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The NEBLINE, February 2007

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Frequent droughts have caused severe water shortages in some areas. Droughts can be especially stressful for the rural homeowners who depend on freshwater wells for their water supply. These individual wells tap groundwater aquifers which cannot easily be seen or monitored. The invisible nature of groundwater leads to an uneasy feeling among homeowners relying on wells whose water supply could dry up without warning during a drought.

Changes have occurred to the landscape in many rural areas. Increasing development and rural population growth will likely continue in the future. Existing rural residents often worry these changes may create competition for groundwater that might increase the susceptibility of their well to drought. It is unlikely small numbers of new homes will cause significant changes in groundwater levels. However, more dramatic changes in land use that may involve large amounts of groundwater or prevent recharge from occurring over a wide area could make existing wells more susceptible to drought.

Groundwater Level

Annual Cycle

Given this natural cycle of groundwater, most problems with wells tend to occur in late summer or early fall when groundwater levels naturally reach their lowest levels. The natural fluctuation of groundwater levels tends to be most pronounced in shallow wells. As a result, shallow wells are usually more susceptible to drought than deep wells. Although deeper wells may be slower to suffer from drought conditions, they may also take longer to recover after a drought has occurred.

The water level in a groundwater well will fluctuate naturally during the year. Groundwater levels tend to be highest during March and April in response to winter snowmelt and spring rainfall. The movement of rain and snowmelt into groundwater is known as “recharge.” Groundwater levels usually begin to fall in May and continue to decline during the summer.

Groundwater recharge is limited during late spring and summer because trees and other plants use the available water to grow. Natural groundwater levels usually reach their lowest point in late September or October. Groundwater levels during winter may be stable or fall slightly until spring snowmelt and rainstorms start the annual cycle again.

Determining Your Groundwater Level

Direct determination of the groundwater level in your well is difficult and usually requires the use of a water level meter. These meters are comprised of an electrical probe attached to the end of a measuring tape. The probe is lowered into the well until a display or light indicates it has reached water. The depth to water is then read directly from the measuring tape. These instruments generally cost $300 or more depending on the anticipated length of tape needed.

There are other, less direct, but more practical methods to determine the status of your well water supply. Well drillers are continually drilling new wells and, therefore, may have knowledge of groundwater levels near your well. They may also have installed new submersible pumps in nearby wells that would allow them to document the existing groundwater level. Similar discussions with neighbors that have had new pumps installed or had new wells drilled may provide valuable information about the groundwater level.

Some Wells in Lancaster County Have Dried Up

No one will tell you when to turn on or off your irrigation system when pumping water from your own well. No one will tell you how to use the water in your home. These decisions are up to you. What should be guiding your decisions and water usage is your desire to maintain your current water supply and not have to drill and pay for a new one. In many areas of Lancaster County, the new well may not have as high quality water as the existing one.

Many residents of rural Lancaster County have lost their water supply and had to drill new wells and others have noticed a lower water quality in their existing well. Now may be a good time to evaluate your water usage and initiate some water conservation practices. Even if the drought ended today it will take time to bring water levels back to preexisting levels.

Conserve Water!

Water conservation measures become critical during times of drought. Homeowners relying on private wells should begin to conserve water as soon as drought conditions occur. Water use within the home can be significantly reduced through changes in habits and by installing water-saving devices. In emergency situations, changes in water use habits can provide quick reductions in water use. Examples might include flushing the toilet less often, see Private Well Management on page 3.

In many rural areas, groundwater recharge is limited during late spring and summer because trees and other plants use the available water to grow. Natural groundwater levels usually reach their lowest point in late September or October. Groundwater levels during winter may be stable or fall slightly until spring snowmelt and rainstorms start the annual cycle again.
Upcoming Pesticide Applicator Trainings

Private Pesticide Applicator Trainings

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

Applicants whose certification is due to expire on April 15, 2007 will receive a letter from the Nebraska Department of Agriculture (NDA). There are two certification options for private pesticide applicators: attend a UNL Extension training session or take a self-study book and test. If you are re-certifying, bring the notification letter and registration form you received from the NDA.

Extension forwards all application forms to the NDA which bills private applicators a $25 license fee. Allow at least three weeks for the application to be processed and the certification to be mailed to the applicant. The legal deadline to be certified is good for three years, expiring on April 15, 2010 for those who certify this spring.

Private Pesticide Applicator Training Sessions will be offered this spring at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No pre-registration needed. There is a $15 extension training fee.

Tuesday, Jan. 30, 8:00 a.m.–11:30 a.m. and repeated 1:30–4:30 p.m.

Thursday, Feb. 8, 6:30–9:30 p.m.

Saturday, Feb. 10, 8:30–11:30 a.m.

The Self Study Method

The self-study materials can be accessed on the UNL Pesticide Education Web site at http://pestext.unl.edu. Obtain and review written study materials prior to attending the training. A general standards session will begin at 9 a.m. and other categories at 1 p.m. or 3 p.m.

It is highly recommended you obtain and review written study materials prior to attending the train- ing. Study materials for all commercial categories may be purchased from the pesticide education office 101 Natural Resources Hall on East Campus, 472-1632 or materials can be accessed on the UNL Pesticide Education Web site at http://pestext.unl.edu.

Certification 
for Persons Who Apply Restricted-Use Pesticides

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 hired by the employer or for hire or compensation. Commercial applicators will also include any person who applies restricted-use or structural pest control pesticides whether restricted- or general-use pesticide and must also hold a commercial or non-commercial certification.

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

UNL Extension offers Commercial Initial Certification and Recertification Training Sessions. Call the UNL Pesticide Education office at 472-1632 to register for a session. The training fee for either initial or re-certification training sessions is $30. The training fee for adding one or more categories to an existing certification is $30. Due to time and space limitations, only specific categories will be presented on training days. Call the UNL Pesticide Education office at 472-1632 or the Lancaster County Extension office at 441-7180 to learn which specific categories will be offered on a given day.

Commercial applicators meeting the requirements for either initial or re-certification will receive an invoice from the Nebraska Department of Agriculture for the $30 certification fee. Initial Commercial Certification training and testing sessions will be offered on Tuesday Feb. 6, Thursday, March 1, and Thursday, April 19 at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.

The concepts taught in this workshop are applicable to any of several integrated computerized recordkeeping programs, with slight modifications in procedure. This workshop will be taught hands-on using a general purpose computer in the classroom.

Reference materials, lunch and refreshments are all included in the registration fee. The registration fee for each workshop is $50. A second person sharing the same computer and sharing a single set of handouts can attend for an additional $10 to cover the cost of materials. Registration will be limited due to space and computer availability on a first-come, first-served basis. Pre-registration must be received in order to hold a place in the workshop.

Private applicators should have a basic familiarity with using a computer and being on a computer keyboard. No prior computer recordkeeping experience is necessary, however, some prior experience with a hand-held single entry accounting system (such as the extension blue book) would be useful.

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Over the years, Computerized Farm Financial Recordkeeping workshops have been one of the most popular and successful in-dep...
If you are building a new house in a rural area, having an adequate water supply from a private well is critical to your plans. Planning should be done prior to having a well drilled to ensure an adequate supply of water will be available.

This article allows a homeowner or farmer to roughly estimate water needs and calculate how much water must be delivered from a private water supply to meet their needs. These planning assumptions are based on long-term averages for various water uses. Your actual water demand period may significantly differ from these averages.

In general, we use 50 to 100 gallons per person per day in our homes (200 to 400 gallons per day for a family of four). The household water use estimates given below (Table 1) can be used to determine more specific daily water use values for your home.

For the purposes of planning new systems, the total daily water use is less important than the peak daily water use or the 2-hour peak. In reality, most of the water used in the home occurs over a very short time period, usually in the morning or evening. As a result, for planning purposes it is important to know what a water system can be supplied all of the day’s projected water use in a 2-hour period. To estimate your home’s water use will be 400 gallons per day, the water system should be sized to provide this much water in a 2-hour period.

So, how much water can be delivered from your well in a given period of time? This is referred to as the well yield. The yield for a well is considered the maximum rate in gallons per minute (GPM) a well can pump without adversely affecting the water level in the borehole below the pump intake. For most single-family homes, a minimum flow of 6 GPM is suggested from a well.

This flow would provide 360 gallons of water each hour, which would be sufficient to meet most home water peak demands. Higher flow rates may be necessary for larger homes with more fixtures, appliances and residents which may all be using water at the same time (Table 2).

Ideally, the yield from the well will exceed the recommended minimum flow rates. If not, you may need to rely on water storage to meet peak demand periods. For a drilled well, the borehole can provide a significant amount of water storage. A typical 6-inch-diameter well will store about 1.5 gallons of water for every foot of standing water in the borehole and a 10-inch well stores about 4 gallons of water per foot. Therefore, a 6-inch-diameter well with about 100 feet of standing water in the borehole would contain about 1500 gallons of stored water.

An approximate estimate of the amount of water needed before a well is developed can be added. Planning for water supply needs is generally much more important for farms because much larger amounts of water, an intermediate storage system can be added. Planning for water supply needs is generally much more important for farms because much larger amounts of water, and could produce water of different quality characteristics.

The recommended minimum flow rate is based on local knowledge, yield and storage to meet water demand. For wells that yield extremely low amounts of water, an intermediate storage system can be added.

Planning for water supply needs is generally much more important for farms because much larger amounts of water, an intermediate storage system can be added.

The required water source flow rate does not necessarily need to equal the yield from the well. If water availability is projected to be insufficient for the calculated peak demand, additional sources must be developed or additional storage must be used.

Table 1: Typical water use for various appliances and fixtures in the home

<table>
<thead>
<tr>
<th>Appliance</th>
<th>Daily Water Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clothes washer</td>
<td>40 gal per day</td>
</tr>
<tr>
<td>Dishwasher (standard)</td>
<td>14 gal per day</td>
</tr>
<tr>
<td>Dishwasher (efficient)</td>
<td>10 gal per day</td>
</tr>
<tr>
<td>Garbage disposal</td>
<td>4 gal per day</td>
</tr>
<tr>
<td>Kitchen</td>
<td>1 gal/mg per use</td>
</tr>
<tr>
<td>Bathroom sink</td>
<td>2 gal/mg per use</td>
</tr>
<tr>
<td>Shower or tub</td>
<td>3 gal/mg per use</td>
</tr>
<tr>
<td>Toilet (low-flush)</td>
<td>1.5 gal per flush</td>
</tr>
<tr>
<td>Toilet (standard)</td>
<td>3 gal per flush</td>
</tr>
<tr>
<td>Outside hose</td>
<td>5 gal/mg per use</td>
</tr>
<tr>
<td>Water softener regeneration</td>
<td>30 to 100 gal per cycle</td>
</tr>
</tbody>
</table>

Table 2: Suggested minimum flow rates for various numbers of bedrooms and bathrooms in a home

<table>
<thead>
<tr>
<th>Number of bedrooms</th>
<th>1.5</th>
<th>2</th>
<th>2.5</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 GPM</td>
<td>6 GPM</td>
<td>7 GPM</td>
<td>8 GPM</td>
<td>9 GPM</td>
</tr>
<tr>
<td>8 GPM</td>
<td>6 GPM</td>
<td>7 GPM</td>
<td>8 GPM</td>
<td>9 GPM</td>
</tr>
<tr>
<td>10 GPM</td>
<td>8 GPM</td>
<td>9 GPM</td>
<td>10 GPM</td>
<td>11 GPM</td>
</tr>
<tr>
<td>12 GPM</td>
<td>10 GPM</td>
<td>11 GPM</td>
<td>12 GPM</td>
<td>13 GPM</td>
</tr>
<tr>
<td>14 GPM</td>
<td>12 GPM</td>
<td>13 GPM</td>
<td>14 GPM</td>
<td>15 GPM</td>
</tr>
<tr>
<td>16 GPM</td>
<td>14 GPM</td>
<td>15 GPM</td>
<td>16 GPM</td>
<td>17 GPM</td>
</tr>
<tr>
<td>18 GPM</td>
<td>16 GPM</td>
<td>17 GPM</td>
<td>18 GPM</td>
<td>19 GPM</td>
</tr>
</tbody>
</table>

Table 3: Estimated daily water use in gallons for various farm animals

<table>
<thead>
<tr>
<th>Animal</th>
<th>Water Use</th>
<th>gals per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milking cows</td>
<td>1.5</td>
<td></td>
</tr>
<tr>
<td>Sprinkler cooling for animals</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Dry cow, beef cattle, or steers</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>Calves</td>
<td>1.0</td>
<td></td>
</tr>
<tr>
<td>1-month-old</td>
<td>1.5</td>
<td></td>
</tr>
<tr>
<td>2-month-old</td>
<td>2.0</td>
<td></td>
</tr>
<tr>
<td>3-month-old</td>
<td>2.5</td>
<td></td>
</tr>
<tr>
<td>4-month-old</td>
<td>3.5</td>
<td></td>
</tr>
<tr>
<td>5 to 14 months</td>
<td>4.5</td>
<td></td>
</tr>
<tr>
<td>Heifers</td>
<td>15 to 18 months</td>
<td>7.0</td>
</tr>
<tr>
<td>18 to 24 months</td>
<td>9.0</td>
<td></td>
</tr>
<tr>
<td>Sheep</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Horse or ponies</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>Swine</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Chickens (per 100 head)</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Turkeys (per 100 head)</td>
<td>15</td>
<td></td>
</tr>
</tbody>
</table>
The following recipe is very delicious and versatile cereal. The Triple Play serving suggestions at the bottom take it into many different directions. Though the recipe was created so kids could cook it, it tastes good and is good for people of all ages! Walnuts are high in antioxidants and are the only nut to contain a significant amount of omega-3's.

### Triple Play Walnut Crunch

**Savings: 12 • Prep Time: 5 minutes**

- 3 cups old-fashioned oats
- 1 1/2 cups California walnut pieces
- 1/3 cup brown sugar
- 3 tablespoons canola oil
- 1 tablespoon honey
- 1 1/2 teaspoons cinnamon
- 1/2 cup shredded sweetened coconut

Preheat oven to 350 degrees F. Spread oats and walnuts on a baking sheet that has a low rim, or use a roasting pan. Bake 8-10 minutes, stirring after 5 minutes, until the walnuts and oats smell toasted and start to brown. While oats and walnuts are toasting, combine brown sugar, oil, and honey and cinnamon in a large bowl. Ask a grown-up to help with this step. Pour hot oats and walnuts from the pan into the sugar mixture.

Add coconut. Stir all the ingredients together until evenly coated with the sugar. Mixture will look dry.

(Alice’s note: I was out of coconut and left it out—the recipe still tasted great!)

Line the baking pan with a piece of aluminum foil so it extends over the ends of the pan. Spray foil with cooking spray. Spread oat-walnut mixture onto foil. Bake 5 minutes. Remove from even and stir. Bake additional 5 minutes until toasted and golden brown. Remove from oven and stir again. Cool completely on pan. Break crunch into chunks. Lift edges of foil and pour crunch into an airtight container or plastic bag.

(Alice’s note: Check crunch about halfway during the last 5 minutes to make sure it is completely on pan. Break crunch into chunks. Lift edges of foil and pour crunch into an airtight container or plastic bag.)

TIP: Measure the honey in the spoon you used for the oil—the honey will slip right off the spoon!

### SERVING SUGGESTIONS

**Grand Slam Berry Crisp:** Put fresh or frozen berries in a small bowl and top with Triple Play Walnut Crunch. Microwave. Top with yogurt or milk.

**Healthy Crunch with raisins:** Add fresh or dried fruit to a bowlful of Triple Play Walnut Crunch. Top with yogurt or milk.

**Muffin and raisins:** Make red gelatin in a heart-shaped cookie cutter. Put fresh or frozen berries in a small bowl and top with Triple Play Walnut Crunch. Micro wave 1 minute or just until warm. Serve with vanilla yogurt or milk.

**Quick Side to your Lunch:** Pack a salad as a side or main dish. Select lite yogurt to cut back on added sugar and look for low-fat cheese made with 2 percent milk.

**Valentine’s Day Dessert:** Make red gelatin in a heart-shaped cookie cutter. Put fresh or frozen berries in a small bowl and top with Triple Play Walnut Crunch. Micro wave 1 minute or just until warm. Serve with vanilla yogurt or milk.

### Nutritional Information

- **Per serving:**
  - Calories: 90
  - Total Fat: 3 g
  - Saturated Fat: 0 g
  - Trans Fat: 0 g
  - Cholesterol: 0 mg
  - Sodium: 14 mg
  - Total Carbohydrate: 17 g
  - Dietary Fiber: 1 g
  - Sugars: 8 g
  - Protein: 3 g

**Source:** Recipe courtesy of Rosemary Mark for the Walnut Marketing Board.

### Candy Placement May Determine How Much You Eat

Candy’s Valentine’s Day with children or grandchildren without serving a lot of sugary, high-calorie food! Here are some suggestions:

- Cut out sandwiches with a heart-shaped cookie cutter.
- Use heart-shaped cookie cutter to cut individual hearts from pizza dough.
- Add a few drops of red food coloring to vanilla pudding, which was created so kids could cook it, it tastes good and is good for people of all ages! Walnuts are high in antioxidants and are the only nut to contain a significant amount of omega-3’s.

By Alice Henneman

UNL Extension Educator

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FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s Notes — Alice’s Analysis

Alice Doane
FCE Council Chair

Where oh where did 2006 go? When I look at the calendar for 2007, it is full. I wonder if I’ll be saying the same thing when we get to the end of 2007. I’m glad we just had snow on the last day of December and not all the ice in the central part of the state. I looked out the window, which has a plastic rail around it and saw snow stacking up to about eight inches. This is how it was in Kabul, Afghanistan.

Clearing Out and Cleaning Up

Start the New Year right with winter cleaning tips. Here are some easy-to-follow cleaning resolutions to get everything under control.

Restock
• Take inventory of your cleaning supplies. Store most frequently used items in a container that’s easy to carry from room to room.
• In bulk, store, and invest in duplicate sets of cleaning supplies so you can indulge in spur-of-the-moment cleanup supplies so you can indulge in spur-of-the-moment cleanups.

Refresh
• Free up the fridge by discarding leftovers.
• Use fabric refreshers to help remove odors from carpets, upholstery and curtains.
• Apply wrinkle-releasing spray to help make slipcovers and curtains look crisp and new.

Small changes can make a big difference.
• Add a coast rack or door hooks for an easy place to hang jackets and scarves.
• Confine stacks to certain areas of the house to cut down on clutter and eliminate wrinkles that might attract unwanted visitors.

Sort mail next to the trash or recycling container so junk mail doesn’t pile up.

Re-evaluate
• Review personal finances and check the care instructions for any special requirements.

Regular maintenance can help make slipcovers and upholstery and curtains look crisp and new.

FCE News & Events

Upcoming Leader Training Lessons

The following FCE and community leader training lessons will be presented at the Lancaster Extension Education Center or at creeky Road, Lincoln. If you are not an FCE member and would like to attend, call Pam at 441-7180 so informational packets can be prepared.

Thursday, Jan. 25 at 1 p.m.
— Credit: How Do You Score
This lesson will give ideas on going easier on the energy use and the budget by using simple energy conservation ideas. New products are available and product efficiency has increased! Participants will be able to identify five of ten energy-saving measures and apply them to their own home.

Thursday, Feb. 22 at 1 p.m.
— Easy on Energy: Tips for Conserving
This lesson will give ideas on going easier on the energy use and the budget by using simple energy conservation ideas. New products are available and product efficiency has increased! Participants will be able to identify five of ten energy-saving measures and apply them to their own home.

Thursday, March 1 at 1 p.m.
— Family Treasures
Participants will learn what’s in your credit record, who’s looking at it and how your credit record affect you? Why should you be concerned with your credit score? With this education program, find out answers to these questions and other helpful insights into managing your credit reputation.

Friday, Feb. 23, 5 p.m. to Saturday, Feb. 24, 5 p.m.
— Strengthening Family Treasures
A retreat designed for 5th grade girls and their mothers (or grandmothers or other adult females)

Building a Strong Family

How do you build a strong family? One of the very first things to do is to let every member know you love them. How do you do this? You start by telling them you love them from the time they are very young. No matter what age, we all need to be told we are loved. When we are very young, we all need to be told we are loved.

Have family meetings to see everyone’s point of view; discuss important events or items; sit down at the table and eat at least one meal together everyday; go to special events as a family.

Involving the whole family in large decisions such as moving or when changing jobs, etc. Teenagers may not like the change, however it will help the transition if you give them some control in the decision.

Even when you are frustrated or disgusted with their actions let your children know you love them. Wish them a good day as you send them off to school or play. Teenagers need to hear this even more than younger children. Children need to realize what you provide for them—a home, food, clothing, family support with an opportunity to get an education and the privilege to live in a “free” country.

When moving with children, if you have a choice of schools let them help make the decision.

Always hear all sides of the story in a discussion.

Be the parent, not always the friend.

Pick one night a week when everyone is home to have a “family night" (play games, watch a movie together, talk, laugh, look into the future and dream together).

Vacation (plan it as a family)—where to go, what to do and see, who to meet, how to get there.

Talk to and listen to each other.

After trying a “family night" one night a week for a month see what happens! Has your family become stronger as a result of this?

Take time to be a family and enjoy!

Adapted from: UNL Extension Educator Gigi Gardner

Happy New Years.
Three exceptional roses have been selected to be the All-America Winners for 2007. If you are planting roses this year, you may consider choosing one for your garden.

**Moondance**
As celestial and lovely as its name implies, Moondance is a floribunda characterized by large trusses of creamy white, beautifully formed flowers contrasted by very glossy dark green foliage. Upright and well branched, it is an extremely vigorous and tall plant and appear abundantly throughout the growing season. The delicate five-petaled flowers are two inches in diameter and are a deep coral-pink color with a yellow center finishing nicely to light coral. Rainbow Knock Out will have a nice display of blooms late into the season for a lovely fall bloom and while it does not exhibit a strong fragrance, the petals emit a delicate sweetbriar scent. Suitable for container growing in small spaces, this rose is the prefect accent to any garden. It is also winter hardy to zone 4 and is fully resistant to black spot, mildew and rust.

**Rainbow Knock Out**
Rainbow Knock Out is a bushy and compact landscape shrub rose with short stems bearing glossy, dark green leaves. Its blooms are single-form flowers that start out as pointed buds and emitting a delicate sweetbriar scent. Suitable for container growing in small spaces, this rose is the prefect accent to any garden. It is also winter hardy to zone 4 and is fully resistant to black spot, mildew and rust.

**Strike It Rich**
A modern version of the classic 1950 AARS award winner ‘Sunset Gold,’ Strike It Rich resembles its famous ancestor with strong spicy fragrance and heavy elm leaf beetle infestations and has brittle branches that break easily in storms. Royal Paulownia, or Empress Tree, is not adapted to Nebraska’s climate. It grows rapidly, but usually dies to the ground during each Nebraska winter. To avoid falling into the “super tree” trap, learn the characteristics of trees before purchasing them to ensure they match the intended objectives. Contact a reputable nursery or local extension office before making a purchase.

Source: All-America Rose Selections, www.ars.org

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**Beware of Misleading Tree Advertisements**

Late winter often prompts the common malady, the spring planting itch, in homeowners. Attempting to break the winter monotony and satisfy the “itch,” they thumb through spring nursery catalogs for garden seeds, flowers, trees and shrubs. However, homeowners need to be on their guard for advertisements with lofty promises. Seasonal magazines and newspapers are filled with advertisements for shade and ornamental trees. Beware of those that proclaim “super trees,” which usually have faults that need to be investigated before purchase.

Unsuspecting buyers are often lured by vivid descriptions of amazing growth and beauty. Generally, these advertisements refer to the tree by its common name only or an unfamiliar species.

Almost every year brings a new version of the “super tree.” The advertisements often feature exaggerated claims such as, “the tree soars into a magnificent tree in just one single year.” Prices often are exorbitant for the size and species of tree being promoted.

Two examples of such “super trees” advertised in the past are the Ulmus pumila and Royal Paulownia. It is true that both trees grow rapidly; however, Ulmus pumila is the scientific name for the common Siberian elm, which is non-native, short-lived, susceptible to heavy elm leaf beetle infestations and has brittle branches that break easily in storms. Royal Paulownia, or Empress Tree, is not adapted to Nebraska’s climate. It grows rapidly, but usually dies to the ground during each Nebraska winter.

To avoid falling into the “super tree” trap, learn the characteristics of trees before purchasing them to ensure they match the intended objectives. Contact a reputable nursery or local extension office before making a purchase.

Source: Dennis Adams, Nebraska Forest Service

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**Sign up for Free E-mail Horticulture Newsletter**

**HortUpdate** is a FREE e-mail newsletter from the University of Nebraska-Lincoln Extension which provides timely information to the lawn and landscape industry. This e-mail includes current lawn and landscape recommendations and a seasonal ‘To Do’ list. To subscribe, go to http://extensionhorticulture.unl.edu and submit request.
Attract More Birds by Offering a Variety of Seeds, Feeding Locations

Backyards in Nebraska are common sites for at least 15 to 20 species of birds. In addition to evergreen trees and shrubs and flowers providing basic habitat, a bird feeder can bring birds out and close where you can watch them. To enjoy observing such great diversity when feeding birds, it is important to offer a variety of food sources in a safe, accessible location.

Bird feeders can range from seeds and fruit to insects or nectar. But regardless of these preferences, your feeder will attract more birds if the food is in place before the first cold spell. In fact, when severe weather strikes for several days in a row, supplemental food can increase survival rates, mostly because natural food sources are covered in snow and ice or just not available. Extreme weather conditions create a need for protection against the wind as well. An ideal location for feeders is an open area sheltered from strong winds and within 10 feet of cover. Not only does this provide protection from the weather but a place for quick escape from predators as well.

It is a good idea to keep feeders a safe distance from windows to help decrease the occurrence of window collisions. Alternatively, placing feeders fairly far away from windows can prevent injuries because the birds can see the window or, if they should strike the window when taking off from the feeder, they won’t be flying very fast. Birds often see windows as an open flight path from feeding to feeders. Feeders can be bought commercially or made at home. A good feeder should protect the seed from the rain and snow, dispense feed gradually to reduce spillage and be easy to clean and fill. Hopper-style feeders are most common, but other types include specialty feeders for thistle seed and counterbalanced feeders. Some feeders are designed to sit near ground level, while others can be hung above or on mounted. Remember to keep bird feeders clean and disinfect them on a regular basis. Disease is more likely to spread in areas where a large number of birds congregate. Remove wet food and keep spilled seed and hulls raked to prevent the growth of mold.

There is a wide variety of seeds to choose from. The most widely preferred seed is small, black oil-type sunflower seeds because they are high in energy and have thin, easy to crack shells. However, white proso millet, finely cracked corn, safflower and unsalted nutmeats are good options to try. Regardless of the specific seeds used, all feed needs to be fresh. Often-times commercially packaged mixtures are convenient but contain high amounts of filler seed that go to waste. It often is a better option to buy quality seeds that birds will prefer in bulk and mix at home. Fresh bulk seed is most commonly found in stores specializing in feeding birds. Grit and suet are two optional supplements increasing the likelihood of birds visiting a feeder. Grit is used in the winter as a bird survival strategy to grind down feed and also serves as a source of calcium. Sand, fine poultry or canary grit, eggshells or crushed limestone can be mixed with the seed or placed in a tray or on the ground.

Suet orhard beef fat is available in commercial no-melt packages or directly from the butcher or grocery store. Factoryroduced suet made of animal fat mixed with other ingredients like seeds or nutmeats are an excellent source of energy for birds over the winter months. Suet can be fed in onion or orange sacks and in suet feeders or on near trees and wooden posts. Keep suet high and out of the sun to prevent melting.

Overall, it is fun and educational to experiment with different food in various locations to determine what best suits the area and interest level.

Win Wild Bird Seed Mix Recipe
You can make your own mix. It may cost you a little more initially, but you’ll have far less waste, so you’ll end up saving money. Try this blend:

- 25 pounds of black-oil sunflower seed
- 10 pounds of white proso millet
- 10 pounds of cracked corn
- Pour the seeds into a rodent-proof, metal container and mix well. A new, clean metal trash can works well.
- Your container should be stored in a dry, cool place like an unheated garage.
- Keep suet high and out of the sun to prevent melting.
- Store in a cool place like an unheated garage.

Grit and suet are two optional ingredients. Seeds like sunflower or canary seed are a good source of energy and have thin, easy to crack shells. However, white proso millet, finely cracked corn, safflower and unsalted nutmeats are good options to try.

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Overall, it is fun and educational to experiment with different food in various locations to determine what best suits the area and interest level.

Source: Ron Johnson, Ph.D., UNL wildlife specialist

For more information about bird feeding:
- Nebraska Game and Parks Commission
- American Goldfinch

American Goldfinch

Honey bees have five eyes—two compound eyes and three simple eyes. Drones have bigger compound eyes than either workers or the queen, probably an advantage in locating the queen during the nuptial flight.

Honey bees see colors, but not all the same ones we see. Humans see all colors of the rainbow, whereas bees see only ultraviolet, yellow, green, blue, indigo, violet. Honey bees cannot see in the red end of the spectrum. To a bee, red looks black. But, bees can also see in the ultraviolet range, which is invisible to humans. They also can see polarized light.

Honey bees have been producing honey for at least 150 million years. Prehistoric humans robbed feral hives for honey, but actual beekeeping began about 4000 BC. Advanced beekeeping existed in Egypt, during the time of pharaohs and honey is mentioned repeatedly in the Bible.

The area now comprising Israel and the Palestine autonomous region was referred to as “the land of milk and honey” (Exodus 3:8).

Ancient Romans referred to the honey bee as the “white man’s flies”.

Early beekeepers were members of the clergy. They kept hives for the beeswax, used for church candles.

At least 80 percent of the pollination of the world’s crops, vegetables and fruit trees in the U.S. is accomplished by honey bees.

A queen is the largest bee in the hive. She can lay up to 3,000 eggs per day.

Drones have no stinger and no other purpose than to mate with a queen when she is ready. In the fall, they are uncharitably driven out of the hive to die.

To make one pound of honey, honey beekeepers collect about 50,000 miles and visit approximately two million flowers.

One average worker bee will make only 1/2 teaspoon of honey in their lifetime.

Honey bees will visit between 50-100 flowers during one collection trip.
Meet the 2007 Lancaster County 4-H Council

Lancaster County 4-H Council represents the interests of youth, parents and leaders. 4-H Council is responsible for planning long- and short-term goals and policy for Lancaster County 4-H. They also raise funds by staffing a snack booth at the Lancaster County Fair. These funds help support 4-H programs, activities and scholarships. The following are members of this year’s 4-H Council:

- Ellen Muelsing (President)
- Brad Morgan (Vice President)
- Paula Petersen (Treasurer)
- Marnian Hanigan (Secretary)
- Vicky Austin
- Britta Doeschot
- Stephanie Doeschot
- Kirk Gunnesson
- Chris Scow (Vice President)
- Morgan Gunnerson
- Vicky Austin
- Britta Doeschot
- Stephanie Doeschot
- Kirk Gunnesson

Meet 4-H Teen Council

The Lancaster County 4-H Teen Council is a leadership organization for youth in grades 7–12. Members are involved in several leadership activities such as organizing the annual 4th & 5th Grade Lock-In and the Ice Cream Social at the Lancaster County Fair. Teens also participate in community service projects.

More than 40 Lancaster County 4-H youth are part of 4-H Teen Council in the 2006-07 year. Officers are:

- President — Marnian Hanigan
- Vice President — Brad Morgan
- Secretary — Christina Mayer
- Treasurer — Grace Farley
- Historians — Eliza Hammond and Abbie Gabel
- Adult Advisor — Marilyn Schepers

Meetings are held the second Sunday of each month at 3 p.m. at the Lancaster Extension Education Center. New members are always welcome! Contact Tracy Kulm at 441-7180 or tulm1@unl.edu for more information or to join.

SPOTLIGHT ON A 4-H CLUB

Friends 4 Ever

The Friends 4 Ever 4-H Club formed in November 2005 as a Clover Kids club (for youth ages 3–8). Roberta Sandhorst is organizational leader and the club’s six members live in the same neighborhood. They meet every two weeks after school. At last year’s Lancaster County Fair, all members entered hand sewn purses in the Clover Kids static exhibit area. One of the member’s older siblings belongs to the 4 Ever Cool 4-H club, which hosted a Halloween party for the Friends 4 Ever club. The Friends 4 Ever held their own Christmas Party. Members are currently having a great time working on their crocheting project. According to Roberta, “The girls love every minute of it.”

Lancaster County 4-H Clubs are encouraged to submit their club happening to The Nebraska. Send to youthclub@unl.edu or mail Attn: Vicki, UNL Extension in Lancaster County, 444 Cherry creek Road, Suite A, Lincoln, NE 68528.

Volunteer R&R in Norfolk, Feb. 24

A Volunteer R&R (Retool & Relieve) will be held Saturday, Feb. 24, 9:30 a.m.–3 p.m. at the University of Nebraska-Lincoln Northeast Research and Extension Center in Norfolk. The focus will be youth development, healthy lifestyles and family and consumer sciences. Each participant will be able to attend four workshops of their choice and receive hands-on ideas.

Registration for the training is $30 and is due by Feb. 9. Lancaster County 4-H Council will reimburse all Lancaster County 4-H leaders who attend this training. The fee includes four workshops and lunch. A detailed program and registration information is available at http://4h.unl.edu or contact Tracy at 441-7180 for more information.

4-H Winter Warm Up Volunteer Training, Feb. 12

Nebraska 4-H volunteers have an opportunity to gain new ideas related to a variety of 4-H projects. A statewide training will be delivered via satellite at the Lancaster Extension Education Center, 444 Cherry creek Road, Lincoln on Monday, Feb. 12, 7–7 p.m. Anticipated programs include hands-on ideas to use with your club in horticulture, home environment and equine. There will also be a shooting sports overview. In addition, Aaron Davis will present a motivational session stressing the importance of working with youth. Please sign up for the program by contacting Tracy by Friday, Feb. 9 at 441-7180.

Nominate Your Favorite 4-H Volunteer!

A “Heart of 4-H Award” is awarded to a Lancaster County 4-H volunteer each month. A favorite volunteer or leader by submitting the following form (also available online at lancaster.unl.edu). Nominations of co-volunteers accepted.

I, _____________________________________________________________________________
___________________________________________________________
_______________________________________________________________________________
_______________________________________________________________________________

Please explain why you are nominating person (s) (Use additional paper if needed)

4-H & Youth
February 2007
Lancaster County 4-H and 4-H Council invite 4-H’ers and their families to
Achievement Night
Tuesday, Feb. 6
6 p.m. Early Tours of UNL College of Journalism and Mass Communications
6:30–8 p.m. 4-H Award Presentations, Refreshments
*Tour includes newsroom, broadcast booth and radio station — if you want to skip early tour, you may arrive at 6:30 p.m.
Please call 441-7180 to RSVP by Feb. 2 (indicate if you wish to join an early tour)
University of Nebraska–Lincoln City Campus
Andersen Hall, 15th & R Streets
Directions and parking: From 16th and Q Streets, follow Q one-way west to parking lot east of Andersen Hall (signage will indicate as University parking)(no cost for 4-H families to park during event)
4-H members, 4-H clubs and 4-H leaders will be recognized for their 2006 achievements. Lancaster County 4-H congratulates all 4-H youth who work throughout the year on their 4-H projects and commit themselves to excellence! We also thank the 4-H leaders who volunteer their time and talents to youth!

4-H Projects Update
The new 4-H project manuals, “Sketchbook Cross-roads — Drawing, Fiber and Sculpture” and “Portfolio Pathways — Painting, Printing and Graphic Design” are now available and will replace “Celebrate Art” and “Art in Your Future.” New 4-H fair entries reflecting these manuals will be added to the Home Environment area in the 2007 Lancaster County Fair Book. The “Celebrate Art” and “Art in Your Future” fair entries will be the same as last year, but will be county-only entries (not eligible for state fair).

4-H Photography Nebraska Themes
The 4-H Photography Nebraska Theme Exhibit Print themes have been announced. Exhibit print must portray Nebraska. May be taken with digital camera.
• Unit II “What I Want to be When I Grow Up” — people, places or concepts representing careers.
• Unit III “To Infinity and Beyond” — the exploration of science and technology or “It’s not your Grandfather’s Ag” — new trends in agriculture.

Clover College Instructors and Volunteers Needed
The 2007 4-H Clover College will be Tuesday, June 19–Friday, June 22 at the Lancaster Extension Education Center. Clover College is four days of fun-filled, hands-on workshops for youth ages 6 and up. If you have workshop topic ideas, or if you would like to teach a workshop or volunteer to help, please contact Tracy at 441-7180. All help is very much appreciated!

4-H Rabbit Show, March 31
The Spring Rabbit Show will be held on Saturday, March 31 at the Lancaster Event Center, 84th & Havelock, Lincoln. Registration is from 7:30 to 9 a.m. and show starts at 9:30 a.m. Trophies and ribbons will be awarded. Classes for youth ages 8-19 include fancy rabbits, commercial rabbits and pet class—small registration fee per class. All rabbits must be tattooed in the left ear and brought in solid bottom cages.

The Show is sponsored by 4-H Rabbit VIPs Committee and Rabbits ‘R Us 4-H club. For more information, call Marty at 441-7180.

Goat Trophy Sponsors Needed
Sponsors are needed for 4-H goat trophies at Lancaster County Fair. If you would like to sponsor one ($15 each) or more trophies ($150 would cover all trophies), please contact Deanna Karmazin at 441-7180.

Art Projects Update
The new 4-H project manuals, “Drawing, Fiber and Sculpture” and “Portfolio Pathways — Painting, Printing and Graphic Design” are now available and will replace “Celebrate Art” and “Art in Your Future.” New 4-H fair entries reflecting these manuals will be added to the Home Environment area in the 2007 Lancaster County Fair Book. The “Celebrate Art” and “Art in Your Future” fair entries will be the same as last year, but will be county-only entries (not eligible for state fair).

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All Riding Skills Level Tests Must be Done in Group Testings
Attention all Lancaster County 4-H horse riders: all riding skills level tests must be done in group testings! The dates and locations for the 2007 Advancement Level Testing are as follows:
• April 24 6:30 p.m. Lancaster Extension Education Center Warm-Up Arena
• May 8 6:30 p.m. Lancaster Event Center Warm-Up Arena
• June 9 9:00 a.m. Location TBA
• June 26 6:30 p.m. Lancaster Event Center Warm-Up Arena
• July 2 6:30 p.m. Lancaster Event Center Warm-Up Arena
• Sept. 29 9:00 a.m. Location TBA
   Please RSVP at least one week in advance of the test date to Marty at mcruickshank@unl.edu or 441-7180. Riders wishing to complete their level IV in 2007 should contact Marty as soon as possible.
   Riders must be 12 years of age and have a level II in order to compete at the State 4-H Show in Grand Island. District and State entries are due May 11. Anyone wishing to complete their levels II and III in order to compete at the state show must get their testing done before the May 11 date.
It all started with two blokes coming into a bar with ten thousand dollars—we've come a long way from there,” said Brito Mutunayagam. “Nearly impossible dream.” At the end of the semester was that Panama had a much greater need for a fire barn than the one they had originally planned. The fire barn would be available from the district, even if a community center was met with resistance. After construction, the operating and maintenance costs would be shared between the village and the fire district. The fire barn is a Firth Fire District operation, not a Panama deal, Brito clarified. “What we are trying to do is give a persuasive argument to the fire district that Panama would be very excited to host the fire barn.”

Throughout the entire planning process, one thing was very clear: everyone understood that the proposal of an integrated fire barn and community center was met with resistance. The project started out as a “nearly impossible dream.” However, the community-their advocacy that a community center in Panama would be for Panama, as most other community centers already have their own community center.

Brito’s experience helping develop small communities has led him to firmly believe in the plucky attitude of small Nebraska towns. “Small town people in Nebraska will not let their towns die. Economically they may come across as ‘not sustainable’, but our towns have survived in spite of that,” he said. “As for my career, I felt it was important to me as a planner to help them better understand their options. I think it helped me with my presentation skills. As for my career, I felt it was important to me as a planner to help them better understand their options. I think it helped me with my presentation skills. As for my career, I felt it was important to me as a planner to help them better understand their options. I think it helped me with my presentation skills. As for my career, I felt it was important to me as a planner to help them better understand their options. I think it helped me with my presentation skills. As for my career, I felt it was important to me as a planner to help them better understand their options. I think it helped me with my presentation skills.
EXTENSION CALENDAR

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

January
22 Family & Community Education (FCE) Council Meeting, Parthenon Restaurant, 5500 S. 56th St. 12:30 p.m.
23 Guardianship Training 1.30–4:30 p.m.
24 4-H Trap Shooting Meeting 7 p.m.
24 “ABC’s for Good Health” Class 1 of 3 10 a.m.–12:30 p.m. or 6–8:30 p.m.
25 FCE & Community Leader Training “Credit: How Do You Score?” 1 p.m.
27 Horse Course Testing Party 10 a.m.
30 Private Pesticide Applicator Training 8:30–11:30 a.m. and 1:30–4:30 p.m.

February
3 4-H Beef Weigh-In, Lancaster Event Center - Pavilion 2 8–11 a.m.
6 Commercial Pesticide Applicator Initial Training 9 a.m.
6 4-H Achievement Night, UNL Andersen Hall 6–8 p.m.
6 Commercial Pesticide Applicator Recertification Training 6:30–9:30 p.m.
9 Extension Board Meeting 8 a.m.
10 Private Pesticide Applicator Training 8:30–11:30 a.m.
11 4-H Teen Council Meeting 3 p.m.
12 4-H Leader Training 7 p.m.
20 Guardianship Training 1:30–4:30 p.m.
20 Acreage Insights Rural Living Clinic, “Landscape Design Basics” 7–9 p.m.
22 FCE & Community Leader Training, “Easy on Energy: Tips for Conserving” 1 p.m.
23–24 Strengthening Family Treasures: Daughter/Mother Camp, Carol Jay Holling Center 5 p.m.–5 p.m.

Winter Photography Workshop Feb. 2–4
The 5th annual Winter Photography Workshop will be held Feb. 2–4 at the Nebraska State 4-H Camp near Halsey. Work and learn side by side with world-class photographers: Joel Sartore of National Geographic; Randy Hampton, photojournalist and teacher; Bob Grier of NEBRASKAland; and Bob Berry, sports photographer.
Photographers of all skill levels ages 15 and up are invited to sign up. Cost is $199 for adults and $125 for youth ages 15–19. All meals, lodging and snacks provided. Registration is due Jan. 27. For more information, please call Dr. Kathy Anderson at 472-6414 or Fran Minnaert at 472-6411.

Your 4-H Talent Can Lead to an Exciting Career!

The College of Education and Human Sciences offers 56 degree programs which can lead you to an exciting career!

Nutrition Scientist
Early Childhood Educator
Apparel Designer

For more information, call (800) 742-8800, ext. 0695 or go to http://cehs.unl.edu

Equestrian Academy, Tuesdays, Jan. 30–March 6
University of Nebraska and Purina Mills present “Equestrian Academy – Equine 104” to help horsemen become more knowledgeable horse owners. The classes will be held every Tuesday night Jan. 30 through March 6 from 7–9 p.m. at Chase Hall on UNL East Campus, Lincoln. Course fee is $80 per participant, pre-registered, or $15 per session. Registration forms available from your local Purina Dealer and the extension office. DVDs will be for purchase, $75 of the entire course, $20 per session. For more information, please call Dr. Kathy Anderson at 472-6414 or Fran Minnaert at 650-6150.

Horsin’ Around, Feb. 17–18
The 14th annual Horsin’ Around will be held Feb. 17 and 18 in the RB Warren Arena in the Animal Science building on UNL East Campus, Lincoln. Featured clinician this year is Andy Moorman, an AQHA Professional Horseman who has coached some of the county’s most successful riders.
Cost, if you pre-register, is $25 for both days or $15/day for adults. Youth $15 for both days or $10/day. Pre-registration closes Feb. 9. Cost at the door if available is adult $35 both days or $20/day. Youth $25 both days or $15/day.
For more information and registration forms, go to http://animalscience.unl.edu/horse/horsinaround.htm or contact Kathy Anderson at 472-6414.

The Nebline
The Nebline is published monthly (except December) and mailed to more than 10,500 households in Lancaster County.

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Lancaster Extension Education Center
Conference Facilities
444 Cherry Creek Road, Lincoln
Explore Career Options at Big Red Academic Camps

The 2007 Big Red Summer Academic Camps are a chance for high school youth to spend time investigating an interesting or potential career, explore the UNL campus, meet people from across the state and have lots of fun. Held in June, Big Red Summer Academic Camps features 10 career exploration camps hosted by Nebraska 4-H and UNL faculty members. The camps are residence camps held on the University of Nebraska–Lincoln campus. Housing and food are provided.

After spending several fun-filled days exploring a specific topic such as movie-making or fashion design, youth showcase their work at a special "capstone event" which family members are invited to attend. Brochures and registration forms are available at http://bigredcamps.unl.edu or at the extension office.

Applications Open for 4-H Camp Staff

• Camp Counselors — Youth ages 15–19 who assist with cabin supervision and leading of camp programs. Join over 150 volunteer teens in providing valuable leadership to a group of campers by day and assist with cabin supervision at night. Camp counselors are scheduled according to their availability and counseling is a fantastic leadership experience for any young person. Application deadline is March 15.
• Cabin Mentors — Youth ages 17 and up who provide cabin supervision and assist in leading camp programs. Mentors receive an honorarium for their service and are scheduled according to their availability. Perfect for high school youth who need a fun getaway from their full time summer job. Mentor for a few days or for the entire summer — the choice is yours! Application deadline is March 15.

The University of Nebraska–Lincoln Extension 4-H youth development program is open to all youth ages 5–18. A learning-by-doing program, 4-H teaches practical skills and develops life skills. Youth can choose from more than 150 projects — project manuals are written by university experts. There are three ways to join 4-H:

• Help Form a New 4-H Club
   Families are encouraged to help organize a new club — which is a lot easier than you may think! 4-H staff provides guidance and resource materials. Clubs range from 5 to 60 members and are led (or co-led) by club leaders — often club members’ parents. Members choose their own club officers and set up their own meeting schedule. Parents are encouraged to attend meetings. In most clubs, members complete several projects a year.
• Join an Existing 4-H Club
   Lancaster County has more than 100 4-H clubs. Currently, there are more youth becoming independent 4-H members. This means you don’t belong to a formal club, but work on 4-H projects on your own.
• Be an Independent Member
   With family schedules becoming increasingly busy, more and more youth are becoming independent 4-H members. This means you don’t belong to a formal club, but work on 4-H projects on your own.

For more information about Lancaster County 4-H, go to lancaster.unl.edu/4h or call 441-7180.

FREE Handwashing Poster!

Download a copy of this FREE handwashing poster with directions in English and Spanish at http://lancaster.unl.edu/food/wash-your-hands.shtml

The poster is a joint project of the Lincoln-Lancaster County Health Department and University of Nebraska-Lincoln Extension in Lancaster County.