The NEBLINE, February 2009

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February 2009
444 Cherrycreek Rd., Suite A, Lincoln, NE 68528 • (402) 441-7180 • http://lancaster.unl.edu

13 Fun Ways to Eat More Fruits and Vegetables!

Alice Henneman, MS, RD
UNL Extension Educator

When you look at your lunch and dinner meals, do you see an amount of fruits and veggies equal to about half your plate? Did you have a fruit or veggie for breakfast? And maybe include one as part of a snack?

Most of us know we should eat more fruits and veggies; most of us don’t eat enough. Here are 13 fun ways to eat more fruits and vegetables!

Add extra veggies such as thawed frozen blueberries or raspberries directly from the package.

Make a quick parfait by layering yogurt, low-fat granola and fruit in whatever proportions you’d like.

Make a dip by mixing 1/4 cup peanut butter, 2 tablespoons orange juice and 1/2 cup low-fat vanilla yogurt. Serve with fresh apples, pears, carrot sticks and/or celery sticks.

Serve strips of lean meat as part of a main dish salad loaded with veggies and/or fruit.

Blender a cup of small pieces of frozen fruit, 3/4 cup of juice and a half cup of vanilla or other flavored yogurt for a quick smoothie.

Toss extra frozen veggies into the pot when making canned soups. When possible, choose soups with less sodium.

Add extra veggies such as thawed frozen peas and/or thinly sliced carrot coins to your potato salad.

Mix some veggies with your pasta for added pizzazz!

Rather than making a tuna salad sandwich, serve a scoop of tuna salad atop tomato slices.

Freeze 100% fruit juice (orange, apple, pineapple and grape) in popsicle molds.

‘Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases and certain cancers,” according to the Centers for Disease Control and Prevention. (NOTE: If you’d like to calculate the specific fruit and vegetable recommendation for your age, sex and activity level, go to www.fruitsandveggiesmatter.gov)

Stir chopped vegetables and/or fruit into cold rice and mix with salad dressing for a super side dish. An oil and vinegar dressing mixes well with vegetables while a sweeter dressing, such as poppy seed dressing, goes well with fruit.

Mix some vegetables with your pasta for added pizzazz!

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Stir chopped vegetables and/or fruit into cold rice and mix with salad dressing for a super side dish. An oil and vinegar dressing mixes well with vegetables while a sweeter dressing, such as poppy seed dressing, goes well with fruit.

Add veggies (such as cucumbers, lettuce, tomatoes, peppers, mashed avocado, onion, etc.) to a cheese or meat sandwich.

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Give your morning oatmeal a quick hit of fruit by tossing in some frozen blueberries or raspberries directly from the package.

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Instead of a big dish of ice cream TOPPED by fruit, enjoy a bowl of fruit topped with a small scoop of ice cream.

For more ideas on adding fruits and veggies to meals, visit www.fruitsandveggiesmatter.gov and www.fruitsandveggiesmorematters.org

February is Nebraska 4-H Month
Learn about 4-H Clubs, Projects, Camps and more — see pages 8–10 & 12

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Farmland Leasing Workshop, Feb. 11

The extension office receives several calls each week asking about proper phosphorus fertilizer application timing and method. Many of the questions stem from a misunderstanding of the differences in how phosphorus and nitrogen are used in the soil and how each are measured by a soil test. Phosphate nitrogen can be applied in various forms initially, eventually all organic and inorganic nitrogen is converted to nitrate in the soil. Nitrate is not attracted to clay or other union particles in the soil and therefore remains in the soil solution (water) where it can be utilized by plants. Post growing season tests for nitrate nitrogen (NO₃-N) in the soil test is measuring essentially all of the carryover nitrogen in the soil. Phosphorus fertilizer, on the other hand, is completely water soluble (concentrated and avail- able) when manufactured, but it does not remain this way very long after it is applied to the soil. The process whereby available phosphorus is converted from available to unavailable forms is called “phosphorus fixation.” Nebraska soils are generally well supplied with phosphorus but only a small fraction of the total phosphorus is available for plant uptake at any one time. Total phosphorus contents average about 4,700 pounds of P₂O₅ per acre for a given soil. Most Nebraska soils contain about 28,000 pounds of total phosphorus as P₂O₅ in the top six feet of soil. If our crops could all use this phosphorus, we would have no need to apply for growing 150 bushels of corn per acre per year. With most tons of total phosphorus present in the root zone, available phosphorus may be in insufficient amounts to maximize economic crop returns. By testing the soil, our goal is to determine the amount of available phosphorus already present in the soil and decide how much additional phosphorus is needed to maximize economic crop returns. Soil tests which measure available phosphorus are based on lab tests which use chemical processes to extract phosphorus from available forms. The results of these extraction techniques are reported as a concentration of available phosphorus and it is expressed in parts per million (ppm) or milligrams per kilogram (mg/kg). These two measures are equivalent. A few labs will express available phosphorus as pounds per acre. Most soil samples are collected from the top six to eight inches of soil. The mass of an acre of topsoil about seven inches deep is approximately two million pounds. Dividing pounds per acre by two converts pounds per acre readings to ppm or mg/kg. Soil testing labs use several different chemical tests to extract phosphorus. The proper test for a given soil sample depends on the soil type, soil organic matter contents of the soil, especially the amount of free lime and soil reaction (pH). In all cases, the tests themselves would have no value unless they were associated with field studies by soil scientists who correlate lab test data with yield response to phosphorus fertilization. Soil test labs determine the levels of the various nutrients on a relative scale. Very low ratings indicate, based on field correla- tion studies, you should expect a yield response to an application of that nutrient a high percentage of the time, providing the other essential nutrients are adequate for optimum yield. Most soil test labs will recommend application of P₂O₅ fertilizer to replace the amount of phosphorus that was extracted by the crop, based on soil test data. This is an extra amount to slowly build the soil test level when the test results are used lower in future crop years. Medium ratings indicate a yield increase would be expected part of the time. The amount of the nutrient recommended by soil test labs varies depending on the phosphorus status of the soil. Labs recommend based on replace and build philosophy, others use a different philosophy shown to result in a significant yield response in widespread field conditions.

High ratings indicate the nutrient is present in the soil in sufficient amounts so you should not expect a yield increase from additional fertilization only from the extra phosphorus are added. Readings rated very high indicate the nutrient is not expected to be a limiting factor.

For annual crops, such as wheat, corn, milo or soybeans, the most efficacious form of phosphorus is to apply it in a band at the time of planting. An alternative in tilled soil, is a broadcast application before planting when it can be incor- porated into the soil. Generally, broadcast applications of phosphorus fertilizer require only one-half the rate of phosphorus per acre that is needed in the banded application. The broadcast as well as the band results as broadcast and incorporated applications because the more concentrated band can not be converted to unavailable forms (fixed) as quickly. Top dressing phosphorus can be effective for perennial crops such as alfalfa and forage grasses. These crops have very vigorous root systems from which many fine roots originate, thus phosphorus fertilizer can occur from the upper portion of the soil profile. Make applications in early spring when crown growth is most active and soil surfaces tend to be moist. On new alfalfa plantings, if the soil pH is near 6.0 to 7.0, a common practice is to apply triple the annual rate of phosphorus fertilizer to incor- porate it into the soil prior to planting. This is effective for the first year and eliminates topdress applications. For high lime soils, with high rates of phosphorus fertilizer, the second year topdress applications are suggested for alfalfa.

Private Pesticide Applicator Certification Opportunities

Federal and state law states a private pesticide applicator must be certified and licensed to buy, use, or supervise the use of any Restricted Use Pesticide (RUP) to produce an agricultural commodity on property they own or rent—or on an employer’s property if the applicator is an employee of the farmer. No pesticide license is needed if the appli- cator is using any General Use Pesticides (GUPs) or if you hire a commercial applicator to apply any RUPs to your property.

If you do not have a current private pesticide applicator certification and you want to plan or apply any RUP prod- ucts, you will need to receive the same certification training as described below for people who need to be recertified.

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All training sessions meet the requirements for both initial certification or recer- tification as private pesticide applicators.

If your private applicator certification expires in 2009, you will have to re-certify during the extension office. The certi- fication and license is good for three years, expiring on April 15, 2012 for those who certify this spring. You should receive your new license within three weeks.

Starting in 2009, private pesticide applicators will have four alternative methods to obtain their certification or initial certification. One of the methods—certify at a Crop Production Clinic—is no longer an option since the Crop Production Clinics were held on different dates this year. "Self-Study Option" The second option is to take a written (closed-book) examination to pass the written test and receive an 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 self-study book fee if you wish to receive your new license within two weeks after you receive a passing grade on your written test.
From a monetary standpoint, a nicely landscaped property can increase the value of your home by 15%, allowing you to recoup 100–200% of your investment at selling time. This compares with the investment recovery rates for kitchen remodeling (75–125%), bathroom remodeling (20–120%), swimming pools (20–60%), and home improvements (20–120%). A study showed that one acre of trees has the ability to remove 13 tons of particles and gases annually.

Proper landscaping reduces soil erosion. A dense cover of plants and mulch holds soil in place, keeping sediment out of lakes, streams, stormdrains and off of roads.

Plants improve air quality. One tree can remove 26 pounds of carbon dioxide from the atmosphere annually, equaling 11,000 miles of car emissions. Landscape plants, including shrubs and turf, remove smoke, dust and other pollutants from the air. One study showed that one acre of trees has the ability to remove 13 tons of particles and gases annually.

Landscaping lowers summer air temperatures. According to the EPA, urban forests reduce urban air temperatures significantly by shading heat sinks such as buildings and concrete and returning humidity to the air through evaporative cooling. Trees shading homes can reduce attic temperatures as much as 40 degrees F.

Landscaping conserves natural resources. Properly placed deciduous trees reduce house temperatures in the summer, allowing air conditioning units to run 2 to 4 percent more efficiently, but allow the sun to warm the house in the winter. Homes sheltered by evergreen windbreaks can reduce winter heat loss and are generally warmer than homes without such protection. By using trees to modify temperatures and protect against wind, the amount of fossil fuels needed for cooling and heating is reduced.

Landscaping screens busy streets—planted street trees offer privacy and tranquility by screening out busy street noise and reducing glare from headlights.

So, what is the value of landscaping—much more than first imagined.

The Value of Landscaping

Winter brings a slower pace to gardening. Now is a good time to think about the home landscape and how it can be improved. An attractive front yard can enhance the appearance of your house and neighborhood. The expanse of lawn and surrounding plants creates the most pleasing picture if designed or planned rather than allowed to take shape on its own.

How you plant the front yard depends mainly on your house. On most homesites, the house is the prominent feature. All plants, driveways, fences and other items are meant to complement it. Shrub and trees unite the house with its surroundings by softening vertical lines and making the building seem a natural part of the terrain.

The two major landscape design areas around your house are at the corners and doorway, as both have harsh vertical lines. Your front door is the house’s focal point and plantings on either side of it are appropriate. Taller plants are suitable for corners, where they will funnel the viewer’s eye toward your doorway plants and front door. Houses that are too tall, appear shorter if the corner plantings extend up along house walls provide a smooth transition from building to lawn. Shrub along the front wall reduces the apparent height of a tall building. Having open spaces with natural mulches and ground covers in the planting, can make low-built houses appear more massive.

The simplest a planting near the house. The better. Use only a few kinds of shrubs, but plan for some variety in size, form and texture. Consider adding areas for flowers or ornamental grasses, but keep these at a minimum height. Select shrubs with natural height and growth pattern fit the desired space to reduce pruning labor. Avoid pruning shrubs into unnatural shapes as they are difficult to maintain and don’t always enhance the landscape.

An open lawn area can provide an impressive setting for a house. A front lawn uncluttered by specimen shrubs, flower beds and garden ornaments can make your property seem spacious. Shrub will appear lost and floating unless planted in groups or cultivated beds.

Flowers are most appreciated where you spend time relaxing outdoors, usually the backyard for modern homes, the front yard for older homes. Lay out beds with a combination of straight lines and bold, sweeping curves. Numerous small, wiggly curves have low- visual impact.

Make a big splash with flowers using large masses of single colors. Plant a group of 50 ‘Red Emperor’ tulips near a bed of 50 white ‘Mount Hood’ daffodils, rather than a checkerboard mixture of various colors.

Home landscapes, like clothing, go in and out of style. After years of growth, many yards are ready for landscape renewal and improvement. Analyze yours and proceed with a plan.

Cut Your Utility Bills By Up to 30 Percent With Landscaping

Landscaping can change the microclimate around a building by 20–25 degrees F. According to the US Department of Energy, energy-efficient landscaping can save up to 30% on home heating bills. Savings for cooling can be even more. Most people can save at least a few hundred dollars a year by properly reworking their yard. This can also increase the value of your home since buyers will pay more for a house with low utility bills. There are a number of things to consider including sunlight, water, soil and color of your house.

Sunlight—Plants interact with solar radiation by creating shade and absorbing heat. In temperate climates, deciduous plants in full leaf are generally the best interceptors of direct solar radiation. And, in the winter, when their leaves have been shed, they allow in much desired sunlight. Landscaping should block or filter summer sun and permit winter sun to reach most living areas. Dense trees can block up 90% of summer and 75% of its heat.

Consider the size and shape of the shadow a plant will cast. At midday, a vine-covered wall is cooler than a bare wall. If you don’t have mature trees, consider planting vines on a trellis.

Water—Water also tempests heat. Even a small pond can help. Plants can also alter microclimates by intercepting precipitation. Only 60% of rain falling on a pine forest reaches the ground. Because trees intercept and slow down water movement, they also help to control runoff and erosion. Plant water-thrifty plants, often natives, suited to the climate. Group plants together through need. During droughts, raise the cutting level of your lawnmower to between 2 and 3 inches. This causes less stress and encourages deep rooted growth.

Soil—Birches, small manmade mounds of earth, can block shrub with summer heat and control noise. Mounding soil against a wall can provide insulation, however, the soil must be well-drained. Sandy soil drains too quickly and doesn’t provide much in the way of nutrients. Water tends to run off of clay soil. The best soil is a mix of clay, sand and silt (loam). White roofs keep houses cooler in summer.

FOR MORE INFORMATION

The Nebline http://lancaster.unl.edu February 2009

Urban Agriculture
Are You Winning the “Fruit & Vegetable Bowl Game”?  

**ANSWERS:**  

1. F – All of the above.  
2. F – All of the above.  
3. F – Neither of the above.  
4. D – 2½ cups. For more specifics about how many cups of vegetables you need at other calorie levels, check www.myplate.gov.  
5. C – Both of the above. Make sure to select 100% fruit juice. Whole or cut-up fruits are sources of dietary fiber, fruit juices contain little or no fiber. Make most of your choices whole or cut-fruits rather than juice, for the benefits dietary fiber provides.  

Whether you answered all the questions correctly or received a few, the following Web sites can serve as your “playbooks” to help plan YOUR meals. There are hundreds of Web sites to help you plan YOUR meals. For more information, visit www.fruitsandveggiesmorematters.org, www.mypyramid.gov, www.fruitsandveggiesmatter.gov, or www.fruitsandveggiesmorematters.org.

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**5 Main Dishes—Each Using Only 5 Ingredients**

**Turkey Stew**

(Serving Size: 1/4 of recipe • Yield: 4 servings)

- 2 teaspoons vegetable oil
- 1/2 cup chopped onion
- 1 finely chopped garlic clove
- 1/2 teaspoon garlic powder
- 4 chopped carrots
- 2 chopped celery stalks
- 2 chopped tomatoes
- 1 can (15 ounces) tomatoes, diced
- 2 cups water
- 2 cups chopped, cooked turkey
- salt and pepper to taste
- Italian seasoning or oregano, basil or thyme to taste

Heat oil in medium saucepan. Add onion, garlic, carrots and celery and stir two minutes. Add tomatoes, tomatoes and water to pan. Bring to a boil, then lower heat and simmer 30 minutes or until vegetables are tender. Add turkey and cook another five minutes or until heated. Season to taste before serving. Refrigerate leftovers.


**Skillet Lasagna**

1 pound ground beef, cooked (season with 1/2 teaspoon onion powder and 1/4 teaspoon garlic powder)
1 can (15 ounces) tomato sauce
3 cups "no boil" wide noodles (uncooked)
1 cup cottage cheese
8 ounces Mozzarella cheese, shredded

In a large skillet, layer the ingredients in the order they are listed. Cover and simmer 10–15 minutes, until the noodles are tender. If using regular noodles, boil for 10–15 minutes before adding. Refrigerate leftovers promptly.

**Cornbread Taco Bake**

1 pound ground beef, cooked
1 envelope (1.25 ounce) taco seasoning
2 packages (7.5 ounces) cornbread mix, prepared according to package directions
1 can (15 ounces) creamed corn
8 ounces grated cheese (taco mix or other)

Mix the taco seasoning with the cooked ground beef. Set aside. To save time, prepare both cornbread mixes together. Spread 1/2 of the batter into a 9 x 13 inch baking dish. Sprinkle ground beef mixture on top of batter. Spread creamed corn and then cheese over the mixture. Top with other half of cornbread batter. Bake at 350 degrees 35–40 minutes or until done. Refrigerate leftovers promptly.

**Sloppy Joe**

1 pound ground beef, cooked
1 can (8 ounces) tomato sauce
2 teaspoons mustard
2 teaspoons vinegar
1/2 teaspoon onion powder

In a medium saucepan, combine the ingredients. Simmer for 10–20 minutes. Serve over buns. Refrigerate leftovers promptly.

**Chili**

1 pound ground beef, cooked
1/2 cup chopped onion
1 can (15 ounces) tomato sauce
1 can (15 ounces) red beans or kidney beans
2 teaspoons chili powder

Combine the ingredients in a large sauce pan. Add 1/2 cup or more of water to desired consistency. Bring only to boil, 10–20 minutes, longer to develop the flavor. Refrigerate leftovers promptly.

**Mini-Pizzas**

1 tube biscuits (makes 10 mini-pizzas)
1 can (15 ounces) pizza sauce or tomato sauce
1 pound ground beef, cooked
8 teaspoons ground oregano (optional)
8 ounces Mozzarella cheese, grated

Roll out biscuits until quite thin (1/8 inch). Use flour on counter and hands to keep from sticking. Place the biscuits on a large cookie sheet. Top with pizza sauce and cooked ground beef. Sprinkle with a little oregano and top with cheese. Bake at 375 degrees for 10–15 minutes until browned on top. Refrigerate leftovers promptly.
FCE News & Events

FCE Council Meeting, Jan. 26

The first FCE Council meeting for 2009 will be Monday, Jan. 26, 1 p.m. at the Lancaster Extension Education Center. Debbie Way from Ropers will present a program on "Who Gets Grandma’s Yellow Plate?" An agenda has been sent to local club presidents. Club presidents are automatic council members. Each club should plan to have at least one representative attend, but everyone is welcome.

Upcoming Leader Training Lessons

The FCE and community leader training lesson, “Fitting in the Fiber” will be Tuesday, Jan. 27 at 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. The FCE and Community leader training lesson “Bullying” will be Tuesday, Feb. 24 at 1 p.m. Extension Educator Lorene Bartos will present the lesson. This lesson will help parents, teachers and others learn how to equip children with the skills and knowledge necessary to identify and deal with bullying. Trainings will be at the at the Lancaster Extension Education Center. If you are not an FCE member and would like to attend, please call Pam at 441-7180 so packets can be prepared.

Small Steps to Health and Wealth

UNL Extension will present a series of online workshops Thursdays Jan. 29—April 30 12:15–1:00 p.m. (workshops will be recorded and can be viewed later)

http://smallsteps.unl.edu

“Small Steps to Health and Wealth” encourages participants to set health and/or wealth goals and take action to achieve their goals by identifying small progress steps.

All that is needed is a computer with Internet access and a phone. Workbook costs $20 (available at the extension office) or lessons can be downloaded at http://smallsteps.unl.edu

You can participate via the computer or attend a small group which will meet on UNL City Campus, Mabel Lee Hall, room 270 at 12 noon—1 p.m. on the above dates. To register for either option, go to the above web site (for the small group, indicate “campus small group”).

The program explains 10 small progress steps that can be applied to improve your health, increase your wealth or both. The workbook includes action steps and worksheets. Participants are encouraged to share their successes.

For more information, contact Lorene Bartos at lbartos1@unl.edu or 441-7180.
**Starting Tender Perennials Indoors**

**Dahlia**
- Plant dahlias indoors to 6 to 8 weeks before the intended outdoor planting date.
- Tap root the dahlia tubers in large pots using a well-drained potting mix. Cover the tuber with 1-inch of soil, but leave the dahlia's crown exposed at the surface of the potting mix. Dahlia tubers are susceptible to rotting. Keep the potting mix moist, but not wet.

**Elephant’s Ear**
- Plant elephant’s ear indoors 6 to 8 weeks before the average last frost date in your area. Plant the tubers 1 to 2 inches deep. Foliage may not appear for several weeks as elephant’s ear tubers are often slow to sprout.

**Calla Lily**
- Plant calla lilies rhizomes 1 to 2 inches deep in a well-drained potting mix about 6 to 8 weeks before the average last spring frost in your area. After potting, water well and place the containers in a warm, 70-75 degrees F location. Keep the potting mix moist, but not wet. When the appearance of leaves move the plants to a sunny window or place them under fluorescent lights. Before planting outdoors, harden or acclimate the tender perennial to outdoor growing conditions. Initially, place the plants in a shady, protected location and then gradually expose them to longer periods of sunlight. After they have been hardened, plant the tender perennials in their proper location.

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**Squash ‘Honey Bear’**
- ‘Honey Bear’ acorn squash was bred to be baked and served in the shell. The honey in ‘Honey Bear’ refers to the sweet squash flavor when cooked. In addition to flavor, there are three outstanding qualities: the compact plant, high yield and tolerance to powdery mildew. The bushy, compact plant will reach 2 to 3 feet tall and spread 4 to 6 feet without vines. The dark green acorn squash weighs about a pound, which is a perfect size for sharing between two people. The plant produces 3 to 5 fruit per bush. The yield is high due to the powdery mildew tolerance. At the end of the season, many acorn squash plants succumb to the mildew and fruit on the plant never matures. ‘Honey Bear’ continues to bear fruit throughout the growing season. From sowing seed in the garden until the harvest of the first squash will be about 100 days.

**Viola ‘Rain Blue and Purple’**
- The glossy white mini-fruit of this type mature much later than the 65 to 75 days of this melon. Because of the early harvest, the vigorous vines can produce more melons. ‘Lambkin’ can be stored longer than other melons. They should be stored in a cool place, such as a refrigerator.

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**Etymology**

- *Squash ‘Honey Bear’*
- *Viola ‘Rain Blue and Purple’*
- *Eggplant ‘Gretel’*
- *Melon ‘Lambkin’*
- *Eggplant ‘Gretel’*
- *Squash ‘Honey Bear’*

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**Source:**
- *All-America Selection*
- *Dahlia*
- *Calla Lily*
- *Elephant’s Ear*
Tree Squirrels and Rabbits are Active in Winter

Barb Ogg
UNL Extension Educator

Many animals seem to disappear in the wintertime. Some animals, like opossums, skunks, ground hogs and bats hibernate or go dormant so they can survive when there is no food for them to eat. When animals hibernate, their heart rate slows, body temperature drops and breathing slows down. Hibernating animals don’t need to feed. Instead, they live off stored fat they gained during the late summer and fall.

Two common animals active during the winter are tree squirrels and cottontail rabbits. These animals don’t hibernate, but use other behaviors to survive winter.

Tree Squirrels

Even though ground squirrels hibernate, tree squirrels don’t. During the winter, they are active between dawn and mid-day, but limited activities by staying in their fur-lined nest, called a den, until the next day. During winter storms, or severe cold, the squirrel may stay in its nest for days. An adult squirrel normally lives alone, but will share its nest with other squirrels to conserve body heat. Once the temperature rises, the guests will be on their way.

During the summer and fall, squirrels provi- sion their territory by burrying nuts and seeds in the ground, often in the lawn and in flower beds. But first, the squirrel rubs the nuts on its face. This seemingly nonsensical ritual applies a scent to the nut which helps the squirrel find it later—even under a foot of snow.

In the winter, the average adult squirrel needs to eat about a pound of food a week to maintain an active life. By early spring they have eaten their own feces to gain nutrients that weren’t absorbed the first time. Unlike squirrels, tree squirrels do not hide food for the winter. When the ground is covered with snow for long periods, rabbits often severely damage home landscape plants, orchards, forest plantations and park trees and shrubs. Young plants may be clipped at snow height, but large trees and shrubs may be completely girdled.

If they survive the winter, they eat flowers and vegetables in spring and summer. The most commonly eaten plants are: tulips, pansies, impatiens, hybrid lilies, hostas and asters. A rabbit’s tastes in food can vary consider- ably, but they do like to eat plants in the rose family. This very large family includes berries (strawberry damage home), pine fruit (apples and pear) and stone fruits (plums and peaches). A few ornamentals in this family include: sassafras, sycamore, crab apple, serviceberry and hawthorne.

Cottontails begin mating as early as February and continuous. Squirrels chew on wood decks, soffits and tree branches to grind their teeth. Squirrels are continuous feeders. Some of the newer technologies available include: impatiens, hybrid lilies, hostas and asters. A rabbit’s tastes in food can vary consider- ably, but they do like to eat plants in the rose family. This very large family includes berries (strawberry damage home), pine fruit (apples and pear) and stone fruits (plums and peaches). A few ornamentals in this family include: sassafras, sycamore, crab apple, serviceberry and hawthorne.

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Meet the 2009 Lancaster County 4-H Council

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

K.K. Gunnerson (President)
Erin Drexler (Vice President)
Heather Kennedy (Treasurer)
Ellen Muehling (Secretary)
Robin Ambroz-Hollman
Vicky Austin
Jeff Cassel
Jennifer Rootie Rawlson

4-H Speech Contest

The 2009 4-H Speech Contest will be held Sunday, April 19 at 1:30 p.m. at the Lancaster Extension Education Center, 444 Cherry creek Road, Lincoln. The Speech Contest provides 4-H’ers the opportunity to learn to express themselves clearly, organize their ideas and have confidence. Register by April 13 by calling 441-7180 or e-mailing dkarmazin@unl.edu with name, speech title and age division.

Contest divisions and requirements:

• Clover Kids: 5-7 years old, read or recite any short story, nursery rhyme, poem, pledge, etc.,

• Novice: 8-9 years old, 2 minutes in length, any topic related to 4-H.

• Junior: 10-11 years old, 2-3 minutes in length, any topic related to 4-H.

• Intermediate: 12-13 years old, 3-5 minutes in length, encouraged to talk about a 4-H project you would like others to enroll in.

• Senior: 14-19, 5-8 minutes in length, a timely topic related to 4-H.

For speech resources check out our Web site at http://lancaster.unl.edu/4h/Content/speech.shtml

4-H PSA Contest Guidelines

Once again, the 4-H Public Service Announcement (PSA) Contest will be by audio only. Any 4-H member ages 8-18 can submit the pre-recorded PSA via cassette tape or CD playable on any standard stereo equipment to Deanna by Monday, April 13. Awards and comment sheets will be announced and handed out at the Speech Contest on Sunday, April 19. As always, sound effects and background noises are encouraged. If you do not have the capabilities to record a PSA, contact Deanna to set up a recording time. Additional contest information, PSA guidelines and examples can be found online at http://lancaster.unl.edu/4h/Content/speech.shtml

4-H Speech and PSA Workshop, March 5

A workshop designed for 4-H’ers in their first years of competing in the 4-H Speech and PSA contests will be held, Thursday, March 5 at 6:30 p.m at the Lancaster Extension Education Center. Participants will learn basic skills to write speeches and PSAs. They will also learn basic delivery techniques. Please call Deanna at 441-7180 by Feb. 26 to preregister.

4-H Speech and PSA Workshop, Feb. 7

Lancaster County 4-H/FFA members with market beef projects, please plan for this year’s market beef weigh-in on Saturday, Feb. 7, 8-10 a.m. at the Lancaster Event Center.

Photography Themes

Photography themes have been announced for 2009 4-H county and state fairs:

• Unit 2 - Go Green: Healthy Living in Nebraska

• Unit 3 - Right Next Door: Places that Shape Nebraska Communities

For complete directions and applications go to http://lancaster.unl.edu/4h/Contest/speech.shtml and additional information are along with T-shirt orders are due March 1.

R.B. Warren and Grand Island Saddle Club 4-H Scholarships Due March 1

One $500 scholarship and four $1,000 scholarships are available for 4-H’ers enrolled and active in the Nebraska 4-H Horse Program. For complete directions and applications go to http://www.animalscience.unl.edu/extension/equine/4h/scholarship.html. Applications must be postmarked by March 1.

2009 4-H Horse Level Testing Dates

Mark your calendars! The 2009 group level testing dates for 4-H Horse Advancement Levels will be held at the Lancaster Event Center in Pavilion 3 on the following dates:

• Tuesday, April 21, 6:30 p.m.

• Tuesday, May 5, 6:30 p.m.

• Tuesday, June 23, 6:30 p.m.

• Tuesday, July 8, 6:30 p.m.

Saturday, Sept. 26, 9:00 a.m.

Please RSVP at least one week in advance of the test date to Marty at mcrcnich@ckb.com or 441-7180.

Reminder for District and State 4-H Horse Show: Riders must be 12 years of age and have a level II in order to compete at the District Horse Show and the state 4-H Show in Grand Island. District and State entries are due May 8. Anyone wishing to compete at the district or state show must get their testing done before the May 8 date.

Do You Like Bugs? 4-H Entomology Workshop, Feb. 23

A 4-H Entomology workshop will be presented on Monday, Feb. 27, 7-8:30 p.m. at the Lancaster Extension Education Center, 444 Cherry creek Road, Lincoln. This free workshop will introduce the new 4-H entomology curriculum and include a hands-on project which 4-H’ers could exhibit at the county fair. Youth ages 10 and up and adult volunteers are encouraged to attend. Pre-register by Feb. 18 by calling 441-7180.

Horse Stampede Entries Due Jan. 30

Just a reminder! The 7th annual 4-H Horse Stampede will be held 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. Stampede contestants must be enrolled in a 4-H horse project with the exception of the art contest. Contests may include all in contests. Senior division is ages 14-18, junior division is 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 $6. Lancaster 4-H Council will pay the entry fees for the contests! Stampede Entry forms along with T-shirt orders are due by Jan. 30 to the UNL Extension in Lancaster County Office. Forms and additional information are available online at http://www.animalscience.unl.edu/extension/equine/4H-stampede.html.

For more information, contact Deanna Karmazin at 441-7180.

2009 4-H/FFA Market Beef Weigh-In, Feb. 7

Lancaster County 4-H/FFA members with market beef projects, please plan for this year’s market beef weigh-in on Saturday, Feb. 7, 8-10 a.m. at the Lancaster Event Center.

4-H Washington D.C. Group Has Four Openings

Four spots have opened up for the June 2010 4-H Citizenship Washington Focus (CWF) group. Any Lancaster County youth age 14-18 can join CWF, a summer citizenship program which culminates in a nine-day, intensive trip to Washington D.C. and New York. CWF delegates learn about the democratic process and their role as citizens. Youth who sign up now are able to start earning fund-raising. A $100 deposit is needed to reserve your spot. For more information, contact Deanna Karmazin at 441-7180.

4-H/FFA Market Beef Weigh-In, Feb. 7

Lancaster County 4-H/FFA members with market beef projects, please plan for this year’s market beef weigh-in on Saturday, Feb. 7, 8-10 a.m. at the Lancaster Event Center.
Lancaster County 4-H and 4-H Council invite 4-H’ers and their families to

4-H Achievement Night

University of Nebraska–Lincoln
International Quilt Study Center & Museum

Tuesday, Feb. 10

5:30–6:45 p.m.  Opportunity to Explore the Museum and Exhibitions

CURRENTLY IN THE GALLERIES

Yikes! Stripes—Enjoy more than a dozen bar and stripe quilts reflecting American and international quiltmaking traditions.

Chintz Applique: From Imitation to Icon—Twenty-one amazing quilts dating from the late 1700s to the mid-1800s.

Plus Virtual and Education Galleries!

7:00 p.m.  4-H Achievement Program

4-H members, clubs and leaders will be recognized for their 2008 achievements. Lancaster County 4-H congratulates all 4-H youth who commit themselves to excellence! We also thank the 4-H leaders who volunteer their time and talents to youth!

New 4-H Pick-a-Pig Project

A new 4-H pick-a-pig class will be added to the Lancaster County Fair this year. Local pig producers are coming together to give any youth interested in showing pigs a chance to do so. Local producers will sponsor a 4-H youth and provide them with a pig in April.

In return, the 4-H’er will need to pay for grain, work with the animal and keep records on their project. Local producers have also offered to house the pigs for any urban youth that may be interested. The pig will then be shown and marketed at the county fair.

After county fair, the 4-H’er will reimburse their sponsor for the beginning value of the project pig. Anyone interested in being a part of the pick-a-pig project needs to contact Deanna at 441-7180 by March 9.

4-H/FFA Sheep Weigh-In, May 21

4-H/FFA members planning to exhibit market sheep in the performance contest will need to have their animal weighed on Thursday, May 21, 6–8 p.m. at the Lancaster Event Center. Pavilion 2. Deanna will no longer go to farms to weigh sheep. Please contact Deanna if this date does not work for you.

Clover College Instructors and Volunteers Needed

4-H Clover College will be held June 16–19 at the Lancaster Extension Education Center. Clover College is four days of fun-filled, hands-on workshops for youth ages 6 and up. If you have workshop topic ideas, or if you would like to teach a workshop or volunteer to help, please contact Tracy at 441-7180. All help is very much appreciated!

Lancaster County 4-H & Youth

4-H Camp Scholarships

The following scholarships go towards attending Nebraska 4-H summer camp(s). Application deadline is May 1—preferably given as applications submitted by March 1. Applications are available at the extension office and at http://lancaster.unl.edu/4h/Programs/award.shtml

Windstream 4-H Camp Scholarships—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 Vahle 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 currently, or have had at some point been, enrolled in at least one sewing project.

New 4-H Clubs Needed to Help Provide Booths at Kiwanis Karnival, April 18

The annual Kiwanis Karnival, a FREE family event is sponsored by the Lincoln Center Kiwanis. This year, it will be held Saturday, April 18, 7–9 p.m. at Elliott Elementary School, 225 S. 26 Street, Lincoln.

The Karnival features carnival type games for the kids, bingo for adults, prizes, snacks, fun and fellowship. Lincoln Center Kiwanis has sponsored this event for over 50 years providing prizes and snacks.

4-H clubs are needed to provide carnival-type booths. This is a great community service and leadership activity for clubs. If your 4-H club or family would like to have a booth or for more information, call Lorene at 441-7180. Come join the fun!

4-H’ERS IN THE NEWS

Farley named to Governor’s Youth Advisory Council

Lancaster County 4-H member Spencer Farley was recently selected by Governor Heineman to be on the Governor’s Youth Advisory Council (GYAC). The Governor’s Youth Advisory Council is composed of young people between ages 14 and 19 who represent the social, economic, racial and ethnic backgrounds of all Nebraskans. Members of GYAC meet once every three months and focus on specific issues or current legislation that is of interest to young people in our state. GYAC members also frequently meet with the Governor and other elected officials.

“I am always pleased to have bright young people engaging in our state,” said Gov. Heineman. “The Governor’s Youth Advisory Council does good work on behalf of Nebraskans. I am proud of their efforts and always appreciate their insight.”

4-H Camp Reorganizing

There will be a Shooting Sports BBQ/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 Newsline issues.

The Nebraska Cattlemen’s Foundation hosted the Nebraska 4-H & Youth State Reorganizing Meeting Tuesday, February 10 at the Platte River Events Center. The meeting included a report on the Nebraska State 4-H Foundation and the Nebraska 4-H Foundation. There were also two sessions on selecting a site to meet for the next Reorganizing Meeting, held on April 26.

The meeting also included a fundraiser for the Nebraska 4-H Foundation. A raffle and silent auction were both a success.

The State 4-H Foundation’s fundraising goal is $20,000. To make a donation, please contact your county 4-H office or pay online at http://lancaster.unl.edu/4h/Programs/award.shtml

Exhibit space courtesy of the Lancaster Event Center.

Sponsored by Lancaster County 4-H/FFA Committees and UNL Extension in Lancaster County

Parking is free in the entire lot north of the building (west of the fire station).

Directions and parking:
Located on the northwest corner of the intersection of 33rd and Holdrege Streets. Enter off 33rd Street.

Spring Rabbit Show

Saturday, March 28, 9 a.m.
Lancaster Event Center, Pavilion 3 Exhibit Hall
84th & Havelock, Lincoln, Registration 7:30–9:00 a.m.
Awards will be given!
CLASS 1: Fancy Rabbits, Commercial Rabbits, Pet Class,
and Pee Wee Class. REGISTRATION FEE: $2.50 per rabbit or cavy, $1 fur class, $5.00 showmanship.
FREE CONTEST: Rabbit Quiz
RAFFLE FOR MANY PRIZES! TICKETS 3 FOR $1.
Please bring on item for raffle such as crafts, rabbit items, plants, Easter/Spring items, books, etc.

Opportunity to help practice your showmanship!

All rabbits must be tattooed in the left ear (available at the show). All rabbits must be brought in solid bottom cages which are leak-proof with a CLOSED, solid bottom.

For more information, call Rodney at 782-2386 or Teri at 441-7180

The International Quilt Study Center is an academic program of the Department of Textiles, Clothing and Design in the College of Education and Human Sciences at the University of Nebraska–Lincoln.
More Ways to Spend Time With Your Family

The January 2009 Nebraska Family Focus article featured the following six activities:

- Appreciation and Affecton
- Commitment
- Positive Communication
- Enjoyable Time Together
- Spiritual Well-Being
- Successful Management of Stress and Crisis

A second article listed “Ways to Spend Time With Your Family in January.” Here are activity ideas for the next few months. Note: many of these activities could be done any day. Feel free to add your own ideas!

February
1. Take pictures for the family album
2. Discuss ice safety
3. Study the clouds
4. Listen to classical music
5. Visit the local church
6. Have a family checkers tournament
7. Bake cookies or bread today
8. Make a snow angel tonight
9. Share your hero
10. Read a new story
11. Eat a green vegetable tonight
12. Read about President Lincoln’s childhood
13. Invite a neighbor over for an evening to visit or play
14. Valentine’s Day—talk about love and kindness for someone
15. Go for a Sunday drive with your family members and talk about the best things of the week
16. Learn the kinds of seeds different birds eat
17. Visit some friends for a game night
18. Build a snowman when it snows
19. Discuss the importance of a good education
20. Take a walk and look for your shadow
21. Help your child practice giving a report or telling a story
22. Bake cookies together
23. Attend a school activity together
24. Have a family fun night
25. Deliver cookies to your neighbor
26. Share a funny story with your family
27. Store books or valuables together
28. Visit a nursing home
29. Have a fire drill
30. Exercise together

March
1. Attend a religious activity
2. Clean up an elderly neighbor or family or friends
3. Have mom share a favorite childhood memory
4. Leave love notes for each other
5. Eat at a favorite restaurant and 17. Try a new recipe—involve everyone
6. Go for a Sunday drive with your family
7. Go for a bicycle ride after you love them
8. Exercise together
9. Play dominoes

April
1. Parents or grandparents share some activity you did as a child
2. Discuss what you saw at the museum
3. Turn off the TV, phone, and computer tonight! Play a game
4. Clean up an elderly neighbor or friend’s yard
5. Fill your spiritual reservoir by attending a service or reading a special book
6. Start flower or vegetable seeds indoors
7. Star gaze tonight
8. Talk about a happy family memory
9. Discuss next summer’s vacation
10. Go to a play or concert
11. Fly a kite
12. Go for a drive and enjoy the view
13. Do a safety check on everyone’s bicycle
14. Children read aloud tonight
15. Have a family sing-along
16. Do homework with your children
17. Take a family nighttime walk around your neighborhood
18. Eat some fresh fruit today
19. Share someone who lives alone and share cookies
20. Eat a new fruit
21. Play Scabble
22. Talk about important things in your lives
23. Put together a book of favorite family recipes
24. Celebrate Arbor Day by planting a tree
25. Plant flowers in a planter
26. Take a walk and smell spring flowers
27. Go to the library, read, to each other
28. Recycle plastics, cans, bottles, newspapers, magazines
29. Take a family walk and talk
30. Hunt for butterflies

May
1. Celebrate May Day with flowers for a friend or parent
2. Go window shopping
3. Pull out the family picture album and reminisce
4. Play charades
5. Learn about Cinco de Mayo
6. Eat a serving of whole grain cereal or bread
7. Can you tell me what you did in school today?
8. Share memories of last summer’s fun activities
9. Take an evening walk and look at the full moon
10. Mother’s Day—something special for mom today!
11. Draw chalk pictures on the sidewalk
12. Go bird watching
13. Take a walk in the rain
14. Phone a family member just to say “hi”
15. Attend a concert or musical in your community
16. Clean out the toy box and share with others
17. Visit different parks in town or surrounding area
18. Use clay or homemade play dough to create something
19. Seeing on swings
20. Turn off the TV and listen to something on the radio
21. Work together to put family photos in an album
22. Plant flowers or a garden
23. Take a walk and watch the sunset
24. Rest the elderly at the nursing home
25. Celebrate Memorial Day with a BBQ
26. Eat some fresh fruit today
27. Tell a makebelieve story with each person adding a part
28. Write a poem about summer fun
29. Have a fire drill
30. Have cookies to a neighbor or friend
31. Ride bicycles together

June
1. Exercise together
2. Eat three servings of vegetables
3. Write a family history
4. Make sure everyone uses sunscreen when outside this summer
5. Invite the neighbors over to visit
6. Play a game of tennis
7. Read an inspirational story or poem
8. Planize plans for a family vacation
9. Bake cookies for a family favorite book
10. Lay on the grass, watch the clouds and find a shape
11. Start the summer reading program at your local library
12. Get ice cream and eat it in your community’s park!
13. Spend an afternoon at the local flea market
14. Flag Day—display the flag and share what it means to you
15. Go for a bicycle ride after dinner
16. Make a greeting card for a grandparent
17. Listen to another family member’s concerns
18. Enjoy a breakfast pizza
19. Make 5 minutes
20. Clean out the garbage
21. Father’s Day—prepare father’s favorite meal together
22. Work some crossword puzzles
23. Plan the weekly menu & grocery list
24. Have a whole grain, fruit and vegetable snack
25. Have a fresh vegetable for dinner (lettuce, carrot, radish, etc.)
26. Perform a random act of kindness for someone
27. Go for an evening hike in the park
28. Mom’s day off! Have your child prepare tonight’s meal
29. Give a shoulder rub to each other
30. Make popcicles with fruit juice

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

Strengthening Family Treasures
Daughter/Mother Camp
A retreat designed for 5th & 8th 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!

FIND OUT MORE
http://lancaster.unl.edu/Campaigns/Calendars/Calendars.htm

Master Conservationist
Entries Due April 1
Nebraska adults and youth in both rural and urban areas who have implemented soil and water conservation practices are eligible to enter the 2009 Master Conservationist Recognition program. The deadline for entries is April 1. There are categories for youth groups and individuals, residences, communities and private businesses as well as production agriculture (farming and ranching). Master Conservationist program brochures are available at the UNL Extension office and online at http://owh.com (click on the “In the Community” link).
Food Entrepreneur Seminar, March 9

The University of Nebraska–Lincoln Food Processing Center is offering a one-day seminar for all individuals interested in exploring the idea of starting a food manufacturing business. The "From Recipe to Reality" seminar will be offered on Monday, March 9.

The workshop is specifically designed to provide entrepreneurs with an understanding of key issues they will need to consider when starting a food business, including market research, packaging, pricing, labeling, and regulatory issues.

Pre-registration is required and space is limited. Registration deadline is Feb. 27. Contact Jill Gifford at 472-2819 or gifford@1unl.edu for an information packet.

Equine Nutrition Update, Feb. 3

An Equine Nutrition Update In-Service, "The Latest on Feeding Horses in Today's Economy," will feature two of the foremost experts in the field. The in-service will be held on Tuesday, Feb. 3, 8 a.m.-4:30 p.m. at the University of Nebraska–Lincoln Animal Science building, 703 N. 13th. Cost is $20/person (includes lunch, breaks, packet of materials). For more information, contact Kathy Anderson at kanderson1@unl.edu or 472-6414.

Horsin’ Around, Feb. 14–15

The 16th Annual Horsin’ Around will be held Feb. 14-15 in the R.B. Warren Arena, Animal Science building on UNL East Campus. Saturday’s schedule is 9 a.m.-5 p.m. and Sunday’s schedule is 9 a.m.-4:30 p.m. Clinicians this year include Nancy Cahill, who is one of the foremost experts most respected and sought after instructors and clinicians. Topics include all around horses, trail, western riding, showmanship and horsemanship.

Registration closes Feb. 6. Pre-registration cost for adults is $30 for both days or $20/day; youth is $20 for both days or $15/day. Cost at the door for adults is $40 both days or $20/day; youth is $30 for both days or $20/day.

The workshop is sponsored by University of Nebraska–Lincoln Extension. For more information and registration forms, contact Kathy Anderson at 472-6414 or go to http://www.animalscience.unl.edu/extension/equine.html

National Youth Horse Symposium in Lincoln, March 27–29

The University of Nebraska–Lincoln Extension Saturday’s schedule is 9 a.m.-5 p.m. The American Youth Horse Council’s 2009 National Horse Leaders Symposium in Lincoln on March 27-29, will be a tremendous opportu-

Oppertunity for anyone involved with youth and horses! This symposium brings together industry professionals, educational leaders and veteri-

narians to present topics and expand knowledge of leaders and youth programs across the U.S. not only are there sessions for adult leaders, but the youth track is tremendously popular and worthwhile.

Applications and additional brochures can be found at http://www.annualscience.unl.

edu/extension/symposium/kimty

More information on the symposium can be found at http://www.ayhc.com/symposium.

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Explore Career Options at Big Red Academic Camps

The 2000 Big Red Summer Academic Camps are a chance for high school youth to spend time investigating an interest or potential career, explore the UNL campus, meet people from across the state and have lots of fun. Held in June, Big Red Summer Academic Camps features 12 career exploration camps hosted by Nebraska 4-H and UNL faculty members. The camps are residence camps held on the University of Nebraska–Lincoln campus. Housing and food are provided.

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

For more information, call 472-2805. 4-H members are encouraged to apply for a scholarship —application is on the Web site.

Applications Open for 4-H Camp Staff

The three 4-H Camps in Nebraska are currently accepting applications for our 2009 summer staff. All positions provide endless opportunities for growth in a fun, fast-paced outdoor atmosphere.

- **Camp Staff**—Salaried youth ages 18 and older who lead camp programs. Spend mid-May to August working full time to provide day to day leadership of camp activities and teaching groups of all ages. A great summer job for college students with any major. Initial application deadline is Feb. 15.

- **Cabin Mentors**—Youth ages 17 and up who provide cabin supervision and assist in leading camp programs. Mentors receive an honorarium for their service and are scheduled to attend. Brochures and registration forms are available at http://bigredcamps.unl.edu or at the extension office.

Help Form a New 4-H Club

Families are encouraged to help organize a new club—which is a lot easier than you may think! 4-H staff provides guidance and resource materials. Clubs range from 5 to 60 members and are led (or co-led) by club leaders—often club members’ parents. Members choose their own club officers and set up their own meeting schedule. Parents are encouraged to attend meetings. In most clubs, members complete several projects a year.

Join an Existing 4-H Club

Lancaster County has nearly 120 4-H clubs. Currently, there are more youth wanting to be in 4-H clubs than there are clubs.

Be an Independent Member

With family schedules becoming increasingly busy, more and more youth are becoming independent 4-H members. This means you don’t belong to a formal club, but work on 4-H projects on your own.

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

4-H Summer Camp Brochures Now Available

2009 4-H Summer Camp brochures are now available online at http://4h.unl.edu/camp/youth or at the extension office. Camps are open to all youth ages 5-18—need not be in 4-H. With three unique Nebraska locations at Halsey, Greta and Alma, there are more than 40 camps ranging from half day to four days/three nights!

UNL Extension, through its 4-H Youth Development Program, has been operating 4-H Camps for over 40 years. The 4-H camps and centers all meet over 300 standards established by the American Camping Association. Brochures have complete information about all camps.

Discover the adventure!

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- **Cabin Mentors**—Youth ages 17 and up who provide cabin supervision and assist in leading camp programs. Mentors receive an honorarium for their service and are scheduled according to their availability. Perfect for high school youth who need a fun getaway from their full-time summer job. Mentor for a few days or for the entire summer—the choice is yours! Application deadline is March 15.

- **Camp Counselors**—Youth ages 15–18 who assist with cabin supervision and leading of camp programs. Join over 150 volunteer teens in providing valuable leadership to a group of campers by day and assist with cabin supervision at night. Camp counselors are scheduled according to their availability and availability is a fantastic leadership experience for any young person. Application deadline is March 15.

More information and applications are online at http://4h.unl.edu/camp/staff—need not be in 4-H to apply.