Teaching children the enjoyment of cooking and eating healthy food is a gift which will last a lifetime.

Age-Appropriate Food Preparation

It is important you give kitchen tasks appropriate for your child’s age. Children have to be shown and taught how to do these activities. Each child has his or her own pace for learning, so give it time and the skills will come. Focusing on one task at a time appropriate to age and ability levels results in greater fun and success.

2-YEAR-OLDS:

• wipe table tops
• scrub vegetables
• tear lettuce or greens
• play with utensils

3-YEAR OLDS: can do what 2-year-olds do, plus...

• wrap potatoes in foil for baking
• spread soft spreads
• tear lettuce or greens
• wash salad greens

Before any food preparation, wash hands with WARM running water and soap for about 20 seconds. Also, wash hands at the end of the food preparation experience.

Kids in the Kitchen

Children enjoy helping in the kitchen and often are more willing to eat foods they help prepare. Involve your children in planning and preparing some meals and snacks for the family.

Children can plan and prepare some meals and snacks with their families (see recipes on this page).

Healthy Snacks

Families Can Prepare These Healthy Snacks At Home!

PUDDING CUP

You will need:

½ cup COLD milk
2 Tablespoons instant pudding powder
1. Wash hands.
2. Measure the milk and pour it into an 8 to 9 ounce cup.
3. Measure the instant pudding powder and add to milk.
4. Mix milk and pudding powder with a spoon until thick. This will take about 5 minutes.
5. Eat! Put any leftover pudding into the refrigerator. Eat within 1 to 2 days.

YUMMY BUG

You will need:

2 round crackers
1 Tablespoon peanut butter
6 pretzel sticks
2 raisins
1. Wash hands.
2. Spread the peanut butter on a round cracker. Put the 6 pretzel sticks on the peanut butter. Add 2 raisins on each side.
3. Put the cracker on the table.
4. Put the other cracker on top.
5. Place the other food on top.
6. EAT!

PEANUT BUTTER BITES

You will need:

1 Tablespoon peanut butter
1 Tablespoon dry milk
1 Tablespoon oatmeal
1 Tablespoon raisins
1/2 cup honey
1. Wash hands.
2. Mix peanut butter, dry milk and honey. Add oatmeal a bit at a time.
4. Make into a ball.
5. Wrap in wax paper or a bag. Keep in refrigerator.

CHEESE CREATURE

You will need:

One-half stick of string cheese
Dried fruit
Pretzels
Small nuts
1. Wash hands.
2. Place one-half cheese stick on a small plate.
3. Add 6-8 pretzels, 1 Tablespoon dried fruit, and 1 teaspoon small nuts. Use ingredients to make your creature.
4. Eat within 2 hours or cover and store in refrigerator.

Note: You can try different kinds of cheese, fruits, crackers or nuts.

YOGURT PARFAIT

Ingredients:

Vanilla flavored yogurt
Dry cereal or granola
Frozen or fresh strawberries, sliced
Canned crushed pineapple, drained

Peanuts
1. Wash hands.
2. In a glass or cup, place the following foods in the order and amount listed:

   1 teaspoon cinnamon or other spices
   2 tablespoons peanut butter
   2 Tablespoons sugar
   1 Tablespoon honey
   2 Tablespoons dry milk
   2 cups raisins
   2 tablespoons oatmeal
   2 cups peanut butter
   2 cups dry milk
   2 cups oatmeal
   2 cups raisins
   1/2 cup honey
   1/2 cup peanuts
   1/2 cup honey
   1/2 cup peanuts

3. Eat with spoon.

Note: To use what you have on hand, try different kinds of cereal, fruits and yogurt.
Private Pesticide Applicator Certification

Federal and state laws state a private pesticide applicator must be certified and licensed to buy, use or supervise the use of, restricted-use pesticides to produce an agricultural commodity on property they own or rent or on an employer's property if the applicator is an employee of a farmer. No pesticide license is needed if one will only be using general use pesticides on their farm.

The application process is due to expire on April 15, 2006 will receive a letter from the Nebraska Department of Agriculture (NDA). Bring the letter to the training session. The NDA letter contains a certificate for recertification process much simpler and faster than filling in the “bible” form.

There are two remaining Private Pesticide Applicator training sessions at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln:
- Thursday, Feb. 9 6:30-9:30 p.m.
- Friday, Feb. 10 8:45-11:45 a.m.

There is a $15 extension training fee collected at the training session. When the NDA receives the application from the extension office, private applicators will receive a bill for the license fee (good for three years, expiring on April 15, 2009 for those who certify this spring). An alternative to attending the training session is to pick up a self study book at the extension office, read the chapters, complete the test questions and bring the book back to the office where the test will be graded. The application form will be forwarded to the NDA after the test has been scored. A $30 materials fee will be collected when the book is picked up.

Commercial Pesticide Applicator Training

Commercial applicators are persons who apply restricted-use pesticides for any purpose on any property other than property owned or rented by the applicator or their employer or for hire or compensation. Commercial applicators shall also include any person who applies lawn care or structural pest control pesticides whether restricted-use or general-use to property of another person. Public employees (employed by a town, county, state) applying mosquito control pesticides whether restricted-use or general-use, must also hold a commercial or non-commercial certification.

You must pass a written examination in the general standard category and one or more additional categories to become licensed initially as a commercial applicator. A commercial license is good for three years. Once you have a category and one or more additional categories to become licensed initially as a commercial applicator, you can continue certification by attending a recertification training session or by passing a written examination, with a few exceptions explained below.

Commercial certification training and testing sessions for commercial applicators will be held on Feb. 7, March 7 and April 20 at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Call 441-7180 to register for a 9 a.m. and 1 p.m. class or at 1 p.m. 3 p.m. It is highly recommended you have obtained and review written study materials prior to attending the training session for initial certification.

Commercial recertification sessions will be held Feb. 9 and March 21 with general standards starting at 9 a.m. and other categories beginning at 1 p.m.

Note: Due to time and space limitations, only specific categories will be presented on training days. Call the pesticide education office at 472-1632 for details.

Chemical Certification Training

In order to apply pesticides or fertilizer in irrigation water, a permit must be obtained for the site and the person who oversees the application must be certified as a chemist. To obtain a chemical permit for a small site, you must be located within the Lexington Natural Resources District, a fee paid and the site must pass inspection by NRD personnel.

State law requires the operator to receive training and pass a written test for certification. Certification is good for four years. A chemical training and testing session will be held Tuesday, Feb. 7, 6:30 p.m. at the Lancaster Extension Education Center.

An educational workshop about Lincoln's Biosolids program, Fertilizing Crop Land with Biosolids, will be held Thursday, March 9 from 3:30-8:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Presented by extension and City of Lincoln personnel, the workshop is aimed at farmers who might want to participate in the Biosolids Land Application program, though anyone may attend. Please preregister by Tuesday, March 7 by calling 441-7180. If you have any questions, please call Bruce Anderson at 441-7180.

Biosolids are organic solids separated from wastewater and biologically processed during wastewater treatment to make them safe for land application. The Environmental Protection Agency and the Nebraska Department of Environmental Quality have determined the use of biosolids as an agricultural crop improvement. Direct and indirect use of biosolids in Nebraska is limited to the City of Lincoln Wastewater and Solid Waste Division.

Workshop attendees will learn:

- Using biosolids to reduce fertilizer costs and increase yields
- Biosolids improve soil tilth, especially on poor or eroded soil
- Biosolids increase organic matter and water holding capacity
- How wastewater treatment works and made safe for application
- How regulations determine application rates and locations
- How GPS and GIS technology is used in Lincoln's Biosolids Program

The workshop will also include a tour of the Treece Street Wastewater Facility.
Dealing with Winter Flies

Barb Ogg
UNL Extension Educator

If your house has been invaded by flies on bright, sunny winter days, you probably have either face or cluster flies. Face flies look like the common house fly. The less common cluster flies are a little larger and very sluggish.

In the fall of the year, face flies and cluster flies overwinter in the adult stage, remaining active and favoring groupings of structures. During warm spells, especially on bright, sunny days, flies inside the house will warm up, become active and follow temperature gradients into the house.

Face flies (Musca autumnalis). The face fly is nearly identical to the common house fly. Both have four dark stripes on the top of their prothorax and 1/6- to 1/4-inch long. Face flies overwinter in the adult stage, differing from house flies that overwinter as larva or pupae. Face flies prefer to breed in fresh cattle/animal manure, so rural homes are especially vulnerable to infestations. Adult flies can travel considerable distances from their breeding areas. In late summer/early fall, face flies start congregating around buildings and rest on exterior walls, especially under the eaves, eventually squeezing into a crack or crawling into a vent. During warm periods in the winter, face flies become active and emerge into rooms.

Cluster flies (Pollenia rudis). Cluster flies are slightly larger than face flies. There are no distinct stripes on the prothorax. They are sluggish and buzz around more slowly than other flies.

Cluster fly females lay eggs in cracks in the soil. Eggs hatch into tiny maggots which seek out earthworms to feed upon. After about a week, the fly maggot burrows into the earthworm’s body and feeds for two weeks. After a two-week pupal stage, the fly emerges from the soil. Several generations are produced each year. The adult fly overwinters.

Cluster flies prefer to breed in fertile queens for their collection. Most of the year, face flies and cluster flies are usually stationary as adults. In the late summer/early fall, face flies start congregating around buildings and rest on exterior walls, eventually squeezing into a crack or crawling into a vent. During warm periods in the winter, face flies become active and emerge into rooms.

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Controling Face and Cluster Flies

The best and most effective solution to this problem — which may be an annual one — is to prevent entry in the first place. This includes screening vents and sealing cracks and crevices around windows, eaves and siding. Sealing must be done by late summer before flies start to move in fall. Both face and cluster flies may enter a building high in the eaves area or in attic vents, so don’t forget these locations.

The vigorous use of a flyswatter is the best control for just a few flies. In the meantime, fly paper, coils of sticky paper, can be hung near windows. Hang fly paper about five to six feet above the floor near the window for best control. Be sure to secure window treatments to make sure they don’t get stuck in the sticky paper. Also available are decorative sticky traps that can be placed in the corners of the window. Chemical treatment inside walls is not practical and treatment in living areas is not recommended. Insecticide foggers (i.e., "bombs") can be used to kill flies that are active in unoccupied areas, like attics where exposure to family members and pets is not likely. Unfortunately, foggers do not have much residual activity and won’t kill flies that emerge later. Be sure to read and follow label directions when using any pesticide.

Be My Valentine?

Consider these mating curiosities from the insect world...

Barb Ogg
UNL Extension Educator

Fireflies. Throughout the ages, kids of all ages have been intrigued by fireflies, also called lightning bugs. The flash of the firefly tells us how to see these night-flying beetles find each other.

Aphids

Wingless female aphid giving birth

The honey bee, Apis mellifera, was not known in North America until European settlers introduced colonies near the end of the 17th century. Native Americans called honey bees “white man’s flies”.

To produce one pound of honey, bees travel more than 55,000 miles, collecting nectar from two million flowers. The annual U.S. consumption of honey is about 1.3 pounds per person.

Honey bees do not die out over the winter, but feed on the honey collected during the warmest months. To keep the queen warm, they form a tight cluster in the hive and beat their wings to keep the temperatures around 93 degrees F. It takes about 35 pounds of honey to provide enough energy for a small colony of bees to survive the winter.

The phrase "making a beeline for", describes the most direct route from honey plants to the hive. Once a bee has collected all the nectar she can, she flies directly to the hive.

During the summertime when hives are growing very fast, a healthy queen bee can lay about 1,000 to 1,500 eggs per day. Bees from each honey bee colony have a unique odor that is recognized by guard bees which prevent intruder bees from entering the colony. Millions of acres of U.S. fruit, vegetable, oilseed and legume seed crops depend on insect pollination, including honey bees. A 1999 Cornell study concluded that the direct value of honey bee pollination annually to U.S. agriculture is $14.6 billion.

U.S. annual honey production is more than 180 million pounds. Consumption is about 400 million pounds, so honey is imported into the U.S. Major importers are China, Canada, Mexico and Argentina.

Environmental Focus

Beginning Beekeeping 2-Day Workshop

Saturday, Feb. 18, 9 a.m. - 5 p.m.
Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln

Saturday, April 8, 9 a.m. - 3 p.m.
Agricultural Research and Development Center (ARDC), near Mead

On Feb. 18, you will learn to:
• manage honey bees by understanding their biology and behavior
• identify the best Nebraska honey plants
• locate hives for best survival and production
• manage honey bee diseases

On April 8, you will learn to:
• install packaged bees
• assemble a hive
• harvest honey and beeswax
• prepare your crop for market

Registration fee: $20 per family (family is defined as parent and siblings living at home). Registration includes refreshments, one workbook and one lunch.

Register online at www.unl.edu/rd/ce/program/index.htm, or pre-register by calling Barb Ogg at (402) 441-7180 to pre-register.

Amazing Facts... About Honey and Honey bees

By Barb Ogg, UNL Extension Educator

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Rise and Shine with Clean Bed Linens

Comforters, quilts and mattress pads — Check the care labels to be sure. Follow the recommended instructions for water temperature and wash cycle. Read the label to determine the best method for washing and drying your electric blanket.

Sheets — Check the linens for sheets that have migrated to the back of the shelves. If they haven’t been used for many months, wash them to remove dust.

Pillows — Read and follow care label instructions. Wash two pillows at a time, agitating only one or two minutes on a gentle cycle. Machine dry. During the drying cycle, periodically take them out and fluff them to prevent clumping and to promote even drying.

Staying Clean All Winter

With the shorter, colder days of winter come added time spent indoors; extra jackets, blankets and comforters; and snow or mud tracked indoors. Here are tips to help keep your home clean all winter:

• Encourage family members to leave their shoes at the door. You might consider placing a box or special mat by the door to help catch melting snow from shoe and boot soles.

• If you have pets that venture outdoors, consider keeping a towel by the door to give pets a quick rubdown — especially paws — before letting them back in the house.

• Throw rugs in high traffic areas — even over other carpets — to keep wall-to-wall carpets from aging prematurely.

• Carpet and upholstery cleaners can help save carpets — to keep wall-to-wall carpets from aging prematurely.

• Place throw rugs in high traffic areas — even over other furniture! Most winter stains from snow or mud are easy to clean, hand soap at every sink. Encourage regular hand washing.

• Avoided tattletales and gossips
• Helped willingly when necessary
• Tried to be fair
• Kept our promises
• Always finished the jobs we started

Source: Soap and Detergent Association

http://lancaster.unl.edu

FCE News & Events

Upcoming Leader Training Lessons

Here is the schedule for this year’s community and entrepreneurship leadership training lessons. All lessons will be presented at 1 p.m. at the Lancaster Extension Education Center, 444 Cherryrcreek Road in Lincoln. Non-FCE members or groups should call Pam at 441-7180 to register for these lessons so materials can be prepared for your organization.

• Jan. 26 — Embracing Entrepreneurship: New Economic Power for Your Community, UNL Extension Educators Alice Henneman (a registered dietician) and Lorene Bartos will present this lesson. It includes a discussion of what is meant by the term “entrepreneur,” the significant contributions entrepreneurs make to national/state/local economic problems faced by entrepreneurs when starting new businesses, identifying local entrepreneurs and finally, ways communities can be supportive of budding entrepreneurs. A list of agencies supporting entrepreneurs will be provided in this program.

• Feb. 23 — Health of Children, UNL Extension

FCE Council Chair

This year Erich and I rang in the new year with four grandchildren children celebrating (staying) at our house for six days. Their parents had gone to the exciting Alamo Bowl. Two other grandchildren close by joined us frequently, too. A special award should go to the stoic young couple who stopped by for a holiday drink on New Year’s Eve, as the front door entryway was a dramatic stage for My Little Pony activities. When the parents returned to reclaim the children, a six-year-old grandson announced to me we were no longer the “boss in charge” of him and the five-year-old wanted to spend another night with us! It is with great sadness I tell you Judy Chapman died very unexpectedly on Nov. 29. I extend sympathies from all FCE members to her husband Edward and his family. She is deeply missed as a friend, co-worker and FCE member.

The last two years have been most rewarding for me in growth of friendships, skills and duties (such as a timetabled to write monthly newsletters) and knowledge of community affairs. I am delighted to have had this experience and I encourage each of you to grow a little more in these areas. The extension staff offers lots of help and you can’t fail! I encourage you to consider a county office to have a wonderful group of homemakers. You are essential to keep our families strong.

Janet Broer

President’s Notes — Janet’s Jargon

Rules for a Better World in 2006

Did you ever stop to think how much better the whole world would be if we:

• Always finished the jobs we started
• Kept our promises
• Joyed in another’s good fortune
• Respected others’ feelings
• Tried to be fair
• Helped willingly when necessary
• Refused to enjoy ourselves at another’s expense
• Squared up untruths and debts
• Avoided tattletales and gossips
• Always strived to see the good in everyone
• Ovolved, rather than invaded, in growth of friendships, skills and duties

Source: Soap and Detergent Association

Make Valentine’s Day a Celebration of Family Love

The countdown to Valentine’s Day is on with stores full of candy, flowers, cards and gifts. This is the perfect time to begin making it a family tradition to celebrate the day together. Make Valentine’s Day a day to show your family/friends how much you love them and encourage them to do the same.

Prior to Valentine’s Day, sit down as a family and brainstorm ways to show each other how much you care without spending a lot of money. The following are a few suggestions for a variety of ages:

• Cut plain white paper to fit around a flat chocolate candy bar, decorate the paper or write a message on it, wrap the paper around the candy bar and place it in place.

• Crispy Kisses: Make a batch of Rice Krispie treats and space warm mixture into a lightly greased four-inch funnel, will look like a large heart shape. When cool, wrap it with aluminum foil and add a paper tag with person’s message.

• Arrange a time to do some thing special with each family member every day of the week of Valentine’s Day. For example:

  a young child may choose to make a special craft or bake heart shaped cookies or a tea party and invite their favorite stuffed animal. A list of agencies supporting entrepreneurs will be provided in this program.

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  • Overlapped, rather than invaded, in growth of friendships, skills and duties
Design Windbreaks With Intended Use in Mind

Don Janssen
UNL Extension Educator

The best designs for windbreaks depend on their intended purpose and the characteristics of the site where they will be located. Windbreaks can be planted to enhance wildlife, provide shade for humans and livestock and provide wind protection to dwellings in both winter and summer. Windbreaks also prevent soil erosion caused by wind and reduce water runoff from agricultural lands. Typical windbreaks consist of conifers, deciduous trees and shrubs. Conifers provide dense foliage to reduce wind speed. Tall deciduous trees extend the area of wind protection

Fencing for Appearance

By Shawn House
Iowa State University Extension Ag Engineering Specialist

Fences serve many purposes on the landscape. They may be built to contain or exclude animals, to mark property boundaries, to provide wind protection for property and to beautify the property. When the primary purpose is appearance, board or rail fences often are chosen. For small enclosures such as yards, picket fences or vertical board fences provide privacy and wind protection. For larger enclosures such as pastures or entire properties, horizontal board or rail fences are more practical and economical.

The common horizontal wooden fence uses three or four boards (1” x 6” lumber) nailed or screwed to wooden posts every 8 to 10 feet. This fence adds striking contrast and definition, especially when painted white. The boards may be parallel horizontal or arranged in decorative “crossbuck” patterns. Rail fences consist of heavy horizontal rails that generally have their ends chiseled down and inserted into holes in the posts. The rails may be round or rectangular in section, with smooth or rough split surfaces.

Vertical board fences often are chosen. The common horizontal wooden fence uses three or four boards (1” x 6” lumber) nailed or screwed to wooden posts every 8 to 10 feet. This fence adds striking contrast and definition, especially when painted white. The boards may be parallel horizontal or arranged in decorative “crossbuck” patterns. Rail fences consist of heavy horizontal rails that generally have their ends chiseled down and inserted into holes in the posts. The rails may be round or rectangular in section, with smooth or rough split surfaces.

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Attracting Birds with the Right Plants

Mary Jane Frogge
UNL Extension Associate

Birds are always welcomed in the winter landscape. The right type of food and feeder can assure a steady stream of visitors all season. The right plants can also welcome a wide variety of birds by providing both food and cover. For years gardeners have planted cranberries for spring flowers and fall fruit crops. Most of the newer selections have smaller fruit and they feed birds while they add to the color display. The Sargent cranberry is a favorite, with its pure white spring blossoms and deep red fruit that persists well into the winter. Other varieties like Snowdrift and White Angel also have persistent red fruit. Many viburnums are noted for their fruit crops in the summer and early fall. A few, however, produce fruit that persists into the winter. The American cranberry bush viburnum produce juicy red fruit that holds well into the winter to feed a variety of birds.

Red stem dogwood develops a rich crop of purple-blue berries. The fruit is very abundant on mature plants, so it often serves as an excellent food. The hawthorns have been used for years as a source of winter food. The total genus produces edible fruit attractive to many species, but not all hawthorns are well suited to a landscape setting. Two useful hawthorns are Washington and Winter King. Both trees produce abundant crops of bright red to orange-red fruit in the fall. The quantity is sufficient to last through a number of feedings by numerous bird species. Vines can also provide both cover and food for birds. Thick covering of stems and foliage on a wall or trellis can make ideal nesting sites. Virginia creeper and Boston ivy both form heavy leaf cover in the summer months. American bittersweet provides orange-red berries that are highly ornamental in fall and sources of food in winter. The Virginia creeper has outstanding fall foliage color and along with Boston ivy produces heavy crops of blue-black fruit that persists well into December.

American cranberry bush viburnum

Virginia creeper

Snowdrift crabapple

Washington hawthorn

Juniper berries

American bittersweet

Pruning Overgrown Shrubs

Mary Jane Frogge
UNL Extension Associate

Shrubs are valuable assets to a home landscape. They are often planted for their ornamental characteristics, such as flowers, colorful fall foliage or attractive fruit. They also can provide privacy, block views and attract wildlife. For shrubs to perform well in the landscape, home gardeners must prune them properly. Proper pruning helps to maintain plant health, control or shape plant growth and stimulate flower production.

Many deciduous shrubs, those that lose their leaves in the fall, can be kept healthy and vigorous by removing a few of the oldest, oldest stems every two or three years. Unfortunately, many amateurs fail to prune their shrubs because of a lack of time, knowledge or courage. As a result of this neglect, shrubs often become leggy and unattractive. Flowering shrubs that are not pruned properly may not bloom well. Proper pruning can renew or rejuvenate overgrown, decidious shrubs. One method is to prune them back over a three-year period. Begin by removing one-third of the large, old stems at ground level in late winter/early spring, March or early April. This is somewhat easier if the shrub is pruned out one-half of the remaining old stems. Repeat this procedure one more time in the spring. All large or unattractive, will need to be removed and new shrubs planted.

Although many overgrown, deciduous shrubs can be renewed or rejuvenated, it is much easier to prune them on a regular basis. Regular pruning will keep the shrubs full, healthy and attractive.

Source: Richard Jauron, Ionia State University
$stretch Your Food Dollar with Soup

By Mardel Meinke
UNL Extension Associate

Hot foods, especially simmering liquids, permeate the air and stimulate our sense of smell. This sense is powerfully linked to our memories. Perhaps that is the reason soup brings such pleasant thoughts to mind. Soups produce not only pleasant thoughts and memories, but have other qualities as well, such as chicken noodle soup, which has been shown to help heal after sickness.

There are many categories and kinds of soups — from Bisques (milk-based soups) to Gumbo (southern-style); from French (beef soup) to Gazpacho (chilled vegetable soup). The two main categories are clear soups, made with broth and thick soups defined by the type of thickening used, including cornstarch, barley, cream, eggs, rice, or soy to name just a few. Soups are served hot or cold. They have in common that liquid is used for a base. The savory taste is created by boiling meat, fish, vegetables or beans in water to extract the flavor, forming a broth. Eating broth-based soup before the main dish makes a person feel full and less likely to overeat. Soups can be served for any meal and are very versatile. They often are more flavorful after being re-heated and most freeze very well.

Making homemade stock is quite simple. Season and cook meat and add extra liquid to the container. When the meat is done, pour off the excess liquid and use this for soup. Chill the stock so the sauce rises to the top and can be skimmed off. Freeze the stock if not used within two days. Prepared broth also is available, canned or dried. Canned creamed soups, such as cream of mushroom, which are seasoned and thickened, are another choice. They are usually low-fat but are often high in sodium.

One of the easiest ways to make soup in a hurry is to start with a canned soup, such as beef vegetable as the base. Some people “stretch” it by adding cooked ground beef, additional vegetables and seasoning to serve the family. Save bits of vegetables in a special container in the freezer for a delicious vegetable soup or minestrone. Leftovers, such as potatoes, pasta, rice, cheese, beans and meat make great soups.

The Vegetarian Chili recipe is very easy and flavorful and uses mostly canned foods. Meat, such as cooked ground beef, ground turkey or cubed ham, can also be added.


Fruits and Vegetables: Color Them Healthy!

By eating a variety of colorful fruits and vegetables — green, yellow-orange, red, blue-purple, and white — you’re giving your body a wide range of nutrients that are important for good health. Each color offers something unique, like different vitamins, minerals, and disease-fighting phytochemicals, that work together to protect your health. Only fruits and vegetables, not pills or supplements, can give you these nutrients in the healthy combinations nature intended. Here are some examples:

<table>
<thead>
<tr>
<th>COLOR</th>
<th>SOURCES OF</th>
<th>FOUND IN</th>
</tr>
</thead>
<tbody>
<tr>
<td>GREEN</td>
<td>Lutein and Zeaxanthin</td>
<td>Turnip, Collard, and Mustard Greens, Kale, Spinach, Lettuce, Broccoli, Green peas, Kiwi, Honeydew Melon</td>
</tr>
<tr>
<td></td>
<td>Indoles</td>
<td>Broccoli, Cabbage, Brussels Sprouts, Bok Choy, Arugula, Swiss Chard, Turnips, Rutabaga, Watercress, Cauliflower, Kale</td>
</tr>
<tr>
<td></td>
<td>Vitamin K</td>
<td>Swiss Chard, Kale, Brussels Sprouts, Spinach, Turnip Greens, Watercress, Endive, Lettuce, Mustard Greens, Cabbage</td>
</tr>
<tr>
<td></td>
<td>Potassium</td>
<td>Leafy greens, Broccoli</td>
</tr>
<tr>
<td>YELLOW/ORANGE</td>
<td>Beta-Carotene &amp; Vitamin A</td>
<td>Carrots, Sweet Potatoes, Pumpkin, Butternut Squash, Cantaloupe, Mangos, Apricots, Peaches</td>
</tr>
<tr>
<td></td>
<td>Bioflavonoids &amp; Vitamin C</td>
<td>Oranges, Grapefruit, Lemons, Tangerines, Clementines, Peaches, Papaya, Apricots, Nectarines, Pears, Pineapple, Yellow Raisins, Yellow Pepper</td>
</tr>
<tr>
<td></td>
<td>Potassium</td>
<td>Bananas, Oranges, Grapefruit, Lemons, Pineapple, Apricots</td>
</tr>
<tr>
<td>RED</td>
<td>Vitamin C</td>
<td>Cranberries, Pink grapefruit, Raspberries, Strawberries, Watermelon, Red Cabbage, Red Pepper, Radishes, Tomatoes</td>
</tr>
<tr>
<td></td>
<td>Anthocyanins</td>
<td>Raspberries, Cherries, Strawberries, Cranberries, Beets, Apples, Red Cabbage, Red Onion, Kidney Beans, Red Beans</td>
</tr>
<tr>
<td>BLUE/PURPLE</td>
<td>Anthocyanins &amp; Vitamin C</td>
<td>Blueberries, Blackberries, Purple Grapes, Black Currants, Elderberries</td>
</tr>
<tr>
<td></td>
<td>Phenolics</td>
<td>Dried Plums (Prunes), Raisins, Plums, Eggplant</td>
</tr>
<tr>
<td>WHITE</td>
<td>Allium &amp; Allicin</td>
<td>Garlic, Onions, Leeks, Scallions, Chives</td>
</tr>
</tbody>
</table>

By Alice Henneman, RD, UNL Extension Educator

Enjoy this recipe from the National Cancer Institute 5 to 9 A Day for Better Health program at http://www.5aday.gov. Only fruits and vegetables, not pills or supplements, can give you these nutrients in the healthy combinations nature intended. Here are some examples:

Baked Apple Slices
Serves 4
2 oranges
2 tablespoons honey
1/4 teaspoon ground cinnamon
1/4 teaspoon ground cloves
3 Granny Smith apples, peeled, cored and cut in 1/3-inch slices
5 tablespoons raisins
1/4 cup chopped walnuts, divided
1/4 cup low-fat vanilla yogurt

Preheat the oven to 500 degrees F. Grate the zest of one orange into a small bowl. Stir the honey, cinnamon, cloves and half the zest into the juice. Lay half the apple slices in a glass baking dish. Scatter the raisins and 2 tablespoons of the walnuts on top. Pour on half the juice mixture and top with the remaining apples and juice. Combine the remaining 2 tablespoons walnuts with the orange zest and scatter over the top. Cover tightly with foil and bake 30 minutes or until the apples are soft and the juices, bubbly. Serve warm or cold with a dollop of low-fat vanilla yogurt.
Baderes Earn Top Honors at American Legion Oratorical Contests

Gideon, Preston and Ian Badeer received top honors at the American Legion District 12 Oratorical Contest held in November. In the Junior’s contest, Gideon received the first place gold medal and Preston received the second place silver medal. Junior contestants delivered a 5-minute speech on the Constitution using note cards.

In the High Schoolers contest, Ian Badeer received the first place gold medal. Highschoolers delivered two speeches—6-8 minute memorized oration on any phase of the Constitution and a 5-7 extemporaneous speech on one of four possible assigned topics (articles and amendments of the Constitution).

Ian Badeer is advanced to the Area C contest held in December. Ian Badeer won the Area C contest and will advance to the Nebraska State Oratorical Contest to be held in January.

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**Horse Stampede Entries Due Jan. 25**

The 4th annual 4-H Horse Stampede will be held Saturday, March 11 at the Animal Science Building on the East Campus, Lincoln. The Stampede consists of the 4-H state horse-related competitions:
- Horse Bowl Contest (team)
- Public Speaking Contest (individual)
- Demonstration Contest (individual)
- Art Contest (individual)

These contests are tremendous learning experiences and a lot of fun!

Horse Stampede contests must be enrolled in a 4-H Horse project with the exception of the Art Contest. Contestants may participate in all contests. Senior division is ages 14-18, Junior division is ages 12-13. Teams consist of three to five youth. Artwork for the Art Contest may be pencil, charcoal, pen and ink or pastels.

Horse Stampede entry forms are due to the extension office (444 Cherrywood Road, Lincoln) by Wednesday, Jan. 23. Forms are available online at http://lancaster.unl.edu/4h/news.htm or at the extension office.

For more information about each individual contest, go to http://animalscience.unl.edu/horse/horsediv.htm or call Marty at 441-7180.

**Mandatory Trap Shooting Meeting, Jan. 26**

There will be a mandatory meeting for all interested trap shooters on Thursday, Jan. 26, 7 p.m. at the Lancaster Extension Education Center, 444 Cherrywood Rd., Lincoln. Interested youth must be at least 12 years of age and not older than 18 by January 1, 2006 and have a hunter safety certificate. Bring your shotgun and cleaning supplies.

Contact Vebrug at 421-1274 if you have questions.

**2005-2006 Pick-A-Projects Now Available**

Nebraska 4-H 2005-2006 Pick-A-Projects are now available at the extension office or online at http://4h.unl.edu/programs/curriculum/pickaproject/

**Web Site for Nebraska 4-H’ers Grades 6–8**

Check out 4-H Central, an interactive Web site designed for Nebraska 4-H members grades 6-8. Learn about 4-H news, meet 4-H’ers with similar interests and backgrounds, see projects completed by other 4-H’ers and participate in polls and bulletin board areas. If you are in 6-8 grades and have parental permission, log on at http://www.4hcentral.com.

**4-H Discovery Bags** at Bennett Martin Public Library

Anyone with a Lincoln City Library card may check out one of the following “4-H Discovery Bags” from the Bennett Martin Public Library. The bags are a compilation of 4-H project books, library books and other resources.

- The “4-H Discovery Bag for Arts & Crafts” is a one-stop solution for your “Celebrate Art” and “Art in Your Future” project ideas. Includes ideas for easy projects that only look complicated.
- The “4-H Discovery Bag for Wildlife” makes wildlife and conservation projects fun and easy. The bag includes information on, birds, wildlife and fish.

**Kiwani Annual Kiwanis Karnival, April 22**

The annual Kiwanis Karnival, a FREE family event is sponsored by the Lincoln Central Kiwanis. This year, it will be held Saturday, April 22, 7-9 p.m. at Selio Elementary School, 225 S. 20th Street, Lincoln. Each school student and their families will be invited to share the fun.

The Karnival features a carnival type games for the kids, bingo for adults, prizes, snacks, fun and fellowship. Lincoln Center Kiwanis has sponsored this event for over 50 years providing fun and snacks to Lincoln.

- 4-H clubs are needed to provide carnival-type booths. This is a wonderful community service and leadership activity for clubs. If your 4-H club or family would like to join in the fun, call Lorene at 441-7180. Come join the fun.

**Wanted: Ideas for 4-H Mascot During February**

Suggestions and ideas for the shape and name of an official, inflatable Nebraska 4-H Mascot will be taken online during Nebraska 4-H Month in February! We need your help in creating a mascot that will accurately represent Nebraska 4-H to those who may not know about the program.

Ideas for shapes and names will be taken online at http://4h.unl.edu from 4-H youth and volunteers during the entire month of February! The Nebraska 4-H Mascot will be made by the same designer of the University of Nebraska–Lincoln Cornhuskers mascot, L’il Red. You can check out some examples of current mascots online at http://www.signsandshapes.com.

When a mascot is designed and named, your county will have an opportunity to request its use during special events such as county fair.

**February**

**Bonnie and Jim Henshaw**

Lancaster County 4-H is proud to announce Jim and Bonnie Henshaw as co-recipients of February’s “Heart of 4-H Award” in recognition of outstanding volunteer service.

The Henshaws have volunteered and supported the 4-H program for more than 20 years. Jim is a long-time member of the County Fair Livestock Booster Club, is Nebraska State Fair assistant superintendent of 4-H Dairy Goats and has been County Fair superintendent of 4-H Poultry. Bonnie is Lancaster County superintendent of the 4-H Dairy Goats and has been a presenter at the Ag Awareness Festival. Both have also participated on the Livestock VIP’s committee.

They live on a acreage south of Lincoln. Their four children have all been 4-H members (youngest daughter Emily is still in 4-H). They have a large garden and sell produce at the Haymarket Farmers’ Market.

The Henshaws have provided goats to 4-H youth living in Lincoln who want to learn about goats but don’t have room to raise them. These 4-H’ers “adopt” a goat and then come to the Henshaws’ farm on a frequent basis to help care for their goat and practice their showmanship skills.

Jim and Bonnie have hearts of gold,” says 4-H staff member Deanna Karmann. “They are so willing to help and will do anything to make the 4-H goat program bigger and better. For the Ag Awareness Festival a couple years ago, they made 500 bars of goat milk soap to give each fourth grader!”

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

Nominate your favorite 4-H volunteer by submitting the form online at http://lancaster.unl.edu/4h or available at the extension office. Nominations of co-volunteers welcome.

**Horse Judging Certification Seminar, March 10**

The 4-H Horse Judging Certification Seminar will again be offered the evening before the 4-H Horse Stampede, Friday, March 10 in the Animal Science Building. For more information or a registration form, go to http://animalscience.unl.edu/horse/judges.htm.

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

Achievement Night
Tuesday, Feb. 7, 6:30–8 p.m.

Please call 441-7180 to RSVP by Feb. 3

University of Nebraska–Lincoln
State Museum at Morrill Hall
Just south of 14th and Vine Streets

Evening festivities include:
• Awards presentation
• Refreshments
• Time to explore the museum galleries and discovery center

Parking details:
• From 14th and Vine Streets, follow one-way circle loop east of Memorial Stadium to parking lot north of Morrill Hall (signage will indicate as 17C/28 parking)
• Parking permits will be available in Morrill Hall to hang from rear-view mirror

Personal Achievement Recognition
Sometimes, the best accomplishments are when you meet or exceed your own personal goals!
We invite you to share your personal achievements at this year’s Achievement Night.
Please complete a ribbon and bring to Achievement Night.

During this past 4-H year, I am most proud of

___________________________________
___________________________________
___________________________________

By 4-H Member: ____________________
(first name)

During this past 4-H year, I am most proud of my child (or children)

___________________________________
___________________________________
___________________________________

By 4-H Parent or Guardian: ____________________
(first name)
You can improve the quality of life in your neighborhood by adopting the following ideas for increased safety and civic interactions.

1. Turn your porch lights on! Crime is likely to decline in well-lighted neighborhoods. Thieves, vandals, and prowlers are deterred by lighted areas. Turning on porch lights is a simple way to start this process. Motion sensors are a great, low-cost, solar light is a good idea for the driveway area.

2. Keep an eye on the block. Neighbors benefit when citizens walk about more, particularly in the evening hours. Take a walk every night with a friend or your dog. It is good for your health and good for your neighborhood. You will become familiar with the houses in your block and their people.

3. Drive slowly in the neighborhood. A good눈 of neighbors will decrease speeding in your neighborhood as well as less people will use your streets as a speedway.

4. Pick up litter near your home, even if you did not put it there. People are less likely to litter where they do not already see litter. You can stop the growth of trash in your neighborhood by taking away the existing litter. Neighborhoods where residents are keeping the area neat and clean are less likely to have crime because it shows the residents take care of the community where they live.

5. Take away the opportunity for crime. Lock your car and never leave valuables, even for a few minutes, in the car where would-be thieves might see them. Make your front porch visible and make sure your home looks like someone lives there. Trim bushes or trees on your property; it will eliminate hiding places for thieves and burglars.

6. Make a list of the names and phone numbers of the neighbors on your block. If you do not know the names and phone numbers of your neighbors you can not call them for help to let them know about a neighborhood problem. It is a great project for a neighborhood association to develop a neighborhood directory with names and addresses of its residents. People will have a more vested interest in the neighborhood when they know their neighbors.

7. Make a list of landlords in your area as well. This information is available by contacting Lancaster County Assessor/Register of Deeds office, 555 South 10 Street, Lincoln, NE 68508, 441-7463 or e-mail: assessor@lancaster.ne.gov. As owners of property, landlords should be concerned about the condition of the neighborhood in which their property is located. Prosperous neighborhoods with great reputations will increase the value of property.

8. Meet the youth living on your block and greet them by name. Find out which kids belong where. This ensures each adult is better able to help in an emergency and is better prepared to discuss problems immediately as they arise. This simple approach may even bring about participation in neighborhood activities (youth programs, neighborhood association activities, neighborhood social events, neighborhood watch, etc.).


Neighborhoods sometimes do not report crime activity because they do not want to bother the police. They believe there is not much an officer can (or will) do about a reported problem anyway. Whether the issue is graffiti, petty vandalism or something much more serious, police cannot act without first hearing about the problem from citizens.

10. Report nuisances and other problems promptly. Call the regular police non-emergency number, 441-6000, preferably when you are isolated. Crime is likely to decline in well-lighted neighborhoods. Thieves, vandals, and prowlers are deterred by lighted areas. Turning on porch lights is a simple way to start this process. Motion sensors are a great, low-cost, solar light is a good idea for the driveway area.

11. Help your neighborhood association. Find out which neighborhood association you belong to and receive a weekly newsletter. You will be better informed of the issues facing the neighborhood and how you can get involved.

More over, you will have an opportunity to shape, guide and participate in the future of your neighborhood. If your neighborhood does not have a neighborhood association, consider starting one. Use the information available at http://www.communitycrops.ne.us/city/urban/comdev/neighbor/index.htm and try to attend local neighborhood association meetings. Make this “Top 10” list, do not stop at 10 items.

This article is based on information developed by Campbell DeLong, Resources, Inc. 1999-2000.
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School of Natural Resources

"The students I’ve met in the School are a diverse group I really like being around. The professors here do a wonderful job. They’re accessible and easy to get along with. They give you good lectures and challenges you to think. They’re so good at what they do, I think they’re underpaid." —Michael Gillen, undergraduate student

Interested in a career where you can address pressing issues in natural resources and the environment?

A degree in a natural resources major prepares you for exciting and diverse careers such as scientist, naturalist, resource manager, teacher, environmental auditor, planner, consultant, business owner and many more.

Visit our Web site (snr.unl.edu)
Arrange a campus visit (402) 472-4445
Join our community
4-H Photography Computer Wallpaper & Screensaver

Featuring four photos from the Lancaster County Fair 4-H Wallpaper/Screensaver exhibit category! http://4h.unl.edu/4h/screensaver.shtml

U.S. Drought Monitor Map
As of Jan. 10, Lancaster County bordered between abnormally dry and moderate drought conditions.

For more information about the Drought Monitor, visit http://drought.unl.edu or call the Nebraska Drought Information Center at 308-865-8080.

Can You Guess It?

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

Did you guess it from the January Naucus? The answer was popcorn.

4-H Summer Camp Brochures Now Available

2006 4-H Summer Camp brochures are now available at the extension office or online at http://4h.unl.edu/camp/youth. Camps are open to all youth ages 5–19 — need not be in 4-H. With three unique Nebraska locations at Halsey, Gretna and Alma, there are more than 40 camps ranging from half day to four days/three nights!

4-H Extension, through its 4-H Youth Development Program, has been operating 4-H Camps for over 40 years. The 4-H camps and centers all meet over 300 standards established by the American Camping Association. Brochures have complete information about all camps. Discover the adventure!

Applications Open for 4-H Camp Staff

The three 4-H Camps in Nebraska are currently accepting applications for our 2006 summer staff. All positions provide endless opportunities for growth in a fun, fast-paced outdoor atmosphere.

You may apply for a variety of positions:
- **Camp Staff** — Salaried youth ages 18 and older who lead camp programs. Spend mid-May to August working full time to provide day-to-day leadership of camp activities and teaching groups of all ages. A great summer job for college students with any major.
- **Cabin Mentors** — Youth ages 17 and older who provide cabin supervision and assist in leading camp programs. Mentors receive cabin supervision training aids scheduled according to their availability.

Perfect for high school youth who need a fun getaway from their full time summer job. Mentor for a few days or for the entire summer — the choice is yours! Application deadline is March 15.

- **Camp Counselors** — Youth ages 15–19 who assist with cabin supervision and lead- ing of camp programs. Join over 50 volunteer teen leaders in providing valuable leadership to a group of campers by day and assist with cabin supervision at night. Camp counselor training aids are scheduled according to their availability and counseling is a fantastic leadership experience for any young person. Application deadline is March 15.

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

Equestrian Academy, Tuesdays, Jan. 24–March 7

University of Nebraska and Purina Mills present “Equestri- an Academy — Equestrian Bob, 3: The Working and Riding Horse,” a series of equine science classes for the professional or amateur horseperson. The classes will be held every Tuesday night Jan. 24 through March 7 (except Valentines Day!) from 7–9 p.m. at Chase Hall on UNL East Campus. Note, these dates are corrected from the January Naucus. The course includes:
- Effectively buying/selling horses
- Healthy horse care and first aid
- Feeding and care of aged horses
- Nutrition for the growing horse
- Hays and forages for horses
- Riding the trails
- Bits, bitting and various train- ing aids

Cost is $60 per par- ticipant, pre-registered, or $15 a session. Registration forms are available from your local Purina Dealer and your local extension office. For more information, please call Dr. Kathy Anderson at 472-6414 or Fran Minnaert at 650-6150.

Winter Photography Workshop Feb. 3–5

The 4th annual Winter Photography Workshop will be held Feb. 3–5 at the Nebraska State 4-H Camp near Halsey. Work and learn side by side with world-class photographers:
- Joel Sartore of National Geographic
- Bob Grier of NEBRASKAland
- Randy Hampton, photojournal- nist and teacher
- Michael Forsberg whose work has appeared in publications including National Geographic, Audubon, Natural History and National Wildlife

Classroom instruction and field demonstration workshops will be offered in the areas of Basics, Digital Photography, Digital Painting, Darkroom Technique and Macro/close-up.

A new workshop will instruct 4-H participants in the 4-H photog- raphy units as well.

Photographers of all skill levels age 15–adult are invited to sign up. Cost is $185 for adults and $120 for youth ages 15–19. Registrations are due Jan. 27. For more information or to request a registration form, call the Nebraska 4-H camp at (308) 533-2224.

Horsin’ Around, Feb. 11–12

Horsin’ Around is a two- day conference that will be held on Feb. 11 and 12 at the Animal Science building on UNL East Campus, Lincoln.

The presenters, Bruce and Sue Ellen Vickery, are two of the most successful, effective teachers for all-around riders in the U.S. Their tremendously successful show season of show- ing, training and instructing includes:
- AQHA High Point All-Around Horse and Amateur Horse
- AQHA High Point Open Trail, Amateur Western Horse- manship, Amateur English Equitation and Junior Western Riding
- AQHA World Champion Western Horsemanship

Pre-registration closes Feb. 3. Cost is $250 both days or $155 a day for adults. Youth is $150 both days or $105 a day. Regis- ration at the door, if available, adults $35 both days or $20 a day. Youth $25 both days or $15 a day. For more informa- tion and for registration forms, go to http://animalscience.unl. edu/horse/horsinaround.htm

Big Red Summer Academic Camps

2006 Big Red Summer Academic Camps brochures are now available at the extension office or online at http://bigredcamps.unl.edu. Camps are open to all high school youth — need not be in 4-H. There are 10 camps ranging from four to six days held on the University of Nebraska-Lincoln campuses. These career exploration camps are especially suited for you to explore the UNL campus, meet people from across the state, spend time investi- gating an interest or potential career and have lots of fun. Big Red Summer Academic Camps are hosted by Nebraska 4-H and UNL faculty members in various academic areas across campus. 4-H members are encouraged to apply for a scholarship — application is on the Web site. Discover the many fun features of UNL!