The NEBLINE, January 2005
The University of Nebraska Cooperative Extension in Lancaster County

"Helping Nebraskans enhance their lives through research-based education."

Partnering With the Community

Lancaster County Extension Collaborates with Over 125 Community Partners

Gary C. Bergman
Extension Educator

Our nation’s land-grant universities were established to be — and continue to be — partners in the economic development of our country.

Rich History

With the passage of the Morrill Land-Grant Act of 1862, U.S. Congress and President Lincoln helped transform our nation’s future by affording higher education to common individuals, previously only available to the privileged elite.

Following Nebraska’s statehood in 1867, the University of Nebraska was one of the first universities to be chartered under the Morrill Act in 1869. The Cooperative Extension System, established in 1914, was 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 businesses; 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/LGH Medical Center
Burke Plaza Senior Housing
Burtin Tyree’s Flowers
Camp Abbott / Capital Sports Foundation
Carol Vallamont Family Resource Center
Cedar’s Youth Services
CenterParas
Children of Parents Experiencing Divorce Coalition (COPES)

In the pest management arena, Extension Educator Barb Ogg has partnered with professionals from Lincoln Lancaster 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.

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

An extension partnership with Lincoln Public Schools generates Food Stamps 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.

University’s resources to urban and rural 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/LGH Medical Center
Burke Plaza Senior Housing
Burtin Tyree’s Flowers
Camp Abbott / Capital Sports Foundation
Carol Vallamont Family Resource Center
Cedar’s Youth Services
CenterParas
Children of Parents Experiencing Divorce Coalition (COPES)

In the pest management arena, Extension Educator Barb Ogg has partnered with professionals from Lincoln Lancaster 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.

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

An extension partnership with Lincoln Public Schools generates Food Stamps 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.

University’s resources to urban and rural 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/LGH Medical Center
Burke Plaza Senior Housing
Burtin Tyree’s Flowers
Camp Abbott / Capital Sports Foundation
Carol Vallamont Family Resource Center
Cedar’s Youth Services
CenterParas
Children of Parents Experiencing Divorce Coalition (COPES)

In the pest management arena, Extension Educator Barb Ogg has partnered with professionals from Lincoln Lancaster 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.

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

An extension partnership with Lincoln Public Schools generates Food Stamps 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.

University’s resources to urban and rural 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/LGH Medical Center
Burke Plaza Senior Housing
Burtin Tyree’s Flowers
Camp Abbott / Capital Sports Foundation
Carol Vallamont Family Resource Center
Cedar’s Youth Services
CenterParas
Children of Parents Experiencing Divorce Coalition (COPES)

In the pest management arena, Extension Educator Barb Ogg has partnered with professionals from Lincoln Lancaster 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.

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

An extension partnership with Lincoln Public Schools generates Food Stamps 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.

University’s resources to urban and rural 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/LGH Medical Center
Burke Plaza Senior Housing
Burtin Tyree’s Flowers
Camp Abbott / Capital Sports Foundation
Carol Vallamont Family Resource Center
Cedar’s Youth Services
CenterParas
Children of Parents Experiencing Divorce Coalition (COPES)

In the pest management arena, Extension Educator Barb Ogg has partnered with professionals from Lincoln Lancaster 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.

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

An extension partnership with Lincoln Public Schools generates Food Stamps 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.

University’s resources to urban and rural 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/LGH Medical Center
Burke Plaza Senior Housing
Burtin Tyree’s Flowers
Camp Abbott / Capital Sports Foundation
Carol Vallamont Family Resource Center
Cedar’s Youth Services
CenterParas
Children of Parents Experiencing Divorce Coalition (COPES)

In the pest management arena, Extension Educator Barb Ogg has partnered with professionals from Lincoln Lancaster 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.
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.

A very popular clinic offers many topics of interest to crop producers and agribusiness professionals alike. As usual, the latest developments in weed, insect and disease management topics will be covered. 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 Diagnosti-C Net, 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” Workshop on Jan. 26

A new workshop, “10 Easy Ways to Boost Profit by $20/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 pages submitted by extension specialists and growers serves as a summary of various profit-boosting practices has been assembled for this workshop.

Host extension specialists select 10 topics that fit the needs of the area and will be 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) Credit soil organic matter for nitrate,
5) Eliminate unnecessary use of P, K, and S fertilizer,
6) Giving proper credit for legumes in corn rotations,
7) Setting realistic yield goals,
8) Improve efficiency of the pumping plant,
9) Repair leaky gaskets/gaskets to eliminate a set,
10) Using on-farm research to see what works for you.

Program fees are $20 for one person or $30 for two people from the same farming operation. Fees include one notebook 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 or to ask questions, call Karen Wolney Monday or Tuesday 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.
• Plan for deciduous trees to the south for winter exposure.
• Plan for useful purposes. Make landscape space into a place that provides for functional comfort and activities as well as aesthetic appeal.
• 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 interest, wind 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 a 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 thicket of wild plum, chokecherry, elderberry, etc.
• Plan for multi-season beauty by considering bark, trunk material and larger thicket of wild plum, chokecherry, elderberry, 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 can reduce the soil environment or damages tree roots depends on the type of surfacing. Various types of surfaces such as roads must have organic matter removed, and soil being compacted. 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.

Some compaction and restriction of soil and air movement will still obviously occur, and it is certainly desirable to locate trees of this kind of paved surface outside of a tree’s protection zone as possible. Surfacing that involves cutting, grading, filling and/or compacting to prepare a suitable base does substantial damage to trees. Such situations exist in constructing roads, parking lots and other areas designed to bear heavy pedestrian or vehicular traffic. Residential driveways and sidewalks that are cut below grade also can cause substantial damage to trees. In these instances, many or all of the tree roots are destroyed during construction. Further, because of the soil compaction, few of any roots will grow into the area. Obviously, planning is the primary method to reduce the impact of this type of surfacing. To the extent possible, locate areas to be surfaced outside the trees’ protection zones. When this is not possible and where a grade reduction is not essential, the use of paving requiring a minimum of excavation, such as reinforced concrete, can reduce the amount of site disturbance. Certainly, when any excavating is done together with surfacing, it would be desirable to properly prune any tree roots larger than one inch in diameter that would be exposed during the excavation. This is preferable to leaving the torn, shredded ends. Also, trees around which substantial surfacing has been done will commonly benefit from judicious watering and fertilization. During times of drought, watering may be essential to the survival of trees that have lost substantial portions of their roots. This provides them time to regenerate an adequate root system.

Finally, it is important to note that herbicides are sometimes used when paving or surfacing to reduce the risk of vegetation damaging the structure. Contractors should be questioned regarding whether an herbicide is to be used, and if so, specifically which one. Some herbicides used for this purpose will damage or kill trees if they absorb the material.

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 rotational or linear kickback occur. (Try to be outside the plane formed by the bar and chain.)
• Be sure to keep the chain brake unit clear, 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 accumu- lated 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 protec-

Latest U.S. Drought Monitor Map

As of Dec. 9, Lancaster County was in abnormally dry conditions.

Water is the life blood 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 under Nebraska 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, ground- water levels have been lowered by up to 30 feet as a result of a pumping. In other locations where surface water is used, groundwater levels have risen.

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

Water is the life blood 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.

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, ground-water levels have been lowered by up to 30 feet as a result of a pumping. In other locations where surface water is used, groundwater levels have risen.

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, ground-water levels have been lowered by up to 30 feet as a result of a pumping. In other locations where surface water is used, groundwater levels have risen.
StairWELL to Better Health

Start the new year by stepping out, stair-stepping, that is! The Centers for Disease Control and Prevention Web site gives details for encouraging employees to increase their physical activity by using the stairs more often than the elevator at work. Some of the same tips may motivate you to "Take the stairs" in some exercise by going up and down the steps at home more often, also. A complete description of the program, including some ready-to-go signs to post on stairwells at work, is found at www.cdc.gov/ncidod/dnpa/stairwells.htm.

When you go up, your blood pressure goes down.

• When you go up, your blood pressure goes down.
• A flight 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.
• Physical activity can make big differences.
• Raise your fitness level, one step at a time.
• Step up to a healthier lifestyle. (AH)

Alice Henneman, MS, RD
Extension Educator

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 components 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 (at left) for a recipe to get you started.

Choose Your Drinks Wisely.

It Makes Sense, and Saves Cents!

Choose the best beverage for you. As highlighted in previous columns, healthy beverages are the foundation of a nutritious diet.

Water is the beverage of choice. Water is calorie-free, has no added sugars or sodium and does not contribute to weight gain. Drinking water instead of sugary drinks contributes to weight loss. More than half of U.S. adults report drinking water every day. A daily water intake of 8–12 cups helps maintain fluid balance and keeps the body cool on hot days.

Less soda/pop consumption by youth is one of the goals of the School Enrichment project, in which NEP staff developed supplemental kits of hands-on educational experiences for 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 nutrition. To visualize this, the classroom 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 is added. Most students add no more than 12 teaspoons. The impact of seeing 12 teaspoons added 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 before and after the nutrition education role play indicated an average decrease of one can of soda/ pop per week per student. When asked if one can costs $0.50, each 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 meals and snacks will not only produce healthier children, but form healthy habits that will follow into adulthood. When children are consuming soda, they drink less of the healthier drinks, especially milk.

Here are some ways to add milk/milk products to your child’s diet:

• Add milk with the children’s meals at restaurants.
• Use milk and cheese in casseroles.
• Add cheese to sandwiches.
• Eat yogurt for snacks.
• During the cold winter months, drink cocoa made with milk.

Discussion about beverage selections creates great educational opportunities. Lessons can be extended at home to encourage families to replace sugary drinks with water or other less sugary beverages.

Karen Wolbg
Extension Associate

Less soda/pop consumption by youth is one of the goals of the School Enrichment project, in which NEP staff developed supplemental kits of hands-on educational experiences for 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 nutrition. To visualize this, the classroom 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 is added. Most students add no more than 12 teaspoons. The impact of seeing 12 teaspoons added 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 before and after the nutrition education role play indicated an average decrease of one can of soda/ pop per week per student. When asked if one can costs $0.50, each 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 meals and snacks will not only produce healthier children, but form healthy habits that will follow into adulthood. When children are consuming soda, they drink less of the healthier drinks, especially milk.

Here are some ways to add milk/milk products to your child’s diet:

• Add milk with the children’s meals at restaurants.
• Use milk and cheese in casseroles.
• Add cheese to sandwiches.
• Eat yogurt for snacks.
• During the cold winter months, drink cocoa made with milk.

Discussion about beverage selections creates great educational opportunities. Lessons can be extended at home to encourage families to replace sugary drinks with water or other less sugary beverages.

Karen Wolbg
Extension Associate

Less soda/pop consumption by youth is one of the goals of the School Enrichment project, in which NEP staff developed supplemental kits of hands-on educational experiences for 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 nutrition. To visualize this, the classroom 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 is added. Most students add no more than 12 teaspoons. The impact of seeing 12 teaspoons added 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 before and after the nutrition education role play indicated an average decrease of one can of soda/ pop per week per student. When asked if one can costs $0.50, each 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 meals and snacks will not only produce healthier children, but form healthy habits that will follow into adulthood. When children are consuming soda, they drink less of the healthier drinks, especially milk.

Here are some ways to add milk/milk products to your child’s diet:

• Add milk with the children’s meals at restaurants.
• Use milk and cheese in casseroles.
• Add cheese to sandwiches.
• Eat yogurt for snacks.
• During the cold winter months, drink cocoa made with milk.

Discussion about beverage selections creates great educational opportunities. Lessons can be extended at home to encourage families to replace sugary drinks with water or other less sugary beverages.

Karen Wolbg
Extension Associate

Less soda/pop consumption by youth is one of the goals of the School Enrichment project, in which NEP staff developed supplemental kits of hands-on educational experiences for 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 nutrition. To visualize this, the classroom 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 is added. Most students add no more than 12 teaspoons. The impact of seeing 12 teaspoons added 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 before and after the nutrition education role play indicated an average decrease of one can of soda/ pop per week per student. When asked if one can costs $0.50, each 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 meals and snacks will not only produce healthier children, but form healthy habits that will follow into adulthood. When children are consuming soda, they drink less of the healthier drinks, especially milk.

Here are some ways to add milk/milk products to your child’s diet:

• Add milk with the children’s meals at restaurants.
• Use milk and cheese in casseroles.
• Add cheese to sandwiches.
• Eat yogurt for snacks.
• During the cold winter months, drink cocoa made with milk.

Discussion about beverage selections creates great educational opportunities. Lessons can be extended at home to encourage families to replace sugary drinks with water or other less sugary beverages.
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.

He said, “Emotional intelligence is a different way of being. It includes knowing your feelings and using them to make good decisions; managing your feelings well; motivating yourself with a clear purpose; maintaining hope in the face of frustration; exhibiting empathy and consideration; interacting smoothly; and managing your relationships effectively. Those emotional skills matter immensely — in marriage and families, in career and the workplace, for health and comfort.”

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 this morning?
- Talk to an infant, but be sure to allow him to make a response. This taking turns talking will help with later communication skills.

**Toddlers:**
- 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.
- Encourage your child to join a club that includes activities where they can practice social skills.
- Give toddlers opportunities for success. Use a double-ended question like: “Would you like to wear your red or green shirt this morning?”
- Fill a large box with old clothes and/or ethnic traditions with your child. This taking turns talking will help with later communication skills.
- Share simple family, religious, or ethnic traditions with your child.

**Middle School:**
- 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.

**Other Infants:**
- Put a large 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.
- Look at or read simple picture and story-books about different people. Ask questions about faces that show emotions.
- Give toddlers opportunities for choices. Use a double-ended question like: “Would you like to wear your red or green shirt this morning?”
- A programmable thermostat can be pre-set to lower the temperature when you’re sleeping or at work. The energy savings will offset the cost of a basic unit in less than a year.
- Lower your thermostat from 72 to 65°F for eight hours a day to save up to 10 percent on your heating bill.
- Regularly clean or replace furnace air filters, follow the manufacturer’s maintenance schedule and don’t block the registers.
- Long-Term Savings Tip — install a new energy-efficient furnace to save money over the long term. Look for the Energy Star®.

### FCE News & Events

**January Council Meeting Jan. 24**

The first 2005 FCE Council meeting will be Monday, Jan. 24 starting at 1 p.m. with lunch at Stautters’ Café & Pie Shoppe. After lunch we will meet at Lowery Organ Center, 5930 S. 58 St. for the business meeting, a concert/demonstration and dessert. All FCE members are invited to attend. Call Pam at 441-7180 to register by Friday, Jan. 21. (LB)

**January Leader Training Jan. 1**

“Using Your Retail Dollars to Boost Your Local Economy” will be presented by Extension Educator Lorene Bartons on Tuesday, Jan. 4 at 1 p.m. The competitive situation faced by rural retail businesses and implications to local economics is causing increasing concern across rural Nebraska. Research findings of rural retailers and their relationships with their communities, consumers’ preferences in the marketplace and the multiplier effect of each dollar that is kept within the local economy will be discussed.

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

**February Leader Training Jan. 25**

The February FCE & Community Lesson will be presented Tuesday, Jan. 25 at 1 p.m. “One of Rural America’s Greatest Challenges” will be presented by Lorene Bartos and a guest speaker.

The drug epidemic, especially methamphetamine, is a great challenge. Everyone needs to be more aware of the magnitude of the problem and how it relates to public safety and rural economic development. This lesson will help individuals and communities with simple strategies to help combat this growing problem.

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

### President’s Notes — Janét’s Jargon

Janét Jargon
FCE Council Chair

A clean new batch of snow has fallen. Two of my visiting grandchildren are almost crazy with excitement to go out and play in it. I am quite amused at their request that no one should drive “certain” streets as the snow is worn out either. No one will get to get involved in the activities we have on the 2005 calendar and with a little help from all members no one will get worn out either.

Our first Council meeting on January 24 is quickly approaching. Belleville and Salt Creek Circle have arranged a “progressive” 1 p.m. lunch-date at Stautters’ Café and Pie Shoppe, 48 and Highway 2. At 2 p.m. we will meet just down to road at the Lowery Organ Center for a little concert/demonstration and, of course, dessert. They are located at 5930 South 58 in the Trade Center. This should be a lot of fun and different from the usual.

This is open for all FCE members to attend. A few dates to keep in mind:

- **March:** Creative Writing Contest for fifth graders and Environmental Poster Contest.
- **April:** Scholarship applications due due to the Extension Office. Heart of FCE and Outstanding FCE Family applications are due at the state level.
- **June:** Heritage Skills activities are due. This year the rotation will include Sculpture, Fiber Arts, Scrapbooking and Photography.

A list of the rules and guidelines along with specific dates will be available at the January Council meeting.

I look forward to seeing many of you at the “progressive” luncheon meeting. May the new year bring each of you many blessings and much happiness.

### 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.

He said, “Emotional intelligence is a different way of being. It includes knowing your feelings and using them to make good decisions; managing your feelings well; motivating yourself with a clear purpose; maintaining hope in the face of frustration; exhibiting empathy and consideration; interacting smoothly; and managing your relationships effectively. Those emotional skills matter immensely — in marriage and families, in career and the workplace, for health and comfort.”

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 this morning?
- Talk to an infant, but be sure to pause from time to time to allow him to make a response. This taking turns talking 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.

**Toddlers:**
- 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.
- Encourage your child to join a club that includes activities where they can practice social skills.
- Give toddlers opportunities for choices. Use a double-ended question like: “Would you like to wear your red or green shirt this morning?”
- A programmable thermostat can be pre-set to lower the temperature when you’re sleeping or at work. The energy savings will offset the cost of a basic unit in less than a year.
- Lower your thermostat from 72 to 65°F for eight hours a day to save up to 10 percent on your heating bill.
- Regularly clean or replace furnace air filters, follow the manufacturer’s maintenance schedule and don’t block the registers.
- Long-Term Savings Tip — install a new energy-efficient furnace to save money over the long term. Look for the Energy Star®.
**Horticulture**

**Plants that Add Interest or Color to Winter Landscapes**

**Croton Houseplants**

The croton is native to Indonesia. In their native habitat, they grow into upright shrubs. As a houseplant, they are known for their variegated foliage of green splashed with scarlet, orange, or yellow. Crotons are propagated in the tropics and perform well in typical houseplant temperatures in Nebraska. They prefer a room temperature of 70°F during the day and 55 to 60°F at night. These plants tolerate the highest temperatures and lowest humidity. Crotons perform well in a sunny location and with a potting mix kept evenly moist. Bright light increases color and which do poorly in your garden.

Add garden record keeping to the list of New Year’s resolutions. Analyze last year’s planting, fertilizing and spraying records. Make notes to reorder successful varieties as well as those you wish to try again. An important consideration is improved insect and/or disease control measures from windows to provide adequate light.

Houseplants and holiday gift plants should not be placed on top of a radiator or near forced air heat sources. Turn and prune houseplants regularly to keep them shapely. Pinch growing houseplants, but not more than they would naturally branch. If pruning is not possible because of the young, more brightly colored twigs. Yellow Twig Dogwood (Cornus stolonifera) — this shrub looks much like Red Osier Dogwood except the twigs are bright yellow rather than red.

Winter Landscapes

**Watch for Black Knot on Plums**

Black knot is a widespread fungal disease that affects plum and cherry, and occasionally infects apricot, peaches and other plants in the Prunus genus, like chokecherry. Black knot is common throughout Nebraska in wild plum thickets. The disease is characterized by rough, hard, elongated, black swellings that persist on infected plants. The knot fungus infecting young branches or suckers of branches and suckers of susceptible plants, and occasionally the main trunk and other twigs. Some symptoms that should be considered for winter landcapes include:

1. Black knot is characterized by rough, hard, elongated, black swellings that persist on infected plants. These knots may emerge from large knots or smaller, more numerous knots. The disease occurs on young branches or suckers of branches and suckers of susceptible plants, and occasionally the main trunk and other twigs.

2. The knot fungus infecting young branches or suckers of branches and suckers of susceptible plants, and occasionally the main trunk and other twigs.

3. Some symptoms that should be considered for winter landcapes include:

   a. The entire tree may become girdled and killed by the fungus.
   b. Prune trees, avoid planting trees next to or downwind from an old or abandoned orchard with a significant black knot problem.
   c. 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.
   d. Established orchards or backyard 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.
   e. 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. (MIF)
Rapid Response to Local Needs

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.

Itch Mite Epidemic Hits Lincoln

UNL Cooperative Extension in Lancaster County staff, health department officials and university specialists worked together to determine and solve this year’s epidemic of mystery bites in Lincoln.

In early September, Lancaster County Extension began receiving phone calls about unusual itchy bug bites. Staff identified a pattern to these calls and contacted UNL’s Entomology Department and the Lincoln-Lancaster County Health Department — who confirmed they were also receiving similar calls. Extension sent out a media release and collected information from callers. Within a couple weeks, university specialists identified the source of the bites as microscopic mites, Pyemotes herfisi — also called “itch mites” — which prey on the small fly maggots causing “leaf edge” galls on pin oak leaves. This mite species was new in the United States, previously known to exist only in Europe.

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

These resources have received more than 56,778 hits since being posted on the Web site at lancaster.unl.edu/env/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 Hennessy, Extension Educator

Lancaster County Extension and the Lincoln-Lancaster Country 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...
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

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 EarnChms — 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.
This past year, to graduating scholarships.

Discover Practical and Life Skills

$6,100 in 4-H

By next June, 51 CWF’ers will have raised a total of $97,818 through and Extension Educator Vicki Jedlicka

and Extension 4-H Agents (NAE4-HA); Fair Person of the Year (NCEA) 4-H Section as well as the National Association of Nebraska Cooperative Extension; Achievement in Service Award standing Extension Associate Award presented by University of Extension Associate Deanna Karmazin — 2004 Outcaster County Agricultural Society.

County Commissioners; Award of Excellence presented by Lancaster County 4-H'er Hannah Spencer had the top 4-H Multimedia Presentation — a new category this year — at the State Fair.

Don Janssen discusses plants with low-water needs suitable for hot dry places.

Lancaster County 4-H and Lincoln City Libraries

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

More than 4,000 youth participated in these nutrition lessons.

"Plants for Problem Places" Video

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, and one equestrian member of the Lincoln Broomtails donned cowboy boots and a bicycle helmet for her first horse ride. One equestrian member of the Lincoln Broomtails currently has 10 members who do activities such as researching horse breeds and participating in horsemanship duties at County Fair. The Riding Wranglers 4-H club recently gave members of the Lincoln Broomtails an opportunity to ride by sharing their horses with them.
New in 2004
continued from page 3

4-H Kids Ag Discovery Zone at County Fair

“Milk” 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 boar!

“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 an annual Acreage Owners Expo presented at one location, 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 people 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

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

Jeremy Bradford Morgan’s cucumbers were chosen “Plant of Veggie that Looks Most Like a Person.”

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.

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.

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.

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 $17.19 per hour.
Preventing Rabbit Damage in Your Yard

Eastern cottontail rabbits are commonly found in Lancaster County. These rabbits can cause damage any time of year. In winter, the rabbits graze tender bark off young trees and shrubs and eat the green, inner bark. Rabbits can easily stand on drifted snow to reach the young bark on woody trunks and stems higher than three feet.

To control cottontail rabbits, a combination of methods usually works best.

Trapping is one option and is most successful during winter and early spring when food is scarce. Live traps can be purchased or made. Good cold-weather baits include cabbage, ear corn, dried apple and dried alfalfa or clover. Replace with fresh baits and check traps daily. During winter, place traps in sheltered areas and cover them with heavy canvas or cloth to guard the captured animal against cold.

Consider placing boards or one-foot high fences alongside the trap to help funnel rabbits into the trap. Approach a trapped rabbit slowly and quietly to keep the animal from injuring itself. Rabbits should be released safely in areas with suitable habitat and they are less likely to cause more problems.

Cottontails and jackrabbits are game animals in Nebraska. Rabbit hunting with firearms is allowed during the winter with a small game hunting permit. For more information, contact the Nebraska Game and Parks Commission.

A rabbit fence added to an existing fence.

Eastern cottontail rabbits are commonly found in Lancaster County. These rabbits can cause damage any time of year. In winter, the rabbits graze tender bark off young trees and shrubs and eat the green, inner bark. Rabbits can easily stand on drifted snow to reach the young bark on woody trunks and stems higher than three feet.

To control cottontail rabbits, a combination of methods usually works best.

Trapping is one option and is most successful during winter and early spring when food is scarce. Live traps can be purchased or made. Good cold-weather baits include cabbage, ear corn, dried apple and dried alfalfa or clover. Replace with fresh baits and check traps daily. During winter, place traps in sheltered areas and cover them with heavy canvas or cloth to guard the captured animal against cold.

Consider placing boards or one-foot high fences alongside the trap to help funnel rabbits into the trap. Approach a trapped rabbit slowly and quietly to keep the animal from injuring itself. Rabbits should be released safely in areas with suitable habitat and they are less likely to cause more problems.

Cottontails and jackrabbits are game animals in Nebraska. Rabbit hunting with firearms is allowed during the winter with a small game hunting permit. For more information, contact the Nebraska Game and Parks Commission.

Eastern cottontail rabbits are commonly found in Lancaster County. These rabbits can cause damage any time of year. In winter, the rabbits graze tender bark off young trees and shrubs and eat the green, inner bark. Rabbits can easily stand on drifted snow to reach the young bark on woody trunks and stems higher than three feet.

To control cottontail rabbits, a combination of methods usually works best.

Trapping is one option and is most successful during winter and early spring when food is scarce. Live traps can be purchased or made. Good cold-weather baits include cabbage, ear corn, dried apple and dried alfalfa or clover. Replace with fresh baits and check traps daily. During winter, place traps in sheltered areas and cover them with heavy canvas or cloth to guard the captured animal against cold.

Consider placing boards or one-foot high fences alongside the trap to help funnel rabbits into the trap. Approach a trapped rabbit slowly and quietly to keep the animal from injuring itself. Rabbits should be released safely in areas with suitable habitat and they are less likely to cause more problems.

Cottontails and jackrabbits are game animals in Nebraska. Rabbit hunting with firearms is allowed during the winter with a small game hunting permit. For more information, contact the Nebraska Game and Parks Commission.

Eastern cottontail rabbits are commonly found in Lancaster County. These rabbits can cause damage any time of year. In winter, the rabbits graze tender bark off young trees and shrubs and eat the green, inner bark. Rabbits can easily stand on drifted snow to reach the young bark on woody trunks and stems higher than three feet.

To control cottontail rabbits, a combination of methods usually works best.

Trapping is one option and is most successful during winter and early spring when food is scarce. Live traps can be purchased or made. Good cold-weather baits include cabbage, ear corn, dried apple and dried alfalfa or clover. Replace with fresh baits and check traps daily. During winter, place traps in sheltered areas and cover them with heavy canvas or cloth to guard the captured animal against cold.

Consider placing boards or one-foot high fences alongside the trap to help funnel rabbits into the trap. Approach a trapped rabbit slowly and quietly to keep the animal from injuring itself. Rabbits should be released safely in areas with suitable habitat and they are less likely to cause more problems.

Cottontails and jackrabbits are game animals in Nebraska. Rabbit hunting with firearms is allowed during the winter with a small game hunting permit. For more information, contact the Nebraska Game and Parks Commission.

Eastern cottontail rabbits are commonly found in Lancaster County. These rabbits can cause damage any time of year. In winter, the rabbits graze tender bark off young trees and shrubs and eat the green, inner bark. Rabbits can easily stand on drifted snow to reach the young bark on woody trunks and stems higher than three feet.

To control cottontail rabbits, a combination of methods usually works best.

Trapping is one option and is most successful during winter and early spring when food is scarce. Live traps can be purchased or made. Good cold-weather baits include cabbage, ear corn, dried apple and dried alfalfa or clover. Replace with fresh baits and check traps daily. During winter, place traps in sheltered areas and cover them with heavy canvas or cloth to guard the captured animal against cold.

Consider placing boards or one-foot high fences alongside the trap to help funnel rabbits into the trap. Approach a trapped rabbit slowly and quietly to keep the animal from injuring itself. Rabbits should be released safely in areas with suitable habitat and they are less likely to cause more problems.

Cottontails and jackrabbits are game animals in Nebraska. Rabbit hunting with firearms is allowed during the winter with a small game hunting permit. For more information, contact the Nebraska Game and Parks Commission.
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 & Riggin’s 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 & Riggin’s.

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 several clinics for youth and adults.

At 4-H horse shows, if you need anything, you can always count on both of them to help out,” said 4-H staff member Marty Cruickshank. She noted that Kelly did the work of 10 people at the Silver Dollar Series, working up the arena, setting up jumps and trail obstacles, manning the gates and being ring steward.

Colleen says she likes being a 4-H volunteer because she didn’t have the opportunity to participate in 4-H while growing up and trail obstacles, manning the gates and being ring steward.

The Warners also volunteer at the Lancaster County Fair Open Class Horse show, the Capital City Horse and Pony Club, and at Montana Focus (CWF) group by donating 15% of its sales to Nebraska 4-H. The Warners are also the proud parents of Martina, who recently completed the “4-H Achievement Night” task of giving her PSA in person, no pre-recorded tapes allowed.

Keep checking THE NEBLINE for further up to date information on these events! If you have any questions, please call Deanna at 441-7180.

**Speech & PSA Workshop Feb. 22**
A “4-H Speech and Public Service Announcement” workshop will be held Tuesday, Feb. 22 at 7 p.m. at the Lancaster Extension Education Center. PSAs must be 60 seconds. Contestants must give their PSA in person, no pre-recorded tapes allowed.

**Dine Out for CWF**
You can help raise funds for the 4-H 2005 Citizenship Washington 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.

**4-H Achievement Night Thursday, Feb. 1**
Achievement Night, part of Nebraska 4-H Month, is tentatively set for Tuesday, Feb. 1. It will be on UNL campus in the Westbrook Music Building (near 10th and R steets).

Evening festivities include 4-H awards presentation and select performances presented by the UNL Hixson-Lied College of Fine and Performing Arts. Lancaster County 4-H and 4-H Council invite 4-H’ers and their families to attend this special evening. RSVP required.

More information will be published in the February NEBLINE, or call 441-7180.

**Mandatory Trap Shooting Meeting on Feb. 8**
There will be a mandatory meeting for all interested trap shooters on Tuesday, Feb. 8, 7 p.m. Interested youth must be at least 12 years old and not older than 18 by January 1, 2005 and have a hunter safety certificate. Contact Gene Vergeb at 421-1274 if you have questions.

**4-H Scholarships, Due March 1**
The Nebraska 4-H Foundation has announced they have several thousand dollars worth of scholarship money available. A detailed description of each scholarship along with eligibility requirements and the application form can be obtained at 4h.unl.edu. All applications are due into the Nebraska Foundation office by March 1. If you have any questions or need further assistance, please call Deanna Karmazin at 441-7180.
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.
- UNIT III - Nebraska Theme Exhibit Print — “Crossroads of Nebraska.” May be taken with digital camera.

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.

4-H Lock-In Registration Form

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.

**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, baby-sitting, 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.

**A Royal Knight**

5th & 6th Grade Lock-In

**3rd Annual**

Jan. 21, 8 p.m. to Jan. 22, 8 a.m.
Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln

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

Sleep Over! Games! Fun Projects! Movies! Snacks!

Bring your sleeping bag, pillow, toothbrush, toothpaste, active wear, sweatsuit (sweats) and a friend interested in 4-H!

Cost $15

Registrations due by Jan. 14
For more information, call 441-7180 and ask for Tracy Kulm.

4-H Lock-In Registration Form

Make check payable ($15/participant) to Lancaster County 4-H Teen Council and mail with registration form to: Tracy Kulm, Lancaster County Extension, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528-E07

<table>
<thead>
<tr>
<th>Name of participant(s)</th>
<th>Age</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Address</th>
<th>City/State/Zip</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Phone ___________ Parent or Guardian ___________

Special Needs or Other Information (such as food allergies) ___________________________________________________________________________________

Phone _______________________________ Parent or Guardian _______________________________________________________________________________

City/State/Zip _________________________________________________________________________________________________________________________

Phone _______________________________ Parent or Guardian _______________________________________________________________________________

City/State/Zip _________________________________________________________________________________________________________________________

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, backpacing, fishing and more!! Camps range from one day to four days/three nights.

2005 locations and dates are:
- Nebraska 4-H Center near Gretna, May 27 through Aug. 5
- Nebraska State 4-H Camp near Halsey, May 31 through Aug. 20
- 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.
neighborhood — this should include the social fabric of your neigh-
neighborhood association. help members find a place in
others in the neighborhood join
your neighborhood. keep your great work a secret;
other contributions to the people of Nebraska.
Larry has served on the Lancaster County Board of
Commissioners since 1987 and is current Vice Chairman.
A farmer, Hudkins is very involved with agriculture on the
state level. He and his wife, Carol, live near Malcolm, Nebraska. Both
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 4-H, and what we have to put into
juvenile rehabilitation, it have 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.
NCEA is a statewide, professional organization represent-
ing extension professionals of University of Nebraska’s
Cooperative Extension. Its goals are to assist in establishing
and maintaining high standards for extension work.
In September 2004, Health Partners Initiative began a grassroots volunteer project in Everett, South Salt Creek neighborhood, Neighborhood Service Exchange (NSE). Hudkins continued the credit program which links neighbor-to-neighbor for volunteer help with occasional tasks and errands. Participants may provide services or receive service or both! For each hour of service donated by volun-
teers, an hour of service credit is earned. This credit may be used at a later time or
returned, an hour of service credit is earned. The resident expert network within
NSE are volunteers who take leadership in helping their neighbors find community
support in times of need. They work with other volunteers, 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 434-8144 or go to
www.healthpartnersinitiative.org. (YM)

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 must have the time and
responsibility to make meetings
effective, productive and even
pleasant. You need to make sure
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 consult-
ing with your core group and
neighbors.
2. Develop well planned
agenda, which includes:
topics for discussion;
presenter or discussion
leader for each topic; time
allotment for each topic.
3. Invite key members to
attend to stimulate
interest.
4. Meeting information needs
to be circulated in writing
before the meeting. Make
sure to include: meeting
objectives; meeting agenda;
date/time/locaton; ground
information; assigned items for preparation.
5. Determine a method of
follow-up to remind the
neighborhood volunteers.
That can be done by phone
calls, letters and flyers.
6. Set up the room for the
meeting. Tables and
chairs should be in
place.
7. Do not allow any handouts
near the entrance.
8. Meeting notes must be
recorded and be part of the
organization’s meeting
information documents.
9. During the meeting:
a) greet members and make
twine them feel welcome,
even when these members are
not present.
b) serve light refreshments,
they make guests feel
comfortable and
(c) end the time and end on
time;
 How to Maintain a Neighborhood Association

Helen Mitrofanova
Extension Educator

How to Organize a Neighborhood Association was published in the Feb. 2004 Nebline which is online at lanceunl.edu

Committees
Organizations accomplish their objectives through the
dedicated work of committees. The committees are the heart of
effective, productive and even
pleasant. You need to make
sure 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 consult-
ing with your core group and
neighbors.
2. Develop well planned
agenda, which includes:
topics for discussion;
presenter or discussion
leader for each topic; time
allotment for each topic.
3. Invite key members to
attend to stimulate
interest.
4. Meeting information needs
to be circulated in writing
before the meeting. Make
sure to include: meeting
objectives; meeting agenda;
date/time/locaton; ground
information; assigned items for preparation.
5. Determine a method of
follow-up to remind the
neighborhood volunteers.
That can be done by phone
calls, letters and flyers.
6. Set up the room for the
meeting. Tables and
chairs should be in
place.
7. Do not allow any handouts
near the entrance.
8. Meeting notes must be
recorded and be part of the
organization’s meeting
information documents.
9. During the meeting:
a) greet members and make
twine them feel welcome,
even when these members are
not present.
b) serve light refreshments,
they make guests feel
comfortable and
(c) end the time and end on
time;

The Nebraska Cooperative Extension Association (NCEA) recently awarded Lancaster County Commissioner Larry Hudkins with “Meritorious Service by an Individual.” Each year, at its annual conference, NCEAs 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
state level. He and his wife, Carol, live near Malcolm, Nebraska. Both

Larry Hudkins accepts this year’s “Meritorious Service by an Individual” award from the NCEA.
### New UNL Winter Weather Site Web

UNL has a new Web site, “Nebraska Winter Weather,” online at www.bepcs.unl.edu/nebraska/winter-weather.html. It has winter weather forecasts, warnings, current weather conditions, links to road conditions, travel delays in Nebraska and across the country. It also has a link to all the Web 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.

### EXTENSION CALENDAR

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>“Using Your Retail Dollars to Boost Your Local Economy” FCE &amp; Community Leader Training</td>
</tr>
<tr>
<td>4</td>
<td>4-H Council Meeting</td>
</tr>
<tr>
<td>9</td>
<td>9-H Teen Council Meeting</td>
</tr>
<tr>
<td>9–10</td>
<td>4-H Horse VIP Committee Meeting</td>
</tr>
<tr>
<td>9–10</td>
<td>4-H Teen Council Meeting (polo lunch)</td>
</tr>
<tr>
<td>9–10</td>
<td>4-H Citizenship Washington Focus (CWFF) Meeting</td>
</tr>
<tr>
<td>12</td>
<td>Extension Board Meeting</td>
</tr>
<tr>
<td>19</td>
<td>4-H/FFA Beef Workshop</td>
</tr>
<tr>
<td>20</td>
<td>Crop Protection Clinic</td>
</tr>
<tr>
<td>23</td>
<td>Family &amp; Community Education (FCE) Council Meeting, Stauffer’s Café &amp; Pie Shoppe</td>
</tr>
<tr>
<td>24</td>
<td>“One of Rural America’s Greatest Challenges” Workshop</td>
</tr>
</tbody>
</table>

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

A Winter Photography Workshop will be held Jan. 28-30 at the Nebraska 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. Michael will discuss his much anticipated coffee table picture book on Sandhill Cranes in North America and their habitats. Mark Billington, a regional educational representative with Apple Computer, will demonstrate the amazing capabilities of the computer use in photography and video editing. 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 5-6 p.m. and is dismissed 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.edu/camp/family or call Nebraska State 4-H Camp (at 308) 533-2224.

### The Nebline

The Nebline is published monthly by:
University of Nebraska Cooperative Extension in Lancaster County

Main Office
444 Cherrycreek Road, Suite A, Lincoln, NE 68528-1507

Satellite Office
Lancaster Event Center
4100 N. 84th St. (84th & Havelock Ave.), Lincoln, NE 68529

Phone: 441-7180
Web site: lancaster.unl.edu
Fax: 441-7148 • TDD: 441-7180

NUTFACTS Information Center: 441-7188
Composting Hotline: 441-7139

Gary C. Bergman, Extension Educator–Unit Leader, gbbergman1@unl.edu
Mary Abbott, Extension Associate, mabott3@unl.edu
Lorene Bartos, Extension Educator, ibartos1@unl.edu
Maureen Burson, Extension Educator, mburson1@unl.edu
Billy Carton, Extension Assistant, hcarton2@unl.edu
Sami Cochran, Extension Associate, scochran2@unl.edu
Martry Crichtonshank, Extension Assistant, mcricht@unl.edu
Tom Dorn, Extension Educator, tdorn1@unl.edu
Mary Jane Frueheg, Extension & Havelock Ave., Lincoln, NE 68529
Alice Hennesen, Extension Educator, ahennesen1@unl.edu
Don Janssen, Extension Educator, djanssen2@unl.edu
Deanna Karmazin, Extension Associate, dkarmazin2@unl.edu
Tracy Kuhl, Extension Associate, tkuhl1@unl.edu
Vicki Jeldicka, Publication & Media Assistant, yvicka2@unl.edu
Mardel Meinke, Extension Associate, mmeinke2@unl.edu
Helena Mitrofanova, Extension Educator, ymitrofanova2@unl.edu
Barb Ogg, Extension Educator, bogg1@unl.edu
Zainab Rida, Extension Assistant, zrida2@unl.edu
Heidi Schmidt, Extension Educator, hschmidt22@unl.edu
David Smith, Extension Technology, dmsmith@unl.edu
Jim Wies, Extension Assistant, jwies1@unl.edu
Dana Willeford, Extension Assistant, dwilleford2@unl.edu
Karen Wohlg, Extension Associate, kwohlg1@unl.edu

The Nebraska articles may be reprinted without special permission if the source is acknowledged as “University of Nebraska Cooperative Extension in Lancaster County Nebraska.” If the article contains a byline, please include the author’s name and title.

Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County.

### Nebline Feedback

In order to best serve our subscribers, this form will appear in every issue of The Nebline. You can use this form to:

1. Change your address or order a subscription (please print)
2. Submit general comments and/or story ideas

**Name**

**Address**

**City**

**Zip**

**Order subscription (free—however, there is an annual $5 mailing and handling fee for zip codes other than 683—, 684—, 685—, 68003, 68017, and 68065)**

**Change of Address**

**Comments**

**Story Idea(s)**

**Return to:** University of Nebraska Cooperative Extension in Lancaster County 444 Cherrycreek Road, Suite A, Lincoln, Nebraska 68528-1507

Keep Lincoln-Lancaster County Beautiful
Lincoln County Agricultural Society
Lincoln County Family & Community Education (FCE) Council
Lincoln County 4-H Council
Lincoln County 4-H Teen Council
Lincoln County Youth Services Center
Lincoln Event Center
Lincoln Action Program
Lincoln Center School of Kwanza
Lincoln City Libraries
Lincoln County Alcohol and Drugs
Lincoln Dietetic Association
Lincoln Housing Authority
Lincoln Interfaith Council
Lincoln Jenny Star
Lincoln-Lancaster County Food and Hunger Coalition
Lincoln-Lancaster County Health Department
Lincoln-Lancaster County Immunization and Vaccination Effort
Lincoln Literacy Council
Lincoln Medical Education Foundation
Lincoln Northwest Kwanza
Lincoln Panchovals
Lincoln Public Schools
Mahoney Manor Senior Housing
Maine Community Center
March of Dimes
Medicine Agriculture Magnet School
The Meditation Center
Midland Housing
Millard Recycling
Natural Resources Conservation Service (NRCS) – Lancaster and Nebraska
Natural Resources District (NRD) – Lower Platte South
Nebraska Dairy Association
Nebraska Agriculture in the Classroom
Nebraska Council (NCC)
Nebraska Community Nutrition Partnership Council
Nebraska Corn Growers Association
Nebraska Department of Agriculture
Nebraska Department of Environmental Quality
NE Department of Health and Human Services
NE Disaster Recovery Organization
NE Game and Parks Commission
NE Pork Producers Association
NE Poultry Industry
NE Real Estate Commission
NE Retail Growers Association
NE School Age Childcare Association (NeSACA)
NE Statewide Arboretum
NE University Neighborhoods Working Together
NE Americans Task Force
Nemis FFA
Nemis Public Schools
Northeast Family Center
Omaha Public Schools
People’s City Mission
People’s Health Center
Perishable Foods Program
Pioneer Park Nature Center
Providers Network
Raymond-Central FFA
Raymond Central Public Schools
Retired and Senior Volunteer Program
St. Elizabeth’s Regional Medical Center
Southeast Community College – Lincoln
Southwest Church
Teddy Bear Cottage
Three Eagle Broadcasting
TierOne – Clocktower Office
TnRinse
US Department of Agriculture (USDA)
University of Nebraska-Lincoln system
University of Nebraska
Ventures in Partnerships
Westside Partnership
Wastecap of Lincoln
Women’s FFA
Woycechowski Public Schools
Workforce Development
Youth Protection Services
Young at Heart
Zion Church
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 Web 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. 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 Premiere Animal Science Events (PASE). In addition to her work with 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 Lincoln. Four years ago, she started a similar festival in Lincoln.

ZAINAB RIDA, EXTENSION NEW EMPLOYEE AWARD — Zainab was a presenter at the annual 4-H Clover College. 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, acreages, pest management, earth wellness festival and Nutrition Education Program. She also coordinates scheduling of the Lancaster Extension Education Center conference facilities.

Karen College, 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.”

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).

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. Knowledge of the importance of communication as a life skill, she fosters youth’s involvement in many community 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. Lancaster County 4-H thanks Paula for her dedication and enthusiasm to 4-H youth!

Gamma Sigma Delta Ag Society Inducts Dorn

Tom Dorn (right) 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 of 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 County.