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February 2003

## The NEBLINE, February 2003

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# The NEBLINE®

UNIVERSITY OF  
Nebraska  
Lincoln

University of Nebraska Cooperative Extension  
Lancaster County

February 2003  
Vol. XVI, No. 2

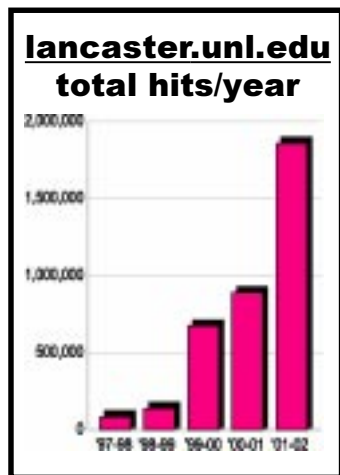
"Helping Nebraskans enhance their lives through research-based education."

## Access Extension's Extensive Resources On the Information Highway

More and more Internet users are visiting UNL Cooperative Extension in Lancaster County's Web site. Last year, the site received more than two million hits. People from around the globe access the site for reliable, research-based information. In addition, Lancaster County residents can find out about Extension's events and activities, as well as get resources customized for local needs.

This past year, 1,000 pages of Web content were added to the Web site. That totals 3,000 pages of Web resources available to you 24 hours a day/seven days a week. The site is updated continually with new resources for you and your family.

The site consists of numerous educational resources, a program calendar, photos of events, multimedia clips and downloadable Powerpoint presentations. The site also has interactive features such as a searchable database, online registration forms, quizzes and Master Gardener Diagnostic Center. You can subscribe to Food Reflections



Newsletter and Cook It Quick Updates: "How-to" message on food, nutrition, or food safety for health professionals, educators, and consumers.

The Lancaster County Extension Web site has won several awards:

- The Ag and Acreage Web site was a national winner in the National Association of County Agricultural Agents Communications Awards
- The Food Web site is rated "Among the Best!" by Tufts University Nutrition Navigator.
- The 4-H Egg Cam and "Head Lice Resources You Can Trust" Web pages have been selected by the National Science Teachers Association as a resource for their "SciLinks," an endeavor to connect textbooks to useful online content.
- Several individual educational resources have

received the Lightspan STUDYWEB Academic Excellence Award.

If you haven't visited Lancaster County Extension's Web site yet, we invite you to take a look!

## An Inside Look at [lancaster.unl.edu](http://lancaster.unl.edu)

**4-H and Youth:** Loaded with resources for 4-H leaders, parents and club members. Keep track of local activities, share ideas, and learn more about local clubs and members. Online questions/contact form.

**Agriculture & Acreage:** Drought Resources and the Farm Bill are two popular topics. Keep track of trends and quickly find information to answer your questions in the new "Frequently Asked Questions" section.

**Environment/Natural Resources:** Find information about the Biosolids program, water quality and youth education.

**Family Living:** Upcoming programs, parenting resources, families & divorce education, community programs, "Rate Your Family Strengths" online quiz.

**Food Safety & Nutrition:** New this year is the Food Safety for Home Cooking section — highly recommended for anyone who enters the kitchen. Includes food storage, cooking temperatures/times, preparing foods in advance, microwaving, using a slow cooker, grilling and much more.

**Gardening:** Timely articles and "To-Do Lists" focus on the unique needs of Lancaster County gardeners and plant enthusiasts. Pest updates give you a heads-up on potential problems for your garden, landscape or houseplants.

**Home Environment and Family Living:** Find information on upcoming programs, household hints & help, healthy homes, Family & Community Education (FCE) clubs, and more.

**Pests and Wildlife:** This site continues to add wonderful photos (some submitted by local residents) of insects, spiders and more. Access head lice resources you can trust — watch the award-winning video online (in English, Spanish and Arabic).

**Lancaster County NEP (Nutrition Education Program):** Contains program successes and educational resources. Local teachers can sign up online for school enrichment kits.

**THE NEBLINE Newsletter:** View current/past issues online.

**About Us:** Learn more about Lancaster County Extension, meet the staff & Extension board members, find map & directions, and access annual reports.

**Calendar:** Stay updated on programs, events and special activities.

**Site Map:** A complete and updated list of the resources you'll find on the Web site.

**Lancaster County Web Announcements:** Sign up to get free, weekly e-mail updates of Web site highlights and program updates.

**Web Cam/Egg Cam:** Watch chickens, ducks, turkey's and even peacocks hatch on Egg Cam. The eggs and chicks educate and entertain thousands. This includes classrooms like Ms. Farrar's Kindergarten students who use their computers to track the progress of the eggs, and then e-mail Lancaster County staff with their questions. New in 2003, the Egg Cam features streaming full motion videocast.

**News & Information:** Updated weekly with news and topics that are current and of interest to our growing Web audience.

**NU IANR News:** News announcements from NU's Institute of Agriculture and Natural Resources.

Links to NU departments and Resources, City of Lincoln/Lancaster County Web site and more.



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### UNL Cooperative Extension in Lancaster County **SATELLITE OFFICE**

located at

### LANCASTER EVENT CENTER 84th & Havelock, Lincoln

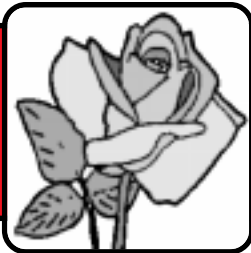
Open Wednesday 8 a.m.—4:30 p.m.;  
Mon, Tue, Thur, Fri  
8 a.m.—4:30 p.m. by appointment

Main office at 444 Cherrycreek Rd.  
Phone for both offices: 441-7180

Lancaster County 4-H Council  
University of Nebraska  
Cooperative Extension in Lancaster County  
444 Cherrycreek Road • Suite A  
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## Horticulture



## Garden Guide

### Things to do this month

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

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

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

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

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

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

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

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

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

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

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

Late winter is the time to prune many deciduous trees. Look over your trees now and remove dead branches, sprouts growing at or near the base of the tree trunk and crossed branches.

If bird feeding has been a favorite activity this winter, order shrubs which provide cover and small fruits for your feathered friends. Consider species such as dogwood and cotoneaster which can help lure hungry birds from cultivated fruits, if planted on the opposite side of the yard.

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

## Azalea Plant Care

Florist azaleas are not hardy in southeastern Nebraska and should not be planted outdoors for survival. However, they can be cared for as a regular blooming houseplant.

Make sure the soil does not dry out and the plant does not wilt. Many azalea soil mixes are composed of a high percentage of peat moss which dries quickly, especially when the plant is in full bloom. It may be necessary to water daily.

Submerging the pot and allowing the peat-like soil to absorb water, and then draining in the sink may be beneficial.

Once the petals have fallen, keep the plant in a cool, sunny location. Plants may be set outdoors in partial shade for the summer. Fertilize monthly with a houseplant fertilizer. Keep the soil moist, but not soggy. Keep the plant outdoors as long as possible in the fall, but bring indoors before a heavy frost.



In order for the plants to bloom, it is necessary to go through a cool, dormant period. Temperatures between 40 to 50 degrees Fahrenheit are ideal. Warmer temperatures will probably limit flower bud formation. Plants should receive full sun during this period. Continue to water but limit fertilizer. When flower buds start forming, move the plant to a warmer location and increase humidity. (MJF)

## 2003 All-America Rose Selections

Dazzling and unique colors stamp the four 2003 All-America Rose Selections (AARS) winners as great additions to any garden. Add great vigor, wonderful form and disease-resistance and even an inexperienced gardener will be able to quickly establish a showplace with these nationally AARS tested roses.

AARS is a non-profit association of rose growers and introducers dedicated to the introduction and promotion of exceptional roses. Since 1938 the AARS seal of approval has graced outstanding new rose varieties that have withstood the test of time — and Mother Nature.

The four 2003 AARS winners — Eureka, Cherry Parfait, Hot Cocoa and Whisper — are the “best of the best.” They’ve been at the “top of the class” in 27 AARS test gardens across the country, proving they will do well in all climates.

For more information about AARS, visit online at [rose.org](http://rose.org).

### Cherry Parfait

The 2003 Grandiflora winner, Cherry Parfait, has an outstanding color and appearance.



White petals with a broad red edge create a treat for the eyes. Excellent in all climates, this rose’s relaxed habit makes it a perfect companion plant in the garden for perennials and shrubs. Seemingly always in bloom, this attractive bicolor rose is attractive throughout the season, accented by its dark foliage.

### Eureka

Eureka, which is nearly as wide as it is tall, provides a sparkling hedge-type look with its glittering gold hues. The four foot tall All-America Rose Selection (AARS) award-winning floribunda offers a beautiful old-fashioned looking bloom of rich apricot yellow with four-inch flowers. In groups of three or five, Eureka offers a golden anchor to the border, a centerpiece or accent area. It will become very popular because of its abundant blooms, exceptional reblooming ability, glossy green leaves, easy-to-grow vigor and light fragrance.



### Whisper

Hybrid Tea lovers will find

the pureness of Whisper’s white color most attractive, one of the most stunning white roses introduced in the past decade. Whisper enchants the viewer with classically formed flowers of creamy white with dark green, semi-glossy leaves. Very resistant to disease, Whisper is equally at home as a specimen plant or in a cutting garden. This sophisticated rose will grow up to 5 feet by 4 feet and boasts five-inch flowers.



### Hot Cocoa

Gardeners will be debating the color of Hot Cocoa. A Floribunda with petals that are brownish-orange on the top and a deep rusty orange on the underside. People of all ages are attracted to Hot Cocoa, whose pointed buds of deep rust unfurl to reveal the color that some call ‘cinnamon brown’ and which often takes on a purply cast. Large four-inch flowers hold their color and tolerate heat very well. (MJF)



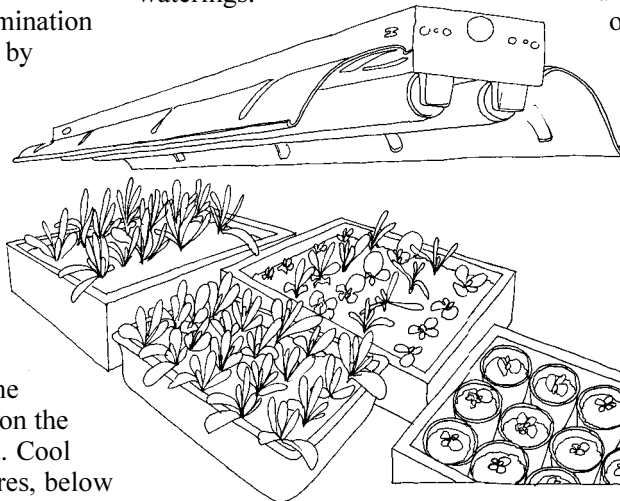
## Hints for Starting Transplants

Starting flower and vegetable transplants at home can be fun. Growing quality transplants requires good seed, a sterile, well-drained growing medium, proper temperature and moisture conditions and adequate light. Since the home is usually not the best environment for growing transplants, problems occasionally develop.

Poor or erratic germination of seed may be caused by improper planting, for example, planting too deeply. Uneven moisture and cool temperatures can also cause problems. Medium to large seeds are sown at a depth of two times their minimum diameter. Fine seed is usually dusted on the surface of the seedbed. Cool potting mix temperatures, below 70 degrees Fahrenheit, delay germination. Maintain the proper germination temperature and even moisture conditions for rapid, uniform germination.

Damping-off, caused by several fungi, can cause serious plant loss. Seedlings may develop water-soaked spots on their stems near the soil surface, then collapse and die. Environmental conditions usually associated with damping-off are a poorly drained potting soil and over watering. Damping-off can be prevented by using clean containers, a sterile, well-drained potting mix, and by following good cultural practices. Previously used containers should be

washed in soapy water, then disinfected by dipping in a solution containing one part chlorine bleach and nine parts water. Flower and vegetable seed need an evenly moist potting mix for good germination. After germination, allow the potting soil to dry somewhat between waterings.



the seedlings grow. Leave the lights on 12 to 16 hours a day. When the first pair of “true leaves” appear, thin or transplant the seedlings. Allow the potting soil to become somewhat dry between waterings. The best quality transplants are short, stocky, and dark green.

Green algal or brownish fungal growth may appear on the soil surface or sides of peat pots. While their appearance generally causes little harm, their presence usually indicates excessive moisture levels. Allow the potting mix to dry somewhat before watering.

A lack of essential nutrients produces characteristic deficiency symptoms. Phosphorus and nitrogen deficiency symptoms sometimes

occur on vegetable and flower seedlings. Phosphorus-deficient plants frequently have purplish leaves and growth is stunted. Yellow lower leaves may indicate a nitrogen deficiency. Other symptoms of a nitrogen deficiency are stunted growth and small leaves. Apply a soluble fertilizer, such as 15-30-15, to the seedlings. Fertilize weekly with a one-quarter strength solution.

While there are obstacles to growing transplants indoors, home gardeners can produce good quality transplants if they follow good cultural practices.

# Check for Vole Damage

Voles are small, mouse-like rodents found throughout Nebraska. They are sometimes called meadow mice or field mice. Voles have short tails (about one inch long), stocky build and small eyes. Voles can cause problems by damaging lawns, gardens, tree plantings and other plants.

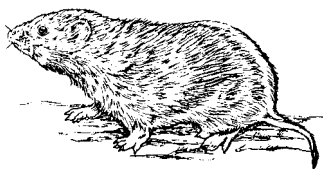
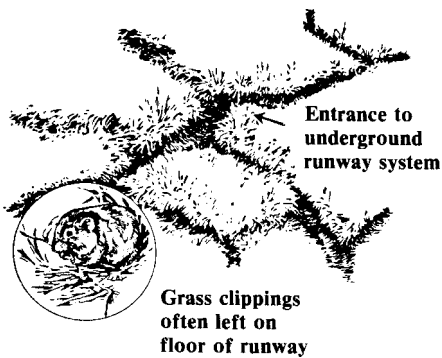
The most common species, the prairie vole, is found statewide. Meadow voles are also found throughout the state. Pine voles, or woodland voles, live in the woodlands of the extreme south-eastern corner of Nebraska.

Voles are an important food source for many predators, including snakes, hawks, owls, coyotes, weasels, foxes, mink and badgers. Death rates for voles are very high. In the wild, they may not live longer than two months and few live longer than 16 months.

Prairie and meadow voles normally have five to 10 litters per year and average three to five young per litter. The gestation period is about 21 days. One meadow vole held in captivity had 17 litters during one year, totaling 83 young. One of the females from her first litter had 13 litters, totaling 78 young before she was one-year-old.

**Damage:** One clue you may have prairie and meadow voles in an area is by finding their surface runways. The voles make runways by clipping off grass and plants making a path about one to two inches wide (see image). Typically, homeowners call the extension office in early spring when they discover these paths after the snow melts.

The voles damage woody plants during late-fall through early-spring when it is hard to



Prairie vole

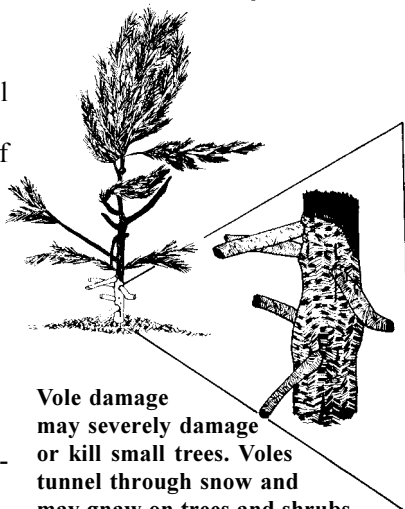
find green vegetation. Voles tunnel through snow and may gnaw on trees and shrubs up to the height that snow accumulates during winter.

**Control:** If you discover voles, it doesn't mean you automatically have major property damage. But, high populations can build up quickly and can be cause for concern.

Before you decide to control voles, consider the extent of the problem in relation to the cost of control. For example, a few voles could damage a highly valued tree or flower bed and warrant control. At other times, you may not even notice the voles or find damage, making control unnecessary. There is a relationship between vole populations and the level of damage you can expect. Prevention is more beneficial than population control after the damage has occurred.

A combination of methods may be more effective than relying on any one method for vole damage control. Most vole damage problems in urban and backyard areas probably involve small vole populations that can be controlled with habitat modifications, fencing or exclusion, snap-trapping and repellents. Non-urban vole damage situations may involve larger vole populations over greater areas, and can be dealt with by habitat modifications, repellents and toxic baits, when necessary.

**To Learn More:** Call or visit the extension office to pick up the publication "Controlling Vole Damage" (NebGuide G887). This resource is also available on the web. Visit [lanaster.unl.edu](http://lanaster.unl.edu). (SC)



Vole damage may severely damage or kill small trees. Voles tunnel through snow and may gnaw on trees and shrubs up to the height that snow accumulates during winter.

## Tip for Mouse Trappers!

Are you frustrated because your mice are licking the peanut butter off traps without springing them? A local pest control professional says he cuts caramels in half (i.e., the little ones wrapped in plastic), and presses half into the trigger mechanism of each trap. The caramels are hard enough the mice can't steal the bait without springing the trap. He also swears mice like it better than peanut butter, too. Try it and see if it works. (BPO)

## Environmental Focus



## Hunting Workshop: Spring Turkey

**Wednesday, March 19 • 6–9 p.m.**  
**Lancaster Extension Education Center,**  
**444 Cherrycreek Road, Lincoln**

If you are interested in hunting turkeys in the spring season, this is a workshop you can't miss. Experts will share information about turkey biology, behavior and hunting tips that will make you more successful. Topics covered will include turkey calls, camouflage, using ground blinds, choosing the best shot load, field dressing, guns, safety and state regulations.

This FREE seminar is offered by Nebraska Game and Parks Commission, but seating will be limited so **RESERVATIONS ARE REQUIRED**. Call 402-332-4543.

## Protect Your Well Water

Many rural Lancaster County folks obtain their drinking water from a well on their property. Well water may look and taste okay, but bacteria in the water can make you sick. Nitrates in water can pose a health hazard to infants, in particular, causing methinoglobinemia, also known as "Blue Baby Syndrome."

It is wise to have your well water tested periodically, especially if your neighbors are finding contaminants in their water or your family has unexplained gastrointestinal illnesses.

To prevent contaminants from entering your well, the EPA recommends the following steps to protect groundwater supplies.

- Periodically inspect exposed parts of the well for damage to the casing or cap. Look for any cracking or corrosion.
- Slope area around the well to

drain surface runoff away.

- Install a well cap or sanitary seal to prevent unauthorized entry to the well.
- Disinfect drinking water wells once a year with bleach or hypochlorite granules.
- Keep maintenance records, such as disinfection or sediment removal, that may require the use of chemicals.
- Hire certified well drillers for new construction, modification or abandonment of wells.
- Avoid mixing or using pesticides, fertilizers, herbicides, degreasers or other potential pollutants near wells.
- Do not dispose of wastes in abandoned wells.
- Do not cut the well casing below the land surface.
- Pump and inspect septic systems routinely.
- Never dispose of hazardous materials in septic systems.

Source: USEPA (BPO)

## Natural Insecticides Aren't Always So Safe

Barb Ogg  
 Extension Educator

Because of general misunderstandings floating around, there is a lot of confusion about "natural" products. There is an assumption "natural" pest control products are safer than synthetic ones. This is not necessarily true. The following was a response to an internet client who wanted to know about "natural" products that have insecticidal properties.

**Q.** *I purchased a home a year ago and am finding some insect problems in the home and garden. I have browsed your site and think it is the most informative I have found. Are you aware of the use of natural plants to control insects? I would like to use natural, instead of man-made pesticides, to control insects.*

**A.** We don't promote natural products because, in many cases, they are more toxic than some other pest control approaches that actually are much safer. We are more interested in having people use low toxic approaches than ones that are natural. But, there are many products available that are botanical/natural.

Many plants have insecticidal/repellent properties. Because the insecticidal compounds in plants are often found in low concentrations, scientists have been working to identify these plant compounds, determine their effectiveness and either extracting them outright or synthesizing them so they can be produced more economically. Many products are already on the market.

Many people equate a product that is "natural" with "safe," but this just isn't true. Nicotine, from tobacco, is a natural insecticide is very toxic—much more toxic than

most synthesized insecticides. Nicotine is so toxic that many of its uses have been cancelled by the EPA. The only form that may be available to the public is called Nico Soap. Nicotine is an alkaloid. Other well-known alkaloids which DO NOT have insecticidal properties include caffeine (from coffee and tea), morphine (opium poppy), cocaine (coca leaves), strychnine (climbing trees and shrubs in the genus *Strychnos*), coniine (spotted hemlock, the poison that killed Socrates) and LSD (ergot). Another alkaloid in the news lately is ricin, a very poisonous toxin in castor beans. It should be apparent alkaloid compounds are powerful chemicals.

### Botanical Insecticides Include:

**Pyrethrum** — from chrysanthemum flowers. This naturally occurring chemical is unstable and breaks down into

non-toxic products quickly after it is applied. It has quick knock-down activity, but no residual activity, which means insects appear to die, but then revive. A synthesized synergist—known as piperonyl butoxide—is usually added to pyrethrum to increase its residual activity. There are many pyrethrum products labeled for many different uses.

**Rotenone** — from the roots of two types of tropical legumes (derris and cubé). It has been used for generations as the ideal general garden insecticide because it is harmless to plants, highly toxic to insects and moderately toxic to warm-blooded animals. It leaves no harmful residues on vegetables and there is no waiting interval between application and harvest. It is both a contact and stomach poison and is sold as spray concentrates and a ready-to-use dust. It kills insects slowly, but causes them to stop feeding almost immediately. However, it is also highly toxic to fish and is

used to kill unwanted species in ponds before restocking with game fish.

**Limonene** — from citrus peels. It is effective against external parasites (fleas, mites and ticks) on pets and is virtually non-toxic to warm-blooded animals. It is available as ready to use sprays, aerosols, shampoos and dips for pets. There is a citrus extract product labeled for ants, fleas, roaches and silverfish, but there may be other more effective products on the market.

**Azadirachtin** — from seeds of the neem tree. These products are registered for use on horticultural crops, in the greenhouse and on ornamentals. It has some rather sensational insecticidal properties, including disrupting the molting process. Products are labeled for use on garden crops, ornamentals and in the greenhouse.

**Sabadilla and Ryania** —

see *INSECTICIDES* on page 11



## Farm Views

### Chemigation Training Feb. 18

Lancaster County Extension will conduct chemigation training Feb. 18 at 6:30 p.m. This training session is intended for initial certification or re-certification of chemigators (people who wish to apply fertilizer or certain approved pesticides in their irrigation water).

Producers seeking initial certification or who need to be re-certified, are encouraged to pre-register for the training session. Initial certification is \$15 and renewal is \$10. To pre-register, obtain an application form from the Lancaster County Extension office, 444 Cherrycreek Road, Lincoln, NE 68528. Phone 441-7180.

People paying the fee for initial certification will receive a packet of written training materials by return mail. People who will be re-certifying should already have the materials. If you cannot locate yours, another set can be obtained for an additional \$5 fee.

All chemigators are encouraged to study the materials prior to attending the training session as this should improve chances of passing the written examination. Also bring study packets to the training session as these will be referenced. **All individuals are encouraged to bring a calculator and pencil to the training/testing session.** (TD)

### Unwanted Pesticide Collection March 17

A pesticide disposal collection will be held Monday, March 17, 8 a.m.–Noon at the Farmers Cooperative Company fertilizer plant on North 148th Street, Waverly.

Anyone with outdated or unwanted pesticides may bring them. Once received, the pesticides will be sorted and packaged for shipment to a certified incinerator for disposal. No pre-registration is required. There is no charge for up to 1,000 pounds of product from individuals or firms. A charge of \$1 per pound will be assessed for the amount over 1,000 pounds.

#### Pesticides Which Will Be Accepted

There are three main categories of pesticides that will be accepted:

- Unused, unneeded, old or damaged pesticides (includes insecticides, herbicides, fungicides, rodenticides and fumigants.)
- Pesticides of all types (agricultural crops, livestock, homes, lawns, gardens, structural, commercial,) including those in aerosol containers.
- Farmer-supplied electrical transformers containing PCB's from renovated irrigation systems.

#### Products Which Will NOT be Accepted

Since different wastes need to be handled and disposed of differently, products that will not be accepted include:

- Pesticide products in pressurized cylinders
- Waste oil or oil filters
- Antifreeze
- Paints, varnishes and thinners
- Cleaners and solvents

Pesticides should be brought in their original containers with label intact, if possible, but pesticides which no longer have readable labels will be accepted. Remember to protect yourself and your surroundings when handling waste pesticides. You may need to wear personal protective equipment or, as a minimum, unlined neoprene gloves, when handling waste pesticides. If the pesticide container has been damaged, pack it in another container that will hold the product if the first container should rupture while being transported. Use a container that can be left at the collection site if it becomes contaminated.

UNL Cooperative Extension in cooperation with the Nebraska Department of Agriculture, the Environmental Trust Fund, the Nebraska Fertilizer and Ag Chemical Association, and the Nebraska Department of Environmental Quality, is sponsoring pesticide collections at 18 sites across Nebraska. Due to anticipated tight funding, this may be the last statewide pesticide collection for several years. Don't miss the opportunity to dispose of unwanted pesticides! (TD)

## Computerized Financial Record Keeping Workshops

*Held in Lincoln March 18*



Lancaster County Extension will present the very popular Computerized Financial Record Keeping workshop series in four southeast Nebraska locations again this spring. The Lincoln workshop will be held Tuesday, March 18 from 9 a.m. to 4:30 p.m. in a computer lab in the Animal Science Building on East Campus. See right for other locations.

All instruction will be presented in a hands-on teaching style with participants performing the tasks being demonstrated by the instructors. Participants, therefore, should have a basic familiarity with using a computer and typing on a computer keyboard.

Instruction on computerized record keeping in this workshop will begin with the basics, no prior computerized record keeping experience is necessary. However, some prior experience with a hand-kept single entry accounting system (such as the extension blue book) would be useful. At a minimum, participants should have experience with keeping a check ledger, (preferably one that is periodically reconciled with bank statements).

To save time, much of the instruction on generating reports will be done using sample files that have been created to represent a typical crop & livestock farming operation.

Specifically, participants will receive instruction on:

- Setting up and starting your records.
- Developing a chart of accounts (categories) to key income and expense transactions to.
- Entering transactions into the ledger (single transactions and transactions that are split between multiple categories).
- Retrieving information in the form of various reports (including transaction reports and reports that are sorted and filtered according to various criteria).
- Dealing with term loans, such as a car loan, etc.
- Reconciling with the bank statement.
- Electronic Banking.

The concepts taught are

### Workshop Dates and Locations

*All workshops will be held 9 a.m.–4:30 p.m.*

**March 13 — NU ARDC, near Mead, NE** Pre-registration due: March 7. Contact: Lance Brown, Saunders County Extension, 1071 County Road G, Ithaca, NE 68033, phone: (402) 624-8030

**March 17 — Dana College, Blair** Pre-registration due: March 7. Contact: Dave Varner, Dodge County Extension, 1206 W 23rd Street, Fremont, NE 68025, phone: (402) 727-2775

**March 18 — Room 223, Animal Science Building, UNL East Campus, Lincoln.** Pre-registration due: March 8, 2003. Contact: Tom Dorn, Lancaster County Extension, 444 Cherrycreek Road, Lincoln, NE 68528, phone: (402) 441-7180

**March 19 — York College Library, York** Pre-registration due: March 9. Contact: Gary Zoubek, 2345 Nebraska Ave. York, NE 68467, phone: (402) 362-5508

applicable to any of several inexpensive computerized record keeping programs, with slight modifications in procedure. This workshop will be taught hands-on using Quicken 2003 Basic™ in the classroom.

Registration will be limited due to space and computer availability on a first-come, first-served basis. After the class is filled, a waiting list will be developed in case of a cancellation. If you are interested, please contact the extension office and ask to have a brochure and registration form sent to you.

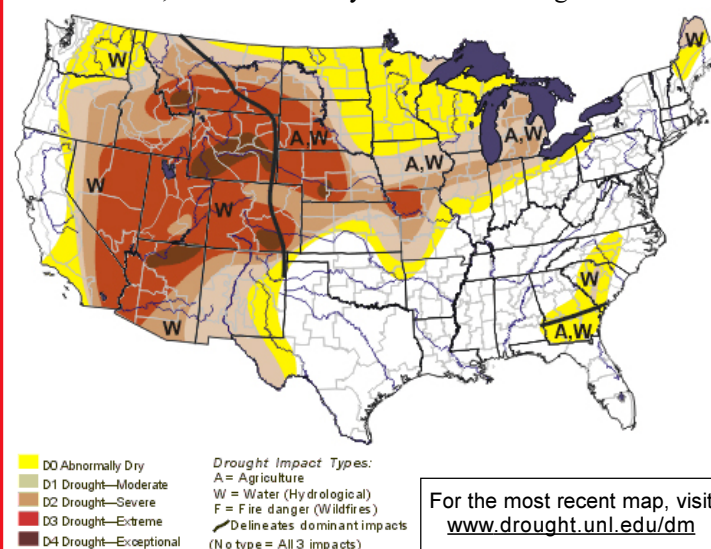
Written step-by-step instruction sheets have been developed and are intended for use in the workshop and as reference materials to take home. Reference materials, lunch, refreshments and a conference parking pass are all included in the registration fee. The registration fee for each workshop is \$40 for one person, \$45 for two people sharing one computer with two meals and one set of handouts. Payment must be received with the registration form in order to hold your reservation. Please make your check payable to NU Cooperative Extension.

Registrants will receive conference parking permit and a map showing directions to the animal science building and where to park on campus.

To view/print the brochure for this workshop online go to <http://lancaster.unl.edu/ag/recordkeeping.pdf>. (TD)

### Latest U.S. Drought Monitor Map

As of Feb. 4, Lancaster County is in Severe Drought conditions.



# Selling Horticulture Produce

Marketing is one of the most important factors determining the success of any fruit or vegetable farming enterprise, encompassing all of the operations and decisions made by producers. These decisions range from identifying the most profitable crops for production to deciding how produce should be delivered to buyers efficiently and economically while maintaining product quality. Contrary to popular belief, marketing does not begin **after** a crop is produced. Instead, marketing alternatives need to be considered well **before** production takes place.

Direct farmer-to-consumer marketing includes any method by which farmers sell their products directly to consumers. Justification for establishing a direct farmer-to-consumer marketing outlet is based primarily on the producer's desire to increase the financial returns from farm production. This opportunity for increased returns stems from (1) opportunities to reduce marketing costs (and capture profits) attributed to intermediaries (middlemen) in the supply chain, and (2) consumer desire to buy (and willingness to perhaps pay a premium for) ripier, fresher, higher-quality fruits and vegetables. These two factors combined have often generated substantially higher net returns for producers.

When producers become the "retailers," they have the opportunity to sell at or slightly above retail supermarket prices and avoid paying for the services of wholesalers and retailers. Bypassing intermediaries allows producers to receive a higher percentage of the consumer's food dollar and thus enjoy a higher return per unit sold. However, if growers expect to receive prices similar to those at retail outlets, they must provide the same value of services consumers have come to expect from other retailers and wholesalers. At a retail store, the price consumers pay for produce generally covers the costs of producing, grading, packing, transporting, wholesaling and retail merchandising. To receive higher net returns, producers must either provide the marketing services at a lower cost, provide services not available through other markets and/or eliminate certain unnecessary services.

Direct marketing may provide outlets for products that do not quite meet the specifications of large commercial buyers. Sometimes direct marketing consumers actually desire products that vary from commercial standards in terms of size, maturity, appearance, volume or grade. For example, a tomato that is "fully ripe" might not be appealing to supermarket buyers who are concerned with shelf life, but may be just the one the direct marketing consumer wants for canning purposes. Thus, direct marketing might turn product that otherwise might have been lost or culled produce into additional



USDA photo by Bill Tarpenning

*Farmers Markets are one method of direct farmer-to-consumer marketing.*

income by emphasizing "freshness" and "ripeness" attributes.

Operators of small farms may find that direct marketing translates into additional income when there is insufficient volume or product selection to attract large processors and/or commercial retail buyers. Thus, direct marketing may be the only viable marketing alternative for small farmers. A substantial

***Direct farm-to-consumer marketing allows many producers to capitalize on individual comparative advantages (e.g., good locations for roadside stands or available help from retired persons) to achieve increased income or to supplement retirement incomes.***

number of producers use direct marketing channels to augment sales to wholesalers, retailers and processors to reduce the risk of relying on a single market channel.

Although additional income is the primary motivation for direct marketing, several other factors may influence the producer's decision. Flexibility and the ease of market entry associated with direct marketing operations enable almost anyone with the desire and a few acres to become involved. Many producers favor direct marketing, especially consumer harvesting or pick-your-own operations, because of the reduced labor requirements associated with not having to harvest, grade, sort and pack produce. However, the most attractive aspect of direct marketing to some farmers is the opportunity to own their own business, be their own boss and do their own thing. This flexibility allows them to determine their own product mix and to balance this production between consumer demand and individual talents for selling and market management. Producers with abilities in raising specialty crops (e.g., flowers, herbs, organic vegetables, etc.) have successfully used direct farm-to-consumer marketing to provide

products during special seasons or to nontraditional consumers (e.g., special ethnic groups). Direct farm-to-consumer marketing allows many producers to capitalize on individual comparative advantages (e.g., good locations for roadside stands or available help from retired persons) to achieve increased income or to supplement retirement incomes.

The other side of direct marketing relates to consumer demand. The primary attraction of direct marketing outlets to consumers is the opportunity to purchase fresh, wholesome, flavorful products at their source. Surveys indicate that consumers like being able to buy in larger volumes and in a relaxed, friendly atmosphere. Recent consumer interest in purchasing produce directly from farmers also seems to be coupled with increasing concerns regarding food safety. Another appealing aspect about buying direct from farmers, especially pick-your-own operations, is that it offers an opportunity for consumers to enjoy outdoor family recreation and to learn about where their food supply originates. (DJ)

## Urban Agriculture



## Selecting and Using Hardwood Firewood

With the arrival of winter weather, fireplaces and wood stoves are once again warming our homes. Many hardwoods are well suited for use as firewood. Species such as ash and oak are ideal because they produce a high relative amount of heat, a slow rate of burn and have few sparks. Hardwoods generally are preferred over softwoods because they have a higher density, burn slower and do not contain sap or pitch, which lead to increased creosote buildup in the chimney.

Firewood is usually sold as a standard cord. A standard cord is a stack of wood that

contains 128 cubic feet of wood and air space. The actual wood content may vary from 60 to 110 cubic feet depending on the diameter of the bolts and the air space between them. A standard cord is usually visualized as a stack of wood four feet high, four feet wide and eight feet long. The weight of air-dry hardwoods varies from 2,000 to 5,000 pounds per cord depending on the species. Firewood is often sold locally by the pickup load where the actual volume greatly vary depending on the size of the truck bed, height of the stack and the stacking method. The only way to compare such units is to stack the wood in a neat pile and measure the height, width and length and divide by 128.

Proper seasoning of fire-

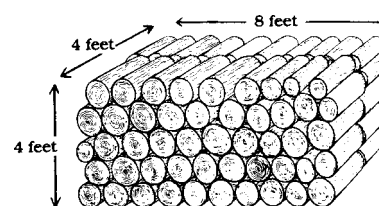
wood is very important. Properly dried wood will have a higher heat value than green wood, it is easier to light, less likely to throw sparks and less likely to cause creosote accumulation in the chimney. If you are purchasing firewood this late in the season, it is recommended that you buy seasoned firewood.

Green firewood should be air-dried for one year prior to burning. Most of the drying occurs in the warmer months and very little drying occurs in late fall and winter. One can increase the rate of drying by splitting oversized pieces and cutting the firewood to shorter lengths.

Firewood more than six to eight inches in diameter should be split to help increase the drying rate.

Green wood should be stacked in an open area where there is good natural circulation. Use blocks to build up a small foundation to keep the first course of firewood off the ground. This will reduce insect infestation and increase airflow through the stack. The wood will become lighter and develop end checking as it dries. Stacked firewood should be covered to protect it from the rain and snow.

By selecting the proper species and burning dry hardwoods, it is possible to produce a slow burning, high heat producing and safer fire in your home fireplace or wood stove. (DJ)



*Standard cord of firewood*



***"Helping Acreage Owners Manage Their Rural Living Environment"***

**Learn about...**

- Managing your acreage resources more effectively
- The numerous University of Nebraska resources available to you, including publications, videos, world wide web
- Designing the layout of the acreage for maximum function
- Domestic wells and water quality
- Septic and lagoon solid waste systems & their management
- And much more

**March 29**

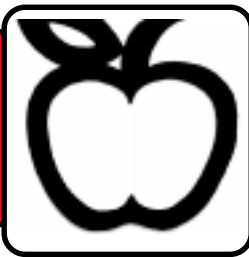
**9 a.m. to 3 p.m.**

Agriculture Research & Development Center  
Research & Education Building near Mead, NE

Advanced registration \$25 per person, \$45 per couple

Call Lancaster County Extension for brochure and registration form

**441-7180**



## Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

See "Red" on Valentine's Day and throughout the year. The Produce for Better Health Foundation (PBH) calls red fruits and vegetables "Red-hot and Healthy." They contain many health-promoting phytochemicals including lycopene and anthocyanins. Some "red" fruits and vegetables include red apples, cherries, cranberries, red grapes, pink/red grapefruit, raspberries, strawberries, watermelon, beets, red cabbage, red peppers, radishes, red onions, rhubarb and tomatoes. For additional red fruits and vegetables and recipes, check the PBH Web site at [www.5aday.com](http://www.5aday.com).

Some "red" ideas for Valentine's Day or any day include:

- ♥ Pasta with tomato sauce.
- ♥ Tossed salad with red bell peppers.
- ♥ Tossed salad with cherry or grape tomatoes.
- ♥ Tomato soup.
- ♥ Cole slaw made with red cabbage.
- ♥ Cranberry sauce — use the bag of cranberries in your freezer you bought when they were on sale.
- ♥ Oatmeal topped with a heart shape made of dried cranberries.
- ♥ Raspberry smoothie — put 3/4 to 1 cup plain or vanilla flavored yogurt in blender. Add a few tablespoons of frozen raspberries at a time and blend until desired consistency. After blending, if desired, blend in 1 or more teaspoons of sugar or artificial sweetener to taste.
- ♥ Pink/red grapefruit half topped with a sprinkle of brown sugar.
- ♥ Red grapes make a great side to your sandwich for noontime nibbling.
- ♥ Frozen lowfat yogurt or ice cream with "real" strawberry sauce — see recipe below.

### Strawberry Sauce

**1½ cups fresh strawberries or partially thawed frozen strawberries**  
**1 tablespoon lemon juice**  
**¼ cup confectioners sugar**

In a blender, blend strawberries with lemon juice and sugar until smooth.

Source: National Cancer Institute (NCI)



Attend a FREE class on Healthy Cooking with Spices & Herbs on Thursday, March 20, 7-8:30 p.m. When cutting back on fat, sugar and salt, you can add zing to your foods

with spices and herbs! Alice Henneman, extension educator and registered dietitian, will show you how to prepare delicious and nutritious foods using spices and herbs.

This class will be held as part of BryanLGH Medical Center's Wellness series at the Plaza Conference Center, Bryan LGH Medical Center East, 1600 S. 48 St., Lincoln. To register for this program, call BryanLGH at 481-8886.

### Web Resource for February

Check our "Food Theme Month Links" at [lanaster.unl.edu/food/ciglinks.htm](http://lanaster.unl.edu/food/ciglinks.htm) for information that will be helpful to you during each month of the year.

To keep up-to-date on new tips, resources and recipe ideas to help you prepare healthy foods in a hurry, sign up for our monthly **Cook It Quick** e-mail messages at [lanaster.unl.edu/food/cigupdat.htm](http://lanaster.unl.edu/food/cigupdat.htm)



## Cleaning the Kitchen Cupboard: Can This Food Be Saved?

Alice Henneman, MS, RD  
 Extension Educator

Have you looked — REALLY looked — at the foods in your kitchen cupboards lately? Is it time to bid some foods a fond farewell? Should others be moved to a better location and/or storage container? Can you "revive" some aging foods so they still can be used?

Read on for tips to help you decide whether to toss, move or try to save common foods.

The following storage times are based on food stored at a room temperature of about 70 degrees F and are those generally cited for maintaining best food quality. A range of times and the more conservative recommendations are given to allow for age of the product when purchased, how long it has been open, etc. READ LABELS CAREFULLY — they often contain important storage information and recommended "use by" dates.

### Baking Powder

• 12 to 18 months or expiration date on container.

• **Storage Tip:** Store tightly covered in a dry place. Make sure measuring utensils are dry before dipping into the container.

#### Testing For Freshness:

Mix 1 teaspoon baking powder

with 1/3 cup hot water. If it foams vigorously, it still has rising power.

### Baking Soda

• 12 to 18 months or expiration date on container.

• **Storage Tip:** Store tightly covered in a dry place. Make sure measuring utensils are dry before dipping them into the container.

#### Testing For Freshness:

Place 1-1/2 teaspoons in a small bowl. Add 1 tablespoon vinegar.

If it fizzes, then it will still help leaven a food. If it doesn't fizz, use it as an odor catcher in the refrigerator.

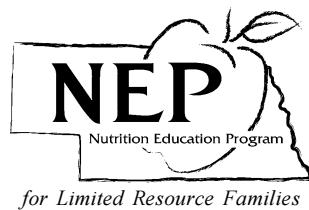
### Canned Foods

• 1 to 2 years.

• **Storage Tip #1:** The Canned Food Alliance ([www.mealtime.org](http://www.mealtime.org)) recommends eating canned food within 2 years of PROCESSING for best quality. Many

see *FOOD SAVED?* on page 11

## Making the Five Food Groups "Come Alive" for Pathways Families



Mardel Meinke  
 Extension Associate

Pathways is a residential community, administered by the Lincoln Medical Education Foundation to help young families become self-sufficient. The Lancaster County Nutrition Education Program (NEP) has provided nutrition programs for Pathways families since 1997.

At a recent program, Pathways families had a lively discussion about the five food groups. Hands-on items, such as food, packaging, recipes and U.S. Department of Agriculture (USDA) information, served as inspiration for sharing. The topic of food safety was emphasized using items from the kitchen. The men and women also shared ways they save money shopping for food.

While the parents were learning and discussing ideas, their children were involved in separate groups talking about "everyday foods" vs. "sometime foods" and preparing healthy snacks they can make at home.

At the next session, families utilized their skills preparing a



Youth make a healthy snack by spreading peanut butter on apple slices.

meal for the group of 55 parents and children. The adults worked in teams to prepare turkey and rice skillet dinners, vegetables, fruits, breads and healthy desserts. Their children prepared a very colorful fruit salad to accompany the meal. While everyone moved through the serving line, a 6-year-old girl proudly shared she had helped make the fruit salad. This was a great way to involve the children in the preparation of the meal and also encourage them to eat healthy.

Parents who attended both sessions were awarded the NEP cookbook, *The Cook's Helper*. Several commented they learned a lot about the food groups and plan to eat healthier foods, including less "fast food." One dad said he learned about whole

wheat bread. A mom said she liked learning about different food combinations. Another mother reported she will do weekly menus and shopping. Still another mom plans to make oatmeal for breakfast as a good source of whole grains. While preparing the "Colorful Corn" recipe for the meal, one mother refused to use a dented can because the potential dangers of foods from dented cans had been emphasized. Many of the parents said they liked the recipes that were prepared for the meal and plan to utilize them at home.

There were many successes for the Pathways's adults and children as a result of this opportunity to focus on incorporating the five food groups into a healthy diet.

## Lines from Lynn

**Lynn Bush**  
FCE Council Chair

As I write this, I am snuggled up in a quilt in front of the fireplace. Dog's asleep on one side of me, cat on the other. Husband at work, son at school ... ah! the good life. Oh yes, I also have a cup of hot chocolate. I could get used



to this picture quite easily.

As I try to pen something clever, I have to wonder what happened to last week and those warm 40 degree days. This actually feels like winter. If we get some of the snow that's predicted, it will also look like winter. For those of you who are not accustomed to the cold (or just plain don't like it), spring is just around the corner.

Mark your calendar for March 24, 1 p.m. at the extension office, our next FCE

Council meeting. It will be hosted by Beltline and 49'ers.

Thank you to all the "regulars" who attend council meetings and activities. If you have never been to a council meeting or haven't been for awhile, please come to the March meeting. Everyone is invited to attend all FCE activities and council meetings. You may run into an old friend. You will definitely meet new friends.

Stay warm and hope to see you on March 24th.

## ★ FCE News ★

### Family Community Education (FCE) Training Lesson

"Dinner in 15 Minutes" is the March FCE leader training lesson. Amanda Young from the Beef Council will present the lesson on Tuesday, Feb. 28, 1 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. This lesson will focus on some of the new beef convenience products as well as include beef nutrition.

Non-FCE members interested in attending should pre-register by calling Pam at 441-7180 a week before the lesson so materials can be prepared. (LB)

### March FCE Council Meeting

The March FCE Council meeting will be Monday, March 27, 1 p.m. Plans to have a speaker on fraud are in the making. Watch for details in next month's NEBLINE.

### FCE Heritage Arts Contest

Heritage Skills Contest categories for this year are Photography, Quilting and Original Heritage Skills. Bring your finished items to the March Council meeting. County winner in each category will entered into the State Contest at FCE Convention in August.

Photography: Black and white or color photograph frames, not smaller than 8½ X 11, to prevent possibility of loss, following theme of "Nebraska, The Good Life."

Quilts: Appliqued, pieced, patchwork, embroidery, hand sewn or machine stitched. It can be quilts, wall hangings, vests, jackets, tablecloths, pictures, etc.

Other Heritage Skills: Article made using early day skill, not in other category such as quilting, scrimshaw, leather craft, tin punch, wheat weaving basketry, dyeing, lace making or other.

All entries must be original (patterns may be used, but not a complete kit), ready to exhibit, hang or display. It can be traditional patterns or completely created by exhibitor. (LB)

## Modeling Expected Behavior

There is no question we live in challenging times. Threats of war, violence, crime, plunging stock markets, corporate corruption and a loss of civility in many aspects of our lives have contributed to general unrest and uncertainty. Sometimes adults make excuses for their behavior and give reasons their children can or cannot be held accountable based on what is happening in the general population. Peer groups add pressure to children's actions, many times leading to negative outcomes.

As parents, it is important for us to provide a lifeline and stability for our children. One of the best ways to do this is to be a good role model. As parents we set the model for what our children see as important to us. Every day we are faced with

many choices. The personal values we have help us to make those choices and so there is no better time than the present to "Practice what we preach."

What we hold true in our lives is demonstrated by the everyday examples we set in our lives. The "little things" are the big things when it comes to developing moral fiber in our children's lives. The way in which we respond to need, the attitudes we take in accomplishing our chores, the tone of voice we use in answering questions are all essential in character education. The following are a few tips from research.

- Spend time together, learn to really listen, and talk through issues and how your family would deal with them. Show your children they are a priority in your life.

- Talk about the things that are important to you. Take an example from a television or news article and ask your family "what would we do in our home if this happened?"
- Model the actions you expect from your children.

Respect is the cornerstone of good character. It is essential to value the individuality of our children and treat them the way we desire they treat others.

Children learn from the examples we set much more than from the words we speak. Raise a child with character, a child who will do the right things and make the right choices in the journey of life.

*Adapted from an article by Melinda J. Hill, The Ohio State University Family Tapestries Packet. (LJ)*

## Middle Adolescence: 14–15 Years

While few will admit it to parents, young people at this stage find security in rules. When setting and enforcing rules, keep the following points in mind.

- When you make a rule, explain the reason for it in 25 words or less.
- Tell your teenager exactly what

will happen if the rule is broken. Be clear about what is and is not allowed.

- Appearance (hairstyles, clothing, etc.) is important to all teenagers. Set rules about your teenager's appearance only when it really matters to you. For example, "Going out to dinner."

- Try to be cheerful and ignore their moods as much as you can.
- Try not to tell your teen what to do. Ask for his/her cooperation. Offer choices when you can.
- Be sure what you expect of your teen is reasonable. Praise him when he does well. (LJ)

## Family Living



by Lorene Bartos, Extension Educator

### Cut Loads of Energy While Doing Laundry

It's easy to cut your energy costs for laundry. About 80–85 percent of the energy used for washing clothes is used to heat the water. You can reduce this cost by washing full loads, using cooler water and cold-water detergents. Switching the temperature setting from hot to warm cuts a load's energy use in half. You can reduce drying costs as well: clean the lint filter after every load to improve air circulation, and don't over-dry clothes. Use the cool-down cycle to allow clothes to finish drying with residual heat. Also, periodically inspect your dryer vent to ensure it's not blocked. If you are in the market for a new washer or dryer, look for the Energy Star and read EnergyGuide labels. For more tips on saving energy at home, visit [www.energysavers.gov](http://www.energysavers.gov). (LB)

## Children's Sleep Needs

In this busy world we live in, all of us try to squeeze every minute out of every day and in so doing often deprive ourselves of the amount of sleep necessary for optimum health. The same is true for our young children. Very often as a result of our busy schedules, their routines are disrupted. It may be helpful to review how much sleep young children actually need. First, however, it is important to understand each child is unique and so are their needs for sleep. It can be reassuring to know what is considered average or typical for different ages.

### What to Expect

Almost all children benefit from a consistent bedtime and a routine to prepare for bed. The routine can be listening to music, reading a story or can begin with a warm, relaxing bath. It is the security of knowing what to expect and preparing for rest that makes a routine effective.

Other sleep needs vary according to the ages of children.

### Birth to Six Months

Newborn babies sleep more than they are awake, typically sleeping 16 to 18 hours per day. Infants usually have four sleep

cycles a day and need at least two naps or more, depending on the length of the nap.

### Six Months to 1 Year Old

The six month old baby develops a routine which typically includes two naps and about 12 hours of sleep at night. Infants this age go through the phases of sleep, which include a light phase of crying, movement or restlessness.

### 1–2 Year Olds

The one-year-old will begin to decrease his need for sleep. A total of 12 to 13 hours of sleep out of every 24 hours is typical. This may involve one or two naps. Over time naps will decrease in length.

### 2–3 Year Olds

Toddlers usually need only one nap but still need between nine and 12 hours of total sleep. Most two-year-olds take a two to three hour nap after lunch, but some children this age need much less. Unless a child shows signs of being overly tired or crabby due to lack of sleep, it is not necessary they take a nap at this age.

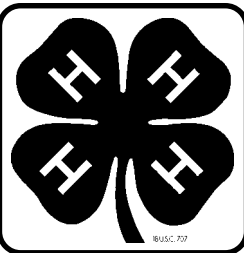
*see SLEEP on page 11*

## CHARACTER COUNTS! Corner

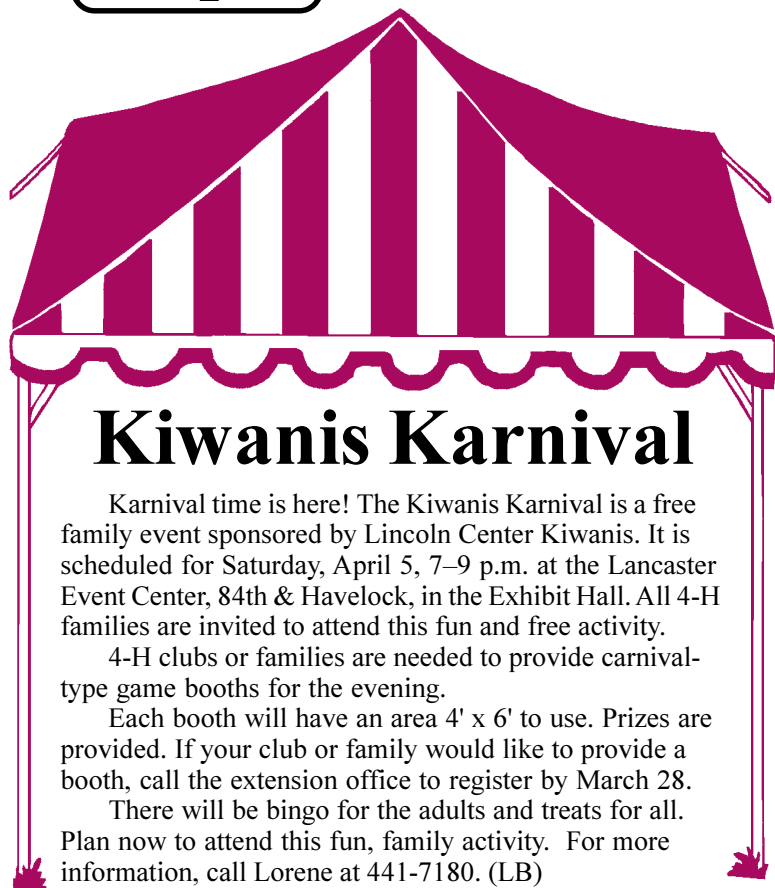
### Caring in the Family

People of good character are caring people. They think kind thoughts about others and they do kind things for those around them. Sometimes it is easy to forget to show gratitude, kindness and consideration for family members. Somehow we often feel family members are supposed to do all they can for us and often forget to thank parents, children or siblings for the things they do to make our lives better. During this month resolve to thank a family member for what they do for you, help someone in the family without being asked or expecting a reward of some kind, and put aside your activities for the comfort or support of a family member who may need your caring. (LJ)





## 4-H & Youth



### Kiwanis Karnival

Karnival time is here! The Kiwanis Karnival is a free family event sponsored by Lincoln Center Kiwanis. It is scheduled for Saturday, April 5, 7–9 p.m. at the Lancaster Event Center, 84th & Havelock, in the Exhibit Hall. All 4-H families are invited to attend this fun and free activity.

4-H clubs or families are needed to provide carnival-type game booths for the evening.

Each booth will have an area 4' x 6' to use. Prizes are provided. If your club or family would like to provide a booth, call the extension office to register by March 28.

There will be bingo for the adults and treats for all. Plan now to attend this fun, family activity. For more information, call Lorene at 441-7180. (LB)

### Speech Workshop and Contest Dates Set!

There will be a Speech and Public Service Announcement Workshop Tuesday, Feb. 25 at 6:30 p.m. at the Lancaster Extension Education Center to help youth who are just starting their 4-H speech career.

The 4-H Speech Contest will be Sunday, March 16 at 1:30 p.m. at the Nebraska State Capitol in the hearing rooms. This contest is open to all 4-H youth, ages 8–18. Speech entries must be called in by March 7 at 441-7180.

For more information, call Deanna at 441-7180.

### Boosters Needed

The Lancaster County Booster Club is looking for both a beef and swine representative. If you are interested, please call Deanna at 441-7180. Duties include only making a few phone calls to past county fair trophy sponsors to obtain money for this year's fair. We hope you want to join our fun group! (DK)

### 4-H Leader Training March 11

All 4-H leaders are invited to attend the Tuesday, March 11, leader training at 9:30 a.m. or 7 p.m. This training will be targeted to those newer organizational, project leaders and parents whose 4-H clubs started within the past three years. Leaders and parents will learn more about 4-H club management, activities and projects. Please bring your questions, concerns and success stories. MUST call 441-7180 to RSVP by Friday, March 7. (TK)

### Program Ideas Needed!

Want to learn about animal nutrition, breeding, grooming or maybe about careers in agriculture? Is there an agricultural program that you would like to see in this county? I am just starting to plan educational programs for this summer and would like to do programs that interest you. Please call Deanna at 441-7180 with your ideas. (DK)

### Interested in Trapshooting?

If you are interested in Trapshooting (shotgun), and are 12 years old by January 1, 2003, contact Richard Marshall at 476-8126. Must have hunter safety card prior to competition which begins mid-March. (TK)

### Join the Technology Team

The Nebraska 4-H Youth Technology Team is seeking high-school-aged 4-H'ers for this year's Technology Team! The Technology Team is a group of youth who serve to promote the responsible use of computer technology in the Nebraska 4-H Program, act as resource people and assist with computer-related 4-H projects, design and update Technology Team and other 4-H related web sites and achieve other goals set by each year's team. Visit [expo.unl.edu](http://expo.unl.edu) for more information and to apply. Applications must be submitted by April 1. (TK)

# 2003 4-H Calendar

(all events located at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln unless otherwise noted)

## FEBRUARY

25 Speech and Public Service Announcement Workshop ... 6:30 p.m.

## MARCH

4 4-H Council Meeting ..... 7 p.m.  
7 Speech Contest Entries Due  
9 Teen Council Meeting ..... 3 p.m.  
10 Horse VIPS Committee Meeting, *Lancaster Event Center* .. 7 p.m.  
11 New Leader Training (RSVP required) ..... 9:30 a.m. & 7 p.m.  
13 Rabbit VIPS Committee Meeting, *Lancaster Event Center* .. 7 p.m.  
14–16 State Horse Bowl, Public Speaking and Demonstration Contests  
16 Speech Contest, State Capitol ..... 1:30 p.m.  
20 Rabbit Clinic, *Lancaster Event Center* ..... 6:15 p.m.  
21–23 State Leader's Forum, *State 4-H Camp, Halsey, NE*  
22 Rabbit Show, *Lancaster Event Center* .... 9 a.m. (7:30 registration)

## APRIL

1 County Fair Market Beef Identifications Due  
1 4-H Council Meeting ..... 7 p.m.  
5 Kiwanis Karnival, *Lancaster Event Center* ..... 7 p.m.  
8 Citizen Washington Focus (CWF) Meeting ..... 7 p.m.  
10 Rabbit VIPS Committee Meeting, *Lancaster Event Center* .. 7 p.m.  
13 Teen Council Meeting ..... 3 p.m.  
14 Horse VIPS Committee Meeting, *Lancaster Event Center* .. 7 p.m.  
15 Leader Training ..... 9:30 a.m. & 7 p.m.

## MAY

6 4-H Council Meeting ..... 7 p.m.  
12 Horse VIPS Committee Meeting, *Lancaster Event Center* .. 7 p.m.  
15 Rabbit VIPS Committee Meeting, *Lancaster Event Center* .. 7 p.m.  
16 Deadline for District/State Horse Show Entries — I.D's & Level Tests  
20 Leader Training ..... 9:30 a.m. & 7 p.m.

## JUNE

1 County Fair Horse Identifications Due  
3 4-H Council Meeting ..... 7 p.m.  
9 Horse VIPS Committee Meeting, *Lancaster Event Center* .. 7 p.m.  
13 County Fair Sheep/Goats/Swine/Breeding Beef/Bucket Calves/  
Dairy Cattle Identifications Due  
17 Demonstration Workshop ..... 1:30 p.m.  
17–20 District Horse Shows — East, *Hemingford, Valentine, McCook, Lexington*  
20 Saltdogs 4-H Theme Night Baseball Game ..... 7:05 p.m.  
23–26 District Horse Shows — West, *Pierce, Beatrice, West Point, Columbus*  
24–27 4-H Clover College

## JULY

1 4-H Council Meeting ..... 7 p.m.  
7 County Fair Animal Entries Due  
7 County Fair Tablesetting/Bicycle Safety/Demonstration/Style Revue/

Egg Preparation/Turkey Barbecue Contests Registrations Due  
8 Citizen Washington Focus (CWF) Meeting ..... 7 p.m.  
10 Horticulture/Tree/Grass-Weed Judging Contest .... 10 a.m.–Noon  
10 Rabbit VIPS Committee Meeting, *Lancaster Event Center* .. 7 p.m.  
13 Teen Council Meeting ..... 3 p.m.  
13–17 State Horse Show, *Fonner Park, Grand Island*  
18 Demonstration Contest ..... 1 p.m.  
23 County Fair Style Revue Judging, *Lancaster Event Center* 8:30 a.m.  
24 County Fair Food Booth Training, *Lancaster Event Center* 6:30 p.m.  
27 County Fair Horse Show Pre-Fair Briefing, *Event Center* .. 2 p.m.  
28 County Fair Static Exhibit Check In, *Event Center* ..... 4–8 p.m.  
29 County Fair Static Exhibits Judging, *Event Center* ... 8 a.m.–4 p.m.

July 30–August 3 **LANCASTER COUNTY FAIR**, *Lancaster Event Center*

## AUGUST

2 County Fair 4-H Animals Released, *Lancaster Event Center* 10 p.m.  
3 County Fair Static Exhibits Released, *Event Center* .. Noon–2 p.m.  
5 Horse Awards Night ..... 7 p.m.  
7 Fair Review Meeting ..... 7 p.m.  
20 Nebraska State Fair Static Exhibits Entry Day, *State Fair Park*

August 23–September 1 **NEBRASKA STATE FAIR**, *State Fair Park*

## SEPTEMBER

2 4-H Council Meeting ..... 7 p.m.  
8 Horse VIPS Committee Meeting, *Lancaster Event Center* .. 7 p.m.  
11 Rabbit VIPS Committee Meeting, *Lancaster Event Center* .. 7 p.m.  
14 Teen Council Meeting ..... 3 p.m.  
16 4-H Open House, *Lancaster Event Center* ..... 6 p.m.  
20–29 AkSarBen Show, *Omaha Event Center*  
30 Leader Training ..... 9:30 a.m. & 7 p.m.

## OCTOBER

7 4-H Council Meeting ..... 7 p.m.  
9 Rabbit VIPS Committee Meeting, *Lancaster Event Center* .. 7 p.m.  
5–11 National 4-H Week  
10–12 4-H Horse Trail Ride, *Halsey*  
14 Citizen Washington Focus (CWF) Meeting ..... 7 p.m.  
12 Teen Council Meeting ..... 3 p.m.  
13 Horse VIPS Committee Meeting, *Lancaster Event Center* .. 7 p.m.

## NOVEMBER

4 4-H Council Meeting ..... 7 p.m.  
9 Teen Council Meeting ..... 3 p.m.  
10 Horse VIPS Committee Meeting, *Lancaster Event Center* ... 7 p.m.  
13 Rabbit VIPS Committee Meeting, *Lancaster Event Center* .. 7 p.m.

## DECEMBER

2 4-H Council Meeting ..... 7 p.m.  
14 Teen Council Meeting ..... 3 p.m.

## The Stars Were Out at Achievement Night

At 4-H Achievement Night on Feb. 4, 4-H'ers, 4-H clubs and 4-H leaders were recognized for their achievements. The event was held at Morrill Hall, and after the awards presentation, 4-H'ers and their families could attend a planetarium show and tour the UNL State Museum. The evening was sponsored in part by 4-H Council and University of Nebraska-Lincoln. **For a complete list of award, scholarship and pin recipients (as well as additional photos) visit online at [lancaster.unl.edu/4H](http://lancaster.unl.edu/4H).**



(L-R) Rebecca Fiala, 4-H Council President  
Keith Dey and Rachel Rentschler

### Rebecca Fiala was awarded **OUTSTANDING 4-H MEMBER.**

She has been a 4-H'er for 9 years, is vice-president of 4-H Council and vice-president of 4-H Teen Council.

Lois Mayo received the **4-H MERITORIOUS SERVICE** award. She is the Curriculum Specialist for Science at Lincoln Public Schools and has strongly supported 4-H School Enrichment programs.

Rebecca Fiala and Rachel Rentschler were presented **IDARE YOU** awards for their growth in leadership. Rachel Rentschler is president of 4-H Teen Council.

### **CHARTER CLUBS:**

Clovers and Company, Cool Clovers, Creative Clovers, Happy-Go-Lucky, Kids of the Future, Malcolm Clovers, Shimmering Shamrocks, Snack Pack, Star City Kids, Sunshine Clover Kitties, Super Shamrocks



(L-R) Keith Dey, Nicole Pedersen and Laura Cassel

### **AWARDS BOOKS**

#### **County winners**

Consumer & Family Science: Alyssa Fiala  
Consumer & Family Science: Laura Cassel  
Communications & Expressive Arts: Karen Clinch  
Communications & Expressive Arts: Nicole Pedersen  
Healthy Lifestyles: Nicole Pedersen  
Animal Science: Nicole Pedersen

#### **District winners**

Consumer & Family Science: Alyssa Fiala  
Personal Development & Leadership: Rebecca Fiala  
Communications & Expressive Arts: Karen Clinch  
Plant Science: Nicole Pedersen

### **SCHOLARSHIPS**

**4-H Council:** Kathleen Arends, Bradley Cheney, Rachel Cheney, Rebecca Fiala, Laura Pedley, Rachel Rentschler, Emily Schroeder, Christina Vidlak

**Amy Countryman Memorial:** Christina Vidlak

**Lincoln Center Kiwanis:** Bradley Cheney, Laura Pedley

**4-H Teen Council:** Rebecca Fiala, Rachel Rentschler  
**Lane Community:** Lynne Jacobs

## Scholarships for Nebraska 4-H'ers

The following scholarships available to Nebraska 4-H high school seniors are due March 1. For more information and for applications forms, visit online at [4h.unl.edu](http://4h.unl.edu).

**Loewenstien Scholarship:** One or more college scholarships (\$800–1000). Must be attending University of Nebraska-Lincoln. College of Agriculture majors preferred, but not limited to those majors.

**R. B. Warren 4-H Horse Educational Scholarship:** One or more scholarships (\$200–1000). Currently enrolled in and active in the 4-H horse program. Must attend the University of Nebraska-Lincoln, College of Agricultural Sciences and Natural Resources and major in agriculture or closely related area.

**Orschlen Industries Foundation Scholarship:** Three scholarships (\$1000 each). May attend any college or university in the state offering a four-year program in agriculture or ag-related sciences. Preference will be given to those with keen interest in the family farm and a resident of selected counties (Lancaster county is one).

## Community Service Corner Colgate Youth for America

The Colgate Youth for America campaign is awarding over 300 cash prizes ranging from \$100 to \$2,000. If your 4-H club has done something terrific for the community and would like to have an opportunity to win a monetary grant, then contact the extension office for an entry form. Entries are due March 15. (TK)

## Nominate Your Favorite 4-H Volunteer!

**A "Heart of 4-H Award" is awarded to a Lancaster County 4-H volunteer each month!** Nominate your favorite 4-H volunteer or leader by submitting the following form (also available online at [lancaster.unl.edu](http://lancaster.unl.edu)).

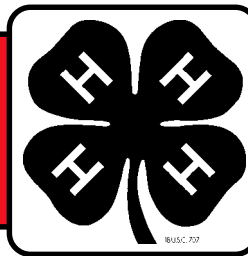


I, \_\_\_\_\_, nominate \_\_\_\_\_  
for a "Heart of 4-H Award" because \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

I can be reached at (phone) \_\_\_\_\_ or (e-mail) \_\_\_\_\_.

**Return form to: UNL Cooperative Extension in Lancaster County, 444 Cherrycreek Rd, Suite A, Lincoln, NE 68528.**



## 4-H & Youth

### Clover College will be June 24–27

Presenters, volunteers and workshop ideas are needed! Call Tracy Kulm at 441-7180 if you'd like to contribute. Last year, there were 26 workshops and a total of 278 registrations!

### 4-H Theme Night at Saltdogs June 20



Lancaster 4-H Council is sponsoring "Discover 4-H, Discover You" theme night at the Lincoln Saltdogs baseball home game on Friday, June 20! "4-H Centennial" theme night at the Saltdogs last year was attended by more than 1,000 4-H'ers and family members!

Ticket information will be published in upcoming NEBLINES.

### National Anthem Tryouts April 5 & 6

The Saltdogs are holding National Anthem auditions on April 5 (10 a.m.–4 p.m.) and April 6 (12 noon–5 p.m.) at Haymarket Park. 4-H'ers who would like to sing the National Anthem during "Discover 4-H, Discover You" Saltdogs game MUST participate in these auditions and request to perform at the 4-H theme game. Candidates MUST register in advance by contacting Jamie Von Sossan at 441-4181.

## 2003 LANCASTER COUNTY FAIR JULY 30–AUGUST 3

Pre-Fair 4-H Deadlines are published in Calendar on opposing page.  
Fairbooks are tentatively set to be mailed out in March.

## FEBRUARY



## Terri Whisler

Lancaster County 4-H and 4-H Council are proud to announce Terri Whisler as the winner of February's "Heart of 4-H Award" in recognition of outstanding volunteer service.

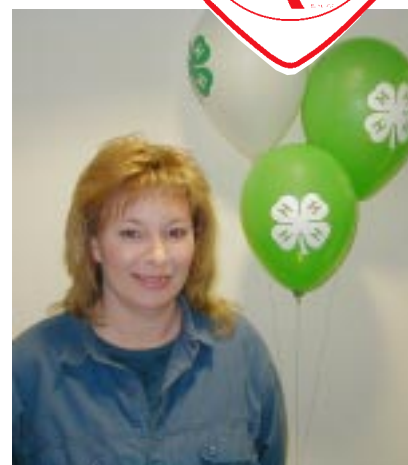
After being a helping parent for two years, Terri became co-leader of the Western Pride 4-H horse club last year.

Her daughter, Jamie, nominated Terri for the award, saying, "She is always working for the benefit of the club. She has organized our group and made it more enjoyable. She has also been putting out monthly newsletters and much more." Jamie, age 15, is a member of Western Pride and her brother Derek, age 18, is a former member.

The 2002 County Fair was Terri's first year as a volunteer. "I realized how much work there was to be done and how much fun it was to work as a team," Terri said. She enjoyed "watching the entire group, including parents, work together for one goal." Terri likes being a 4-H volunteer because she feels she can help make a difference in the lives of youth. Her favorite part of last year's fair was watching the children cheer each other on.

Terri and her husband, Greg, own and operate Whisler Aviation in Seward. Terri also finds time to volunteer at their church. Unfortunately they haven't had a vacation in eight years! They do find occasional time to relax, and Terri enjoys any movie with Julia Roberts, Sandra Bullock or Mel Gibson.

Congratulations to Terri Whisler. Volunteers like her are indeed, the heart of 4-H!





## Community & Home Living

### EXTENSION HIGHLIGHTS

#### LaDeane Jha Retires After 30 Years

LaDeane Jha began her Extension career in 1970 as a Nutrition Aide in the Expanded Food and Nutrition Education Program (EFNEP), teaching low-income families to eat nutritiously while on a budget. LaDeane continued her education through UNL and completed her Master's program. When the position of administrator of the EFNEP program opened up, she was the ideal candidate and was hired. After several years, she worked in 4-H for three years and then moved into Extension's area of strengthening families and communities. Some of the programs she initiated are: Strengthening Families, Parents Forever, Colors Matrixx, poverty simulations, Sciences Experiences and Resources for Informal Educational Sciences (SERIES), and Telling Extension Success Stories (TESS). She is especially proud of her work helping establish the Character Counts! program into Lancaster County schools. LaDeane also completed her Ph.D. while working full-time.

"My life has been tremendously enriched through associations with 4-H families, students in various schools, organizational partners, university personnel and my wonderful extension colleagues throughout the state," says LaDeane. "I've loved my time in extension and will miss the daily interactions with so many in the community. Thanks for all you have meant to me in my career."

LaDeane has had an outstanding career, but her purpose has remained the same since she started in extension more than 30 years ago — to help people.



LaDeane Jha and husband Mahesh

#### Board Member Emilia Gonzalez-Clements Moves On

At the January extension board meeting, Board President Wayne Heyen presented outgoing board member Emilia Gonzalez-Clements with a certificate of appreciation for her service to the board.



## Meet the Lancaster County Extension Board

The Lancaster County Extension Board is appointed to three-year terms by the Lancaster County Board of Commissioners. The Extension Board provides assistance to extension staff in establishing and accomplishing extension education program goals and objectives. The board works as a partner with University of Nebraska Cooperative Extension on priority issue areas. They serve as an extension advocate and annually assist in developing an operating budget for extension and establishing local educational priorities.

The Lancaster County Extension Board meets monthly, the second Friday of the month.



**Wayne Heyen**  
Lincoln  
Board President  
*Employed by Farmers Cooperative*



**Deb Arends**  
Lincoln  
Board Vice President  
*Interior designer, 4-H parent, 4-H Council*



**Shelia Kepler**  
Lincoln  
Board Treasurer  
*Staff development for Southeast Community College*



**Keith Dey**  
Hickman  
ex officio member,  
President 4-H Council  
*4-H Club leader, State of Nebraska, computer processing*



**Alice Doane**  
Waverly  
Past Board President  
*4-H grandparent, active with Family Community Education (FCE) program*



**Dean C. Lesoing**  
Hickman  
*Farmer and auctioneer*



**Kendra Penrod**  
Lincoln  
(recently appointed)  
*Lincoln Public Schools, Multi-cultural Office*



**Phil Rooney, PhD**  
Lincoln  
*Lincoln-Lancaster County Health Department, earth wellness festival steering committee*



**Clarice Steffens**  
Roca  
ex-officio member, Family & Community Education (FCE) Council  
*Retired school teacher*



**Gaylan Suhr**  
Lincoln  
*Retired Director, Lancaster County ASCS Office*



**Jay H. Wilkinson**  
Walton  
Board Liaison to Lancaster County Fair Board  
*4-H parent and farmer*

## Organize Personal Finances Now

Are finances causing stress for your family? After the holidays, bills, taxes and other expenses can create financial problems. Use the beginning of the new year as a chance to organize personal finances and plan spending and savings for the coming year.

For many people, this time of year signifies new beginnings and a chance to make changes in their lives. Organizing personal finances should be a part of those changes. Personal finances can be organized by determining net worth, minimizing bad debt and increasing savings.

A net-worth statement is figured by adding the value of everything a person owns (assets) and subtracting the value of everything they owe (debts or liabilities). A net-worth statement gives people an idea of their financial situation and helps pinpoint areas for change. Net-worth statements should be compared each year to check progress. If progress is not being made spending adjustments and saving habits may

need to be modified.

Debt has many negative connotations, but it's important to remember not all debt is bad. Good debt is incurred from things like an education or for things like a house which may increase in value over the years. Bad debt, such as credit card debt, needs to be paid off as quickly as possible. With credit cards, it's best to pick the card with the highest interest rate and pay it off first. Set up a system to pay off the rest in a timely manner.

Many people have trouble saving money because they think they have too many expenditures and no money to set aside. This usually isn't true. Research says people can usually find 20-25 percent of their spending to save. Keeping track of spending for a few months helps find money "leaks." These leaks could be little things such as buying lunch daily. If you would take your lunch to work several times a week instead of eating out, the extra money would add up over a year and could be put

in savings. Get into the habit of saving a fixed rate from each paycheck, such as 10 percent and try to increase it each year. The ultimate goal would be to save 10-15 percent.

Another reason people have trouble saving money is they can't distinguish needs from wants. Needs are those things you must have to survive. Wants are things you'd like to have. For many people, this requires thinking about each purchase and whether it's necessary or not.

An important part of organizing personal finances is checking progress frequently. Be sure to set check points quarterly through the year to review development and alter plans that aren't working. Include all family members when setting financial goals and checking progress. Working through the needs and wants together will help set priorities that can be met with an adjusted budget plan. (LB)

# LEAD

**Nebraska LEAD Program**  
Nebraska Agricultural Leadership Council, Inc.

### The Nebraska LEAD Program is now accepting applicants for Group XXIII beginning in the fall of 2003

This outstanding two-year Leadership Development Program is designed for men and women involved in production agriculture and agribusiness, approximately 25 to 50 years of age, who are intent on making a positive difference in guiding our future.

Annually, up to 30 participants are selected each year. For an application or further information call (402) 472-6810. (GB)

## FOOD SAVED?

*continued from page 6*

cans will include a "for best quality use by" date stamped somewhere on the can. In a well run and busy store there should be a fairly constant turnover of canned goods, with cans on the shelf only a short time before you purchase them, according to the Canned Food Alliance.

- **Storage Tip #2:** Avoid refrigerating OPENED canned foods in their can. Food can develop an off-odor from the can, once opened.

### Flour

- **White flour:** 6 to 12 months at room temperature; up to two years in your refrigerator; indefinitely in the freezer
- **Whole wheat flour:** 1 to 3 months at room temperature; about 6 months in the refrigerator; up to 12 months in the freezer.
- **Storage Tip #1:** Store in a cool, dry place. It's important to store flour in an airtight container or freezer bag to preserve the flour's moisture content. Exposure to low or high humidity will affect the

flour's moisture content and may influence the outcome of a recipe.

- **Storage Tip #2:** For longer storage, flour should be stored in an airtight container or freezer bag in the refrigerator or freezer.
- **Storage Tip #3:** The Wheat Foods Council ([www.wheatfoods.org](http://www.wheatfoods.org)) recommends allowing refrigerated or frozen flour to warm to room temperature before using.

### Honey

- 12 months.
- **Storage Tip:** Honey stores best at room temperature. It tends to crystallize more rapidly, a natural process in which its liquid turns solid, in the refrigerator.

#### Revitalizing Crystallized

**Honey:** The National Honey Board ([www.honey.com](http://www.honey.com)) recommends revitalizing crystallized honey by placing the jar in warm water and stirring the honey until the crystals dissolve.

### Popcorn

*Other Than Ready-to-Pop Microwave Popcorn*

- 2 years.
- **Storage Tip #1:** Store in an

airtight glass or plastic container in a cool place, such as a cupboard.

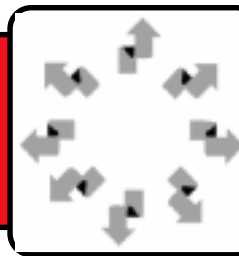
- **Storage Tip #2:** The National Popcorn Board ([www.popcorn.org](http://www.popcorn.org)) recommends AGAINST storing popcorn in the refrigerator. The kernels are more likely to dry out in the refrigerator and do not pop as well. It's the water inside a popcorn kernel that expands when the popcorn is heated, causing the kernel to explode or "pop."

### Shortening

- 3 to 8 months opened; 8 to 12 months unopened.
- **Storage Tip #1:** Store in a tightly closed container in a cool, dark place.
- **Storage Tip #2:** Shortening that has been stored too long will go rancid and develop an undesirable taste and odor. If you haven't used a shortening for a while, smell it before using it in a recipe.

*Part 2 of this article will be published in the March NEBLINE.*

## Miscellaneous



## INSECTICIDES

*continued from page 3*

are older botanical insecticides, but no products containing these active ingredients are currently registered in Nebraska.

#### Inorganic insecticides:

**Boric acid**—Products containing boric acid were widely used for cockroaches and other crawling insect pests in the 1930's and 1940's and it is more popular than ever. It is long lasting—especially when placed in wall voids. It works primarily as a slow-acting stomach poison. It is the active ingredient in some readily available over-the-counter bait product sold for ants and cockroaches.

## Insecticidal soaps

Soap dilutions have been used to control soft-bodied plant pests like aphids, spider mites and mealy bugs since the 18<sup>th</sup> Century. Soaps disrupt the cuticle and act to "drown" exposed insects. Effective insecticidal soaps are the potassium salts of fatty acids. Products containing soaps primarily target garden and ornamental pests.

To find out what pesticides are registered in Nebraska, search the Nebraska Department of Agriculture Website at [www.agr.state.ne.us/division/bpi/bpi.htm](http://www.agr.state.ne.us/division/bpi/bpi.htm) and click on the button [Pesticide Databases: Products/Applicators/Dealers].

## Free Chicks!

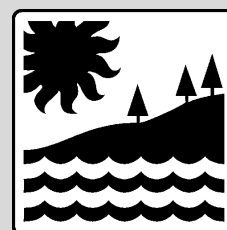


If you are interested in receiving free baby chickens hatched in the Embryology project in Lancaster County schools, please call Ellen at 441-7180 and leave your name, phone number, number of chickens you'd be interested in taking and whether you'd like them in February (available either the 14th or 18th), March (available either the 21st or 24th) or May (available either the 16th or 19th).

You will be called the morning we have chickens available for you, and we will have them in the office ready to be picked up between 3:30 and 4:15 p.m. that day. (EK)

## earth wellness festival needs volunteers

Volunteers are needed for **earth wellness festival** on Friday, March 21 at Southeast Community College in Lincoln. Approximately 3,000 fifth-graders participate in this annual event that involves students in creative and innovative environmental education activities.



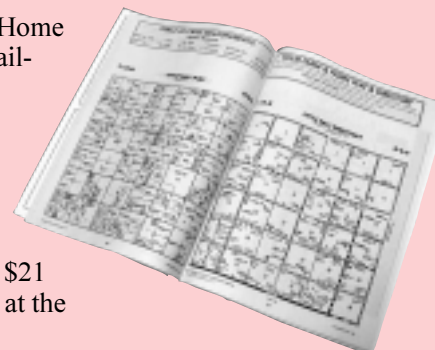
Each year, over 250 volunteers take part in **earth wellness festival** activities—people just like you: high school students, college students/student teachers, business/industry employees, parents/grandparents, service club members and involved citizens. No experience is needed. Just a desire to help make a difference in our community.

As classroom escorts, bus greeters, presenter and registration assistants; volunteers are essential to the success of this event. You may choose to volunteer all day (8:30 a.m.-3:30 p.m.) or morning only (8:30 a.m.-noon). In return, you receive a festival t-shirt, a free lunch, an invitation to our celebration party following the event and an opportunity to participate in a rewarding volunteer experience.

Please contact David Smith at 441-7180 for more information. For your convenience, you can register with David over the phone or e-mail him at [dsmith9@unl.edu](mailto:dsmith9@unl.edu). (DS)

## New Plat & Directories Are Out

The 2003 Farm and Home Plat & Directories are available for purchase at the Lancaster County Extension Office. They are published by Farm & Home Publishers, Ltd. from Belmond, Iowa. Price for the directory is \$21 and available for pick-up at the extension office.



## SLEEP

*continued from page 7*

### 3 Year Olds and Up

From preschool through early elementary, children need less sleep, with a range of nine to 11 hours being typical. They may or may not need a nap, but many still enjoy a period of "quiet time" after lunch. This might involve reading a book or listening to quiet music. Nightmares are common in young children, particularly at this age when they can't easily distinguish between reality and fantasy.

Learn to know your child and make sure they are getting the sleep they need to function well at each stage of their development. (LJ)

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Lincoln in Lancaster County

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84th & Havelock

Open Wednesday 8 a.m.-4:30 p.m.;  
Mon, Tue, Thur, Fri 8 a.m.-4:30 p.m. by appointment

Main office at 444 Cherrycreek Road, Suite A  
Phone for both offices: 441-7180

## This former Link is making connections at Nebraska.

**MARLENE GRAYER**, a Lincoln High alum and a sophomore pre-elementary and hearing impaired education major at the University of Nebraska-Lincoln, likes new experiences. She plays women's rugby and is a member of the Afrikan People's Union and the Mexican American Student Association. She wants to make a difference in the lives of children: "I've always wanted to work with children because they bring such joy to my life. I want to give them the kind of help and support I get here at Nebraska. My professors really care about me and about my progress."

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Lancaster County



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Web site: [lancaster.unl.edu](http://lancaster.unl.edu)

Fax: 441-7148 • TDD: 441-7180

NUFACTS Information Center: 441-7188

Composting Hotline: 441-7139

All programs and events listed in this newsletter will be held  
(unless noted otherwise) at:

### Lancaster Extension Education Center

444 Cherrycreek Rd. (event rooms posted), Lincoln  
Lobby Phone: 441-7170

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**Karen Wobig**, Extension Assistant, [kwobig2@unl.edu](mailto:kwobig2@unl.edu)

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Story Idea(s) \_\_\_\_\_

### Return to:

University of Nebraska Cooperative Extension in Lancaster County  
444 Cherrycreek Road, Suite A • Lincoln, Nebraska 68528-1507

# Extension Calendar

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

## FEBRUARY

13	4-H Rabbit VIPS Committee Meeting	7 p.m.
14	Extension Board Meeting	8 a.m.
18	Commercial Pesticide Applicator Training - Recertification	9 a.m.
18	Chemigation Training	6:30 p.m.
20	Commercial Pesticide Applicator Training - Initial Certification	9 a.m.
25	Family Community Education (FCE) Leader Training	1 p.m.
25	4-H Speech and Public Service Announcement Workshop	6:30 p.m.
27	Nitrogen Certification Training	9 a.m.

## MARCH

4	4-H Council Meeting	7 p.m.
7	4-H Speech Contest Entries Due	
9	4-H Teen Council Meeting	3 p.m.
10	4-H Horse VIPS Committee Meeting, <i>Lancaster Event Center</i>	7 p.m.
11	4-H New Leader Training (RSVP required)	9:30 a.m. & 7 p.m.
13	4-H Rabbit VIPS Committee Meeting, <i>Lancaster Event Center</i>	7 p.m.
14	Extension Board Meeting	8 a.m.
14-16	4-H State Horse Bowl, Public Speaking and Demonstration Contests	
16	4-H Speech Contest, <i>State Capitol</i>	1:30 p.m.
17	Unwanted Pesticide Disposal, <i>Waverly Farmers Cooperative Fertilizer Plant on North 148th Street, Waverly</i>	8 a.m.—12 Noon
18	Computerized Farm Financial Recordkeeping Workshop	9 a.m.
20	4-H Rabbit Clinic, <i>Lancaster Event Center</i>	6:15 p.m.
20	Healthy Cooking with Spices & Herbs, <i>Bryan LGH Wellness Center East</i>	7-8:30 p.m.
21-23	4-H State Leader's Forum, <i>Halsey, NE</i>	
22	4-H Rabbit Show, <i>Lancaster Event Center</i>	9 a.m. (7:30 registration)
25	Family Community Education (FCE) Leader Training	1 p.m.
26	Nitrogen Certification Training	6:30 a.m.
27	Family Community Education (FCE) Council Meeting	1 p.m.
29	Acreage Owners Expo, <i>ARDC near Mead, NE</i>	9 a.m.—3 p.m.

## Chalabi, President of Iraqi National Congress, To Speak at UNL March 6

The E.N. Thompson Forum on World Issues continues its fifteenth season as Nebraska's premier lecture series on Thursday, March 6, with Ahmad Chalabi, head of the London-based Iraqi National Congress, at 3:30 p.m. in the Lied Center for Performing Arts on the campus of the University of Nebraska-Lincoln. All E.N. Thompson Forum lectures are free.



Ahmad Chalabi

Ahmad Chalabi's Thompson Forum address will look at the future of Iraq, a country gripped

by internal dictatorship and geopolitical exigency. Chalabi may not yet be a household name, but he may soon be in the headlines. As the president of the Iraqi National Congress, an umbrella organization trying to

overthrow Saddam Hussein, Chalabi's name is well known to both Democrats and Republicans in Washington, DC.

In exile since 1996, Chalabi and his supporters have been waging a public relations war in an attempt to get Western countries, particularly the United

States, to support an INC-led insurrection to topple Hussein.

A cooperative project of The Cooper Foundation and the University of Nebraska-Lincoln, the E.N. Thompson Forum on World Issues began in 1988 as the Cooper-UNL Forum on World Issues, with a mission of promoting better understanding of world events and issues by Nebraskans. In 1990, the name of the series was changed in honor of E.N. 'Jack' Thompson (1913-2002), a 1933 graduate of the University of Nebraska-Lincoln who served as president of The Cooper Foundation from 1964 to 1990 and as its chairman from 1990 to his death in 2002. (GB)

## Discover 4-H Camps!

4-H camps are open to all youth ages 5-19. 4-H membership is not required. There are three 4-H camp locations in Nebraska, including the Eastern Nebraska 4-H Center at Gretna.

**There are more than 35 summer camps to choose from! Brochures are available at the extension office or online at [4h.unl.edu/camps/allcamp.htm](http://4h.unl.edu/camps/allcamp.htm).**

Summer camps are a great opportunity for youth to meet new friends, experience a wide variety of exciting activities and develop the traits of a confident and caring person.

Save 10% by  
registering before  
March 15!

