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The NEBLINE

January 2009

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SPECIAL PULLOUT SECTION:

UNL Extension in Lancaster County
2007-2008 Annual Report



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Extension in Lancaster County
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Creating a Strong Family

Strong Families Have Six Common Characteristics

Maureen Burson
UNL Extension Educator

This winter has a different feel as families and friends gather to bring in the new year. Many families are accessing food and medical support from human service providers for the first time. People anticipating retirement are re-evaluating plans as 401K accounts tumble in value. Parents have scaled back on holiday gifts, and choosing not to use credit cards because they don't know what's around the next corner.

At a recent Lincoln-Lancaster Human Service Federation meeting, Mary Pipher, Ph.D. shared the story of a father, who with his two young sons, were humbly accessing food from the Center for People in Need. "There are a lot more first timers this year," commented Pipher, who is chair of the Board of Directors. "People are ashamed to come through the line. They'd rather be giving than receiving. Keeping a positive focus, this father said, 'How many boys are lucky enough to see a huge preying mantis in a parking lot like my sons just did.'"

Pipher, a clinical psychologist and best selling author, provided a message of hope for those who serve people in need. Pipher says as we help family, friends and neighbors, providing dignity is as basic as the need for oxygen. Pipher's mother can recall hearing her mother say, "Be Kind to Each Other," during the Great Depression when she left for work each day.

Pipher's experiences support the findings of the "family strength perspective" research conducted by the University of Nebraska-Lincoln, in conjunction with over 100 worldwide researchers over the past 35 years. Dr. John DeFraim, UNL Extension Specialist, Family and Community Development says, "One question that has fascinated researchers in the field of family studies is 'What qualities constitute a strong family?' Finding an answer to

this questions is important, because with this foundation of knowledge, we can help people learn about family strengths and what's necessary to create their own strong family."

More than 24,000 family members from all 50 states and 34 countries have participated in a series of more than 60 studies. DeFraim says, "When you ask people around the globe, 'What makes your family strong?' the answers are amazingly similar from culture to culture. These answers are summarized in six strengths.

Appreciation and Affection

People in strong families deeply care for one another, and they let each other know this on a regular basis. They are not afraid to express their love. Families show appreciation and affection by:

- Caring for each other
- Friendship
- Respect for individuality
- Playfulness
- Humor

Commitment

Members of strong families show a strong commitment to one another, investing time and energy in family activities and not letting their work or other priorities take too much time away from family interaction. Families show commitment through:

- Trust
- Honesty
- Dependability
- Faithfulness
- Sharing

Positive Communication

Successful families are often task-oriented in their communication, identifying problems and discussing how to solve them together. Perhaps even more important than this, however, is that strong families also spend time talking with and listening to one another just to stay connected. Some of the most important talk occurs when no one is working at connection: open-ended, rambling conversations can reveal important information

that helps smooth out the bumps of family living. Positive communication includes:

- Giving compliments
- Sharing feelings
- Avoiding blame
- Being able to compromise
- Playfulness
- Agreeing to disagree

Enjoyable Time Together

One study of 1,500 school-children asked, "What do you think makes a happy family?" Few replied that money, cars, fancy homes, television sets, or trips to Disney World made a happy family. The kids were most likely to say that a happy family is one that does things together, a family that genuinely enjoys the times they share with each other. These qualities make time together enjoyable:

- Quality time in great quantity
- Sharing memories with each other
- Enjoying each other's company
- Simple, inexpensive good times
- Sharing fun times

Spiritual Well-Being

Religion or spirituality also can be important to strong families. Spiritual well-being describes this concept, indicating that it can include organized religion, but not necessarily so. People describe this in many ways: some talk about religious faith, hope, or a sense of optimism in life; some say they feel a oneness with the world. Others talk about their families in almost religious terms, describing the love they feel for one another with a great deal of reverence. Others express these feelings in terms of ethical values and commitment to important causes. Spiritual well-being can be seen as the caring center within each individual that promotes sharing, love, and compassion. Included in spiritual well-being are:

- Hope
- Faith
- Compassion
- Shared ethical values
- Oneness with humankind

see FAMILIES on page 11

How Strong is Your Family?

Use the "Family Strengths Inventory" on p. 10 to discuss and record the qualities that make your family strong. Then you can develop a plan to strengthen the qualities you want to improve.



Ways to Spend Time With Your Family in January

1. Set Family Goals for the New Year
2. Start an exercise program with your children
3. Invite friends over for breakfast
4. Try a new recipe for dinner tonight
5. Make a family banner
6. Study together
7. Create a list of jokes
8. Have an indoor scavenger hunt
9. Pop popcorn and watch a movie together
10. Clean out a closet and donate unneeded items to charity
11. Take a family nighttime walk around your neighborhood
12. Martin Luther King Jr. Day Learn something about Black American history
13. Make caramel corn
14. Watch public television together and discuss
15. Try a new craft as a family
16. Attend a school activity together
17. Go to a movie together
18. Give every family member a hug
19. Exercise together
20. Learn about Inauguration Day
21. Have Dad share a favorite childhood memory
22. Prepare dinner together
23. Make your own trail mix
24. Make a snow sculpture
25. Perform a random act of kindness for someone
26. Read the paper aloud
27. Rearrange the living room
28. Share something you learned at school or work today
29. Visit the library & check out some books
30. Put a jigsaw puzzle together
31. Have an indoor picnic

For activity ideas for the rest of 2009, go to <http://unlforfamilies.unl.edu/Calendars/CalMain.htm>

Family Treasures: Creating Strong Families

This valuable book by John DeFraim and the UNL Writing Team:

- Empowers families to assess their own strengths
- Contains inventories and activities to enhance the quality of the family
- Contains tools for all different types of individuals to better understand the qualities of strong families

Cost is \$17.95. Order at <http://unlforfamilies.unl.edu>



FOR MORE INFO

UNL Extension has numerous family-related resources online at <http://unlforfamilies.unl.edu> and <http://www.ianrpubs.unl.edu/sendIt/family>



Private Pesticide Applicator Certification Opportunities

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 rent—or—on an employer’s property if the applicator is an employee of the farmer. No pesticide license is needed if the applicator will only be applying General Use Pesticides (GUPs) 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 private pesticide applicators.

If your private applicator certification expires in 2009, you will receive (or have already received) 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 form which tells NDA what they need to know about you.

Regardless of the certification method chosen, all applicants will receive an invoice from the NDA for the \$25 license fee. Note: we cannot collect the license fee at the extension office. The certification and license is good for three years, expiring on April 15, 2012 for those who certify this spring. You should receive your new license within three weeks.

Starting in 2009, private pesticide applicators will have four alternative methods to obtain either recertification or initial certification.

Traditional Training Sessions

Three private pesticide applicator training sessions have been scheduled in 2009 at the Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln.

- The dates and times are:
- Thursday, Jan. 29 from 8:30–11:30 a.m., repeated 6:30–9:30 p.m.
 - Saturday, Feb. 7 from 8:30–11:30 a.m.

A \$30 extension training fee will be collected at the training session (make checks out to Lancaster County Extension).

Self-Study Option

The second option is to pick up the self study book and associated materials at the extension office. You are expected to read the chapters, then you must answer the written test questions in 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 the test results and see the correct answers to any questions you have answered incorrectly.

The \$60 training fee for this method of obtaining certification will be collected when the home study book is picked up.

Testing Option

The third option is to take a written (closed-book) examination given by the NDA. You must call ahead for an appointment with NDA at 471-2394. There is no training fee if you choose this option. You will need to pay the \$25 license fee. You should receive your new license within two weeks after you receive a passing grade on your written test.

Certify at a Crop Production Clinic

The former Crop Protection Clinics have been restructured with an extended range of topics and are now called Crop Production Clinics. For most of the day, participants will make choices between two or more topics being presented concurrently. Private applicators may receive initial certification or recertification by attending the full day and attending the mandatory sessions to certify as a private applicator.

There will not be a clinic in Lincoln in 2009. The Crop Production Clinics held in southeast Nebraska will be:

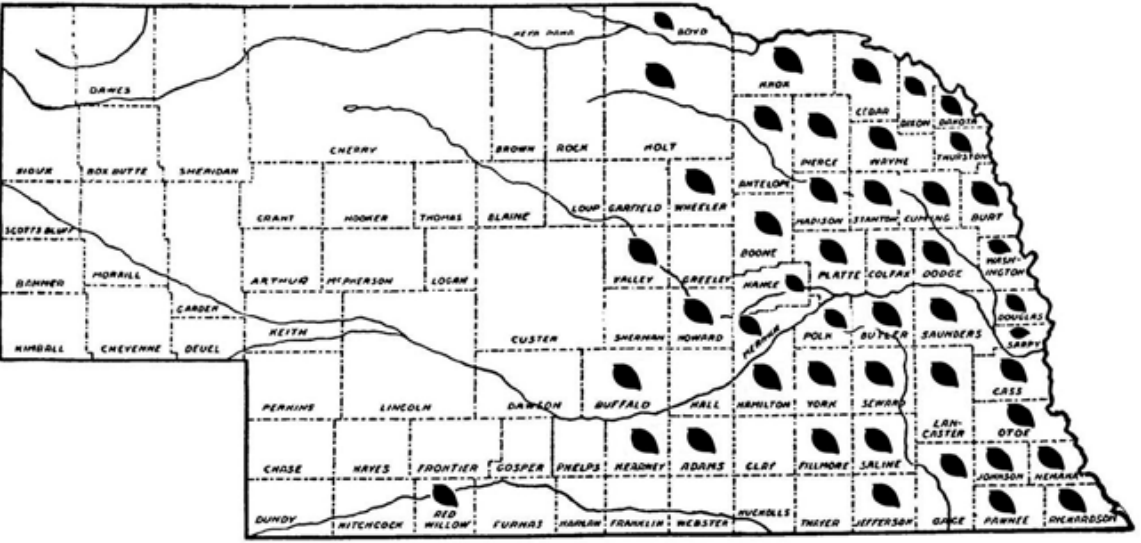
- Tuesday, Jan. 13—Beatrice (Eagles Club, 111 S. 8 St.)
- Wednesday, Jan. 14—York (The Auditorium, 612 N. Nebraska Ave.)
- Thursday, Jan. 22—Fremont (Midland Lutheran College, 900 N. Clarkson)

Note: all clinics start at 8:30 a.m. If you are planning to receive certification as a private applicator at the Crop Production Clinic, be sure to arrive early and register with the NDA at the check in table. They need proof you were there for the full day.

In addition to the normal \$50 registration fee for the Crop Production Clinic, an additional \$30 fee will be assessed if you will be receiving private applicator certification.

Soybean Cyst Nematode Spreading in Nebraska

Free Soil Sampling Kits at Extension Offices



Nebraska state map showing counties with soybean cyst nematodes present as of 2008 .

Tom Dorn
UNL Extension Educator

Soybean cyst nematode (SCN), *Heterodera glycines*, is an increasing production problem for Nebraska’s soybean producers. It has now been confirmed in 45 counties in eastern and central Nebraska. Over 24,000 eggs per 100 cc (three ounces) of soil have been recorded in surveys of some Nebraska fields. That translates into over 1,000 eggs per teaspoon of soil, each egg capable of hatching and initiating an infection in the roots. Once established in a field, SCN egg numbers continue to increase unless proper management actions are taken.

Field Symptoms

Symptoms of SCN infestation can be difficult to identify. Usually, the first indication of a problem is when yields are below expectations. Moderate levels of SCN may not produce any visible above-ground symptoms, yet yields may

be reduced 5–10 bushels per acre. The first visual sign of an SCN infestation is usually a slight variation in the height of otherwise healthy looking, dark green plants. Higher SCN levels can cause plant stunting and yellowing and increased levels of yield loss.

Above-ground symptoms can be confused with damage from compaction, nutrient deficiencies, drought stress, low-lying wet areas, herbicide injury and other plant diseases. Circular to oval areas of stunted, yellowed plants can be observed. Areas of SCN injury often are elongated in the direction of tillage practices, since the cysts are spread by tillage equipment. Susceptible soybeans grown in SCN-infested soils are slower to reach canopy closure.

Free Soil Sampling

Soil sampling is the first step to managing SCN.

To increase the awareness of SCN and to better define the extent of its distribution in Nebraska, a postage paid

sampling kit (\$20 value) has been provided by the Nebraska Soybean Board. These can be picked up at University of Nebraska Extension offices in counties where soybeans are grown. Each kit contains a bag for you to submit a sample to the Plant & Pest Diagnostic Clinic at the University of Nebraska–Lincoln and directions for collecting a soil sample.

Collect 10 to 15 cores around the roots to a depth of six to eight inches and mix them in a bucket. Fill a standard soil-sampling container with the mixed soil sample. Store samples in a cool place (not in the sun), and ship as soon as possible.

FOR MORE INFORMATION

UNL Extension NebGuide G1383, “Soybean Cyst Nematode Biology and Management,” available at the extension office online at <http://www.ianrpubs.unl.edu/sendit/g1383.pdf>

Our Science. Your Success.

Advancing American Agriculture Together

Please join us as a special guest when the **Monsanto Mobile Technology Unit visits the University of Nebraska -- Lincoln East Campus:**

Date: January 15, 2009

Time: Groups starting at 9 am and 1 pm

Location: Parking lot west of Mussehl Hall

For additional information or to schedule a tour, call 402-472-9581 or SoutheastExtension@UNL.edu

The Mobile Technology Unit is a unique traveling exhibit showcasing Monsanto’s advances in plant breeding, biotechnology and new product innovations in corn, soybean and cotton. During your visit, Ag Educators will provide a firsthand look at how Monsanto is applying advanced science to help farmers be more profitable and create new market opportunities for their crops. University specialists will discuss current cropping issues and research. Producers will also visit UNL research facilities.

Don't miss this great experience!

Students are invited January 13–14, 8–4 pm daily.

Explore majors and careers!

Mystery “Bites”

Unidentifiable Skin Problems Usually Have Non-Insect Causes

Barb Ogg
UNL Extension Educator

In the fall of the year, we always get a few phone calls from people who complain about itchy skin and biting bugs. These complaints nearly always coincide with furnace use, lower humidity inside the home and, in some cases, dry skin.

Sometimes people who experience skin itches make their problem worse by using harsh cleaners and disinfectants and even pesticides on their skin and bedding to kill what they think is a pest problem. In one case, an elderly lady was soaking her feet in bleach water because she thought she had fleas (even though she couldn't see them). The bleach water was causing her skin to redden, crack and be itchy, reinforcing her belief she was being infested.

Unfortunately, the word *bite* implies there is actually a biter doing the biting. But, biting sensations, rashes, skin welts can be caused by common medical conditions, drug use and allergies to food, personal products or environmental allergens. These sensations are so real, afflicted people may even think they are infested with bugs.

Almost all biting arthropods are visible. The only exception would be a mite infestation. There are some mites associated with pet animals and birds, but these mites do not burrow under the skin. Once pets are treated, the problem is solved.

Scabies are a highly infectious mite that burrows under the skin. It is diagnosed and treated by a dermatologist.

Medical conditions. Medical conditions contributing to prickling or itchy skin include

diabetes, autoimmune diseases (lupus), hypothyroidism, multiple sclerosis, hepatitis, Parkinson's disease, vitamin deficiency, renal failure, heavy metal poisoning and cirrhosis of the liver.

Skin infections or conditions can often look like bites. Skin rashes or “bite-like” bumps can be caused by bacteria. This medical problem must be treated by a physician.

Medications. Persons taking some prescription medications may have the sensation their skin is crawling. Drugs causing this unwanted side effect include Viagra, Lipitor, Zocor, Prevacid, Zoloft, Procrit, Zyprexa, Epogen, Nexium and Celebrex.

Allergies. Allergic contact dermatitis occurs when skin comes in contact with an allergen and can result in rashes and itching. The allergen can be a substance in a product that a person has used for many years; it does not have to be a new product. An allergist or dermatologist can be helpful in treating skin rashes and identifying allergies.

Ekbom's Syndrome. Ekbom's Syndrome was first described in 1938. Karl Axel Ekbom, a Swedish neurologist described an unusual situation where a person imagines he is afflicted by a parasitic infestation of the skin. The person describes bugs, worms or mites that are biting, crawling or burrowing into, under or out of the skin. Afflicted people describe bugs nobody else can see. In a desperate attempt to solve this problem, these individuals bring samples to health care professionals or entomologists that cannot be identified. Ekbom's Syndrome is also known as delusory parasitosis.

According to Dr. Jerome Goddard, Mississippi State Health Department Medical Entomologist, delusory parasitosis sufferers are most likely to be:

- Older and disproportionately female.
- Stressed from some emotional trauma, possibly from post-traumatic stress disorder.
- Lonely or socially isolated.

In about 70 percent of Dr. Goddard's cases, the loss of a loved one was the event that seemed to trigger these delusions. Other types of stress may also trigger these delusions. One man, who described “worms” crawling out of his pores, confessed his problems started after his grown son was disabled in a car accident. Other traumatic experiences that may trigger delusions include job-related pressures, personal relationships, divorce, loneliness, financial problems and loss of a pet. Reducing or learning to deal with stress or finding ways to become more socially interactive help reduce delusory parasitosis.

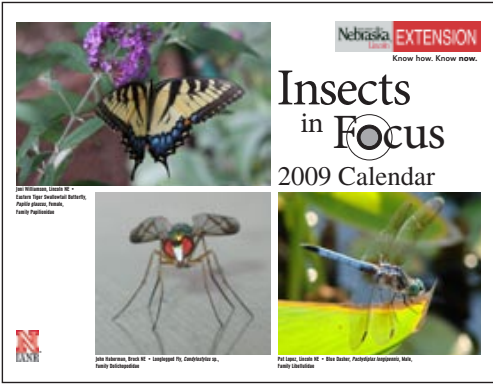
Entomologists can help solve real pest problems, but are not medical doctors and cannot treat medical conditions, skin disorders, unwanted drug side effects, allergies or psychiatric problems so we usually refer people to medical experts. These people often can be treated successfully once they are under the care of an appropriate physician.

For more information about this interesting subject, refer to an article, “Delusory Parasitosis,” written by Nancy Hinkle. This article was first published in the *American Entomologist* (Vol. 46, number 1, pp. 17-25). It can be found online at <http://www.ent.uga.edu/publications/delusory.pdf>

2009 Wall Calendar

Now available!

This calendar celebrates the work of adults and youth who attended the 2008 Insect Photography Workshop presented by University of Nebraska–



Lincoln Extension. Cost is \$11 plus tax at the extension office (\$15 if mailed). For more information, call Barb Ogg or Karen Wedding at 441-7180. **Free computer wallpaper and screensaver of these beautiful photos are online at <http://lanaster.unl.edu/pest/Calendar.shtml>**

Beginning Beekeeping 2-Day Workshop



presented by UNL Extension Bee Specialist Dr. Marion Ellis

Saturday, Feb. 21, 9 a.m.–5 p.m.
Lancaster Extension Education Center,
444 Cherrycreek Road, Lincoln

You will learn to:

- understand bee biology and behavior to manage bees
- locate hives for best survival and production
- learn about management of honey bee parasites and diseases

Saturday, April 11, 10 a.m.–2 p.m.
Apiculture lab, Agricultural Research and Development Center (ARDC), near Mead

You will gain hands-on training to give you some experience working with bees. You will:

- open a bee hive
- learn to install packaged bees
- assemble a bee hive
- harvest honey and beeswax
- prepare your crop for market

Registration fee: \$20 per person. Registration includes break refreshments, reference materials and lunch. Cost for each additional family member is \$10 and includes refreshments and lunch (family includes parents and siblings living at home).
Please pre-register by calling 441-7180.

Raccoons in the City

Soni Cochran
UNL Extension Associate

People are sometimes surprised to see raccoons in the city limits. Raccoons are very common in both urban and rural areas where there is suitable habitat. They live in sewer systems, and can easily take advantage of ready-made homes like chimneys and attics. Excluding the animals and removing their food and water sources is the most long-term solution to help avoid raccoon problems. Trapping is only a short-term solution and should be used in combination with exclusion and removing attractants.

Raccoons can easily find food and water. Cat and dog food left outside after dark, improperly stored garbage, poorly maintained compost piles and scraps tossed out to the birds, all provide easy sources of food. Containers

of water for pets left out overnight, uncovered hot tubs, swimming pools and backyard ponds are all frequented by water-loving raccoons.

You can reduce the likelihood of raccoons visiting your property with some changes in habitat and reducing food and water attractants. With the exception of swimming pools and backyard ponds, all of these possible sources for food and water for the raccoons can be taken care of by proper storage and a little effort and discipline on the part of the property owner. Bring pet food and water in at dusk. Secure garbage cans properly. Metal trash cans are best with tight fitting lids

in case they get knocked over. Learn how to best maintain a compost pile and resist the urge to throw bread and scraps to the birds. Cover hot tubs and swimming pools, if possible.

Make sure chimneys have the proper caps and buildings are maintained properly so raccoons don't have easy access to attics. Raccoons usually gain access to a building by climbing up a nearby tree and using a limb to get to the roof. If you are suspicious a raccoon is accessing your roof from a tree, wrap the trunk of the tree with a material that will show claw marks like plastic trash bag, newspaper, aluminum foil. As the raccoon climbs up the tree, it will tear the material. If a raccoon is using the tree, you can install a band of metal sheeting around the tree. The band should be 2½ feet wide and placed at least two feet above the



Raccoon paw prints in a slow walk pattern. Note the “hand-like” features of the prints.



Raccoon on shingled roof

ground. The raccoons will be able to climb down the tree, but not get back up over the metal band. Always monitor the band so as the tree grows, it isn't constricted by it. You may also have to trim the limb(s) raccoons are using to reach the roof.

Raccoons will also use the corner of buildings to gain access to a roof. If this is the case, tack a three-foot wide metal sheet around the corner of the building. Once the raccoons are excluded, you can make more permanent repairs to the roof and building if needed.

If exclusion efforts fail,



Brown smudge marks and fine scratches on a vertical surface are keys signs of raccoon use.

consider hiring a pest control professional to help you trap the animal. Raccoons are best handled by professionals. Some pest control professionals also provide services to safely clean-up raccoon latrines which can harbor dangerous parasites.

FOR MORE INFORMATION

UNL Extension NebGuide G1688 “Controlling Raccoons and Opossums” available at the extension office or online at <http://lanaster.unl.edu/pest>

Shopping for Plants and Seeds

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

First figure how many plants you will need. Then consult the catalog description to find the percent germination and how many seeds per packet. The germination is important, if the packet has enough seeds, but the germination is low, you'll want to order more. Some packets such as geraniums may only contain 5 seeds, as they are quite choice and harder to produce. Others may contain hundreds of seeds and be enough for several years!

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

Catalogs and online Web sites, may also be used for ordering plants that



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

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

Source: Dr. Leonard Perry, Vermont Extension Professor

2009 All-America Rose Selections

Carefree Spirit

Recognizing consumers want roses that are easy to care for, in 2004, the All-America Rose Selections (AARS) stopped spraying fungicides on all shrub roses in its nationwide test gardens. Carefree Spirit is the first and only landscape shrub, to date, to endure this real-world testing and prevail as a Winner. This mounding rose produces deep red blossoms with white twinkles in their eyes. The blooms finish up pink as they bask in the full sun. Carefree Spirit amplifies the disease resistance associated with its carefree lineage, with more than 10 years of hybridization improvement. Much like its parent rose, Carefree Delight, which was a All-America Rose Selections Winner in 1996, the petals are beautifully set amongst abundant glossy, dark green foliage. This plant has even better disease resistance, habit and blooming power and will perform well in any area of the country.



Carefree Spirit

Cinco de Mayo

Cinco de Mayo brings fiesta of flowers to every garden. Mysteriously colored and deliriously beautiful, it is a wonderful blending of smoked lavender and rusty, red-orange. This festive rose may be impossible to describe but you will love the endless bounty of multi-colored clusters sitting amongst glossy, green foliage and dark red new growth. The flowers, which hold well and are fast to repeat and radiate the smell of fresh-cut golden apples. As an AARS Winner, this floribunda has fantastic disease resistance and has performed exceptionally well across the country with little-to-no care. As the offspring of the 2006 AARS award-winning Julia Child rose, Cinco de Mayo enlivens any garden and it's clean, round habit is ideal for use as a hedge or in a border with mixed perennials.



Cinco de Mayo



Pink Promise

Pink Promise

Pink Promise, is a graceful bloomer with long stems for cutting. The National Breast Cancer Foundation selected this rose to officially represent a continual blooming promise of compassion and awareness. For every Pink Promise plant purchased, a percentage of the sales will be donated to the National Breast Cancer Foundation to help extend women's lives through education and early detection. This

hybrid tea's beauty is enhanced by the contrast of its large pink blossoms set against lush dark green foliage. Along with its stunning appearance, Pink Promise has good disease resistance and flourishes even in cooler climates. A highly fragrant rose, Pink Promise fills any room with a deliciously fruity scent.

Source: All-America Rose Selections

Birds Need Water In Winter

Water in a birdbath, small backyard pool or pond attracts birds and supplies water needed for drinking and bathing. During the winter birds may get some water from snow, but snowmelt is chilling. Heated birdbaths especially can be important to birds during winter months when little unfrozen moisture is available.

Choose a birdbath that isn't too deep. According to the Cornell Lab of Ornithology, the best birdbaths mimic rain puddles—shallow and with gradually sloping sides. This makes it easy for birds to wade into the water. A maximum depth of no more than two inches is ideal. Look for a birdbath made of tough plastic so it won't crack and is easy to clean. Also, remember to keep the birdbath clean and the water fresh.

Birds seem to prefer birdbaths placed at ground level, but if you are concerned about neighborhood cats,

raise the bath 2 to 3 feet above the ground. Place clean sand or gravel in the bottom of the basin to give birds sure footing. Arrange a few perches in the birdbath, using small branches or stones. These give birds a place to perch and drink without getting wet and especially are important during winter.

If possible, place the birdbath near trees or shrubs, giving birds a place to hide if predators show up. Birds with feathers wet from bathing don't fly well, so woody shrubs offer a place to sit and preen until their feathers dry off.


Heated birdbaths come in a variety of styles, including those on pedestal bases and some attach to deck or porch railings. Each has a built-in heating element that is thermostatically controlled to keep the water temperature above freezing. Heated pedestal birdbaths have an extension cord running up out of sight through the center

of the pedestal, while mounted birdbaths have the cord tucked under the bowl.

Removable, immersion heaters can be added to existing, unheated birdbaths to keep the water from freezing. Another alternative would be to place a light bulb in a flowerpot beneath an unheated birdbath. This will provide more than enough heat to keep the water from freezing.

Finally, the sight and sound of moving water is irresistible to many birds. Birdbath drippers are a new innovation meant to attract even more birds. Commercial drippers or sprayers are available or can be homemade. Simply punch a small hole in a plastic container, such as a liter soda bottle and hang it so the water drips into the birdbath.

Source: Sarah Browning, UNL Extension Educator



Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

Brush snow from evergreens as soon as possible after a storm. Use a broom in an upward, sweeping motion. Serious damage may be caused by heavy snow or ice accumulating on the branches.

Check young trees and shrubs for rodent or rabbit damage. Prevent injury with fencing or protective collars.

Use sand instead of salt for icy spots on the sidewalk.

Avoid heavy traffic on the frozen, dormant lawn. The crown of the plant may be severely damaged or killed.

Do not wait until late in the winter to order seeds. Many varieties sell out early.

Add garden record keeping to the list of New Year's resolutions. Make a note of which varieties of flowers and vegetables do best and which do poorly in your garden.

Feed the birds regularly and see they have water. Birds like suet, fruit, nuts and bread crumbs as well as bird seed.

Review your vegetable garden plans. Perhaps a smaller garden with fewer weeds and insects will give you more produce.

When reviewing your garden catalogs for new vegetable varieties to try, an important consideration is improved insect and/or disease resistance. Watch for drought-tolerant types.

Analyze last year's planting, fertilizing and spraying records. Make notes to reorder successful varieties as well as those you wish to try again.

Check stored fruits and vegetables such as potatoes and apples for bad spots which may lead to decay. Remove and use those which show signs of spoiling. Separate others into slotted trays or bins to increase air circulation and reduce decay possibilities.

To prolong bloom, protect poinsettias from drafts and keep them moderately moist.

Turn and prune houseplants regularly to keep them shapely. Pinch back new growth to promote bushy plants.

Houseplants and holiday gift plants should not be placed on top of the television. This location is too warm and in most homes too far from windows to provide adequate light.

Houseplants with large leaves and smooth foliage, such as philodendrons, dracaena and rubber plant benefit if their leaves are washed at intervals to remove dust and grime, helping keep the leaf pores open.

If you have some time this winter, paint the handles of garden tools red or orange. This will preserve the wood and make the tools easier to locate next summer when you lay them down in the garden or on the lawn.

Top 10 Myths of Entrepreneurship

Below are 10 myths about entrepreneurship according to Scott Shane, the A. Malachi Mixon Professor of Entrepreneurial Studies at Case Western Reserve University. He is the author of seven books. Many entrepreneurs believe a bunch of myths about entrepreneurship, so here are 10 of the most common and the realities that bust them:

1. It takes a lot of money to finance a new business. Not true. The typical start-up only requires about \$25,000 to get going. The successful entrepreneurs who don't believe the myth design their businesses to work with little cash. They borrow instead of paying for things. They rent instead of buy. And they turn fixed costs into variable costs by, say, paying people commissions instead of salaries.

2. Venture capitalists are a good place to go for start-up money. Not unless you start a computer or biotech company. Computer hardware and software, semiconductors, communication and biotechnology account for 81 percent of all venture capital dollars and 72 percent of the companies that got VC money over the past 15 or so years. VCs only fund about 3,000 companies per year and only about one quarter of those companies are in the seed or start-up stage. In fact, the odds that a start-up company will get VC money are about one in 4,000. That's worse than the odds that you will die from a fall in the shower.

3. Most business angels are rich. If rich means being an accredited investor—a person with a net worth of more than \$1 million or an annual income of \$200,000 per year if single and \$300,000 if married—then the answer is “no.” Almost three quarters of the people who provide capital to fund the start-ups of other people who are not friends, neighbors, co-workers or family don't meet SEC accreditation requirements. In fact, thirty-two percent have a household income of \$40,000 per year or less and seventeen percent have a negative net worth.

4. Start-ups can't be financed with debt. Actually, debt is more common than equity. According

to the Federal Reserve's Survey of Small Business Finances, 53 percent of the financing of companies that are two years old or younger comes from debt and only 47 percent comes from equity. So a lot of entrepreneurs out there are using debt rather than equity to fund their companies.

5. Banks don't lend money to start-ups. This is another myth. Again, the Federal Reserve data shows that banks account for 16 percent of all the financing provided to companies that are two years old or younger. While 16 percent might not seem that high, it is three percent higher than the amount of money provided by the next highest source—trade creditors—and is higher than a bunch of other sources that everyone talks about going to: friends and family, business angels, venture capitalists, strategic investors and government agencies.

6. Most entrepreneurs start businesses in attractive industries. Sadly, the opposite is true. Most entrepreneurs head right for the worst industries for start-ups. The correlation between the number of entrepreneurs starting businesses in an industry and the number of companies failing in the industry is 0.77. That means that most entrepreneurs are picking industries in which they are most likely to fail.

7. The growth of a start-up depends more on an entrepreneur's talent than on the business he chooses. Sorry to deflate some egos here, but the industry you choose to start your company has a huge effect on the odds that it will grow. Over the past 20 years or so, about 4.2 percent of all start-ups in the computer and office equipment industry made the Inc 500 list of the fastest growing private companies in the U.S., 0.005 percent of start-ups in the hotel and motel industry and 0.007 percent of start-up eating and

drinking establishments made the Inc 500. That means the odds that you will make the Inc 500 are 840 times higher if you start a computer company than if you start a hotel or motel. There is nothing anyone has discovered about the effects of entrepreneurial talent that has a similar magnitude effect on the growth of new businesses.

8. Most entrepreneurs are successful financially. Sorry, this is another myth. Entrepreneurship creates a lot of wealth, but it is very unevenly distributed. The typical profit of an owner-managed business is \$39,000 per year. Only the top 10 percent of entrepreneurs earn more money than employees. And the typical entrepreneur earns less money than he otherwise would have earned working for someone else.

9. Many start-ups achieve the sales growth projections that equity investors are looking for. Not even close. Of the 590,000 or so new businesses with at least one employee founded in this country every year, data from the U.S. Census shows that less than 200 reach the \$100 million in sales in six years that venture capitalists talk about looking for. About 500 firms reach the \$50 million in sales that the sophisticated angels, like the ones at Tech Coast Angels and the Band of Angels talk about. In fact, only about 9,500 companies reach \$5 million in sales in that amount of time.

10. Starting a business is easy. Actually it isn't and most people who begin the process of starting a company fail to get one up and running. Seven years after beginning the process of starting a business, only one-third of people have a new company with positive cash flow greater than the salary and expenses of the owner for more than three consecutive months.



Photo by Soni Cochran, UNL Extension in Lancaster County

Winter Houseplant Care

With proper care, houseplants can be maintained during the wintertime. However, be alert for problems associated with low humidity, temperature extremes and insect pests. Here are some winter care tips to keep in mind:

- During the winter, most houseplants are not in an active growth phase. As a result fertilizer should not be applied during this time. If you need to feed your plants, it should be done with a one half dilution of fertilizer and infrequently.
- Watering can also be cut back during winter. Be sure to check the soil when you are watering your plants. If it feels moist, you can wait a few more days before watering.
- Certain houseplants such as cacti go through a dormant period during the cold weather months. During the dormant period, plants should not be watered at all or else very infrequently. Some bulbs will benefit from being placed in a cool, dark location when they are dormant. Be sure to read about your plants individual care needs to learn about how it should be treated.
- Be aware of temperature extremes during the winter season. Some plants may be particularly sensitive to cold drafts or cold window panes. In addition, the warm, dry heat of home heating systems may cause plants to dry out faster than usual.
- The humidity level in homes can drop dramatically during the winter season, making living conditions uncomfortable for both humans and plants. Plants may show signs of low humidity stress, such as brown leaf tips, and increased pest infestation.
- Insect pests may continue to be a serious problem during the winter season. Be sure to check all plants for signs of infestation.



Attract Winter Birds With Feeders

There are many bird feeders available commercially or you can make your own. Seed feeders can be as simple as a raised platform or a window shelf feeder. Hopper-type feeders have an overhanging roof which protects the seeds from moisture. Tube feeders and some hanging feeders are designed to accommodate smaller birds while discouraging blue jays, starlings and squirrels which can take over a feeder. Providing several feeders may give the desirable birds a chance to compete.

If squirrels become a problem, squirrel-resistant feeders are available commercially, and squirrel baffles can be mounted under a post feeder. Another option is to apply hot pepper to the seeds, which won't affect birds but may slow down squirrels' consumption, according to a Cornell University study. However, squirrels don't give up easily.

Bird seed mixes are readily available in supermarkets, garden stores and bird specialty stores. The most economical method for feeding birds is to use two common seeds—the black oil sunflower seeds and white proso millet. With these seeds, expect to find cardinals, chickadees, house finches, juncos and doves at your feeder. The addition of a suit feeder will



attract woodpeckers, nuthatches and other woodland species to your yard. Place fruit on a platform feeder to attract mockingbirds and other birds.

Carefully plan where to locate your feeder to maximize its visibility for both you and the birds. Place feeders in an open area where you can see them from your window and where the birds can see predators approaching from the ground and air. Cats and hawks will be attracted to the congregating birds. Preferably, shrubs

or trees should be located 10 to 15 feet from the feeder. This will provide escape cover for fleeing birds.

Don't forget to clean and disinfect your feeder periodically. Move the feeder when several inches of discarded seeds begin to accumulate on the ground. Wet seeds are a breeding ground for a fungus that causes a potentially-fatal bird infection. And excessive bird droppings can pose a health hazard.

Wishing You a Healthy H-A-P-P-Y N-E-W Y-E-A-R!

Alice Henneman, MS, RD
UNL Extension Educator

H-ealth

“The first wealth is health.” (Source: Ralph Waldo Emerson)
Make health a priority this year. Read on for more ideas—health should be more than the absence of disease.

A-ttitude

“Health and cheerfulness naturally beget each other.” (Source: Joseph Addison)
A positive attitude may not cure a disease. However, thinking positive can help you deal with misfortune, make the most of your current situation and enjoy life more.

P-hysical activity

“A man’s health can be judged by which he takes two at a time—pills or stairs.” (Source: Joan Welsh)
The U.S. Department of Health and Human Services 2008 Physical Activity Guidelines for Americans recommends for adults: “Most health benefits occur with at least 150 minutes (2 hours and 30 minutes) a week of moderate intensity physical activity, such as brisk walking. Additional benefits occur with more physical activity. Both aerobic (endurance) and muscle-strengthening (resistance) physical activity are beneficial.” For more information and for guidelines for children, check: <http://www.health.gov/paguidelines/guidelines/default.aspx>

P-eople

“Love cures people—both the ones who give it and the ones who receive it...” (Source: Dr. Karl Menninger)
Numerous studies indicate social networks, whether formal (such as a church or social club) or informal (such as meeting with friends), make people less vulnerable to ill health and premature death. Be wary, however, of social support that drains you through people being too demanding or encouraging you to engage in harmful behaviors.

Y-our body

“Take care of your body. It’s the only place you have to live.” (Source: Jim Rohn)
Schedule physical checkups as needed: eyes, teeth, mammo-gram, colonoscopy, general physical, etc.

N-O!

“Half of the troubles of this life can be traced to saying yes too quickly and not saying no soon enough.” (Source: Josh Billings)
Rather than adding “take a time management class” to your “to do” list, consider starting a “don’t do” list. You may discover doing LESS can bring MORE enjoyment to your life. Especially if doing less allows you to spend time doing more to contribute to your health and happiness and that of your family and friends!

E-at healthy

“Rich, fatty foods are like destiny: they too, shape our ends.” (Source: Author Unknown)

MyPyramid.gov recom-mends: “To move to a healthier weight, you need to make smart choices from every food group. Smart choices are the foods with the lowest amounts of solid fats or added sugars: for example, fat-free (skim) milk instead of whole milk and unsweetened rather than sweetened applesauce. Also, consider how the food was prepared. For example, choose skinless baked chicken instead of fried chicken and choose fresh fruit instead of a fruit pastry.” For more information on planning healthy menus, visit www.mypyramid.gov

W-aist size

“Your stomach shouldn’t be a waist basket.” (Source: Author Unknown)
Your waistline may be telling you that you have a higher risk of developing obesity-related conditions, according to the Centers for Disease Control and Prevention (CDC), if you are:
• A man whose waist circumfer-ence is more than 40 inches
• A non-pregnant woman whose waist circumference is more than 35 inches
Excessive abdominal fat places you at greater risk for developing obesity-related conditions, such as Type 2 Diabetes, high blood cholest-erol, high triglycerides, high blood pressure and coronary artery disease. Consult with your health care provider to develop a plan for losing weight.
Here’s how to measure your weight, according to

CDC: To measure your waist size (circumference), place a tape measure around your bare abdomen just above your hip bone. Be sure the tape is snug, but does not compress your skin, and is parallel to the floor. Relax, exhale, and measure your waist.

Y-our hands

Keeping hands clean is one of the most important ways to prevent the spread of infection and illness.” (Source: Centers for Disease Control and Prevention).
Here’s how to wash your hands from the CDC:
When washing hands with soap and water:
• Wet your hands with clean running water and apply soap. Use warm water, if it is available.
• Rub hands together to make a lather and scrub all surfaces.
• Continue rubbing hands for 15–20 seconds. Need a timer? Imagine singing “Happy Birthday” twice through to a friend.
• Rinse hands well under running water.
• Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.

E-nough sleep

“A good laugh and a long sleep are the best cures in the doctor’s book.” (Source: Irish Proverb).
According to the 2008 “Sleep in America” poll by the National Sleep Foundation (NSF), “Working too much and sleeping too little takes a serious

toll on people’s professional and personal lives,” Some of the findings of the poll included:
• 29 percent of those polled fell asleep or became very sleepy at work in the past month;
• 36 percent have nodded off or fallen asleep while driving;
• 14 percent missed family events, work functions and leisure activities the past month due to sleepiness.
Cutting back on other activities rather than cutting back on sleep may be more effective in enhancing the quality of your life.

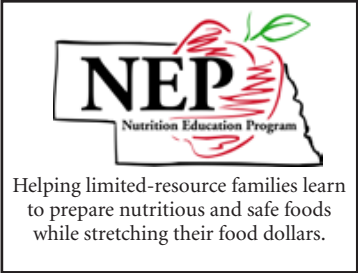
A-void portion distortion

“Never eat more than you can lift.” (Source: Miss Piggy, muppet character)
Rather than worry so much about “what” you eat, consider “how much” you eat. Downsize your portion sizes. Serve food on smaller plates. Eat from plates and bowls rather than packages and bags, so you see how much you’re eating.

R-eading materials

“Be careful about reading health books. You may die of a misprint.” (Source: Mark Twain)
Consider the source before starting a new drastic diet or exercise plan. Beware of plans that:
• Promise quick, dramatic results.
• Charge large fees for consulta-tions, equipment, supple-ments, etc.
• Rely solely on testimonials and statements from “professionals” with unusual-sounding degrees.

\$tretch Your Food Dollar with Dried Beans



Kelly Fisher and Zainab Rida
UNL Extension Assistants

Nutritious, delicious, affordable, healthful, and long shelf life are among the many benefits associated with dried beans. Despite the fact that cooking dried beans takes more time than opening a can, you will be rewarded for your efforts by the flavor and texture of freshly cooked beans. The New Dietary Guidelines recommendation is to consume three cups of legumes within a 2,000-calorie diet each week in order to obtain the most nutrients that are available from beans.
Beans are an excellent source of protein and iron, rich in antioxidants and fiber and contain many other valuable nutrients such as vitamin B, calcium, potassium and folate. They also are low in saturated fat and have no cholesterol. All these factors contribute to reducing the risk of health

problems such as diabetes, heart disease, cancer and other chronic diseases.
Intestinal gas production, incomplete protein and unfam-iliarity with beans are the main factors that lead people to avoid the consumption of dried beans.

Intestinal Gas Production

Our body is missing an enzyme required to break down complex carbohydrates found in beans. The bacteria in our lower intestinal tract break down these carbohydrates, giving off hydrogen and carbon dioxide which forms the intestinal gas. Avoiding this problem is very easy. Soak beans for at least eight hours, replacing the water every few hours; then cook them slowly. Spices like cumin may help reduce gas formation.

Incomplete Protein








Beans are lacking one of the essential amino acids needed from food to build protein in our body. However, this should not be a problem since the missing essential amino acid is usually found in grain group foods including rice, bread, cereal and others which are typically eaten with a meal.

Soaking Beans

Traditional slow soak: in a stockpot, cover 1 pound dried beans with 10 cups water. Cover and refrigerate 6–8 hours or overnight. Replace the water every few hours to avoid gas formation. Drain and rinse the beans.
Quick soak: in a stockpot, bring 10 cups water to a boil. Add 1 pound dried beans and return to a boil; let boil 2–3 minutes. Cover and set aside at room temperature 1 hour. Drain and rinse the beans.

Cooking beans

1. Return the soaked, rinsed beans to the stockpot. Cover the beans with three times their volume of water. Add herbs or spices (not salt), as desired.
2. Bring to a boil; reduce the heat and simmer gently, uncovered, stirring occa-sionally, until tender (the time will depend on the type of bean—see chart at right.)
3. When the beans are tender, drain and use in recipes; or for later use, immerse them in cold water until cool, then drain well and freeze in 1 to 2 cup packages.

	DRIED BEANS (1 CUP)	COOKING TIME	CUPS YIELDED	BEST USE
	Red kidney bean	1-1/2 – 2 hours	2-1/4	Chili, soup, and salad
	Black bean	1 – 1-1/2 hours	2	Salsa, salad, soups and stews
	Great Northern beans	45 – 60 minutes	2-2/3	Stews, soups, and cassoulet
	Garbanzo or chickpeas	1-1/2 hours	2	Soups, salad and dips like hummus
	Pinto bean	1-1/2 – 2 hours	2-2/3	Burrito, tacos
	Black eye peas	45 – 60 minutes	2	Stews, soups and salad
	Large Lima beans	45 – 60 minutes	2	Salads, stews and chili

2007–2008 ANNUAL REPORT

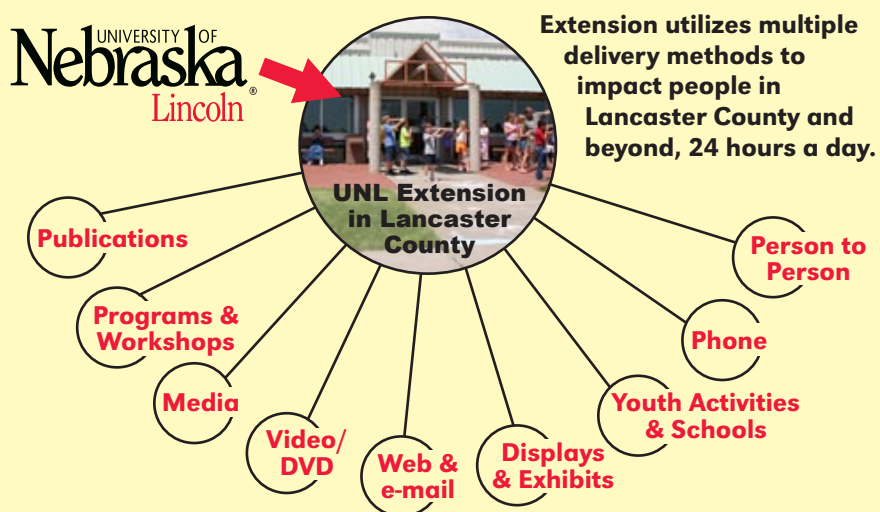
444 Cherrycreek Rd., Suite A, Lincoln, NE 68528 • (402) 441-7180 • <http://lancaster.unl.edu>

Know how. Know **now**.

Land-grant universities work with the people they serve. University of Nebraska–Lincoln teaches, discovers new knowledge through research, and extends this research-based information across the state through extension programs. UNL Extension in Lancaster County develops and delivers educational programs which strengthen individuals, families, businesses and communities.

Extension is committed to helping Nebraskans know how—and know **now**.

From NU to You



Information flows both ways—UNL Extension responds to needs and concerns

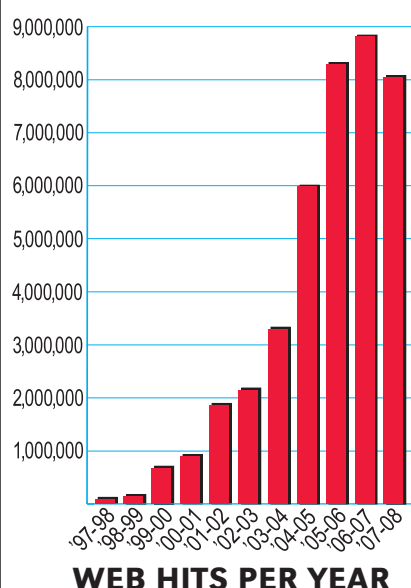
Web Site is Your 24/7 Local University Extension Connection

Through search engines and browsing, hundreds of thousands of people access UNL Extension in Lancaster County's Web site, <http://lancaster.unl.edu>, to find "Know How—Know Now" 24 hours a day, 7 days a week. Visited by an average of 300,000 unique sites* each month, the Web site received more than 8 million hits (accesses) this past year!

The Web site contains thousands of pages of content—featuring extensive resources, educational publications, a searchable database, Egg Cam, YouTube videos, quizzes, Master Gardener Diagnostic Center, outstanding photos and much more. The site is updated daily. Not only do Lancaster County residents, Nebraskans and Americans use the site; the site has Web users from nearly 150 countries monthly.

*unique site = IP address

8 MILLION HITS



"Your Web site is quite informative and very well organized. Thanks for all the work that has gone into creating and maintaining it."

—The Pearsons (Web site users)



15-to-1 Return on Investment

An independent study found the University of Nebraska–Lincoln's Institute of Agriculture and Natural Resources (which includes extension) provides Nebraskans more than a 15-to-1 return on tax dollars invested. Here are some examples of the value extension brings to our community:

Last year, 279 residents attended one of 12 composting workshops presented by extension at Lincoln City Libraries or composting demonstrations at the Pioneers Park Nature Center's new backyard composting demonstration area. Extension also educates the public how to use LinGro, the City of Lincoln's Compost. **An estimated 20,869 tons of yard waste was kept out of the landfill, saving taxpayers an estimated value of over \$686,000.***



*Recycling office bases this estimate on saving over 70,00 cubic yards of landfill space in FY 07–08.

The 4-H youth development program reached 21,865 youth in Lancaster County:

- 1,789 youth participated in the 4-H club program.
- 1,231 youth participated in 4-H after-school and summer programs.
- 17,119 youth participated in 4-H school enrichment programs.



"Supermarket Savings: 16 Tips that Total BIG Bucks!" was posted on the Web as an article and PowerPoint with a handout. It received 13,900 hits in five months. 94% of respondents to an online survey stated these tips will help them save money with an **average savings of \$17/week or nearly \$900/year**. The article was also distributed statewide as a media release.



University of Nebraska Institute of Agriculture and Natural Resources photo by Brett Hampton

Extension presented nine Computerized Farm Financial Recordkeeping workshops to 102 participants in eastern Nebraska last year. Evaluations revealed:

- 92% learned to keep a more **complete** set of financial records.
- 88% learned to keep a more **accurate** set of financial records.
- 96% learned how to create reports to **retrieve and organize financial information** which will **help them make better management decisions in the future**.



For every \$1 spent on the Expanded Food and Nutrition Education Program, **a potential health care savings of \$2 to \$17** may result from the prevention or delayed onset of nutrition-related chronic diseases and conditions. Last year, Lancaster County NEP reached:

- 1,074 adults who care for 4,406 family members.
- 6,016 youth (316 groups) at 17 schools and other sites.
- 587 older adults at 6 senior sites.



continued on next page

15-to-1 Return on Investment

from preceding page

UNL Extension coordinates distribution and application of biosolids* to agricultural cropland for the City of Lincoln. Last year, more than 35,000 tons of biosolids were delivered and applied to 1,331 acres of crop land, **worth \$470,000 to farmers and saving taxpayers \$350,000** by keeping this recyclable material out of the landfill.

**Biosolids are organic solids separated from wastewater and biologically processed to make them safe to use as an organic fertilizer for crops not in the human food chain.*



Last year, 191 people attended Guardianship Training classes co-taught by UNL Extension and volunteer attorneys. Evaluations indicate:

- 81% better understand Guardianship.
- **92% better understand their responsibilities to the court and their ability to meet them.**
- 75% better understand their financial responsibilities as a guardian.



For the fourth year in a row, UNL Extension organized a two-day, hands-on Termite School for Termite Applicators. Of the 112 participants to date, evaluations show:

- 84% would make changes in inspection and/or pesticide application techniques.
- **93% would be more in compliance with termite pesticide label directions.**
- 96% felt better able to calibrate pesticide equipment.



In March, 135 child care providers who care for approximately 1,143 youth participated in a child care conference organized by UNL Extension and other Lincoln agencies. Evaluations indicate:

- **42% have made changes in child guidance & discipline.**
- **32% apply more safety guidelines & practices.**
- 43% include more hands-on activities for youth.



Approximately **3,000 pounds of pesticide containers** were collected last year in Lancaster County and recycled through the Pesticide Container Recycling Program, which is coordinated by UNL Extension. Since 1992, about 1.75 million pounds of plastic from pesticide containers have been removed from Nebraska's landscape and recycled.



Last year, UNL Extension in Lancaster County programs benefitted from approximately **1,961 volunteers investing 27,138 hours** of time for a total value of **\$529,462!*** Volunteers contributed to 4-H, Master Gardener, Nutrition Education Program (NEP), Family Community Education (FCE) and other extension programs. In addition, 4-H and FCE members often volunteer in community service projects.



**Independent Sector values volunteer time for 2007 at \$19.51/hour.*

"At Work for Nebraska" in Lancaster County

Extension provides more than just information or knowledge. The goal of extension is to help Nebraskans transform knowledge into "know how"—having the confidence, skill and understanding to make better decisions about their businesses, their communities, their families and their personal lives.

Extension is a division of the University of Nebraska—Lincoln's Institute of Agriculture and Natural Resources (IANR), which also includes the Agricultural Research Division and the College of Agricultural Sciences and Natural Resources. A 2007 study by an independent organization found IANR annually returns at least \$15 in benefits to Nebraskans for every dollar of state support, making it a primary engine for economic and social sustainability (<http://atworkfornebraska.unl.edu>).

Extension research and information is based in great part on issues, challenges and opportunities identified by Nebraskans themselves. While the



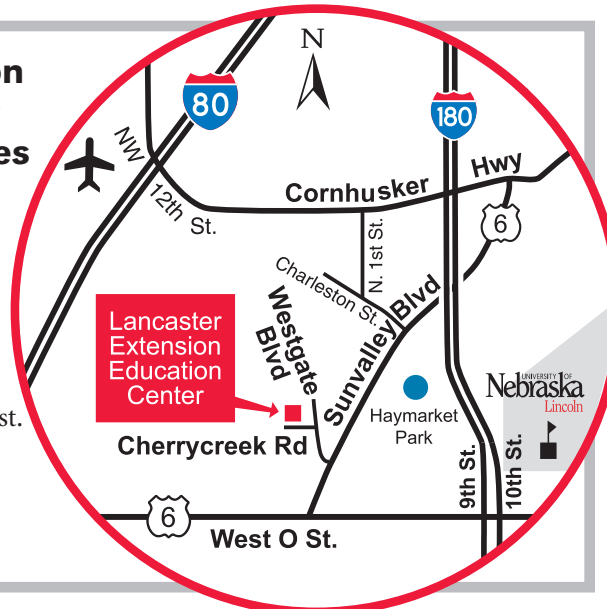
university is certainly on the vanguard in terms of defining research and educational priorities, extension is also closely connected to the people, businesses and communities it serves. Many valuable and critical extension programs have been created in response to the grassroots needs communicated by Nebraskans through county extension boards and other advisory committees.

Over the years, University of Nebraska—Lincoln Extension has evolved to meet the changes in the state's challenges and opportunities. Still, the fundamental tenet for extension today is what it has always been—to quickly and effectively transfer university research and information to the people of the state. To help Nebraskans know how—and know now.

Gary C. Bergman
Extension Educator & Unit Leader

Lancaster Extension Education Center Conference Facilities

As part of extension's commitment to community learning, the conference facilities at Lancaster Extension Education Center are made available to other nonprofit and governmental organizations at a nominal cost. Last year, more than **4,150 hours of conferences and meetings** were held at the Education Center.



Honors, Awards and Accomplishments

Extension Educator Lorene Bartos • national Distinguished Service Award presented by National Extension Association of Family and Consumer Sciences

Extension Educator Gary Bergman • President of the Nebraska Great Plains Resource Conservation and Development • President of the Eastern Nebraska 4-H Center Site Board • Vice-President of the Nebraska Resource Conservation & Development (RC&D) Association

Extension Educator Maureen Burson • member of team receiving Excellence in Team Programming honor presented by University of Nebraska—Lincoln Extension for Parents Forever and Kids Talk About Divorce classes

Extension Associate Soni Cochran • 15 years of service with UNL

Extension Associate Marty Cruickshank • 5 years of service with UNL

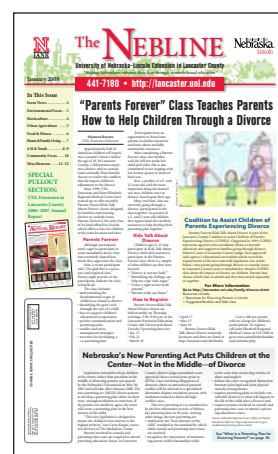
Extension Educator Tom Dorn • one of four statewide senior faculty Holling Family Awards for Teaching Excellence presented by University of Nebraska—Lincoln Institute of Agriculture and Natural Resources • Vice Chair of North Central Regional Search for Excellence Committee • Treasurer of Nebraska Cooperative Extension Association (NCEA)

Extension Educator Alice Henneman • member of team receiving 1st place national and central regional winner Food Safety Team Award presented by the National Extension Association of Family and Consumer Sciences • member of team receiving 1st place state Education Curriculum Team Award presented by the National Extension Association of Family and Consumer Sciences Nebraska Affiliate

Extension Associate Tracy Kulm • national Distinguished Service Award presented by National Association of Extension 4-H Agents • statewide Distinguished Managerial Professional Award presented by University of Nebraska—Lincoln Extension

Extension Educator Barb Ogg • member of team receiving Entomology Educational Project Award presented by the Board Certified Entomologist of Mid-America for the University of Nebraska—Lincoln Hands-On Termite School for Pest Management Professionals

THE NEBLINE Newsletter • 3rd place national and central regional winner Communications—Newsletter Team Award (Maureen Burson, Alice Henneman, Lorene Bartos, Mardel Meinke, Julie Rasmussen, Zainab Rida, Vicki Jedlicka) presented by National Extension Association of Family and Consumer Sciences



• North central regional winner Periodical Publication Team Award (Gary Bergman, Marty Cruickshank, Vicki Jedlicka, Deanna Karmazin and Tracy Kulm) presented by National Association of Extension 4-H Agents

Lancaster County Fair 4-H handout series • North central regional winner Promotional Package Team Award (Gary Bergman, Marty Cruickshank, Vicki Jedlicka, Deanna Karmazin and Tracy Kulm) presented by National Association of Extension 4-H Agents
4-H EGG Cam • named EarthCam Top 10 Webcam (EGG Cam is part of the University of Nebraska—Lincoln Extension in Lancaster County Embryology Web site at <http://lanecaster.unl.edu/eggcam>)

"I believe that THE NEBLINE, word for word, contains more useful information than any other publication of any kind I regularly read or receive. Congratulations to those responsible on a fine work product."

—Terry Schaaf, Lincoln (NEBLINE subscriber)

The UNL Extension in Lancaster County THE NEBLINE newsletter is free to Lancaster County residents.

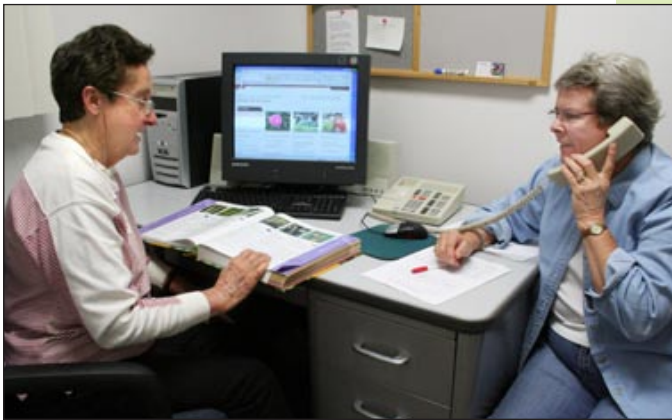
Extension Helps You Put Knowledge to Work

UNL Extension in Lancaster County focuses educational efforts in the following program areas:

Yard & Garden

UNL Extension plays a vital role in teaching communities horticulture issues customized for local weather, water, soil and pest conditions. Extension helps property owners develop healthy, diverse and functional landscapes that are energy and water efficient, as well as less dependent on pesticides.

Extension Educator Don Janssen works with the City of Lincoln to educate the public about reducing yard waste through composting, mulching grass clippings and other yard management practices. This year, there was an educational campaign to teach homeowners to use no/low phosphorus fertilizer to keep phosphorus out of Lincoln-area lakes and waterways.



Master Gardener volunteers answer horticulture questions at the extension office during the growing season.

The Master Gardener Training Program is a volunteer program where people are given training by UNL personnel and then in return, provide 40 hours of volunteer service to extension's educational programs. Extension Associate Mary Jane Frogge coordinates the Master Gardener program for Lancaster County.

Plant and Pest Diagnostic Services

Throughout the year, Lancaster County residents bring plant samples, insects, pests and wildlife "signs" to UNL Extension in Lancaster County. A free service, extension horticulturists and entomologists identify weeds, diseases and insects in and around the home and garden, and make recommendations about the best way to help manage these problems.

Pests & Wildlife

UNL Extension in Lancaster County has extensive resources to help identify pests and recommend control methods. Emphasis is on low-toxic control methods. Extension Educator Barb Ogg and Extension Associate Soni Cochran assist area residents via phone calls, walk-in requests, e-mail questions, publications, workshops and radio. Extension's pest and wildlife Web site received nearly 2 million hits last year. This year, the Spanish version of the Cockroach Control Manual, "Manual Para el Control de Cucarachas," was posted online.

Ogg often partners with community organizations and industry professionals in training and disseminating pest control resources and assistance.

New this year was an Insect Photography workshop presented with the help of Jim Kalisch from the UNL Entomology Department.



UNL Extension in Lancaster County has a lab for diagnostic services.

Nutrition & Food Safety

To help people learn how to eat healthier, extension blends nutrition, food safety and food preparation information into practical actions individuals can use in their daily lives.

Educational materials developed by Extension Educator Alice Henneman for use in local programs (such as news articles and fact sheets) are made available on the Internet for around-the-clock access, both locally and nationwide. Extension's food Web site received more than 3 million hits last year, extending the outreach of our food and nutrition-related programs in a timely and cost-efficient manner. Two e-mail newsletters, "Food Reflections" and "Cook It Quick," have more than 16,000 subscribers combined.

The Lancaster County Nutrition



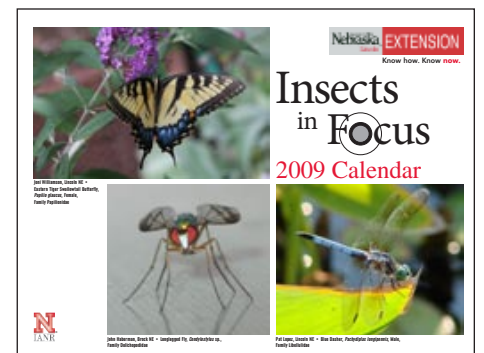
The Nutrition Education Program teaches nutrition to youth, adults and seniors.

Education Program (NEP) helps limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars. NEP receives funding from the Expanded Food and Nutrition Education Program (EFNEP) through USDA and the Supplemental Nutrition Assistance Program—Education (SNAP-Ed). NEP partners with more than 300 local agencies, classrooms and coalitions.

Home & Family Living

Extension Educator Lorene Bartos disseminates information on home maintenance, indoor air quality, lead paint hazards, safety in the home, shopping smart and recycling through THE NEBLINE, extension's Web site, her weekly column in the "Lincoln Journal Star," group presentations and other outreach methods. In a new partnership this year, Bartos helped Lincoln Housing Authority and other agencies present RentWise classes to renters.

UNL Extension is part of the Lancaster County Coalition to assist Children of Parents Experiencing Divorce (COPED), and co-presents Parents Forever and Kids Talk About Divorce classes. Extension Educator Maureen Burson teaches Parents Forever and Guardianship Training classes in Lancaster County. She also organized a Strengthening Families: Daughter/Mother Camp this year.



A calendar was created with submissions by attendees of an Insect Photography Workshop.

Farms & Acreages

UNL Extension continues to make agricultural profitability and sustainability a priority issue. Extension Educator Tom Dorn fulfills this goal through numerous workshops and meetings, educational resources, person-to-person contacts and an up-to-date Web site.

Some of the agricultural programs presented this year include: Crop Protection Clinic, Private and Commercial Pesticide Applicator Trainings, Computerized Farm Financial Recordkeeping and Nitrogen Management Training.

Residential acreages are rapidly increasing in Lancaster County. Extension delivers information on a wide range of issues related to acreages such as proper management of septic tanks and wastewater lagoons, landscape management and alternative crops profitable for acreages. Extension offers an Acreage and Small



Tom Dorn is extension's statewide contact for grain storage questions.

Farms Insights Web site and monthly e-mail newsletter at <http://acreage.unl.edu>

Family & Community Education (FCE) Clubs

The Family and Community Education (FCE) clubs are an educational, social and community-oriented program designed to meet the needs and interests of Nebraska homemakers. FCE members help strengthen communities and families through education, leadership and action. Lancaster County FCE's emphasis is on community service and sponsoring a nursing scholarship. In the past 10 years, FCE has awarded \$2,375 in total scholarships.



In April 2008, the Southeast District FCE meeting was held at the Lancaster Extension Education Center.

4-H Youth Learn Leadership, Citizenship and Life Skills

The University of Nebraska–Lincoln Extension 4-H youth development program is open to all youth ages 5–18. Emphasis is on developing life skills through learning-by-doing. In the past year, 4-H reached **more than 21,865 youth** in Lancaster County.



- Lancaster County 4-H consists of:
- **Organized Clubs**—Lancaster County has around 120 4-H clubs. Each club ranges from 5 to 54 members and is led (or co-led) by adults. Youth choose officers to run meetings. Clubs usually participate in one or more projects together.
 - **Independent Members**—With increasingly busy schedules, more and more youth are becoming independent 4-H members. Youth work on 4-H projects on their own.
 - **Projects**—Youth can choose from more than 150 4-H projects. Project manuals are developed by university experts.
 - **School Enrichment**—4-H programs for classrooms include: Garbology (for 2nd grade), Embryology (for 3rd grade), Ag Awareness Festival (for 4th grade), Earth Wellness Festival (for 5th grade) and Nutrition Education Program (for K–8th grades). These curricula meet Nebraska Curriculum Standards.
 - **After-School Programs**—25 Lincoln after-school programs have incorporated 4-H projects into their activities, 4 sites have formed 4-H clubs and 21 summer sites participated in 4-H county fair exploration activities.
 - **4-H Embryology Web Site**—EGG Cam and other resources at <http://lancaster.unl.edu/4h/Embryology>
 - **Educational Events**—4-H staff organize educational events each year such as Clover College, speech workshops and leader trainings. The 2008 Lancaster County Fair showcased 4,467 4-H exhibits.
 - **Leadership Opportunities**—4-H Teen Council, 4-H Council, Citizen Washington Focus group and more.



In June, the Lancaster County 4-H Citizenship Washington Focus (CWF) group—33 teens and 4 sponsors—traveled by bus on a 15-day itinerary to Washington D.C. CWF is a citizenship and leadership program.



This was the second year a Special Needs Horse Show was held at the Lancaster County Fair.

The Lancaster County 4-H dog club, Canine Companions, was a recipient of the 2008 Governor’s Agricultural Excellence Awards. These funds were matched by the Lancaster County Agricultural Society to purchase new dog agility equipment.



“I know how to grow plants and to identify weeds, trees, plants and flowers.”

—Kyle Pedersen, 4-H member



Lancaster 4-H partnered with many after-school summer sites to provide a county fair-related curriculum with hands-on activities which could be done before the Lancaster County Fair. The groups were then invited to experience the fair hands-on.



At Ag Awareness Festival, fourth graders rotate between interactive stations such as Dairy Calves, Ruminant Nutrition and Farm Technology.



“UNL Extension has developed materials in numerous languages and continues to expand its educational and informational materials in additional languages to meet the growing needs of our community.”

—Kendra Penrod, member of Lancaster County Extension Board



“I know how to maintain my yard. I know when and how to prune the trees and how to care for the perennial plants.”

—Laura Pales, homeowner



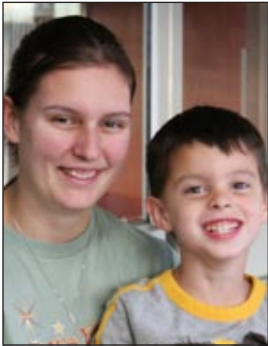
“I know how to fulfill my legal obligations to the court as a guardian.”

—Cory Cooper, Guardianship Training attendee



“I know how to do a lot of things, such as be thrifty and keep my family healthy.”

—Darleen Isley, Family & Community Education Clubs 55-year member



“We know how to use MyPyramid to make healthy meals and snacks.”

—Megan & Aidan Battiato, Nutrition Education Program participant



“I know how to use digital photography to better appreciate and understand insects and the natural world.”

—Pat Lopez, Insect Photography class participant



“I know how to use biosolids to improve my soil, increase crop yields and save on fertilizer costs.”

—Loren Neujahr, farmer and biosolids program cooperator



“I know how to better lead the younger kids in my 4-H club.”

—Emily Steinbach, 4-H Teen Council member



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s View—Bonnie’s Bits

Bonnie Krueger
FCE Council Chair

“Happy New Year”
A New Year 2009
A New President

Time for changes. Did you make your resolution for 2009? My resolution was for:



Hope—
Peace—
Love

Hope
we can make
Peace around
the world.

Love
to all our
neighboring countries.
Hope to return

our military back to there families; shelter and feed the less fortunate.

Time for change.
Also time for our year of new lessons and meetings. Our first FCE Council meeting will be Jan. 26. Hope to see you there.



FCE News & Events

2008 FCE Scholarship Winner

Josiah Unger of Sprague received this year’s \$400 FCE scholarship. He is working toward a Bachelor of Science in Nursing at BryanLGH College of Health Sciences. Josiah says “With the rising cost of education and living expenses, I am so thankful for this scholarship. It is because of generous organizations such as the Lancaster County Family and Community Education Clubs that I am able to continue my education. Your contribution to my academic career is one in which I will be forever grateful.” Sharon Brunk and Mary Coulter are co-chairs of this year’s FCE Education and Scholarship Committee.



Upcoming Leader Training Lessons

The FCE and Community leader training lesson, “Housing Options for Today and Tomorrow” will be Tuesday, Jan. 6, 1 p.m. at the Lancaster Extension Education Center, Lincoln. Extension Educator Lorene Bartos will provide leaders with an understanding of housing and related service options for older persons in making housing choices today and planning for the future. The design, layout, features, maintenance, cost, services available and location of the home can help or hinder the person’s ability to continue to live “on their own.”

The FCE and Community leader training lesson, “Fitting in

the Fiber” will be Tuesday, Jan. 27, 1 p.m. Extension Educators Alice Henneman and Lorene Bartos will teach the health benefits of fiber, good food sources of fiber and tips on how to get your daily recommended amount of fiber.

If you are not an FCE member and would like to attend either training, please call Pam at 441-7180 so informational packets can be prepared.

FCE Council Meeting, Jan. 26

The first FCE Council meeting for 2009 will be Monday, Jan. 26. Time and more details will be sent to the 2009 club presidents. Club presidents are automatic council members. Each club should plan to have at least one representative attend.

FCE 2008 Achievement Night

The Family & Community Education Clubs 2008 Achievement Night was held in October. More than 45 members attended. Guest speaker was Gloria Hall who presented “Gloria’s Aprons.” Many FCE members brought aprons to share. Members donated 141 pounds of canned food and paper products, as well as cash, for the annual FCE Food Bank Campaign.



Above: Gloria Hall brought dozens of handmade aprons to show. At right: Twyla Lidolph showed an apron which can be buttoned into a bonnet.



Club Incentive Awards

Presented to Beltline, 49’ers, Helpful Homemakers and Salt Creek Circle

Membership Awards

(years of membership indicated in parentheses)



Back, L-R: Lorena Maxson (50), Janice Ruliffson (50), LaVonne Millwood (50), Marian Storm (45); Front, L-R: Alice Urbach (50), Darleen Isley (55), Margaret Blacketer (50)



Back, L-R: Mary Coulter (30), Kaye Eggers (30), Kay Madsen (30), Ilene Sieck (30); Front, L-R: Judy Schutz (30), Elvina Lyman (25), Elsa Amen (40)

Not pictured: Jeanette Priess (50), Sondra Block (40), Janie Schrader (40), Sharon Brunke (25)

30-Year Club
Live and Learn



by Lorene Bartos, UNL Extension Educator

How to Keep Your Favorite Sweaters in Tip-Top Shape

When choosing a sweater, price is just one consideration.

Read and follow the care label instructions:

Machine washing—When in doubt about water temperature, choose a cold water wash. Use a detergent formulated for delicates.

Hand washing—Gently swish the sweater around in the wash. Do not rub or wring. Rinse thoroughly, then roll the sweater in a towel and press gently to remove excess moisture. Some washers, though, do have hand wash cycles.

Drying—Hand wash-only sweaters should be dried flat. Machine-washable sweaters can sometimes be dried in the dryer on low heat. Check the care label to be sure.

Blocking—Soft, hand wash-only sweaters may lose their shape during washing. To restore them, trace the outline of the sweater onto a piece of brown or craft paper before cleaning. Use it as a pattern to block the sweater to its original size and shape.

Dry cleaning—In-dryer cleaning kits can be used to remove odors and light soil. For stains and heavy soil, take dry clean-only sweaters to a professional dry cleaner.

Daily Care—Sweaters should be folded for storage. Hanging a sweater can stretch it out of shape. Be careful what jewelry you wear with your sweater as some knits are delicate and easily snagged.

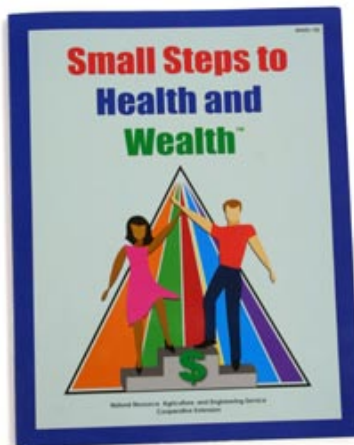


Small Steps to Health and Wealth

A program designed to motivate participants to improve both their health and their finances

UNL Extension will present a series of online workshops
Thursdays
Jan. 29–
April 30

12:15–1:00 p.m.
(workshops will be recorded and can be viewed later)



<http://smallsteps.unl.edu>

“Small Steps to Health and Wealth” encourages participants to set health and/or wealth goals and take action to achieve their goals by identifying small progress steps.

All that is needed is a computer with Internet access and a phone. Workbook costs \$20 (available at the extension office) or lessons can be downloaded free at <http://smallsteps.unl.edu>

The program explores 25 behavior-change strategies that can be applied to improve your health, increase your wealth or both. The workbook includes action steps and worksheets. Participants are encouraged to share their successes.

Small Steps to Health and Wealth is part of a national program being adopted across the United States. For more information, contact Lorene Bartos at lbartos1@unl.edu or 441-7180.



January

Brenda Wilkinson

Lancaster County 4-H is proud to announce Brenda Wilkinson as winner of January's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Brenda has volunteered with 4-H for nearly 15 years and has helped with the Stevens Creek Stars and Happy Go Lucky 4-H clubs. She has helped with the 4-H Sheep Show at the Lancaster County Fair and is currently Assistant Superintendent of the 4-H Goat Show.

She says, "All through the years our children were showing, 4-H gave us more opportunity to spend time as a family. I like volunteering for 4-H because I think 4-H is a great project for youth and I like to see them get interested in agriculture. My favorite experience as a 4-H volunteer was watching children come into a project never having any agricultural background, giving them an understanding of what it takes to raise and take care of livestock."

Brenda lives in Walton with her husband, Jay (he received a Heart of 4-H Award in July 2007). Even though their two daughters have outgrown the 4-H program, Brenda and Jay still volunteer with 4-H.

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

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



Shooting Sports 4-H Clubs Reorganizing

Youth interested in joining the **Shooting Sports Trap 4-H club** must contact Tracy by Jan. 2 at 441-7180 or tkulm1@unl.edu. Youth must be at least 12 years old and not older than 18 by Jan. 1, 2009 and have a hunter safety certificate.

There will be a **Shooting Sports BB/Air Rifle 4-H club** starting this spring. Youth must be at least 8 years old by Jan. 1, 2009. More information will be published in upcoming NEBLINE issues.

Ak-Sar-Ben 4-H Expo Livestock Results



The 2008 Ak-Sar-Ben 4-H Livestock Exposition was held last September at the Qwest Center in Omaha. Congratulations to all Lancaster County 4-H livestock members who competed. Peyton Goracke was named Champion Feeder Steer. Complete results are at www.aksarben.org.

4-H Award & Scholarship Forms Due Jan. 2

Lancaster County 4-H award forms and college scholarship applications are due by Jan. 2. Forms are available at <http://lancaster.unl.edu/4h> and the extension office. The online forms are provided as fill-in pdfs, which anyone with Adobe Reader 7 or 8 can fill in, save and print. Recipients will be announced at Lancaster County Achievement Night.

Application for 4-H Clubs of Excellence Due Jan. 2

Leaders: Don't forget to complete your Nebraska 4-H Club of Excellence application! All leaders received an application form in their October reorganizational packet. All clubs meeting the requirements and sending in the application form will be recognized at Achievement Night and will receive a Nebraska 4-H Club of Excellence certificate. Seals will be awarded in subsequent years. Applications are due to the office by Jan. 2.

4-H/FFA Market Beef Weigh-In, Feb. 7

Lancaster County 4-H/FFA members with market beef projects, please plan for next year's market beef weigh-in on Saturday, Feb. 7, 8-10 a.m. at the Lancaster Event Center.

New 4-H Pick-a-Pig Project

A new 4-H pick-a-pig class will be added to the Lancaster County Fair this year. Local pig producers are coming together to give any youth interested in showing pigs a chance to do so. Local producers will sponsor a 4-H youth and provide them with a pig in April.

In return, the 4-H'er will need to pay for grain, work with the animal and keep records on their project. Local producers have also offered to house the pigs for any urban youth that may be interested. The pig will then be shown and marketed at the county fair.

After county fair, the 4-H'er will reimburse their sponsor for the beginning value of the project pig. Anyone interested in being a part of the pick-a-pig project needs to contact Deanna at 441-7180 by Feb. 9.

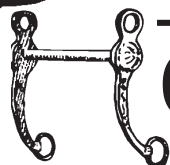
Photography Themes

Photography themes have been announced for 2009 4-H county and state fairs:

- Unit 2 - Go Green: Healthy Living in Nebraska
- Unit 3 - Right Next Door: Places that Shape Nebraska Communities

4-H Membership Cards Available

Lancaster County 4-H membership cards are available for all 4-H members. Stop by the extension office to pick them up.



HORSE BITS



In November, nearly 60 youth attended the 4-H Roping and Goat Tying Clinic led by clinicians Jim Berry and Justy Hagan. Thanks to the Fort Western Stores for donating gloves to all youth ropers. A series of three more clinics are planned for 2009 (dates to be announced).



Horse Stampede Entries Due Jan. 30

The 7th annual 4-H Horse Stampede will be held Saturday, March 14 at the Animal Science Building on UNL East Campus. The Stampede consists of the 4-H state horse-related competitions: Horse Bowl, Public Speaking, Demonstration and Art Contest.

Stampede contestants must be enrolled in a 4-H horse project with the exception of the art contest. Contestants may participate in all contests. Senior division is ages 14-18, junior division is 12-13. Teams are to consist of three to five youth.

Stampede T-shirts will be available to participating youth. You must pre-order your T-shirt, the cost is \$6. Lancaster County 4-H Council will pay the entry fees for the contests! Stampede Entry forms along with T-shirt orders are due by Jan. 30 to the UNL Extension in Lancaster County office.

Forms and additional information are available online at <http://www.animalscience.unl.edu/extension/equine/4H/stampede.html>

Ak-Sar-Ben 4-H Expo Horse Results

The 2008 Ak-Sar-Ben 4-H Livestock Exposition was held last September at the Qwest Center in Omaha. Congratulations to all Lancaster County 4-H members who competed in the Horse Show. Listed below are the 2008 Ak-Sar-Ben Horse Show trophy winners.

Chelsea Beach	Junior English Equitation	Reserve Champion
	Junior English Pleasure	Reserve Champion
Abbie Heusinger	Junior Pole Bending	Reserve Champion
Brooke Preston	Senior Western Horsemanship	Reserve Champion
Alex Scheideler	Advanced Western Pleasure	Reserve Champion





4-H Teen Council Community Service Project

In November, 20 4-H Teen Council members made holiday centerpieces for Tabitha Health Care Services. Tabitha Health Care Services provides older adult care through rehabilitation, home health care, hospice, meals on wheels, intergenerational care and elder living options.



Lancaster County 4-H and 4-H Council invite
4-H members and their families to

Achievement
Night

Tuesday, Feb. 10

5:30–6:45 p.m. – opportunity to view museum galleries
7:00 p.m. – 4-H Achievement program

University of Nebraska–Lincoln
International Quilt Study
Center & Museum

Located on the northwest corner of the intersection of
33rd and Holdrege Streets. Enter off 33rd Street. Parking is free
in the entire lot north of the building (west of the fire station).

See the February Nebline for additional details.



2009 4-H Calendar

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



January

- 2 All Career Portfolios, Scholarships and Award Applications Due to Extension
- 6 4-H Council Meeting 7 p.m.
- 8 4-H/FFA Livestock Superintendent Meeting (beef, dairy, swine, sheep and goats), Lancaster Event Center, 4-H Office 6:30 p.m.
- 8 Rabbit VIPs Committee Meeting, Lancaster Event Center, 4-H Office 7 p.m.
- 11 Teen Council Meeting 3 p.m.
- 20 4th & 5th Grade Lock-In Registrations Due to Extension
- 23–24 4th & 5th Grade Lock-In 8 p.m.–8 a.m.
- 30 Horse Stampede entries Due to Extension

February

- February is Nebraska 4-H Month
- 3 4-H Council Meeting 7 p.m.
 - 7 4-H/FFA Beef Weigh-In, Lancaster Event Center, Pavilion 2.8–11 a.m.
 - 8 Teen Council Meeting 3 p.m.
 - 10 Achievement Night, International Quilt Study Center & Museum 5:30 p.m.
 - 12 Rabbit VIPs Committee Meeting, Lancaster Event Center, 4-H Office 7 p.m.
 - 14–15 Horsin' Around, RB Warren Arena, UNL Animal Science Bldg

March

- 1 R.B. Warren 4-H Horse Educational and Grand Island Saddle Club Scholarships Entries Due
- 3 4-H Council Meeting 7 p.m.
- 5 Public Speaking (Speech & Presentation) Workshop 6:30 p.m.
- 8 Teen Council Meeting 3 p.m.
- 14 4-H Horse Stampede, Animal Science Bldg, UNL East Campus
- 27–29 National Youth Horse Leaders Symposium, UNL
- 28 Rabbit Spring Show, Lancaster Event Center, Pavilion 3 - Exhibit Hall 9 a.m.

April

- 1 All 4-H/FFA Market Beef ID's Due to Extension
- 7 4-H Council Meeting 7 p.m.
- TBA Teen Council Meeting 3 p.m.
- 13 PSA Tapes Due for Public Service Announcement (PSA) Contest
- 18 Kiwanis Karnival, Elliott Elementary School. 7–9 p.m.
- 19 Speech Contest 1 p.m.
- 21 Horse Level Testing, Lancaster Event Center, Pavilion 3 . . . 6:30 p.m.

May

- 1 4-H Camp Scholarship Entries Due to Extension
- 5 4-H Council Meeting 7 p.m.
- 5 Horse Level Testing, Lancaster Event Center, Pavilion 3 . . . 6:30 p.m.
- 8 County Deadline for District/State 4-H Horse Show Entries, ID's, Level Tests
- 21 4-H/FFA Sheep Weigh-In, Lancaster Event Center 6–8 p.m.
- TBA District Speech Contest

June

- 1 County Fair 4-H Horse ID's Due to Extension
- 2 4-H Council Meeting 7 p.m.
- 6 Pre-District 4-H Horse Show/Clinic, Lancaster Event Center
- 9 District Horse Show at Imperial
- 10 District Horse Show at Ord
- 11 District Horse Show at Columbus
- 11 Rabbit VIPs Committee Meeting, Lancaster Event Center, 4-H Office 7 p.m.
- 12 District Horse Show at Weeping Water
- 13 Last Livestock Quality Assurance Training 9 a.m.
- 15 Livestock ID's and DNA Samples Due
- 16 District Horse Show at Bridgeport
- 17 District Horse Show at Nelson
- 16–19 4-H Clover College
- 23 Horse Level Testing, Lancaster Event Center, Pavilion 3 . . . 6:30 p.m.
- 29–30 4-H PASE/Life Challenge, UNL East Campus

July

- 7 Horse Level Testing, Lancaster Event Center, Pavilion 3 . . . 6:30 p.m.
- 8 All 4-H/FFA County Fair Animal Entries Due to Extension
- 9 Rabbit VIPs Committee Meeting, Lancaster Event Center, 4-H Office 7 p.m.
- 12 State 4-H Hippology, Fonner Park, Grand Island
- 13–16 State 4-H Horse Show, Fonner Park, Grand Island
- 23 Horticulture Judging Contest 10 a.m.–12 p.m.
- 28 Horse Course Challenge 9 a.m.
- 29 County Fair 4-H Style Revue Judging, Lancaster Event Center, Pavilion 3 - Exhibit Hall

August

- 2 County Fair Horse Show Pre-Fair Brief, Lancaster Event Center, Multipurpose Arena 2:30 p.m.
- 3 Entry Day for County Fair Static Exhibits, Lancaster Event Center, Lincoln Room 4–8 p.m.
- 4 County Fair 4-H Horse Check-In, Lancaster Event Center
- 5–9 Lancaster County Fair, Lancaster Event Center
- Aug. 28–Sept. 7 Nebraska State Fair, State Fair Park, Lincoln

September

- 1 4-H Council Meeting 7:30 p.m.
- 10 Rabbit VIPs Committee Meeting, Lancaster Event Center, 4-H Office 7 p.m.
- 13 Teen Council Meeting 3 p.m.
- 24–27 Ak-Sar-Ben 4-H Livestock Exposition, Qwest Center, Omaha
- 26 Horse Level Testing, Lancaster Event Center, Pavilion 3 . . . 9 a.m.

October

- 1 Horse Awards Night
- 4–10 National 4-H Week
- 6 4-H Council Meeting 7 p.m.
- 9 4-H Kick Off 6 p.m.
- 11 Teen Council Meeting 3 p.m.

November

- TBA Rabbit Fall Clinic
- 3 4-H Council Meeting 7 p.m.
- 8 Teen Council Meeting 3 p.m.

December

- 1 4-H Council Meeting 7 p.m.
- 13 Teen Council Meeting 3 p.m.

EXTENSION NEWS

UNL Extension Staff Win
Statewide Awards

In October, University of Nebraska–Lincoln Extension in Lancaster County staff received two awards presented statewide by UNL Extension.

Extension Associate **Tracy Kulm** received the **Distinguished Managerial Professional**

award. She was cited for her creative teaching style which encourages youth to develop leadership and social skills. Tracy coordinates the following areas of the Lancaster County 4-H Youth Development program:

- 4-H Council—comprised of adults and youth
- 4-H Teen Council—a teen leadership organization
- Clover Kids—4-H’ers ages 5–7
- Club program—helps start new clubs, assists new and established 4-H leaders
- Family & Consumer Science project areas—including clothing, food, home environment, photography, engineering and general areas
- 4-H static exhibits at the Lancaster County Fair
- Several contests—including Bicycle Safety, Life Challenge, Presentations, Style Revue and Table Setting
- Clover College—four-days of hands-on workshops presented each June.

Extension Educator **Maureen Burson** contributed to the **Excellence in Team Programming** award which honored the Parents Forever and Kids Talk About Divorce extension team. Since 1999, 3,700 adults and more than 1,000 children have participated in this program. New state law mandates education for parents going through divorce or custody issues. UNL partners with professionals and agencies throughout Nebraska, including St. Elizabeth Regional Medical Center in Lincoln, to most effectively provide statewide programming.



(L–R) Tracy Kulm and Dean of UNL Extension Elbert C. Dickey

STRENGTHENING FAMILY TREASURES
Daughter/Mother Camp

A retreat designed for 5th & 6th grade girls and their mothers (or grandmothers or other adult females)

Friday, Feb. 20, 5 p.m. to
Saturday, Feb. 21, 5 p.m.



Give the greatest gift to your daughter—your time! This camp is 2 days and 1 night of fun, educational and confidence-building activities. As middle school approaches, this is an opportunity to:

- Enhance effective communication including expressing emotions
 - Learn more about body image and sexuality
 - Explore techniques to handle peer pressure and stress
 - Discuss the importance of individual family values
- Cost includes meals,

snacks and lodging at Carol Joy Holling Center. Fee is \$120 per pair (4 people per room) or \$150 (2 people per room)—each room has two double beds. Carol Joy Holling is located at the end of Ranch Road off Highway 66 between Interstate 80 and Ashland.

Co-sponsored by UNL Extension, Sheridan Lutheran Church and Camp Carol Joy Holling. For more information or a registration form, go to <http://lancaster.unl.edu/family/guf.shtml> or call Extension Educator Maureen Burson at 441-7180.

Family Strengths Inventory[®]

Family members doing this exercise will be able to identify those areas they would like to work on together to improve and those areas of strength that will serve as the foundation for their growth and positive change together.

The qualities of strong families in America can be broken down into six general categories, as outlined below.

1. Put an “S” for Strength beside the qualities you feel your family has achieved.
2. Put a “G” beside those qualities that are an area of potential Growth.
3. Put an “NA” for Not Applicable beside those characteristics that do not apply to your family or are not a characteristic important to you.

Discuss your views on the strengths of your family. Remember that each family member will see the family somewhat differently from everyone else. These differences are not problems. Rather, these differences are strengths. You can all learn from each other by discussing how you see the strengths of your family and the areas of potential growth.

Look at what your family does best: Identify your strengths.

Celebrate! Even when things are difficult, recognize your family’s positive characteristics. Celebrate those strengths in a way that is meaningful to your family—maybe by going out to eat or doing a special activity together.

Identify the strengths that you as a family want to improve or increase.

Have fun making a plan and doing family activities that build on your family strengths.

Enjoyable Time Together	
<i>In our family . . .</i>	
	We have a number of common interests.
	We like to have fun together.
	We feel comfortable with each other.
	We like to give each other a chance to do new things.
	We enjoy hearing our grandparents’ stories about the past.
	We enjoy simple, inexpensive family activities.
	We like to have a place we call “home.”
	We feel strongly connected to each other.
	Hanging out together builds strong relationships.
	We have lots of good times together.
	We often laugh with each other.
	Observing family rituals and customs is important to us.
	We enjoy sharing our memories with each other.
	We enjoy having unplanned, spontaneous activities together.
	All things considered, we have adequate time for each other and we enjoy the time we share together.
Appreciation and Affection for Each Other	
<i>In our family . . .</i>	
	We appreciate each other and let each other know this.
	We enjoy helping each other.
	We like keeping our promises to each other.
	We like to show affection to each other.
	We feel close to each other.
	We like to be kind to each other.
	We like to hug each other.
	We enjoy being thoughtful of each other.
	We wait for each other without complaining.
	We give each other enough time to complete necessary tasks.
	We are able to forgive each other.
	We grow stronger because we love each other.
	All things considered, we have appreciation and affection for each other.
Communicating Effectively with Each Other	
<i>In our family . . .</i>	
	We like to share our feelings with each other.
	It is easy to cue into each other’s feelings.
	We like talking openly with each other.
	We listen to each other.
	We respect each other’s point of view.
	Talking through issues is important to us.
	We give each other a chance to explain ourselves.
	We enjoy our family discussions.
	We share jokes together.
	Putdowns are rare.
	Sarcasm is not generally used.
	All things considered, our communication is effective.
Valuing Each Other and Demonstrating Commitment	
<i>In our family . . .</i>	
	Responsibilities are shared fairly.
	Everyone gets a say in making decisions.
	Individuals are allowed to make their own choices.
	We find it easy to trust each other.
	We like to do things for each other that make us feel good about ourselves.

	We have reasonable expectations of each other.
	We allow each other to be ourselves.
	We have a high regard for each other.
	We respect the roles each of us plays in the family.
	We find it easy to be honest with each other.
	We accept that each of us has different ways of doing things.
	We build each other’s self-esteem.
	All things considered, we value each other and are committed to our well-being as a family.
Spiritual Well-Being	
<i>In our family . . .</i>	
	We have a hopeful attitude toward life.
	Our home feels like a sanctuary to all of us.
	We have a strong sense of belonging.
	We enjoy learning about our family history.
	We feel strong connections with our ancestors.
	There is a feeling of safety and security.
	We feel connected with nature and the world around us.
	We feel a strong connection with the land.
	There is a sense of peace among us.
	We believe love is a powerful force that keeps us together.
	We benefit in many ways from our belief in a higher being.
	It is easy to share our spiritual values and beliefs with each other.
	Our personal religious beliefs are compatible with each other’s.
	All things considered, we have strong spiritual connections that enhance our well-being.
Managing Stress and Crisis Effectively	
<i>In our family . . .</i>	
	A crisis has helped us to grow closer together.
	It is easy to find solutions to our problems when we talk about them.
	It is always important to change the things we can.
	We can work together to solve very difficult family problems.
	A crisis helps make our relationships strong.
	We try not to worry too much because things usually work out OK.
	We are able to face daily issues confidently.
	We like to support each other.
	Our friends are there when we need them.
	A crisis makes us stick closer together.
	We always find something good comes from a crisis.
	We find it easy to make changes in our plans to meet changing circumstances.
	We have the courage to take risks that will improve things for our family.
	We feel it is important to accept the things we cannot change.
	All things considered, we look at challenges as opportunities for growth.
Global Measures of the Family’s Strengths	
<i>In our family . . .</i>	
	We love one another.
	Life in our family is satisfying to us.
	We are happy as a family.
	All things considered, we are a strong family.

Source: University of Nebraska–Lincoln Extension NebGuide G1881, “Creating a Strong Family: American Family Strengths Inventory” by John DeFrain and Nick Stinnett

EXTENSION CALENDAR

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

January

- 2 All 4-H Career Portfolios, Scholarships and Award Applications Due to Extension
- 6 Family & Community Education (FCE) Council & Community Leader Training, "Housing Options for Today and Tomorrow" 1 p.m.
- 6 4-H Council Meeting 7 p.m.
- 8 4-H/FFA Livestock Superintendent Meeting (beef, dairy, swine, sheep and goats), Lancaster Event Center, 4-H Office . 6:30 p.m.
- 8 4-H Rabbit VIPS Committee Meeting, Lancaster Event Center, 4-H Office 7 p.m.
- 9 Extension Board Meeting 8 a.m.
- 11 4-H Teen Council Meeting 3 p.m.
- 13 Guardian/Conservator Training 1:30-4:30 p.m.
- 15 Parents Forever/Kids Talk About Divorce. 5:30-9:30 p.m.
- 20 4th & 5th Grade 4-H Lock-In Registrations Due to Extension
- 23-24 4th & 5th Grade 4-H Lock-In 8 p.m.-8 a.m.
- 26 Family & Community Education (FCE) Council Meeting, TBA TBA
- 27 Family & Community Education (FCE) Council & Community Leader Training, "Fitting in the Fiber" 1 p.m.
- 29 Private Pesticide Applicator Training 8:30-11:30 a.m. and 6:30-9:30 p.m.
- 29 Small Steps to Health and Wealth, online workshop 12:15-1 p.m.
- 30 4-H Horse Stampede entries Due to Extension

Horsin' Around, Feb. 14-15

The 16th Annual Horsin' Around will be held Feb. 14-15 in the RB Warren Arena, Animal Science building on UNL East Campus. Pre-registration will begin Jan. 5. Clinicians this year include Nancy Cahill, who is one of the countries most respected and sought after instructors and clinicians.

- Saturday's schedule is 9 a.m.-5 p.m. and includes:
- Finding the versatile athlete
 - Accessing your horses abilities and making the most of what you have
 - Gaining control for maximum performance
 - Getting all pluses from your supplements!
 - Western Horsemanship: Developing the horse and rider team
 - The Trail Class horse - Getting Started

Sunday's schedule is 9 a.m.-4:30 p.m. and includes:

- Fine tuning for Showmanship at Halter
- More on Trail!
- Dealing with "Unwanted" Horses in Nebraska
- Training for Western Riding

Pre-registration cost for adults is \$30 for both days or \$20/day; youth is \$20 for both days or \$15/day. Cost at the door for adults is \$40 both days or \$25/day; youth is \$30 for both days or \$20/day. For more information and registration forms contact Kathy Anderson at 472-6414 or go to <http://www.animalscience.unl.edu/extension/equine.html>

More Plastic Can Be Recycled in Lincoln/Lancaster County

The City of Lincoln recently announced plastic containers with the numbers 3, 4 and 5 can now be recycled at the drop-off sites in Lincoln and Lancaster County. The city had previously collected only plastic with the numbers 1 and 2.

"By expanding the types of plastic we recycle, we can keep even more trash out of our landfill," said Greg MacLean, Director of the City Public Works and Utilities Department.

Residents can place all plastic containers numbers 1 though 5 in the same compartment at the recycling sites. The numbers are usually inside the recycling logo on the bottom of containers.

The city operates a network of 33 recycling drop-off sites in the city and county. A map of the recycling drop-off site locations was published in the Nov./Dec. 2008 Nebline and is online at <http://www.lincoln.ne.gov> (keyword "recycle").

National Youth Horse Symposium in Lincoln, March 27-29

The University of Nebraska-Lincoln Extension will host the American Youth Horse Council's 2009 National Horse Leaders Symposium in Lincoln on March 27-29. This will be a tremendous opportunity for anyone involved with youth and horses!

This symposium brings together industry professionals, educational leaders and veterinarians to present topics and expand knowledge of leaders or youth horse programs all across the U.S. not only are there sessions for adult leaders, but the youth track has

been tremendously popular and worthwhile.

The Nebraska 4-H Horse Advisory Committee is providing grants to assist 4-H Horse Leaders and Youth to attend this symposium. Grants will be awarded to 10 leaders (\$200 each) and 10 Youth (\$150 each).

Applications and additional brochures can be found at <http://www.animalscience.unl.edu/extension/equine.html>. More information on the symposium can be found at <http://www.ayhc.com/symposium.htm>

Families

continued from page 1

Successful Management of Stress and Crisis

Strong families are not immune to stress and crisis, but they are not as crisis-prone as troubled families tend to be. Rather, they possess the ability to manage both daily stressors and difficult life crises creatively and effectively. They know how to prevent trouble before it happens and how to work together to meet challenges when they inevitably occur in life. Families who manage

stress and crisis well have these qualities:

- Adaptability
- Seeing crises as challenges and opportunities
- Growing through crisis together
- Openness to change
- Resilience

Where Does Love Fit in the Family Strengths Model?

In earlier models of family strengths, all of the family strengths were seen in a circular fashion—intertwined, highly related, and essentially inseparable—and the concept of love was placed in the center. This model works well for cultures

where love is a central concept. In fact, when a researcher asks many Americans about the strengths of their families, love is likely to be cited many times. Love can be both a feeling one has for others, and a loving action that human beings demonstrate regularly toward each other. Loving actions toward each other lead to warm and loving feelings, and these feelings lead to loving actions in a reciprocal process. Though an abusive spouse may say, "I love you," words without loving actions are meaningless.

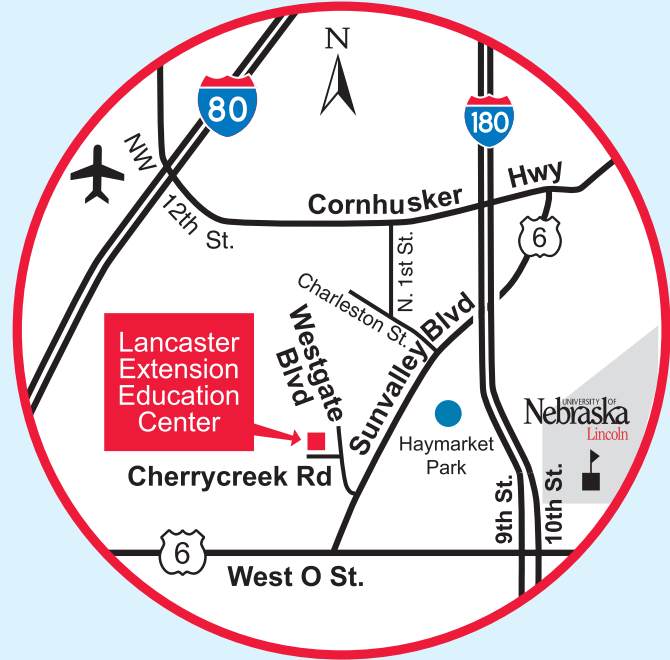
Source: UNL Extension NebGuide G1885 "Creating a Strong Family: What is a Strong Family?"



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

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THE NEBLINE

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Youth at Trinity Infant and Child Care Center Participate in 4-H Hands-On Activities

There are many opportunities for after-school and summer school programs to incorporate the many benefits of 4-H. Trinity Infant and Child Care Center (TICCC) is a great example of the many ways to do just that!

TICCC provides quality child care to 130 children, ranging from infants through preschool and 15 kindergartners. It has extensively used 4-H materials and resources with their summer program which enrolls up to 50 school age youth, kindergarten through age 10.

Director Deanna Turner and Assistant Director Bobbie Magnuson keep a strong collaborative relationship going with 4-H staff, taking advantage of the quality materials and resources available to use with a wide age range of youth. They, along with Emily Williams (school-age teacher) and Amanda Reinhardt (kindergarten teacher) meet regularly with 4-H after-school coordinator Teri Hlava to review ideas and resources.

Magnuson says, "We use the 4-H materials to plan our activities. The preschool teachers are encouraged to use the very adaptable materials. The activities are easy to plan and implement."

The emphasis of the 4-H program at TICCC is about discovery through their 4-H activities. The process and learning opportunities are more important than the number of projects completed or the end product.

During the summer, 4-H is scheduled for 1½ hours each week and the time is reserved for 4-H activities only.

They spend four weeks on each 4-H project so children can experience a variety of projects. The children are involved in up to three projects for 12 weeks. They take field trips and have guest speakers related to the projects.

Four different 4-H learning projects are selected by the teachers. Each child selects a project to be involved in. This past summer the four areas were cooking, bugs, "All About Me" and healthy living (nutrition, exercise, grooming). In addition, every child participated in both the Trash to Treasure project (a local 4-H curriculum for protecting the environment) and the gardening project.

For Trash to Treasure, the extension office provided a free check-out kit with curriculum and materials. 4-H staff gave a presentation about reduce-reuse-recycle. The children devised and used trash barrels for separating and collecting plastic, tin and cardboard. Because of this project, they are still recycling these products.

Within the gardening project, the children planted a garden. They made signs and marked the rows of seeds with strings. They grew, cut, washed and ate the vegetables from the garden. This project resulted in an added experience with rabbits eating some of their produce. They had a nature lesson and



In the 4-H gardening project, youth grew and ate their own vegetables.



Youth designed and painted large garden stones which were exhibited at the Lancaster County Fair.

built a fence to protect their garden!

Each year, the child works on an activity that eventually results in an exhibit displayed at the Lancaster County Fair. For instance, this past year the children made a rock garden to enhance their group gardening project. Each child created their own design and painted a large garden stone. These were entered in the fair as 4-H exhibits. Each child received the honor of receiving their own county fair ribbon and favorable written comments by a fair judge.

The youth love attending the county fair! They spend most of one day experiencing the animals, exhibits and many other fair activities.

Bobbie remarks, "The 4-H curriculum is easily combined with other community resources." Last year TICCC planned a bicycle rodeo based on safety. They used the 4-H Bicycle

Project Books Level 1 and 2 to plan the rodeo. TICCC worked with Kiwanis who provided several bicycle rodeo stations for learning about signals and traffic flow. Cycle Works provided a bicycle safety check for all youth. The Lincoln-Lancaster County Health Department checked the fit of every child's helmet. A Lincoln Police bicycle officer visited with the children about safety and a community member told her personal experience in a bike accident and the importance of safety.

FOR MORE INFORMATION

If your after-school or summer program is looking for ways to participate in 4-H learning and fun (for ages 5-18), contact Teri Hlava at the University of Nebraska-Lincoln in Lancaster County at 441-7180.

Can You Guess It?



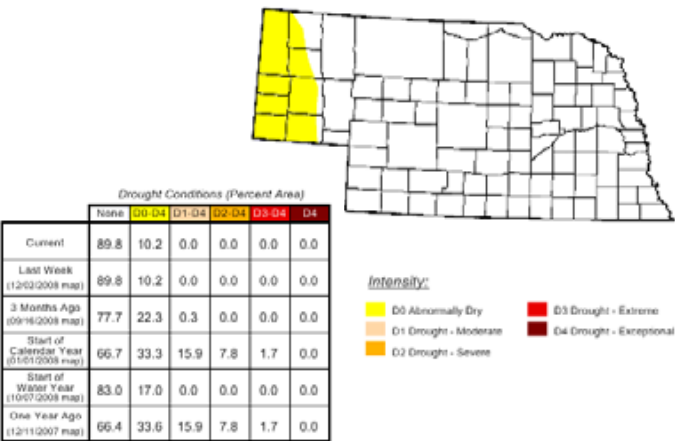
Did you guess it? Find out at

<http://lancaster.unl.edu>

Did you guess it from the November/December NEBLINE?
The answer was Field Corn in the Husk

U.S. Drought Monitor Map

As of Dec. 9, Lancaster County was not in drought conditions.



For the most recent map, visit <http://www.drought.unl.edu/dm>

Source: National Drought Mitigation Center, University of Nebraska-Lincoln

Lancaster County 4-H Teen Council presents its annual...



Overnight Lock-In for 4th & 5th graders

(need not be enrolled in 4-H)

Jan. 23, 8 p.m. to Jan. 24, 8 a.m.

Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln

This year's theme is...

CANDY LAND



Sleep Over! Games! Fun Projects! Snacks! Movies!

Bring your sleeping bag, pillow, toothbrush, toothpaste, active wear, sleepwear (sweats) and a friend interested in 4-H!

Cost \$15/person
Registrations due by Jan. 20

Sponsored by University of Nebraska-Lincoln Extension in Lancaster County
For more information, call 441-7180 and ask for Tracy Kulm.



LOCK-IN REGISTRATION FORM

Make check payable (\$15/participant) to
Lancaster County 4-H Teen Council
and mail with registration form **BY JAN. 20** to:

Tracy Kulm, UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528

Name of participant(s) _____ Age _____

Address _____ Age _____

City/State/Zip _____

Phone _____ Parent or Guardian _____

Special Needs or Other Information (such as food allergies) _____