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NEBLINE

NEBRASKA EXTENSION IN LANCASTER COUNTY

Extension Salutes Our Dedicated Volunteers, Worth Half a Million Dollars Annually



The Lancaster County Extension Board is comprised of 10 members of the community who serve three-year terms.

Vicki Jedlicka
Extension Assistant

A recent report, “Volunteering and Civic Life in America,” released by the Corporation for National and Community Service showed Americans continued to strengthen their communities through volunteering. The report also found in Nebraska in 2013, 34.8% of residents volunteer, ranking the state sixth among the 50 states and Washington, DC.

Nebraska Extension in Lancaster County benefits from numerous volunteers who help extend the reach of Extension’s programs. In 2014, an estimated:

- 12 Extension Board members volunteered 325 hours,
- 1,526 adults supported the 4-H program for 22,800 hours,
- 41 Master Gardeners volunteered 1,677 hours, and
- 12 attorneys volunteered to co-teach Extension’s Guardianship/Conservator trainings for 48 hours.

These 24,850 total hours of service are **worth nearly \$500,230 to our community** (based on Independent Sector’s estimate of Nebraska’s value of a volunteer hour in 2013 as \$20.13).

Extension Interim Unit Leader Karen Wobig says, “The volunteers involved with Extension are dedicated individuals who care about providing leadership and serve as exemplary role models to our youth. Without these volunteers, programs would be drastically cut and services to the residents of Lancaster County would suffer.”

In addition, Extension

benefits from community partners who contribute thousands of hours to help extend the reach of Extension’s programs, such as:

- organizations and agencies which assist with educational programs,
- teachers who help present 4-H School Enrichment programs to nearly 18,800 youth,
- after-school staff who incorporate 4-H activities into their programs, and
- the Lancaster County Agricultural Society and Lancaster Event Center which produce the Lancaster County Super Fair and host many 4-H events.

Extension Board Members

The Lancaster County Extension Board provides guidance to Extension staff in establishing and accomplishing educational priorities. The board also assists in developing Extension’s annual budget and interviewing new Extension Educators. Board members are volunteers who are appointed by the Lancaster County Board of Commissioners.

Lancaster County Board of Commissioners Chair Larry Hudkins says, “Volunteer Board members are the heart and soul of Extension. Their expertise and dedication are essential to the delivery of reliable, unbiased information and knowledge to all of our Lancaster County residents.”

Volunteers are the Heart of 4-H

How can a handful of Lancaster County 4-H staff provide life-changing experi-



4-H club and independent members learn with the guidance of adult volunteers. Clubs leaders, project leaders and parent volunteers all contribute to 4-H youth learning.



Lancaster County Master Gardeners teach composting demonstrations held at the Pioneers Park Backyard Composting Demonstration area and composting workshops held at Lincoln City Libraries.

ences to nearly 1,252 club members and 313 independent members? With the help of 1,526 volunteers!

The Nebraska 4-H mission, “4-H empowers youth to reach their full potential working and learning in partnership with caring adults,” depends on volunteers.

In Lancaster County, 4-H volunteers help in a wide variety of ways, including:

- club leaders (also known as organizational leaders) provide overall club leadership,
- project leaders teach club members specific projects,
- parent volunteers provide valuable guidance to youth,
- superintendents at the Lancaster County Super Fair oversee specific project areas,
- instructors and helpers present over 50 workshops during the

annual 4-H Clover College held each June,

- 4-H Council, comprised of adult and youth volunteers, determine long- and short-term goals and policies for Lancaster County 4-H — and raise funds by operating a food booth at the Super Fair,
- Volunteers in Program Service (VIPS) Committees provide leadership and help raise funds for the horse, rabbit and dog project areas,
- the Production Livestock Booster Club raises funds for the livestock project areas and oversees the annual 4-H/FFA Livestock Premium Auction at the Super Fair, and
- volunteers also help at many other 4-H workshops, contests and activities.

4-H staff provide guidance and resources to volunteers.

Most project manuals have accompanying leader guides. Volunteers can get ideas and inspiration from other volunteers.

Extension Associate and 4-H staff member Tracy Anderson says, “Many 4-H volunteers are parents who are going the extra mile. What’s remarkable is many volunteers keep going even after their children have aged out of 4-H. Our county has several volunteers who have helped for more than 20 years! This level of generosity is priceless.”

It is worth noting many 4-H youth make a difference in their community by volunteering. [See NEBLINE January 2014 feature, “4-H Youth Serve Their Community,” online at <http://go.unl.edu/bi00>].

see **EXTENSION VOLUNTEERS** on back page

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Lincoln, Nebraska

Lancaster County 4-H Council
Nebraska Extension in Lancaster County
444 Cherry Creek Road, Suite A
Lincoln, Nebraska 68528-1591

CONNECT WITH US

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<http://lanaster.unl.edu>



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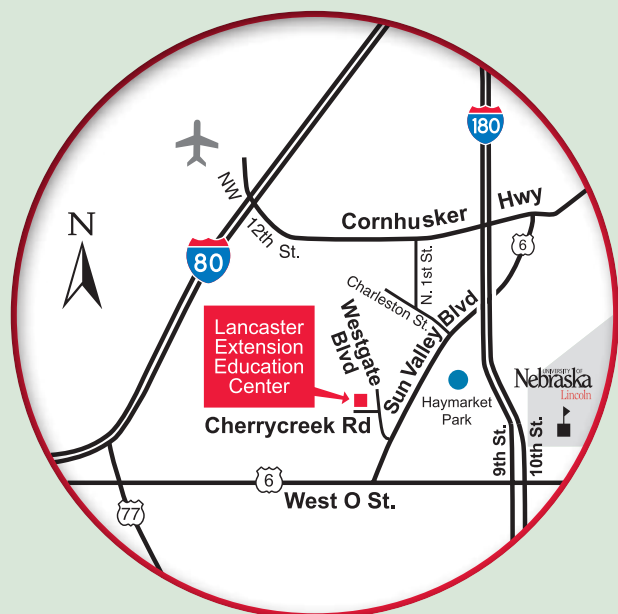
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444 Cherrycreek Road, Lincoln



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6 Ways to Workout While Cooking

Alice Henneman, MS, RDN
Extension Educator

While we often think of the kitchen as a place where we cook up calories, it's also possible to burn additional calories while cooking. There are several advantages to building some "workout" time into the time we spend preparing food.

1. Cooking is a time already reserved for an activity and is on our schedule.

2. You have to eat — so, it is less likely you'll have a schedule conflict.

The following examples are some simple ways to burn more calories while you cook. Values for approximate calories burned are from MyFitnessPal at <http://www.myfitnesspal.com/exercise/lookup> and are for a 150 pound person. You can adjust the weight and amount of time entered in the online calculator up or down.

These activities aren't meant to replace regular physical activities such as walking, biking, weight-lifting, etc. However, while the individual amounts appear rather small; just by adding together a few activities, one can see how it is easy to burn 100 or more calories during a regular ongoing event such as food preparation. As an extra 100 calories daily could lead to a weight gain of 10 pounds a year, this amount of energy expenditure could be significant over a period of time.



USDA FSIS

Burn Calories by Cooking!

Just by cooking, you're burning more calories than eating out or picking up a take-out meal. Plus, you're more likely to eat a healthier meal.

Activity (time): Cooking or Food Preparation (20 minutes)

Approximate calories burned: 37



USDA FSIS

Workout While Waiting for Water to Boil

Just walking around, waving your arms in circles, raising your legs, etc. will burn calories.

Activity (time): Calories burned from light calisthenics, home, light/moderate effort (5 minutes)

Approximate calories burned: 20



Rene Schwietzke, www.flickr.com

March in Place While Stirring at the Stove

Many recipes say to "stir frequently." Use the time between stirs to add in some activity such as marching in place.

Activity (time): Marching rapidly, military style (5 minutes)

Approximate calories burned: 37



Nelson Marshall, www.flickr.com

Dance While Dinner is in the Oven

Rather than sit and read the paper or have a cup of coffee while dinner is cooking, dance the time away. Have a couple of lively tunes at the ready and begin to boogie! Or, simply head outdoors and take a brisk walk while dinner is cooking.

Activity (time): Dancing, general (10 minutes)

Approximate calories burned: 51



Nick Cramer, www.flickr.com

Make Kitchen Items Less Convenient

Short on space in your cupboards? Perhaps there are some items you could store up- or down-stairs. Rather than inconvenience, they become an opportunity to add a little extra activity into your day.

Activity (time): Walking, upstairs (2 minutes)

Approximate calories burned: 18



USDA FSIS

Join the Clean Team

Thoroughly clean as you cook. Clean the stove top, give your countertops a good scrubbing and wipe those spills from the floor. Your kitchen will look better for it and so may you! You might even do some squats as you load the dishwasher. The more vigorously you clean, the more calories you burn.

Activity (time): Cleaning, light moderate effort (5 minutes)

Approximate calories burned: 14



HEALTHY EATING

ENJOY NEBRASKA FOODS!

Alice Henneman, MS, RDN, Extension Educator

See "red" on Valentine's Day and throughout the year. Red fruits and vegetables contain many health-promoting phytochemicals including lycopene and anthocyanins. This color group may help promote:

- A lower risk of some cancers
- A healthy heart
- Memory health
- Urinary tract health

Red fruits and vegetables include: tomatoes, spaghetti sauce, pizza sauce, tomato juice, red peppers, red onions, beets, red cabbage, kidney beans, apples, pink grapefruit, red grapes, strawberries, cherries, watermelon, raspberries, cranberries and pomegranates.

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

- ♥ Heart-shaped pizza. Shape pizza dough into a heart. Or, use a heart-shaped cookie cutter to make individual hearts from pizza dough. Spread with your favorite tomato pizza sauce. Add your choice of toppings.
- ♥ Pasta with tomato sauce. For added fun, serve heart-shaped pasta — check with stores offering specialty pasta shapes or order some online. Check delivery time if you order online.
- ♥ Add a few of those tiny red hot cinnamon heart candies to a popcorn snack.
- ♥ Oatmeal topped with a heart shape, made with dried cranberries or dried cherries.



Who Mentors Your Children and Grandchildren?

Jeanette Friesen and
Maureen Burson
Extension Educators

Parents and grandparents want the children we love to be the best they can. This means providing children opportunities to explore their passions, learning from a variety of caring people such as 4-H leaders and Sunday School teachers.

The Search Institute has identified 40 assets that are important for youth to have in order to grow and develop (see below). Several of those assets are described as support — “Young people need to experience support, care and love from their families, neighbors and many others.”

Parents are naturally a child’s first line of support, but it should not stop there. Youth need many more positive influences in their lives in order to develop to their full potential. Sometimes these relationships actually become safety nets as teens go through difficult times when they may or may not feel free to go to their parents with situations that come up.

Think back to your own

childhood. Who were the major players in your life? Who helped you become what you are now? Who helped you discover and develop special talents and hobbies? Who was always there for you, no matter what? It may have been your parents, but in addition, it may have been a neighbor, grandparent or teacher.

These special people are called mentors. Interestingly, it comes from a word meaning “steadfast” and “enduring.” It describes a relationship between adults and youth that helps them develop and succeed. Having a mentor has benefits. It improves self-esteem, helps young people stay in school and improve in their academic achievements. A mentor helps young people discover resources and encourages new behaviors, attitudes and ambitions.

Besides the benefit for the youth, being a mentor provides an avenue for adults to give back to others some of the help they have received, and brings a sense of purpose to their lives.

Do your children have mentors? Do they have adults who are taking an active interest in their lives? It may or may not be a formal relationship. It is the

positive relationship that makes the difference.

If you do not see any of these special relationships in your child’s life, you may want to introduce them to adults who have interests similar to your child’s, or make it possible for your child to spend more time with a grandparent or other special relative. The benefits of these mentoring relationships can last a lifetime.

Local Mentoring Opportunities

Lincoln and Lancaster County has a variety of educational opportunities in which parents are able to connect their children with experts. Some grandparents and parents choose to give their children “educational experiences” rather than “things” for birthday gifts and special occasions.

The primary one-on-one mentorship programs in Lancaster County are:

- Heartland Big Brothers Big Sisters, www.hbbbs.org
- Teammates in Lincoln Public Schools (3rd–12th grade), www.lincolnteammates.org

Sources: Search Institute; and Memphis Mentoring Partnership.



ASK LORENE

FAMILY LIVING TIPS

Lorene Bartos, Extension Educator

Question: It is recommended every home have at least one fire extinguisher. How do I decide what kind to purchase for my home?

Answer: Fire protection resources suggest extinguishers be located in the kitchen, garage and workshop. There are many types to choose from. There are categories of fire extinguishers based on the different types of fire. They also have a number rating related to the amount of fire it can handle.

Class A extinguishers are for ordinary combustible materials such as paper, wood, cardboard and most plastics. The numerical rating on these types of extinguishers indicates the amount of water it holds and the amount of fire it can extinguish.

Class B fires involve flammable or combustible liquids such as gasoline, kerosene, grease and oil. The numerical rating for class B extinguishers indicates the approximate number of square feet of fire it can extinguish.

Class C fires involve electrical equipment, such as appliances, wiring, circuit breakers and outlets. Never use water to extinguish class C fires — the risk of electrical shock is far too great! Class C extinguishers do not have a numerical rating. The C classification means the extinguishing agent is non-conductive.

Class D fire extinguishers are commonly found in a chemical laboratory. They are for fires that involve combustible metals, such as magnesium, titanium, potassium and sodium. These types of extinguishers also have no numerical rating, nor are they given a multi-purpose rating — they are designed for class D fires only.

Class K fire extinguishers are for fires that involve cooking oils, trans-fats or fats in cooking appliances and are typically found in restaurant and cafeteria kitchens.

Fire extinguishers may be used for more than one type of fire. They should show ABC rating on them.



“Ask Lorene” by mail: Attn. Lorene Bartos, Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528; email lbartos1@unl.edu; or phone 402-441-7180.

40 Developmental Assets for Adolescents

The Search Institute has identified the following building blocks of healthy development that help young people grow up healthy, caring and responsible. This particular list is intended for adolescents (age 12–18). For more information, go to www.search-institute.org.

	Category	Asset Name and Definition
EXTERNAL ASSETS	Support	1. Family Support — Family life provides high levels of love and support. 2. Positive Family Communication — Young person and her or his parent(s) communicate positively, and young person is willing to seek advice and counsel from parents. 3. Other Adult Relationships — Young person receives support from three or more non-parent adults. 4. Caring Neighborhood — Young person experiences caring neighbors. 5. Caring School Climate — School provides a caring, encouraging environment. 6. Parent Involvement in Schooling — Parent(s) are actively involved in helping young person succeed in school.
	Empowerment	7. Community Values Youth — Young person perceives that adults in the community value youth. 8. Youth as Resources — Young people are given useful roles in the community. 9. Service to Others — Young person serves in the community one hour or more per week. 10. Safety — Young person feels safe at home, school, and in the neighborhood.
	Boundaries & Expectations	11. Family Boundaries — Family has clear rules and consequences and monitors the young person’s whereabouts. 12. School Boundaries — School provides clear rules and consequences. 13. Neighborhood Boundaries — Neighbors take responsibility for monitoring young people’s behavior. 14. Adult Role Models — Parent(s) and other adults model positive, responsible behavior. 15. Positive Peer Influence — Young person’s best friends model responsible behavior. 16. High Expectations — Both parent(s) and teachers encourage the young person to do well.
	Constructive Use of Time	17. Creative Activities — Young person spends three or more hours per week in lessons or practice in music, theater, or other arts. 18. Youth Programs — Young person spends three or more hours per week in sports, clubs or organizations at school and/or in the community. 19. Religious Community — Young person spends one or more hours per week in activities in a religious institution. 20. Time at Home — Young person is out with friends “with nothing special to do” two or fewer nights per week.
INTERNAL ASSETS	Commitment to Learning	21. Achievement Motivation — Young person is motivated to do well in school. 22. School Engagement — Young person is actively engaged in learning. 23. Homework — Young person reports doing at least one hour of homework every school day. 24. Bonding to School — Young person cares about her or his school. 25. Reading for Pleasure — Young person reads for pleasure three or more hours per week.
	Positive Values	26. Caring — Young person places high value on helping other people. 27. Equality and Social Justice — Young person places high value on promoting equality and reducing hunger and poverty. 28. Integrity — Young person acts on convictions and stands up for her or his beliefs. 29. Honesty — Young person “tells the truth even when it is not easy.” 30. Responsibility — Young person accepts and takes personal responsibility. 31. Restraint — Young person believes it is important not to be sexually active or to use alcohol or other drugs.
	Social Competencies	32. Planning and Decision Making — Young person knows how to plan ahead and make choices. 33. Interpersonal Competence — Young person has empathy, sensitivity, and friendship skills. 34. Cultural Competence — Young person has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds. 35. Resistance Skills — Young person can resist negative peer pressure and dangerous situations. 36. Peaceful Conflict Resolution — Young person seeks to resolve conflict nonviolently.
	Positive Identity	37. Personal Power — Young person feels he or she has control over “things that happen to me.” 38. Self-Esteem — Young person reports having a high self-esteem. 39. Sense of Purpose — Young person reports that “my life has a purpose.” 40. Positive View of Personal Future — Young person is optimistic about her or his personal future.



Time to Reclaim Childhood

**A Conference for
Early Childhood Professionals**

**Saturday, March 21
8 a.m.–3:30 p.m.**

**Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln, NE**

Cost is \$20
(includes lunch from Brown Baggers/refreshments)

Pre-registration is due March 6

For more information, call 402-441-7180
or go to <http://lancaster.unl.edu/family>

*In-service hours will be given for this conference.
This conference is approved through the Nebraska
Department of Education.*

Landlord/Tenant Lease Workshop, Feb. 13

Nebraska Extension will present a Farmland Landlord/Tenant Cash Lease workshop on Friday, Feb. 13, 9:30 a.m.–12 noon at the Lancaster Extension Education Center, 444 Cherrycreek Road. This program is free, but please preregister by Feb. 11 by calling 402-441-7180. The workshop is designed to help landlords and tenants put together a lease that is right for both parties, and help maintain positive farm leasing relations. It is very helpful if both the tenant and landlord can attend together. It is also helpful if the spouse attends.

Allan Vyhnalek, Extension Educator in Platte County, will present this workshop. Topics include:

- Latest information about land values and cash rental rates for the area and state;
- Expectations from the lease, including goal setting for the rental property;
- Lease termination, including terminating handshake or verbal leases;
- Lease communication, determining appropriate information sharing for both the tenant and landlord;
- Alternative cash lease arrangements, flexible provision considerations for your situation; and
- Other topics, like irrigation systems, hay rent, pasture rental agreements, and grain bin rental will be covered as time allows.

The workshop is sponsored by the Nebraska Soybean Board. Refreshments and handouts are provided.

For more information or assistance, please contact Allan at avyhnalek2@unl.edu or 402-563-4901.

Rain Gardens — A Green Solution to Acreage Stormwater Management

Sarah Browning
Extension Educator

Stormwater is water from rain and melting snow or ice. Traditionally stormwater runoff has been considered a nuisance because it causes damage to our homes or even flooding. Gutters, storm drains, pipes and other structures are used to collect and carry stormwater away from our homes and release it into local drainage ways or streams as quickly as possible.

A New Way of Thinking

However, stormwater management is changing. Current techniques imitate natural systems by capturing and using rainwater close to where it falls. New practices, often referred to as green infrastructure, treat runoff as an asset, not a waste product or nuisance. Green infrastructure relies on plants, soils and the microbial action of soil organisms to encourage stormwater infiltration, evaporation and filtering. It lessens the negative impacts of stormwater runoff by mimicking the functions of natural ecosystems.

Stormwater management functions best when it works together with the existing landscape. This is frequently called low impact development. Low impact site design can greatly reduce runoff problems by:

- preserving natural areas and natural vegetation,
- reducing the amount of impervious surfaces that produce runoff, and
- integrating stormwater management



Sarah Browning, Nebraska Extension in Lancaster County

Rain gardens are ornamental landscape areas in shallow depressions which are designed to hold water for about 48 hours or less.

into the landscape.

This decreases the amount of runoff, reduces erosion and helps keep polluted runoff out of streams, rivers and lakes.

Effective stormwater management reduces the amount of runoff and runoff pollution by slowing runoff and allowing it to soak in. When stormwater stays close to where it falls, less soil erosion occurs and fewer pollutants are carried to surface water. Green infrastructure encourages water infiltration into the soil, which filters runoff to remove and neutralize many kinds of pollutants.

Rain Gardens and Bioswales

Two techniques that can be used on acreages to manage stormwater are rain gardens and bioswales.

Rain gardens are ornamental landscape areas planted with native or adapted deep-rooting vegetation in a shallow depression, typically 4–12 inches deep. They are designed to hold water

for a short period of time, generally 48 hours or less, before the water infiltrates into the soil. They are typically located where roof or other surface runoff can be easily directed, but at least 10 feet away from building foundations or basements to avoid water problems. The plants and amended native soil in a rain garden facilitate infiltration and evapotranspiration, as well as provide pollutant filtering.

A bioswale is a broad, shallow, gently sloped, vegetated channel designed to convey, filter and infiltrate stormwater. Bioswales slow runoff

water velocity, trap sediment and other contaminants, promote infiltration and help direct runoff. Bioswales are sometimes used adjacent to streets in place of curbs and gutters.

FOR MORE INFORMATION

Several great Nebraska Extension publications are available to aid in the design and installation of rain gardens and bioswales.

- “Rain Garden Design Site and Selection Guide” (and Worksheet), www.ianrpubs.unl.edu/sendlt/ec1262.pdf
- “Stormwater Management: Rain Garden Design for Homeowners,” at www.ianrpubs.unl.edu/sendlt/g1758.pdf
- “Stormwater Management: Plant Selection for Rain Gardens in Nebraska,” at www.ianrpubs.unl.edu/sendlt/g1759.pdf
- “Stormwater Management: Installing Rain Gardens in Your Yard,” at www.ianrpubs.unl.edu/sendlt/g1760.pdf

Commercial Pesticide Applicator Training

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

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

Initial and Recertification

To become licensed as a new commercial/noncommercial applicator, professionals must pass a written examination. All participants must be tested in the general standards category, then each chooses one or more additional categories for testing.

Once licensed in a category, professionals can maintain their commercial

certification by attending a recertification training session or by passing a written examination, with a few exceptions as explained below.

Nebraska Extension offers training to prepare those seeking a pesticide applicators license for the first time, and recertification for those needing to keep their license active. The program cost for both initial and recertifying participants who register online is \$60/person; for those registering by mail, fax or at the door, the cost is \$70/person.

In 2015, Nebraska Extension in Lancaster County will offer training and testing in the following categories:

- general standards (00)
- agricultural pest control – plants (01) (*initial only*)
- ornamental and turf pest control (04)
- aquatic pest control (05)
- right-of-way pest control (07)
- structural/health related pest control (08)
- wood destroying organisms (08w)
- public health pest control (09)
- wood preservation (10)
- fumigation (11)
- wildlife damage control (14)

You may only participate in the general standards (00) and two category sessions on any training date.

Note: Due to time and space limitations, training will not be offered in all the

categories on every day of training. Check the schedule listing when each category training will be offered.

Initial commercial certification training and testing sessions will be offered at the Lancaster Extension Education Center, 444 Cherrycreek Road, on the following dates:

- Tuesday, Feb. 3 (categories offered 00-01-04-07-09-11-14)
- Thursday, Feb. 19 (categories offered 00-01-04-07-08-08w-10)
- Thursday, April 9 (categories offered 00-04)

The general standards session will begin at 8:30 a.m.

It is highly recommended you obtain and review the written study materials prior to attending. This will greatly improve your chances of passing the written examination. Study materials for all commercial categories may be purchased online at <http://pested.unl.edu> (click on “Classes & Study Materials”).

Commercial recertification training sessions will be offered at the Lancaster Extension Education Center, 444 Cherrycreek Road on the following dates:

- Thursday, Feb. 5 (categories offered: 00-04-05-07-08-08w-11)
- Tuesday, Feb. 17 (categories offered: 00-04-05-07-08-08w-11)

- Thursday, March 19 (categories offered: 00-01-04-07-08-08w-11-14)
- The general standards session will begin at 9 a.m.

Note: There are no certification training sessions for Agricultural Pest Control - Animal, Fumigation of Soil, Forest Pest Control, Sewer Root Control with Metam Sodium, Seed Treatment, Aerial Pest Control, Regulatory Pest Control (subcategory) and Demonstration/Research Pest Control (subcategory). There are self-study materials which will prepare the applicator to take the examinations in these categories. The only way to certify or recertify in these categories is to pass a written examination.

For statewide training locations, dates and categories, go to <http://pested.unl.edu>. For more information about the trainings in Lancaster County, call 402-441-7180.

NDA Licensing Procedures

Commercial applicators meeting the requirements for certification or re-certification will receive an invoice from the NDA for \$90 for the license fee. When NDA receives the fee, the license will be issued.

For more information about pesticide licensing, go to www.agr.ne.gov/pesticide.

2015 Flower All America Selections



Impatiens — Bounce Pink Flame 'Balboufink' Flower Award Winner

Impatiens Bounce looks like an *Impatiens walleriana* in habit, flower form and count, but is completely downy mildew resistant. These impatiens will last from spring all the way through fall. Bounce Pink Flame has a massive amount of stunning, bright pink-bicolor blooms with tons of color to brighten your garden. It can be planted in shade or sun. This selection is available in plant form only.



Impatiens — SunPatians Spreading Shell Pink Flower Award Winner

The truly unique genetic background of SunPatians-Spreading Shell Pink delivers unsurpassed garden performance with season long, soft pink flowers that never slow down. Strong roots take hold quickly after transplanting and these impatiens thrive under high heat, rain and humidity. The AAS Judges loved these vigorous

spreading plants that keep their shape all summer, plus, they do just as well in full sun as in shade. These low-maintenance plants are perfect for gardeners looking for impatiens that are resistant to downy mildew. This selection is available in plant form only.



Petunia — Trilogy Red Bedding Plant Award Winner

The Trilogy petunia series has a new color with this stunningly rich, vibrant red version! Trilogy petunias are known for their compact dome-shaped habit sporting large non-fading blooms throughout the season. The plants cover and recover themselves in upright blooms providing a constant mass of

color in flower beds, baskets, and containers. Gardeners in high heat areas will appreciate the heat-tolerance of this variety and all gardeners will like how quickly Trilogy bounces back after a rain.



Salvia — Summer Jewel White Bedding Plant Award Winner

A third color in the popular Summer Jewel series, white brings a much-needed color to compact salvias. This dwarf sized, compact plant has a prolific bloom count throughout the summer. As a bonus, the blooms appear almost two weeks earlier than other white salvias used as comparisons. Judges noted how the bees, butterflies and hummingbirds loved the larger flowers, making it perfect for a pollinator garden. Because of the compactness and number of flowers, Summer Jewel White is great for large landscaped areas, as well as containers and small beds.

Source: All America Selections
www.all-americaselections.org

Photos: All-America Selections



GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

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

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

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.

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

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

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

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

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

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

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

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

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

Keeping Nuisance Wildlife from Bird Feeders

Soni Cochran

Extension Associate

My parents have multiple bird feeders set up in areas around their home where they can easily watch and enjoy many species of songbirds. Feeding birds is a fascinating hobby that connects families and children with nature. We can watch bird behavior, listen to their songs and calls, appreciate their beauty and take pause to enjoy nature right in our own backyards.

It is always a challenge for bird feeding enthusiasts to try to attract the wildlife we want at our feeders without encouraging unwanted nuisance wildlife. Here are some tips to try if you are trying to prevent wildlife problems at your feeders.

Choose the best location for your feeders: Squirrels, raccoons and other animals can access feeders by climbing up or leaping onto your feeders from perches. Using a pole to hang your feeder gives you the most control over dealing with unwanted species.

Place your pole at least 6 feet high and 8 feet away from the nearest branch, deck rail or fence. Your pole should also be at least 6 feet from plants or structures that could conceal predators like cats. You can also use a baffle above or below the feeder to keep animals like squir-



American Goldfinch eating nyjer thistle seed from a feeder especially designed to attract these birds.

Soni Cochran, Nebraska Extension in Lancaster County

- Inferior seed mixes contain filler seeds and grains that birds do not eat. Birds sort through these seeds and they end up on the ground where they attract rodents and other unwanted animals.
- Mixed seed blends forces birds to "sweep" through the seed to look for their favorites. Cardinals prefer sunflower and safflower seed and will sweep out millet. Sparrows will sweep out the sunflower seed to get to the millet.

To prevent seed from falling onto the ground, use a tray hung directly below the feeder to catch the seeds the birds scatter. Clean your trays regularly to prevent mold growth — at least weekly. Use a tray with drainage holes or one that has a bottom made of mosquito-wire screen to allow for optimal drainage. These require less cleaning and are more sanitary.

You can also minimize fallen seed by adjusting the type of seed you are using. Learn about the birds you want to attract and what their preferences are for seed. Black-oil sunflower seeds are preferred by many desirable birds. To really prevent waste, purchase hulled sunflower. While this is more expensive, you aren't buying the hulls and will have less waste.

What about adding repellents to food to keep away squir-

rels and other animals? We don't recommend the use of repellents for a number of reasons. Hungry animals will tolerate the repellent if the alternative is starvation. Proper placement of feeders and using physical barriers work better than taste and smell repellents when managing your bird feeding stations.

Choose feeders especially designed to prevent nuisance wildlife access and damage. There are many feeders available designed to impede or prevent damage from squirrels. Some feeders are designed for a specific bird like hummingbirds, clinging birds that can easily grip the side of a feeder or hold a specific seed like thistle seed. Some feeders have wire cages around them to prevent larger birds like starlings from getting to the seed. You may also have seen feeders with

a perch bar that reacts to the weight of the bird and closes the seed hopper if the bird is too heavy. These all help prevent nuisance wildlife if placed properly.

Protecting your birds and bird feeders is always going to be a challenge. What works today, may not work tomorrow. Be persistent and ready to learn and try new techniques. This is all part of the fun and excitement of feeding birds in your backyard.

FOR MORE INFORMATION

Nebraska Extension publication "Selective Bird Feeding: Detering Nuisance Wildlife from Bird Feeders" (EC1783) and other resources are online at <http://lanaster.unl.edu/pest/birds.shtml>.

Earth Wellness Festival Needs Volunteers

Volunteers are needed for the 2015 Earth Wellness Festival on Wednesday, March 25 and Thursday, March 26 at Southeast Community College in Lincoln. For more information, contact Sara Winn at swinn2@unl.edu or 402-472-0636 by Jan. 30. Visit <http://lanaster.unl.edu/ewf> to register online.





New In 2015 — 4-H Members MUST Be Enrolled Online by Jan. 31

Nebraska 4-H is introducing a new 4-H online enrollment system, called “4-H Online.” 4-H families MUST enroll online by Jan. 31 — paper enrollment is no longer an option. The website to enroll is <https://ne.4honline.com>. The process is easy and only takes a few minutes per member.

NOTE: only parents/guardians may enroll 4-H members. Each 4-H household will need to set up a profile in which the 4-H youth for the household will be added.

The health information is optional! However, if the 4-H member goes to a 4-H camp or participates in a state or national event, Nebraska 4-H highly recommends you fill it out.

A step-by-step instruction guide with pictures is online at <http://lancaster.unl.edu/4h/StepstoEnroll.pdf>. If you have questions about the process or need access to a computer, call Karen Evasco at 402-441-7180.

Current 4-H members who are not enrolled online by Jan. 31 will no longer be officially enrolled members. New members and fair projects may be updated through June 15.

For now, volunteers and leaders must still enroll using the form at <http://lancaster.unl.edu/4h/club/4henrollformleader.pdf> by June 15.



HEART OF 4-H VOLUNTEER AWARD

Karen & John Cooper

Lancaster County 4-H is proud to announce Karen and John Cooper as co-winners of February’s “Heart of 4-H Award” in recognition of outstanding volunteer service.

Six years ago, the Coopers started helping with the Pick-A-Pig 4-H club. When their daughters wanted to do more projects, Karen and John helped start the Buckles and Bling horse club of which Karen and Pam Davis are co-leaders.

The Coopers are both members of the Horse Volunteers in Program Service (VIPS) Committee and John is a member of the Super Fair 4-H Horse Show Grievance Committee.

They were nominated by Kate Cooper who said, “My mom seems to find time to be a co-leader of our horse 4-H club, run our practices and help teach all the members riding skills. My dad helps out during the hog show without being asked every year. Fair is a really stressful time of year for everyone including them, but they always make an effort to make it a little easier for someone else, even if it makes it harder for themselves.”

Karen and John said, “We enjoy volunteering with 4-H because it is something that we can do as a family and it allows us to share our farming and livestock heritage with our girls and friends. The thing that we enjoy most is watching all of the kids learn how to train their own horses. Same goes for pigs, llamas and chickens — the kids are required to do all the care, practice and preparation for shows, then they can take great pride in their own accomplishments.”

Lancaster County 4-H thanks Karen and John for donating their time and talents. Volunteers like them are indeed the heart of 4-H!



4-H Crocheting Workshop, Feb. 7

4-H youth ages 10 and up are invited to learn how to crochet a washcloth utilizing the single crochet stitch at the “Basic Crocheting” workshop on Saturday, Feb. 7, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. No cost — all supplies will be provided. Adults are welcome to attend to help 4-H’ers. Must preregister by Feb. 4 by calling 402-441-7180.

If you previously attended this workshop, you are welcome to attend again. 4-H’ers may enter washcloths at the Lancaster County Super Fair under 4-H Clothing — Level 1 Crochet.

4-H Pillow Sewing Workshop, Feb. 21

4-H youth ages 8 and up are invited to learn beginning sewing skills and make a pillow at the “Pillow Party” sewing workshop on Saturday, Feb. 21, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. No cost to attend. Adults are welcome to help. Sign up by Feb. 18 by calling 402-441-7180. Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape), etc. Also bring 1/3 yard and 2/3 yard contrasting fabrics, pre-washed, 100% cotton (no plaids, no knits) and matching thread. Pillow forms provided.

4-H Jammie Workshop, March 28

4-H youth ages 8 and up are invited to practice their basic sewing skills and make jammie bottoms at the “Jammie Jamboree” sewing workshop on Saturday, March 28, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. No cost to attend. Adults are encouraged to attend to help 4-H’ers. Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape, etc.), simple pull-on pajama bottom pattern, pre-washed flannel or 100% cotton fabric (no one-way design fabrics or plaids), elastic as recommended by pattern and matching thread. Sign up by March 26 by calling 402-441-7180.

4-H Dog Workshop, Feb. 21

A statewide 4-H Paws-On Dog Workshop will be held Saturday, Feb. 21, 9 a.m.–3 p.m. at the Greater Lincoln Obedience Club Building, 5740 Johanna Road. This one day workshop allows 4-H members time to learn about their dog and its care, as well as work hands-on with training activities with their dogs. Sessions will be held on obedience, agility, showmanship, health and working with your dog.

Fee is \$15 per person which includes a lunch. Adults may purchase a lunch for \$5. More information and registration is at www.companionanimal.unl.edu.

Pick-A-Pig Club Accepting New Members

The Pick-A-Pig 4-H club is accepting new members for anyone who wants to learn about pork production and show a pig at the Lancaster County Super Fair. The club is open to all city and rural youth. For additional information, contact Harry Muhlback at 402-430-7304. Deadline to join is March 15.

NEW 4-H Companion Animal Challenge, March 14

A new statewide Companion Animal Challenge for 4-H’ers 8–18 will be held Saturday, March 14 at the Animal Science Building on UNL East Campus. It provides youth a chance to participate in a variety of contests that do not require animals, but allow youth to learn more about their dog, cat, rabbit or other companion animals. Contests include:

- Demonstrations (a demonstration or illustrated presentation)

- Photography and art contests (open to all companion animal projects)
- Dog quiz bowl
- Dog Skill-a-Thon

Lancaster County 4-H Council will pay the contest entry fees for Lancaster County 4-H’ers. Entry forms are due to the Extension office no later than Feb. 13. T-shirts may be pre-ordered for \$5. More information is available at <http://go.unl.edu/4hcac>.



HORSE BITS

State 4-H Horse Stampede Entries Due Feb. 13

The annual 4-H Horse Stampede will be held Saturday, March 14 at the UNL Animal Science Building on East Campus. Stampede includes the 4-H state horse-related competitions which do not require a horse: Horse Bowl, Public Speaking, Demonstration and Art Contest. Open to 4-H’ers ages 10–14 enrolled in the 4-H horse project (with the exception of the Art Contest).

Lancaster County 4-H Council will pay the contest entry fees for Lancaster County 4-H’ers. Entry forms are due to the Extension office no later than Feb. 13. Additional information on the individual competitions and entry forms are online at <http://animalscience.unl.edu/ANSCExtensionEquine4HHorseStampede>. Stampede T-shirts will be available to participants for \$5 if pre-ordered.

Horsemanship Level Testing Dates

Now is a good time to start thinking about new 4-H horsemanship level goals! The 2015 group testings will be held at the Lancaster Event Center – Amy Countryman Arena on the following Tuesday evenings: April 14, April 28, May 12, June 2 and June 30.

4-H Horse Incentive Program Has Begun

Any Lancaster County 4-H’er can participate in the Lancaster County 4-H Horse Incentive Program and log hours/points by participating in various horse-related activities Jan. 1–June 30.

Again this year, a belt buckle will be included as a gold-level reward option. However, due to the high cost, a buckle can only be chosen as an incentive reward one time by a 4-H’er and by seniors only.

Horse Incentive Program guidelines and forms are available at the Extension office and online at <http://lancaster.unl.edu/4h/horsenews.shtml>.

Joe’s Clover Knights Named Nebraska 4-H Club of the Month

Congratulations to the Joe’s Clover Knights 4-H Club for being selected as the December 2014 Nebraska 4-H Club of the Month! Each month, the Nebraska 4-H Foundation and Nebraska 4-H Ambassadors award one club in the state with a certificate and \$50 cash card.

Joe’s Clover Knights has grown from its original six members to 92 members in just seven years. The club is now Lancaster County’s largest 4-H club. Members

range from 5 to 14 years old.

The club meets monthly and does many community service (see article on next page) and 4-H projects together. Some of the 4-H projects they’ve done include rockets, woodworking, photography and baking. Members also volunteer at the 4-H food booth at the Lancaster County Super Fair.

Clubs can nominate themselves for Nebraska 4-H Club of the Month by going to <http://ne4hfoundation.org>.

Lancaster County 4-H and 4-H Council invite ALL 4-H'ers, 4-H families and volunteers to



4-H Achievement Celebration

Tuesday, Feb. 10 • 6:30 p.m.

**Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln**

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

Part of
Nebraska 4-H
Month!

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

Light snack provided.

"2014 4-H
Year in Review"
video!



Joe's Clover Knights Donated Blankets and Books to Women's Homes



Older club members teamed up with younger members to teach them how to make tie blankets.



Club members tied books to each of the blankets with ribbons.

Joe's Clover Knights 4-H club was excited to receive a Governors Agricultural Excellence award in 2014. As part of this award, Nebraska 4-H Foundation and Nebraska Investment Finance Authority give \$500 to 25 clubs each year to be used as described in the award application. Joe's Clover Knights has received the award twice before for community service projects.

The club had a number of ideas for service projects in 2014, but during the February club meeting, they voted to provide tied fleece blankets to the less fortunate. The club's leaders, Anne Johnson and Kelly Neal, called various agencies to see where the club's gift would help the most. Club members voted to give the blankets to St. Gianna's Women's Homes which assists women and their families fleeing domestic violence.

The club, who currently has 86 members from ages

5–14, spent one meeting in October making 26 blankets. Older 4-H members teamed up with younger members in groups of four, and each group made one or two blankets. They had patterns to cut the corners and edges. Then they tied the layers together on each side. Blankets ranged from 7½ feet adult blankets to 4 feet toddler blankets.

Club member Ellie Bunz said, "I really enjoyed making the tied blankets knowing that what we do in 4-H could better someone's life."

Anne said, "It's amazing to see how generous the club member's hearts are for giving to others! The older 4-H'ers did a fantastic job at guiding and teaching the younger members."

A group of 5th graders from the club made an additional 10 blankets outside of club meetings.

One of the 5th graders, Meredith Gaura, said, "I made

those blankets out of love and respect for the children of St. Gianna's. I believe in my heart that every child deserves a nice warm blanket that makes them feel safe."

Club members then gathered over 100 gently used and new children's books. They tied books to each of the blankets with ribbons as an extra gift to the children at St. Gianna's.

On Nov. 20, the club delivered the blankets and books to Catholic Social Services to be given to St. Gianna's Women's Homes. Club members were given a tour of the facility.

Megan Neal, the club's news reporter said, "Making and delivering those blankets and books made me feel like a hero when we were done. I knew what our 4-H club had done with our award money made a big difference to the people that received the blankets and books."

Governor's Ag Excellence Award Forms Due March 1

The Governor's Agricultural Excellence Awards are sponsored by the Nebraska 4-H Foundation and Nebraska Investment Finance Authority (NIFA). Each year, 25 4-H clubs are awarded \$500 to be used as described in the award application form completed by the club.

Clubs may use the award dollars for many different programs. A few examples are: conferences or workshops for others in the

community, trips or tours for club members and community improvement projects. The intent is to increase 4-H'ers awareness of agricultural careers. Consider "agricultural" in the broadest terms for this program.

Forms are due by March 1. Applications are online at www.ne4hfoundation.org. If you have questions, contact Lori Petersen at lpetersen5@unl.edu or 402-472-1178.

4-H Clubs Needed to Help Provide Booths at Kiwanis Carnival, April 10

The annual Kiwanis Carnival, a FREE family event, is sponsored by the Lincoln Center Kiwanis. This year, it will be held Friday, April 10, 5:30–7:30 p.m. at Elliott Elementary School, 225 S. 25th St., Lincoln (**note change from a Saturday to Friday**). The Carnival features carnival type games for the kids, bingo for adults, prizes, snacks, fun and fellowship. Lincoln Center Kiwanis has sponsored this event for over 50 years — providing prizes and snacks. 4-H clubs are needed to provide carnival-type booths. This is a great community service and leadership activity for clubs. If your 4-H club or family would like to have a booth or for more information, call Lorene at 402-441-7180. Come join the fun!

Spring Rabbit Show

Saturday, March 21, 9 a.m.

Registrations 7:30–8:30 a.m.

**Lancaster Event Center – Exhibit Hall
84th & Havelock, Lincoln**

**Open to all
youth 8–18**



Awards will be given!
CLASSES: Fancy Rabbits, Commercial Rabbits, Pet Class, and Pee Wee Class.

REGISTRATION FEES: \$2.50 per rabbit or cavy, \$1 fur class, \$1 Showmanship.

FREE CONTESTS:
Rabbit Quiz & Breed ID

Opportunity to learn and practice your showmanship!

RAFFLE FOR MANY PRIZES!
Tickets 3 for \$1 or 20 for \$5. Please bring an item for raffle such as crafts, rabbit items, plants, Easter/Spring items, books, etc.

All rabbits must be tattooed in the left ear (available at the show 7:30–8:30 a.m. — \$1 per rabbit). All rabbits must be in carriers with leak-proof bottoms.

For more information, call Bob at 402-525-8263 or Marty at 402-441-7180

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



EXTENSION CALENDAR

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

January

- 21 **Private Pesticide Applicator Training**..... 9 a.m.–Noon
- 22 **4-H/FFA Beef Weigh In, Lancaster Event Center - Pav. 2**6–7 p.m.
- 26 **Private Pesticide Applicator Training**.....7–10 p.m.
- 31 **Deadline for Current 4-H Members to Enroll Using “4-H Online”**
at <https://ne.4honline.com>

February FEBRUARY IS NEBRASKA 4-H MONTH

- 3 **Commercial Pesticide Applicator Initial Training** 8:30 a.m.
- 5 **Commercial Pesticide Applicator Recertification Training**9 a.m.
- 7 **4-H Crocheting Workshop**9 a.m.
- 8 **4-H Teen Council Meeting**3 p.m.
- 10 **4-H Achievement Celebration** 6:30 p.m.
- 13 **Extension Board Meeting**8 a.m.
- 13 **Landlord/Tenant Cash Lease Workshop** 9:30 a.m.–Noon
- 13 **Lancaster County Deadline for 4-H Horse Stampede Entries**
- 17 **Commercial Pesticide Applicator Recertification Training**9 a.m.
- 17 **Guardian/Conservator Training**.....5:30–8:30 p.m.
- 19 **Commercial Pesticide Applicator Initial Training** 8:30 a.m.
- 21 **4-H Pillow Party Sewing Workshop**9 a.m.
- 21 **4-H Paws-On Dog Workshop, Greater Lincoln Obedience Club Building,**
5740 Johanna Road 9 a.m.–3 p.m.

Extension Volunteers

continued from page 1

Master Gardeners

The Nebraska Master Gardener program has been part of Extension since 1976. Master Gardeners receive horticulture training by Extension staff, and in return, they share their knowledge with the community through volunteer activities. In Lancaster County last year, Master Gardeners:

- answered phone calls and helped with walk-in questions at the Extension office during the growing season,
- taught composting workshops and demonstrations,
- answered questions and helped maintain gardens at Lincoln Children’s Zoo, Sunken Gardens and People’s City Mission,
- helped with 4-H exhibits at the Lancaster County Super Fair and Nebraska State Fair, and
- presented the session “Do the Rot Thing” at Earth Wellness Festival.

Extension Associate Mary Jane Frogge, who coordinates the Lancaster County Master Gardener program, says, “Master Gardeners are devoted to education and helping others. We are able to provide quality horticulture educational programs because of their time and effort volunteering to Extension.”



Nebraska Extension’s Guardian/Conservator classes are co-taught by attorneys who volunteer through the Nebraska State Bar Association.

Volunteer Attorneys

Nebraska Extension in Lancaster County offers monthly Guardian/Conservator education classes which fulfill Guardian/Conservator education requirements set by the Nebraska Probate Code. These classes are co-taught by volunteer attorneys through the Nebraska State Bar Association who answer general legal questions.

In 2014, 318 guardians/conservators participated in one of the 12 classes presented in Lancaster County.

Extension Educator Maureen Burson who presents the classes in Lancaster County

says, “These attorneys are a vital part of the partnership which teaches guardians and conservators how to keep vulnerable Nebraskans safe and secure.”

TO VOLUNTEER

To volunteer for Nebraska Extension in Lancaster County, email lanaster@unl.edu or call 402-441-7180. Volunteers are especially needed to help lead 4-H clubs.

To find other volunteer opportunities in Lincoln/Lancaster County, contact Volunteer Partners at 402-435-2100 or go to www.volunteerpartners.org.

Benefits of Volunteering

Perhaps the first and biggest benefit people get from volunteering is the satisfaction of incorporating service into their lives and making a difference in their community and country.

The intangible benefits alone — such as pride, satisfaction and accomplishment — are worthwhile reasons to serve. In addition, when we share our time and talents we:

- solve problems,
- strengthen communities,
- improve lives,
- connect to others, and

- transform our own lives.

Last year, the Corporation for National and Community Service (CNCS) released “Volunteering as a Pathway to Employment,” research which found unemployed individuals who volunteer over the next year have 27 percent higher odds of being employed at the end of the year than non-volunteers. Among rural volunteers and volunteers without a high school diploma, the likelihood increases by 55 and 51 percent, respectively.

Research presented by CNCS in a report titled “The Health Benefits of Volunteering: A Review of Recent Research,” has established a strong relationship between volunteering and health: those who volunteer have lower mortality rates, greater functional ability and lower rates of depression later in life than those who do not volunteer.

Source: CNCS’s website at www.nationalservice.gov.

EXTENSION NEWS

Meet the Extension Board

The Lancaster County Extension Board serves as an advocate for Nebraska Extension in Lancaster County. Members of the board are appointed by the Lancaster County Board of Commissioners. The Extension Board provides guidance to Extension staff in establishing and accomplishing Extension education program goals and objectives. Annually, it assists in developing an operating budget and local educational priorities. The board meets monthly (usually the second Friday at 8 a.m.).

Extension board members for 2015 are:

- Jim Bauman, *President*
- L. Ronald Fleecs, *Vice President*
- Sharlyn Sieck, *Secretary/Treasurer* (newly appointed)
- Allen Blezek
- Pat Heather (newly appointed)
- Marty Minchow
- Jim Newman
- Paula Peterson
- Susan Sarver
- Karol Swotek, *4-H Council ex officio member*



The 2015 Extension Board officers are Vice President L. Ronald Fleecs, President Jim Bauman and Secretary/Treasurer Sharlyn Sieck.



Watch Chicks Hatch Online with EGG Cam!
<http://go.unl.edu/eggcam>

Embryology resources include incubation, candling, and more!



Chicks are due to hatch Jan. 27/28, Feb. 24/25 and April 28/29.

Applications Open for 4-H Camp Staff

The two 4-H Camps in Nebraska are currently accepting applications for summer staff. The camps offer outstanding opportunities for young adults to learn leadership skills, gain valuable experience for future careers and make lasting memories. Need not be in 4-H to apply.

- **Summer Program Staff (ages 18 and above)** — Seasonal, paid, full time staff who live at camp mid-May to August who are responsible for daily programming and teaching groups of all ages. Must be available mid May through mid August. Application deadline is Feb. 15.
- **Junior/Senior Counselors (ages 15 and above)** — Cabin supervisors who volunteer and select which weeks they can work throughout the summer. Provide valuable leadership to a group of campers by day and assist with cabin supervision at night. Must complete Counselor Leadership Training at one of the sites. Application deadline is May 1.

More information and applications are online at <http://4h.unl.edu/camp>.

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STORY

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