ANY 4-H YOUTH make a difference in their community by volunteering. They put into practice the 4-H pledge which includes, “my hands to larger service.” Participating in community service projects helps 4-H’ers learn about sharing, empathy, leadership and citizenship.

“When youth volunteer, benefits are reaped by almost everyone involved — the targeted population, the community and most especially the volunteers themselves,” according to Adolescent Development Specialist Maria Rosario T. de Guzman in UNL Extension’s publication, Volunteerism: A Tool for Positive Youth Development.

In Lancaster County, 2,145 community service hours were documented for the 2012 4-H Community Service Awards. There are numerous other 4-H service projects which are not documented. Examples of community service projects reported include:
- staffing booths at Kiwanis Karnival,
- donating stuffed animals for various groups,
- sewing a club quilt to donate to their local church fair,
- obtaining government headstones for two Civil War veterans buried in unmarked graves in the Roca cemetery,
- making tray favors for 4-H Clover College, and
- guiding tours for child care groups at the Lancaster County Super Fair.

Here is a look at several recent 4-H community service projects.

**Fantastic 4 Club Does Monthly Activity with Union Manor**

The Fantastic 4-4 H Club has done numerous community service projects since it started eight years ago. This year, most of the members are teens and they voted to continue focusing on community service and dedicating their time to helping others.

In March, Fantastic 4 started an ongoing monthly activity with Union Manor Apartments, an independent living residence for senior citizens. Every month, the club presents a craft/activity and provides food and drink for an average of 20 seniors. Each member rotates responsibility for deciding the craft, gathering the supplies, creating a flyer to put up on every door and then teaching the other 4-H’ers so everyone can help teach the seniors. Each member also rotates responsibility for the food and drink.

In addition, Fantastic 4 initiated a weekly paper recycling program for the residents, collecting an estimated 5,000 lbs of paper since June. 4-H member Paige Roach says, “Sometimes it’s challenging to figure out an activity to do, but what matters most is that we are there. I’ve gotten close to several people and really enjoy spending time with them.”

Joe’s Clover Knights 4-H club recently donated toys and stocking stuffer bags to Catholic Social Services’ St. Nicholas Toy Shoppe.

**Boots ‘N’ Hooves Club Volunteers Monthly**

The Boots ‘N’ Hooves 4-H horse club makes it a goal to volunteer in the community once a month. This was the third year Boots ‘N’ Hooves volunteered with the Center For People in Need’s Giving Thanksgiving Food event. Members worked a three-hour shift and helped bag produce, break down boxes and hand out food to recipients.

Member Grace Kim says, “Volunteering at the Center for People in Need gave me a better grasp on what giving thanks was. The gratitude those people had toward us really warmed my heart and hopefully theirs!”

**Joe’s Clover Knights Club Donates Toys and Stocking Stuffers**

This Christmas, Joe’s Clover Knights 4-H club decided to help Catholic Social Services’ St. Nicholas Toy Shoppe for children in need. At the club’s November meeting, 78 members brought a toy and filled out special cards to attach to each of the toys. The youth also assembled 250 stocking stuffer bags with a variety of small items to be given out to children at the St. Nicholas Toy Shoppe. Joe’s Clover Knights club members made a special visit to Catholic Social Services to deliver their gifts, at which time they volunteered to organize stacks of donated diapers and were given a tour of the facility.

Club member Greta Nebel said, “I thought it was a great experience to go and help the people of Lincoln who don’t have as much as we do.”

**“366 COMMUNITY SERVICE IDEAS”**

A list of “366 Community Service Ideas” compiled by Janet Fox, former Nebraska 4-H Extension Specialist, is available online at http://lancaster.unl.edu/4h/serviceideas.shtml. The list is organized by categories such as the environment, senior citizens, helping animals and neighborhood enhancement.

**Fantastic 4 club presents a craft or activity and food and drink monthly to an average of 20 seniors at Union Manor.**

**4-H Explorers club helped clean up landscaping at the Lincoln Children’s Zoo spring clean-up.**
January is Soup Month — Serve Soup Safely!

Alice Henneman, MS, RD
UNL Extension Educator

What could be simpler than sipping on a big, steaming bowl of soup. A hearty soup — made with veggies and meat, poultry, fish or dried beans — can be the main dish for your meal. Add some crackers or breadsticks on the side and perhaps fruit for dessert and you’re ready to eat!

Make a large batch of soup and enjoy some for another meal. Many soups, with the possible exception of seafood soups, may taste better the next day! For best safety and quality, plan to eat refrigerated soup within 3-4 days or freeze it. And avoid letting soup set at room temperature for more than TWO hours.

Don’t put a large pot of hot soup directly into your refrigerator. According to the USDA, it would take an 8-inch stock pot of steaming chicken soup 24 HOURS to cool to a safe temperature in your refrigerator.

To be safe:
• To speed cooling, transfer soup to small containers, making sure soup is no more than TWO inches deep. Refrigerate promptly. You can place loosely covered foods in the refrigerator while still warm; cover when food is completely cool.

• When serving soup a second time, reheat it until it’s steaming hot throughout, at least 165°F.

Slow Cooker Moroccan Beef and Sweet Potato Stew

(6 servings. Total recipe time: HIGH setting: 4 to 6 hours; LOW setting: 8 to 9 hours)

2-1/2 pounds beef stew meat, cut into 1 to 1-1/2-inch pieces
3 tablespoons all-purpose flour
2 teaspoons ground cumin
1 teaspoon ground cinnamon
1 teaspoon salt
1/4 to 1/2 teaspoon ground red pepper
1 pound sweet potatoes, peeled, cut into 1-inch pieces (about 3 cups)
1/2 cup regular or golden raisins
1 can (14-1/2 ounces) diced tomatoes with garlic and onion
Salt

1. Combine flour, cumin, cinnamon, salt and red pepper in a 3-1/2 to 5-1/2-quart slow cooker. Add beef, sweet potatoes and raisins; toss to coat evenly. Pour tomatoes on top. Cover and cook on LOW for 9 hours or on HIGH for 4 to 6 hours until beef and potatoes are fork-tender. (No stirring is necessary during cooking.) Season with salt, as desired.

2. Serve over couscous. Garnish with almonds and parsley, if desired.

TEST KITCHEN TIPS: For smaller slow cookers, it may be easier to combine ingredients in a separate bowl before adding to slow cooker.

ALICE’S NOTES: Lower the sodium by omitting the salt and substituting 1 can (14-1/2 ounces) “no salt added” diced plain tomatoes for regular, salted diced tomatoes with garlic and onion. To replace the missing garlic and onion, add 1/2 cup chopped onion and 2 minced cloves of garlic at the same time you add the beef, sweet potatoes and raisins.

Nutrition information per serving: 300 calories; 8 g fat (3 g saturated fat; 3 g monounsaturated fat); 65 mg cholesterol; 811 mg sodium; 32 g carbohydrate; 3.5 g fiber; 26 g protein; 3.6 mg niacin; 0.4 mg vitamin B6; 2 mcg vitamin B12; 4.6 mg iron; 17.8 mcg selenium; 5.4 mg zinc. This recipe is an excellent source of protein, vitamin B6, vitamin B12, iron, selenium and zinc; and a good source of fiber and niacin.

RECIPE SOURCE: Recipe courtesy of The Beef Checkoff at www.BeefItsWhat’sForDinner.com

Slow Cooker Lentil Soup

(1 serving)

6 cups water
1/4 cup parsley (chopped fresh, or 2 tablespoons
2 teaspoons beef bouillon (or 2 cubes beef bouillon)
1-1/2 cups lentils (dry)
2 carrots (medium, sliced)
1 onion (medium, chopped)
2 celery stalks (sliced)

1. Mix all ingredients together in slow cooker.
2. Cook on LOW for 8 to 10 hours or HIGH for 4 to 5 hours.
3. Serve hot with crackers or bread

ALICE’S NOTES:
• I omitted adding the parsley to the soup while it was cooking. Rather, I added fresh parsley as garnish when serving the soup.
• For added flavor, I added 1/2 teaspoon dried thyme and 2 finely chopped garlic cloves along with the other ingredients.
• I used a 4-quart slow cooker to cook the soup.
• To lower the sodium level of this soup, use low or reduced sodium beef bouillon cubes or powder. Or substitute 2 cups of low sodium beef broth for 2 of the cups of water.
• Unlike dry beans, dry lentils do not need to be soaked before they are cooked.

FCE 2013 Achievement Day

Lancaster County Family & Community Education (FCE) Achievement Day was held Oct. 21. Nearly 20 members attended and enjoyed a salad luncheon. Keith Fickenscher, director of operations for Lancaster Rehabilitation Center (formerly Lancaster Manor), presented a personal perspective on “You’re Having a Stroke.”

This year, three FCE Scholarships were presented to Lancaster County students majoring in Family and Consumer Science or a health occupation. The scholarship recipients were Kristin Sattler, Mercedes Greenwood and Jennifer Zierott.

More photos are at on Flickr at http://go.unl.edu/0333.

An Era Ends

The Lancaster County Council of Family and Community Education (FCE) held its final Achievement Day in 2013 (see above right). As the number of FCE members and clubs decreased due to age and health, FCE Council reluctantly held their final meeting. Even though Lancaster County FCE Council has ceased as a formal organization, many of the clubs will continue to meet as social clubs and enjoy the friendships they have gained over the years.

The purpose of FCE Council was:
- to develop, strengthen and correlate all interests which have for their purpose advancement of home and community life in Lancaster County,
- to develop leadership and initiative among Lancaster County women,
- to formulate and develop the home extension program,
- to act in an advisory capacity in regard to the extension educator, and
- to cooperate with the Lancaster County Extension Board in developing and carrying on the home extension program.

Home Extension Clubs had their beginnings in the 1920s and ’30s. The Davey Women’s Club began 1922 and became an Extension Club in 1931. The Busy Bee Club began in 1924 with others following in 1926. Lancaster County had more than 100 Extension Clubs in 1979. Many of the clubs and members achieved their 50 year mark.

In 1994, the Extension Clubs changed to FCE Clubs and dues increased significantly. Many of the clubs opted to be social clubs.

FCE Clubs participated in community lessons trainings provided by Extension Educators. Several local members were state officers and Lancaster County hosted the State FCE Convention most recently in 2011.

In 2013, three clubs, Helpful Homemakers, Home Service and Salt Creek Circle carried on the many activities and community service projects.

A special thank you to the members over the years who served as an officer on the Council and made FCE a strong and viable organization. Thanks also to all the club members who have been an important part of Lancaster County Extension.

FCE Scholarship

A Lancaster County Home Extension Club Scholarship fund was established in 1963. In 2013, three scholarships were awarded to use up the scholarship funds. Approximately 50 scholarships were awarded over the years. The basket raffle at the annual Sizzling Summer Sampler raised hundreds of dollars for the scholarship fund.

If you have a fire extinguisher in your home, teach family members how to use it correctly in time of need. Always read and follow manufacturers’ instructions. Shake the canister regularly to keep contents properly mixed and ready for use. Also, check the pressure gauge.

The extinguisher should be clearly marked with the class or classes it is for.
- Class A is for ordinary combustibles (wood, paper, cloth); Class B is for flammable liquids (grease, gasoline & oil); and Class C is for electrical equipment (appliances and tools).

A medium sized one would be fine for the home. When purchasing one, make sure it is Class A-B-C. There are five classes of extinguisher; Classes A-B-C are for residential purposes. Class A is for ordinary combustibles (wood, paper, food). Class B is for flammable liquids (grease, gasoline & oil) and Class C is for electrical equipment (appliances and tools).

Q: What type of fire extinguisher should I have in my home or apartment?
A: It is not a requirement to have a fire extinguisher in a home or apartment. If you wish to have one for safety, the size would depend on your area and personal preference. A medium sized one would be fine for the home. When purchasing one, make sure it is Class A-B-C. There are five classes of extinguisher; Classes A-B-C are for residential purposes. Class A is for ordinary combustibles (wood, paper, food); Class B is for flammable liquids (grease, gasoline & oil); and Class C is for electrical equipment (appliances and tools).

The extinguisher should be clearly marked with the class or classes it is for.

If you have a fire extinguisher in your home, teach family members how to use it correctly in time of need. Always read and follow manufacturers’ instructions. Shake the canister regularly to keep contents properly mixed and ready for use. Also, check the pressure gauge.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

Membership Awards

55-Year Member
Margaret Blocketer, Helpful Homemakers
Lorena Maxson, Helpful Homemakers
Janice Ruliffson, Helpful Homemakers

50-Year Member
Marion Storm, Helpful Homemakers

45-Year Member
Elisa Amen, Helpful Homemakers
Sandra Black, Salt Creek Circle
Janie Schrader, Salt Creek Circle

40-Year Member
Lorraine James, Helpful Homemakers

30-Year Member
Sharon Brunkle, Home Service

5-Year Member
Gracie Bohmont

The Rock Creek Homemakers extension club, approximately 1950s. Pictured studying a project club lesson on “Avoiding Financial and Property Tangles.”

The Plainsview Extension Club’s 50th anniversary in 1982.

Family and Community Education Council’s Achievement Night in 2000.

Two of the FCE scholarship winners, Mercedes Greenwood (2nd from left) and Jennifer Zierott (far right), are pictured with FCE’s scholarship committee members Lorena Maxson (far left) and Margaret Blocketer (3rd from left).

Keith Fickenscher presented “You’re Having a Stroke.”
University of Nebraska–Lincoln Extension and Nebraska Sustainable Agriculture Society will facilitate the sixth Farm Beginnings® Program starting Saturday Jan. 4. This year it will be held in Syracuse at the First National Bank (basement meeting room). The Farm Beginnings® Program consists of a series of four one-day sessions which run through April that cover a variety of topics including: building networks and planning, writing the farm business plan, marketing, business and farm management, and financial management.

The Farm Beginnings® Program is an educational training and support program designed to help people who want to evaluate and plan their small-scale enterprise. Farm Beginnings' participants engage in a mentorship experience and network with a variety of successful, innovative farmers; attend practical, high quality seminars, field days and conferences.

The program is unique in that several successful farmers participate in the program as presenters, explaining firsthand the nuts and bolts of their farming operations. Most of the farmers that present come from small- to medium-sized farming operations and use different products and services. They will share many different strategies and value-added products. Many of these farmers currently market their products.

While the class participants will learn firsthand from the farmers, they will also work on developing their own business plan as they progress through the six week span of the class tuition. Participants will have the opportunity to attend the Nebraska Sustainable Agriculture Society's Healthy Farms Conference at the Younes Conference Center in Kearney on Feb. 14 and 15. We also tour several farms in the summer to see how the farmers are operating and have a farm tour in December.

Cost of the total program is $50, Nebraska Sustainable Agriculture Society qualify for a partial scholarship. For a brochure and an application, please go to our Web site or scroll down to the Farm Beginnings® article. A $50 deposit is required to reserve your spot and must be returned with the application. Due Jan. 2. For more information, contact Gary Lesoing, Extension Educator in Nance County at glessong2.unl.edu or at 402-274-4755.

Commercial Pesticide Applicator Certification

Commercial/noncommercial applicators are professionals who apply pesticides for hire or compensation, on property that is not owned or controlled by themselves or their employer. Anyone who applies pesticides to the property of another person, either a restricted- or general-use products, for control of pests in lawns, landscapes, buildings, or parks by a company or who rent a commercial pesticide applicator license. Public employees (those employed by a town, county, state) applying mosquito control practices or pest management, must also hold a commercial or noncommercial certification.

The Nebraska Department of Agriculture (NDA) is responsible for the certification and licensing of all applicators in Nebraska. A commercial/ non-commercial license is good for three years.

Initial and Recertification

To become licensed as a new commercial/noncommercial applicator, professionals must pass a written examination. All participants must be tested in the general standards category. Then choose one or more additional categories for testing. Thursday, April 4 is licensed in a category, professionals may maintain their commercial certification by attending a re-certification training session by passing a written examination, with a few exceptions as explained below. University of Nebraska–Lincoln Extension offers training to prepare those seeking certification to prepare an NDA for the license fee. For more information about pesticide licensing, go to www.age.ne.gov/pesticide.
If you have a strong interest in gardening and enjoy helping others, you are invited to become a University of Nebraska–Lincoln Extension Master Gardener volunteer.

This program will increase your knowledge and understanding of such horticultural topics: best cultural practices for growing flowers, vegetables, turf, plant disease and insect pest identification and control, and much more. Instructors are Extension specialists, educators, associates, and horticulture professionals.

To become a Master Gardener volunteer, you must attend all training sessions, pass an examination and volunteer for Extension educational programming. Such volunteering could include answering gardening questions from the public, teaching 4-H youth gardening, assisting at the county or state fair, and assisting community garden participants among many others.

Training class size is limited. Those participating in the 2014 training class must pay a $180 materials fee. There are two options for Master Gardener Training in Lincoln:
- UNL Extension in Lancaster County 2014 Master Gardener training program will begin in February. Training hours are 9 a.m.–4 p.m. and the training sessions will be held at the Lancaster Extension Education Center. For additional information, call Mary Jane Frogge at 402-441-7180. Application deadline is Jan. 24. To apply online, go to http://lancaster.unl.edu/volunteer.html.
- UNL Extension Campus-Based Master Gardener training program will begin in February. Training hours are 6–9 p.m. and the training sessions will be held at UNL East Campus. For more information, call Terri James at 402-472-8973. Applications are due Jan. 7. Apply online at http://mastergardener.unl.edu/ become-a-master-gardener.

Do not miss this opportunity to increase your gardening knowledge and skills and the chance to share them with others in the community.

Nebraska Master Gardener

Scabies mites: These microscopic mites burrow under the skin and cause extreme itching. Scabies mites are usually transmitted by close contact with an infested person. There are no over-the-counter treatments which will cure scabies. Diagnosis of scabies must be done by medical professionals who will write a prescription for an effective treatment.

Bed bugs: Adult bugs are about 1/4-inch long, oval and flattened. They hide during the day and emerge at night to feed. Their bite is painless. They feed on exposed skin and do not walk around the room. Bed bugs are difficult to exterminate. They are not found in clothing or bedding.

Spriders: Most spider species do not survive very well indoors, but sometimes wander inside, especially in the warmer months. And, unless a spider is handled or trapped inside clothing, it is unlikely to bite a human, as we are much too large to be mistaken for food. In cases where there are multiple lesions or bites, spiders can be ruled out. Glueboards can be used to capture spiders for identification.

Bird Mites: Some bird species which often nest near dwellings can be infested with parasitic mites. These mites are tiny, but can be seen without a microscope. Migration of mites usually only occurs when nestlings leave the nest. These mites cannot survive on humans or live inside homes for any length of time.

Outdoor Bites

Some other biting pests present outdoors during warmer months include chiggers, mosquitoes, ticks, stable flies and black flies. Reducing exposure will help prevent bites along with the use of insect repellents.

Correct Diagnosis is Essential

Before spending any money or even deciding on a treatment approach, it is important to correctly diagnose the cause of the problem. Without an accurate pest identification, pesticide or lice treatment should be avoided. Most pesticides kill insects and mites by damaging their nervous systems and these products can also be harmful to humans in a similar way if misused or overused. Creams and shampoos used for lice or scabies are pesticides too. Even over-the-counter products can be dangerous if overused or used in ways not specifically given on the label.

Review your vegetable garden plans. Perhaps a smaller garden with fewer weeds and insects will give you more produce.

For pest information, please visit the following websites:
- http://www.ageinsects.unl.edu/ageinsects/
- http://nebraska.ent.unk.edu/

In the English language, we have the word “bite.” Used as a noun, one definition of “bite” is a wound resulting from biting. This is an unfortunate word, “biter” is at fault.

Not All “Bites” are Bites

What most people call a “bite,” people in the medical profession more accurately call a wound and is defined as a small acute swelling on the skin.

To a medical professional, a wound does not necessarily mean someone has been bitten, but it is the result of an allergic reaction. Causes of wounds include food allergies, drug reactions, allergies to cosmetics or personal care products or skin disorders/infections. These medical causes often require a medical doctor or an allergy specialist for an accurate diagnosis.

Only a Few Insects Infest Human Skin

When people suddenly experience mysterious “bites,” many assume it is an insect bite. However, only a few insects actually infest human skin. The most common include:

Lice: Lice include head lice, pubic lice and body lice, which are transmitted by close contact with another infested person. The most common are head lice, confined to the scalp area. Head lice research has shown today’s head lice are highly resistant to pyrethroid products, which means over the counter head lice products do not kill 100 percent of head lice. Combining with a nit comb is an old fashioned method of control. It works well, but is time consuming. Body lice are extremely uncommon in the U.S.

Scabies: Mites: These microscopic mites burrow under the skin and cause extreme itching. Scabies mites are usually transmitted by close contact with an infested person. There are no over-the-counter treatments which will cure scabies. Diagnosis of scabies must be done by medical professionals who will write a prescription for an effective treatment.

Bed bugs: Adult bugs are about 1/4-inch long, oval and flattened. They hide during the day and emerge at night to feed. Their bite is painless. They feed on exposed skin and do not walk around the room. Bed bugs are difficult to exterminate. They are not found in clothing or bedding.

Spriders: Most spider species do not survive very well indoors, but sometimes wander inside, especially in the warmer months. And, unless a spider is handled or trapped inside clothing, it is unlikely to bite a human, as we are much too large to be mistaken for food. In cases where there are multiple lesions or bites, spiders can be ruled out. Glueboards can be used to capture spiders for identification.

Bird Mites: Some bird species which often nest near dwellings can be infested with parasitic mites. These mites are tiny, but can be seen without a microscope. Migration of mites usually only occurs when nestlings leave the nest. These mites cannot survive on humans or live inside homes for any length of time.

Outdoor Bites

Some other biting pests present outdoors during warmer months include chiggers, mosquitoes, ticks, stable flies and black flies. Reducing exposure will help prevent bites along with the use of insect repellents.

Correct Diagnosis is Essential

Before spending any money or even deciding on a treatment approach, it is important to correctly diagnose the cause of the problem. Without an accurate pest identification, pesticide or lice treatment should be avoided. Most pesticides kill insects and mites by damaging their nervous systems and these products can also be harmful to humans in a similar way if misused or overused. Creams and shampoos used for lice or scabies are pesticides too. Even over-the-counter products can be dangerous if overused or used in ways not specifically given on the label.

Review your vegetable garden plans. Perhaps a smaller garden with fewer weeds and insects will give you more produce.

For pest information, please visit the following websites:
- http://www.ageinsects.unl.edu/ageinsects/
- http://nebraska.ent.unk.edu/

In the English language, we have the word “bite.” Used as a noun, one definition of “bite” is a wound resulting from biting. This is an unfortunate word, “biter” is at fault.

Not All “Bites” are Bites

What most people call a “bite,” people in the medical profession more accurately call a wound and is defined as a small acute swelling on the skin.

To a medical professional, a wound does not necessarily mean someone has been bitten, but it is the result of an allergic reaction. Causes of wounds include food allergies, drug reactions, allergies to cosmetics or personal care products or skin disorders/infections. These medical causes often require a medical doctor or an allergy specialist for an accurate diagnosis.

Only a Few Insects Infest Human Skin

When people suddenly experience mysterious “bites,” many assume it is an insect bite. However, only a few insects actually infest human skin. The most common include:

Lice: Lice include head lice, pubic lice and body lice, which are transmitted by close contact with another infested person. The most common are head lice, confined to the scalp area. Head lice research has shown today’s head lice are highly resistant to pyrethroid products, which means over the counter head lice products do not kill 100 percent of head lice. Combining with a nit comb is an old fashioned method of control. It works well, but is time consuming. Body lice are extremely uncommon in the U.S.

Scabies: Mites: These microscopic mites burrow under the skin and cause extreme itching. Scabies mites are usually transmitted by close contact with an infested person. There are no over-the-counter treatments which will cure scabies. Diagnosis of scabies must be done by medical professionals who will write a prescription for an effective treatment.

Bed bugs: Adult bugs are about 1/4-inch long, oval and flattened. They hide during the day and emerge at night to feed. Their bite is painless. They feed on exposed skin and do not walk around the room. Bed bugs are difficult to exterminate. They are not found in clothing or bedding.

Spriders: Most spider species do not survive very well indoors, but sometimes wander inside, especially in the warmer months. And, unless a spider is handled or trapped inside clothing, it is unlikely to bite a human, as we are much too large to be mistaken for food. In cases where there are multiple lesions or bites, spiders can be ruled out. Glueboards can be used to capture spiders for identification.

Bird Mites: Some bird species which often nest near dwellings can be infested with parasitic mites. These mites are tiny, but can be seen without a microscope. Migration of mites usually only occurs when nestlings leave the nest. These mites cannot survive on humans or live inside homes for any length of time.

Outdoor Bites

Some other biting pests present outdoors during warmer months include chiggers, mosquitoes, ticks, stable flies and black flies. Reducing exposure will help prevent bites along with the use of insect repellents.

Correct Diagnosis is Essential

Before spending any money or even deciding on a treatment approach, it is important to correctly diagnose the cause of the problem. Without an accurate pest identification, pesticide or lice treatment should be avoided. Most pesticides kill insects and mites by damaging their nervous systems and these products can also be harmful to humans in a similar way if misused or overused. Creams and shampoos used for lice or scabies are pesticides too. Even over-the-counter products can be dangerous if overused or used in ways not specifically given on the label.

Review your vegetable garden plans. Perhaps a smaller garden with fewer weeds and insects will give you more produce.

For pest information, please visit the following websites:
- http://www.ageinsects.unl.edu/ageinsects/
- http://nebraska.ent.unk.edu/
Connie Kreikemeier

Lancaster County 4-H is proud to announce Connie Kreikemeier as winner of January’s “Heart of 4-H Award” in recognition of outstanding volunteer service. Connie has been leader of the Super Shamrocks 4-H club for three years and helped the previous leader for three years. Super Shamrocks has been a Nebraska 4-H Club of Excellence for several years. Connie also has volunteered during judging of 4-H static exhibits at the Lancaster County Super Fair and helped at 4-H food booths at fair.

“I enjoy watching the youth learn new ideas and also love seeing their achievements at the county fair,” says Connie. “I enjoy helping the youth learn life skills that will benefit them in the future. If it is learning how to bake or learning how to give back to the community, I hope I have touched their lives in some way.”

Lancaster County 4-H thanks Connie for donating her time and talents. Volunteers like her are indeed the heart of 4-H.

Volunteers are needed to help lead 4-H clubs. If you would like to learn more about 4-H volunteer opportunities, call 402-441-7180.

---

**Project 4-H Runway, Jan. 3**

- 4-H members who have completed at least one year of Clothing Level 2 and are ready for design challenge are invited to participate in Project 4-H Runway on Friday, Jan. 3. This all-day event starts at 8:30 a.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road. Cost is $5 and includes a pizza lunch. Register by Dec. 30 by calling 402-441-7180.

- Have a fun day of designing a recycled garment and then participate in a runway show! Bring a sewing machine, T-shirt or button-down shirt, simple sketch of your idea and items needed to cut, sew and create! Choose an idea you can complete in one day.

- Project 4-H Runway will be incorporated with 4-H Style Review at Lancaster County Super Fair. Items will be judged on creativity and wearability, not on construction.

**4-H/FFA Market Beef Weigh-In, Jan. 30**

- 4-H and FFA exhibitors showing market steers or heifers at the Lancaster County Super Fair, Nebraska State Fair and/or Ak-Sar-Ben H Stock Show must identify and weigh in their projects on Thursday, Jan. 30, 6–8 p.m. at the Lancaster Extension Event Center – Pavilion 2.

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

- Note: all other market livestock possibly going to Nebraska State Fair or Ak-Sar-Ben will need to be DNA sampled by Feb. 27. The due date to be announced.

**4-H Crocheting Workshop, Feb. 8**

- 4-H youth ages 10 and up are invited to learn how to crochet a washcloth utilizing the single crochet stitch at the “Basic Crocheting” workshop on Saturday, Feb. 8, 9 a.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road. No cost – all supplies will be provided. Adults are welcome to attend to help 4-H’ers. Must preregister by Feb. 5 by calling 402-441-7180.

**4-H Pillow Sewing Workshop, Feb. 22**

- 4-H youth ages 8 and up are invited to learn beginning sewing skills and make a pillow at the “Pillow Party” sewing workshop on Saturday, Feb. 22, 9 a.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road. No cost to attend. Adults are welcome to help. Sign up by Feb. 19 by calling 402-441-7180.

- Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape), etc. Also bring 1/3 yard and 2/3 yard contrasting fabric, pre-washed, 100% cotton (no plaids, no knits) and matching thread. Pillow forms provided.

---

2013 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 will also be recognized at 4-H Achievement Night.

**Fantastic 4-H Club of Lincoln**

- Lincoln is winner of Category 1 (5–7 members) — and winner of the Wayne C. Farmer trophy as overall Outstanding 4-H Club for the year. The club’s six members were entered in approximately 35 projects and entered 111 total exhibits at the fair. This is their fifth year as an outstanding club. Jennifer Smith is club leader.

**The Fusion 4-Hers 4-H Club of Lincoln**

- Club is winner of Category II (8–12 members). The club’s eight members were enrolled in approximately 61 project areas and entered 113 total exhibits at the fair. This is the club’s first year as an outstanding club. Marsha Prior is club leader and Analisa Peterson is assistant leader.

---

4-H Pillow Sewing Workshop, Feb. 22

- 4-H youth ages 8 and up are invited to learn beginning sewing skills and make a pillow at the "Pillow Party" sewing workshop on Saturday, Feb. 22, 9 a.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road. No cost to attend. Adults are welcome to help. Sign up by Feb. 19 by calling 402-441-7180.

- Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape), etc. Also bring 1/3 yard and 2/3 yard contrasting fabric, pre-washed, 100% cotton (no plaids, no knits) and matching thread. Pillow forms provided.

---

4-H Teen Council Elects Officers

The 4-H Teen Council is a leadership organization for youth in grades 7–12. Officers for 2013–2014 will be: Sadie Hammond (President), Mark Wanser (Vice President), Jacob Pickrel (Secretary), Sheridan Swotek (Treasurer), Nate Becker (Historian), Renae Sieck (Historian), and Kyle Plager (Historian)
Lancaster County 4-H and 4-H Council invite ALL 4-H’ers, 4-H families and volunteers to

4-H Achievement Celebration

Tuesday, Feb. 11 • 6:30 p.m.
Lancaster Extension Education Center
444 Cherry creek Road, Lincoln

Light snack provided.

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

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

2014 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. 4-H program schedule is subject to change—refer to 4-H News or http://lancaster.unl.edu/4h for the most current information.

January
1 Horse Incentive Program Begins
3 4-H Project Runway .......................... 8:30 a.m.
7 4-H Council Meeting ....................... 7 p.m.
12 Teen Council Meeting ..................... 3 p.m.
15 4th & 5th Grade Overnight Lock-In Registrations Due to Extension
17–18 4th & 5th Grade Overnight Lock-In Registrations Due to Extension
30 Beef Weigh-In, Lancaster Event Center - Pav. 2 .......................... 6–8 p.m.

February
1 FEBRUARY IS NEBRASKA 4-H MONTH
4 4-H Council Meeting ........................ 7 p.m.
8 Crocheting Workshop ........................ 9 a.m.
9 Lancaster County Deadline for Horse Stampede Entries
10 Teen Council Meeting ...................... 3 p.m.
16 Achievement Night .......................... 6:30 p.m.
22 Pillow Party Sewing Workshop ............ 9 a.m.

March
1 Horse Stampede, UNL East Campus - Animal Science Building
1 Preference Given to 4-H Council Comp Scholarship Entries
2 Submitted to Extension by this Date
1 R.B. Warren 4-H Horse Educational ($500) and Grand Island Saddlete Club Scholarships ($1,000) Entries Due
4 Deadline for Governor’s Agricultural Excellence Awards ($500)
4 4-H Council Meeting ........................ 7 p.m.
7 Teen Council Meeting ....................... 3 p.m.
15 Jammie Jamboree Sewing Workshop .......... 9 a.m.
21 Spring Rabbit Show, Lancaster Event Center, Exhibit Hall ............. 9 a.m.

April
1 All 4-H/FFA Market Beef ID’s Due to Extension
7 Public Service Announcement (PSA) Contest CDs Due/
8 4-H Council Meeting ........................ 7 p.m.
12 Furniture Painting Workshop ............. 9 a.m.
13 Kansas Karnival, Short School ............. 6–8 p.m.
13 Speech Contest .............................. 1 p.m. registration/1:30 p.m. contest
15 Horse Level Testing, Lancaster Event Center - Amy Countryman ....... 9 a.m.
19 Horse Level Testing, Lancaster Event Center - Amy Countryman ........ 5:30 p.m.
29 Horse Level Testing, Lancaster Event Center - Amy Countryman ........ 5:30 p.m.

May
1 4-H Council Camp Scholarship Entries Due to Extension
1 4-H/FFA Sheep Weigh-In, Lancaster Event Center - Pav. 2 .......................... 6–8 p.m.
3 Middle Cross Dressage Schooling Show Sponsored by 4-H Horse
6 4-H Council Meeting ........................ 7 p.m.
9 Lancaster County Deadline for District/State Horse Show Entries, ID, Level Tests
13 Leader Training .............................. 9:30 a.m. & 6:30 p.m.
31 Life Challenge Contest - Junior & County-Level Senior Divisions .......... 9 a.m.

June
1 County Fair Horse ID’s Due to Extension
3 Horse Level Testing, Lancaster Event Center - Amy Countryman Arena .......................... 5:30 p.m.
3 4-H Council Meeting ....................... 7 p.m.
7 Pre-District Horse Show Presented by 4-H Horse VIPS Committee, Lancaster Event Center - Pavilion 3
9–14 Horse District Shows, Sidney, North Platte, Leigh, Nielson, Clay Center, Beatrice
10 Plant Science Contests: Horticulture/Tree ID/Grass-Weed ID .......................... 10 a.m.–12 p.m.
17–20 Clover 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/Swine/Bucket Calves/Dairy Cattle/Alums & Alpacas/Rabbits Identification Forms Due to Extension
24 Horse Level Testing, Lancaster Event Center - Amy Countryman Arena .................. 5:30 p.m.
30 June 30–July 1 Premiere Animal Science Events (PASE)/FCS Life Challenge, UNL East Campus

July
1 All 4-H/FFA Lancaster County Super Fair Animal Entries Due to Extension
1 Horse Level Testing, Lancaster Event Center - Amy Countryman Arena .......................... 5:30 p.m.
13–17 State 4-H Horse Show, Fonner Park, Grand Island
15 Horse Incentive Program Forms Due to Extension
19 Presentations Contest ........................ 9 a.m.
24 4-H & FFA Static Exhibit Check-In for Lancaster County Super Fair, Lancaster Event Center - Lincoln Room ....... 4–8 p.m.

August
July 31–Aug. 9 Lancaster County Super Fair (4-H/FFA Exhibits & Events
July 31–Aug. 3), Lancaster Event Center
Aug. 3 Lancaster County Deadline for Ak-Sar-Ben 4-H Show Entries
Aug. 22–Sept. 1 Nebraska State Fair, Fonner Park, Grand Island

September
1 4-H Council Meeting ........................ 7 p.m.
14 Teen Council Meeting ........................ 3 p.m.
TBA Ak-Sar-Ben 4-H Horse Show, Location TBA
28–29 Ak-Sar-Ben 4-H Stock Show, CenturyLink Center

October
2 Horse Awards Night ........................ 6:30 p.m.
5–11 National 4-H Week
9 4-H Council Meeting ........................ 7 p.m.
9 4-H Kick Off ................................. 6 p.m.
12 Teen Council Meeting ........................ 3 p.m.

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

December
2 4-H Council Meeting ........................ 7 p.m.
14 Teen Council Meeting ........................ 3 p.m.
31 All Award and Scholarship Applications Due to Extension

4-H SUMMER CAMPS & TRIPS
June–September
open to all youth 3–16 • http://4h.unl.edu/camp

BIG RED SUMMER ACADEMIC CAMPS • June 8–13
for high school youth • http://bigredcamps.unl.edu

"2013 4-H Year in Review" video!

Wear your 4-H garb!

4-H Calendar

3 p.m.
3 p.m.
3 p.m.
3 p.m.
3 p.m.
3 p.m.
3 p.m.
3 p.m.
3 p.m.
3 p.m.
3 p.m.
3 p.m.
3 p.m.
3 p.m.
3 p.m.
3 p.m.
3 p.m.
3 p.m.
3 p.m.
3 p.m.
3 p.m.
3 p.m.
3 p.m.
Bethany Wachter trained a rescue dog named Lucy in agility. They earned a purple ribbon at the Lancaster County Super Fair. Three weeks later, Lucy was adopted.

Bethany says, "I learned patience, putting in the effort, seeing through things to the end, and when things don’t work — not to give up, but find a different way to accomplish the goal. Nothing is easy, but still try to have the ABC’s of success: Attitude, Belief and Commitment."


**Rabbits R Us Club Plants Garden at Orchard Park**

The Rabbits R Us club does many community service projects as a group and individually. One of the biggest projects the club did this past year was planting a community garden at Orchard Park Retirement Community, an assisted-living facility. Several club members prepared and planted the garden in May. Over the next three months, members took turns weeding and mulching as needed. The garden provided a bounty of fresh produce for residents and kitchen staff to use. On a few occasions, an abundance of certain vegetables was donated to Lincoln Foodnet.

Austin Hurt says, “I liked providing healthy, natural food for the residents, and they also enjoyed watching things grow. It felt good giving back to people and the community.”

Bethany Wachter trained a pit bull/lab mixed dog named Lucy in agility for 3-1/2 months. At last year’s Lancaster County Super Fair, they earned a purple ribbon in the 4-H Dog Show’s Level 1 Pre-Beginning Agility B class. Three weeks later, Lucy was adopted and Bethany gave Lucy’s new owner the ribbon. Bethany is now training another pit bull named Dia.

Visit to register online.

http://lancaster.unl.edu/ewf

Bernadt at tbernadt5@unl.edu or 402-472-2712 by March 3.

**Conservation Stewardship Program Sign-Up Through Jan. 17.**

Nebraska landowners and operators have until Jan. 17, to sign up for the Conservation Stewardship Program (CSP) at their local USDA Natural Resources Conservation Service (NRCS) office. CSP is a voluntary program that provides financial and technical assistance to help farmers and ranchers conserve and enhance soil, water, air and related natural resources on their agricultural and forested land.

CSP applications are accepted at any time. However, only applications received by the Jan. 17 cutoff date will be considered for the current ranking and funding period.

Craig Derickson, NRCS state said, “The Conservation Stewardship Program is unique. CSP participants will receive an annual land use payment for the environmental benefits they produce on their operations. Under CSP, participants are paid for conservation performance — the higher the operational performance, the higher their payment.”

According to Derickson, over 2,000 CSP contracts occur in all 93 counties and cover 4.8 million acres in Nebraska.

CSP is popular in Nebraska because farmers and ranchers don’t have to take land out of production to participate. CSP helps conserve natural resources on working lands. Keeping land in production while protecting natural resources creates a win-win for all Nebraskans. CSP makes it possible to produce crops and livestock while also improving water quality, soil health and wildlife habitat,” he said.

CSP is available statewide to individual landowners, legal entities and Indian tribes. Eligible land includes cropland, grassland, prairie, improved pastureland, non-industrial private forestland and agricultural land under the jurisdiction of an Indian tribe. Contracts are set at five years and include all the land controlled by an operator.

For more information about CSP, including eligibility requirements and a self-screening checklist, producers can visit www.nrecc.sasda.gov/programs/CSP.html or stop by their local NRCS field office.

Source: NRCS News Release

**Rabbits R Us Club Helps With Zoo Clean-up**

The Rabbits R Us club plant a community garden at an assisted living home and gave the produce to the residents.

Many 4-H’ers Share Their Animal Projects

Many 4-H youth with animal projects share their animals with the public at the Lancaster County Super Fair, nursing homes, schools and other gatherings. Nicole Oestmann is an independent 4-H member and previous member of the Salt Valley 4-H Club. About a year ago, she brought her miniature horse, Fritz, for a visit to the Waterford Assisted Living facility at Williamsburg. Nicole made a presentation about the miniature horse breed and her experience in 4-H showing horses. Then she let each resident personally meet and pet Fritz. The residents shared their own experiences with horses.

Nicole says, “When I volunteered for the retirement home with Fritz, it brought happiness and joy to many. Doing something for others is a privilege, and I was happy to get that experience with my horse.”

The Rabbits R Us club plant a community garden at an assisted living home and gave the produce to the residents.

Austin Hurt says, “I liked providing healthy, natural food for the residents, and they also enjoyed watching things grow. It felt good giving back to people and the community.”

Nicole Oestmann brought her miniature horse, Fritz, for a visit to Waterford Assisted Living facility.