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The NEBLINE, January 2008

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“Parents Forever” Class Teaches Parents How to Help Children Through a Divorce

 Approximately half of American children will experience a parent’s divorce before the age of 18. In Lancaster County, 1,500 parents experience divorce and/or custody issues annually. How families choose to resolve the conflicts directly impact children’s adjustment to the divorce.

 Since 1999, UNL Extension and Saint Elizabeth Regional Medical Center have teamed up to offer monthly Parents Forever/Kids Talk About Divorce classes designed for families experiencing divorce or custody issues. Parents Forever is the only class of its kind offered in Lincoln, which offers a class for children at the same location and time.

 Parents Forever

 Although participants aren’t eager to participate in court-mandated classes, they have routinely shared how much they appreciate the class. One recent participant said, “I’m glad this is a necessary and required class.” Ninety-eight percent of the participants indicate the class is beneficial.

 The class includes:

 • understanding the developmental stages of children as related to divorce
 • identifying the grief cycle through the eyes of a child
 • how to support children’s adjustment to separation
 • positive communication and parenting styles
 • conflict and stress management strategies
 • structure for developing a co-parenting plan

 Participants have an opportunity to learn from parents in similar situations and learn about available community resources.

 After completing a Parents Forever class, one mother said she will not make her child pick sides. She is also committed to not arguing with her former spouse in front of their son.

 Kris, a mother of a 9- and 12-year-old, said the most important thing she learned was how children react to divorce, based upon their age.

 Mary and Sam, who are currently going through a divorce, participated in the class together. As parents of a 2- and 5-year-old children, they appreciated the excellent resources to help develop their parenting plan together.

 Kids Talk About Divorce

 Children ages 6–12 may participate in Kids Talk About Divorce while their parent(s) participate in the Parents Forever class. Here is a sample of what children say they have learned:

 • “Divorce is not my fault!”
 • “Identifying my feelings can help me cope with anger.”
 • “I have a right to love both parents.”
 • “Parents really can listen.”

 How to Register

 Parents Forever/Kids Talk About Divorce classes are held monthly on Thursday evenings, 5:30–9:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Upcoming dates are:

 • Jan. 17
 • Feb. 21
 • March 20
 • April 17
 • May 15
 • June 26

 Parents Forever/Kids Talk About Divorce statewide locations and dates are listed at http://lancaster.unl.edu/family/divorce.shtml

 Cost is $40 per parent, with no charge for children’s participation. To register, call Saint Elizabeth Regional Medical Center at 219-7000 or go to www.saintelizabethonline.com/calendar.php

 Legislation intended to keep children at the center rather than put them in the middle of divorcing parents was passed by the Nebraska’s unicameral on May 30, 2007 and will take effect January 2008. The new parenting act (LB554) directs parents to develop a parenting plan either on their own, through mediation or attorneys. If the parents are unable to agree, the court will create a parenting plan in the best interest of the child.

 “This new legislation is designed to ensure the children’s best interest is the highest priority,” says Casey Karges, executive director of The Mediation Center. Parents involved in custody and parenting time cases are required to attend parenting education classes. In Lancaster County, district judges mandated court-approved classes several years prior to LB554. Cases involving allegations of domestic abuse or unresolved parental conflict will be referred to a specialized alternative dispute resolution process with mediators trained to deal with high-conflict cases.

 The new parenting act is considered to be the first substantive rewrite of Nebraska’s parenting laws in 20 years. Among other things, the new parenting act:

 • defines the “best-interests of the child” standard as the standard by which child custody and parenting time issues are resolved; and
 • recognizes the importance of maintaining parent-child relationships while at the same time protecting victims of abuse and neglect.

 Coalition to Assist Children of Parents Experiencing Divorce

 Parents Forever/Kids Talk About Divorce is part of the Lancaster County Coalition to assist Children of Parents Experiencing Divorce (COPED). Organized in 1999, COPED represents agencies who coordinate efforts to provide education and support to families going through divorce. District Court of Lancaster County judges have approved each agency’s educational curriculum which exceed the requirements of the new statewide legislation (see article below). Any parent going through divorce or custody issues in Lancaster County court is mandated to attend a COPED class about the impact of divorce on children. Parents may choose which class to attend and they may attend separately or together.

 For More Information

 Go to http://lancaster.unl.edu/family/divorce.shtml

 Resources include:

 • Resources for Divorcing Parents in Lincoln
 • Suggested Booklist and Web sites

 Nebraska’s New Parenting Act Puts Children at the Center—Not in the Middle—of Divorce

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 • defines the “best-interests of the child” standard as the standard by which child custody and parenting time issues are resolved; and
 • recognizes the importance of maintaining parent-child relationships while at the same time protecting victims of abuse and neglect.

 • defines the court-recognized distinction between joint legal and joint physical custody arrangements; and
 • requires parenting plans to include considerable detail as to what will happen in the life of the child after a divorce; and
 • requires parents involved in custody and parenting time cases to attend a parenting education course.

 Source: Nebraska Supreme Court, Office of Dispute Resolution Website: http://supremecourt.ne.gov/mediation/parenting-divorce.shtml

 See “What is a Parenting Plan for Divorcing Parents?” on page 10.
Public employees (employed by a town, county, state) applying mosquito control pesticides whether restricted-use or general-use, may also hold a commercial or non-commercial certification. To become licensed initially as a commercial applicator, you 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, the applicator can maintain certification by attending a re-certification training session or by passing a written examination, with a few exceptions.

UNL 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 $50. 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 for the specific categories offered that day. Commercial applicators meeting the requirements for certification or re-certification will receive notification from the NDA for $90 for the license fee.

Initial Commercial Certification training and testing sessions will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. The general standards session will start at 9 a.m. and other categories will begin at 1 p.m. or 3 p.m.

Note: There are no certification training sessions for: Fertilization of Soil, Agricultural Pest Control - Animal, Animal Pest Control, Insecticide Control with Mitochondrial Insecticides, Soil Treatment, Regulatory Pest Control (subcategories) and Demonstration/Research Pest Control (subcategory). The only way to certify or re-certify in these categories is to pass a written examination. There are self-study materials which will prepare the applicator to take the examinations in these categories.

Computerized Financial Recordkeeping Workshop, Feb. 16
One of the most popular in-depth extension programs, a Computerized Financial Recordkeeping Workshop will be offered Saturday, Feb. 16, 9 a.m.—4:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.

Pre-registration with payment is required to hold a spot. Stop in at the extension office for an informational registration form or call 441-7180 and ask for a brochure with registration form to be mailed to you. Registration will be limited to the first 150 farm operations on a first-come, first-served basis (may have one or two people from the same operation at a computer). The concepts taught in this workshop are applicable to several inexpensive computerized record keeping software programs, with slight modifications in procedure. This workshop will be taught hands on using Quicken 2008 Starter™ in the classroom. Participants should have experience with keeping a checkbook ledger, (preferably one that is periodic) or experience at keeping bank statements.

All instruction will be presented in a hands-on style, with participants sitting at computers performing the tasks being demonstrated. Participants, therefore, should have a basic familiarity with using a computer and typing on a computer keyboard, but typing is purposely kept to a minimum in the interest of time.

Participants will receive instruction on: Setting up and starting your financial recordkeeping system, Developing and maintaining a chart of accounts (called categories in Quicken) to track income and expenses, Entering transactions into the ledger (single transactions and deposits or checks which should be split between multiple categories), Retrieving information from your recordkeeping system in the form of various reports. Setting up and making payments on loan terms within the recordkeeping system, Reconciling the ledger with the bank statement, Backing up your data and other frequently asked questions, Manipulating your farm record data in Quicken to create a Cash Flow Plan, a Balance Sheet and an Income Statement.

A great deal of the instruction on generating reports will be done using sample data files created to represent a typical crop and livestock farming operation. Participants will receive step-by-step written instructions for all tasks being demonstrated. Many folks comment the handouts are one of the best aspects of the training.

The training will also be held on Feb. 6 in Falls City and Feb. 11 in Aurora.

Crop Protection Clinic, Jan. 22
Concurrent sessions (pick 2 of 3):
• IPI: As Important Now as Ever: Fungicides From Label to Harvest (presented twice)
• Preserving Glyphosate: Thoughts on One Decade of Glyphosate-Resistant Crops
• Developing a customized chart of accounts
Registration begins at 8:15 a.m. and the clinic runs from 9 a.m. to 4:30 p.m. The registration fee is $40 and includes meals, refreshments and written materials.

The Crop Protection Clinic does NOT satisfy the training requirements to recertify as a PRIVATE applicator nor does it satisfy the requirements to recertify commercial pesticide applicator categories not listed above. Participants will receive instruction on:

• Soybean Insect Management
• Corn Disease Update
• Weed Control Tips for Reduced Till Systems
• Alfalfa Insect Management
• Wheat Disease Update
• What’s New in Pest Management
• Back to Basics (Pesticide Application Safety)

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Many people believe that only dirty people have cockroaches, but this isn’t true. Every kitchen has the potential to harbor a cockroach problem. Several years ago, I was in the home of a very nice older lady who had a bad cockroach problem. She was very neat and tidy—an immaculate housekeeper. The cockroaches were so hungry they were eating the paste off the paper labels of her canned goods. She had a drippy faucet that was contributing to the problem.

Eliminating food and water through good sanitation practices will help reduce cockroach numbers. Reducing clutter will help reduce hiding places for cockroaches. The biggest improvement in cockroach control has been the development and use of baits. Some active ingredients in bait products include abamectin, borax, dinofuran, fipronil, hydramethylnon, indoxacarb and imidacloprid. Gel baits work well because they provide a moist food source. These gel baits will be even more effective if efforts are made to reduce moisture and food made available to CUCUMBER MIDGE PESTS.

There are some insects that feed on the food in our kitchens. Other than canned goods, just about anything in our pantry can be a food source for these pests. Sometimes pantry pests come into our kitchen with food from the grocery store. They can get into unopened packages. We only find the infestation later when we pour cereal in the bowl and find bugs floating in the milk. A few of the more common pests are:

- Indianmeal Moth (IMM). The warm-like larva feeds on food by producing webbing. It feeds on seeds, nuts and all types of processed foods. We have even seen an infestation of IMM in marshmallows. Often the first sign of an IMM infestation is the presence of moths in the kitchen/pantry area.
- Beetles. There are quite a few species of small beetles that can infest stored products, but the most common are flour beetles, sawtoothed grain beetles, drugstore and cigarette beetles and dermestid beetles. What is needed to successfully control pantry pest is quite simple but sometimes hard to put into practice. Find what is infested and throw it away. No insecticides are needed. In fact, if you don’t find the infestation, insecticides won’t be helpful.

There are pheromone traps available for some of these pests. The Safes® Pantry Pest Trap can be purchased at hardware and discount stores and can be helpful in reducing IMM moth numbers. But, the lure used is the female sex pheromone and only male moths will be caught.

Human Pests
A couple pests feed on you, me or our pets. The one causing the greatest stir in the structural pest control industry right now is the human bed bug. The human bed bug feeds on blood and humans is its preferred host, although it will feed on cats and dogs if people aren’t available. There are also old reports of bed bugs being a problem in chicken houses. BED BUG. After 40–50 years of nearly being eliminated in the U.S., bed bug infestations started to increase worldwide in 1999. Eighty now, bed bugs are hard to control with the products currently available. Because they were so seldom encountered, there was no reason for chemical companies to support bed bug research, and research results are now just beginning to emerge. People acquire bed bug infestations in several ways:

- Travelers can bring them home after staying at an infested hotel or motel.
- Apartment dwellers can get bed bugs from their neighbors because bed bugs easily move between units.
- Acquiring bed bug-infested furniture is another way to get them.
- Having someone stay with you who has stayed in an infested home or apartment.
- Moving into a bed bug-infested apartment will get you an instant infestation.

Unfortunately, pesticides available today don’t seem to be working very well. It is important to use non-chemical methods like vacuuming and steam-cleaning infested locations. Purchase a fitted mattress cover to completely cover mattress and foundations to prevent bed bugs from living in the bed. It may be necessary to discard infested furniture.

Beginning Beekeeping 2-Day Workshop
Saturday, March 8, 9 a.m.—5 p.m. Lancaster Extension Education Center, 444 Cherrey Creek Road, Lincoln

Saturday, April 12, 10 a.m.—2 p.m. Apiculture lab, Agricultural Research and Development Center (ARDC), near Mead

On March 8, you will learn to:
• manage honey bees by understanding their biology and behavior
• identify the best Nebraska honey plants
• locate hives for best survival and production
• manage honey bee diseases
On April 12, you will learn to:
• install packaged bees
• assemble a hive
• harvest honey and bee wax
• prepare your crop for market

Registration fee: $20 per family (to include parents and siblings living at home). Registration includes refreshments, one workbook and one lunch for each additional family member is $10. Please pre-register by calling 441-7180.
Florigan New Year’s Resolutions

A Gardener’s New Year’s Resolutions

Have you made your New Year’s resolutions yet? If you are like most people, you have probably resolved to lose a few pounds or exercise a bit more or perhaps even cut back on your spending. But this is a good time to resolve to do your part to help protect the environment.

Here are two resolutions for the coming year:

1. To reduce as little as possible into the local landfill by recycling cardboard, cans and compostable materials.
2. To start a compost pile for grass clippings, dead leaves, prunings and other organic matter, including kitchen scraps to be used in the garden as compost and mulch.

Composting turns yard waste such as grass clippings and dead leaves (left) into compost which can enrich soil (right).

3. To use biological controls for pests in the garden, whenever feasible, including planting disease-resistant varieties and buying organic pesticides.

4. To apply pesticides and other chemical fertilizers only as a last resort and to always use them safely and prudently.

5. To store all garden chemicals in their original containers out of reach of children and pets and preferably in a locked storage area.

6. To move properly (often not too high or low) and leave gaps large enough to replenish and recycle organic matter and nutrients back into the soil.

Grass clippings should be less than one inch, or no more than 1/3 of the total plant height, to ensure rapid decomposition.

7. To make water conservation a high priority by utilizing efficient watering methods such as drip irrigation systems and selecting drought-resistant ornamental plants.

8. To develop a landscape plan that works with the environment, for example, ground covers on steep banks to prevent soil erosion and shade trees on the sunny side of a home to act as a natural air conditioner. Landscaping can also help reduce temperature extremes, filter out air pollutants and stop noise.

9. To create natural wildlife habitats by planting trees and shrubs that provide food or cover or by leaving brush and undergrowth in certain areas for birds, rabbits and other small animals to use as a protective haven.

10. To provide food and water for the birds and to continue to feed them once they have come to depend on you.

11. To discourage others, wherever possible, to do all they can to help preserve the environment and our natural resources.

About Soil Testing

UNL Soil and Plant Analytical Laboratory offers a full range of soil test analyses. Sample boxes and forms are available from the extension office (444 Cherry Creek Road, Lincoln) or from the Ladybird Johnson Wildflower Center. A basic test measures pH, phosphorus, potassium and organic matter—cost is $1. Soil testing kits are also available for purchase at many garden centers.

It is a good idea to check with your soil testing lab to find out what soil amendments may or may not be needed. Late fall or early winter is a good time for soil sampling.

A Gardener’s New Year’s Resolutions

Garden Guide

Things to Do This Month

By Mary Jane Froge, UNL Extension Associate

Avoid heavy traffic on the frozen, dormant lawn. The crown of the plant may be cracked or damaged and overwintered grass roots may be broken. Use sand instead of salt for icy spots on the sidewalk.

Move garden ornaments such as urns or jars into the garage or a protected environment. Be sure to locate next summer when you lay them down in the garden or on the lawn.

Use sand instead of salt for icy spots on the sidewalk.

If you have some time this winter, paint the handles of garden tools red or orange. This will preserve the wood and make the tools easier to find in the landscape, maintenance needs can be minimized by following correct maintenance procedures on a timely basis. Start your fertilization program when the plants are fully established and do not use excessive amounts of fertilizer. Follow the instructions on the fertilizer label and don’t over-fertilize. For example, weed and whips or string trimmers for the job. For example, weed and whips or string trimmers for the job. For example, weed and whips or string trimmers for the job. For example, weed and whips or string trimmers for the job.

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Backyards in Nebraska are common feeding sites for at least 15 to 20 species of birds. In addition to the trees, shrubs and flowers that provide basic habitat, adding a bird feeder can bring birds out and close where you can see them. To enjoy this kind of diversity, it is important to offer a variety of food sources in a safe, versatile location.

Bird diets can range from seeds and fruit to insects and nectar. But not all of these preferences, your feeder will attract more birds if the food is in place before the first cold spell. In fact, when severe weather strikes for several days in a row, supplemental food can increase survival rates, mostly because natural food sources are covered by snow and just not available.

Extreme weather predictions create a special protection against the wind as well. An ideal loca- tion for feeders is an open area sheltered from strong winds and within 10 feet of cover. Not only does this provide protection from the weather but a place for birds to escape from predators as well.

It is a good idea to keep feeders off the ground to help prevent window collisions. Though feeders that are fairly close to windows can prevent injuries because the birds can see the window, they often strike the window when taking off from the feeder, they won't be flying very far. Birds often see windows as an open flight path when fleeing from feeders.

Feeder birds can be bought commercially or made at home. A good feeder should protect the seed from rain and snow, disperse feed gradually to reduce spillage and be easy to clean and fill. Hopper- style feeders are most common, but other types include specialty feeders for thistle seed and coun- terbalanced perch feeders. Some feeders are designed to sit near ground level, while others can be hung above ground or mounted. Remember to keep bird feeders clean and disinfect them on a regular basis. Disease is more likely to spread in areas where a large number of birds congregate. Remove wet food and keep spilled seed and hulls raked to prevent the growth of mold.

There is a wide variety of seeds to choose from. The most widely preferred seed is small, black oil-type sunflower seeds because they are high in energy and have thin, easy to crack shells. However, white proso millet, finely cracked corn, safflower and unsalted nutmeats also are good options to try.

Regardless of the specific seeds used, all feed needs to be fresh. Oftentimes commer- cially packaged mixtures are convenient but contain high amounts of filler seed that go to waste. It often is a better option to buy quality seeds. However, feeders will prefer in bulk and mix at home. Fresh bulk seed is most commonly found at stores that specialize in feeding birds.

Grit and suet are two optional supplements that may increase the likelihood of birds visiting a feeder. Grit is used in the gizzard of birds to grind down feed and also serves as a source of calcium. Sand, fine pumice or canary grit, eggshells or crushed limestone can be mixed with the seed or placed on a tray on the ground. Sunflower hard beef fat is available in commercial no-melt packages or directly from the butcher or grocery meat counter. Mixtures made of animal fat mixed with other ingredients like seeds or nectar are an excellent source of energy for birds over the winter months. Suet can be fed in onion or orange sacks and in suet feeders on or near trees and wooden posts. Keep suet high and out of the sun to prevent melting.

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

Do your homework! Before embarking upon the potentially-risky venture of growing grapes, garner as much information as you can. Read trade journals and research articles, attend grower workshops and listen to other growers’ vineyards and discuss their approaches and take advantage of their experience. Focus your research on Midwest regional resources.

In the coming months, we will highlight some of the critical aspects of growing grapes.
Get F.I.T.T.!

According to MyPyramid, physical activity is “movement of the body that uses energy.”

To prevent weight gain, and 60-90 minutes for weight loss. Children need 60-90 minutes of exercise each day.

Type: The type of exercise you choose for each workout session—MyPyramid tells us there are three broad types of physical activity: aerobic activities, resistance/exercise strength, and stretching activities.

EXAMPLES OF THE THREE TYPES OF EXERCISE

Cardio-respiratory Walking Jogging Swimming

Strength Lifting Weights Carrying a Child Resistance Exercise

Flexibility Balance Yoga Gentle Stretching Dance

Keep in mind for health benefits, exercise can be done all at once or divided into small segments throughout the day. Even 10-minutes bouts of activity count toward your total!

Physical activity leads to many benefits:

- Reduces feelings of depression and anxiety
- Makes you look and feel better
- Improves self-esteem and feelings of well-being
- Increases fitness level
- Helps build and maintain bones, muscles and joints
- Builds endurance and muscle strength
- Enhances flexibility and posture
- Helps manage weight
- Lowers risk of heart disease, colon cancer, and type 2 diabetes
- Helps control blood pressure

Five FUN Ways to Burn Extra Calories

By Alice Henneman, MS, RD, UNL Extension Educator

It’s all too easy to put on the pounds over the holidays by eating too many goodies and getting too little exercise. Here are five fun ways to help burn extra calories and whittle away extra pounds.

Pedometer

A recommended walking goal is to build up to an average of at least 10,000 steps daily. Follow your daily activities, such as shopping or cleaning, into a step-a-thon! Make some extra quick trips up and down the mall and shopping becomes an aerobic activity.

TIP: If you don’t like to fuss with programming a pedometer to figure mileage, buy one that only measures steps and is ready-to-go.

Workout Video/DVD

It’s like having a personal trainer on call. Consider the fun factor—try something different, such as a dance video. For example, you can buy everything from tap dance to salsa workout videos. Don’t worry about following the steps—when you’re dancing by yourself, there are no toes to step on! Make up your own moves.

TIP: Buy a video or DVD appropriate for your fitness level. For example, check you don’t buy an advanced level video of a workout if you consider yourself at the beginning phase.

Stability Ball

Try sitting on a stability (or balance) ball while you watch your favorite TV show. The continuous adjustment and readjustment your body makes on the ball will help strengthen core muscles. Plus, it’s a lot of fun and a great stress reliever to bounce up and down. All the bouncing can burn a few extra calories, too! You might even decide to do some exercises on the ball.

TIP: Check the instructions on the box to purchase the ball size right for your height.

A New Cookbook

You’ll burn more calories standing to cook than in activity—stirring spent sitting down. According to an interactive tool, “How Many Calories Did You Burn?” on WebMD.com, a 140-pound person might burn 75 calories during a half-hour of cooking. A passive sitting activity, such as watching television from your favorite chair, burns about 32 calories. While these estimates, you get the idea. Just 50 extra calories of activity daily—the difference between the two activities, could lead to a weight loss of five pounds a year. An added benefit of this activity is that only measures steps and is ready-to-go.

New Handwashing Activity Sheet for Young Children

“Has it been estimated proper hand-washing could eliminate close to half of all cases of foodborne illness,” according to the Centers for Disease Control and Infection.

A study of 305 school children found youngsters who washed their hands 4 times a day had 24 percent fewer sick days due to respiratory illness and 51 percent fewer days due to upset stomach.

Help promote handwashing and better health by telling people about our FREE English/Spanish handwashing poster, developed in cooperation with Lincoln-Lancaster County Health Department. And—just for young children—we’ve now added an accompanying handwashing activity sheet. Both may be downloaded from the UNL Lancaster County Web site at http://lancaster.unl.edu/food/wash/your-hands.shtml

Kelly Fisher, RD, LMNT
UNL Extension Assistant
At Work for Nebraska” in Lancaster County

A study completed this year found the Institute of Agriculture and Natural Resources (IANR) at the University of Nebraska–Lincoln annually returns at least $15 in benefits to Nebraskans for every dollar of state support, making it “a primary engine for economic and social sustainability.”

The study, by Battelle of Columbus, Ohio, was commissioned to capture the benefits of IANR’s teaching, research and extension work.

As part of IANR, UNL Extension in Lancaster County contributed to a number of examples cited in the study:

- IANR’s Farming with Computer Technology training project teaches ag producers to use computers to increase the productivity of their farm management practices. Locally, the Computerized Farm Financial Recordkeeping is a popular workshop.
- UNL Extension partnered with the Nebraska legal system to develop curriculum to teach more than 2,000 Nebraskans appointed annually as legal guardians for elderly and disabled people and children in our state who cannot make decisions for themselves. This year, 177 individuals completed Guardianship Training in Lancaster County.
- For every $1 spent on the Expanded Food and Nutrition Education Program, a potential health care savings of $2 to $17 may result from the prevention or delayed onset of nutrition-related chronic diseases and conditions. More than 5,600 adults, youth and seniors participated in the Lancaster County Nutrition Education Program.
- 4-H is a national leader in youth participation, reaching 118,000, or one of every three eligible, Nebraska youth yearly. This past year, 4-H reached more than 18,500 youth in Lancaster County.

The complete report is online at http://atworkfornebraska.unl.edu

This annual report illustrates how your local investment has paid dividends to our community.

Gary C. Bergman
Extension Educator & Unit Leader
UNL Extension in Lancaster County focuses educational efforts in the following program areas.

**Pests & Wildlife**

UNL Extension in Lancaster County has extensive resources to help identify pests and suggest management options. Emphasis is on low-toxic commercial chemicals. Extension Educator Barb Ogg and Extension Associate Soni Cochran assist area residents via phone calls, walk-in requests, e-mail questions, publications, workshops and radio. Extension's pest and wildlife Web site received more than 2.2 million hits last year. Ogg often partners with community organizations and industry professionals in training and disseminating pest control resources and assistance. For the third year in a row, a two-day Hands-On Termite School for Termite Applicants. These are the first such trainings offered in Nebraska—this was the first year attendees participated in Nebraska and Kansas) for wood-destroying organism pesticide application.

More than 190 child care providers who care for approximately 1,850 youth participated in child care conferences organized by extension and other Lincoln agencies.

**Home & Family Living**

In the past year, Extension Educator Lorene Bartos has disseminated information on home maintenance, indoor air quality, lead paint hazards, safety in the home, shopping smart and recycling through The Nebraska, extension's Web site, her weekly column in the "Lincoln Journal Star," group presentations and other outreach methods.

Last year, extension presented two "Strengthening Family Treasures Daughter/Mother Camps." Afterwards, 100% of daughters said they better understand how to handle "sticky situations."

**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. Dorn is extension's statewide coordinator of pesticide storage questions.

Some of the agricultural programs presented this year include: Crop Protection, Private and Commercial Pesticide Applicator Training, Computerized Farm Financial Recordkeeping, Nitrogen Management Training and Pesticide Container Collection.

As a result of following UNL fertilizer recommendations, one local farmer saved more than $57 per acre on one field and $68 per acre on another field.

Residential acreages are rapidly increasing in Lancaster County. Extension delivers information on a wide range of issues associated with acreages such as proper management of septic tanks and wastewater lagoons, landscape management and alternative crops which can be grown on an acreage.

Last year, seven Acreage Insights Rural Living Clinics were held in Lincoln and had 173 total attendance. An Acreage Owner Expo—with a focus on managing water resources—was held near Mead, drawing 41 attendees. Extension offers an Acreage and Small Farms Insights Web site and monthly e-mail newsletter at http://acreage.unl.edu

UNL's popular Cockroach Control Manual was translated into Spanish this year. Pictured above, Extension Educator Barb Ogg (left) explains pest control with the help of translator Jane Lisnenmeyer to a "Soludables Madres" group—a Healthy Homes program organized by the Lincoln-Lancaster County Health Department.

To help people learn how to eat healthier, extension blesses nutrition, food safety and food preparation information into practical actions individuals can use in their daily lives.

**Nutrition & Food Safety**

In the past year, Extension Educator Alice Henneman has disseminated Nutrition & Food Safety information on home maintenance, indoor air quality, lead paint hazards, safety in the home, shopping smart and recycling through The Nebraska, extension's Web site, her weekly column in the "Lincoln Journal Star," group presentations and other outreach methods.

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

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

The Master Gardener Training Program is a volunteer program where people are given training by

Extension Helps You Put Knowledge to Work

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

**Yard & Garden**

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

Extension Educator Alice Henneman (left) of Lancaster County and Amy Peterson of Polk County developed "The Garden Grocery: Food Selection and Safety at the Farmers' Market" handout materials and PowerPoint. The materials were used locally and made available to others via the Internet.

USDA and the Food Stamp Nutrition Education Program (FSNEP). NEP partners with more than 250 local agencies, classrooms and coalitions.

This past year, Lancaster County NEP staff presented: 2,367 teaching contacts to 1,830 clients who care for 3,584 family members, 358 presentations to 4,443 youth (247 groups) at 15 schools and other sites, 48 programs to 577 older adults at 5 senior sites.

Biosolids Program

Biosolids are organic solids separated from wastewater and biologically processed during wastewater treatment to make them safe for land application.

UNL Extension in Lancaster County coordinates distribution and application of biosolids to agricultural cropland for the City of Lincoln. Biosolids are a renewable source of organic fertilizer for crops not in the human food chain.

This past year, more than 42,000 tons of biosolids were delivered and/or applied to 49 fields and 2,188 acres of crop land. Since 1992, Lancaster County farmers have applied more than 400,000 tons of dewatered biosolids which will extend the life of the Bluffs Road Landfill by more than one year.

By using biosolids, one participating farmer increased his wheat yield 30 percent—an economic benefit of $95 per acre compared with using commercial fertilizers.

**USDA and the Food Stamp Nutrition Education Program (FSNEP)**

Nutrition & Food Safety

To help people learn how to eat healthier, extension blesses nutrition, food safety and food preparation information into practical actions individuals can use in their daily lives.

Educational materials developed by Extension Educator Alice Henneman for use in local areas (such as new articles and fact sheets) are made available on the Internet for around-the-clock access, both locally and nationwide. Extension's Food Web site—lancaster.unl.edu/food—received more than 3 million hits last year, extending the outreach of our food and nutrition-related programs in a timely and cost-efficient manner. Two e-mail newsletters, "Food Reflections" and "Cook It Quick," have more than 22,000 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 receives funding from the Expanded Food and Nutrition Education Program (EFNEP) through

USDA and the Food Stamp Nutrition Education Program (FSNEP). NEP partners with more than 250 local agencies, classrooms and coalitions.

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UNL Extension in Lancaster County

From NU to You

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.

Web Site is Instant Way to “Know How. Know Now.”

Through search engines and browsing, hundreds of thousands of people access UNL Extension in Lancaster County’s Web site, http://lancaster.unl.edu, to find “Know How—Know Now!” 24 hours a day, 7 days a week. Visited by an average of 350,000 unique sites* each month, the Web site received more than 8.8 million hits (accesses) this past year, up again from the previous year! The Web site 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. Not only do Lancaster County residents, Nebraskans and Americans utilize the site, the site is updated daily. Not only do Lancaster County residents, Nebraskans and Americans utilize the site, the site has Web users from nearly 150 countries monthly.

“UNL Extension in Lancaster County is our local gateway to the university’s ‘know how.’”
— Dean Lesoing, member of Lancaster County Extension Board

Honors, Awards and Accomplishments

Extension Educator Gay Bergman—Planning committee, 2007 National Urban Extension Conference; President of the Nebraska Great Plains Resource Conservation and Development; President of the Eastern Nebraska 4-H Center Site Board; 20 years of service with UNL

Extension Educator Tom Dorn— statewide Distinguished Educator Award presented by the Nebraska-Lincoln Extension Outstanding Service to Members presented by the Nebraska Cooperative Extension Association (NCEA); National Finalist for Excellence in Crop Production Programming presented by the National Association of County Agricultural Agents (NACAA); National Finalist for Excellence in the Use of Communications Media—Feature Story Category presented by NACAA; Past-President and Treasurer of the Nebraska Agribusiness Club; Past-President of Nebraska Center for Agriculture and Natural Resources; Teaching Excellence Award presented by UNL Institute of Agriculture and Natural Resources; Teaching Excellence Award presented by the Nebraska Agricultural Foundation; Past-President of the Nebraska Great Plains Resource Conservation and Development; President of the Eastern Nebraska 4-H Center Site Board; 20 years of service with UNL

Extension Educator Alice Henneman—Partnership Award presented by the Family and Consumer Sciences Teachers of Nebraska

Extension Educator Barb Ogg—[10 years of service with UNL]

Extension Educator Don Janzen—35 years of service with UNL

Extension Associate DeAnna Karmasin—Honorary Chapter FFA Degree from Sisseton FFA; 10 years of service with UNL

Extension Associate Troy Kulin—10 years of service with UNL

Extension Educator Earl Ogg—Honorary Chapter FFA

Extension Educator Kelly Fisher—initiated as new member of the Honor Society of Agriculture Gamma Sigma Delta

Extension Educator Alice Henneman—Partnership Award presented by the Family and Consumer Sciences Teachers of Nebraska

UNL Classes Work with Panama to Plan Community Center

The Village of Panama had seed money for a community center. Last year, community leaders contacted UNL Extension to facilitate the process of identifying needs and possible solutions. Extension put them in touch with UNL professor N. Brito Mutunayagam, whose planning class worked closely with the community to develop a plan. After several community meetings, the idea evolved into building a combined community center and fire barn. Another professor, Nate Krug (pictured), had his architecture students submit designs for a new building. Throughout the process, UNL Extension Educators Phyllis Schoenholtz and Dennis Kahl worked as partners with Panama. The village is currently working to fund the project.
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 18,500 youth in Lancaster County. 

Lancaster County 4-H consists of several components:

- **Organized Clubs**—Lancaster County has more than 120 4-H clubs which ranged from 5 to 62 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 4-H projects. Project manuals are developed by university extension.
- **School Enrichment**—4-H programs for classrooms include: Garbology (for 2nd grade), Embryology (for 3rd grade), Ag Awareness Festival (for 4th grade), Earth Wellness Festival (for 5th grade) and Nutrition Education Program (for K-5th grades).
- **After-School Programs**—24 Lincoln after-school programs have incorporated 4-H projects into their activities. 9 sites have formed 4-H clubs and 15 summer sites participated in 4-H county fair exploration activities.
- **4-H Embryology Web Site**—EGG Cam and other resources at http://lancaster.unl.edu/4h/Embryology
- **Educational Events**—4-H staff organize educational events each year such as Clover College, speech workshops and leader trainings.
- **Leadership Opportunities**—4-H Teen Council, 4-H Council, Citizen Washington Focus group and more.

Last winter, Lancaster County 4-H developed an e-mail Horse Course with weekly lessons and fun Hippology (study of the horse) Testing Parties. Nearly 150 4-H’ers and family members participated. The course was accepted for inclusion in the national Directory of Successful Urban 4-H programs.

Many 4-H youth choose to exhibit their project(s) at the county and state fairs. A total 4,448 4-H exhibits were showcased at the 2007 Lancaster County Fair.

In the 4-H Embryology School Enrichment program, 3rd graders witness the amazing process of chicks hatching in their classrooms.

### Volunteers Contribute to Extension’s Success

UNL Extension in Lancaster County trains and supports, as well as coordinates, the efforts of a variety of volunteers: 4-H leaders and superintendents, Master Gardeners, Family Community Education (FCE) volunteers and Nutrition Education Program (NEP) volunteers. In addition, 4-H and FCE members often volunteer in community-related projects. Last year, extension programs in Lancaster County benefitted from 1,897 volunteers investing 28,572 hours of time for a total value of $536,296.*

* Independent Sector values volunteer time for 2006 at $18.77/hour.

This year, UNL Extension in Lancaster County and the City of Lincoln Recycling office developed a curriculum for 4-H After-school programs, "Trash to Treasure," which helps youth learn about Reduce, Reuse and Recycle. The curriculum was accepted for inclusion in the national Directory of Successful Urban 4-H programs.

### Family & Community Education (FCE) Clubs

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. Lancaster County FCE’s emphasis is on community service and sponsoring a nursing scholarship.

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*I know how to talk in front of a group, to make friends, to cut fabric and sew, and how to ride horses better.*

— Brooke Bennett, 4-H member

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*The success of Earth Wellness Festival is known statewide and has been noted nationally. Behind every successful event are support staff who make things happen. Lancaster Extension’s staff has been instrumental in EWF’s success.*

— John Chess, member of Lancaster County Extension Board and Earth Wellness Festival Steering Committee

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In January 2007, Lancaster County extension volunteer Deb Arends (right) received a statewide Outstanding Volunteer Award presented by the Nebraska Association of County Extension Boards (NACEB).

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One of the FCE and community leader training lessons presented last year was “Quick and Easy Salads.”

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

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Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.
The Family & Community Education (FCE) Clubs

**Presidents’ Notes—Transition**

Alice Duane  
FCE Council Chair 2007

As I write my last analysis, I think back over the past two years. First I want to say a big THANK YOU to Pam and Lorene for all the help they are to the FCE program in Lancaster County. We are very lucky to have the help from the extension office. Thank you to the former extension clubs for joining the FCE organization when the change was made a few years ago. You are still carrying on the work of the organization and I greatly appreciate it. Good luck, Bonnie, as the new president.

Bonnie Krueger  
FCE Council Chair 2008

A special thank you to the past officers for all your planning and special programs. As your new FCE president I hope I can fill Alice’s shoes. This won’t be easy but with the help from all the officers and the FCE clubs we will have a successful year.

The new year for FCE starts out with new officers. Joyce Kruse will serve as our secretary and Clarice Stefains will serve another term as treasurer. We are still in need of a vice president.

A little bit about myself, I am from Hickman where I was born. In 1948, I married a farm boy, Richard Krueger from Roca, we have lived on the same farm for 60 years this May. We have three children, two son-in-laws and four living grandchildren and one deceased grandson. I have been a member of Lancaster Extension FCE clubs 47 years. I am a member of Grace Lutheran Church, have served as President of the Hickman and Hallam American Legion Auxiliary Units and 8/40. My hobby is playing the organ. Music fills the Heart and Soul.

I look forward to having a fun and successful 2008 FCE year.

**FCE News & Events**

**Upcoming Leader Training Lessons**

The following FCE and community lesson leader trainings will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Non-FCE members should call Pam at 441-7180 to register.

**Banding Together for Strength** Jan. 3—Extension Educator Lorene Bartos will present “Banding Together for Strength” on Thursday, Jan. 3, 1 p.m. Learn ways to use an elastic band to strengthen and maintain muscle as one grows older. “What’s New and Nutritious?” Jan. 31—Extension Educators Alice Henneman and Lorene Bartos will present “What’s New and Nutritious” on Thursday, Jan. 31, 1 p.m. Participants will learn about and taste new healthy foods available in the supermarket.

**FCE 2007 Achievement Night**

The Family & Community Education Clubs 2007 Achievement Night was held in October. More than 40 members attended.

Guest speaker was Annette Wiechert who presented “Disasters Happen—How Prepared Are We?” More than 125 pounds of canned food and paper products were donated for the annual FCE Food Bank Campaign.

**Council Meeting Jan. 28**

The next FCE Council meeting will be Monday, Jan. 28, 1 p.m. at the Lancaster Extension Education Center. Installation of officers and planning for the new year will be the topic of the meeting. Each club should plan to have at least one representative attend. New club presidents are automatic council members.

**Club Incentive Awards**

Presented to Beltline, Helpful Homemakers and Salt Creek Circle

- Larissa Titov (left) received this year’s FCE $400 Scholarship. Sharon Brunker (right) is chair of the scholarship committee.
- 49’ers have been an organized club for 55 years.
- Members of the Club who have been with FCE 28 years are pictured: L–R: Ann Meier (55); Donna DeShon (30); Irene Colborn (50). Not pictured: Joyce Back, L–R: Carleen Schaepe (40); Carmalee Tuma (40); Larissa Titov (left) received this year’s FCE $400 Scholarship. Sharon Brunker (right) is chair of the scholarship committee.

**Membership Awards**

Back, L–R: Carleen Schaepe (40); Carmalee Tuma (20); Jean Darr (35); Ann Smith (10). Seated, L–R: Ann Meier (55); Donna DeShon (30); Irene Colborn (50). Not pictured: Joyce Back, L–R: Carleen Schaepe (40); Carmalee Tuma (40); Larissa Titov (left) received this year’s FCE $400 Scholarship. Sharon Brunker (right) is chair of the scholarship committee.

Helpful Homemakers have been an organized club for 50 years.

As the most influential teacher in a child’s life, parents can help their children by:

- Teaching personal responsibility. Teach children to “do it right” even when their friends/peers do not; (2) to know taking an unpopular position is OK; and (3) to take responsibility for their behavior rather than blaming others.
- Emphasizing the ripple effect/erosion principle. Help children to know what may be inappropriate behavior. It is likely to be perpetuated.
- Spending time with them. Spend quality time with children. Turn off the TV! All parents are busy today. However, this does not give any parent the permission to overlook their most important task—parenting children. Children deserve more than the things parents can give them. They deserve their parents!

**Household Hints**

by Lorene Bartos, UNL Extension Educator

Make a New Year’s Resolution to:

- include all family members in doing household tasks.
- check the house for repairs—make a list and complete a task each month.
- keep the home orderly and organized by putting things back in their place after use.
- start recycling household items if you don’t already.
- use energy saving techniques and purchase energy saving appliances.
- have a Happy and Safe New Year.

**Teach Your Children Well**

A retreat designed for 5th grade girls and their mothers (or grandmothers or other adult females)

**STRENGTHENING FAMILY TREASURES Daughter/Mother Camp**

Friday, Feb. 22, 5 p.m. to Saturday, Feb. 23, 5 p.m.

**FCE News & Events**

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Friday, Feb. 22, 5 p.m. to Saturday, Feb. 23, 5 p.m.

- Give the greatest gift to your daughter—your time! This camp is 2 days and 1 night of fun, educational and confidence-building activities. As middle school approaches, this is an opportunity to:
  - Enhance effective communication including expressing emotions
  - Learn more about body image and sexuality
  - Explore techniques to handle peer pressure and stress
  - Discuss the importance of individual family values
  - Cost includes meals, snacks and lodging at Carol Joy Holling Center. Fee is $100 per pair (4 people per room) or $135 (2 people per room)—each room has two double beds. Carol Joy Holling is located at the end of Ranch Road off Highway 66 between Interstate 80 and Ashland. 
  - Co-sponsored by UNL Extension, Sheridan Lutheran Church and Camp Carol Joy Holling. For more information or a registration form, go to http://lancaster.unl.edu/family/GUE.shtml or call Extension Educator Maureen Burson at 441-7180.
4-H to attend workshop. Call contest, horse speeches and to learn from the experts about members now judge several and adults. These former 4-H their expertise with youth speaking events will share veteran 4-H members who Extension Education Center, 27, 2 p.m. at the Lancaster workshop will be held Sunday, Jan., 27, 2 p.m. at the Lancaster Extension Education Center, 444 Cherryrock Road, Lincoln. Veteran 4-H members who in national public speaking events will share their expertise with youth and adults. These former 4-H members now judge several public speaking events. This is a great opportunity for 4-Hers to learn from the experts about the speech contest, presentation contest, horse speeches and demonstrations. Need not be in 4-H to attend workshop. Call 441-7180 by Jan. 23 to RSVP.

NEW Procedure for 4-H Livestock It has been officially approved by the state: any market beef, sheep or swine entry having a chance of participating at the Nebraska State Fair or Ak-Sar-Ben Livestock Exhibition will need to have a hair sample pulled for DNA tests. All market beef and sheep samples will be pulled at weight-in times. Any exhibitor wanting samples pulled for market swine will need to call Deanna Karmazin to set up an appointment. The storage fee is $6 per head. Please direct any questions or concerns to Deanna at 441-7180.

Mandatory 4-H Trap Shooting, Jan. 15 There will be a mandatory meeting for all interested 4-H trap shooters on Tuesday, Jan. 15, 7 p.m. at the Lancaster Extension Education Center, 444 Cherryrock Road, Lincoln. Interested youth must be at least 12 years old and not older than 18 by January 1, 2008 and have a hunter safety certificate. Bring your shotgun and cleaning supplies. Contact Gene Veburg at 421-1274 if you have questions.

 Lancaster County 4-H Seeks New Council Members The 4-H Council is composed of youth and adults working together in the interest of promoting activities of Lancaster County 4-H. Meetings are held the second Tuesday of each month at 7 p.m. at the Lancaster Extension Education Center. Individuals interested in serving on the 4-H Council are encouraged to contact Tracy at 441-7180 for more information and an application. Terms are three years for adults and two years for youth.

Food Safety PowerPoint If you are doing a 4-H food project, you may want to check out the “Cold Pizza for Breakfast MyPyramid Food Safety Tips for Teens & Tweens Who Cook” PowerPoint and handout online at http://lancaster.unl.edu/food/pizza.shtml

2008 4-H Photography Theme Exhibits Nebraska 4-H has announced the themes for the Nebraska Theme Exhibit Print classes for the 2008 County and State Fairs: UNIT II - Nebraska Theme Exhibit Print—“Celebrating Citizenship,” May be taken with digital camera. UNIT III - Nebraska Theme Exhibit Print—“Go For Gold!” (in celebration of the Nebraska 4-H Foundation’s 50th Anniversary). May be taken with digital camera.

Horse Judging Team Places 16th Nationally The Lancaster County 4-H Horse judging team (consisting of Hannah Scow, Brooke Preston, Blake Preston and Cara Peterson) participated in the All-American Quarter Horse Congress Judging Contest in October at Columbus, Ohio. Blake Preston finished second in the halter class and eighth overall. The team had an overall placing of 16th. The trip was sponsored in large part by the Nebraska 4-H Foundation and additional support was provided by Lancaster County 4-H Horse, VIPS, Lancaster County 4-H Council and Norris FFA.

Horse Stampede Entries Due Jan. 23 The annual 4-H Horse Stampede will be held Saturday, March 8 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 horse project with the exception of the art contest. Contestants may participate in all contests. Senior division is ages 14-18, junior division is ages 12-13. Teams are to consist of three to five youth. Stampede T-shirts will be available to participating youth. You must pre-order your T-shirt. Cost is $5. Stampede entry forms along with the 1-shirt order are due by Jan. 23 to the UNL Extension in Lancaster County. Forms can be picked up at the office or are online at http://lancaster.unl.edu/4hnews.htm—for more information about individual contests, contact Marty at 441-7180 or tmulh1@unl.edu

Second E-mail Horse Course Underway Last winter, Lancaster County 4-H staff member Marty Cruickshank led an Online Horse Study Course for 4-H era ages 8-18. Lessons were e-mailed weekly and two fun testing parties with prizes were held. Though the Horse Course restarted in December, it is not too late to join the learning! This year, more information will be layered in, covering how the basic conformation features tend to affect the horse’s movement (form to function). E-mail mcruickshank2@unl.edu to be added to the e-mail list.

Level Testing ‘08 Dates Mark your calendars. The 2008 4-H Horsemanship level group tests will be held at the Lancaster Event Center, Pavilion 2 - Warm-up Area on the following dates:
- Tuesday, April 22, 6:30 p.m.
- Tuesday, May 6, 6:30 p.m.
- Saturday, June 7, 6:30 p.m.
- Tuesday, June 24, 6:30 p.m.
- Tuesday, July 8, 6:30 p.m.
- Saturday, Sept. 27, 9 p.m.

Camp Scholarship Applications Due March 1 The following scholarships go towards attending Nebraska 4-H summer camp(s). Applications are due March 1.

Windstream 4-H Camp Scholarship—Thanks to the generosity of Windstream Communications, two Lancaster County 4-H members will receive full scholarships to attend a 4-H summer camp at the Eastern Nebraska 4-H Camp near Gretna. Applicants must be 9 or older and currently enrolled in 4-H. Scholarship is based on need.

Joyce Valeh Memorial Scholarship—$100 scholarship is awarded to a 4-H'er between the ages of 8-14 to be used towards attending 4-H camp. Applicants should be current, or have had some point been, enrolled in at least one sewing project.
The NeBlInE
http://lancaster.unl.edu
4-H & Youth
January 2008
Page 9

4-H Teen Council Community Service Project

In October, 4-H Teen Council members made 10 blankets for “Project Linus.” Project Linus is a national, not-for-profit group whose core mission is to provide new, handmade blankets to children going through difficult situations such as illness, abuse, trauma or neglect. The blankets are distributed to hospitals, abuse shelters, police and fire departments, and social agencies. Hancock Fabrics gave Teen Council a discount on the fabric for the blankets.

2008 4-H Calendar

January

2  All Career Portfolios, Scholarships and Award Nominations Due to Extension
8  4-H Council Meeting ........................................... 7 p.m.
10 3-H ViPS Committee Meeting, Lancaster Event Center
10  4-H Livestock Superintendent Meeting (beef, dairy, sheep and goats), Lancaster Event Center 4-H Office ........................................... 7 p.m.
13  Teen Council Meeting ........................................... 3 p.m.
14  Horse ViPS Committee Meeting, Lancaster Event Center 4-H Office ........................................... 7 p.m.
15  Trifp Shooting Meeting ........................................... 7 p.m.
16 4th & 5th Grade Lock-In Registrations Due to Extension
22 23 Horse Stampede Entries Due to Extension
22–26 4th & 5th Grade Lock-In .............................. 8 p.m.–8 a.m.
27  Public Speaking (Speech & Presentation) Workshop .......................... 2 p.m.

February

February is Nebraska 4-H Month
2  Beef Weigh-In, Lancaster Event Center - Pavilion 2 . 8-11 a.m.
5  4-H Council Meeting ........................................... 7 p.m.
10  Teen Council Meeting ........................................... 3 p.m.
12  Achievement Night, Animal Science Bldg, UNL East Campus .................. 6:30 p.m.

March

1  R.B. Warren 4-H Horse Educational and Grand Island Saddle Club Scholarships Entries Due
1  4-H Camp Scholarship Entries Due
4  4-H Council Meeting ........................................... 7 p.m.
8  4-H Horse Stampede Animal Science Bldg, UNL East Campus ................. 8 a.m.
9  Teen Council Meeting ........................................... 3 p.m.
29  Lancaster County Spring Rabbit Show, Lancaster Event Center Pavilion 3 - Exhibit Hall .................. TBA

April

1  4-H Council Meeting ........................................... 7 p.m.
12  Kiwanis Karnival, Elliott Elementary School ......... 7–9 p.m.
13  Teen Council Meeting ........................................... 3 p.m.
14  PSA Tapes Due for PSA Contest
20  Speech Contest ........................................... 1 p.m.
22  Horse Level Testing, Lancaster Event Center Warm-up Arena .................. 6:30 p.m.

May

6  Horse Level Testing, Lancaster Event Center Pavilion 2 - Warm-up Arena .................. 6:30 p.m.
6  4-H Council Meeting ........................................... 7 p.m.
9  County Deadline for District/State Horse Show Entries, I.D.’s, Level Tests
28  District Speech Contest

June

1  County Fair 4-H Horse Identifications Due to Extension
3  4-H Council Meeting ........................................... 7 p.m.
7  Horse Level Testing, Lancaster Event Center Pavilion 2 - Warm-up Arena .................. 9 a.m.
9–23 Citizenship Washing Focus (CWFW) Trip and Conference
11–13 District Horse Shows
17–19 District Horse Shows
17–20 Clovef College
24  Horse Level Testing, Lancaster Event Center Pavilion 2 - Warm-up Arena .................. 6:30 p.m.

June 30 – July 1  PASE/Life Challenge, UNL East Campus

July

8  All 4-H/FFA County Fair Animal Entries Due to Extension
8  Horse Level Testing, Lancaster Event Center Pavilion 2 - Warm-up Arena .................. 6:30 p.m.
13  State 4-H Hippolopy, Fonner Park, Grand Island
14–17 State 4-H Horse Show, Fonner Park, Grand Island
23  Horticulture Judgng Contest .................... 10 a.m.–12 p.m.
30  County Fair 4-H Style Revue Judging, Lancaster Event Center - Pavilion 3, Exhibit Hall

August

3  County Fair Horse Show Pre-Fair Brief, Lancaster Event Center, Multi-purpose Arena .................. 2:30 p.m.
4  County Fair 4-H Horse Check-In, Lancaster Event Center
4  Entry day for County Fair Static Exhibits, Lancaster Event Center - Lincoln Room .................. 4–8 p.m.

Aug. 6–10 Lancaster County Fair, Lancaster Event Center
Aug. 22–Sept. 1 Nebraska State Fair, State Fair Park

September

2  4-H Council Meeting ........................................... 3 p.m.
14  Teen Council Meeting ........................................... 3 p.m.
25–28 Ak-Sar-Ben 4-H Livestock Exposition, Qwest Center, Omaha
27  Horse Level Testing, Lancaster Event Center Pavilion 2 - Warm-up Arena .................. 9 a.m.

October

5–11 National 4-H Week
7  4-H Horse Awards Night ........................................... 7 p.m.
7  4-H Council Meeting ........................................... 7 p.m.
9  4-H Kick Off ........................................... 6–7:30 p.m.
12  Teen Council Meeting ........................................... 3 p.m.

November

1  Lancaster County Fall Rabbit Clinic .................. 9:30 a.m.
4  4-H Council Meeting ........................................... 7 p.m.
9  Teen Council Meeting ........................................... 3 p.m.

December

2  4-H Council Meeting ........................................... 7 p.m.

Lancaster County 4-H and 4-H Council invite 4-H members and their families to Achievement Night

Tuesday, Feb. 12
6:30 p.m.

University of Nebraska–Lincoln
Animal Science Complex, East Campus
39th Street and Fair Street

See the February Nebline for additional details.
According to a Nebraska Department of Health and Human Services (DHHS) study, Nebraska ranks first in the United States per capita for the number of children in foster care with 7,133 of which 1,686 live in Lancaster County. Of all Nebraska cases, 72 percent of all youth’s families have suffered from substance abuse, resulting in the children being removed from their homes and placed in foster care. Nebraska’s methamphetamine abuse is a part of the problem, Attorney General Jon Bruning says, “Our children are our future, but many are broken by drug use and domestic violence in the home. The foster care system is a critical part of keeping children safe in their homes.” To address the need for reform, Nebraska Governor Dave Heineman gave a directive addressed to the DHHS which prioritized some immediate and specific actions. Heineman has identified as a top priority the need for more permanent placements for children to avoid repeated transitions in and out of homes. “DHHS should recruit and support 300 additional foster homes to meet the needs of children,” says Carolyn K. Stitt, executive director of the Nebraska State Foster Care Review. Currently, one quarter of young children were in foster placements caring for four or more other children. In addition, the State Foster Care reform states “few things affect children as profoundly as who they are and where they live.” Stability of caregivers is crucial for children who have already experienced the trauma of being removed from the parental home. Currently, the lack of appropriate placements results in many children being placed where beds are available, rather than where their needs can best be met.”

Christian Heritage will launch a recruitment campaign called “Homes for Champions” which encourages families to open their homes to children in need. “The message of the campaign encourages our parents and person and former foster child, was nurtured by a supportive family who created a positive change in his life. The “Homes for Champions” 2008 goal is to find 240 families who will become foster parents. For additional information about statewide foster care, go to visit http://www.answersfamilies.org foster or call Nebraska Department of Health and Human Services 1-800-7PARENT (1-800-772-7768). Learn how to become a foster parent with Christian Heritage by visiting the Web site at www.chine.org or call, 421-kids (421-5437), for more information.

The purpose of a parenting plan is to help families adjust to the changes experienced with divorce by considering the needs of all members, specifically the physical and emotional needs of children. It is based on the belief it is in the best interest of the children to have as full of relationship as possible with both parents. The parenting plan is an agreement between both parents defining authority and responsibility of each parent and reducing children’s exposure to harmful parental conflict. Financial issues, such as child support, are not included in the parenting plan.

Parenting plans include:

• A plan for both parents to continue to be involved with the children’s activities including school, sports and other interests;

• An agreement about which parent will have physical custody of the children and a plan for parenting time by the other parent;

• A plan for how major decisions will be made regarding the children’s education, health care and religion;

• An agreement on a schedule for holidays, special occasions, vacations and unique situations; and

• A plan to reduce harmful parental conflict, including a way to modify the agreement when necessary to adjust to the changing needs of the children and parents.

Adapted from: Nebraska Supreme Court Web site http://supremecourt.ne.gov/ evaluate/publications/parenting-plan.html

Studies have shown divorce affects children’s social and emotional development, as well as their school performance. Parents are challenged to meet their own emotional needs, as well as their children’s. With knowledge and support, parents can meet these needs so their families can successfully move forward.

Be Aware

• Children need extra attention.

• Children may behave as they did when they were younger.

• Children grieve the loss of the family as they knew it.

• Children need to have contact with both parents (visits, calls, letters).

• Children may become fearful about losing the parent with whom they live.

• Children respond based on their age and abilities.

• Children may have learning and behavior problems at school.

• Parents need extra support. (Find healthy ways to take care of yourself in the home.)

• Families often find counseling helpful.

Do

• Explain the divorce to the children.

• Tell children the divorce is not their fault.

• Reassure children both parents still love them.

• Give your children permission to ask questions.

• Tell children it’s okay to love the other parent.

• Give your children permission to feel whatever they need to feel.

• Encourage children to express their feelings in ways that don’t hurt themselves or others.

• Reassure children that they will always be cared for.

• Explain to children what they can expect (Court, living arrangements, visitation.)

• Provide familiar surroundings and routines for your children.

• Continue to try to set consistent limits on your children’s behavior.

• Give your children responsibilities so they can do successfully.

• Find someone to talk to other than your children (friend or counselor).

• Use the legal system if you are concerned about your children’s safety with the other parent.

• Let school know what’s going on.

• Give extra time to your children.

• Continue to say, “I love you” often.

• Listen to your children.

Don’t

• Don’t pretend the separation/divorce has no effect on children.

• Don’t use your children as a weapon.

• Don’t call your children names.

• Don’t expect children to fill your emotional needs.

• Don’t expect children to give you love and affection.

• Don’t pretend you’re managing okay.

• Don’t ask about your children’s likes and dislikes.

• Don’t try to control or set limits on your children.

• Don’t involve children in the conflict.

• Don’t share adult concerns (i.e. money, sexual issues) with children.

• Don’t encourage children to fill the absent parent’s shoes.

• Don’t encourage children to choose “sides.”

Source: Lincoln Public Schools, Lincoln Nebraska
The 15th Annual Horsin' Around will be held Feb. 9–10, 9 a.m.–4:30 p.m. in the Bill Warren Arena, UNL Animal Science building. Pre-registration will begin Jan. 2. Clinicians this year include Bill and Tina Kaven who have been one of the most successful training teams in the western pleasure industry. Tina is the highest money earning open western-pleasure-division woman trainer in the NSBA. Both are highly respected AQHA and NSBA judges. Video taping is allowed. Saturday's schedule includes evaluating a western pleasure prospect, starting a prospect and colt basics. An Extreme Make Over (Horse and Rider Edition — The Before) by Tom Kirshenbaum will be featured in the afternoon. Sunday's schedule includes starting your prospect-day 2, taking your prospect to the next level-intermediate horse calisthenics, Horse Quest and Extension, Extreme Make Over (Horse and Rider Edition — The After) and fine tuning the seasoned horse using advanced calisthenics and show strategies.

Pre-registration cost for adults is $25 for both days or $15/day; youth is $15 for both days or $10/day. Cost for the door for adults is $35 both days or $20/day; youth is $25 for both days or $15/day. For more information and registration forms contact Kathy Anderson at 472-6414 or Fran Minnaert 650-6150.

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Lancaster Extension Education Center Conference Facilities 444 Cherrycreek Road, Lincoln

University of Nebraska and Purina Mills will present "Equestrian Academy — Equine 105, "a series of classes held every Tuesday night Jan. 22 through Feb. 26 from 7–9 p.m. at Chase Hall on UNL East Campus, Lincoln. The classes are an educational opportunity in equine science for the professional or amateur horse person. The course includes: preventative equine management, movement and conformation—how the two effect each other; horse chiropractic; understanding the hoof; managing hooves for long term soundness; horse judging trends and facts; drills for quality horsemanship and equestrian skills; trailer loading careers in the horse industry; and the inner workings of the digestive system—feeding plans to optimize your horse’s performance.

Pre-registration cost is $80 per participant or $35 a session. Registration forms are available from your local Purina dealer and your local extension office. For more information please call Dr. Kathy Anderson at 472-6414 or Fran Minnaert 650-6150.
Lincoln Safari Encourages Families to Play Outside

Get off the couch and join the fun...the Lincoln Safari has begun! Lack of outdoor play has been linked to increased childhood obesity, attention disorder and depression, according to Richard Louv, author of Last Child in the Woods. Electronic media can consume as much as 44 hours a week for some youth. For these reasons, Lincoln Children’s Zoo and Healthy Families Play Outside Coalition is sponsoring a Lincoln Safari to help families and children experience the wonders of nature firsthand. “The Lincoln Safari is a great way to engage your family or group in local natural areas in and around Lincoln all year long,” says Brook Levey, UNL Extension Educator, Nebraska 4-H.

Visit the Web site at www.LincolnSafari.com to fill out a registration form. You’ll receive an e-mail response with a participant’s number, free tickets. For tickets, go to http://www.lincolnsafari.com.

There are 35 safari sites in Lincoln parks and outside spaces. Many are accessible by bus, some are on the hiker/biker trails and others are located in off-the-beaten-path sites. Each site is identified by a symbol on the map and in the guidebook. Safari sites are divided into seasons and you are encouraged to visit each site in its specified season. All of the posts are outside and you are invited to explore the area around the post. The challenge is to visit all 35 sites throughout the year and collect rubbings of each of the embossed plaques in your guidebook. Each group or family that achieves this goal will be entered into a Grand Prize drawing.

Healthy Families Play Outside partnership includes the Lincoln Children’s Zoo, UNL Extension, Nebraska Game and Parks Commission, The Groundwater Foundation, Nebraska Statewide Arboretum, Lower Platte South Natural Resources District, Dimensions Educational Foundation and Pioneers Park Nature Center.

Author Louv at Lied Feb. 19

Journalist and child advocacy expert Richard Louv, author of the groundbreaking Last Child in the Woods, will speak Tuesday, Feb. 19, 7 p.m. at the Lied Center in Lincoln. In a FREE public lecture, Louv will look at research on child development, attention disorders, depression and obesity; and offer suggestions on providing opportunities, places and priorities for outdoor play. The event is designed for parents, educators, environmentalists, counselors, community planners and policy makers. Advanced reservations are required for the free tickets. For tickets, go to http://liedcenter.org or call 472-4747. Sponsored by the Healthy Families Play Outside network.

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

Did you guess it from the November/December Issues? The answer was a Chinese Mantid Egg Case.

Lancaster County 4-H Teen Council presents its annual... Locked in for 4th & 5th graders. This year’s theme is... WINTER ROUND-UP for 4th & 5th graders (read must be enrolled in 4-16) Jan. 25, 8 p.m. to Jan. 26, 8 a.m. Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln Cost $15/person Registrations due by Jan. 22

U.S. Drought Monitor Map

As of Dec. 11, Lancaster County was not in drought conditions.

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

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

Miscellaneous

Can You Guess It?