April 2008

The NEBLINE, April 2008

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Proper Yard Waste Management Helps Reduce Storm Water Pollution

By Don Janssen, UNL Extension Educator and Todd Barrow, UNL Extension Educator

Organic materials are found everywhere in the outdoor environment. Plants grow and plants die. It is the cycle of life. Environmental conditions and nitrogen are concentrated within the plant tissue, and through the process of decay are redistributed back to the environment after its death. Once released, these nutrients are available for uptake by other plants. How then do we organize yard waste become a contaminant for streams and lakes? Rain or melting snow in urban communities flows across lawns or impervious surfaces like roof tops, paved areas and bare soil. As it flows, this runoff water transports sediments, leaves, grass clippings, litter and other landscape waste into streets and gutters that lead to storm sewers. Unlike household waste water, storm sewer runoff water receives almost no treatment, thus any particle or nutrient that enters the storm sewer will likely end up in a stream or lake.

The problem is, in lakes and streams, excess nutrients encourage algae and rooted plant growth. An over abundance of algae in a water body can lead to oxygen depletions, fish kills, strong odors, toxin production, unusual surface scums and reduced recreational opportunities. Rooted aquatic plants in overabundance can clog boat props, hamper fishing, foul swimming beaches and limit fish growth. Although, plant material and nutrients gradually accumulate in lakes and streams, a neighborhood or community with improperly managed yard waste practices can be a significant contributor of excess amounts of nutrients and can cause unnecessary degradation of lakes and streams.

Sources of yard and landscape waste include grass clippings, leaves, tree and shrub trimmings, and plant materials from vegetable and flower gardens. By weight, grass is the biggest component of yard waste, averaging half of all yard waste. Leaves and brush each provide nearly one-quarter. Other landscape wastes contribute less than ten percent. On the average nearly 200 pounds of yard waste is produced per person each year.

Controlling organic waste and the potential pollution of storm water can be achieved several ways. One way to control landscape waste is through source reduction. Grasscycling and backyard composting combined, reduce most landscape waste in the waste stream.

Grasscycling

Grasscycling is the natural recycling of grass clippings by leaving them on the lawn when mowed. Leaving the clip- pings on the lawn saves time, money and protects the environment. Mowing time is reduced since bagging and disposal is eliminated. The clippings add beneficial organic matter and nutrients to the soil. This in turn reduces fertilizer and water needs, which can minimize nutrient runoff entering storm drains.

Grasscycling recycles grass clippings by leaving them on the lawn when mowed. Mulchingowers (such as the one pictured) can be used.

Grasscycling can be practiced on any lawn as long as some simple turf manage- ment guidelines are followed. Proper mowing is required. Cut grass when the surface is dry and keep mower blade sharp. Follow the “1/3 rule.” Mow the lawn often enough so no more than 1/3 of the grass blade length is removed in any one mowing. This will produce short clippings that will filter back into the turf. Mulchingowers can be used if blade lengths are longer than 1-inch in length. Raising mower height in summer encourages deeper roots and protects the turf from heat stress. Always sweep clipping on sidewalks and driveways back onto the lawn.

Most cool season turfgrasses need one-inch of water per week during the growing season. Lawns watered too frequently develop shallow root systems. Over-watering causes lawns to grow faster and require more frequent mowing. Some turfgrass species maintain a healthy lawn without excessive fertilization. For moderate, even growth, use a combination of quick release and slow release nitrogen fertilizers. Rates and timing depend on the grass species. It is better to apply smaller quantities of fertilizer more frequently rather than large amounts less frequently. Leaving grass clippings on the lawn can supplement up to 25% of the lawn’s yearly fertilizer needs reducing the amount of money spent on fertilizer. Grasscycling the clippings add nutrients to the lawn with each mowing.

Composting

Compost is the result of putting materials or yard waste that are organic in nature into a pile and allowing the microorganisms to break down the organic material to create a compost product. This process is necessary to return nutrients to the soil that are required for plant growth. Composting is not a process, but a series of processes that can be managed. Proper composting is critical to good soil and plant health.

Composting grass clippings, leaves and garden debris create a humus soil amendment used for potting plants and turf or garden soils. Compost added to heavy clay soils improves water penetration and drainage by improving soil structure. Compost absorbs water and improves the water holding capacity of sandy soils. To conserve moisture it is essential to have soil with good water retention. In addition to improving soil structure, decomposing compost will slowly release plant nutrients. The predominant organic wastes in backyard compost piles are leaves and grass clippings. Branches and twigs greater than 1/4 inch in diameter should be put through a shredder/chipper or cut up prior to placement in the compost pile. Plant kiteni wastes may also be composted.

To be successful in composting follow these simple guidelines. First, a compost pile should be large enough to hold heat and small enough to admit air to its center. The minimum dimension should be 3 feet by 3 feet by 3 feet to hold heat. The maximum to allow air to the center of the pile is 6 feet by 6 feet by 6 feet. Microorganisms (bacteria, fungi, actinomycetes, etc), which decompose the organic wastes need to have the organic molecules dissolved in water. A moisture content of 40-60 percent provides adequate water without limiting aeration. The material should feel damp to the touch, with just a drop or two of liquid being released when it is tightly squeezed in the hand.

Mix equal units by weight of green fresh yard wastes with brown dry yard wastes. (The browns need to be saturated with water.) Mix thoroughly before placing them in the bin. Continue mixing greens and browns until the bin is full. Add a little soil or finished compost as an activator as the organic wastes are mixed.

For a passive compost pile, nothing more needs to be done. After a year the composting process should be finished and the compost can be used in the landscape. For an active compost pile, main- tenance will involve turning or mixing the pile and adding water to keep the composting process active. An active compost pile will create a temperature of 110–140 degrees F in its center. When the temperature decreases, mix the pile again. The compost will be finished when the pile cools and decreases to about one-third its original volume. It will be dark, crumbly and have an earthy odor.

Mulching

Tree and shrub trimmings are another source of yard waste. These materials are a greater challenge since they are woody and

see MULCHING on page 3
Rental Arrangements Changing with the Times
Part 2 - Flexible Cash Leases

Tom Dorn
UNL Extension Educator

The March Nubline Farm Views page featured an article describing traditional cash and crop-share leases. In this issue of the Nebline, we will discuss “flexible” cash leases, why landowners are starting to develop them, and how flexible leases work.

The March Nebline article delinated the reasons given in the March article for landlords showing a preference for cash leases included:

- Less management responsibility because the landlord does not pay for any of the crop inputs.
- Landowners retain their payment in cash. This eliminates the need to sell crops to receive their income for the year as in the case of crop share leases.
- Income from the crop is known up front so the landowner takes no production or price risk.
- In the past 10-15 years, cash leases have often resulted in greater returns for the landowner than crop share leases.

Table 1. Changes in Nebraska Land Value and Cash Rents 2002-2007

<table>
<thead>
<tr>
<th>Region and Land Type</th>
<th>Percent Change in Land Values</th>
<th>Percent Change in Cash Rents</th>
</tr>
</thead>
<tbody>
<tr>
<td>EAST</td>
<td>Dryland Cropland</td>
<td>71% 30%</td>
</tr>
<tr>
<td></td>
<td>Center Pivot Irrigation</td>
<td>52% 21%</td>
</tr>
<tr>
<td></td>
<td>Gravity Irrigation</td>
<td>45% 18%</td>
</tr>
<tr>
<td>SOUTHEAST</td>
<td>Clay, Fillmore, Saline, Otoe, Johnson, Nemaha, Nashua, Thayer, Jefferson, Gage, Pawnee, Richardson</td>
<td>80% 35%</td>
</tr>
<tr>
<td></td>
<td>Dryland Cropland</td>
<td>56% 25%</td>
</tr>
<tr>
<td></td>
<td>Non-Tillable Grazing</td>
<td>50% 20%</td>
</tr>
</tbody>
</table>

The net result of these developments is traditional leases may no longer represent an equitable business arrangement between the two business partners, (landowner and tenant). This has prompted some landowners to develop flexible cash leases. Flexible cash leases return to the concept of having the landowner share some of the production and/or market price risks. This can open up possibilities for the landowner to realize higher returns from higher commodity prices. Tenants, on the other hand, will argue one must return, when computing a fair rental from cash rents has not kept pace with data shows, on average, the return on which is also based on land value. As this is being written, the new 2008 Farm Bill has not been passed by congress. It is likely flexible rental agreements which set rental prices on crops of bushels per acre, will be treated as a crop share arrangement necessitating the FSA to split the Direct and Counter-cyclical payments between the landowner and tenant.

Table 1 shows the average increase in land value over the 5-year period. This information was presented in a recent cropping workshop by Dr. Bruce Johnson, professor of Agricultural Economics at UNL.

As can be seen, the average increase in land value has lagged behind increases in land value during the five-year period. The “fair” rate of return on the investment in land values constitute an opportunity cost which is borne by the landowner. An unavoidable, out-of-pocket cost is the property tax, which is also based on land value. As this data shows, on average, the return on investment is not as favorable as it was at the beginning of the five-year period, since cash rents have not kept pace with increasing land values.

Commodity prices on average increased dramatically during the period 2002-2007, landowners may not want their share of the bounty resulting from higher commodity prices. Tenants, on the other hand, will want one must consider the net return, not the gross return, when computing a fair rental. Increased commodity prices have been accompanied by large increases in the cost of energy, seed, fertilizer, pesticides, and labor costs. As one farmer told me, “it ain’t all gravy.”

Verification is Needed with Flexible Rental Agreements

Yield may be determined by:

- scale tickets
- combine yield monitors
- storage bin capacity, if the crop is stored on farm.

Price may be determined by:

- price of the local elevator or other buyer near the date the final rent payment is due.
- local cash price at a co-op or processor on a specified date or an average price over a specified period.
- futures market price and/or normal basis value for the location.

Key Variables the Landowner and Tenant Should Agree On

- crop rotation
- base rent
- yield price and price for establishing base revenue
- landowner percentage if gross revenue above or below base revenue to “flex” base rent

Table 2 shows the total rent (base + bonus) over a range of prices with yield set at 200 bushels per acre.

Option 2. Flex on commodity price and actual yield

Assumptions (as negotiated between the two parties are):

- base rent of $175 per acre
- bonus revenue 200 bushels x $3 = $600 per acre
- rent: 35% of gross revenue above or below base revenue

Table 3 is figured on actual yield and price. Base Rent is $175 per acre based on 200 bushels per acre and 3% per bushel = $600 gross revenue.

Caution: As this is being written, the new 2008 Farm Bill has not been passed by congress. It is likely these flexible agreements which set rental prices on bushels of crops, will be treated as a crop share arrangement necessitating the FSA to split the Direct and Counter-cyclical payments between the landowner and tenant. The percentage of the payments going to each party will depend on the circumstances of the lease.
### Mulching

#### Mulching continued from page 1

Water loss through evaporation is decreased and soil erosion is decreased by reducing the impact of rainfall. Soil temperatures are modified by mulches. Last but not least organic mulches add nutrients and humus to the soil as they decompose. A two-inch layer of grass clippings provides good weed control. Build up the layer gradually, using a one-inch thick layer of green grass will give off excessive heat and foul odors. A layer of leaves 12 – 24-inches thick after compaction, provides annual weed control. Leaves, which are more quickly, are attractive as a mulch and improves the soil. Leaves of deciduous trees like beech, birch, dogwood and maple may not be used because of juglone, a chemical in the leaves which inhibits growth of many plants. A two- to three-inch layer of shredded bark provides good weed control. Wood chips are slower to decay than shredded bark and can be used for pathway material in gardens. The best way to deal with landscape boulders is to limit its production in the first place. Or at least produce as little as possible and select trees and shrubs with their mature height and spread, in mind. Plants requiring little or no pruning do not produce much landscape waste. There are many dwarf and slow-growing evergreens available of adapted plants to Nebraska’s climate and soils.

### Establishing a Commercial Vineyard

#### Site Preparation and Vineyard Design

Because grapevines are potential weeds, it is important site preparation and vineyard design be done very carefully and thoroughly. You will have a long time with your vineyard, try to avoid any mistakes. As noted in previous articles, pH adjustment and most fertilization should be done prior to planting. Correction of drainage problems and control of persistent perennial weeds must also be implemented before planting. Planting at least one year ahead of establishment is generally a good idea for the planting of landscape trees. The correct time of planting varies with species and the farmer/career.
Thank You Master Gardeners!

Five Lancaster County Master Gardeners were recently awarded plaques to recognize them for their years of service to the Lancaster County Master Gardener program. We appreciate their dedication and support to University of Nebraska Extension programming in Lancaster County. Master Gardeners are given annual training by UNL personnel and in return provide 40 hours of volunteer time to educational outreach such as answering horticulture phone calls.

Mary Jane Frogge, UNL Extension Associate

Planting a tree for Arbor Day is a Nebraska tradition for many families. Here are some things to consider before purchasing and planting a new tree this year.

Properly planted and cared for trees add value and beauty to almost any property, whether they are planted in a park, in front of your house, or along a street or highway. Selecting planting locations is one of the most critical decisions made during the planting process. If the plant must eventually be removed because the site is unsuitable, then the planting was a failure.

To avoid failure, consider overhead and underground utilities, future construction sites and the mature size of the plant. Trees often have to be removed because they have grown too large for the site. Large landscape-sized trees should be planted a minimum of 15 to 20 feet away from buildings or other obstructions. Overhead and underground utilities must be considered in order to avoid potential conflicts. Large trees should be planted a minimum of 20 to 25 feet from overhead power lines. When selecting your planting location, consider the plant's requirements for growth and survival, such as exposure to sunlight and soil drainage needs.

Once you have selected the species that will perform the desired function in your landscape, visit a reliable nursery in your local area who will guarantee the plant material. Consider the size and height of the tree when you are selecting your plant. Smaller trees will establish better than larger trees. If the tree is too large, it may go into shock and never fully recover.

Container-grown stock may be needed in April or May if most of the year except when soils are frozen and during the extreme heat of summer. The best time for planting container-grown stock is in the spring between March 15 and May 30, if weather and soil conditions permit. All plant material should be planted as soon as possible after purchase. Do not use wire wraps and guards is frequently used to prevent disease and, in fact, can cause, hide and increase problems. In addition, tree wrap covers the photosynthetic tissues of the trunk, preventing the production of food that is needed by the young tree. Wraps should be left on during the time of the year that the tree is being trans- ported and needs protection from mechanical damage. Some wraps are claimed to protect trees against insect damage. However, most wraps and guards are not official and are not approved by state or federal agencies. Mechanical damage is one of the leading causes of injury and death of newly planted trees. Most soils contain sufficient levels of available nutrients to support the requirements of newly planted landscape plants except when conditions such as pitting has either altered the soil or changed its composition. Fertilizer should not be applied during the first several growing seasons while the new roots are establishing themselves. After this period, a determination of additional nutrient needs should be based upon the condition and vitality of the plants and analysis of soil samples.

Water is critical to the success of any tree planting. Tree roots, especially the small, water absorbing roots, are easily damaged during transplanting. For sufficient water uptake to occur, the root ball of a newly planted tree should be kept moist, but not saturated. Monitor the moisture in the root ball daily and water as needed so that the root ball does not dry out. The area outside of the root ball should be watered in the following week from April to September.

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Mulching a newly planted tree with woodchips.

Planning to Plant a Tree for Arbor Day? Read This First!

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Controlling Fleas

Fleas are difficult to control because you need to think about treating the animal host (pet or wild animal) and the home environment, particularly pet bedding areas or other locations where the pet spends time. If pets go outdoors, sometimes the outdoor environment also needs to be treated. Each of these different areas need a specific type of treatment.

Treat the animal. There are a number of treatment methods for treating pets. Dips and shampoos can be obtained from a pet store or a veterinarian. Some of the more common prescription products include Advantage® (Frontline®), indoor or extra-label use, is a topical application that goes on the back or in the ears of cats, dogs, rabbits, ferrets, and ferret kits. It is easy to use, labor intensive, and have variable results. You may need to repeat treatment every month or every two months and it is recommended that you use it for at least 8 weeks to control infestations. Some of the more common treatment methods used today are Advantage® (Frontline®), Advantage Multi® (Frontline Multi®), Revolution® (Premivet®), a once-monthly topical application that is applied to the back of dogs, cats, rabbits, ferrets, and ferret kits. It is easy to use, labor intensive, and have variable results. You may need to repeat treatment every month or every two months and it is recommended that you use it for at least 8 weeks to control infestations.

Chemical treatments will probably be necessary to control adult (biting) fleas and flea immatures. The most common domestic flea in the U.S. is the cat flea, which has a very wide host range. However, there is also a human flea, Pulex irritans, which isn’t found in the U.S. today, but has historical connections with humans. Before modern hygiene and laundering, human fleas were common in dwellings, particularly in bedbugs. During the Renaissance, ladies wore fur collars to catch fleas, which could then be removed and shranked out. Today, Pulex irritans is rare in the U.S. and most likely associated with domesticated pigs.

Human Fleas

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Managing Deer Damage

Soni Cochran
UNL Extension Associate

In eastern Nebraska, white-tailed deer are common in both rural and urban areas. They are very adaptable and can be found in many types of rural crops, extensive cover from trees and shrubs, and when they have access to streams. Deer are one of Nebraska’s most valued wildlife resources, but they can also damage plant resources and pest control programs.

• Deer-vehicle collisions. About 5,000 deer-vehicle collisions are reported each year in Nebraska.
• Diseases. Deer can transmit diseases like salmonella, giardia and E. coli. Wearing protective equipment when handling and processing deer helps reduce your risk.
• Chronic wasting disease is a degenerative, fatal disease affecting members of the deer family. Nearly all chronic wasting disease cases identified in Nebraska have been in the panhandle of Nebraska. Hunters should handle deer with care; do not leave deer parts out in the open or near hunting camp sites or home test kits.

Identifying Damage

Browsing by deer is easily identified and commonly identified by the ragged edges of twigs or stems. Most browsing occurs from the ground up to six feet. In the fall, male deer rub their antlers against trees which can lead to severe damage to trees.

Preventing Damage

Habitat Modification: Deer feed on a wide variety of plants. If you notice damage to landscape plants, try planting ornamentals less likely to be damaged by deer. If you take a plant sample, you may also find the distinct print of a deer track nearby on bare soil.

Controlling Fleas

Barb Ogg
UNL Extension Educator

Deer are obligate blood feeders, which means the female flea must have a blood meal to reproduce. The female flea lays eggs while on the animal host, but the eggs are not glued to hair so they fall off the host into the nestling material. Fleas are nearly always associated with animals that eat, including dogs, raccoons, opossums, rabbits, rats and mice are nesting animals and do best living near agricultural streams. Deer are one of Nebraska’s most valued wildlife resources, but deer damage. You can also exclude the deer from areas with the exception of dogs. Deer can find food in a variety of plants. If you notice damage to landscape plants, try planting ornamentals less likely to be damaged by deer. If you take a plant sample, you may also find the distinct print of a deer track nearby on bare soil.

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For more information, visit the UNL Extension website at http://lancaster.unl.edu/pets.
**Name That Food!**

Alice Henneman, MS, RD, UNL Extension Educator

Most of us eat at least three times a day. How much do you REALLY know about the foods you eat? Play “Name that Food” and find out! Answers are at the bottom.

**Food 1:** If fried, ground and contain vitamins C and A. Though most people call me a vegetable, I’m really a fruit. I taste best when refrigerated. Though my skin darkens in the refrigerator, I’ll still be light inside.

**Food 2:** While I’m often thought of as a meat-free entree, I also can be served as a meatless entrée. I’m kidney or oval shaped. I provide protein, fiber and an excellent source of calcium. I’m available in several flavors.

**Food 3:** I’m a good source of protein and the B vitamin, riboflavin. They can be served as a vegetable side dish, I also can be served as a meat-free entrée. I’m often eaten as a snack.

**Food 4:** I’m a member of the grain food group and a good source of fiber. I increase in size after I’m prepared. Three cups of served, without added fat or sugar, provide less than 100 calories. I’m often eaten as a snack.

**Food 5:** I’m on the nutty side of the same family as peaches and apricots. I’m a good source of vitamin E. There are 23 of me in one ounce, about a handful. Hint: I begin with an “A” and am often served in a mixture with other similar foods.

**Food 6:** I’m a member of the fruit group. The addition of tiny dots of green peas. "monounsaturated" fat, a heart-healthy fat. Store me at room temperature until I ripen; then refrigerate me. Though my skin darkens in the refrigerator, I’ll still be light inside.

**Food 7:** I belong to the morning glory family. I’m orange and high in vitamin A. I taste sweet when chilled to 39°F. I’m often eaten as a snack.

**Food 8:** I belong to the morning glory family. I’m orange and high in vitamin A. I taste sweet when chilled to 39°F. I stay fresh for 3 to 5 weeks. At room temperature, I’m at my peak for about a week, so I’m sometimes washed.

**Food 9:** And for a last question, here’s a food riddle… You throw away the outside and throw away the inside. I’m yellow in color. Hint: after throwing away the “outside,” the “inside” becomes the “outside.”

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**What Counts as a Cup of Fruits and Vegetables?**

The MyPyramid Food Guidance System recommends eating 2 cups of fruit and 2½ cups of vegetables for a 2,000 calorie diet. How much is this? In general, 1 cup of raw or cooked vegetables or 100% vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group. One cup of fruit or 100% fruit juice or ½ cup of dried fruit can be considered as 1 cup from the fruit group. Here are the cup amounts of some common fruits and vegetables:

- **1 small apple**
- **12 baby carrots or 2 medium carrots**
- **16 grapes**
- **8 large strawberries**
- **1 cup cooked greens or 2 cups raw (spinach, collards, mustard greens, turnip greens)**
- **1 medium potato**
- **1 large banana**
- **1 small wedge watermelon**
- **1 large ear of corn**

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**Country Style Potato Salad**

**Serving Size:** 1 cup • **Yield:** 4 servings

3 medium baking potatoes
1 cup chopped celery
½ cup minced onion
1 cup frozen peas
1 teaspoon mustard
½ cup mayonnaise, lowfat
½ cup yogurt, nonfat plain
fresh cracked black pepper to taste

Garnish: lettuce and tomato

Wash potatoes, leave skin on and cut in bite-size chunks. Place in pan and cover with water. Bring to a boil, lower the heat, and simmer gently about 20 minutes. Drain in colander and sprinkle lightly with cold water. In the meantime, put the rest of the ingredients in a large mixing bowl. Add drained potatoes to the bowl. Mix well and refrigerate until ready to use. Garnish with fresh lettuce and sliced tomatoes.

Source: Adapted from: Cooking Dairy II, Food and Health Communications, Inc. available at FoodStamp Nutrition Connection Recipes http://recipfinder.unt.edu/page.xhtml

Nutritional Facts: Calories, 180; Carbohydrates from Fat, 90; Fat, 18g; Saturated Fat, 5g; Trans Fat, 0g; Cholesterol, 15mg; Sodium, 150mg; Total Carbohydrates, 15g; Dietary Fiber, 5g; Sugars, 8g; Protein, 6g.

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**Stretch Your Food Dollar With These 10 Money Saving Strategies**

1. **Look for sales cycles.** Many supermarkets cycle the various categories of food on sale approximately every 12 weeks. If you shop for just what you need every week, you miss out on many of the sales. Buy larger quantities of shelf-stable foods, including canned, dried and non-perishable foods when they are on sale.

2. **Look for meat savings.** Meat is usually the highest-priced food in your cart. Many butchers will package small cuts of meat, or run tougher cuts through the tenderizer. Ask what time of day they do their markdowns and try to shop accordingly. If you find a package with a sell-by date “today,” ask if they will throw it away.

3. **Keep your apple crisp!** While I’m often thought of as a fruit, I’m really a vegetable. They increase in size after I’m prepared. Three cups of served, without added fat or sugar, provide less than 100 calories. I’m often eaten as a snack.

4. **Look up and down.** The higher-priced foods are often placed on the shelves at eye-level. Look up and down to check out the store brands and sale items.

5. **Check the unit price on the shelf and the weight.** The bigger box may not contain more. Also, if purchasing individual servings of foods, you are probably paying much more for the package than for the food. Buy the larger quantity and divide into small containers yourself, freezing them, if necessary.

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By Alice Henneman, MS, RD, UNL Extension Educator

Here’s a quick, colorful, lowfat, potato salad highlighted by the addition of tiny dots of green peas.
Catching up with your children daily and talk about upcoming happy events—to show them how to anticipate good times. It doesn’t have to be a major event, like a trip to Disney World or a holiday with tons of presents. Something simple, like talking about next weekend, will do just fine.

Help your children be realistic about what’s going to happen. You get your kids in the mood for anticipating the wonderful things about to take place, and suddenly their imagination knows no bounds. Don’t worry, they won’t blow a spell, but you also don’t want to let your child’s version of things swing wildly away from what’s practical.

Game in the habit of savouring the moment. Children tend to be absorbed in the experience, while adults may step back and reflect on it.

Parents should be careful not to push their child into adopting their analytic style. It’s okay to let your child simply experience the wondrousness of something, like rolling in a pile of leaves. Don’t make her think she has to put a label on what she’s feeling.

Take plenty of strolls down memory lane. It’s OK to reminisce about old times, to savor things that happened in the past and keep them alive in your child’s memory. Taking photographs and gathering mementos are very good ways. Also, tell stories about things the child has done.

Encourage your child’s playful side. You can show your kids how to be light, how to take pleasure from the small things, and how to enjoy the moment. You may be pleased with yourself. When you laugh at a child’s jokes—even the early rudimentary ones—like putting his shoes on his ears—you’re helping him develop what the world will later call his marvelous sense of humor.

Bonnie Krueger
FCE Council Chair

This is my favorite time of the year. Easter came early and brings us new beginnings. Spring has arrived and winter takes retreat. New seed catalogs arrive and we can’t wait to get the bulbs through them and order all the new garden variety for 2008. We watch the shrubs and trees bud, dormant seeds beneath earth floor leap from darkness. Fertile fields become green and lush. We all know the old saying APRIL showers bring MAY flowers, but then again, we only hope we don’t get APRIL FOOLS before it arrives.

Remind the FCE Council meeting will be Monday, March 24 at 1 p.m. We will meet at the Old Orchard 20th Street, for lunch followed by our business meeting. Bring your items to the council meeting for the soldiers boxes (see your president’s letter for ideas).

Mark your calendar for Thursday, July 10 for our Sizzling Summer Sampler. Our program will be “Back to the Beach” Victorian food and styles. Watch for more details coming in May.

Plant kindness and gather love.

Get Your Life/Home in Order

Organizing doesn’t have to be an over whelming task. A good filing system is a place to start.

A filing system only works if it works for you and you can work with it. The following steps may be of help in developing a filing system—for you.

• Gather all materials to be filed in one location.
• Have available a wastebasket, file folders, labels and a pen.
• Pick up the item on the TOP of the pile and decide if this item has value for you. If it doesn’t, THROW IT AWAY! If the item is of value, ask yourself the question, “What is this about, for me?” and choose the folder heading. Label the file folder and file the piece of paper you are holding; continue through the pile, one item at a time, consolidating as much as possible.

• When your mind begins to blur, STOP FILING for the day.
• Once your files are estab lished, each time you consult a file folder, flip through it quickly to pick out and throw away the “dead wood.” Help yourself feel more in control of your own life—get those stacks of paper organized!

A computer filing system works well for those who are electronically inclined. It is still important to have a filing system to handle the other important papers around the home.

Once the paper parade is in order you can start orga nizing the other parts of the home—such as store rooms and closets. Well labeled tab and boxes will help organize these areas.

ABC’s for Good Health, April 15 & 22
A 2-Part Series Which can Change Your Life

UNL Extension Nutrition Education Program (NEP) is presenting “ABC’s for Good Health,” a free 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. Upcoming dates are Tuesdays, April 15 and 22, 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.
C) Choose sensibly – Balance the foods you need and enjoy.

Participants receive:
• A pedometer and inspiration to stay fit
• A notebook with practical nutrition information
• New recipes and food preparation ideas
• A computer filing system
• A 2-Part Series Which can Change Your Life

Sessions are held at the Lancaster Extension Education Center, 444 Cherry creek Road in Lincoln. Please register by April 8. Call NEP at 441-7180 for more information or to register.

Wilma Bolling
Famil y & Community Education (FCE) Clubs

More Fun in Your Family Life

There’s hardly a family expert who would not agree with the message family fun is vital for a healthy, happy family. If you merely teach your children how to experience joy. We’re finding in our research that the expert who would not agree is a way of looking at your life, being willing to use any oppor tunities to be prepared.

FCE Scholarship Applications Due May 1

A $400 Scholarship provided by the Lancaster County FCE Council is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in Family and Consumer Science or a health occupation. This is open to full-time students beginning their sophomore, junior or senior year of college in the fall of 2008 or who have completed two quarters of study in a vocational school. Applications are due May 1 in the extension office.

Souza Debra Schrader, UNL Extension Educator

FCE News & Events

The next FCE and community leader training is scheduled for Thursday, March 27, 7 p.m., at the Lancaster Extension Education Center. This leader training lesson gives you the tools to present this topic as a program. Extension provides a teaching outline for the facilitator and a handout for participants.

Lorene Bartos will present the lesson “Developing Cultural Understanding and Cultural Competence.” This lesson focuses on how individuals can become more responsive to cultural differences and diversity in backgrounds and help global citizens in today’s changing world.

Non-FCE members, please call Pam at 441-7180, to preregister so packets can be prepared.

Southeast District Meeting, April 23

Lancaster County is hosting the Southeast District FCE meeting on Wednesday, April 23, 9:30 a.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. Janet Broer, Southeast District Director and a member of the Belkline FCE in our county, is organizing the event: WOMEN EXTRA ORDINARE.

The program and brunch, “Crackin’ Up — Easy Egg Dishes,” will be presented by Mary Jarell, Public Information Officer Poultry & Egg Division, Nebraska Department of Agriculture. The afternoon program “Fun with Quilts” will be presented by Tyea Lidelof, Salt Creek Circle FCE member.

Registration fee is $10 (make checks payable to FCE District Meeting) and includes the brunch. Mail to Janet Broer, SE District Director, 2201 Cardwell Road, Lincoln, NE 68523. Preregistrations are due April 18.

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Souza Debra Schrader, UNL Extension Educator
Jammie Jamboree, April 12
Sew jammie bottoms on Saturday, April 12, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Bring your own pull-on pajama bottom pattern, prewashed flannel or 100% cotton fabric (no one-way design fabrics or plaid) and matching thread. Also bring your sewing machine, basic sewing equipment such as scissors, pins, measuring tape, etc. and a sack lunch. Open to all youth (need not be in 4-H). Adults are welcome. Sign up by April 11 by calling 441-7180. Jammie bottoms may be entered at the county fair.

Scrapbooking Workshop, April 19
Make a 4 H or personal scrapbook by attending a workshop on Saturday, April 19 from 10 a.m. to 12 Noon at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln, Open to all youth ages 10-18 (need not be in 4-H). Tools and supplies will be provided. Cost is $8 for an 8” x 8” album that comes with real pages and page protectors or $15 for a six page paper album kit and tape runner. Pay at the door. Optional supplies will be available for purchase. Bring related memorabilia and 25-45 pictures for large album, 10-20 for small album. Must RSVP by April 10 by calling 441-7180. Scrapbooks may be entered at the county fair (see Fair Book p. 44, under Heritage).

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

Level Testings April 22 & May 6
Upcoming riding skills level group tests at the Lancaster Event Center Warm-Up Arena: Tuesday, April 22 at 6:30 p.m. and Tuesday, May 6 at 6:30 p.m. Call Marty at 441-7180.

District & State Entries Due May 9
District and state horse show entries are due to UNL Extension in Lancaster County, 444 Cherrycreek Road in Lincoln by May 9. No late entries will be excepted! Anyone planning on going to state must also have their horse IDs turned in and all parts of their horsemanship level tests passed by that date. Entry forms, entry guidelines, entry procedures and the 2 and 3 year old western pleasure affiliative are available at http://animalscience.unl.edu/horse/horseht.htm and at the extension office.

Free 4-H Roping/Ranch Clinic, May 3
A free roping and ranch 4-H clinic will be held Saturday, May 3 at the Salt Creek Wranglers Arena. All Lancaster county 4-H’ers, their parents and leaders are welcome and encouraged to attend. The clinic is intended for those who have never tried to rope but think it might be fun to try and for advanced ropers who would like to polish their skills.

Areas covered will be: Dummy roping, Dummy roping from horse, Beginning working ranch skills, Roping demonstrations, Heading and Healing, and Antique Bit Display. Please RSVP to Marty by calling 441-7180 or by e-mailing mcruickshank2@unl.edu — give your name, whether you have or have not roped before, and what areas you would most want to take part in. More detailed information will be in the next Nebline.

Camp Scholarships Deadline Extended to May 1
Deadline for the following 4-H Camp scholarships have been extended to May 1: • Windstream 4-H Camp Scholarship • Joyce Vahle Memorial Scholarship Applications are available at the extension office and at http://lancaster.unl.edu/4h/Programs/award.shtml

22 Silhouette Shooting Sports Meeting, May 5
A new .22 silhouette shooting sports event will be available to 4-H youth! Plan to attend the first organizationa l meeting on Monday, May 5, 7 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Interested youth must currently be in grades 6-12 and between ages 11-18. More information will be in the May Nebline.

Livestock Quality Assurance Training, May 15
If you will be showing market animals this year, you will once again be required to be Quality Assurance Certified to be eligible to show. If you have not been QA certified yet through your 4-H club meet ings or FFA Chapter, please plan on attending a training on Thursday, May 15 at 7 p.m., at the Lancaster Extension Education Center. Please RSVP by May 12 by calling Deanna at 441-7180.

In the ART CONTEST, Spencer Peters (above left) earned Junior Division Reserve Champion.

In the DEMONSTRATION CONTEST, Cory Peters and Ian Schuster (at left) earned Senior Division Grand Champion with “Who Koot to Do.”

Ellis Dearmont and Hannah Rennau (below) earned Junior Division Grand Champion with “The ABCs of PRT.”

Stampede Results

The 4-H Horse Stampede was held March 8 at the Animal Science Building on UNL East Campus. The stampede consists of the statewide 4-H art, public speaking, demonstration and horse bowl competitions. Congratulations to ALL Lancaster County 4-H’ers who participated! Complete county results (as well as additional photos) are online at http://lancaster.unl.edu/4h/Contest/speech.shtml

In the ART CONTEST, Spencer Peters (above left) earned Junior Division Reserve Champion.

In the DEMONSTRATION CONTEST, Cory Peters and Ian Schuster (at left) earned Senior Division Grand Champion with “Who Koot to Do.”

Ellis Dearmont and Hannah Rennau (below) earned Junior Division Grand Champion with “The ABCs of PRT.”
4-H Achievement Night

Lancaster County 4-H Achievement Night was held Feb. 12 at the University of Nebraska-Lincoln Animal Science Complex on East Campus. The evening was presented by 4-H Council with generous support from UNL, 4-H-ers, 4-H clubs and 4-H leaders were recognized for their 2007 achievements. The evening included two presentations by Animal Science professors and an optional behind-the-scenes tour at the animal science/vet science teaching labs, research facilities and projects. Lancaster County 4-H congratulates these 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! For a complete list of award, scholarship and pin recipients (as well as additional photos) visit online at http://lancaster.unl.edu/4h

COMMUNITY SERVICE AWARDS
Presented to 4-H’ers who have completed the most hours of community service. Award recipients receive a $30 Activity Certificate from Lancaster County 4-H Council redeemable towards 4-H activities and supplies.

Age 14 and over (pictured above): Carly Belz, Kaley Cook, Ann Dearmont, Grace Farley, Eliza Hammond, Marian Hanigan, Christina Mayer, Kyle Pedersen, Jessica Slevy, Nathan Smith, Cassandra Spellmeyer and Britni Waller.

Age 13 and under (pictured at right): Kailee Brown, Spencer Farley, Jennifer Hoffman, John Hoffman, Jaime Stephenson and Jessica Stephenson

COMMUNICATION AWARDS
District Speech & Public Service Announcement (PSA) Contest participants: Grace Farley, Anne Greff, Molly Noel, Kyle Pedersen, Erica Peterson, Jacob Pickrel, Rachel Pickrel, Jaime Stephenson, Jessica Stephenson

COLLEGE SCHOLARSHIPS
Lincoln Center Kiwanis — $1,000: Nathan Smith
Lancaster County 4-H Council — $500 (pictured above): Britta Doeschot, Abigail Gabel, Marian Hanigan, Brad Morgan, Nathan Smith and Gabrielle Warner
Lancaster County Teen Council — $250: Marian Hanigan and Nathan Smith
Lane Community — $200: Kelly Schachenmeyer

4-H COUNTY FAIR NEWS
2008
Lancaster County Fair Books have been mailed, Available Online
Lancaster County Fair Books have been mailed to all 4-H families. The 4-H/FFA portion of the Fair Book, many forms and additional resources are online at http://lancaster.unl.edu/4h/Fair
The 2008 Lancaster County Fair will be held August 6-10 at the Lancaster Event Center. This year’s theme is “Thrills, Squeals and Ferris Wheels!”
Lancaster Event Center is now in the midst of its Phase II Expansion plan. By fair time, there will be a new entrance off of Havelock Avenue, a completed Pavilion 3 with arena and more parking.

New in 4-H This Year
See the Fair Book for detailed information about each of the following:
• Photography — Nebraska 4-H has all new photography classes to match the new manuals. Focus on Photography — Unit I, Controlling the Image — Unit II and Mastering Photography — Unit III. These classes are only offered at fair (not eligible for State Fair) as such as “Photogram” and “Favorite photo.”
• Robotics — Nebraska 4-H has robotic classes to match the new manuals. Robot Explorer—Unit 1 and Robotic Probe—Unit 1.
• Theatre Arts — at the request of 4-H After-school clubs, two county-only classes for clubs have been added: 4-H Club Portfolio and 4-H Club Acting Portfolio.
• Roping/Working Ranch Horse Show will be held in the new Pavilion 3 — Arena on Thursday, Aug. 7 at 7 p.m. Goat Tying (three age divisions) has been added this year. Also new are All Around Cowboy/Cowgirl Awards sponsored by Lonsum Fine Farm/Myrion Ang Family. An all-around cowboy/cowgirl award will be given to the Elementary; Junior and Senior age divisions.
• Horse Novice Calf Classes — walk-trot classes designed for 4-H youth ages 12-18 who have just started riding and showing. All walk-trot rules apply. The following horse events have novice divisions: English Pleasure, English Equitation, Horsemanship Pairs, Western Pleasure and Western Horsemanship.

Other Changes
• The Bicycle Contest will be held before county fair on Saturday, June 28, 9 a.m. at the Lancaster Extension Education Center.
• The Presentation Contest will be held one day only on Saturday, July 19, 9 a.m. at the Lancaster Extension Education Center (no presentations during county fair).
• The county and state Horticulture Contest will be plant identification only. A new plant list along with a study guide can be found at http://www.agronomy.unl.edu/news/outreach/youth-programs.html. The new plant list consists of plants that are commonly used or sold in Nebraska.
• Due to construction of Amy Countryman Aviary, the 2008 4-H Fair Book will be no longer for unloading animals on the east side of Pavilion 1. All loading/unloading animals (except for horses) will occur north of Pavilion 1. Animal check-in times have been staggered to ease congestion. See Fair Book for times.
• Bucket Calf now has only two classes: Current-year bucket calf — Junior division (ages 8-11) and Current-year bucket calf — Intermediate division (ages 11-13).
• The Shooting Sports Contest and Llama Show are on a break this year.
Volunteerism Creates Community Vitality

National Volunteer Week is April 27–May 3

Maureen Burson
UNL Extension Educator

We know warm weather is just around the corner when volunteer master gardeners join the extension educational team each spring. University of Nebraska–Lincoln Extension Master Gardeners extend their volunteer time to educational extension programs.

Master Gardeners Sharon Stithal works at the Lincoln Children’s Zoo as part of her volunteer service. She says, “When I help maintain the landscape and answer questions from children and parents, I know thousands of people enjoy what they see and learn. It’s fun to be up-to-date about the many aspects of horticulture from UNL experts and fellow Master Gardeners. It gets me outdoors and is a great way to relax.”

Many Master Gardeners are a part of the 72,231 Lincoln/Lancaster County citizens (27.6% of the population) who volunteered in 2006. The 1,293,008 hours, reported by 94 local non-profit agencies, are valued at $18,412,427. Nationally, over $60 billion is estimated to be contributed to the U.S. economy through volunteer service. In 2007, 60.8 million Americans (26.2% of the population) volunteered their time and talents.

In addition to documented volunteer service, friends and neighbors serve each other in a variety of ways. Providing a student transportation to school, shoveling snow for a neighbor, picking up groceries for a disabled friend, or helping a peer understand algebra are all ways people volunteer. Volunteerism is a part of the American culture.

Volunteers such as Ron Suing (right) are the “Heart of 4-H.” He teaches rodey at Clover College and is superintendent of 4-H Engineering areas at the Lancaster County Fair.

Volunteers Contribute to Extension’s Success

Lincoln County Extension trains and supports, as well as coordinates, the efforts of a variety of volunteers: Master Gardeners, 4-H leaders and coordinants, Family & Community Education (FCE) volunteers and Nutrition Education (NEP) volunteers. Last year, extension programs in Lancaster County benefitted for a total value of 1,897 volunteers investing 28,572 hours valued at $536,290. In addition, FCE and 4-H members often volunteer in community-related projects.

Youth are Serving Our Community

The majority of youth (59%) in the U.S. are involved in some type of volunteerism in their communities. Part of the 4-H pledge is, “I pledge my HANDS to greater service.”

Lincoln County 4-H presents Community Service Awards to 4-Hers who have completed the most hours of service (see page 9). Twenty hours of community service are required in order to graduate from Lincoln public high schools.

Youth who are connected to the community through volunteerism are more likely to stay in touch with their communities. They contribute substantially to the vitality of the community. According to the Bureau of Labor, youth are most likely to become involved because they were asked by organization members, school officials, relatives or friends.

College Students Contribute Through Community Service

Over 10,600 UNL students invested a total of 162,537 hours of volunteer service during 2006–07 school year. The UNL Student Involvement Office (on the Web at http://lancaster.unl.edu/4h/boards/studentservices.html) encourages students to do 80 service hours per year. The UNL Student Involvement Office (on the Web at http://lancaster.unl.edu/4h/boards/studentservices.html) encourages students to do 80 service hours per year. Students in UNL’s 4-H Achieveme Night results in some tangible benefits youth can get from volunteering. They might make them more attractive to marketability and volunteer activities. Getting youth involved in some type of service to others.

The experience of volunteering provides youth with the social and practical skills that can help them succeed as adults. It builds and engages and more involved in their own communities. While youth today are involved in a variety of activities such as sports and music, volunteerism can provide unique experiences and have many positive benefits for development. Here are some suggestions on how adults can encourage youth to volunteer.

Provide youth with information about volunteer opportunities. One of the top reasons youth do not volunteer is that it is not very appealing, they do not have the information about opportunities. Parents and involved adults should help youth find opportunities in their own communities, schools, local organizations and churches. They might just need a little guidance, calls, visits to volunteer sites or even searches on the Internet to receive more information.

Adults should also help youth consider their choices. This includes studying available information to make sure the activity is safe, lead by competent people, experiences offered are engaging and activities are well age-appropriate.

Advise/ask/encourage youth to volunteer. After finding information about volunteer opportunities, it is also important to invite the youth to volunteer or to directly communicate expectations for service to others.

Many youth report they did not think of volunteering because nobody ever asked them.

Help youth work through practical barriers. Go through the practical issues and logistics of how the child/ youth could actually volunteer. Help them think about work and through issues such as scheduling, transporta- tion, how to put in an application (if there is one) and other steps entailed in volunteering. For instance, the top reason youth do not volunteer is lack of time. Parents can help youth struc- ture their time better and consider the amount of time they might want to commit to volunteer work.

Help youth find an opportunity that fits his or her interests/skills. Many youth drop out of volunteering because the activity is too hard, too easy or simply uninteresting. There are a host of opportunities that can match each person’s interests and skills. Consider whether the potential volunteer enjoys face-to-face interactions (e.g., mentoring) or solitary activities (e.g., community gardening). Also, try to help youth find volunteer opportunities that are age-appropriate.

Alert youth to the rewards of volunteering. While the essence of volunteering is really to provide marketability and volunteer activities, there are some tangible benefits youth can get out of volunteering. Alert youth to these practical benefits. For instance, point out to youth they can gain skills that might improve their marketability and volunteer activities. These benefits might make them more attractive to future employers or colleges.

Many schools also have service learning components, so youth might actually get school credit for their services. A number of studies demonstrate that individuals who volunteer at an earlier point experience greater functional ability and better health outcomes later in life.


Inspire Youth to Volunteer — Action Steps for Parents and Educators

Make it a family event. Parents are always looking for ways to have family time and to find activities the whole family can do together. Finding a volunteer activity, or even starting one’s own, could be a great oppor- tunity for a family to be involved in something together. Perhaps a family can think of something to do each month to help others.

Volunteering Produces Health Benefits

Over the past two decades, a growing body of research indicates volunteerism provides not just social interaction, but also health benefits. As research has established a strong relationship between volunteering and health benefits, it is important to take a closer look at how these benefits are received.

A number of studies demonstrate that individuals who volunteer at an earlier point experience greater functional ability and better health outcomes later in life. While the essence of volunteering is really to provide service to others.

Each year UNL students share skill during their school breaks. During the January break, several UNL students helped build homes for hurricane victims in Hancock County, Mississippi.

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Volunteer Partners matches volunteers’ interests with the needs of organizations in Lincoln and Lancaster County. It includes an average of 150 active volunteer opportunities listed by 220 local agencies. Ongoing opportunities include volunteer service days, youth volunteer clubs, Ride for Five buss program, emergency volunteer program and court-mandated community service. Their website is www.lincoln.ne.gov/for_volunteers or call 435-2100.

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CLOVER COLLEGE INSTRUCTORS AND VOLUNTEERS NEEDED

The 2008 4-H Clover College will be Tuesday, June 17–18, Friday, June 20 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!

LIVESTOCK SELECTION & NUTRITION WORKSHOP, MARCH 27

Lancaster County 4-H is hosting a Livestock Selection and Nutrition Workshop on Thursday, March 27, 6:30 p.m. in the open beef barn at State Fair Park. Anyone may attend. Our speakers on nutrition management will be Tracy Coillow, Show Feed Specialist and Melissa McGuie – Livestock Production Specialist, both from Land O Lakes Purina Feeds. We will also have species speakers and goats who will talk about their nutrition needs.

CLOVER COLLEGE INSTRUCTORS AND VOLUNTEERS NEEDED

The Knights of Ak-Sar-Ben and the Nebraska Association of Agricultural Research and Development Center near Mead. Applications for this year’s recognition are due May 1. Applications can be obtained by contacting Deanna Karmazin at dkarmazin2@unl.edu or 441-7180.

PIONEER FARM FAMILY AWARD

Applications Due May 1

The Knights of Ak-Sor-Ben and the Nebraska Association of Agricultural Research and Development Center near Mead.

EXTENSION CALENDAR

March

24 Family & Community Education (FCE) Council Meeting, Olive Garden, 6100 “O” Street. 1 p.m.
25 Guardian/Conservator Training. 1:30 – 4:30 p.m.
26 4-H Horse Riding Fundamentals Clinic for 4-Hers. 5:30 & 8 p.m.
27 4-H Horse Riding Fundamentals Clinic for 4-H leaders. 6:30 p.m.
27 Livestock Selection & Nutrition Workshop, State Fair Park, Open Beef Barn. 6:30 p.m.
27 Family & Community Education (FCE) & Community Leader Training Session: “Developing Cultural Understanding and Cultural Competence”. 9 a.m.
29 Lancaster County 4-H Spring Stock Show, Lancaster Event Center Pavilion 3 - Exhibit Hall. 8 a.m.–3:30 p.m.
29 Child Care Conference. 8 a.m.–3:30 p.m.

April

1 4-H Council Meeting, Arion’s, 70th & Van Dorn. 6 p.m.
1 Extension Board Meeting. 8 a.m.
12 Beginning Beekeeping Workshop - Day 2, Apiculture lab, Agricultural Research and Development Center near Mead, 10 a.m. – 2 p.m.
12 4-H Jammie Jamboree. 9 a.m.
12 Kiwanis Karnival, Elliott Elementary School. 7-9 p.m.
13 4-H Teen Council Meeting. 3 p.m.
14 4-H Public Service Announcement (PSA) Tapes Due for PSA Contest, Lancaster Extension Education Center. 5:30–8:30 p.m.
15 Guardian/Conservator Training. 5:30–8:30 p.m.
15 ABC’s for Good Health – 1st of 2-part series. 5:30–8:30 p.m.
15 Initial Commercial Pesticide Applicator Training Session. 9 a.m.
17 Parents Forever/Kids Talk About Divorce. 5:30–9:30 p.m.
19 4-H Scrapbooking Workshop. 10 a.m.–12 Noon
19 4-H Speech Contest. 1 p.m.
22 ABC’s for Good Health – 2nd of 2-part series. 6:30–8:30 p.m.
22 4-H Horse Level Testing, Lancaster Event Center Warm-up Arena. 6:30 p.m.
23 Southeast District Family & Community Education (FCE) Meeting. 9:30 a.m.
Meet the 2008 Lancaster County 4-H Council

Lancaster County 4-H Council represents the interests of youth, parents and leaders. 4-H Council is responsible for determining 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:

Each January, Lancaster County 4-H Teen Council presents an overnight Lock-In for 4th & 5th graders. Attendees are treated to a fun-filled event and Teen Council members gain valuable leadership skills. More than 80 4th and 5th graders attended and over 30 Teen Council members were involved in the planning, organizing and presenting of 12 hours of activities!

Here is a recap of the evening from a few of the teens:

A Successful Round-Up

Once again, Lancaster County 4-H Teen Council hosted a successful Lock-In. This year’s theme was the Winter Round-Up, and 4th and 5th graders enjoyed creating their own brands and participating in a cowboy relay race. The children had a blast making their own cowboy hats, guitars and other crafts. Smiles abounded as teens led them in a variety of games throughout the night. It was exciting to see many of the younger members of Teen Council take larger leadership roles this year and learn how to put on a successful Lock-In. The increased number of attendees meant members had to make quick adjustments. The teens proved capable of handling the challenge and the Lock-In ran smoothly. The Lock-In was fantastic thanks to the efforts of many amazing hard-working teens! —Marian Hanigan Vice-President

One of the Best Ever

I thought the Teen Council 4-H Lock-In was one of our best ever. In my five years on the council, the kids seem to have more and more fun each year. I think this is because we improve the event every year to make it more fun. The teens really illustrated their maturity throughout the entire night, and I could not be more proud to call myself a teen. All in all, the Lock-In was a huge success and I look forward to the future years. —Brad Morgan

Youth Have Fun

The 4-H Lock-In is a great way for fourth and fifth graders to make new friends and explore the wonders of working and cooperating in games. The youth learn things while they have fun doing it. This year our theme was Winter Round-Up and they had healthy country food. They got to make a bunch of craft items such as hats they could take home if they wanted. At the end of all the fun activities the youth finally settled down to rest with some movies. They were all tired when morning came. We helped them pack and get ready to go home. Then we went home and slept and slept and slept, ready to start planning for next year! —Erica Peterson

Paws-On Dog Workshop, May 31

If you have an interest in learning about dogs or want to better your show skills, plan on attending the Lancaster County 4-H statewide dog clinic on Saturday, May 31, 10 a.m.—4 p.m. at the Lancaster Event Center, 84th and Havelock. This workshop will cover obedience, showmanship, agility, grooming, health care, careers in the small animal field and much more. Fee is $5 per person and includes lunch. Anyone may attend. RSVP’s are required by May 23 by calling Deanna Karmazin at 441-7180.