The NEBLINE, January 2013

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Focus on Science

University of Nebraska–Lincoln Extension in Lancaster County 4-H staff have developed 4-H School Enrichment programs which have been implemented in many Lancaster County schools. These programs focus on science and bring 4-H’s hands-on learning approach into classrooms.

Kirsten Smith, Lincoln Public Schools (LPS) Curriculum Specialist for Science says, “The Lancaster County Extension office and staff are a crucial part of the LPS science curriculum. The staff are valuable resources who are willing to share their expertise with LPS students and teachers — helping to create meaningful learning experiences.”

Garbology, Embryology, and Earth Wellness Festival are part of the LPS science curriculum and are also taught at many other Lancaster County schools. These curricula meet Nebraska Curriculum Standards.

Garbology 2nd Grade

Garbology is not in the dictionary, but in Lancaster County, it means the study of garbage (“ology” = Latin for “study of”). Usually taught in spring, Garbology consists of a curriculum manual with hands-on science activities. Many supplies and supplemental materials are provided in a kit, including books, posters, and DVDs. Extension staff give presentations in the classrooms about environmental conservation, including reduce, reuse, and recycle. In the 2011–12 school year, 3,574 students in 167 classrooms participated.

In Garbology, students hatch chicks in the classroom and witness the exciting miracle of life. Three sessions are presented each spring. Students take the responsibilities of caring for the fertilized eggs and then the chicks after they have hatched. Extension staff teach about embryo development when they deliver eggs to the classrooms. One-week later, they candle the eggs using a bright light so students can see how the embryos are developing. In 2012, 4,175 students in 167 classrooms participated.

Focus on Nutrition

Nutrition Education Program K–8th Grades

UNL Extension in Lancaster County Nutrition Education Program (NEP) staff have developed supplemental kits of hands-on nutrition education to enhance LPS’s health curriculum in grades K–8. Grade specific kits include teacher curriculum, science experiments, interactive games, activity sheets, DVDs, and more. There are science, math, and reading components in each grade level.

Lancaster NEP staff coordinates the kits for 21 income-eligible elementary schools (20 LPS and one parochial school). Teachers keep the kits for three weeks and NEP staff present handwashing and healthy snack demonstrations. In 6 income-eligible middle schools (five LPS and one parochial), teachers keep the kits for the entire year. In the 2011–12 school year, 8,864 students in 437 classrooms participated.

In 2011, a grant allowed the program to be expanded to the remaining LPS schools for grades K–2 and is coordinated by UNL faculty.
Proper Precautions Are Necessary For Chainsaw Safety

Dennis Adams
UNL Extension Forestry Specialist

Higher energy costs have given many people the incentive to cut their own firewood. However, users should review safety precautions before handling a chainsaw to avoid serious injury.

Operators should begin by reading the instruction manual. This is especially important in situations involving a first-time user or new model of chainsaw. Reread instructions to obtain a clear understanding of the operation process.

While chainsaws are more efficient than manual saws, they are more likely to be used incorrectly and cause injury. Most injuries are the result of kickback. Kickback occurs due to the fast rotation of the blade. When the tip of the blade makes contact with the tree, the high rpm's of the chain may cause the chainsaw to literally "kickback" out of the operator's control. Uncontrolled kickback often results in injuries to the arms, legs or face.

It is also important to be aware of surroundings when harvesting firewood. An area clear of excess brush or other obstacles is most desirable. This provides an open area for the tree to land and an escape route for harvesters should the tree fall in an unexpected direction.

Don't forget to remain aware of what is occurring overhead. Falling branches, known as "widdow makers," can cause serious injury or death as well.

Once the tree is down, it is safest to use the bottom of the chainsaw bar to cut the wood into sections. This will prevent kickback and make operating the chainsaw less work.

Most importantly, never operate a chainsaw alone. Having another person present guarantees help is available should any problem or injury occur.

Out-of-Service Wells to Protect Water Quality

David Shelton
UNL Extension Agricultural Engineer

Windmills dot the Nebraska landscape. Perhaps there is one on your acreage. Did you ever stop to think that this picturesque scene could be contributing to groundwater contamination?

Not the windmill itself, but perhaps the well water below. Often, these wells are deteriorating and no longer used, but the well shaft is still a direct connection from the ground surface to the underlying aquifer. This can allow surface runoff to flow directly to the water-bearing zones, often carrying organic wastes, fertilizers, and other chemical residues such as pesticides and petroleum products into the groundwater. Small animals can fall into these wells, further adding to the contamination.

Contaminants that enter an old, out-of-service well can migrate to in-service water supplies such as a new well on the property, or a neighbor's well. Once groundwater is contaminated, it is difficult, if not impossible, to clean up, and the process is always expensive. Unusual odors, especially those old and/or in disrepair, or that do not meet current standards as an inactive well, pose a major threat to groundwater quality and represent a serious threat to human health and safety. State law defines these as illegal wells.

There are thousands of these wells on farmsteads, acreages, and other rural areas throughout the state. Early Nebraska settlers found many areas had relatively abundant groundwater that could be obtained fairly easily. In many situations, it was common to have more than one well on each farmstead because it was easier to construct a well at the point of use rather than develop a central well and water distribution system. Farm consolidation, rural electrification, and general modernization took many of these old wells out of service. Also, when an old farmstead is sold or an acreage, the new owner frequently has a new well drilled, but Neglects to properly decommission the old well or wells on the property.

Not all out-of-service wells are located in rural areas. There likely are hundreds, and possibly thousands, located in communities throughout the state. In the early development of communities, most households and businesses had an individual water-supply well. Most of these water wells have since been replaced by community water-supply systems, but in some cases, the old wells were not properly decommissioned.

While a windmill tower can be an almost sure sign, wells can be present at many other locations too. Some signs an old well might exist include: concrete pads where the legs of a windmill tower once stood; depressions where an old well pit or the walls of a dug well may have collapsed; an old stock tank in an overgrown area; a small fenced off area, especially if there are also pipes sticking out of the ground; flat stones, a concrete slab, metal sheets, or other items that could be covering an old well shaft; and many others. Sometimes there are no signs, and the well may be discovered only by accident.

Nebraska regulations require that illegal wells be decommissioned following the requirements found in Title 178, Chapter 12, regulations governing “Water Well Construction, Pump Installation, and Water Well Decommissioning Standards” of the Nebraska Department of Health and Human Services. With only one exception, well decommissioning must be carried out or supervised by an individual with a valid Nebraska Water Well Standards and Contractors’ license.

The decommissioning process includes removal of well equipment (pump, piping, etc), disinfection, sealing, filling, capping, and reporting.

The cost of decommissioning a well depends on several factors including accessibility, construction technique and materials, diameter, depth, condition, and contractor travel. See OUT-OF-SERVICE WELLS on next page.
Don’t Neglect Stored Grain this Winter

Federal and state law states that a private pesticide applicator must be certified to use and supervise the use of a Restricted-Use Pesticide (RUP) to produce an agronomic commodity on property they own or rent — or on an employer’s property if the applicator is an employee of the farmer. No pesticide license is needed if the 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, 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 requirement for both initial certification or recertification as private pesticide applicators. If your private pesticide certification expires in 2013, you will receive (or have already received) a certification letter from the Nebraska Department of Agriculture (NDA). Be sure to keep the letter from NDA and bring it with you to the training session you choose or when you pick up home-study materials. The NDA letter contains a bar-code form which tells NDA what they need to know about you.

Regardless of the certification method chosen, all applicants will receive an invoice from the NDA for the $25 license fee. Note: we cannot collect the license fee at the extension office. The certification and license is good for three years, expiring on April 15, 2016 for those who certify this spring. You should receive your new license within three weeks.

Private pesticide applicators have three alternative methods to obtain initial certification and four alternative methods to recertify.

Traditional Training Sessions
Three private pesticide applicator training sessions have been scheduled in 2013 at the Lancaster Extension Education Center, 444 Cherry Creek Road in Lincoln. The dates and times are:
• Wednesday, Jan. 23 — Beatrice (The Auditorium, 612 N. Nebraska Ave.)
• Thursday, Jan. 17 — Beatrice (Armed Forces Reserve Center, corner of W. Highway 156 and Scott Street)
• Thursday, Jan. 24 — Fremont (Midland University Event Center, 990 N. Clarkson St.)
All three clinics start at 8:45 a.m. If you are planning to receive recertification as an applicant, be sure to arrive early and register with NDA at the check in table. They need proof of a current private license.

Crop Production Clinics held in southeastern Nebraska will be:
• Wednesday, Jan. 16 — York
• Wednesday, Jan. 23 — Grand Island
• Wednesday, Jan. 30 — Broken Bow
For dates of these crop clinics, go to www.nrdnet.org.

Don’t Neglect Stored Grain this Winter

Tom Dorn
UNL Extension Educator

As most dryland corn down to 13%, the time to feed only as much as the calves plus cows that will rebreed and steer calves will gain more weight and more heifers will supplement cows graded protein supplement while grazing winter range produced by attending the full day and attending the mandatory session held as a private pesticide applicator. Commercial and Noncommercial Pesticide applicators need a certificate from the Nebraska Department of Agriculture (NDA). Be sure to keep the letter from NDA 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 NDA what they need to know about you.

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Foods & Fitness

**Food Fun for Young Kids**

Alice Henneman, MS, RD, UNL Extension Educator

Kids love to dip! This is a super-easy snack to make with kids from my extension colleague Cami Wells in Hall County. Even little ones can help stir the pudding mix into the yogurt. Just make sure to provide a non-breakable bowl with enough room to prevent spills.

For more quick, healthy meal and snack ideas for young children, check out “Food Fun for Young Kids” by Cami at http://go.unl.edu/chi. You can also follow her on Pinterest at http://pinterest.com/ccbwell/food-fun-for-young-kids.

**Animals in the Swamp**

8 ounces vanilla yogurt
1 tablespoon chocolate instant pudding mix

Animal crackers

Combine yogurt and pudding mix. Serve 1/4 cup of “swamp” to each child. Dip crackers into the “swamp” and enjoy. Refrigerate any extra “swamp” within 2 hours and eat within 3 - 4 days.

**Double Chocolate Peppermint Candy Hot Cocoa Mix**

Enjoy this delightful mix after a hectic day of hitting the after-holiday sales. It also makes a hearty treat after a chilly afternoon of sledding, ice skating, or building snow creatures!

1 cup instant skim milk powder
1 cup unsweetened cocoa powder
1 cup white sugar
1/2 teaspoon salt
1/2 cup crushed peppermint candy
1/2 cup mini semi-sweet chocolate chips

Directions: Add the skim milk powder, cocoa powder, sugar, and salt to a food processor. Pulse until thoroughly mixed. Transfer the mix to a large bowl. Add the crushed peppermint candy and mini semi-sweet chocolate chips. Stir until distributed throughout the mixture. Store mixture in an airtight, quart-size container.

Spiced Tea Mix

This sweet, spicy cup of tea will put you in a delightful mood!

1-1/2 cups orange breakfast drink (such as Tang)
3/4 cup iced tea mix (unsweetened)
1-1/2 cups white sugar
3 teaspoon ground cinnamon
2 teaspoon ground cloves

Directions: Mix contents in a large bowl. Store mixture in an airtight, quart-size container.

Directions for mixing a single serving: For each serving, place 1 cup boiling water in a mug and stir in 1 teaspoon mix. Makes 64 servings. Per serving: 60 calories, 0 g fat, 0 g protein, 10 g carbohydrate, 0 g fiber, and 0 mg sodium

French Vanilla Coffee Mix

Need a pick-me-up? A cup of French Vanilla Coffee will bring renewed energy.

1/3 cup instant coffee
1 cup instant skim milk powder
1/2 cup powdered non-dairy coffee creamer
1/2 cup white sugar
1/4 cup unsweetened cocoa powder
1/4 cup instant chocolate pudding mix
6 to 8 red and white striped candy mints, crushed

Directions: Add the ingredients to a food processor. Pulse until thoroughly mixed and you have a smooth powder. Store mixture in an airtight, quart-sized container.

Mint Candy Coffee Mix

Chocolate, mints, and coffee — perfect! And all you have to do is add boiling water for a delicious hot beverage.

1/3 cup instant coffee
1 cup instant skim milk powder
1/2 cup powdered non-dairy coffee creamer
1/2 cup white sugar
1/4 cup unsweetened cocoa powder
1/4 cup instant chocolate pudding mix
6 to 8 red and white striped candy mints, crushed

Directions: Add the ingredients to a food processor. Pulse until thoroughly mixed and you have a smooth powder. Store mixture in an airtight, quart-sized container.

Stretch Your Food Dollar By Planning

Mardel Meinke
UNL Extension Associate

“Mom, there is no milk for my cereal.” This is heard by the kitchen getting her breakfast before catching the school bus. There are probably some alternatives foods Annie could have for breakfast, but the questions is... Could this situation have been prevented? Yes, it could have been prevented by PLANNING. Planning does take time, but, planning can also save a great deal of time, frustration, and money. Here are some easy basics:

- Keep a grocery list and pencil handy. Encourage family members to “write it down” or “tell a parent” when they empty a container. Remind them they feel when “there is no milk.” Put the list where it is visible and easily accessible.

- Make a meal plan for the week. Try to have a basic plan for most of your family meal time. Involve the family in choosing the foods they like. Preschoolers, as well as high schoolers, like to have their input. Set a time, such as Sunday after supper, when you will plan your family meals for the week. Some things to consider include:
  - What do have you in your refrigerator, freezer, and cupboards that need to be eaten? Are there meats, fruits, or vegetables that will spoil soon? Use these first.
  - Try to include all five food groups in every meal. Fruits and vegetables should make up about half of the plate. Include low-fat dairy foods and whole grain foods when possible. “Cook once, eat twice” is always a good plan. You can cook a larger quantity of roast, ground beef, or chicken breast and freeze half for a later meal. Or, make a larger recipe and freeze half. Most soups, oven meals and skillet meals freeze very well when covered securely.
  - Check your grocery ads for sales and plan meals around those foods. Purchase less expensive store brands and value brands.
  - Since meat is often our most expensive food item, prepare several meals using other protein foods, especially legumes and eggs.

After you have your meal plans and know what foods you need to purchase, you can make a shopping list. Check your refrigerator and cupboards for everyday items you might need for breakfast, lunch, and snacks. Most families shop weekly and planning ahead will help eliminate extra trips to the store.

Because your family plans ahead, you are confident you have the needed ingredients for family meals, and Annie will have milk for her morning cereal.
President’s View – Marian’s Message

Marian Storm
FCE Council Chair

Happy New Year! Time to think of our new resolutions and remember all the good times spent with the family and friends. We can not forget all the good food and snacks.

The next FCE Council meeting will be a soup luncheon on Monday, Jan. 28, 12:30 p.m. Hope everyone can join us. The business meeting will follow.

2012 Leader Training Lessons
These FCE and Community Leader Training Lessons give you the tools to present the topic as a program. Extension provides a teaching outline for the facilitator and a handout for participants. All trainings will be presented Wednesdays at 1 p.m. at the Lancaster Extension Education Center.

FCE News & Events

January Council Meeting
The next FCE Council meeting will be Monday, Jan. 28, 12:30 p.m., at the Lancaster Extension Education Center. It will be a soup luncheon provided by the officers. Business meeting will follow.

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FCE 2012 Achievement Day
This year for the first time, FCE Achievement Night was held during the day as Achievement Day. Held Oct. 15, nearly 20 members attended and enjoyed a salad luncheon. Mary Newcomer presented “Write It Down!”, in which she encouraged everyone to write down family memories using any format they are comfortable with. More photos are at on Flickr at http://go.unl.edu/bx7.

Membership Awards
55-year member
Irene Calborn, Helpful Homemakers
45-year member
Joyce Doelez, Helpful Homemakers
40-year members
Jean Darr, Individual Member
Lola Wagner, Salt Creek Circle
25-year member
Carmelle Tuma, Salt Creek Circle

Club Incentive Awards
Helpful Homemakers
Salt Creek Circle

Mary Newcomer presented “Write It Down!”

FCE donated 140 pounds of canned food and paper products, along with cash, for the Food Bank of Lincoln.

Communicate Your Advance Directives for Health Care

If you had a serious accident or illness causing permanent loss of mental capacity, leaving you unable to tell your doctor which medical treatments you did or did not want, would your loved ones know what to do? Who would make these decisions for you? If you couldn’t make your wishes known, how could you make sure they were respected?

If you’re like most people, you probably haven’t taken time to complete or discuss documents known as advance directives for health care. The holiday season, when many family gatherings occur, is an excellent time to discuss these important issues.

Advance directives include a living will and durable power of attorney for health care. They allow you to give instructions on these topics to your health care providers and loved ones, relieving them of the burden of guessing what you want.

The choices you make as you prepare these documents should be based on your personal values, beliefs, preferences, and discussions with loved ones. Since it’s impossible to foresee future circumstances or illness, think in general terms about what’s important to you.

Lorene Bartos, UNL Extension Educator

Packaging Holiday Decorations
After the holiday season putting away decorations can sometimes be an overwhelming task. Tips for making holiday packaging more tolerable include:

- store only items that will be used next year,
- recycle items still usable,
- use containers that stack and store easily,
- label containers and store decorations by room,
- check light strings and toss those that aren’t working,
- label lights by area,
- store lights by wrapping them around cardboard or a tube to keep them from tangling,
- recycle tissue paper from wrappings to wrap breakable items,
- store candles in a temperature controlled area,
- use egg cartons to store small bulbs, etc.,
- keep decoration parts together and store wreath hanger with wreath,
- take a picture before you un-decorate so you have a template for next year,
- label special ornaments with date and who they were from or the special occasion, and
- mark garland by area and mark the center and other division when you take them down as it will be ready to put up in the same place next year.

Celebrate and enjoy a job well done.

Financial Security: Children and Money

Children are not born with “money sense.” Children learn about money by example and experience, beginning at a very young age. Parents are an important influence on what and how children learn about money. It is never too early to start teaching sound money management skills. Begin teaching basic principles of money as early as children can understand money is needed to buy the things they enjoy.

Much of what your children learn about money is not from the conscious efforts you make to teach money management. Children are great imitators. Children pick up your values, attitudes, and money habits by watching and listening to you.

In fact, you do not have to say anything to pass along money attitudes, habits, or decision-making styles.

If you shop with a list, your children will probably shop with a list. If you always spend money before it is earned, you may have a hard time teaching children to save. Children learn from observing you and others in the grocery store, post office, bank, toy store, mall, and home. Many parents are amazed at what children have learned about money through observation.

Source: Extension.org

January 2013

Home & Family Living
Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

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**Green bean seeds** sprouting in a glass jar with damp paper towel.

**Watch seeds sprout** — Line a glass jar with a damp paper towel and insert snap bean or zucchini seeds between the glass and the towel. Place a lid on the jar, leave it on your kitchen counter, and check the paper every day to make sure it is still moist. Seeds should sprout in a few days.

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**Fairy gardens** are miniature settings with living plants.

**Garden crafts** — There are several projects you can try with your kids, depending on their age and interest, such as hand-painted plant markers or seed tapes.

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**Terrariums** — Carefully place some soil and a few mosses and plants inside a clean mayonnaise jar or larger glass container. Keep your indoor garden moist with a plant mister, and cover the opening with clear plastic wrap.

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**Fairy garden** — Start with a shallow pot, at least 12 inches across. Plant several small scale plants like ferns, woolly thyme, Irish moss, dwarf evergreens, baby’s tears, violas or primrose. Use small tile pieces or small, flat river stones to make a walk way. Add a tiny fence, miniature bench or bridge. You can make this garden as simple or elaborate as you want.

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**Pine cone bird feeders** are easy for kids to make.

**Feed the birds** — Stock up on birdseed and suet and feed the birds this winter. Make a pine cone feeder with peanut butter and bird seed. Have your child keep a record of all the species of birds that come to the feeder and what date each first was spotted.

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**Pot people** — Draw or paint faces depending on their age and interest, such as tomatoes, sunflowers, carrots, and others, you are invited to become a University of Nebraska–Lincoln Extension Master Gardener volunteer.

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**Train a birdhouse** — Birdhouse kits and plans are available at most garden centers and craft shops.

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**Grow a tree** — Start an avocado seed in water by inserting three toothpicks rest on the brim. Fill a small glass or canning jar with water and place the seed in the glass so the toothpicks rest on the brim.

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Source: American Association of Nurserymen
UNL Extension in Lancaster County develops and delivers educational programs benefiting individuals, families, businesses, and communities.

**Extensions Outreach**

Extension Educator Alice Henneman presented a class, “Quick, Delicious One-Dish Meals” to nearly 350 people at Bryan Medical Center. In 2012, Extension staff in Lancaster County taught face-to-face educational programs to approximately 25,800 people (44,300 teaching contacts).

**Communities Value**

“Extension has made a big difference in my life. The education I received from Extension classes has empowered me to make good decisions for myself and family. Extension classes provide education, skills, budgeting, and crucial resources to create healthy, balanced families in our community.”

—Keenya Barnes-Heyward, RentWise, Co-Parenting for Successful Kids, and Nutrition Education Program participant

“Extension’s Guardian and Conservator training allows individuals serving as guardian and/or conservator the unique opportunity to learn their rights and responsibilities from trained professionals. My clients have indicated that this class is an invaluable resource.”

—Chris Blomenberg, attorney and member of Nebraska State Bar Association who volunteers to help answer legal questions of Guardianship Trainings

“With my involvement with 4-H, I have learned about the importance of leadership, became more confident with myself, and it influenced me to get more involved with my community.”

—Sadie Hammond, 8-year 4-H member, secretary of 4-H Council, and president of 4-H Teen Council

**Connection**

Extension is your local connection to university research-based information

**4-H & Youth**

• Clubs, school enrichment, after-school & more
• Developing life skills, citizenship, leadership & career readiness
• Hands-on projects, science & technology

**Farms & Acreages**

• Livestock & crop production
• Acreage living
• Urban agriculture
• Drought & water resources

**Food & Nutrition**

• Nutrition & cooking
• Food safety
• Stretching food dollars

**Families & Home**

• Early child development, parenting & family relationships
• Home environment & energy
• Family & Community Education (FCE) clubs

**Pests & Wildlife**

• Pest identification
• Insect, spider & wildlife education
• Low-toxic solutions

**Yard & Garden**

• Plant & pest problem diagnosis
• Master Gardener volunteers
• Horticulture education
• Drought & water resources
BIG IMPACT

Since 2000, the Nutrition Education Program (NEP) School Enrichment Kits have increased nutrition education in qualifying Lincoln classrooms. To date, 51,953 students from 2,691 classrooms (grades K-8) have benefited from more than 25,900 total hours of teaching. Teachers have noticed students choosing healthier foods and improving their eating habits. In 2012, the Lancaster County nutrition kits were replicated by the Nebraska Extension Service for use in nearly 40 other counties.

Extension Educator Sarah Browning educated fruit and vegetable growers on Good Agricultural Practices (GAPs), enabling them to maintain or improve the safety of their produce by preventing contamination with microbial pathogens such as Salmonella or E. coli. 65 growers attended a day-long workshop taught through the five-state Great Plains Growers Conference (GPCC). 19 additional growers increased their knowledge of GAPs through a 1-day workshop.

After the program, 98% of participants responded that they would need the information that the workshop provided.

Since 1998, Extension Educator Tom Dorn has hosted and helped produce the National Potato Conference Attendant Appraiser Training Sessions in Lancaster County — about 8 a year. In 2012, 423 people attended these trainings. Attendees of the conference provide reports on all of previously attended trainings.

95% commercial/noncommercial and 93% private frequently or very frequently used safe storage, holding, and application practices for pesticides, and 94% commercial/noncommercial and 88% private frequently or very frequently used pesticide best management practices to reduce contamination.

The “Cook It Quick” monthly e-newsletter written by Extension Educator Alice Henneman began in 1996 and now has more than 8,000 subscribers worldwide. A recent online survey of subscribers indicated 84% agreed for preparing foods faster and easier. Subscribers also reported learning how to save money, improving their cooking practices, cooking with healthier fats, handling foods safely, eating more home-cooked meals, reducing their sodium, and cooking with more whole flour.

Extension Educator Barb Ogg gave 28 bed bug presentations to groups, including the Real Estate Owners and Managers Association (pictured). She also consults with hundreds of individuals.

In 2012, Barb Ogg gave 28 bed bug presentations to groups, including the Real Estate Owners and Managers Association (pictured). She also consults with hundreds of individuals.

The Nutrition Education Program (NEP) taught nutrition in 437 Lincoln classrooms to 8,664 students grades K-8 in the 2011-12 school year. Return to the article Kristen Houka teaching students how to prepare a healthy snack.

For 17 years, Extension Educator Lorene Bartos has provided leadership and teaching for the “Window of Opportunity” spring child care providers conference. Each year, an average of 100 child care providers attend the conference for a total of about 1,700. Each provider cares for approximately 10 children. Providers report they have made positive changes in the areas of child guidance and discipline, daily living activities for children, hands-on activities for the children, and safety guidelines and practices in their childcare home/facility. One participant said, “The most important thing I learned was how much routines that are always consistent really help the child develop better!”

http://lancaster.unl.edu
= BIG IMPACT & BIG CONNECTION

Millions of people access UNL Extension in Lancaster County’s website to find answers to questions and solutions to problems 24 hours a day, 7 days a week, 365 days a year. The website contains thousands of pages of content and is updated daily. Extension’s educational materials often show up near the top in search engine results. We continue to expand our social media outreach to give you even more opportunities to connect with our Extension services. Join the conversation — ask questions, give feedback, and share your experiences. On our Facebook and Twitter pages, staff post instant updates on programs and timely resources.

The 4-H Facebook page is a special place for 4-H families, volunteers, and adults to connect. Our YouTube and Flickr channels are great places to watch informative videos and view photos from local events and programs.

The Nebraska newsletter, which is mailed to nearly 12,000 Lancaster County residents, is available free on our website.

“Extension has played a big role in my family through 4-H and its ag research and education programs. By serving on the Extension Board, I see the big impact Extension provides throughout the whole community to all ages in both rural and urban settings through its many excellent programs.”

Denise Farley, Extension Board Vice President

Lancaster Extension Education Center Conference Facilities

As part of Extension’s commitment to community learning, the Lancaster Extension Education Center conference facilities are available to other nonprofit and governmental organizations at a nominal cost. In 2012, more than 4,320 hours of conferences and meetings were held in the facilities.

4-H Clover College is one of many events held at the Lancaster Extension Education Center conference facilities.

BIG HONORS, AWARDS, AND ACCOMPLISHMENTS

Tracy Anderson, Extension Associate
• 15 years of service with UNL

Lorene Bartos, Extension Educator
• “Cornflower Award - Nebraska Winner” and 1st place Central Region winner in “Community Involvement - Written Press Release” presented by National Extension Association of Family and Consumer Sciences (NEAFCS)
• 1st place National Winner & Central Region Winner in “Communication - Educational Technology,” presented by National Extension Association of Family and Consumer Sciences (NEAFCS)

Gary C. Bergman, Extension Educator
• 15 years of service with UNL
• Nebraska Resource Conservation and Development Education/Interpretation specialist

Maureen Burson, Extension Educator
• Co-presented a concurrent session at National Extension Association of Family and Consumer Sciences conference
• Family & Consumer Sciences section president of Nebraska Cooperative Extension Association (NCEA)

• National Search for Excellence Committee’s “Evaluating the Effectiveness of Your Social Media Marketing,” accepted for publication in the Journal of the National Extension Association of Family and Consumer Sciences Conference

Karen Evans, Clerk Typist II
• 12 years of service with Lancaster County

Alice Henneman, Extension Educator
• 1st place national winner & Central Region winner in “Social Networking,” and 2nd place national winner & 1st place Central Region winner in “Communication - Educational Technology,” presented by National Extension Association of Family and Consumer Sciences (NEAFCS)
• Presented a concurrent session at National Extension Association of Family and Consumer Sciences conference

Alice’s work with The Nutrition Education Program was awarded a Distinguished Service Award - Nebraska Winner presented by Nebraska Extension Association of Family and Consumer Sciences Conference

Dave Smith, Extension Technologist
• 15 years of service with UNL

Community CropRS board president

Jim Wies, Extension Associate
• 15 years of service with UNL

Celebrating 150 Years of the Land-Grant Legacy

This has been a “BIG” year for many reasons.

First, 2012 was an important year to pause, reflect, and celebrate 150 years of the Morrill Land-Grant College Act of 1862. This monumental legislation helped transform our nation by creating educational opportunities previously available for only the privileged upper class. Making higher education available to more people created a powerful human resource.

Nebraska’s prudent investment in University of Nebraska’s teaching, research, and Extension outreach helped to create a leading agricultural state — Nebraska’s largest industry.

UNL Extension in Lancaster County provides your link to land-grant university research-based information. This connection to the people’s university increases Nebraska’s economic well being and quality of life in so many ways.

Locally, we have a “Big” year. We extend a “Big” thank you to all Lancaster County Extension volunteers (more than 1,600) who lend support to 4-H and numerous extension education programs and activities throughout the year.

And finally, we express a “Big” thank you to our Lancaster County Board of Commissioners for the necessary financial support and long-standing county partnership with UNL Extension. Our local residents greatly benefit from this unique partnership.
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 — 119 clubs ranging from 5 to 79 members and 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.
- Educational Events — 4-H staff organize workshops, contests, leader trainings, and events such as Clover College.
- Lancaster County Super Fair — Many 4-H youth choose to exhibit their project(s) and participate in contests at the Lancaster County Super Fair held at the Lancaster Event Center. In 2012, more than 800 4-H/FFA exhibitors showcased more than 6,000 exhibits (including static exhibits, animals, contest entries, and Clover Kids exhibits).
- Leadership Opportunities — Several opportunities are available to youth, including the 4-H Teen Council leadership club, youth members and officers on 4-H Council, teens helping younger 4-H members, and more.
- School Enrichment — 4-H programs for classrooms include Garbology (2nd grade), Embryology (3rd grade), 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 — 40 Lincoln after-school/summer site programs have incorporated 4-H projects and/or county fair exploration activities into their programs.
- 4-H Embryology Website — EGG Cam and other resources at http://lancaster.unl.edu/4h/Embryology.

Communities benefit when they support 4-H. Youth who participate in 4-H learn life skills, science, technology, leadership, and citizenship. — Lancaster County 4-H Council

A day-long workshop, “Fun with Healthy Food!” was new this year. Youth learned that making healthy food choices can be fun and tasty. Pictured is a participant guessing how much sugar is in various drinks, with Extension Associate Tracy Anderson.

In the past year, Lancaster County 4-H involved nearly:
- 1,410 club members
- 200 independent members
- 1,587 youth in after-school/summer programs which incorporated 4-H activities
- 20,357 youth in 4-H school enrichment programs

4-H Clover College is a four-day series of hands-on workshops held each June. This year’s Clover College featured 32 workshops and 882 total registrations. Pictured are Extension Assistant Cole Meador and 4-H intern Shoyma Truax presenting “Fun with Agriculture.”

The Family & 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.

In the 4-H Embryology school enrichment program, 3rd graders incubate, candle, and watch eggs hatch. Pictured is Extension Associate Marty Cruickshank. In 2012, 4,175 students in 167 classrooms participated.

B1G VOLUNTEERISM

Last year, UNL Extension in Lancaster County programs benefited from approximately 1,630 volunteers investing 22,000 hours of time for a total value of $421,500! Volunteers contributed to 4-H, Master Gardener, Family Community Education (FCE), and other Extension programs.

- Independent Sector values volunteer time in Nebraska for 2010 at $36.86/hour.

Nearly 115 4-H youth and family members painted 36 trash barrels for the Lancaster Event Center as a 4-H community service project.

**B1G BENEFIT TO YOUTH**

Now at the 2012 Lancaster County Super Fair was a 4-H/FFA Livestock Judging Contest. About 80 youth participated, judging Angus heifers, market steers, commercial gilts, market hogs, commercial ewes, and market goats.

Lancaster County hosted a District 4-H Horse show in June. 158 exhibitors participated.

**B1G COMMUNITY SERVICE**

At the 2012 Family & Community Education (FCE) clubs Achievement Day, members donated 140 pounds of canned food and paper products, along with cash, for the Food Bank of Lincoln.

Many 4-H clubs and individual members participate in community service projects. Part of the 4-H pledge is “my hands to larger service.”
Extension blends nutrition, food safety, and food preparation information into practical actions people can use in their daily lives.

Extension Educator Alice Henneman chairs a committee of about 30 UNL staff to develop materials for Extension's statewide food website at http://food.unl.edu, which is continuously updated. Topics include food safety, local foods, meat products, home food preservation, food processing/business development, food allergies, and youth/4 H. Henneman's educational materials include PowerPoint presentations, videos, and handouts, which she shares via various social media such as Pinterest, Facebook, Twitter, YouTube, Vimeo, SlideShare, Flickr, and LinkedIn. She also writes two e-newsletters: Cook It Quick and Food Reflections.

The Nutrition Education Program (NEP) helps limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars. NEP receives funding from USDA through the Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program-Education (SNAP-Ed). Extension Educator Karen Wobig and six NEP staff members teach individuals and groups at multiple sites in Lancaster, Gage, Saline, and York counties.

Last year, NEP staff reached:
- 873 enrolled program families (3,072 teaching contacts).
- 8,987 youth (18,052 teaching contacts) at 27 schools and other sites.
- 89 older adults (576 teaching contacts) at 6 senior sites.

Pests & Wildlife

UNL Extension in Lancaster County has extensive resources to help identify pests and recommend control methods. Emphasis is on low-toxic control methods, whenever possible. Extension Educator Barb Ogg and Extension Associate Soni Cochran assist area residents via phone calls, walk-in requests, email questions, publications, presentations, workshops, and radio. Extension's popular pest and wildlife website reaches a global audience with research-based messages including publications, photos, and videos. Ogg partners with community organizations and industry professionals in training and disseminating pest control educational resources. Ogg helps organize a hands-on Termite School for pest management professionals and inspectors. From 2005 to 2012, 316 landowners attended the Termite School to learn best practices in inspections, calibration of equipment, and application techniques. Bed bugs are a growing problem in Lincoln and other Nebraska communities with more people requesting unbiased information about managing this pest.

Families & Home

Extension Educator Lorene Bartos coordinates and presents child care provider trainings and serves on various community committees supporting education and development of young children. She works with Headstart/EXCELE program to support literacy in families. Bartos also shares her expertise on home maintenance, energy conservation, safety in the home, and recycling through The NebliNe, Extension's website, her weekly column in the Lincoln Journal Star, and other outreach methods. She also assists with the RentWise program by training trainers and teaching classes to help renters increase the skills in becoming a better tenant by learning skills in budgeting, communicating with landlords and neighbors, and caring for the home.

Extension Educator Maureen Burson presents Guardianship Trainings and Co-Parenting for Successful Kids on six sites in Lancaster County and Southeast Nebraska. These classes meet requirements mandated by the Nebraska Supreme Court. Burson is also on the statewide Co-Parenting For Successful Kids team which developed an online class in 2012. Most participants give positive feedback about the class. One said, "The mix of journal entries, quizzes, and videos made the information 'sink in' better than just quizzes alone would have."
Public Health Concern: Misuse of Insecticides for Bed Bugs

Barb Ogg
UNL Extension Educator

A recent press release from two federal agencies (Agency for Toxic Substances and Disease Registry (ATSDR) and the Centers for Disease Control and Prevention (CDC)) has focused on an emerging national concern about the misuse of insecticides for bed bugs. Authorities have documented improper and dangerous treatments done by pest control applicators and landlords, as well as apartment dwellers and homeowners who have attempted do-it-yourself treatments.

In the U.S. and other developed countries, bed bug infestations have been on the increase since 2000. Media attention about this problem — which is often hyper-sensationalized — has increased public awareness about this pest problem. I have noticed an increased paranoia in some individuals who develop rashes or unexplained “bites.” These individuals are sure they have a bed bug infestation, but cannot find the insects. These individuals often want to have their home tested, even though bed bugs cannot be found.

What looks like an insect bite can sometimes have other causes, like allergies, skin infections, and infections. Even drug/prescription medications and medical conditions can have unwanted side effects like pricking of the skin or the feeling like something is crawling on the skin. At times, people use chemicals to treat it and find nothing.

Some of these insecticidal products are skin irritants and actually cause a rash or what appears to be bites. This is why it is important to find bed bugs before actions are taken. Bed bugs hide during the daytime and are active at night, so finding them can be a bit tricky, but a thorough examination of the area around the bed will usually always find them. Many people believe bed bugs are too small to see, but adult bed bugs are 1/4-inch long and both immatures and adults leave black fecal spots where they hide.

**If you can’t find bed bugs, DO NOT TREAT with chemicals!**

In a home setting, the box springs is a wooden framework, nailed and covered with fabric. The bottom is covered with a dust cover, stapled to the frame. This dust cover is made of a gauze-type material, which gets ripped easily. Bed bugs are flat and can easily squeeze in the area between the staples. To find bed bugs in the box springs, turn it upside down and tear off the dust cover. Look for bugs and fecal spots near where pieces of wood are nailed together, where there are knots or splits in the wood, or next to where fabric is stapled to the wood.

If you cannot find bed bugs, hire a pest control company to do an inspection. Or, hire an inspection company that has a bed bug sniffing dog. If bed bugs still cannot be found, the natural conclusion must be there is no bed bug infestation. Do not hire a pest control company to attempt to treat bed bugs’ infestations. Because bed bugs live in areas of the home where people sleep, it is important to minimize exposure to pesticides and only use products in these areas if it is necessary. You can use a bed bug insecticide. Ethical pest control professionals will not treat for pests that are not present.

Even if bed bugs are found, I don’t recommend do-it-yourself treatments because research studies (University of Kentucky) have shown bed bugs throughout the United States have a high level of resistance to pyrethroid insecticides, which are the products most commonly found in hardware stores and other places where people buy pesticides.

One study shows it takes more than 10,000 times more pyrethroid insecticide to kill these resistant bed bugs compared with laboratory strains never exposed to pyrethroids.

Clearly, these products are not very effective at the labeled rates and it would be unhealthy to douse your home with the amount needed to kill bed bugs. There are more effective (non-pyrethroid) products, but they are primarily sold to professionals through pest control distributors.

Over-the-counter foggers (i.e., bug bombs) are also pyrethroids and not effective in controlling bed bugs. Susan Jones, a researcher at Ohio State University, found only small percentage of the bed bugs died even when only 3–10 feet from the fogger itself. Bugs in harborage areas — the most likely location for bed bugs — were not killed at all.

Clearly the purchase and use of over-the-counter foggers is a waste of money and increases unnecessary exposure to inhabitants.

**Fruit Flies**

Fruit flies are light brown and have red or orange eyes. Fruit flies most often breed in very ripe fruit, rotted vegetables, like tomatoes, onions or potatoes. They often get brought into the house in garden produce or other ingredients, such as leftover beer or soft drinks, also are a favorite food of these flies. Recycle bins may breed fruit flies.

**Control:** Fruit flies are best controlled by discarding overly-ripe fruit or placing it in the refrigerator to eliminate breeding sites. If you are trying to get the garbage outside frequently (even daily) or use a garbage disposal to discard fruit or vegetable peelings. Patience is needed because it takes days or even a week or more for flies to die on their own. Fly traps or another type of sticky trap, placed in the area where flies are observed, may be helpful in catching them. If you are sure you have fruit flies, make a fruit fly trap made from yeast, water, sugar, and food. It works because fruit flies are attracted to carbon dioxide produced by the trap contents. Other flies won’t be attracted to it. If infestations are coming from soft drink or beer containers, prevent breeding in recycling bin washing bottles and cans before putting them in the bin.

**Phorid Flies**

Phorid flies are also known as humpbacked flies. They look similar to fruit flies but don’t have red eyes. When disturbed, phorid flies run across horizontal surfaces instead of immediately flying. This behavior distinguishes them from other gnats, which immediately take flight. When viewed under a microscope or hand-lens, they can also be recognized by characteristic wing veins.

Phorid flies are in moist, decaying organic matter, including sewage-contaminated soil, garbage, drains, human cadavers, rotting vegetable fruit, garbage, as well as damp organic materials. Phorid fly infestations may breed under bathroom plumbing leaks (or a poorly-sealed toilet) where sewer water collects in hidden places in void areas or soil. Because these flies breed in unsanitary areas, this fly can transmit disease-causing bacteria.

**Control:** It can be difficult to determine the source of phorid fly infestations, but it is often a leaky sewer pipe. Once you find the source, it can be resolved. Without a constant source of moisture, the phorid fly problem will disappear. A plumber may be needed to inspect and repair leaky pipes.

**Drain Flies**

Drain flies are weak fliers, typically flying only a few feet at a time. They are often found in the kitchen above the sink. Adult flies mate above the drain and female flies enter the drain to lay eggs, which become tiny maggots and live and feed on fungi inside the gelatinous material that lines the inside of drains. Infestations may sometimes be troublesome. Most infestations may be controlled by discarding boil water down the drain to loosen the gelatinous slime and are not likely to work. Bleach will not penetrate the slime and is not also likely to work. A vector requiring boiling water down the drain may loosen the gelatinous slime but may be helpful. And manual cleaning with a plumbler snake is the simplest method which will solve a drain fly problem.

**Gnats**

Fungus gnats larvae feed on fungi, potatoes, vegetables, and soil of potted plants. High-organic-matter fertilizers and overwatering, especially in the fall and winter may attract fungus gnats when indoor plants are not actively growing, are associated with fungus gnats infestations.

**Control:** Follow these tips to discourage or deal with fungus gnat infestations:

- Don’t overwater potted plants. Allow the soil to dry between waterings. Make sure your potted plants have good drainage.

- If plants are summered outdoors, check plant soil for adult gnats or their larvae before bringing them indoors.

- Prevent indoor entry of gnats by keeping windows closed and sealing windows and doors.

- Place yellow sticky traps on the soil surface to trap the gnats. They can be obtained at a local garden store.

- Place yellow sticky traps on the surface of the potting media. The larvae will feed on potato slices. After four days, remove potato points, with an inch above the skin.

**Pest Diagnostic Services**

If you need help identifying gnats or other pests, bring specimens to the UNL Extension office, 444 Cherrycreek Road, Suite A, Lincoln, between 8 a.m.-4:30 p.m. on weekdays. A free, extension staff can identify and make control recommendations.
Meet the 2013 Lancaster County 4-H Council

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

Officers: Ann Pickrell (President), Bailey Johnson (Vice-President), Kent Frobish (Treasurer), and Sadie Hammond (Secretary).

Members: Elizabeth Frobish, Kellie Gallagher, Austin Hurt, Mark Hurt, Jacob Pickrell, Cathy Plager, Kylee Plager, Kari Price, Renae Sieck, Sharlyn Sieck, Karol Swotek, and Sheridan Swotek.

Volunteers are the Heart of 4-H. Lancaster County 4-H benefits from approximately 1,445 volunteers. Volunteers include club leaders, project leaders, fair superintendents, workshop presenters, 4-H Council members, animal Volunteers in Program Service (VIPS) committee members, parent volunteers, and much more. Most volunteers are adults, though some youth also volunteer.

In January 2003, Lancaster County 4-H started a monthly Heart of 4-H Award to recognize outstanding volunteer service. Below is the list of honorees to date, and we have no shortage of outstanding volunteers to continue to recognize! Thank you to all of our amazing volunteers who help develop youth to their full potential!

For information and photos of the winners, or to nominate someone, go to http://go.unl.edu/heart4h.


Pat Heath was the first recipient of the Heart of 4-H Award in January 2003.
Lancaster County 4-H and 4-H Council invite ALL 4-H’ers, 4-H families and volunteers to

**4-H Achievement Night**

**Tuesday, Feb. 12 • 6:30 p.m.**

Lancaster Extension Education Center
444 Cherry Creek Road, Lincoln

**Evening Starts With a Dessert Potluck**

*Please bring a finger food dessert to share*

Congratulations to all 4-H youth who commit themselves to excellence!

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

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### 2013 4-H Calendar

All events will be held at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln unless otherwise noted.

Lancaster Event Center is located at 84th & Havelock, Lincoln

<table>
<thead>
<tr>
<th>Month</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>January</strong></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>4-H Council Meeting 7 p.m.</td>
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<tr>
<td>13</td>
<td>Teen Council Meeting 3 p.m.</td>
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<tr>
<td>16</td>
<td>4th &amp; 5th Grade Overnight Lock-In Registrations Due to Extension</td>
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<tr>
<td>18-19</td>
<td>4th &amp; 5th Grade Overnight Lock-In 8 a.m.-6 a.m.</td>
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<tr>
<td>20</td>
<td>Livestock Judging Informational Meeting 2 p.m.</td>
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<tr>
<td><strong>February</strong></td>
<td><strong>FEBRUARY IS NEBRASKA 4-H MONTH</strong></td>
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<tr>
<td>2</td>
<td>Crocheting Workshop 9 a.m.</td>
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<tr>
<td>4</td>
<td>4-H Council Meeting 7 p.m.</td>
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<tr>
<td>7</td>
<td>Lancaster County Deadline for Horse Stampede Entries</td>
</tr>
<tr>
<td>8-10</td>
<td>4-H/FFA Beef Weigh-In, Lancaster Event Center - Pav. 2 6-8 a.m.</td>
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<tr>
<td>10</td>
<td>Teen Council Meeting 3 p.m.</td>
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<tr>
<td>12</td>
<td>Achievement Night 6:30 p.m.</td>
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<tr>
<td>13</td>
<td>Pillow Party Sewing Workshop 9 a.m.</td>
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<tr>
<td><strong>March</strong></td>
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<tr>
<td>1</td>
<td>Preference Given to 4-H Club Scholarship Entries Submitted to Extension by this Date</td>
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<tr>
<td>1</td>
<td>R.B. Warren 4-H Horse Educational ($)500 and Grand Island Saddle Club Scholarships ($)1,000 Entries Due</td>
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<tr>
<td>1</td>
<td>Deadline for Governor’s Agricultural Excellence Awards ($)500</td>
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<tr>
<td>5</td>
<td>4-H Council Meeting 7 p.m.</td>
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<tr>
<td>5</td>
<td>Jammie Jamboree Sewing Workshop 9 a.m.</td>
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<tr>
<td>7</td>
<td>Teen Council Meeting 3 p.m.</td>
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<tr>
<td>11</td>
<td>Lancaster Stampede, UNL East Campus - Animal Science Building</td>
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<tr>
<td><strong>April</strong></td>
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<tr>
<td>1</td>
<td>All 4-H/FFA Market Beef ID’s Due to Extension 7 p.m.</td>
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<tr>
<td>12</td>
<td>Public Service Announcement (PSA) Contest CDs Due/Preregister for Speech Contest</td>
</tr>
<tr>
<td>13</td>
<td>Kiwanis Karnival, Elliott School 6-8 p.m.</td>
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<tr>
<td>14</td>
<td>Teen Council Meeting 3 p.m.</td>
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<tr>
<td>16</td>
<td>Horse Level Testing, Lancaster Event Center - Any Countryman 11:30 a.m.-12:30 p.m.</td>
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<tr>
<td>20</td>
<td>Jammie Jamboree, Lancaster Event Center - Any Countryman 11:30 a.m.-12:30 p.m.</td>
</tr>
<tr>
<td>20</td>
<td>Horse Level Testing, Lancaster Event Center - Any Countryman 11:30 a.m.-12:30 p.m.</td>
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<tr>
<td><strong>May</strong></td>
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<tr>
<td>1</td>
<td>4-H Council Camp Scholarship Entries Due to Extension</td>
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<tr>
<td>1</td>
<td>4-H/FFA Sheep Weigh-In, Lancaster Event Center - Pav. 2 6-8 p.m.</td>
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<tr>
<td>7</td>
<td>4-H Council Meeting 7 p.m.</td>
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<tr>
<td><strong>June</strong></td>
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<tr>
<td>1</td>
<td>County Fair Horse ID’s Due to Extension</td>
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<tr>
<td>4</td>
<td>4-H Council Meeting 7 p.m.</td>
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<tr>
<td>4</td>
<td>Bicycle Safety Contest 9 a.m.</td>
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<tr>
<td>11</td>
<td>4-H Council Meeting 7 p.m.</td>
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<tr>
<td>11</td>
<td>Plant Science Contest: Horticulture/Tree ID/Grass-Weed ID 10 a.m.-12 p.m.</td>
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<tr>
<td>18-21</td>
<td>Clover College</td>
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<tr>
<td>21</td>
<td>TBA Horse District Shows</td>
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<tr>
<td>15</td>
<td>Club Enrollment Forms Due to Extension – Must List Project Area(s)</td>
</tr>
<tr>
<td>18</td>
<td>Each Member Plans to Enter at County Fair</td>
</tr>
<tr>
<td>11</td>
<td>4-H/FFA Sheep/Goats/Swine/Breeding Beef/Bucket Calves/Dairy Cattle/Llamas &amp; Alpacas/Rabbits Identification Forms Due to Extension</td>
</tr>
<tr>
<td>18</td>
<td>Horse Level Testing, Lancaster Event Center - Any Countryman 5:30 p.m.</td>
</tr>
<tr>
<td>25</td>
<td>Horse Level Testing, Lancaster Event Center - Any Countryman 5:30 p.m.</td>
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<tr>
<td><strong>July</strong></td>
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<tr>
<td>1</td>
<td>All 4-H/FFA Lancaster County Fair Animal Entries Due to Extension</td>
</tr>
<tr>
<td>2</td>
<td>Premiere Animal Science Events (PASE)/FCS Life Challenge</td>
</tr>
<tr>
<td>7</td>
<td>Horse Level Testing, Lancaster Event Center - Any Countryman 5:30 p.m.</td>
</tr>
<tr>
<td>14-18</td>
<td>State 4-H Horse Show, Fanner Park, Grand Island</td>
</tr>
<tr>
<td>14-18</td>
<td>TBA Presentations Contest 9 a.m.</td>
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<tr>
<td>30</td>
<td>4-H &amp; FFA Static Exhibit Check-In for Lancaster County Super Fair, Lancaster Event Center - Lincoln Room 4-8 p.m.</td>
</tr>
<tr>
<td><strong>August</strong></td>
<td></td>
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<tr>
<td>1-10</td>
<td>Lancaster County Super Fair (4-H/FFA Exhibits &amp; Events Aug 1-4), Lancaster Event Center</td>
</tr>
<tr>
<td>4</td>
<td>Lancaster County Deadline for State Fair Animal Entries &amp; Ak-Sar-Ben 4-H Show Entries</td>
</tr>
<tr>
<td>23-29</td>
<td>Nebraska State Fair, Fanner Park, Grand Island</td>
</tr>
<tr>
<td><strong>September</strong></td>
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<tr>
<td>8</td>
<td>Teen Council Meeting 3 p.m.</td>
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<tr>
<td>10</td>
<td>4-H Council Meeting 7 p.m.</td>
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<tr>
<td>10</td>
<td>TBA Ak-Sar-Ben 4-H Horse Show, Location TBA</td>
</tr>
<tr>
<td>10</td>
<td>TBA Ak-Sar-Ben 4-H Stock Show, CenturyLink Center</td>
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<tr>
<td><strong>October</strong></td>
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<tr>
<td>1</td>
<td>4-H Council Meeting 7 p.m.</td>
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<tr>
<td>3</td>
<td>4-H Horse Awards Night, Location TBA</td>
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<tr>
<td>6-12</td>
<td>National 4-H Week</td>
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<tr>
<td>13</td>
<td>Teen Council Meeting 3 p.m.</td>
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<td><strong>November</strong></td>
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<tr>
<td>5</td>
<td>4-H Council Meeting 7 p.m.</td>
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<td>10</td>
<td>Teen Council Meeting 3 p.m.</td>
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<tr>
<td><strong>December</strong></td>
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<tr>
<td>3</td>
<td>4-H Council Meeting 7 p.m.</td>
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<tr>
<td>8</td>
<td>Teen Council Meeting 3 p.m.</td>
</tr>
<tr>
<td>31</td>
<td>All Award and Scholarship Applications Due to Extension</td>
</tr>
</tbody>
</table>

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**4-H SUMMER CAMPS & TRIPS**

**June – September**

Open to all youth 5-16 • http://4h.unl.edu/camp

**BIG RED SUMMER ACADEMIC CAMPS • June 9-11**

For high school youth • http://bigredcamps.unl.edu
The NebrLine
http://lancaster.unl.edu
Community Focus
January 2013

EXTENSION NEWS

The Ten Staff Members Win National Awards

(L–R) Lorene Bartos, Alice Henneman, and Mardel Meinke

At the National Extension Association for Family and Consumer Sciences (NEAFCS) 2012 Annual Session in September, three University of Nebraska–Lincoln Extension in Lancaster County staff received national awards.

Lorene Bartos, Extension Educator:
• Continued Excellence Award – Nebraska Winner for continuing excellence during her 39-year UNL Extension career. A member of NEAFCS since 1991, she has served as state president, president-elect, and chair of several committees. The Continued Excellence Award recognizes NEAFCS members who have been actively involved in professional improvement programs, the promotion of professional development of others, and leadership.

• Communications – Written Press Release, 1st place

Alice Henneman, Extension Educator:
• Social Networking, national 1st place winner and Central Region winner for her work in sharing Extension research-based information and materials through social media sites including Twitter, Facebook, Pinterest, LinkedIn, YouTube, Vimeo, SlideShare, and Flickr to reach approximately 85,000 people at the time she received the award. Henneman is the first recipient of this newly created award for innovative online social networking efforts.

Mardel Meinke, Extension Associate:
• Distinguished Service Award – Nebraska Winner for outstanding educational service to UNL Extension for 17 years, and teaching families to make safe, healthy food choices through the Supplemental Nutrition Assistance Program–Education (SNAP-Ed) program. The Distinguished Service Award is the highest award presented by NEAFCS. The award recognizes members for leadership, outstanding program efforts, and personal and professional development.

Grandparents Raising Grandkids: Perspective of the Grandchildren

Maureen Burson, UNL Extension Educator—

I have gained much appreciation and respect for the important role grandparents play in keeping children safe and secure as I hear heart-felt stories while teaching Guardianship Training and Co-Parenting For Successful Kids classes. In two fall Guardianship Training classes, all of the participants were grandparents raising grandchildren. Grandparents are the glue that holds many Nebraska families together. One class participant, a 75-year-old grandmother continues to work full-time to support herself and her teenage granddaughter. Grandparents love both their children and grandchildren unconditionally. Most have taken on this labor of love, a time in their lives in which they have put their dreams of retirement on hold.

Our colleagues from the University of Wisconsin Extension have a series of very practical research-based educational fact sheets online at http://fyi.uwex.edu/grandparenting/ through-the-eyes-of-a-child/fact-sheets/.

With so many children being raised by grandparents, it is important to understand how grandparents feel about their relationships with their parents and grandparents. There is very little research on how grandchild think and feel about being raised by grandparents. What we do know is based on interviews with the grandparents themselves. The Continued Excellence Award recognizes NEAFCS members who have been actively involved in professional improvement programs, the promotion of professional development of others, and leadership.

• Communications – Written Press Release, 1st place

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• Communications – Written Press Release, 1st place

We may not always agree with our family members but they are our families. Grandparents may face many challenges in their roles. They may be the only family members present in the home. Grandparents must learn to deal with one another. They need to work together and find a way to get along.

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• Communications – Written Press Release, 1st place

Relationships with Parents

Grandchildren living with grandparents often struggle in their relationships with their parents. Although grandparents may want to spend time with their parents, their parents may also be available. When parents are involved in grandchildren’s lives, they can sometimes be unpredictable or break promises. As a result, some grandparents feel upset about their parents include anger, grief, resentment, and confusion. In addition to these difficult feelings, grandchildren may feel frustrated when their parents try to discipline them or act like a parent—especially if they have not been very involved in caring for the child. Grandchildren may also distrust their parents and be aware that their parents cannot provide them with a safe environment.

There are some grandchild who describe positive relationships with their parents. In these relationships, parents tend to be more like siblings or friends. In these cases, grandchildren say that they enjoy doing things with their parents such as eating out, going shopping, playing video games, and seeing movies. Grandchildren have these types of relationships with their parents often say that they want to spend more time together.

Relationships with Grandparents

Grandchildren often describe close, trusting relationships with grandparents who are raising them. Many grandchildren describe their grandparents as being just like parents. Also, grandchildren often believe that their grandparents provide stability in their lives and want to help them grow into productive adults. Grandchildren feel that their grandparents give them values, a strong work ethic, and a desire to succeed.

In addition to feeling close, grandparents describe a strong sense of gratitude and appreciation for the work their grandparents have put into raising them. Grandchildren recognize the sacrifices their grandparents have made and say that they want to do something to compensate for their parents in the future. Still, grandchildren may worry that they are a burden to their aging grandparents and wonder if their grandparents really want to be raising them.

Although many grandchildren are close to their grandparents, conflict and tension may occur. When grandchildren have trouble getting along with their grandparents it is often because of the generation gap. Grandchildren and grandparents may not agree about clothing, music, leisure activities, household rules, chores, and dating.

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Source: University of Wisconsin Extension, xTamias.org

Climate Masters to Spur Local Action to Reduce Emissions

Climate Masters of Nebraska, a program at the University of Nebraska–Lincoln’s School of Natural Resources, will offer its second course starting Jan. 16. The 10-week course will meet Wednesdays 6–8:30 p.m. In exchange for the free course, participants volunteer 20 hours of education to others in the community. The program is open to anyone ages 19 and up.

The course, funded by the U.S. Environmental Protection Agency, will teach participants various ways they can reduce greenhouse gas emissions. Classes will focus on the basics of climate change, home energy transportation, green building, renewables, yards, consumption and waste, food, water conservation, prepare for climate change, and move. Two field trips will also be offered as part of the course.

For more information and registration form, go to http://climatemasters.unl.edu or call 402-472-2712. Registrations will be accepted until class is filled.

Master Conservationist Entries Due Feb. 1

The Master Conservationist program was established in 1983 to recognize those who have excelled in soil and/or water conservation. A winner will be selected from each of the three established categories: agriculture, community, and youth. Production agriculture includes individual producers, partnerships, and family farm or ranch corporations. The community category is for groups, individual agencies, or businesses. The youth category seeks to recognize any individual or group of individuals 19 years of age or younger.

Anyone can submit nominations, including self nominations. Deadline for nominations is extended to February 1, 2013. Information about the Master Conservationist Awards, along with submission forms, can be found at http://owh.com/section/OWH0901. Sponsored by the Omaha World-Herald and the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln
Ak-Sar-Ben 4-H Expo Results

The 85th Ak-Sar-Ben 4-H Stock Show was held in September at the CenturyLink Center in Omaha. The Ak-Sar-Ben 4-H Horse Show was held in September at the Lancaster Event Center in Lincoln. More than 2,000 4-H families from an eight-state area participate in this all 4-H Expo. Categories of this 4-H only competition are dairy, feeder calf & breeding beef, market beef, market broilers, meat goats, market lamb, market swine, rabbit, dairy steer, and horse. Below are the Lancaster County 4-H purple ribbon winners. Complete results are at www.rivercityrodeo.com.

Chelsea Beach
- Horse - Senior Pole
- Bending - Senior Western
- Showmanship - Senior Western
- Western Pleasure

McKenzie Beach
- Horse - Junior Pole
- Bending - Champion
- Junior Western
- Showmanship

Morgan Bodfield
- Braider - Rabbit
- 4 Rabbits

Meredith Corney
- 4 Rabbits
- Horse - Junior Western
- Pleasure

Morgan Chippa
- Market Lamb

Aston Cooper
- 2 Market Lambs

Cale Cooper
- Market Lamb

Peyton Garacke
- 2 Feeder Cows
- 2 Market Lambs

Anna Heusinger
- Horse - Senior Western
- Horsemanship

Austin Hurt
- 2 Rabbits - Rabbit
- Showmanship - Broilers

Kyle Hurt
- Rabbit - Rabbit
- Showmanship

Cassie Meyer
- 3 Dairy - Champion
- Junior Jersey and Grand Champion Jersey: Dairy
- Showmanship - Champion

Bailee Peters
- Horse - Senior Western
- Showmanship - Senior
- English Pleasure - Reserve Champion
- Hunter Hack

Madelyn Scott
- 3 Market Lambs - Market Lamb Showmanship

Riley Scott
- 2 Market Lambs

Carly Vriska
- Rabbit

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UNL Extension in Lancaster County
http://go.unl.edu/media
2012 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 Tuesday, Feb. 12.

**Fantastic 4 4-H Club of Lincoln** is the winner of Category I (5–7 members). The club's six members were enrolled in approximately 35 projects and entered 111 total exhibits at the fair, including photography, clothing, foods, home environment, child development, leadership, electricity, horticulture, wildlife conservation, household pets, rabbit, dog, sheep, swine, bucket calf, and vet science. Members participated in the speech/PSA, presentation, bicycle, table setting, and style revue contests. This is their fourth year as an outstanding club. Jennifer Smith is club leader, and Sarah Lanik Frain is assistant leader.

**All American Kids 4-H Club of Lincoln** is the winner of Category II (8–13 members). The club's 12 members were enrolled in approximately 18 projects and entered 113 total exhibits at the fair, including foods, clothing, home environment, citizenship, photography, floriculture, woodworking, and electricity. Members participated in the presentation, table setting, and style revue contests. The club is winning this award for the first time. Holly Steinbach is club leader and there are four assistant or project leaders.

**South Prairie Wranglers 4-H Club of the Hickman area** is the winner of Category III (13 or more members) — and winner of the Wayne C. Farmer trophy as overall Outstanding 4-H Club for the year. The club's 79 members were enrolled in more than 30 projects and entered approximately 618 total exhibits at the fair, including horse, rabbit, bucket calf, dog, cat, poultry, photography, clothing, horticulture, foods, child development, woodworking, robotics, small engines, and engineering. Members participated in many fair contests including horse/rabbit judging, rabbit breed identification, speech/PSA, presentations, table setting, and style revue. Several members are Clover Kids (ages 5–7). This is their fifth year as an outstanding club and first year receiving the Wayne C. Farmer trophy. Kendra Ronnau is club leader and there are seven assistant or project leaders.

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**Local 4-H’ers Compete at National Rabbit Convention**

In October, several Lancaster and Gage County 4-H members attended the national American Rabbit Breeders Association (ARBA) Convention in Wichita, Kan. The Lancaster County youth included Hannah Bellinghausen, Kaiya Green, Emily Harms, Noah Huber, Austin Hurt, Jacey Prange, and Alyssa Zimmer. The Gage County youth included Mason Blitzer, Tessa Hydo, and Charlotte Schuerman. These were the first local 4-H’ers to compete at a national ARBA contest. Congratulations to these youth!

All of the youth competed in team contests. The junior district quiz bowl team which included Noah Huber earned 2nd place. The intermediates and seniors competed in team and individual breed identification and judging.

All of the youths showed rabbits. Some of the top winners were:
- Hannah Bellinghausen: French lop senior broken chestnut doe - 5th place; senior chestnut buck - 7th place.
- Kaiya Green: French lop solid intermediate doe - 1st place, best opposite sex variety, and best opposite sex; Himalayan blue senior buck - 1st place; Himalayan lilac senior doe - 1st place; Himalayan lilac junior buck - 4th; Himalayan black senior bucks - 2nd and 4th place; Himalayan black senior doe - 2nd place; Himalayan black junior doe - 5th place.
- Noah Huber: mini rex senior buck - 5th place; tan black junior bucks - 1st and 2nd place; tan blue junior doe - 2nd place.
- Austin Hurt: Champagne d’Argent intermediate buck - 5th place.

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**Overnight Lock-In**

**Fri. Jan.18, 8 p.m.– Sat. Jan. 19, 8 a.m.**

Lancaster Extension Education Center
444 Cherry creek Road, Lincoln

**THIS YEAR’S THEME IS... SUPER HEROES**

Sleep Over! Fun Projects! Games! Snacks! Movies!

Bring your sleeping bag, pillow, toothbrush, toothpaste, active wear, sleepwear (sweats) and a friend interested in 4-H!

**Cost $15/person**

Registrations due by Jan. 16

For more information, call 402-441-7180 and ask for Tracy Anderson

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**LOCK-IN REGISTRATION FORM**

Make check payable ($15/participant) to Lancaster County 4-H Teen Council and mail with registration form BY JAN. 16 to: Tracy Anderson, UNL Extension in Lancaster County, 444 Cherry creek Rd., Suite A, Lincoln, NE 68528

Name of participant(s): ___________________________________________ Age __________

_______________________________________________________________

Address ________________________________________________________

City/State/Zip __________________________________________________

Phone __________________________ Parent or Guardian __________________________

Special Needs or Other Information (such as food allergies) ________________________________________________________________

I give permission to use my child’s image in photographs taken at the Lock-In in publications, news articles, advertisements, or websites pertaining to 4-H: [ ] yes [ ] no

Parent/Guardian Signature: ______________________________________ Date: ____________

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**Watch Chicks Hatch Online with EGG Cam!**

[http://go.unl.edu/eggcam](http://go.unl.edu/eggcam)

Embryology resources include incubation, candling, and more!

Find us on Facebook!