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The NEBLINE, February 2010

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NEP Helps Educate Families About WIC’s New Food Package

WIC Changes and NEP Lessons Align with Dietary Guidelines for Americans

As of Oct. 1, 2009, Nebraska WIC implemented a new federally required WIC food package which resulted from nutritional concerns about overweight and obesity issues, inadequate fruit and vegetable intake and diets lacking in whole grains.

The new food package aligns with the 2005 Dietary Guidelines for Americans and infant feeding practice guidelines of the American Academy of Pediatrics. The Dietary Guidelines focus on:

- increasing whole grains and fiber
- eating more fruits and vegetables
- drinking less sweetened beverages
- eating less fat and saturated fat

The additional new WIC-approved foods include:

- fresh fruits and vegetables
- whole grain cereals and breads
- canned beans
- brown rice
- soy beverages
- baby foods

NEP staff have been assisting WIC in educating families about the new WIC food package. NEP education has been focusing on buying whole grains, choosing fruits and vegetables, pricing, and nutrient needs. NEP staff also supply recipes and food preparation information.

After NEP lessons on eating fruits and veggies and shopping tips, a teen mom who had received her WIC fruit/veggie voucher, reported, “When I was shopping, I looked for fresh fruit that was in season and on sale to buy with my voucher. I bought a bunch of strawberries, ate some fresh and then froze the rest to use later.”

Ann Goshorn, Family Service WIC Program Coordinator, says, “It has been great having NEP’s help to explain all the new changes (in the WIC food package) to WIC clients. NEP staff teach participants how to incorporate WIC foods into everyday meals.”

The new food package aligns with Dietary Guidelines for Americans.

For information about using whole grains and a recipe, “Vegetable Rice Skillet,” see page 4.

NEP and WIC Partnership

Statewide, NEP and WIC work together to provide nutrition education to WIC clients. Both programs receive federal funding from the United States Department of Agriculture. The NEP/WIC partnership allows each program to focus on what each does best and the result is healthier families.

In Lancaster County, NEP collaborates with both Family Service WIC and the Lincoln/Lancaster County Health Department WIC to provide nutrition education at six Lincoln sites. Nutrition topics include meal planning, cooking tips, MyPyramid, food safety, feeding children, healthy snacking and physical activity.

Melissa Oerman, Lincoln/Lancaster County Health Department WIC Supervisor, says, “NEP has always been a nice extension of WIC, providing additional information on food safety, food security and cooking as well as budgeting. NEP staff are able to spend a concentrated effort on those aforementioned topics, which has continued to prove beneficial to the WIC clients.”

The Nebraska Extension Educator

The University of Nebraska-Lincoln Extension’s Nutrition Education Program (NEP) collaborates with the Nebraska Supplemental Nutrition Program for Women, Infants and Children (WIC) to teach limited-resource families in Nebraska how to make healthy food choices and how to make food dollars go further.

Overview of NEP

The Nutrition Education Program teaches nutrition, food safety and food resource management to limited-resource families, including, but not limited to, WIC and Supplemental Nutrition Assistance Program (formerly Food Stamps) clients. NEP is the umbrella term for the Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program Education (SNAP Ed) in Nebraska.

UNL Extension manages NEP and delivers nutrition education to residents in 42 counties in Nebraska. NEP is free to all participants who meet income guidelines. Enrollment who complete six or more nutrition lessons receive a NEP cookbook.

In Lancaster County, NEP partners with more than 200 local agencies, coalitions and schools. For more information about Lancaster County NEP, contact 441-7180 or go to http://lancaster.unl.edu

Overview of WIC

The Special Supplemental Nutrition Program for Women, Infants and Children serves pregnant, breastfeeding and postpartum women, infants and children under age five who are considered at nutritional risk. WIC provides supplemental foods (in the form of vouchers), health care referrals and nutrition education at no cost to clients. Approved foods include formula, milk, eggs, cheese, bread, rice and cereal. WIC clients are required to participate in nutrition education.

Eligibility includes incomes up to 185% of the federal poverty income guidelines ($40,793 for a family of 4).

In Lancaster County, WIC services are provided through Family Service and the Lincoln/Lancaster County Health Department. To learn more, call Family Service WIC at 441-8635 (online at www.familyservicelincoln.org/wic.php) or Lincoln/Lancaster County Health Department WIC at 441-6200 (online at www.lincoln.ne.gov/city/health/dentalclinwic.htm).
Managing High Moisture Corn in Late Winter and Spring

Tom Dorn
UNL Extension Educator

FARMER 1 QUESTION

I had no choice, I had to put high moisture corn in the bin and try to get it dry to 15% moisture? ANSWER

Given the grain moisture contents you described, you could start drying again when air temperature is above 40°F and the humidity is below 60%. However, if you do not detect any signs of heating in the bin, you could reduce the number of hours of fan operation to dry the grain when you wait until daytime temperature is above 50°F to start drying.

Caution: Once you warm the grain above 45°F, it will be more susceptible to mold growth, so warm the grain only if the forecast calls for several days of good drying conditions and you expect to be able to run the fan more than 12 hours a day.

If the grain is warm, old and is predicted to stay cold, you should run the fan to cool the grain of the rolling 10-day window growth until the next good drying opportunity.

Look at the estimated time to dry corn chart in "Drying Time for Binned Corn Using Natural Air" online at http://lancaster.unl.edu/ag/Crops/storage.shtml#Newsletters.

Your two bins of corn are 16% and 17.9% moisture. The bin with 16% moisture should dry in about 120 hours assuming you have 1 cfm/bu airflow and the average air temperature is 40°F and humidity is 50%. If the fan is operating. The time to dry from about 18% to 15% moisture is about 14.5 days under the same average temperature and humidity conditions.

FARMER 2 QUESTION

I have a 48-feet diameter bin with a full mesh drying floor and a 15 horsepower centrifugal fan. I filled this bin to the eave (32 feet) with 17% to 19% moisture corn last week in November. I have run the fan off and on when I thought I could do some good, but the grain will not go down to 16% and I can reach my sixth foot grain probe is as wet as ever. What advice can you give me?

ANSWER

Large bins, such as yours, are intended for storing dry grain. According to the FANS* program, you have only one-third of a cubic foot per minute per bushel (0.13 cfm/bu) airflow when this bin is filled to the eave. This is adequate for drying. The high-moisture grain you have will only produce about 0.015 cfm/bu airflow so it is not adequate for drying. Warming the high-moisture grain you have will only work if you can get about 0.1 cfm/bu airflow in the grain. Since you have the moisture content you reported and the airflow you have when the bin is full, my advice is to run your fan as necessary to keep the corn cold (between 25 and 35°F) during the winter months. This should stop mold growth and buy you some time until you can act on the remainder of my advice.

You should not plan on drying the grain in this bin (at least not the depth of grain you have now). You need to move some of this grain to another facility to get it dried. I would recommend you find a producer who has a drying bin or high-speed dryer they are no longer using and get the grain dried to safe moisture content before the end of February. The fan you have on this bin can produce the minimum recommended airflow for drying (1 cfm/bu) when the grain depth is 12 feet. You should move 28,950 bushels to another dryer, but you can keep 17,400 in the bin and dry it in place. Air takes the path of least resistance through grain. You will need to level the grain in the bin after unloading, so the airflow is uniform across the entire grain mass.

* FANS: Fan Selection for Grains Bin software programs by University of Minnesota can be downloaded at http://lancaster.unl.edu/ag/.

Financial Recordkeeping Workshop, Feb. 18

One of the most popular in-depth extension programs, a Computerized Farm Financial Recordkeeping workshop will be offered Thursday, Feb. 18, 9 a.m.–4:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln. Preregister before Feb. 12. Preregistration with payment is a sign-in spot.

The concepts taught in this workshop are open to several inexpensive computerized record keeping software programs, with slight differences in modifications in procedure. This workshop will be taught hands-on using Quicken Deluxe in the classroom. All instruction will be presented in a hands-on teaching style with participants sitting at computers performing the tasks being demonstrated.

To save time, much of the instruction on generating reports will be done using sample data files created to represent a typical Nebraska small crop operation. Participants will receive a step-by-step written instructions for all tasks being demonstrated. There is no training of the software programs but the handouts are one of the best aspects of the training.

For a brochure with detailed information and registration form, write or call the Extension office or go to http://lancaster.unl.edu/ag or call 441-7180 and ask to be put on the "Recordkeeping Workshops," or call 441-7180 and ask to have one mailed to you. To register, visit the registration form, visit the Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln.
Heat Safely with Alternative Fuel Heating Systems

Thrift Aid for Houseplants

Prune Shrubs and They Will Thrive

As winter moves ever so slightly toward spring, pruning works its way to the top of the gardening “to-do” list. Pruning keeps ornamental shrubs healthy by removing dead, dying and diseased wood and encourages the natural and sturdy growth of the plant.

Pruning intimates many homeowners. Timing is key, the weather can be too warm or too cold, and most people are afraid of making a huge mistake. Most major pruning is done in late winter to early spring. This is an opportunity to examine the shrub or tree and get a handle on what needs to be done.

As for what you should keep your shrubs and bushes healthy. Pruning is one of those tasks that often gets neglected or forgotten. To remember basic pruning guidelines to cope with the many different sizes, shapes and growth forms of ornamental shrubs.

For this work you need hand pruners, longer-handled loppers or pruners and a trowel and water can help increase humidity

Grouping plants together on pebble trays filled with water can help increase humidity

The typical household in winter is a hazardous place for houseplants. Although we grow them indoors, most houseplants are outdoors plants in their native climates. Tropical and subtropical species can be damaged by temperatures below 50°F or being too warm in winter can also be a problem.

The air in most homes becomes extremely dry as furnaces force warm air through the rooms. It is not unusual for relative humidity inside the home to drop to 15 percent during the winter heating season. Most houseplants do best at 35–45 percent relative humidity. Warm temperatures coupled with low humidity, can cause plants to lose water faster than they can take it up. So, even though the soil may hold plenty of moisture, the leaves may begin to droop or turn brown along the edges. Hot, dry, stale air creates a less favorable environment for spider mites to become troublesome.

The most effective way to increase relative humidity for the comfort of both plants and people is to run a humidifier. Grouping plants together on pebble trays filled with water can also help. However, misting plants occasionally with a spray bottle only increases the humidity and it does not effectively change the relative humidity. Keep all plants away from hot air or near heat registers. Fertilizers are especially sensitive to dry air, so take care to place them in a protected area.

Some plants may also be a problem. If your older stove has not been used a woodburning stove for combustion, it creates a favorable environment for spider mites to become troublesome. The most effective way to increase relative humidity for the comfort of both

As for plants, you should prune shrubs and prune trees, then you should prune them. There are many different sizes, shapes and growth forms of ornamental shrubs and trees. Some of the most common landscape shrubs respond well to major pruning. Cutting back the actively growing parts of a shrub will stimulate growth from dormant buds on some old branches, so you won’t know exactly where new growth will start. You may have to follow up during the next few seasons with more pruning to cope with an over-abundance of young stems.

Many common landscape shrubs respond well to major pruning. Cutting back the actively growing parts of a shrub will stimulate growth from dormant buds on some old branches, so you won’t know exactly where new growth will start. You may have to follow up during the next few seasons with more pruning to cope with an over-abundance of young stems.

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The American Heart Association recommends consuming two servings of fish, especially oily fish, at least twice a week. Examples of fish rich in omega-3 fatty acids include salmon, trout and mackerel.

Enjoy the health benefits of salmon in this quick and easy salmon patty recipe from a new cookbook by the American Dietetic Association and Food and Culinary Professionals.

**Health Benefits of Whole Grains**

Whole grains contain the whole grain kernel. Examples of whole grains include whole-wheat flour, bulgur, oatmeal and brown rice. Refined grains have been processed in a way that removes the fiber, iron and many B vitamins. Examples of refined grains include white flour, enriched bread and white rice. Iron and certain B vitamins are sometimes added back into refined products, but the fiber is not.

So we know eating whole grain products is more beneficial to our health, but figuring out what a "whole grain" product is when shopping can be tricky. Recent visits to local grocery stores show there are many whole grain products available, and many on sale.

The following tips will help you know the healthiest grains to purchase:

- **The first ingredient listed on the food label should be the "whole grain."**
- **The product should say "100% whole wheat (or oat, etc.)" on the package.**
- **Products labeled with the words, "multi-grain," "stone-ground," "cracked wheat" or "seven-grain" are usually NOT whole grain products.**

To get the most nutrients for your money, buy whole grain products. For more savings, buy whole grain products on sale, freezing some for later use.

At right is a recipe from UNL Extension Nutrition Education Program’s cookbook, "The Cook’s Helper," using the whole grain, brown rice.

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**Anna’s Salmon Cakes**

Robin Thomas, M.S., R.D., L.N.

Crap cakes are famous here in Maryland, but not always practical or affordable. This quick and easy recipe uses ingredients that can be kept on hand for preparation on busy days. Anna was my mother-in-law who prepared simple but delicious meals. This is one of the recipes she typed up for me when I married her son.

**Serves:** 2

**Cooking time:** 10 minutes

1 1/2 ounce can salmon, drained, skin removed
1/4 cup plain, low-fat yogurt
1/2 cup finely chopped red onion
1 egg, lightly beaten
1/2 cup reduced-fat mayonnaise
2 teaspoons horseradish vegetable oil cooking spray

Mix all the ingredients except the cooking spray in a medium-size bowl. Form into 4-ounce patties. Coat a medium nonstick pan with the cooking spray, heat over medium-high heat. Cook the salmon cakes on both sides until golden brown.

**NUTRITION PER SERVING:** Serving size 2 patties, Calories 280 kcal, Fat 11 g, Carbohydrates 10 g, Protein 26 g.

**NUTRITION NUGGET:** This is an easy and inexpensive way to eat omega-3's, fish (with anti-inflammatory properties that may help fight heart disease).

**SUBSTITUTION:** Chive sauce may be used instead of horseradish.

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**Eat Healthy for a Healthy Heart**

**BAD fats** — Trans and saturated fats:

- Trans fat is found in many foods, but especially in commercial baked goods (doughnuts, pastries, muffins, cakes, pies, crackers, biscuits and cookies), fried foods (French fries, fried chicken, deep-fried peanut nuggets and breaded fish),
- Snack foods (crackers), and other foods made with partially hydrogenated vegetable oils, vegetable shortening or hard margarine. (Soft margarines typically do not contain trans fat.)
- Saturated fats are found in naturally in many foods. The saturated fat we eat comes primarily from animal sources, including beef, lamb, pork, poultry with skin, skin fat, lard, cream, butter, cheese and other dairy products made from whole or reduced-fat (2 percent) milk.

**BETTER fats**

- Monounsaturated and polyunsaturated fats:
  - Major sources of monounsaturated fat include olive oil, canola oil, peanut oil, avocados and many nuts and seeds.
  - Major sources of polyunsaturated fat include a number of vegetable oils (corn, safflower oil and sunflower oil), fatty fish (salmon, tuna, mackerel, swordfish, herring and trout) and some nuts and seeds.

**Colors of fats from:**

Regardless of the type of fat, all fats have the same number of calories — one gram of fat contains 9 calories. "Trans fat-free" doesn’t really mean "healthy." Foods marked "trans fat-free" may still contain saturated fat, the other bad fat and be high in calories.

For more information, recipes and a "fats translator" that personalizes these recommendations for you, visit http://www.americanheart.org/FatTheFacts

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**Vegetable Rice Skillet**

4 servings

| 1 (15 ounces) can kidney, black or garbanzo beans, drained and rinsed | 14 (4.5 ounces) cups steamed tomatoes
| 2 cups mixed vegetables, frozen | 1 cup carrot
| 3/4 cup brown rice, uncooked | 1/2 teaspoon dried thyme or dried dill weed
| 1 (10 3/4 ounces) can tomato soup | Hot sauce (optional)

**Cheddar, shredded (optional)**

- 1 large bell pepper, cut into strips, 1 (14 1/2 ounces) can kidney beans
- 2 cups steamed tomatoes, diced
- 1 cup carrots
- 3/4 cup brown rice, uncooked
- 1/2 teaspoon dried thyme or dried dill weed
- 1 (10 3/4 ounces) can tomato soup
- Hot sauce (optional)
- Cheese, shredded (optional)

**Nutrition Information Per Serving: Calories 350, Total Fat 2 g (3% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 250 mg (10% DV), Total Carbohydrate 74 g (25% DV), Dietary Fiber 9 g (34% DV), Sugars 10 g, Protein 13 g, Vitamin A 80%, Vitamin C 90%, Calcium 10%, Iron 35%.

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**Carbohydrate, including stroke, are the number one killer in our nation. Since 1965, Congress has required the president to proclaim February "American Heart Month." The December meeting of the American Heart Association (AHA) works with the administration to draft and sign this proclamation.

The old phrase, the way a man’s heart is through his stomach, can also be applied to his heart health. The same is true for women.

Two newer recommendations from the American Heart Association involve:

- Limiting "added" sugars
- Eating healthier fats

**Limit Added Sugars**

For the first time (Aug. 24, 2009), the AHA issued guidelines on how much "added" sugar we should consume.

Added sugars include both sugars and syrups added into the food and the table and those added to foods during processing or preparation. To determine the amount of added sugar in a processed food, check the Nutrition label; 4 grams of sugar equals about 1 teaspoon of sugar. Also, the amount of sugar listed on the Nutrition Facts label includes both naturally occurring sugars (like those in fruit and milk) as well as those added to a food or drink. Check the ingredient list for added sugars.

Most American women should consume no more than 100 calories (about 6 teaspoons) of added sugar daily, and men no more than 150 calories (about 9 teaspoons). A 2001-04 Nutrition Health and Nutrition Examination Survey showed the average American consumed 22.2 teaspoons per day (355 calories).

More specifically, the new guidelines recommend no more than half of a person’s daily discretionary calorie allowance should come from added sugars. Discretionary calories are the calories left over after a person eats the recommended types and amounts of foods to meet nutrient requirements. This amount varies depending on activity level and energy requirements. For more information on determining your recommended discretionary calories, visit http://www.mypyramid.gov/pyramid/ dietary-calories_r.html.

High intake of "added" sugars in contrast to sugar “naturally” occurring in foods such as fruits and milk is associated with the rise in obesity and increased risks for high blood pressure, high triglyceride levels and other risk factors for disease and stroke.

Rather than consuming high sugar foods, take advantage of the concentrated sweetness of sugar. Add sugar sparingly as a flavor-enhancer to nutrient-rich foods such as whole grain cereals. When you do consume a sugary food, choose a smaller portion and eat slowly to savor the flavor.

**Eat Healthy Fats**

Researchers are learning the type of fat we eat may be as important, maybe more so, than the amount.

The AHA has launched the "Face the Fats" campaign to help consumers minimize trans fats and saturated fats in their diets and to replace them with healthier fats and oils in unsaturated fats. As described in their news release, the campaign helps "break down complex fat information, focusing initially on the bad fats and healthier alternatives. It’s important for consumers to eat all fats in moderation and cut down on the "bad" fats as treats only — once in a while rather than often.

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**Food & Fitness**

The NERLINE

http://lancaster.unl.edu

Enjoy Nebraska Foods!

The American Dietetic Association and Food and Culinary Professionals.

Enjoy the health benefits of salmon in this quick and easy salmon patty recipe from a new cookbook by the American Dietetic Association and Food and Culinary Professionals. © 2005, John Wiley & Sons.)

Cooking Healthy Across America by American Dietetic Association and Food and Culinary Professionals, a Diabetic Practice Group of ADA. © 2005, John Wiley & Sons.)

Enjoy Nebraska Foods!

The American Dietetic Association and Food and Culinary Professionals. © 2005, John Wiley & Sons.)

Cooking Healthy Across America by American Dietetic Association and Food and Culinary Professionals, a Diabetic Practice Group of ADA. © 2005, John Wiley & Sons.)
Putting things off is something that plagues us all, at one time or another. But some people seem to be better able to manage procrastination. Good procrastination managers often use one of the following techniques.

1) Teach your children how to cope with problems and stress. You can teach them some basic techniques on how to deal with stressful situations. Parents should be careful not to push their child in to adopting this technique. It’s okay to step back and reflect on it. You just might get annoyed with your child’s coping style or 441-7180. Register on the Web site by Jan. 15. The program includes a workbook that includes action steps and worksheets.

2) Encourage your children’s playful side. You can show your kids how to be light, how to take pleasure in the simple things, and how to enjoy life, how to be pleased with their accomplishments, how to laugh at a child’s jokes — even if they’re not very funny. Laughing is good for your health, increase your wealth or both. The program explores 25 behavior-change techniques. Identify small progress steps. This keeps your procrastinating to a minimum. You can make use of these techniques to help you get things done.

More Fun in Your Family Life

There’s hardly a family expert who would not agree with the message family fun is vitally important for healthy living. If you merely teach children how to cope with problems you haven’t taught them how to enjoy life. Here’s how to teach this important life skill:

1) Make ordinary things fun. The most common phrase about fun is it doesn’t even have to cost anything, and it doesn’t even have to take extra time. But if I did, they would probably be broken by now. So, hopefully, you are doing better than I am. February is a birthday month in our family, so have a birthday week’s memories to keep. It is also Valentine’s Day, so remember your significant other. Remember the day, Jan. 25, 1 p.m. Council Meeting. “Clinical with a Heart” will be presented by Extension Educator Lorene Bartos on Thursday, Feb. 25, 1 p.m. Participants will explore ways to reduce stress and improve the household budget. Learn ways to make the most of what you earn and how to eliminate spending leaks and develop strategies to make the most of your financial resources and other available resources. Lessons will be presented at the Lancaster Extension Education Center, 444 Cherry Creek Road. If you are not an FCE member or your club is not doing the lessons and you would like to attend either training, please call Pam Schroeder at 441-7180 so informational packets can be prepared.

2) Teach your children the magic of anticipa- tion. Kids learn from their parents how to look forward to things. It’s important to sit down with your children daily and talk about coming happy events — to show them how to anticipate good times. It doesn’t have to be a major event, like a trip to Disney World or a holiday with tons of presents. Something simple, like talking about next weekend, will do. Parents should be careful not to push their child in to adopting their analytic style. It’s okay to let your child simply experience the wonderment of something-like rolling in a pile of leaves.

3) Help your children be realistic about what’s going to happen. You get your kids in the mood for anticipating something wonderful things about to take place, and suddenly their imagina- tion knows no bounds. You don’t want him to be a spoiler, but you also don’t want to let your children think anything is going to swing wildly away from what’s practical.

4) Get in the habit of savoring the moment. Children tend to be absorbed in the experience, while adults may step back and reflect on it. Parents should be careful not to push their child in to adopting their analytic style. It’s okay to let your child simply experience the wonderment of something-like rolling in a pile of leaves.

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

The FCE/Community Leader training lesson “Living Resourcefully: Finding Ways to Make Your Dollars Go Further” will be presented by Extension Educator Lorene Bartos on Thursday, Feb. 25, 1 p.m. Participants will explore ways to reduce stress and improve the household budget. Learn ways to make the most of what you earn and how to eliminate spending leaks and develop strategies to make the most of your financial resources and other available resources. Lessons will be presented at the Lancaster Extension Education Center, 444 Cherry Creek Road. If you are not an FCE member or your club is not doing the lessons and you would like to attend either training, please call Pam Schroeder at 441-7180 so informational packets can be prepared.

Stop Procrastinating

The FCE/Council leader training lesson “Living Resourcefully: Finding Ways to Make Your Dollars Go Further” will be presented by Extension Educator Lorene Bartos on Thursday, Feb. 25, 1 p.m. Participants will explore ways to reduce stress and improve the household budget. Learn ways to make the most of what you earn and how to eliminate spending leaks and develop strategies to make the most of your financial resources and other available resources. Lessons will be presented at the Lancaster Extension Education Center, 444 Cherry Creek Road. If you are not an FCE member or your club is not doing the lessons and you would like to attend either training, please call Pam Schroeder at 441-7180 so informational packets can be prepared.

The FCE/Community Leader Training lesson “Bite When the Temperature Is Right,” will be Tuesday, Jan. 26, 1 p.m. Extension Educator Alice Henneman 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.

FCE News & Events

FCE Council Meeting, Jan. 25

The first FCE Council meeting for 2010 will be Monday, Jan. 25, 1 p.m. at the Lancaster Extension Center. Teresa Harms, director of Clinic with a Heart 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.

Two Leader Training Lessons

The FCE/Community Leader Training lesson “Bite When the Temperature Is Right,” will be Tuesday, Jan. 26, 1 p.m. Extension Educator Alice Henneman 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.

1) Make ordinary things fun. The most common phrase about fun is it doesn’t even have to cost anything, and it doesn’t even have to take extra time. But if I did, they would probably be broken by now. So, hopefully, you are doing better than I am. February is a birthday month in our family, so have a birthday week’s memories to keep. It is also Valentine’s Day, so remember your significant other. Remember the
2010 All-America Selections

Gaillardia ‘Mesa Yellow’

‘Mesa Yellow’ is the first hybrid blanket flower with a controlled plant habit and prolific flowering. The 3-inch daisy like flowers and globe shaped seed heads offer a superior presentation of color which continues throughout the summer. Gardeners will be glad to know they can cut the blooms for casual bouquets.

When planted near the inside edge of the container, they will cascade with mature plants reaching 20 to 22 inches in a full sun garden location. The neat, mounded plants are adaptable to smaller space gardens or any type of containers. When planted near the inside edge of the container, they will cascade down the container. They are relatively maintenance free. ‘Mesa Yellow’ plants proved to be wind and rain resistant, meaning the plants recover quickly from severe weather.

Snapdragon ‘Twinny Peach’

‘Twinny Peach’, a snapdragon without the snap. Because it is a double butterfly flower form that does not have the jaws or joints to snap. The double flower form is the origin for the name ‘Twinny’ or twins. Another unique quality is the peach tone colors. The soft shades of peach, yellow and light orange are distinct, and no other snapdragon offers this range of colors. In the full sun garden, ‘Twinny Peach’ will produce abundant flower spikes, plenty to cut and place in vases for fresh indoor bouquets. Plants will continue to flower all season with little garden care. Like all snapdragons, ‘Twinny Peach’ is easy to grow and it exhibited heat tolerance in the All-America Selection Trials.

‘Endurio Sky Blue Martien’ Viola

A stunning combination of new and describes ‘Zahara Starlight Rose’. Zinnias are old-fashioned flowers but these rose and white flowers are a new bicolour for this sun loving class of annuals. Other new traits are the proven resistance to leaf spot and mildews, which can devastate healthy plants and cause an early death. These superior qualities resulted in long lasting zinnia plants that provide generous color all season. ‘Zahara Starlight Rose’ is heat and drought tolerant, easy to grow in gardens. A perfect plant for the novice or experienced gardener because it is so undemanding with a maximum number of blooms. The mature plants are mid-sized, about 12 to 14 inches tall and wide, large enough to make a bold statement in containers or patio urns.

Source: All-America Selection (AAS)

Garden Guide

THINGS TO DO THIS MONTH

by Mary Jane Frogge, UNL Extension Associate

Check stored bulbs, tubers and corms. Discard any that are soft or discolored.

Prune fruit trees and grapes in late February or early March after the worst of the winter cold is passed but before spring growth begins.

Order gladiolus corms now for planting later in the spring after all danger of frost has passed. Locate in full sun in well-drained soil.

Branches of forsythia, pussy willow, quince, spirea and dogwood can be forced for indoor bloom. Make long, slanted cuts when collecting the branches and place the stems in a vase of water. Change the water every four days. They should bloom in about 3 weeks.

This year plan to grow at least one new vegetable that you have never grown before; it may be better than what you are already growing. The new dwarf varieties on the market which use less space while producing more food per square foot may be just what you are looking for.

Send off seed orders early this month to take advantage of seasonal discounts. Some companies offer bonus seeds of new varieties to early buyers.

Do not start your vegetable transplants indoors too early. Six weeks ahead of the expected planting date is early enough for the fast-growth species such as tomatoes. Eight weeks allows enough time for the slower-growing types such as peppers.

Check any vegetables you have in storage. Dispose of any that show signs of shriveling or rotting.

Late February is a good time to air-layer such house plants as dracaena, dieffenbachia and rubber plant, especially if they have grown too tall and leggy.

Order perennial plants and bulbs now for cut flowers this summer. Particularly good choices are phlox, daisies, coneflower, asters and lilies.

Check all five growing factors if your house plants are not growing well. Light, temperature, nutrients, moisture and humidity must be favorable to provide good growth.

Repair and paint window boxes, lawn furniture, tools and other items in preparation for outdoor gardening and recreational use.

Landscape Plants that Attract Birds

Cardinal in an evergreen.

Mature trees, shrubs or vines, consider their landscape value for both you and the birds. Plants with good summer and fall foliage, attractive flowers, colorful fruit, interesting branching patterns and attractive bark. You should also consider maintenance. For example, you will want to avoid plants with pest problems that require frequent or regular pesticide sprays to control.

With these tips in mind, here are some excellent landscape trees, shrubs and vines to attract birds in Nebraska. Evergreen trees are important because they provide year-round cover for birds. Some of the better large evergreen trees are douglas fir, hemlock, eastern red cedar and spruce. Small to medium scale evergreen trees include yew, arborvitae and junipers.

Medium to large deciduous trees known for attracting birds include the alder, serviceberry, maple, chokecherry, plum and many varieties of flowering crabapple. There are also many shrubs that will attract birds. Some of the best include dogwood, sumac, viburnum, hazelma, blueberry and honeysuckle. Good vines for birds include bittersweet, grape and Virginia creeper.
Barb Ogg  
UNL Extension Educator

While sorting boxes of old text books recently, I found an old paperback edition of Rachel Carson’s _Silent Spring_. Published in 1962, _Silent Spring_ documented the detrimental effect of pesticides on the environment. Carson argued uncontrolled pesticide use was not only harming animals and birds, but also humans. This book was widely read and effectively launched the environmental movement and legislation that created the U.S. Environmental Protection Agency (EPA).

While it may not have been so, it is still sometimes debated in coffee shops. Since I have been in extension, more than one person has informed me the only really good insecticides were taken off the market years ago—referring to the EPA banning of DDT and other chlorinated hydrocarbons.

But, Carson did not advocate the banning of helpful pesticides, but encouraged pesticides be used in a careful and responsible manner, with an understanding of chemicals’ impact on the entire ecosystem. Much of what she wrote about has changed. The EPA’s pesticide registration process requires manufacturers to conduct a myriad of health and environmental studies before pesticide approval and labeling. The lethal label directs application directions for use and disposal of the product.

Indoor Use. When pesticides are applied indoors, people who spend time inside structures can be exposed. Indoor environments include your home, your office, in schools or daycare centers. I do not advocate routine, indoor pesticide applications for managing pests because, in most cases, no benefit will be gained from the treatment. The risk of pesticide exposure is greater than the benefit.

For indoor pests, non-toxic methods of control can be used effectively and traditional pesticides are not needed. But, no one method will work for everything—the most effective method of controlling each pest is specific to that pest. This is why pest identification is very important.

Identification

Instead of reaching for the aerosol insecticide, first identify the offending pest. Here is where the extension office can help you. We identify insects and pests in your backyard, your home, your office, schools or daycare centers. I do not advocate routine, indoor pesticide applications for managing pests because, in most cases, no benefit will be gained from the treatment. The risk of pesticide exposure is greater than the benefit.

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Alternatives to Pesticides

There are so many alternatives to traditional pesticides, it is hard to know where to start.

1. Prevent Entry. This seems like a simple and obvious solution, but it is hard to know where to start. The simplest way to prevent entry is to seal all cracks and crevices, especially in the fall of the year. Pests include spiders, cockroaches, and termites. Self-adhesive traps outsides doors is to seal those cracks and crevices.

2. Eliminate Food and Moisture Sources. Pests such as boxelder bugs, millipedes and many other insects and arthropods rely on food and water for survival. Other pests associated with moisture include termites and several species of ants, including carpenter ants. Silverfish, millipedes, centipedes, springtails and booklice also thrive in moist conditions.

You can accidentally bring pantry pests, like flour beetles and Indian meal moths into the home in grain-based food. If you find “bugs” in your pantry, search food items in your kitchen and throw infected food away. No pesticides are needed. If, in fact, if pesticides are used and the source of the infestation is not found, the insecticide will not be helpful in controlling the infestation. Again, pesticide exposure is greater than the benefit.

3. Eliminate Harborage. Are you providing places for pests to live? If you have a lot of clutter, you provide more hiding places for cockroaches, mice and other pests.

4. Traps. Passive catching of many pests using traps is one of the oldest methods of pest control. The oldest traps in existence were designed to kill rodents. Glueboards catch crawling insects such as spiders, crickets and cockroaches. Inexpensive fly tape, invented in 1861, is still effective at catching flies.

Vacuuming. Insects, like ladybugs and millipedes can be controlled with a vacuum cleaner. It is simple and there’s no risk of insecticide exposure.

Using Low-Risk Pest Control Strategies in Sensitive Environments

If you eliminate moist food) regularly. If you eliminate resources. For example, German and brown recluse spiders and ants. Several presentations will emphasize low-toxic pest management approaches to be used in schools, daycare centers, retirement homes and other sensitive environments.

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Meet the 2010 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 food 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:

Kirk Gunnerman (President)
Eric Dresser (Vice President)
Ellen Mushling (Secretary)
Jannette Nelson (Treasurer)
Robin Andrusiak-Hollman
Julie Miller
Jeff Cossey
Kent Frobish
Quentin Farley
Jennifer Curick Rawlinson
Brian Vogler

New 4-H Projects

There are several new or revised 4-H projects this past year. Come to the extension office and check them out as they are excellent curriculum materials.

**Design Decisions** — is newly revised, all color with updated activities and content designed for youth 12–18 years old.

**Insectigator** — all color, teaches the difference between an insect and a bug and how to identify insect parts and more.

**Wildlife Conservation** — all color, three levels, teaches about the roots and values of wildlife, wildlife homes and more.

**Fast Foods** — new CD-ROM with videos on cooking terms, cooking utensils and recipes.

**Creative Corners** — new CD-ROM, supplement to Quilt Quest, good for beginning quilters.

4-H Speech Contest

The 2010 4-H Speech Contest will be held Sunday, April 18 at 1:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Registration is 7-9 p.m. The Speech Contest provides 4-H’ers the opportunity to learn to express themselves clearly, organize their ideas and have confidence. Register by April 12 by calling 441-7180 or e-mailing k242lx@unl.edu with name, speech title and age division.

Contest divisions and requirements:

- **Clover Kid**: 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 about a 4-H experience.
- **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**: 14–18, 5–8 minutes in length, a timely topic related to 4-H.

For speech resources and examples check our Web site at http://lancaster.unl.edu/4h/Contest/speech.shtml

4-H PSA Contest Guidelines

In the PSA Contest, 4-H’ers submit a “radio commercial” recorded on a cassette tape or CD by Monday, April 12. PSA must provide 4-H and should be 60 seconds. State 4-H asks for PSA’s to be non-county specific so winning PSA’s can be aired on radios statewide (for example, say “call your local extension office”). If you do not have the capabilities to record a PSA, contact Deanna at 441-7180 to set up a time. Results and comment sheets will be handed out at the 4-H Speech Contest on Sunday, April 18. Additional contest information, PSA guidelines and examples can be found online at http://lancaster.unl.edu/4h/Contest/speech.shtml

Spring Rabbit Show

Saturday, March 20, 9 a.m.

Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln, Registration 7–9 a.m.

Awards will be given!

CLASSICS: Fancy Rabbis, Commercial Rabbits, Pet Class and Pee Wee Class.

**APPLICATION FEES:** $3.50 per rabbit or cavy, $1 per class, $1 Showmanship.

**FREE CONTESTS:** Rabbit Quiz & Rabbit Races!

**RAFFLE FOR MANY PRIZES!**

TICKETS 3 FOR $1.

Please bring in an item for raffle such as crafts, rabbit items, plants, Easter/Spring items, books, etc.

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 441-7180 or Marty at 441-7180.

Sponsored by Lancaster County 4-H Rabbit VIPS Committee and UNL Extension in Lancaster County

10 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/4h/4Hscholarship.html. Applications must be postmarked by March 1.

4-H & Youth

February 2010
Lancaster County 4-H and 4-H Council invite ALL 4-H’ers, 4-H families and volunteers to
Achievement Night
Thursday, Jan. 28 • 6:30 p.m.
Lancaster Extension Education Center
444 Cherry creek 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.

Crocheting Workshop, Feb. 6
All youth ages 8 and up (need not be enrolled in 4-H) are invited to learn how to crochet a washcloth at a free Basic Crocheting Workshop on Saturday, Feb. 6, 9 a.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. All supplies will be provided. Adults are welcome to attend. Must pre-register by Feb. 4 by calling 441-7180. 4-H’ers may enter washcloths at the county fair under 4-H Clothing — Level 1 Knit or Crochet.

Pillow Party, Feb. 20
All youth ages 8 and up (need not be enrolled in 4-H) are invited to learn beginning sewing skills and make a pillow at the Pillow Party on Saturday, Feb. 20, 9 a.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. Bring your sewing machine, basic sewing equipment such as scissors, pins, measuring tape, etc. also bring 1/3 yard and 2.5 yard contrasting fabrics, pre-washed, 100% cotton (no plaid) and matching thread. Pillow forms provide. No cost to attend. Adults are welcome. Sign up by Feb. 18 by calling 441-7180. 4-H’ers may enter pillows at the county fair under 4-H Clothing – Sewing for Fun.

Jammie Jamboree, April 10
Save the date to attend the Jammie Jamboree. All youth ages 8 and up (need not be enrolled in 4-H) are invited to learn basic sewing skills and make jammie bottoms on Saturday, April 10, 9 a.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. Additional information will be in the next Nebraska.

2010 Photography Themes
4-H Photography themes have been announced for county fairs and the Nebraska State Fair:
• Unit 2 — A Season of Change
• Unit 3 — Health in the Heartland

4-H Clubs Needed to Help Provide Booths at Kiwanis Karnival, April 10
The annual Kiwanis Karnival, a FREE family event is sponsored by the Lincoln Center Kiwanis. This year, it will be held Saturday, April 10, 6-8 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!

1st Annual County Fair 4-H/FFA Livestock Auction
This year, we are lucky to have a dynamic committee putting together help to establish a Lancaster County Fair 4-H/FFA Livestock Auction! 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 bidding 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 of the 4-H year, fill out a report which documents their accomplishments. For each level, the Nebraska 4-H Diamond Clover Program provides a list of age-appropriate activities, increasing in numbers and difficulty for each level. For more information, call Tracy or Deanna at 441-7180 or go to http://4h.unl.edu/kids/diamond

Clover College Instructors and Volunteers Needed
4-H Clover College will be held June 15-18 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!

Creston College Instructors and Volunteers Needed
4-H Clover College will be held June 15-18 at the Creston Extension Education Center. Creston 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!

Do You Tweet? 4-H Twitters!
LancasterCo_4H is using Twitter. Twitter is a free service that lets you keep in touch with people through the exchange of quick, frequent answers to one simple question: What are you doing? Join at http://twitter.com/LancasterCo_4H to start receiving LancasterCo_4H’s updates.

Now is a Good Time to Choose 4-H Diamond Clover Goals
The Nebraska 4-H Diamond Clover Program is a statewide program which encourages 4-H members to engage in a variety of projects and activities. Every 4-H’er who participates can earn recognition! Youth can progress from Level 1 up to Level 6.

At the beginning of the 4-H year, youth choose goals from a provided list of experiences. For each level, the Nebraska 4-H Diamond Clover Program provides a list of age-appropriate activities, increasing in numbers and difficulty for each level.

For more information, call Tracy or Deanna at 441-7180 or go to http://4h.unl.edu/kids/diamond

Nebraska 4-H Photography Themes
February’s “Heart of 4-H Award” in recognition of outstanding volunteer service. Jen has volunteered with 4-H for nearly five years. She is organizational leader of the Fantastic 4-H club which recently held a blanket drive (see back page). Last year, she presented two Clover College workshops and volunteered at 4-H Council’s food booth at the Lancaster County Fair. Jen has also helped at Style Revue judging, Kiwanis Karnival and the 4-H Kick Off.

“The truly love helping youth discover ways to give back to their community, guiding them through and around barriers to empower them to follow their hearts and make their dreams a reality,” says Jen. “My favorite experience as a 4-H volunteer was driving down our neighborhood street and seeing collection bags on so many doorsteps. I was moved to tears to see how many people donated to this community service in these difficult times.”

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

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

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

Jen has volunteered with 4-H for nearly five years. She is organizational leader of the Fantastic 4-H club which recently held a blanket drive (see back page). Last year, she presented two Clover College workshops and volunteered at 4-H Council’s food booth at the Lancaster County Fair. Jen has also helped at Style Revue judging, Kiwanis Karnival and the 4-H Kick Off.

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4-H & Youth
February 2010
Page 9
Communities reflect extension’s commitment to deliver on this important request. Among the resources now available are: 
- Free monthly webinars on a variety of issues of interest to small business owners, farmers, business coaches and mentors.
- Information Briefs: More information on key topics for entrepreneurs and communities.
- Research Highlights: Catch up with some of the best research articles written on a variety of entrepreneurship-related topics in this section.
- Blogs to Watch.
- Calendar of Events: Find out what exciting educational programs and activities are planned by extension educators and others across the country.

The Entrepreneurs & Their Communities team is dedicated to effectively serving the information and educational needs of entrepreneurs and strengthening the capacity of community leaders and citizens to foster and sustain the entrepreneurial dimensions of their local economies.

**Upcoming Free Entrepreneur Webinars from UNL**

The Entrepreneurs & Their Communities team offers a free monthly webinar on a variety of issues of interest to small business owners, farmers, business coaches and mentors. The webinars are presented live on the second Thursday of each month at 1 p.m. (Central). All webinars are recorded and archived for on-demand viewing at http://www.extension.org/page/Entrepreneurs_and_Their_Communities_Webinar_Series

- University of Nebraska—Lincoln Extension is presenting a three part series on “Enhancing Your Online Presence.” The first webinar, Web Usability Testing, is available in the archive. The other two webinars will be:
  - **Feb. 11 — Analyze This**
  - **March 11 — Get Found!**

**About eXtension www.extension.org**

eXtension is an interactive learning environment delivering the best, most researched knowledge from the smartest land-grant university minds across America. eXtension connects knowledge consumers with knowledge providers — experts who know their subject matter inside and out.

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- eXtension is a space where university content providers can gather and produce new educational and information resources on wide-ranging topics.

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- Trained counselors
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**Lancaster Ag Society Seeks Nominations for Hall of Fame**

At the 2010 Super Fair, the Lancaster County Agricultural Society will be unveiling a new Ag Society Hall of Fame located at the Lancaster Event Center. This wall will be used to formally recognize those individuals who have dedicated time and effort to the Lancaster County Agricultural Society beyond the normal volunteer hours and have made significant contributions to the establishment, development, advancement or improvement of the Lancaster County Fair. Nomination forms and more information can be requested by calling the Lancaster Event Center at 441-6545. Nomination forms will be due by May 1.

**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 2010 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 produc- tion 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).
Horsin’ Around Conference, Feb. 6 – 7

University of Nebraska–Lincoln Extension is sponsoring the 2011 Horsin’ Around conference on Feb. 6 and 7 at the RB Warren Arena in the Animal Science Complex on the University of Nebraska–Lincoln’s East Campus. The conference will feature three clinicians presenting tips how to better exhibit and train horses.

Kathy Stich, DVM, will share insight on the benefits of chiropractic and other therapies for horses in her presentation “Alternative Therapies for a Happier Horse.”

Kathy Anderson, an associate professor and extension horse specialist at UNL, will hold a presentation on “College and Horses Making the Best Choice for Your Future!” The clinic is open to participants of all ages. Adult registration is $30 for the weekend or $20 for one day. For youth 18 and under, registration is $20 for both days or $15 for one. If the clinic doesn’t sell out, adult registration will be available at the door for $40 for the weekend and $25 for one day. Youth registration at the door will be $30 for the weekend and $20 for one day. Seating will be assigned by section on a first-come, first-served basis.

Registration for the event closes Feb. 1. For more information or registration form, go to http://www.horsinaroundconference.com or contact Kathy at 472-6411 or kanderson@unl.edu.

EXTENSION CALENDAR

January
20 4th & 5th Grade Lock-In Registrations Due to Extension
21 Parents Forever......................................................... 5:30–9 p.m.
22-23 4th & 5th Grade Hors IN! ..................................................... 8 p.m.-8 a.m.
24 Family & Community Education (FCE) Council Meeting TBA
25 Family & Community Education (FCE) Council Meeting TBA
26 Family & Community Education (FCE) Council Meeting TBA
27 Parenting/Lifestyle/Dietary Group
28 Small Steps to Health and Wealth online workshop .... 12:10–1 p.m.
28 4-H Achievement Night .......................................... 6:30 p.m.

February (Nebraska 4-H Month)
2 Initial Pesticide Training for Commercial/Noncommercial
Pesticide Applicators ............................................... 9 a.m.
4 2-H Council Meeting .................................................. 7 p.m.
8 Small Steps to Health and Wealth, online workshop ...... 12:10–1 p.m.
8 Crocheting Workshop ............................................... 9 a.m.
9 Private Pesticide Applicator Training ............................ 8:30–11:30 a.m.
9 and 10 Small Steps to Health and Wealth, online workshop .... 12:10–1 p.m.
11 Recertification Training for Commercial/Noncommercial
Pesticide Applicators ............................................... 9 a.m.
11 Small Steps to Health and Wealth, online workshop ...... 12:10–1 p.m.
12 Extension Board Meeting ......................................... 8 a.m.
14 4-H Teen Council Meeting ......................................... 3 p.m.
16 Guardian/Conservator Training ................................... 1:30–4:30 p.m.
19 Video Taping Workshop ............................................ 9 a.m.-4:30 p.m.
18 Small Steps to Health and Wealth, online workshop ...... 12:10–1 p.m.
19 Parents Forever ......................................................... 5:30–9 p.m.
20-21 Strengthening Family Ties—Daughters and Mother Camp
22 Carol Joy Huling Center near Ashland ................. 5 p.m.-5 p.m.
23 4-H Horse Stampede, UNL Animal Science Building
24 Pillow Party .......................................................... 9 a.m.
25 Initial Pesticide Training for Commercial/Noncommercial
Pesticide Applicators ............................................... 9 a.m.
25 Small Steps to Health and Wealth, online workshop ...... 12:10–1 p.m.
25 4-H/FFA Market Beef Weigh-in, Lancaster Event Center, Paw 2...6–8 p.m.

UNL Water Seminar Series
The University of Nebraska–Lincoln Water Center and School of Natural Resources free Spring 2010 Water Seminar Series will feature top speakers addressing regional to global water and environmental concerns.

The lectures will be taped and most speaker materials will be available for viewing online. For more information, contact the UNL Water Center at 472-3050 or go to http://watercenter.unl.edu

Upcoming lectures:
Feb. 3 — “NASA’s Water Resources Applied Sciences Program: Research and Applications Directed to Society’s Needs,” Bradley DRoom, National Aeronautics and Space Administration
Feb. 17 — “Pore-Scale Evaluation of Mass- Transfer Limited Resource Reactivity and Mass Growth in Groundwater, and Implications for In-Situ Bioremediation,” Charles Werth, University of Illinois at Urbana-Champaign

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Tue. Nausie is published monthly (except December). Mailed to more than 12,000 households in Lancaster County and can be read online at http://lancaster.unl.edu/nebline

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Fantastic 4 Club Organizes Blanket Drive for City Mission

Members of the Fantastic 4 H-club held a blanket drive, “BrrrnG on the Blankets,” for the People’s City Mission as a community service project. The youth posted flyers and collected bags of blankets in their neighborhoods. They also placed collection boxes in businesses. Altogether, the 4-H’ers collected more than 120 used and new blankets!

Heart to Heart Club Sings Carols at Assisted Living Center

In December members of the Heart to Heart 4-H club sang Christmas carols at The Lexington Assisted Living Center. Some members also played songs with musical instruments, including piano.

“Mosaic Sphere” 4-H Project Displayed in Celebration of Youth Exhibition

Carlie Reineke’s 4-H home environment project, a “Mosaic Sphere” garden ball, was on display as part of the recent Celebration of Youth exhibition at the University of Nebraska-Lincoln’s Robert Hillestad Textiles Gallery. Textile and design art from 22 Nebraska 4-H’ers was selected by jurors from more than 2,400 Nebraska State Fair 4-H clothing and home environment project exhibits and the fashion review. Faculty and community artisans served as jurors.

LANCASTER COUNTY 4-H NEWS

4-H Summer Camp Brochures Now Available

2010 4-H Summer Camp brochures are now available online at 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, Gretna 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!

Applications Open for 4-H Camp Staff

The three 4-H Camps in Nebraska are currently accepting applications for our 2010 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 according to their availability.

The 2010 Big Red Summer Academic 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.

Explore Career Options at Big Red Academic Camps

The 2010 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.

Camp Dates Grade**

Biological Science June 13-18 10-12
Companion Animals June 13-18 9-12
Culinary Arts and Food Science June 13-18 9-12
Fashion Design June 13-18 9-12
Filmmaking June 13-18 9-12
Natural Resources June 13-18 9-12
Unicameral Youth Legislature June 13-18 9-12
Veterinary Science June 13-18 9-12
3D Animation/Virtual World Creation June 13-18 9-12

**4-H members who graduate in May 2010 are welcome to attend. Big Red Summer Academic Camps reserves the right to hold a camp due to low participation numbers.

Can You Guess It?

Did you guess it from the January NebliNe newsletter?

The answer was fabric damage and cast skins of dermatid larvae.