NEBLINE, January 2014

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4-H Youth Serve Their Community By Volunteering

Many 4-H youth make a difference in their community by volunteering. They put into practice the 4-H pledge which includes, “my hands to larger service.” Participating in community service projects helps 4-H’ers learn about sharing, empathy, leadership and citizenship.

“When youth volunteer, benefits are reaped by almost everyone involved — the targeted population, the community and most especially the volunteers themselves,” according to Adolescent Development Specialist Maria Rosario T. de Guzman in UNL Extension’s publication, Volunteerism: A Tool for Positive Youth Development.

In Lancaster County, 2,145 community service hour services were documented for the 2012 4-H Community Service awards. There are numerous other 4-H service projects which are not documented.

Examples of community service projects reported include:

- staffing booths at Kiwanis Carnival,
- donating stuffed animals for various groups,
- sewing a club quilt to donate to their local church fair,
- obtaining government headstones for two Civil War veterans buried in unmarked graves in the Roca cemetery,
- making tray favors for nursing home residents,
- delivering Meals on Wheels,
- volunteering on zoo crew at Lincoln Children’s Zoo,
- bell ringing for the Salvation Army,
- donating hair to Pantene Beautiful Lengths for cancer patients,
- helping with 4-H Clover College, and
- guiding tours for child care groups at the Lancaster County Super Fair.

Here is a look at several recent 4-H community service projects.

Fantastic 4 Club Does Monthly Activity with Union Manor

The Fantastic 4-4-H Club has done numerous community service projects since it started eight years ago. This year, most of the members are teens and they voted to continue focusing on community service and dedicating their time to helping others.

In March, Fantastic 4 started an ongoing monthly activity with Union Manor Apartments, an independent living residence for senior citizens. Every month, the club presents a craft/activity and provides food and drink for an average of 20 seniors. Each member rotates responsibility for deciding the craft, gathering the supplies, creating a flyer to put up on every door and then teaching the other 4-H’ers so everyone can help teach the seniors. Each member also rotates responsibility for the food and drinks.

In addition, Fantastic 4 initiated a weekly paper recycling program for the residents, collecting an estimated 5,000 lbs of paper since June.

4-H member Paige Roach says, “Sometimes it’s challenging to figure out an activity to do, but what matters most is that we are there. I’ve gotten close to several people and really enjoy spending time with them.”

Joe’s Clover Knights 4-H Club recently donated toys and stocking stuffer bags to Catholic Social Services’ St. Nicholas Toy Shoppe.

Joe’s Clover Knights 4-H horse club decided to help Catholic Social Services’ St. Nicholas Toy Shoppe. Joe’s Clover Knights club members made a special visit to Catholic Social Services to deliver their gifts, at which time they volunteered to organize stacks of donated diapers and were given a tour of the facility.

Club member Greta Nebel said, “I thought it was a great experience to go and help the people of Lincoln who don’t have as much as we do.”

Boots ‘N’ Hooves Club Volunteers Monthly

The Boots ‘N’ Hooves 4-H horse club makes it a goal to volunteer in the community once a month. This was the third year Boots ‘N’ Hooves volunteered with the Center For People in Need. They gave away a three-hour shift and helped bag produce, break down boxes and hand out food to recipients.

Member Grace Kim says, “Volunteering at the Center for People in Need gave me a better grasp on what giving thanks was. The gratitude those people had toward us really warmed my heart and hopefully theirs!”

See COMMUNITY SERVICE on p. 8

The Boots ‘N’ Hooves club has volunteered at the Center for People in Need’s Giving Thanksgiving Food event for three years.

Fantastic 4 club presents a craft or activity and food and drink monthly to an average of 20 seniors at Union Manor.

4-H Explorers club helped clean up landscaping at the Lincoln Children’s Zoo spring clean-up.

“366 COMMUNITY SERVICE IDEAS”

A list of “366 Community Service Ideas” compiled by Janet Fox, former Nebraska 4-H Extension Specialist, is available online at http://lancaster.unl.edu/4h/serviceideas.shtml. The list is organized by categories such as the environment, senior citizens, helping animals and neighborhood enhancement.

4-H Youth Service...
January is Soup Month — Serve Soup Safely!

Alice Henneman, MS, RD
UNL Extension Educator

What could be simpler than supping on a big, steaming bowl of soup. A hearty soup — made with veggies and meat, poultry, fish or dried beans — can be the main dish for your meal. Add some crackers or breadsticks on the side and perhaps fruit for dessert and you’re ready to eat! Make a large batch of soup and enjoy some for another meal. Many soups, with the possible exception of seafood soups, may taste better the next day! For best safety and quality, plan to eat refrigerated soup within 3-4 days or freeze it. And avoid letting soup set at room temperature for more than TWO hours.

Don’t put a large pot of hot soup directly into your refrigerator. According to the USDA, it would take an 8-inch thick stock pot of steaming chicken soup 24 HOURS to cool to a safe temperature in your refrigerator. To be safe:

- To speed cooling, transfer soup to shallow containers, making sure soup is no more than TWO inches deep. Refrigerate promptly. You can place loosely covered foods in the refrigerator while still warm; cover when food is completely cool.
- When serving soup a second time, reheat it until it’s steaming hot throughout, at least 165°F.

Slow Cooker Moroccan Beef and Sweet Potato Stew

(6 servings. Total recipe time: HIGH setting 4 to 6 hours; LOW setting 8 to 9 hours)

2-1/2 pounds beef stew meat, cut into
1 to 1-1/2-inch pieces
3 tablespoons all-purpose flour
2 teaspoons ground cumin
2 teaspoons ground cinnamon
2 teaspoons paprika
1 teaspoon ground cinnamon
1 teaspoon salt
1/2 cup regular or golden raisins
1 can (14-1/2 ounces) diced tomatoes with garlic and onion
Salt

Chopped toasted almonds (optional)

1. Mix all ingredients together in slow cooker.
2. Cook on LOW for 8 to 10 hours or HIGH for 4 to 5 hours. Add beef, sweet potatoes and raisins; toss to coat evenly. Pour tomatoes on top. Cover and cook on LOW 8 to 9 hours or on HIGH 4 to 6 hours or until beef and potatoes are fork-tender. (No stirring is necessary during cooking.) Season with salt, as desired.

TEST KITCHEN TIPS: For smaller slow cookers, it may be easier to combine ingredients in a separate bowl before adding to slow cooker.

ALICE’S NOTES: Lower the sodium by omitting the salt and substituting 1 can (14-1/2 ounces) “no salt added” diced plain tomatoes for regular, salted diced tomatoes with garlic and onion. To replace the missing garlic and onion, add 1/2 cup chopped onion and 2 minced cloves of garlic at the same time added “diced plain tomatoes for regular, salted diced tomatoes with garlic and onion. To replace the missing garlic and onion, add 1/2 cup chopped onion and 2 minced cloves of garlic at the same time.

Nutrition information per serving: 300 calories; 8 g fat (3 g saturated fat; 3 g monounsaturated fat); 65 mg cholesterol; 811 mg sodium; 32 g carbohydrates, 3.8 g fiber; 26 g protein; 3.6 g niacin; 0.4 mg vitamin B6; 2 mcg vitamin B12; 46 mg iron; 17.8 mcg selenium; 3.4 mg zinc. This recipe is an excellent source of protein, vitamin B6, vitamin B12, iron, selenium and zinc; and a good source of fiber and niacin.

RECIPE SOURCE: Recipe courtesy of The Beef Checkoff at www.BeefItsWhatsForDinner.com

慢炖锅摩洛哥牛肉和红薯炖汤

(6份)

6杯水

1/4杯切碎(新鲜)，或2杯切片(干)(可选)

2汤匙牛肉肉汤(或2杯牛肉肉汤)

1-1/2杯柠檬汁(可选)

2片(中等大小，切片)

1片(中等大小，切片)

2片(切片)

1. 将所有成分混合在慢炖锅中。
2. 在LOW 8至10小时或HIGH 4至5小时。
3. 加入切碎的香料，以增加风味。

ALICE’S NOTES: 可以适当减少盐的用量。例如，可以使用无盐切片的西红柿，减少盐的用量。为了增加风味，我使用了1/2杯切片的黄瓜和2片切片的香料。

营养信息：每份300卡路里；8克脂肪(3克饱和脂肪；3克单不饱和脂肪)；65毫克胆固醇；811毫克钠；32克碳水化合物，3.8克纤维；26克蛋白质；3.6克烟酸；0.4毫克维生素B6；2微克维生素B12；46毫克铁；17.8毫克硒；3.4毫克锌。此食谱是蛋白质、维生素B6、维生素B12、铁、硒和锌的良好来源，同时也是纤维和烟酸的良好来源。

RECIPE SOURCE: 食谱源自于肉类检查员协会的www.BeefItsWhatsForDinner.com。
**FCE 2013 Achievement Day**

Lancaster County Family & Community Education (FCE) Achievement Day was held Oct. 21. Nearly 20 members attended and enjoyed a salad luncheon. Keith Fickenscher, director of operations for Lancaster Rehabilitation Center (formerly Lancaster Manor), presented a personal perspective on “You’re Having a Stroke.”

This year, three FCE Scholarships were presented to Lancaster County students majoring in Family and Consumer Science or a health occupation. The scholarship recipients were Kristin Satter, Mercedes Greenwood and Jennifer Zierott.

More photos are at on Flickr at http://go.unl.edu/8333.

**FCE Scholarship**

A Lancaster County Home Extension Club Scholarship fund was established in 1963. In 2013, three scholarships were awarded to use the scholarship funds. Approximately 50 scholarships were awarded over the years. The basket raffle at the annual Stirling Summer Sampler raised hundreds of dollars for the scholarship fund.

**Family & Community Education (FCE) Clubs**

The purpose of FCE Council was:

- to develop, strengthen and correlate all interests which have for their purpose advancement of home and community life in Lancaster County;
- to develop leadership and initiative among Lancaster County women;
- to formulate and develop the home extension program;
- to act in an advisory capacity in regard to the extension educator, and;
- to cooperate with the Lancaster County Extension Board in developing and carrying on the home extension program.

Home Extension Clubs had their beginnings in the 1920s and ’30s. The Davey Women’s Club began 1922 and became an Extension Club in 1931. The Busy Bee Club began in 1924 with others following in 1926.

Lancaster County had more than 100 Extension Clubs in 1957. Many of the clubs and members achieved their 50 year mark.

In 1994, the Extension Clubs changed to FCE Clubs and dues increased significantly. Many of the clubs opted to be social clubs.

FCE Clubs participated in community lessons trainings provided by Extension Educators. Several local members were state officers and Lancaster County hosted the State FCE Convention most recently in 2011.

In 2013, three clubs, Helpful Homemakers, Home Service and Salt Creek Circle carried on the many activities and community service projects.

A special thank you to the members over the years who served as an officer on the Council and made FCE a strong and viable organization. Thanks also to all the club members who have been an important part of Lancaster County Extension.

**Membership Awards**

50-Year Member
Margaret Blacketer, Helpful Homemakers
Lorena Maxson, Helpful Homemakers
Janice Ruliffson, Helpful Homemakers

45-Year Member
Elsa Amen, Helpful Homemakers
Sandra Block, Salt Creek Circle
Janie Schrader, Salt Creek Circle

40-Year Member
Lorraine James, Helpful Homemakers

30-Year Member
Sharon Brunke, Home Service

5-Year Member
Gracie Bohmont

**55-Year Member**
Margaret Blacketer, Helpful Homemakers
Lorena Maxson, Helpful Homemakers
Janice Ruliffson, Helpful Homemakers

**50-Year Member**
Marion Sturm, Helpful Homemakers

**45-Year Member**
Elsa Amen, Helpful Homemakers
Sandra Block, Salt Creek Circle
Janie Schrader, Salt Creek Circle

**40-Year Member**
Lorraine James, Helpful Homemakers

**30-Year Member**
Sharon Brunke, Home Service

**5-Year Member**
Gracie Bohmont

**An Era Ends**

The Lancaster County Council of Family and Consumer Education (FCE) held its final Achievement Day in 2013 (see above right). As the number of FCE members and clubs decreased due to age and health, FCE Council reluctantly held their final meeting. Even though Lancaster County FCE Council has ceased as a formal organization, many of the clubs will continue to meet as social clubs and enjoy the friendships they have gained over the years.

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**55-Year, 45-Year and 40-Year Members (L–R):** Janie Schrader, Salt Creek Circle; Sondra Block, Salt Creek Circle; Margaret Blacketer.

**45-Year, 40-Year and 30-Year Members (L–R):** Sharon Brunke, Lorraine James, Elsa Amen, Sondra Block and Janie Schrader.

**The Rock Creek Homemakers extension club, approximately 1950s. Pictured studying a project club lesson on “Avoiding Financial and Property Tangles.”**

**Plainsview Extension Club’s 50th anniversary in 1982.**

**Family and Community Education Council’s Achievement Night in 2000.**

**Two of the FCE scholarship winners, Mercedes Greenwood (2nd from left) and Jennifer Zierott (far right), are pictured with FCE’s scholarship committee members Lorena Maxson (far left) and Margaret Blacketer (3rd from left).**

**Keith Fickenscher presented “You’re Having a Stroke.”**

**Ask Lorene**

**FAMILY LIVING TIPS**

Lorene Bartos, UNL Extension Educator

Q: What type of fire extinguisher should I have in my home or apartment?

A: It is not a requirement to have a fire extinguisher in a home or apartment. If you wish to have one for safety, the size would depend on your area and personal preference. A medium sized one would be fine for the home. When purchasing one, make sure it is Class A-B-C. There are five classes of extinguisher; Classes A-B-C are for residential purposes. Class A is for ordinary combustibles (wood, paper, cloth); Class B is for flammable liquids (grease, gasoline & oil); and Class C is for electrical equipment (appliances and tools). The extinguisher should be clearly marked with the class or classes it is for.

If you have a fire extinguisher in your home, teach family members how to use it correctly in time of need. Always read and follow manufacturers’ instructions. Shake the canister regularly to keep contents properly mixed and ready for use. Also, check the pressure gauge.

In a fire, you must act in an advisory capacity in regard to the extension educator, and focus on developing leadership and initiative among Lancaster County women.

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Private Pesticide Applicator Certification

Federal and state law states a private pesticide applicator must be certified and licensed to buy, use or supervise the use of a restricted-use pesticide (RUP) to produce an agricultural commodity on property they own or control — on an employer’s property if the applicator is an employee of the employer. No pesticide applicator license is needed if the applicator will only be applying general-use pesticides (GUP) or if you hire a commercial applicator to apply RUPs to your property. If you do not have a current private pesticide certification and you plan to buy or apply any RUP products, you will need to receive the same certification training as described below for people who need to be recertified.

All training sessions meet the requirements for both initial certification or recertification as recognized for private applicators. If your private applicator certification expires in 2014, you have until April 15, 2014, to either (or already accepted a notification letter from the Nebraska Department of Agriculture (NDA). Be sure to keep the letter from NDA and bring it with you to the training session you choose or when you pick up home-study materials. The NDA letter contains a bar-code format containing your NDA number that you need to know about.

Regardless of the certification method chosen, all applicants will receive an invoice from the NDA for the $25 license fee. You must pay this fee to obtain the license fee at the extension office. The certification training is good for three years, expiring on April 15, 2017 for those who certify this spring. You should receive your new license within three weeks.

Private pesticide applicators have four alternative methods to obtain initial certification and five alternative methods to recertify.

Traditional Training Sessions

Three private pesticide applicator training sessions have been scheduled in 2013 at the Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln. The dates and times are:

- Wednesday, Jan. 22, from 9 a.m.–12 noon
- Thursday, Jan. 23, from 6:30-9 p.m.
- Saturday, Feb. 1 from 8:30-11:30 a.m.

Cost of $30/person. One course is available when you register before the scheduled date.

Computer-Based Self-Study

Purchase a self-study disc for your private license or to recertify an existing license following successful completion of the modules, quizzes and final test.

Order a disc online at http://marketplace.usu.edu/pusted/private-pesticide-certification. Cost is $60 per disc.

Self-Study Manual

A self-study manual and associated materials are also available. You are expected to read the chapters and complete tests at the back of the book. When you bring the book back to the office, the test will be graded by our staff while you wait (usually about five minutes). You will have an opportunity to see your test results and the correct answers to any questions you have answered incorrectly. Cost is $50 per manual.

Testing Option

Take a written (closed-book) examination given by the NDA to receive either a new license or recertification as a private pesticide applicator. Contact NDA, 402-471-2351, for testing dates. There is no testing fee if you choose this option, but you will need to pay $25 the license fee. You should receive your new license within two weeks after you receive a passing grade on your written test.

Recertify at a Crop Production Clinic

At Crop Production Clinics, private applicators may receive recertification by attending the mandatory sessions to recertify as a private applicator. Commercial and Noncommercial Pesticide applicators may renew in Ag Plant, Regulatory or Demonstration/Research. Pesticide applicators may not obtain initial certification at a Crop Production Clinic.

The Crop Production Clinics held in southeast Nebraska will be:

- Wednesday, Jan. 15 — York (The Auditorium, 612 N. Nebraska Ave.)
- Thursday, Jan. 16 — Beatrice (Beatrice Country Club, 13th Street and Oak Street)
- Thursday, Jan. 23 — Mead (ARDC/Saunders County Extension Office, 1071 County Road)

Note: All clinics start at 8:45 a.m. If you are planning to take a written examination as an applicator, be sure to arrive early and register with NDA at the check-in table. They need you to be there for the full day.

Cost is $60 for prereg-istered participants, and includes a noon meal, refreshments, and UNL Pest Management Guide for Weed Management in Nebraska and 2014 Crop Production Clinic Registration Kit. The one day-of-registration is $75. For more information about Crop Production Clinics, go to http://cpc.unl.edu.

Commercial Pesticide Applicator Training

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

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

Initial and Recertification

To become licensed as a new commercial/noncommercial applicator, professionals must pass a written examination. All participants must be tested in the general standards category, then each chooses one or more additional categories for testing. Each licensed in a category, professionals can maintain their commercial certification by attending a re-certification training session by passing a written examination, with a few exceptions as explained below. University of Nebraska-Lincoln Extension offers training to prepare those seeking a renewal of the applicators license for the first time, and recertification for those needing to re-certify their pesticide license. The cost for both initial and recertifying participants who register online is $60/person; for those registering by mail, fax or at the door, the cost is $70/person.

Note: Due to time and space limitations, training will not be offered in all the categories on every day of training. Check the schedule listing when each category training will be offered.

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

- Thursday, Feb. 6 (categories offered 00-04-07-08-08w-11)
- Thursday, Feb. 6 (categories offered 00-04-07-08-08w-11-14)

The general standards certification training and testing sessions will begin at 8:30 a.m. and other categories at 1 p.m. or 3 p.m.

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

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

NDA Licensing Procedures

Commercial applicators meeting the requirements for certification or recertification will be issued an NDA license. When NDA receives the fee, the license will be issued. For more information about pesticide licensing, go to www.agr.ne.gov/pesticide.
If you have a strong interest in gardening and enjoy helping others, you are invited to become a University of Nebraska–Lincoln Extension Master Gardener volunteer.

This program will increase your knowledge and understanding of such horticultural topics: best cultural practices for growing flowers, vegetables, turf, plant disease and insect pest identification and control, and much more. Instructors are Extension specialists, educators, associates, and horticulture professionals.

To become a Master Gardener volunteer, you must attend all training sessions, pass an examination and volunteer for Extension educational programming. Such volunteering could include answering gardening questions from the public, teaching 4-H youth gardening, assisting at the county or state fairs, and assisting community garden participants among many others.

Training class size is limited. Those participating in the 2014 training class must pay a $180 materials fee. There are two options for Master Gardener Training in Lincoln:

- UNL Extension in Lancaster County 2014 Master Gardener training program will begin in February. Training hours are 9 a.m.–4 p.m. and the training sessions will be held at the Lancaster Extension Education Center. For additional information, call Mary Jane Frogge at 402-441-7180. Application deadline is Jan. 24. To apply online, go to http://lancaster.unl.edu/brochurelink.shtml.
- UNL Extension Campus-Based Master Gardener training program will begin in February. Training hours are 6–9 p.m. and the training sessions will be held at UNL East Campus. For more information, call Terri James at 402-472-8973. Applications are due Jan. 7. Apply online at http://mastergardener.unl.edu/become-a-master-gardener.

- Do not miss this opportunity to increase your gardening knowledge and skills and the chance to share them with others in the community.

In the English language, we have the word “bite.” Used as a noun, one definition of “bite” is a wound resulting from biting. This is an unfortunate word, because it assumes a “biter” is at fault.

Not All “Bites” are Bites

What most people call a “bite,”—people in the medical profession more accurately call it pricks—which is defined as a small, acute swelling on the skin.

To a medical professional, a wheal does not necessarily mean someone has been bitten, but it is the result of an allergic reaction. Causes of wheals include food allergies, drug reactions, allergies to cosmetics or personal care products or skin disorders/infections. These medical causes often require a medical doctor or an allergy specialist for an accurate diagnosis.

Only a Few Insects Infest Human Skin

When people suddenly experience mysterious “bites,” many assume it is an insect bite. However, only a few insects actually infest human skin. The most common include:

Lice: Lice include head lice, pubic lice and body lice, which are transmitted by close contact with another infested person. The most common are head lice, confined to the scalp area. Head lice research has shown today’s lice are highly resistant to pyrethroid products, which means over the counter head lice products do not kill 100 percent of head lice. Combining with a nit comb is an old fashioned method of control. It works well, but is time consuming. Body lice are extremely uncommon in the U.S.

Scabies: These microscopic mites burrow under the skin and cause extreme itching. Scabies mites are usually transmitted by close contact with an infested person. There are no over-the-counter treatments which will cure scabies. Diagnosis of scabies must be done by medical professionals who will write a prescription for an effective treatment. Indoor pesticide applications to home or bed are not recommended and will not be helpful.

Fleas: These wingless insects are small (about 1/16-inches) and must feed on blood to survive. They do not burrow under the skin. Fleas in the U.S. and Nebraska must have a non-human host on which to breed. Hosts are usually pets (dogs, cats) or wild animals (raccoons, opossum). Bites on humans are usually on the legs and are painful. Adult fleas are about 1/4-inch long, oval and flattened. They hide during the day and emerge at night to feed. Their bite is painless. They feed on exposed skin and do not crawl under nightwear or bite through clothing.

Bird Mites: Some species which often nest near dwellings can be infested with parasitic mites. These mites are tiny, but can be seen without a microscope. Migration of mites usually only occurs when nestlings leave the nest. These mites cannot survive on humans or live inside homes for any length of time.

Bed bugs: Adult bugs are about 1/4-inch long, oval and flattened. They hide during the day and emerge at night to feed. Their bite is painless. They feed on exposed skin and do not crawl under nightwear or bite through clothing. Bird Mites:

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Correct Diagnosis is Essential

Before spending any money or even deciding on a treatment approach, it is important to correctly diagnose the cause of the problem. Without an accurate pest identification, pesticide or lice treatments should be avoided. Most pesticides kill insects and mites by damaging their nervous systems and these products can actually harm humans in a similar way. Misused or overused. Creams and shampoos used for lice or scabies are pesticides too. Even over-the-counter products can be dangerous if overused or used in ways not specifically given on the label.

Diagnosing Mystery “Bug” Bites

Not All “Bites” are Bites

What most people call a “bite,”—people in the medical profession more accurately call it pricks—which is defined as a small, acute swelling on the skin.

To a medical professional, a wheal does not necessarily mean someone has been bitten, but it is the result of an allergic reaction. Causes of wheals include food allergies, drug reactions, allergies to cosmetics or personal care products or skin disorders/infections. These medical causes often require a medical doctor or an allergy specialist for an accurate diagnosis.

Only a Few Insects Infest Human Skin

When people suddenly experience mysterious “bites,” many assume it is an insect bite. However, only a few insects actually infest human skin. The most common include:

Lice: Lice include head lice, pubic lice and body lice, which are transmitted by close contact with another infested person. The most common are head lice, confined to the scalp area. Head lice research has shown today’s lice are highly resistant to pyrethroid products, which means over the counter head lice products do not kill 100 percent of head lice. Combining with a nit comb is an old fashioned method of control. It works well, but is time consuming. Body lice are extremely uncommon in the U.S.

Scabies: These microscopic mites burrow under the skin and cause extreme itching. Scabies mites are usually transmitted by close contact with an infested person. There are no over-the-counter treatments which will cure scabies. Diagnosis of scabies must be done by medical professionals who will write a prescription for an effective treatment. Indoor pesticide applications to home or bed are not recommended and will not be helpful.

Fleas: These wingless insects are small (about 1/16-inches) and must feed on blood to survive. They do not burrow under the skin. Fleas in the U.S. and Nebraska must have a non-human host on which to breed. Hosts are usually pets (dogs, cats) or wild animals (raccoons, opossum). Bites on humans are usually on the legs and are painful. Adult fleas are about 1/4-inch long, oval and flattened. They hide during the day and emerge at night to feed. Their bite is painless. They feed on exposed skin and do not crawl under nightwear or bite through clothing. Bird Mites:

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**Heart of 4-H Volunteer Award**

Connie Kreikemeier

Lancaster County 4-H is proud to announce Connie Kreikemeier as winner of January’s “Heart of 4-H Award” in recognition of outstanding volunteer service. Connie has been leader of the Super Shamrocks 4-H club for three years and she helped the previous leader for three years. Super Shamrocks has been a Nebraska 4-H Club of Excellence for several years. Connie also has volunteered during judging of 4-H static exhibits at the Lancaster County Super Fair and helped at 4-H food booth at fair. “I enjoy watching the youth learn new ideas and also love seeing their achievements at the county fair,” says Connie. “I enjoy helping the youth learn life skills that will benefit them in the future. If it is learning how to bake or learning how to give back to the community, I hope I have touched their lives in some way.”

Lancaster County 4-H thanks Connie for donating her time and talents. Volunteers like her are indeed the heart of 4-H.

Volunteers are needed to help lead 4-H clubs. If you would like to learn more about 4-H volunteer opportunities, call 402-441-7180.

**Project 4-H Runway, Jan. 3**

4-H members who have completed at least one year of Clothing Level 2 and are ready for design challenge are invited to participate in Project 4-H Runway on Friday, Jan. 3. This all-day event starts at 8:30 a.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road. Cost is $5 and includes a pizza lunch. Register by Dec. 30 by calling 402-441-7180.

Have a fun day of designing a recycled garment and then participate in a runway show! Bring a sewing machine, T-shirt or button-down shirt, simple sketch of your idea and items needed to cut, sew and create! Choose an idea you can complete in one day.

Project 4-H Runway will be incorporated with 4-H Style Review at Lancaster County Super Fair. Items will be judged on creativity and wearability, not on construction.

**4-H/FFA Market Beef Weigh-In, Jan. 30**

4-H and FFA exhibitors showing market steers or heifers at the Lancaster County Super Fair, Nebraska State Fair and/or Ak-Sar-Ben Stock Show must identify and weigh in their projects on Thursday, Jan. 30, 8–6 p.m. at the Lancaster Event Center – Pavilion 2.

4-H’ers planning on exhibiting market beef at State Fair or Ak-Sar-Ben must have DNA sampled. There is a $6 per head charge. It is encouraged to have DNA pulled at the time of weigh-in. Exhibitors have until April 1 to identify, weigh and pull DNA on any market beef that may go to State Fair or Ak-Sar-Ben. Please note: all other market livestock possibly going to Nebraska State Fair or Ak-Sar-Ben will need to be DNA sampled by the later due date to be announced.

**4-H Crocheting Workshop, Feb. 8**

4-H youth ages 10 and up are invited to learn how to crochet a washcloth utilizing the single crochet stitch at the "Basic Crocheting" workshop on Saturday, Feb. 8, 9 a.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road. No cost – all supplies will be provided. Adults are welcome to attend to help 4-H’ers. Must preregister by Feb. 5 by calling 402-441-7180.

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

**4-H Pillow Sewing Workshop, Feb. 22**

4-H youth ages 8 and up are invited to learn beginning sewing skills and make a pillow at the "Pillow Party" sewing workshop on Saturday, Feb. 22, 9 a.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road. No cost to attend. Adults are welcome. Sign up by Feb. 19 by calling 402-441-7180.

Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape), etc. Also bring 1/2 yard and 2/3 yard contrasting fabrics, pre-washed, 100% cotton (no plaids, no knits) and matching thread. Pillow forms provided.

**2013 Outstanding 4-H Club Awards**

The Lincoln Center Kiwanis Club presents Outstanding 4-H Club Awards to the top 4-H clubs participating in the Lancaster County Super Fair. There are three categories based on number of club members. One category winner is awarded the Wayne C. Farmer memorial cup as the overall Outstanding 4-H Club for the year. Clubs receive points based on all members’ total county fair exhibit and contest placings. The following clubs were recognized at a recent Lincoln Center Kiwanis meeting and also will be recognized at 4-H Achievement Night.

**Fantastic 4**

4-H Club of Lincoln is winner of Category 1 (5–7 members) — and winner of the Wayne C. Farmer trophy as overall Outstanding 4-H Club for the year. The club’s six members were entered in approximately 35 projects and entered 111 total exhibits at the fair. This is their fifth year as an outstanding club. Jennifer Smith is club leader.

**The Fusion 4-Hers**

4-H Club of Lincoln is winner of Category II (8–12 members). The club’s eight members were entered in approximately 27 projects and entered 113 total exhibits at the fair. This is club’s first year as an outstanding club. Marsha Prior is club leader and Analsa Peterson is assistant leader.

**Meet 2014 4-H Council**

Lancaster County 4-H Council represents the interests of youth, parents and leaders. 4-H Council is responsible for determining long- and short-term goals and policy for Lancaster County 4-H. They also raise funds by operating a food booth at the Lancaster County Fair. These funds help support 4-H programs, activities and scholarships. Here is this year’s 4-H Council:

- **Officers**: Karol Swedek (President), Austin Hurt (Vice-President), Kent Frohsh (Treasurer) and Kylee Plager (Secretary).
- **Members**: Elizabeth Froshkell, Kellie Gallagher, Sadie Hammon, Mark Hurt, Bailey Johnson, Ann Pickrel, Jacob Pickrel, Cathy Plager, Kari Price, Renee Sieck, Sharlynn Sieck and Sheridan Swetek.

**4-H Teen Council Elects Officers**

The Lincoln 4-H Teen Council is a leadership organization for youth in grades 7–12. Officers for 2013–2014 will be:

- Sadie Hammon (President), Max Wanser (Vice President), Jacob Pickrel (Secretary), Sherriend Swetek (Treasurer), Nate Becker (Historian), Renee Sieck (Historian), and Kylee Plager (Historian)

**Lancaster County 4-H Council**

Lancaster County 4-H Council presents its annual...
### Lancaster County 4-H and 4-H Council invite ALL 4-H’ers, 4-H families and volunteers to 4-H Achievement Celebration

**Tuesday, Feb. 11 • 6:30 p.m.**

Lancaster Extension Education Center
444 Cherry creek Road, Lincoln

Light snack provided.

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

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

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### 2014 4-H Calendar

All events will be held at the Lancaster Extension Education Center, 444 Cherry creek Road, Lincoln unless otherwise noted. Lancaster Event Center is located at 84th & Havelock, Lincoln. 4-H program schedule is subject to change—refer to 4-H News or http://lancaster.unl.edu/4h for the most current information.

#### January
1. Horse Incentive Program Begins
2. 4-H Project Runway
3. 4-H Council Meeting
4. Teen Council Meeting
5. 4th & 5th Grade Overnight Lock-In
6. 4-H Council Meeting
7. Teen Council Meeting
8. 4th & 5th Grade Overnight Lock-In
9. Beef Weigh-In, Lancaster Event Center - Pav 2
10. 4-H Project Runway

#### February

**FEBRUARY IS NEBRASKA 4-H MONTH**

1. 4-H Council Meeting
2. Crocheting Workshop
3. Lancaster County Deadline for Horse Stampede Entries
4. Teen Council Meeting
5. Achievement Night
6. Pillow Party Sewing Workshop

#### March

1. Horse Stampede, UNL East Campus - Animal Science Building
2. Preference Given to 4-H Council Camp Scholarship Entries Submitted to Extension by this Date
3. R.B. Warren 4-H Educational ($500) and Grand Island Saddle Club Scholarships ($1,000) Entries Due
4. Deadline for Governor’s Agricultural Excellence Awards ($500)
5. 4-H Council Meeting
6. Teen Council Meeting
7. Jammie Jamboree Sewing Workshop
8. Spring Rabbit Show, Lancaster Event Center, Exhibit Hall

#### April

1. All 4-H/FFA Market Beef ID’s Due to Extension
2. Public Service Announcement (PSA) Contest CD’s Due/Registrations Due
3. 4-H Council Meeting
4. Furniture Painting Workshop
5. Kiwanis Karnival, Short School
6. Speech Contest
7. Horse Level Testing, Lancaster Event Center - Amy Countryman Arena
8. Horse Level Testing, Lancaster Event Center - Amy Countryman

#### May

1. 4-H Council Camp Scholarship Entries Due to Extension
2. 4-H/FFA Sheep Show, Lancaster Event Center - Pav 2
3. Middle Cross Dressage Schooling Show Sponsored by 4-H Horse Level Testing, Lancaster Event Center - Amy Countryman
4. Lancaster County Deadline for District/State Horse Show Entries, ID, Level Tests
5. Leadership Training
6. Life Challenge Contest - Junior & County-Level Senior Divisions

#### June

1. County Fair Horse ID’s Due to Extension
2. Horse Level Testing, Lancaster Event Center - Amy Countryman Arena
3. 4-H Council Meeting
4. Pre-District Horse Show Presented by 4-H Horse VIPS Committee, Lancaster Event Center - Pavilion 3
5. 9-14 Horse District Shows, Sidney, North Platte, Leigh, Nielgh, Clay Center, Beatrice
6. Plant Science Contests: Horticulture/Tree ID/Grass-Weed ID
7. Clover College
8. Club Enrollment Forms Due to Extension – Must List Project Area(s) Each Member Plans to Enter at County Fair
9. 4-H/FFA Static Exhibit Check-In for Lancaster County Super Fair, Presentations Contest
10. Horse Incentive Program Forms Due to Extension
11. Horse Incentive Program Ends
12. June 30-July 1 Premiere Animal Science Events (PASE)/FFA Life Challenge, UNL East Campus

#### July

1. All 4-H/FFA Lancaster County Super Fair Animal Entries Due to Extension
2. Horse Level Testing, Lancaster Event Center - Amy Countryman Arena
3. 13-17 State 4-H Horse Show, Fonner Park, Grand Island
4. 15 Horse Incentive Program Forms Due to Extension
5. Presentations Contest
6. 24-49 FFA Static Exhibit Check-In for Lancaster County Super Fair, Lancaster Event Center - Lincoln Room
7. Lancaster County Deadline for Ak-Sar-Ben 4-H Show Entries
8. August
9. 25 Lancaster County Exhibits & Events
10. 31 Lancaster County Exhibit & Events

#### August

1. July 31-Aug. 9 Lancaster County Super Fair (4-H/FFA Exhibits & Events)
2. August 3 Lancaster County Deadline for Ak-Sar-Ben 4-H Show Entries
3. August 22-Sept. 1 Nebraska State Fair, Fonner Park, Grand Island

#### September

1. 4-H Council Meeting
2. Teen Council Meeting
3. TBA
4. Ak-Sar-Ben 4-H Horse Show, Location TBA
5. Ak-Sar-Ben 4-H Stock Show, CenturyLink Center

#### October

1. Horse Awards Night
2. National 4-H Week
3. 4-H Council Meeting
4. 4-H Kick Off
5. Teen Council Meeting
6. November
7. 4-H Council Meeting
8. 4-H Council Meeting
9. 4-H Council Meeting
10. December
11. 2-4 4-H Council Meeting
12. Teen Council Meeting
13. All Award and Scholarship Applications Due to Extension

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4-H SUMMER CAMPS & TRIPS

**June—September**

open to all youth 5-16 • http://4h.unl.edu/camp

BIG RED SUMMER ACADEMIC CAMPS • June 8–13

for high school youth • http://bigredcamps.unl.edu

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*2013 4-H year in Review* video!

Wear your 4-H garb!
### Conservation Stewardship Program Sign-Up Through Jan. 17

Nebraska landowners and operators have until Jan. 17, to sign up for the Conservation Stewardship Program (CSP) at their local USDA Natural Resources Conservation Service (NRCS) office. CSP is a voluntary program that provides financial and technical assistance to help farmers and ranchers conserve and enhance soil, water, air and related natural resources on their agricultural and forested land.

CSP applications are accepted at any time. However, only applications received by the Jan. 17 cutoff date will be considered for the current ranking and funding period.

Craig Derickson, NRCS state said, “The Conservation Stewardship Program is unique. CSP participants will receive an annual land use payment for the environmental benefits they produce on their operations. Under CSP, participants are paid for conservation performance — the higher the operational performance, the higher their payment.”

According to Derickson, over 2,000 CSP contracts occur in all 93 counties and cover 4.8 million acres in Nebraska.

CSP is popular in Nebraska because farmers and ranchers don’t have to take land out of production to participate. CSP helps conserve natural resources on working lands. Keeping land in production while protecting natural resources creates a win-win for all Nebraskans. CSP makes it possible to produce crops and livestock while also improving water quality, soil health and wildlife habitat,” he said.

CSP is available statewide to individual landowners, legal entities and Indian tribes. Eligible land includes cropland, grassland, prairie, improved pastureland, non-industrial private forestland and agricultural land under the jurisdiction of an Indian tribe. Contracts are set at five years and include all the land controlled by an operator.

For more information about CSP, including eligibility requirements and a self-screening checklist, producers can visit http://www.nrcs.usda.gov/programs/CSP.html or stop by their local NRCS field office.

Source: NRCS News Release

### Earth Wellness Festival

Volunteers are needed for the 2014 Earth Wellness Festival on Wednesday, March 26 and Thursday, March 27 at Southeast Community College in Lincoln. For more information, contact Tonya Bernadt at tbernadt5@unl.edu or 402-472-2712 by March 3. Visit http://lancaster.unl.edu/ewf to register online.

### Watch Chicks Hatch Online with EGG Cam!

http://go.unl.edu/eggcam

Embryology resources include incubation, candling, and more!

Find us on Facebook!

New season starts January 2014

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### 4-H COMMUNITY SERVICE

**continued from p. 1**

#### 4-H Explorers Club Helps With Zoo Clean-up

Over a year ago, the 4-H Explorers club helped with the Lincoln Children’s Zoo annual spring clean-up. Members worked several hours raking up leaves, and picking up sticks and litter. The group had such an enjoyable time they plan to help with zoo clean-up again next year and maybe other activities at the zoo as needed.

David Swotek says, “It was fun getting behind-the-scenes view of the zoo where the general public doesn’t get to go. Hearing the animals ‘talk’ while we worked was cool too.”

#### Rabbits R Us Club Plants Garden At Orchard Park

The Rabbits R Us club members planted a community garden at Orchard Park. The Rabbits R Us club plants a community garden at an assisted living home and gave the produce to the residents.

Austin Hurt says, “I liked providing healthy, natural food for the residents, and they also enjoyed watching things grow. It felt good giving back to people and the community.”

#### Canine Companion 4-H’ers Train Rescue Dogs

This past year, two teen members of the Canine Companion 4-H club have been working with Paws Up Nebraska (a dog rescue organization in Lincoln) to train rescue dogs in agility, obedience and showmanship. The goal is to train the dogs so they can find permanent homes. The 4-H team were called “Crew.”

Bethany Wachter trained a pit bull/lab mixed dog named Lucy in agility for 3-1/2 months. At last year’s Lancaster County Super Fair, they earned a purple ribbon in the 4-H Dog Show’s Level 1 Pre-Beginning Agility B class. Three weeks later, Lucy was adopted and Bethany gave Lucy’s new owner the ribbon. Bethany is now training another pit bull named Dia.

Bethany Wachter trained a rescue dog named Lucy in agility. They earned a purple ribbon at the Lancaster County Super Fair. Three weeks later, Lucy was adopted.

Bethany says, “I learned patience, putting in the effort, seeing through things to the end, and when things don’t work — not to give up, but find a different way to accomplish the goal. Nothing is easy, but still try to have the ABC’s of success: Attitude, Belief and Commitment.”

Canine Companions is looking for more teens ages 13–18 to help train rescue dogs. If interested, contact Stephanie Wachter at 402-486-2442.

#### Many 4-H’ers Share Their Animal Projects

Many 4-H youth with animal projects share their animals with the public at the Lancaster County Super Fair, nursing homes, schools and other gatherings.

Nicole Oestmann is an independent 4-H member and previous member of the Salt Valley 4-H Club. About a year ago, she brought her miniature horse, Fritz, for a visit to the Waterford Assisted Living facility at Williamsburg. Nicole made a presentation about the miniature horse breed and her experience in 4-H showing horses. Then she let each resident personally meet and pet Fritz. The residents shared their own experiences with horses.

Nicole says, “When I volunteered for the retirement home with Fritz, it brought happiness and joy to many. Doing something for others is a privilege, and I was happy to get that experience with my horse.”

Nicole Oestmann brought her miniature horse, Fritz, for a visit to Waterford Assisted Living facility.