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The NEBLINE

February 2009

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

In This Issue

Farm Views.....2

Urban Agriculture3

Food & Fitness4

Home & Family Living...5

Horticulture.....6

Environmental Focus ..7

4-H & Youth8–9

Community Focus....10

Miscellaneous11–12



**keeping it
green**

**FEBRUARY IS
NEBRASKA 4-H
MONTH**

**Learn about 4-H
Clubs, Projects,
Camps and more**

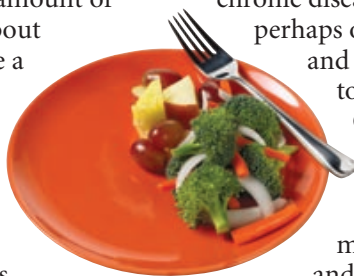
— see pages 8–10 & 12

13 Fun Ways to Eat More Fruits and Vegetables!

Alice Henneman, MS, RD
UNL Extension Educator

When you look at your lunch and dinner meals, do you see an amount of fruits and veggies equal to about half your plate? Did you have a fruit or veggie for breakfast? And maybe include one as part of a snack?

Most of us know we should eat more fruits and veggies; most of us don't eat enough. Here are 13 fun ways to eat more fruits and vegetables!



“Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases and certain cancers,” according to the Centers for Disease Control and Prevention.

(NOTE: If you'd like to calculate the specific fruit and vegetable recommendation for your age, sex and activity level, go to www.fruitsandveggiesmatter.gov)



Stir chopped vegetables and/or fruit into cold rice and mix with salad dressing for a super side dish. An oil and vinegar dressing mixes well with vegetables while a sweeter dressing, such as poppy seed dressing, goes well with fruit.



Give your morning oatmeal a quick hit of fruit by tossing in some frozen blueberries or raspberries directly from the package.



Make a quick parfait by layering yogurt, low-fat granola and fruit in whatever proportions you'd like.



Make a dip by mixing 1/4 cup peanut butter, 2 tablespoons orange juice and 1/2 cup low-fat vanilla yogurt. Serve with fresh apples, pears, carrot sticks and/or celery sticks.



Add veggies (such as cucumbers, lettuce, tomatoes, peppers, mashed avocado, onion, etc.) to a cheese or meat sandwich.



Serve strips of lean meat as part of a main dish salad loaded with veggies and/or fruit.



Toss extra frozen veggies into the pot when making canned soups. When possible, choose soups with less sodium.



Rather than making a tuna salad sandwich, serve a scoop of tuna salad atop tomato slices.



Add extra veggies such as thawed frozen peas and/or thinly sliced carrot coins to your potato salad.



Mix some veggies with your pasta for added pizzazz!



Freeze 100% fruit juice (orange, apple, pineapple and grape) in popsicle molds.



Instead of a big dish of ice cream TOPPED by fruit, enjoy a bowl of fruit capped with a small scoop of ice cream.



Blend a cup of small pieces of frozen fruit, 3/4 cup of juice and a half cup of vanilla or other flavored yogurt for a quick smoothie.

For more ideas on adding fruits and veggies to meals, visit www.fruitsandveggiesmatter.gov and www.fruitsandveggiesmorematters.org

Farmland Leasing Workshop, Feb. 11

University of Nebraska–Lincoln Extension in Lancaster County is presenting a free Farmland Leasing Workshop on Wednesday, Feb. 11, 8:30 a.m.–Noon at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.

- Topics:
- “The Status of Land Values for 2009,” Dr. Bruce Johnson, UNL Professor of Ag Economics
 - “Developing a Fair Lease Arrangement,” Dr. Bruce Johnson, UNL Professor of Ag Economics
 - “Determining and Sharing Irrigation Costs,” Tom Dorn, UNL Extension Educator
 - “Lease Arrangements, Things to Think About,” Rick Damkroger, Harding & Shultz Law
 - “Leases and Risks, a Lender’s Point of View,” Jim O’Hara, Horizon Bank
- For more information, call 441-7180.

One word could describe the nature of farming the past couple of years—volatile. Prices for all commodities increased dramatically in 2007 and the first half of 2008 before taking a plunge. Cash rental prices for crop land followed the run up in grain price, though some would say changes in rental rates tend to lag behind changes in commodity price.

Rent is only one component of the cost borne by the tenant. The

cost for all inputs for crop production followed a similar upward trend as the price of grain. The price for most fertilizers more than tripled over the two years. Seed, herbicides, fuel and farm equipment also increased in price though not quite at the same pace as fertilizer. Higher rent and input costs increased risk exposure for the tenant but the high grain price held promise for unprecedented profit, despite the added expense. Rental rates tenants were willing to pay reflected this optimistic climate.

Of course, landowners were aware of the rapidly rising grain prices. Naturally landowners wanted to participate in the bounty, especially should commodity prices continue to climb.

As a result, a new generation of cash leases, known as flexible cash leases was negotiated between some landowners and tenants. The basic principles of flexible leases are simple. Rental price is based on gross revenue. In one variation of a flexible lease, the rental price will flex on commodity price and the assumed yield is held constant. In the other variation, the rental price will flex based on actual commodity price and actual yield. A partial payment is usually paid in the spring. The fall payment will depend on the grain price multiplied by either the assumed yield or actual yield. Of course, this synopsis ignores many of the details such as how the selling price is determined and other provisions.

—Tom Dorn, UNL Extension Educator

Soil Fertility and Phosphorus

Tom Dorn
UNL Extension Educator

The extension office receives several calls each spring asking about proper phosphorus fertilizer application timing and methods. Many times, questions stem from a misunderstanding of the differences in how phosphorus and nitrogen react in the soil and how each are measured by a soil test.

Although nitrogen can be applied in various forms initially, eventually all organic and inorganic nitrogen is converted to nitrate in the soil. Nitrate is not attracted to clay or other anion particles in the soil and therefore remains in the soil solution (soil water) where it can be utilized by plants. Post growing season tests for nitrate nitrogen (NO₃-N) in the soil test are measuring essentially all of the carryover nitrogen in the soil.

Phosphorus fertilizer, on the other hand, is completely water soluble (completely plant available) when manufactured, but it does not remain this way very long after it is applied to the soil. The process whereby available phosphorus is converted from available to unavailable forms is called “phosphorus fixation.”

Nebraska soils are generally well supplied with phosphorus but only a small fraction of the total phosphorus is available for plant uptake at any one time. Total phosphorus contents average about 4,700 pounds of P₂O₅ per acre for each foot of soil. Most Nebraska soils contain about 28,000 pounds of total phosphorus as P₂O₅ in the top six feet of soil. If our crops could use all of this phosphorus, we would have a 500 year supply for growing 150 bushels of corn per acre per year.

Even with many tons of total phosphorus present in the root zone, available phosphorus may be insufficient for maximum crop yields. By testing the soil, our goal is to determine the amount of *available* phosphorus

already present in the soil and decide how much additional phosphorus fertilizer is needed to maximize economic crop returns.

Soil tests which measure available phosphorus are based on lab tests which use chemical processes to extract phosphorus from the soil sample. The result of these extraction techniques are reported as a concentration of *available* P₂O₅. The amount is expressed in parts per million (ppm) or milligrams per kilogram (mg/kg). These two measures are equivalent. A few labs will express available phosphorus as pounds per acre. Most topsoil samples are collected from the top six to eight inches of soil. The mass of an acre of topsoil about seven inches deep is approximately two million pounds. Dividing pounds per acre by two converts pounds per acre readings to ppm or mg/kg.

Soil testing labs use several different chemical tests to extract phosphorus. The proper test for a given soil sample depends on the chemical properties of the soil, especially the amount of free lime and soil reaction (pH). In all cases, the tests themselves would have no value unless they were associated with field studies by soil scientists who correlate lab test data with yield response to phosphorus fertilization.

Soil test labs categorize the levels of the various nutrients on a relative scale.

Very low and low ratings indicate, based on field correlation studies, you should expect a yield response to an application of that nutrient a high percentage of the time, providing the other essential nutrients are adequate for optimum yield. Most soil test labs will recommend application of sufficient amounts of phosphorus to replace the amount extracted by the crop, based on the yield goal, plus an extra amount to slowly build the soil test level when the test results are rated low or very low.

Medium ratings indicate a yield increase would be expected part of the time. The amount of

the nutrient recommended by soil test labs varies depending on the philosophy of the lab. Some labs recommend based on replace and build philosophy, others recommend only the amount shown to result in a significant yield response in widespread field correlation studies.

High ratings indicate the nutrient is present in the soil in sufficient amounts so you would expect a yield increase from additional fertilization only rarely.

Readings rated very high indicate the nutrient is not expected to be a limiting factor.

For annual crops, such as wheat, corn, milo or soybeans; the most efficient way to apply phosphorus is to apply it in a band at the time of planting. An alternative in tilled soil, is a broadcast application before planting when it can be incorporated into the soil. Generally, band applications of phosphorus fertilizers require only one-half the rate of phosphorus per acre to achieve the same yield results as broadcast and incorporated applications because the more concentrated band is not converted to unavailable forms (fixed) as quickly.

Top dressing phosphorus can be effective for perennial crops such as alfalfa and forage grasses. These crops have very vigorous crowns from which many fine roots originate, thus phosphorus uptake can occur from the upper portion of the soil profile. Make applications in early spring when crown growth is most active and soil surfaces tend to be moist.

On new alfalfa plantings, if the soil pH is neutral (pH 6.0 to 7.0), a common practice is to apply triple the annual rate of phosphorus fertilizer and incorporate it into the soil prior to seeding. This should be effective for three to four years for alfalfa growth. For high lime soils, with high rates of phosphorus fixation, annual or every-other-year topdress applications are suggested for alfalfa.

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. One of the methods—certify at a Crop Production Clinic—is no longer an option since the Crop Production Clinics were held in January.

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.

The Value of Landscaping

From a monetary standpoint, a nicely landscaped property can increase the value of your home by 15%, allowing you to recoup 100–200% of your investment at selling time. This compares with the investment recovery rates for kitchen remodeling (75–125%), bathroom remodeling (20–120%), swimming pool additions (20–50%). A monetary return is not the only value of landscaping. Below are some very important values of landscaping.

Plants protect water

quality. Proper landscaping reduces nitrate leaching from the soil into the water supply. Plants also reduce surface water runoff, keeping phosphorus and other pollutants out of our waterways and preventing septic system overload.

Proper landscaping reduces soil erosion. A dense cover of plants and mulch holds soil in place, keeping sediment out of lakes, streams, stormdrains and off of roads.

Plants improve air quality. One tree can remove

26 pounds of carbon dioxide from the atmosphere annually, equaling 11,000 miles of car emissions. Landscape plants, including shrubs and turf, remove smoke, dust and other pollutants from the air. One study showed that one acre of trees has the ability to remove 13 tons of particles and gases annually.

Landscaping lowers summer air temperatures. According to the EPA, urban forests reduce urban air temperatures significantly by shading heat sinks such as

buildings and concrete and returning humidity to the air through evaporative cooling. Trees shading homes can reduce attic temperatures as much as 40 degrees F.

Landscaping conserves natural resources. Properly placed deciduous trees reduce house temperatures in the summer, allowing air conditioning units to run 2 to 4 percent more efficiently, but allow the sun to warm the house in the winter. Homes sheltered by evergreen windbreaks can reduce winter

heat loss and are generally warmer than homes without such protection. By using trees to modify temperatures and protect against wind, the amount of fossil fuels used for cooling and heating is reduced.

Landscaping screens busy streets. Well-placed plantings offer privacy and tranquility by screening out busy street noises and reducing glare from headlights.

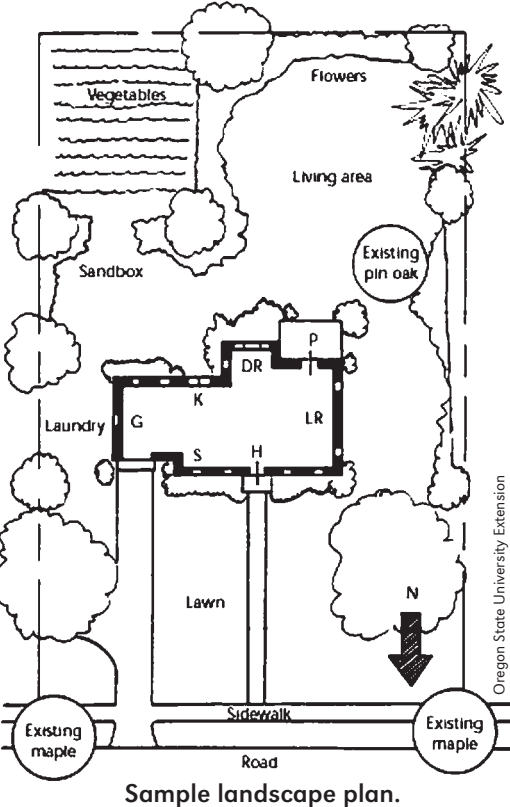
So, what is the value of landscaping—much more than first imagined.



Landscaping The Public View

Winter brings a slower pace to gardening. Now is a good time to think about the home landscape and how it can be improved. An attractive front yard can enhance the appearance of your house and neighborhood. The expanse of lawn and surrounding plants creates the most pleasing picture if designed or planned rather than allowed to take shape on its own.

How you plant the front yard depends mainly on your house. On most homesites, the house is the prominent feature. All plants, driveways, fences and other items are meant to complement it. Shrubs and trees unite the house with its surroundings by softening vertical lines and making the building seem a natural part of the terrain.



The two major landscape design areas around your house are at the corners and doorway, as both have harsh vertical lines. Your front door is the house's focal point and short plantings on either side of it are appropriate. Taller plants are suitable for corners, where they will funnel the viewer's eye toward your doorway plants and front door. Houses that are too tall, appear shorter if the corner plantings extend like wings on each side, with the tallest plants at or near the corners.

Trees frame the house, focusing interest on it as the main feature of your property. Plant trees whose mature size is in scale with the house, or low houses will look dwarfed and tall houses will appear even taller than they actually are.

Select trees to match the house design. Steeply-angled roof lines and dormer windows call for pyramidal trees such as spruce and birch. Trees with rounded or horizontal form, linden, crabapple and Bradford pear, are better companions for the low lines of a ranch type dwelling.

Low shrubs and ground covers along house walls provide a smooth transition from building to lawn. Shrubs along the front wall reduces the apparent height of a tall building. Having open spaces with natural mulches and ground covers in the planting, can make low-built houses appear more massive.

The simpler a planting near the house, the better. Use only a few kinds of shrubs, but plan for some variety in size, form and texture. Consider adding areas for flowers or ornamental grasses, but keep these at a minimum height. Select shrubs whose natural height and

growth pattern fit the desired space to reduce pruning labor. Avoid pruning shrubs into unnatural shapes as they are difficult to maintain and don't always enhance the landscape.

An open lawn area can provide an impressive setting for a house. A front lawn uncluttered by specimen shrubs, flower beds and garden ornaments can make your property seem spacious. Shrubs will appear lost and floating unless planted in groups or cultivated beds.

Flowers are most appreciated where you spend time relaxing outdoors, usually the backyard for modern homes, the front yard for older homes. Lay out beds with a combination of straight lines and bold, sweeping curves. Numerous small, wiggly curves have low-visual impact.

Make a big splash with flowers using large masses of single colors. Plant a group of 50 'Red Emperor' tulips next to a bed of 50 white 'Mount Hood' daffodils, rather than a checkerboard mixture of various colors.

Home landscapes, like clothing, go in and out of style. After years of growth, many yards are ready for landscape renewal and improvement. Analyze yours and proceed with a plan.

FOR MORE INFORMATION
Oregon State University Extension
EC 1533, "Basic Design Concepts for Sustainable Landscapes" online at
<http://extension.oregonstate.edu/catalog/html/ec/ec1533>



Lack of simplicity (left) and simplicity (right). Although there are more elements in the landscape on the right, they are grouped to create a simpler design.

Cut Your Utility Bills By Up to 30 Percent With Landscaping

Landscaping can change the microclimate around a building by 20–25 degrees F. According to the US Department of Energy, energy-efficient landscaping can save up to 30% on home heating bills. Savings for cooling can be even more. Most people can save at least a few hundred dollars a year by properly reworking their yard. This can also increase the value of your home since buyers will pay more for a house with low utility bills. There are a number of things to consider including sunlight, water, soil and color of your house.

Sunlight—Plants interact with solar radiation by creating shade and absorbing heat. In temperate climates, deciduous plants in full leaf are generally the best interceptors of direct solar radiation. And, in the winter, when their leaves have been shed, they allow in much desired sunshine. Landscaping should block or filter summer sun and permit winter sun to reach most living areas. Dense trees can block up to 95% of sunlight and 75% of its heat. Consider the size and shape of the shadow a plant will cast. At midday, a vine-covered wall is cooler than a bare wall. If you don't have mature trees, consider planting vines on a trellis.

Water—Water also tempers heat. Even a small pond can help. Plants can also alter microclimates by intercepting precipitation. Only 60% of rain falling on a pine forest reaches the ground. Because trees intercept and slow down water movement, they also help to control runoff and erosion. Plant water-thrifty plants, often natives, suited to the climate. Group together plants with similar water needs. During droughts, raise the cutting level of your lawnmower to between 2 and 3 inches. This causes less stress and encourages deep root growth.

Soil—Berms, small manmade mounds of earth, can block sun, obstruct winds, insulate and control noise. Mounding soil against a wall can provide insulation, however, the soil must be well-drained. Sandy soil drains too quickly and doesn't provide much in the way of nutrients. Water tends to run off of clay soil. The best soil is a mix of clay, sand and silt (loam).

Color—Paved blacktop can raise temperatures 20 degrees F over adjacent grassed areas. House color also influences temperatures. White roofs keep houses cooler in summer.



By Alice Henneman, MS, RD, UNL Extension Educator

Here's a tummy-warming, nutrient-rich stew to enjoy on a cold winter day!

Turkey Stew

(Serving Size: 1/4 of recipe • Yield: 4 servings)

- 2 teaspoons vegetable oil
- ½ cup chopped onion
- 1 finely chopped garlic clove or ½ teaspoon garlic powder
- 4 chopped carrots
- 2 chopped celery stalks
- 2 chopped potatoes
- 1 can (15 ounce) tomatoes, diced
- 2 cups water
- 2 cups chopped, cooked turkey
- salt and pepper to taste
- Italian seasoning or oregano, basil or thyme to taste



Heat oil in medium saucepan. Add onion, garlic, carrots and celery and stir two minutes. Add potatoes, tomatoes and water to pan. Bring to a boil, then lower heat and simmer 30 minutes or until vegetables are tender. Add turkey and cook another five minutes or until heated. Season to taste before serving. Refrigerate leftovers.

Source: Adapted from: Montana Extension Nutrition Education Program Web site Recipes, Montana State University Extension Service, available at Food Stamp Nutrition Connection Recipe Finder <http://recipefinder.nal.usda.gov>

Alice's Notes:

- Start checking the vegetables for tenderness after about 15 minutes, especially if you like them to have a crunch to them. Also, how fast they cook will depend on their size.
- I tossed in the turkey the same time as the vegetables to help assure I didn't overcook the vegetables.
- If you like, you might use a low sodium chicken broth instead of water in this recipe for added richness.
- Add salt at the end, if desired, to season to taste. As soup cooks, if the broth in a soup has cooked down, the broth will taste saltier than when you started.
- I like to use a yellow potato such as a Yukon Gold potato in soups. They have a thin skin; just wash and scrub; cut into cubes and toss them into your soup.
- This recipe also may be made with chopped, cooked chicken.

Are You Winning the “Fruit & Vegetable Bowl Game”?

Alice Henneman, MS, RD
UNL Extension Educator

Just when you thought bowl games were over, here's another one!

If your dinner plate were a playing field, would you be winning or losing the “fruit and vegetable bowl game”?

Choose the ONE best answer for each of the following seven questions.

1. Which colors of fruits and vegetables are healthiest to eat?

- A. Red
- B. Green
- C. Blue/purple
- D. Yellow/orange
- E. White
- F. All of the above

2. Fruits and vegetables are full of phytochemicals (fight-o-chemicals). Which of the following are functions of phytochemicals in the body?

- A. Act as antioxidants
- B. Stimulate detoxification enzymes
- C. Stimulate the immune system
- D. Positively affect hormones
- E. Act as antibacterial or antiviral agents
- F. All of the above

3. Fruits and vegetables can help reduce risk for which of the following diseases:

- A. Cancer
- B. High blood pressure
- C. Diabetes
- D. Heart disease
- E. Stroke
- F. All of the above



4. How many cups of vegetables should a person eat daily at the 2,000 calorie level?

- A. 1 cup
- B. 1½ cups
- C. 2 cups
- D. 2½ cups
- E. 3 cups

5. Which of the following are equivalent to 1 cup of vegetables?

- A. 2 cups raw, leafy greens
- B. 1 cup tomato or mixed vegetable juice
- C. 2 cups cooked spinach
- D. All of the above
- E. A and B

6. How many cups of fruit should a person eat daily at the 2,000 calorie level?

- A. 1 cup
- B. 1½ cups
- C. 2 cups
- D. 2½ cups
- E. 3 cups

7. Which of the following are equivalent to 1 cup of fruit?

- A. ½ cup dried fruit
- B. 1 cup juice
- C. Both of the above
- D. Neither of the above

Bonus Point: Are YOU eating a variety of colorful fruits and vegetables daily?

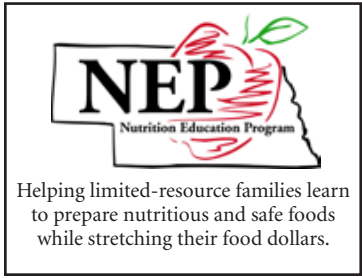
ANSWERS:

1. F – All of the above.
2. F – All of the above. Phytochemicals usually are related to the color of fruits and vegetables. There are hundreds of phytochemicals — eating colorful fruits and vegetables daily helps us benefit from all of them.
3. F – All of the above. Are you surprised at how healthy it is to eat a variety of colors of fruits and vegetables? Some studies also show an association between high fruit and vegetable consumption and reduced risk of cataracts, diverticulosis, lung disease and bone loss.
4. D – 2½ cups. For more specifics about how many cups of vegetables you need at other calorie levels, check www.mypyramid.gov
5. E – Both A and B are correct. While two cups of “raw” spinach are equivalent to 1 cup of vegetables, once spinach is cooked, 1 cup of cooked spinach counts as 1 cup.
6. C – 2 cups. For more specifics about how many cups of fruits you need at other calorie levels, check www.mypyramid.gov
7. C – Both of the above. Make sure to select 100% fruit juice. Whole or cut-up fruits are sources of dietary fiber; fruit juices contain little or no fiber. Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.

Whether you answered all the questions correctly or missed a few, the following Web sites can serve as your “playbooks” to help plan YOUR fruit and vegetable bowl strategy!

- www.mypyramid.gov
- www.fruitsandveggiesmatter.gov
- www.fruitsandveggiesmorematters.org

5 Main Dishes—Each Using Only 5 Ingredients



Mardel Meinke
UNL Extension Associate

Towards the end of the day, the question often is, “What’s for dinner?” With a little planning, many possibilities are created! These five main dishes using ground beef can each be prepared with only a few additional ingredients. To save time, a quantity of ground beef (hamburger) can be cooked ahead and frozen. Go to <http://lanaster.unl.edu/food/ciq-beef-crumbles.shtml> for specific directions on cooking, freezing and thawing ground beef.

These recipes provide approximately four servings and can be doubled so foods can be reheated for another meal. Many combination dishes taste even better when reheated.

Skillet Lasagna

- 1 pound ground beef, cooked (season with 1/2 teaspoon onion powder and 1/4 teaspoon garlic powder)
- 1 can (15 ounces) tomato sauce
- 3 cups “no boil” wide noodles (uncooked)
- 1 cup cottage cheese
- 8 ounces Mozzarella cheese, shredded

In a large skillet, layer the ingredients in the order they are listed. Cover and simmer 10–15 minutes, until the noodles are tender. If using regular noodles, boil for 10–15 minutes before adding. Refrigerate leftovers promptly.

Cornbread Taco Bake

- 1 pound ground beef, cooked
- 1 envelope (1.25 ounce) taco seasoning
- 2 packages (7.5 ounces) cornbread mix, prepared according to package directions
- 1 can (15 ounces) creamed corn
- 8 ounces grated cheese (taco mix or other)

Mix the taco seasoning with the cooked ground beef. Set aside. To save time, prepare both cornbread mixes together. Spread 1/2 of the batter into a 9 x 13 inch baking dish. Sprinkle ground beef mixture on top of batter. Spread creamed corn and then cheese over the mixture. Top with other half of cornbread batter. Bake at 350 degrees 35–40 minutes or until done. Refrigerate leftovers promptly.

Sloppy Joes

- 1 pound ground beef, cooked
- 1 can (8 ounces) tomato sauce
- 2 teaspoons mustard
- 2 teaspoons vinegar
- 1/2 teaspoon onion powder

In a medium saucepan, combine the ingredients. Simmer for 10–20 minutes. Serve over buns. Refrigerate leftovers promptly.



Chili

- 1 pound ground beef, cooked
- 1/2 cup chopped onion
- 1 can (15 ounces) tomato sauce
- 1 can (15 ounces) red beans or kidney beans
- 2 teaspoons chili powder

Combine the ingredients in a large sauce pan. Add 1/2 cup or more of water to desired consistency. Boil gently at least 20 minutes; longer to develop the flavor. Refrigerate leftovers promptly.

Mini-Pizzas

- 1 tube biscuits (makes 10 mini-pizzas)
- 1 can (15 ounces) pizza sauce or tomato sauce
- 1 pound ground beef, cooked
- 1/8 teaspoon ground oregano (optional)
- 8 ounces Mozzarella cheese, grated

Roll out biscuits until quite thin (1/8 inch). Use flour on counter and hands to keep from sticking. Place the biscuits on a large cookie sheet. Top with pizza sauce and cooked ground beef. Sprinkle with a little oregano and top with cheese. Bake at 375 degrees for 10–15 minutes until browned on top. Refrigerate leftovers promptly.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's View—Bonnie's Bits

Bonnie Krueger
FCE Council Chair

Feb. 2 is time for the groundhog (wood chuck) to either not see his shadow and have spring on its way or see his shadow and have six more weeks of winter. Hope



he doesn't see his shadow. I'm ready for spring. Of course we can't forget Valentine's Day. Did you know there are 192 million cards exchanged annually making Valentine's Day the second most popular



greeting card giving occasion. Let us not forget our troops and veterans serving our country. Feb. 16 will be a federal holiday to celebrate two famous presidents, George Washington and Abraham Lincoln. Happy Valentines Day!

FCE News & Events

FCE Council Meeting, Jan. 26

The first FCE Council meeting for 2009 will be Monday, Jan. 26, 1 p.m. at the Lancaster Extension Education Center. Debbie Way from Ropers will present a program on "Who Gets Grandma's Yellow Plate." An agenda has been sent to the 2009 club presidents. Club presidents are automatic council members. Each club should plan to have at least one representative attend, but everyone is welcome.

Upcoming Leader Training Lessons

The FCE and community leader training lesson, "Fitting in the Fiber" will be Tuesday, Jan. 27 at 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.

The FCE and Community leader training lesson "Bullying" will be

Tuesday, Feb. 24 at 1 p.m. Extension Educator Lorene Bartos will present the lesson. This lesson will help parents, teachers and others learn how to equip children with the skills and knowledge necessary to identify and deal with bullying.

Trainings will be at the at the Lancaster Extension Education Center. If you are not an FCE member and would like to attend, please call Pam at 441-7180 so packets can be prepared.

Beltline FCE Club: 1931–2008

Beltline FCE, 77 years 10 months, conducted their last meeting Monday, Dec. 1, 2008. The group, then called Beltline Women's Club, was born on March 15, 1931 with a meeting at Beltline School and was attended by almost 20 women. On March 1, 1937, the Women's Club decided to join with the Lancaster County Extension Service and they officially became



Photo taken at the last meeting of the Beltline club. Sharlee Green, Elvina Lyman, Lois Reisel, Janet Broer and Mary Coulter. Not pictured is Lana Rinke.

an Extension Club. Early minutes included family names no longer familiar to any of us. During the 1940s, '50s, and '60s membership remained steady at 22–26 members. Attendance reports always included the number of homemakers (including the husband/father's name) and their children who came to these afternoon monthly meetings and were meticulously recorded in old world script. Programs consisted of ideas to make life easier and time more efficient in performing home-making skills, such as food processing and ironing a man's shirt.

In 1956, Beltline Extension Club sponsored a dance to raise money for polio research and netted \$804! Meetings often ended with an evening meal in the Beltline School basement. It seems the neighborhood enjoyed a lot of camaraderie with each other in picnics and social times together.

By the 1970s, yearly memberships averaged 14–18 women, children no longer came with mothers to evening meetings and programs were becoming a bit more focused on helpful "mix" cooking. By the 1980s, younger women joined the everyday

work force and not extension clubs.

In the 1990s, the name changed to Beltline FCE. We no longer needed Gateway Auditorium to put on our county fall Achievement Day, member deaths averaged about one every couple of years, and skills of sewing and cooking were directed more to elderly needs. We looked for answers to problems with combining families, drug use, packaged meals and exercises to live longer.

By 2008, Beltline FCE was down to six survivors; we range in age from 60 to 86 years. In the last year, death has claimed another member and a member's spouse. The memories comprise community service projects, guessing secret-pals, learning origami techniques, crafting Christmas plates, creating carpet flower wall hangings and flavoring popcorn. We are old and we are tired, but we will continue to cherish the precious friendships and provide comfort to each other in time of need. We have acquired strong family attributes; none of us have divorced. It has been a great life with extension club and FCE.

—Jan Broer, Beltline Member



by Lorene Bartos, UNL Extension Educator

How to Keep Red Clothes from Turning Pink

Red is a popular color in Nebraska and also in the month of February. Laundering red garments, particularly new ones, can present some challenges. That's because, in order to produce a bright, rich color, red fabrics are often overdyed. When laundered, the color may fade or the red dye may transfer to other items. To prevent this from happening, The Soap and Detergent Association, has some hints.

General Laundering: Launder red items in cold water, either by themselves or with other bright colors. For color-blocked garments, such as a red shirt with a white collar, or multicolored items, such as a print on a red background, add a dye-trapping cloth to the wash. It's designed to absorb and trap loose dyes during laundering, locking them away so they can't redeposit onto other clothes. These may not always solve all problems with red dyes.

If the dye bleeds: Pre-treat the area and relaunder the garment in the warmest water that's safe for the fabric. Don't dry the garment until the bleeding is removed, as drying in a hot dryer may set the stain. Once the bleeding is removed, dry promptly. Dye transfer can also occur when damp items stay in contact with each other for a period of time.

Nebraska UNIVERSITY OF
Lincoln EXTENSION

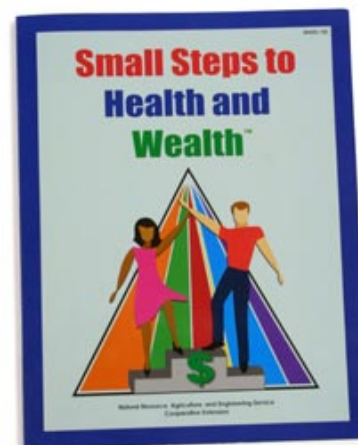
Small Steps to Health and Wealth

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 at <http://smallsteps.unl.edu>

You can participate via the computer or attend a small group which will meet on UNL City Campus, Mabel Lee Hall, room 270 at 12 noon–1 p.m. on the above dates. To register for either option, go to the above web site (for the small group, indicate "campus small group").

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.

For more information, contact Lorene Bartos at lbartos1@unl.edu or 441-7180.

2009 All-America Selections



Viola 'Rain Blue and Purple'

Viola 'Rain Blue and Purple'

This variety creates a spreading pool of cool blue colors. The plants are cold and heat tolerant resulting in flowers throughout the seasons. Viola 'Rain Blue and Purple' will bloom in the northern United States in the spring and summer. Another appealing trait is that the one and a half inch blooms change color from purple and white to purple and blue as they mature. Few flowers change colors naturally and 'Rain Blue and Purple' is one of them. The plants spread 10 to 14 inches in the garden or container. The trailing habit is perfectly designed for hanging baskets or patio urns.



Melon 'Lambkin'

skin even if they mature beyond the ideal fruit size of 3 to 4 inches. This trait means gardeners have a longer time line to harvest fruit. 'Gretel' plants are relatively small, about 3 feet wide and tall. Since the plant is small it is adaptable to the popular trend of growing edibles in containers. It is recommended to use a rather large container, about 16-inches deep.

Melon 'Lambkin'

The most important trait of this melon is the flavor. This



Squash 'Honey Bear'

is the reason to invest your time to grow 'Lambkin' in your garden. The oval shaped melon weighs between 2 and 4 pounds with a thin rind surrounding sweet, aromatic, white, juicy flesh. Another advantage is the earliness in maturity. Most other gourmet melons of this type mature much later than the 65 to 75 days of this melon. Because of the early harvest, the vigorous vines can produce more melons. 'Lambkin' can be stored longer than other melons. They should be stored in a cool place, such as a refrigerator.

Squash 'Honey Bear'

'Honey Bear' acorn squash was bred to be baked and served in the half shell. The honey in 'Honey Bear' refers to the sweet squash flavor when cooked. In addition to flavor, there are three outstanding qualities: the compact plant, high yield and tolerance to powdery mildew. The bushy, compact plant will reach 2 to 3 feet tall and spread 4 to 5 feet without vines. The dark green acorn squash weighs about a pound, which is a perfect size for sharing between two people. The plant produces 3 to 5 fruit per bush. The yield is high due to the powdery mildew tolerance. At the end of the season, many acorn squash plants succumb to the mildew and fruit on the plant never matures. 'Honey Bear' continues to bear fruit throughout the growing season. From sowing seed in the garden until the harvest of the first squash will be about 100 days.

Source: All-America Selection



Eggplant 'Gretel'

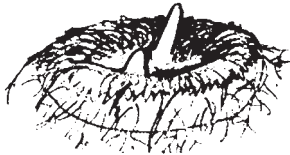
Eggplant 'Gretel'

The earliest white eggplant perfectly describes 'Gretel.' Any gardener will agree, the earlier the better; since waiting for the best tasting, most nutritious food from our gardens is not easy. The glossy white mini-fruit can be harvested in 55 days depending upon growing conditions. Like all eggplants, 'Gretel' will grow rapidly under warm temperatures, over 55 degrees day and night temperature. The pure white fruit are sweet with tender

Starting Tender Perennials Indoors

Dahlias, tuberous begonias and other tender perennials are attractive plants for the home landscape. The "bulbs" (actually tubers, rhizomes and other structures) of tender perennials are usually planted directly outdoors in spring. However, these attractive ornamentals can be enjoyed for longer periods by starting them indoors in late winter.

Tuberous Begonia



The tuberous begonia tuber is disk-shaped. It enlarges as it grows, but does not form multiple tubers.

Plant tubers indoors about 8 weeks before the average last spring frost in your area. When planting the tubers, place the concave or indented side upward. The rounded side is the bottom. Cover the tubers with 1-inch of potting soil. Water well. Then place the containers in a warm, 70 degrees F location. Since the tubers are susceptible to rotting, keep the potting mix moist, but not wet.

Caladium



Caladium forms a true tuber or enlarged underground stem. New tubers grow from the side of the original one.

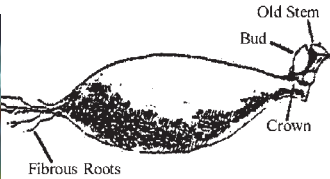
Plant caladium tubers indoors 4 to 6 weeks before the average last frost date in your area. Tubers should be planted 1 to 2 inches deep. When planting the tubers, place the knobby side up. The knobs are the tuber's eyes or buds. After planting, place the containers in a warm, 75 to 80 degrees F location to help sprouting.

Canna

Start canna rhizomes indoors 4 to 6 weeks before the average last frost date in your area. Plant the cannas in large pots. The rhizomes should be covered with 3 to 4-inches of potting soil.



Dahlia



The tuberous root of dahlia resembles a sweet potato. Note the bud located at the base of the old stem, a region often called the crown.

Plant dahlias indoors 6 to 8 weeks before the intended outdoor planting date. Pot-up the dahlia tubers in large pots using a well-drained potting mix. Cover the tuber with 1-inch of soil, but leave the dahlia's crown exposed at the surface of the potting mix. Dahlia tubers are susceptible to rotting. Keep the potting mix moist, but not wet.

Elephant's Ear

Start elephant's ear indoors 6 to 8 weeks before the average last frost date in your area. Plant the tubers 1 to 2-inches deep. Foliage may not appear for several weeks as elephant's ear tubers are often slow to sprout.



Calla Lily

Plant calla lily rhizomes 1 to 2-inches deep in a well-drained potting mix about 6 to 8 weeks before the average last spring frost in your area. After potting, water well and place the containers in a warm, 70-75 degrees F location. Keep the potting mix moist, but not wet. When foliage appears, move the plants to a sunny window or place them under fluorescent lights. Before planting outdoors, harden or acclimate the tender perennials to outdoor growing conditions. Initially, place the plants in a shady, protected location and then gradually expose them to longer periods of sunlight. After they have been hardened, plant the tender perennials in their proper location.



Source: Richard Jauron, Iowa State University, Department of Horticulture



Garden Guide

THINGS TO DO THIS MONTH
By Mary Jane Frogge, UNL Extension Associate

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

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

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

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

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

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

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

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

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

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

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

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

Tree Squirrels and Rabbits are Active in Winter

Barb Ogg
UNL Extension Educator

Many animals seem to disappear in the wintertime. Some animals, like opossums, skunks, ground hogs and bats hibernate or go dormant so they can survive when there is no food for them to eat. When animals hibernate, their heart rate slows, body temperature drops and breathing slows down. Hibernating animals don't need to feed. Instead, they live off stored fat they gained during the late summer and fall.

Two common animals active during the winter are tree squirrels and cottontail rabbits. These animals don't hibernate, but use other behaviors to survive winter.



A National Pest Control Association survey rated tree squirrel as the number one nuisance animal in America

Tree Squirrels

Even though ground squirrels hibernate, tree squirrels don't. During the winter, they are active between dawn and mid-day, but limit activities by staying in their fur-lined nest, called a drey, until the next day. During winter storms, or severe cold, the squirrel may stay in its nest for days. An adult squirrel normally lives alone, but will share its nest with other squirrels to conserve body heat. Once the temperature rises, the guests will be on their way.

During the summer and fall, squirrels provision their territory by burying nuts and seeds in the ground, often in the lawn and in flower beds. But first, the squirrel rubs the nut on its face. This seemingly nonsensical ritual applies a scent to the nut which helps the squirrel find it later—even under a foot of snow.

In the winter, the average adult squirrel needs to eat about a pound of food a week to maintain an active life. By early spring they have eaten their stockpile of food and often damage landscape plants before there is other food for them to eat. Clipping and feeding on tree buds is a common behavior. Sometimes damage is even more severe. In the spring of 2007, we had many reports of squirrels stripping the bark off maple trees. We've even had reports of squirrels chewing the coating on automobile electrical wires; some of the newer wiring has coating made from soybean meal.

In the late winter, squirrels become more active because this is when the mating season begins. The males will chase females, as well as, chase off other suitors. This ritual of chasing, occurs through the trees at top speed while they perform some of the most breathtaking acrobatics imaginable. In the early spring, the female gives birth to her babies—four or five is an average-sized litter. The

male squirrel plays no part in the rearing process. Squirrels have truly learned to co-exist with humans and survive well in urban settings. They find natural food, but also take advantage of human handouts. They are active at bird and squirrel feeders. In the summer, they may help themselves to your garden produce. When hungry, they may chew their way into plastic garbage cans for scraps of food.

Cottontail Rabbits

The range of the Eastern cottontail rabbit includes the entire U.S. east of the Rocky Mountains and is found in urban and rural areas in Nebraska. Cottontails in rural areas spend their entire lives on just a few acres, while cottontails in urban areas may not venture far from a single backyard.

Cottontails are vulnerable in the wintertime. To withstand cold temperatures and predation, they find shelter under brush piles, dense shrubs or buildings. They cannot dig, but will hide in cavities dug by other animals. Cottontails are more vulnerable to predators when there is snow on the ground because the grey-brown cottontail does not turn white, like their cousin, the snowshoe hare.

Rabbits have unique digestive systems allowing them to get nourishment when only low nutrient foods are available during winter. Rabbits have a unique, somewhat disgusting, behavior, known as "coprophagy," in which they eat their own feces to gain nutrients that weren't absorbed the first time.

Unlike squirrels, cottontail rabbits do not hide food for the winter. When the ground is covered with snow for long periods, rabbits often severely damage home landscape plants, orchards, forest plantations and park trees and shrubs. Young plants may be clipped off at snow height, but large trees and shrubs may be completely girdled.

If they survive the winter, they eat flowers and vegetables in spring and summer. The most commonly eaten plants are: tulips, pansies, impatiens, hybrid lilies, hostas and asters.

A rabbit's tastes in food can vary considerably, but they do like to eat plants in the rose family. This very large family includes berries (strawberries and raspberries), pome fruits (apples and pears) and stone fruits (plums and peaches). A few ornamentals in this family include potentilla, spirea, crab apple, serviceberry and hawthorne.

Cottontails begin mating as early as February and continue throughout the summer. They are very prolific. The average production is three or four litters a year, with four or five young per litter. In urban settings, dogs and cats are their primary predators.

Exclusion is the most effective method of preventing rabbit damage to trees and shrubs.

FOR MORE INFORMATION

UNL Extension NebGuide G-1526 "Prevention and Control of Rabbit Damage," available at the extension office or online at <http://www.ianrpubs.unl.edu/epublic/live/g1526/build/g1526.pdf>



Rabbit damage to young trees. Damage is above ground because rabbits can stand on drifted snow to reach higher bark.

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 or print registration form on the Web at <http://lanaster.unl.edu/pest>

Honey Bees Stressed by Diseases

Bees are needed to pollinate hundreds of flowering fruit, vegetable, seed and nut crops. Apples, blueberries, cantaloupes, cherries, cucumbers, strawberries, raspberries, squash, sunflowers, watermelon and many other crops all rely on bees for pollination.

During the last quarter century, honey bees in the U.S. have been exposed to several introduced diseases and parasites. In addition, beekeepers have lost habitat to urban expansion and high grain prices has driven pasture conversion to row crops that are not attractive to bees.

A rapid increase in the acreage of insect-pollinated crops, especially almonds in California, compounds the problem. With the new orchards coming into produc-

tion in the next four years, almonds alone will require three-fourths of U.S. bee hives. Bringing hives together has the potential to increase transmission of diseases in unaffected colonies.

In 2008, University of Nebraska–Lincoln received \$140,000 as part of a multi-state grant from the U.S. Department of Agriculture. Sixteen different scientists from around the country are looking at stress on bees from several perspectives, including diseases, pests, loss of diversity, exposure to chemicals and nutrition. Scientists studying this problem at UNL include Entomologists, Marion Ellis and Blair Siegfried.

Source: UNL Institute of Agriculture and Natural Resource News.

Squirrels: To Feed or Not to Feed?

Some people enjoy feeding squirrels as much as they enjoy feeding birds. The most common squirrel food includes corn, peanuts (unsalted), birdseed with lots of sunflower seeds, but beware! Many of your neighbors might not be as fond of these tree-climbing rodents as you are. In fact, a National Pest Control Association survey rated the tree squirrel as the number one nuisance animal in America.

Squirrels' teeth grow continuously. Squirrels chew on tree branches to grind down their teeth. They may chew on wood decks, soffits and metal fencing. They can cause fires and communica-

tion outages when they gnaw on electrical, telephone and other cables.

Tree squirrels damage homes when they try to get into attics and roof soffits to nest. They clip the twigs off trees in the spring and can kill trees by stripping bark off trees. In the summer, squirrels steal fruits and vegetables from gardens.

Feeding squirrels will increase their numbers and likelihood of being destructive. In addition, drawing squirrels to a feeder may increase the incidence of mange. Mange is caused by a mite, which is transmitted from squirrel to squirrel. Squirrels also carry fleas.



February

John Krueger

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

John has volunteered for 4-H for nearly 10 years, helping with the Ropes & Riggins 4-H horse club which his kids Cassie and Josh have been members. He is superintendent for the Roping/Working Ranch 4-H Horse Show and helps with the 4-H Horse Games Show at the Lancaster County Fair. John is an active member of the 4-H Horse VIPs committee. He also helped at last fall's 4-H Roping Clinic and has brought cattle for roping practices.

"I like being a 4-H volunteer because it has been fun to watch the kids come into the horse program, begin their riding skills and develop into really good horsemen when they leave 4-H," says John. "We have been blessed with really good leaders in Ropes & Riggins that have taught the kids alot about riding and training horses. My favorite experience was watching the kids catch their first calf at county fair or make a really good run in one of the game events. This is when they realize how hard work really pays off."

Congratulations to John. Volunteers like him 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.



Meet the 2009 Lancaster County 4-H Council

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



Kirk Gunnerson
(President)



Erin Dresser
(Vice President)



Heather Kennedy
(Treasurer)



Ellen Muehling
(Secretary)



Robin Ambroz-Hollman



Vicky Austin



Jeff Cassel



Jennifer Cusick-Rawlinson



Spencer Farley



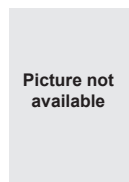
Quentin Farley



Briana Gaston



Mark J. Hurt



Picture not available

Rachel Hurt



Kyle Pedersen



Brian Vogler



Coleen Warner

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

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

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

Do You Like Bugs?

4-H Entomology Workshop, Feb. 23

A 4-H Entomology workshop will be presented on Monday, Feb. 23, 7-8:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.

This free workshop will introduce the new 4-H entomology curriculum and include a hands-on project which 4-H'ers could exhibit at the county fair. Youth ages 10 and up and adult volunteers are encouraged to attend. Pre-register by Feb. 18 by calling 441-7180.

4-H Washington D.C. Group Has Four Openings

Four spots have opened up for the June 2010 4-H Citizenship Washington Focus (CWF) group. Any Lancaster County youth age 14-18 can join CWF, a summer citizenship program which culminates in a nine-day, intensive trip to Washington D.C. and New York. CWF delegates learn about the democratic process and their role as citizens. Youth who sign up now are able to start earning funds through organized fund-raising. A \$100 deposit is needed to reserve your spot. For more information, contact Deanna Karmazin at 441-7180.

4-H Speech Contest

The 2009 4-H Speech Contest will be held Sunday, April 19 at 1:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. The Speech Contest provides 4-H'ers the opportunity to learn to express themselves clearly, organize their ideas and have confidence. Register by April 13 by calling 441-7180 or e-mailing dkarmazin2@unl.edu with name, speech title and age division.

Contest divisions and requirements:

- **Clover Kid:** 5-7 years old, read or recite any short story, nursery rhyme, poem, pledge, etc..
- **Novice:** 8-9 years old, 2 minutes in length, any topic related to 4-H.
- **Junior:** 10-11 years old, 2-3 minutes in length, any topic about a 4-H experience.
- **Intermediate:** 12-13 years old, 3-5 minutes in length, encouraged to talk about a 4-H project you would like others to enroll in.
- **Senior:** 14-19, 5-8 minutes in length, a timely topic related to 4-H.

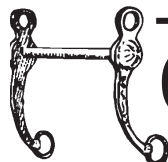
For speech resources check out our Web site at <http://lancaster.unl.edu/4h/Contest/speech.shtml>

4-H PSA Contest Guidelines

Once again, the 4-H Public Service Announcement (PSA) Contest will be by audio only. Any 4-H member ages 8-18 can submit a prerecorded PSA via cassette tape or CD playable on any standard stereo equipment to Deanna by Monday, April 13. Awards and comment sheets will be announced and handed out at the Speech Contest on Sunday, April 19. As always, sound effects and background noises are encouraged. If you do not have the capabilities to record a PSA, contact Deanna to set up a recording time. Additional contest information, PSA guidelines and examples can be found online at <http://lancaster.unl.edu/4h/Contest/speech.shtml>

4-H Speech and PSA Workshop, March 5

A workshop designed for 4-H'ers in their first years of competing in the 4-H Speech and PSA contests will be held, Thursday, March 5 at 6:30 p.m at the Lancaster Extension Education Center. Participants will learn basic skills to write speeches and PSA's. They will also learn basic delivery techniques. Please call Deanna at 441-7180 by Feb. 26 to preregister.



HORSE BITS

Horse Stampede Entries Due Jan. 30

Just a reminder! 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, cost is \$6. Lancaster 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>

R.B. Warren and Grand Island Saddle Club 4-H Scholarships Due March 1

One \$500 scholarship and four \$1,000 scholarships are available for 4-H'ers enrolled and active in the Nebraska 4-H Horse Program. For complete directions and applications go to <http://www.animalscience.unl.edu/extension/equine/4H/scholarship.html>. Applications must be postmarked by March 1.

2009 4-H Horse Level Testing Dates

Mark your calendars! The 2009 group level testing dates for 4-H Horse Advancement Levels will be held at the Lancaster Event Center in Pavilion 3 on the following dates:

- Tuesday, April 21, 6:30 p.m.
- Tuesday, May 5, 6:30 p.m.
- Tuesday, June 23, 6:30 p.m.
- Tuesday, July 7, 6:30 p.m.
- Saturday, Sept. 26, 9:00 a.m.

Please RSVP at least one week in advance of the test date to Marty at mcruickshank2@unl.edu or 441-7180.

Reminder for District and State 4-H Horse Show: Riders must be 12 years of age and have a level II in order to compete at the District Horse Show and the state 4-H Show in Grand Island. District and State entries are due May 8. Anyone wishing to compete at the district or state show must get their testing done before the May 8 date.



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

4-H Achievement Night

University of Nebraska–Lincoln

International Quilt Study Center & Museum

Tuesday, Feb. 10

5:30–6:45 p.m.

Opportunity to Explore the Museum and Exhibitions

CURRENTLY IN THE GALLERIES

Yikes! Stripes—Enjoy more than a dozen bar and stripe quilts reflecting American and international quilting traditions.

Chintz Appliqué: From Imitation to Icon—Twenty-one amazing quilts dating from the late 1700s to the mid-1800s.

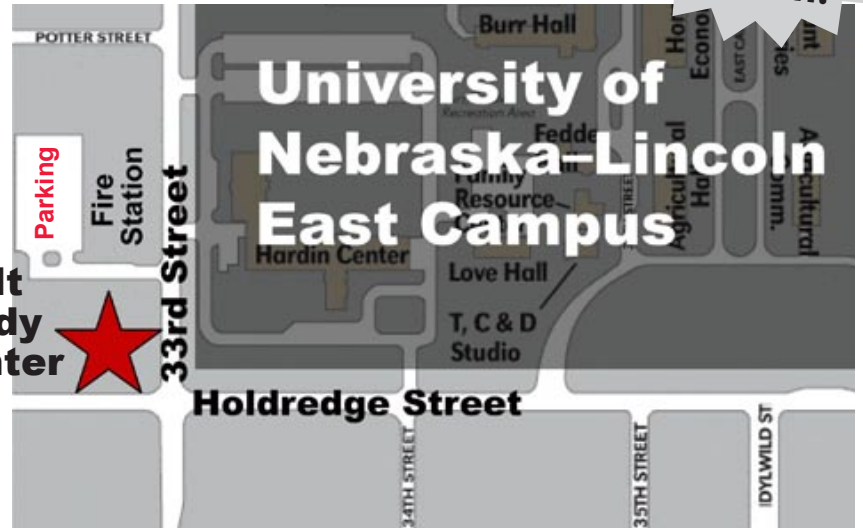
Plus Virtual and Education Galleries!

7:00 p.m.

4-H Achievement Program

4-H members, clubs and leaders will be recognized for their 2008 achievements. Lancaster County 4-H congratulates all 4-H youth who commit themselves to excellence! We also thank the 4-H leaders who volunteer their time and talents to youth!

Quilt Study Center



Directions and parking:

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).

Part of Nebraska State 4-H Month!

The International Quilt Study Center is an academic program of the Department of Textiles, Clothing and Design in the College of Education and Human Sciences at the University of Nebraska–Lincoln.

4-H Camp Scholarships

The following scholarships go towards attending Nebraska 4-H summer camp(s). Application deadline is May 1—preference given to applications submitted by March 1. Applications are available at the extension office and at <http://lancaster.unl.edu/4h/Programs/award.shtml>

Windstream 4-H Camp Scholarship—Thanks to the generosity of Windstream Communications, two Lancaster County 4-H members will receive full scholarships to attend a 4-H summer camp at the Eastern Nebraska 4-H Camp near Gretna! Applicants must be 9 or older and currently enrolled in 4-H. Scholarship is based on need.

Joyce Vahle Memorial Scholarship—\$100 scholarship is awarded to a 4-H'er between the ages of 8-14 to be used towards attending 4-H camp. Applicants should be currently, or have had at some point been, enrolled in at least one sewing project.

Shooting Sports 4-H Clubs Reorganizing

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.

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 March 9.

4-H/FFA Sheep Weigh-In, May 21

4-H/FFA members planning to exhibit market sheep in the performance contest will need to have their animal weighed on Thursday, May 21, 6–8 p.m. at the Lancaster Event Center - Pavilion 2. Deanna will no longer go to farms to weigh sheep. Please contact Deanna if this date does not work for you.

Clover College Instructors and Volunteers Needed

4-H Clover College will be held June 16–19 at the Lancaster Extension Education Center. Clover College is four days of fun-filled, hands-on workshops for youth ages 6 and up. If you have workshop topic ideas, or if you would like to teach a workshop or volunteer to help, please contact Tracy at 441-7180. All help is very much appreciated!

4-H Clubs Needed to Help Provide Booths at Kiwanis Karnival, April 18

The annual Kiwanis Karnival, a FREE family event is sponsored by the Lincoln Center Kiwanis. This year, it will be held Saturday, April 18, 7–9 p.m. at Elliott Elementary School, 225 S. 26 Street, Lincoln.

The Karnival features carnival type games for the kids, bingo for adults, prizes, snacks, fun and fellowship. Lincoln Center Kiwanis has sponsored this event for over 50 years providing prizes and snacks.

4-H clubs are needed to provide carnival-type booths. This is a great community service and leadership activity for clubs. If your 4-H club or family would like to have a booth or for more information, call Lorene at 441-7180. Come join the fun!

4-H'ERS IN THE NEWS

Farley named to Governor's Youth Advisory Council

Lancaster County 4-H member Spencer Farley was recently selected by Governor Heineman to be on the Governor's Youth Advisory Council (GYAC). The Governor's Youth Advisory Council is composed of young people between ages 14 and 19 who represent the social, economic, racial and ethnic backgrounds of all Nebraskans. Members of GYAC meet once every three months and focus on specific issues or current legislation that is of interest to young people in our state. GYAC members also frequently meet with the Governor and other elected officials.

"I am always pleased to have bright young people engaging in our state," said Gov. Heineman. "The Governor's Youth Advisory Council does good work on behalf of Nebraskans. I am proud of their efforts and always appreciate their insight."

Spring Rabbit Show

Saturday, March 28, 9 a.m.

Lancaster Event Center, Pavilion 3 Exhibit Hall
84th & Havelock, Lincoln,
Registrations 7:30–9:00 a.m.

Open to all youth 8–18

Awards will be given!

CLASSES: Fancy Rabbits, Commercial Rabbits, Pet Class and Pee Wee Class. **REGISTRATION FEES:** \$2.50 per rabbit or cavy, \$1 fur class, \$1.50 Showmanship. **FREE CONTEST:** Rabbit Quiz

RAFFLE FOR MANY PRIZES! TICKETS 3 FOR \$1. Please bring an item for raffle such as crafts, rabbit items, plants, Easter/Spring items, books, etc.

Opportunity to learn and practice your showmanship!

All rabbits must be tattooed in the left ear (available at the show). All rabbits must be brought in solid bottom cages which are leak-proof with a CLOSED, solid bottom.

For more information, call Rodney at 782-2186 or Teri at 441-7180

Sponsored by Lancaster County 4-H Rabbit VIPs Committee and UNL Extension in Lancaster County

Exhibit space courtesy of the Lancaster Event Center.

More Ways to Spend Time With Your Family

The January 2009 NEBLINE featured an article about “Creating a Strong Family.”

Research has shown strong families have six common characteristics:

- Appreciation and Affection
- Commitment
- Positive Communication
- Enjoyable Time Together
- Spiritual Well-Being
- Successful Management of Stress and Crisis

A second article listed “Ways to Spend Time With Your Family in January.” Here are activity ideas for the next few months. Note: many of these activities could be done any day. Feel free to add your own ideas!

February

1. Take pictures for the family album
2. Discuss ice safety
3. Study the clouds
4. Listen to classical music
5. Visit the Post Office
6. Have a family checkers tournament
7. Bake cookies or bread today
8. Make or write Valentines to family or friends
9. Share your heros
10. Read a new story
11. Eat a green vegetable tonight
12. Read about President Lincoln’s childhood
13. Invite a neighbor over for an evening to visit or play
14. Valentine’s Day—talk about love
15. Go for a Sunday drive with your family
16. Find out how President’s Day started
17. Try a new recipe—involve everyone
18. Learn to knit or try a new craft
19. No TV tonight—READ
20. Eat at a favorite restaurant and talk about the best things of the

- week
21. Shovel a neighbor’s walk
 22. Celebrate George Washington’s birthday by learning something about him
 23. Go for a walk at sunset
 24. Draw a winter scene
 25. Share a funny story with your family
 26. Play a board game tonight
 27. Make fruit smoothies
 28. Visit a nursing home

March

1. Attend a religious activity
2. Make a snow angel
3. Have mom share a favorite childhood memory
4. Leave love notes for each other
5. Eat at least two fruits today
6. Stop family putdowns
7. Invite some friends over for a game night
8. Build a snowman when it snows
9. Discuss the importance of a good education
10. Take a walk and look for your shadow
11. Help your child practice giving a report or telling a story
12. Bake cookies together
13. Attend a school activity together
14. Have a family fun night
15. Deliver cookies to your neighbor today
16. Learn the kinds of seeds different birds eat
17. Celebrate St. Patrick’s Day by eating something green
18. Build a bird feeder
19. Describe the kinds of birds that may visit your family’s bird feeder
20. Celebrate the first day of spring by going on a bicycle ride
21. Keep a diary of the birds visiting your bird feeder
22. Have dad read a story aloud
23. Have everyone share a funny story
24. Have a family night at home
25. Eat an orange vegetable
26. Share dinner preparation with family members and talk about your day
27. Play a board game after dinner

28. Visit an art museum
29. Tell each member in the family you love them
30. Exercise together
31. Play dominos

April

1. Parents or grandparents share some fun activity you did as a child
2. Discuss what you saw at the museum
3. Turn off the TV, radio, phone and computer tonight! Play a game
4. Clean up an elderly neighbor or friend’s yard
5. Fill your spiritual reservoir by attending a service or reading a special book
6. Start flower or vegetable seeds indoors
7. Star gaze tonight
8. Talk about a happy family memory
9. Discuss next summer’s vacation
10. Go to a play or concert
11. Fly a kite
12. Go for a drive and enjoy the view
13. Do a safety check on everyone’s bicycle
14. Children read aloud tonight
15. Have a family sing-a-long
16. Do homework with your children
17. Take a family nighttime walk around your neighborhood
18. Pick up trash in your neighborhood
19. Visit someone who lives alone and share cookies
20. Eat a new fruit
21. Play Scrabble
22. Talk about important things in your lives
23. Put together a book of favorite family recipes
24. Celebrate Arbor Day by planting a tree
25. Plant flowers in a planter
26. Take a walk and smell spring flowers
27. No TV tonight, read to each other
28. Recycle plastics, cans, newspapers, magazines

29. Take a family walk and talk
30. Hunt for butterflies

May

1. Celebrate May Day with flowers for a friend or parent
2. Wash windows together
3. Pull out the family picture album and reminisce
4. Play charades
5. Learn about Cinco de Mayo
6. Eat a serving of whole grain cereal or bread
7. Children tell what you did in school today
8. Share memories of last summer’s fun activities
9. Take an evening walk and look at the full moon
10. Mother’s Day—do something special for mom today!
11. Draw chalk pictures on the sidewalk
12. Go bird watching
13. Take a walk in the rain
14. Phone a family member just to say “hi”
15. Attend a concert or musical in your community
16. Clean out the toy box and share unused toys
17. Visit different parks in town or surrounding area
18. Use clay or homemade play dough to create something
19. Swing on swings
20. Turn off the TV and listen to something on the radio
21. Work together to put family photos in albums
22. Plant flowers or a garden
23. Take a long walk and watch the sunset
24. Read to the elderly at the nursing home
25. Celebrate Memorial Day with a BBQ
26. Eat some fresh fruit today
27. Tell a make-believe story with each person adding a part
28. Write a poem about summer fun
29. Have a fire drill
30. Take cookies to a neighbor or friend
31. Ride bicycles together

June

1. Exercise together
2. Eat three servings of vegetables
3. Write a family history
4. Make sure everyone uses sunscreen when outside this summer
5. Invite the neighbors over to visit
6. Play a game of tennis
7. Read an inspirational story or poem
8. Finalize plans for a family vacation
9. Discuss a family favorite book
10. Lay on the grass, watch the clouds and find a shape
11. Start the summer reading program at your local library
12. Get ice cream and eat it in your community’s park
13. Spend an afternoon at the local flea market
14. Flag Day—display the flag and share what it means to you
15. Go for a bicycle ride after dinner
16. Make a greeting card for a grandparent
17. Listen to another family member’s concerns
18. Enjoy a breakfast pizza
19. Make S’mores
20. Clean out the garage
21. Father’s Day—prepare father’s favorite meal together
22. Work some crossword puzzles
23. Plan the weekly menu & grocery list
24. Have a whole grain, fruit and dairy for breakfast
25. Have a fresh vegetable for dinner (lettuce, carrot, radish, etc.)
26. Perform a random act of kindness for someone
27. Go for an evening hike in the country
28. Mom’s day off! Have your children prepare tonight’s meal
29. Give a shoulder rub to each other
30. Make popsicles with fruit juice

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

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 two days and one 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://lanaster.unl.edu/family/guf.shtml> or call Extension Educator Maureen Burson at 441-7180.

Master Conservationist Entries Due April 1

Nebraska adults and youth in both rural and urban areas who have implemented soil and water conservation practices are eligible to enter the 2009 Master Conservationist Recognition program. The deadline for entries is April 1. There are categories for youth groups and individuals, residences, communities and private businesses as well as production agriculture (farming and ranching). Master Conservationist program brochures are available at the UNL Extension office and online at <http://owh.com> (click on the “In the Community” link).



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EXTENSION CALENDAR

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

January

- 23–24 4th & 5th Grade 4-H Lock-In 8 p.m.–8 a.m.**
26 Family & Community Education (FCE) Council Meeting 1 p.m.
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

February (February is Nebraska 4-H Month)

- 7 4-H/FFA Beef Weigh-In, Lancaster Event Center, Pavilion 2 8–11 a.m.**
8 4-H Teen Council Meeting 3 p.m.
10 4-H Achievement Night, International Quilt Study Center & Museum 5:30 p.m.
11 Farmland Leasing Workshop 8:30 a.m.–Noon
12 4-H Rabbit VIPS Committee Meeting, Lancaster Event Center, 4-H Office 7 p.m.
13 Extension Board Meeting 8 a.m.
14–15 Horsin’ Around, RB Warren Arena, UNL Animal Science Bldg
17 Guardian/Conservator Training 1:30–4:30 p.m.
19 Parents Forever/Kids Talk About Divorce 5:30–9:30 p.m.
20–21 Strengthening Family Treasures Daughter/Mother Camp, Carol Joy Holling Center near Ashland 5 p.m.–5 p.m.
21 Beginning Beekeeping Workshop 9 a.m.–5 p.m.
23 4-H Entomology Workshop 7–8:30 p.m.
24 Family & Community Education (FCE) Council & Community Leader Training, “Bullying” 1 p.m.

Equine Nutrition Update, Feb. 3

An Equine Nutrition Update In-Service, “The Latest on Feeding Horses in Today’s Economy,” will feature two of the foremost experts in the field. The in-service will be held on Tuesday, Feb. 3, 9 a.m.–4:30 p.m. at the University of Nebraska–Lincoln Animal Science Complex in Lincoln. Cost is \$20/person (includes lunch, breaks, packet of materials). For more information, contact Kathy Anderson at kanderson1@unl.edu or 472-6411.

- Topics to be included are:
- High Energy vs. Low Energy Feeds-Which are Best-How do You Know what the True Energy Values Are?
 - Low Cost Feeding Alternatives-Are There Any?
 - Use of Feed By-Products in Horse Feeds.
 - Mistakes (Disasters) Commonly Made in Feeding Horses
 - How to Interpret Feed Tags-With so Many Products Available, How do I Know Which Feeds to Select?
 - Feeding the Older Horse

Food Entrepreneur Seminar, March 9

The University of Nebraska–Lincoln Food Processing Center is offering a one-day seminar for all individuals interested in exploring the idea of starting a food manufacturing business. The “From Recipe to Reality” seminar will be offered on Monday, March 9.

The workshop is specifically designed to provide entrepreneurs with an understanding of key issues they will need to consider when starting a food business, including market research, packaging, pricing, legal and business issues.

Pre-registration is required and space is limited. Registration deadline is Feb. 27. Contact Jill Gifford at 472-2819 or jgifford1@unl.edu for an information packet.

Horsin’ Around, Feb. 14–15

The 16th Annual Horsin’ Around will be held Feb. 14–15 in the R.B. Warren Arena, Animal Science building on UNL East Campus. Saturday’s schedule is 9 a.m.–5 p.m. Sunday’s schedule is 9 a.m.–4:30 p.m. Clinicians this year include Nancy Cahill, who is one of the countries most respected and sought after instructors and clinicians. Topics include all around horses, trail, western riding, showmanship and horsemanship.

Registration closes Feb. 6. 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.

Conference is sponsored by University of Nebraska–Lincoln Extension. For more information and registration forms, contact Kathy Anderson at 472-6414 or go to <http://www.animalscience.unl.edu/extension/equine.html>

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.

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>

UNL Water Seminar Series

The University of Nebraska-Lincoln Water Center and School of Natural Resources Spring 2009 Water Seminar Series will feature local, national and international experts addressing topics from dryland agricultural conservation to what’s really contained in floodwaters.

All but one of the free public lectures will be in the first floor auditorium of Hardin Hall on the northeast corner of North 33rd and Holdrege streets, UNL East Campus. Weekly lectures are Wednesdays, 3:30 to 4:30 p.m.

For more information, contact the UNL Water Center at 472-3305 or go to <http://watercenter.unl.edu>

Upcoming lectures:

- Jan. 28—Dean Eisenhauer, UNL, “Hydrologic Impacts of Conservation Practices for Dryland Agriculture.”
- Feb. 4—Mary P. Skopec, Iowa Department of Natural Resources, “2008 Iowa Floods and Water Quality Implications: What’s Really in the Water?”
- Feb. 11—Alan Corr, UNL, “Nebraska Irrigation Survey: Uncovering Changing Attitudes and Challenges.”
- Feb. 18—Kremer Memorial Lecture: Michael Hochella, Virginia Polytechnic Institute and State University, “Environmental Nanogeoscience.”
- Feb. 25—Reed Maxwell, Colorado School of Mines, “Interdependence of Groundwater Dynamics and Land-Energy Feedbacks Under Climate Change”



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 in Lancaster County

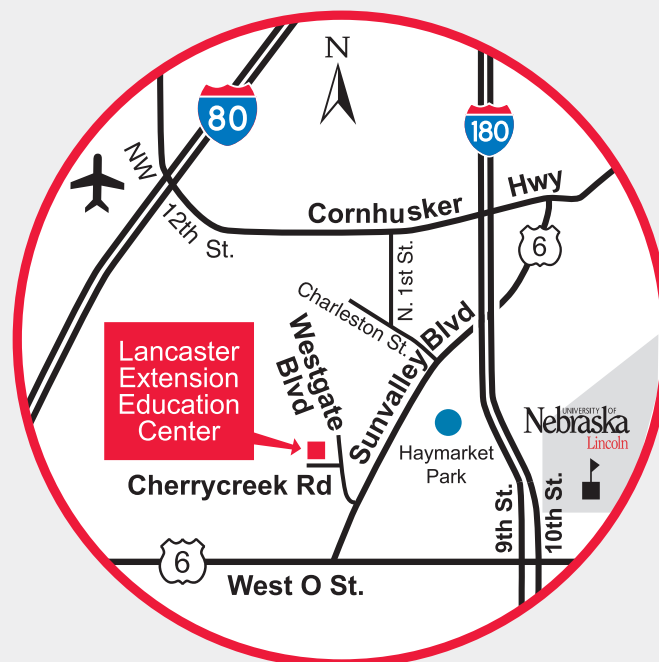
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Lancaster Extension Education Center
Conference Facilities
444 Cherrycreek Road, Lincoln



UNL Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture. We assure reasonable accommodation under the Americans with Disabilities Act; for assistance contact UNL Extension in Lancaster County at 441-7180.

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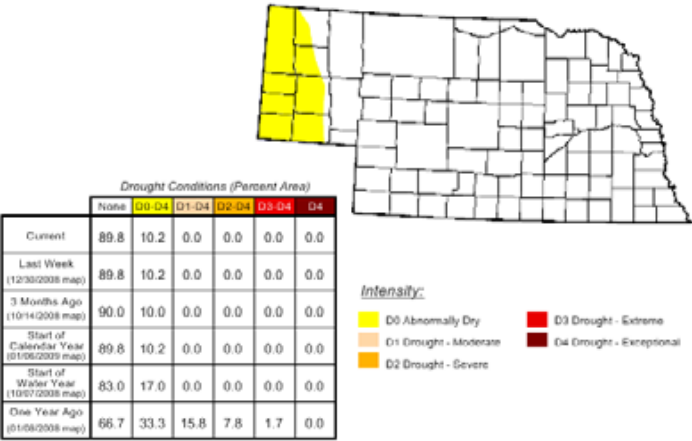


Vicki Jedlicka, UNL Extension in Lancaster County

Did you guess it? Find out at
<http://lancaster.unl.edu>
Did you guess it from the January NEBLINE?
The answer was the front paw print of a raccoon

U.S. Drought Monitor Map

As of Jan. 6, 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

February is
Nebraska 4-H Month

2009 theme is



The University of Nebraska-Lincoln Extension 4-H youth development program is open to all youth ages 5-18. A learning-by-doing program, 4-H teaches practical skills and develops life skills. Youth can choose from more than 150 projects—project manuals are written by university experts. There are three ways to join 4-H:

Help Form a New 4-H Club

Families are encouraged to help organize a new club—which is a lot easier than you may think! 4-H staff provides guidance and resource materials. Clubs range from 5 to 60 members and are led (or co-led) by club leaders—often club members' parents. Members choose their own club officers and set up their own meeting schedule. Parents are encouraged to attend meetings. In most clubs, members complete several projects a year.

Join an Existing 4-H Club

Lancaster County has nearly 120 4-H clubs. Currently, there are more youth wanting to be in 4-H clubs than there are clubs.

Be an Independent Member

With family schedules becoming increasingly busy, more and more youth are becoming independent 4-H members. This means you don't belong to a formal club, but work on 4-H projects on your own.

For more information about Lancaster County 4-H, go to lancaster.unl.edu/4h or call 441-7180



4-H Summer Camp Brochures Now Available

2009 4-H Summer Camp brochures are now available online at <http://4h.unl.edu/camp/youth> or at the extension office. Camps are open to all youth ages 5-18—need not be in 4-H. With three unique Nebraska locations at Halsey, Gretna and Alma, there are more than 40 camps ranging from half day to four days/three nights!

UNL Extension, through its 4-H Youth Development Program, has been operating 4-H Camps for over 40 years. The 4-H camps and centers all meet over 300 standards established by the American Camping Association. Brochures have complete information about all camps. Discover the adventure!



Save 10%
by registering
before
April 1!

Applications Open for 4-H Camp Staff

The three 4-H Camps in Nebraska are currently accepting applications for our 2009 summer staff. All positions provide endless opportunities for growth in a fun, fast-paced outdoor atmosphere.

- You may apply for a variety of positions:
- Camp Staff**—Salaried youth ages 18 and older who lead camp programs. Spend mid-May to August working full time to provide day to day leadership of camp activities and teaching groups of all ages. A great summer job for college students with any major. Initial application deadline is Feb. 15.
 - Cabin Mentors**—Youth ages 17 and up who provide cabin supervision and assist in leading camp programs. Mentors receive an honorarium for their service and are scheduled

according to their availability. Perfect for high school youth who need a fun getaway from their full time summer job. Mentor for a few days or for the entire summer—the choice is yours! Application deadline is March 15.

- Camp Counselors**—Youth ages 15-18 who assist with cabin supervision and leading of camp programs. Join over 150 volunteer teens in providing valuable leadership to a group of campers by day and assist with cabin supervision at night. Camp counselors are scheduled according to their availability and counseling is a fantastic leadership experience for any young person. Application deadline is March 15.

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

Explore Career Options at
Big Red Academic Camps

The 2000 Big Red Summer Academic Camps are a chance for high school youth to spend time investigating an interest or potential career, explore the UNL campus, meet people from across the state and have lots of fun. Held in June, Big Red Summer Academic Camps features 12 career exploration camps hosted by Nebraska 4-H and UNL faculty members. The camps are residence camps held on the University of Nebraska-Lincoln campus. Housing and food are provided.

After spending several fun-filled days exploring a specific topic such as movie-making or food molecular biology, youth showcase their work at a special "capstone event" which family members are invited to attend. Brochures and registration forms are available at <http://bigredcamps.unl.edu> or at the extension office.

For more information, call 472-2805.

4-H members are encouraged to apply for a scholarship—application is on the Web site.

Save \$50
by registering
before
April 1!



Camp	Dates	Grade**
Our Changing Earth*	June 7-12	9-12
Child Development	June 7-12	9-12
Companion Animals*	June 7-12	9-12
Culinary Arts	June 7-12	9-12
Filmmaking	June 7-12	9-12
Food Molecular Biology	June 7-12	9-12
Spider Science	June 7-12	10-12
Theatre	June 7-12	9-12
Quilt Design	June 7-12	9-12
Unicameral Youth Conference	June 7-10	9-12
Veterinary Science*	June 7-12	9-12
Web Design and Animation	June 7-12	9-12

* New camp for 2009

**Grade for Fall '09. Students who graduate in May '09 are welcome to attend.