The NEBLINE, April 2011

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

http://digitalcommons.unl.edu/neblines/250
Supplemental Kits Make Learning Nutrition Fun

14 LPS Schools Have 100% Classroom Participation in NEP’s School Enrichment Program

Helping limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars.

Karen Wobig
UNL Extension EDUCATOR

A collaborative effort between University of Nebraska-Lincoln Extension in Lancaster County’s Nutrition Education Program (NEP) and Lincoln Public Schools (LPS) has resulted in a more nutritionally aware and healthier community. Working in conjunction with Marybell Avery (LPS health curriculum director) and LPS classroom teachers, NEP staff developed supplemental kits of hands-on educational experiences designed to enhance the health curriculum in grades K–5.

Kit materials include teacher curriculum, science experiments, posters, wall charts, interactive games, food models, activity sheets, music/sound CDs, books, videos, puppets, and more!

The kits have increased nutrition education in participating classrooms from 2 hours to 11 hours per year. Over the past 10 years, 33,191 students from 1,764 classrooms have benefited from 18,556 hours of teaching.

Currently, teachers may request these kits for three-week periods. When NEP staff bring the kits to the classroom, they present a handwashing activity. During the three weeks, teachers use the materials in the kit to help teach their required nutrition unit. When NEP staff return to the classrooms to pick up the kits, they lead students in preparing and sampling a healthy snack demonstration.

This program is funded from the USDA’s Supplemental Nutrition Assistance Program which targets limited income families. The kits are designed to provide age appropriate, intensive nutrition education, throughout the entire elementary years, including take-home parent education pieces.

To be eligible for the program, LPS schools need to have at least 50 percent free and reduced breakfast/lunch participation. Since the program’s inception in 2000, growth has occurred from 12 eligible schools to 19, with two additional schools becoming eligible in 2011. Fourteen of the 19 participating elementary schools have 100% classroom participation in the grade levels in which teaching a nutrition unit is required (Kindergarten, 1st, 2nd, 4th, and 5th grades). Highlighted below are the 2010–11 schools in which all classrooms within these targeted grade levels use NEP kits to teach their nutrition unit. Teachers and administrators continue to support usage of these kits and the benefits to their schools and students.

“[My 4th grade class] loves the hands-on activities provided in the nutrition kit. These activities have led to an awareness of healthy eating and have caused my students to plan and eat healthy snacks after school.”
— Pat Stolley, West Lincoln, 4th Grade Teacher

“The nutrition kit meets our State Standards and district requirements exactly making it simple and fun to teach the unit. Everything you need and more is right at your finger tips and the kit engages all students in active learning!”
— Cherri Parent, Saratoga, 1st Grade Teacher

“The kit’s parent communication piece...helps connect the families. The nutrition kit really gets families talking about choosing healthy!”
— Michelle Stephens, Prescott, Kindergarten Teacher

“My students enjoy the interactive activities and take home activities. One of our favorite lessons is on sugar. My students are amazed how much sugar they consume in packaged cereals and soda. The kit provides a great visual to help support this lesson.”
— Marilyn Cobb, Arnold, 5th Grade Teacher

“Our students look forward daily to doing the activities provided. Their laughter and kindness working together in groups to see who can name each item in the ‘food heads’ activity is worth the time!”
— Katie Lewallyn, Brownell, 2nd Grade Teacher

“The nutrition kits are used everyday during the nutrition unit. Our school has a tradition of the kids solving a clue together to unlock a treasure chest.”
— Karen McWilliam, Calvert, 2nd Grade Teacher

“The lessons catch [students’] attention, and spark their interest while promoting a natural, on-going discussion about making healthy choices.”
— Karen McWilliams, Calvert, 2nd Grade Teacher

“It’s a thorough curriculum, set up, and ready to go for our use...it is a welcome and meaningful addition to our curriculum.”
— Stacey Ciesepka, Clinton, 1st Gr. Teacher

“The nutrition kits are used everyday during the time we have them. The students love the hands-on lessons and they can’t wait to see what lesson we are going to learn next!”
— Melanie Gries, Everett, Kindergarten Teacher

“The lesson plans are well written, easy to follow, and realistic. It is also very helpful that all the materials...and copies of handouts are included. Both students and teachers look forward to this unit each year!”
— Jeff Vercellino, Hartley, Principal

“The kids loved learning about nutrition with the use of all the fun activities included in the kit. They especially enjoyed making and eating the delicious, nutritious snack as a culminating activity after completing the unit.”
— Susan Horne, Holmes, 4th Grade Teacher

“[The kits] support LPS curriculum and Lakeview’s nutritional education efforts by providing preplanned lessons and all materials needed to increase our students knowledge about food groups, healthy snacks, hand washing...”
— Sused Ruck, Lakeview, Principal

“I wish all of our curriculum was as well organized and planned as the nutrition unit. The students love the experiments, activities, and the learning games. The teachers love that the lessons are already planned for us, and all of the materials are right there in the kit.”
— Diane Mickey, Huntington, 5th Grade Teacher

INE THIS ISSUE

Farm Views 4
Environmental Focus 3
Food & Fitness 4
Home & Family Living 5
Horticulture 7
Urban Agriculture 8
4-H 9
Community Focus 10

Dietary Guidelines for Americans 2010

TEST YOURSELF

—see page 4
Caution Urged When Using Anhydrous Ammonia

Tom Dorn
UNL Extension Educator

Anhydrous ammonia is so familiar, it’s easy for agricultural producers to take it for granted but anhydrous ammonia should always be handled with utmost caution.

Anhydrous means “without water.” Anhydrous ammonia NH₃ is a gas at normal atmospheric pressures but is pressurized to a liquid for more efficient transport. Anhydrous ammonia has a tremendous affinity for water and will draw water out of any substance it comes in contact with. When depressurized, the anhydrous flashes into anhydrous vapors into the air. Fumes breathed into the lungs can burn tissue and may result in suffocation. But, handled with caution, anhydrous ammonia is an effective and inexpensive plant nutrient, which makes it the most popular nitrogen source used in agriculture.

As expected, anhydrous safety involves careful handling of hoses and equipment to prevent unwanted escape of anhydrous vapors into the air. Handlers must also prevent any accidental contact to skin and clothing by wearing protective clothing and equipment. Always work upwind of machinery, hoses, valves, couplers, and applicator tubes. Don’t step in front of fittings or valves. Wear insulated gloves made especially for protection against anhydrous ammonia. Protect your eyes with non-vented goggles and wear a respirator equipped with filters made specifically for protection against anhydrous ammonia fumes when connecting or disconnecting hoses or filling anhydrous tanks.

Other safety tips:
- Never fill an anhydrous tank more than 85 percent full of liquid. This reserves room for expansion should the tank warm up after filling. Overfilling the tank can result in dangerous pressure buildup, resulting in activation of the pressure relief valve and release of anhydrous into the atmosphere.
- Keep a lot of water available. All anhydrous tanks should have a five-gallon water reservoir or in on them. Fill or replace the water daily. Keep a squirt bottle in the tractor cab. By quickly dousing tissues that come in contact with anhydrous with an external water source, you can greatly reduce the drying/burning effect. People who work with very large amounts of anhydrous ammonia, such as people who fill nurse tanks at a central location, have large tubs of water (horse tanks) available so they can literally dive into the tank, if exposed to anhydrous.
- Every field applicator and nurse tank should be equipped with an emergency breakaway valve. Keep hoses level when connecting and disconnecting so liquid anhydrous won’t collect in low spots. Any anhydrous left in the hoses could shoot out under pressure onto the person disconnecting the equipment.
- Other hints for safe use of anhydrous ammonia include:
  - Inspect all tanks before taking them.
  - Don’t travel faster than 20 miles per hour when moving as anhydrous tank tires are only rated for 25 miles per hour.
  - Always use a safety chain when transporting a tank and make sure all hitch pins have keys.
  - Don’t haul more than one tank at a time.
  - Don’t de-activate the excess flow valve and be sure it has been tested recently.
  - Use only metal snap couplers.
  - Handle hoses gently.
  - Don’t be caught without safety equipment in case of emergency. Keep backup safety goggles, gloves, clean flushing water, and a cartridge respirator in the tractor cab.

Security Concerns for Pesticides or Fertilizers

Terrorist events have created the need for farmers and chemical suppliers handling pesticides and fertilizers to re-evaluate the security of those materials. There are a number of concerns about poisonous or explosive materials ending up in the wrong hands. Consider the following:

- How easy do you make it for an unauthorized person to gain access to pesticides or fertilizer? Can your vehicles or buildings be entered during times when employees are not present? Are locks and doors secure enough to deter a casual theft?
- If you are a pesticide dealer, how easy is it for an unfamiliar person to buy pesticides or fertilizer from your sales staff? Do all of your employees who sell pesticides or fertilizers know all of your customers and/or the people designated to pick up these products? Does your staff ask for identification of unfamiliar customers? Does your staff ask where these products will be used?
- Do you or your staff know what a “sentinel event” is? A sentinel event is a situation or specific occurrence that indicates someone is testing their plans or testing the strength of your security.
- Sentinel events could be obvious or unnoticeable. Sentinel events could be things such as unsuccessful forced entry marks on locks or doors, unusual or curious tire marks near pesticide or fertilizer storage facilities, dead animals found in unexpected areas (not road kill), unexplained spills or stains in or near pesticide or fertilizer storage areas, unexpected discovery of tools stolen or left in storage areas, or unusual telephone calls requesting the availability of fertilizer or pesticides.

Drought can really play havoc on pasture leases. All too often, pasture leases fail to include an appropriate plan to adjust to this problem. Without a plan, both the landowner and the tenant are at risk. The landowner risks having the pasture become overgrazed, resulting in future weed problems, reduced long-term production, and lowered value. The tenant risks poor performance or health of the livestock due to less forage and lower quality feed. This can lead to higher supplemental feed costs or being forced to sell the cattle.

Usually, it is best to design the lease so both the landowner and tenant share in the opportunity and risk associated with drought by adding an appropriate escape clause due to drought. Be sure to list the length of the grazing period in the lease. Also make sure stocking rates are specified in the lease, adjusting these stocking levels for increased cow size if necessary. And get it all in writing to avoid any misunderstandings.

Drought can cause a lot of headaches. But it’s been planned already by making sudden adjustments to your pasture leases won’t be one of them.

Source: Bruce Anderson, Extension Forestry Specialist

Drought Pasture Leases

Drought can really play havoc on pasture leases. All too often, pasture leases fail to include an appropriate plan to adjust to this problem. Without a plan, both the landowner and the tenant are at risk. The landowner risks having the pasture become overgrazed, resulting in future weed problems, reduced long-term production, and lowered value. The tenant risks poor performance or health of the livestock due to less forage and lower quality feed. This can lead to higher supplemental feed costs or being forced to sell the cattle.

Usually, it is best to design the lease so both the landowner and tenant share in the opportunity and risk associated with drought by adding an appropriate escape clause due to drought. Be sure to list the length of the grazing period in the lease. Also make sure stocking rates are specified in the lease, adjusting these stocking levels for increased cow size if necessary. And get it all in writing to avoid any misunderstandings.

Drought can really play havoc on pasture leases. All too often, pasture leases fail to include an appropriate plan to adjust to this problem. Without a plan, both the landowner and the tenant are at risk. The landowner risks having the pasture become overgrazed, resulting in future weed problems, reduced long-term production, and lowered value. The tenant risks poor performance or health of the livestock due to less forage and lower quality feed. This can lead to higher supplemental feed costs or being forced to sell the cattle.

Usually, it is best to design the lease so both the landowner and tenant share in the opportunity and risk associated with drought by adding an appropriate escape clause due to drought. Be sure to list the length of the grazing period in the lease. Also make sure stocking rates are specified in the lease, adjusting these stocking levels for increased cow size if necessary. And get it all in writing to avoid any misunderstandings.

Drought can really play havoc on pasture leases. All too often, pasture leases fail to include an appropriate plan to adjust to this problem. Without a plan, both the landowner and the tenant are at risk. The landowner risks having the pasture become overgrazed, resulting in future weed problems, reduced long-term production, and lowered value. The tenant risks poor performance or health of the livestock due to less forage and lower quality feed. This can lead to higher supplemental feed costs or being forced to sell the cattle.

Usually, it is best to design the lease so both the landowner and tenant share in the opportunity and risk associated with drought by adding an appropriate escape clause due to drought. Be sure to list the length of the grazing period in the lease. Also make sure stocking rates are specified in the lease, adjusting these stocking levels for increased cow size if necessary. And get it all in writing to avoid any misunderstandings.

Drought can really play havoc on pasture leases. All too often, pasture leases fail to include an appropriate plan to adjust to this problem. Without a plan, both the landowner and the tenant are at risk. The landowner risks having the pasture become overgrazed, resulting in future weed problems, reduced long-term production, and lowered value. The tenant risks poor performance or health of the livestock due to less forage and lower quality feed. This can lead to higher supplemental feed costs or being forced to sell the cattle.

Usually, it is best to design the lease so both the landowner and tenant share in the opportunity and risk associated with drought by adding an appropriate escape clause due to drought. Be sure to list the length of the grazing period in the lease. Also make sure stocking rates are specified in the lease, adjusting these stocking levels for increased cow size if necessary. And get it all in writing to avoid any misunderstandings.
It's Spring ... Time for Termites and Ants

Barb Ogg
UNL Extension Educator

In Nebraska, termite and ant colonies, which live in the soil, are inactive during the winter when the soil is frozen. When temperatures warm up, insects become active.

Termites

In the springtime, termite workers go into warm spaces, actively foraging for food (wood) at upper soil levels where freezing soil temperatures all winter long have prevented activity. Termites can enter structures through 1/64-inch foundation cracks. A large percentage of termite infestations are first noticed in the basement. Signs of termites include mud tubes on the wall or floor and pinholes in drywall or plaster. Inside fresh mud tubes, you will find light-colored termite workers.

Eastern subterranean termite reproductives have black bodies and long white wings; they usually swarm mid- to late-April, after it rains. If these winged reproductives swarm inside the house, you have a definite termite problem. Swarming termites can be confused with winged ants. The key identifying feature is the appearance of the wings. Both termite wings are equal in length and look the same. For a diagram to distinguish termites from ants, go to http://go.unl.edu/knp.

Ants

There are about a dozen ant species in Nebraska. The only colonies with structures in Nebraska. In the springtime, ants often invade homes before food is available outdoors. Ants do not know if you are a good housekeeper or not ... they invade your home because it is literally in their way and it is their instinct to find food. Once they find suitable food, they will communicate this to nestmates and more ants will follow.

To control ants, you must treat the colony. Killing a few ants with an over-the-counter insecticide spray won’t solve the problem because there are thousands more in the colony. There are three possible methods which may eliminate the colony.

1. Find the colony and treat it. This is the most direct approach. If the location is within the walls, there is often a moisture problem (leaky roof or windows, plumbing issues) which should be dealt with first.
2. Ant colony inside the wall is often an indicator of a more important problem.
3. Depending on the location, you may have to hire a pest control company to eliminate the ant colony. For example, if a colony is underneath a concrete slab (foundation, basement), home improvement, it will require specialized equipment and training to treat the colony.

You will need to purchase the product labeled for this use.

2. Feed a slow-acting bait to foraging ants, they will take back to the colony. Most over-the-counter baits work best for sweet-loving ants. Unfortunately, some ant species prefer proteins and won’t feed on the sweet bait. For a home made recipe for a protein-based bait, mix together 4 tablespoons peanut butter, 6 tablespoons honey, and 3/4 teaspoon borax. The goal is to get as much bait into the colony as possible, so feed the ants the entire bait as they will eat. Even still, it can take two or three weeks for the ants to disgorge.

Do ant baits really kill the colony? Maybe. Some ant species, like odorous house ants, have very large colonies and, in reality, the bait probably won’t actually kill the entire colony.

3. The third method of ant control is to hire a pest control company to do a perimeter spray treatment using a product, like Termidor™, which transfers throughout the colony. Termidor™ is a product primarily used for termite control, but it has been shown to be effective against home-invading ants. It is not available over the counter. The Termidor™ label only allows two perimeter applications each year, one in the spring and another mid-summer. This should take care of invading ants.

Got Termites? UNL is Looking for a House for 2011 Termite School

In September, University of Nebraska-Lincoln will offer a two-day, in depth training for termite applicators, home inspectors, and other interested persons. This two-day program will take place Sept. 29-30, 8 a.m. - 5 p.m., at the Lancaster Extension Education Center. We use an active termite-infested house for the hands-on portion of the training and are currently looking for a house for the training. In exchange for letting us use the house for our training, we will take care of the termite treatment. Any termite-infested house in Lincoln-Lancaster County will be considered. If you have a termite-infested house and are interested in working with us, contact Barb Ogg at UNL Extension in Lancaster County (402) 441-7180.

Household Hazardous Waste Collections

These collections are for households only. Residents of Lincoln and Lancaster County can bring items to collections.

- SOME ITEMS YOU CAN BRING FOR DISPOSAL: Thermostats, thermostats containing mercury, solvents, oil-based paint, paint thinner, striping and striping, old gasoline, transmission fluid, paint removers (even banned products like DDT), items containing PCB’s (ballasts from fluorescent fixtures, capacitors from old appliances). You should keep a loose package of compact fluorescent light bulbs at these waste collections.
- DO NOT: latex paint, electronics, TVs, propane cylinders, tires, used oil, batteries, antifreeze, or ammunition.

For more information, call the Lincoln-Lancaster County Health Department at 402-441-8021.

Saturday, April 30 • 9 a.m.–1 p.m.
Walmart South, 8700 Anderdm Dr. (87th & Hwy 2)

Friday, May 20 • 3–7 p.m.
Hickman Community Center, 11244 Cherryvalk Road

Saturday, May 21 • 9 a.m.–1 p.m.
Pfizer Inc., 601 West Cornhusker Highway

Friday, June 10 • 9 a.m.–1 p.m.
Union College, Parking Lot, 52 and Cooper Streets

Saturday, August 27 • 9 a.m.–1 p.m.
Veyance Tech, 4021 North 56 Street

Saturday, September 24 • 9 a.m.–1 p.m.
Lincoln Industries, 600 West E Street

Saturday, October 15 • 9 a.m.–1 p.m.
Woods Park (31 and J Streets)

For Appointment Only. Call (402) 441-8094

Usable Latex Paint Exchanges

Three usable latex paint exchanges will be held at the EcoStores Nebraska at 530 West P Street. Call 402-477-3606 for details.

Saturday, May 21 • 9 a.m.–2 p.m.
Saturday, September 24 • 9 a.m.–2 p.m.
Saturday, November 12 • 9 a.m.–2 p.m.
Dietary Guidelines for Americans 2010 — Test Yourself: Part I

The Dietary Guidelines for Americans have been published jointly every five years since 1980 by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). The goal of the dietary guidelines is to promote health, reduce the risk of chronic diseases, and reduce the prevalence of overweight and obesity through improved nutrition and physical activity.

This is the first of a two-part self-test to acquaint you further with the Dietary Guidelines for Americans 2010 (DGA2010). These questions are based on information found in the DGA2010. For more information visit www.dietaryguidelines.gov.

The Dietary Guidelines for Americans 2010 (DGA2010) are intended for:

A. Healthy Americans 2 years and older
B. Americans at increased risk of chronic disease 2 years and older
C. Both A and B

Answer: C. The DGA2010 recommendations traditionally have been intended for healthy Americans 2 years and older. However, the 2010 guidelines are being released at a time of rising concern about the health of Americans and have been expanded to include those at increased risk of chronic disease. Thus, the DGA2010 were developed to address the concerns of both groups.

Poor diet and physical inactivity are the most important factors contributing to an epidemic of overweight and obesity affecting men, women, and children in all segments of our society.

The most recent data indicate 72% of men and 64% of women are overweight or obese, with about one-third of adults being obese.

Dietary Guidelines for Americans 2010 — Test Yourself: Part I

A healthy eating pattern LIMITS intake of:
A. Sodium
B. Solid fats
C. Added sugars
D. Refined grains
E. All of the above

Answer: E. All of these are associated with an unhealthy eating pattern. Rather, a healthy eating pattern emphasizes nutrient-dense foods and beverages.

A. Eating a variety of nutrient-dense foods and beverages:
- Are lean or low in solid fats.
- Minimize or exclude added solid fats, sugars, starches, and sodium.
- Ideally, are in forms that retain naturally occurring components, such as dietary fiber.

A healthy eating pattern includes nutrient-dense foods and beverages from these types of foods:
- Vegetables and fruits
- Whole grains
- Fat-free or low-fat milk and milk products
- Seafood, lean meats, and poultry; eggs; beans and peas
- Nuts and seeds

The BEST way to assess whether you’re eating the appropriate number of calories is to:
A. Check the calorie tables in the DGA2010 and select the calorie level based on your age, gender, height, weight, and level of physical activity.
B. Monitor body weight and adjust calorie intake and participation in physical activity based on changes in weight over time.

Answer: B. Knowing one’s daily calorie needs from a calorie table based on age, gender, height, weight and level of physical activity may be a useful reference point in determining if the calories a person eats and drinks are appropriate in relation to the number needed daily. However, monitoring whether you maintain your weight over time by adjusting calories and physical activity is the most helpful.

Adults Sherman Facts Label found on food packaging provides calorie information for each serving of food or beverage and can assist consumers in monitoring their intake.

Pay attention to feelings of hunger. Eat only until you are satisfied, not full. If you tend to overeat, be aware of the time of day, place, and your mood while eating so you can better control the amount you eat.

How much weekly physical activity should adults (age 18 and over) do for substantial health benefits?
A. 2 hours and 30 minutes of moderate-intensity activity
B. 1 hour and 15 minutes of vigorous-intensity activity
C. Either A or B

Answer: C. Either option or an equivalent combination of the two options is acceptable. Moderate activity is aerobic activity that increases a person’s breathing and heart rate somewhat. It includes brisk walking, dancing, swimming, and bicycling on a level terrain. Examples of vigorous intensity activity that greatly increases a person’s heart rate and breathing include jogging, singles tennis, swimming continuous laps, or bicycling uphill.

Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.

For additional and more extensive health benefits, adults should increase their physical activity to 5 hours a week of moderate-intensity, or 2 hours and 30 minutes a week of vigorous-intensity activity or an equivalent combination.

The best way to increase your activity is to break your activity into 10 minutes or more of activity or an equivalent combination.

How much seafood weekly is recommended by the DGA2010?
A. 3 ounces
B. 4 ounces
C. 6 ounces
D. 8 ounces

Answer: C. Eating about 8 ounces weekly of a variety of seafood is recommended. Increase seafood intake by replacing some meat or poultry with seafood.

Seafood contributes a range of nutrients, notably the omega-3 fatty acids. Some choices that are higher in omega-3 fatty acids should be included.

What type of food are dry beans and peas considered?
A. Vegetable
B. Protein
C. Both A and B
D. Neither A or B

Answer: C. Dry beans and peas are the mature forms of legumes. They include kidney beans, pinto beans, black beans, garbanzo beans (chickpeas), lima beans, black-eyed peas, split peas, and lentils.

They contain protein and other nutrients similar to seafood, meat, and poultry. Plus, they are excellent sources of fiber and other nutrients which also are found in vegetables.

Green peas and green (string) beans are not considered “dry beans and peas.”

What is the difference in nutrition between whole milk and fat-free or low-fat milk?
A. Whole milk contains more protein. B. Fat-free and low-fat milk are higher in vitamin C. C. They are comparable in nutrition.

Answer: C. Choosing fat-free or low-fat milk and milk products provides the same nutrients with less solid fat and thus fewer calories.

Soy beverages fortified with calcium are a good choice as a milk substitute. They are similar to milk both nutritionally and in their use in meals.
When you’re in crisis mode (and most Americans are), you skim the cream of your life right off the top — into the garbage. Find out how to stop your shrinking heart.

Crisis mode is when you spend every waking moment of every day trying to figure out how to keep all your balls in the air and all your plates spinning. In crisis mode, you keep running faster and faster, from project to project, deadline to deadline, quota to quota, meeting to meeting. Your RPMs creep higher and higher until you hit the red line.

Most active people have to spend a certain amount of time in crisis mode. The problem arises when you spend too much time in crisis mode. That’s when crisis mode goes from being a season of life to becoming your life.

When it happens, you start doing the only thing you can do. You economize. You short-change your investment of energy in certain areas of your life so you can invest it in other areas. You also tend to go to performance-oriented areas of your life, which your self esteem is tied.

In every season of life, you become a miser: you hoard your energy, you engage minimally, you touch superficially, you slide along the surface, you skim.

1. First, you skim in relationships. The bond with your spouse, which used to be strong and intimate, becomes increasingly weak and distant. You hope your spouse doesn’t have a serious need because you don’t have the energy to deal with it. You hydroplane over conflicts. You put bardages on serious problems. You resort to quick fixes and pretend things really aren’t so bad.

2. You also skim with your kids. You don’t keep track of them too well anymore. You no longer know what is going on in their lives. Little signs of trouble grab your attention, but you push them out of your mind. Warning flags wave, but you turn your head. You don’t have the energy to face them— or even care. Too busy. Many tomorrow. Or, maybe they will just go away.

3. You also skim with your friends, which used to be so deep and accountable, are now characterized by shallowness. Your casual friendships don’t even exist anymore. Pretty soon, nobody has access to you, because you are too busy juggling and spinning.

4. You start skimming every meal. You find your anger is flaring up more than it used to, but you take the time to figure out why. You no longer feel any connection to feelings like hurt or sadness or guilt.

You become a mechanical soldier: you just keep marching, doing what is necessary, and stuffing your feelings deeper and deeper, pretending things really aren’t so bad. But you are just hydroplaning over conflicts. You put bardages on serious problems. You resort to quick fixes and pretend things really aren’t so bad.

FCE News & Events

FCE Council Meeting, April 4

The next FCE Council meeting has been changed to Monday, April 4, 12:30 p.m. at Greenfield’s Restaurant, 7900 S. 87th St. (87th & Hwy 2), Lunch will still be ordered from the menu. Carly Runestad from Mourning Hope will be the speaker. Please Call Pam at (402) 441-7180 by March 31 if you plan to attend.

FCE Scholarship Applications Due May 1

A $400 scholarship provided by the Lancaster County FCE Council is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in Family and Consumer Science or a health occupation. This is open to full-time students beginning their sophomore, junior, or senior year of college in the fall of 2011, or who have completed two quarters of study in a vocational school. Applications are available at the extension office and online at http://lancaster.unl.edu/home/fce. Deadline is May 1.

Secret of Relaxation

The secret in getting the best results from attempts at relaxation is simple: Find those activities which give you pleasure, and when you pursue them, commit your energies to total mental and physical well-being. If your diversion results in an artistic product, musical skills, further education, a better physique, or whatever, great. But remember relaxation, not achievement, is your main reason for participating in the activity.

In the course of a day, people are frequently distracted from their activities by personal problems—conflicts with family members, disagreements with employers, poor living or working conditions, boredom or loneliness—to name just a few. It is easy to get so preoccupied with living, working, and organizing, existing and working a person disregards his or her needs for relaxation.

It is surprising how little Americans know about the art of relaxation. Relaxation is more than getting away from the work-a-day grind and it is more than the absence of stress. It is something positive and satisfying— a feeling in which one experiences piece of mind. True relaxation requires becoming sensitive to one’s basic needs for peace, self-awareness, thoughtful reflection—and the willingness to meet these needs rather than ignoring or dismissing them.

In the course of a day, people are frequently distracted from their activities by personal problems—conflicts with family members, disagreements with employers, poor living or working conditions, boredom or loneliness—to name just a few. It is easy to get so preoccupied with living, working, and organizing, existing and working a person disregards his or her needs for relaxation.

Secret of Relaxation

The secret in getting the best results from attempts at relaxation is simple: Find those activities which give you pleasure, and when you pursue them, commit your energies to total mental and physical well-being. If your diversion results in an artistic product, musical skills, further education, a better physique, or whatever, great. But remember relaxation, not achievement, is your main reason for participating in the activity.

The Art of Relaxation

Try Something New and Different

Keep in mind two important rules of thumb in deciding on relaxation activities: Do not be afraid to try something new and different. Choose activities you really enjoy, not activities you think other people want you to pursue. The following are some activities worth thinking about:

1. Consider exercise such as walking around your neighborhood or in the woods, and bicycling, dancing, running golf, swimming, gardening, bowling, etc.

2. Try some mental exercises to create a sense of peace and tranquility in body and mind. One such exercise involves concentration on relaxation successes sets of muscles from the tips of your toes to the muscles in your forehead and neck.

3. Creative activities, such as painting, drawing, pottery, carpentry, knitting and even cooking for fun, can also give you a sense of accomplishment, as well as the peaceful relaxation of concentration on something you wish to do.

4. Whether or not the above suggestions for relaxation work in your case, a sure fire method known down through the ages is the use of a warm bath to take away bodily stress and strain. You may choose to enhance this activity by reading a good book, listening to music or even adding some bubbles if you like.

Subscribe to a FREE Parenting Electronic Newsletter!

Just In Time for Parenting

http://extension.unl.edu

Receive your free newsletters by email — monthly for children 1 to 12 months of age, then every other month for children 1 to 5 years. Just go to www.extension.unl.edu/parenting.
2011 Great Plants Selections - Nebraska

The Great Plants program is a joint effort of the Nebraska Nursery and Landscape Association and the Nebraska Statewide Arboretum that selects and promotes exceptional plants. These plants are reliably hardy, easy to care for, and ornamentally worthwhile.

2011 Tree of the Year
Shagbark hickories

Shagbark hickories can grow in areas not suited for other trees due to heat, humidity, and drought, and can tolerate wind and pollution. They can grow in full sun or part shade. Hickories are slow to mature and a challenge to transplant, one of the reasons they should be planted when small. This tough, battle-tested tree will easily outlast fast-growing trees prone to storm damage. At maturity, this tree is 60-feet high.

2011 Shrub of the Year
Heptacodium miconioides

Seven-son flower — This hardy, Chinese native has creamy white blossoms, each containing seven tiny flowers that attract bees and butterflies. The showy, purplish-red sepals that follow give the appearance of another period of bloom. Peeling bark is especially attractive in winter. It is a hardy shrub with few pest or disease problems. This shrub needs full sun and average moisture. At maturity it will be 15-feet high and 8-feet wide.

2011 Perennial of the Year
Phlox divaricata

Woodland phlox or wild sweet William — Starry, lavender flowers in spring are fragrant and attract hummingbirds and butterflies. It prefers part sun, in moist, organic soil and a light mulch to retain moisture. Dormant in summer, it makes a great companion for spring bulbs and late-blooming perennials. It will resow to form colonies over time. The plants get to be about 1 foot tall.

Easter Lily Care

Mary Jane Frogge
UNL Extension Associate

When buying a lily, look for a plant with flowers in various stages of bloom from buds to open or partially opened flowers. Foliage should be dense, rich green in color, and extend all the way down to the soil line. This is a good indication of a healthy root system. Look for a well-proportioned plant, one about two times as high as the pot. You also should check the flowers, foliage, and buds for signs of insects and disease.

At home, keep your lily away from drafts and drying heat sources such as appliances or heating ducts. Bright, indirect light is best with daytime temperatures of 65–75°F. Water the plant only when the soil feels dry to the touch, but do not over water. To prolong the life of the blossoms, remove the yellow anthers (pollen-bearing pods) found in the center of each flower.

Do not throw away your Easter lily after it is done blooming. You can save the bulb and plant it outdoors. Easter lilies can be replanted outside after the blooms are gone. Plant the Easter lilies outdoors as soon as the ground can be worked. Select a sunny site with well-drained soil. Set the top of the bulb six inches below the soil surface. Cut off the old flowers, but leave the stem and leaves. Do not cut back the stem until it dies down in the fall, then cut it off at the soil surface. After the soil surface freezes in late fall, mulch the soil and do not remove the mulch until new growth begins in the spring.

2011 Composting Workshops and Demonstrations

Learn how to be successful with composting by attending a composting workshop or demonstration sponsored by University of Nebraska-Lincoln Extension in Lancaster County and the City of Lincoln Recycling Office.

Composting Workshops are held at various Lincoln locations:
- Tuesday, April 12, 6:30 p.m. — Loren Corey Eiseley Library, 1530 Superior St.
- Tuesday, April 19, 6:30 p.m. — Bess Dodson Walt Library, 6701 S. 14th St.
- Tuesday, Oct. 4, 6:30 p.m. — Charles H Gere Library, 2400 S. 56th St.
- Tuesday, Oct. 11, 6:30 p.m. — Anderson Library, 3635 Touzalin Ave.

Composting Demonstrations are presented at the Pioneers Park Nature Center’s backyard composting demonstration area. These demonstrations will show you how to be successful with backyard composting. You will see three types of composting bins and how to use them. At each composting demonstration two lucky participants will win either a composting thermometer or bin. Demonstrations will be held:
- Saturday, May 14, 10–11:30 a.m.
- Saturday, June 11, 10–11:30 a.m.
- Saturday, Sept. 24, 10–11:30 a.m.
- Saturday, Oct. 22, 10–11:30 a.m.
Tip Blight of Pine May Cause Death of Shoots in Spring

Browning and death of branch tips is quite common in older, well-established pine plantings. Such damage is often due to Sphaeropsis Tip Blight, (syn. Diplodia tip blight). Infected tips on current year shoots and eventually may kill whole branches or the entire tree. This fungal disease becomes increasingly more common and destructive as trees age, although young trees can be affected. Austrian pine is the most severely affected of the pines, but Ponderosa pine, Scotch pine, and Muqo pine are also susceptible.

The most conspicuous symptoms of Sphaeropsis tip blight are stunted new shoots with short, brown needles still partially encased in their sheath. Infected shoots are quickly killed and may be located throughout the entire tree, although damage is greatest first evident in the lower branches.

The severity of damage may vary considerably throughout the tree and with some branches that have been infected several years in a row dying back completely. After two or three successive years of infection, treetops may also be extensively damaged.

Repeated infections reduce growth, deform trees, and may ultimately kill them. Small, black, pimple-like structures develop at the base of infected needles and on the backside of pine cone scales. These structures produce additional fungal spores that can re-infect the tree. Extremely wet spring weather promotes the development of this disease. Fungus spores are dispersed primarily on rain splash. High humidity also promotes the germination of spores. Sphaeropsis tip blight can be confused with damage caused by pine tip moth; however, pine tip moth damage can be distinguished by the presence of larvae or tunnels within the affected shoot.

Control
New shoots are most susceptible during a two-week period beginning at bud break and continuing through mid-June. Two applications of fungicide applied during this period are recommended. In eastern Nebraska, two applications of fungicide are recommended for control. The first application should be made during the third week in April and a second application in the first week of May provides optimum control. Applications made after mid-May are ineffective. Several fungicides are effective in treating this disease. Read and follow all label directions carefully before application.

2011 USDA Rural Development Value-Added Producer Grant Program

The USDA Value-Added Producer Grant program assists eligible producers of agricultural commodities, agricultural producer groups, farmer and rancher cooperatives, and majority-owned producer-based business ventures to assist with planning or working capital activities related to the processing and/or marketing of value added products. The 2011 program is tentatively expected to begin accepting applications in late March, so growers wanting to participate should begin polishing their applications.

The focus of the grant program is to assist farmers and producers with the marketing of value-added products. The applicant may focus on a new market for an existing product, or a new product into an existing market for an existing product. Growers, farmer or rancher cooperatives, agriculture producer groups, major consumer of producer based business ventures (businesses where producers have 50 percent or greater ownership and control) are eligible to apply.

New to the program is the allowance of local food products as a single product. Farmers and/or producers growing and marketing local foods are eligible to apply for VAPGs. A locally grown food product, as defined as sold within your state or within 400 miles of the growing site.

Five distinct activities are considered value-added. Producers’ activities must fall within one of these activities:

• A change in the physical state or form of the product;
• Differentiated production or marketing, as demonstrated through a business plan;
• The physical segregation of an agricultural commodity or product in a manner that results in the enhancement of the value of the commodity or product;
• A source of farm- or ranch-based renewable energy, including E-85 fuel or a product marketed as a locally produced agricultural food product.

A template for the application will be provided on both the Rural Development Web site http://rurdev.usda.gov/nel and on the UNL Food Processing Center (FPC), http://fpc.unl.edu/Business/grant.shtml Web site. The template will provide complete, easy-to-understand instructions, for producers who are interested in applying for either the Planning or Working Capital Value-Added Producer Grant. The template includes a title page, table of contents, headings, and descriptions of the content for each section. Simply replace the template descriptions with the appropriate information on your grant proposal.

For more information, contact Joan Scheel, business specialist at (402) 437-5594 or joan.scheel@ne.usda.gov. Visit the Nebraska Rural Development Web site at http://www.rurdev.usda.gov/nel/value_added_producer_grant_program.htm for additional information.

The Midwest’s largest plant sale is also the longest-running, as Spring Affair celebrates its 25th anniversary on April 23. Many of the plants gardeners find at Spring Affair can’t be found anywhere else locally. “It’s the place to find unusual plants you’ve been looking for,” according to Spring Affair Coordinator, Constance Noetling. Plants are selected for regional suitability, uniqueness, and popular demand. They are provided by Bluebird Nursery, Inc. of Clarkson, NE. More than 900 plant varieties will be available — perennials, herbs, native plants, temperamentals, vines, and a variety of trees and shrubs — something for everyone.

The 25th annual Spring Affair plant sale is Saturday, April 23, from 9 a.m. to 4 p.m., at the Lancaster Event Center, 84th and Havelock in Lincoln. Admission to the sale is free. The plant sale, plant talks, and vendors of garden art, sculptures, furniture, and other items are all under one roof in Pavilion 1, on the northeast edge of the Lancaster Event Center. Plenty of parking is available just north of the building.

Plant talks will be held throughout the day. Presenters include Mark Canney on “Shades of Silver,” Luann Finke on “Sunny Silver Solutions;” and Stacy Adams on caring for plants — “I Got It...Now What?”

Informational “Talkabouts,” 20-minute presentations on various plant groups, will be offered throughout the day. These talks will be held among the plant tables and focus on herbs, plants for sun, temperamentals, grasses, and woody plants.

Articles in the 2011 Spring Affair News, to be mailed in late March, will focus on silvery plants to coincide with the event’s silver anniversary, plant highlights, and landscape design.

The Spring Affair Preview Party will be held Friday night, April 22. To register for the dinner or for more information, call Kit Keller at (402) 489-2238.

Spring Affair is sponsored by Nebraska Statewide Arboretum, Inc. Proceeds from Spring Affair sustain the Arboretum’s mission and fund critical programs and services. For more information or to get a copy of the newsletter, call (402) 472-2971, or visit http://springaffair.unl.edu.
The heart of 4-H!

FFA and other activities at the Fair are always a big hit! One of our favorite memories is when a young girl walked away with such a big smile on her face. She said, “I love kids and cows!” Taking on the responsibility of a calf is huge, by the 4-H'ers. Calves bottle-fed orphaned baby animals were a common sight at the Lancaster County Fair for more than 10 years. Bucket calves are an opportunity to learn about growing and harvesting, and exhibiting these unique cucumbers at county fair. Each participating family will receive a packet of seeds, along with a newsletter of growing tips. Youth may choose from several different project areas for exhibiting their project at fair. One seed packet per family. The cost to participate is $2 per family. For more information, contact Sarah or Mary Jane at the extension office, (402) 441-7180.

Jammie Jamboree, April 2

Learn basic sewing skills as part of the 4-H Clothing Level 1 project and make jammie bottoms on Saturday, April 2, 9 a.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. Open to all youth (need not be in 4-H). Adults are welcome to attend with youth. Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape, etc.), pull-on pajama bottom patterns (one simple pattern is Simplicity 3553), prewashed flannel or 100% cotton fabric (no one-way design fabrics or plaids) and matching thread. Also bring a sack lunch. Sign up by March 31 by calling (402) 441-7180. Jammie bottoms may be entered at the county fair and styled in the Style Revue under Clothing Level 1.

4-H Quilts of Valor Challenge

The Quilts of Valor Foundation has donated over 36,000 quilts to service men and women who are protecting our country and are “touched by war.” Nebraska 4-H’ers are encouraged to join this endeavor by creating and donating quilts to this cause. These quilts can also be entered in the Lancaster County Super Fair. Contact Tracy at (402) 441-7180, for more information.

4-H Paws-On Dog Clinic, April 23

Lancaster County 4-H will host a statewide Dog Clinic on Saturday, April 23, 10 a.m.–4 p.m. at the Lancaster Event Center – Exhibit Hall. Anyone may attend. Dogs may attend — bring a leash and portable carrier. If you have an interest in learning about dogs or want to better your show skills, plan on attending. This workshop will cover obedience, showmanship, agility, grooming, health care, and much more. Fee is $15 per person and includes lunch. Space is limited, so register early. Must pre-register by April 16. Registration forms are available at http://go.unl.edu/s8d and at the extension office. For more information, call Lisa Karr-Lilienthal at (402) 472-6458.

Special 4-H Garden Project — Striped Armenian Cucumbers

4-H’ers are invited to participate in an unusual garden project — growing striped Armenian Cucumbers. Thirty seed packets will be available April 4 on a first-come, first-served basis. The project will give youth the opportunity to learn about growing, harvesting, and exhibiting these unique cucumbers at county fair. Each participating family will receive a packet of seeds, along with a newsletter of growing tips. Youth may choose from several different project areas for exhibiting their project at fair. One seed packet per family. The cost to participate is $2 per family. For more information, contact Sarah or Mary Jane at the extension office, (402) 441-7180.

Additional Diamond Clover Recipients

Several more Lancaster County 4-H’ers earned Nebraska Diamond Clover awards for 2010. These are in addition to the listing published in the March Nebraska Complete Achievement Night award, scholarship, and pin recipients are at online http://lancaster.unl.edu/4h/programs/achievementnight.shtml.

Level 1 – Amethyst: Brianna Gabcik, Dalton Hellwege, Sydney Miller, Isabella Villalobos

Level 2 – Aquamarine: Madison Walters, Ashlynn Devoll

Level 3 – Ruby: Adrianna Miller

State Stampede Results

The 2011 State Horse Stampede was held in February at UNL East Campus. Congratulations to all Lancaster County 4-H members who participated! Below are the purple ribbon winners.

ART CONTEST
Senior Division: Elli Dearmont (Reserve Champion), Chelsea Beach, Ian Schuster, Erika Warner, Kenzie Wolfe
Junior Division: Sarina Kynn (Reserve Champion), Ashley Clegg, Ivy Dearmont, Mia Hermanson, Madison Humphrey, Madeleine Polk, Sam Schuster, Jenna Wolfe, Leis Wolfe

DEMONSTRATION CONTEST
Junior Division, Individual: Justine Gall (Reserve Champion)
Senior Division, Individual: Kenzie Wolfe (Champion), Hannah Ronnau
Junior Division, Team: Ivy Dearmont and Leis Wolfe (Champions)
Senior Division, Team: Megan and Ben Luedtke (Reserve Champions)

PUBLIC SPEAKING CONTEST
Senior Division: Elii Dearmont (Champion)

QUIZ BOWL
South Prairie Wranglers 4-H Club: Megan Luedtke, Cary Peters, Ian Schuster, Erika Warner, coach Kendra Ronnau (Champion)
Flying Hoofs 4-H Club: Brooke Bennett, Elizabeth Boender, Elizabeth Frobish, Reagan Myers, Kate Rawlinson, coach Nicole Moss (3rd place)

Riding Skills Level Testing on April 19 and May 3

The first 2011 riding skills level testing will be held on Tuesday, April 19, 6 p.m. at the Lancaster Event Center in Pavilion 3. Anyone wishing to be tested must sign-up by April 12. Call or email Marty at (402) 441-7180 or mcruck-shank2@unl.edu.

A second testing is scheduled for Tuesday, May 3, 6 p.m. at the Lancaster Event Center in Pavilion 3. Sign-up deadline for the May 3 testing is April 26.

Nominate your favorite 4-H volunteer by submitting the form available at http://lancaster.unl.edu/4h or at the extension office.

Lancaster County 4-H is proud to announce Cheri Truax as winner of April’s “Heart of 4-H Award” in recognition of outstanding volunteer service. Cheri has been Assistant Superintendent of the 4-H Bucket Calf Show at the Lancaster County Fair for more than 10 years. Bucket calves are orphaned baby calves bottle-fed by the 4-H’ers.

Chris Truax is proud to announce Cheri as winner of Lancaster County 4-H’s “Volunteer of the Month” for April. Congratulations to Cheri. Volunteers like her are indeed the heart of 4-H!
4-H Clover Challenge, April 25
A fun Clover Challenge aimed at 4-H’ers ages 10–18 interested in family and consumer sciences will be held Monday, April 25, 1 p.m. at the Lancaster Extension Education Center. Similar to a quiz bowl, Clover Challenge consists of a series of multiple choice and true/false questions based on family financial health, foods, clothing, and home environment. Teams of two, three, or four youth will compete against each other in randomly chosen tournament-like brackets. This is a good opportunity to practice for Life Challenge contests. Contact Tracy at (402) 441-7180 by April 8.

4-H/FFA Sheep Weigh-In, May 5
4-H/FFA members planning to exhibit market sheep need to have their lambs officially tagged and weighed on Thursday, May 5, 6-8 p.m. at the Lancaster Event Center - Pavilion 2. For more information, call (402) 441-7180.

Clover College Instructors and Volunteers Needed
4-H Clover College will be held June 14–17 at the Lancaster Extension Education Center. Clover College is four days of fun-filled, hands-on workshops for youth ages 6 and up. If you have workshop topic ideas, or if you would like to teach a workshop or volunteer to help, please contact Tracy at (402) 441-7180. All help is very much appreciated!

Furniture Painting Workshop, May 7
All ages youth and adults (by May 1) are invited to a "Junkie to Jewels" workshop on Saturday, May 7, 9 a.m. at the Lancaster Extension Education Center. Need not be in 4-H. Bring a small piece of "junkie," unpainted furniture, such as a shell, stool, or chair, and turn it into a "jewel!" Choose a "Red, White, & Blue" or a "Black & White" theme and learn how to prepare new and used wood furniture by sanding, sealing, painting, decorating, antiquing, and finishing. All paints and finishes will be provided, Cost is $5. Adults are welcome to attend to help youth. Bring a sack lunch. Call Tracy at (402) 441-7180 by May 2 to register.

Community Service Opportunity
4-H members are being asked to bring last year’s 4-H exhibits to an independent living center and have a "show and tell" with them. Contact Tracy at (402) 441-7180 to learn more about this rewarding community service project.

Hand Washing Kit Available
Teach 4-H’ers proper hand washing techniques by checking out the Clorox Germ Kit. This kit will help everyone learn best hand washing practices in a fun, hands-on manner. Contact Tracy at (402) 441-7180 for more information.

New in 4-H at Fair
See the Fair Book for detailed information about each of the following:
- The following can now be exhibited in the Style Revue contest: “Clothing Level 1 second complete outfit,” “Clothing Level 2 complete outfit,” “Apron,” and “Decorate Your Duds apron.”
- New Special County Exhibits include: “Scare crow exhibit” and “Jewelry accessory.”
- General Poster classes are: “4-H poster,” “Photo posters,” and “Gotta Be There (theme for 2011 Lancaster County Super Fair).”
- Clothing Level 2 now includes “Specially wear” (includes costume, western wear-chaps, chinks, or riding attire).
- Clothing Level 1 - Knitting or Crocheting now includes “Additional knitted article” and “Additional crocheted article.”
- Complete Apron Unit 1, 2, and 3 now includes “Printed Publication.”
- Unit 1 and 2 Electricity projects may use foam core for display board.
- Forestry and Agronomy classes have many changes.
- Beef Breeding Classes have added classes for junior and spring heifers (which cannot be double entered in feeder calf class).
- Feeder Calf male class has been separated into “steer” and “bull” classes.
- Horse Dressage Tests have changed to match new national USDFF tests.

4-H & FFA Super Fair News

Speech Contest, May 1
The 2011 4-H Speech Contest will be held Sunday, May 1, 1:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Register by April 25 by calling (402) 441-7180 with your name, speech title, and your age division. Contest divisions:
- Clover Kid: 5–7 years old, read, or recite any short story, nursery rhyme, poem, pledge, etc.
- Novice: 8–9 years old, 2 minutes in length, any topic related to 4-H.
- Junior: 10–11 years old, 2–3 minutes in length, any topic about a 4-H experience.
- Intermediate: 12–13 years old, 3–5 minutes in length, encouraged to talk about a 4-H project you like others to enroll in.
- Senior: 14–19, 5–8 minutes in length, a timely topic related to 4-H.

PSA Contest, Due April 25
In the Public Service Announcement (PSA) Contest, 4-H’ers submit a 60 second “radio commercial” promoting 4-H. The PSA contest will be held via audio only (not in person). Submit a PSA via CD playable on any standard stereo equipment to extension by Monday, April 25. (New this year, no tapes please.) If you do not have the capabilities to record a PSA, call extension at (402) 441-7180 to set up a recording time. Results and comment sheets will be handed out at the 4-H Speech Contest on Sunday, May 1.

State 4-H asks for PSAs to be non-county specific so winning PSAs can be aired on radios statewide (for example, say “call your local extension office”).
- All PSAs must use the state theme as the basis for their PSA. The 2011 PSA theme is “Taking the Lead!”
- All 4-H PSAs must include the following tag line within the last ten seconds of the PSA: “Learn more about the University of Nebraska-Lincoln Extension 4-H Youth Development Program at 4h.unl.edu and ‘Know How. Know Now.’ “The tag line is included in the 60 second time limit. As always, background noises and sound effects are encouraged.
Alternatives to Guardianship in Nebraska

Guardianship is one form of surrogate decision-making, a term used to describe situations in which one makes decisions on behalf of someone else. It is the most restrictive choice when decision-making assistance is needed. There are many more ways help can be given before proceeding to guardianship. The following is a description of less-restrictive forms of assist-
ance listed in order of degree of restriction from the least to the most.

**Representative Payee** is a person appointed by the Social Security Administration to receive and manage benefits administered through Social Security. A representative payee is sought when a person is unable to manage the funds and do the necessary reporting required.

**Power of Attorney** is a document that authorizes one to act on another's behalf. It is the delegation from the person creating the document (the principal) to the person to whom he/she grants the power to act (the agent). Powers of attorney can be either limited or general depending on the principal's wishes. A limited power of attorney gives authority to act only with regard to very specific matters. A general power of attorney authorizes the agent to act on behalf of the principal in a wide variety of actions. A power of attorney is also terminated by the principal's death, disability, or incompetence of the principal. Otherwise it is just like a power of attorney. It can be revoked or modified at any time while the principal is competent.

**Advance Directives** include any written designation for medical treatment made prior to the need for treatment. The most common types of advance directives are living wills, health care power of attorney, code/no code orders, and medical directives.

- A Living Will is a written statement describing the type of care a person wishes to receive in the event he/she is suffering from a terminal illness or is in a persistent vegetative state. A person can change his or her mind and revoke the living will at any time, regardless of mental status.
- Health Care Power of Attorney is, quite simply, a durable power of attorney for health care which authorizes a person to make health care decisions for another person if that person is incompetent. In Nebraska a person is deemed incompetent if he or she lacks the mental capacity to make decisions or manage his/her own affairs, including the disbursement of funds.

- Code/No Code Orders are directions one gives regarding his/her wishes in relation to CPR and life sustaining and terminal medical procedures. These are common in nursing homes and hospitals. The patient is generally asked upon admission whether or not he/she wants emergency procedures undertaken should a medical situation warrant the need for such procedures.
- A Medical Directive is a specific list of medical procedures on which a person may check various procedures he/she wants, does not want, or is not sure about. A medical directive is personal in nature and is often incorporated into either a living will or a health care power of attorney.

Many of the options for help with the various types of decisions can be voluntary and entered into by a person, with the person often choosing the type of assistance wanted, and who will be the surrogate decision-maker. When one is no longer able to make a conscious choice, a more restrictive option of surrogate decision-making is appropriate—for the situation, it may be necessary to pursue a more restrictive option of conservatorship or guardianship.

**Conservator** is an individual who is appointed by the court to manage the estate, and/or property of another. A conservatorship is used when it is determined the person is unable to do so for himself/herself.

**Guardianship** provides for the care of someone who is not able to care for himself/herself. The court may appoint a guardian if there is clear and convincing evidence he/she requires continuing care or supervision. Nebraska law allows for, and favors, the appointment of a limited guardian. This is a guardian who looks after a limited number of the person's personal needs. The court is required to look at 10 items listed in the guardianship law and state with which of the individual items the person needs assistance. A limited guardianship is less restrictive than a full guardianship. A full guardianship is established when it is determined surrogate decision-making is needed in all of the areas the court is required to review.

**UNL Extension Guardianship Trainings**

State appointed guardians/conservators manage finances, submit reports to the court, and provide other vital roles which impact wards of the court. This court mandated educational program, created in part by UNL Extension, prepares guardians to better understand their wards’/ward’s full responsibilities to the court. More than 4,500 guardians/conservators have taken the training since the mandated program started in 2005. In 2010, 91 educational programs were offered to 888 guardians/ conservators. The Nebraska State Bar Association provides volunteer legal expertise during the training.

Upcoming dates at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln, include:

- Tuesday, April 19, 5:30–8:30 p.m.
- Tuesday, May 17, 1:30–4:30 p.m.

For more information about UNL Extension trainings or to access other NebraskaGuides about Guardianship (available in English and Spanish), go to www.extension.unl.edu/guardianship.

Community Focus

Youth, Adults Can Enter 2011 Master Conservationist Program, Entries Due April 1

Youth and adults are both eligible to enter the 2011 Master Conservationist Program which includes categories for new and traditional soil and water conservation practices in urban and rural areas.

This annual Nebraska recognition program began in 1983 and now includes categories for farm and ranch, residence/acreage, community-private business, and youth entries.

There are five Master Conservationist program districts across Nebraska for farm and ranch entries. Entry forms are available to business or oversized youth entries. There is a fee of $25 per entry to compete for five statewide awards. The residential category can range from a typical home yard to 10 or more acres with less than $1,000 in sales.

Farm and ranch brochures are available at local University of Nebraska-Lincoln Extension, Natural Resources District, and USDA Natural Resources Conservation Service offices. The brochure appears on the UNL Institute of Agriculture and Natural Resources (IANR) home page at http://anrhome.unl.edu under “Timely Topics.” Online applications can be made at www.own.com and clicking on “In the Community” link.

Youth will be judged by members of IANR at UNL Nebraska Association of Resource Districts, Natural Resources Districts, and the USDA Natural Resources Conservation Service. Master Conservationist programs will be recognized at an annual banquet of the Nebraska Association of Resource Districts, Sept. 28, at the new Young’s Conference Center in Kearney.

This program is sponsored by the Institute of Agriculture and Natural Resources at UNL and the Omaha World-Herald.

**Master Conservationist Local Recipients**

1994 – Harold F. & Thomas L. Sieck, Pleasant Dale – Production Agriculture
1995 – Steven & Janet Warren, Wolseley – Production Agriculture
1996 – Lyle & Alice Sittler, Martell – Production Agriculture
1997 – Mark Whitehead – Community - Private Business
1998 – Larry & Doris Hall – Production Agriculture
2001 – Jerry & Bobbie新闻, Ashland – Production Agriculture
2003 – Norris FFA, Doug Malone, Agricultural Educator – Youth Group Division
2004 – E. Jerry Barger & Tammy Stedley, Greenwood – Production Agriculture
Scholarships Available for Big Red “Entrepreneurship” Camp

Hosted by the Paul Engler Agribusiness Entrepreneurship Camp, the Entrepreneurship Camp is part of the 2011 Big Red Academic Camps. These career exploration camps are a chance for campers to explore the UNL campus, meet people from across the country, spend time investigating an interest or potential career, and have lots of fun. For more information about the different camps and to register for the Entrepreneurship camp, visit http://bigredcamps.unl.edu or contact Marilyn Schlake, Camp Director at (402) 472-4138. The early bird registration deadline is April 1.

Pioneer Farm Award Nominations Due May 1

For more than 50 years, the Knights of Ak-Sar-Ben Foundation has been proud to provide the “Pioneer Farm Family Award.” This program has honored farm families in Nebraska whose land has been owned by the same family for at least 100 years or more. To date, more than 8,000 families in all 93 Nebraska counties have been honored at county fairs. Each honoree receives an engraved plaque and gatepost marker as permanent recognition of this milestone. Nebraska Farm Bureau Federation is the sponsor of the Pioneer Farm Awards and is supported by the Nebraska Association of Fair Managers. Plaques and gatepost markers are presented at the annual county fair in which the land is owned. For an application, call the Lancaster County Fair at (402) 441-6545. Deadline is May 1.

Lancaster Ag Society Seeks Hall of Fame Nominations by May 1

At the 2010 Super Fair, the Lancaster County Agricultural Society unveiled a new Ag Society Hall of Fame located at the Lancaster Event Center. This Hall will formally recognize those individuals who have dedicated time and effort to the Lancaster County Agricultural Society beyond the normal volunteer hours and have made significant contributions to the establishment, development, advancement, or improvement of the Lancaster County Fair. Last year’s inductees were Gordon Chapelle, Larry Hudkins, Franklyn Manning, and Charlie Willnerd. If you know of a person who is deserving of this honor, please nominate them. Nominations forms and more information can be requested by calling the Lancaster Event Center at (402) 441-6545. Nomination forms due by May 1.

Watch Chicks Hatch Online with EGG Cam!

http://lancaster.unl.edu/4h/Embryology

Embryology resources include incubation, candling, raising poultry, and more!

Find us on Facebook!
Teens led large group games as ice breakers to help youth meet new friends.

The education committee created fun learning activities.

In January, more than 26 4-H Teen Council members organized and led the overnight 4-H Lock-In for 75 fourth & fifth graders. The teens prepared snacks, led games, presented craft activities, and more.

**Clues Add Up to Extraordinary Lock-In**

All the leads added up to reveal an extraordinary 4-H Lock-In this year. With the theme “Get a Clue” 75 fourth and fifth graders got to learn about detectives and even do a little investigation of their own among fun activities. This Lock-In is a great experience for both the kids and Teen Council.

— Spencer Farley
President

**Glad to Have Opportunity**

This year’s 4-H Teen Council Lock-In went amazingly. We had a mystery theme which involved the kids obtaining clues throughout the night of who stole our hostesses necklace. In all my years of Teen Council I have never had a Lock-In go as well as it did. The group of 75 kids we had were engaged and entertained all night. The Teen Council staff were super involved as well. Each member of the Teen Council staff spent their night making sure all the kids were included, entertained, safe, and well behaved. I was so glad to be able to be a part of this year’s Lock-In and I’m glad I had the opportunity to work with all the amazing staff and kids.

— Lexi Trumbley, Secretary

**Fun For All**

Both teens and children had oodles of fun this past January at the 4-H Teen Council “Get a Clue” Lock-In. The night was filled with making mystery messages, playing fun games, munching on snacks, and solving mysteries. The teens learned valuable lessons about educating and helping children, while inspiring others about 4-H. As usual it was a great success for everyone.

— Emily Steinbach

**Open House Events**

**JUNIOR WEDNESDAYS**

Wednesdays through April 27 — a Husker Weekday tailored for juniors.

**BIG RED OPEN HOUSE**

April 15 or April 22 — Spend a day on campus learning more about academics, student life, scholarships, and Husker spirit!

**SUPER SATURDAY**

April 2 — This special visit day is designed and implemented by the Office of Admissions Student Ambassadors.

**HUSKER SUNDAY**

April 10 at Westfield Gateway Shopping Mall.

For more information or to register, see http://admissions.unl.edu