Tightening Your Belt

In Tough Times

Lorene Bartos
UNL Extension Educator

Tightening your financial belt in tough times can be a challenge to everyone. As we start the new year and make resolutions, how can we cut back and still have a comfortable standard of living?

Reducing spending whether the situation is temporary or extended, one needs to get the most for their money. Studies have found many families do not adjust their lifestyle for about six months after their income is reduced — that time period can bring disaster. It is important to make adjustments immediately if your financial situation changes.

Whether streamlining a budget or simply making small habitual changes to save money, the first step is recognizing unnecessary expenditures. Make a list of wants and needs. “Needs” are the things we need to survive. “Wants” are the nice things in life we can survive without. For example, is having cable or satellite TV a necessity? Purchasing a new car or having a second car may be another job or using a skill to earn more income. The second income may be another job or using a skill such as baking, making a craft or other items to sell.

Most families have a goal of wanting to get better at saving money. Being a wise spender allows people to save for a special vacation or to put money away for children’s college expenses. Following a household budget takes practice, and some families never quite accomplish using a budget. By setting priorities and watching spending, most families can live a comfortable lifestyle.

For More Information

10 Tips for Saving Money

1. Set priorities for spending. Make short, medium, and long term goals.

2. Limit small spending. How much money is being spend on $5 lattes, pop, candy, cigarettes, and other items?

3. Look at services you are paying for but not using. Do you have health-club memberships, phone service, magazines, newspapers, unwatched cable packages, and other expenses that can be eliminated. Eliminate items not being used. Don’t pay long distance fees on a landline if you use your cell phone for long distance calls.

4. Food — take your lunch to work a couple days a week. Try scaling back on fast food and eating out. Use coupons or watch for specials.

5. Clothing — Children often outgrow their clothing before wearing them out. This can be an expensive and frustrating experience, so don’t let their wardrobes get too large. Watch for sales or share clothes with relatives.

6. Recreation — Look at inexpensive ways to do things with the family. Search out free activities, concerts, parks, and community events. Plan a family night which includes playing board games, cards, etc. Rather than spending money at the movie theater, check out movies from the library, watch a movie on TV, or borrow one from a friend.

7. When buying a house or renting an apartment, select one you can afford.

8. Consider ways to cut down on utility bills and energy usage. In the winter, set the thermostat no higher than 72°F when you are home. Lower the thermostat when you are away for more than four hours or asleep. You can save approximately 10 percent on heating bills by turning the thermostat back 10–15 degrees for eight hours a day. In the summer, set the thermostat at 78°F. Save energy by unplugging chargers when the charged item is removed. Switch out incandescent bulbs for compact fluorescent bulbs — the initial cost is more but there is savings in the long run.

9. Another area of expense for families is pets. Many families want and enjoy pets but don’t realize the cost of keeping a pet. On the average it cost approximately $1,000 a year to have a pet. One must consider food, vaccinations, boarding, treats, and other items necessary for keeping pets whether it is a cat, dog, bird, or other pet.

10. Be a wise shopper and check the sale ads. Make a list and stick to it at the grocery store. Go shopping as few times as possible. Many trips can add to costs and purchasing unnecessary items.
**Private Pesticide Applicator Certification Opportunities**

Federal and state law states a private applicator pesticide must be certified and licensed to buy and use pesticides. The use of a Restricted-Use Pesticide (RUP) to produce an agronomic or horticultural product on property they own or rent — or on an employee’s property if the applicator is an employee of the farmer. No pesticide license is needed if the applicator will only be applying General Use Pesticides (GUPs) or if you hire a commercial applicator to apply RUPs to your property. If you do not have a current private pesticide certification and you plan to buy or apply any RUP products, you will need to receive the same certification training as described below for people who need to be recertified.

All training sessions meet the requirements for both initial certification or recertification as a private applicator.

- If you have a private applicator certification and the certification expires in 2011, you will receive (or have already received) a recertification notice from the Nebraska Department of Agriculture (NDA). Be sure to keep the letter and bring it with you to the training session you choose or when you pick up home-study materials. The NDA letter contains a bar-code form which tells recipients whether they need to know about you.

- Regardless of the certification method chosen, all applicants receive an invoice from the NDA for the $25 license fee. Note: we cannot give you a credit for the license fee at the extension office. The certificate and license are good for three years, expiring on April 15, 2014 for those who certify this spring. You should receive your new license within three weeks.

Private pesticide applicators will have four alternative methods to obtain either recertification or initial certification.

**Self-Study Option**

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

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

**Testing Option**

The third option is to take a written (closed-book) examination given by the NDA. Please contact NDA at (402) 471-2394 for dates of testing. There is no training fee if you choose this option. You will need to pay the $25 license fee. You should receive your new license within two weeks after you receive the training grade on your written test.

**Certify at a Crop Production Clinic**

The former Crop Protection 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 beginning at 8:45 a.m. Concurrently, private applicators may receive initial certification or recertification by attending the full day and attending the mandatory sessions to certify as a private applicator.

**There will not be a clinic in Lincoln in 2011. The Crop Production Clinics held in southeast Nebraska will be:**

- **Tuesday, Jan. 11 — Beatrice** (Beatrice Country Club, 1301 Oak St.)
- **Wednesday, Jan. 12 — York** (The Auditorium, 612 N. Nebraska Ave.)
- **Thursday, Jan. 20 — Fremont** (Midland University Event Center, 900 N. Clarkson St.)
- **Monday, Jan. 31 — Chadron** (UNL Extension Education Center, 495 Cherrycreek Road, Chadron)
- **Tuesday, Feb. 1 — Lincoln** (UNL Extension Education Center, 444 Cherry Creek Road, Lincoln)
- **Wednesday, Feb. 2 — Lincoln** (The Lancaster Extension Office, 900 N. Clarkson St., Lancaster)
- **Thursday, Feb. 3 — York** (The Auditorium, 612 N. Nebraska Ave.)
- **Friday, Feb. 4 — Elmwood** (The Lancaster Extension Office, 900 N. Clarkson St., Lancaster)

One of the most popular in-depth extension programs, a Computerized Financial Recordkeeping Training will be offered Thursday, March 3, 9:00 a.m. to 4:00 p.m., at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln.

- Pre-register before Feb. 18. Preregistration is required to hold a spot.

**The concepts taught in this training can be applied to several inexpensive computerized record keeping software programs, with slight modifications in procedure.**

This training will be taught hands-on using an Excel/Quicken Deluxe in the classroom. All instruction will be presented in a video-lecture format with participants sitting at computers performing the tasks being demonstrated. To save time, much of the instruction on procedures will be done using sample data files created to represent a typical crop and livestock farming operation. Participants will receive step-by-step written instructions for all tasks being demonstrated. Many folks feel the hands-on exercises are one of the best aspects of the training. You will learn how to enter data, use detailed information and registration form, visit the extension office at http://lancaster.unl.edu/ or call (402) 441-7180. **High ratings indicate the nutrient is present to be the key to future success in farming.**

- **Very High ratings** indicate the nutrient is present in the soil in sufficient amounts to expect a yield increase from additional fertilizer. Use fertilizer.

- **Very low and Low ratings** indicate, based on field correlation studies, expect a yield response to an application of the nutrient a high percentage of the time, provided the other essential nutrients are adequate for optimum yield. When the soil test indicates the nutrient is very low, most soil test labs will recommend the application of sufficient amount to cause the crop to replace the amount extracted by the crop, based on the yield goal, plus an extra amount to slowly build the soil test level.

- **Medium ratings** indicate a yield increase would be expected part of the time. The amount of the nutrient recommended varies depending on the philosophy of the lab. Some labs recommend based on replace and build philosophy, others recommending only the amount shown to result in a significant yield response based on widespread field correlation studies.

**High ratings indicate the nutrient is present in the soil in sufficient amounts to expect a yield increase from additional fertilizer. Use fertilizer.**

University of Nebraska—Lincoln Extension in Lancaster County is sponsoring a Land Owners Update meeting on Monday, Jan. 24, 8 a.m.—Noon at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. Cost is only $20 to cover refreshments, handouts, and materials. Registration is required by Jan. 17 and space limited. For more information and registration forms, visit the Lancaster County extension office, go to http://lancaster.unl.edu/ or call (402) 441-7180 or tdorn@unl.edu.
Meet Spots: Lincoln’s Bed Bug-Sniffing Dog

Barb Ogg
UNL Extension Educator

Spots is the perfect employee. He’s low to the ground and doesn’t mind being on all fours. He is doggedly tenacious. Every day, James puts Spots through a series of bed bug detecting exercises to maintain his training. He gets fed only when he finds live bed bugs. He is truly a working dog.

Spots has been trained to only detect live bed bugs and bed bug eggs. This is important because he won’t key on dead bug killed by previous treatments.

If a person knows he has bed bugs, it doesn’t make sense to hire Spots. But it might make sense to hire a dog: if it is important to know if other bedrooms are infested or whether the sofa needs to be treated or discarded.

Spots, a rat terrier, sticks his nose between the mattress and box springs to smell the live bed bug placed there by his owner. When he detects bed bugs, he has been trained to sit, point and bark.

Spots was trained at Iron Heart High Performance Working Dogs. In Kansas at Iron Heart High, they train dogs for kibble. Spots is a bed bug-sniffing dog.

Performance Working Dogs.

Sausage, seed, feeders and plants to add when it comes to selecting bird seed. Niger seed, feeders and plants to add when it comes to selecting bird seed.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.

Spots works for kibble. Spots is a bed bug-sniffing dog. Spots was trained in Kansas at Iron Heart High, they train dogs for kibble.

In Kansas at Iron Heart High, they train dogs for kibble.

Performance Working Dogs.
Salt is in the news a lot lately. Most reports say Americans are consuming too much of it. How much do you REALLY know about salt? Test your “salt savvy” with the following quiz!

Before you read further, you may wonder, “What’s the difference between ‘salt’ and ‘sodium’?” According to the Centers for Disease Control and Prevention(1,2):

• Sodium chloride is the chemical name for salt.

• The words salt and sodium are not exactly the same, yet these words are often used in place of each other. For example, the Nutrition Facts Panel uses “sodium,” whereas the front of the package may say “low salt.”

• Ninety percent of the sodium we consume is in the form of salt.

In the following questions and answers, the terms “salt” and “sodium” will be used interchangeably.

Questions:

1) How much salt/sodium does the Institute of Medicine of the National Academies of Science recommend people strive to eat daily?
   a. 1,500 mg
   b. 2,300 mg
   c. 2,400 mg
   d. 3,000 mg

2) What is the approximate average daily sodium intake for persons age 2 and up in the United States?
   a. 800 mg
   b. 1,500 mg
   c. 2,300 mg
   d. 3,400 mg

3) Which of the following are benefits from reducing the amount of sodium in your diet?
   a. Lowered blood pressure
   b. Reduced risk of heart disease
   c. Reduced risk of stroke
   d. Reduced risk of gastric cancer
   e. All of the above

4) Approximately how much of our sodium comes from processed foods?
   a. 45%
   b. 55%
   c. 65%
   d. 75%

5) How much sodium is in a teaspoon of salt?
   a. 1,300 mg
   b. 2,300 mg
   c. 3,300 mg

6) Can foods be high in salt without tasting salty?
   a. Yes
   b. No

7) Based on the Nutrition Facts label below, how much sodium is in 1 cup of the food?
   a. 30 mg
   b. 250 mg
   c. 470 mg

Answers:

1) a, 1,500 mg. The Dietary Guidelines for Americans, 2005 recommended consuming less than 2,300 mg of sodium for the general population 2 or more years of age. The 2005 Guidelines also identified at-risk subgroups within the general population — persons with hypertension, African Americans, and middle-aged and older adults. New analysis of the National Health and Nutrition Examination Data shows this. 1,500 mg recommendation would apply to 69 percent of U.S. adults with the 2010 Dietary Guidelines Advisory Committee (DGAC) now recommending 1,500 mg per day be the guideline for the general population. The DGAC recommends that change occur gradually as time is required to adjust taste perception in the general population. Unfortunately, there isn’t an easy test to determine whether a person is salt sensitive and whether reducing salt intake now would be beneficial later. Whether or not a person reduces salt intake to 1,500 mg, some reduction in salt is probably a good idea for most of us.

2) d. 3,400 mg. The average daily sodium intake for age 2 and up is 3,436 mg. This amount equals about 1.5 teaspoons of salt per day.

3) e. All of the above.

4) d. 75 percent. The natural sodium content of food, on average, accounts for only 10 percent of total intake. Discretionary salt use (e.g., table and cooking salt) provides another 5 to 10 percent of the sodium intake. See SALT SAVVY on next page.

Family Meals Have Many Benefits

Have you made your New Year’s resolution? Maybe Sunday night is spaghetti night or Friday night is pizza night. Have the family help Share the mealtime chores. Have age-appropriate tasks for family members. One person can set the table, another can help prepare the salad, and all can help with cleanup. Set a good example Teach manners by using good manners. Your children are now likely to eat different vegetables if you are eating them. Keep it simple Meatless meals do not need to mean more work. A good meal can be simple and easy.

Start traditions Maybe Sunday night is spaghetti night or Friday night is pizza night. Have the family help Share the mealtime chores. Have age-appropriate tasks for family members. One person can set the table, another can help prepare the salad, and all can help with cleanup. Set a good example Teach manners by using good manners. Your children are now likely to eat different vegetables if you are eating them. Keep it simple Meatless meals do not need to mean more work. A good meal can be simple and easy.

Have family meals work for your family: • Make meal times enjoyable Family meals will be more successful if it is something your family wants to do. Be positive. Think of ways to include family members in conversation. Look for ways to make it a special time for your family. • Take a look at schedules One difficulty with family meals is finding the time. Look for times when most family members will be home. Some days the best time for a family meal might be breakfast. • Limit distractions Turn the television off and only take phone calls if it is an emergency.

Julie Rasmussen
UNL Extension Associate

Have you made your New Year’s resolution? Whether or not that resolution is to eat one around family meal? If you aren’t eating meals together, now is the time to find ways to make it happen. If you are eating together, think of ways to make the meal more enjoyable. Family meals tend to be more nutritious. We often give a little more thought to meals when it is a meal eaten as a family. It is also a great time to communicate and have a good time as a family.

Here are some ideas to make family meals work for your family:

• Make meal times enjoyable Family meals will be more successful if it is something your family wants to do. Be positive. Think of ways to include family members in conversation. Look for ways to make it a special time for your family. • Take a look at schedules One difficulty with family meals is finding the time. Look for times when most family members will be home. Some days the best time for a family meal might be breakfast. • Limit distractions Turn the television off and only take phone calls if it is an emergency.
Salt Savvy
continued from processing page totals. About 75 percent is derived from salt added during processing by manufacturers. The most effective strategies for reducing sodium, therefore, are reducing sodium during food processing, and for individuals to choose more fresh, less processed items and to use less salt during food preparation.  

5) b, 230 mg.  
6) b. Yes. For example, a food can taste sweet and still contain a significant amount of salt. The best way to determine the amount of salt in a food is to check the Nutrition Facts Label.  

7) c. 470 mg. When reading nutrition labels, it is important to check that the food is low in sodium in the serving size you are consuming. For example, if you ate 1.5 cups of this food, you would consume 705 mg of sodium.

To Reduce the Salt in Your Diet, Try These Tips

• Check food labels for salt and compare brands and varieties for those lower in salt. Many manufacturers are in the process of producing lower salt foods — continue to check labels periodically for lowered amounts of sodium in foods.

• Eat more fresh foods (fruits, vegetables, lean meats, seafood, and poultry). Frozen vegetables are typically lower in sodium than canned vegetables.

• Look for low-sodium products or foods without added salt to replace regular high-sodium foods. For example, check for no-added-salt or low-sodium versions of broth, vegetables, etc.

• Avoid salted food during cooking or reduce the amount of salt you add in cooking. An exception might be yeast breads where the salt works together with the yeast in the rising process.

• Request salt not be added to your food when eating out.

• Use flavorful spices other than salt, such as spices and herbs, citrus juices and zest, and flavored vinegars.

• Request salt not be added to your food when eating out.

• Avoid salted food during cooking or reduce the amount of salt you add in cooking. An exception might be yeast breads where the salt works together with the yeast in the rising process.

We will have Council meeting on Monday, Jan. 31. Planning on having some soup and a craft. Hope you all can come.

For example, a food can taste sweet and still contain a significant amount of salt. The best way to determine the amount of salt in a food is to check the Nutrition Facts Label.

• Check food labels for salt and compare brands and varieties for those lower in salt. Many manufacturers are in the process of producing lower salt foods — continue to check labels periodically for lowered amounts of sodium in foods.

• Eat more fresh foods (fruits, vegetables, lean meats, seafood, and poultry). Frozen vegetables are typically lower in sodium than canned vegetables.

• Look for low-sodium products or foods without added salt to replace regular high-sodium foods. For example, check for no-added-salt or low-sodium versions of broth, vegetables, etc.

• Avoid salted food during cooking or reduce the amount of salt you add in cooking. An exception might be yeast breads where the salt works together with the yeast in the rising process.

• Request salt not be added to your food when eating out.

• Use flavorful spices other than salt, such as spices and herbs, citrus juices and zest, and flavored vinegars.

Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources

• Downloadable Resources
Nebraska Earth-Kind® Roses are Low-Maintenance, High Performance

**Earth-Kind®** Roses are low-input roses that combine outstanding performance and superior disease tolerance. Less water, fertilizer, and pesticides are needed to grow these beautiful landscape roses. To prepare the site: Till in three-inches of compost. Plant the roses in a location that receives eight or more hours of direct sunlight each day and away from structures/plants that impede air flow. Maintain three-inches of mulch over the planting bed and replenish it as it decomposes. Roses should be watered one-inch per week for the first growing season; one-inch per month during the second growing season; and not watered at all one-inch per month during the second growing season; and not watered at all from the third growing season on.

Ten rose varieties received the Earth-Kind® designation after trials conducted by the University of Nebraska-Lincoln Extension Master Gardeners and the Omaha Rose Society.

- **Carefree Beauty**: 54 inches by 80 inches; pink, double flower; fragrant; prolific; large blooms; some winter dieback.
- **Carefree Beauty**: 54 inches by 80 inches; pink, double flower; fragrant; prolific; large blooms; some winter dieback.
- **Earth Song**: 52 inches by 70 inches; pink, double flower; fragrant; prolific blooms; recovers quickly from blackspot.
- **Knock Out**: 34 inches by 47 inches; cherry red flower color; not fragrant; significant winter dieback but does recover; no blackspot; introduced in 2000.
- **Pink Knock Out**: 32 inches by 60 inches; medium pink flower color; not fragrant; some winter dieback; no blackspot; very shiny leaves.
- **Princess Verona**: 64 inches by 74 inches; medium pink, double flower; fragrant; upright plant; prolific blooms; orange-red hips in fall.
- **Princess Verona**: 64 inches by 74 inches; medium pink, double flower; fragrant; upright plant; prolific blooms; orange-red hips in fall.
- **Sea Foam**: 23 inches by 75 inches, creamy white flower color; not fragrant; a great groundcover rose; rose petals don’t self-clean; significant winter dieback but does recover.
- **The Fairy**: 26 inches by 60 inches, pink flower color, not fragrant; introduced in 1992; diminutive one-inch flowers in large clusters; some winter dieback.
- **The Fairy**: 26 inches by 60 inches, pink flower color, not fragrant; introduced in 1992; diminutive one-inch flowers in large clusters; some winter dieback.

**Amsonia hubrichtii**

Amsonia offers a variety of features throughout the seasons. From late spring to early summer, two- to three-inch wide clusters of small, light blue, star-shaped flowers top the ferny foliage. The alternate-arranged leaves are bright green in spring and summer, but turn a bright yellow-golden color in the fall. Amsonia Blue Star thrives in full sun to partial shade. This plant does best in average, moist soil but tolerates less moisture.

Once it is established it can tolerate drier conditions. This perennial for the seasons is an asset in borders, native gardens, cottage gardens, or open woodland areas. It is best when mass planted. Arkansas blue star is attractive when mixed with ornamental grasses and plants that have attractive seed heads.

Source: Kathleen Cue, Extension Associate, UNL Extension in Douglas/Sarpy Counties

**Garden Guide**

**Things to Do This Month**

- **Use sand instead of salt for icy spots on the sidewalk.**
- **Do not wait until late in the winter to order seeds. Many varieties sell out early.**
- **Avoid heavy traffic on the frozen, dormant lawn. The crown of the plant may be severely damaged or killed.**
- **Brush snow from evergreens as soon as possible after a storm. Use a broom in an upward, sweeping motion. Serious damage may be caused by heavy snow or ice accumulating on the branches.**
- **Check young trees and shrubs for rodent or rabbit damage. Prevent injury with fencing or protective collars.**
- **Check stored fruits and vegetables such as potatoes and apples for bad spots which may lead to decay. Remove and use those which show signs of spoilage. Separate berries into plastic trays or bins to increase air circulation and reduce decay possibilities.**
- **To prolong bloom, protect poinsettias from drafts and keep them away from the television. This location is too warm and in most homes too far from windows to provide adequate light.**
- **During the winter most houses are too dry for house plants. Humidity may be increased by placing plants on trays lined with pebbles and filled with water to within one-half inch of the base of the pot.**

**2011 Perennial Plant of the Year: Arkansas Blue Star**

**Arkansas Blue Star (Amsonia hubrichtii)** flowers in late spring to early summer. (left): The leaves are bright green in spring and summer (above), but turn bright yellow-gold in Fall (below).
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. For example:

- Since 2001, Extension Educator Tom Dorn has presented 25 Computerized Farm Financial Recordkeeping Trainings to representatives from 202 farming operations in southeast Nebraska. Past evaluations indicate 96% of participants learned how to create reports to retrieve and organize financial information which will help them make better management decisions in the future.
- Since 2000, the Nutrition Education Program School Enrichment Kits have increased nutrition education in local classrooms from an average of two hours to 11 hours per classroom/year. To date, 35,879 students from 1,893 classrooms (grades K-8) have benefited from 20,000 total hours of teaching. Teachers have noticed students choosing healthier foods and improving their eating habits.
- Extension Educator Barb Ogg is known as a bed bug expert. She has been quoted by newspapers and appeared on TV and radio. This year, Barb organized four bed bug workshops which had 337 total attendees (landlords attending manage more than 5,500 units total) and gave 20 presentations to agencies, businesses, and non-profit organizations with approximately 1,110 total attendees.
- This year, Extension Educator Maureen Burson presented 25 Guardianship Trainings to 286 guardians in Lancaster and nearby counties. Based upon a 90% statewide return rate, evaluations indicate 95% better understand their responsibilities to the court, compared to 25% prior to the class, and 98% better understand their responsibility to their wards compared to 48% prior to the class.
- In March, 131 child care providers who care for approximately 1,520 youth participated in a child care conference organized by Extension Educator Lorene Bartos and other Lincoln agencies. Evaluations by past attendees indicate 67% increased hands-on activities, and 54% increased daily learning activities.

In November, Extension Educator Alice Henneken presented “How to Add a Little Spice & Herbs (and Less Salt, Fat, Sugar, and Calories) to Your Life” at BryanLGH to 270 attendees. Web resources “Add a Little Spice (and Herbs) to Your Life!” were accessed 3,103 times this year.

Extension helps you know how—and now.

- UNL Extension coordinates distribution and application of biosolids to agricultural cropland for the City of Lincoln. Over the last 18 years, more than 500,000 tons of biosolids have been recycled, increasing soil nutrients, organic matter, and crop yields. This biosolids recycling program will increase the life of the North Bluff Landfill by 4.3 years.

- Computerized Farm Financial Recordkeeping Training

- Bed Bug Workshop

- Guardianship Training

- Extension helps you know how—and now.

“Add a Little Spice (and Herbs) to Your Life!” were presented by Barb Ogg. The presentation is available online at http://lancaster.unl.edu.

Nutrition Education Program School Enrichment Kits have been instrumental in improving eating habits in local classrooms. Teachers have noticed students choosing healthier foods and improving their eating habits.

School Enrichment Kits have increased nutrition education in local classrooms from an average of two hours to 11 hours per classroom/year. To date, 35,879 students from 1,893 classrooms (grades K-8) have benefited from 20,000 total hours of teaching.

The Web site http://lancaster.unl.edu continued to expand, receiving more than 11.2 million hits this year (see next page).
Benefits of Land-Grant Universities

Without question, our nation has enjoyed tremendous social and economic benefits from land-grant universities. Providing educational opportunities for all people, these universities have fueled our nation’s capacity to create an enormously productive food and agricultural enterprise system. Land-grant universities, over time, also transformed our country through the dissemination of research-based knowledge to not only those enrolled as university students, but to those earning a livelihood and raising their families. Given educational opportunities to improve production techniques and practices, more and more people improved their lives and levels of income.

In 2007, an independent study found the University of Nebraska–Lincoln’s Institute of Agriculture and Natural Resources (IANR), of which extension is an integral part, provides at least a 15-to-1 return on the state tax dollars Nebraska invests.

It was President Lincoln who signed the Morrill Act in 1862 which led to the creation of “colleges for the people.” At the time, federal grants of land helped establish land-grant universities. Like many other states, Nebraska formed a land-grant university two years after statehood in 1869. While previously only for the elite, higher education was now available to everyone. In subsequent years, legislative milestones such as the Hatch Act in 1887 and the Smith-Lever Act of 1914 brought about the teaching, research, and extension system we all benefit from today.

Over the years, I’ve witnessed how other countries have admired and tried to replicate our extension model through dissemination of non-biased research-based information to the people. It really is a system envied throughout the world.

Extension is an integral part, provides at least a 15-to-1 return on the state tax dollars Nebraska invests.

Over the years, I’ve witnessed how other countries have admired and tried to replicate our extension model through dissemination of non-biased research-based information to the people. It really is a system envied throughout the world.

Through search engines and browsing, hundreds of thousands of people access UNL Extension’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. Visit by an average of 300 unique sites* each month, the Web site received more than 11.2 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; the site has Web users from nearly 150 countries monthly.

UNL Extension Utilizes Multiple Delivery Methods to Impact People in Lancaster County and Beyond

Through search engines and browsing, hundreds of thousands of people access UNL Extension’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. Visit by an average of 300 unique sites* each month, the Web site received more than 11.2 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; the site has Web users from nearly 150 countries monthly.

UNL Extension in Lancaster County

Through search engines and browsing, hundreds of thousands of people access UNL Extension’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. Visit by an average of 300 unique sites* each month, the Web site received more than 11.2 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; the site has Web users from nearly 150 countries monthly.

UNL Extension in Lancaster County

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

Through search engines and browsing, hundreds of thousands of people access UNL Extension’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. Visit by an average of 300 unique sites* each month, the Web site received more than 11.2 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; the site has Web users from nearly 150 countries monthly.

UNL Extension in Lancaster County

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

Lancaster Extension Education Center Conference Facilities

As part of extension’s commitment to community learning, the conference facilities are made available to other nonprofit and governmental organizations at a nominal cost. Last year, more than 4,800 hours of conferences and meetings were held at the Lancaster Extension Education Center. Lancaster Extension Education Center Conference Facilities

As part of extension’s commitment to community learning, the conference facilities are made available to other nonprofit and governmental organizations at a nominal cost. Last year, more than 4,800 hours of conferences and meetings were held at the Lancaster Extension Education Center.

Lancaster Extension Education Center Conference Facilities

As part of extension’s commitment to community learning, the conference facilities are made available to other nonprofit and governmental organizations at a nominal cost. Last year, more than 4,800 hours of conferences and meetings were held at the Lancaster Extension Education Center.

UNL Extension in Lancaster County

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

Through search engines and browsing, hundreds of thousands of people access UNL Extension’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. Visit by an average of 300 unique sites* each month, the Web site received more than 11.2 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; the site has Web users from nearly 150 countries monthly.

UNL Extension in Lancaster County

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

Through search engines and browsing, hundreds of thousands of people access UNL Extension’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. Visit by an average of 300 unique sites* each month, the Web site received more than 11.2 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; the site has Web users from nearly 150 countries monthly.

UNL Extension in Lancaster County
4-H Youth Develop Positive Skills for Life

The University of Nebraska–Lincoln Extension 4-H youth development program is open to all youth ages 5–18. Emphasis is on developing life skills through learning-by-doing.

Lancaster County 4-H consists of:

- **Organized Clubs** — More than 120 4-H clubs. Each club ranges from 5 to 100 members and is led (or co-led) by adults. Youth choose officers to run meetings. Clubs usually work on one or more projects together.
- **Independent Members** — With increasingly busy schedules, more and more youth are becoming independent 4-H members. Youth and families work independently on 4-H projects.
- **Projects** — Youth can choose from numerous 4-H projects. Project manuals are developed by experts and most project manuals have leader guides.
- **School Enrichment** — 4-H programs for classrooms include: Garbology (2nd grade), Embryology (3rd grade), Ag Awareness Festival (4th grade), earth wellness festival (5th grade), and Nutrition Education Program (K–8th grades in qualifying schools). These curricula meet Nebraska Curriculum Standards.
- **After-School Programs** — 27 Lincoln after-school programs have incorporated 4-H projects into their activities. 18 sites have formed 4-H clubs, and 27 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/4hEmbryology.
- **Educational Events** — 4-H staff organize events such as Clover College, workshops, contests, and leader trainings.
- **Leadership Opportunities** — 4-H Teen Council, 4-H Council, Citizenship Washington Focus, and more.

In the past year, Lancaster County 4-H reached nearby:
- 1,742 club members
- 392 independent members
- 958 youth in after-school and summer programs which incorporated 4-H activities
- 18,635 youth in 4-H school enrichment programs

Kyle Pedersen became the first Lancaster County 4-H'er to achieve the Diamond-Level 6 in the Nebraska 4-H Diamond Clover Program. Kyle’s service-learning project included transplanting nearly 200 plants to a children’s home and starting a 4-H club for the children at the home.

Lancaster County 4-H and the Lancaster Horse VIPS Committee hosted a District 4-H Horse Show. 171 exhibitors participated in 449 total class registrations.

AmeriCorps Member part of Go-Green Initiative

Sarah Bailey spent a year with UNL Extension in Lancaster County as an AmeriCorps State and National member. AmeriCorps places members in local organizations for one-year terms. Sarah was a part of the AmeriCorps Recovery-Go Green Initiative which provides community outreach and service focused on environmental issues. She worked with 4-H after-school programs, 4-H school enrichment, People’s City Mission garden, and took the lead in renovating the Culler Middle School courtyard into an outdoor classroom and rain garden.

This year marked the 15th annual 4-H Clover College, which is four days of hands-on workshops. It has grown to 51 workshops, nearly 70 volunteers, and 741 total class registrations.

Citizenship Washington Focus is a 4-H leadership program for high school youth to explore and develop civic engagement. Two years of preparation and fundraising for 28 Lancaster County youth culminated in June with a 12-day educational seminar to Washington D.C. Learning experiences included meeting with Nebraska Senator Ben Nelson (left) and Congressman Jeff Fortenberry (in back).

New this year, the 4-H livestock booster committee established a 4-H & FFA livestock auction at the Lancaster County Super Fair. A portion of all proceeds was set aside to start a scholarship program for local 4-H & FFA members.

Approximately 4,000 third graders in 175 classrooms at 53 schools incubate, candle, and watch eggs hatch as part of the 4-H Embryology school enrichment program.

Garbology means the study of garbage. Nearly 3,000 second graders in 147 classrooms at 46 schools participate in the 4-H Garbology school enrichment program which includes hands-on experiments.

“As 4-H’ers work on projects, they develop life skills, leadership, and citizenship. Our communities benefit because youth apply these skills to all aspects of their lives.”

— Quentin Farley, president of 4-H Council and member of Lancaster County Extension Board

Garbology means the study of garbage.
Extension Helps You Know How. Know Now.

Nutrition & Food Safety

To help people learn how to eat healthier, extension blends nutrition, food safety, and food preparation information into practical actions people 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. UNL Extension in Lancaster County’s food Web site received nearly 4.5 million hits last year.

This year, Alice chaired a committee of about 30 UNL staff to develop extension’s statewide Food Web site at http://food.unl.edu. Alice also helped coordinate planning of the display at Husker Harvest Days which promoted the launch of the Food Web Site in September. Topics on the statewide Web site include food safety, food allergies, local foods, meat products, home food preservation, food processing/business development, youth 6-12-H, and more. 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).

Last year, Lancaster County NEP reached:
- 857 enrolled program families (1,430 teaching contacts).
- 7,462 youth (14,214 teaching contacts) at 28 schools and other sites.
- 92 older adults (428 teaching contacts) at 6 senior sites.

UNL Extension continues to make agricultural profitability and sustainability a priority issue. Extension Educator Tom Dorn fulfills this goal through numerous workshops and meetings, educational resources, person-to-person contacts, and an up-to-date Web site. Some of the agricultural programs presented this year include: Private and Commercial Pesticide Applicator Trainings, Computerized Farm Financial Recordkeeping Training, Farmland Leasing Arrangements workshop, and a Corn/Soybean Profitability workshop.

Pests & Wildlife

UNL Extension provides the expertise, networking, and volunteers to help residents how to care for and harvest garden crops.

Home & Family Living

Extension Educator Lorene Barton shares her expertise on home maintenance, indoor air quality, lead paint hazards, safety in the home, shopping smart, and recycling through Town Next, extension’s Web site, her weekly column in the “Lincoln Journal Star,” and other outreach methods. She presented or helped present numerous workshops including RentWise, Window of Opportunity Child Care Conference, and 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 two Strengthening Families: Daughter/Mother Camps this year.

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 scholarship. Annually, FCE awards a $400 scholarship.

Plant and Pest Diagnostic Services

Throughout the year, Lancaster County residents bring plant samples, insects, pets and wildlife “signs” to UNL Extension in Lancaster County. A free service, extension horticulturists and entomologists identify weeds, diseases, and insects in and around the home and garden, and make recommendations about the best way to help manage these problems.

Yard & Garden

UNL Extension plays a vital role in teaching communities horticulture issues designed for local weather, water, soil, and pest conditions. Extension helps property owners develop healthy, diverse and functional landscapes that are energy and water efficient, as well as less dependant on pesticides. Extension works with the City of Lincoln to educate the public about reducing yard waste through composting, mulching grass clippings, and other yard management practices.

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

UNL Extension in Lancaster County helps maintain a garden for residents at the People’s City Mission. Extension provides the expertise, networking, and volunteers to teach residents how to care for and harvest garden crops.

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

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.
Plants That add Interest or Color to Winter Landscape

Lakescapes tend to be dark and gray this time of year, but careful planning can result in subsequent winter gardens being more colorful and interesting. The key is selection of plant material and use of good design. Choose the various plants from which the garden will be most commonly enjoyed. Select planting sites easily seen from this area.

Green is the easiest color to add to a winter landscape with the use of evergreens like white spruce, Douglas-fir, or Japanese yew. Of course, parts of the plants other than foliage, can be colorful or interesting. Even trees with horizontal branching patterns are interesting if there is snow adding white to the dark color. Some plants that should be considered for winter landscapes include:

- **Red Osier Dogwood** (*Cornus stolonifera*) – The young stems of this plant are bright red during the winter months and become more intensely colored toward spring. Older stems are often pruned out during the spring to encourage more of the young, more brightly colored twigs.
- **Winged Euonymus** (*Euonymus alatus*) – This is the shrub that attracts so much attention in the fall because of the flaming red coloration of the fall foliage. However, the stems are also ornamental in the winter due to their winged characteristics which tend to catch and hold snow.
- **River Birch** (*Betula nigra*) – This tree has very interesting bark. The flaky bark is reddish-brown to peach colored and contrasts nicely with snow.

Winged Euonymus

**Source:** Ward Upham, Kansas State Extension

Protect Woodlands from Grazing

Dennis Adams
Nebraska Forest Service

Hardwood (deciduous) woodlands in eastern Nebraska which have a history of livestock grazing are usually not very productive for timber, pasture, or wildlife. However, if protected and managed, woodlands can produce additional income. Healthy woodlands can give landowners an economic return.

Grazing lowers both the quantity and quality of hard-wood timber. Direct damage to roots and soil compaction from trampling slows tree growth. Over time, older trees are weakened and begin to decline. Dead tops and other defects are usually not very desirable trees because they are the only species that can survive and reproduce. Grazing compacts the normally loose soil, disturbs the leaf mold cover and destroys a large portion of the young growth. This causes the soil to become sun-baked and dry, conditions unfavorable to natural restocking. The loss of soil moisture in open, heavily-grazed woodlands is one of the reasons some woodlands fail to reestablish themselves with young trees.

Grazing does not allow regeneration, either natural or planted. Studies show some tree species are more palatable to livestock than others, such as ash, oak, and hickory. Unfortunately, these are usually the desirable timber species. Low-quality trees such as ironwood, honey-locust, and osage orange are seldom browsed, even during heavy grazing. Many undesirable species can withstand extensive trampling and damage. This situation results in a woodland composed of predominately undesirable trees because they are the only species that can survive and reproduce.

When woodlands are grazed over a period of years, a gradual change occurs from forest to prairie conditions. Under grazing, as older trees die and disappear from the woodland, are not replaced by young trees. Grazing does not allow regeneration, either natural or planted. The loss of soil moisture in open, heavily-grazed woodlands is one of the reasons some woodlands fail to reestablish themselves with young trees.

Before purchasing a tree for planting, it is important to look at soil conditions and general lay-out of the area that will surround the new tree. Check for soil nutrient deficiencies and soil saturation levels. Some tree species may do better on wet soils, while others may handle drier conditions. Also consider factors such as wind and sun exposure. Overall, make sure the species is adaptable to Nebraska conditions.

Take time to visualize the landscape with the new tree. However, keep in mind the mature form and size the tree will grow to. Some trees may grow too large for an area, while small trees may not provide the desired shade cover.

Properly preparing the site for tree planting is important. The following are a few tips to help the process run smoothly:

- Dig the hole one foot wider than the transplanted tree’s root ball or root mass.
- Don’t plant the tree too deep. The surrounding soil line should not be above the tree’s root crown.
- Backfill the hole with the same soil. Don’t use soil amendments.
- Don’t pack the backfill soil. Use water to settle the backfill soil around the tree roots.
- In areas with prevalent high winds, it may be necessary to stake the tree to keep it free of damage.

Check Site Conditions Before Planting Trees

Dennis Adams
Nebraska Forest Service

Spring is an ideal time to add new trees to a home landscape. Once the frost is out of the ground, weather and soil conditions typically are ready to support a healthy tree.

Before purchasing a tree for planting, it is important to look at soil conditions and general lay-out of the area that will surround the new tree. Check for soil nutrient deficiencies and soil saturation levels. Some tree species may do better on wet soils, while others may handle drier conditions. Also consider factors such as wind and sun exposure. Overall, make sure the species is adaptable to Nebraska conditions.

Take time to visualize the landscape with the new tree. However, keep in mind the mature form and size the tree will grow to. Some trees may grow too large for an area, while small trees may not provide the desired shade cover.

Properly preparing the site for tree planting is important. The following are a few tips to help the process run smoothly:

- Dig the hole one foot wider than the transplanted tree’s root ball or root mass.
- Don’t plant the tree too deep. The surrounding soil line should not be above the tree’s root crown.
- Backfill the hole with the same soil. Don’t use soil amendments.
- Don’t pack the backfill soil. Use water to settle the backfill soil around the tree roots.
- In areas with prevalent high winds, it may be necessary to stake the tree to keep it free of damage.

Feeding Families Growing Farmers

Community CROPS Growing Farmers Workshops can help you jump start a small farm business. With Classroom learning, presentations from local farmers, and visits to local farms, Community CROPS can help you GROW YOUR OWN BUSINESS.

Come to the Growing Farmers Workshop Series

Pre-register by January 14th, 2011

9 Saturday workshops beginning January 29th:

- Business Plans
- Financial Planning
- Crop Planning
- Equipment
- Organic Pest Management
- Marketing
- and more!

Pre-register at CommunityCROPS.org or call 402.474.9802

Urban Agriculture

http://lancaster.unl.edu

January 2011

The Nebline

Page 7
Brandy Gunnerson

Lancaster County 4-H is proud to announce Brandy Gunnerson as winner of January’s “Heart of 4-H Award” in recognition of outstanding volunteer service. Brandy has volunteered for 4-H the past nine years. She has helped with the Creative Clovers and Rabbits’ ‘R’ Us clubs. At the Lancaster County Fair, she has been superintendent for 4-H rabbit static exhibits, volunteered at the 4-H Food Booth, and helped with other set up and clean up activities. She also helps with the statewide Wildlife Habitat Evaluation Program.

“I like being a 4-H volunteer because I was in 4-H from the time I was 8 until I was 18,” Brandy says. “Being able to look back at my experiences makes me realize the importance of what 4-H can teach our children. The kids learn so much from everything they try whether it be one thing or many, learning something new or adding to knowledge they already have. Being a part of all that for my own children and others in our community is rewarding. My favorite experience as a 4-H volunteer is watching the kids every year participate at the fair and seeing all their hard work pay off. Watching the kids grow in so many ways from year to year makes every minute worth it.”

Congratulations to Brandy. Volunteers like her are indeed the heart of 4-H! Nominate your favorite 4-H volunteer by submitting the form available at http://lancaster.unl.edu/4h or at the extension office.

4-H/FFA Market Beef Weigh-In, Feb. 3

4-H/FFA market beef weigh in will be held Thursday, Feb. 3, 6–8 p.m. at the Lancaster Event Center – Pavilion 3. Any market steer or heifer planning to show at county fair, state fair, or Ak-Sar-Ben 4-H Livestock Show must weigh in and get DNA processed at this time.

Crocheting Workshop, Feb. 5

All youth ages 8 and up (need not be enrolled in 4-H) are invited to learn how to crochet a washcloth utilizing the single crochet stitch at a free basic crocheting workshop on Saturday, Feb. 5, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. All supplies will be provided. Adults are welcome to attend. Must preregister by Feb. 2 by calling (402) 441-7180. 4-H’ers may enter washcloths at the county fair under 4-H Clothing — Level 1 Knit or Crochet.

Do You Tweet? 4-H Twitter's!

LancasterCo_4H is using Twitter. Twitter is a free service that lets you keep in touch with people through the exchange of quick, frequent messages. Join at http://twitter.com/LancasterCo_4H.

4-H Livestock Judging Team Forming

If you are interested in being a member of the Lancaster County 4-H livestock judging team, please contact Deanna at (402) 441-7180 or email her at dkarmazin2@unl.edu as soon as possible.

The team will resume practice again in January. We are lucky to have a coach again in this year and he is excited to start training the 4-H youth for success. Any 4-H members age 8–18 are welcome to join in on the fun. You do not need to be enrolled in a livestock project to be on the team. Everyone is welcome!

2011 4-H Photography Themes

Every year, state 4-H has a Nebraska theme photography categories for county and state fair exhibits. This year’s Nebraska themes are:

Photography — Unit 2: Cutting edge Agriculture: Take photos that capture the diverse industry of agriculture. Look for unique images of agriculture in Nebraska communities.

Photography — Unit 3: Spelling Bee: Photograph any letter of the alphabet in your surroundings.

Find letters in the architecture of buildings, growing in a garden or on items in your own home.

Governor’s Ag Awards Due March 2

The Governor’s Agricultural Excellence Awards are sponsored by the Nebraska Investment Finance Authority (NIFA) in cooperation with the Nebraska 4-H Foundation. These awards recognize 25 4-H clubs each year for the work of the individuals in the club and the community service work of the entire club. Recognition is in the form of $500 checks issued to the club’s treasury to be used as described in the award application form completed by the club. Forms are due by March 2 and the awards will be presented at UNL’s East Campus on June 27. For more information, go to www.ne4hfoundation.org/agexcellenceaward.htm.

Upcoming Sewing Workshops

Save the following dates for upcoming sewing workshops:

• Pillow Party, Saturday, March 12, 9 a.m. All youth ages 8 and up (need not be enrolled in 4-H) are invited to learn beginning sewing skills and make a pillow. Bring your sewing machine.

• Jammie Jamboree, Saturday, April 2, 9 a.m. All youth ages 8 and up (need not be enrolled in 4-H) are invited to learn basic sewing skills and make jammie bottoms. Bring your sewing machine.

2011 Horsemanship Level Testing Dates

Mark your calendar! The 2011 group testing will be held at the Lancaster Event Center on the following dates:

- Tuesday, April 19, 6 p.m.
- Tuesday, May 3, 6 p.m.
- Tuesday, June 21, 6 p.m.
- Tuesday, June 28, 6 p.m.
- Tuesday, July 5, 6 p.m.
- Saturday, Oct. 1, 9 a.m.

Please RSVP at least by one week in advance with Marty at mcruickshank2@unl.edu or (402) 441-7180.
Lancaster County 4-H and 4-H Council invite ALL 4-H’ers, 4-H families and volunteers to

4-H Achievement Night
Thursday, Feb. 10 • 6:30 p.m.
Lancaster Extension Education Center
444 Cherry Creek Road, Lincoln

Evening Starts With A Dessert Potluck
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.

2011 4-H Calendar

January
2  All Career Portfolios, Scholarships, and Award Applications Due to Extension
4  4-H Council Meeting ........................................... 7 p.m.
9  Teen Council Meeting ........................................... 3 p.m.
14  Horse Stampede Entries Due to Extension
19  4th & 5th Grade Overnight Lock-In Registrations Due to Extension
20  Pick-a-Pig Orientation Meeting, Lancaster Event Center – 4-H Office 6:30 p.m.
21-22  4th & 5th Grade Overnight Lock-In 8 p.m.–8 a.m.

February
February is Nebraska 4-H Month
1  4-H Council Meeting ........................................... 7 p.m.
4  4-H/FFA Beef Weigh In, Lancaster Event Center - Pav. 2 6:8 p.m.
5  Crocheting Workshop ..........................................9 a.m.
10  Achievement Night ........................................... 6:30 p.m.
13  Teen Council Meeting ........................................... 3 p.m.
19  Horse Stampede, UNL Animal Science Building

March
1  Preference Given to 4-H Council 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
11-13  Nebraska Horse Expo, Lancaster Event Center
12  Pillow Party ......................................................... 9 a.m.
13  Teen Council Meeting ........................................... 3 p.m.

April
1  All 4-H/FFA Market Beef ID’s Due to Extension
2  Jammie Jamboree ...................................................9 a.m.
3  4-H Council Meeting ........................................... 7 p.m.
2-3  2011 Shaggy Horse Dressage Show, Lancaster Event Center
9  Kwanzaa Carnival, (Elliot School) .................................. TBA
10  Teen Council Meeting ........................................... 3 p.m.
12  Sign-Up Deadline for April 19 Horse Level Testing
19  Horse Level Testing, Lancaster Event Center ..................6 p.m.
23  Paws On Dog Clinic, Lancaster Event Center - Exhibit Hall 9 a.m.–3 p.m.
25  CDs/Tapes Due for Public Service Announcement (PSA) Contest
26  Sign-Up Deadline for May 3 Horse Level Testing

May
1  4-H Council Camp Scholarship Entries Due to Extension
1  Speech Contest ..................................................... 1 p.m.
3  4-H Council Meeting ........................................... 7 p.m.
3  Horse Level Testing, Lancaster Event Center .................. 6 p.m.
4-5  4-H/FFA Sheep Weigh-In, Lancaster Event Center ........6 p.m.
7  Furniture Painting Workshop ...................................9 a.m.
9  Lancaster County Deadline for District/State Horse Show Entries, ID, Level Tests
19  4-H/FFA Quality Assurance Training ................................ 6 p.m.
26  4-H Leader Training ............................................... 9:30 a.m. & 6:30 p.m.

June
1  County Fair Horse ID’s Due to Extension
4  4-H Life Challenge Contest – County-Level Senior Division 9 a.m.
4  Horse Pre-Districts Show/Fundraiser, Lancaster Event Center ............................ TBA
7  4-H Council Meeting ........................................... 7 p.m.
13, 14  District Horse Shows, Hastings, Columbus
14  Sign-Up Deadline for June 21 Horse Level Testing
14-17  4-H Clever College
15  Club Enrollment Forms Due to Extension — Must List Project Area(s) Each Member Plans to Enter at County Fair
15  4-H/FFA Sheep/Goats/5Swine/Breeding Beef/Bucket Calves/Dairy Cattle/Llamas & Alpacas/Rabbits Identification Forms Due to Extension
15-16  District Horse Shows, O’Neill, Chadron
19-21  Wildlife Habitat Evaluation Program, Niobrara State Park
21  Horse Level Testing, Lancaster Event Center ............................ TBA
21  Sign-Up Deadline for June 28 Horse Level Testing
22, 23  District Horse Shows, Ogallala, Beatrice
25  Bicycle Safety Contest .......................................... 9 a.m.
28  Horse Level Testing, Lancaster Event Center .................. 6 p.m.
28  Sign-Up Deadline for July 5 levels testing
27-28  Premier Animal Science Events (PASE)/Life Challenge

July
5  All 4-H/FFA Lancaster County Fair Animal Entries Due to Extension
5  Horse Level Testing, Lancaster Event Center ............................ TBA
9  4-H Life Challenge Contest – County-Level Junior Division 9 a.m.
10  Teen Council Meeting, Different Location TBA ............................ 3 p.m.
13  Plant Science Contests: Horticulture/Tree ID/Grass-Weed ID ............................ 10 a.m.–12 p.m.
17-21  State 4-H Horse Show, Fonner Park, Grand Island
23  Presentations Contest .......................................... 9 a.m.
28  Horse Course Challenge ........................................... 9 a.m.

August
2  Entry Day for County Fair Static Exhibits, Lancaster Event Center – Lincoln Room ............................ 4-8 p.m.
Aug. 4-13  Lancaster County Super Fair (4-H/FFA Exhibits & Events Aug. 4-7), Lancaster Event Center
Aug. 25-Sept. 5  Nebraska State Fair, Fonner Park, Grand Island

September
11  Teen Council Meeting ........................................... 3 p.m.
12  4-H Council Meeting ........................................... 9 a.m.
TBA  Ak-Sar-Ben 4-H Horse Show (tentative dates 17-18), location TBA
14-25  Ak-Sar-Ben 4-H Stock Show, Queen Creek, Omaha
26  Sign-Up Deadline for Oct. 1 Horse Level Testing

October
1  Horse Level Testing, Lancaster Event Center ............................ 9 a.m.
4  4-H Kick Off ...................................................... TBA
2-8  National 4-H Week
6  Horse Activities Night ........................................... TBA
9  Teen Council Meeting ........................................... 3 p.m.

November
1  4-H Council Meeting ........................................... 7 p.m.
13  Teen Council Meeting ........................................... 3 p.m.

December
6  4-H Council Meeting ........................................... 7 p.m.
11  Teen Council Meeting ........................................... 3 p.m.
All of the University of Nebraska’s online education programs can now be accessed at a single location thanks to the online launch of the development of a new Web platform called Online Worldwide.

Online Worldwide — www.nebraska.edu/online — offers more than 80 accredited programs, including bachelor’s and advanced degrees as well as certificates and endorsements, and more than 1,000 courses in a wide range of fields, including agriculture, business, biology, computer science, education, engineering, journalism, public administration, and many more.

By marketing all of NU’s distance programs together under one virtual “roof,” Online Worldwide will better serve Nebraskans looking to further their education and will allow the university to capture a larger share of the rapidly growing national and international market for online learning. NU President James B. Milliken said.

“Online Worldwide offers a tremendous opportunity to students who may be juggling other obligations, such as work and family or who want a high-quality, affordable education from a reputable institution such as the University of Nebraska. This is our solution for those Nebraskans,” Milliken said.

“Our distance education courses are taught by the same award-winning faculty who teach in classrooms on our campuses — ensuring that students in Nebraska and around the world have access to challenging, relevant curricula developed by experts in their fields.”

Milliken noted that a recent study by the Sloan Consortium found that 1 in 4 college students took at least one course online in fall 2008 — a 1 percent increase over the previous year. In 2009–10, students generated 87,820 credit hours in online courses offered through the University of Nebraska–Lincoln, University of Nebraska at Omaha and University of Nebraska at Kearney — a 28.3 percent increase over 2008–09, when students generated 68,435 credit hours online.

And there is a broader market to be tapped that extends well beyond campus borders, Milliken said.

“More than 265,000 Nebraskans have completed some college but have not earned a degree,” he said. “Distance learning is a great solution for those Nebraskans.”

“More than 265,000 Nebraskans have completed some college but have not earned a degree. Distance learning is a great solution for those Nebraskans.”

NU President James B. Milliken
Phosphorus continued from page 2

won’t hurt the birds, but can become a nuisance in your home. If you have small garden plots, you can make quantities of bird seed, you can store it in your freezer.

1b. Add bird-friendly plants to your garden. When planning next year’s flower beds, add native grasses and flowers that produce seeds birds and wildlife enjoy. Try growing Prairie coneflowers, black-eyed susan, sunflowers, goldrods, sedum, zinnias; and grasses like Indian grass and Little Bluestem. Instead of cleaning up these plants in the fall, leave the dired seed heads for the wildlife. You’ll enjoy both the winter beauty of the plants and the variety of nests birds using them as food sources.

6. Refill Your Feeders Less Frequently. An empty feeder doesn’t necessarily mean hungry birds. Waiting a couple of days to refill your feeders gives birds time to refill their feeders doesn’t necessarily mean birds using them as food sources. Less Frequently.

8. Make your own bird food. Feeding creative! Make your own suet mix instead of buying. The ingredients are easy to find and inexpensive. You can also buy seed separately and prepare your own seed mix based on what birds are visiting your backyard. Learn more about the birds in your yard and choose seed for the birds you want to attract.

9. Avoid unnecessary use of pesticides. If you feed birds year round, let the birds do some of your pest control in the garden. Learn about integrated pest management techniques to help reduce the amount of pesticides you use.

10. Remove your feeders. As a last resort, you can remove your feeders. If you love feeding birds, this doesn’t mean to have give up enjoying wildlife. Add a homemade bird bath, create a small shrub, plant shrubs that attract birds, or make nests boxes out of recycled wood and materials. You can still create a bird-friendly backyard habitat even without adding bird feeders.

Suet Feeders: bore 1 inch diameter holes into a small log, fill with suet, and hang. Pinecones covered with suet and rolled in birdseed also make interesting hanging feeders. Commercial suet feeders are also available.

Tax Preparation Volunteers Needed

You can help make a real impact in your community through Volunteer Income Tax Assistance (VITA). VITA is a service where volunteers prepare federal and state income tax returns for low-to-moderate income individuals. Through the program, last year over 5,000 Lincoln households received more than $6 million in refunds, with nearly $2 million Earned Income Credit. Earned Income Credit is the first and powerful resource created in the history of relief programs, beating out welfare and food stamps combined. Not only does it provide needed funds for low income house- holds, but it also puts money back into the Lincoln economy — creating a “win-win” situation for both taxpayers and the community.

Unfortunately, every year hundreds are turned away due to a lack of volunteers. Many more taxpayers could be helped if we had more volunteers who could donate a few hours per week (usually 4-5) from Jan. 22 through April 15. The IRS provides free tax law and software training at various times in December and January. However, volunteer tax preparers will be expected to do some self-study of tax law, whether through the online course at the IRS Web site or through a course book which will be provided to them. New volunteer tax preparers are required to take a one-day e-file class in January to learn the software used for tax preparation.

If you would like to help but can’t do it full-time, prepare taxes, the VITA program also needs Greeters and Administrative Volunteers to help with tasks at the extension office and online at http://lancaster.unl.edu/extpost. For more information on how to volunteer, contact Mary Jane Frogge at (402) 875-9351 or hcallahan@unl.edu. The Nebline

The Nebline is published monthly (except December). It is mailed to more than 12,000 households in Lancaster County and can be read online at http://lancaster.unl.edu/nebline. The Nebline articles may be reprinted without special permission if the source is acknowledged as “The Nebline / University of Nebraska-Lincoln Extension in Lancaster County.” If the article contains a byline, please include the author’s name and title. Articles cannot be reprinted electronically without permission. That includes all forms of electronic media that are intended or not intended by the University of Nebraska-Lincoln is implied.

Email Notifications

Sign up at http://lancaster.unl.edu/nebline to be notified by email when The Nebline is posted online.

Mail Subscriptions

Subscriptions to The Nebline via mail are free to Lancaster County residents. There is an annual $5 mailing handling fee to addresses in zip codes other than 683—, 684—, 685—, 68003, 68017 and 68065.

Order subscription  Change of address

Name Address City State Zip

Phone

We will only use your phone number in case there is a problem with your mailing address.

Mail to: UNL Extension in Lancaster County, 444 Cherry Creek Road, Suite A, Lincoln, NE 68528-1507

University of Nebraska–Lincoln Extension in Lancaster County

444 Cherry Creek Road, Suite A Lincoln, NE 68528-1507

(402) 441-7180

Email: lancaster@unl.edu • Fax: (402) 441-7148

Join us on YouTube, Twitter, and Facebook

http://lancaster.unl.edu/media
2010 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 Super 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, Feb. 10.

Star City Llamas/Alpacas 4-H Club located in the Lincoln area is the winner of Category I (5–7 members). The club’s seven members are enrolled in the llama/alpaca project and entered 32 total exhibits at the fair — including showmanship, obstacle course, and quiz bowl. The club is winning this award for the first time. Danetta Jensen is club leader and Peggy Steward is assistant leader.

Fantastic 4-H Club of Lincoln is the winner of Category II (8–13 members) — and winner of the Wayne C. Farmer trophy as overall Outstanding 4-H Club for the year. The club’s 11 members were enrolled in approximately 30 projects and entered 177 total exhibits at the fair — including photography, clothing, foods, home environment, citizenship, dog, sheep, swine. This is their second year as an outstanding club and second year as overall club. Jennifer Smith is club leader and Mary Hillebran and Sarah Lank Frain are assistant leaders.

South Prairie Wranglers 4-H Club of the Hickman area is the winner of Category III (13 or more members). The club’s 69 members were enrolled in more than 25 projects and entered 489 total exhibits at the fair — including horse, rabbit, dog, photography, clothing, horticulture, foods, child development, woodworking, and engineering. Several members are Clover Kids (ages 5–7). The club is winning this award for the third time. Kendra Ronnau is club leader and there are seven assistant or project leaders.

Lancaster 4-H’ers Place High at National Horse Contests

Five Lancaster County 4-H horse members represented Nebraska at the national All American Quarter Horse Youth Congress contests held recently in Columbus, Ohio. Elli Dearmont, Megan Luedtke, Bailee Peters, Cory Peters, and Hannah Ronnau qualified by winning statewide 4-H competitions earlier this year. They were coached by Kendra Ronnau.

Cory said, “The overall experience was truly amazing. All the work that it took to get this point was well worth the effort. I would like to thank everyone who helped make this opportunity possible.”

In the Youth Horse Judging Contest, the Lancaster 4-H Judging Team of Elli, Megan, Bailee, and Hannah placed 11th High Team Overall. Horse judging emphasizes how much youth know about horse conformation as they determine placings of a class of four horses. In the national contest, youth placed four halter and eight performance classes. Each contestant gave oral reasons and an explanation of their placings for specific halter and performance classes. Teams presented two halter and two performance sets of reasons.

In the Communications Contest, Cory placed 4th in the Individual Presentation Contest with his demonstration entitled “FYI on AI.” Elli and Hannah placed 2nd in the Team Presentation Contest with their demonstration entitled “Gut Reaction.”

Kendra said, “All the youth displayed maturity, responsibility, and incredible sportsmanship. Their depth of knowledge is second to none. These are tomorrow’s leaders in the industry.”

Elli said, “I gained more appreciation for the hard work and dedication that goes into preparing for competitive events. The entire experience allowed me to learn first-hand the importance of setting goals, meeting deadlines, handling pressure, and accepting criticism. I feel fortunate to have had this opportunity.”

Lancaster 4-H Club of the Hickman area is the winner of Category III (13 or more members). The club’s 69 members were enrolled in more than 25 projects and entered 489 total exhibits at the fair — including horse, rabbit, dog, photography, clothing, horticulture, foods, child development, woodworking, and engineering. Several members are Clover Kids (ages 5–7). The club is winning this award for the third time. Kendra Ronnau is club leader and there are seven assistant or project leaders.

Lancaster-4-H’sers High at National Horse Contests

Five Lancaster County 4-H horse members represented Nebraska at the national All American Quarter Horse Youth Congress contests held recently in Columbus, Ohio. Elli Dearmont, Megan Luedtke, Bailee Peters, Cory Peters, and Hannah Ronnau qualified by winning statewide 4-H competitions earlier this year. They were coached by Kendra Ronnau.

Cory said, “The overall experience was truly amazing. All the work that it took to get this point was well worth the effort. I would like to thank everyone who helped make this opportunity possible.”

In the Youth Horse Judging Contest, the Lancaster 4-H Judging Team of Elli, Megan, Bailee, and Hannah placed 11th High Team Overall. Horse judging emphasizes how much youth know about horse conformation as they determine placings of a class of four horses. In the national contest, youth placed four halter and eight performance classes. Each contestant gave oral reasons and an explanation of their placings for specific halter and performance classes. Teams presented two halter and two performance sets of reasons.

In the Communications Contest, Cory placed 4th in the Individual Presentation Contest with his demonstration entitled “FYI on AI.” Elli and Hannah placed 2nd in the Team Presentation Contest with their demonstration entitled “Gut Reaction.”

Kendra said, “All the youth displayed maturity, responsibility, and incredible sportsmanship. Their depth of knowledge is second to none. These are tomorrow’s leaders in the industry.”

Elli said, “I gained more appreciation for the hard work and dedication that goes into preparing for competitive events. The entire experience allowed me to learn first-hand the importance of setting goals, meeting deadlines, handling pressure, and accepting criticism. I feel fortunate to have had this opportunity.”

4-H horse judging team.