1-1-2010

The NEBLINE, January 2010

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Long time 4-H leader Roberta Sandhorst, has been inspired by the tremendous growth her members have made since they began 4-H at the age of six. Now that they are “tweens,” she is able to bond with them at a deeper level through lively discussions. They are more enthusiastic about their projects and want to do them right. They like a harder challenge and are more independent and need less supervision with their 4-H projects.

“They have an opinion about everything and they like to discuss things,” says Roberta. “I think their conversations are hilarious. I enjoy their sense of humor. It’s goofy.”

The conversations which inspire Roberta are a normal way for tweens to figure out who they are and how they are feeling about things. According to Dr. Liza Wilson, University of Alabama, the tween years, sometime between the ages of 9 and 13, are a time of huge physical, emotional and cognitive change. Four mostly sweet-tempered child — the one who broke into a wide grin the second you walked into the room — will look at you and roll her eyes in response to reminders about picking up clothes or have rude outbursts over the least little thing.

Parents with multiple sources of support are better equipped to handle the challenges of parenting — and kids benefit, too. In fact, Search Institute research in Developmental Assets shows that kids who can turn to three or more adults for advice and support are less likely to engage in high-risk behaviors, such as underdrinking.

The mission of the University of Nebraska-Lincoln Extension 4-H youth development program is, “4-H empowers youth to reach their full potential working and learning in partnership with caring adults.” Lancaster County 4-H clubs, such as the one Roberta Sandhorst leads, provide more than 600 tweens two opportunities to work on projects while developing a variety of life skills.

In addition, UNL Extension offers various other opportunities for tweens to build positive bonds with adults and other youth:

- 4-H Lock-In held in January (see back page)
- Strengthening Family Treasures Daughter/Mother Camp (see page 10)
- Clover College held each June
- 4-H Summer Camps

As tweens shift from a family-centered world to exploring the larger community, parents are continually seeking strategies to stay connected. Some tips for positive interactions with tweens are on this page and page 10 of this issue.

CHARACTERISTICS OF AGE GROUP

- Are active with boundless energy. Emphasize active learning experiences.
- Like group activity. Group and club membership is important.
- Like to be with members of own sex. Encourage learning experiences to be done with members of the same sex.
- Have interests which often change rapidly, jumping from one thing to another. Usually do best when work is presented in small pieces.
- Need guidance from adults to stay at a task to achieve their best performance. Need simple and short directions.
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How Kids Develop — Ages 9–11, Middle Childhood

Understanding and Working with Youth: What are they like?

DIFFICULTIES TO LOOK OUT FOR

- Have limited decision-making ability. Emphasize group learning experiences.
- Can direct a single familiar activity. Provide activities that will let youth succeed.
- Show independence by disobedience, back talk and rebellion. Provide a wide variety of learning experiences.
- Do not like to keep records and do not see the value in them. Need assistance and close supervision in completing records.
- Like symbols, ceremonies and songs. Hold initiation and installation ceremonies for new members and officers.
- Are extremely curious, 9 to 11 year-olds constantly ask “why.” Do not answer all their questions. They will learn by finding some answers on their own. Encourage a few to find answers and report to the group.
- Enjoy cooperation. Plan activities so that youth work together sometimes.
- Show independence by disobedience, back talk and rebellion. Do not answer all their questions. They will learn by finding some answers on their own. Encourage a few to find answers and report to the group.
- Need recognition and praise for doing good work. Present recognition in front of peers and parents.
- Have feelings of competence that enhance self-concept. Provide activities that will let youth succeed. Recognize them for their accomplishments.
- Don’t like comparisons with others. Instead of comparing youth to each other, compare present to past performance of the individual.
- Can direct a single familiar activity. Need adult support.
- Have limited decision-making ability. Need adult guidance. Need to know steps and how to follow-through.
Managing Stored Grain Through the Winter Months

Overview of This Year’s Harvest
Spring rains kept many producers out of the field in April and early May so many corn and soybean fields were planted later than normal. Spring was followed by a cooler-than-normal summer which further retarded crop maturity.

Most soybean producers wait until the beans are dried down enough to sell or store right out of the combine. In 2009, many soybean producers had to harvest their beans while they were still several points higher than the standard 13% moisture and then mechanically dry them in a bin. This tied up the on-farm grain drying facilities and delayed harvest of the crop the following spring.

We usually can expect corn standing in the field to lose a point of moisture every three to four days during late September and early October. This year, dry-down was much slower due to the high humidity and cooler-than-normal air temperatures.

Tens of thousands of acres of corn in Nebraska had not reached physiological maturity (black layer) in October when the crop was killed by freezing temperatures. That corn typically was above 30% moisture following the freeze. In some cases, especially if the corn had been damaged by insects (grain borers, cutworms) and cool temperatures, the wet corn was invaded by one or several fungal organisms (molds).

Many corn producers use natural (unheated) air to dry grain. Natural air drying takes a long time even under good drying conditions. This year it took much longer than usual due to cool temperatures and high humidity.

Whereas, people generally wouldn’t think of harvesting corn above 22% moisture, many people harvested corn in November with moisture content as high as 28% just to get it into a bin to avoid losing it in a wet snow storm.

Storage Time

Studies have been conducted under carefully controlled laboratory conditions of temperature and moisture content to establish the length of time corn can be held before it loses one-half of one percent of its dry matter. This is about the maximum dry matter loss one can suffer and still maintain the current market grade. (See pages 9–11 for the back of the book. When 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 860 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. Please contact NDA at 471-2394 for dates of testing. There is no training fee if you choose this option. You will need to pay the NDA license fee. You should receive your new license within two weeks after you pass a passing 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 are now called Crop Production Clinics. For most of the day, participants will make choices between two or more topics being presented concurrently. Private applicators may choose certification or recertification by attending the full day and all sessions to certify or as a private applicator.

There will not be a clinic in Lincoln in 2010. The Crop Production Clinics held in southeast Nebraska will be:

- Tuesday, Jan. 12—Beatrice (Classic’s, Beatrice Country Club, 101 Oak St.)
- Wednesday, Jan. 13—York (The Audirium, 612 N. Nebraska Ave.)

Note: all clinics start at 9 a.m. and will run until 1:30 p.m. The cost is $25 per person. The UNL Extension Educator in the county should have the registration form to fill out.

Corn

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<tr>
<th>Corn Temp</th>
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<td>40°F</td>
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</tr>
<tr>
<td>80°F</td>
<td>15 6 2.9 1.6 0.9 0.9</td>
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*(Based on 0.5% maximum dry matter loss — calculated on the basis of USDA research at Iowa State University.)*
Houseplant Insects

Grain
continued from preceding page
between any two spots in the bin. At the very least, I recom- mend not to reuse the aerating fan and immediately climbing up and leaning into the access hatch at the top of the ladder. If you detect a moldy smell or if the air hitting your face is warmer than expected or if you see condensation on the under- side of the bin roof on a cold day, this could signal a hot spot is forming somewhere in the corn. If you find any of these symptoms, continue aerating until conditions improve. If you have a stirring system in the bin, run a couple of rounds while aerating to break up wet spots and even out the moisture in the bin. If you don’t have a stirring system and the indica- tions of a hot spot continue, I recommend unloading enough grain to locate or break up the wet spot. Sometimes the weather forecast calls for a period of warmer weather for several days, which will result in the temperature front through a 60°F and 30°F to arrest mold growth. Always push a cooling front completely through the bin before discontinuing aeration for longer than a few days. An estimate of the hours of fan operation required to push a temperature front through a bin of corn is 15 divided by the airflow rate in cubic feet per minute per bushel (cfm/bu). If your drying fan is capable of producing 1.0 cfm/bu it will take about 15 hours. If you have a storage bin with a small fan producing 0.2 cfm/bu it would take 75 hours. Success will depend upon thoroughness and persistence. Insecticide sprays (erosols or hand pump sprayers) made just for houseplants are available at garden centers. Formulated active ingredients such as insecticidal soaps and pyrethrin are available. Insecticides must be applied thoroughly, repeat- edly and persistently, weekly for a month or more, to get good control. Granular insecticides that are toxic to the soil of infested houseplants seem to have very limited effectiveness and their use is discouraged because of toxicity concerns. On those plants that regrow after pruning, removing the heavily infested stems and treating the remainder is a possibility. Finally, unless the plant is particularly valuable, many people find it best to throw away infested plants before the pests spread to other houseplants.

Mary Jane Frogge
UNL Extension Associate

Several species of scale insects, mealybugs and white- flies are commonly found on plants in the home. All are sap- feeding insects that feed and lay their eggs on the leaves or stems. A common location is the thin, protective cover of the junctures of stems and leaves. White flies are tiny white insects that feed and lay their eggs on the underside of plant leaves. When an infected plant is disturbed, the tiny insects take flight and then return to the host plant. Houseplant insects are difficult to control. There is no easy, simple, one-shot cure. One possibility is to pick off individual scales and mealybugs or gently scrub (or rub) the insects loose from the leaves and stems. This is a laborious task that works only on small, large-leaved plants. Dabbing each insect with an alcohol- soaked cotton swab is another possibility on lightly infested plants. Sprays can be used for houseplant insect control.

Mealybugs
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TABLE 2: EQUILIBRIUM MOISTURE VALUES

Mintch content (% wet basis) for crops exposed to air at various temperatures and relative humidities.

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| Scales | Mealybugs | White flies |

The NEBLINE
http://lancaster.unl.edu
Horticulture
January 2010

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continued from preceding page
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
Troubleshoot Your Body to Optimize Your Performance

Alice Henneman, MS, RD
UNL Extension Educator

If your body was a computer, would it be receiving lots of “error” messages? Is it beginning to run slower and take longer to “start”? Here’s a checklist to help optimize your performance and prevent crashing.

1) Are you trying to run too many programs at the same time?
   • No time to work out and fix your hair afterwards...
   • New hairstyle and hair with some type of interesting headgear. Who knows...you might start a whole new product line!
   • You may actually accomplish more if you don’t try to accomplish several things at the same time.

2) Consider multi-tasking less efficient because there are too many activities making demands on your system, shut down some programs. Some examples include:
   • Time is tight, rather than make a special company meal from “scratch,” make reservations!
   • No time to work out AND fix your hair afterwards...your hair with some type of interesting headgear. Who knows...you might start a whole new product line!
   • You may actually accomplish more if you don’t try to accomplish several things at the same time.

3) Close multi-tasking a complex. “Switching from task to task, you think you’re actually paying attention to everything around you at the same time. But you’re actually not,” says Miller.
   • An interesting online experiment to gauge how efficient you are at multi-tasking by Dave Crenshaw, author of The Myth of Multitasking (How ‘Doing It All’ Gets Nothing Done) at www.davecrenshaw.com task-evaluation.php

4) Consider scheduling tasks for separate times, for example:
   • Alternate cooking days with workout days. Cook ahead on cooking days, freeing up time on your workout days.
   • Plan a casserole or stew that can cook while you do yoga or take a walk.
   • If you do multi-task, combine a task that doesn’t demand as much input from your system as the other task. Here are two possible examples:
     • Work out on a treadmill while watching TV.
     • Listen to music while cooking.

5) Is your computer anti-virus software up-to-date and running?
   • “I can’t do that right now, I have another commitment for that time.”
   • “I can’t help you for an hour, I could (in a half hour, next week, next month...).”
   • “I can only help you for an hour, and then I have to leave.” Leave after an hour even if it’s just to go to the bathroom if you’re at your office!
   • “I can’t do that right now, but I could (name a less time-consuming task).”

Time to reboot. Now that you’ve finished troubleshooting your personal system, consider making some changes. Then, reboot your body and enjoy the benefits!

Salsa Yogurt Dip

Mix two parts plain yogurt with one part salsa (example: mix 1 cup plain yogurt with 1/2 cup salsa.) Serve with your favorite dippers (e.g. carrots, celery, green or red pepper sticks, whole grain crackers, etc.).

Alice Henneman, MS, RD
UNL Extension Educator

This dip is rich in calcium and super easy to make! Enjoy it often!

Making Healthy Food Choices on a Limited Budget

Start with a meal plan and a grocery list. Think of nutrient rich foods when making the plan.

• Drink water. You can get it for free! This is especially true when eating away from home. The cost for beverages can really add up.

• Watch portion sizes. Eat enough and refrigerate or freeze leftovers for another day.

• Choose lean meat. It has less fat, is often cheaper and tastes good. Dry or canned beans and eggs are also healthy, less expensive protein foods.

• Eat at home more often. Meals can be simple, nutritious and inexpensive.

• Pack a sack lunch instead of eating out.

Buy fresh fruits and vegetables in season to get the best price.

• Canned and frozen fruits and vegetables are good choices. Look for fruit with little to no added sugar and vegetables without added salt.

• Shop the perimeter of the store. Go easy on the soda, candy, cookies and chips.

Be smart when buying convenience foods. They usually cost more and often have added salt and/or fat.

Consider store brands. They are usually cheaper and of good quality.

Read the Nutrition Facts on the food label to find food with the most nutrition for the money.

Recharge by eating healthy, getting some physical activity, making meaningful connections with others, stimulating your mind and devoting time to your spiritual renewal through such means as time spent in nature, music, prayer or service.

1) Are you bogged down by unneeded files and programs?

2) Are you keeping busy with things that detract from your health?

3) Is your battery dangerously low?

4) Are you bogged down by unneeded files and programs?

5) Do you need to hit “escape,” “undo” or “delete”?

Remember:

• Alternate cooking days with workout days. Cook ahead on cooking days, freeing up time on your workout days.
• Plan a casserole or stew that can cook while you do yoga or take a walk.
• If you do multi-task, combine a task that doesn’t demand as much input from your system as the other task. Here are two possible examples:
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http://lancaster.unl.edu/food

Cook It Quick e-mail newsletter
YouTube Channel
Twitter

Foods & Fitness

Food Reflections e-mail newsletter

January 2010

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President’s View — Irene’s Items

Irene Colborn
FCE Council Chair

My name is Irene Colborn and I am going to be the county chair for FCE for the next two years. I will appreciate your patience and suggestions. A little about my family — my son, Mark, is the oldest and is retired from the Marine Corps and lives in Clatonia. The other three are girls, and fortunately, all live here in Lincoln and are a great support for me in my retirement years. After Mark was about three months old, some neighbors invited me to an extension club meeting they were forming, now known as Helpful Homemakers. That was more than 50 years ago and many in our group have been together raising our families and now enjoying great grandchildren.

We will be planning the 2010 year with what we hope to be fun for everyone. Mark your calendar for Jan. 25, for an afternoon Council Meeting. Details will be coming.

My wish to you is for health, wealth and happiness in this New Year.

FCE News & Events

Two Leader Training Lessons in January

The FCE and community leader training lesson, “Small Steps to Health and Wealth” will be Tuesday, Jan. 5, 1 p.m. at the Lancaster Extension Education Center, Lincoln. Extension Educator Lorene Bartos will help participants learn how to take small steps to make sure their health and wealth resolutions become reality.

The FCE and community leader training lesson, “Bite When the Temperature Is Right” will be Tuesday, Jan. 26, 1 p.m. at the Lancaster Extension Education Center, Lincoln. Extension Educator Alice Heimann will present the lesson. The program will focus on the different types of thermometers available for use when preparing food and how to use thermometers correctly.

If you are not an FCE member and would like to attend either training, please call Pan at 441-7180 so informational packets can be prepared.

FCE Council Meeting, Jan. 25

The first FCE Council meeting for 2010 will be Monday, Jan. 25 at the Lancaster Extension Education Center. Time and more details will be sent to the 2010 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 Clubs 2008 Achievement Night was held in October. Approximately 50 members attended. The “Kramer Sisters” presented a musical program. Members donated 119 pounds of canned food and paper products, as well as cash, for the annual FCE Food Bank Campaign.

Youth winners of a creative writing contest were recognized: Vivian Le (1st place), Angela Nguyen (2nd) and Marleen Do (3rd). Also recognized was the winner of an environmental poster contest: Reid Martin.

Club Incentive Awards
Presented to Helpful Homemakers and Salt Creek Circle

Several FCE members presented a skit promoting the 2010 state meeting.

Membership Awards
50 year members (L-R): Jeanette Priess, LoVonne Millwood and Bonnie Dann.

45 year member Jean Oelling
35 year member Verna Deinert

Not pictured: 40 year member Joyce Champoux

The “Kramer Sisters”

Small Steps to Health and Wealth

A program designed to motivate participants to improve both their health and their finances

UNL Extension will present a series of online workshops

Thursdays
Jan. 28—March 25
12:00—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 you need is a computer with Internet access and a phone.

The program explores 25 behavior-change strategies 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.

Cost is $20 including workbook or $5 if materials are downloaded from the Web site and printed prior to the program. For more information, contact Lorene Bartos at lbar6031@unl.edu or 441-7180. Register on the Web site by Jan. 15.
Managing Fabric Pests

Barb Ogg
UNL Extension Educator

You reach for your favorite blazer at the back of the closet where it has been stored since you wore it last winter, and, to your dismay, it has a small hole in it. It is in such an obvious location, too. You can’t wear it anymore; your blazer has been ruined. This is a common scenario, repeated every fall season. Fabric pests, particularly carpet beetles, are very common inside homes in Nebraska.

There are two primary types of insects whose larvae damage fabrics. These are carpet beetles (Family: Dermestidae) and clothes moths (Family: Tineidae). Both carpet beetles and clothes moths are unusual in the insect world because they can digest keratin, the protein in human hair.

In Nebraska, damage to woolen fabrics is almost always caused by carpet beetles (dermestids). The varied carpet beetle (Dermestes varius) is the most common species. This small, black, oval-shaped, underground beetle attacks fabrics and stored foods. It is often confused with the larder beetle, which is black and has a carinate (wedge-shaped) thorax.

Dermestids are small, dark brown or black, and spear-shaped with a rounded tip. Adults are about 3/8 inch in length, with light-colored body hairs. Eggs are bright yellow. Larvae are yellow or beige. The larval hairs are often covered with droplets of water. Dermestid larvae spin silk webbing on the fabric they are feeding on.

You may be more likely to find damaged wool fabrics, but you may also find damage to the following items due to dermestids:

- Decorative felt over such items as lampshades and valances
- Felt and woolen table runners
- Dried flower arrangements
- Wall hangings of fabric
- Area rugs
- Felt pillows
- Felt pads

Control of fabrics damaged by dermestids

• Invest in a fabric storage bag that is insect resistant

Carpet Beetles (Dermestids)

Adult beetles are small and oval and have knobbed antennae. They range in size from 1/16-inch (varied carpet beetle) to 3/8-inches (hide beetle). Some have brightly colored scales or hairs present on their body. The most common dermestids attacking fabrics are the black carpet beetle, varied carpet beetle, furniture carpet beetle and hide beetle.

Dermestids have a tapering (steeply) wedge-shaped body covered with hairs. Larvae of some species have a tuft of hairs at the end of the body.

Feeding habits. Outdoors, adult carpet beetles feed on plants and during summer months, are frequently found on flowers. Indoors, beetles are often attracted to window boxes, perhaps because they are trying to get outdoors.

In nature, dermestid larvae feed on animal hair, fur, feathers and hide of dead animals. Some dermestids can sustain themselves on vegetables, bread and other food. Larvae in the pantry can be the source of beetles that attack unprotected clothing. Silk does not contain keratin, but dermes- tids, especially the hide beetle, black larder beetle and furniture carpet beetle, are serious pests of silk.

Dermestids will also feed on accumulated pet hair and feathers. They may be more of a problem when families have indoor pets.

Where do they come from? Carpet beetles are common outdoors. The varied carpet beetle is small enough, the beetle can go through ordinary window screen. Some dermestid larvae feed on dead animals, birds and dead pets. Deserts where the beetle and larvae are present are likely to be invaded by dermestids. These insects can live for years in a fabric or food source.

Clothes Moths

There are two species of clothes moths that damage fabrics of animal origin. They are the webbing clothes moth and the casemaking clothes moth.

The webbing clothes moth larva spins silk webbing on the fabric and feeds within the webbing. The casemaking clothes moth larva lives inside a tubular case it constructs out of silk and fibers. Larvae of both species pupate and become adults in the case. Many problems involving dermestids are due to the larva and not the adult. Larvae can multiply without the adult to produce eggs.

What do clothes moths look like? Adult moths are small, white, and have a square black marking on the forewings. The length of the body is about 1/2 inches. They are more common outdoors than indoors. However, moths can be attracted indoors by mothballs or moth crystals.

Treatment Strategies

Control of fabric pests centers around cleaning and preventing pest problems. Clean closets regularly to reduce the likelihood of infestations. Vacuuming, in addition to killing the fabric pests themselves, vacuuming will remove dead insects and other debris these insects feed on. Vacuum carpets, areas along and under baseboards, under furniture, under furniture cushions, inside dressers and chests. Oriental rugs should be vacuumed on both sides. Laundering or Dry Cleaning.

Before storing clothing, clothes should be laundered or cleaned before storage. Vacuuming of clothes in storage will help reduce infestations. Prevention is important. Prevention involves storage of clothing in tightly-sealed containers with moth balls or crystals. Studies have shown that crystal moth balls are not a repellent and do not discourage larvae from feeding. If possible, fabric clothes should be damaged in a cedrine. Mild Fumigants. Naphthalene and paradichlorobenzene (PDB) are sold as moth balls, crystals, cakes or balls. These products are mildly toxic to insects, which means at room temperature, they produce a gas which may be somewhat toxic to these pests.

Paradichlorobenzene — of the two active ingredients, PDB is more toxic to insects. At room temperature and in high concentrations for several weeks, the heavy gas kills all stages of carpet beetles and clothes moths. Crystal formulations release gas more quickly than cakes or balls. However, paradichlorobenzene can damage plastics, including polystyrene, styrofoam as well as the plastic in many sweater bolts. Plastic buttons may also be damaged. Damage may be due to direct contact or from vapors.

Naphthalene — contains toxic fumes when high concentrations of the gas are produced, but carpet beetles are poorly affected by it. It is best used by scattering balls or cakes in clothing. Under most conditions, it may discourage fabrics so it should be placed where it will not harm fabrics.

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Know how. Know now.

Land-grant universities work with the people they serve. University of Nebraska–Lincoln teaches, discovers new knowledge through research, and extends this research-based information across the state through extension programs. UNL Extension in Lancaster County develops and delivers educational programs which strengthen individuals, families, businesses and communities.

2009 Program Highlights

University of Nebraska–Lincoln Extension in Lancaster County responds to the evolving needs of Lancaster County residents. Here are some new programs or existing programs which gained extra emphasis this past year.

Bed Bug Education

Bed bugs are a growing problem in Lincoln and other Nebraska communities. To meet the need for research-based information, entomologist Barb Ogg has created several bed bug resources in print and online. This year she presented four bed bug workshops for landlords/property managers and others who need to know about managing bed bugs. She has worked with the Lincoln-Lancaster County Health Department and pest control companies on problem cases. Ogg is known as an expert in Lancaster County responds to the evolving needs of Lancaster County residents. Here are some new programs or existing programs which gained extra emphasis this past year.

Grain Drying and Storage Management

A cool summer and wet fall delayed the 2009 harvest in much of Nebraska. Many crop producers had to handle and dry higher-than-usual moisture grain. Extension Educator Tom Dorn is extension’s state-wide contact for grain storage questions. This year, he perfected an Excel spreadsheet grain drying model which he used to provide customized advice to nearly 200 producers asking about length of time to dry grain, maximum depth to fill their drying bins and/or how to keep energy costs low. Dorn summarized his Excel drying model in five “CropWatch” articles which were then reproduced and referenced in dozens of publications and blogs across the nation.

Handwashing Resources

With the spread of H1N1 flu virus came a nation-wide emphasis on proper handwashing techniques. Handwashing is the most effective way to prevent the spread of illness according to the Centers for Disease Control and Prevention. For every $1 spent on Expanded Food and Nutrition Education Program, a potential health care savings of $2 to $17 results from the prevention or delayed onset of nutrition-related chronic diseases and conditions. Last year, Lancaster County NFP reached: • 988 adults who care for 3,469 family members • 6,913 youth (368 groups) at 28 schools and other sites • 558 older adults at 6 senior sites.

Extension Educator Tom Dorn provided customized advice about grain storage to nearly 200 producers and elevator operators. He estimated this advice may protect approximately 600,000 bushels of grain (mostly corn) from spoilage, worth $2.25 million in market value.

Last year, UNL Extension in Lancaster County programs benefitted from approximately 1,440 volunteers investing 24,450 hours of time for a total value of $495,113! 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.

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UNL Extension coordinates distribution and application of biosolids* to agricultural cropland for the City of Lincoln. Last year, nutrients in 35,000 tons of biosolids were worth $665,000 to participating farmers. This biosolids recycling program will increase the life of the North Bluff Landfill by 4.9 years.

* Biosolids are organic solids separated from wastewater and biologically processed to make them safe to use as an organic fertilizer for crops not in the human food chain.

“Know how. Know now.” - Gene Veburg and Anne Holz - The Fort Western

15-to-1 Return on Investment

A 2007 study by an independent organization 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 (http://atworkfornebraska.unl.edu/). Here are some examples of the value your extension brings to our community.

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* Biosolids are organic solids separated from wastewater and biologically processed to make them safe to use as an organic fertilizer for crops not in the human food chain.
Nebaska 4-H has a long history of preparing youth for adulthood. Today, more than one out of three Nebraska youth is living life skills through participation in 4-H. Locally, more than 23,000 young people experienced 4-H youth development in Lancaster County.

Why is this important? A research study shows youth development programs such as 4-H play a special and vital role in the lives of America’s young people. Supported by the National 4-H Council, researchers at the Institute for Applied Research in Youth Development at Tufts University, led by youth development scholar Dr. Richard Lerner, conducted the study with assistance from land-grant universities such as University of Nebraska–Lincoln. They found youth have the capacity to thrive when presented with the resources for healthy development found in families, schools, and communities — regardless of background, socioeconomic status, race or gender. Positive youth development builds upon what has become known as the “Five C’s”: Competence, Confidence, Character and Caring (Lerner, et al., 2005). Youth development programs like 4-H reduce the likelihood of youth engaging in risk behaviors such as underage drinking, smoking, bullying and vandalism. In the end, the study confirms 4-H youth are leaders, achieve higher marks in school, and contribute to self and society — all helping to strengthen the communities where they live. To learn more about the study, go to http://4-H.org.

http://lancaster.unl.edu is Your 24/7 Local Extension Connection

Through search engines and browsing, hundreds of thousands of people access UNL Extension in Lancaster County’s Web site, http://lancaster.unl.edu, to find “Know How — Know Now” 24 hours a day, 7 days a week, 365 days a year. Visited by an average of 300,000 unique sites* each month, the Web site received more than 9.5 million hits (accesses) this past year!

The Web site contains thousands of pages of content — featuring extensive resources, educational publications, a searchable database, Egg Cam, YouTube videos, quizzes, Master Gardener Diagnostic Center, outstanding photos and much more. The site is updated daily. Not only do Lancaster County residents, Nebraskans and Americans use the site; thousands of Web users from nearly 150 countries monthly.

*unique site = IP address

"I know how to use your Web site to find answers to many questions I have for problems around my home. Your site is very useful to me."

— Jack, Web site user
4-H Youth Learn Life Skills Through Learning-by-Doing

The University of Nebraska–Lincoln Extension 4-H youth development program is open to all youth ages 5–19. Emphasis is on developing life skills through learning by doing. In the past year, 4-H reached more than 23,560 youth in Lancaster County. Lancaster County 4-H consists of:

- **Organized Clubs** — Lancaster County has more than 110 4-H clubs. Each club ranges from 5 to 78 members and is led (or co-led) by adults. Youth choose officers to run meetings. Clubs usually participate in one or more projects together.

- **Independent Members** — With increasingly busy schedules, more and more youth are becoming independent 4-H members. Youth work on 4-H projects on their own.

- **Projects** — Youth can choose from numerous 4-H projects. Project manuals are developed by experts and most project manuals have accompanying leader guides.

- **School Enrichment** — 4-H programs for classrooms include: Garbology (for 2nd grade), Embryology (for 3rd grade), Ag Awareness Festival (for 4th grade), Earth Wellness Festival (for 5th grade) and Nutrition Education Program (for K–8th grades in qualifying schools). These curricula meet Nebraska Curriculum Standards.

- **After-School Programs** — 23 Lincoln after-school programs have incorporated 4-H projects into their activities, 5 sites have formed 4-H clubs and 26 summer sites participated in 4-H county fair exploration activities.

- **4-H Embryology Web Site** — EGG Cam and other resources at http://lancaster.unl.edu/4h/ Embryology

- **Educational Events** — 4-H staff organize educational events each year such as Clover College, speech workshops and leader trainings. The 2009 Lancaster County Fair showcased 4,850 4-H exhibits.

- **Leadership Opportunities** — 4-H Teen Council, 4-H Council, Citizen Washington Focus group and more.

**Honors, Awards and Accomplishments**

- **Extension Associate Mary Abbott** – 10 years of service with UNL
- **Extension Educator Lorene Bartos** – 40 years of service with UNL
- **Extension Educator Gary Bergman** — President of the Eastern Nebraska 4-H Center Site Board
- **co-presented a poster session “Nebraska Diamond Clover Recognition Program” at the National Association of Extension 4-H Agents (NAE4-HA) Annual Conference**
- **Extension Educator Maureen Burson** – national Distinguished Service Award presented by the National Extension Association of Family and Consumer Sciences (NCEA)
- **Extension Educator Tom Dorn** – Vice Chair of the National Search for Excellence Committee; National Association of County Agricultural Agents (NACAA)
- **Extension Educator Ann G. Henneman** – President of the Eastern Nebraska 4-H Center Site Board
- **co-presented a poster session “Nebraska Diamond Clover Recognition Program” at the National Association of Extension 4-H Agents (NAE4-HA) Annual Conference**
- **Extension Educator Maureen Burson and Alice Henneman** — team receiving national Communicator Award for Scientific Publication (for the statewide “Spotlight on…4-H!” newsletter) presented by the National Association of Extension 4-H Agents (NAE4-HA) Annual Conference
- **Extension Educator Tracy Kuhn** — member of team receiving national Communicator Award
- **co-presented a poster session “Nebraska Diamond Clover Recognition Program” at the National Association of Extension 4-H Agents (NAE4-HA) Annual Conference**
- **Extension Associate Donna Karmazin** — presented a poster session “Nebraska Diamond Clover Recognition Program” at the National Association of Extension 4-H Agents (NAE4-HA) Annual Conference
- **co-presented a poster session “Nebraska Diamond Clover Recognition Program” at the National Association of Extension 4-H Agents (NAE4-HA) Annual Conference**
- **Extension Assistant Dana Willeford** — 5 years of service with UNL
- **Extension Educator Karen Wobig** — presented a poster session “A Strategy to Increase Nutrition Education in School Classrooms” at the North Central Urban Extension Conference
- **10 years of service with UNL
- **Lancaster County Nutrition Education Program** – part of Nebraska’s Experimental Nutrition Assistance Program – Education (SNAP-Ed) program which received Excellence in Nutrition Education award presented by U.S. Department of Agriculture (SNAP-Ed)
- **Embryology 4-H School Enrichment Program** — showcased in October 2009 Kansas Magazine International

Lancaster County had six 4-H Hippology Teams at the State 4-H Horse Exposition – all placing in the top 5 in their divisions!
Daughter/Mother Camp this year. organized a Strengthening Families: in Lancaster County. She also Guardianship Training classes Divorce classes. Extension Forever and Kids Talk About (COPED), and co-presents Parents of Parents Experiencing Divorce Coalition to assist Children of the 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 crops profitable for acreages. Extension offers an Acreage and Small Farms Insights Web site and monthly e-mail newsletter at http://acreage.unl.edu.

Home & Family Living

Extension Educator Lorene Bartos shares her expertise on home maintenance, indoor air quality, lead paint hazards, safety in the home, shopping smart and recycling through the City’s extension’s Web site, her weekly column in the “Lincoln Journal Star,” group presentations and other outreach methods. This year, more than 100 individuals registered for a new, 13-week online program, Small Steps to Health and Wealth.

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’s pest and wildlife Web site received nearly 2 million hits last year. Ogg often partners with community organizations and industry professionals in training and disseminating pest control resources and assistance. For the fifth year in a row, Ogg orga- nized a two-day, hands-on Termite School for Termite Applicators.

Farms & Acreages

UNL Extension continues to make agricultural profitability and sustainability a priority issue. Extension Educator Tom Ogg 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 Production Clinic, Private and Commercial Pesticide Applicator Trainings, Farmland Leasing Arrangements workshops and a Corn/Soybean Profitability workshop.

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 crops profitable for acreages. Extension offers an Acreage and Small Farms Insights Web site and monthly e-mail newsletter at http://acreage.unl.edu.

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 PowerPoints and handouts) are made available on the Internet for around-the-clock access, both locally and nationwide. Extension’s food Web site received more than 4 million hits last year, extending the outreach of our food and nutrition-related programs in a timely and cost-efficient manner. This year, a Nutrition, Food Safety & Cooking YouTube channel was established and 10 videos uploaded to it which received 8,782 total “views.”

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 200 local agencies, coalitions and schools.

Family & Community Education (FCE) Clubs

The Family and Community Education (FCE) clubs are an educational, social and community-oriented program designed to meet the needs and interests of Nebraska homemakers. FCE members help strengthen communities and families through education, leadership and action. Lancaster County FCE’s emphasis is on community service and sponsoring a nursing scholarship. In the past 11 years, FCE has awarded $2,775 in total scholarships.

"I know how to put a value on crop residues and I know more about bioenergy."
—Steve, attendee at Corn/Soybean Profitability workshop.

UNL Extension is part of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln, cooperating with the Counties and the United States Department of Agriculture. University of Nebraska–Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.
Colors of the Season

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Don Janssen  
UNL Extension Educator

The predominant colors of the winter landscape in Nebraska are white and various shades of gray and brown. A common sight to awaken the dead of winter is to plant trees and shrubs that possess colorful fruit.

While **crabapples** (**Malus**) are usually planted for their flowers, many varieties also possess attractive, persistent fruit. Crabapple varieties with red fruit include ‘Donald Wyman,’ ‘Sugar Tyme,’ ‘Harvest Gold’ and ‘Harvest Gold’ have striking yellow fruit.

**Hawthorns** are another group of small, flowering trees that possess attractive fruit. Hawthorns produce white flowers in spring. In fall, the fruit turn red and persist into winter. Two hawthorns noted for their red fall display are the **Washington hawthorn** (**Crataegus phaenopyrum**) and **Winter King** (*Crataegus viridis*). The **American cranberrybush viburnum** (**Viburnum trilobum**) is an excellent shrub for screens and borders. The fruit on female plants turn a bright red in fall and persist into winter. Two female varieties noted for their excellent fruit display are ‘Sparkleberry’ and ‘Winter Red.’ A male variety may also be planted for pollination and fruit set. Winterberry prefers moist, acid (pH 4.5 to 6.5) soil and will grow in sun or partial shade.

Several hybrid broadleaf evergreen hollies collectively known as the **Meserve hybrid hollies** (**Ilex × meserveae**), can also be grown in some areas of eastern Nebraska. **Blue Prince,** **Blue Princess,** *China Boy,* and *China Girl* are hardy to -10 to -20°F (USDA Hardiness Zones 5). Meserve hollies are susceptible to winter (desiccation) injury from bright sun and dry, cold winds. They should be planted in protected areas, such as the east side of a house.

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Snow Shoveling Safety

Jocey Mathern and Julie Garden-Robinson  
North Dakota State University Extension Service

Researchers have reported an increase in the number of fatal heart attacks among snow shovellers after heavy snowfalls. This may be due to the sudden demand shovelling places on an individual’s heart. Snow shoveling causes a quick increase in heart rate and blood pressure. This is determined after only two minutes of shovelling, and the heart’s rate increases further. Any person with heart trouble should check with their doctor before you take on the task of shovelling.

- **Avoid caffeine or nicotine before beginning.** These are stimulants, which may increase your heart rate and cause your blood vessels to constrict. This places extra stress on the heart.
- **Drink plenty of water.** Dehydration is just as big an issue in cold winter months as it is in the summer.
- **Dress in several layers** so you can remove a layer as needed.
- **Warm up your muscles** before shovelling, by walking for a few minutes or marching in place.
- **Stretch the muscles** in your arms and legs, because warm muscles will work more efficiently and be less likely to be injured.
- **Pick the right shovel** for you. A smaller blade will require you to lift less snow, putting less strain on your body.
- **Begin shovelling slowly to avoid placing a sudden demand on your heart.** Pace yourself and take breaks as needed.
- **Protect your back** from injury by lifting correctly.
- **Start with your feet about hip-width apart for balance and keep the shovel close to your body.** Bend from the knees (not back) and tighten your stomach muscles as you lift the snow. Avoid twisting movements. If you need to move the snow to one side, reposition your feet as you face the direction the snow will be going.
- **Stay with your feet close to your body.** If you feel pain!

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Powered Snow Removal Safety

Richard Beard  
Utah State University Extension

- **Powered snow removal equipment** is especially helpful, but can inflict serious injury to people and property if not used properly. Inexperience is a frequent cause of accidents. Read the operator’s manual and heed instructions for safe operation and prevention of injuries and accidents.

- **Remember to wear eye protection.** Hearing protection should be worn if engine noise is excessive or the equipment is used for long periods of time. Check fuel and oil levels and learn how to quickly stop the snow blower and shut off the engine. Newer models are equipped with improved safety features and increased engine horsepower for better snow removal and reduced clogging. Newer models have levers that must be engaged from the operator station in order for the machine to function.

- **Areas where snow will be removed should be cleared of sticks, rocks, water hoses, tools, toys and other debris.** Snow removal equipment can throw snow more than 20 feet, and solid objects, such as rocks or ice chunks, can travel three times that distance. Be cautious when operating snow blowers in reverse. Operators may easily slip on trip and could back over themselves or others.

- **Be cautious** when refueling. Keep snow blowers and fuel away from heat sources, such as rocks or ice chunks, can travel three times that distance. Be cautious when operating snow blowers in reverse. Operators may easily slip on trip and could back over themselves or become pinned.

- **Snow blowers and injuries occur most often when a hand or other object is placed in the discharge chute.** If the discharge unit becomes clogged, turn the engine off and use a wooden dowel or plastic rod to remove snow. Do not use hands to remove the blockage. Even with the engine turned off, the discharge unit may spin when clogged snow becomes dislodged.

- **To prevent clogging, do not overload the equipment.** If snow is heavy, walk slowly with the snow blower, and/or remove a narrow strip of snow with each pass. Keep the discharge unit turning at high-speed.

- **When operating, the snow blower’s discharge chute should always be directed away from people, animals, vehicles and other property that could be damaged by flying debris. When removing snow from an inclined surface, travel up and down the slope rather than across the face of the slope.** A slope that rises more than three feet with each ten feet of horizontal travel is too steep for snow removal equipment.

- **Under windy conditions, throw the snow with the wind.** The wind will help disperse the snow and prevent it from settling on cleared areas. When removing snow from a gravel driveway, set the blades an inch or more above the gravel to prevent it from being launched through the discharge chute. Be cautious when refueling. Keep snow blowers and fuel away from flames, sparks or excessive heat. Store fuel in a ventilated area and allow the engine to cool before refuelling.

- **Consider age, maturity and physical ability when permitting children to operate snow blowers. Children should not operate snow blowers unless they are closely supervised and are terrain is free from hazards. Remember to dress properly when working outdoors. Wear snug fitting clothing in layers and sturdy shoes that provide traction on icy surfaces. Pay close attention to cold temperatures and your level of exertion. Do not work to the point of exhaustion, and remember to take frequent rests indoors.**
4-H Dog VIPS Meeting, Jan. 12

The Lancaster County 4-H Dog VIPS Committee will meet on Tuesday, Jan. 12, 7 p.m. at the Lancaster County Event Education Center, 444 Cherry Creek Road, Lincoln.

All interested 4-H dog members, families and volunteers are invited.

Nominate your favorite 4-H Volunteer by submitting the form along with T-shirt orders are due by Jan. 8 to the Lancaster County 4-H Council, 444 Cherry Creek Road, Lincoln. All nominated 4-H dog members, families and volunteers are invited.

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

4-H and FFA exhibitors showing market steers or heifers at the Lancaster County Fair, Nebraska State Fair, and/or Ak-Sar-Ben must identify and weigh in their projects on Thursday, Jan. 7, 6–8 p.m. in at the Lancaster Event Center - Pavilion 2.

4-H’ers planning on exhibiting at State Fair or Ak-Sar-Ben must have beef DNA sampled. There is a $6 per head charge and it will be pulled at the time of weigh-in. Exhibitors do have until April 1 to identify, weigh and pull DNA on any market beef animal that may go to State Fair or Ak-Sar-Ben.

Please note that all other market livestock that may go to Nebraska State Fair or Ak-Sar-Ben will need to be DNA sampled this year, with a later due date to be announced.

1st Annual County Fair 4-H/FFA Livestock Auction

This year we are lucky to have a dynamic committee put together help to get a Lancaster County Fair 4-H/FFA Livestock Auction off the ground! As 4-H and FFA members begin purchasing livestock to exhibit, please consider purchasing some market animals. This year, the auction will be small and limited to only around 50 lots of market including the species of beef, sheep and swine. As the auction progresses and as funds are built up we will expand into breeding.

At the start of the year, we will be asking exhibitors to help join in the cause of securing a financial base. We will be organizing a raffle to help support the auction and to add incentives and awards to the breeding shows. Check your mail in the near future for more information. Your help is needed to get this off the ground and ensure its future success.

The major purpose of the auction is to reward youth for their hard work and dedication through scholarships and financial assistance to help them further their education.

If you would like to volunteer to help with the auction or help secure buyers, please call Deanna at 441-7180.

4-H Pick-a-Pig Meeting, Jan. 19

Youth wanting to participate in this year’s Pick-a-Pig program will need to attend an orientation meeting on Tuesday, Jan. 19, 7 p.m. in the at the Lancaster Event Center - 4-H office (near Pavilion 3). At this meeting we will evaluate last year’s program, make modifications and discuss potential donors to support the project.

The Pick-a-Pig project is designed to give urban youth the opportunity to participate in a 4-H livestock project. There is a minimal cost to participate in the program and 4-H members will be required to attend weekly meetings and training sessions at a local farm. Those participating will learn about swine production, nutrition and management, learn how to keep records and will get the experience of showing swine at the Lancaster County Fair. For more detailed information about this program, call Deanna Karmazin at 441-7180 or e-mail dkarmazin2@unl.edu.

4-H Crocheting Workshop, Feb. 6

Save the date to attend a basic crocheting workshop and learn how to crochet a washcloth on Saturday, Feb. 6, 9 a.m. There will be additional information in the next Neblme.
Lancaster County 4-H and 4-H Council invite ALL 4-H’ers, 4-H families and volunteers to

4-H Achievement Night

Thursday, Jan. 28 • 6:30 p.m.
Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln

Evening Starts With a Potluck Dessert Bar!
Please bring a dessert to share (plates and utensils provided).

Lancaster County 4-H congratulates all 4-H youth who commit themselves to excellence!

4-H members, clubs and volunteers receiving awards, scholarships or pins will be mailed detailed information.

**2010 4-H Calendar**

All events will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln unless otherwise noted.
Lancaster Event Center is located at 84th & Havelock, Lincoln

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### January

- 2 All Career Portfolios, Scholarships and Award Applications
  - Due to Extension
- 5 4-H Council Meeting ........................................ 7 p.m.
- 7 4-H/FFA Beef Weigh-In, Lancaster Event Center - Pav. 7 6–8 p.m.
- 8 Horse Stampede Entries Due to Extension
- 10 Teen Council Meeting ........................................ 3 p.m.
- 19 Pick-a-Pig Orientation Meeting, Lancaster Event Center - 4-H Office 7 p.m.
- 20 4th & 5th Grade Lock-In Registrations Due to Extension
- 22–23 4th & 5th Grade Lock-In ................................ 8 p.m.–8 a.m.
- 28 Achievement Night .......................................... 6:30 p.m.

### February

- February is Nebraska 4-H Month
- 2 4-H Council Meeting ........................................ 7 p.m.
- 14 Teen Council Meeting ........................................ 3 p.m.
- 20 Horse Stampede, UNL Animal Science Building

### March

- 1 Preference Given to 4-H Camp Scholarship Entries Submitted to Extension by this Date
- 1 R.B. Warren 4-H Horse Educational and Grand Island Saddle Club Scholarships Entries Due
- 2 4-H Council Meeting ........................................ 7 p.m.
- 14 Teen Council Meeting ........................................ 3 p.m.
- 20 Rabbit Spring Show ........................................... 9 a.m.

### April

- 1 All 4-H/FFA Market Beef ID’s Due to Extension
- 6 4-H Council Meeting ........................................ 7 p.m.
- 10 Kwanis Carnival, Elriot School ............................. TBA
- 11 Teen Council Meeting ........................................ 3 p.m.
- 12 CD's/Tapes Due for Public Service Announcement (PSA) Contest
- 18 Speech Contest ................................................ 1 p.m.
- 20 Horse Level Testing, Lancaster Event Center ........... 6 p.m.
- 24 Dog Clinic, Lancaster Event Center - Exhibit Hall .... 9 a.m.–3 p.m.

### May

- 4 4-H Council Scholarship Entries Due to Extension
- 4 4-H Council Meeting ........................................ 3 p.m.
- 4 Horse Level Testing, Lancaster Event Center .......... 6 p.m.
- 6 4-H/FFA Sheep Weigh-In, Lancaster Event Center .... 6–8 p.m.
- 10 Lancaster County deadline for District/State Horse Show Entries, ID, Level Tests
- 11 4-H/FFA Quality Assurance Training ..................... 6 p.m.
- 22 4-H Life Challenge Contest - County-Level
  - Senior Division ..................................................... 9 a.m.

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**4-H SUMMER CAMPS & TRIPS**

**June–September**

<table>
<thead>
<tr>
<th>Month</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>June</td>
<td>4-H Council Meeting ........................................ 7 p.m.</td>
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<tr>
<td>June</td>
<td>Horse Pre-Districts Show/Fundraiser, Lancaster Event Center</td>
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<tr>
<td>June</td>
<td>District Horse Show at Sidney</td>
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<tr>
<td>June</td>
<td>District Horse Show at Knox County (Bloomfield)</td>
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<tr>
<td>June</td>
<td>District Horse Show at Madison County</td>
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<tr>
<td>June</td>
<td>Citizenship Washington Focus (CWF) Trip</td>
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<tr>
<td>June</td>
<td>District Horse Show at Lincoln – Hosted by Lancaster County</td>
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<tr>
<td>June</td>
<td>Horse VIPS &amp; Extension, Lancaster Event Center - Amy Countryman Arena</td>
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<tr>
<td>June</td>
<td>Livestock ID’s and DNA Samples Due</td>
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<tr>
<td>June</td>
<td>District Horse Show at North Platte</td>
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<tr>
<td>June</td>
<td>4-H Clover College</td>
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<tr>
<td>June</td>
<td>District Horse Show at Taylor</td>
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<tr>
<td>June</td>
<td>Horse Level Testing, Lancaster Event Center ........... 6 p.m.</td>
</tr>
<tr>
<td>June</td>
<td>Bicycle Safety Contest ................................ 9 a.m.</td>
</tr>
<tr>
<td>June</td>
<td>Horse Level Testing, Lancaster Event Center ......... 6 p.m.</td>
</tr>
<tr>
<td>June</td>
<td>Premiere Animal Science Events (PASE)/Life Challenge</td>
</tr>
</tbody>
</table>

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**New this year:**

- "4-H Year in Review" video!

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**Lancaster County 4-H and 4-H Council invite ALL 4-H’ers, 4-H families and volunteers to**

**4-H Achievement Night**

**Thursday, Jan. 28 • 6:30 p.m.**

**Lancaster Extension Education Center**

444 Cherrycreek Road, Lincoln

**Evening Starts With a Potluck Dessert Bar!**
Please bring a dessert to share (plates and utensils provided).

Lancaster County 4-H congratulates all 4-H youth who commit themselves to excellence!

4-H members, clubs and volunteers receiving awards, scholarships or pins will be mailed detailed information.

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**2010 4-H Calendar**

All events will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln unless otherwise noted.
Lancaster Event Center is located at 84th & Havelock, Lincoln

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**January 2010**

**Page 9**
The bond that you have with your child may feel different, even threatened. Know that this bond will not be broken, although you may change as a result of your child’s cognitive, social, and emotional changes. During the adolescent years (approximately ages 10–13); middle adolescence (ages 14–17); and late adolescence (ages 18–22), and how you parent during this period may depend on whether your child is just entering adolescence or is in the middle or later stages of adolescence. The good news from recent research studies is that parents have a great deal of influence on the behavior of their adolescents. This article offers strategies to help you parent your teen during the adolescent years.

**Value Your Teen’s Independence**

Teens want parents who listen and try to understand, set good examples, and offer guidance. A delicate balance of allowing your teen freedom while still exercising a level of parental control is key to your teen achieving independence. Set dinner together. Eating dinner together as a family provides an ideal opportunity to connect with your teen. Talk to your child about their day, their friends, and current events. It also shows that you care enough to take the time to listen and learn about their interests. Research finds that teens who eat dinner with a parent five or more times during the week are less likely to use alcohol, drink, use drugs, get into fights, and engage in sexual activity. Monitor your teen’s activities. Know where your teen is at all times. Ask about their friends, school, and homework; show interest in their new ideas, values, and goals. Encourage your teen’s different viewpoints and allow them to express their distinctive ideas freely. Provide opportunities for your teen to openly express their ideas, allowing the teen to feel valued as a member of the family. However, maintain a balance between a teen’s need for independence and autonomy and setting limits and appropriate boundaries. For example, if your 13-year-old expresses a desire to see an R-rated movie, listen to the teen’s point of view and then respond in a manner that is consistent with your values.

• Give up some control. Be willing to give up some control in those areas where you trust your teen to make good decisions, while continuing to guide your child in those areas where you feel it is important to have knowledge or experience. For example, you could allow your teen to stay out to see friends on weekends as long as you know where they are going and whom they will be with. But continue to offer guidance in those areas where your teen is learning a new skill, such as driving a car or being exposed to new experiences such as handling an after-school job with coworkers.

• Be open to your teen’s new sense of independence. Allow your child to spend more time with their friends than with parents. Parents are often surprised at just how important friends become and how unimportant parents become! Knowing your teen’s friends, offering them open doors to parents’ homes, making sure the teen’s room is clean and tidy, and giving them a reasonable level of responsibility for their belongings will lead your teen to openly express their different viewpoints and remain connected to their child.

• Realize how important your teen’s peers will become. According to your teen’s new ideas, values, and goals. Be open to your teen’s new sense of independence. Allow your child to spend more time with their friends than with parents. Parents are often surprised at just how important friends become and how unimportant parents become! Knowing your teen’s friends, offering them open doors to parents’ homes, making sure the teen’s room is clean and tidy, and giving them a reasonable level of responsibility for their belongings will lead your teen to openly express their different viewpoints and remain connected to their child.

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• Be engaged in the conversation. Ask questions about your teen’s interests in your teen’s responses. Listen closely and respond in ways that show you are interested and connected to your teen’s responses. Ask about everyday topics as well as serious discussions.

• Show affection. Most adolescents need their parents to show love and affection. Although they will seem to act as if they do not (they may even act embarrassed) adolescents need both inward and outward expressions of affection. For inward acts, use your words to encourage your teen; for outward acts, show the love and affection that your teen enjoys. Is your teen a movie buff? Take him or her to the movies, and current events. It also shows that you care enough to take the time to listen and learn about their interests. Research finds that teens who eat dinner with a parent five or more times during the week are less likely to use alcohol, drink, use drugs, get into fights, and engage in sexual activity. Monitor your teen’s activities. Know where your teen is at all times. Ask about their friends, school, and homework; show interest in their new ideas, values, and goals. Be open to your teen’s new sense of independence. Allow your child to spend more time with their friends than with parents. Parents are often surprised at just how important friends become and how unimportant parents become! Knowing your teen’s friends, offering them open doors to parents’ homes, making sure the teen’s room is clean and tidy, and giving them a reasonable level of responsibility for their belongings will lead your teen to openly express their different viewpoints and remain connected to their child.

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EXTENSION CALENDAR

December
30 4-H Horse Judging Clinic ................................................................. 9 a.m.

January
2nd All Career Portfolios, Scholarships and Award Applications Due to Extension
5 4-H Council Meeting ........................................................................ 7 p.m.
7 Family & Community Education (FCE) and Community Leader Training Lesson “Small Steps to Health and Wealth”* 1 p.m.
8 4-H/FFA Beef Weigh In, Lancaster Event Center - Pavilion 2 .............. 6-8 p.m.
8 Extension Board Meeting ................................................................ 8 a.m.
10 4-H Horse Stampede Entries Due to Extension
10 4-H Teen Council Meeting ............................................................... 3 p.m.
17 Guardian/Conservator Training ..................................................... 1/30-4:30 p.m.
19 4-H Pick-a-Pig Orientation Meeting, Lancaster Event Center - 4-H Office ................................................................. 7 p.m.
20 4th & 5th Grade Lock-In Registrations Due to Extension
21 Parents Forever .............................................................................. 5:30-9 p.m.
22-23 4th & 5th Grade 4-H Lock-In ....................................................... 8 p.m.-8 a.m.
23 4-H Family & Community Education (FCE) Council Meeting ........... TBA
26 Family & Community Education (FCE) and Community Leader Training Lesson “Bite When the Temperature is Right”* 1 p.m.
28 Small Steps to Health and Wealth, online workshop ....... 12-10 p.m.
28 4-H Achievement Night ................................................................. 6:30 p.m.

EXTENSION NEWS

Karen Clinic is interning part-time at the University of Nebraska–Lincoln Extension office to assist 4-H staff as needed. She is a full-time UNL student majoring in Secondary Education with endorsements in mathematics and coaching. She is also on the UNL Flagline. Karen will intern through the end of the school year or longer. She was a longtime Lancaster County 4-H member, serving as president of 4-H Teen Council and on 4-H Council. She was awarded Outstanding 4-H Member in 2016.

Nut Orchard Planning, Planting, Care and Harvesting Seminar, Feb. 16
The Nebraska Nut Growers Association (NENGA) is sponsoring a Nut Orchard Planning, Planting, Care and Harvesting seminar on Tuesday, Feb. 16, 7–9 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln, NE. This seminar will provide you with valuable information on all aspects of growing high-quality cultivar nut trees like pecan and walnut. There will also be an update on handrewt development for our area.

Washington D.C.
4-H Group Has Five Openings
Five spots have opened up for the June 2014 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 funds through organized fund-raising. A $100 deposit is needed to reserved your spot. For more information, contact Deanna Karfmaniz at 441-7180.

FABRIC PESTS
continued from page 6 in a manner so it does not contact the fabric. Placing naphthalene in or on papers may help. Naphthalene does not damage plastics but will corrode metal.

Cold Storage
Dry cleaning maintains cold storage for furs and other valuable fabrics. Professional mothproofing may be helpful in protecting valuable oriental rugs.

Insecticides
Fabric pests are difficult to control because there are so many food sources inside homes. Managing them should focus on the prevention tactics already discussed.
2009 Outstanding 4-H Club Awards

The Lincoln Center Kiwanis Club presents Outstanding 4-H Club Awards to the top 4-H clubs participating in the Lancaster County Fair. There are three categories based on number of club members. One category winner is awarded the Wayne C. Farmer memorial cup as the overall Outstanding 4-H Club for the year. Clubs receive points based on all members’ total county fair exhibit and contest placings. The following clubs were recognized at a recent Lincoln Center Kiwanis meeting and also will be recognized at 4-H Achievement Night on Thursday, Jan. 28 (see page 9).

Fantastic 4 4-H Club of Lincoln is winner of Category I (5-7 members) — and winner of the Wayne C. Farmer trophy as overall Outstanding 4-H Club for the year. The club’s 7 members were enrolled in approximately 17 projects and entered 54 total exhibits at the County Fair. This is the 1st year as an Outstanding Club and the 1st year winning the Wayne C. Farmer trophy. Jennifer Smith is club leader and Mary Hillebran and Jana Sesow are assistant leaders.

Silver Spurs 4-H Club located north of Lincoln is winner of Category II (8-12 members). This club’s main project is horse, but the 11 members were also enrolled in bucket calf, rabbit and dog projects. They entered 82 total exhibits at the County Fair. The club is winning this award for the 1st time. Laura Hardesty is club leader and Kim Bowen, Cassie Sell and Kathy Wiegand are assistant leaders.

South Prairie Wranglers of the Hickman area is winner of Category III (13 or more members). The club’s 65 members were enrolled in more than 30 projects and entered 275 total exhibits at the Lancaster County Fair. Several members are Clover Kids (ages 5-7) who receive participation ribbons at fair. The club is winning this award for the 2nd time. Kendra Ronnau is club leader and there are 7 assistant or project leaders.

All-American Rose Selection for 2010

There is only one winner this year, called ‘Easy Does It’; but it is quite an amazing rose. This rose is a floribunda and has a bushy, rounded habit. It has a double ruffled flower with beautiful mango orange, peach-pink and apricot colors. The shades of sunset show up in fragrant, large colorful clusters of blooms that top the glossy green foliage. This rose is disease resistant and vigorous. You will want to consider it for your rose garden or landscape.

Source: All-American Rose Selection

Overnight Lock-In

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

Overnight Lock-In

Jan. 22, 8 p.m. to Jan. 23, 8 a.m.
Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln

For 4th & 5th graders (need not be enrolled in 4-H)

Juke Box Hero
Fun Projector! Sleep Over! Snacks!

Cost $15/person
Registrations due by Jan. 20

LOCK-IN REGISTRATION FORM

Make check payable ($15/participant) to Lancaster County 4-H Teen Council and mail with registration form BEFORE JAN. 20 to:
Tracy Kulm, UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528

Name of parents/partisan(s) ____________________________ Age ______

Address ____________________________ City/State/Zip ______

Phone ____________________________ Parent or Guardian ______

Special Needs or Other Information (must be filled out) ____________________________

I give permission to use my child’s image in photographs taken at the Lock-In in publications, news articles, advertisements or Web sites pertaining to 4-H. Yes ______ No ______

Parent/Guardian Signature ____________________________ Date ______

For more information, call 441-7180 and ask for Tracy Kulm.

U.S. Drought Monitor Map

As of Dec. 8, Lancaster County was not in drought conditions.

*Source: National Drought Mitigation Center, University of Nebraska–Lincoln*