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NEBLINE

NEBRASKA EXTENSION IN LANCASTER COUNTY

It's Easier Than Ever to Connect with Extension

Mobile Device and Social Media are Changing the Way People Learn

Soni Cochran

Extension Associate

Social media has not only changed the way people communicate, but also the way people teach and learn! Smartphones, tablets and other mobile devices make access to technology convenient. Of course, this makes it easier to access <http://lancaster.unl.edu> “on the go” since the website is mobile-friendly. Try it! But these devices also make it easier and faster to connect using social media. From Facebook to Snapchat, Twitter to Pinterest there’s a way for you to “Connect, Learn and Share” no matter what your interest or technology experience.

Our Extension audiences are diverse, evolving and growing. You might live in a city or on a farm, be a new parent or just entering retirement, a teacher looking for ideas or an entrepreneur checking out a new business idea — we know one size doesn’t fit all. With so many different audiences using technology, Nebraska Extension in Lancaster County has multiple ways for you to “Connect, Learn and Share.”

You’ll also find many Nebraska Extension staff using social media to reach out by using Twitter, Facebook, LinkedIn, Pinterest and more. You’ll find these sites visiting

65% of adults now use social networking sites — a nearly tenfold jump in the past decade. Men and women use social media nearly equally.*

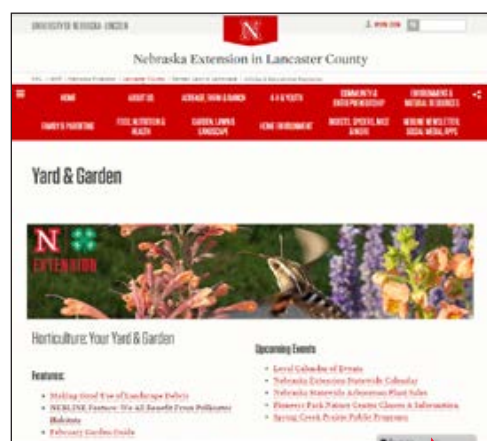
*Source: Pew Research Center, 2015

Young adults (ages 18–29) are the most likely to use social media — fully 90% do. Still, usage among those 65 and older has more than tripled since 2010.*

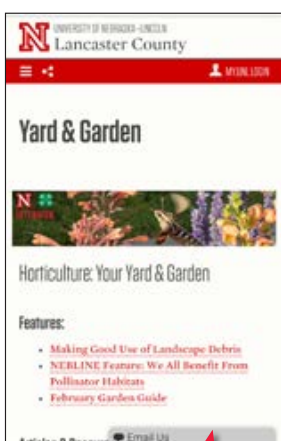
Nebraska Extension websites or doing a search. If you aren’t using social media now, we invite you to seek out and join in or follow Nebraska Extension on social media.

The social media sites listed at right are a few of the ways you can get started. Since we’ll be adding more resources, and because social media is constantly changing, you can keep updated by visiting <http://lancaster.unl.edu/media>.

see CONNECT on back page



<http://lancaster.unl.edu/hort>
on computer





on mobile


If you are visiting <http://lancaster.unl.edu> and have a question, ask us! Look at the bottom right of the page, click on “Email us.” You don’t have to include your name, but be sure to include an email so we can respond right back to you.

Facebook

Facebook is a free, social networking website available to people ages 13 and up. Facebook users can create and customize their own profiles with photos, videos and information about themselves.


 www.facebook.com/UNLExtensionLancasterCounty — You’ll find resources on a variety of topics including agriculture, pests, food and nutrition, gardening and much more.


 www.facebook.com/4HEGGCam — 4-H Embryology and 4-H EGG Cam always inspire a lot of questions and interest. By joining this page, you can follow along with candling, get updates on hatch dates, ask questions, post photos and share poultry experiences.

 www.facebook.com/groups/220534921335797 — The Lancaster County 4-H page is a closed group. It is available to our 4-H families. If you are a member of 4-H in Lancaster County, we invite you to join this group so you can keep up-to-date on what’s happening.

Twitter

Twitter is a free service allowing you to keep in touch by quickly exchanging ideas in a “tweet” — saying something in 140 characters or less.


 https://twitter.com/UNL_LancasterCo — Like the office Facebook page, you’ll find a variety of topics and resources shared throughout the day on Twitter. For those who like quick news and information, this is a great place to connect with Nebraska Extension, especially if you need news FAST!


 https://twitter.com/LancasterCo_4H — On the Lancaster County 4-H Twitter page, there are many updates and resources shared related to youth and 4-H programs — locally, statewide and nationally.

YouTube

YouTube is an online website where people connect, inform and inspire by sharing short videos. Nebraska Extension in Lancaster County has a variety of videos on YouTube so you can watch, learn and enjoy at your convenience.


 www.youtube.com/user/UNLExtensionLanCo — On this YouTube channel, you’ll find horticulture, nature/wildlife and pest videos including the *Removing Head Lice Safely* (four languages) and *Bagworm Control* videos.

 www.youtube.com/user/4HLancasterNE — You’ll find video examples of projects and live-streamed events during 4-H Clover College and the Lancaster County Super Fair. There are also videos related to 4-H Embryology, Earth Wellness Festival and much more.

 www.youtube.com/user/alicehenneman — This nutrition and food safety channel is designed to help you every time you eat!


Flickr!


Looking for a photo? Well, look no further than Flickr.

 www.flickr.com/photos/unlxtlanco/sets — We take hundreds of photos each year and most end up on Flickr for you to check out, download and share. If you are involved in 4-H, this is definitely for you! You’ll also find photos from Earth Wellness Festival, check out the critters wandering around the Cherry Creek Pollinator Habitat and so much more.

Pinterest & Instagram


Did you know Pinterest and Instagram use has doubled since 2012? Pinterest is a great way to share ideas and resources.


 www.pinterest.com/unllancasterco — Follow and join us in pinning great ideas and resources from Nebraska Extension in Lancaster County and our partners. And coming soon — a 4-H Pinterest page where you’ll find all sorts of ideas for your 4-H Club!


 www.instagram.com/lancastercounty4h — For the 2015 Lancaster County Super Fair, we began using Instagram. Now we invite our 4-H families to share their photos and tell the story of their 4-H projects and all their 4-H experiences on Instagram!

Blogs

 <http://agclimatenebraska.weebly.com> “Ag Climate Nebraska” — Keep up on climate, weather and ag information from Extension Educator Tyler Williams.

 <https://buzzatcherrycreekunl.wordpress.com> “Buzz at Cherry Creek” — This blog shares pollinator resources and updates on the Cherry Creek Pollinator Habitat.

 <http://cookitquick.org> “Cook It Quick” — Extension Educator Alice Henneman has fast, healthy and delicious recipes and resources to make you hungry for healthy food.

 <https://homewisefamilysmart.wordpress.com> “Home Wise! Family Smart” — Keeping you updated with information and resources on everything from household pests, home care, finances and strong families.

CONNECT WITH US

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NEBLINE

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Get on the Bean Bandwagon! 2016 Is International Year of Pulses

Alice Henneman, MS, RDN
Extension Educator

The United Nations (UN) declared 2016 the International Year of Pulses. A "pulse" is the edible seed of certain legumes such as dry beans, peas and lentils. Pulses were chosen, according to the UN, to "heighten public awareness of their nutritional benefits as part of sustainable food production aimed toward food security and nutrition."

Cooked dry beans are an excellent source of fiber, potassium and folate. One-fourth cup of cooked beans counts as a one ounce-equivalent in the



U.S. Department of Agriculture's Protein Food Group. Other protein foods include meat, poultry, seafood, dry peas, lentils, eggs, processed soy products, nuts and seeds. As an illustration: 1/2 cup of cooked beans and 2 ounces of cooked meat would both be counted as 2 ounce-equivalents of protein.

Some bean facts:

- A 15-ounce can of beans

provides about 3-1/2-cup servings of beans.

- One pound of dry edible beans yields about 6 cups of cooked beans.
- The cost of a 15-ounce can of beans ranges from about 33–67 cents per 1/2-cup serving, depending on whether people buy the store brand instead of the national brand.
- A half cup of dry beans, cooked from scratch, costs about 17 cents.
- One type of bean can usually be substituted for another type in recipes. Taste and color may vary slightly.

Cooking Dry Beans from Scratch Can Be Quick

Alice Henneman, MS, RDN
Extension Educator

If you've avoided cooking dry beans from scratch because "it takes too long," consider the actual "hands-on" time can be just minutes!

All it takes is a little planning ahead for a time to soak the beans and a time to cook them. The following directions, adapted from information provided by the Centers for Disease Control and Prevention and the Nebraska Dry Bean Commission, will help you get started.

There are two steps to cooking beans — soaking and cooking:

- Soaking beans allows the dried beans to absorb water, which begins to dissolve the starches that cause intestinal discomfort. While beans are soaking they are also double to tripling in their size.
- Cooking the beans makes them edible and digestible.

To quickly drain beans, cook them in a pot in which a pasta strainer has been placed.

Soaking Beans

(Note: Lentils, split peas and black-eyed peas do not need to be soaked.)

Pick through the beans, discarding any discolored or shriveled beans or any foreign matter. Rinse well.

While the traditional slow soak method takes longer than some methods, it is one of the easiest methods:

- In a stockpot or other large container, cover 1 pound dried beans with 10 cups water.
- Cover and refrigerate 6–8 hours or overnight.
- Drain and rinse the beans.

Cooking Beans

Return the soaked, rinsed beans to the stockpot or other large container. Cover the beans



Photos: Alice Henneman

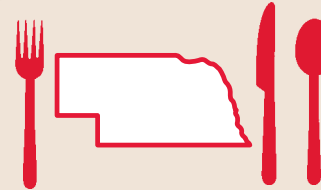
with three times their volume of water. Add herbs or spices (not salt), as desired.

Bring to a boil; reduce the heat and simmer gently, uncovered, stirring occasionally, until tender (the time will depend

on the type of bean, but start checking after 45–60 minutes). Boiling beans will break the skins and leave you with a mushy meal. Add more water if the beans are not covered. Most beans will cook in about 1 to 1-1/2 hours.

When the beans are tender, drain and use in recipes; or for later use, immerse them in cold water until cool, then drain well and freeze in 1- to 2-cup packages. One pound of dried beans will yield about 5 or 6 cups cooked beans.

see BEANS on back page



HEALTHY EATING

ENJOY NEBRASKA FOODS!

Alice Henneman, MS, RDN, Extension Educator

I created this basic recipe because regular refried beans often are so high in sodium and most recipes for refried beans are so complicated to make.

QUICK REFRIED BEANS

1 tablespoon oil
1 garlic clove, minced
1 can (15 ounce)
no-salt-added
pinto beans,
drained and rinsed
1/2 teaspoon cumin
1/2 teaspoon chili
powder
Salt to taste



Add oil to medium-sized skillet and heat over medium heat until the oil shimmers. Sauté garlic in oil until just browned. Stir in pinto beans, cumin and chili powder. Cook until beans are heated throughout, about 5 minutes. Stir occasionally. Smash bean mixture with a potato masher or fork until desired texture. With a spoon, stir in water, a small amount at a time, to beans to achieve desired consistency. Add salt "to taste." Serve with baked chips or fresh vegetables.

Morning Madness! Tips and Tricks to Survive the Time Between Waking Up and Leaving the House

Jaci Foged

Extension Educator

It's Monday morning and all you-know-what is breaking loose. You can't find the right pants so you change your shirt, but the shirt doesn't match the shoes, and your hair will not curl in that one spot above your shoulder and so on. Ever have one of those days? How about one of those days with a toddler or preschooler?

When is it that my sweet little toddler developed a mind of her own? Seriously, I used to pick out the perfect outfit, matching socks and paired it with shoes (which fit). Then one day my perfect little princess turned her cheek at my choice of attire — apparently my opinion no longer mattered.

Remember to pick your battles.

Honestly, it doesn't matter if outfits match or if hair is done in a perfect French braid, what matters most is that you get from point A to point B with as little conflict as possible. After all, who



Jaci Foged

wants to start their day off on the wrong side of the bed.

I started to really pay attention to morning routines when my husband was deployed to Kuwait which left me to parent my daughters (one 18 month

old and the other 5 years old) alone. The following are tips that still work today for my two lovely daughters and myself, I hope they work for you too!

Step 1 — Develop a bath schedule. Decide what days will be bath days. I recommend baths happening in the evening, the mornings are just too rushed.

Step 2 — Plan out clothing attire for the next day as part of a bedtime routine. In our house we have a rule, decide tonight what you are wearing tomorrow and understand that you cannot change your mind in the morning — that is the point of picking it out at night. Include shoes in this step. Be aware of any events happening the next day such as a field trip or P.E. so that shoes and hair are appropriate for a successful day.

Step 3 — Provide enough time at bedtime to complete your routine (pj's on, brush teeth and story time) and fall asleep by the required time. Remember, toddlers should be getting 14 hours of sleep and

preschoolers 11–12 hours of sleep per day, these recommendations include time for a nap.

Step 4 — When possible, allow your child to wake up on their own. If you do need to wake a child to get them to child care or school on time do so with love. Gently rub their back or head and let them know it is time to wake up. Allow time to cuddle for a minute or two before the hustle and bustle of a new day.

Step 5 — Have them get dressed, comb and style hair, eat breakfast and then brush teeth.

Any remaining time could be spent reading books, practicing spelling words or generally discussing the day ahead.

Step 6 — Allow five minutes to get out of the house. Let children know they need to use the restroom, get their coats and bags and head for the car.

Step 7 — Remember you can start your day over whenever you like. I often tell my children this when things seem to be headed in a downhill spiral. Take advantage of starting over whenever it is needed!

When Your Baby Cries

Lisa Poppe

Extension Educator

Your baby is born with the ability to cry, overtime they will learn to self-regulate their emotions but until then this is the way they communicate. You will soon learn the difference between cries as being hunger, fatigue or discomfort. Crying can be considered one of the most important emotions an infant has.

What Your Baby is Trying to Tell You

What are some things your baby is trying to tell you when she cries:

I'm hungry — This is the most common reason a baby will cry. In fact the younger the baby is, the more likely they are hungry when they cry.

I'm tired — If your baby is over tired it is very difficult for them to snuggle in and fall asleep. Some infants can become over stimulated by lots of visitors and being passed around from person to person. If your baby is whining and crying for no apparent reason and is staring blankly into space they may be ready to go down for a nap. Try taking your baby to a quiet place to help her calm down.

I'm soiled — Some babies do not like the feel of a soiled or wet diaper, this is always a first step to look at when your baby is crying.

I'm cold or hot — You can feel your baby's tummy to see if she is too or hot or too cold. Sometimes a simple blanket on or off your infant is the solution.

I don't feel well — You are the best judge of your baby's cries. If your baby has a different tone to her cry it may be telling you something is wrong. Check her temperature for a fever. Observe your baby for difficulty breathing, vomiting, diarrhea or constipation along with the fever. Any concerns you have can be relayed to your doctor. Remember, no one knows your baby like you do.

How to Soothe Your Crying Baby

How can you soothe your crying baby when you don't know why she is crying:

Movement — Carry your baby in your arms or in a carrier. Use a rocking chair, swing or bouncy seat can be effective along with a ride in the stroller or car.

Warm water — Giving an infant a warm bath can soothe them. However, some babies do not like water.

Fresh air — Stepping outside with your baby can sometimes help them stop crying instantly. If it works, take time to talk with your baby and soak up the fresh air.

Massage — Rubbing a baby's back with a gentle touch just may do the trick to calm them down.

Music — The rhythm and movement of music or singing to your child may be just what they need. Try different kinds of music and see what happens.

Swaddling — Infants like to feel secure. Try wrapping the baby in a blanket or holding them close to you to re-create the feeling of the security in the womb.

Sucking — An infant can actually steady their heart rate, relax their stomachs and calm themselves when they are given a pacifier or a finger to suck on.

Colic

If a baby cries for long periods every day, he may have colic. Babies with "colic" will cry for several hours a day. Some babies are unable to tolerate breast milk or the formula that they are drinking. Talk to your doctor for any suggestions. It may take time to come up with a solution that best fits your baby.

Take Care of Yourself

A crying baby who can't easily be soothed puts a lot of stress on parents. As the baby gets older, he will be able to soothe himself and some of the crying will stop.

Make sure you are taking care of yourself as well during these times. Sometimes you too need a break. Don't be afraid to call a friend to take over for a while. Take deep breaths and put on quiet music to distract yourself. If you have to, put your baby down in a safe place and let him cry for a while until you regain your patience.

2016 LINCOLN EARLY CHILDHOOD CONFERENCE

SATURDAY, APRIL

2

8:15 AM – 8:45 AM (Registration)

8:45 AM – 3:00 PM (Presentation)

LANCASTER EXTENSION EDUCATION OFFICE
444 Cherrycreek Road, Lincoln NE

Cost: \$25 (includes a free CD by Anne Meeker Miller)
A light breakfast and lunch provided.

For more information or questions contact
Cara Small at carasmall@es86.org or (402) 761-3341

Register and pay online at www.esu6.org by March 22.
Inservice hours will be given for this conference.



THE POWER OF MUSIC IN THE LIVES OF YOUNG CHILDREN

Anne's interactive and engaging session will help early educators and care givers foster deep learning of important developmental skills by incorporating song, playful family involvement, motor movement and FUN. Learn about the multiple benefits of rich musical experiences for the brains and hearts of young children. Anne will share her catchy tunes, play ideas and tried-and-true tips for embedding music and play in your life with young children every day!

This conference is approved through the Nebraska Department of Education and sponsored by the Southeast Early Learning Connection.



Agriculture: Stewards of a Healthy Planet

Our farmers are dedicated to feeding a growing world population. This dedication is equaled only by their commitment to protecting the land that makes it possible. Farmers across the country live by this commitment every day. As stewards of a healthy planet, they care for the soil, their animals and the crops that provide us food, fuel and clothes.

NEBRASKA AG FACTS

- Cash receipts from farm marketings contributed over \$23 billion to Nebraska's economy in 2013 and 5.9 percent of the U.S. total.
- Nebraska's \$6.6 billion in agricultural exports in 2013 translate into \$1.8 billion in additional economic activity.
- Nebraska's top five agricultural exports in 2013 were soybeans, beef and veal, feeds and fodder, corn and other plant products.
- Nebraska had 49,600 farms and ranches during 2013 utilizing 45.3 million acres – 92.5 percent of the state's total land area.
- 1 in 4 jobs in Nebraska are related to agriculture.

Source: USDA ERS and USDA NASS, Nebraska Field Office (More detailed list of rankings available from USDA NASS, Nebraska Field Office, Phone 402-437-5541)

Grain Marketing Workshops

Nebraska Extension is presenting free grain marketing workshops across Nebraska to assist grain producers create a written marketing plan that is right for them. A workshop will be held Wednesday, Mar. 9 at the Lancaster Extension Education Center, 444 Cherrycreek Road. Register online at <http://go.unl.edu/marketingworkshops> or call Tyler Williams or Karen Wedding at 402-441-7180.

Each workshop will begin at 9:30 a.m. and end at 3 p.m. Workshops are limited to 40 participants each. Other locations and dates in southeast Nebraska will be:

- Tuesday, Mar. 8 near Mead at

the Agricultural Research & Development Center/Saunders County Extension Office, 1071 County Rd G, Ithaca. Contact: Keith Glewen at 402-624-8000.

- Thursday, Mar. 10 in Auburn at Nemaha County Fairgrounds 4-H Building, 816 I St. Contact: Gary Lesoing at 402-274-4755.

Nebraska Extension Educators will present location and commodity specific marketing information. Topics



To register, scan this QR code with your smartphone call the number for the desired location.

include developing a written marketing plan and understanding basis and carrying charges. The workshops will feature the "Marketing in a New Era" agricultural market simulator and "Decide NOW" grain marketing smartphone app. Computers will be provided for attendees.

Workshops are funded by the Nebraska Soybean Board, Nebraska Corn Board, North Central Extension Risk Management Education Center, USDA-NIFA and Nebraska Extension Innovation Funding.

Successful Farmer Workshop Series

Nebraska Extension in Lancaster County is hosting an educational workshop series for farmers, landowners and ag business professionals. The "Successful Farmer Series" consists of workshops held every other Friday this winter.

Schedule:

- March 4 — Farm Economics, Rental Agreements, Farm Bill Programs

- March 18 — Climate Outlook, Attendee's Pick

The workshops will be 9–11:30 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Participants have the option of registering for one workshop or registering for the entire series. Cost is \$15 for the series or \$5 per workshop.

Pre-registration is preferred, but walk-ins are welcome. List

of presenters and registration form is online at <http://lancaster.unl.edu/ag/SuccessfulFarmerbrochure.pdf>. If questions or to reserve your spot by phone, call Tyler Williams or Karen Wedding at 402-441-7180.

Recordings of the workshops are being archived at <http://lancaster.unl.edu/ag>.

Pruning to Create Strength and Good Structure in Young Trees

Sarah Browning
Extension Educator

Trees are an essential part of any landscape, providing a wealth of benefits. However, there is also risk associated with trees either from a large tree falling or splitting, or branches breaking. When trees are located near homes or businesses, or in areas with a lot of human activity, the potential for damage or injury when a tree fails or branches break is high.

Fortunately we can minimize risk by providing proper pruning throughout a tree's life, beginning when the tree is young. And now — late winter — is an excellent time to prune shade trees. Branches are easier to remove when not weighed down by leaves and the tree's branching structure is easy to see.

Structural Defects to Avoid

Several common problems occur in trees and can easily be corrected through pruning, especially if you address them when the tree is young. These problems are 1) codominant branches, 2) included bark and 3) a lack of pruning in young trees requiring removal of large branches later on. Looking for these problems in your trees and developing a management plan is the best thing you can do to maintain the health and strength of your trees as they get large and mature.

Codominant branches are stems of approximately equal



Ideally, lower branches should be removed gradually during the first 25 years of a tree's life to prevent the need for removal of very large branches.

girth and height that originate from the same location on the tree. They create a weak union at that point on the trunk, because the branches do not develop a proper branch collar. A branch collar is an area at the base of a branch where new growth of trunk wood wraps around that year's new branch wood. This creates an interconnected, overlapping pattern of growth and creates a strong branch/trunk union.

A frequent problem resulting from codominant branches is splitting of the trunk when the tree is older and under extreme load, such as a heavy snow or ice, or during very high winds. This type of damage is very common in older Bradford pears

due to their strong natural tendency to form codominant branching. Almost any shade tree can develop codominant branches and unfortunately many homeowners unknowingly create codominant branching in their trees by pruning young trees incorrectly.

What can be done to manage codominant branches? Ideally they are pruned out when their branches and foliage make up only a small percent of the tree's total canopy. Shortening is another method that works well, especially if the branch has been allowed to get large and makes up a higher percentage of the tree's canopy. Remove some of the codominant branch's height, making it several feet shorter than the main leader, cutting back to a secondary branch or shoot to redirect growth.

Why does shortening work? Growth hormone movement in trees is determined by shoot height. The main leader should always be the tallest shoot in the tree so it continues to receive the most growth hormones. Once you've shortened it, over the next few years the shortened codominant branch will receive fewer growth hormones than the main leader, growing slower and allowing the main leader to develop. Eventually the codominant branch can be removed completely, or left in the tree as a secondary branch.

Included bark often develops at the junction of codominant branches. Bark

is pinched between these competing branches, so there is no physical connection between them. Instead, at their base, is bark pressed against more bark. Often a trunk split will begin at this weak union point and once a split or crack begins to develop, it only gets worse over time.

Lower branches in trees are commonly removed to create better clearance beneath the tree for equipment and people. **Removal of large limbs** usually happens when tree pruning maintenance is not done on a regular basis, allowing branches to get very large before they are removed. The resulting large wound creates a perfect opening for wood rot fungi, since the wound is slow to close. Ideally, lower branches should be removed gradually during the first 25 years of a tree's life to prevent the need for removal of very large branches.

Pruning Young Trees

Focus on creating good structure in your trees with the following strategies.

Develop and maintain a central trunk by shortening or removing any secondary leaders, which are branches originating from the trunk, grow very upright and approach the height of the main trunk.

Shorten or remove competing codominant branches so that only one main branch originates from any point on the trunk. Long-term structural branches should be spaced around the trunk like spokes in a wheel and up the trunk at alternating levels.

Slow the growth of lower, temporary branches by shortening them and remove them completely before they reach more than a third of the trunk's diameter.

How Much Can Be Removed?

One method used to determine how much live wood can be removed safely during one annual pruning is based on the tree's growth rate. Examine 6–12 twigs randomly around the tree's canopy to determine an average growth rate.

For trees putting on very little growth, limit pruning to address codominant branches.

For trees putting on an average of 6–12 inches of new growth, 10 percent of the canopy can be removed.

For trees putting on an average of 12–24 inches of new growth, 10–15 percent of the canopy can be removed.

Trees putting on higher amounts of growth on average may tolerate 25 percent or more canopy removal.

But ideally trees should be pruning annually, removing smaller amounts of live growth each time. If a large amount of pruning is needed, it will need to be spaced out over the course of several years.

FOR MORE INFORMATION

University of Florida publication "Developing a Preventive Pruning Program: Young Trees," (ENH1062) available at <http://go.unl.edu/youngtreepruning>

2016 Vegetable All America Selections

Onion – Bunching Warrior



Photos: All-America Selections

Judges voted that Cornito Giallo pepper has a winning taste. Starting as small, green fruits, this AAS Winner develops into bright yellow jewels with a delicious sweet and fruity flavor. The peppers themselves are plentiful and durable, yet easy to eat fresh. Being an early bloomer, you will be able to enjoy these peppers throughout the growing season and well into the fall.

Pumpkin Super Moon



Super Moon pumpkin is the first-ever white pumpkin winner. The judges loved the nice, eye-appealing ghostly-white coloration on the large, blemish-free round pumpkins. Grown for their size, up to 50 pounds, and their clean, white color, these hardy plants are known for their early fruit development and vigorous growth. When done decorating with these beauties, consider trying the yellow flesh for roasting or in your fall harvest soups. Sow seeds in garden setting leaving plenty of

Pepper Cornito Giallo



room for vigorous vines. Seed in sunny location in 5-foot rows with a 20-inch spacing.

Tomato Candyland Red



Tomato Candyland Red is the only AAS award winning currant-type tomato. Currant tomatoes are smaller in size than cherry-type and are ready to eat straight from the garden. Gardeners will appreciate the dark red, sweet flavored fruit that can be enjoyed throughout the season. The tomato plant itself has a nice tidier habit than other currant-type plants with the fruit tending to form on the outside of the plant making them easier to harvest. Sow seeds in flats or plug tray at least five weeks before target date for transplanting outside. Wait to transplant outdoors until night temperatures are over 45°F and there is no threat of frost, as cold temperatures will cause severe damage. Transplant outdoors in full sun at least 2–3 feet apart. The plants require staking.

Source: All-America Selections

Here Are 10 Things to Know About the Zika Virus Right Now

This article originally appeared in UNL Today and is reprinted with permission.

Zika, a relatively new virus, is the subject of worldwide concern because of its rapid spread and its apparent connection to a neurological birth disorder.

1. **It is spread by mosquitoes.** It is not passed through incidental human contact.

2. **Symptoms in adults tend to be mild,** such as body aches, rashes, fever, headaches and inflamed eyes, lasting about a week. An estimated 80 percent of people infected with Zika show no symptoms.

3. Since November, **Zika has been linked to nearly 4,000 cases of microcephaly in Brazil** — a birth defect where babies are born with abnormally small craniums and limited brain development. It also has been linked to Guillain-Barre Syndrome, a neurological disorder that causes paralysis.

4. Brazilian health officials made the connection after finding many of the mothers had experienced Zika-like symptoms in the early stage of their pregnancies. Brazilian authorities recommend **women in affected areas avoid**



James Gathony, CDC

Zika virus is transmitted to people primarily through the bite of an infected *Aedes* species mosquito.

getting pregnant until the disease abates.

5. **United States health authorities advise pregnant women to avoid traveling to 23 countries where Zika is active** (a current list is available at <http://www.cdc.gov/zika/geo>). Pregnant women who have recently traveled to those countries should be monitored for Zika symptoms.

6. **Zika was first discovered in Uganda in 1947.** The first documented outbreak occurred in Micronesia in 2007. Subsequent outbreaks occurred in southeast Asia and the western Pacific. The current outbreak in the Americas began in Brazil last May. By Jan. 20, locally-transmitted cases had occurred in more than 20 countries, including Puerto Rico.

7. **About 20 cases of**

returning travelers with the disease have been reported in the United States. They include a Hawaiian baby born with microcephaly after his mother returned from Brazil.

8. The World Health Organization warns **Zika is likely to spread to all countries in the Americas except for Canada and Chile.** *Aedes*

mosquitoes, the main vector for Zika transmission, occur in all but those countries. It is the same mosquito that carries Dengue fever and yellow fever.

9. With no vaccines or antiviral medications available, **the best protection against Zika at this time is to avoid being bitten by mosquitoes.**

10. It is not clear why the virus appeared in Brazil and why it is now causing microcephaly. Some speculate that travelers attending 2014 World Cup soccer matches may have transmitted the disease. Some question whether the virus has evolved.

Sources: Centers for Disease Control and Prevention reports, Reuters and CNN news reports, interviews with Asit K. Pattnaik of the Nebraska Center for Virology at the University of Nebraska-Lincoln and Daniel Brooks, senior research fellow with the H.W. Manter Laboratory of Parasitology at UNL.



GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

Complete the pruning of shrubs and ornamental trees before growth starts, except for spring-flowering shrubs. Prune those which bloom in spring as soon as they finish flowering.

Buy a notebook and use it to keep all your gardening information. List what you plant in the garden. Include the name of seed companies, plant name, variety, planting date and harvest date. During the growing season, keep notes on how well the plant does. If the variety is susceptible to disease, record what was used to treat any problems. All this information will be helpful in planning future gardens.

If you have not done it already, check stored tools and outdoor furniture for signs of rust. Remove any surface rust with steel wool and paint with rust preventing paint.

Start transplants indoors of tomatoes, peppers and eggplant.

Turn the compost pile.

Do not plow your garden when the soil is wet. It will form clods which are difficult to break up and interfere with cultivation during the summer.

Pick a permanent spot for herbs in the garden.

Place birdhouses built this winter outdoors this month. Birds will begin looking for nesting sites soon.

Rake the lawn to remove leaves and twigs.

Some annuals, such as verbenas, snapdragons and petunias, take 70–90 days to bloom. They should be started indoors in early spring.

Buy some new perennials for your flower border. Spring is a good time to renew and add variety to your landscape.

How are your houseplants doing? 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.

Finish repairing and painting of window boxes, lawn furniture, tools and other items in preparation for outdoor gardening and recreational use.

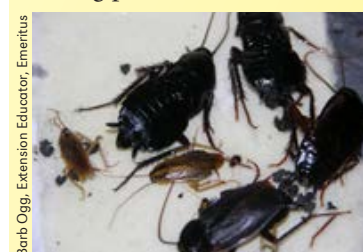
Use Multiple Tactics to Help Eliminate Cockroaches

Soni Cochran
Extension Associate

It is possible to eliminate roaches, but it will take several tactics — monitoring, sanitation, getting rid of clutter, reducing access to food and water sources, cleaning and vacuuming around cupboards, pantry and appliances.

Identify and Monitor

First, know what type of roach you are dealing with and get a handle on the extent of the problem. Roaches travel close to their hiding places.



Barb Ogg, Extension Educator, Emeritus

Oriental and German cockroaches in a sticky trap.

Use sticky traps (glue boards) to figure out the source of a roach problem. These inexpensive boards can be replaced once they are covered by roaches. Over time, you'll be able to see how well your control methods

are working and identify new infestations by monitoring the boards.

Glue boards are found in grocery, discount and hardware stores. You'll find them where mouse traps are sold.

Control Options

Once you know what type of roach you have and the extent of the problem, you can make decisions on the best type of control. Avoid bombs and foggers.

One of the biggest improvements in roach control products has been the availability of baits. Gel baits and bait stations should be placed where you are finding the most roaches on your sticky boards.

Other low toxic products include boric acid dust, silica dioxide or diatomaceous earth — these products should be used under appliances and in wall voids.

FOR MORE INFORMATION

Extension NebGuide "Low Toxic Cockroach Control" (available in Spanish, Arabic and Vietnamese) and *Cockroach Control Manual* (available in Spanish and Japanese) are online at <http://lancaster.unl.edu/pest>



Providing Carnival-Type Games at Kiwanis Karnival is Fun Community Service Opportunity for 4-H Clubs

The annual Kiwanis Karnival, a FREE family event, is sponsored by the Lincoln Center Kiwanis. This year, it will be held Friday, April 8, 5:30–7:30 p.m. at Elliott Elementary School, 225 S. 25th St., Lincoln. The Karnival 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 create and staff carnival-type booths, such as bowling pins, throwing bags through holes, etc. This is a great community service and leadership activity for clubs. About 250–300 people attend this annual event. If your 4-H club or family would like to have a booth or for more information, call Lorene at 402-423-7541 or 402-310-3481. Come join the fun!

4-H Speech & PSA

4-H Speech & PSA Contests are open to all 4-H'ers — need not be enrolled in a specific project. Youth may choose to participate in either or both the Speech and PSA contests. For guidelines and examples, go to <http://lancaster.unl.edu/4h/Contest/speech.shtml>. If you have questions, contact Cole Meador at cmeador2@unl.edu or 402-441-7180.

PSA Contest, Due March 14

In the Public Service Announcement (PSA) Contest, 4-H'ers submit a 60 second “radio commercial” promoting 4-H. Submit a PSA via CD to the Extension office by Monday, March 14. If you do not have the capabilities to record a PSA, contact Cole to set up a recording time. Results and comment sheets will be handed out at the 4-H Speech Contest. The 2016 PSA theme is “4-H Grows Confidence...” Please use .wav or .mp3 audio formats when recording your PSA.

Speech Contest, March 20

The 4-H Speech Contest will be held Sunday, March 20 at the Lancaster Extension Education Center. Check-in between 1–1:30 p.m., contest begins at 1:30 p.m. Register by March 14 by calling 402-441-7180 or emailing cmeador2@unl.edu with your name, speech title and age division. Note cards can be used as references, but should not be used to read your speech.

Spring Rabbit Show

Saturday, March 19, 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

4-H MEMBERS AND VOLUNTEERS — PLEASE RE-ENROLL BY MARCH 1

4-H members and volunteers must re-enroll every year! Current 4-H members and volunteers who have not re-enrolled on the 4-H enrollment website 4HOnline this year are no longer officially enrolled members. **You are strongly encouraged to re-enroll by March 1!** New members and fair projects may be updated through June 15.

The website to enroll is <https://ne.4honline.com>. The process is easy and only takes a few minutes per member or volunteer. 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 and/or volunteers in the household will be added.

More details and step-by-step instruction guides with pictures are at <http://lancaster.unl.edu/4h/club>. If you have questions about the process or need access to a computer, call Karen Evasco at 402-441-7180.

INDEPENDENT MEMBERS: 4-H members enrolling as independent need to select “Lancaster Independent” under “club.”

PARENTS: If you serve in a leadership capacity in any way, please enroll as a volunteer and select “project volunteer.”

VOLUNTEERS: Last year, volunteers could not register online, so Extension staff member Karen Evasco entered many organizational leaders on 4HOnline. These leaders’ names will show up under their family profile — and will need to select “I forgot my password” to re-enroll as a “returning volunteer.” If leader names do not show up on 4-H Online, then they will need to enroll as a “new volunteer.” At this time, 4-H club organizational leaders are NOT able to view their 4-H club’s roster online (Nebraska 4-H is working out the details).

NOTE: Health information is optional. You DO NOT need to complete this portion of the online form.

4-H Camp Scholarships

4-H Council will award full scholarships for a select number of Lancaster County 4-H members to attend a summer camp at either Nebraska 4-H Camp location: Gretna or Halsey! Applicants must be age 8 or older and currently enrolled in 4-H. Preference given to applications submitted by March 1, will accept through July 31. Application is online at <http://go.unl.edu/campsch>

4-H Summer Camp information and schedule is online at <http://4h.unl.edu/4hcampandcenters>

4-H Jammie Workshop, March 12

4-H youth ages 8 and older are invited to practice their basic sewing skills and make jammie bottoms at the “Jammie Jamboree” sewing workshop on Saturday, March 12, 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. Sign up by March 10 by calling 402-441-7180.

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.

4-H/FFA Fair Books Will be Mailed in March

The Lancaster County 4-H & FFA Fair Book contains entry information for 4-H & FFA members exhibiting in 4-H/FFA. Fair Books are scheduled to be mailed on March 8 to all 4-H & FFA families who have enrolled through <https://ne.4honline.com>. The Fair Book will also available at the Extension office and at <http://lancaster.unl.edu/4h/Fair>.

The Lancaster County Super Fair will be Thursday, Aug. 4–Saturday, Aug. 13 (4-H/FFA Exhibits & Events Aug. 4–7; 4-H Horse Show Aug. 1–7).

Furniture Painting Workshop, April 16

4-H youth ages 8 and up are invited to participate in a furniture painting workshop on Saturday, April 16, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. No cost to attend. Adults are welcome to attend to help youth. Register by April 14 by calling 402-441-7180.

Bring a small piece of unpainted furniture, such as a shelf, stool or chair. These items can be found around your house, at craft stores, garage sales and thrift stores. Learn how to prepare new and used wood furniture by sanding, sealing, painting and finishing. All paints and finishes are provided.

Clover College Instructors Needed

4-H Clover College is four days of fun-filled, hands-on workshops for youth ages 6 and up, June 14–17 at the Lancaster Extension Education Center. If you have workshop ideas or would like to teach a workshop or volunteer to help, please contact Tracy at 402-441-7180 or tanderson14@unl.edu.

Livestock Quality Assurance Must be Completed by June 15

All 4-H/FFA members showing market beef, market sheep, market swine, meat and dairy goats, dairy cattle, poultry and rabbits at county fair, State Fair or the Ak-Sar-Ben 4-H Stock Show must complete the Quality Assurance training. Horse exhibitors and livestock exhibitors showing only breeding animals do not have to complete it. Again this year, the Quality Assurance certification is online. As always, this must be completed by June 15. Instructions are online at <http://4h.unl.edu/qualityassurance>. There is a \$5 per youth charge. If you have any questions, contact Cole at cmeador2@unl.edu or 402-441-7180.

New 4-H/FFA Livestock Identification Requirements

All market beef, market sheep, market goats and market hogs being identified for Nebraska State Fair and AKSARBEN Stock Show will be tagged with an EID tag. Ear notches and EID tag will be recorded for market hogs. DNA will still be required as usual at \$6 per market animal. Paper identification forms are no longer required for Nebraska State Fair or AKSARBEN animals — the DNA will serve as the nomination. Market beef needs to be identified by April 15; sheep, hogs and goats by June 15.

Breeding heifers, breeding ewes and breeding meat goats being identified for Nebraska State Fair and AKSARBEN Stock Show will submit a breeding nomination card with a \$2 fee per animal by June 15. This card will serve as the animal’s identification.

Youth participating in the Nebraska State Fair will have until Aug. 10 (state fair pre-entry deadline) to select whether they are showing their animal in 4-H or FFA.

All livestock ONLY being shown at county fair will be tagged with a normal 4-H tag and will need a paper animal identification form (also called ownership affidavit). Market beef ID forms are due by April 15 all other livestock ID forms are due by June 15. Forms can be picked up at the Extension office or found at <http://4h.unl.edu/animalscienceprogrammanagement>.

If you are showing at county fair and either State Fair or AKSARBEN, you do not need a paper identification form.

If questions, contact Cole at 402-441-7180 or cmeador2@unl.edu.

4-H Achievement Celebration

Nebraska Extension in Lancaster County and 4-H Council presented the Lancaster County 4-H Achievement Celebration on Feb. 9. 4-H'ers, 4-H clubs and 4-H leaders were recognized for their 2015 achievements. Lancaster County 4-H congratulates all 4-H youth who commit themselves to excellence! We also thank all 4-H volunteers who donate their time and talents to youth! For a complete list of award, scholarship and pin recipients (as well as additional photos) go to <http://lancaster.unl.edu/4h>.

COMMUNITY SERVICE AWARDS

Presented to 4-H'ers who have completed the most hours of community service.

AGE 14 AND OVER: Abigail Babcock, Morgan Bodfield, Christopher Bonifant, Valerie Gabel, Bailee Gunnerson, Austin Hurt, Kyle Hurt, Brooke Kreikemeier, Emma Lanik, Lucy Polk, Bethany Wachter, Addison Wanser, Maxwell Wanser, Alyssa Zimmer

AGE 8–13: Ellie Babcock, Samuel Babcock, Sophia Bonifant, Holly Bowen, Cassie Brown, Thomas Cook, Nathan Gabel, Clara Johnson, Mischa Lunquist, Nettie Lunquist, David Swotek, John Swotek, Alexa Tremblay, Kamryn Wanser



Age 14 and over



Age 8–13

4-H CLUBS OF EXCELLENCE

Nebraska 4-H Clubs of Excellence have met criteria outlined by the State 4-H office.

4-H Explorers, All-American Kids, Clever Clovers, Fantastic 4, Five Star 4-H'ers, Fusion 4-H'ers, Go Go Goat Getters, Joe's Clover Knights, Paws & Pals, Rabbits R Us, Rock Creek Ranchers, Star City Cornhuskers, Super Shamrocks

COLLEGE SCHOLARSHIPS

LANCASTER COUNTY 4-H COUNCIL — \$700: Ashtyn Cooper, Katelyn Erdkamp, Kayla Humphrey, Alyssa Jensen, Sydni Lienemann, Nicole McConnell, Sheridan Swotek

4-H TEEN COUNCIL — \$300: Justin Muehling, Sheridan Swotek

LINCOLN CENTER KIWANIS — \$1,000: Justin Hennessy

CAREER PORTFOLIOS

Career Portfolios are a record of an individual's 4-H career.

NOMINATED TO REPRESENT LANCASTER COUNTY AT DISTRICT COMPETITION

Abigail Babcock: Family & Consumer Science
Ellie Babcock: Family & Consumer Science
Kayla Humphrey: Communications & Expressive Arts

ALSO COMPLETED CAREER PORTFOLIOS

Clare Bauman, Aleyna Cuttlers



NEBRASKA DIAMOND CLOVER

The Nebraska 4-H Diamond Clover Program is a statewide program which encourages 4-H members to engage in a variety of projects and activities. At the beginning of the 4-H year, youth choose goals from a provided list, and at the end of the 4-H year, complete a report which documents their accomplishments.

LEVEL 1 – AMETHYST: Lilian Bogle, Samuel Bogle, Michaela Bunz, Hannah Dean, Haylea Dean, Karsyn Dice, John Donlan, Zoie Doxon, Jillian Drozda, Caroline Fortenberry, Christine Fortenberry, Anika Futo, Meredith Gaura, Easton Gubbels, Clayton Hancock, Lydia Hancock, Benjamin Hanus, Cyrus Harner, Clara Johnson, Sarah Lange, Mischa Lunquist, Nettie Lunquist, Evan Merrell, Allison Morrow, Madilyn Morrow, Sean Neal, Natalie Olson, Brianna Pittman, Zachary Pittman, Lilly Riedel, Lily Russman, Linsey Sheldon, Pearce Smith, Audrey Srb

LEVEL 2 – AQUAMARINE: Samuel Babcock, Jonathan Cook, Aleyna Cuttlers, Grace Gordon, Alyson Gubbels, Monica Hanus, Ella Hendricksen, Luke Johnson, Abigail Kreifels, Heather Lange, Gemma Larsen, Delaney Meyer, Thomas Neal, Claire Sobansky, Claire Wackel

LEVEL 3 – RUBY: Chloe Bohaty, John Boesen, Kali Burnham, Thomas Cook, Sydney Gubbels, Grant Johnson, Sara Kreikemeier, Megan Neal, Riley Peterson, Eliese Schwinck

LEVEL 4 – SAPPHIRE: Madelaine Polk, Abbie Russman, Anna Sump, John Sump

LEVEL 5 – EMERALD: Kayla Humphrey, Lucy Polk

LEVEL 5 – DIAMOND: Maxwell Wanser

4-H MERITORIOUS SERVICE



Kendra Ronnau (at right, pictured with Extension Associate Marty Cruickshank) was leader of the South Prairie 4-H Club (which had up to 83 members) for eight years. She has been instrumental in helping the horse and rabbit programs grow.

NATIONAL LEADERSHIP AWARD

Awarded on behalf of the American Youth Foundation to youth ages 15–18 who strive to achieve their personal best and make a positive difference in their schools, youth groups, 4-H clubs and communities.

Abigail Babcock, Alyssa Zimmer

OUTSTANDING 4-H MEMBER

Presented to individuals 14 years of age or older who have excelled in his/her involvement with the Lancaster County 4-H program. Selection is based on participation in a wide variety — and depth of — 4-H activities.



Sheridan Swotek (at left, pictured with Extension Educator Tracy Anderson)

2015 Outstanding 4-H Club Awards

The Lincoln Center Kiwanis Club presents Outstanding 4-H Club Awards to the top 4-H clubs participating in the Lancaster County Super Fair. Clubs receive points based on all members' total county fair exhibit and contest placings. The following clubs were also recognized at a recent Lincoln Center Kiwanis club meeting.



THE FUSION 4-HERS 4-H Club of Lincoln is the winner of Category I (5–10 members) — and winner of the Wayne C. Farmer trophy as overall Outstanding 4-H Club for the second year in a row. The club's seven members were enrolled in approximately 20 project areas and entered 72 total exhibits at the fair. This is the club's third year as an outstanding 4-H club winner. Marsha Prior is club leader and Analisa Peterson is assistant leader.



THE EGG BASKET 4-H Club of Lincoln is the winner of Category II (11–20 members). The club's 17 members were enrolled in approximately 15 project areas and entered 82 total exhibit at fair. This is the club's first year as an outstanding club. Diane Merrell is club leader and Bridget Bogle is assistant leader.



RABBITS R US 4-H Club of the Lincoln area is the winner of Category III (21 or more members). The club's 29 members were enrolled in 13 project areas and entered approximately 133 exhibits at fair. This is the club's fourth year as an outstanding club. Mark Hurt and Brandy Gunnerson are co-leaders.



EXTENSION CALENDAR

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

February FEBRUARY IS NEBRASKA 4-H MONTH

- 23 Commercial/Noncommercial Pesticide Applicator Recertification Training 8:30 a.m.
- 25 Commercial/Noncommercial Pesticide Applicator Initial Certification Training and Testing..... 8:30 a.m.

March

- 1 Preference Given to 4-H Council Camp Scholarship Applications Submitted to Extension by this Date
- 1 4-H Council Meeting..... 6 p.m.
- 4 Successful Farmer Workshop Series 9–11:30 a.m.
- 4 R.B. Warren 4-H Horse Educational (\$500) and Grand Island Saddle Club Scholarships (\$1,000) Entries Due
- 4 Deadline for Governor's Agricultural Excellence Awards (\$500)
- 8 Private Pesticide Applicator Training..... 1–3:30 p.m.
- 9 Grain Marketing Workshop..... 9:30 a.m.–3 p.m.
- 10 Co-Parenting for Successful Kids Class 9 a.m.–12:30 p.m.
- 10 Private Pesticide Applicator Training..... 6:30–9 p.m.
- 10 Extension Board Meeting, Nebraska State Capitol, Room 1023..... 9 a.m.
- 12 4-H Horse Stampede, UNL East Campus - Animal Science Building
- 12 4-H Companion Animal Challenge, UNL East Campus - Animal Science Building
- 12 4-H Jammie Jamboree Sewing Workshop..... 9 a.m.
- 13 4-H Teen Council Meeting 3 p.m.
- 14 4-H Public Service Announcement (PSA) Contest CDs Due/Preregister for Speech Contest
- 18 Successful Farmer Workshop Series 9–11:30 a.m.
- 19 4-H Spring Rabbit Show, Lancaster Event Center – Exhibit Hall 9 a.m.
- 20 4-H Speech Contest..... 1 p.m. registration/1:30 p.m. contest
- 22–23 Earth Wellness Festival (for 5th Grade), Southeast Community College
- 24 Commercial/Noncommercial Pesticide Applicator Recertification Training 8:30 a.m.

EXTENSION NEWS

Tracy Anderson is New 4-H Program Coordinator

Tracy Anderson (formerly an Extension Associate) was recently hired as the new 4-H Youth Development Urban Program Coordinator in Lancaster County. This is an Extension Educator position. She has worked with the 4-H program in Lancaster County since 1997, overseeing all of the project areas, workshops and contests except those that are animal-related. She has also grown the annual four-day 4-H Clover College from 8 workshops to 55!

As Program Coordinator, Tracy's new duties will include expanding the program by growing youth enrollment, partnerships and funding. She will also coordinate and provide leadership to the 4-H staff team. Tracy will continue to collaborate with 4-H Council.



Pictured is Tracy Anderson teaching at last year's "Fun with Healthy Foods" workshop.

CONNECT

continued from page 1

As always, if you live outside of Lancaster County, Neb., be sure to check out your local Extension office. You can find your local office at <http://lancaster.unl.edu/office/locate.shtml>.

Today, 58% of rural residents, 68% of suburban residents and 64% of urban residents use social media.*

Facebook remains the most popular social media site — 72% of online adults are Facebook users, amounting to 62% of all American adults.*

Nearly two-thirds (63%) of Facebook and Twitter users get their news via each of those social media sites*

79% of parents who use social media agree that they get useful information via their networks. Mothers use it as a parenting resource slightly more often than fathers.*

4-H'ers at Horse Nationals



The Lancaster County Horse Judging Team earned Overall 7th place.

More than 1,000 youth ages 14–19 from 32 states including Alberta, Canada traveled to Denver for the 4-H/FFA Western National Roundup in January. Several Nebraska Youth attended the horse portion of the Roundup. In order to qualify, each team and individual were required to win the state competition.

The Lancaster County Horse Judging team of Nicole Ackland, Katelyn Erdkamp and Madison Sobotka (coached by Roger Bell) earned Overall 7th place, 5th High Team – Performance, 6th High Team Reasons and 8th High Team – Halter. Individually, Katelyn placed 15th overall and Nicole placed 17th overall.

Team Nebraska (consisting of Lancaster, Sarpy and Dawson 4-H'ers) earned third High Overall State Award! The High Overall State Award is given to the state with the overall highest score based on placings in the five different competitions.

BEANS

continued from page 2

Bean Math

- 1 can (15-ounce) of beans = 1-1/2 cups cooked beans, drained.
- 1 pound dry beans = 6 cups cooked beans, drained.
- 1 pound dry beans = 2 cups dry beans.
- 1 cup dry beans = 3 cups cooked beans, drained.

Bean Cooking Tips

Do not add salt or acidic ingredients, like vinegar, tomatoes or juice, this will slow the cooking process. Instead, add these ingredients when the beans are just tender.

Cooking times vary with the types of beans used but also may vary with their age.

Beans are done when they can be easily mashed between two fingers or with a fork. Always test a few beans in case they have not cooked evenly.



HEART OF 4-H VOLUNTEER AWARD

Carl Cederberg

Lancaster County 4-H is proud to announce Carl Cederberg as winner of March's "Heart of 4-H Award" in recognition of outstanding volunteer service.

A 4-H volunteer for four years, Carl is the coach for the NBots 4-H club and First Lego League (FLL) robotics team called The Rebels.

"I like being a 4-H volunteer because it makes a difference to the children involved," he says. "Parents make all the difference in 4-H. Without involved parents, none of the events would be possible. My favorite experience as a volunteer was our first Lego League competition, which was difficult. The robot broke during the practice table. On our last robot table, we were able to complete all the tasks we set out to do. The youth were so excited they went crazy — from all the excitement you would have thought we just won the whole competition."

Lancaster County 4-H thanks Carl for donating his time and talents. Volunteers like him are indeed the heart of 4-H!



Watch Chicks Hatch Online with EGG Cam!

<http://go.unl.edu/eggcam>

Embryology resources include incubation, candling, and more!



Chicks are due to hatch March 1 or 2, and May 3 or 4.