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UNL College of Ag and Natural Resources

Turns Talents into Rewarding Careers

Gary C. Bergman
Extension Educator

For high school graduates, deciding on what to do in life can be a difficult decision. The cost of a post-secondary education — and the time required to earn a degree — makes it a major economic decision as well. Arguably, continuing your education is the best investment you can make. Studies on career earnings typically demonstrate the rewards of a better paycheck and quality of life are tied directly to a person’s level of education.

It has been said if you find something you love to do, then you will never have to work a day in your life. With that in mind, it makes a lot of sense to explore college majors and career goals which align with your interests, talents and passions. Participating in 4-H or FFA projects is one way youth can discover their talents. Youth can also turn to adult mentors for guidance.

“Find something you love to do and you’ll never have to work a day in your life.”

Harvey Mackay, author

Norris FFA Advisor Doug Malone emphasizes career exploration in his classroom lessons and takes students to career shows. “We talk about careers which are ag-related beyond ag production,” says Malone. “Norris is basically an urban school — we have close to 80 kids involved in FFA and only 10 to 12 are farm kids.”

High school senior Brandon Lesoing (right) had help choosing a college and major from Norris FFA Advisor Doug Malone (left).

The University of Nebraska–Lincoln College of Agricultural Sciences and Natural Resources (CASNR) offers a wide variety of majors which can lead to an endless number of career opportunities. CASNR can help students identify their talents and choose a career pathway.

Brandon Lesoing, a high school senior at Norris, has decided to major in Agribusiness at CASNR. “I knew I wanted to go into something ag-related, and I also had an interest in business and banking,” says Lesoing. “When I went to an open house on UNL East Campus, they had information about Agribusiness, so that made the choice easy. I met Professor of Agricultural Economics Ron Hanson, who helped me. He told me some of the benefits of the major and what careers it could lead to.”

Jessalyn Schrock is a sophomore at CASNR with double major in Agricultural Journalism and Animal Science. Her previous involvement in numerous 4-H activities as a youth helped her feel at home on UNL’s East Campus. Last summer, Schrock did an internship with UNL Professor Rosemarie Nold, assisting with the annual Premier Animal Science Events (PASE) and working on statewide animal identifications.

“The University is not just about school and homework, but connections with students, faculty and people in the industry,” says Schrock. Schrock’s goal following graduation is to work in the public relations field for a cattleman’s or breed association. see CASNR on page 11
The 2007 Crop Protection Clinics sponsored by UNL Extension topics will address new problems, new products and recommendations for crop management in Nebraska.

A Crop Protection Clinic will be held on Monday, Jan. 22 at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. Registration begins at 8:30 a.m. and the clinic runs from 9 a.m. to 4:30 p.m. The registration fee is $30 and includes meals, refreshments and resources such as the 2007 Guide for Weed Management in Nebraska.

Extension specialists in weed science, plant pathology and entomology will cover the "hot" topics in the crop protection industry and share objective, research-based information to help you diagnose, manage or control weeds, insects and diseases in your fields.

The following topics are scheduled so far:
- Alfalfa Insect Management
- Glyphosate-Resistant Marestail
- Northern Corn Rootworm
- Lovemark View
- Herbicide Tolerance
- Management of Glyphosate-Resistant Marestail
- Crop Plant Category and Crop Protection
- glyphosate-resistant weeds in Nebraska—marestail, also known as horseweed.

UNL researchers have confirmed the first glyphosate-resistant weed species in Nebraska—a marestail, also known as horseweed. While Nebraska researchers first suspected resistance had developed almost a year ago, it took tests and growing plants from last year's seeds to confirm it. Weed resistance usually results from repeated use of the same herbicide. Widespread use of glyphosate-tolerant crops and repeated use of glyphosate herbicide has resulted in selection pressure on weed populations in recent years. Prior to the introduction of glyphosate-tolerant crops only a few weed species (eg. ryegrass and goosegrass) had developed resistance to glyphosate worldwide.

However, the number of glyphosate-resistant weeds tripled in just over eight years of repeated glyphosate use over a large land area (over 50 million acres) due to introduction of Roundup-Ready crops. Current examples of glyphosate-resistant weeds in the United States include: pigweeds, lambsquarters, giant ragweed, common ragweed, Palmer amaranth and marestail.

Glyphosate-Resistant Marestail Confirmed in Nebraska

The applicator can read the test questions and 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 then bills private applicators a $25 license fee. Allow approximately three weeks for the application to be processed and the license to be mailed to the applicant. The license is good for three years, expiring on April 15, 2010 for those who registered in 2007.

Five Private Pesticide Applicator Training Sessions will be offered this winter at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. No pre-registration required. There is a $61.65 extension training fee.
- Thursday, Jan. 18, 8:30–11:30 a.m.
- Tuesday, Jan. 30, 8:30–11:30 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 of receiving certification can be done at any time throughout the year. The study book may be picked up weekdays 8 a.m.–4:30 p.m. at the Extension office. There is a $30 materials fee. The applicator can read the chapter, complete the test questions and bring the book back to the office where the test will be graded. Most people can complete the home study course in three to four hours.

Commercial Pesticide Applicator Training

Commercial applicators are persons who apply restricted-use pesticides for any purpose on any property other than property owned or rented by the applicator or their employer for hire or for compensation. Commercial applicators shall also include any person who applies lawn care or structural and ornamental pest control services, whether restricted- or general-use, to any property of another person. Public employees (employed by a town, county, state) applying mosquito control pesticides whether restricted- or general-use, will 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 recertification sessions is $30. The training fee for adding one or more categories to an existing certification is $15. Note: 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 confirm which examinations will be offered on a given day.

Commercial applicators meeting the requirements for certification or re-certification will receive an invoice from the Nebraska Department of Agriculture for $80 for the license fee. Initial Commercial Certification training and testing sessions will be offered on Feb. 6, March 1, and April 10 at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. The general standards session will begin at 9 a.m., and the other categories at 1 p.m. or 3 p.m.

It is highly recommended that you complete and review written study materials prior to attending the training session for initial certification. This will greatly improve your chances of passing the written examination. 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://pested.unl.edu/pat/.

Commercial Recertification Training Sessions will be offered on Thursday, Feb. 8 and Tuesday, March 20 at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. The general standards session will begin at 9 a.m., and the other categories at 1 p.m. or 3 p.m.

Note: There are no certification training sessions for Pesticide Applicators: Agricultural Pest Control - Animal, Forest Pest Control, Wasp and Bee Control,; Metro Sodium, Wildlife Damage Control, Seed Treatment, Regulatory Pest Control (subcategory) and Demonstrated Use Pest Control (subcategory). There are self-study materials available which will prepare the applicator to take the written examination. However, one Roundup-Ready crop is grown after another. Therefore, production of herbicide tolerant technology, as a component of an integrated- weed management program, is one of the key long-term barriers of this technology while avoiding many concerns about its use or misuse. More details about glyphosate-resistant marestail will be provided during the Crop Protection Clinic. Resistance in Nebraska and other UNL extension programs.

Upcoming pesticide Applicator trainings are repeated 1:30–4:30 p.m.

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Shelterbelts should contain a broad diversity of trees and shrubs — no more than 20% of any single species.

Salt Damage to Plants

More people only think of salt damage and how it affects their cars. Salt becomes toxic to plants when it dissolves in water — the sodium and chloride ions separate. Sodium ions in the salt replace the needed nutrients phosphorus and potassium in the soil, making them unavailable to the plant. Salt absorbs water causing root dehydration, changing root physiology and causing additional plant stress. Meanwhile, chloride ions are absorbed by the roots, transported to the leaves and accumulate there interfering with photosynthesis by impacting chlorophyll production.

In examining plants to determine if road salt is causing damage, be sure to note which side of the plant has more severe symptoms. Damage should be more severe on the side facing the road, with the plants closest to the road most severely affected. Usually, evergreen damage appears in late winter, with needle browning beginning at the tip. Snow covered branches will be less affected than those exposed to salt spray, and branches above the spray zone show less symptoms.

It is more difficult to diagnose spray damage on deciduous plants. Usually, leaf buds facing the road are larger and/or die slow to tree buds facing the road often fail, but the unaffected side of the tree or shrub flowers normally.

Roughly 50% of grasses and legumes can take salt, too. As an added bonus, numerous cultivars exist, with an array of color and fragrance.

University of Nebraska-Lincoln Extension presents a series of programs, entitled Acreage Insights-Rural Living Clinics, targeting acreage owners and specifically designed to provide knowledge and skills to better manage a rural living environment. The following clinics will be held in Lincoln at the Lancaster Extension Education Center, 44 Cherry Creek Road from 7–9 p.m. For more information, contact Sarah Browning at (402) 727-2775.

<table>
<thead>
<tr>
<th>Date</th>
<th>Clinic Title</th>
<th>Location</th>
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<tbody>
<tr>
<td>Tuesday, Jan. 16</td>
<td>Melons, Squash &amp; Gourds</td>
<td>Lincoln—Jan. 16</td>
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<tr>
<td>Tuesday, Feb. 20</td>
<td>Landscape Design Basics</td>
<td>Lincoln—Feb. 20</td>
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<tr>
<td>Tuesday, March 20</td>
<td>Farming for Farmers Markets and Direct Markets</td>
<td>Lincoln—Mar. 20</td>
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<tr>
<td>Tuesday, April 17</td>
<td>Management of Small Ponds</td>
<td>Lincoln—Apr. 17</td>
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To register for a clinic, mail the completed registration form and $10/person to: University of Nebraska-Lincoln Extension, 1206 W 23rd St, Fremont, NE 68025. (Checks only please.)

We assure reasonable accommodations under the Americans with Disabilities Act. For assistance, or if you require language interpretation, contact Extension in Dodge County at (402) 727-2775 three weeks prior to date of clinic.

Please check which clinic(s) you are registering for:

- Melons, Squash & Gourds
- Landscape Design Basics
- Farming for Farmers Markets and Direct Markets
- Management of Small Ponds

Mail completed registration form and check (payable to UNE Extension) to:
UNE Extension in Dodge County
Acreage Insights
1206 W. 23rd St.
Fremont, NE 68025

registration fee

$10/person advanced registration

Pre-registration deadline is 3 working days before clinic.

Name(s) ____________________________
Address ____________________________
City, State, Zip ____________________________
Phone ____________________________

 jeg, you may need to refer to the information here and use it to answer any questions or solve any problems that you encounter. The information is as follows: 

- More than 150 years, trees and shrubs have been planted to protect people, livestock and soils from the harsh Great Plains climate.
- Shelterbelts typically are associated with farms and ranches, they also are used to protect and improve important community features such as parks, schools, large public properties, agencies, subdivisions and commercial areas. Shelterbelts also provide habitat for wildlife. Help reduce snow drifting and help screen unsightly views.
- Shelterbelts became very common in the Great Plains during and immediately following the Dust Bowl years of the 1930s. Such plantings were promoted by state and federal governments to help prevent soil erosion and improve crop production. The shelterbelt design has changed little from that era. Most still consist of just a few species of plants, including a row or two of evergreens, planted in straight lines. Time has proven this traditional method of design to have several shortcomings:

- A lack of diversity can lead to large sections of a shelterbelt dying quickly when certain diseases, insect pests or weather events impact a planting. Recently, this has become a very serious problem in southeast Nebraska with the sudden loss of many Scotch pines (Pinus sylvestris) from pine wilt disease. Scotch pine is becoming the most commonly planted tree around farms and acreages and it is possible that billions of trees in the region could die in the coming years.
- Evergreens planted in rows can suffer from several needle blight diseases in the more humid air of eastern Nebraska.
- Species choices often do not reflect soil and topographical changes that occur within the planting line of many shelterbelts.
- To help improve the long-term success of shelterbelt plantings and in around communities, the Nebraska Statewide Arboretum has developed the following design recommendations.

- Shelterbelts should contain a broader diversity of trees and shrubs than they have in the past. This does not mean planting one of everything, but rather the use of several species in complementary groupings. A good rule of thumb is to limit any single species to no more than 20 percent of the total Nebraska.
- In the more humid air of eastern Nebraska, evergreen trees are often more prone to foliar diseases. This is especially true where trees are planted tightly together, as in many older shelter plantings. For this reason, new shelterbelts in eastern Nebraska should never be a solid wall of evergreens, but should include many deciduous trees and shrubs. In fact, it is very possible to have an effective shelterbelt here with no evergreens at all.
- In the more arid western Nebraska, evergreens are less prone to foliar diseases and in general are better able to survive the frequent drought conditions than most deciduous types. As such, evergreens likely will be a larger component of a shelterbelt in the western part of the state.
- Several species of deciduous trees and shrubs hold their leaves well into winter or have dexterous branching that allows them to block more winter wind. Such plants can be used as alternatives to evergreens and include white oak, swamp white oak, shingle oak, boxelder maple, wayfaring tree, viburnum and American hazel among others.
- Species selection should better reflect soil conditions. More specifically, species should better reflect soil changes when soils move from dry uplands to wetter bottom areas. Many shelter plantings go up and down slopes without any change in species.

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Determining Houseplant Problems

Girdling Roots on Trees

Trees can slowly weaken and die over a period of years from root girdling. Roots begin to grow around the base of the trunk and cut off or restrict the movement of water, plant nutrients and stored food reserves.

Over time, growth of the branches on the side of the plant affected will be slowed by the girdling. As the trunk progresses, leaves will become smaller and lighter green, fewer leaves will be produced and eventually the branches will begin to die back. The entire plant can occur in five to 20 years. Watering, fertilizing and pruning will do little to correct the problem.

Certain trees are more prone to this problem than others. Lindens, magnolias, pines and maples, other than the silver maple, are susceptible to root girdling. On the other hand, oak, maple, ash and elm are well known for their ability to form functional root system and are not adversely affected by girdling roots.

Walls of normal trees have a gentle trunk fluff or buttress at the base (Fig. 1). Trunks that grow straight up from the ground, as though they were a telephone pole, can be suspected of having girdling roots (Fig. 2). Trunks with a straight side or a concave depression on one side may also have a girdling root (Fig. 3). Development of girdling roots is not well understood but is normally thought to be the result of unfavorable conditions which prevent roots from growing in a normal spreading manner. A good example is a container grown plant, where the roots are often forced to grow in a very confined area. If these trees are not pruned at the time of transplanting, this growth pattern can cause girdling roots.

Root pruning is a absolute must for any container grown tree. Shovel out the root ball and make sure at least six inches of the root ball are made at a depth of three to four inches. Some people go further by fraying the root tips.

Restricted root space, such as tree pits in urban areas, also cause root girdling. There is some suggestion, too, constant malnutrition, a desirable practice in many respects, may cause the formation of girdling roots.

For plants susceptible to root girdling, an inspection should be made when the tree is growing in a very confined area. A positive diagnosis can only be made by exposing the roots. Soil is carefully removed to a depth of at least 12 inches. With care taken to prevent serious mechanical injuries, the costs and benefits should be weighed carefully prior to any action. Conducting a preventative inspection when the tree is about six inches in diameter will assist in correcting this problem before it becomes serious.

If the inspection reveals girdling and a considerable amount of damage, the most prudent move may be to replace the plant. Spending money on a weakened tree which subsequently dies can be an expensive experience; because correction of this problem is so labor intensive, the costs and benefits should be weighed carefully prior to making any decisions.

Spray for houseplants. Rubbing alcohol also may be applied to insects such as mealybugs with cotton balls. Systemic insecticides also will control sucking insects.

Yellowing leaves are often caused by nutrient deficiency, especially nitrogen, but may also occur as a result of a sudden reduction of light intensity. Dieffenbachia, dra- cena and rubber plant are espe- cially susceptible, as are larger pot-bound specimens of other plants. Application of a fertilizer may reverse the development of this condition when yellowing leaves are removed. Be cautious about fertilizing plants during the winter months. Plants growing under low-light intensities are easily injured by over-fertilization. Older leaves are slower to respond, as are leaves in which yellowing is advanced. Leaves and succulent shoots become limp or wilted, usually recovering when water is supplied. This may be evidence of water shortage or over- abundance of water followed by the development of root rot. Over-fertiliza- tion can also be the problem. When watering, check drainage, check for root rot, check for conditions promoting an unusual rapid loss of water or after watering schedule.

Proper care of your houseplants will insure you will be able to enjoy your plants for years to come.

Lime and Prune Houseplants Regularly to Keep Them Shapely.

Pinch back houseplants to promote branches and leaves and to reduce decay possibilities. Watch for drought-tolerant types.

Try, an important consideration is improved insect and/or disease resistance. Watch for drought-tolerant types.

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Increased by placing plants on trays lined with pebbles and setting them near large south-facing windows to provide adequate light.

Houseplants and holiday gift plants should not be placed on top of the refrigerator, on the side of the garage or in a room that is south facing and filled with water to within one half inch of the base of the pot.

Houseplants with large leaves and smooth foliage, such as philodendron, dracaena and rubber plant benefit if their leaves are washed at intervals to remove dust and grime, helping keep the leaf pores open.
In northern latitudes, wild animals have different strategies for survival. They may migrate to avoid cold temperatures or hibernate. Others stay active during the winter and may have stored up fat or stores of food. Here's what happens to some of our most common wildlife species.

### Bird Migration

Many birds avoid cold weather by migrating long distances. This typically occurs during the fall, but sometimes species start moving south in July. Others wait until the onset of cold temperatures of winter forces them to leave or until food becomes unavailable.

Most birds are active during the day, so it’s interesting many birds species migrate at night. Night migrants include most of the smaller birds, like sparrows, orioles, vireos and thrushes. It has been suggested they migrate to avoid predators, but the real reason probably has to do with feeding behavior. These birds cannot feed at night. To replace energy required for the long flight, these birds stop to feed and rest during the day.

This may explain why people with bird feeders see unexpected birds for a day or two and then they disappear.

### Hibernation

Hibernation is one way animals survive winter by “sleeping.” They do this because there isn’t enough food during the winter. This sleep isn’t what we humans do. During hibernation, an animal’s body temperature drops well below normal, almost matches the temperature outside. The animal’s heartbeat and breathing slow down to conserve energy and reduce oxygen needs.

Animals prepare for hibernation by eating more food than usual in the summer and fall. Their body fat will be used as energy all winter. Most animals hibernate in secluded nests, dens or burrows which helps them avoid predators. Animals that hibernate include:

- **Thirteen-lined Ground Squirrels.** Like most other ground squirrels, Nebraska’s 13-lined ground squirrels hibernate. The animals begin hibernation in September or early October and emerge between late March and early May. They arouse to lower their heart and metabolic rates and reducing their body temperatures to just above freezing. Medical scientists are currently studying this amazing animal. The results may help scientists learn how to keep vital human organs viable longer for use in organ transplants.
- **Woodchucks (also called Ground Hogs or Marmots).** Woodchucks also hibernate. Hibernation generally starts in late fall, near the end of October or early November, and continues until late February and March.

Raccoons. Raccoons do not truly hibernate, but “hole up” in dens and become inactive during severe winter weather. Several raccoons may use the same den during winter storms. Depending on the weather, raccoons may be inactive for several weeks or even months. Raccoons may lose up to half their body weight during winter.

- **Snakes and turtles.** The body temperature of reptiles and cold-blooded animals like snakes and turtles is the same as the surrounding environment. They must hibernate to avoid freezing temperatures. (The accurate term for reptile hibernation is brumation.) To prepare for dormancy, they feed heavily during the late summer and increase body fat.

Some species of turtles spend most of their lives in or near water. When the turtles get ready for winter, they swim to the bottom of a pond and snuggle down in the mud. They lower their heart and metabolic rates and stop breathing. But, they get a small amount of oxygen into their body from the water. It sinks into specialized cells just inside the tail opening. Water turtles can stay submerged in mud for two or three months.

Snakes search for caves, holes in the ground or cracks in rocks to sleep in. This is why some snakes also find their way into basements and crawlspaces if there are cracks they can squeeze through.

Garter snakes are interesting because they may travel two miles or more to travel back to where they were “born.” They hibernate in large masses—hundreds of snakes gathering in the same hibernaculum, spending the winter together and breeding in the springtime.

### Non-Hibernating Animals

Animals and birds active during the winter either store food during the summer and fall or have a ready supply of food available.

- **Tree Squirrels.** Unlike ground squirrels, tree squirrels do not hibernate. They store food and use it as necessary for survival. They are active in winter.
- **Opossums.** In fall and winter, opossums devote almost twice as much time to feeding and improving their nests as they do the rest of the year. Opossums do not hibernate, but may den during cold or snowy periods. They add a layer of fat, but do not grow a winter pelts and their fur is a poor insulator.

- **Muskrats.** Do not hibernate but remain active throughout winter, food must be readily accessible even under ice and snow. The four foot thick walls of muskrat homes help protect the animals from winter cold, but muskrats must also have at least 3 feet of water to survive winters since they are virtually entombed under a layer of ice.

### Where Do Insects Go in the Winter?

Insects have a variety of methods for surviving the coldness of winter.

- **Migration** is one strategy for escaping killing temperatures. The monarch butterfly is the most famous example, but other insects migrate into northern areas from the southern states in the spring. Monarchs migrating in the fall have just emerged from the pupal case, or have migrated in the spring or the second or third generation of those that overwintered in the south. It’s still a mystery how these insects know their migratory route.

Overwintering as larvae. Many insects successfully pass the winter as immature larvae. Leaf litter and similar shelters protect the wooly bear caterpillar. Lady beetles replace the water in their bodies with glycerol, a type of antifreeze. Some grubs burrow deeper into the soil to escape the cold.

Overwintering as nymphs. Not many insects are active in the winter, but the nymphs of dragonflies, mayflies and stoneflies live in ponds and streams, often beneath ice. They need actively and grow all winter to emerge as adults in early spring.

Overwintering as eggs. Fewer numbers of insects lay eggs which survive the winter. Painted lady, grasshoppers and crickets are well-known insects in this category. Corn rootworms, a pest of corn, also overwinter as eggs.

Overwintering as pupae. Some insects overwinter in the pupal stage, then emerge as adults in the spring. Many butterflies and moths overwinter as pupae.

Overwintering as adults. There are many examples of insects which hibernate as adults. Lady bird beetles congregate in masses to overwinter. Many species of hemipterae, the true bugs, overwinter as adults. Well-known examples include boneder bugs, conifer seed bugs and chinch bugs. Many large wasps seek shelter in the eaves and attics of houses or barns. Crickets and crickets around houses, tree holes, leaf litter and under logs and rocks are common shelters for overwintering adult insects. As some insect larvae, adults reduce the water content of cells and increase glycerol concentration which prevents damage to cells from freezing.

Honey bees survive the winter by keeping temperatures constant inside the hive. The honey they have stored from the previous summer (about 30 pounds per hive) is consumed to keep them active. Worker bees fan their wings to circulate heat throughout the hive.

In general, insects survive cold temperatures best when the temperatures are stable and do not fluctuate through alternate thaws and freezes. Snow is good for overwintering insects because it insulates the ground and keeps temperatures more constant.

- **House Mouse.** Because the house mouse cannot hibernate, it must remain active throughout the winter. When it’s cold, mice must feed constantly to maintain their body temperatures. This is the reason why mice are drawn to outbuildings, barns and houses in the fall of the year. Once inside, mice seek out warm locations, like furnaces, heaters and appliances that give off heat (refrigerators, ovens and dishwashers). Other animals active in winter include moles, voles, pocket gophers, weasels and rabbits.
Lifelong Learning in Nutrition

Make-Ahead Frozen Beef “Crumbles”

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Are You a “Lark” or an “Owl”? Cook Ahead Accordingly!

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Play “FOOD” Ball Online!
Extension Strengthens Nebraska by Extending the University’s Research-Based Resources

Land-grant universities work with the people they serve. University of Nebraska–Lincoln teaches, discovers new knowledge through research, and extends this research-based information across the state through extension programs.

UNL Extension in Lancaster County develops and delivers educational programs which strengthen individuals, families, businesses and communities. For example:

- Last year, more than 16,000 youth participated in the Lancaster County 4-H Youth Development Program.
- A survey of participants at “Ten Easy Ways to Save $20 per Acre” workshops held last year estimated an increased profit of $49.79 per acre as the result of changes they will implement.
- Now in its seventh year, the Nutrition Education Program School Enrichment Kits have increased nutrition education in participating classrooms from 2 hours to 10.5 hours per year. Teachers have noticed students choosing healthier eating habits.
- To date, the Bosalid Land Application Program has saved the City of Lincoln more than $3.6 million in landfill tipping fees and saved farmers an estimated $5.8 million in fertilizer costs.
- Our staff responded to over 25,400 phone calls, walk-ins and e-mails from the public requesting information.
- Our Web site continued to expand exponentially, receiving more than 8.2 million hits this year.

New This Year

Guardianship Training

In 2003, a grassroots task force identified a need for improved statewide education of newly-anticipated Guardians and Conservators, and asked UNL Extension to coordinate development of trainings. UNL Extension began presenting statewide Guardianship Trainings in January 2006. The trainings fulfill mandated guardian/conservator education requirements set by the Nebraska Supreme Court. Over 200 people attended trainings in Lancaster County this year.

Community Visioning Process for Village of Firth

Three extension educators facilitated a Community Visioning Process for the Village of Firth to help the community shape their future. The process included two town hall meetings, 10 listening sessions with 139 citizens, community research and written input. Information from the efforts will eventually be used by a private consulting firm to develop a new comprehensive plan which will guide future land development.

MyPyramid PowerPoint Presentations

This year, Extension Educator Alice Henneman developed six MyPyramid PowerPoint presentations to help teach people how to use the new MyPyramid to plan a healthy diet. These were used in local programs and also made available to other educators via the Internet. The PowerPoints have been downloaded 12,576 times, greatly expanding the outreach of our office.

4-H Partners with Lincoln After-School Programs

This past year, Lancaster County 4-H began collaborating with Lincoln after-school programs. Currently, 14 after-school programs and six summer sites have actively partnered with 4-H, involving more than 1,600 youth. Many of the sites have incorporated 4-H curriculum into their activities. Seven sites formed 4-H clubs. 4-H also worked with sites to involve after-school youth in the Lancaster County Fair.

Investigating Bed Bug Infestations in Lincoln

In 2005, Extension Educator Barb Ogg started seeing increased numbers of bed bug infestations in Lincoln, which had been rare for decades. Using photographs from infested homes, in 2006, she developed educational materials and has given presentations to pest control and hospitality professionals.

Partners with Nebraska

University of Nebraska–Lincoln Extension helps Nebraskans put knowledge to work. Extension has offices throughout the state providing counties with a readily available resource for information. Because extension staff are locally based, we are able to be responsive to specific community needs and concerns. Extension engages residents by utilizing multiple educational delivery methods. In addition to direct outreach, extension reaches a broader audience by teaching individuals, who in turn, teach others. This includes business professionals, service industry workers, health professionals, teachers, childcare providers, government employees, master gardeners and volunteers.

UNL Extension in Lancaster County collaborates with more than 150 agencies, organizations, businesses and school systems to develop and deliver educational programs. We value our community partnerships as a way to leverage our resources and reach even more people.

Through this annual report, we invite you to take an in-depth look at our accomplishments over the past year.

Gary Bergman
Extension Educator & Unit Leader
University of Nebraska–Lincoln Extension accomplishes the University’s land-grant mission by extending reliable, research-based information to the public for use in everyday life. Extension utilizes multiple delivery methods to impact people in Lancaster County and beyond, 24 hours a day.

University of Nebraska-Lincoln Extension in Lancaster County's Web site, http://lancaster.unl.edu, contains thousands of pages of content — featuring extensive resources, educational publications, a searchable database, Egg Cam, movie clips, quizzes, Master Gardener Diagnostic Center, outstanding photos and much more. The site is updated daily. Visited by an average of 340,000 unique sites* each month, the Web site received 8,267,403 hits (accesses) last year! UNL Extension in Lancaster County's Web site’s resources are frequently featured near the top of many search engine results. Not only do Lancaster County residents, Nebraskans and Americans utilize the site, the site also has Web users from nearly 150 countries monthly.

New this year were some dramatic changes in the design of the Web site as it adapted to using University of Nebraska–Lincoln guidelines. The new design offers additional ease of navigation and integrated interface with other University resources.

*unique site = IP address

“Your wonderful site has given me easy access to well written, intelligent information. The whole website is fantastic, it is comprehensive, easy to navigate and is a gold mine!!! Everyone associated with the Lancaster extension service is to be commended. Thank you.”

Charles D. Bennett, Jr.

“Extension is the front door to the University for many state residents.”

— Jane Schroeder, Lancaster County Extension Board member
Extension Helps You Put Knowledge to Work

UNL Extension in Lancaster County focuses educational efforts in the following program areas.

**Farms & Acreages**

UNL Extension continues to make agricultural 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.

- Extension delivers educational programming for under $20 per acre, Crop Protection Clinic, Private and Commercial Pesticide Applicator Training and Agricultural Water Management.
- Residential acres are rapidly increasing in Lancaster County. Extension delivers information on a wide range of issues associated with acres such as proper management of septic tanks and wastewater lagoons, landscape management and alternative crops which can be grown on an acre.
- The Acreage Management and alternative crops which can be grown on an acre. The Acreage Management and alternative crops which can be grown on an acre. The Acreage Management and alternative crops which can be grown on an acre. The Acreage Management and alternative crops which can be grown on an acre. The Acreage Management and alternative crops which can be grown on an acre. The Acreage Management and alternative crops which can be grown on an acre. The Acreage Management and alternative crops which can be grown on an acre. The Acreage Management and alternative crops which can be grown on an acre. The Acreage Management and alternative crops which can be grown on an acre. The Acreage Management and alternative crops which can be grown on an acre. The Acreage Management and alternative crops which can be grown on an acre.

**Biosolids Program**

Biosolids are organic solids separated from wastewater and biologically processed during waste water 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 37,000 tons of biosolids were delivered and/or applied to 37 fields and 1,200 acres of crop land. Sixteen farmers saved more than $56,000 in nitrogen fertilizer and — by keeping this recyclable material out of the landfill — landfill users saved nearly $370,000.

**Nutrition & Food Safety**

UNL Extension blends nutrition, food safety and food preparation information in user-friendly ways. This year, extension's nutrition staff continued to focus on teaching MyPyramid, the USDA food guidance system unveiled in 2005.

- Educational materials developed by Extension Educator Alice Hennenmayer for local use are then made available on the Internet and used by nutrition professionals nationwide.
- Extension's Food Web site, http://lancaster.unl.edu/food, received more than 2.8 million hits last year. Two e-mail newsletters, “Food Reflections” and “Cook It Quick,” have more than 22,200 subscribers combined.
- The Lancaster County Nutrition Education Program (NEP) helps limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars. NEP partners with more than 250 agencies, classrooms and coalitions and receives funding from the

**Yard & Garden**

UNL Extension 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. Last year, 45 Lancaster Master Gardener volunteers logged 2,187 hours and had 12,227 direct clientele contacts.

- 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. Last year, 45 Lancaster Master Gardener volunteers logged 2,187 hours and had 12,227 direct clientele contacts.

**Home & Family Living**

- Last year, nearly 100 nutrition lessons to 901 adults who care for 3,128 family members.
- 404 presentations to 3,434 youth at 15 schools and other sites.
- 48 programs to 678 older adults at three senior sites.

**Pests & Wildlife**

- 45 participants attended Master Gardener training.

The Family and Community Education (FCE) clubs are 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. This year’s emphasis was on community service and sponsoring a scholarship.

- More than 120 FCE members and friends attended this year’s Sizzling Summer Sampler.
16,000 Youth Participate in Lancaster County 4-H

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 more than 16,000 youth in Lancaster County. Lancaster County 4-H consists of several components:

- **Organized Clubs** — Lancaster County has more than 130 4-H clubs which range from 5 to 70 members. Each club is led (or co-led) by adults. 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. Youth work on 4-H projects on their own.
- **Projects** — Youth can choose from more than 150 projects. Project manuals are written by university experts.
- **School Enrichment** — 4-H programs for classrooms include: Garbology (2nd grade), Embryology (3rd grade), Ag Awareness Festival (4th grade), Earth Wellness Festival (5th grade) and Nutrition Education Program (K–5th grades).
- **After-School Programs** — Several Lincoln after-school programs have incorporated 4-H projects into their activities. A few sites have formed 4-H clubs.
- **4-H Embryology Web Site** — EGG Cam and other resources at http://lancaster.unl.edu/4h/Embryology.
- **Educational Events** — 4-H staff organize several educational events each year, such as Clover College, speech workshops and leader trainings.
- **Leadership Opportunities** — 4-H Teen Council, 4-H Council, Citizenship Washington Focus group and more.

Lancaster County Fair

Many 4-H youth choose to exhibit their finished project(s) at the county and state fairs. A total 4,473 4-H/FFA exhibits were showcased at the county fair. Youth choose projects they like and are interested in. In the past year, 4-H members showcased more than 16,000 hours of time for a total value of $494,296.*

*Independent Sector value per volunteer hour at $18.04/hour.

To discover more about Lancaster County 4-H, go to http://lancaster.unl.edu/4h

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) members in nutrition education, and FCE volunteers and volunteers in community-related projects. Last year, extension programs in Lancaster County benefitted from 1,811 volunteers investing 27,400 hours of time for a total value of $494,296.*

Lancaster County 4-H Embryology, Garbology and Ag Awareness — accepted for inclusion in the national Directory of Successful 4-H Programs; Leadership trainings: Region Florence Hall and Community Partnership awards presented by the National Extension Association Family Consumer Sciences (NEAFCS); State Team Award presented by Nebraska Epilson Sigma; Extension Educator Lorene Bartos — recognized for 30 years of service to the Lancaster County Fair by the Lancaster County Agricultural Society, Kiwanian of the Year from the Salvation Army. 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 Alice Honneman — Educational Technology Award (2nd place) presented by the National Extension Association of Family and Consumer Sciences (NEAFCS); invited to co-present a poster session "Impact of Using the Internet to Share Local Solutions to Global Issues" at Society for Nutrition Education annual meeting; invited to co-present a poster session "Cold Pizza for Breakfast" at the USDA Food Safety & Inspection Service, NSF International, Food and Drug Administration, Centers for Disease Control and Prevention, Cooperative State Research, Education and Extension Service, Food and Nutrition Service 2006 Food Safety Education Conference.

Extension Educator Maureen Burson — Creative Programming Grant awarded by the Nebraska Association of Family and Consumer Science (NAFCS); invited to co-present “Strategy to Increase Elementary Classroom Nutrition Education” at the National Urban Symposium; 30 years of service with United States Department of Agriculture.

Extension Educator Marty Cruickshank — statewide Distinguished Extension New Employee Award presented by University of Nebraska-Lincoln Extension.

Extension Educator Tom Dorn — President of the Nebraska Chapter of the National Association of County Agricultural Agents; President of the Nebraska Agribusiness Club.

Extension Educator Barb Ogg (left) and Extension Assistant Marty Cruickshank (right)

Extension Educator Barb Ogg (left) and Extension Assistant Marty Cruickshank (right)

Extension Educator Barb Ogg — statewide Distinguished Educator Award presented by University of Nebraska–Lincoln Extension; invited to present "The Bedbug Saga" at the Kansas Pest Control Association winter conference.

Extension Staff Secretary Virginia Piepening — 40 years of service with UNL.

Extension Assistant Zainab Rida — invited to co-present "Strategies to Increase Elementary Classroom Nutrition Education" at the National Urban Symposium.

Extension Associate Deanna Kormazin — National Distinguished Service Award presented by the National Association of Extension 4-H Agents (NAE4-HA); President of the Nebraska Cooperative Extension Association (NCEA) 4-H Section.

Extension Associate Mardel Meiners — invited to co-present a session on the ABC’s for Good Health program at the National Extension Association of Family and Consumer Sciences (NAFCS) annual conference.

Extension Educator John Heil — invited to co-present "Strategies to Increase Elementary Classroom Nutrition Education" at the National Urban Symposium.

Extension Educator Barb Ogg — statewide Distinguished Educator Award presented by University of Nebraska–Lincoln Extension; invited to present "The Bedbug Saga" at the Kansas Pest Control Association winter conference.

Extension Staff Secretary Virginia Piepening — 40 years of service with UNL.

Extension Assistant Zainab Rida — invited to co-present "Strategies to Increase Elementary Classroom Nutrition Education“ at the National Urban Symposium.

Staf Honors, Awards and Accomplishments

- **4-H Teen Council allows teens to broaden and develop leadership skills through community involvement. Whether its service projects or the Lock-In, 4-H reaches all generations — past, present and future.” — Eliza Hammond, age 18, 4-H Teen Council member
FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s Notes

Alice Doane
FCE Council Chair

As I looked at the calendar, I wondered how the year 2006 has gone. I remember a childhood spent exploring the woods and fields of Nebraska. The memory of this time remains vivid, and I often find myself reminiscing about the joys of those carefree days. My grandmother would say, “Alice, life will get you older, like me, you will find out it gets here very fast.” How true. A year has come to an end for 2006. The clubs have reorganized for 2007. Sorry to say we have lost a club that has been active for over 50 years. That means some of the members were from 70 to 90 plus years of age. They have now moved to parts of the city and it was hard for them to get together. We want to extend a welcome to Club 303 for all of their support over the years and hope that we will participate in our activities whenever possible.

The council officers met in December to plan the 2007 year. I helped organize the State’s Make It With Wool Contest and was happy with the number of entries. We had two young men besides the ladies in the contest. It was held in Hastings. I will be going to San Antonio, Texas in March to work with the Junior and Senior winners.

Wish everyone Happy Holidays and looking forward to an exciting 2007.

Alice Doane

FCE Council Chair

Upcoming Leader Training Lessons

The following community and FCE leader training lessons will be presented at the Lancaster Extension Education Center, 444 Cherryreek Road in Lincoln. If you are an FCE leader and would like to attend, call Pam at 441-7180 so informational packets can be prepared.

Volunteerism: A Tool for Positive Youth Development will be presented Thursday, Jan. 4 at 1 p.m. by Extension Educator Lorene Bartos. The majority of youth in this country engage in some form of volunteer activity and many see the value of helping others. When youth volunteer, the benefits are reaped by almost everyone involved—the targeted populations, the communities and the youth volunteers themselves. Volunteerism has important implications for positive youth development and it is thus essential youth are encouraged to participate in such endeavors. This community program will explore the different types and opportunities for youth vegetarianism, the benefits of those experiences and the ways by which we can encourage youth volunteerism.

Credit: How Do You Score? will be presented Thursday, Jan. 25 at 1 p.m. by Extension Educator Lorene Bartos. What’s in your credit record, who’s looking at it and how can your credit record affect you? Why should you be concerned with your credit score? With this educational program, find out answers to these questions and other helpful insights into managing your credit reputation.

Council Meeting, Jan. 22

The next FCE Council meeting will be Monday, Jan. 22, 12:30 p.m. at Valentine’s South 8th & Van Dorn. The business meeting will follow lunch. All FCE members are invited to attend. Call Pam, 441-7180, by Jan. 17 if you plan to attend.

FCE News & Events

1) Change five lights. Replace your home’s five most frequently used light fixtures, or the bulbs in them, with models that have earned the ENERGY STAR for energy efficiency. As a bonus, save more than $60 a year in energy costs. The 5 highest-use light fixtures in your home are often found in the kitchen, living room, bathroom and outdoor areas (such as a porch or post lamp).

2) Get 1 instead of 10. Compact fluorescent lamps (CFLs) last six to 10 times longer than standard incandescent light bulbs, saving you time buying and replacing bulbs and about $25 in energy costs over the life of each bulb. For each CFL you buy, you save as many as 10 trips to buy an incandescent bulb!

3) Look to lumens (not watts) for light. When selecting energy-efficient light bulbs, use lumens, or light output, as the standard rather than standard incandescent light bulbs. The majority of energy-efficient lighting products will provide the same amount of light as a traditional incandescent bulb. Energy-efficient lighting, often referred to as compact fluorescent light bulbs (CFLs), are available for most rooms in your home, including the kitchen, living room, bathroom and outdoor areas (such as a porch or post lamp).

4) Use dimmers. Dimmers not only allow you to set a mood by providing a range of light output, but also help decrease energy costs associated with lighting. More ENERGY STAR qualified, dimmer-compatible fixtures continue to be designed and developed.

5) Put your lights on a schedule. Make sure your lights are on only when you need them. Install timers that automatically turn lights off at a time you set. Use motion detectors on outdoor fixtures for safety and to prevent lights from being on all night. Use photo cells or photo sensors on outdoor lighting to allow lights to come on only when the sun is down. All ENERGY STAR qualified outdoor fixtures come with photo cells or photo sensors.

6) Keep cool with a ceiling fan. Are you using an old ceiling fan to cool and light a room in your home? When you’re ready to replace it, choose an ENERGY STAR qualified ceiling fan/light combination model. It will use half the energy of a traditional ceiling fan with lighting.

7) Start with lighting, but don’t stop there. Changing to energy-efficient lighting is one of the easiest ways to start saving energy and money at home, and to brighten our world for future generations. There are other steps you can take. Learn more at www.energystar.gov.

8)Use energy-efficient light bulbs. When selecting energy-efficient light bulbs, use lumens, or light output, as the standard rather than standard incandescent light bulbs. The majority of energy-efficient lighting products will provide the same amount of light as a traditional incandescent bulb. Energy-efficient lighting, often referred to as compact fluorescent light bulbs (CFLs), are available for most rooms in your home, including the kitchen, living room, bathroom and outdoor areas (such as a porch or post lamp).

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FCE News & Events

10 Ways to Save with Lighting

• Learn more about sexuality
• Explore techniques to deal with sexuality
• Enhance effective communication skills
• Enhance self-esteem
• Discuss the importance of individual family values
• Discuss the importance of individual family values
• Explore techniques to deal with peer pressure and stress
• Learn more about sexuality
4-H & Youth

January 2007

HORSE BITS

Stampede Entries Due Jan. 24

The annual 4-H Horse Stampede will be held Saturday, March 10 at the Animal Science Building on UNL East Campus. The Stampede consists of the 4-H state horse-related competitions: Horse Bowl, Public Speaking, Demonstration and Art Contest. Stampede contestants must be enrolled in a 4-H club and must be determined by weight.

Volunteer Training, Feb. 12

Mark your calendars for the 4-H Winter Warm Up volunteer training on Monday, Feb. 12, 7 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Rd., Lincoln. Interested youth must be at least 12 years old and not older than 18 by January 1, 2007. Volunteers will receive a hunter safety certificate. Bring your shotgun and cleaning supplies. Contact Gene Veburg at 421-1274 if you have questions.

New State Fair Beef Rule

Steers in the British division must be owned by the exhibitor, registered by the official breed association and exhibit breed characteristics typical of a purebred animal of the breed in which they are entered. Appended Shorthorn steers will not be accepted in the purebred Shorthorn steer class. First and second place purses from each competition will be awarded to the Champion and Reserve Champion of the British Division. If more than one class per breed, classes will be determined by weight.

Volunteer Training, Feb. 12

Justy Hagan

Lancaster County 4-H is proud to announce Justy Hagan as winner of January’s “Heart of 4-H Award” in recognition of outstanding volunteer service.

Justy has been involved with the 4-H Wranglers 4-H Club for twelve years, involved with the Horse VIPs Committee for several years (two as president) and Overall Superintendent of the Lancaster County Fair 4-H Horse Show for two years.

Ben Cruickshank says, “Mrs. Hagan has always been there for me. If your horse gets sick at 2 a.m. in the morning and you can’t get a vet to come help you, she will be there. Then, the next day you have a horse show to go to and you have no horse, she will let you borrow one of hers. She is selfless and caring. If you are willing to listen to her, she can teach you a lot not only about horses, but about life and being a good person.”

Justy says, “I like being a 4-H volunteer because I enjoy helping young people develop into productive young citizens. I also enjoy watching them learn and giving them the opportunity to compete and make lifelong friends. My favorite experience as a 4-H volunteer was having a 4-H club of my own and developing the many lifelong relationships that I have.”

A 6th grade science teacher at Norris, Justy also works for Norris FFA Youth on horse speed events and horse judging. She also assists with High School Rodeo. Justy lives near Firth with her husband Lynn. Their two sons showed horses.

Congratulations to the Justy. Volunteers like her 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.

Governor Dave Heineman recently presented the 2006 Governor’s Points of Light Award to Lancaster County 4-H member Spencer Farley as the Youth Category recipient for his volunteer leadership and work installing a garden at Northeast Family Center in Lincoln. The Points of Light Award is given in “recogni-

tion to volunteers who give their time, talent and energy to help build a stronger community.”

As part of a community service project, Spencer coordi-

nated and led efforts in Fall 2005 to install a flower garden with approximately 800 perennials. Nearly 200 volunteers helped with installation and planting. More than 25 4-H Teen Council members put granite stepping stones in the garden and some helped with planting. Extension Master Gardener Jean Peder-

sen was very involved in the planning, designing and installa-

tion of the flower garden. Spencer also recruited volunteers to help maintain the garden.

The Lincoln Garden Club and the American Cancer Soci-

ey Relay for Life included the garden on their garden tours. Help Nebraskans build stronger communities."

Speech & PSA Contest Dates

The 4-H Speech and Public Service Announcement (PSA) workshop has been scheduled for Thursday, March 8. The PSA Contest will be Thursday, April 12, 6:30 p.m. and the Speech Contest will be Sunday, April 15, 1 p.m. All three events will be held at the Lancaster Extension Education Center.

Animal Science Program Ideas Needed

As we enter the new 4-H year, I am asking you to request any animal science workshops or seminars you would like me to set up for this summer. In the past we have done work-

shops on artificial insemination, nutrition and health, showman-

ship, etc. Please forward your ideas to Deanna Karmazin by calling 441-7180.

Clothing Superintendents Needed

A clothing superintendent is needed for the upcoming 2007 Lancaster County Fair. Join three other clothing superintendents and help take clothing entries on entry day. Prepare the clothing for the judging on judging day, display the clothing items on the day fair entries are released. Please contact Tracy at 441-7180 if you are interested.

January

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Ben Cruickshank says, “Mrs. Hagan has always been there for me. If your horse gets sick at 2 a.m. in the morning and you can’t get a vet to come help you, she will be there. Then, the next day you have a horse show to go to and you have no horse, she will let you borrow one of hers. She is selfless and caring. If you are willing to listen to her, she can teach you a lot not only about horses, but about life and being a good person.”

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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.
Special 4-H Showing of “Charlotte’s Web” on Jan. 6

Through the generosity of 4-H Council and Douglas Theatres, all Lancaster County 4-H’ers, volunteers, families and friends are invited to a special 4-H showing of “Charlotte’s Web” on Saturday, Jan. 6, 10 a.m. at SouthPointe Theatre for only $2 per person! Seating is limited, so call 441-7180 by Jan. 2 to reserve tickets (pay at the extension office or at the door – doors open at 9:30 a.m.).

Rated G, “Charlotte’s Web” weaves 4-H into the movie. For example, Fern is shown taking Wilbur to the fair in her 4-H shirt. “Charlotte’s Web” features the voice of 4-H alumnus Reba McEntire and many other noteworthy actors and actresses. Wear your 4-H garb and cheer when they mention 4-H!

2007 4-H Calendar

January
1 All Career Portfolios, Scholarships and Award Nominations Due to Extension Office
2 4-H Council Meeting
3 Archery Shooting Sports Club Meeting 7 p.m.
6 Special 4-H Showing of Charlotte’s Web* SouthPointe Theatre 10 a.m.
8 Horse VIPS Meeting, Lancaster Event Center 7 p.m.
11 Rabbit VIPS Meeting, Lancaster Event Center 7 p.m.
14 Teen Council Meeting 3 p.m.
16 Lock-In Registrations Due to Extension Office
19–20 4th & 5th Grade Lock-In 8 p.m.—8 a.m.
22 First Horse Shoel Club Meeting, Lancaster Event Center 4-H Office 7 p.m.
23 Trap Shooting Meeting 7 p.m.
24 Horse Staple Pedes Entries due to Extension Office
27 Horse Course Testing Party 10 a.m.

February
3 Beef Weigh-In, Lancaster Event Center - Pavilion 2 8–11 a.m.
6 Achievement Night, UNL Andersen Hall 6:30–8 p.m.
11 Teen Council Meeting 3 p.m.
12 4-H Leader Training 7 p.m.

March
1 R.B. Warren 4-H Horse Educational Scholarship ($500) Entries Due
1 Grand Island Saddle Club Scholarships ($1,000) Entries Due
4 4-H Council Meeting 7 p.m.
6 Speech & Public Service Announcement (PSA) Workshop 7 p.m.
10 4-H Horse Stampedes, UNL East Campus, Animal Science Building 8 a.m.
11 Teen Council Meeting 3 p.m.
24 Horse Course Testing Party 10 a.m.
29 Spring 4-H Rabbit Clinic 7 p.m.
31 Spring 4-H Rabbit Show, Lancaster Event Center, Exhibit Hall TBA

April
2 4-H Council Meeting 7 p.m.
8 Teen Council Meeting 3 p.m.
12 Public Service Announcement (PSA) Contest 6:30 p.m.
14 Kiwanis Karnival, Elliott Elementary School
15 Speech Contest 1 p.m.
24 Horse Level Testing, Lancaster Event Center, Warm-up Arena 6:30 p.m.

May
1 4-H Council Meeting 7 p.m.
8 Horse Level Testing, Lancaster Event Center, Warm-up Arena 6:30 p.m.
8 2008 CWF Meeting 7 p.m.
11 County Deadline for District/State Horse Show Entries, I.D.’s, Level Tests
24 4-H Leader Training 9:30 a.m. and 7 p.m.

June
1 County Fair 4-H Horse Identifications Due
4 4-H Council Meeting 7 p.m.
6 UNL Beef School, UNL Animal Science Bldg 7 p.m.
6 4-H Council Meeting 7 p.m.
6 9 UNL Livestock Judging Camp, UNL Animal Science Bldg 7 p.m.
8 9 UNLV Senior Life Challenge 1:30 p.m.
14–15 District Horse Shows (14 Grant, 15 Kearney)
15 Presentation Workshop 1:30 p.m.
15 All Animal ID’s Due to Extension Office
19–22 District Horse Shows (19-21 Chadron, 20 Albin, 21 West Point, 22 Weeping Water)
19–22 Clover College
25–26 PASE/Life Challenge, UNL East Campus
26 Horse Level Testing, Lancaster Event Center 6:30 p.m.

July
2 Horse Level Testing, Lancaster Event Center, Warm-up Arena 6:30 p.m.
7 ALL 4-H/ FFA County Fair Animal Entries Due to Extension Office
8 Teen Council Meeting 3 p.m.
12 Horticulture Contest 10 a.m.–12 p.m.
12 Junior Life Challenge 1:30 p.m.
15 State 4-H Convention, Fonner Park, Grand Island
16–19 State 4-H Horse Show, Fonner Park, Grand Island
20 County Fair 4-H Presentations Contest 1:30 p.m.
25 County Fair 4-H Style Revue Judging, Lancaster Event Center - Pavilion 3, Exhibit Hall 8 a.m.
29 County Fair Horse Show Pre-Fair Briefing, Lancaster Event Center 4-H Office

August
30 Entry day for County Fair Static Exhibits, Lancaster Event Center - Lincoln Room 4–8 p.m.

September
1–5 Lancaster County Fair, Lancaster Event Center
August 24–Sept. 3 Nebraska State Fair, State Fair Park

October
2 4-H Council Meeting 7 p.m.
4 4-H Horse Awards Night 7 p.m.
7–13 National 4-H Week
14 Teen Council Meeting 3 p.m.

November
6 4-H Council Meeting 7 p.m.
6 2008 CWF Meeting 7 p.m.
11 Teen Council Meeting 3 p.m.

December
4 4-H Council Meeting 7 p.m.
Cindy Fiala is City—County Volunteer of the Month

4-H volunteer Cindy Fiala was recognized as the Lancaster County Extension of Lincoln Volunteer of the Month for November 2006 by the Lancaster County Board of Commissioners and the Lincoln Area Agency on Aging Retired & Senior Volunteer Program. Cindy has been a dedicated 4-H and University of Nebraska–Lincoln Extension volunteer for over 17 years. She joined 4-H in 4-H when her oldest daughter joined 4-H. Cindy's four daughters were all very active in 4-H and her youngest daughter recently finished her last year in 4-H. Cindy has served in a variety of roles, including:

- 4-H leader for nine years
- 4-H Council member for seven years, including two years as president — she has served on the scholarship, grievance and food booth committees
- Fundraising chairman for the 4-H Citizenship Washington Focus group for nine years
- Instructor for Clover College for several years
- Volunteer for Lancaster County Fair 4-H clothing areas for several years
- UNL Extension in Lancaster County Extension Board member for two years
- Volunteer at 4-H Exhibit Hall during Nebraska State Fair

Cindy also volunteers at Matt Talbot Kitchen, St. Joseph’s Church and Pius X High School. UNL Extension thanks Cindy for donating her time and talents to the 4-H Youth Development program.

New Nutrition Education Program Staff

In November, two new members joined the University of Nebraska–Lincoln Extension in Lancaster County. Cindy Fiala joined the University of Nebraska–Lincoln Extension in Lincoln to serve as the 4-H Volunteer Development program staff member. Kelly Fisher joined the University of Nebraska–Lincoln Extension in Lincoln to serve as the 4-H Volunteer Development program staff member.

Kelly Fisher is a Registered Dietitian (RD) and will primarily teach nutrition to teens and young adults. Some of the organizations and programs she will partner with are Lincoln Public Schools (parenting classes for pregnant teens and young moms), the YWCA (teen moms group) and St. Monica’s (substance abuse treatment programs for women). Kelly will also teach WIC clients and families learn to prepare nutritious and safe foods while stretching their food dollars.

Kelly Fisher accepting award at Lancaster County Board of Commissioners meeting on Nov. 7.

Cindy Fiala accepting award at Lancaster County Board of Commissioners meeting on Nov. 7.

Cindy Fiala is a Registered Dietitian (RD) and will coordinate NEP’s School Enrichment program for 1st, 4th and 5th grades. NEP works with quality Nutrition and Wellness programs to deliver nutrition kits containing materials for hands-on educational experiences to classrooms. Stacie will present handwriting and food preparation activities in classrooms.

Stacie Powers is a Registered Dietitian (RD) and will coordinate NEP’s School Enrichment program for 1st, 4th and 5th grades. NEP works with quality Nutrition and Wellness programs to deliver nutrition kits containing materials for hands-on educational experiences to classrooms. Stacie will present handwriting and food preparation activities in classrooms.

Stacie was born in B.S. in Dietetics from Brigham Young University. She has previously worked as a clinical dietitian at Timpanogos Hospital in Orem, Utah as a consulting dietitian for a home health agency. She moved to Lincoln in May with her husband, Nathan, who is working on his doctorate in physics at UNL. This Spring, Stacie will start graduate classes at UNL for a Master’s degree in Nutrition Education.
Your Talent Can Lead to an Exciting Career

Jill Brown of Career Services at the University of Nebraska–Lincoln College of Agricultural Sciences and Natural Resources (CASNR) has compiled the following chart to help youth begin to explore career options based on their talents and interest areas. These and other majors are offered by CASNR.

Your Talent Can Lead to an Exciting Career

DO YOU ENJOY...  THINK ABOUT A MAJOR IN... OR A CAREER AS A...

<table>
<thead>
<tr>
<th>Activity</th>
<th>Major/Field</th>
<th>Career Path</th>
</tr>
</thead>
<tbody>
<tr>
<td>Working with computers</td>
<td>Agribusiness, Agricultural Economics</td>
<td>Agronomic Engineer, Diesel Mechanic, Farm Equipment Mechanic</td>
</tr>
<tr>
<td>Projects</td>
<td>Agronomy, Biochemistry</td>
<td>Agronomist, Plant Scientist, Landscape Design</td>
</tr>
<tr>
<td>Cooking/baking</td>
<td>Agronomy, Animal Science</td>
<td>Food Engineer, Food Scientist</td>
</tr>
<tr>
<td>Experimenting with food</td>
<td>Applied Sciences, Veterinary Science</td>
<td>Veterinary Technologist, Beef/Livestock Specialist, Veterinary Doctor/Dentist</td>
</tr>
<tr>
<td>Collecting bugs</td>
<td>Environmental Soil Science, Environmental Studies, Fisheries &amp; Wildlife</td>
<td>Conservation Officer, Fisheries Scientist, Forest Scientist</td>
</tr>
<tr>
<td>Tracking animal tracks</td>
<td>Grassland Ecology &amp; Management</td>
<td>Crop Consultant, Forensic Entomologist, Landscape Designer</td>
</tr>
<tr>
<td>Welding/woodworking</td>
<td>Mechanical Systems Management</td>
<td>Agricultural Engineer, Diesel Mechanic</td>
</tr>
<tr>
<td>Tearing apart an engine</td>
<td>Agricultural Biochemistry</td>
<td>Agronomist, Plant Scientist</td>
</tr>
<tr>
<td>Growing a garden</td>
<td>Food Science &amp; Technology</td>
<td>Agronomist, Plant Scientist</td>
</tr>
<tr>
<td>Playing in the dirt</td>
<td>Hospitality, Restaurant &amp; Tourism Management</td>
<td>Agronomist, Plant Scientist</td>
</tr>
<tr>
<td>Arranging flowers</td>
<td>Agriculture, Horticulture</td>
<td>Agronomist, Plant Scientist</td>
</tr>
<tr>
<td>Developing a disaster kit</td>
<td>Environmental Soil Science, Environmental Studies, Insect Science</td>
<td>Agronomist, Plant Scientist</td>
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Karmazin Receives National 4-H Distinguished Service Award

At the National Association of Extension 4-H Agents (NAE-4-HA) conference in November, Lancaster County 4-H staff member Deanna Karmazin received a national Distinguished Service award for her professional accomplishments. She coordinates the Lancaster County 4-H animal science and agricultural project areas, and spearheads the communications and leadership program areas (including the Citizenship Washington Focus group). Karmazin is in charge of the 4-H livestock areas at the Lancaster County Fair and serves as a livestock superintendent at the Nebraska State Fair, Ak-Sar-Ben 4-H Livestock Expo and Premiere Animal Science Events (PASE). Six years ago, she started an Ag Awareness Festival in Lincoln.

EXTENSION NEWS

Ogg and Cruickshank Win Statewide Awards

In October, two University of Nebraska–Lincoln Extension in Lancaster County staff received top awards presented statewide by UNL Extension.

Barb Ogg, DISTINGUISHED EDUCATOR AWARD

Ogg’s primary responsibility is overseeing the Biosolids Land Application Program. The City of Lincoln contracts with UNL Extension in Lancaster County to coordinate distribution and application of biosolids to agricultural cropland. Since 1992, the program has saved more than $36.6 million in landfill tipping fees with more than 360,000 tons of biosolids safely applied to farmland. This program will extend the life of the Buff Road landfill by more than one year. Ogg also gives presentations on “The Scoop on Poop” to classrooms and at Earth Wellness Festival.

With a doctorate degree in entomology, Ogg has taken the extra initiative to fulfill an increasing demand for urban pest management extension education. She assists the public with pest and wildlife requests through walk-ins, phone calls and e-mails. She has developed or co-developed numerous educational resources, including an award-winning “Removing Head Lice Safely” video, “Cockroach Control Manual,” “Subterranean Termites Manual” and “Ant Identification Resources.” Several of these resources are available in multiple languages. These resources are available on the Web, receiving nearly 3.5 million hits annually. Ogg helped organize “Termite Control Workshops for Homeowners” which have been presented statewide for 11 years. In 2005, she organized a two-day, hands-on Termite School for Termite Applicators which was repeated in 2006.

MARTY CRUICKSHANK, DISTINGUISHED NEW EMPLOYEE

Since joining the Lancaster County 4-H team in August 2003, Cruickshank has made major impacts in all of the program areas for which she is responsible. These include the horse, poultry, rabbit and School Enrichment Embryology programs. Her leadership has inspired a steady increase in the 4-H horse program to an all-time high of 1,500 entries at the 2006 Lancaster County Fair. Cruickshank initiated the “Horseless Horse Program” in Lancaster County and recently started an e-mail Horse Course. Cruickshank was the driving force to update and revise the Dressage tests and rules in the new statewide 4-H Horse Show and Judging Guide. 4-H poultry and rabbit entries at the County Fair have also greatly increased. Cruickshank coordinates the Embryology program, which is a core subject in the science program at Lincoln Public School and other Lancaster County Schools. This past year, 3,655 third graders incubated and hatched baby chicks in classrooms. The UNL Extension in Lancaster County Embryology Web site features “Egg Cam,” which hatches eggs live on the Internet. Egg Cam received more than 650,000 hits this past year.

Can You Guess It?

Did you guess it from the Nov./Dec. Newsletter? The answer was a healthy snack: string cheese and crackers

U.S. Drought Monitor Map

As of Dec. 5, Lancaster County was in abnormally dry conditions.

For the most recent map, visit http://www.drought.unl.edu/dm

Source: National Drought MITigation Center, University of Nebraska-Lincoln

ABC’s for Good Health Classes

UNL Extension Nutrition Education Program (NEP) is presenting “ABC’s for Good Health,” a three-part series aimed at limited- to moderate-income women. If you are receiving assistance such as food stamps or Medicaid, you would qualify to attend this program at no cost.

Upcoming classes are Wednesdays, Jan. 10, 17 & 24, Choose between two time slots, 10 a.m.—12:30 p.m. or 6—8:30 p.m.

Learn that good health is as easy as:

A) Aim for fitness — Increase your physical activity with a personalized walking program.
B) Build a healthy base — Use MyPyramid to guide your food choices.
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Participants receive:

• A pedometer and inspiration to stay fit
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Sessions are held at the Lancaster Extension Education Center, 444 Cherry Creek Road in Lincoln. Please register by Jan. 3. Call NEP at 441-7180 for more information or to register.

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