build a rabbit-proof fence around your garden. A one-inch mesh fence of poultry netting (chicken wire) is suitable. You might also try a two-foot high fence made of poultry netting and 3/8-inch fence rods spaced at three feet apart. For about $50 (2003 prices), you can protect a 25 x 50 foot garden space. For the owner of a perennial flower bed, the best approach may be to use motion-activated water sprays or a vigiliant dog during the day to distract rabbits. You might also use a low, aesthetic plastic-mesh fence around flowers to prevent the emerging blossoms. Keeping the soil wet may also repel rabbits from gardens or flower beds. If you have young trees and shrubs in a backyard, consider low fences around clusters of plants, individual tree wraps or tree wraps incorporated with chemical repellents. Be sure to plan ahead in the event we have a winter with deep snow cover — you may have to extend the height of your fences. Or, consider keeping rabbits out of your entire backyard. A wood privacy fence or chain link fence will not keep rabbits out of your yard. However, one-inch hardware cloth or bale screen added to the bottom two feet of your existing fencing creates an effective perimeter fence for your entire yard. For more options on controlling rabbits in urban and rural settings, see NebGuide (G-1526), “Prevention and Control of Rabbit Damage,” online at ianrpubs.unl.edu/wildlife/1526.htm or available free at your nearest Nebraska county extension office. This NebGuide describes how to identify rabbit damage and recommends proper methods of control, such as fencing, habitat modification, repellents, trapping and more. (SC)
Kelly & Colleen Warner
Lancaster County 4-H is proud to announce Kelly and Colleen Warner as co-winners of January’s “Heart of 4-H” Award in recognition of outstanding volunteer service.

Kelly and Colleen have been active in the Ropes & Riggins 4-H horse club for six years, beginning when their daughter joined 4-H. They have been getting more involved in 4-H each year. Currently their children Gabby and Shawn are both members of Ropes & Riggins.

Colleen is president of the Salt Creek Wranglers Saddle Club (Kelly is a board member). Last year, the group looked into additional ways of using their arena grounds and decided to host the 4-H Silver Dollar Series. Response was so great, the series will be repeated in 2005 and the Salt Creek Wranglers may offer the 4-H Silver Dollar Series.

Colleen says she likes being a 4-H volunteer because she didn’t have the opportunity to participate in 4-H while growing up, as did they. They both enjoy seeing 4-H members improve their riding skills.

The Warners also volunteer at the Lancaster County Fair Open Class Horse show, the Capital City Horse and Pony Club, their church and at their children’s school activities. Something many people might not know about the Warners is they started their church and at their children’s school activities.

Congratulations to the Warners! Volunteers like them are indeed the heart of 4-H!

Congratulations to the Warners! Volunteers like them are indeed the heart of 4-H!

Dine Out for CWF at Runza on Jan. 25
You can help raise funds for the 4-H 2005 Citizenship Washin- gton Focus (CWF) group by dining out at the Runza on 84th and Holdredge on Tuesday, Jan. 25 from 5-8 p.m. Runza is generously donating 15% of its profits to CWF trip funds.

“Healthy Choices for 4-H Clubs”
Starts Jan. 17
Nebraska 4-H has a new statewide program, “Healthy Eating for Healthy Clubs!” to encourage club members to develop healthy habits. “Health is one of the four H’s that 4-H is founded on.

A colorful brochure — available at Lancaster County Extension — gives 4-H clubs several ideas for exploring nutritious foods and physical activity through three roll call, meeting activities, field trips, community service, healthy snacks and additional resources.

Starting Jan. 17, 4-H clubs can track their activities on the 4-H Web site and see what other clubs are doing. The project culminates in a statewide celebration next summer.

Congratulations to the Warners! Volunteers like them are indeed the heart of 4-H!

Horse Stampede Entries Due Jan. 26
The third annual 4-H Horse Stampede will be held Saturday, March 12 at the Animal Science Building on UNL East Campus. It is held in conjunction with the Nebraska Horse Council’s Horse Expo, running March 11-13 at the Lancaster Event Center.

Lincoln Boltibles handmade horse club out to ride their horses. The Wranglers led the horses as Boltibles members rode, many for their first time. The Wranglers also gave a mini-clinic about the differences between English and Western horses, tack and riding.

Dye Wins Reining Rookie at Sandhills Slide
Martina Dye and her gelding, Manly Martha “Gunner” won the Reining Rookie class at the Sandhills Slide, a National Reining Horse Association and American Quarter Horse Association sanctioned show held in August at Broken Bow. The Sandhills Slide is a nationally recognized show drawing riders from 11 states. The Rookie class included 31 other riders age 18 to 55 years old. Sadly, Martina lost her mare, Playgirl (pictured), to colic on the Sunday after the Lancaster County Fair. During the fair, Playgirl — who had not been ridden since December 2003 — was substituted for Gunner who was unable to show. With Playgirl, Martina won Senior Reining and Reserve Halter Champion in Stock Horse 4 years older.
2005 Pick-A-Projects Now Available

Nebraska 4-H 2004-2005 Pick-A-Projects are now available at the extension office or online at lancaster.unl.edu/4h.

DNA Testing on 4-H Lambs for Ak-Sar-Ben

It was recently announced that all lambs shown at Ak-Sar-Ben will have to be DNA tested by June 15. Deanna Karmazin will be collecting the DNA samples and processing the paperwork for Lancaster County.

At this time the cost is not determined but is estimated to be around $5 per head.

Please look for a mailing or additional information on this subject in the Nebraska 4-H Newsletter. If you have any questions, please call Deanna at 441-7190.

New 4-H Curriculum Available Soon

Three new curriculum series have been developed for 4-H:

• “Step Up to New Leadership” is available now and focuses on the dynamic process of leadership, explores real life experiences in relationship building, communication, group process and planning and organizing.

• “Quilt Quest” will be available in February and centers on design elements, design principles and applications in constructing a quilt from start to finish.

• “Fast Foods” will also be available in February and teaches how to cook nutritious meals quickly and with few ingredients while also teaching about nutrition, substitutions and food equivalencies.

Note: The 4-H Project “Meals” is now a county-only project (no state fair entry).

2005 4-H Photography Theme Exhibit Prints

Nebraska 4-H has announced the themes for the Nebraska Theme Exhibit Print classes for the 2005 County and State Fairs.

UNIT II – Nebraska Theme Exhibit Print – “Green and Growing.” May be taken with digital camera. (TK)

UNIT III – Nebraska Theme Exhibit Print – “Crossroads of Nebraska.” May be taken with digital camera. (TK)

National 4-H Photography Contest

National 4-H Council needs winning photos from your state and county fairs (2000–2004) to create the 2007 4-H Calendar. Deadline for submissions is March 1. Criteria are online at www.4-hmall.org/4H_Mall/PhotoContests2006.asp.

Aging Services Photo Contest Open to All

Aging Services has announced the theme for its seventh annual Photography Contest, “Cherished Moments in Time.” The contest is open to all ages, grades, kindergartners to older folks. Divisions are K-6, 7-12 and Adult. Two Best of Show winners are awarded $100. Deadline for submissions is Monday, May 2. For an entry packet, call 441-7022. 4-H’ers are encouraged to participate!

“4-H Discovery Bags”

The “4-H Discovery Bag” for Arts & Crafts” and “4-H Discovery Bag for Wildlife” are a compilation of 4-H project books, library books and other resources. Anyone with a Lincoln City Library card may check out bags from the Bennett Martin Public Library.

2005 4-H Camps

4-H summer camps offer youth of all ages a variety of activities and experiences to discover, including: canoeing, mountain biking, horseback riding, rappelling or climbing, art, backpacking, fishing and more! Camps range from one day to four days/night.

2005 locations and dates are:

• Nebraska 4-H Center near Gretna, May 27 through Aug. 5 (free Open House on May 1, 1-4 p.m.)

• Nebraska State 4-H Camp near Halsey, May 31 through Aug. 20 (free Open House on April 24, 1-4 p.m.)

• Central 4-H Center near Alma, June 5 through July 9

Early bird discounts on registrations received by April 15.

Brochures will be available at the extension office soon and complete information online at 4h.unl.edu/camp.

COMMUNITY SERVICE

Serve Those Who Serve Our Country

Nebraska 4-H is organizing two community service projects for youth to help Nebraska families with a parent serving the United States as a soldier.

“Operation: Military Kids in Nebraska” is compiling a list of 4-H members, families and clubs who would be willing to volunteer for these families by doing tasks such as raking leaves, shoveling snow, babysitting, etc.

“Hero Packs” are backpacks compiled by 4-H members, and contain a variety of 4-H items and a handwritten letter to the family. 4-H clubs or groups who are interested in purchasing materials to compile a “Hero Pack” (cost is approximately $30) should respond by Jan. 14.

For more information about either project, call Nebraska’s 4-H Military Liaison, Mark Simmons, at (402) 561-7575.

“Friends in 4-H” Donates Books to Head Start

As their community service project, the “Friends in 4-H” club created storyboards to go along with books they donated to the Lincoln Public Schools Head Start program. Club members used felt and iron-on transfers to make storyboards based on pictures from the books. Young readers can use the storyboards to recreate the action of the stories.
In September 2004, Health Partners Initiative began a grassroots volunteer program, the Neighborhood Service Exchange (NSE). The program is designed to create healthy neighbors by encouraging community service. Volunteer services are matched to individual needs. Volunteers are encouraged to utilize their individual talents, interests and creativity as members of the NSE.

The resident expert network within NSE are volunteers who take leadership in helping their neighbors find community support in times of need. They connect families and individuals with available community resources. These leaders take the time to listen, offer help and problem solve. Health Partners trains resident experts about information and referral. For more information, or to get membership application, for NSE or the resident expert network, contact the NSE Office at 434-8141.

Health Partners Initiative exists to create a healthier Lincoln and Lancaster County. For more information, contact Health Partners, call 414-8144 or go to www.healthpartnersinitiative.org.

Mayor Seng helped kick off the Neighborhood Service Exchange Project at Cooper Park last July. The Mayor is pictured with members of the Wamstad-Evans family.

NCEA Honors Larry Hudkins for Meritorious Service

Larry Hudkins accepts this year’s “Meritorious Service by an Individual” award from the NCEA.

Nebraska Cooperative Extension Association (NCEA) recently awarded Lancaster County Commissioner Larry Hudkins with “Meritorious Service by an Individual.” Each year, at its annual conference, NCEA recognizes individuals and organizations for their outstanding contributions to the people of Nebraska.

Larry Hudkins has served on the Lancaster County Board of Commissioners since 1987 and is current Vice Chairman. He also serves on the Lincoln-Lancaster County Board of Health and Lincoln Lancaster Public Building Commission. A farmer, Hudkins is very involved with agriculture on the local, state, national and international levels. He has provided leadership to the following organizations: Lancaster County Farm Bureau, Nebraska Foundation for Agricultural Awareness, Nebraska Young Farmers & Ranchers, Nebraska Cattlemen, Nebraska Ag Builders, Nebraska Ag Relations Council and the Leadership Education/Action Development (LEAD) program.

Hudkins and his wife, Carol, live near Malcolm, Nebraska. Both are solid supporters of Cooperative Extension and the 4-H youth development program.

The 2004 NCEA Conference was held Nov. 16-18 in Kearney, Nebraska. Since Hudkins was unable to attend, Lancaster County Extension Educators and NCEA members Laura Barton and Tom Dorn presented the award to Hudkins at the Dec. 7th Lancaster County Board meeting.

"It is a pleasure to accept this award from the state extension association," Hudkins said. "Extension has always been near and dear to our hearts — Carol and I are both former 4-H members. It’s been my pleasure to serve at several extension level boards. One of the reasons I’m particularly interested in extension is the good work you do that a lot of people do not realize. For instance, EFNEP (Expanded Food & Nutrition Program) — when we look at nutrition education for people who have limited funds and how they can get the most out of their money.”

Hudkins continued, “What I really appreciate about Lancaster County Extension is the tremendous amount of knowledge which is available, free to anybody in Lancaster County or the state of Nebraska, particularly to our youth. Nearly 20,000 kids are enrolled in 4-H in Lancaster County in one form or another. When you look at the small amount of money we put into the program, and what we have to put into juvenile rehabilitation, it’s hard to go to that route. It’s either pay now or pay later, so I think it’s a good investment. Thank you. I appreciate this honor very much.”

Cooperative Extension is a statewide, professional organization representing extension professionals of University of Nebraska’s Cooperative Extension. Its goals are to assist in establishing and maintaining high standards for extension work.

Meetings

Nobody likes to attend meetings that are a waste of time. Meetings which seem to be endless and accomplish little or nothing leave people extremely frustrated.

As a neighborhood leader, you have the responsibility to make meetings effective, productive and even pleasant. You need to assure people feel the time they devote to meetings is time well spent.

The following is a guide for successful and effective meetings:

1. Decide on a convenient time and date to meet by consulting with your core group and neighbors.
2. Develop a well-planned agenda, which includes: topics for discussion, presenter or discussion leader for each topic, time allotment for each topic.
3. Invite a neutral facilitator to sensitive meetings.
4. Meeting information needs to be circulated to everyone before the meeting. Make sure to include: meeting objectives, meeting agenda, location/date/time, background information; assigned items for preparation.
5. Determine a method of follow-up to remind the neighborhood volunteers. This may be done by phone calls, letters and flyers.
6. Set up the room for the meeting or discussion. Tables and chairs should be in place.
7. Display any handouts near the entrance.
8. Meeting notes must be recorded and made part of the organization’s meeting information archives.
9. During the meeting a) greet members and make them feel welcome, even when they arrive when appropriate; b) serve light refreshments, they make good icebreakers and people feel comfortable; c) keep the time and end on time;

committees

Organizations accomplish their objectives through the dedicated work of committees. The committees are the heart of a successful neighborhood association.

The task of the committees depends on the overall purpose and structure of your neighborhood association.

There are generally two major categories:

NEIGHBORHOOD AFFAIRS

Examples:
- Housing conditions
- Police-neighborhood relations
- Economic development
- Neighborhood maintenance
- Community services and resources
- Traffic safety
- Youth development/kids clubs

INTERNAL AFFAIRS

Examples:
- Fundraising/finance
- Meeting arrangements
- Communications/publicity
- Bylaws
- Social events
- Welcome/membership

To maintain active, productive and motivated members on the committees:
- Encourage participants to participate in the association and the committee planning process; help members find a place in the organization — find a task for each person to do, no matter how small, as they feel they are contributing.
- Discuss and discuss the goals and objectives of the committee; provide people with some success.
- Give recognition to members and committees on their contributions to the neighborhood association.

Help members develop communication skills; encourage long-time members to mentor new members.
- Make meetings and committee work as productive as possible; no one wants to feel they are wasting time.

Communication Tools

Whether trying to reach the general public or the general public many neighborhood associations fail to develop a complete strategy that will help them to reach their audience.

There are different ways to communicate with your neighborhood:

- Neighborhood association newsletter
- Weekly area newspapers
- Schools, churches and club newsletters
- Door-to-door handouts
- Person-to-person by phone among friends and neighbors
- Neighborhood survey by mail, phone and door-to-door
- Bulletins, notices, pamphlets, posters and flyers placed with permission in schools, laundromats, libraries, supermarkets, local restaurants, and waiting rooms in dentist/doctor’s offices
- A neighborhood Web page
- Booths at local events
- Speakers at business groups, service clubs, youth groups, schools and churches
- Lawn signs
- Letters
- Telephone tree
- E-mail
- Cooperative efforts with adjoining neighborhoods

Have fun! The work of a neighborhood association should not be drudgery — much of what you need to do is to develop a social fabric of your neighborhood — this should include many parties and get-togethers!

Have events that appeal to all, particularly children.

## Photographers' Workshop Jan. 28-30 at Halsey 4-H Camp

A Photography Workshop will be held Jan. 28-30 at the Nebraska 4-H State 4-H Camp at Halsey. The workshop is for beginner to advanced photographers, adults and youth ages 15-19.

This year’s featured guest speakers are Randy Hampton, retired Lincoln Journal Star photographer and Michael Forsberg. Forsberg operates a gallery in Lincoln, and his work has appeared in publications including National Geographic, Audubon, Natural History and National Wildlife. Forsberg will discuss his much anticipated coffee table picture book on Sandhill Cranes at North America and their habitats. Mark Billington, a regional educational representative with Apple Computer, will demonstrate the amazing capabilities of the computer in use in photography and post-processing.

Workshops will be offered in digital photography, display and framing, outdoor and nature photography, digital video, large format, alternative process photography, and portraiture.

The workshop begins Jan. 28 with check-in from 3-6 p.m. and begins at 1 p.m. Jan. 30. Cost is $175 for adults and $115 for youth ages 15-18. All meals, lodging and snacks are provided.

For more information or to register, go to 4h.unl.edu/camp/family, or call Nebraska State 4-H Camp at (308) 533-2224.

### New UNL Winter Weather Web Site

UNL has a new Web site, “Nebraska Winter Weather,” online at www.hprcc.unl.edu/weather. It has current weather forecasts, warnings, current weather conditions, links to road conditions and delays in Nebraska and across the country.

It also has a link to all of the weather cameras in Lincoln to see what the driving conditions are like around town. This site is sponsored by the High Plains Regional Climate Center in the School of Natural Resources.

### Photography Workshop Jan. 28-30 at Halsey 4-H Camp

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<th>Date</th>
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<td>28-30 Jan</td>
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LANCASTER COUNTY EXTENSION HIGHLIGHTS

Lancaster Extension Staff Win Top Extension Awards

In October, three Lancaster County Extension staff members won the top three awards presented annually by University of Nebraska Cooperative Extension to county-level extension staff.

**ALICE HENNEMAN, DISTINGUISHED EDUCATOR AWARD** — Alice is responsible for Lancaster County Extension’s food safety and nutrition programs, aimed at the general public. She utilizes an omnimedia programming strategy, using multiple media formats and distribution channels to meet consumer information needs. Alice develops countless educational materials, answers phone calls from the public, gives presentations to small and large audiences, has a presence at many health fairs, writes newspaper articles, appears on radio/TV, and maintains an award-winning Food Web site and two e-mail newsletters. The site receives more than one million hits per year and has been rated “Among the Best” by Tufts University Nutrition Navigator for more than four years. In addition to direct consumer outreach, Alice makes her materials readily available for other educators and health professionals to use. Nationally, Alice is routinely asked to serve as a reviewer and to speak at conferences.

**DEANNA KARMAZIN, OUTSTANDING EXTENSION ASSOCIATE AWARD** — Deanna coordinates the Lancaster County 4-H animal science and agricultural project areas, and spearheads the communications and leadership program areas. She leads the Lancaster County 4-H Citizenship Washington Focus (CWF) group which raises funds for a trip to Washington D.C. three every three years. Deanna is in charge of the 4-H livestock areas at the Lancaster County Fair and serves as a livestock superintendent at the Nebraska State Fair, Ak-Sar-Ben 4-H Livestock Expo and Premier Animal Science Events (PASE). She is active on many local and statewide committees and coalitions (including UNL’s AgLEC advisory council and extension’s southeast district board). Deanna also presents numerous community workshops. As a member of the Ag Awareness Coalition, she helps implement and evaluate the Ag Awareness Festival in Ithaca. Four years ago, she started a similar festival in Lincoln.

**ZAINAB RIDA, EXTENSION NEW EMPLOYEE AWARD** — Zainab joined the Nutrition Education Program (NEP) in September 2002 and teaches nutrition to new immigrants, refugees and low income people (she is fluent in three languages: English, Arabic and Persian). In the past year, she has taught 873 lessons to adults and conducted 40 classes for 761 youth. Zainab was a presenter at earth wellness festival and 4-H Clover College.

Karmazin Receives 4-H Achievement Award

In November, Extension Associate Deanna Karmazin was selected as the state winner of the 2004 Agriculture in Service Award, presented by the Nebraska Cooperative Extension Association (NCEA) 4-H Section. She was also a national winner of the award, presented by the National Association of Extension 4-H Agents (NAE4-HA). The award is for outstanding contributions to 4-H. Deanna has been a Lancaster County 4-H staff member for seven years (see above for accomplishments).

Wedding Receives Commissioner’s Award of Excellence

Karen Wedding received the Lancaster County Commissioner’s Award of Excellence for the month of November in the category of productivity. The Award of Excellence recognizes employees who consistently provide outstanding service and work that demonstrates exemplary personal commitment to Lancaster County. Karen provides support to the following Lancaster County Extension program areas: agriculture, aircare, pest management, earth wellness festival and Nutrition Education Program. She also coordinates scheduling of the Lancaster Extension Education Center conference facilities.

“Kay Colley, extension administrative aide, said, ‘Karen is always willing to give any assignment a try without hesitation even if it’s something new and different. She enjoys a challenge and is willing to gain the new skills needed to accomplish a task. Karen will also willingly step up and help in any area where an extra hand is needed. Her skills are developing in many areas with each passing year of employment as she is becoming an increasingly important asset to the extension office staff.’”

Peterson Named County/City Volunteer of the Month

4-H volunteer Paula Peterson was recognized as the Lancaster County/City of Lincoln Volunteer of the Month for November 2004 by the Retired & Senior Volunteer Program (RSVP) and the Lancaster County Board of Commissioners.

The 4-H youth development program is part of University of Nebraska Cooperative Extension.

At the recent 4-H Kick Off, Paula Peterson (center) talked to youth about the 4-H sheep and bucket calf projects.

Paula has been a 4-H volunteer for eight years and is a 4-H Council member, club leader of Rock Creek Ranchers and 4-H bucket calf superintendent at the Lancaster County Fair. She serves as a liaison between 4-H and the Waverly FFA chapter.

The Waverly-based Rock Creek Ranchers is one of the larger 4-H clubs in Lancaster County, currently with 33 youth. Members are involved in a wide variety of 4-H projects including beef, dairy, bucket calf, swine, photography, foods, clothing and flowers/gardening. Knowing the importance of communication as a life skill, she fosters youth’s involvement in many county communication contests. Paula encourages members to participate in community service projects such as petting zoos and bingo at nursing homes.

Paula volunteers at least 20 hours a week on 4-H-related activities. In addition to her club activities, she helps at 4-H events throughout the year including Achievement Night, 4-H Night at the Saltdogs, Spudfest and the 4-H Kick Off. Paula has spent her last eight vacations volunteering countless hours at the Lancaster County Fair. Her two daughters, Amanda and Erica are members of 4-H and FFA. Amanda recently became a 4-H Council member.

Paula also volunteers for Bethlehem Covenant Church as a Sunday School teacher and Vacation Bible School storyteller. The Lancaster County 4-H thanks Paula for her dedication and enthusiasm to 4-H youth!

Gamma Sigma Delta

Ag Society Inducts Dorn

Tom Dorn (left) has given countless workshops and trainings over the years.

The Nebraska chapter of Gamma Sigma Delta, the honor society of agriculture, recently presented Extension Educator TOM DORN with a certificate of membership in recognition of high scholarship, outstanding achievement in service. Tom has been in cooperative extension for 24 years, serving as a PUMP project technologist, district irrigation & conservation specialist, and an educator in Holt, Fillmore and currently in Lancaster.