

1-2014

## NEBLINE, January 2014

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# The NEBLINE

University of Nebraska–Lincoln Extension in Lancaster County

## 4-H Youth Serve Their Community By Volunteering

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

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

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

Examples of community service projects reported include:

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

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

### Fantastic 4 Club Does Monthly Activity with Union Manor

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

focusing on community service and dedicating their time to helping others.

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

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

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



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

### Joe’s Clover Knights Club Donates Toys and Stocking Stuffers

This Christmas, Joe’s Clover Knights 4-H club decided to help Catholic Social Services’ St. Nicholas Toy Shoppe for children in need. At the club’s November meeting, 78 members brought a toy and filled



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

out special cards to attach to each of the toys. The youth also assembled 250 stocking stuffer bags with a variety of small items to be given out to children at the St. Nicholas Toy Shoppe. Joe’s Clover Knights club members made a special visit to Catholic Social Services to deliver their gifts, at which time they volunteered to organize stacks of donated diapers and were given a tour of the facility.

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

### Boots ‘N’ Hooves Club Volunteers Monthly

The Boots ‘N’ Hooves 4-H horse club makes it a goal to volunteer in the community once a month. This was the third year Boots ‘N’ Hooves volunteered with the Center For People in Need’s Giving Thanksgiving Food event. Members worked a three-hour shift and helped bag

produce, break down boxes and hand out food to recipients.

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

see *COMMUNITY SERVICE* on p. 8



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



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

### “366 COMMUNITY SERVICE IDEAS”

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

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# January is Soup Month — Serve Soup Safely!

Alice Henneman, MS, RD  
UNL Extension Educator

What could be simpler than  
supping on a big, steaming bowl  
of soup. A hearty soup — made  
with veggies and meat, poultry,  
fish or dried beans — can be the  
main dish for your meal. Add  
some crackers or breadsticks on  
the side and perhaps fruit for  
dessert and you're ready to eat!

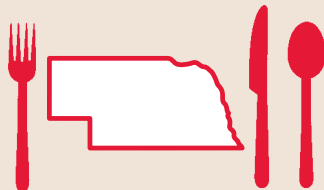
Make a large batch of soup  
and enjoy some for another

meal. Many soups, with the  
possible exception of seafood  
soups, may taste better the next  
day! For best safety and quality,  
plan to eat refrigerated soup  
within 3–4 days or freeze it. And  
avoid letting soup set at room  
temperature for more than TWO  
hours.

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

temperature in your refrigerator.  
To be safe:

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



## HEALTHY EATING

### ENJOY NEBRASKA FOODS!

Alice Henneman, MS, RD, UNL Extension Educator

## Slow Cooker Moroccan Beef and Sweet Potato Stew

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

**2-1/2 pounds beef stew meat, cut into  
1 to 1-1/2-inch pieces**  
**3 tablespoons all-purpose flour**  
**2 teaspoons ground cumin**  
**1 teaspoon ground cinnamon**  
**1 teaspoon salt**  
**1/4 to 1/2 teaspoon ground red pepper**  
**1 pound sweet potatoes, peeled, cut into 1-inch  
pieces (about 3 cups)**  
**1/2 cup regular or golden raisins**  
**1 can (14-1/2 ounces) diced tomatoes with garlic  
and onion**

**Salt**

**Hot cooked couscous (Alice's note: You could substitute rice or pasta)**

**Chopped toasted almonds (optional)**

**Chopped fresh parsley (optional)**



1. Combine flour, cumin, cinnamon, salt and red pepper in 3-1/2 to 5-1/2-quart slow cooker. Add beef, sweet potatoes and raisins; toss to coat evenly. Pour tomatoes on top. Cover and cook on LOW 8 to 9 hours or on HIGH 4 to 6 hours or until beef and potatoes are fork-tender. (No stirring is necessary during cooking.) Season with salt, as desired.
2. Serve over couscous. Garnish with almonds and parsley, if desired.

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

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

*Nutrition information per serving: 300 calories; 8 g fat (3 g saturated fat; 3 g monounsaturated fat); 65 mg cholesterol; 811 mg sodium; 32 g carbohydrate; 3.8 g fiber; 26 g protein; 3.6 mg niacin; 0.4 mg vitamin B6; 2 mcg vitamin B12; 4.6 mg iron; 17.8 mcg selenium; 5.4 mg zinc. This recipe is an excellent source of protein, vitamin B6, vitamin B12, iron, selenium and zinc; and a good source of fiber and niacin.*

RECIPE SOURCE: Recipe courtesy of The Beef Checkoff at [www.BeeffItsWhatsForDinner.com](http://www.BeeffItsWhatsForDinner.com)

## Slow Cooker Lentil Soup

(6 servings)

**6 cups water**  
**1/4 cup parsley (chopped fresh, or 2 tablespoons  
dried parsley) (optional)**  
**2 teaspoons beef bouillon (or 2 cubes beef bouillon)**  
**1-1/2 cups lentils (dry)**  
**2 carrots (medium, sliced)**  
**1 onion (medium, chopped)**  
**2 celery stalks (sliced)**



1. Mix all ingredients together in slow cooker.
2. Cook on LOW for 8 to 10 hours or HIGH for 4 to 5 hours.
3. Serve hot with crackers or bread.

ALICE'S NOTES:

- I omitted adding the parsley to the soup while it was cooking. Rather, I added fresh parsley as garnish when serving the soup.
- For added flavor, I added 1/2 teaspoon dried thyme and 2 finely chopped garlic cloves along with the other ingredients.
- I used a 4-quart slow cooker to cook the soup.
- To lower the sodium level of this soup, use low or reduced sodium beef bouillon cubes or powder. Or, substitute 2 cups of low sodium beef broth for 2 of the cups of water.
- Unlike dry beans, dry lentils do not need to be soaked before they are cooked.

RECIPE SOURCE: Montana State University Extension Service. Montana Extension Nutrition Education Program Website Recipes  
at [www.montana.edu/nep/recipes.htm](http://www.montana.edu/nep/recipes.htm) and available at SNAP-Ed Connection Recipe Finder at <http://recipefinder.nal.usda.gov>



## ASK LORENE

### FAMILY LIVING TIPS

Lorene Bartos, UNL Extension Educator

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

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

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

*"Ask Lorene" by mail: Attn. Lorene Bartos, UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528; email lbartos1@unl.edu; or phone 402-441-7180.*

## An Era Ends

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

The purpose of FCE Council was:

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

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

Lancaster County had more than 100 Extension Clubs in 1979. Many of the clubs and members achieved their 50 year mark.

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

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

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

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

### FCE Scholarship

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

### FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

## FCE 2013 Achievement Day

Lancaster County Family & Community Education (FCE) Achievement Day was held Oct. 21. Nearly 20 members attended and enjoyed a salad luncheon.

Keith Fickenschner, director of operations for Lancaster Rehabilitation Center (formerly Lancaster Manor), presented a personal perspective on "You're Having a Stroke."

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

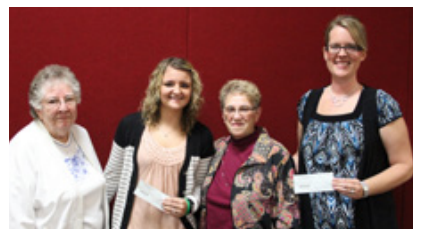
More photos are at on Flickr at <http://go.unl.edu/0333>.



Keith Fickenschner presented "You're Having a Stroke."



FCE members donated 131 pounds of food and paper products, along with cash, for the Food Bank of Lincoln.



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

### Membership Awards

#### 55-Year Member

Margaret Blacketer, Helpful Homemakers  
Lorena Maxson, Helpful Homemakers  
Janice Ruliffson, Helpful Homemakers

#### 50-Year Member

Marian Storm, Helpful Homemakers

#### 45-Year Member

Elsa Amen, Helpful Homemakers  
Sondra Block, Salt Creek Circle  
Janie Schrader, Salt Creek Circle

#### 40-Year Member

Lorraine James, Helpful Homemakers

#### 30-Year Member

Sharon Brunke, Home Service

#### 5-Year Member

Gracie Bohmont



55-year and 50-year members (L-R): Janice Ruliffson, Marian Storm, Lorena Maxson and Margaret Blacketer.



45-year, 40-year and 30-year members (L-R): Sharon Brunke, Lorraine James, Elsa Amen, Sondra Block and Janie Schrader.



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



Extension Council meeting in 1976.



Plainsview Extension Club's 50th anniversary in 1982.



Family and Community Education Council's Achievement Night in 2000.

# Private Pesticide Applicator Certification

Federal and state law states a private pesticide applicator must be certified and licensed to buy, use or supervise the use of a restricted-use pesticide (RUP) to produce an agricultural commodity on property they own or 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 2014, 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, 2017 for those who certify this spring. You should receive your new license within three weeks.

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

## Traditional Training Sessions

Three private pesticide applicator training sessions have been scheduled in 2013 at the Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln.

The dates and times are:

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

Cost is \$30 per person, collected at the training session.

## Computer-Based Self-Study

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

Order a disc online at <http://marketplace.unl.edu/pested/private-pesticide-certification>. Cost is \$60 per disc.

## Self-Study Manual

A self-study manual and associated materials is also available. You are expected to read the chapters and complete a test 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 your test results and the correct answers to any questions you have answered incorrectly. Cost is \$60 per manual.

## Testing Option

Take a written (closed-book) examination given by the NDA to receive either a new license or recertify an existing license. Contact NDA, 402-471-2351, for testing dates. There is no training fee if you choose this option, but 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.

## Recertify at a Crop Production Clinic

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

The Crop Production Clinics held in southeast Nebraska will be:

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

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

Cost is \$60 for preregistered participants, and includes a noon meal, refreshments, and UNL Extension's 2014 *Guide for Weed Management in Nebraska* and 2014 Crop Production Clinic Proceedings. On-site/day-of registration is \$75. For more information about Crop Production Clinics, go to <http://cpc.unl.edu>.

# Farm Beginnings® Program Starts Jan. 4

University of Nebraska—Lincoln Extension and Nebraska Sustainable Agriculture Society will facilitate the sixth Farm Beginnings® Program starting Saturday Jan. 4. This year it will be held in Syracuse at the First National Bank (basement meeting room).

The Farm Beginnings® Program consists of a series of 11 sessions from January through April that cover a variety of topics including: building networks, goal setting, whole farm planning, building your business plan, marketing, business and farm management, and financial management.

The Farm Beginnings® Program is an educational training and support program designed to help people who want to evaluate and plan their farm enterprise. Farm Beginnings® participants engage

in a mentorship experience and network with a variety of successful, innovative farmers; attend practical, high quality seminars, field days and conferences.

The program is unique in that several successful farmers participate in the program as presenters, explaining firsthand the nuts and bolts of their farming operation. Most of the farmers that present come from small- to medium-sized farming operations that produce and market many different diversified and value-added products. Many of these farmers direct market their products.

While the class participants will learn firsthand from the farmers, they will also work on developing their own business plan as they progress through the course. As part of the class tuition, participants will have

the opportunity to attend the Nebraska Sustainable Agriculture Society's Healthy Farms Conference at the Younes Conference Center in Kearney on Feb. 14 and 15. We also tour several farms in the summer to see how the farmers are operating and have a farm tour in December.

Cost of the total program is \$500, but you may qualify for a partial scholarship. For a brochure and an application, go to <http://nemaha.unl.edu> and scroll down to the Farm Beginnings® article. A \$50 deposit is required to reserve your spot and must be returned with the application. Due Jan. 2.

For more information, contact Gary Lesoing, Extension Educator in Nemaha County at [glesoing2@unl.edu](mailto:glesoing2@unl.edu) or at 402-274-4755.

# Commercial Pesticide Applicator Training

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

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

## Initial and Recertification

To become licensed as a new commercial/noncommercial applicator, professionals must pass a written examination. All participants must be tested in the general standards category, then each chooses one or more additional categories for testing.

Once licensed in a category, professionals can maintain their commercial certification by attending a re-certification training session or by passing a written examination, with a few exceptions as explained below.

University of Nebraska—Lincoln Extension offers training to prepare those seeking a pesticide applicators license for the first time, and recertification for those needing to keep their license active. The program cost for both initial and recertifying participants who register online is \$60/person; for those registering by

mail, fax or at the door, the cost is \$70/person.

In 2014, the UNL Extension in Lancaster County will offer training and testing in the following categories:

- general standards (00)
- agricultural pest control — plants (01) (*initial only*)
- ornamental and turf pest control (04)
- aquatic pest control (05)
- right-of-way pest control (07)
- structural/health related pest control (08)
- wood destroying organisms (08w)
- public health pest control (09)
- wood preservation (10)
- fumigation (11)
- wildlife damage control (14)

You may only participate in the general standards (00) and two category sessions on any training date.

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

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

- Tuesday, Feb. 4 (categories offered 00-01-04-07-09-11-14)
- Thursday, Feb. 27 (categories offered 00-01-04-07-08-08w-10)
- Thursday, April 10 (categories offered 00-04)

The general standards session will begin at 8:30 a.m. and other categories at 1 p.m. or 3 p.m.

It is highly recommended you obtain and review the written study materials prior to attending. This will greatly improve your chances of passing the written examination. Study materials for all commercial categories may be purchased online at

<http://pested.unl.edu> (click on "Classes & Study Materials").

**Commercial recertification training sessions** will be offered at the Lancaster Extension Education Center, 444 Cherrycreek Road on the following dates:

- Thursday, Feb. 6 (categories offered: 00-04-05-07-08-08w-11)
- Tuesday, Feb. 25 (categories offered: 00-04-05-07-08-08w-11)
- Thursday, March 20 (categories offered: 00-04-07-08-08w-11-14)

The general standards session will begin at 9 a.m. and other categories at 1 p.m. or 3 p.m.

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

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

## NDA Licensing Procedures

Commercial applicators meeting the requirements for certification or re-certification will receive an invoice from the NDA for \$90 for the license fee. When NDA receives the fee, the license will be issued.

For more information about pesticide licensing, go to [www.agr.ne.gov/pesticide](http://www.agr.ne.gov/pesticide).

# 2014 Master Gardener Training, Two Sites Available



Mary Jane Frogge  
UNL Extension Associate

If you have a strong interest in gardening and enjoy helping others, you are invited to become a University of Nebraska–Lincoln Extension Master Gardener volunteer.

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

To become a Master Gardener volunteer, you must attend all training sessions, pass an examination and volunteer for Extension educational

## Nebraska Master Gardener

programming. Such volunteering could include answering gardening questions from the public, teaching 4-H youth gardening, assisting at the county or state fair, and assisting community garden participants among many others.

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

- UNL Extension in Lancaster County 2014 Master Gardener training program will begin in February. Training hours are

9 a.m.–4 p.m. and the training sessions will be held at the Lancaster Extension Education Center. For additional information, call Mary Jane Frogge at 402-441-7180. Application deadline is Jan. 24. To apply online, go to <http://lancaster.unl.edu/hort/othrlink.shtml>.

- UNL Extension Campus-Based Master Gardener training program will begin in February. Training hours are 6–9 p.m. and the training sessions will be held at UNL East Campus. For more information, call Terri James at 402-472-8973. Applications are due Jan. 7. Apply online at <http://mastergardener.unl.edu/become-a-master-gardener>.

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



## GARDEN GUIDE

### THINGS TO DO THIS MONTH

Mary Jane Frogge, UNL Extension Associate

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

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

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

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

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

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

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

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

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

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

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

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

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

Check all house plants closely for insect infestations. Quarantine gift plants until you determine that they are not harboring any pests.

# Diagnosing Mystery “Bug” Bites

Barb Ogg  
UNL Extension Educator

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

## Not All “Bites” are Bites

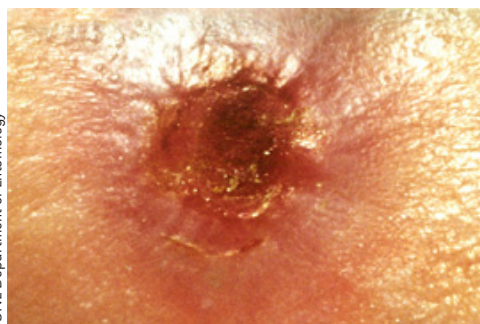
What most people call a “*bite*,” people in the medical profession more accurately call a *wheel*, which is defined as a *small acute swelling on the skin*.

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

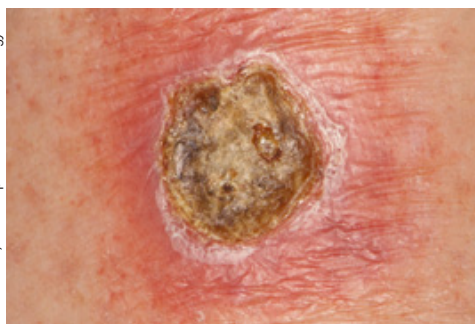
## Only a Few Insects Infest Human Skin

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

**Lice:** Lice include head lice, pubic lice and body lice, which are transmitted by close contact with another infested person. The most common are head lice, confined to the scalp area. Head lice research has shown today's head lice are highly resistance to pyrethroid products, which means over-the-counter head lice products do not kill 100 percent of head



UNL Department of Entomology



Jim Kalisch, UNL Department of Entomology

Unless a pest is actually seen, it is difficult to diagnose a “bug” bite. The brown recluse bite (left) resembles a methicillin-resistant staph (MRSA) infection (right). If a wound doesn't heal, you should always consult with your physician for diagnosis and treatment.

lice. Combing with a nit comb is an old fashioned method of control. It works well, but is time consuming. Body lice are extremely uncommon in the U.S.

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

**Hair follicle mites:** These microscopic mites live in hair follicles and sebaceous glands of humans. They are harmless...at worst, they may be associated with some forms of acne.

## Indoor Biters

There are a few pests which may live indoors and bite humans, but none are microscopic. The most common include:

**Fleas:** These wingless insects are

small (about 1/16-inches) and must feed on blood to survive. They do not burrow under the skin. Fleas in the U.S. and Nebraska must have a non-human host on which to breed. Hosts are usually pets (dogs, cats) or wild animals (raccoons, opossum). Bites on humans are usually on the legs and are painful.

**Bed bugs:** Adult bugs are about 1/4-inch long, oval and flattened. They hide during the day and emerge at night to feed. Their bite is painless. They feed on exposed skin and do not crawl under nightwear or bite through clothing. Human infestations have increased in the United States, especially in hotels, apartment and other places where many people move in and move out. Bat bugs are close related to the human bed bug, but its presence is always associated with a bat infestation. These two insects are easily confused; a correct identification must be made before treating.

**Spiders:** Most spider species do not survive very well indoors, but sometimes wander inside, especially in the warmer months. And, unless a spider is handled

or trapped inside clothing, it is unlikely to bite a human, as we are much too large to be mistaken for food. In cases where there are multiple lesions or bites, spiders can be ruled out. Glueboards can be used to capture spiders for identification.

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

## Outdoor Biters

Some other biting pests present outdoors during warmer months include chiggers, mosquitoes, ticks, stable flies and black flies. Reducing exposure will help prevent bites along with the use of insect repellents.

## Correct Diagnosis is Essential

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

Source: Texas A&M Extension's “Insects in the City” by Mike Merchant, online at <http://citybugs.tamu.edu/factsheets/biting-stinging/others/ent-3006-2>.



## HEART OF 4-H VOLUNTEER AWARD

### Connie Kreikemeier

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

Connie has been leader of the Super Shamrocks 4-H club for three years and she helped the previous leader for three years. Super Shamrocks has been a Nebraska 4-H Club of Excellence for several years. Connie also has volunteered during judging of 4-H static exhibits at the Lancaster County Super Fair and helped at 4-H food booth at fair.

"I enjoy watching the youth learn new ideas and also love seeing their achievements at the county fair," says Connie. "I enjoy helping the youth learn life skills that will benefit them in the future. If it is learning how to bake or learning how to give back to the community, I hope I have touched their lives in some way."

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

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



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

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

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

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

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

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

4-H'ers planning on exhibiting market beef at State Fair or Ak-Sar-Ben must have DNA sampled. There is a \$6 per head charge. It is encouraged to have DNA pulled at the time of weigh-in. Exhibitors have until April 1 to identify, weigh and pull DNA on any market beef that may go to State Fair or Ak-Sar-Ben.

Please note: all other market livestock possibly going to Nebraska State Fair or Ak-Sar-Ben will need to be DNA sampled, with a later due date to be announced.

## Meet 2014 4-H Council

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

Officers: Karol Swotek (President), Austin Hurt (Vice-President), Kent Frobish (Treasurer) and Kylee Plager (Secretary).

Members: Elizabeth Frobish, Kellie Gallagher, Sadie Hammond, Mark Hurt, Bailey Johnson, Ann Pickrel, Jacob Pickrel, Cathy Plager, Kari Price, Renae Sieck, Sharlyn Sieck and Sheridan Swotek.



## 4-H Teen Council Elects Officers

The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7–12. Officers for 2013–2014 will be: Sadie Hammond (President), Max Wanser (Vice President), Jacob Pickrel (Secretary), Sheridan Swotek (Treasurer), Nate Becker (Historian), Renae Sieck (Historian), and Kylee Plager (Historian)

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

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

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

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

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

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



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

## Overnight Lock-In for 4th & 5th graders

(do not need be  
enrolled in 4-H)

**Fri. Jan. 17, 8 p.m.– Sat. Jan. 18, 8 a.m.**

**Lancaster Extension Education Center  
444 Cherrycreek Road, Lincoln**

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

THIS YEAR'S THEME IS...  
**There is No Place  
Like Nebraska**

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

**Cost \$15/person**

**Registrations due by Jan. 15**

For more information, call 402-441-7180 and ask for Tracy  
(After hours lobby phone is 402-441-7170)

### LOCK-IN REGISTRATION FORM

Make check payable (\$15/participant) to Lancaster County 4-H Teen Council and mail with registration form **BY JAN. 15** to:  
Tracy Anderson, UNL Extension in Lancaster County,  
444 Cherrycreek Rd., Suite A, Lincoln, NE 68528

No  
refunds

Name of participant(s) \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ Age \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Parent or Guardian \_\_\_\_\_

Special Needs or Other Information (such as food allergies) \_\_\_\_\_

I give permission to use my child's image in photographs taken at the Lock-In in publications, news articles, advertisements or websites pertaining to 4-H. ☐ yes ☐ no

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## 2013 Outstanding 4-H Club Awards

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



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



**The Fusion 4-Hers** 4-H Club of Lincoln is winner of Category II (8–12 members). The club's eight members were enrolled in approximately 16 project areas and entered 113 total exhibits at the fair. This is the club's first year as an outstanding club. Marsha Prior is club leader and Analisa Peterson is assistant leader.



**South Prairie Wranglers** 4-H Club of the Hickman area is winner of Category III (13 or more members). The club's 79 members were enrolled in more than 30 projects and entered approximately 500 total exhibits at the fair. This is their sixth year as an outstanding club. Kendra Ronnau is club leader and there are eight assistant or project leaders.

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



# 4-H Achievement Celebration

**Tuesday, Feb. 11 • 6:30 p.m.**

**Lancaster Extension Education Center**

444 Cherrycreek Road, Lincoln

*Light snack provided.*

Part of  
Nebraska 4-H  
Month!

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

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



"2013  
4-H Year in  
Review" video!

Wear your  
4-H garb!



## 2014 4-H Calendar



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

### January

- 1 Horse Incentive Program Begins
- 3 4-H Project Runway ..... 8:30 a.m.
- 7 4-H Council Meeting ..... 7 p.m.
- 12 Teen Council Meeting ..... 3 p.m.
- 15 4th & 5th Grade Overnight Lock-In Registrations Due to Extension
- 17–18 4th & 5th Grade Overnight Lock-In ..... 8 p.m.–8 a.m.
- 30 Beef Weigh-In, Lancaster Event Center - Pav. 2 ..... 6–8 p.m.

### February FEBRUARY IS NEBRASKA 4-H MONTH

- 4 4-H Council Meeting ..... 7 p.m.
- 8 Crocheting Workshop ..... 9 a.m.
- 9 Lancaster County Deadline for Horse Stampede Entries
- 9 Teen Council Meeting ..... 3 p.m.
- 11 Achievement Night ..... 6:30 p.m.
- 22 Pillow Party Sewing Workshop ..... 9 a.m.

### March

- 1 Horse Stampede, UNL East Campus - Animal Science Building
- 1 Preference Given to 4-H Council Camp Scholarship Entries  
Submitted to Extension by this Date
- 1 R.B. Warren 4-H Horse Educational (\$500) and Grand Island Saddle  
Club Scholarships (\$1,000) Entries Due
- 1 Deadline for Governor's Agricultural Excellence Awards (\$500)
- 4 4-H Council Meeting ..... 7 p.m.
- 9 Teen Council Meeting ..... 3 p.m.
- 15 Jammie Jamboree Sewing Workshop ..... 9 a.m.
- 29 Spring Rabbit Show, Lancaster Event Center, Exhibit Hall ..... 9 a.m.

### April

- 1 All 4-H/FFA Market Beef ID's Due to Extension
- 7 Public Service Announcement (PSA) Contest CDs Due/  
Preregister for Speech Contest
- 8 4-H Council Meeting ..... 7 p.m.
- 12 Furniture Painting Workshop ..... 9 a.m.
- 12 Kiwanis Karnival, Elliott School ..... 6–8 p.m.
- 13 Speech Contest ..... 1 p.m. registration/1:30 p.m. contest
- 15 Horse Level Testing, Lancaster Event Center - Amy Countryman  
Arena ..... 5:30 p.m.
- 29 Horse Level Testing, Lancaster Event Center - Amy Countryman  
Arena ..... 5:30 p.m.

### May

- 1 4-H Council Camp Scholarship Entries Due to Extension
- 1 4-H/FFA Sheep Weigh-In, Lancaster Event Center - Pav. 2 ..... 6–8 p.m.
- 3 Middle Cross Dressage Schooling Show Sponsored by 4-H Horse  
VIPS Committee, Middle Cross Stables, 500 W. Sprague Road, Roca
- 6 4-H Council Meeting ..... 7 p.m.
- 9 Lancaster County Deadline for District/State Horse Show  
Entries, ID, Level Tests
- 13 Leader Training ..... 9:30 a.m. & 6:30 p.m.
- 31 Life Challenge Contest – Junior & County-Level Senior  
Divisions ..... 9 a.m.

### 4-H SUMMER CAMPS & TRIPS

#### June–September

open to all youth 5–18 • <http://4h.unl.edu/camp>

### BIG RED SUMMER ACADEMIC CAMPS • June 8–13

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

Early Bird  
Discount Before  
April 15!

Early Bird  
Discount Before  
April 1!

### June

- 1 County Fair Horse ID's Due to Extension
- 3 Horse Level Testing, Lancaster Event Center - Amy Countryman  
Arena ..... 5:30 p.m.
- 3 4-H Council Meeting ..... 7 p.m.
- 7 Pre-District Horse Show Presented by 4-H Horse VIPS Committee,  
Lancaster Event Center - Pavilion 3
- 9–14 Horse District Shows, Sidney, North Platte, Leigh, Neligh, Clay Center,  
Beatrice
- 10 Plant Science Contests: Horticulture/Tree ID/  
Grass-Weed ID ..... 10 a.m.–12 p.m.
- 17–20 Clover College
- 15 Club Enrollment Forms Due to Extension — Must List Project Area(s)  
Each Member Plans to Enter at County Fair
- 15 4-H/FFA Sheep/Goats/Swine/Breeding Beef/Bucket Calves/Dairy  
Cattle/Llamas & Alpacas/Rabbits Identification Forms Due to  
Extension
- 24 Horse Level Testing, Lancaster Event Center - Amy Countryman  
Arena ..... 5:30 p.m.
- 30 Horse Incentive Program Ends
- June 30–July 1 Premiere Animal Science Events (PASE)/FCS Life Challenge,  
UNL East Campus

### July

- 1 All 4-H/FFA Lancaster County Super Fair Animal Entries Due to  
Extension
- 1 Horse Level Testing, Lancaster Event Center - Amy Countryman  
Arena ..... 5:30 p.m.
- 13–17 State 4-H Horse Show, Fonner Park, Grand Island
- 15 Horse Incentive Program Forms Due to Extension
- 19 Presentations Contest ..... 9 a.m.
- 29 4-H & FFA Static Exhibit Check-In for Lancaster County Super Fair,  
Lancaster Event Center - Lincoln Room ..... 4–8 p.m.

### August

July 31–Aug. 9 Lancaster County Super Fair (4-H/FFA Exhibits & Events  
July 31–Aug. 3), Lancaster Event Center

Aug. 3 Lancaster County Deadline for Ak-Sar-Ben 4-H Show Entries

Aug. 22–Sept. 1 Nebraska State Fair, Fonner Park, Grand Island

### September

- 2 4-H Council Meeting ..... 7 p.m.
- 14 Teen Council Meeting ..... 3 p.m.
- TBA Ak-Sar-Ben 4-H Horse Show, Location TBA
- 25–28 Ak-Sar-Ben 4-H Stock Show, CenturyLink Center

### October

- 2 Horse Awards Night ..... 6:30 p.m.
- 5–11 National 4-H Week
- 7 4-H Council Meeting ..... 7 p.m.
- 9 4-H Kick Off ..... 6 p.m.
- 12 Teen Council Meeting ..... 3 p.m.

### November

- 4 4-H Council Meeting ..... 7 p.m.
- 9 Teen Council Meeting ..... 3 p.m.

### December

- 2 4-H Council Meeting ..... 7 p.m.
- 14 Teen Council Meeting ..... 3 p.m.
- 31 All Award and Scholarship Applications Due to Extension



# EXTENSION CALENDAR

All events will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln, unless otherwise noted.

## December

31 All 4-H Award and Scholarship Applications Due to Extension

## January

- 1 Horse Incentive Program Begins
- 3 4-H Project Runway .....8:30 a.m.
- 7 4-H Council Meeting ..... 7 p.m.
- 9 Co-Parenting for Successful Kids ..... 9 a.m.–12:30 p.m.
- 10 Extension Board Meeting..... 8 a.m.
- 12 Teen Council Meeting ..... 3 p.m.
- 15 4th & 5th Grade Overnight Lock-In Registrations Due to Extension
- 17–18 4th & 5th Grade Overnight Lock-In ..... 8 p.m.–8 a.m.
- 21 Guardian/Conservator Training ..... 1:30–4:30 p.m.
- 22 Private Pesticide Applicator Training Session ..... 9 a.m.–12 noon
- 23 Private Pesticide Applicator Training Session ..... 6:30–9:30 p.m.
- 30 Beef Weigh-In, Lancaster Event Center - Pav. 2.....6–8 p.m

## 4-H COMMUNITY SERVICE

continued from p. 1

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

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

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

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

The Rabbits R Us club does many community service projects as a group and individually. One of the biggest projects the club did this past year was planting a community garden at Orchard Park Retirement Community, an assisted-living facility. Several club members prepared and planted the garden in May. Over the next three months, members took turns weeding and mulching as needed. The garden provided a bounty of fresh produce for residents and kitchen staff to use. On a few occasions, an abundance of certain vegetables was donated to Lincoln Foodnet.



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

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

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

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

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



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

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

Canine Companions is looking for more teens ages 13–18 to help train rescue dogs. If interested, contact Stephanie Wachter at 402-466-2442.

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

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

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

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



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

## Conservation Stewardship Program Sign-Up Through Jan. 17

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

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

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

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

million acres in Nebraska.

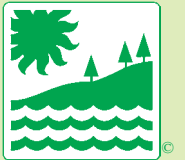
"CSP is popular in Nebraska because farmers and ranchers don't have to take land out of production to participate. CSP helps conserve natural resources on working lands. Keeping land in production while protecting natural resources creates a win-win for all Nebraskans. CSP makes it possible to produce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

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

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

Source: NRCS News Release

## Earth Wellness Festival Needs Volunteers



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

## Watch Chicks Hatch Online with EGG Cam!

<http://go.unl.edu/eggcam>



Embryology resources include incubation, candling, and more!



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New season starts January 2014

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