

February 2005

The NEBLINE, February 2005

Follow this and additional works at: <http://digitalcommons.unl.edu/neblines>



Part of the [Agriculture Commons](#)

"The NEBLINE, February 2005" (2005). *The NEBLINE Newsletter Archive from UNL Extension in Lancaster County*. 49.
<http://digitalcommons.unl.edu/neblines/49>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in The NEBLINE Newsletter Archive from UNL Extension in Lancaster County by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

The NEBLINE[®]

UNIVERSITY OF
Nebraska
Lincoln

University of Nebraska Cooperative Extension in Lancaster County
"Helping Nebraskans enhance their lives through research-based education."

February 2005
Vol. XIX, No. 2

441-7180 • Web site: lancaster.unl.edu

In This Issue

Horticulture	2
Urban Agriculture	3
Food & Fitness	4
Home & Family Living	5
Community Focus	6
Environmental Focus	7
4-H & Youth	8-9
Farm Views	10
Miscellaneous	11-12



COMMUNITY CROPS
Lincoln's New
Community-Supported
Agriculture Project
..... see page 6



Extension Educator Barb Ogg explains Lincoln's Biosolids to fifth graders attending the annual earth wellness festival.

Barb Ogg
Extension Educator

Pardon me for being personal, but did you ever wonder what happens after you flush? If you live in the country and have a septic tank, you undoubtedly know the septic tank catches what you flush and it eventually needs to be pumped out. But where does the waste go after the honey wagon cleans out the tank?

Ask most Lincolmites what happens after they flush, and they probably will tell you it ends up in the sewer system. But what really happens to all that stuff in the sewers and septic tanks?

Ask kids who listen to the Scoop on Poop presentation at the earth wellness festival and they will tell you the real story.

These fifth graders learn the wastewater treatment plant converts sewage into cleaned water and carbon dioxide and wastewater solids. Cleaned water meets rigorous Environmental Protection Agency (EPA) standards and is released into Salt Creek. Processed wastewater solids — called biosolids — are recycled by fertilizing crops. Wastewater processing is really a story about recycling.

A wastewater treatment plant is an engineering marvel most of us take for granted. And, contrary to what most people think, chemicals are not the primary method used to clean the water. Instead, wastewater treatment plants use mechanical and biological methods that efficiently and effectively remove pollutants.

Wastewater is first screened to remove large objects like golf balls, car batteries, hub caps, boards and other stuff unenlightened people throw down manholes.

Wastewater is then pumped into a grit basin where sand and gravel and other heavy materials settle to the bottom of the tank. If not removed, grit can damage equipment and pumps at the treatment plant. Grit is



The Theresa Street Wastewater Facility, southwest of 27th and Cornhusker cleans wastewater and produces biosolids 24 hours, 7 days a week and never shuts down for holidays. This facility is currently undergoing major construction to increase capacity to keep pace with Lincoln's increasing population.

pumped out of the tank and taken to the landfill.

Grease and oil float on water and are skimmed from the top of the tank and taken to the landfill.

Primary treatment removes solids through sedimentation, because the solids sink to the bottom of the tank. These solids are pumped into anaerobic digesters, heated and processed to reduce bacteria which eventually become "biosolids."

During secondary treatment, the wastewater is aerated to make it a better place for oxygen-loving bacteria to live. These bacteria eat pollutants in water and release carbon dioxide in the process. Bacteria eventually settle to the bottom of the tank and are pumped into the anaerobic digesters and processed as biosolids.

Septic tank waste produced in Lancaster County is transported to the Theresa Street Wastewater Facility, pumped into the treatment plant and processed so even folks who live in the country contribute to biosolids.

Anaerobic processing is an essential part of making biosolids because time (three-four weeks) and temperature (98° F) inside the egg-shaped digesters significantly reduce bacteria — making wastewater solids suitable for land application. Some wastewater treatment plants use lagoons, but the Theresa Street Wastewater Facility uses anaerobic egg-shaped digesters that are a familiar sight just south of the

Salt Creek Bridge west of 27th and Cornhusker. The City of Lincoln Wastewater and Solid Waste Division maintains the Theresa Street Wastewater Facility.

Biosolids are rich in nutrients that crops need to grow so it would be a waste to discard this resource. Instead, biosolids are used by area farmers to fertilize their crops. Since 1992, University of Nebraska Cooperative Extension in Lancaster County has coordinated distribution and

application of biosolids to agricultural cropland. To date, the Biosolids Land Application Program has worked with 55 crop producers to safely apply more than 300,000 tons of Lincoln's biosolids, while improving soil and increasing crop yields in the process.

Farmers interested in applying biosolids should contact Barb Ogg or Dave Smith of Lancaster County Extension at 441-7180 or attend the upcoming March 3 workshop (see below).

Fertilizing Cropland With Biosolids

An Educational Workshop about Lincoln's
Biosolids Land Application Program

All interested persons are invited to attend a free biosolids workshop on March 3 from 3:30 to 8:30 p.m. Preregistration is required — call Karen Wedding at 441-7180 by March 1.

Participants will:

- Tour the Theresa Street Wastewater Facility and learn how wastewater is processed and made safe for application.
- Learn how regulations determine application rates and locations.
- Learn how GPS and GIS technology is used in Lincoln's Biosolids Program.
- Learn how biosolids improves soil tilth, especially on poor or eroded soil.
- Learn how biosolids usually increases crop yields for several years after just one application.

Meet at 3:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. The group will then tour the Theresa Street Wastewater Facility and return to extension for dinner and educational program.



Non-Profit Organization
Resale Price \$3.00
444 Cherrycreek Road
Lincoln, Nebraska 68528-1507

CHANGE SERVICE REQUESTED

Lancaster County 4-H Council
University of Nebraska
Cooperative Extension in Lancaster County
444 Cherrycreek Road, Suite A
Lincoln, Nebraska 68528-1507

Shopping for Plants, Seeds

When ordering seeds, keep in mind some general guides. Order only enough seeds for your needs. Otherwise, you will be faced with entirely too many plants or with storing the unused seeds. Ordering just what you can use and handle is one of the toughest problems most gardeners face this time of year.

First figure how many plants you will need. Then consult the catalog description to find the percent germination, and how many seeds per packet. The germination is important, since if the packet has enough seeds, but the germination is low, you'll want to order more. Some packets such as geraniums may only contain five seeds, as they are quite choice and harder to produce. Others may contain hundreds of seeds and be enough for several years!

When ordering seeds, consider the All-America Selections. These are new introductions that have been judged best by horticulture professionals nationwide. These selections are one reason to start your own plants, as many are quite good, and cannot be found at many garden stores or greenhouses. You can learn more about this program online at www.all-americaelections.org.

Catalogs and online Web sites, may also be used for ordering plants that arrive in the mail later in the spring. This is a good way to find many new and unusual perennial plants that may not be available locally. This is especially true if you are interested in a certain genus, group or niche of plants such as hostas or aquatic plants. If you have large garden centers and specialty nurseries in your area, you may wish to check their listings first before ordering from catalogs. Be sure to ask if the plants have a guarantee.

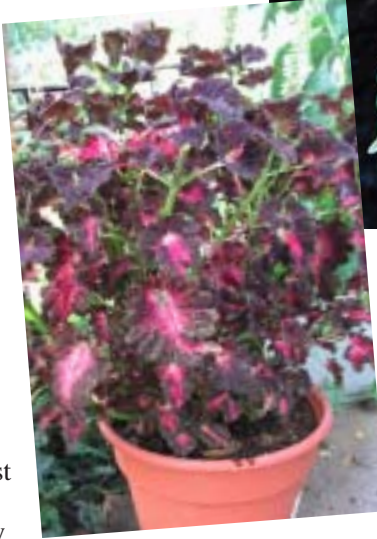
When ordering plants there are important points to remember. Order from reliable sources in order to get good value and plants that are shipped properly. Such sources are ones you may have used before or heard recommended by friends and neighbors. Beware of inexpensive plants. Price is often a good indication of quality and lower prices often reflect poor quality. These plants seldom resemble those in the catalog and they often die. (MJF)

Colorful Coleus Make Good Bedding or Container Plants

Coleus are prized for their colorful foliage which may combine shades of green, yellow, pink, red and maroon. New introductions of this popular annual have been selected for increased sun and heat tolerance. Coleus vary from smaller types that will reach only one foot tall to tall bushy types of three feet. Sprawling types suitable for hanging baskets and window planters may spread up to three feet or more. Most coleus grow fairly rapidly to their full summer size. They are all tender annuals in Nebraska and will be killed by the first frost.

The brilliant and widely varied colors of coleus foliage make it a natural for use as a bedding plant and as a color accent. Coleus grows beautifully in containers, which can be used to highlight patios, porches and garden terraces.

Coleus are highly resistant to serious disease or insect



problems when grown outdoors in properly prepared beds or containers. Some pests to watch for include mealy bug, aphids and whiteflies.

Some disease problems to watch for include stem rot and root rot.

Most coleus will grow best in part shade. However, several new cultivars are available that will thrive in a full, hot sun. Coleus must have good soil drainage. Poorly drained soils and excessive watering will damage coleus. Over-watered plants will be stunted and root rot could occur. Plants should not be allowed to dry out. Coleus grown in containers are more susceptible to drought

and should be planted in a very well-drained soil mix that is watered more frequently.

Pinch growing shoots of young plants frequently to encourage and maintain dense foliage. For a midsummer growth boost, fertilize in June, July and August with a liquid fertilizer at half the usual dilution. Flower spikes will appear in late summer. Many people dislike their appearance, and if allowed to go to seed the plant will decline. Shear back flowers to extend performance. Since coleus are annuals and will be killed by the first fall frost, you may want to take cuttings of especially prized cultivars. They root easily from stem cuttings that are placed in containers with moist potting soil. (MJF)

Bromeliads Need Strong Light, Warm Temperatures to Survive

The bromeliad is a member of a large plant family that is native to the warmer climates of North and South America. Bromeliads grow in trees, attach themselves to rocks and live on the forest floor. They vary in size from one inch to 35 feet high. Bromeliads have many appealing qualities, but their foliage is generally the most attractive part of the plant. Some bromeliads have several bands or variegations on their leaves, which exhibit different color patterns. Along with their attractive foliage, bromeliads also develop beautiful flowering stalks that are vivid, unique and bold. Pineapple is an example of a fruiting bromeliad.

Bromeliads need strong light to grow well and produce flowers. You must have a very well-lit area in your home to grow these plants properly, although you can use artificial light. Most bromeliads have a natural reservoir that's formed by the leaves, which are arranged in a vase like shape with overlapping bases. This reservoir holds a large amount of water, so be careful not to over-water your bromeliad or you may rot the roots.

Because most bromeliads originated in the tropics, they



need very warm temperatures to survive and grow well. Keep your room temperature at 70° F during the day and 55 to 60° F at night.

Bromeliads can be fertilized every three or four weeks with a half-strength mixture of all-purpose soluble fertilizer. This weak fertilizer can be placed directly in the receptacle cups of your bromeliad. Roots do not need to be fertilized as frequently. The soil should supply moisture to your plant without getting too soggy. The soil should also be porous enough to allow water to drain off easily and allow air to reach

the roots.

You can force bromeliads to bloom easily by using a healthy, mature plant with a good root system. First, drain all water from the plant and place the plant inside a clear, airtight plastic bag with a large ripe apple. Ripe apples give off a gas called ethylene, which triggers the formation of flowers on bromeliads. After two to three days, remove the plant from the bag and replace the water you removed. Depending on the type of plant you have, flowering will begin in six to fourteen weeks. (MJF)

Garden Guide

Things to do this month

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

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

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

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

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

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

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

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

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

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

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

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

The Acreage Yard and Garden: an Ongoing Process



Karma Larsen
Nebraska Statewide Arboretum

Yards, perhaps more than anywhere else, are a place for freedom, for creativity. Are there any two identical?

In a city block with small lots there might be six yards, one after the other, identical in size, similar in soil makeup, receiving similar amounts of sunshine. Yet for all the similarities, each gardener leaves their mark. The primary goal with most small gardens is to avoid the constraints, to avoid any feeling of restriction or confinement and to enlarge, if not the space, at least the perception of space.

If the constraints of a small city lot are obvious, is the grass greener on an acreage?

In the literal sense no, since green turf is, for many acreage owners, both an impossible reality and their lowest priority. The goal for many acreage-owners is to keep the landscape as natural as possible, to intrude as little as possible on the existing landscape. A tightly clipped lawn is simply not part of the picture.

Maintenance is another consideration since turf requires more care than almost any other landscaping. According to Steve Rodie, horticulture professor at UNO, the most common mistake he has heard from acreage owners was "they planted too much high-maintenance turf." Though the majority of homes in the country have an area of mowed turf, many homeowners choose lower maintenance buffalograss or fescue, and keep mowed areas to a minimum.

Providing a Wildlife Habitat

Acreage owners Gary and Allison Petersen had been living in a townhome where the yard was cared for by a crew every Thursday. They had no desire to replicate in any way their city landscape. Other things were far more important to them. Like many others who

have chosen to live in the country, providing wildlife habitat was an important consideration. An existing pond provided desirable habitat for a variety of animal life, and existing plants provided cover for pheasants, quail, etc.

The Petersens tried to limit human impact on their five acres to one area and keep the views wide open, particularly in areas where their grandchildren play so they can supervise them from the house. For now, grasses planted around the pond keep it out of view from the children, and less of a temptation. As the grandchildren grow and safety is less of an issue, they plan to mow several paths down to the water's edge.

Providing fall and winter interest was extremely important to this retired couple who spends time every summer in Colorado. Low maintenance to make up for their absences was another high priority.

Their buffalograss lawn requires a minimum of mowing, watering and fertilizing. But Allison says it was difficult in the beginning and they had trouble getting good advice. "Everybody knows how to care for a bluegrass lawn. We found it a lot more difficult to get information about getting buffalograss started and managing weeds, for example."

Moving from a shady, city lot to a windy, hot and sunny site meant learning a different plant vocabulary. But they're pleased with the native (and native-looking) plants they've put in. Though they increased the size of the property from a small townhome to five acres, maintenance has been manageable. Prairie grasses are mowed once a year, the buffalograss somewhat more often, and the perennials they've planted, like Russian sage and rugosa roses, require little attention.

View Without the Wind

For Steve and Kathy Blum, the biggest shock was the wind. They had been warned

about it but still found themselves unprepared. One of the first things they did was to plant a windbreak on the north. Kathy warns, as important as the view is to many acreage owners, "you certainly want to be protected."

The buffalograss they planted will eventually minimize maintenance but, like the Petersens, they found it has required quite some effort to get it established and keep weeds out. Still, Blum says, neighbors who planted bluegrass and fescue mow almost every night of the week. Design is very different in a country landscape, Blum has found. If you want plantings to have any impact at all, Blum says, you have to do massive plantings, "15 penstemon rather than two or three."

For almost all of their plantings, labor for the initial planting is much greater than in an urban environment. Their vegetable garden had to be surrounded by chicken wire dug into the ground to discourage rabbits, trees need guards for the first several years, buffalograss is slow to get established, and for many perennials, soil needs to be amended before planting. Because the soil surrounding their home is so poor, they put in raised beds for flowers and vegetables. That too, will make planting much easier eventually, but required a lot of labor in the beginning.

Low Maintenance Landscape

Like many other acreage owners, the first thing Carlton and Judy Paine planted on their three acres was a row of pine trees on the north lot line. Their fescue lawn covers about a half acre and takes 4-5 hours to mow. But Judy grew up on a farm and enjoys being outside. She mows it all by hand with a self-propelled lawn mower and thinks of it as good exercise.

Both of the Paine's are plants people who started by putting in "things we liked... without giving a lot of thought

to design" in the initial stages. In recent years, they have been working with a landscape architect who has helped them tie different areas together, creating islands of trees and shrubs and putting in perennials where trees provide some shade and shelter. Judy is pleased that the trees they planted, particularly the crab-apples, are large enough she can put in some shade plants.

The Paine's give much more thought to views now than they did in the beginning when they were just trying to provide windbreaks and anchor plantings around the house. Judy enjoys the view from the kitchen window, a perennial garden to the south is in full view and the view of the pasture where they keep horses.

Though their interest in plants gave them a good background in plant selection, their landscape tended to look like a plant collection, Judy said, "with one of each plant I love." They have since added more variety in heights in their plantings, and have learned the value of repetition in large spaces.

The plants they've put in have been primarily drought tolerant and very hardy so they don't require much water after the first year or so of growth. Rabbits have been a problem so they've learned tree guards are a necessity in the early years.

Like the Blum's, they were surprised at how poor their soil was for gardening. They don't amend the soil where they plant trees, but they've found it almost a necessity for perennials, even the hardier ones.

It's no surprise acreage owners speak of their landscape as "an ongoing process." The Paines have been in the country since 1985 and though Judy recognized early on "we couldn't do it all at once...we thought we'd get it done at some point, that it would be a static thing." Now in their sixteenth year, plans for other garden areas, new plantings are still ahead of them.

WATERWHEEL

Shock Chlorination of Domestic Water Supplies

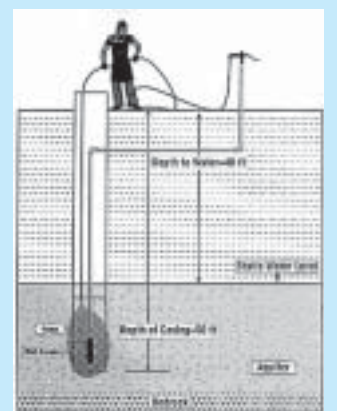


Note: This is part of a series of articles related to rural water issues.

One of the most common contaminants found in private domestic water supplies is bacteria. If a water test confirms bacteria is present, shock chlorination is the preferred method of treatment. Shock chlorination is also recommended on completion of a new well, when the pipeline is opened for repair, following contamination by flood water, and to help control sulfur or iron bacteria.

Two steps are needed for a successful chlorination process. First, identify and eliminate the source of bacteria. A shock chlorination is of limited value if recontamination occurs.

Second, when conducting the shock chlorination, add enough chlorine to create a 200 part per million solution throughout the water distribution system.



Recirculating water through a nearby hydrant after the introduction of concentrated chlorine.

Test the water again after a week or two and monthly for the next 2-3 months. If the problem persists, contact a licensed water well contractor or your local department of health office.

For a detailed discussion of how to shock chlorinate your domestic supply, contact the extension office and ask for NebGuide (G95-1255), "Shock Chlorination of Domestic Water Supplies." This publication is also online at lanrpubs.unl.edu/water/g1255.htm. (DJ)

Rural Living Clinic on Raising Fruits, Feb. 10

University of Nebraska Cooperative Extension will again present its series of seminars entitled "Acreage Insights - Rural Living Clinics" to help acreage owners manage their rural living environment.

The Spring workshops (listed with Lincoln dates) are:

- **Raising Small and Tree Fruits for Home or Commercial Use** — Thursday, Feb. 10, 7-9 p.m.
- **Create A Prairie With Native Grasses and Wildflowers** — Thursday, March 10, 7-9 p.m.
- **Acreage Landscape Management** — Thursday, April 14, 7-9 p.m.

In Lincoln, clinics will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road. The workshops will



also be offered in Omaha and Fremont. The Fall series of four workshops will be announced at a later date.

"Raising Small and Tree Fruits for Home or Commercial Use" will focus on the specific culture and care of strawberries, brambles, and grapes as well as

pruning and training techniques for tree fruits. If you raise fruits for yourself or plan to start a farm enterprise, this program will get you off to a successful start. Learn which fruits do well in Nebraska.

Preregistration is \$10 per person and must be received three working days before the program. Late registration is \$15 per person. Note: if a minimum number of registrations are not received, clinics will be cancelled and preregistered participants will receive a full refund.

For more information or for a registration form, call the extension office at 441-7180 for a brochure or go online at lancaster.unl.edu/hort/Programs/AcreageInsightsClinics.htm.



Alice Henneman, RD, Extension Educator

Enjoy this quick, easy, good-for-you soup! According to the Beans for Health Alliance (www.beansforhealth.com), eating beans regularly may help:

- Lower risk of colon cancer,
- Reduce blood cholesterol, as well as LDL or “bad cholesterol,” leading causes of heart disease,
- Lower risk of type 2 diabetes,
- Improve diabetes control for existing type 1 and 2 diabetics,
- Strengthen immune system through improved nutrition status to combat HIV/AIDS.

Did you know Nebraska ranks first in the nation in the production of Great Northern Beans?

Italian White Bean Soup (Makes 4 servings)

- 2 cans (15.5 ounces each) white kidney beans (cannellini) or Great Northern beans, drained and rinsed
- 4 cups non-fat, reduced sodium chicken broth, divided
- 1/2 cup chopped onion
- 3 cloves garlic, minced
- 1 can (16 ounce) whole tomatoes with no salt, undrained, chopped or 4–6 fresh plum tomatoes (peeled and chopped)
- 2 teaspoons dried basil
- 1/2 teaspoon dried thyme leaves
- 1/8 teaspoon white pepper

1. Combine one can of beans with two cups of the broth in a blender or food processor and blend until a smooth puree.
2. Transfer to a large saucepan. Stir in remaining ingredients.
3. Bring to a boil over high heat, reduce heat and simmer, covered, 10 to 15 minutes or until beans and tomatoes reach desired tenderness.

Nutritional information per serving: 203 calories; 1 g total fat (<1 g saturated fat); 37 g carbohydrate; 12 g protein; 10 g dietary fiber; 744 mg sodium. Source of recipe: www.aicr.org/information/recipe

ALICE'S TIPS:

- Black pepper has a slightly hotter flavor than white pepper whose flavor is milder and more delicate. White pepper comes from the same plant and is left on the vine longer. Appearance is the reason white pepper is included in many recipes. For convenience, I used black pepper in this recipe and found it acceptable in flavor and appearance.
- Rather than using whole canned tomatoes and chopping them, you might use diced tomatoes.
- I didn't have dried basil when I tested this recipe and substituted 2-1/2 teaspoons Italian seasoning for the basil PLUS thyme.



“Blooming” Chocolate Won't Hurt You

If the Valentine's Day chocolates you received develop some whitish discoloration on the surface, the chocolate is still safe to eat.

The whitish discoloration is called “fat bloom,” which occurs when cocoa butter separates from the crystallized chocolate mixture and comes to the surface. This usually happens when the chocolate is kept at a temperature of 70–75° F.

The discoloration also could be due to “sugar bloom,” which occurs when loosely wrapped chocolate is stored in the refrigerator. Moisture condenses on the surface and sugar from the chocolate dissolves in it. As the moisture evaporates, it leaves behind a crust of white sugar crystals.

One way to avoid white discoloration is to wrap and store chocolate carefully in a cool place but not in the refrigerator.

Source: Adapted slightly from an article by Dr. Barbara Struempfer, extension nutritionist, Alabama Cooperative Extension System www.aces.edu/dept/extcomm/newspaper/chocolate2.html

Fewer “Trips to the Attic” of the Food Guide Pyramid Create Great Health Benefits



The attic (or storage area) in our homes can be compared to the *attic* (top section) of the Food Guide Pyramid. We don't store items we use daily in the attic, just as foods high in fat, sugar and salt do not make up the major portion of our diet, if we want to lead a healthy life.

We often call foods from the five major food groups, our EVERYDAY FOODS. Other foods, which are high in fat, sugar and salt are SOME-TIMES FOODS. These are foods found in the *attic* of the pyramid. Let's take a brief look at each of these and consider how we can “go there” less often.

Foods High in Fat

The obvious foods high in fat include all fried foods. Frying removes both water-soluble and fat-soluble vitamins and adds fat. Baking, broiling and steaming are just a few healthier cooking choices. Read the Nutrition Facts labels when purchasing prepared foods. Total fat, saturated fat and cholesterol are the first values listed. A serving that provides more than 30

percent of the daily value of fat is considered high. A value of 5 percent or less is considered low. Remember, the values listed are for only one serving. This information helps us balance our intake of fat. The type of fat we consume is also important. For example, vegetable oils which are liquid at room temperature are healthier than animal fats.

Foods High in Sugar

Sugar is another “energy-producing” nutrient that can add calories to our diet. On the Nutrition Facts labels, sugars are listed in grams. To help visualize the sugar content of one serving, remember four grams = one teaspoon of sugar. If a 12 ounce beverage contains 40 grams of sugar, a person is consuming the equivalent of 10 teaspoons of

sugar. There are so many products containing sugar. These “empty” calories really add up.

Foods High in Salt

Salt is a combination of sodium and chloride. Most Americans consume too much salt which contributes to hypertension (high blood pressure). Hypertension is a major risk factor for heart disease and stroke. *Salty* is very much a taste we acquire through our lifetime. Gradually and intentionally decrease salt intake. Leave the salt shaker off the table and replace it with a *no-salt* spice or spice combination. Pepper is just one healthy spice alternative.

Let's become healthier by taking fewer trips to the attic and enjoying those *everyday foods* low in fat, sugar and salt.

Our good health is worth it.



Eating Well as We Age, Part 1

Editor's Note: This is part 1 of a two part article. Part 2 will be printed in the March NEBLINE.

Many older people have trouble eating well. Here is some information from the Food and Drug Administration, or FDA, that tells why and gives ideas on what you can do about it. Using the food label is one way to eat well. There are others.

Problem: Can't Chew

Do you have trouble chewing? If so, you may have trouble eating foods like meat and fresh fruits and vegetables.

What to do: Try other foods.

Instead of:

- fresh fruit
- raw vegetables
- meat
- sliced bread

Try:

- fruit juices and soft canned fruits, like applesauce, peaches and pears
- vegetable juices and creamed and mashed cooked vegetables
- ground meat, eggs, milk, cheese, yogurt, and foods made with milk, like pudding and cream soups
- cooked cereals, rice, bread pudding and soft cookies

Problem: Upset Stomach

Stomach problems, like too much gas, may make you stay away from foods you think cause the problem. This means you could be missing out on important nutrients, like vitamins, calcium, fiber and protein.

What to do: Try other foods.

Instead of:

- milk
- vegetables like cabbage and broccoli
- fresh fruit

Try:

- milk foods that may not bother you, like cream soups, pudding, yogurt and cheese
- vegetable juices and other vegetables, like green beans, carrots and potatoes
- fruit juices and soft canned fruits

Problem: Can't Shop

You may have problems shopping for food. Maybe you can't drive anymore. You may have trouble walking or standing for a long time.

What to do:

- Ask the local food store to bring groceries to your home. Some stores deliver free. Sometimes there is a charge.
- Ask your church or synagogue for volunteer help. Or

sign up for help with a local volunteer center.

- Ask a family member or neighbor to shop for you. Or pay someone to do it. Some companies let you hire home health workers for a few hours a week. These workers may shop for you, among other things. Look for these companies in the Yellow Pages of the phone book under “Home Health Services.”

Problem: Can't Cook

You may have problems with cooking. It may be hard for you to hold cooking utensils, and pots and pans. Or, you may have trouble standing for a long time.

What to do:

- Use a microwave oven to cook TV dinners, other frozen foods and foods made up ahead of time by the store.
- Take part in group meal programs offered through senior citizen programs. Or, have meals brought to your home.
- Move to a place where someone else will cook, like a family member's home or a home for senior citizens.

To find out about senior citizen group meals and home-delivered meals, call 1-800-677-1116. These meals cost little or no money.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Janet's Jargon

Janet Broer
FCE Council Chair

Is your New Year's resolution history by now? I am trying something different — a resolution for each month of 2005. First on the calendar I decided to do chocolate eclairs (from scratch and made with real whipping cream) for Erich's late January birthday. Thank goodness I still have a couple of weeks left to accomplish this task. For February, a day trip is planned to visit an elderly relative. In March, I will try to find a good clean old classic movie for an evening's entertainment —



maybe the 1952 John Wayne "A Quiet Man." April, I'll try to add 20 minutes exercise time to my weekly total— wouldn't want to try this before the weather gets a little nicer! By then you should check with me to see if I am still on track. As you can see, I haven't been overly tough on myself!

Our first Council meeting will be Jan. 24, 12:30 p.m. at Stauffer's Café and Pie Shoppe. This is open to the public and any members may attend, but I particularly think all club presidents should try to come. Yearbooks need to be picked up

and materials for Creative Writing and Environmental Poster contests need to be distributed. Pledge sheets for Tune Out Violence will also be available. All of these need to be turned in at the March 28 Council meeting.

It is not too soon for the Scholarship Committee to get applications out. An April 1 deadline has

been set for applications to be judged. It is definitely a busy time of year for FCE projects.

I hope this finds each of you warm and well during our winter weather.



FCE News & Events

January Council Meeting Jan. 24

The first 2005 FCE Council meeting will be Monday, January 24 starting at 12:30 p.m. with lunch at Stauffer's Café & Pie Shoppe. After lunch we will have our business meeting and then journey to Lowery Organ Center, 5930 South 58 Street for a concert/demonstration and dessert. All FCE

members are invited to attend. Call Pam at 441-7180 to register by Friday, Jan. 21. (LB)

February Leader Training Jan. 25

The February FCE & Community Lesson will be presented Tuesday, Jan. 25 at 1 p.m. "One of Rural America's Greatest Challenges" will be presented by Lorene Bartos and a guest speaker.

The drug epidemic, espe-

cially methamphetamine, is a great challenge. Everyone needs to be more aware of the magnitude of the problem and how it relates to public safety and rural economic development. This lesson will help individuals and communities with simple strategies to help combat this growing problem.

Non-FCE members should call Pam at 441-7180 to register. (LB)

What Has Happened to Family Time?

Does it seem you have no time for family time any more? If so, research will confirm those thoughts. A national study completed six years ago found children had a 12-hour per week DECLINE in the free time they had, their play time had DECREASED by three hours per week and unstructured outdoor activities FELL by 50 percent.

In addition, household conversations dropped by 100 percent between 1981 and 1997. Children spent only 45 minutes per week in conversation with anyone in the family. Family dinners saw a 33 percent decrease; there was a 28 percent decrease in families taking a vacation; and religious participation declined 40 percent in hours per week for children ages 3 to 12 and 24

percent for high school students with weekly religious attendance.

Where is the time going? It is no surprise many of the hours are going to sports. Structured sports has more than doubled. Passive, spectator sports has increased five times. (This includes time children watch their siblings play structured sports.) Studying has also increased by nearly 50 percent.

What is the concern? Several national studies have found regular family meals were the strongest predictor of academic success, avoidance of undesirable behavior and better nutrition than any other factor. Teens have even identified not having enough time with their parents as a top concern.

What does this mean for you? Where are you spending your family time? On a bleacher watching someone play ball? Eating meals together? Talking together? Attending religious activities together? Taking a vacation together?

This week, take time to assess what your family priorities are. How are you spending your time? Are your children in too many extracurricular activities? Do you eat meals together, at least once a day? It may be time to say "no" to some good things in order to enjoy the "best" with your family time together.

Source: "Overscheduled Kids, Underconnected Families: the Research Evidence" by William J. Doherty, Ph.D., University of Minnesota. Written by Jeanette Friesen, UN Extension Educator. (LB)

Caring Activities for Families

Involve all family members in activities that teach caring. Remember, friends and family by doing a special "caring" activity during February.

- Having pets is an excellent way to teach both caring and responsibility.
- Have children make a list of people they care about and people who care about them. List ways these people show they care about each other.
- Have children list caring behaviors they observe and send thank you letters.

- Have children list caring things they can do for their families, friends and/or classmates. Compile these into a "Caring Coupon Book," add a colorful cover and give as presents.
- Make up "caring prescriptions" for those who are sad, lonely, ill, hungry, cold, frightened, etc.
- Create weekly calendars, listing caring things to do in the home, school, community and environment. Give stars or some other agreed upon

reward to accomplishing the set goals.

- Let children help sort through their unused toys and clothes they have outgrown. Include them in deciding which charity to give them to.
- Play a game of "Caring Charades" showing caring behaviors.
- Create puppet shows illustrating the difference between caring and uncaring behavior.
- Have children collect food for the homeless or clothing for victims of fires, floods, etc.



by Lorene Bartos, Extension Educator

Beat Bathroom Clutter

1. **CLEAR THE CLUTTER** — Empty the medicine chest and clear off countertops. Throw away items that are no longer needed.
2. **ZAP DIRT** — Clean medicine chest and countertops with an all-purpose cleaner. Then, clean and replace only those items that you use every day.
3. **CLEAN EASY** — Use flushable bathroom wipes to clean sinks, faucets, basins, toilet rims and tanks. They're safe for plumbing and septic tanks.
4. **MIRROR ON THE WALL** — Spray a small amount of glass cleaner on the mirror. Wipe until it's completely dry to avoid streaks.
5. **SPRAY IT ON** — Spray the bathtub, tile and shower walls and doors with an all-purpose cleaner. Then, wipe clean.
6. **BRUSH & FLUSH** — Clean stains in the toilet bowl with the drop of a tablet or squirt of a gel. These new forms of toilet bowl cleaners keep your toilet clean and fresh!
7. **STOP & MOP** — An all-in-one mopping unit is a rinse-free way to remove dirt from floors. The disposable, electrostatic cloths contain a cleaning solution that dissolves soils.

Tips for Helping Your Child Learn Math

Parents can help children develop confidence in their math abilities by helping them to understand the following concepts:

Problems can be solved in different ways.

Learning math is more than finding the correct answer; it's also a process of solving problems and applying what you've learned to new problems.

Wrong answers can sometimes be useful.

Ask your child to explain how they solved a math problem. Their explanation might help you to discover if they need help with addition, subtraction, multiplication and division or with the concepts involved in solving the problem.

Don't be afraid to take risks.

Give your child time to explore different approaches to solving a difficult problem. As they work, encourage them to talk about what they are

thinking. This will help them to strengthen math skills and to become an independent thinker and problem solver.

Being able to do mental math is important.

Do math "in your head" (mental math) is a valuable skill that comes in handy as we make quick calculations of costs in stores, restaurants or gas stations. Let your child know that by using mental math, their math skills will become stronger.

It's sometimes OK to use a calculator to solve mathematics problems.

Let your child know that to use calculators correctly and efficiently, they will need a strong grounding in math operations; otherwise, how will they know whether the answer they see displayed is reasonable.

Source: Adapted from Helping Your Child Learn Mathematics, U.S. Department of Education, 2004. (LB)

The Heart of the Matter: Healthy Relationships

February is a good month to give the heart of your relationships a check-up. There are many healthy characteristics in a loving relationship: You have the right to:

- ♥ be treated with respect, kindness and trust.
- ♥ be accepted as you are, and appreciated, encouraged and loved.
- ♥ feel all of your feelings.
- ♥ think freely and to voice thoughts and opinions.
- ♥ be listened to, with attention, caring and openness.
- ♥ say no, to disagree, to change your mind, to be confused.
- ♥ make mistakes, to be forgiven, to make fresh starts.
- ♥ face problems, resolve conflict, to learn and to grow.
- ♥ quiet time, privacy, friends and activities of your own.
- ♥ trust your inner sense of what is best, to make your own decisions and to have and follow your dreams.
- ♥ warmth and affection.
- ♥ be playful, enthusiastic, creative, childlike and joyful.

Source: Sam Quick, Ph.D., University of Kentucky (LB)

Lincoln's New Community-Supported Agriculture Project

Yelena Mitrofanova
Extension Educator

and
Kim Matthews
Community CROPS Director

Community Combining Resources, Opportunities, and People for Sustainability (CROPS) is a Nebraska Sustainable Agriculture Society project. It began in 2002 with one Lincoln Community Garden (see related article). This year, it will include four gardens and a new four-acre community farm!

The project increases food security for refugees, immigrants and low-income people in Nebraska through asset-based community development that provides resources and technical assistance to grow, market and add value to agricultural products. Community gardens can also be a tool in neighborhood revitalization.

Thirty-three community partners make Community CROPS possible, along with funding received from grants.

Community Gardens

In 2004, Community CROPS' Community Garden Network served 32 families, as well as another 45 gardeners without families (single adults, youth, homeless and Fresh Start women). The country of origin of the participants included the former Yugoslavia, Indonesia, Japan, Hong Kong, Peru, Brazil, Sudan, Iraq (Yzedi's), Guatemala, El Salvador, Mexico and the United States.

Community CROPS offers free gardening space, materials, tools and education at four community gardens in Lincoln:

- P Street Garden located at 23rd and P Street,
- 46th Street Garden located at

Photos of some of the community residents participating in Community CROPS gardens during the 2004 growing season.



- 46th and Pioneers, Sumner Community Garden located at Antelope Park Church of the Brethrens (Sumner and Normal Blvd.),
- Women's Garden located at 28th and S Street.

The Gardener Outreach Project within Community CROPS, spawned a wide range of community and gardener outreach during the 2004 growing season. These projects included:

- A partnership with Fresh Start, a homeless women's transition program, to reap the harvest at the Women's Garden. Fresh Start women planted, tended and cooked the vegetables and herbs grown. They also donated their surplus produce to St. Monica's, a substance abuse treatment center for women. Over 500 meals had fresh vegetables added thanks to their hard work.
- Saint Paul's Methodist Church sponsored a plot for the homeless to be planted at 23rd and P Street. Once a week, volunteers went to the local day shelter to recruit and work with homeless gardeners who tended, grew and ate their bounty.
- Grow! Grow! Garden Club is

a group of Prescott Elementary school students learning about composting, eco-systems and gardening.

Sunset Community Farm

A new four-acre community farm located on SW 40th, Sunset Community Farm, will consist of garden plots maintained by community members. So far, six businesses comprised of refugee and immigrant farmers from Sudan, Guatemala, Central America, Bosnia and Iraq are signed up to work on the farm.

All produce will be raised organically (without pesticides) and sold through Community CROPS' shareholder program.

Fresh Produce Delivered Weekly

Lincoln residents have the exciting option to buy a "share" of Sunset Community Farm's summertime harvest and receive an amazing array of the freshest seasonal vegetables and herbs! Shareholders have farm fresh vegetables delivered to a convenient pickup point in their neighborhood once a week for 15 weeks for only \$26 per week (mid-June to late

September).

The selection of the produce will change from week to week, as does the total volume and weight of the boxes. The goal is to weekly fill a 3/4 bushel box to the brim — equivalent to 1-1/2 regular paper grocery sacks.

Pick up points will be announced in May after all the shares have been purchased.

There will be a five-hour window for shareholders to pick up their produce box from the designated site. Home delivery is available for an additional small weekly fee.

A Farm Tour Schedule will be announced so shareholders can visit Sunset Community Farm.

Share a "Share"

Individuals can choose to

purchase an entire "share" in the Community CROPS' shareholder program and donate half of their weekly 3/4 bushel box to a family who can not afford fresh vegetables. Community CROPS will work with the multicultural centers and Fresh Start Home to match donors with donation recipients.

Educational Outreach

Community CROPS provides educational outreach to multiple audiences through workshops, presentations, newsletters and after-school programs. Topics include gardening, nutrition and cooking, increasing food security opportunities in Lincoln, and more.

Get Involved!

For more information about any of Community CROPS programs, contact Director Kim Matthews at (402) 438-6056 or via e-mail at cropsinnebraska@earthlink.net

Community CROPS: An Idea Grows into Reality

Community CROPS is a project started in 2002 as a Nebraska Sustainable Agriculture Society (NSAS) AmeriCorp project. The purpose of the project was to create a dialogue between consumers and producers. Andy Witkowski, the NSAS AmeriCorp member, chose a community garden as the way to facilitate the conversation. He named the project the "Lincoln Community Garden" and found space at the corner of 23 and P Street.

The lot had essentially been a parking lot for the city's heavy equipment. Garbage, old tires and other waste littered the space. In the growing season of 2003, the area was transformed into a garden — growing food for 35 gardeners

representing seven nations from around the world.

Over the course of the growing season, Witkowski asked himself several questions: How could more gardens be created? How could refugees and immigrants use growing food as a means to increase their economic security? How could they get more community investment in the gardens? In his quest for answers, Witkowski began working with Kim Matthews, a grant writer for Lincoln Action Program (LAP).

In November 2003, they developed a three-year plan for Community CROPS. The plan increased the community gardens in 2004, developed a refugee/immigrant farmers initiative in 2005, and plans to increase consumer education in 2006.

Elliott Neighborhood "Visioning for the Future" Event Feb. 22

Families, residents and stakeholders in the Elliott School neighborhood are invited to attend "Visioning for the Future." Visioning for the Future is a special community event sponsored by the Elliott Community Learning Center to set priorities, dream for the future. The event will take place on Tuesday, Feb. 22 in the Elliott School Cafeteria, 6 to 8:30 p.m. Dinner and childcare are available. Please call Benjamin at 436-1563 for more information. Preregistration is recommended. (YM)

One 4th Grader's Vision for Her Neighborhood

As part of the City of Lincoln Urban Development Department's citizen participation process, Olsson Associates worked with Community Learning Centers on a "Kids-n-Cameras" project. Adults worked with youth on five questions:

- What is the safest place in your neighborhood?
- What is the scariest place in your neighborhood?
- What is the best place to play in your neighborhood?
- What is the prettiest place in your neighborhood?
- What kind of place will your neighborhood look like in the future?

Youth took photographs and wrote short essays. These were shared as part of a community visioning session held at Northbridge Community Center in December.

Following is one youth's vision for her neighborhood:

"My name is Marinah Stearns. I'm a 4th grader at Elliott Elementary.

In the future I would like my neighborhood to be clean because it isn't so far. Too many people throw trash on the ground. If more people would stop throwing trash on the ground our neighborhood would be cleaner.

My neighborhood is pretty already, like the waterfalls and the gardens with the pretty flowers. I hope it stays that way.

If people keep throwing trash on the ground maybe no one would notice how pretty it is!

Another thing that I like about my neighborhood is that we have a lot of different cultures. People come from all



over the world. They live in our neighborhood.

The languages are Spanish, German, Bosnian, Chinese, Vietnamese, Japanese, African, Sudanese, Arabic and Far-See.

This is important to me because in some neighborhoods they make fun of different

people, but in our neighborhood we get along with each other.

People need to stop judging others by the colors of their skin and start looking within. Maybe we could all learn that different doesn't always have to be bad.

Also friends can teach each other about other people and get to know each other and spend a lot of time together. Sometimes people fight and I wish that those people get along.

In the future the buildings should be colorful like the people in our neighborhood. Imagine the buildings all colored yellow, black, brown, pink, orange and purple. The world would look like a rainbow.

I care because the people in the neighborhood would look like the buildings. To look new and wonderful, just like us!"

UNL Researchers Measure Decline in Groundwater

UNL water scientists have found in one year's time, between spring 2003 and 2004, groundwater was lowered by one to five feet in heavily irrigated areas of Nebraska. Researchers measured spring water levels in more than 4,800 irrigation, domestic, observation and monitoring wells in all of Nebraska's 23 Natural Resources Districts.

Groundwater irrigation and pumping of wells and the recent drought have a direct bearing on why well water levels are lowering and some stretches of Nebraska's rivers and streams are dry. According to Jim Goeke, UNL hydrologist, "The increase in pumpage and diminished recharge to the aquifer due to the drought disrupts groundwater flow to streams, delaying or diminishing the flow of surface water to many basins."

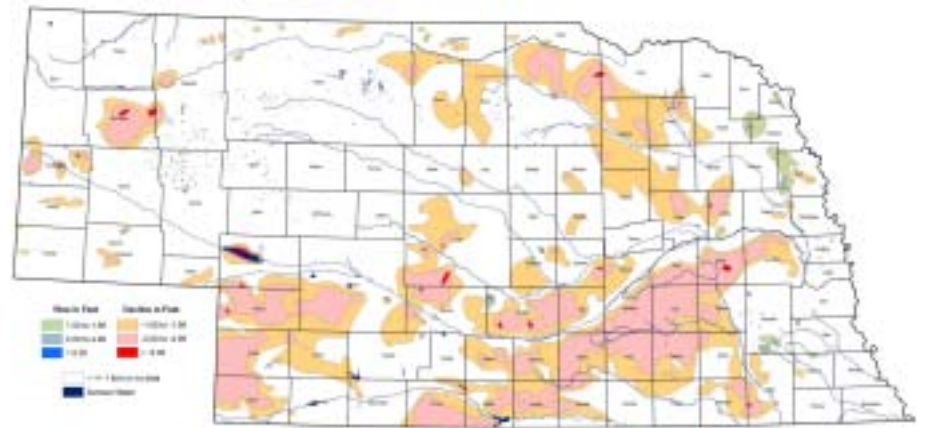
The most recent map, shown

below, shows groundwater level changes in the High Plains aquifer that underlies much of Nebraska. Most dramatic reductions between 2003 and 2004 occurred in the heavily irrigated Platte, Republican, Loup, Blue and Elkhorn River basins. Few changes occurred in southeast Nebraska where irrigation is not as widespread.

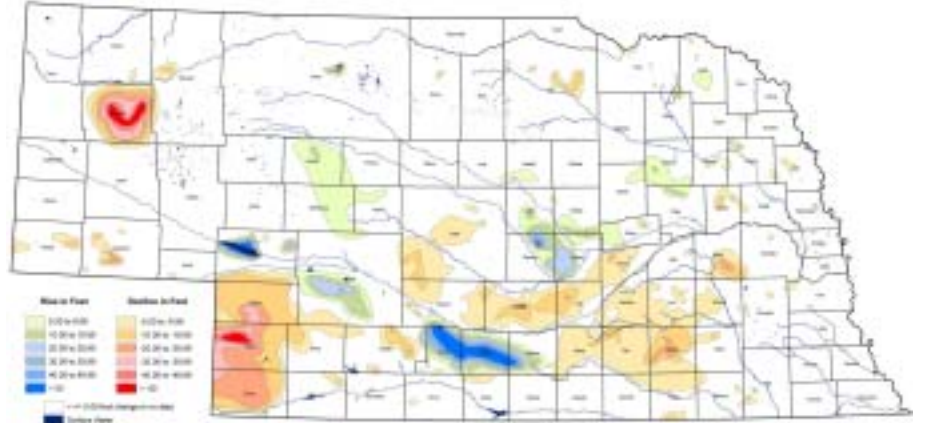
A second map shows longer-term historical declines in the aquifer from predevelopment — about 1952, when irrigation became more widespread — and spring 2004.

Scientists become concerned when aquifer levels continually decline. The High Plains aquifer underlies more than 104 million acres of land in South Dakota, Wyoming, Nebraska, Colorado, Kansas, New Mexico, Oklahoma and Texas.

Source: *Water Current, UNL Water Center, Fall 2004 (BPO)*



Groundwater-level Changes in Nebraska — Spring 2003 to Spring 2004



Groundwater-level Changes in Nebraska — Predevelopment to Spring 2004

When Wildlife Become Nuisances

Sometimes animals can become a nuisance or cause problems in your backyard. Raccoons may raid garbage cans, squirrels may rob seed and damage bird feeders, rabbits may eat garden vegetables and snakes repel some people. If you have problems with animals in your yard, take a "different" look at the habitat you've created for them. Try to see your yard as wildlife would:

- Do you have a garden shed or garage in need of repair? We get many calls from homeowners concerned about an opossum living in their garage. In most cases, the buildings are in need of repair or are lacking doors to help keep animals out.
- Did you put in a backyard pond or have a landscaped yard with plenty of places for animals to raise young and find food and water? Frogs, snakes, birds, raccoons, rabbits — many animals take advantage of naturalized landscaping. Remember — if you build it, they will come!
- Do you feed your pets outside? Do you feed birds? Wildlife don't understand the food you set out isn't for them too. It is quite a sight to see a skunk and your cat sharing a bowl of



A garter snake makes itself at home in a backyard pond.

pet food on the porch.

In most cases, the surest and most permanent solution is to exclude the animal from the problem area. Tight-fitting and secured garbage can lids, squirrel or predator guards on bird feeders, and fencing the garden to exclude rabbits are all effective. Remove bird nest boxes during winter so the squirrels cannot use them, and close holes and repair damaged louvers in the attic so squirrels cannot get in. Keep openings to your home sealed and cap chimneys to keep out curious raccoons.

You might also consider removing problem animals but make sure you also use exclusion. Removal is especially

helpful if an animal has established an undesirable behavior pattern such as entering the attic. Work with a local pest control company or if you choose to try removing the animal yourself, check first with Nebraska Game and Parks Commission officials. You may need a permit.

Snake problems can be handled by removing hiding places such as boards, rock piles, wood piles and high weeds from near the house. These provide shelter for snakes, and they tend to remain near them. Old tree stumps are also a favorite site for snakes. Remember, however, that snakes eat insects, earthworms and mice and are an important part of the natural environment. If they are not causing problems, it's best to leave them alone. If you feel you need to remove them, capture and then release them in a suitable habitat.

Animal problems in your backyard can usually be handled safely and effectively. For more information, read: *NebGuide (G84-672-A) "Backyard Wildlife: Making it Come Alive"* available from the extension office or online at ianrpubs.unl.edu/wildlife/g672.htm. If you have questions about a specific animal, you can also call the extension office at 441-7180 or e-mail lancaster@unl.edu.

Predator Birds in Urban Areas

A recent call to the extension office was a reminder city limits often have little impact on wildlife.

A lady, who lived in the University Place area, called to report the sighting of a red-tailed hawk in her neighborhood. She was concerned because she noticed birds at her bird feeder stopped feeding activities when the hawk was perched nearby in a tall tree. This is completely understandable bird behavior when a predator is lurking nearby.

When predators focus on bird feeders, they can become the equivalent of a predator feeding station.

What, if anything, can be done about this situation?

Red-tailed hawks are protected by federal law. Migratory Bird Treaty Act of 1918 protects all common wild birds found in the United States, except the house sparrow, starling, feral pigeon

and resident game birds such as pheasant, grouse, quail and wild turkeys. Resident game birds are managed separately by each state. Violations of the Migratory Bird Treaty Act, Eagle Protection Act and Endangered Species Act are considered criminal offenses and can result in significant fines and imprisonment. Any lethal means to control the hawk is not an option.

Perhaps the bird feeder is not placed in an appropriate location. Feeders should be placed so birds have protection from wind and predators. A good spot to place a feeder is in a somewhat open area but within about 10 feet of cover such as bushes or trees. Some open area allows birds to



A red-tailed hawk

observe predators. The shrubs or trees can provide shelter from strong winds and a place to escape from overhead predators.

Some experts say feeding birds in winter and early spring can help them survive when food sources are scarce, but birds at a bird feeder become more vulnerable during late spring and summer when predators are feeding young. It might be a good idea to discontinue bird feeding activities when food resources becomes more available.

For more information about feeding birds, refer to *NebGuide (G83-669-A) "Backyard Wildlife: Feeding Birds"* at the extension office or online at ianrpubs.unl.edu/wildlife/g669.htm.

Beginning Beekeeping Workshop



**Saturday, March 12,
9 a.m.–5 p.m.**

Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln

**Saturday, April 9,
9 a.m. to 3 p.m.**

Apiculture lab, Agricultural Research and Development Center (ARDC), near Mead

Learn to:

- manage honey bees by understanding their biology and behavior
- identify the best Nebraska honey plants
- locate hives for best survival and production
- install packaged bees
- manage honey bee diseases
- harvest honey and beeswax
- prepare your crop for market

Cost: \$15
(includes reference materials, refreshments and lunch)

For more information, call Barb Ogg at 441-7180

Lancaster County 4-H and 4-H Council invite 4-H'ers and their families to

Achievement Night



Tuesday, Feb. 1, 6:30–8 p.m.

Please call 441-7180 to RSVP by Jan. 28

University of Nebraska Westbrook Music Building (near 10th and R streets), Recital Hall-Room 119

Free Parking at Que Place Garage, 1111 Q St. (must bring ticket to event for validation)
Westbrook Music Bldg. entrance on east side



Part of Nebraska State 4-H Month!

Evening festivities include:

- Refreshments
- Awards presentation
- Select performances presented by the UNL Hixson-Lied College of Fine and Performing Arts

Special Thanks to the University of Nebraska School of Music

Speech & PSA Contest Information

Effective communication is a valuable life skills which can use throughout one's life. The 4-H Speech and Public Service Announcement (PSA) contests teaches and allow youth to practice speaking in front of others. These contests are open to all 4-H'ers — need not be enrolled in a specific project.

Keep checking THE NEBLINE for up-to-date information on these events. If you have any questions, please call Deanna at 441-7180.

Speech & PSA Workshop Feb. 22

A "4-H Speech and Public Service Announcement" workshop will be held Tuesday, Feb. 22 at 7 p.m. We will discuss how to write and deliver a speech and/or PSA.

Senior level 4-H'ers wishing special attention are encouraged to set up an individual appointment with Deanna Karmazin.

Entries Due March 28

All Speech and PSA entries are due to the extension office by Friday, March 28 at 4:30 p.m.

PSA Contest April 5

New this year! Due to the growing number of participants in this contest and the taping of the district winners, the PSA contest will be held at the Lancaster Extension Education Center on Tuesday, April 5 at 6:30 p.m.

PSA's must be 60 seconds; topic is 4-H. Emphasis is on the presentation of a PSA for radio. Contestants must give their PSA in person, no prerecorded tapes allowed.

Speech Contest April 10

This year's Speech Contest is tentatively set for Sunday, April 10, 1 p.m. at the State Capitol. This date is subject to change due to the availability of the Capitol hearing rooms.

Speech topics can be anything, but a 4-H theme should be maintained. Length depends on division:

- Novice (ages 8–9): 2 minutes or less
- Junior (ages 10–11): 2–3 minutes
- Intermediate (ages 12–13): 3–5 minutes
- Senior (ages 14–19): 5–8 minutes

2005 4-H Calendar

All events will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln unless otherwise noted.
Lancaster Event Center is located at 84th & Havelock, Lincoln

JANUARY

- 26 Horse Stampede Entries Due to Extension Office
- 27 Horse Knowledge Club 7 p.m.

FEBRUARY

- 1 4-H Achievement Night, UNL Westbrook Music Bldg. 6:30–8 p.m.
- 8 Trap Shoot Meeting 7 p.m.
- 10 Horse Knowledge Club Meeting 7 p.m.
- 13 Teen Council Meeting 3 p.m.
- 22 Speech & Public Service Announcement (PSA) Workshop 7 p.m.
- 24 Horse Knowledge Club Meeting 7 p.m.

MARCH

- 1 Nebraska 4-H Foundation Scholarships Deadline
- 1 4-H Council Meeting 7 p.m.
- 3 4-H Spring Rabbit Clinic TBA
- 5 4-H Spring Rabbit Show, Lancaster Event Center, Pavilion 3, Exhibit Hall TBA
- 10 Horse Knowledge Club Meeting 7 p.m.
- 12 4-H Horse Stampede, UNL East Campus, Animal Science Bldg. . 8 a.m.
- 13 Teen Council Meeting 3 p.m.
- 24 Horse Knowledge Club Meeting 7 p.m.
- 25 Speech & Public Service Announcement (PSA) Contest Entries Due

APRIL

- 1 County Fair 4-H Market Beef ID's Due to Extension Office
- 2 Animal Science 4-H Education Day, UNL East Campus
- 5 Public Service Announcement (PSA) Contest 6:30 p.m.
- 5 4-H Council Meeting 7 p.m.
- 10 Speech Contest, State Capitol 1 p.m.
- 10 Teen Council Meeting 3 p.m.
- 14 Citizen Washington Focus (CWF) Meeting 7 p.m.
- 16 Kiwanis Karmazin, Lancaster Event Center, Pavilion 3 7 p.m.

MAY

- 3 4-H Council Meeting 7 p.m.
- 4 MQA Training, Waverly High School, Ag Room TBA
- 13 County Deadline for District/State Horse Show Entries, I.D.'s, Level Tests
- 19 2008 Citizen Washington Focus (CWF) Reorganizational Meeting . 7 p.m.
- TBA Lancaster Horse VIPS Pre-District Show, Lancaster Event Center . TBA

JUNE

- 1 County Fair 4-H Horse Identifications Due to Extension Office
- 6–20 2005 Citizen Washington Focus (CWF) Trip to Washington D.C.
- 7 4-H Council Meeting 7 p.m.
- 15 All County Fair 4-H/FFA Animal ID's Due to Extension
- 20–23 District Horse Shows (N. Platte-20, Kimball-21, Ord-22, Bassett-23)
- 21–24 4-H Clover College

- 27–30 District Horse Shows (Bloomfield-27, Columbus-28, Seward-29, Tecumseh-30)
- 27–28 PASE/Life Challenge, UNL East Campus

JULY

- 6 Horticulture Contest 10 a.m.
- 6 Junior Life Challenge 1:30 p.m.
- 8 ALL County Fair 4-H/FFA Animal Entries Due to Extension
- 8 County Fair 4-H Table Setting/Bicycle Safety/Presentations/Style Revue Registrations Due to Extension
- 10 Teen Council Meeting 3 p.m.
- 15 Presentations Contest 1 p.m.
- 18–21 State 4-H Horse Show, Fonner Park, Grand Island
- 27 County Fair 4-H Style Revue Judging, Lancaster Event Center
- 29–30 County Fair Open Class Horse Show
- 31 County Fair 4-H Horse Show Pre-Fair Briefing, Lancaster Event Center, Pavilion 3, Extension Satellite Office TBA

AUGUST

- 1 County Fair Static Exhibit Entry Day, Lancaster Event Center . 4–8 p.m.
- 2 County Fair 4-H Horse Check-In: Dressage and English (Western if desired), Lancaster Event Center 8 a.m.–Noon
- 2–3 County Fair 4-H Poultry Check-In, Lancaster Event Center
- 2–3 County Fair 4-H Rabbit Check-In, Lancaster Event Center
- 2 County Fair 4-H Horse Check-In: Western, Event Center Noon

Aug. 3–7 Lancaster County Fair, Lancaster Event Center

Aug. 25–Sept 5 Nebraska State Fair, State Fair Park

SEPTEMBER

- 6 4-H Council Meeting 7 p.m.
- 11 Teen Council Meeting 3 p.m.
- 20 4-H Kick-off/Open House TBA
- 27 4-H Horse Awards Night 7 p.m.

Sept 28–Oct 2 AkSarBen 4-H Livestock Exposition, Qwest Center, Omaha

OCTOBER

- 2–8 National 4-H Week
- 4 4-H Council Meeting 7 p.m.
- 9 Teen Council Meeting 3 p.m.

NOVEMBER

- 1 4-H Council Meeting 7 p.m.
- 5 Fall Rabbit Clinic/Show, Lancaster Event Center, Pavilion 3 TBA
- 13 Teen Council Meeting 3 p.m.

DECEMBER

- 6 4-H Council Meeting 7 p.m.
- 11 Teen Council Meeting 3 p.m.

Upcoming Dine Out for CWF Events

You can help raise funds for the 4-H 2005 Citizenship Washington Focus (CWF) trip by dining out at the following:
Runza on Jan. 25

The Runza on 84th and Holdrege will donate 15% of its profits from all sales on Tuesday, Jan. 25 from 5-8 p.m.

Bruegger's Bagels Feb. 21-27

During the entire week of Feb. 21-27, both Bruegger's Bagels locations in Lincoln will donate 20% of their profits from sales in which customers submit a CWF voucher. Vouchers are available online at lancaster.unl.edu/4h and will be printed in the March NEBLINE. Photocopies of the voucher will be accepted.

Trap Shooting Meeting on Feb. 8

There will be a MANDATORY meeting for all interested trap shooters on Tuesday, Feb. 8, 7 p.m. To participate, youth must be ages 12-18 and have a hunter safety certificate. For more information, contact Gene Veburg at 421-1274. (TK)

New Supplemental 4-H Resources Available

New supplemental resources are available for the following 4-H project areas:

- Arts & Crafts
- Water Resources
- Science Discovery Series
- Community Service
- First Aid

Contact Tracy at 441-7180 to checkout these resources.

4-H Scholarships Due March 1

The Nebraska 4-H Foundation has several thousand dollars worth of college scholarships available to eligible 4-H'ers. Information and application forms are online at 4h.unl.edu. Scholarships include:

- R. B. Warren 4-H Horse Educational Scholarship (\$500)
- 4 Grand Island Saddle Club Scholarships (\$1,000)
- 3 Orschlen Industries Foundation Scholarships (\$1,000)

All applications are due into the Nebraska Foundation office by March 1. If you have any questions or need further assistance, please call Deanna at 441-7180.

4-H Citizenship Washington Focus Organizing for 2008 Trip to D.C.

Lancaster County 4-H Citizenship Washington Focus (CWF) is now taking applicants for the June 2008 trip to Washington D.C.! CWF organizes a trip every three years, raising money for the trip during the off years.

On an ambitious 15-day itinerary, CWF travels by bus to D.C., exploring our nation's history along the way. The group spends five days at the National 4-H Conference Center near Washington D.C. where they hold mock congressional sessions and learn how bills become law. Tours of D.C. include the Capitol building, the Smithsonians and all of the memorials.

If you will be the age of 15-18 as of June 1, 2008 and are interested in joining an adventure of a lifetime, please call Deanna Karmazin at 441-7180. A space can be held with a deposit of \$100. *This is open to the first 50 respondents — space is already limited!*

For more information, go to lancaster.unl.edu/4h and/or attend the May 19 CWF reorganizational meeting at 7 p.m., held at the Lancaster Extension Education Center.



4-H Sheep Lead Show Highlights Wool

The aim of the 4-H Sheep Lead Show is to present a stylish and elegant picture of wool and bring out its value in sheep and clothing.

In the show, 4-H'ers wear an outfit with at least one garment made from 50 percent or more wool, and lead a ewe by halter. The outfit need not be handmade, but some exhibitors choose to showcase some of their own sewing!

All 4-H sheep exhibitors are encouraged to participate in the Sheep Lead Show.

Last year, Alexis Spath was enrolled in several 4-H projects, including "Sewing for Fun" and "Market Lamb." So she thought it was only natural to enter the Sheep Lead Show at both the Lancaster County Fair and Nebraska State Fair. For her outfit, she made a wool skirt and purchased a blouse and shoes.



Alexis Spath models an outfit which includes a wool skirt she sewed, while leading her sheep, Sunset.

She and her ewe, Sunset, earned a purple ribbon at the 2004 Lancaster County Fair and blue at the State Fair. Following is the text of her narrative:

"Heather grey was Alexis Spath's choice for her 100% lightweight wool skirt. The straight cut, fully lined, above-the-knee length skirt has an elastic waist band and rolled hem. To compliment her skirt, Alexis has chosen a long sleeve pullover blouse of a soft red crushed panne which is 100% polyester. Black shoes complete her outfit.

Alexis is being accompanied by her Suffolk cross yearling ewe, Sunset, whom she had raised from birth. Alexis share many responsibilities with the family commercial flock. Her duties include giving input in selection of breeding stock, assisting with lambing, maintaining flock health and daily care of the animals.

This is Alexis' fourth year as member of the Stevens Creek Stars 4-H club. In addition to her sheep project she also involved in gardening, babysitting, beginning sewing and cooking projects. Alexis plays volleyball, basketball, softball, trumpet and piano."



HORSE BITS

4-H Horse Stampede Entries Due Jan. 26

The third annual 4-H Horse Stampede will be held Saturday, March 12 at the Animal Science Building on UNL East Campus. The Stampede consists of the 4-H state horse-related competitions: Horse Bowl, Public Speaking, Demonstration and Art Contest. These contests are tremendous learning experiences and a lot of fun! **Entry forms are due to the Lancaster County Extension office by Jan. 26.** Entry fee is \$5/person — checks should be made out to Lancaster County Extension. Forms can be picked up at the extension office or online at lancaster.unl.edu/4h/news.htm#HorseNews. For more information call Marty at 441-7180.

Horse Knowledge 4-H Club Forming, Next Meeting Jan. 27

In December, more than 50 4-H'ers, parents and leaders attended the first meeting of the Lancaster County Horse Knowledge 4-H Club. The club is being formed and taught by Kala Ball. Each meeting will focus on a different system of the horse, such as skeleton, digestive, respiratory, etc. New members of all ages are welcome. The next meeting will be Jan. 27, 7 p.m. at the Lancaster Extension Education Center, 444 Cherrycrest Road. The club will meet at 7 p.m. every other Thursday through winter. If you are interested in joining or have any questions, please call Marty at 441-7180. (MC)

See page 11 for more horse-related announcements.

Second Annual Nebraska Beef Leadership Symposium

Junior and Senior 4-H'ers are encouraged to attend this symposium. The day will include instruction on leadership development, discussion of the beef industry and current topics, a chance to interact with University of Nebraska faculty and students, discussion on careers and tours of the campus and Memorial Stadium. This is a great way to determine if a career in the beef industry is for you, plus make many new contacts!

If you are interested, application and additional information can be obtained from Deanna. Applications are due by March 15, along with a registration fee of \$50. Information is also online at animalscience.unl.edu/youth/beefsymp.htm.



February

Leah Spencer

Lancaster County 4-H is proud to announce Leah Spencer as the winner of February's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Leah was co-leader of the Sunshine Clover Kitties 4-H club since her oldest daughter became involved in 4-H seven years ago. The club is now known as the Extreme Green 4-H club and Leah is the organizational leader. She regularly volunteers for Style Revue and 4-H snack booth at the County Fair. She also volunteers at the Nebraska State Fair 4-H Discovery Center.

"Leah has gone the extra mile with wildlife education and makes the meetings fun," says 4-H parent Denise Farley, who nominated Leah. "She is well researched and well prepared. She provides some unique

learning experiences that tie learning to careers and hobbies."

A former 4-H member in Dakota County, Leah says, "I like being a 4-H volunteer because I remember the fun and learning experiences as a 4-H member. It's great to see the kids improve their skills and recognize their own accomplishments."

Leah lives in Lincoln with husband John and children Hannah, Abbey and Cole. She also volunteers at Beattie Elementary School (in media) and Trinity United Methodist Church (in Sunday school, youth class and Foodnet).

Congratulations to Leah! Volunteers like her are indeed the heart of 4-H!

Nominate your favorite 4-H volunteer by submitting the form available at the extension office or online at lancaster.unl.edu/4h. Nominations of co-volunteers welcome.



Private Pesticide Applicator Trainings in January, February & March

Federal and state law states a private pesticide applicator must be certified and licensed to buy, use, or supervise the use of RESTRICTED-USE pesticides to produce an agricultural commodity on property they own or rent or on an employer's property if the applicator is an employee of a farmer. No certification is needed if one will only be using general-use pesticides.

In answer to a larger demand, six training sessions have been scheduled in Lancaster County. There is a \$15 fee collected at the training session. When the Nebraska Department of Agriculture receives the application from the training session, private applicators will be billed \$25 for a license fee. One fee covers the three-year license period.

Dates and times for Private Pesticide Applicator Training in Lancaster County, held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln:

- Saturday, Jan. 29, 8:30–11:30 a.m.
- Tuesday, Feb. 1, 6:30–9:30 p.m.
- Wednesday, Feb. 23, 8:30–11:30 a.m., repeated at 1:30–4:30 p.m.
- Thursday, March 3, 8:30–11:30 a.m.
- Wednesday, March 16, 1:30–4:30 p.m.

Commercial Pesticide Applicator Trainings in January, February & April

Commercial applicators are persons who apply restricted-use pesticides for hire or compensation. This pertains to application for any purpose on any property other than property owned or rented by the applicator or their employer. Commercial applicators shall also include any person who applies lawn care or structural pest control pesticides (whether restricted-use or general-use) to the land of another person for hire or compensation.



One must pass a written examination in the general standards category and one or more additional categories to become certified as a commercial applicator. Commercial certification is good for three years. Once certified in a category, one can maintain commercial certification by attending a recertification training session or by passing a written examination, with a few exceptions explained below.

Initial certification training and testing sessions for commercial applicators will be held at the Lancaster Extension Education Center on Tuesday, Feb. 1; Thursday, Feb. 24 and Thursday, April 21. General Standards will start at 9 a.m. and other categories begin at 1 p.m. and 3 p.m. It is highly recommended one obtain and review written study materials prior to attending the training session for initial certification — this will greatly improve one's chances of passing the written examination.

Recertification sessions will be held at the Lancaster Extension Education Center on Thursday, Feb. 3 and Tuesday, Feb. 22 with General Standards starting at 9 a.m. and other categories beginning at 1 p.m. or 3 p.m.

Note: Due to time and space limitations, only specific categories will be presented on training days. Call the pesticide education office 472-1632 or the Lancaster County Extension Office 441-7180 to learn which specific categories will be offered on a given day.

To register for a training session, call the UNL pesticide education office at 472-1632. Training fee is \$30. Commercial applicators who wish to pick up additional certification in a specific category should register as well — the fee for adding one or more categories to an existing certification is \$15.

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

In addition to the training sessions mentioned above, applicators already certified in General Standards and Agricultural Plant can recertify in these two categories by attending the Crop Protection Clinic on Monday, Jan. 24.

Pesticide Applicator Training Manuals for various categories can be ordering from the UNL pesticide education office at 472-1632. Order form and price list is also online at <http://pested.unl.edu/pat/>.

Chemigation Certification Training, Feb. 23

In order to apply pesticides or fertilizer in irrigation water, a permit must be obtained for the site and the person who oversees the application must be certified as a chemigator. To obtain a chemigation permit for a site, application must be made with the local Natural Resources District (NRD), a fee paid and the site must pass inspection by NRD personnel who check for required safety equipment and is in working order. State law requires the operator receive training and pass a written test to be certified as a chemigator. Certification is good for four years.

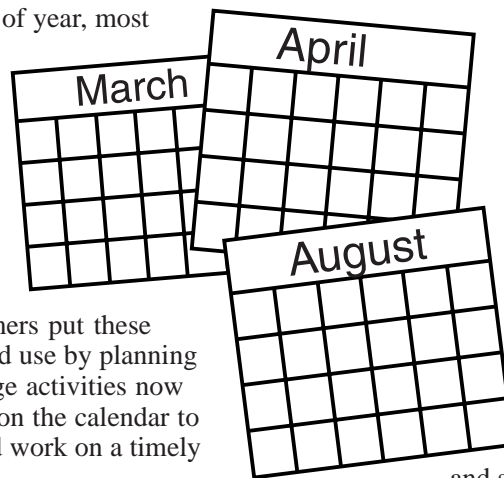
A chemigation training and testing session is scheduled at the Lancaster Extension Education Center for Wednesday, Feb. 23 starting at 6:30 p.m. Initial training and certification is \$15 — which includes a study notebook. It is strongly encouraged to preregister and pick up notebook prior to initial certification. Recertification and training is \$10. (TD)

Plan Your Forage Calendar Now to Stack on Track

At this time of year, most of us have an abundance of new calendars—from the coop, the bank and maybe as a gift. Dr. Bruce Anderson, UNL Forage Specialist suggests farmers put these calendars to good use by planning next year's forage activities now and make notes on the calendar to complete needed work on a timely basis.

For example, order alfalfa and other seeds in January and February to make sure you get what you want. In March remind yourself to pull any soil samples you didn't get last fall, as well as, get ready to plant oats at your earliest opportunity.

By mid-April, be sure to get alfalfa planted before corn planting begins. This might also mean lime and phosphorus or other fertilizers needed to be applied even earlier. Cool-season grass pastures also should be fertilized by mid-April.



When May arrives, get your thistles sprayed right away and begin checking your alfalfa, so once buds just start to form, you can be ready for an early first cutting that brings a premium price.

In late May, warm-season grass pastures can use some fertilizer

and shortly thereafter, your summer annuals need to be planted.

Then be ready in early August to prepare and plant turnips or oats for late fall, early winter grazing. Finally, finish your year by sampling and testing all your harvested forages so you can plan and feed animals during winter to meet their needs at lowest cost.

I'm sure you can think of many other items to add to your own calendar. Make those notes now, and in twelve months you will smile, knowing you got all your forage work done correctly and on time. (TD)

Workshop on Making the Transition to No-Till, Feb. 11

Making the transition to a no-till system will be the topic of a workshop held, Friday, Feb. 11, 9 to 11:30 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. There is no registration fee.

Featured speaker is UNL Agricultural Engineer Paul Jasa. He has over 25 years experience studying no-till and reduced-tillage systems at the Rogers Memorial Farm in eastern Lancaster County as well as many demonstration plots on farmer-owned fields. Jasa has earned the respect of producers, industry reps and academics with his practical, farm-tested, systems approach to no-till. He averages over 75 presentations per year in Nebraska and has been an invited speaker at many national tillage meetings.

Jasa not only knows the effect of farming practices on soil properties, he is a recognized expert on getting planters, drills and air seeders to produce a good stand. Paul breaks the job of any planter down to accomplishing four things. "They must cut and handle residue, penetrate the soil to desired seeding depth, establish proper seed-to-soil contact and close the seed-vee." Keeping these four things in mind, a producer can evaluate the strengths or weaknesses of any piece of planting equipment (or attachment) and make any adjustment or changes necessary to make no-till successful. Paul will show examples of various planting equipment and attachments with tips on how to best use them in no-till systems. He'll also cover other equipment considerations for harvesting, spraying and fertilizer application.

In addition, a panel of farmers will share their experiences with transitioning to no-till. Jim Harder, coordinator of the Wagon Train Watershed Project, will discuss the goals of the project and talk about cost-share programs for water quality improvement within the watershed.

This workshop is jointly sponsored by the Lancaster County Extension, Lower Platte South Natural Resources District (NRD) and Lancaster County Natural Resources Conservation Service (NRCS) offices. (TD)



Paul Jasa has conducted a long-term tillage system study on the Rogers Memorial Farm. This photo from 2000 shows, to the row, the difference between tillage systems in height and head size for grain sorghum in a drought year. The no-till grain sorghum in the rows left of center, averaged 121.4 bu/A and the fall plow sorghum on the right averaged 61.2 bu/A.

EXTENSION CALENDAR

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

JANUARY

- 24 Crop Protection Clinic 8:15 registration/8:50 start
- 24 Family & Community Education (FCE) Council Meeting, *Stauffer's Café & Pie Shoppe* 12:30 p.m.
- 25 "One of Rural America's Greatest Challenges" FCE & Community Leader Training 1 p.m.
- 25 Dine Out for 4-H's CWF, *Runza, 84th & Holdrege* 5-8 p.m.
- 26 "Ten Ways to Boost Ag Profits by \$20 per Acre" Workshop 9:15 a.m. check-in
- 26 4-H Horse Stampede Entries Due to Extension Office
- 27 4-H Horse Knowledge Club Meeting 7 p.m.
- 29 Private Pesticide Applicator Certification 8:30-11:30 a.m.

FEBRUARY

- 1-28 Nebraska 4-H Month
- 1 Private Pesticide Applicator Certification 6:30-9:30 p.m.
- 1 Commercial Pesticide Applicator Initial Training and Testing 9 a.m.
- 1 4-H Achievement Night, *Westbrook Music Building* 6:30-8 p.m.
- 3 Commercial Pesticide Applicator Recertification Training 9 a.m.
- 8 4-H Trap Shoot Meeting 7 p.m.
- 10 "Raising Small and Tree Fruits for Home or Commercial Use," Acreage Insights - Rural Living Clinic 7-9 p.m.
- 10 4-H Horse Knowledge Club Meeting 7 p.m.
- 11 Extension Board Meeting 8 a.m.
- 11 No-Till Farming Workshop 9:30 a.m.
- 13 4-H Teen Council Meeting 3 p.m.
- 21-27 Dine Out for 4-H's CWF, *Bruegger's Bagels*
- 22 Commercial Pesticide Applicator Recertification Training 9 a.m.
- 22 4-H Speech & Public Service Announcement (PSA) Workshop 7 p.m.
- 23 Chemigation Certification Training 6:30 p.m.
- 23 Private Pesticide Applicator Certification . 8:30-11:30 a.m. & 6:30-9:30 p.m.
- 24 Commercial Pesticide Applicator Initial Training and Testing 9 a.m.
- 24 4-H Horse Knowledge Club Meeting 7 p.m.

"Equine 102 - The Working & Riding Horse" Class

UNL and Purina Mills will hold an equestrian academy, "Equine 102 - the Working & Riding Horse" Tuesday nights from Feb. 1 to March 8. Classes meet 7-9:30 p.m. at the UNL Animal Science Complex, 38 & Fair Streets, Lincoln. Open to all youth and adults. For more information, go to animalscience.unl.edu/horse/horse102.htm or contact Marty at 441-7180.

Horsin' Around '05 Conference Feb. 5-6

UNL Cooperative Extension presents the 12th annual Horsin' Around Conference Feb. 5 & 6 at the UNL Animal Science Complex, 38 & Fair Streets, Lincoln. Featured presenter is Shane Dowdy on Western Pleasure. Open to all youth and adults. Preregistration closes Jan. 28. For more information, go to animalscience.unl.edu/horse/horsinaround.htm or contact Marty at 441-7180.

Nebraska Horse Expo March 11-13

The 2005 Nebraska Horse Expo will be March 11-13 at the Lancaster Event Center. The Expo brings together horse enthusiasts from all disciplines for three days of entertainment and information. Special clinicians and speakers include horse trainer Curt Pate, Susan Harris and horse trainer Kevin Wescott. There is a photo contest open to all ages. For more information, go to nebraskahorsecouncil.org.

This Nebraska Student Spent Her Summer With NASA

MELLISA ACKERMAN, a junior from Alliance majoring in math and French at the University of Nebraska—Lincoln, was one of 12 NASA interns selected from 1,500 applicants last summer. Now, she is continuing her NASA research on campus. Next summer, she plans to study in France and hopes to attend graduate school in the future. Whatever her goals, Ackerman knows her professors will be there to support her. *"Professors matter. I see Dr. Woodward, a week. Dr. Lyons helped me the NASA internship. They've here let students know they my advisor, at least twice as I wrote my essay for had an impact on my life."*

FOR PURSUING YOUR DREAMS...
There is no place like Nebraska.



Admissions:
800-742-8800
admissions.unl.edu
An equal opportunity educator and employer with a comprehensive plan for diversity.



The NEBLINE



THE NEBLINE is published monthly by:
University of Nebraska Cooperative Extension in Lancaster County

Main Office
444 Cherrycreek Road, Suite A, Lincoln, NE, 68528-1507

Satellite Office
Lancaster Event Center
4100 N. 84th St. (84th & Havelock Ave.), Lincoln, NE 68529

Phone: 441-7180
Web site: lancaster.unl.edu

Fax: 441-7148 • TDD: 441-7180
NUFACTS Information Center: 441-7188
Composting Hotline: 441-7139

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

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



Gary C. Bergman, Extension Educator—Unit Leader,
gbergman1@unl.edu

- Mary Abbott, Extension Associate, mabbott3@unl.edu
- Lorene Bartos, Extension Educator, lbartos1@unl.edu
- Maureen Burson, Extension Educator, mburson1@unl.edu
- Hilary Catron, Extension Assistant, hcatron2@unl.edu
- Soni Cochran, Extension Associate, scochran2@unl.edu
- Marty Cruickshank, Extension Assistant, mcruckshank2@unl.edu
- Tom Dorn, Extension Educator, tdorn1@unl.edu
- Mary Jane Frogge, Extension Associate, mfrogge2@unl.edu
- Alice Henneman, Extension Educator, ahenneman1@unl.edu
- Don Janssen, Extension Educator, djanssen2@unl.edu
- Deanna Karmazin, Extension Associate, dkarmazin2@unl.edu
- Tracy Kulm, Extension Associate, tkulm1@unl.edu
- Vicki Jedlicka, Publication & Media Assistant, vjedlicka2@unl.edu
- Mardel Meinke, Extension Associate, mmeinke2@unl.edu
- Helen Mitrofanova, Extension Educator, ymitrofanova2@unl.edu
- Barb Ogg, Extension Educator, bogg1@unl.edu
- Zainab Rida, Extension Assistant, zrida2@unl.edu
- Heidi Schmitz, Extension Assistant, hschmitz2@unl.edu
- David Smith, Extension Technologist, dsmith9@unl.edu
- Jim Wies, Extension Assistant, jwies1@unl.edu
- Dana Willeford, Extension Assistant, dwilleford2@unl.edu
- Karen Wobig, Extension Associate, kwobig2@unl.edu

THE NEBLINE articles may be reprinted without special permission if the source is acknowledged as "University of Nebraska Cooperative Extension in Lancaster County NEBLINE." If the article contains a byline, please include the author's name and title.

Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County.



NEBLINE FEEDBACK

In order to best serve our subscribers, this form will appear in every issue of THE NEBLINE. You can use this form to:

1. Change your address or order a subscription (*please print*)
2. Submit general comments and/or story ideas

Name _____

Address _____

City _____ Zip _____

- Order subscription (*free—however, there is an annual \$5 mailing and handling fee for zip codes other than 683—, 684—, 685—, 68003, 68017, and 68065*)
- Change of Address

Comments _____

Story Idea(s) _____

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

EXTENSION HIGHLIGHTS

Henneman Receives Omtvedt Innovation Award



(From left) John Owens, Alice Henneman and Irv Omtvedt.

In December, Alice Henneman, registered dietitian and extension educator with University of Nebraska Cooperative Extension in Lancaster, received one of eight 2004 Omtvedt Innovation Awards. "These awards recognize areas of strength and promise within UNL Institute of Agriculture and Natural Resources (IANR), as well as innovative research and programming by faculty, staff and students," said John Owens, Harlan vice chancellor of IANR and university vice president.

Henneman has been recognized locally and nationally for the quality of her work and visionary leadership in food safety education. Henneman is routinely asked to serve as a reviewer for national projects and as a speaker for community programming. She also packages her community programs for use by other professionals.

The award-winning Food Web site, a section of UNL Cooperative Extension in Lancaster County's Web site at lancaster.unl.edu, receives nearly one million hits per year. The site was started 1996, just prior to the explosion of Web popularity. Henneman authors, edits and updates the Food Web site which now includes: "Cook it Quick," "Food Reflections" e-mail newsletter, hot topics, publications and resources for educators. The Food Web pages Tufts University Nutrition Navigator has rated the Food Web site "Among the Best" for more than four years. In the "Food Safety" category, Tufts ranks the site higher than the American Dietetic Association's or the Centers for Disease Control and Prevention's.

The Irv Omtvedt Innovation Awards program was established by UNL alumni Neal and Leone Harlan in honor of Irv Omtvedt, IANR vice chancellor from 1975-2000. The Harlans also created the named vice chancellorship within the university system.

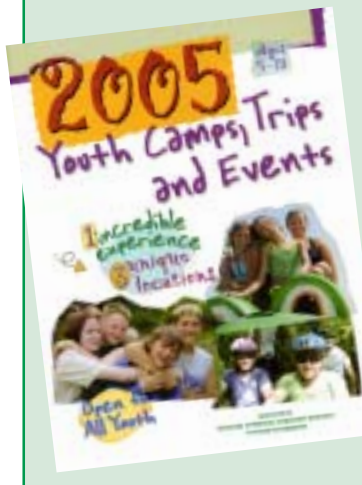
Heidi Schmitz Joins NEP Staff



Heidi Schmitz (left) provides nutrition education to Early Head Start and Head Start families and community professionals.

Heidi Schmitz joined the UNL Cooperative Extension in Lancaster County Nutrition Education Program (NEP) team full-time in January 2005. In July, she began her career with NEP as a part-time nutrition assistant to provide nutrition expertise to Early Head Start and Head Start families and community professionals. She also serves Food Stamp Nutrition Education Program families through her expanded appointment.

Heidi is a North Dakota native. She graduated with a Bachelor of Science degree in Food and Nutrition from North Dakota State University in May of 2000 and is a Registered Dietitian. Heidi moved to Lincoln from Minneapolis, MN where she worked as a Registered Dietitian at Hennepin County Family Medical Center. Heidi and her husband, Aaron moved to Lincoln July 2002. She worked as a WIC nutritionist and CPA trainer at Family Service in Lincoln.



4-H Summer Camp Brochures Now Available

2005 4-H Summer Camp brochures are now available at the extension office or online at 4h.unl.edu/camp/youth. Open to all youth ages 5-19, camps range from one day to four days/three nights. Brochures have complete information about all camps. Discover the adventure!

Hey Kids! - Teachers, Parents & Grandparents too!!

Here's your chance to enter a fun event!



7th Annual Aging Services Photography Contest

Theme: "Cherished Moments in Time"

Lincoln Camera Club & People's Choice Judging
Open to ALL ages, Kindergarten to older folks!
Anyone.....Anywhere!!!

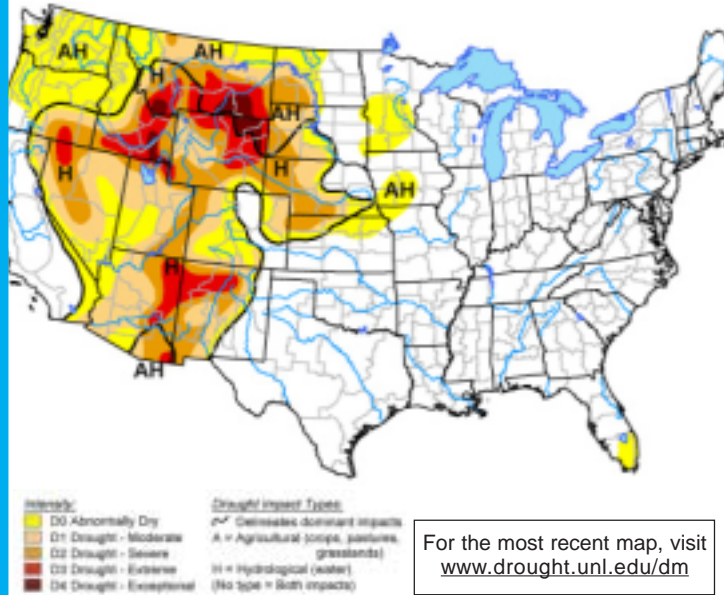
Best of Show, 1st, 2nd, 3rd, and Honorable Mention prizes by age groups of: K-6, 7-12, and Adult.

Two Best of Show winners are awarded \$100

For an entry packet call, (402) 441-7022 (collect calls accepted). Deadline for submission is Monday, May 2, 2005. So don't delay...call today!!

U.S. Drought Monitor Map

As of Jan. 11, Lancaster County was in abnormally dry conditions.



Can You Guess It?



Did you guess it? Find out at lancaster.unl.edu

Did you guess it from the January NEBLINE?
The answer was a mouse.

Unicameral Youth Conference June 12-15

The 2005 Unicameral Youth Conference to be held June 12-15 as a part of the 2005 Big Red Summer Academic Camp. Youth will gain a basic understanding of civic life, politics and Nebraska government while interacting with Nebraska State Senators, legislative aides, policy experts, lobbyist and governmental agency representatives.

Big Red Summer Academic Camps are open to all high school youth. For more information, contact Tracy at 441-7180 or go to bigredcamps.unl.edu.

Applications Open for 4-H Camp Staff

The three 4-H Camps in Nebraska are currently accepting applications for our 2005 summer staff. All positions provide endless opportunities for growth in a fun, fast-paced outdoor atmosphere.

You may apply for a variety of positions:

- **Camp Staff** — Salaried youth ages 18 and older who lead camp programs. Spend mid-May to August working full time to provide day to day leadership of camp activities and teaching groups of all ages. A great summer job for college students with any major. Initial application deadline is Feb. 10.

- **Cabin Mentors** — Youth ages 17 and older who provide cabin supervision and assist in leading camp programs. Mentors receive an honorarium for their service and are scheduled according to their availability. Perfect for high school youth who need a fun getaway from their full time summer job. Mentor for a few days or for the entire summer — the choice is yours! Application deadline is March 15.

- **Camp Counselors** — Youth ages 15-19 who assist with cabin supervision and leading of camp programs. Join over 150 volunteer teens in providing valuable leadership to a group of campers by day and assist with cabin supervision at night. Camp counselors are scheduled according to their availability and counseling is a fantastic leadership experience for any young person. Application deadline is March 15.

More information and applications are available online at <http://4h.unl.edu/camp/staff/>. Need not be in 4-H to apply.

NIFS Scholarships Available

Nebraska Independent Fabric Shops (NIFS) is offering two \$500 college scholarship opportunities to foster the future development of professionals in the fields of family and consumer sciences, textiles and design, quilt or museum studies or related subjects. Applications must be received by March. Information and application is online at www.fabricsandquilts.com, or call Deanna at 441-7180.