The NEBLINE, January 2009

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Creating a Strong Family

Maureen Burson
UNL Extension Educator

This winter has a different feel as families and friends gather to bring in the new year. Many families are accessing food and medical support from human service providers for the first time. People anticipating retirement are re-evaluating plans as 401K accounts tumble in value. Parents have scaled back on holiday gifts, and choosing not to use credit cards because they don’t know what’s around the next corner.

At a recent Lincoln-Lancaster Human Service Federation meeting, Mary Pipher, Ph.D. shared the story of a father, who with his two young sons, were humbly accessing food from the Center for People in Need. “There are a lot more first timers this year,” commented Pipher, who is chair of the Board of Directors. “People are ashamed to come through the line. They’d rather be giving than receiving. Keeping a positive focus, this father said, ‘How many boys are lucky enough to see a huge preying mantis in a parking lot like my sons just did?’”

Dr. Pipher, a clinical psychologist and best-selling author, provided a message of hope for those who serve people in need. Pipher says as we help families, friends and neighbors, providing dignity is as basic as the need for oxygen. Pipher’s mother can recall hearing her mother say, “Be Kind to Each Other,” during the Great Depression when she left for work each day.

Pipher’s experiences support the findings of the “family strength perspective” research conducted by the University of Nebraska-Lincoln, in conjunction with over 100 worldwide researchers over the past 35 years. Dr. John DeFrain, UNL Extension Specialist, Family and Community Development says, “One question that has fascinated researchers in the field of family studies is ‘What qualities constitute a strong family?’ Finding an answer to this questions is important, because with this foundation of knowledge, we can help people learn about family strengths and what’s necessary to create their own strong family.”

More than 24,000 family members from all 50 states and 34 countries have participated in a series of more than 60 studies. DeFrain says, “When you ask people around the globe, ‘What makes your family strong?’ the answers are amazingly similar from culture to culture. These answers are summarized in six strengths.

Appreciation and Affection

People in strong families deeply care for one another, and they let each other know this on a regular basis. They are not afraid to express their love. Families show appreciation and affection by:

• Caring for each other
• Friendship
• Respect for individuality
• Playfulness
• Honesty

Commitment

Members of strong families show a strong commitment to one another, investing time and energy in family activities and not letting their work or other priorities take too much time away from family interaction. Families show commitment through:

• Trust
• Honesty
• Dependability
• Faithfulness
• Sharing

Positive Communication

Successful families are often task-oriented in their communication, identifying problems and discussing how to solve them together. Perhaps even more important than this, however, is that strong families also spend time talking with and listening to one another just to stay connected. Some of the most important talk occurs when no one is working at connection: open-ended, rambling conversations can reveal important information that helps smooth out the bumps of family living. Positive communication includes:

• Giving compliments
• Sharing feelings
• Avoiding blame
• Being able to compromise
• Playfulness
• Agreeing to disagree

Enjoyable Time Together

One study of 1,500 school children asked, “What do you think makes a happy family?” Few replied that money, cars, fancy homes, television sets, or trips to Disney World made a happy family. The kids were most likely to say that a happy family is one that does things together, a family that genuinely enjoys the times they share with each other. These qualities make time together enjoyable:

• Quality time in great quantity
• Sharing memories with each other
• Enjoying each other’s company
• Simple, inexpensive good times
• Sharing fun times

Spiritual Well-Being

Religion or spirituality also are important to strong families. Spiritual well-being describes this concept, indicating that it can include organized faith, religious faith, or a sense of religion, or spirituality. Others talk about their spiritual well-being in terms, describing the love they feel for one another with a great deal of reverence. Others express these feelings in terms of ethical values and commitment to important causes. Spiritual well-being can be seen as the caring center within each individual that promotes sharing, love, and compassion. Included in spiritual well-being may be:

• Hope
• Faith
• Compassion
• Shared ethical values
• Oneness with humankind

In Lancaster

University of Nebraska–Lincoln Extension in Lancaster County

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SPECIAL PULLOUT SECTION:

Creating a Strong Family

Strong Families Have Six Common Characteristics

How Strong is Your Family?

Use the “Family Strengths Inventory” on p. 10 to discuss the record that makes your family strong. Then you can develop a plan to strengthen the qualities you want to improve.

Ways to Spend Time With Your Family in January

1. Set Family Goals for the New Year
2. Start an exercise program with your children
3. Invite friends over for breakfast
4. Try a new recipe for dinner tonight
5. Make a family banner
6. Study together
7. Create a list of jokes
8. How can we encourage our children to try new things?
9. Pop popcorn and watch a movie together
10. Clean out a closet and donate unused items
11. Take a family nighttime walk around your neighborhood
12. Martin Luther King Jr. Day Learn something about Black American history
13. Make caramel corn
14. Watch public television together and discuss
15. Try a new craft as a family
16. Attend a school activity together
17. Go to a movie together
18. Give every family member a hug
19. Exercise together
20. Learn about Inauguration Day
21. How does sharing a favorite childhood memory
22. Prepare dinner together each night
23. Make your own trail mix
24. Make a snow sculpture
25. Perform a random act of kindness for someone
26. Read the paper aloud
27. Rearrange the living room
28. Share something you learned at school or work today
29. Visit the library and check out some books
30. Put on a pajama puzzle together
31. How an indoor picnic

For activity ideas for the rest of 2009, go to http://unloidex.unl.edu/Calendars/CalMain.htm

Family Treasures: Creating Strong Families

This valuable book by John DeFrain and the UNL-Writing Team...

• Empowers families to assess their own strengths
• Contains inventories and activities to enhance the quality of the family
• Contains tools for all different types of individuals to better understand the qualities of strong families

Cost is $17.95. Order at http://unfinfo@lincoln.edu

For MORE INFO
UNL Extension has many resource family-related resources online at http://unlinfo@unl.edu and http://www.irenpubs.unl.edu/smdf/family

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2007–2008 annual...
Private Pesticide Applicator Certification Opportunities

Federal and state law states a private applicator must be certified and licensed to buy, use, or supervise the use of a Restricted Use Pesticide (RUP) to produce an agricultural commodity on property other than the property owner’s own. No pesticide license is needed if the applicator will only be applying General Use Pesticides (GUPs) or if you hire a commercial applicator to apply RUPs to your property.

If you do not have a current private pesticide certification and you plan to buy or apply any RUP products, you will need to receive a private applicator certification training as described below for people who need to be recertified. All training sessions meet the requirements for both initial certification or recertification as private pesticide applicators.

Starting in 2009, private applicator certification expires in 2009, you will receive (or have already received) a bar-code certification letter from the Nebraska Department of Agriculture (NDA). Be sure to keep the letter from NDA and bring it with you to the training session when you pick up home study materials. The NDA letter contains a bar-code certification letter which tells NDA what they need to know about you.

Regardless of the certification method chosen, all applicants will receive an invoice from the NDA to pay the $25 license fee. You should receive your new license within two weeks after receiving a pass grade on your written test.

Certify at a Crop Production Clinic

The former Crop Production Clinics have been restructured with an extended range of topics and now are called Crop Production Clinics. For most of the day, participants will make choices between two or more topics being presented concurrently. Private applicators may receive either a recertification or certification by attending the full day and attending the mandatory sessions to certify as a private applicator.

There will not be a clinic in Lincoln in 2009. The Crop Production Clinics held in southeast Nebraska will be:

- Tuesday, Jan. 13—Beatrice (Eagles Club, 111 S. 8 St.)
- Wednesday, Jan. 14—Yorks (The Auditorium, 612 N. Nebraska Ave.)
- Thursday, Jan. 22—Fremont (Midland Lutheran College, 900 N. Clarkson)

Note: All clinics start at 8:30 a.m. If you are planning to receive a certification as a private applicator at the Crop Production Clinic, be sure to arrive early and register with the NDA at the check-in table. They need your name tag were there for the full day.

In addition to the normal $50 registration fee for the Crop Production Clinic, an additional $30 fee will be assessed if you will be receiving private applicator certification.

Self-Study Option

The second option is to pick up the self study book and associated materials at the extension office. You are expected to read the chapters, then you must answer the written test questions in the back of the book. Once you bring the book back to the office, the test will be graded by our staff while you wait (usually about five minutes). You will have an opportunity to see the test results and see the correct answers to any questions you have answered incorrectly.

The $60 training fee for this method of obtaining certification will be collected when the home study book is picked up.

Testing Option

The third option is to take a written (closed-book) examination given by the NDA. You must call ahead for an appointment with NDA at 471-2394. There is no training fee if you choose this option. You will need to pay the $25 license fee. You should receive your new license within two weeks after receiving a pass grade on your written test.

Field Symptoms

Symptoms of SCN infestation can be difficult to identify. Usually, the first indication of a problem is when yields are below expectations. Moderate levels of SCN may not cause any visible above-ground symptoms, yet yields may be reduced 5–10 bushels per acre. The first visual sign of an SCN infestation is usually a slight delay in the growth of otherwise healthy looking, dark green plants. Higher SCN levels can cause plant stunting and yellowing and increased levels of yield loss.

Above-ground symptoms can be confused with damage from compaction, nutrient deficiencies, drought stress, low-lying wet areas, herbicide injury and other plant diseases. Circular to oval areas of stunted, yellowed plants can be observed. Areas of SCN injury often are elongated in the direction of tillage practices, since the cysts are spread by tillage equipment. Susceptible soybeans grown in SCN-infested soils are slower to reach canopy closure.

Free Soil Sampling

Sampling is the first step to managing SCN. To increase the awareness of SCN and to better define the extent of its distribution in Nebraska, a postage paid sampling kit ($20 value) has been provided by the Nebraska Soybean Board. This can be picked up at University of Nebraska Extension offices in counties where soybeans are grown. Each kit contains a bag for you to submit a sample to the Plant & Pest Diagnostic Clinic at the University of Nebraska–Lincoln and directions for collecting a soil sample.

Collect 10 to 15 cores around the roots to a depth of six to eight inches and mix them in a bucket. Fill a standard soil-sampling container with the mixed soil sample. Store samples in a cool place (not in the sun), and ship as soon as possible.

FOR MORE INFORMATION

Soybean Cyst Nematode Spreading in Nebraska

Free Soil Sampling Kits at Extension Offices

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Raccoons in the City

Soni Cochran
UNL Extension Associate

People are sometimes surprised to see raccoons in the city limits. Raccoons are very common in both urban and rural areas where there is suitable habitat. They live in sewers, attics, and trees and can easily take advantage of ready-made homes like chimneys and attics. Excluding raccoons and removing their food and water sources is the most long-term solution to avoid raccoon problems. Trapping is only a short-term solution and should be used in conjunction with exclusion and removing attractants.

Raccoons can easily find food and water. Cat and dog food left outside after dark, improperly stored garbage, poorly maintained compost piles and scraps tossed out to the birds, all provide attractive sources of food. Containers of water for pets left overnight, uncovered hot tubs, swimming pools and backyard ponds are all frequented by water-loving raccoons.

You can reduce the likelihood of raccoons visiting your property by making some changes in habitat and reducing food and water attractants. With the exception of swimming pools and backyard ponds, all of these possible sources for food and water can be taken care of by proper storage and keeping garbage and debris out of site of the property owner. Bait stations for the use of rat or mouse bait should be placed where a small amount of water in at dusk. Secure garbage cans properly. Metal trash cans are better with tight fitting lids.

In case they get knocked over. Learn how to best maintain a compost pile and resist the urge to throw bread and scraps to the birds. Cover hot tubs and swimming pools, if possible.

Make sure chimneys have proper caps and buildings are maintained properly so raccoons don’t have easy access to chimneys. You can usually gain access to a building by climbing up a nearby tree and using an extender to get to the roof. If you are suspicious a raccoon is accessing your roof from a tree, you can look for raccoon tracks on the ground that are larger than squirrel tracks. A raccoon tree with a material that will show claw marks like plastic trash bag, newspaper, aluminum foil. As the raccoon climbs up the tree it leaves a defined scratch line on the bark as it goes. The band should be 2½ inches wide and placed at least two feet above the ground. The raccoon will be able to climb down the tree, but not get back up over the metal band. Always monitor the tree so as the tree grows, it isn’t constricted by it. You may also have to install multiple newspapers. Other types of trees are using to reach the roof. Raccoons will also use the corner of buildings to gain access to a roof. If this is the case, tack a three-foot wide metal sheet around the corner of the building. Once the raccoons are excluded, you can make more permanent repairs to the roof and building if needed.

If exclusion efforts fail, consider hiring a pest control professional to help you trap the animal. Raccoons are best handled by professionals. Some pest control professionals also provide services to safely clean up raccoon latrines which can harbor dangerous parasites.
2009 All-America Rose Selections

Carefree Spirit

Recognizing consumers want roses that are easy to care for, in 2004, the All-America Rose Selections (AARS) stopped spraying fungicides on all shrub roses in their nationwide test gardens. Carefree Spirit is the first and only landscape shrub, to date, to endure this real-world testing and prevail as a Winner. This mounding rose produces deep red blossoms with white twinkles in their eyes. The blooms finish up pink as they bask in the full sun. Carefree Spirit amplifies the disease resistance associated with its carefree lineage, with more than 10 years of hybridization improvement. Much like its parent rose, Carefree Delight, which was a All-America Rose Selections Winner in 1996, the petals are beautifully set amongst abundant glossy, dark green foliage. This plant has even better disease resistance, habit and blooming power and will perform well in any area of the country.

Cinco de Mayo

Cinco de Mayo brings festa of flowers to every garden. Mysteriously colored and deliciously beautiful, it is a wonderful blending of smoked lavender and rusty, red-orange. This festive rose may be impossible to describe but you will love the endless bounty of multi-colored clusters sitting amongst glossy, green foliage and dark red new growth. The flowers, which hold well and are fast to repeat and radiate the smell of fresh-cut golden apples. As an AARS Winner, this floribunda has fantastic disease resistance and has performed exceptionally well across the country with little-to-no care. As the offspring of the 2006 AARS award-winning Julia Child rose, Cinco de Mayo enlivens any garden and it’s clean, round habit is ideal for use as a hedge or in a border with mixed perennials.

Pink Promise

Pink Promise, a graceful bloomer with long stems for cutting. The National Breast Cancer Foundation selected this rose to officially represent a continual blooming promise of compassion and awareness. For every Pink Promise plant purchased, a percentage of the sales will be donated to the National Breast Cancer Foundation to help extend women’s lives through education and early detection. This hybrid tea’s beauty is enhanced by the contrast of its large pink blossoms set against lush dark green foliage. Along with its stunning appearance, Pink Promise has good disease resistance and flourishes even in cooler climates. A highly fragrant rose, Pink Promise fills any room with a deliciously fruity scent.

When ordering plants, keep in mind some general rules. Order enough seeds for your needs. Otherwise, you will face with entirely too many plants or with storing the unsold seeds. Ordering just what you can use and handle is one of the toughest problems new gardeners face this time of year.

First figure how many plants you will need. Then consult the catalog description to find how many germina- tion and how many seeds per packet. The germination is important, if the packet has enough seeds, but the germination is low, you’ll want to order more. Some packets such as geraniums may only contain 5 seeds, as they are quite common and harder to produce. Others may contain hundreds of seeds and be enough for several years.

When ordering seeds, consider the All-America Selections. These are new introductions that have been judged best by horticulture professionals nationwide. These selections are one reason to start your own plants, as many are quite good and can be found at many garden stores or greenhouses. You can learn more about this program online at all-Americaselections.org. Catalogs and online selection and how many seeds per packet. The germination is important, if the packet has enough seeds, but the germination is low, you’ll want to order more. Some packets such as geraniums may only contain 5 seeds, as they are quite common and harder to produce. Others may contain hundreds of seeds and be enough for several years.

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Attract Winter Birds With Feeders

There are many bird feeders available commercially or you can make your own. Seed feeders can be as simple as a roof which protects the seeds from rain and air. Cats and hawks will be attracted to the congregating birds. Preferably, shrubs or trees should be located 10 to 15 feet from the feeding area. This will provide escape cover for flying birds.

Don’t forget to clean and disinfect the feeder. The black oil sunflower seeds are a breeding ground for a fungus that causes a potentially-fatal bird infection. And excessive bird droppings can pose a health hazard.

Winter Houseplant Care

- Insect pests may continue to be a problem during the winter season. Be sure to check your plants for signs of infestation.
- The humidity level in homes can drop dramatically during the winter season. Be sure to check your plants are able for both humans and plants. Plants may show signs of low humidity stress, such as brown leaf tips, and increased pest infestation.
- Watering can also be cut back during winter. Be sure to check the soil when you are watering your plants. If it feels moist, you can wait a few more days before watering.
- Certain houseplants such as cacti go through a dormant period during the cold weather months. During the dormant period, plants should not be watered at all or very infrequently. Some bulbs will benefit from being planted outside of your home when they are dormant. Be sure to read about your plants individual care needs to learn about how it should be treated.
- Be aware of temperature extremes during the winter season. Some plants may be particularly sensitive to cold drafts or cold window panes. In addition, the warm, dry heat of home heating systems may cause plants to dry out faster than usual.
- The humidity level in homes can drop dramatically during the winter season, making living conditions uncomfortable for both humans and plants. Plants may show signs of low humidity stress, such as brown leaf tips, and increased pest infestation.
- Insect pests may continue to be a problem during the winter season. Be sure to check all plants for signs of infestation.

Kelly Fisher and Zainab Rida
UNL Extension Assistants

Nutritious, delicious, affordable, healthful, and long shelf life are among the many benefits associated with dried beans. Despite the fact that cooking dried beans takes more time than opening a can, they will be rewarded for your efforts by the flavor and texture of freshly cooked beans. The New Dietary Guidelines recommendation is to consume three cups of legumes within a 2,000-calorie diet each week in order to obtain the most nutrients that are available from beans.

Beans are an excellent source of protein and iron, rich in antioxidants, fiber and contain many other valuable nutrients such as vitamin B, calcium, potassium and folate. They are also low in saturated fat and have no cholesterol. All of these factors contribute to reducing the risk of health problems such as diabetes, heart disease, cancer and other chronic diseases.

Intestinal gas production, incomplete protein and unpalatability with beans are the main factors that lead people to avoid the consumption of dried beans.

Intestinal Gas Production

Our body is missing an enzyme required to break down complex carbohydrates found in beans. The bacteria in our lower intestinal tract break down these carbohydrates, giving off hydrogen and carbon dioxide which forms the intestinal gas. Avoiding this problem is very easy. Soak beans for at least eight hours, replace the water every few hours; then cook them slowly. Spices like cumin may help reduce gas formation.

Incomplete Protein

Beans are lacking one of the essential amino acids needed from food to build protein in our body. However, this should not be a problem since the missing essential amino acid is usually found in grain group foods including rice, bread, cereal and others which are typically eaten with a meal.

MyPyramid.gov recommends:

1. To move to a healthier weight, you need to make small choices from every food group. Smart choices are the foods with the lowest amounts of solid fats, sodium and added sugars; for example, fat-free (skim) milk instead of whole milk and unsweetened rather than sweetened applesauce. Also, consider how the food was prepared. For example, choose skinless chicken breast instead of fried chicken and choose fresh fruit over fruit-flavored “fruit cocktail.”
2. For more information on planning healthy menus, visit MyPyramid.gov.

W-ai-st size:

“Your stomach shouldn’t be a waist basket.” (Source: Author Unknown)

Your waistline may be telling you that you have a higher risk of developing obesity-related conditions, according to the Centers for Disease Control and Prevention (CDC), if you:

• A man whose waist circumference is more than 40 inches
• A non-pregnant woman whose waist circumference is more than 35 inches

Excessive abdominal fat places you at greater risk for developing obesity-related conditions, such as Type 2 Diabetes, high blood cholesterol, high triglycerides, high blood pressure and coronary artery disease. Consult with your health care provider to develop a plan for losing weight.

How’s here to measure your weight, according to CDC: To measure your waist size (circumference), place a tape measure around your midsection just above your hip bone. Be sure the tape is snug, but does not compress your skin, and is parallel to the floor. Relax, exhale, and measure your waist.

Y-our hands:

“Keeping hands clean is one of the most important ways to prevent the spread of infection and illness.” (Source: Centers for Disease Control and Prevention)

Here’s how to wash your hands from the CDC:

When washing hands with soap and water:

• Wet your hands with clean running water and apply soap. Use warm water, if it is available.
• Rub hands together to make a lather and scrub all surfaces. Continue rubbing hands for 15–20 seconds. Need a timer? Imagine singing “Happy Birthday” twice through to a friend.
• Rinse hands well under running water.
• Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.

E-nough sleep:

“A good laugh and a long sleep are the best cures in the doctor’s book.” (Source: Irish Proverb)

According to the 2008 “Sleep in America” poll by the National Sleep Foundation (NSF), “Working too much and sleeping too little takes a serious toll on people’s professional and personal lives.” Some of the findings of the poll included:

• 29 percent of those who polled fell asleep or became very sleepy at work in the past month;
• 36 percent have nodded off while driving;
• 14 percent missed family events, work functions and leisure activities the past month due to sleepiness.

Cutting back on other activities rather than cutting back on sleep may be more effective in enhancing the quality of your life.

A-void portion distortion

“Never eat more than you can lift.” (Source: Miss Piggy, muppet character)

Rather than worry so much about “what” you eat, consider “how much” you eat. Downsize your portion sizes. Serve food on smaller plates. Eat directly from plates and bowls rather than packages and bags, so you see how much you’re eating.

R-eading materials

“By careful reading of health books. You may die of a misprint.” (Source: Mark Twain)

Consider the source before starting a new drastic diet or exercise plan. Beware of plans that:

• Promise quick, dramatic results
• Charge large fees for consultations, equipment, supple-
ments, etc.
• Rely solely on testimonials and statements from “professionals” with unusual- sounding degrees.

Stretch Your Food Dollar with Dried Beans

Kelly Fisher and Zainab Rida
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Cutting back on other activities rather than cutting back on sleep may be more effective in enhancing the quality of your life.

A-void portion distortion

“Never eat more than you can lift.” (Source: Miss Piggy, muppet character)

Rather than worry so much about “what” you eat, consider “how much” you eat. Downsize your portion sizes. Serve food on smaller plates. Eat directly from plates and bowls rather than packages and bags, so you see how much you’re eating.

R-eading materials

“By careful reading of health books. You may die of a misprint.” (Source: Mark Twain)

Consider the source before starting a new drastic diet or exercise plan. Beware of plans that:

• Promise quick, dramatic results
• Charge large fees for consultations, equipment, supple-
ments, etc.
• Rely solely on testimonials and statements from “professionals” with unusual- sounding degrees.
2007–2008

ANNUAL REPORT

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

University of Nebraska–Lincoln Extension in Lancaster County

15-to-1 Return on Investment

An independent study found the University of Nebraska–Lincoln’s Institute of Agriculture and Natural Resources (which includes extension) provides Nebraskans more than a 15-to-1 return on tax dollars invested.

Here are some examples of the value extension brings to our community:

Last year, 279 residents attended one of 12 composting workshops presented by extension at Lincoln City Libraries or composting demonstrations at the Pioneers Park Nature Center’s new backyard composting demonstration area. Extension also educates the public how to use LinGro, the City of Lincoln’s Compost. An estimated 20,869 tons of yard waste was kept out of the landfill, saving taxpayers an estimated value of over $686,000.*

The 4-H youth development program reached 21,865 youth in Lancaster County:
• 1,789 youth participated in the 4-H club program.
• 1,231 youth participated in 4-H after-school and summer programs.
• 17,119 youth participated in 4-H school enrichment programs.

“Supermarket Savings: 16 Tips that Total Big Bucks!” was posted on the Web as an article and PowerPoint with a handout. It received 15,000 hits in five months. 94% of respondents to an online survey stated these tips will help them save money with an average savings of $17/week or nearly $900/year. The article was also distributed statewide as a media release.

Extension presented nine Computerized Farm Financial Recordkeeping workshops to 102 participants in eastern Nebraska last year. Evaluations revealed:
• 92% learned how to retrieve and organize financial information which will help them make better management decisions in the future.
• 88% learned to keep a more accurate set of financial records.
• 96% learned how to create reports to help them better understand their financial situation.

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. Last year, Lancaster County NEP reached:
• 1,074 adults who care for 4,406 family members.
• 6,016 youth (316 groups) at 17 schools and other sites.
• 587 older adults at 6 senior sites.

continued on next page
**Return on Investment**

UNL Extension coordinates distribution and application of bolsa® to agricultural cropland for the City of Lincoln. Last year, more than 35,000 tons of bolsa® were delivered and applied to 1,331 acres of crop land, worth $470,000 to farmers and saving taxpayers $350,000 by keeping this recyclable material out of the landfill.

*Bolsa® are organic solids expanded from wastewater and biologically treated to make them safe to use as an organic fertilizer for crops not in the human food chain.*

Last year, 191 people attended Guardianship Training classes co-taught by UNL Extension and volunteer attorneys. Evaluations indicate:

- **81%** better understand Guardianship.
- **92%** better understand their responsibilities to the court and their ability to meet them.
- **75%** better understand their financial responsibilities as a guardian.

For the fourth year in a row, UNL Extension organized a two-day, Lancaster Termite School for Termite Applicators. Of the 112 participants to date, evaluations show:

- **84%** would make changes in inspection and/or pesticide application techniques.
- **93%** would be more in compliance with termite pesticide label directions.
- **96%** felt better able to calibrate pesticide equipment.

In March, 135 child care providers who care for approximately 1,143 youth participated in a child care conference organized by UNL Extension and other Lincoln area agencies. Evaluations indicate:

- **42%** have made changes in child care practices.
- **32%** apply more safety guidelines & practices.
- **43%** include more hands-on activities for youth.

Approximately 3,000 pounds of pesticide containers were collected last year in Lancaster County and recycled through the Pesticide Container Recycling Program, which is coordinated by UNL Extension. Since 1992, about 17.5 million pounds of plastic from pesticide containers have been removed from Nebraska’s landscape and recycled.

Last year, UNL Extension in Lancaster County programs benefited from approximately 1,961 volunteers investing 27,138 hours of time for a total value of $529,462! Volunteers contributed to 4-H, Master Gardener, Nutrition Education Program (NEP), Family Community Education (FCE) and other extension programs. In addition, 4-H and FCE members often volunteer in community service projects.

**At Work for Nebraska** in Lancaster County

**Lancaster Extension Education Center Conference Facilities**

As part of extension’s commitment to community learning, the conference facilities at Lancaster Extension Education Center are made available to other nonprofit and governmental organizations at a nominal cost. Last year, more than 4,150 hours of conferences and meetings were held at the Education Center.

**Honors, Awards and Accomplishments**

- **Extension Educator Lawrence Bertsch** - national Distinguished Service Award presented by National Association of Extension 4-H Agents, state level Distinguished Professional Management Award presented by University of Nebraska–Lincoln Extension
- **Extension Educator Gary Bergman** - President of the Nebraska Great Plains Reserve Conservation and Development, President of the Eastern Nebraska 4-H Center Site Board, Vice-President of Nebraska Reserve Conservation & Development (BACD) Association
- **Extension Educator Marilyn Burrell** - member of team receiving Excellence in Team Programming honor presented by University of Nebraska-Lincoln Extension for Parents Forever and Kids Talk About Divorce center
- **Extension Associate Soni Cockrum** - 15 years of service with UNL Extension
- **Extension Associate Marty Cruickshank** - 5 years of service with UNL Extension
- **Extension Educator Tom Dorn** - recipient of four statewide annual family Hilding Family Awards for Teaching Social Science, winner of Nebraska-Lincoln Institute of Agriculture and Natural Resources - Vice Chair of North Central Regional Search for Excellence Committee, winner of Nebraska Cooperative Extension Association (NCEA) Extension Educator Alice Henneman
  - **team member of team receiving first place in state centered special project Food Safety Team Award presented by the National Extension Educators’ Association of Family and Consumer Sciences
  - **member of team receiving for state Education Curriculum Team Award presented by the National Extension Educators’ Association of Family and Consumer Sciences Nebraska Affiliate
- **Extension Associate Troy Kulm** - national Distinguished Professional Service Award presented by National Association of Extension 4-H Agents, state level Distinguished Professional Management Award presented by University of Nebraska–Lincoln Extension
- **Extension Educator Bob Ogg** - member of team receiving Entomology Educational Award presented by the Board Certified Entomologist of Mid-America for the University of Nebraska-Lincoln Hand-Out Termite School for Post Management Professionals
- **Nebraska Newsletter**—3rd place national and central regional winner Communications—Newsletter Team Award (Mary Houser, Alice Heeneman, Lawrence Barton, Marilie Mende, Julie Rasmussen, Charoll Bala, Vicki Jolliff) presented by National Extension Association of Family and Consumer Sciences

**I believe that The NeNLINE, word for word, contains more useful information than any other publication of any kind I regularly read or receive. Congratulations to those responsible for always working product.”**

—Terry Schaaf, Lincoln (NeNLINE subscriber)

The UNL Extension in Lancaster County Tea Notice newsletter is free to Lancaster county residents.
Extension Helps You Put Knowledge to Work

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

Yard & Garden

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

Extension Educator Don Janssen works with the City of Lincoln to educate the public about reducing yard waste through composting, mulching grass clippings and other yard management practices. This year, there was an educational campaign to teach homeowners to use no/low phosphorus fertilizer to keep phosphorus out of Lincoln-area lakes and waterways.

Nutrition & Food Safety

To help people learn how to eat healthier, extension blends 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 programs (such as news articles and fact sheets) are made available on the Internet for around-the-clock access, both locally and nationwide. Extension’s food Web site 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 16,000 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 Supplemental Nutrition Assistance Program—Education (SNAP-Ed). NEP partners with more than 300 local agencies, classrooms and coalitions. UNL Extension in Lancaster County has a lab for diagnostic services.

Home & Family Living

UNL Extension is part of the Lancaster County Coalition to assist Children of Parents Experiencing Divorce (COPED) and co-presents Parents Forever and Kids Talk About Divorce classes. Extension Educator Maureen Burson teaches Parents Forever and Guardianship Training classes in Lancaster County. She also organized a Strengthening Families: Daughter/Mother Camp this year.

Pests & Wildlife

Extension Educator T om Dorn is extension’s statewide contact for grain storage questions. Farms Insights Web site and monthly e-mail newsletter at http://acreage.unl.edu

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

The Nutritional Education Program teaches nutrition to youth, adults and seniors.

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 an up-to-date Web site. Some of the agricultural programs presented this year include Crop Protection Clinic, Private and Commercial Pesticide Applicator Trainings, Computerized Farm Financial Recordkeeping and Nitrogen Management Training.

Residential acreages are rapidly increasing in Lancaster County. Extension delivers information on a wide range of issues related to acreages such as proper management of septic tanks and wastewater lagoons; landscape management and alternative energy profitable for acreages. Extension offers an Acreage and Small Farm Financial Recordkeeping and Applicator Trainings, Computerized Private and Commercial Pesticide programs presented this year.

In April 2008, the Southeast District FCE meeting was held at the Lancaster Extension Education Center. 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. In the past 10 years, FCE has awarded $2,375 in total scholarships.
In June, the Lancaster County 4-H Citizenship Washington Focus (CWF) group—33 teens and 4 sponsors—traveled by bus on a 15-day itinerary to Washington D.C. CWF is a citizenship and leadership program.

This was the second year a Special Needs Horse Show was held at the Lancaster County Fair.

Lancaster 4-H partnered with many after-school summer sites to provide a county fair-related curriculum with hands-on activities which could be done before the Lancaster County Fair.

At Ag Awareness Festival, fourth graders rotate between interactive stations such as Dairy Calves, Ruminant Nutrition and Farm Technology.
FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s View—Bonnie’s Bits

Bonnie Krueger
FCE Council Chair

Happy New Year!
A New Year 2009
A New President

Time for changes. Did you make your resolution for 2009? My resolution was for:

Hope—Peace—Love
Hope we can make Peace around the world.
Love to all our neighboring countries.
Hope to return our military back to their families; shelter and feed the less fortunate.
Time for change.
Also time for our year of new lessons and meetings. Our first FCE Council meeting will be Jan. 26.
Hope to see you there.

FCE News & Events

2008 FCE Scholarship Winner
Johsiah Unger of Sprague received this year’s $400 FCE scholarship. He is working toward a Bachelor of Science in Nursing at Bryan/LGH College of Health Sciences. Jhosiah says “With the rising cost of education and living expenses, I am so thankful for this scholarship. It is because of generous organizations such as the Lancaster County Family and Community Education Clubs that I am able to continue my education. Your contribution to my academic career is one in which I will be forever grateful.” Sharon Brunk and Mary Coulter are co-chairs of this year’s FCE Education and Scholarship Committee.

Upcoming Leader Training Lessons
The FCE and Community leader training lesson, “Housing Options for Today and Tomorrow” will be Tuesday, Jan. 6, 1 p.m. at the Lancaster Extension Education Center, Lincoln. Extension Educator Lorene Bartos will provide leaders with an understanding of housing and related service options for older persons in making housing choices today and planning for the future. The design, layout, features, maintenance, cost, services available and location of the home can help or hinder the person’s ability to continue to live “on their own.” The FCE and Community leader training lesson, “Fitting in the Fiber” will be Tuesday, Jan. 27, 1 p.m. Extension Educators Alice Henneman and Lorene Bartos will teach the health benefits of fiber, good food sources of fiber and tips on how to get your daily recommended amount of fiber. If you are not an FCE member and would like to attend either training, please call Pam at 441-7180 so informational packets can be prepared.

FCE Council Meeting, Jan. 26
The first FCE Council meeting for 2009 will be Monday, Jan. 26. Time and more details will be sent to the 2009 Club presidents. Club presidents are automatic council members. Each club should plan to have at least one representative attend.

FCE 2008 Achievement Night
The Family & Community Education Club 2008 Achievement Night was held in October. More than 45 members attended. Guest speaker was Gloria Hall who presented “Gramma’s Aprons.” Many FCE members brought aprons to share. Members donated 141 pounds of canned food and paper products, as well as cash, for the annual FCE Food Bank Campaign.

Membership Awards
(Noys of membership indicated in parentheses)

Back, L-R: Lorena Masson (50), Janice Rullifson (50), LaVonne Millwood (50), Marian Storm (45); Front, L-R: Alice Urbach (50), Darleen Isley (55), Janice Ruliffson (50), Lorena Maxson (50), Janie Schrader (40), Sharon Brunke (25)

Above: Gloria Hall brought dozens of handmade aprons to show. At right: Twyla Lidolph showed an apron which can be buttoned into a bonnet.

Club Incentive Awards
Presented to Bertline, 49 yrs.
Helpful Homemakers and Salt Creek Circle

Back, L-R: Mary Coulter (30), Kaye Eggers (30), Kay Madison (20), Irene Sank (30); Front, L-R: Judy Schutz (30), Elvina Lyman (25), Elsa Amen (40)

Not pictured: Jeannette Priess (50), Sandra Block (40), Janie Schrader (40), Sharon Brunke (25)

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Not pictured: Jeannette Priess (50), Sandra Block (40), Janie Schrader (40), Sharon Brunke (25)
Brenda Wilkinson indeed the heart of 4-H!

and Jay still volunteer with 4-H. Brenda received a Heart of 4-H Award in July 2007. Even though she works, Brenda still finds time to watch children come into a project never having any experience or understanding of what it takes to raise and take care of livestock.

She lives in Walton with her husband, Jay (he received a Heart of 4-H Award in July 2007). Even though their two daughters have outgrown the 4-H program, Brenda and Jay still volunteer with 4-H.

Congratulations to Brenda. Volunteers like her are indeed the heart of 4-H.

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

January

Brenda Wilkinson

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

Youth interested in joining the Shooting Sports Trap 4-H Club must contact Tracy by Jan. 2 at 441-7180 or dm219@plu.edu. Youth must be at least 12 years old and not older than 18 by Jan. 1, 2009 and have a hunter safety certificate.

There will be a Shooting Sports BB/Air Rifle 4-H club starting this spring. Youth must be at least 8 years old by Jan. 1, 2009. More information will be published in upcoming NEBRINE issues.

The 2008 Ak-Sar-Ben 4-H Livestock Exposition was held last September at the Qwest Center in Omaha. Congratulations to all Lancaster County 4-H livestock members who competed. Peyton Goracke was named Champion Feeder Steer. Complete results are at www.aksofarben.org.

Lancaster County 4-H/FFA members with market beef projects, please plan for next year’s market beef weigh-in on Saturday, Feb. 7, 8-10 a.m. at the Lancaster Event Center. More information will be published in upcoming NEBRINE issues.

Horse Stampede Entries

Due Jan. 30

The 7th annual 4-H Horse Stampede will be held on Saturday, March 14 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.

The 2008 Ak-Sar-Ben 4-H Expo Horse Results

The 2008 Ak-Sar-Ben 4-H Livestock Exposition was held last September at the Qwest Center in Omaha. Congratulations to all Lancaster County 4-H members who competed in the Horse Show. Listed below are the 2008 Ak-Sar-Ben Horse Show trophy winners.

Chelsea Beach

Junior English Equitation

Abbie Heusinger

Junior English Pleasure

Brooke Preston

Junior Pole Bending

Alex Schedeler

Senior Western Horsemanship

Advanced Western Pleasure

Reserve Champion

Reserve Champion

Reserve Champion

Reserve Champion

Reserve Champion

In November, nearly 60 youth attended the 4-H Roping and Goat Tying Clinic led by clinicians Jim Berry and Justy Hagan. Thanks to the Fort Western Stores for donating gloves to all youth ropers. A series of three more clinics are planned for 2009 (dates to be announced).
January
2 All Career Portfolios, Scholarships and Award Applications
Due to Extension
6 4-H Council Meeting ........................................... 7 p.m.
6 4-H/FFA Livestock Superintendent Meeting
(bull, dairy, swine, sheep and goats), Lancaster Event Center, 4-H Office. .......................... 6:30 p.m.
8 Rabbit VIPS Committee Meeting, Lancaster Event Center, 4-H Office. .......................... 7 p.m.
11 Teen Council Meeting ........................................... 3 p.m.
23 4th & 5th Grade Lock-In Registrations Due to Extension
23–24 4th & 5th Grade Lock-In ........................................... 8 p.m.–8 a.m.
30 Horse Stampede entries Due to Extension

February
February is Nebraska 4-H Month
3 4-H Council Meeting ........................................... 7 p.m.
3 R.B. Warren 4-H Horse Educational and Grand Island Saddle Club Scholarships Entries Due
4 4-H Council Meeting ........................................... 7 p.m.
5 Public Speaking (Speech & Presentation) Workshop ........................................... 6:30 p.m.
7 4-H/FFA Beef Weigh-In, Lancaster Event Center, Pavilion 2 8–11 a.m.
8 Teen Council Meeting ........................................... 3 p.m.
10 Achievement Night, International Quilt Study Center & Museum ........................................... 5:30 p.m.
12 Rabbit VIPS Committee Meeting, Lancaster Event Center, 4-H Office. .......................... 7 p.m.
14–15 Horsin’ Around, RB Warren Arena, UNL Animal Science Bldg

March
1 R.B. Warren 4-H Horse Educational and Grand Island Saddle Club Scholarships Entries Due
3 4-H Council Meeting ........................................... 7 p.m.
5 Public Speaking (Speech & Presentation) Workshop ........................................... 6:30 p.m.
7 Teen Council Meeting ........................................... 3 p.m.
8 4-H Horse Stampede, Animal Science Bldg, UNL East Campus .......................... 3 p.m.
14 National Youth Horse Leaders Symposium, UNL ..........................
27–29 Lancaster Event Center, Pavilion 2 9 a.m.–5 p.m.; Pavilion 3 3 p.m.
28 Rabbit Spring Show, Lancaster Event Center, Pavilion 3 – Exhibit Hall ............................ 9 a.m.

April
1 All 4-H/FFA Market Beef ID’s Due to Extension
1 4-H Council Meeting ........................................... 7 p.m.
3 PSA Tapes Due for Public Service Announcement (PSA) Contest
8 Kiwanis Kornival, Elliott Elementary School .......................... 7–9 p.m.
9 Speech Contest ........................................... 7:1 p.m.
11 Horse Level Testing, Lancaster Event Center, Pavilion 3 .......................... 6:30 p.m.

May
1 4-H Camp Scholarship Entries Due to Extension
5 4-H Council Meeting ........................................... 7 p.m.
6 Horse Level Testing, Lancaster Event Center, Pavilion 3 .......................... 6:30 p.m.
8 County Deadline for District/State 4-H Horse Show Entries, ID’s, Level Tests
21 4-H/FFA Sheep Weigh-In, Lancaster Event Center .......................... 6–8 p.m.
TBA District Speech Contest

June
1 County Fair 4-H Horse ID’s Due to Extension
1 4-H Council Meeting ........................................... 7 p.m.
2 Pre-District 4-H Horse Show/Clintic, Lancaster Event Center .......................... 9 a.m.
3 District Horse Show at Imperial .......................... 7 p.m.
6 Pre-District 4-H Horse Show at Columbus .......................... 7 p.m.
10 Rabbit VIPS Committee Meeting, Lancaster Event Center, 4-H Office. .......................... 7 p.m.
12 District Horse Show at Weeping Water .......................... 7 p.m.
13 All 4-H/FFA County Fair Animal Entries Due to Extension
21 4-H/FFA County Fair Entries Due to Extension
29–30 4-H PASE/Life Challenge, UNL East Campus .......................... 2:30 p.m.

September
1 4-H Council Meeting ........................................... 7:30 p.m.
10 Rabbit VIPS Committee Meeting, Lancaster Event Center .......................... 7 p.m.
13 Teen Council Meeting ........................................... 3 p.m.
24–27 Ak-Sar-Ben 4-H Livestock Exposition, Quest Center, Omaha ..........................
26 Horse Level Testing, Lancaster Event Center, Pavilion 3 .......................... 9 a.m.

October
1 Horse Awards Night
4–10 National 4-H Week
6 4-H Council Meeting ........................................... 7 p.m.
9 4-H Kick Off .......................... 6 p.m.
11 Teen Council Meeting ........................................... 3 p.m.

November
TBA Rabbit Fall Clinic
3 4-H Council Meeting ........................................... 7 p.m.
8 Teen Council Meeting ........................................... 3 p.m.

December
1 4-H Council Meeting ........................................... 7 p.m.
13 Teen Council Meeting ........................................... 3 p.m.
Family Strengths Inventory®

Family members doing this exercise will be able to identify those areas they would like to work on together to improve and those areas of strength that will serve as the foundation for their growth and positive change together.

The qualities of strong families in America can be broken down into six general categories, as outlined below.
1. Put an “S” for Strength beside the qualities you feel your family has achieved.
2. Put a “C” beside those qualities that are an area of potential growth.
3. Put an “NA” for Not Applicable beside those characteristics that do not apply to your family or are not a characteristic important to you.

Evaluate your views on the strengths of your family. Remember that each family member will see the family somewhat differently from everyone else. Those differences are not problems. Rather, these differences are strengths. You can learn all from each other by discussing how you see the strengths of your family and the areas of potential growth.

Look at what your family does best: Identify your strengths.

Celebrate! Even when things are difficult, recognize your family’s positive characteristics. Celebrate those strengths in a way that is meaningful to your family—maybe by going out to eat or doing a special activity together.

Identify the strengths that you as a family want to improve or increase.

Have fun making a plan and doing family activities that build on your family’s strengths.

---

**STRENGTHENING FAMILY TREASURES**

A retreat designed for 5th & 6th grade girls and their mothers (or grandmothers or other adult females)

Friday, Feb. 20, 5 p.m. to Saturday, Feb. 21, 5 p.m.

Give the greatest gift to your daughter—your time! This camp is 2 days in length, and 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 $120 per pair (4 people per room) or $150 (4 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/gaf.shtml or call Extension Educator Maureen Burson at 441-7180.

---

**ENJOYABLE TIME TOGETHER**

In our family . . .

- We have a number of common interests.
- We like to have fun together.
- We feel comfortable with each other.
- We feel we can give each other a chance to do new things.
- We enjoy hearing our grandparents’ stories about the past.
- We enjoy simple, inexpensive family entertainment.
- We like to have a place we call “home.”
- We feel strongly connected to each other.
- Hanging out together builds strong relationships.
- We have lots of good times together.
- We often laugh with each other.
- Observing family rituals and customs is important to us.
- We enjoy sharing our memories with each other.
- We enjoy having unplanned, spontaneous activities together.
- All things considered, we have adequate time for each other and we enjoy the time we share together.

---

**APPRECIATION AND AFFECTION FOR EACH OTHER**

In our family . . .

- We appreciate each other and let each other know this.
- We enjoy helping each other.
- We like keeping our promises to each other.
- We like to show affection to each other.
- We feel close to each other.
- We like to be kind to each other.
- We like to hug each other.
- We enjoy being thoughtful of each other.
- We try to do each other without complaining.
- We give each other enough time to complete necessary tasks.
- We are able to forgive each other.
- We grow stronger because we love each other.
- All things considered, we have appreciation and affection for each other.

---

**COMMUNICATING EFFECTIVELY WITH EACH OTHER**

In our family . . .

- We like to share our feelings with each other.
- It is easy to cue into each other’s feelings.
- We like talking openly with each other.
- We listen to each other.
- We respect each other’s point of view.
- We talk about our issues with one another.
- We respect each other’s opinion.
- We enjoy our family discussions.
- We share our feelings.
- We find it easy to talk together.
- We are able to express our feelings honestly.
- Sarcasm is not generally used.
- All things considered, our communication is effective.

---

**VALUING EACH OTHER AND Demonstrating Commitment**

In our family . . .

- Responsibilities are shared fairly.
- Everyone gets a say in making decisions.
- Individuals are allowed to make their own choices.
- We find it easy to trust each other.
- We like to do things for each other that make us feel good about ourselves.
- We have reasonable expectations of each other.
- We allow each other to be ourselves.
- We have a high regard for each other.
- We respect the roles each of us plays in the family.
- We find it easy to be honest with each other.
- We accept that each of us has different ways of doing things.
- We build each other’s self-esteem.
- All things considered, we value each other and our family’s contributions to our well-being as a family.

---

**SPIRITUAL WELL-BEING**

In our family . . .

- We have a hopeful attitude toward life.
- Our home feels like a sanctuary to all of us.
- We have a strong sense of belonging.
- We enjoy learning about our family history.
- We feel strong connections with our ancestors.
- There is a feeling of safety and security.
- We feel connected with nature and the world around us.
- We feel a strong connection with the land.
- There is a sense of peace among us.
- We believe love is a powerful force that keeps us together.
- We benefit in many ways from our belief in a higher being.
- It is easy to share our spiritual values and beliefs with each other.
- Our personal religious beliefs are compatible with each other.
- All things considered, we have strong spiritual connections that enhance our family’s well-being.

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**MANAGING STRESS AND CRISES EFFECTIVELY**

In our family . . .

- A crisis has helped us to grow closer together.
- It is easy to find solutions to our problems when we talk about them.
- It is always important to change the things we can.
- We can work together to solve very difficult family problems.
- A crisis helps make our relationships stronger.
- We try not to worry too much because things usually work out OK.
- We are able to face daily issues confidently.
- We like to support each other.
- Our friends are there when we need them.
- A crisis makes us stick closer together.
- We always find something good to come from a crisis.
- We find it easy to make changes in our plans to meet changing circumstances.
- We have the courage to take risks that will improve things for our family.
- We feel it is important to accept the things we cannot change.
- All things considered, we look at challenges as opportunities for growth.

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**GLOBAL MEASURES OF THE FAMILY’S STRENGTHS**

In our family . . .

- We love one another.
- We are a happy family.
- All things considered, we are a strong family.

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**Source:** University of Nebraska–Lincoln Extension NebGuide G1881, “Creating a Strong Family: American Family Strengths Inventory” by John DeFranci and Nick Stinnett.
More Plastic Can Be Recycled in Lincoln/Lancaster County

The City of Lincoln recently announced plastic containers with the numbers 3, 4 and 5 can now be recycled at the drop-off sites in Lincoln and Lancaster County. The city had previously only collected plastic with the numbers 1 and 2. "By expanding the types of plastic we recycle, we can keep even more trash out of our landfill," said Greg MacLean, Director of the City Public Works and Utilities Department.

Residents can place all plastic containers numbers 1 through 5 in the same compartment at the recycling sites. The numbers are usually inside the recycling logo on the bottom of containers.

The city operates a network of 33 recycling drop-off sites in the city and county. A map of the recycling drop-off site locations was published in the Nov./Dec. 2008 Nebraska-Nebraska and is online at http://www.lincoln.ne.gov (keyword "recycle").

The Nebraska 4-H Horse Council's 2009 National Symposium will be held in Lincoln/Lancaster County, March 27–29. The University of Nebraska–Lincoln Extension will host the American Youth Horse Council's 2009 National Horse Leaders Symposium in Lincoln March 27–29. This will be a tremendous opportunity for anyone involved with youth and horses.

This symposium brings together industry professionals, educational leaders and veterinarians to present topics and expand knowledge of leaders or youth horse programs across the U.S. Not only are there sessions for adult leaders, but the youth track has been tremendously popular and worthwhile.

The Nebraska 4-H Horse Advisory Committee is providing grants to assist 4-H Horse Leaders and Youth to attend this symposium. Grants will be awarded to 10 leaders ($250 each) and 10 youth ($150 each).

Applications and additional brochures can be found at http://www.animalscience.unl.edu/extension/equine.html. More information on the symposium can be found at http://www.ayhc.com/symposium.html.
Youth at Trinity Infant and Child Care Center Participate in 4-H Hands-On Activities

There are many opportunities for after-school and summer school programs to incorporate the many benefits of 4-H: Trinity Infant and Child Care Center (TICCC) is a great example of the many ways to do just that.

TICCC provides quality child care to 130 children, ranging from infants through preschool and 15 kindergarten-ners. It has extensively used 4-H materials and resources with their summer program which enrolls up to 50 school age youth, kindergarten through age 10. Director Deanna Turner and Assistant Director Bobbie Magnuson keep a strong collaborative relationship with 4-H after-school coordinator Teri Hlavva to review ideas and resources. Magnuson says, “We use the 4-H materials to plan our activities. The preschool teachers are encouraged to use the very adaptable materials. The activities are easy to plan and implement.”

The emphasis of the 4-H program at TICCC is about discovery through their 4-H activities. The process and learning opportunities are more important than the number of projects completed or the end product.

During the summer, 4-H is scheduled for 1½ hours each week and the time is reserved for 4-H activities only. They spend four weeks on each 4-H project so children can experience a variety of projects. The children are involved in up to three projects for 12 weeks. They take field trips and have guest speakers related to the projects.

For Trash to Treasure, the extension office provided a free check-out kit with curriculum and materials. 4-H staff gave a presentation about reduce-reuse-recycle. The children devised and used trash barrels for separating and collecting plastic, tin and cardboard. Because of this project, they are still recycling these products.

Within the gardening project, the children planted a garden. They made signs and marked the rows of seeds with strings. They grew, cut, washed and ate the vegetables from the garden. This project resulted in an added experience with rabbits eating some of their produce. They had a nature lesson and built a fence to protect their garden!

Each year, the children work on an activity that eventually results in an exhibit displayed at the Lancaster County Fair. For instance, this past year the children made a rock garden to enhance their group gardening project. Each child created their own design and painted a large garden stone. These were entered in the fair as 4-H exhibits. Each child received the honor of receiving their own county fair ribbon and favorable written comments by a fair judge.

The youth love attending the county fair! They spend most of one day experiencing the animals, exhibits and many other fair activities. Bobbie remarks, “The 4-H curriculum is easily combined with other community resources.” Last year TICCC planned a bicycle rodeo based on safety. They used the 4-H Bicycle Project Books Level 1 and 2 to plan the rodeo. TICCC worked with Kiwanis who provided several bicycle rodeo stations for learning about signals and traffic flow. Cycle Works provided a bicycle safety check for all youth. The Lincoln-Lancaster County Health Department checked the fit of every child’s helmet. A Lincoln Police bicycle officer visited with the children about safety and a community member told her personal experience in a bike accident and the importance of safety.

FOR MORE INFORMATION
If your after-school or summer program is looking for ways to participate in 4-H learning and fun (for ages 5–18), contact Teri Hlavva at the University of Nebraska-Lincoln in Lancaster County at 441-7180.

Lancaster County 4-H Teen Council presents its annual...