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The NEBLINE, January 2006

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MyPyramid Steps to a Healthier You

By Alice Henneman
Extension Educator

USDA’s MyPyramid symbolizes a personalized approach to healthy eating and physical activity. It reminds us to make healthy food choices and to be active every day. The slogan “Steps to a Healthier You” suggests we can benefit from taking daily small steps to improve our diet and lifestyle.

Seven recommendations stressed by MyPyramid include:

- Make half your grains whole
- Vary your veggies
- Focus on fruits
- Get your calcium-rich foods
- Go lean with protein
- Find your balance between food and physical activity
- Limit fats, added sugars and sodium

Following are 30 steps from http://mypyramid.gov for a month of “Steps to a Healthier You.”

1. On the Internet, go to http://mypyramid.gov and calculate your personalized “My Pyramid Plan.”

2. Order veggie toppings for your pizza like mushrooms, green peppers and onions.

3. Eat foods and beverages low in added sugars. Naturally occurring sugars such as those which are in milk and fruits do not count as added sugars.

4. Vary your fruit choices. Fruits differ in nutrient content.

5. Make most of your dishes whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.

6. Select vegetables with more potassium often, such as sweet potatoes, winter squash, tomatoes, winter squash, tomatoes, corn, broccoli, beets, spinach, kale, dry beans and split peas.

7. Choose grain products such as whole grain, brown rice, bulgur, oatmeal, whole grain corn, whole oats, whole rye, whole wheat, wild rice.

8. Dried fruits make a great snack. They’re easy to carry and store well. Because they’re dried, 1/4 cup is equal to 1/2 cup of other fruits.

9. Sauces or seasonings can add calories, fat and sodium to vegetables. Use the Nutrition Facts label to compare the calories and % Daily Value for fat and sodium in plain and seasoned vegetables.

10. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer or dancing are all good examples of being active. For health benefits, physical activity should add up to at least 30 minutes a day.

11. Try a main dish salad for lunch. Go light on the salad dressing.

12. For a change, by brown rice or whole wheat pasta.

13. If you avoid milk because of lactose intolerance, try using a lactose-free milk, consuming dairy products in the form of lactose before consuming milk or using a calcium fortified soy or rice beverage. Interchangeability of calcium intake may vary.

14. Popcorn, a whole grain, can be a healthy snack with little or no added salt and butter.

15. Do exercises or pedal a stationary bike while watching television.

16. Many vegetables taste great with a dip or dressing. Try a low-fat salad dressing with raw broccoli, cauliflower, red peppers or celery sticks.

17. Physical activity may include short bouts of moderate-intensity activity. The accumulated total is what is important and can be accumulated through three six 10-minute bouts over the course of a day.

18. Color is not an indication of a whole grain. Bread can be brown or whole wheat, scones or other added ingredients. Read the ingredient list to see if it is a whole grain.

19. Frozen juice bars (100% juice) make healthy alternatives to high-fat snacks.

20. Park farther from your destination (work, shopping, etc.) and walk the rest of the way.

21. Look for fish rich in omega-3 fatty acids, such as salmon, trout and herring.

22. Stock up on frozen vegetables for quick and easy cooking in the microwave.

23. Substitute whole wheat for up to half of the flour in pancakes, waffles, muffins or other flour-based recipes.

24. If you drink lattes or cappuccinos — ask for them with fat-free (skim) milk.

25. Refrigerate or freeze perishables, prepared food and leftovers within 2-3 hours.

26. Use the Nutrition Facts label and choose grain products with a higher % Daily Value (%DV) for fiber — the %DV for fiber is a good clue to the amount of whole grain in the product.

27. Select fruits with more potassium often, such as bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, melon, honeydew and orange juice.

28. For dessert, make puddings with fat-free or low-fat milk.

29. Replace a coffee break with a brisk, 10-minute walk. Ask a friend to go with you.

30. For fresh fruit salads, mix apples, bananas, pears with acidic fruits like oranges, pineapple or lemon juice to keep them from turning brown.
Winter Care of Houseplants

Mary Jane Frogge
UNL Extension Associate

Winter weather adversely affects growing conditions for houseplants. Proper care during the winter months can help inure the houseplants to the cold. Most houseplants grow well with daytime temperatures of 65 to 75 degrees Fahrenheit and high temperatures of 60 to 65 degrees Fahrenheit. Temperatures below 50 degrees Fahrenheit or rapid temperature fluctuations may damage some plants. Keep houseplants away from cold drafts such as in front of a window. Also make sure houseplant foliage doesn’t touch cold windows, curtains or drapes. Some plants prefer a humidity level of 40 to 50%. Unfortunately, the relative humidity found in many homes during the winter months may be only 10 to 20%, a level too low for most plants. Humidifiers are an excellent way to increase the relative humidity in your entire home. Misting houseplants is not an effective method to raise relative humidity. Misting would have to be done several times daily to appreciably raise the humidity level and is simply not practical.

Houseplants require less watering during the winter months than in spring and summer. Actively growing plants need more water than houseplants in fall and winter months. Plant species also affects watering frequency. Ferns and houseplants in the Monstera family should be watered only when the soil is dry to the touch. Watering houseplants too frequently does not produce the same effect as overwatering other plants. The pots, if the excess water drains into a saucer, discard the water and replace the saucer beneath the pot.

Houseplants need to be fertilized periodically when they are actively growing in the spring and summer. Fertilizer is generally not needed during the winter months because most plants are growing very little or not at all. Indoor gardeners can begin to fertilize houseplants in March or April as growing conditions improve and the plants resume growth. Fertilizers are available in numerous forms: liquids, water soluble powders, tablets, spikes; etc. Regardless of the fertilizer type, carefully read and follow label directions.

And don’t forget to water. Most houseplants need water, not nutrients. Watering imbalances can occur if water is overapplied or underapplied. Houseplants need water so often that it is easy for the gardener to become complacent. Since most houseplants are houseplants, the gardener feels no pressure to water them. Gardens are not subject to the same pressures of time or resources. Houseplants need water, not nutrients.
Managing Dust Mites

Barb Ogg
UNL Extension Educator

House dust mites are found in nearly all homes. They are microscopic, eight-legged creatures closely associated with us, but they are not parasites and do not bite. They don’t burrow under the skin, like scabies mites or live in skin folds like lice or scabies mites. The concern about dust mites is that they are allergen to human beings. Symptoms associated with dust mite allergies include sneezing, itchy, watery eyes, nasal stuffiness, running nose, stuffy ears, respiratory problems, eczema and (in severe cases) asthma. But, there are many other causes of asthma, which include cat and dog dander, cigarette smoke, cockroach droppings, mold and pollen.

How can you find out if you’re allergic to dust mites? Consult an allergist and have allergy testing done.

For the record, the dust mite allergen is primarily their tiny feces. Dust mites eat your skin and lose about 1/5 ounce of dead skin each week. We also find that air conditioning from bedding. Studies have shown that air-conditioned homes have ten times fewer dust mite allergens than non-air-conditioned homes. In addition to cooling the house, air conditioning reduces the humidity in the house. The dry air discourages the formation of condensation and dust mites. The dry air also reduces the water content of the dust mites, making them easier to remove by vacuuming or dusting. Dust mites use water to keep their bodies hydrated. When the humidity is less than 30 percent inside your home, especially in the bedroom. This isn’t hard to do in the winter, but can be a challenge during summer months, especially in homes without air conditioning.

To thrive, dust mites need high temperatures (75-80 degrees F) and high humidity levels—70-80 percent relative humidity—and foods to consume. Homestead dust mites are not parasitic and do not bite. They don’t burrow under the skin, like scabies mites or live in skin folds like lice or scabies mites. They don’t burrow under the skin, like scabies mites or live in skin folds like lice or scabies mites.

Reducing Exposure to Dust Mites

Reducing exposure to dust mites is not a difficult thing to do, if you once realize where dust mites live and what they need to thrive.

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Private Pesticide Applicator Certification

Federal and state law states that a private 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. In addition, an employer of the applicator is an employer of a farmer. No pesticide license is needed if one will only be using general use pesticides on their farm.

Chemigation certification is due to expire on April 15, 2006. The fee for adding one or more categories to an existing certification is $15. The training fee for either initial or recertification in a specific category will be offered on a given day.

Commercial Pesticide Applicator Training

Commercial applicators are those people 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. (employs 5 or more persons per year. Applications (submitted by a town, county, state) applying mosquito control pesticides whether restricted-use or general-use, must also have a commercial or non-commercial applicator certification.

You must pass a written examination in the general standards category and one or more additional categories to become licensed initially as a private applicator. A commercial applicator's license is good for three years. Once licensed in a category, you can maintain commercial certification by attending a recertification training session or by passing a written examination in a few exceptions as explained below. Initial 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 Cherryreek Road, Lincoln. General standards starts at 9 a.m. and other categories begin at 1 p.m. or 3 p.m. It is highly recommended you obtain and review written study materials prior to attending the training session for initial certification to improve your chances of passing the written examination.

Commercial recertification sessions will be held Feb. 9 and Feb. 28 with general standards starting at 9 a.m. and other categories beginning at 1 p.m. or 3 p.m.

Note: Due to time and space limitations, only specific categories will be presented each training session. Call the UNL Pesticide Education office at 472-1632 or UNL Extension in Lancaster County at 441-7180 to learn which specific categories will be offered on a given day.

Call the UNL Pesticide Education office at 472-1632 to register for a training session. The training fee for either initial or recertification sessions is $30. Commercial applicators who wish to pick up additional certification in a specific category should also register as well. The training fee for either initial or recertification in a specific category will be offered on a given day.

Chemigation certification is due to expire on April 15, 2006. The fee for adding one or more categories to an existing certification is $15. Commercial applicators meeting the requirements for certification or recertification will receive a bill from the Nebraska Department of Agriculture for $90 for the license fee (good for three years).

Study materials for all commercial categories may be purchased from the pesticide education office, UNL East Campus, 101 Natural Resources Hall, Lincoln or accessed online at http://pested.unl.edu/pat/.

In addition to the training sessions mentioned above, applicators already certified in General Standards and Agricultural Plant categories (and Regulator certification/Registration/Research subcategories) may recertify by attending the Crop Protection Conference on Jan. 23.

Chemigation 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. A permit is issued as a chemigator. To obtain chemigation permission for a site, application must be made with the local Natural Resources District, a fee paid and the site must pass inspection by NRCS personnel.

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

Farm Views

January 2006

Is Burning Wood an Economically Feasible Option?

By Tom Dorn

UNL Extension Educator

Heating the home with a wood stove is one case where money does grow on trees but the question is: Will wood heat be the least expensive option when all the associated costs are counted?

Equipment Costs

The first factor when considering wood as an alternative source of heat is the cost of the equipment needed. Most people choosing to heat with wood will have both a wood stove and a cost for wood heat for times when nobody is around to stoke the stove. This adds to the investment compared to homes not using wood for heat. The cost of the stove and related installed equipment, if you harvest your own wood, you need one or more chainsaws, a way to haul the wood and a way to split the logs.

Air tight wood stoves or furnaces capture about half of the heat energy (BTU’s) released by burning wood (50 percent efficiency). The addition of catalytic converters will extract extra heat and reduce pollution by reacting with unburned flue gases. A major improvement in some installations is the ability to bring in outside air instead of using heated air to the furnace for combustion. Stoves that are not airtight can draw excess air out of the house and up the chimney, reducing the overall efficiency. Open fireplaces (those without doors), while romantic, can actually have negative efficiencies because of the large amount of household air drawn into the fireplace and up the chimney. Don’t forget to close flue dampers when a stove is not in use. Warm household air can be drawn up the flue by the chimney effect, especially when the wind is blowing.

Harvesting Costs

Wood burning can reduce home heating costs when “free” firewood is located close to home. An important trade-off with “free” firewood is the time and labor required to keep wood supplied to the stove. Some folks don’t count the labor. They enjoy the outdoor exercise. It is just not possible to be out harvesting for the exercise a benefit. It has been said, “A wood fire wars you three times; when you cut the wood, when you split the wood and when you burn the wood.”

The cost of operation, maintenance and repair should not be overlooked. A new chainsaw and chainsaws tend to be high maintenance machines. The stove itself, the chimney and the associated equipment all have expected service lives and will eventually need replacement.

What is a Cord of Wood?

Since firewood is sold by the cord, it is important to know how much wood is in a cord. One standard cord of wood measures 4 feet x 4 feet x 8 feet (or 128 cubic feet). One cord of wood contains an average of 80 cubic feet of solid wood. The remainder is air space between the chunks of wood in the stack. Wood is also sold by the pickup load. Depending on the capacity of the box, a pickup load of wood usually equals one-third to one-half cord of wood.

When air dried to 20 percent moisture content, all species of wood have an energy content of about 7,700 BTU’s per pound. Since the density of wood varies by species, a lightweight wood such as cottonwood, has a lower BTU content per cord than a heavy weight wood such as oak or ash. See Table 1 (page 11).

If wood is purchased instead of harvested by the homeowner, the cost of wood to the homeowner is easier to calculate. Table 1 shows the weight of a standard cord at 20 percent moisture content and the number of standard units of various fuels needed to supply the same amount of heat (BTU’s) to the home as a cord of each of the wood species when the efficiency of the conventional heater and the efficiency of the wood stove are taken into account.

How to Estimate a Break-even Cost for Firewood

Example 1 — Propane vs. Ash. If one ignores the ownership costs by assuming that LP tanks for propane and of trees and the number of standard units of various fuels are already installed in the home and LP gas is selling for $1.10 per gallon, what is the break-even cost (or should spend gathering) a cord of Ash firewood?

From the table (page 11), a cord of 20 percent moisture Ash firewood (3,440 pounds) burned in a wood stove that is 50 percent efficient, delivers as much useful heat as one HP furnace burning propane. If wood is purchased instead of harvested by the homeowner, the cost of wood to the homeowner is easier to calculate. Table 1 shows the weight of a cord at 20 percent moisture content and the number of standard units of various fuels needed to supply the same amount of heat (BTU’s) to the home as a cord of each of the wood species when the efficiency of the conventional heater and the efficiency of the wood stove are taken into account.

Crop Protection Clinic, Jan. 23

A Crop Protection Clinic will be held Monday, Jan. 23 at the Lancaster Extension Education Center, 444 Cherryreek Road, Lincoln. Registration begins at 8 a.m. with sessions continuing from 9 a.m. to 4 p.m. The $30 registration fee includes proceedings, refreshments and the noon meal.

This 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 Insects Update, Foliar Fungicides 101, Weeds on the Increase, Soybean Diseases Update, Doing a Professional Job of Pesticide Application, What’s New in Agribusiness Professionals, Commercial Pesticide Applicator Training - Continued from page 6.
### Upcoming Acreage Insights Clinics

“Acreage Insights — Rural Living Clinics” are designed to help acreage owners manage their rural living environment. This series of seminars are presented by University of Nebraska-Lincoln Extension at various locations in the state.

**Jan. 12 • Wildlife Enhancement**  
People move to the country for many reasons — one of which is to observe wildlife. But just living there does not assure success. Topics include:  
- Where wildlife live and what they need to survive throughout the year  
- Attracting wildlife to your acreage while not having them as permanent guests  
- Having a diverse habitat available to increase the number of species visiting your acreage-

**Feb. 16 • Growing Fruit Trees**  
This year’s fruit production clinic will focus on Tree Fruits for Home Production. Topics include:  
- Cultivar selection  
- Plant spacing  
- Determining root requirements  
- Planting and caring for new trees  
- Preserving and training techniques for the conventional stand-alone fruit tree as well as more advanced training systems such as espaliers and trellises

**Mar. 16 • Vegetable Gardening**  
Successful home vegetable gardens are the result of careful planning, including vegetable variety selection. Topics include:  
- Vegetable varieties suitable for Nebraska gardens and each variety’s unique attributes  
- Insect and disease control — learn to identify common pest and disease problems and strategies for controlling them

**April 13 • Horse Nutrition & Management**  
This clinic will cover basic horse nutrition and efficient feeding-management practices. Topics include:  
- Nutrient requirements of horses at different ages, activity levels and stages of production  
- Determining body condition and how feeding management can change the body condition  
- Effectively using different feeds and roughages (such as hay) to meet nutrition requirements

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### Registration Form

**PLEASE CHECK WHICH CLINIC(S) YOU ARE REGISTERING FOR:**  
- [ ] Wildlife Enhancement  
- [ ] Growing Fruit Trees  
- [ ] Vegetable Gardening  
- [ ] Horse Nutrition & Management

**Name:**  
**Address:**  
**City:**  
**State:**  
**Zip:**  
**Phone:**  
**Email:**  
**Amount enclosed:** $  
**Mail completed registration form and check (payable to UNL Extension) to:**  
UNL Extension in Dodge County  
Acreage Insights  
1206 W. 23rd St.  
Fremont, NE 68025

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### Upcoming Acreage Tough Plants

<table>
<thead>
<tr>
<th>Common Name</th>
<th>Scientific Name</th>
<th>Plant Type</th>
<th>Flower Color</th>
<th>Bloom Time</th>
<th>Height</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barberry, Japanese</td>
<td>Berberis thunbergii</td>
<td>Shrub</td>
<td>Yellow</td>
<td>May</td>
<td>4 to 6 ft.</td>
<td>Sun</td>
</tr>
<tr>
<td>Beadbalm</td>
<td>Monarda fistulosa</td>
<td>Perennial</td>
<td>Lavender</td>
<td>June to Aug.</td>
<td>24 in.</td>
<td>Sun to part shade</td>
</tr>
<tr>
<td>Black-eyed Susan</td>
<td>Rudbeckia fulgida</td>
<td>Perennial</td>
<td>Yellow</td>
<td>July to Aug.</td>
<td>24 in.</td>
<td>Sun</td>
</tr>
<tr>
<td>Blanket Flower</td>
<td>Gaillardia aristata</td>
<td>Perennial</td>
<td>Red</td>
<td>June to Aug.</td>
<td>18 in.</td>
<td>Sun</td>
</tr>
<tr>
<td>Butterflies</td>
<td>Delphinium</td>
<td>Perennial</td>
<td>Blue</td>
<td>May</td>
<td>6 to 8 ft.</td>
<td>Sun</td>
</tr>
<tr>
<td>Coneflower</td>
<td>Echinacea purpurea</td>
<td>Perennial</td>
<td>Purple</td>
<td>July to Aug.</td>
<td>36 in.</td>
<td>Sun</td>
</tr>
<tr>
<td>Coreopsis</td>
<td>Coreopsis lanceolata</td>
<td>Perennial</td>
<td>Yellow</td>
<td>June to Aug.</td>
<td>24 in.</td>
<td>Sun</td>
</tr>
<tr>
<td>Catonester, Spreading</td>
<td>Catonester divaricatus</td>
<td>Shrub</td>
<td>Rose</td>
<td>May</td>
<td>5 to 6 ft.</td>
<td>Sun to part shade</td>
</tr>
<tr>
<td>Dogwood, Red</td>
<td>Monarda fistulosa</td>
<td>Perennial</td>
<td>Lavender</td>
<td>June to Aug.</td>
<td>36 in.</td>
<td>Sun</td>
</tr>
</tbody>
</table>
Mock Frozen “Peach” Daiquiri
Serves 2 people — each serving provides a ½ cup serving of fruit.
Preparation Time: 30 minutes

Ingredients:
• 1 cup crushed ice
• 2 tablespoons frozen pink lemonade concentrate
• 1 cup juice packed canned peaches

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New in Extension This Year

Hands-On Termite School for Termite Applicators

UNL Extension has presented Termite Control Workshops for Homeowners statewide for 10 years. Increased public awareness from these workshops emphasized the need for hands-on, in-depth training of entry-level termite applicators. Extension Educator Barb Ogg organized a two-day Hands-on Termite School for Termite Applicators. Held in September, this was the first such training offered in Nebraska. Presenters included University of Nebraska–Lincoln faculty, Nebraska Department of Agriculture pesticide enforcement personnel and industry professionals. Ogg also co-authored and edited a reference manual, Subterranean Termites: A Handbook for Pest Control Professionals.

According to post-workshop evaluations, 100 percent of attendees were better able to calibrate application equipment, 96 percent were more confident in their ability to identify termites and termite damage, 92 percent said they would be less likely to violate label directions. “Your school was well-organized, full of solid educational value,” said Bob Heyen of B&G Equipment Company. “I wish there had been a school like this when I first went into pest control.”

School Enrichment Nutrition Kits for Kindergarten

NEP’s school enrichment kits for 1st, 4th and 5th grades are now in their sixth year. Using the kits, teachers now average 13 hours of classroom teaching per year — up from 2 hours when the program began. To date, 11,972 students have participated in NEP’s School Enrichment program, and the federal Food Stamp Nutrition Education Program has invested more than $127,000 into the Lincoln community as the result.

4-H and GPS Technology

Lancaster County 4-H began introducing youth to Geographical Information Systems (GIS) and Global Positioning Systems (GPS) technology. With the help of members from the local Civil Air Patrol squadron, a “GPS Basics” workshop was offered at this year’s 4-H Clover College. With funding from the Nebraska 4-H Foundation, Lancaster County 4-H placed a geocache as part of the high-tech adventure game, geocaching. 4-H also added GPS Basics for 4-H Clover College

a GIS/GPS static exhibit category at the Hazen County Fair.

“Container Plants” Video

Extension Educators Don Jansen (of Lancaster County) and John Fecho (of Douglas/Sarpy Counties) developed the seventh of UNL Extension’s series of horticultural videos which can be used as training tools for the commercial horticulture industry or as educational tools for interested individuals. The horticultural videos/ DVDs can be ordered online at http://lancaster.unl.edu/burt.

NEW IN EXTENSION continued on next page

Partners with Nebraska

Land-grant universities work with the people they serve. University of Nebraska—Lincoln teaches, discovers new knowledge through research, and extends that new, unbiased information across the state and beyond through extension. Extension is a division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the counties and the United States Department of Agriculture. Extension helps Nebraskans put knowledge to work.

Locally, University of Nebraska–Lincoln Extension in Lancaster County links university resources, research and knowledge to local needs with the institute — strengthening quality of life, productivity and economic competitiveness. From local youth developing leadership skills through 4-H to increasing profitability of commercial enterprises, extension makes life better.

Communication between local extension educators and campus faculty/departments helps identify current needs, issues and concerns. This is especially important in times of food safety issues, crop and livestock diseases and bio-security. It also initiates future research to solve complex and emerging problems impacting Nebraska communities.

Partnerships in Lincoln’s growing and diverse community help your local extension office leverage its resources and accomplish more. Combining resources and expertise with others helps things done faster. We pride ourselves on working with others throughout the community.

A growing community means more people and increases the challenge of providing personal, user-friendly research. To be effective, we have utilized technology and developed a content-rich Web site that continues to expand exponentially. Extension staff also speak to larger audiences, such as attending with Extension Educator Alice Henneman presenting at Bryan/LGH Medical Center with groups of 200 to 400 a month.

Extension’s educational programs and services impact individuals, families, businesses, farms and local communities in many ways. Here are some impacts of this past year:

✓ Our staff responded to over 23,500 phone calls, walk-ins and e-mails from the public requesting information.
✓ A survey of the attendees at the Crop Protection Clinic estimated an increased profit potential of $6.72 per acre on 662,484 acres for a $4.5 million benefit to participants.
✓ Research shows for every dollar of Nutrition Education Program funding, there is a projected health care cost savings of $2.07–$5.29.
✓ 14,848 youth participated in the Lancaster County 4-H youth development program, which focuses on learning-by-doing.
✓ The Citizenship Washington Focus 4-H group completed a three-year project, culminating with an in-depth, 15-day learning experience traveling to Washington, D.C.
✓ Our Web site received nearly 6 million hits annually.

Gary Bergman, Extension Educator & Unit Leader

University of Nebraska–Lincoln Extension in Lancaster County

2004–2005

444 Cherrycreek Rd., Suite A, Lincoln, NE 68528 • (402) 441-7180 • http://lancaster.unl.edu

Pioneering New Frontiers

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✓ Our Web site received nearly 6 million hits annually.
Community Visioning Process for Village of Bennet

Wanting to update their Comprehensive Development Plan, members of the Bennet Planning Commission asked Extension Educator Yelena Mitrofanova to help facilitate citizen participation in the process. Mitrofanova and other extension educators have outlined a Community Visioning Process which will bring the community together to help shape the future of the Village of Bennet.

In September, a Town Hall meeting was held and nearly 80 residents attended. Other steps are underway, including committee research, listening sessions and written input. At future Town Hall meetings, the community will develop a vision statement. Eventually, the community input will be used by a private consulting firm to develop a Comprehensive Plan which will guide future land development.

“I have found it very enlightening to work with extension professionals,” said Bennet Planning Commission Chair Bruce Dahlberg. “Their knowledge of community planning has proven to be very beneficial in obtaining community input for the shaping of Bennet’s Vision.”

Mitrofanova has also worked with the Village of Firth on a community attitudes survey, which may lead to a Community Visioning Process.

Midwest Mold, Moisture & Ventilation Symposium

Extension Educator Lorene Bartos was part of a planning team comprised of extension, health agencies and businesses which organized the Midwest Mold, Moisture and Ventilation Symposium held March 16 in Omaha. More than 250 builders, contractors, remodelers, residential housing managers, real estate licensees, inspectors and HVAC and other housing professionals attended. “I plan to use the information I gained today in the inspection of the 2,500 homes we manage,” said one attendee. Another participant said, “This is the best conference I have attended in my 20 years in the business.” This was first of a series of indoor air quality conferences.

Fair Impressions

This summer, Extension Educator Yelena Mitrofanova and two educators from other counties conducted Fair Impressions at three county fairs. This year’s group consisted of 48 teens and five sponsors.

“Fair Impressions is great,” said Wayne Heyen, Lancaster County Fair Board member. “It brought to light some things we knew needed changed, and it also affirmed things we are doing well.” Based on the success of Fair Impressions this year, other educators statewide will be trained to apply the program locally.

4-H Career Portfolios

This year, Extension Associate Dean-na Karmazin was part of a statewide 4-H team which developed a new record-keeping system, “4-H Career Portfolio.” This publication replaces the 4-H awards book. 4-H members can use the portfolio to record their 4-H experiences — including knowledge learned, skills gained and community service activities. The goal of this project was to simplify the 4-H record-keeping system and to provide the youth with a tool to assist them in scholarship, college and job applications.

Educational Programs at Juvenile Detention Center

This past year, UNL Extension in Lancaster County partnered with the Juvenile Detention Center to present educational experiences at the Lancaster County Youth Services Center. Extension staff and Master Gardener volunteers presented 10 activities to more than 130 youth, ages 11–18 years old. Focus was on vegetable gardening, but other units included embryology, entomology and a rope-making activity. With the help of a grant, a greenhouse will be built at the Youth Services Center for year-round horticulture activities.

“These activities exceeded our expectations,” said Juvenile Detention Coordinator Annette Thompson. “I’ve seen these kids take responsibility and work together as a team. They respond well to practical, hands-on teaching.”

Meth Educational Materials

As part of a statewide extension awareness campaign about the dangers of methamphetamine production and use, UNL Extension in Lancaster County delivered educational messages via newspaper articles, printed educational materials (available in English and Spanish), community program lesson, roadside cleanup tape and online links to the statewide Web site at http://extension.unl.edu/Meth/index.html.

Integrated Pest Management in Schools

Extension Educator Barb Ogg is part of the UNL Extension Integrated Pest Management (IPM) in Schools Team. The IPM in Schools team has developed a pest management guide book specific for Nebraska schools, learning modules about pests on their Web site at http://schoolipm.unl.edu, and workshops for school custodians. Ogg wrote five of eight insect pest modules which were placed online in April.

This year, team members conducted pest assessments in three Lancaster County schools: Arnold Elementary, Lincoln East High and Malcolm Public Schools.

The University of Nebraska-Lincoln Extension 4-H youth development program is open to all youth ages 5–19. Emphasis is on teaching practical skills and developing life skills through learning-by-doing. In the past year, 4-H reached 14,848 youth in Lancaster County.

“By being in 4-H, I have gained the responsibilities that I will face for the rest of my life — through speech contests and submitting items in the county fair and state fair,” says 4-H member Amanda Peterson (age 13).

Lancaster County 4-H consists of several components.

- Organized Clubs — Lancaster County has more than 100 4-H clubs which range from 4 to 60 members. Each club is led by an adult. Youth choose officers to run meetings. Clubs usually participate in one or more projects together.

- Independent Members — With increasingly busy schedules, more and more youth are becoming independent 4-H members to work on their projects outside of 4-H programs.

- Projects — Youth can choose from more than 150 4-H project manuals. All project manuals are written by university experts.

- School Enrichment — 4-H programs for classrooms include: Garbology, Embodyology, Earth Horti Wellness Festival, Ag Awareness Festival and Nutrition Education Program.

- 4-H Embryology Web Site — Embryology of eggs and other resources at http://lancaster.unl.edu/4h/Embryology.

- 4-H at the County Fair

- Clover College

- 4-H at County Fair

- 4-H CWF Members Travel to D.C.

In June, the Lancaster County 4-H Citizen Washington Focus (CWF) group traveled by bus on an ambitious 15-day itinerary to Washington D.C. The group consisted of 16 teens and 5 sponsors. Stops along the way included historical sights such as the Statue of Liberty, Ellis Island, Valley Forge, and poultry shows were up significantly and extra large 4-H hogs, beef cattle, dairy cattle and pork showed in the state with 29 total events! 4-H at County Fair Continues to Grow

Many 4-H youth showcase their projects at the Lancaster County Fair, which has seen rapid growth. A total 4,331 4-H exhibits were showcased at this year’s fair (including static exhibits, animals and contest entries).

- Clover College

- 4-H at County Fair

- 4-H CWF Members Travel to D.C.
Extension Helps You Put Knowledge to Work

Nutrition & Food Safety

Extension blends nutrition, food safety and food preparation information in user-friendly ways. This year, extension's nutrition staff incorporated MyPyramid, the USDA's new food guidance system, into Extension's educational food programs.

Extension Educator Alice Henneberg provides MyPyramid PowerPoint presentations which were used by nutrition professionals nationwide. Based on an online Web survey, educators collectively saved 8,462 hours of development time because of Henneberg's PowerPoints. "This is a wonderful presentation," wrote one nutrition professional. "You are so ahead of the rest of the nation in creating materials. I think everyone in nutrition thanks you for the time and effort you have put into this and other programs."

Extension’s Food Web site, http://lancasterunlcofoods/food/reflections, received more than 2.3 million hits last year. Two e-mail newsletters, "Food Reflections" and "Cook It Quick," have more than 21,800 subscribers combined.

UNL Extension continues to make agri-cultural profitability and sustainability a priority issue. Extension Educator Tom Dorn fulfills this goal through numerous workshops and meetings, educational resources, person-to-person contacts and a Web site. This year, the hot topics in production agriculture were saving energy costs and grain storage. In August, for the first time, Lancaster County hosted a Soybean Management Forum sponsored by the Nebraska Soybean Board in cooperation with UNL Extension. Residential acreages are rapidly increasing in Lancaster County. Extension delivers information on a wide range of issues associated with acreages such as proper management of septic tanks and wastewater lagoons, landscape management and alternative crops which can be grown on an acreage. The Acreage Insights Rural Living Clinics continue to increase in popularity. In Lincoln, attendance was 48 percent more than last year. Extension also offers an extension educators, "Cockroach Control Manual" and "Subterranean Termites," receive more than 460,000 hits annually. Translated into Russian this year, UNL Extension in Lancaster County’s video, "Removing Head Lice Safely," is now available in four languages.

Farms & Acreages

The Lancaster County Nutrition Education Program (NFF) helps limited resource families learn to prepare nutritious and safe foods while stretching their food dollars. NFF partners with more than 239 agencies, classrooms and coalitions and receives funding from the Expanded Food and Nutrition Education Program (EFNEP) through USDA, the Food Stamp Nutrition Education Program (FSNEP).

This past year, Lancaster County NEF staff presented: • 2,464 nutrition education lessons to 1,166 adults who care for 4,171 family members. • 360 presentations to 3,168 youth at 13 schools and other sites. • 86 lessons to 693 older adults at four senior sites.

Biosolids Program

Biosolids are organic solids separated from wastewater and biologically processed during wastewater treatment to make them safe for land application. UNL Extension in Lancaster County coordinates distribution and application of biosolids to agricultural cropland for the City of Lincoln Wastewater and Solid Waste Division. This past year, more than 44,000 tons of biosolids were delivered and/or applied to 40 fields and 1,314 acres of crop land. Nineteen farmers saved more than $68,000 in fertilizer expenses and — by keeping this recyclable material out of the landfill — landfill users saved nearly $440,000.

Year and Garden

UNL Extension plays a vital role in teaching communities about horticulture issues customized for local weather, water, soil and pest conditions. Extension also helps property owners develop healthy, diverse and functional landscapes that are energy and water efficient as well as less dependent on pesticides.

Extension Educator Don Janssen works with the City of Lincoln to educate the public about reducing yard waste through composting, mulching grass clippings and other yard management practices. The City of Lincoln Recycling Office estimates these educational programs will extend the life of the Bluffs Road landfill by three to five years over the next 25 years.

The Master Gardener Training Program is a volunteer program where people are given training by University of Nebraska–Lincoln personnel and then in return, provide 40 hours of volunteer service to extension's educational programs. Extension Associate Mary Jane Frogge coordinates the Master Gardener program for Lancaster County.

Home & Family Living

In the past year, Extension Educator Lorene Bartos has disseminated information on home maintenance, indoor air quality, lead paint hazards, safety in the home, shopping smart and recycling through The Nebraska, extension’s Web site, her weekly column in the “Lincoln Journal Star” and other outreach methods. The Family and Community Education (FCE) program is an educational, social and community-oriented program designed to meet the needs and interests of Nebraska homemakers. FCE members help strengthen communities and families through education, leadership and action. Bartos presents community training lessons which are then presented to FCE clubs and other community groups.

More than 155 child care providers participated in two day-long Child Care Conferences organized by extension and other Lincoln agencies.

UNL Extension is part of the Lancaster County Coalition to assist Children of Parents Experiencing Divorce (COPED), and co-presents Parents Forever and Kids Talk About Divorce classes.

Community & Leadership Development

UNL Extension in Lancaster County provides expertise in community development and strategic planning. Extension Educator Yelena Mitrofanova works with local organizations, community leaders, businesses and local government to help strengthen neighborhoods and communities.

Mitrofanova is actively involved in supporting Lincoln's diverse population, facilitating activities at several cultural community centers. This past year, she worked with the Nebraska Department of Education to develop one of six cultural profiles (about Russian/Ukrainian/Belarusian cultures) to be used as diversity training for staff in the public schools. Extension is part of ‘Neighbors Working Together,’ which builds leadership and opens a dialogue between the University of Nebraska–Lincoln and its adjacent neighborhoods.

UNL Extension in Lancaster County has extensive resources to help identify pests and suggest management options. Emphasis is on low-toxic control methods. Extension Educator Barb Ogg and Extension Associate Soni Cochran assist area residents via phone calls, walk-in requests, e-mail questions, publications, workshops and KFOR radio.

Ogg often works with community organizations and industry professionals in training and disseminating pest control resources and assistance. Extension’s pest and wildlife Web site received more than 1.5 million hits annually. In addition, two manuals written by extension educators, “Cockroach Control Manual” and “Subterranean Termites,” receive more than 460,000 hits annually.

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Web Site Receives Nearly 6 Million Hits Annually

University of Nebraska–Lincoln Extension in Lancaster County’s Web site, [http://lancaster.unl.edu](http://lancaster.unl.edu), has more than 5,000 pages of content and received 5,966,790 hits (accesses) last year! The Food Web site continued to be rated “Among the Best” by Tufts University Nutrition Navigator. Extension in Lancaster County’s Web site’s resources are frequently featured near the top of many search engine results.

Visitors can easily navigate the site and find extensive educational resources in extension’s program areas. The site is updated daily and has interactive features such as online registration forms, searchable database, Egg Cam, movie clips, quizzes and Master Gardener Diagnostic Center. Not only do Lancaster County residents, Nebraskans and Americans utilize the site, the site also has Web users from more than 100 countries monthly.

“I have to compliment you on your very informative site! I needed more information about poultry egg candling, development, etc. and your site was by far the most interesting, informative and navigable.”

— G. Kohart, Ohio

Staff Honors, Awards and Accomplishments

Extension Educator Gary Bergman — Nebraska representative on planning committee for the National Urban Extension Conference to be held May 2007 in Kansas City, Mo.; vice-president of the Nebraska Great Plains Resource Conservation and Development.

Extension Educator Tom Dorn — president-elect of the Nebraska Section of the National Association of County Agricultural Agents; president-elect of the Nebraska Agribusiness Club.

Extension Educator Alice Henneman — 2004 Omvedt Innovation Award presented by John Owens, Vice Chancellor of the UNL Institute of Agriculture and Natural Resources; member of the Scientific Advisory Committee for Food and Health Communications; invited to co-present “Leading the Way in Osteoporosis Prevention” at the Society for Nutrition Education annual meeting.

Groundwater Educator Award by The Groundwater Foundation.

Extension Associate Deanna Karmazin — statewide Communication Award presented by the Nebraska Cooperative Extension Association (NCEA) 4-H Section; regional semi-finalist Communication Award presented by the National Association of Extension 4-H Agents; elected 2006 president of NCEA 4-H Section.

Extension Associate Mardel Meinke — invited to present a poster session on the ABC’s for Good Health program at the Society for Nutrition Education annual meeting.

Extension Educator Barb Ogg — member of the National Urban Pest Management Conference Team which received an Excellence in Team Programming Award from UNL Extension.

Staff Recognized for Years of Service — Extension Educator Tom Dorn (25 years); Extension Educator Alice Henneman (25 years); Extension Educator Maureen Burson (20 years); Extension Associate Mary Jane Frogge (15 years); Extension Educator Barb Ogg (10 years); Extension Associate Mardel Meinke (10 years).

“...the information resources UNL Extension in Lancaster County has available comes from knowledge based on experience, science and technology. The availability of this information allows all members of this community to have the opportunity to better function within the natural environment around them.”

— Oscar Rios Pohrieth, Lancaster County Extension Board

UNL Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture. We assure reasonable accommodation under the Americans with Disabilities Act; for assistance contact UNL Extension in Lancaster County at 441-7180.

Plant and Pest Diagnostic Services

Throughout the year, Lancaster County residents bring sick plant parts and an assortment of insects, pests and wildlife “signs” to the UNL Extension in Lancaster County office. A free service, extension horticulturists and entomologists identify insects, weeds and diseases in and around the home and garden and make recommendations about the best way to help manage these problems.

Lancaster Extension Education Center Facilitates Community Programs

As part of extension’s commitment to community learning, the 4-H and FCE members at Lancaster Extension Education Center are made available to other nonprofit and governmental organizations at a nominal cost. Last year, more than 4,300 hours of conferences and meetings were held at the Education Center. “This is such a valuable community resource and has been much appreciated by my office,” says Deputy Jerry Witte with the Lancaster County Sheriff’s Office.

Volunteers Contribute to Extension’s Success

UNL Extension in Lancaster County trains and supports, as well as coordinates the efforts of a variety of volunteers: 4-H leaders and superintendents, Master Gardeners, Family Community Education (FCE) volunteers and Nutrition Education Program (NEP) volunteers. In addition, 4-H and FCE members often volunteer in community-related projects. Extension programs in Lancaster County benefitted from 1,871 volunteers investing 22,671 hours of time for a total value of $397,876.*

*Independent Sector values volunteer time at $17.55/hour.
Save energy and money and stay comfortable in your home by trying these tips to reduce your home energy usage.

Checkup

Falling down is still part of the sport but getting up is a much more difficult task. Thirty years ago the usual ski uniform consisted of wool ski pants, a sweater and the matching hat has a couple of moth holes in it! There is no end to the surprises I get in planning this trip. But age allows more liberties now, such as not skiing in the latest fashion trend. Nevertheless, I will find warm clothing to once again love this sport I fell in love with my first time out in 1972.

FCE members are so giving; we collected 172 pounds of food for the Food Bank. Demands continue to grow and this donation was most welcomed. Other community service projects include collection of items for Cedars Home and the Teddy Bear project which assists new mothers. Members are involved with recycling efforts, serving funeral dinners, fund raising for the needy, teaching Sunday school, quilting dinners, fund raising for the needy, teaching Sunday school, quilting and making quilts for sale, teaching Sunday school, quilting dinners, fund raising for the needy, teaching Sunday school, quilting and working garage sales to help others. These are only a few of the ways in which FCE members help make our world a better place in which to live. Thank you FCE for jobs well done.

Mark your 2006 calendars for the next County Council meeting on Jan. 30 at the county extension office. It will be at 1 p.m. We will have installation of new officers. Hope to see many of you then. I wish each of you a safe and blessed holiday season.

Membership Awards

FCE News & Events

2006 Leader Training Lessons

January 26 — Embracing Entrepreneurship: New Economic Power for Your Community. UNL Extension Educator Lorene Bartos, extension educator 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 economics, 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.

• February 23 — Health of Children
• March 23 — Core Giving: Challenges and Rewards
• September 28 — Have It Your Way — "Putting Legal and Financial Affairs in Order"

Council Meeting

The January FCE Council meeting will be held Monday, Jan. 30, 1 p.m. at the Lancaster Extension Education Center. Installation of new officers and 2006 planning will be the main topics. Each club should plan to have a representative attend.

By Lorene Bartos, UNL Extension Educator

Need a quick and inexpensive way to clean silver that has tarnished during storage?

Cleaning silver by electrolysis

Line a pan with aluminum foil. Fill with solution of 1 tablespoon baking soda OR 1 tablespoon salt to one quart hot water. Add silver and soak. It will only take a few minutes and your silver will be shiny again. Rinse and dry. This works well for silverware or other special pieces of silver that are used only on special occasions.
# Pet Pals Workshop, Jan. 10

The Pet Pals 4-H Club invites all youth ages 5–18 to attend a fun and exciting work- shop on Tuesday, Jan. 10, 6:45 p.m. at the Lancaster Extension Education Center, 444 Cherry- creek Road, Lincoln. Non-4-H members are invited also.

Workshop will focus on learning about household pets such as birds, turtles and hamsters. This is also a good way to learn about joining 4-H and about the Household Pets project. Many 4-H members exhibit their household pet(s) at the Lancaster County Fair. All attendees will make bird treats to take home.

RSVP is appreciated but not required — call Tracy at 441-7180 or e-mail tkulm1@unl.edu.

# Horse Stampede Entries Due Jan. 25

The fourth annual 4-H Horse Stampede will be held Saturday, March 11 at the Animal Sciences Building on UNL East Campus, Lincoln. The Stampede consists of the 4-H horse-related competitions:

- **Horse Bowl Contest (team)**
- **Spelling Contest (individual)**
- **Demonstration Contest (individual)**
- **Art Contest (individual)**

These contests are tremendous learning experiences and a lot of fun! Stampede contestants must be enrolled in a 4-H Horse project or team 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, chalk, charcoal, pen, ink or pastels. Size requirements are a minimum of 9”x12” to a maximum of 18”x24”.

Stampede entry forms are due no later than the extension office (444 Cherry Creek Road, Lincoln) by Wednesday, Jan. 25. 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/horse-hoof.html or call Marty at 441-7180.

# 4-H and FFA Beef Weigh-In, Jan. 13

The Lancaster County 4-H and FFA beef weigh-in is scheduled for Friday, Jan. 13 from 5:30–7:30 p.m. in Pavilion 2 at the Lancaster Event Center. All market animals will need to be weighed, tagged and noseprint at this time. All beef projects planning to go on to the 4-H-At-Ben 4-H Livestock Expo this year will need to be DNA tested. Deanna will pull DNA samples at weigh-in. If you have any questions, please call Deanna at 441-7180.

# Community Service Corner

Rokeby Ramblers 4-H Club Sends Care Package to Marine

The Rokeby Ramblers 4-H Club met in November and made a care package to send to 1st Lt. Eric D. Kitt. He is the uncle of Kaitlin and Tommy Reiss who are members of the club. His home town is Wauhua, NE. Lt. Kitt is a US marine and is assigned to Camp Lejuene, NC. He was deployed to Iraq at the beginning of September. He is currently working with Iraq security forces, (Iraq army) to be their own military. He is assigned to Camp Lejuene, NC. He was deployed to Iraq to eventually leave Iraq.

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The Ramblers wrote a letter to Lt. Kitt with thoughts and wishes and encouragement to keep going and give them the best of the carries. Each 4-H member brought goodies to send him and then they each wrote a note telling Lt. Kitt a little about themselves and what they liked to do.

--- Submitted by Ruth Keys, Club Leader

---

January

Brenda and Tom Messick

Lancaster County 4-H is proud to announce Brenda and Tom Messick as co-winners of Lancaster County’s “Heart of 4-H Award.” in recognition of outstanding volunteer service.

The Messicks have had children in the 4-H program for 15 years and have been volunteer leaders with the EquiRiders 4-H Club for 11 years. They have also helped at numerous other 4-H programs.

Brenda is a member and past officer of the Horse VIPS committee. Tom is a past member of the Lancaster County Extension Board, having acted as the liaison with the Lancaster County Agricultural Society (Fair Board).

“I enjoy teaching youth how to ride horses,” says Brenda. “During our 4-H meetings and arena practices, I enjoy teaching safety and horse knowledge. Currently, I am helping youth aged 8 to 10 learn to ride and show for their first year. I love their excitement! Tom enjoys watching the youth ride, practice and show — and how much they progress throughout each year.

The Messicks are members of the Capital City Horse & Pony Club and the Quarter Horse Association of Nebraska. Brenda was recently elected to the Nebraska Horse Council Board. Brenda has a business called Messick Quarter Horses and Messick Tack & Feed, giving riding lessons to youth and adults, training and boarding horses, and selling tack and horse shavings.

The Messicks live in Crete and all three of their children were members of 4-H. Their youngest son, Micah, is a senior in high school and planning to attend the University of Nebraska—Lincoln next fall. Tom and Brenda are also active members of the Raymond Central Booster Club and the Creteos United Methodist Church.

Congratulations to the Messicks! 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.
2006 4-H Calendar

January
3  4-H Council Meeting........................................7 p.m.
8  Teen Council Meeting....................................3-5 p.m.
9  Horse VIPS Meeting..................................7 p.m.
10 Horse Knowledge Club Meeting..................7 p.m.
11 4-H/FFA Beef Weigh-In, Lancaster Event Center - Pavilion 2...7 p.m.
12 10:00 a.m.-12 Noon, 3-5 p.m.
13 7 a.m.-9 p.m.
14 7 p.m.
15 7 p.m.
16 4-H Council Meeting..................................7 p.m.
17 Horse Knowledge Club Meeting..................7 p.m.
18 7 p.m.
19 Teen Council Meeting.....................................7 p.m.

February
2 Achievement Night, UNL City Campus - Morrill Hall..........................6:30-8 p.m.
7  Teen Council Meeting.....................................3 p.m.
14 4-H Leader Training..................................7 p.m.
21 Horse Knowledge Club Meeting..................7 p.m.

March
1 R.B. Warren 4-H Horse Educational Scholarship ($500) Entries Due to University of Nebraska
1 Grand Island Saddle Club Scholarships ($1,000) Entries Due to University of Nebraska
7 4-H Council Meeting........................................7 p.m.
9 4-H Horse Judging Certification Seminar, Lancaster Event Center - Pavilion 3, Extension Office .7 p.m.
11 4-H Horse Stampede, Animal Science Building, UNL - 8 a.m.
12 Teen Council Meeting.....................................7 p.m.
14 Speech Workshop........................................7 p.m.
21 Horse Knowledge Club Meeting..................7 p.m.

April
1 County Fair 4-H/FFA Market Beef ID's Due to Extension Office
4 4-H Council Meeting........................................7 p.m.
7 Horse Knowledge Club Meeting..................7 p.m.
8 Spring Rabbit Show, Lancaster Event Center - Pavilion 3, Extension Office .7 p.m.
9 Teen Council Meeting.....................................3 p.m.
11 4-H Horse Judging Certification Seminar, Lancaster Event Center - Pavilion 3, Extension Office .7 p.m.
20 Public Service Announcements (PSA) Contest..............................6:30 p.m.
23 Speech Contest, Lancaster Extension Education Center1 p.m.
24 Kiwanis Carnival, Elliott Elementary School..............................7 p.m.

May
8 4-H Council Meeting........................................7 p.m.
9 Meat Quality Assurance Training..................7 p.m.
12 County Deadline – District/State Horse Show Entries, I.D.'s, Level Tests Due to Extension Office
15–17 Sheep Tagging and DNA Testing, by appointment
23 4-H Leader Training..................................9:30 and 7 p.m.

June
1 County Fair 4-H Horse ID's Due to Extension Office
2 Animal Science Education Day, UNL East Campus - Animal Science Building TBA
6 4-H Council Meeting........................................7 p.m.
15 All County Fair 4-H/FFA Animal ID's Due to Extension Office
19–22 District Horse Shows (Beatrice-19, O'Neil-20, Oakland-21, Lincoln-22)
20–23 Clover College
30 District Horse Shows (Sydney-27, Valentine-28, McCook-29, Lexington-30)
26–27 PSE/Life Challenge, UNL East Campus

July
7 ALL 4-H/FFA County Fair Animal Entries Due to Extension Office
19 County Fair 4-H Table Setting/Bicycle Safety/Style Revue/Presentations Registrations Due to Extension Office
22 4-H Council Meeting.....................................7 p.m.
22 County Fair 4-H Presentations Contest.............................1 p.m.
23 4-H Leader Training ..................................9:30 and 7 p.m.
26 County Fair 4-H Style Revue Judging, Lancaster Event Center - Pavilion 3, Extension Office2 p.m.
31 Entry day for County Fair Static Exhibits, Lancaster Event Center - Lincoln Room .........4 – 8 p.m.

August
2–6 Lancaster County Fair, Lancaster Event Center
August 24-Sept 4 Nebraska State Fair, State Fair Park

September
10 4-H Council Meeting.....................................7 p.m.
10 4-H/FFA Beef Weigh-In, Lancaster Event Center - Pavilion 3, Extension Office .7 p.m.
11 4-H Leader Training ..................................9:30 and 7 p.m.
12 4-H Council Meeting.....................................7 p.m.
14 4-H Council Meeting.....................................3 p.m.

October
1–7 National 4-H Week
1–7 Horse Judging Certification Seminar, Lancaster Event Center - Pavilion 3, Extension Office .7 p.m.
3 4-H Council Meeting.....................................7 p.m.
8 Teen Council Meeting.....................................3 p.m.

November
7 4-H Council Meeting.....................................7 p.m.
12 Teen Council Meeting.....................................7 p.m.

December
1 Scholarship Applications Due to Extension Office
1 All Career Portfolios Due to Extension Office
5 4-H Council Meeting.....................................7 p.m.
10 Teen Council Meeting.....................................3 p.m.
Hanna Wins National Groundwater Educator Award

Retired Extension Associate Atwood Hanna was nominated the 2005 National Award Winner of the Edith Stevens Groundwater Educator Award by The Groundwater Foundation. Hanna was recognized at The Groundwater Foundation’s Annual Conference in early November. The Edith Stevens Groundwater Educator Award was established in 1997 to recognize groundwater educators and students. This year’s honoree is a 15-year member of the Nebraska-Lincoln Extension and has used her expertise in the field of agriculture to help her students understand the importance of protecting the environment. Hanna has been an active member of various organizations and has been involved in many projects related to the environment. She has been recognized for her contributions and has received several awards for her work. Hanna’s dedication to the environment and her love for teaching have inspired many students and colleagues. She has been a role model for many young people and has encouraged them to pursue careers in environmental science. Hanna has been a mentor to many students and has provided them with guidance and support. She has always been willing to share her knowledge and has been a valuable resource for those who have sought her advice. Hanna’s dedication to the environment and her love for teaching have inspired many students and colleagues. She has been a role model for many young people and has encouraged them to pursue careers in environmental science. Hanna has been a mentor to many students and has provided them with guidance and support. She has always been willing to share her knowledge and has been a valuable resource for those who have sought her advice.

So You Are Newly Elected, What To Do Now?

Garry C. Bergman
UNL Extension Educator

Success of meetings will depend largely on how well officers understand and carry out their responsibilities.

- The duties and privileges of officers vary greatly in different organizations and therefore an organization’s bylaws should define the duties involved. If the bylaws are silent in this regard, the duties will be limited to presiding at organizational meetings.

- The following outlines basic guidelines for carrying out the successful role of an organization’s newly elected presiding officer or officers.

Became knowledge-able of your organization’s bylaws.

Typical bylaws will contain an organization’s correct name and the reason for its existence; outline the membership’s rights and responsibilities; and what parliamentary authority the organization follows.

For members, it will clarify rules of attendance, membership dues, honorary memberships, and qualifications.

For officers, details regarding bylaws for nominations, voting, officer terms, executive and standing committees, annual meeting requirements and voting criteria will be addressed.

A periodic review of the purpose of your organization will help officers prevent running afoul and into side issues. It will also help to determine if some mandates or outmoded and adjustments are necessary.

Establish a shared vi-sion and values.

The elected officer’s success, the membership must share in the organization’s mis-sion and purpose. Often it is assumed that everyone knows why a group exists (after all, it has been around for years). However, a timely review for old and new members alike can help focus a membership.

Develop a working knowledge of parliamen-tary procedure. A good presiding officer is familiar with basic parliamentary procedure. In small groups, it is usually a mistake to insist on exact procedure, as long as no one is being defrauded rights and the will of the group is being carried out.

In larger groups, a parliamentarian can assist with the technical aspects of parlia-metary law.

The Role of Elected Officers

General parliamentary law requires only two officers: a presiding officer (president or chairman) and a recording officer, typically known as the secretary. Most organizations will also have a treasurer and many will have standing committees.

- The presiding officer, unless other duties are specified in the bylaws, is responsible for: taking the minutes of the meeting, the name of the presiding officer in his or her absence.

- The recording officer, as directed by the organization, is responsible for: keeping minutes of the meeting, the name of the presiding officer in his or her absence.

- The secretary, records the minutes of the meeting, the name of the presiding officer in his or her absence.

Getting Off to a Good Start as the Presiding Officer

Review the rules of your organization and its purpose.

Review your role as a presiding officer. (You were selected to lead based on your qualifications, knowledge and dedication.)

Review the rules of parliamentary procedure and consider selecting a parliamentarian who is willing to be informed on the bylaws, standing rules and other guidelines of the organization.

Plan ahead:
- Review the previous years’ records and prepare a calendar of activities with the membership.
- Schedule an orientation/goal setting session at the beginning of the term. Review the bylaws and purpose of the organization with others.
- Plan for a meeting for the current meeting is completed. Confer with the secretary about any unfinished business; discuss with officers and committee chairmen about items that should be prepared and presented at the next meeting.
- Prepare and distribute an agenda for the meeting. Prepare for the meeting. Prepare for the meeting.
- Consider meeting room arrangements to maximize member participation, comfort and inclusion.
- Consider “what if this happens...” with the parliamentarian and other officers.

Sum up the meeting area and greet as members they arrive. Consider assigning this responsibility to others.

Be considerate of members’ rights and responsibilities as you keep to the estab-lished meeting time. Hanna shared a few stories of conflict and how a meeting was kept on track.

Strive to seek the best interest of everyone. This means ensuring that all members are given an equal share in the benefits of the group. It involves taking into account the interests of the public at large rather than the vested interest of only a few. When presiding it is important to use active listening in order to repeat motions that have been made and interpret the consen-sus of the group.

Being an elected officer means more than being a meeting officer. It involves exercising good leadership that is inclusive. For more information on leading see NebGuide G1406, Transformational (Full Range) Leadership.

Responsibilities of Elected Officers

Content of the minutes should contain a separate paragraph for each subject matter covered. The last para-graph should state the time of adjournment. Minutes should be signed by the secretary, copied and a copy of the minutes should be prepared and given to the presiding officer well in advance of the next meeting.

Minutes are the legal record of an organization and should not be destroyed.

Treasure of the treasurer of this office will vary greatly between groups. The treasurer usually is the primary custodian of trust funds for the organization. A treasurer may pay bills as directed by the organization. The authority to do so will vary widely. An organization’s bylaws should leave no doubt as to what approval is required to disburse funds by the treasurer. A treasurer’s report should include:
- receipts and disbursements
- assets of the organization and amounts due the organization
- liabilities of the organization
- balance on hand from the beginning of the period the report is made. (Annual reports must be disclosed of all receipts and expenditures for the entire year.)
Due to Extension Office

Over the course of the heating season, air source heat pumps will transfer more energy from the outside air to the house than the kilowatts of electricity consumed by the heat pump. The higher the outside air temperature, the less electrical energy required to extract a BTU of heat. At $0.08 per kWh, the equivalent cost of a cord of Oak is $354. If a pickup load contains one-third of a cord (1,306 pounds), this is equivalent to $118 per pickup load.

Backup Heat Source
A final point of discussion is in order. Beyond the purely economical considerations, wood heat can be seen as a reliable backup in times of power outages. Modern heat pumps and forced air gas or fuel-fired furnaces all require electricity to run the fan to distribute the heat. A wood stove will heat at least part of a home and can be seen as insurance to keep the family warm and safe when the power is out during a blizzard or other disaster.

Table 1. The quantity of various fuels equaling the useful energy content of one cord of wood when the efficiency of the heating device is considered.

<table>
<thead>
<tr>
<th>Fuel</th>
<th>Energy Content</th>
<th>Cost per Cord</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn Stove</td>
<td>3,441.64 ± 160</td>
<td>$475 ± 118</td>
</tr>
<tr>
<td>Hay Stove</td>
<td>3,080 ± 55</td>
<td>$447 ± 179</td>
</tr>
<tr>
<td>Honey Locust</td>
<td>2,781 ± 49</td>
<td>$394 ± 158</td>
</tr>
<tr>
<td>Ash</td>
<td>2,703 ± 43</td>
<td>$382 ± 158</td>
</tr>
<tr>
<td>Elm</td>
<td>2,279 ± 47</td>
<td>$322 ± 121</td>
</tr>
<tr>
<td>Cedar</td>
<td>2,106 ± 37.6</td>
<td>$304 ± 121</td>
</tr>
<tr>
<td>Poplar</td>
<td>2,043 ± 35.9</td>
<td>$291 ± 113</td>
</tr>
<tr>
<td>Cottonwood</td>
<td>1,791 ± 32.0</td>
<td>$253 ± 102</td>
</tr>
</tbody>
</table>

The efficiency estimates for fuel oil furnaces are for conventional systems that don’t use a standing pilot light for ignition. Some newer systems use pulse technology and outside air for combustion. Some newer systems use pulse technology and outside air for combustion. Some newer systems use pulse technology and outside air for combustion.

The Nebraska 4-H is in the process of developing goals for the next five years. Please give your feedback about what’s important to you by filling out an online survey. Lancaster County 4-H’ers are encouraged to share their input at http://4h.unl.edu. The survey takes about 10 minutes to complete.

4-H Strategic Plan Survey
Share Your Opinion!

Nebraska 4-H is in the process of developing goals for the next five years. Please give your feedback about what’s important to you by filling out an online survey. Lancaster County 4-H’ers are encouraged to share their input at http://4h.unl.edu. The survey takes about 10 minutes to complete.
Jeurink Named County/City Volunteer of the Month

Master Gardener volunteer Gladys Jeurink was recognized as the Lancaster County City of Lincoln Volunteer of the Month for November. Also pictured: Extension staff members Mary Jane Frogge (left) and Don Janssen.

Can You Guess It?

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

Did you guess it from the November/December Newsletter? The answer was icicles on a home.

4-H at Star City Parade

It was a miserably cold and very snowy day but the brave souls of the Star City Llamas 4-H Club represented Lancaster County 4-H in the recent Star City Holiday Parade held Dec. 3 in downtown Lincoln. The overall theme of the parade was “Unwrap the Joy” and the club’s theme was “Sugarplum Dreams.” The club members dressed as Sugarplum Elves and their parents donned old fashioned nightshirts with sleeping caps. The Llamas had the important task of toting the oversized candy in their packs. Our “waste wagon” was decked out as a bed with a jumbo-gingerbread person sleeping under a hoop of sweet goodies. The crowd was much smaller than years past but those hardy spectators had great spirit.

submitted by Karen Armstrong, co-leader of Star City Llamas 4-H club

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 showing, training and instructing includes:

- AQHA High Point All-Around Open Horse
- AQHA High Point All-Around Amateur Horse
- AQHA High Point Open Trail
- AQHA High Point Amateur Western Horsemanship
- AQHA High Point Amateur English Equitation
- AQHA World Champion Western Horsemanship
- AQHA High Point Junior Western Riding

Pre-registration opens Jan. 2 and closes Feb. 3. Cost is $25 both days or $15 a day for adults. Youth is $15 both days or $10 a day. Registration at the door, if available, adults $35 both days or $20 a day. Youth $25 both days or $15 a day.

For more information and for registration forms go to http://animalscience.unl.edu/horse/horsinaround.html

U.S. Drought Monitor Map

As of Dec. 6, Lancaster County bordered between abnormally dry and moderate drought conditions.

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, photojournalist 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 Digital Photography, Display, Outdoor and Nature, Large Format, Alternative Processes, Portraiture, Basics, Digital Painting, Darkroom Technique, GPS orienteering, U.S. Forest Service Tour and Macro/close-up. A new offering will instruct 4-H participants in the 4-H photography 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.

Equestrian Academy, Tuesdays, Feb. 1 – March 8

University of Nebraska and Purina Mills present “Equestrian Academy - Equine 103,” a series of equine science classes for the professional or amateur horseperson. The classes will be held every Tuesday night Feb. 1 through March 8 from 7–9 p.m. at Chase Hall on UNL East Campus, Lincoln.

The course includes:

- Effectively buying/selling horses
- Healthy horse care and first aid
- Dental care
- Feeding and care of aged horses
- Nutrition for the growing horse
- Hays and forages for horses, Riding the trails,
- Bits, bending and various training aids.

Course fee is $60 per participant, pre-registered, or $15 a session. Registration forms 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.