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Got Bed Bugs? Don't Panic!

There are Steps You Can Take

Barb Ogg
UNL Extension Educator

One thing I've learned with the latest bed bug resurgence, is not all insects are treated alike. Some insect pests get no respect ... cockroaches and termites fit into that category. Never mind German cockroaches can carry thousands, if not millions of bacteria on their bodies, including *salmonella*, *shigella*, *staphylococcus*, and *E. coli*. Termites do millions of dollars worth of damage to structures every year. Educational programs about cockroaches and termites are very important to people who have to deal with them. But, most of the time, ordinary folks don't pay much attention.

Bed bugs are different. The mere thought of small insects sneaking out of hiding places and feeding on our blood during the night gets everyone's attention. With the exception of senior citizens who remember life before WWII, most of us have never grown up with bed bugs. Those of us who have grown up in such a sanitary world, are totally unprepared for bed bugs.

A major reason for all the media attention is bed bugs are hard to control. Researchers have found most bed bug populations (88%) are resistant to pyrethrin and pyrethroid products. Many professional-use and over-the-counter products are either pyrethroid or pyrethrins, even those with the words *Bed Bug* prominently displayed on the label. Because of this resistance, pest control professionals cannot usually eradicate bed bugs with a single treatment. It will take two or three very thorough treatments to control bed bugs. When bed bugs are well-entrenched in a home or there is a clutter problem, eradication may not be achieved even after five treatments.

Almost every workday, I get phone calls about bed bugs. These phone calls are from pest control professionals wanting to "pick my brain" to find out if there is something new that will help them do a better job. Other callers are hospital administrators, trying to figure out what to do when a patient brings

bed bugs into the hospital. People who are getting ready to travel want to know how to prevent bringing bed bugs home. Landlords want to know what works; sometimes they ask about taking pesticide applicator training so they can do their own treatments.



Bedbugs are reddish brown and have flattened bodies (magnified view).



Immediately after feeding, bed bugs are bright red and have an engorged and elongated body (magnified view with pin head).



At left — approximate size.

The most frustrating calls come from low-income people living in high-density housing who have bed bugs. In Nebraska, like other states, it is the responsibility of landlords to provide a pest-free environment for their tenants. But, because bed bugs are hard to control, treatments are expensive and not all landlords are willing to spend the money necessary for eradication. Because bedrooms must be treated, pesticide applications must be done carefully. I generally recommend people hire a pest control professionals who can do the best treatment and do it safely.

Advantages of hiring pest control professionals is they have experience in treating bed bugs and know where to



Pest control professionals have specialized application equipment to treat cracks and crevices where bed bugs live. In this photo, the interior of a box spring is being treated.

treat, they have application equipment that allows them to treat cracks and crevices, and they can purchase products not available in hardware stores. The very last thing I want is to have someone misuse a product and get sick. Many over-the-counter products are still harmful and must be used carefully.

The following steps will be helpful for people who suspect they have bed bugs. I have also included suggestions for people who do not have the resources to hire a pest control company and may wish to tackle the problem themselves.

1. First, make sure you have bed bugs. Search for bed bugs in and around the bed. Take the mattress off the bed and flip over the box springs. This is the most likely place you'll find bed bugs. Tear off the dust cover and look where pieces of wood are nailed together. Lift where fabric is stapled to the wood framing ... bed bugs like to live in tight places like this. If people sleep on the sofa at night, it also may be infested. Take or send the bed bugs to an expert who can identify them. The University of Nebraska–Lincoln Extension in Lancaster County offers free pest diagnostic services. The public can bring samples to the office at 444 Cherrycreek Road, Lincoln) Monday–Friday, 8 a.m.–4:30 p.m.

If you don't find bed bugs, you probably don't have them. I have talked to many people who claim they are being bitten, but cannot find bed bugs. My conclusion is something else is going on which may be a medical problem or skin disorder. Allergic reactions to environmental substances, like detergents or personal care products, can sometimes look like insect bites. In the wintertime, itchiness can be caused by dry skin. Bed bugs are not seasonal and do not come and go. An infestation starts slowly with just a few bites and gets worse as time progresses.

There is a wide range of bite reactions. About 20% of people have no reaction to the bites at all. Some people get a red spot on their body that does not itch. Other people have bites that become inflamed and itchy. More severe responses include large blister-like reactions that are painfully itchy. Some unfortunate individuals react to bed bugs with hives and even asthma.



Typical bed bug spots and smears on a mattress.



Bed bug spots and eggs under the fabric stapled to the framing of box springs.



Bed bugs (adult and nymphs) under dust cover of sofa where fabric was stapled to the frame.

2. If bed bugs have been identified and you rent, talk to your landlord. If he decides to hire a pest control professional to treat your home, you'll need to be as cooperative as possible to help solve this problem. You should know the pest control professional will apply insecticides but will not do the rest of the steps given below. These are actions you must take to help eradicate bed bugs.

3. If you find bed bugs during your search, use a vacuum cleaner to suck them up. This is a very important step in reducing the bed bug population right away and more effective than chemicals. When most people hear the word vacuuming, they think of vacuuming carpets. While bed bugs can be found in carpets, they are most likely to be found in cracks and crevices in and around the bed itself. Bed bugs leave tell-tale signs in places where they hide; look for spots and smears, and vacuum those places thoroughly.

see BED BUGS on next page

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Watch Chicks Hatch Online with EGG Cam!

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

Bed Bugs

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Tear the bed apart and use a crevice tool to vacuum bed bugs you find. Bed bugs can often be found in the space created where the carpet meets the baseboard. Vacuum this area thoroughly. Remove electrical outlet covers; if you find signs or bugs, carefully vacuum. Vacuuming should be done weekly or even more frequently, until the bed bugs are gone. As you go through the following steps, have your vacuum ready to suck up bed bugs you find. After vacuuming, immediately place the vacuum bag in a plastic bag, seal it, and discard it in an outdoor trash receptacle or freeze it overnight.

4. Make a decision about what to do with infested items, specifically the mattress, box springs, and upholstered furniture. Sofas are generally more difficult to treat than beds, so discarding a sofa might be a wise move. Mark or deface it in some way so it is not picked up by some unsuspecting dumpster diver. Some mattresses have metal grommets on the sides that reinforce handles. These grommet holes are large enough for bed bugs to enter and live inside the mattress. The inside of these mattresses cannot be treated and must either be encased or thrown away.

5. The next important step is to get rid of all extraneous stuff in the bedroom. You need to start doing this as soon as you can after you know you have bed bugs. It is extremely important because the more “stuff” you have near where you sleep, the more hiding places you are providing for bed bugs. Simplifying the bedroom also makes treatments more effective. Place items to be discarded in heavy garbage bags so you don’t

spread bed bugs in other places in your home or apartment building. Do not reuse these bags. If there are important items you want to keep, place them in sealed garbage bags until you have time to deal with them. Any item that has been in the bedroom could have a bed bug inside. Bed bugs have been found in purses, cell phones, clock radios, and pictures on the wall.

Items you want to keep that might be infested must be treated in some way. Heat or freezing are options. Another way is to keep these items sealed in the plastic bag at room temperature for 6–9 months.

6. Start bagging washable clothing and linens to launder them. Washing and/or drying kills bed bugs. Wash in warm water with regular laundry detergent. Dry clothing for 30 minutes on medium heat. If you cannot wash an item, like a wool coat, you can still kill bed bugs by drying it for 30 minutes. Laundry does not have to be done all at once, but you must do this methodically so you don’t put clean (bed bug-free) clothing back into dresser drawers where bed bugs might be hiding.

7. If you are lucky enough to have a garage or another place away from your home, you can take bagged items from the bedroom to this staging area. Items must be de-bugged before you return them. A rental unit can be used for this purpose. In the winter, items can be taken outdoors, if it is very cold. This might kill bed bugs, if temperatures are cold enough. One researcher suggests four days at 23°F. In the summertime, bed bugs can be killed in vehicles when the interior temperature gets over 120°F.

8. If you have the money, you can encase your mattress and box springs, which will prevent

bed bugs from living there. Encasements also make bed bugs easier to see and vacuum. Both mattress and box springs should be encased, but the box spring encasement is generally more important because more bed bugs will live there. Mattress encasements must be fabric, not vinyl or plastic that rip easily. Two brands that have been tested against bed bugs are Protect-A-Bed™ and Sentry™. They are expensive and cost \$60–\$90 for each piece, depending on the size of your bed and where you purchase them. These are not readily available locally, but can be purchased through pest



ClimbUp® insect interceptors may help prevent bed bugs from crawling up the legs of bed legs.

control companies or through the Internet. To prevent bed bugs from

biting you, place encased mattress/box springs on a simple metal frame and pull the bed away from the wall. If you have a headboard, remove it and store it until the infestation is over or discard it. Remove bed skirts and bedding that might serve as a bridge. Place each bed leg in a ClimbUp® insect interceptor (see photo at left) or a plastic dish containing diatomaceous earth and talcum powder (50/50).

Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the University of Nebraska–Lincoln is implied.

What About Chemicals?

I think it is best to let pest control professionals do chemical treatments; after all, they are trained and licensed to do these treatments safely. They also have access to professional-use products not readily available.

As I mentioned earlier, bed bugs are resistant to pyrethroid and pyrethrin insecticides and these are the most common over-the-counter products available. These products may kill bed bugs, but *you will need to find and directly treat all the locations where bed bugs are hiding*. There will be no long-lasting residual control after the insecticide is dry. So, if you choose to do treatments yourself, you need to use these products as *contact* treatments. Right now, this is the trick to eradicating bed bugs. Spraying insecticides along baseboards and on the legs of the bed won’t do much to control a bed bug infestation.

Over-the-counter products claiming to be “green” or safe may not be very effective

against bed bugs. There has been a recent explosion of products coming on the market claiming to control bed bugs, but not all of these products have actually been tested against bed bugs. You should choose a product that has an EPA registration number on the label.

Some locations can be best treated with dust formulations, like in wall voids, behind electrical receptacles, and switch plates. Diatomaceous earth has shown to give good results, although it is not very fast acting. This can be purchased at hardware stores or online. It can be placed in many locations where bed bugs hide and is safe for use on mattresses.

- What NOT to do**
- Do not use any product that isn’t labeled for indoor use.
 - Do not spray the mattress with any product unless it

- specifically says you can do this.
- Do not treat linens with any insecticide.
 - Do not buy and use over-the-counter foggers (i.e., bombs). These do not work against bed bugs.
 - Do not buy and use over-the-counter aerosols. They are expensive for what you buy and do not work very well.
 - Do not *even consider* using a chemical that does not have an insecticide label. There have been news reports of fires started when flammable liquids have been used to kill bed bugs.
 - Do not buy or use boric acid. It does not work for bed bugs. Boric acid is useful for cockroach control because roaches groom themselves and boric acid is a slow-acting stomach poison. Bed bugs cannot ingest it.

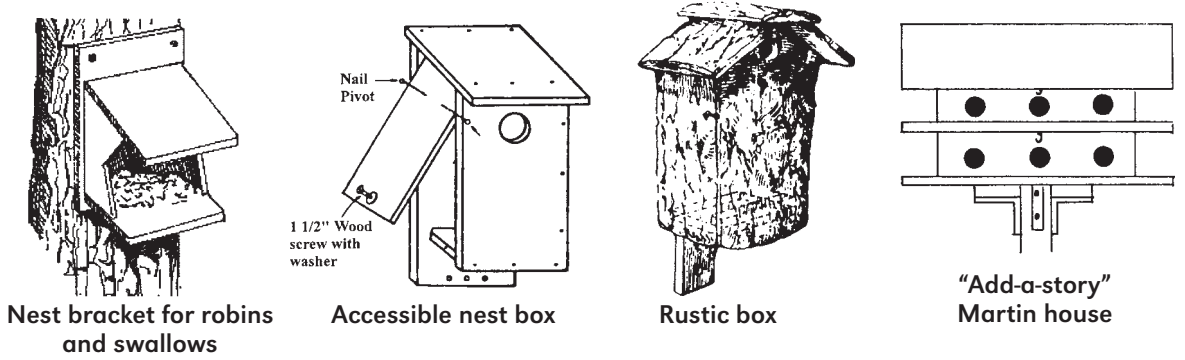
When Using Any Insecticide, Be Sure To: Read, understand, and follow label directions. Use personal protective equipment as the label directs. Wear long sleeves, pants, and shoes. Keep insecticides out of the reach of children.

Now’s the Time to Build Bird Nest Boxes and Shelves

Soni Cochran
UNL Extension Associate

In only a month or so, birds will soon be choosing their favorite nesting sites. Are you ready? This is a great time to prepare for spring by building birdhouses and shelves to help attract your favorite backyard birds. It is important to get your houses and shelves made and hung up before the birds begin arriving so start building now.

Decide what birds you want to attract. Find out what birds live in your area and what they need for a nesting site. American robins and barn swallows use shelves as nest sites. Black-capped chickadees, wrens, bluebirds, woodpeckers, and purple martins are cavity dwellers and will use nest boxes. These birdhouses need to be in place by April. If you live near a park, large green space, pond, or on an acreage or farm, you may be able to attract wood ducks, owls, or even American kestrels with the right nest boxes. Get



your houses up by March to attract wood ducks and owls. American kestrels choose their nest sites in February — you better hurry!

Materials: Birdhouses can be made from a variety of materials including wood, PVC pipe, or natural items like gourds. Gourds are easy to grow, attractive backyard plants. With a little planning and care, you can grow your crop this year and have beautiful gourds to work on next winter.

Any good, solid, unfinished wood is generally the best construction material for bird houses. Cedar, pine, and poplar

are easy woods to work with and weather well. Consider reusing unfinished scrap woods from other projects. Galvanized or aluminum nails work best because they don’t rust. Nails with roughened shanks are better than smooth nails. Screws work better than nails.

Paint: If you use durable cedar, you won’t need to paint your birdhouses. If you choose another type of wood, use an exterior latex paint. Natural tones like light brown, gray or dull green are generally the best colors. The exception is Purple Martin houses. These houses are painted white to reflect the heat. Never paint the interior of

any nest box and don’t paint the entrance hole.

Drainage & Ventilation: Drill a few small holes in the bottom of your nest boxes. This helps with drainage. You should also leave ½-inch gaps or drill holes along the top of the sides to help with ventilation.

Entrance Holes: Birds can be very picky about their entrance holes. Certain birds need specific-sized entrances. Do not make an outside perch. The birds don’t need them and all you are doing is helping make a spot for predators to sit. In Nebraska, hang your bird houses with the entrance facing southeast or northeast. This

provides some protection from cold spring rains.

Exit Stairway: To help the baby birds learn to get out of the nest box, roughen the inside portion of the hole just under the entrance. This can be done by sawing grooves or punching holes like a stairway with a screwdriver.

Accessibility: Make sure your nest boxes and shelves are easy to inspect. This will help you keep the nest boxes clean. Clean boxes are more likely to be used by birds.

FOR MORE INFORMATION
UNL Extension NebGuide “Backyard Wildlife: Birdhouses and Shelves” (G2002) provides detailed information on the size nest box you need for several species of Nebraska birds, entrance hole dimensions, and preferred placement of the nest box or shelf. You’ll also find tips to help you attract each bird. This NebGuide is available at the extension office or online at <http://lanaster.unl.edu/pest>.

Designing a Windbreak

Don Janssen
Retired UNL Extension Educator

The best designs for windbreaks depend on their intended purpose and the characteristics of the site where they will be located. Windbreaks can be planted to

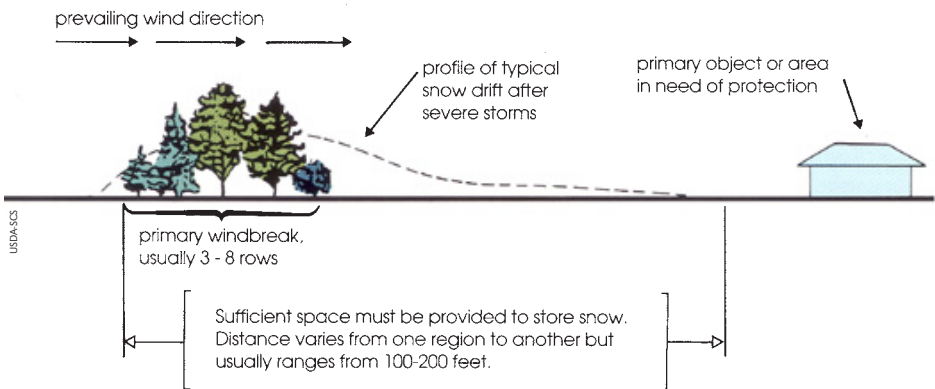
enhance wildlife, provide snow protection for humans and livestock, and provide wind protection to dwellings in both winter and summer. Windbreaks also prevent soil erosion caused by wind and reduce water runoff from agricultural lands. Typical windbreaks consist of conifers, deciduous trees, and shrubs. Conifers provide dense foliage

to reduce wind speed. Tall deciduous trees extend the area of wind protection with their height. Shrubs trap snow, add beauty to the windbreak, and provide wildlife habitat. The area protected by a windbreak is determined by the windbreak's average height. Generally, windbreaks protect an area 10 to 15 times the average height of the trees. Windward tree rows should be located approximately 150 to 250 feet upwind of the protected area in order to allow for snow deposition.

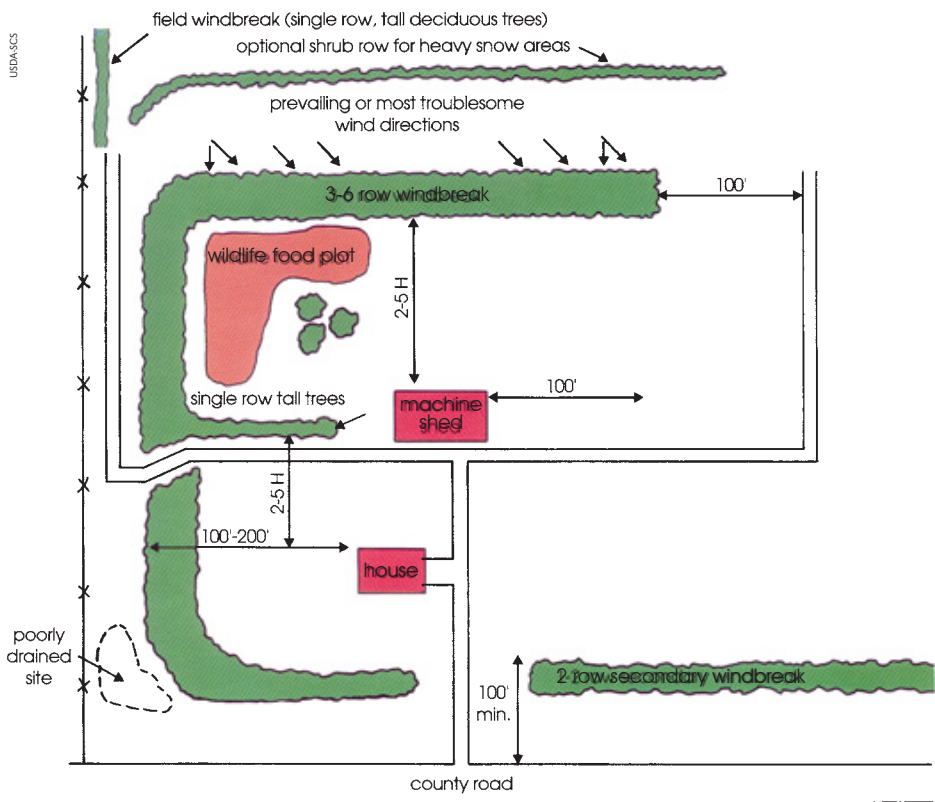
Windbreaks are most effective when planted perpendicular to prevailing winds. Windbreaks for winter protection should be located on the north and west side of the farmstead. Summer wind protection is provided by planting on the south and east sides of the farmstead. The number of tree rows and the plant species used will be determined by the intended purposes of the individual windbreak and the amount of space available. Typical windbreaks include two or more rows of conifers and one or more rows each of deciduous trees and shrubs. Windbreaks with two legs or one planted on two sides of the protected area will provide better protection than a planting on one side only.

Assistance with windbreak planning and design is available from Nebraska Forest Service District Foresters, Natural Resource Conservation Service offices, Natural Resource District offices, and local extension offices.

FOR MORE INFORMATION
UNL Extension publication "How Windbreaks Work," (EC 1763) at www.ianrpubs.unl.edu/sendIt/ec1763.pdf and NebGuide "Windbreak Design," (G-1304) www.ianrpubs.unl.edu/sendIt/g1304.pdf. Both are available at the extension office.



A basic windbreak consists of three to eight rows of both conifers and deciduous trees. Conifers or shrubs should be located on the windward side with the tall deciduous species in the center. A row of shrubs on the interior side completes the design.



The windbreak should be oriented perpendicular to the prevailing wind directions. Because of wind turbulence around the end of a windbreak, the windbreak should extend 100 to 200 feet beyond the area needing protection.

Financial Recordkeeping Training, March 3

One of the most popular in-depth extension programs, a Computerized Farm Financial Recordkeeping Training, will be offered Thursday, March 3, 9 a.m.–4:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln. Pre-register before Feb. 18. Preregistration with payment is required to hold a spot.

The concepts taught in this training are applicable to several inexpensive computerized recordkeeping software programs, with slight modifications in procedure. This training will be taught hands-on using Quicken Deluxe in the classroom. All instruction will be presented in a hands-on teaching style with participants



sitting at computers performing the tasks being demonstrated. To save time, much of the instruction on generating reports will be done using sample data files created to represent a typical crop and livestock farming operation. Participants will receive step-by-step written instructions for all

tasks being demonstrated. Many folks comment the handouts are one of the best aspects of the training.

Registration fee:
• One person at a computer; including a meal and set of handouts — cost \$50.
• Two people at a computer; with two meals and one set of handouts — cost \$60.
• Bring your own

computer with Quicken Deluxe (2011) installed and save \$10. For a brochure with detailed information and registration form, visit the extension office, go to <http://lancaster.unl.edu/ag> and look under "Upcoming Workshops," or call (402) 441-7180. Space is limited, so register early!

Private Pesticide Applicator Certification

Federal and state law says 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 2010, 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, 2013 for those who certify this spring. You should receive your new license within three weeks.

Private pesticide applicators will have four alternative methods to obtain either recertification or initial certification.

Traditional Training Sessions, Jan 27, 29, & Feb. 2

Three private pesticide applicator training sessions have been scheduled in 2011 at the Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln.

The dates and times are:
• Thursday, Jan. 27, from 8:30–11:30 a.m.
• Saturday, Jan. 29, from 8:30–11:30 a.m.
• Wednesday, Feb. 2, from 6:30–9:30 p.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 missed.

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. Please contact NDA at (402) 471-2394 for dates of testing. There is no training fee if you choose this option. You will need to pay the \$25 license fee. You should receive your new license within two weeks after you receive a passing grade on your written test.

Certify at a Crop Production Clinic

Private applicators may receive initial certification or recertification by attending one of extension's Crop Production Clinics held in January. This year's clinics will be over by the time this NEBLINE is published.



Alice Henneman, MS, RD, UNL Extension Educator

This recipe provides you with chocolate plus dairy AND fruit. Enjoy! Recipe courtesy of 3-A-Day of Dairy (www.3aday.org) and provided by Jennifer Meyer, RD, LMNT, Dairy Council of Nebraska.

Cocoa-Berry Yogurt Tarts

(Makes 6 servings. Prep time: 10 minutes)

- 1-1/2 cups low-fat vanilla yogurt
- 1-1/2 cups reduced-fat ricotta cheese
- 2 tablespoons sugar
- 2 tablespoons unsweetened cocoa powder
- 6 graham cracker tart shells
- 3/4 cup strawberries, sliced (raspberries or blueberries also can be used)

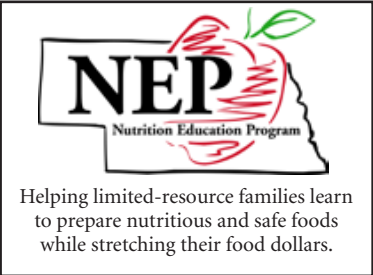
Directions: Mix yogurt, ricotta, sugar, and cocoa powder thoroughly with whisk until creamy. Spoon 1/6 mixture into each tart shell and top with sliced strawberries.

Nutritional Facts Per Serving: Calories: 260; Total Fat: 9 g; Saturated Fat: 3 g; Cholesterol: 20 mg; Sodium: 250 mg; Calcium: 20% Daily Value; Protein: 9 g; Carbohydrates: 37 g; Dietary Fiber: 3 g

Alice's Tips:

1. This recipe also tastes delicious spooned directly into a serving dish and topped with berries. Dress it up for an elegant meal by serving it in a fancy glass.
2. If you have extra ricotta cheese after making this recipe, you can blend equal portions of ricotta cheese and yogurt in a blender or food processor until smooth to make a base for dips.

Rescue Dinner Time by Planning Ahead



Dana Willeford
UNL Extension Assistant

"I don't feel like cooking."
"We don't have anything to eat."
"I ate a big lunch, I'm not hungry."
"I don't have time to cook."
"Just heat up a frozen pizza."

Do these statements sound familiar? Often mealtime means stress for most families. Lack of time, lack of preparation, and sometimes a tight budget can make planning not seem so fun. Thankfully it doesn't have to be that way.

Whether your family consists of five people, two, or one, everyone deserves good food and dinner at the table! The key to a consistent mealtime is planning. Having a consistent dinner time ensures healthier eating habits, saves time in the kitchen, more money in your pocket, and most importantly, allows family bonding. So no more excuses, here are a few ideas to make planning easier.

Planning your menus a week or two in advance gets

most of the stress out of the way. This allows you to buy all the groceries you will need for those meals with one trip to the grocery store. A fun way to plan is making a theme for each night of the week. This doesn't mean have a party every night, but just something your family learns to know and can get excited about knowing what foods you will be having. For example: Monday could be soup night; Tuesday, Mexican food; Wednesday, grill night; Thursday, homemade pizza night, etc.

First, always check your pantry for what you already have on-hand. The good thing about starting this way is the food is already there. Build your menus from there. Sometimes it's helpful to check the sale ads or coupons. If you're on a tight budget, make sure the most expensive part of the meal isn't the biggest part of the meal. Once you have completed your week's menus, always make a list and don't deviate from it. This will help keep your budget in check.

While you're at the store, keep in mind fresh fruits and vegetables in season will be a little cheaper. If you decide to buy in bulk, make sure you have the room to store foods and your family will be able to eat any perishable foods before they expire or spoil.

When you get home, many see PLANNING on next page

Chocolate

a "Functional" Food?

"There are four basic food groups: milk chocolate, dark chocolate, white chocolate and chocolate truffles."
"Equal amounts of dark chocolate and white chocolate is a balanced diet."
"Chocolate is cheaper than therapy and you don't need an appointment."

A functional food is a food that contains an active compound that provides health benefits beyond basic nutrition. Protein, fat, carbohydrates, vitamins, and minerals are the basic nutritional needs but other components in food also contribute to your health.

Chocolate

Chocolate refers to a large number of raw and processed foods produced from the seed (bean) of the *Theobroma cacao* tree found in Mexico, Central, and South America. It was first documented around 1100 B.C.

The Aztecs and Mayans made a chocolate beverage that had a bitter taste. The Aztecs used chocolate for ceremonial purposes and believed chocolate had medicinal properties. Cacao beans also were used as a form of currency. The Spanish, who visited the Aztecs, brought chocolate to Europe and it was considered a luxury item.

The modern chocolate bar with added sugar was created in 1847. Prior to this, chocolate was only consumed as a drink. The Dutch removed the cocoa butter from the solids and then were able to process chocolate in a solid form.

The addition of sugar helped mask the natural bitter flavor. Through the centuries, chocolate was considered an aphrodisiac, and was used to treat fatigue and diarrhea.

Types of Chocolate

Chocolate products are made from cocoa solids, cocoa liquor, and cocoa butter in varying proportions. Dark chocolate may contain up to 70 percent cocoa; milk chocolate products contain less cocoa.

To develop the taste, cocoa beans are fermented and dried, and the shell removed. The resulting nibs are ground into cocoa liquor, which is processed into cocoa solids and cocoa butter.

Unsweetened chocolate, bitter chocolate, or baking chocolate is pure chocolate liquor.

Dark chocolate is made by adding fat and sugar to cocoa liquor and cocoa butter. Dark chocolate has a high cocoa content.

Bittersweet chocolate is chocolate liquor plus sugar, cocoa butter, and vanilla. Usually bittersweet chocolate has less



Cocoa seeds (beans) in a cacao pod.



Cocoa solids



Cocoa butter

sugar and more liquor than semisweet chocolate but the terms bittersweet and semisweet, are used interchangeably. Semisweet chocolate is dark chocolate with low sugar content.

Milk chocolate is made by adding sugar and milk powder or condensed milk to cocoa butter and cocoa liquor.

White chocolate is made from sugar, cocoa butter, and milk solids. White chocolate does not contain cocoa liquor.

Storage of Chocolate

Chocolate is sensitive to temperature and humidity. Store chocolate between 59 and 63°F in low humidity. Chocolate can absorb aromas from other foods. Keep chocolates wrapped to prevent absorption of moisture and aromas.

If chocolate is not stored properly, it can "bloom." This whitish discoloration forms when the chocolate absorbs enough moisture for the fat or sugar crystals to rise to the surface. This bloom is visually unappealing but the chocolate is safe to eat.

High temperatures can cause the chocolate to melt and change the crystals, causing a rougher feel on the tongue.

Health Benefits of Chocolate

Recently, compounds in chocolate have been found to have health benefits, and chocolate sometimes is being referred to as a functional food. Components in chocolate include antioxidant flavanol compounds, such as catechins, which reduce free radicals produced by oxidation, lower LDL cholesterol, reduce blood pressure, and reduce platelet aggregation.

The amount of the antioxidant flavanol compounds in chocolate products depends on the type of chocolate and the processing method. Dutch-processed cocoa will have lower levels of antioxidants. Dark chocolate is higher in these compounds, whereas white chocolate is very low in antioxidant flavanol compounds.

Cocoa butter contains stearic acid and small amounts of plant sterols. Studies on stearic acid from chocolate demonstrated a neutral cholesterolemic response in people who consumed the chocolate-enriched diet, which was high in saturated fat.

The fat and sugar content of chocolate does increase calories associated with chocolate consumption. The addition of milk to chocolate products may be of concern to people who are lactose intolerant. Nuts may be added to chocolate products, and people allergic to tree nuts of peanuts should avoid these products. Read the ingredient label for added ingredients that may cause a health problem.

Magnesium is a mineral found in significant amounts in chocolate products. Low dietary magnesium may be a risk factor for hypertension, stroke, and cardiac arrhythmias. Women in the U.S. generally do not meet the recommended dietary amount (RDA) for magnesium. A serving of milk chocolate (44 grams) provides 8 percent of the RDA, and a serving of dark chocolate provides 15 percent of the RDA for magnesium. Milk chocolate products contribute calcium to the diet.

Source: University of Nebraska–Lincoln Extension publication "Chocolate – a Functional Food?" (HEF599) by Julie A. Albrecht, Extension Food Specialist; Carol J. Schwarz, Extension Educator; and Marilyn Schnepf, Professor, Nutrition and Health Sciences. To read the complete publication, go to <http://www.ianpubs.unl.edu/sendIt/hef599.pdf>.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s View — Irene’s Items

Irene Colborn
FCE Council Chair

In the January NEBLINE was an article about cleaning desks. I took it seriously and started by going through



pictures, then on to the drawers. It is surprising what you might find. Next I might even get to the closets. Please try to come



Jan. 24. These are your clubs. Bring ideas for the Sizzling Summer Sampler as well as State Convention. Also, February is Valentines Day, so remember the significant other or even service personnel.

to the Council Meeting

FCE News & Events

FCE Council Meeting, Jan. 24

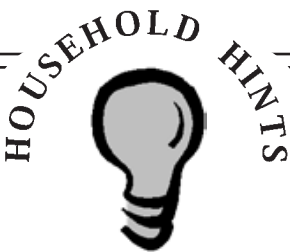
The January Family & Community Education (FCE) Council meeting is scheduled for Jan. 24, 12:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. A soup luncheon will be held. Following the business meeting members will make a Forever Card. All FCE members are invited to attend. Call (402) 441-7180 to register.

Leader Training Lesson, Jan. 26

The FCE and Community Leader Training Lesson “Healthy Meal Planning on a Budget” will be Wednesday, Jan. 26, 1 p.m. at the Lancaster Extension Education Center. UNL Extension Educator Alice Henneman will present the lesson. This lesson will teach participants to plan healthy, delicious meals, consistent with the dietary guidelines, while on a limited budget. If you are not an FCE member and would like to attend, call Pam at (402) 441-7180, so information packets can be prepared.

FCE Scholarship Applications Due May 1

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



Lorene Bartos, UNL Extension Educator

Storing Linens

After the holidays, take a few simple steps to keep your linens in fine shape for years to come. Always clean linens before storing to prevent stains and creases for setting. Do not starch before storing as starch may attract unwanted insects. To store linens without unsightly creasing, roll them around empty paper towel or wrapping paper tubes or hang on hangers in the closet.



Navigating the Ocean of Child Care

A conference for those who provide child care. In-service hours will be given for this conference.

Saturday, March 26

8 a.m.–3:30 p.m.

Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln, NE

For more information, call (402) 441-7180
Cost is \$15 • Pre-registration is due March 18

Take Precautions to Avoid Carbon Monoxide Poisoning and Winter Fire Hazards

When it comes to winter, precautions need to be taken to avoid carbon monoxide poisoning and winter fire hazards.

Carbon monoxide often is called the silent killer because it is an invisible, odorless, colorless gas created when fuels, such as kerosene, gasoline, wood, coal, natural gas, propane, oil, and methane, etc., burn incompletely.

Carbon monoxide can result from faulty furnaces or other heating appliances, portable generators, water heaters, clothes dryers, or cars left running in garages.

Common symptoms of carbon monoxide poisoning may include headache, nausea, and drowsiness. Extremely high levels of poisoning can be fatal, causing death within minutes. Be especially alert during heavy ice and snow conditions in the heating season and extremely cold weather.

To avoid carbon monoxide poisoning, take these precautions:

- Make sure all fuel-burning vented equipment — such as the vents for the dryer, furnace, stove, and fireplace — is vented to the outside to avoid carbon monoxide poisoning. Make sure the vent for the exhaust is kept clear and unobstructed by snow or ice.
- Also be sure the gas meter is clear. If the meter or an appliance vent is covered in snow, remove the snow carefully with the hand, a brush, or broom. Do not remove it by kicking or

with a shovel. Be careful not to shovel, plow or blow snow up against the meter or a vent pipe.

- Install and maintain carbon monoxide alarms to avoid risk of carbon monoxide poisoning.
- Maintain heating equipment and chimneys by having them cleaned and inspected annually by a qualified professional.
- If you need to warm a vehicle, remove it from the garage immediately after starting it. Never run a vehicle or other fueled engine or motor indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not blocked with snow, ice, or other materials.
- Only use barbecue grills — which can produce carbon monoxide — outside. Never use them in the home, garage, porch, or near building openings.
- Follow the use and care instructions when using portable generators during power outages. Safe use is critical, so fumes do not enter the home.
- Remember to keep battery-powered lights indoors and in all vehicles.

To avoid potential fire hazards with space heaters, fireplaces, and other appliances, follow these precautions:

- Turn heaters off when you go to bed or leave the room.
- Use and purchase portable space heaters with an automatic shut off so if they’re

tipped over they will shut off.

- Place space heater on solid, flat surface.
- Plug power cords directly into outlets and never into an extension cord.
- Inspect for cracked, damaged, broken plugs, and loose connections. Replace before using.
- Have a three-foot “kid-free zone” around open fires and space heaters.
- Supervise children when a fireplace, fire pit, or other space heater is being used.
- Use a sturdy, metal screen to prevent contact burns, which are even more common than flame burns.
- All heaters need space. Keep things that can burn, such as paper, bedding or furniture, at least three feet away from heating equipment.
- Use heating equipment that has the label of a recognized testing laboratory.
- Never use the oven for heating.

Many safety professionals warn against using any type of portable space heaters indoors due to fire risks and potential fire hazards. Fuel burning space heaters give off carbon monoxide and other air pollutants. If you must use one in a temporary situation, do not leave it on when no one is in the room or while sleeping.

For more information, go to www.nfpa.org.

SOURCES: Shirley Niemeyer, Ph.D., housing and environment specialist; National Fire Protection Association

Time Most Important for Valentine’s Day

Looking to make a big impression on your partner on Valentine’s Day? It may be cheaper than one thinks. Many people think Valentine’s Day means people have to spend money on each other. For many adult relationships, spending money on the significant other is of less concern than spending time.

Older couples having spent several Valentine’s Days together realize the importance of just spending time together. It could just be as simple as planning a weekend trip together that doesn’t have to include five-star hotels or fancy restaurants. Or the duo could stay home, prepare dinner together and watch a movie. A younger couple that doesn’t have the years of togetherness might feel

compelled to try to impress one another. This doesn’t mean going overboard. Buying someone flowers doesn’t always have to mean buying them roses. Think about the person and try to do something special for them.

For children, Valentine’s Day is great fun. Making the bags for the candy and cards at school provides excitement. Instead of buying store bought cards, see if a child and a couple of his or her friends would rather make their own Valentine’s cards together. Get some construction paper, scissors, glue and let the children go at it. This will help promote creativity while cutting back on the rising cost of manufactured cards.

Source: Kathy Prochaska-Cue, Ph.D., UNL Family Economist

Planning Ahead

continued from previous page
dishes can be put together ahead of time. This is a great way to get the family together and assemble dishes for the week or the night before so they are ready to go when you get home. It will be great for your family to have a hot meal ready and

all the great aroma that comes along with cooking food!

Finally, there is no better time to change your meal planning strategy than now! Every family deserves to take the time to unwind at the dinner table with a well-balanced meal and the benefits that come from eating together.

Top 2011 Garden Trends: Gardening with a Purpose

Put your garden gloves on and join the fun because “gardening with a purpose” is taking root. The purpose may be to grow your own food or create urban ‘green’ sanctuaries, but planting for a greener good is changing neighborhoods and communities, one garden at a time. Big city mayors are promoting gardening programs in schools, connecting students with nature, growing food, and ‘greening’ their urban communities.

Since last year, according to the latest GWA Garden Trends Research Report, half of those surveyed said they have gardens in their backyard, while more than one-quarter have gardens in their front yard. With vegetable gardening up almost 20 percent and community gardens up 60 percent over last year, growing food for the table is certainly on the rise along with gardening with native plants. Backyard conservationists and gardeners are transforming yards, gardens, rooftops and even urban alleys into green and productive spaces, knowing they are making a positive impact.

Here is a look at top emerging garden trends for 2011:

Gardening with a Purpose — In the wake of the shocking Gulf coast images of oil-sheen waves and coated wetlands and wildlife, people are taking measures to protect and conserve valuable natural resources. There is no disputing we all need to work together to rejuvenate, regenerate, and restore Mother Earth. Choosing eco-friendly products over toxic chemicals is a pro-active step to making our world cleaner and



In 2010, the Arbor Day Foundation constructed a green roof demonstration project on top of its headquarters building in downtown Lincoln. Most of the green elements on the roof include sedum and other low-growing plants. The roof also contains a test plot for University of Nebraska–Lincoln professor of agronomy and horticulture Richard Sutton. He is using the test plot to determine which native grasses can thrive and provide benefits in a green roof setting.

greener.

Since healthy plants start with healthy soil, people are looking for sustainable and organic soils.

According to the recent National Gardening Association’s Lawn & Garden Survey, 9 out of 10 households want to manage their lawns and gardens in an environmentally- friendly way.

Eco-Scaping — Terms like “sustainable” and “biodiversity” were seldom heard a decade ago, but today are part of our vocabulary. The move to de-lawn large tracks of turf and transform lawns into sustainable landscapes is achievable with the right plants for the right spot that use less water and pesticides.

Edible Ornamentals — There is rising consumer interest in edibles: small fruit bearing

shrubs and smaller trees. Fresh berries like raspberries and blueberries you can pick right from home are spiking in popularity. According to a recent survey by the Garden Writers Association, about 16 percent more American households planned to add a vegetable garden and an additional 12 percent planned on adding an herb garden. Why? More than three-fourths of respondents felt veggies are less expensive with better taste, quality, and nutrition.

Sustainable Containers — Annual flower sales were down almost 20 percent last year. It appears gardeners see them as “luxuries” they can replace with long-blooming perennials and ever-blooming shrubs. They deliver all-season color without the high maintenance. For

small space gardens, growing food in containers makes sense. Containers brimming with fragrant herbs like basil, rosemary, or thyme are attractive and aromatic additions for indoors and outdoors. Blended containers with herbs and vegetables provide a one-two combo that can’t be beat for freshness and convenience.

Succulents — Dry gardening with less water is bubbling across the nation. From college dorm rooms to home gardens, succulents are a perfect choice. These easy sustainable plants produce showy flowers along with thick, fleshy foliage that stores water. Drought tolerant and able to thrive in a variety of conditions, succulents are perfect for small gardens and large landscapes.

Indoor Gardening — Extend nature’s influence by bringing the outdoors in with houseplants. From “steampunk” Victorian hipster décor rocking among young urbanites to upscale suburban homes, orchids, ferns, and palms are now wildly popular. Chic and easy to grow, orchids are graceful additions to any room. Plus these hard-working beauties clean indoor air from volatile organic compounds and provide oxygen. Phalaenopsis (moth) orchids are perfect choices for easy growing, colorful, and exotic plants that look as comfortable in 21st century homes as they did in Victorian days.

Growing Up with Vertical Gardening — Vertical gardens are becoming increasingly popular and will grow far beyond anything we can envision. Businesses are seeing

the productivity, environmental quality, and return on investment that indoor plantings and vertical living walls are bringing to their projects. Climbing plants can be used to provide privacy, screen eye-sores and draw the eye upward to create the illusion of space.

Urban Farming & CSA’s — In step with the move to reinvigorate communities with gardens, urban farming, and Community Supported Agriculture (CSA) farms are springing up. Urban farming ‘micro-farms’ are converting small spaces in blighted areas into thriving farms that produce fresh produce for inner city communities. According to the Slow Food Movement, farmer’s markets and CSA’s are up a whopping 60 percent.

New Urbanism — Sustainable urban communities offering convenient and enjoyable places to enjoy an urban lifestyle are rising in popularity. Rest-stop parklets replicating European traditions of outdoor plazas for sunning and socializing, are popping up throughout cities and small towns where, believe it or not, loitering is encouraged! These new “parklets” convert concrete parking stalls along a block for relaxation, eating, and enjoying green spaces with flowering shrubs, trees, and paths. Planting water wise plants, collecting rain-water, homes, and apartments with less turf and more plants encourages better stewardship of our earth and reconnects us as fellow stewards of our resources and our communities.

Source: GMG 2011 Garden Trends visit www.gardenmediagroup.com.



Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

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-growing species such as tomatoes. Eight weeks allows enough time for the slower-growing types such as peppers.

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 three 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.

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 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.

2011 All-America Selections Flower Winners

Gaillardia ‘Arizona Apricot’

Gaillardia ‘Arizona Apricot’ offers a new and unique apricot flower color to the garden. Blooms are 3-inch daisy-like flowers and have yellow edges that deepen to a rich apricot in the center. Just 105 days after sowing seed, this *Gaillardia x grandiflora* will bloom from early summer into autumn. The compact 12-inch tall plants offer bright green foliage and a tidy uniform habit best viewed when planted to the front of the flower bed. This long-flowering perennial is hardy in USDA Zones 2–10, is relatively maintenance free, and drought-tolerant once established. Gardeners will want to remove old flowers to encourage additional blooming.



Gaillardia ‘Arizona Apricot’



Salvia ‘Summer Jewel Red’

Ornamental Kale ‘Glamour Red’

This is All-America Selections’ first winning kale (edible or ornamental) in 78 years of trials! ‘Glamour Red’ is an excellent achievement in breeding for its unique shiny leaves. The waxless quality of the leaves makes them shiny with a more intense, vivid color as compared to existing ornamental brassicas. It is a fringed-leaf type *Brassica oleracea* with flower head size of 10–12 inches. This full sun annual will bloom 90 days from sowing seed to first color. Leaf coloring begins when night temperatures fall below 55°F for approximately two weeks.



Ornamental Kale ‘Glamour Red’



Viola ‘Shangri-La Marina’

Salvia ‘Summer Jewel Red’

This *Salvia coccinea* was consistently rated superior or above average by the AAS judges because of its early and generous flower blossoms, continuing from spring to autumn. Additionally, each dwarf and densely branching plant remains a tidy 20-inches tall, even at full maturity. The

bright red flower spikes are covered with half-inch blooms making it perfect for the bird lover’s garden where the bright red color acts as a magnet for hummingbirds. As an added bonus, goldfinches swarm the plant for seeds. Even the leaves add beauty with their fine textured, dark-green color.

see ALL-AMERICA on next page

Growing Asparagus in the Home Garden

Asparagus is the earliest spring vegetable for most Nebraska gardeners and a high value garden crop. It's a delicious and nutritious food, and with proper care an asparagus planting can be productive for 20 or more years.

Purchasing Asparagus Crowns

For most home gardeners, asparagus is best planted from one-year-old, healthy, disease-free crowns, purchased from a reputable grower. A "crown" is the root system of a one-year-old asparagus plant that was grown from seed. Each crown can produce 1/2 lb. of spears per year when fully established.

For the adventurous grower, asparagus can be planted from seed. However, caring for the small seedlings until they become established can be time consuming. Also, because the seeds are spaced a few inches apart, the crowns will have to be dug and transplanted to their permanent, wider-spaced location in the garden after one year.

For highest yields, choose one of the new all-male hybrid asparagus varieties that have been developed by Rutgers University, such as 'Jersey Knight,' 'Jersey Supreme,' and 'Jersey Giant.' These all-male cultivars can out-produce older female cultivars, such as 'Mary Washington' and 'Martha Washington,' by 3 to 1. Using male hybrids also avoids the weed problems caused by new asparagus seedlings.

Planting

Asparagus can be planted from mid-April to late May after the soil has warmed up to about



Photo by watchthegardengrow.com

Asparagus crown

50°F. There is no advantage to planting the crowns in cold, wet soils. They will not grow until the soil warms and there is danger of the plants being more susceptible to Fusarium crown rot if crowns are exposed to cold, wet soils over a prolonged period. Plant the asparagus at either the west or north side of the garden so that it will not shade the other vegetables and will not be injured when the rest of the garden is tilled.

Dig a furrow no deeper than 5 to 6 inches. Research has shown that the deeper asparagus crowns are planted, the more total yield is reduced. Apply about 1 lb. of 0-46-0 (triple superphosphate) or 2 lbs. of 0-20-0 (superphosphate) fertilizer per 50 feet of row in the bottom of the furrow before planting. This will make phosphorus immediately available to the crowns. Omitting this procedure results in decreased yields and spear production will not be as vigorous.

Place the crowns into the furrow on top of the fertilizer. The fertilizer will not burn the crowns. Space the crowns 1-1/2 feet apart in the row. If more than one row is planted, space the rows five feet apart from center to center. Wide between-row spacing is necessary because the vigorously growing ferns

will fill in the space quickly. Wide spacing also promotes rapid drying of the ferns to help prevent the onset of fungus diseases.

After planting, back fill the furrow to its original soil level. It isn't necessary to gradually cover the crowns with a few inches of soil until the furrow is filled in. However, do not compact the soil over

the newly filled furrow or the emergence of the asparagus will be severely reduced. Spears should emerge within one week in moist soils.

Asparagus is very drought tolerant and can usually grow without supplemental watering because it seeks moisture deep in the soil. However, if rainfall is insufficient when planting or afterwards, it is beneficial to irrigate the crowns. Otherwise the plants will become stressed and vigorous growth will be impeded.

Harvesting

Not harvesting asparagus during the first planting year, will ensure greater root development and energy storage. Spears will be produced from buds on the crown, elongating to a height of about 8 to 9 inches. The plant's fern-like foliage will produce food for the plant and then move it down to the crown for next year's spear production.

Harvest lightly for only 3 to 4 weeks the second year. In subsequent years, harvesting can begin when the newly emerging spears reach 6 to 8 inches tall, usually about mid-April in eastern Nebraska, and continue for 6 to 8 weeks. Remove the spears by cutting or snapping them off at the soil surface.

UNL Acreage Web Site Provides Timely Information



Are you looking for answers to problems on your acreage? Maybe pine wilt has killed trees in your windbreak; now you need to know how to manage the disease and renovate your tree stand. Maybe you're a new horse owner and need information on winter care for your horses. Or maybe you need information about the best way to manage your septic system. University of Nebraska-Lincoln Extension provides unbiased, research-based answers to these and many more questions, so that acreage owners have the information they need to manage their rural living environment, through the Acreage Insights Web site, <http://acreage.unl.edu>.

Acreage Insights features timely information on the topics of landscapes, livestock, wildlife, pest and weed management, well and septic system management, and entrepreneurial opportunities for acreage owners. Subscribe to our monthly email newsletter, view video presentations and demonstrations on timely topics, or follow Acreage Insights via Facebook and Twitter. You can even submit questions, using the "Ask An Expert" feature, and get answers from UNL Extension experts to your troublesome acreage problems.

In February, the Web site will feature a short video on "Understanding Seed Catalog Terminology," which explains the meaning of common horticulture terms, such as hybrid and cultivar, and enables gardeners to choose the best seeds and plants for their landscapes.

All this information and more can be found at <http://acreage.unl.edu>.

— Sarah Browning, Extension Educator

All-America Selections

continued from previous page
'Summer Jewel Red,' just 50 days from sowing to first flower, is approximately two weeks earlier than other red salvias. Expect long-season performance and superior holding ability in both wind and rain. This annual is ideal for full sun containers, mixed beds, and borders where uniformity is desired.

Viola 'Shangri-La Marina'

This winning *Viola cornuta* is an early-flowering, mounding viola in a vibrant new color for this type. In trials, the 6-inch tall plants kept a low-growing mounding habit. Colorful and prolific 1-inch blooms have light blue petals with a velvety dark blue face is surrounded by a narrow white border. Judges noted earlier and showier blooms with noticeable drive-by flower power. Flower color was a consistent deep Marina blue throughout the season. This vigorous frost-tolerant biennial provides a solid mat of fall color until covered with snow followed by a great recovery in spring. Grow in full sun as a low edging in the garden or in hanging baskets and pots.

Source: All-America Selections

Nut Orchard Seminar, Feb. 17

The Nebraska Nut Growers Association (NeNGA) is sponsoring a Nut Orchard Planning, Planting, Care, and Harvesting seminar on Thursday, Feb. 17, 7-9 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Rd., Lincoln. If you want to plant one nut tree or an orchard, you should find this seminar informative so you can plan for success. NeNGA and University of Nebraska-Lincoln have worked together for 30 years in the cultivation of high quality cultivar nut trees like pecan, walnut, hickory, and chestnut. There will also be an update on hazelnut development for our area.

Everyone has different expectations and goals when planting nut trees. This seminar will introduce you to most aspects of what it takes to accomplish your goals and expectations. There will be professional growers on hand to answer your questions.

- Planning phase will cover information on the characteristics of different nut trees that have been cultivated for our area.
- Planting phase will cover planting consideration.
- Caring phase will cover tasks required to bring a seedling to a productive producing nut tree.
- Harvesting tasks will cover harvesting techniques, processing, and the marketing your nuts.

Nebraska Hay Hotline Connects Buyers and Sellers

The Nebraska Department of Agriculture's (NDA) Hay and Forage Hotline is available to help connect Nebraska hay growers with buyers. This free service provides the seller's basic hay information to anyone interested in purchasing hay. To see this directory go to Hay & Forage Hotline, <http://www.agr.ne.gov/hayhot/hayhotline.htm>, where a listing of hay sellers can be downloaded in either a Adobe pdf or Excel spreadsheet format. To request the list by mail, call the Hotline at (402) 471-4876 or (800) 422-6692.

Producers who would like to have their information listed in the "Sellers List" on the Hay Hotline, should call and provide their name, city, county, state, phone number, kind of hay, amount for sale, price, and any notes. New producers are added to the online listing on a regular basis and older entries are removed after being posted for one year or sooner upon producer request.

NDA encourages hay and forage producers and buyers to use this valuable directory.





February

Trina Brown

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

Trina started volunteering with 4-H as a parent volunteer when her daughter began 4-H six years ago. Trina started the Super Shamrocks club three years ago and is organizational leader.

Every year, she and her club members volunteer at the Lancaster County Fair setting up displays and taking a shift at the 4-H food booth. This will be the second year Super Shamrocks is recognized a Nebraska Club of Excellence.

"I enjoy working with the kids," says Trina Brown. "As they learn new skills and interact in volunteer community projects, they really open up and come alive with all the possibilities in front of them. My favorite experience as a 4-H volunteer was when we made pillows as a group project. After finishing, I asked the 4-H'ers what they had learned. One girl raised her hand and said she learned it is much easier and faster just to buy a pillow. I had to smile at that! Valuable lesson learned."

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

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



Meet the 2011 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 operating a food booth at the Lancaster County Fair. These funds help support 4-H programs, activities, and scholarships. Here is this year's 4-H Council:

Officers: Quentin Farley (President), Spencer Farley (Vice-President), Lynnette Nelson (Treasurer), and Rachel Pickrel (Secretary).

Members: Elizabeth Frobish, Kent Frobish, Miranda Gunnerson, Mark Hurt, Katie Lloyd, Mike Lloyd, Ann Pickrel, Jennifer Cusick-Rawlinson, Abby Spencer, Jessica Stephenson, and Stephanie Wachter.



4-H/FFA Market Beef Weigh-In, Feb. 3

4-H/FFA market beef weigh in will be held Thursday, Feb. 3, 6-8 p.m. at the Lancaster Event Center – Pavilion 3. Any market steer or heifer planning to show at county fair, state fair, or Ak-Sar-Ben 4-H Livestock Show must weigh-in and get DNA processed at this time.

Food and Nutrition Resource for 4-H Clubs

Are you interested in having hands-on nutrition projects brought to your club? A UNL dietetics major and former 4-H member is interested in working with 4-H clubs in the area of foods and nutrition. For more information, call Tracy at (402) 441-7180.

Crocheting Workshop, Feb. 5

All youth ages 8 and up (need not be enrolled in 4-H)



are invited to learn how to crochet a dish cloth utilizing the single crochet stitch at a free basic crocheting workshop on Saturday, Feb. 5, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. All supplies will be provided. Adults are welcome to attend. Must preregister by Feb. 2 by calling (402) 441-7180. 4-H'ers may enter dish cloths at the county fair under 4-H Clothing — Level 1 Knit or Crochet.

Now is a Good Time to Choose 4-H Diamond Clover Goals

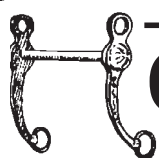
The Nebraska 4-H Diamond Clover Program is a statewide program which encourages 4-H members to engage in a variety of projects and activities. Every 4-H'er who participates can earn recognition! Youth can progress from Level 1 up through Level 6.

At the beginning of the 4-H year, youth choose goals from a provided list and at the end of the 4-H year, fill out a report which documents their accomplishments. For each level, the Nebraska 4-H Diamond Clover program provides a list of age-appropriate activities, increasing in numbers and difficulty for each level.

For more information, go to <http://4h.unl.edu/diamondclover> or call (402) 441-7180.

Community Service Grants Due March 2

The Governor's Agricultural Excellence Awards are sponsored by the Nebraska Investment Finance Authority (NIFA) in cooperation with the Nebraska 4-H Foundation. These awards recognize 25 4-H clubs each year for the work of the individuals in the club and the community service work of the entire club. Recognition is in the form of \$500 checks issued to the club's treasury to be used as described in the award application form completed by the club. Forms are due by March 2. For more information, go to www.ne4hfoundation.org/agexcellenceaward.htm.



HORSE BITS

4-H Horse Stampede, Feb. 19

The 4-H Horse Stampede will be held Saturday, Feb. 19 at the Animal Science Building on UNL East Campus. Lancaster County has several 4-H'ers competing in these statewide competitions. The schedule is as follows:

- Art Contest Judging and Display, 8:30 a.m.–2 p.m.
- Demonstration Contests, 8 a.m.
- Public Speaking Contests, 8:30 a.m.
- Horse Bowl, 12 p.m.

These are fun contests! I would highly encourage those of you who aren't familiar with Stampede to stop in and see what it is all about. Support our county 4-H'ers and see if the contest might be something you would enjoy doing in the future. These competitions do not require a horse.

Between Stampede events, you may want to check out the UNL Equestrian Team who will be hosting an intercollegiate show in the R.B. Warren Arena (also located in the Animal Science Building). Several former Lancaster 4-H'ers are on the UNL team!

No admission fee for either the Stampede or Equestrian Team show.

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://go.unl.edu/3o4>. Applications must be postmarked by March 1.

2011 Horsemanship Level Testing Dates

Mark your calendars! The 2011 group testings will be held at the Lancaster Event Center on the following dates:

- Tuesday, April 19, 6 p.m.
- Tuesday, May 3, 6 p.m.
- Tuesday, June 21, 6 p.m.
- Tuesday, June 28, 6 p.m.
- Tuesday, July 5, 6 p.m.
- Saturday, Oct. 1, 9 a.m.

Please RSVP at least by one week in advance with Marty at mcruickshank2@unl.edu or (402) 441-7180.

4-H Youth Eat Up Equine Nutrition Clinic

Approximately 90 4-H members, their families, and leaders attended a clinic on equine nutrition held in December at the extension office. Jennifer Cusick-Rawlinson was lead clinician. Some of the areas covered include feeding options, deciding what to feed, body condition scoring, reading labels, cost saving tips, solving common equine nutrition problems, weighing feed samples, converting girth measurement to weight estimates, and completing a feed chart for horsemanship levels II and III. The clinic was followed by lunch.





Lancaster County 4-H and 4-H Council invite ALL 4-H'ers, 4-H families and volunteers to



4-H Achievement Night

Thursday, Feb. 10 • 6:30 p.m.

Lancaster Extension Education Center

444 Cherrycreek Road, Lincoln

Evening Starts With a Dessert Potluck

Please bring a dessert to share (plates and utensils provided).

Lancaster County 4-H congratulates all 4-H youth who commit themselves to excellence!

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



"2010
4-H Year in
Review" video!

Part of
Nebraska 4-H
Month!

Pillow Party, March 12

All youth ages 8 and up (need not be enrolled in 4-H) are invited to learn beginning sewing skills and make a pillow at the Pillow Party on Saturday, March 12, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape), etc. Also bring 1/3 yard and 2/3 yard contrasting fabrics, pre-washed, 100% cotton (no plaids) and matching thread. Pillow forms provided. No cost to attend. Adults are welcome. Sign up by March 10 by calling (402) 441-7180. 4-H'ers may enter pillows at the county fair under 4-H Clothing - Sewing for Fun.

Jammie Jamboree, April 2

Learn basic sewing skills as part of the 4-H Clothing Level 1 project and make jammie bottoms on Saturday, April 2, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Open to all youth (need not be in 4-H). Adults are welcome.

Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape, etc.), pull-on pajama bottom pattern (one simple pattern is Simplicity 3553), prewashed flannel or 100% cotton fabric (no one-way design fabrics or plaids) and matching thread. Also bring a sack lunch. Sign up by March 31 by calling (402) 441-7180. Jammie bottoms may be entered at the county fair and styled in the Style Revue under Clothing Level 1.

Clover College Instructors and Volunteers Needed

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

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 age 9 or older and currently enrolled in 4-H. Scholarship is based on need. Application deadline is May 1 — preference given to applications submitted by March 1. Applications are available at the extension office and at <http://go.unl.edu/hqw>.

Spring Rabbit Show

Saturday, March 19, 9 a.m.

Registrations 7:30-9:00 a.m.

Location To Be Announced

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 Showmanship.

FREE CONTESTS: Rabbit Quiz & Rabbit Races!

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 (402) 782-2186 or Marty at (402) 441-7180

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

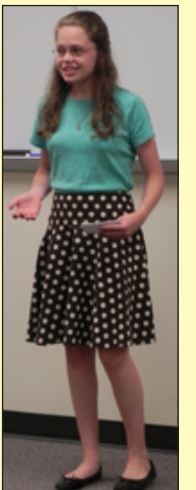
Opportunity to learn and practice your showmanship!

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.

4-H Speech & PSA Contests

Opportunity to Practice Communication Skills

The Speech & Public Service Announcement (PSA) Contests provide 4-H'ers the opportunity to learn to express themselves clearly, organize their ideas and have confidence. Contests are open to all 4-H'ers ages 8-18 (by January 1 of the current year) — need not be enrolled in a specific project. Youth may choose to participate in either or both the Speech and PSA contests. For resources, guidelines, and examples go to <http://lancaster.unl.edu/4h/Contest/speech.shtml>.



Speech Contest, May 1

The 2011 4-H Speech Contest will be held Sunday, May 1, 1:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Register by April 25 by calling (402) 441-7180 or emailing dkarmazin2@unl.edu with your name, speech title & your age division. Contest divisions:

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

PSA Contest, Due April 25

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

State 4-H asks for PSA's to be non-county specific so winning PSA's can be aired on radios statewide (for example, say "call your local extension office").

- All PSA's must use the state theme as the basis for their PSA. **The 2011 PSA theme is "Taking the Lead."**
- All 4-H PSA's must include the following tag line within the last ten seconds of the PSA: "Learn more about the University of Nebraska-Lincoln Extension 4-H Youth Development Program at 4h.unl.edu and 'Know How. Know Now.'" The tag line is included in the 60 second time limit.

As always, background noises and sound effects are encouraged.

4-H Clubs Needed to Help Provide Booths at Kiwanis Karnival, April 9

The annual Kiwanis Karnival, a FREE family event is sponsored by the Lincoln Center Kiwanis. This year, it will be held Saturday, April 9, 6-8 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 (402) 441-7180. Come join the fun!

Lincoln's Free Tax Preparation and Filing

Volunteer Income Tax Assistance (VITA) is a program developed and co-sponsored by the IRS with assistance from local coalitions which offers free tax help to low- to moderate-income individuals who need assistance preparing their federal and state tax returns. As part of local VITA efforts, the Lincoln Earned Income Tax Credit (EITC) Coalition led by Community Action Partnership of Lancaster and Saunders Counties, will provide free tax preparation services at several sites in Lincoln.

In 2010, the Lincoln EITC Coalition filed over 5,000 free tax returns which resulted in over \$6 million in refunds to our local economy. Approximately 35% of those refunds (or over \$2 million) was from the EITC.

The EITC is a special tax benefit for working people who earn low to moderate incomes. **Updated for 2010:** The maximum amount of income you can earn and still get the credit has increased, and you may have up to three qualifying children.

You may be able to take the EITC if:

- You have three or more qualifying children and your earned income was less than \$43,352 (\$48,362, if married filing jointly).
- You have two qualifying children and your earned income was less than \$40,363 (\$45,373, if married filing jointly).
- You have one qualifying child and your earned income was less than \$35,535 (\$40,545, if married filing jointly). OR
- You do not have a qualifying child and your earned income was less than \$13,460 (\$18,470, if married filing jointly).

Please note: if your tax return has transactions beyond the scope of the VITA volunteers' training, VITA volunteers cannot prepare the return. In case of bad weather, please call the VITA site or tune into KFOR 1240 AM for cancellations.

For more information about VITA sites in Lincoln, call 2-1-1, or go to www.community-actionatwork.org. For VITA sites outside of Lincoln, call 1-877-659-7870.

Lincoln VITA Sites and Hours

Volunteer Income Tax Assistance (VITA) sites offer FREE tax preparation and filing of Federal and State of Nebraska returns Jan. 22–April 15 unless otherwise noted.

ANDERSON LIBRARY

3635 Touzalin Avenue

- Tuesdays, 4:30–7 p.m. (closed April 5)
- Wednesdays, 4:30–7 p.m.

ASIAN COMMUNITY & CULTURAL CENTER

2615 O Street

- Monday–Friday by appointment, call (402) 477-3446

BENNETT MARTIN LIBRARY

14 & N Streets

- Tuesdays, 11 a.m.–2 p.m. (Jan. 25–Feb. 22)
- Wednesdays, 11 a.m.–2 p.m. (Jan. 26–Feb. 23)
- Sundays, 1:30–4 p.m.

EISELEY LIBRARY

1530 Superior Street

- Mondays, 1–7 p.m. (closed Feb. 21)
- Thursdays, 1–7 p.m.

GOOD NEIGHBOR CENTER

2617 Y Street

- Tuesdays, 6–8:30 p.m. (Feb. 1, 8, 15 only)
- Sundays, 1–4 p.m. (Jan. 30, Feb. 6, 13 only)

INDIAN CENTER

1100 Military Road

- Monday–Friday by appointment, call (402) 438-5231 ext. 105

COMMUNITY ACTION PARTNERSHIP

210 O Street

- Mondays, 5–7:30 p.m. (Jan. 24–April 11)
- Tuesdays, 5–7:30 p.m. (Jan. 25–Feb. 22)
- Wednesdays, 5–7:30 p.m. (Jan. 26–Feb. 23)
- Thursdays, 5–7:30 p.m.
- Fridays, 9–11:30 a.m. (Jan. 28–Feb. 25)

NEBRASKA EAST UNION

Enter on Holdrege & 35th & follow signs

- Mondays, 5–8 p.m. (Jan. 24–Feb. 20)
- Tuesdays, 5–8 p.m. (Jan. 25–Feb. 20)
- Wednesdays, 5–8 p.m. (Jan. 26–Feb. 20)
- Saturdays, 1–5 p.m. (Jan. 22–Feb. 20)
- Sundays, 1–5 p.m. (Jan. 23–Feb. 20)

NEBRASKA UNION

14th & R

- Mondays, 5–8 p.m. (Feb. 28–March 9)
- Tuesdays, 5–8 p.m. (March 1–9)
- Wednesdays, 5–8 p.m. (March 2–9)
- Saturdays, 1–5 p.m. (Feb. 26–March 9)
- Sundays, 1–5 p.m. (Feb. 27–March 9)

WILLIAMS LIBRARY

at Arnold Elementary, NW 48th Street & West Cuming

- Tuesdays, 4:30–7 p.m. (Jan. 25–Feb. 22)
- Wednesdays, 4:30–7 p.m. (Jan. 26–Feb. 23)



Caleb Pickard, a Physics/Philosophy Major from Bismarck, N.D. is one of several UNL students providing free tax preparation at the UNL sites.

UNL Students Get Involved at Campus Tax Preparation Sites

University of Nebraska–Lincoln students are providing free tax preparation services at the UNL Volunteer Income Tax Assistance (VITA) sites, and have done so for the past four years. Free parking and childcare is also provided at the UNL sites.

Dr. Linda Moody, assistant director of Service-Learning, says, “Our students gain real world experience through this service opportunity. Not only do students learn tax law and how to complete tax returns, they learn from the community members as well. This valuable experience has helped students gain valuable work experience leading to internships and entry-level employment.”

In 2010, UNL student

volunteers prepared 785 tax returns which generated \$1,400,000, including \$373,000 of Earned Income Tax Credit. The 26 student volunteers donated 1,200 hours to help low- and moderate-income families electronically file their returns. Those receiving refunds have said they plan to pay off bills, repair a car, or pay their mortgage.

The UNL students will prepare tax returns at the Nebraska East Union Jan. 22–Feb. 20 and at the Nebraska Union on city campus Feb. 26–March 9. The sites are open Saturday and Sunday from 1 to 5 p.m. and Monday, Tuesday, and Wednesday from 5 to 8 p.m.

UNL students are also providing expertise at six targeted sites.

What to Bring to Have Your Taxes Prepared at a VITA Site

- W-2's from your employer, 1099's for miscellaneous income, and W2-G's for gambling income
- 1099's for interest, dividends, unemployment, retirement, and other income
- Social Security cards or ITIN letters (for you, your spouse, your children, and other dependents)
- Copy of last year's tax return (very helpful)
- Child care information (provider's ID number and address and receipts for amount paid)
- Blank check or savings account information for direct deposit
- Statements of student loan interest, mortgage interest and property tax
- List of any other income and expenses

EXTENSION NEWS

New 4-H Embryology Staff Member Joins Extension

Karen Madden joined UNL Extension in Lancaster County in December as an extension assistant for the 4-H Embryology school enrichment program. She will coordinate the Embryology science unit in schools and give presentations in classrooms.

Each spring, approximately 4,000 Lancaster County third graders in 175 classrooms at 53 schools incubate, candle, and watch eggs hatch. During the 21 day incubation period, students care for chicken eggs and study the stages of the developing embryos. Students “candle” their eggs by holding a light to the egg to reveal a silhouette of the chick inside.

Karen will also coordinate chicks hatching on EGG Cam, part of the Lancaster County Embryology Web site at <http://lancaster.unl.edu/4h/Embryology>.

Prior to joining extension, Karen was a Family and Consumer Sciences middle school teacher in Lakewood, Colo. She has a BA in



Karen Madden sets eggs in an incubator for EGG Cam.

Consumer Affairs with a Business minor and an MA in Industrial/Organizational Psychology from Louisiana Tech University in Ruston, La.

NEBRASKA
FAMILY
HELP
LINE
1-888-866-8660

- Trained counselors 24/7/365
- Children's behavioral issues
- Parent/child conflict resolution
- Youth mental health services



EXTENSION CALENDAR

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

January

- 24 Landowners Update Meeting8 a.m.–Noon
24 Family & Community Education (FCE) Council Meeting 12:30 p.m.
26 Family & Community Education (FCE) and Community Leader Training Lesson, “Healthy Meal Planning on a Budget” 1 p.m.
27 Private Pesticide Applicator Training Session..... 8:30–11:30 a.m.
29 Private Pesticide Applicator Training Session..... 8:30–11:30 a.m.

February

- 1 Initial Pesticide Training.....8:30 a.m.
2 Private Pesticide Applicator Training Session..... 6:30–9:30 p.m.
3 Recertification Pesticide Training 9 a.m.
3 4-H/FFA Beef Weigh In, Lancaster Event Center - Pav. 2.....6–8 p.m.
5 4-H Basic Crocheting Workshop 9 a.m.
10 4-H Achievement Night6:30 p.m.
11 Extension Board Meeting..... 8 a.m.
13 4-H Teen Council Meeting 3 p.m.
15 Guardian/Conservator Training 1:30–4:30 p.m.
17 Parents Forever Class 9 a.m.–12:30 / 5:30–9 p.m.
19 4-H Horse Stampede, UNL Animal Science Building
23 Family & Community Education (FCE) and Community Leader Training Lesson, “Ready to Learn Wiring: Infants and Toddlers for Success!” 1 p.m.
24 Initial Pesticide Training.....8:30 a.m.

Lancaster Ag Society Seeks Nominations for Hall of Fame

At the 2010 Super Fair, the Lancaster County Agricultural Society unveiled a new Ag Society Hall of Fame located at the Lancaster Event Center. This wall formally recognizes those individuals who have dedicated time and effort to the Lancaster County Agricultural Society beyond the normal volunteer hours and have made significant contributions to the establishment, development, advancement or improvement of the Lancaster County Fair. Last year’s inductees were Gordon Chapelle, Larry Hudkins, Franklyn Manning, and Charlie Willnerd. If you know of a person who is deserving of this honor, please nominate them. Nomination forms and more information can be requested by calling the Lancaster Event Center at (402) 441-6545. Nomination forms will be due by May 1, 2011.

Horsin’ Around, Feb. 12–13

University of Nebraska-Lincoln Extension is presenting the 18th Annual Horsin’ Around conference Feb. 12–13 at the R.B. Warren Arena in the Animal Science Complex on UNL East Campus. Clinicians are Shane Dowdy and Jamie Hartman. The clinic is open to participants of all ages. Adult registration is \$30 for the weekend or \$20 for one day. For youth 18 and under, registration is \$20 for both days or \$15 for one. Registration closes Feb. 7. If the clinic doesn’t sell out, adult registration will be available at the door for \$40 for the weekend and \$25 for one day — youth registration at the door will be \$30 for the weekend and \$20 for one day. For more information or to preregister, go to <http://go.unl.edu/nhe> or call (402) 472-6411.

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 2011 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).



Open House Events

RED LETTER DAY

Monday, Feb. 21 — an all-day open house experience for high school seniors.

JUNIOR WEDNESDAYS

Wednesdays from March 2 to April 27 — a Husker Weekday tailored for juniors.

BIG RED OPEN HOUSE

March 7, April 15 or April 22 — Spend a day on campus learning more about academics, student life, scholarships, and Husker spirit!

SUPER SATURDAY

April 2 — A visit day built by students for students!

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



The University of Nebraska-Lincoln is an equal opportunity educator and employer with a comprehensive plan for diversity.



EXTENSION

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

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

(402) 441-7180

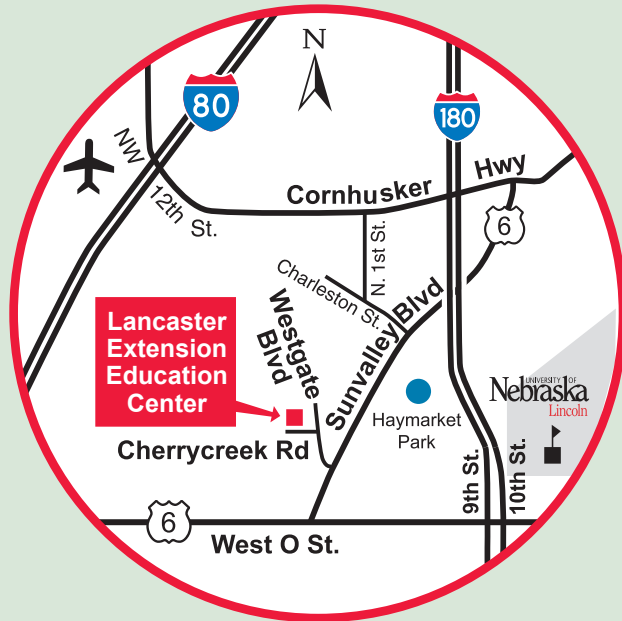
<http://lancaster.unl.edu>

Email: lancaster@unl.edu • Fax: (402) 441-7148

Join us on YouTube, Twitter, and Facebook

<http://lancaster.unl.edu/media>

Lancaster Extension Education Center Conference Facilities
444 Cherrycreek Road, Lincoln



University of Nebraska-Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture. We assure reasonable accommodation under the Americans with Disabilities Act; for assistance contact UNL Extension in Lancaster County at (402) 441-7180.

Extension Educator & Unit Leader Gary C. Bergman

Extension Educators
Lorene Bartos
Sarah Browning
Maureen Burson
Tom Dorn
Alice Henneman
Barb Ogg
Karen Wobig

Extension Associates
Mary Abbott
Tracy (Kulm) Anderson
Soni Cochran
Marty Cruickshank
Mary Jane Frogge
Deanna Karmazin
Mardel Meinke
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THE NEBLINE

THE NEBLINE is published monthly (except December). Mailed to more than 12,000 households in Lancaster County and can be read online at <http://lancaster.unl.edu/nebline>

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We will only use your phone number in case there is a problem with your mailing address.

Mail to: UNL Extension in Lancaster County
444 Cherrycreek Road, Suite A • Lincoln, Nebraska 68528-1507



Can You Guess It?

Did you guess it? Find out at <http://lanaster.unl.edu>

Did you guess it from the Nov./Dec. NEBLINE?
The answer was: Corn Residue

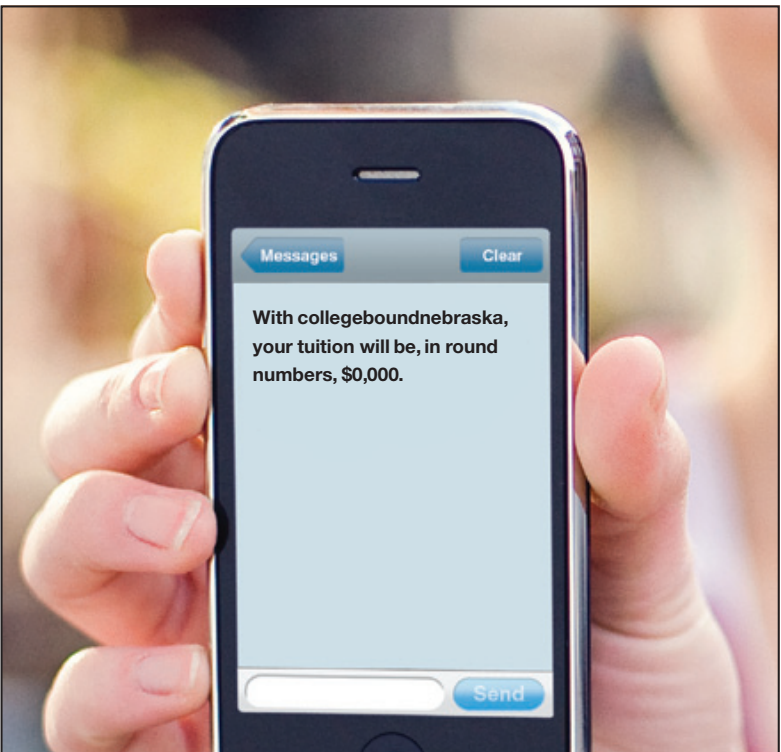
Watch Chicks Hatch Online with EGG Cam!

<http://lanaster.unl.edu/4h/Embryology>

Now streaming video in near real time!

Embryology resources include incubation, candling, and more!

Become a Facebook Fan!



Qualified students can choose any University of Nebraska campus, earn a bachelor's degree and pay no tuition. Visit collegeboundnebraska.com for details.

LINCOLN | OMAHA | KEARNEY | MEDICAL CENTER



4-H Summer Camp Brochures Now Available

2011 4-H Summer Camp brochures are now available online at <http://4h.unl.edu/camp> and 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 2011 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. 1.
- **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 1.

- **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 May 1.

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

Explore Career Options at Big Red Academic Camps

The 2011 Big Red Summer Academic Camps are a chance for youth grades 9–12 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 University of Nebraska–Lincoln faculty members. The camps are residence camps held on UNL 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 (402) 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
3D Animation/Virtual World Creation	June 12–17
Culinary Arts and Food Science	June 12–17
Entrepreneurship*	June 12–17
Filmmaking	June 12–17
Geology and Paleontology*	June 12–17
The Outdoors	June 12–17
Textile Design*	June 12–17
Unicameral Youth Legislature	June 12–15
Veterinary Science	June 12–17

* New camp for 2011.
Big Red Summer Academic Camps reserves the right not to hold a camp due to low participation numbers.