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4-H School Enrichment Programs Bring Hands-On Learning to Local Classrooms

Focus on Science



Extension Assistant Teri Hlava teaches students in 2nd grade classrooms how to reduce, reuse, and recycle as part of Garbology.



Extension Associate Marty Cruickshank candles eggs in 3rd grade classrooms as part of Embryology. Students are able to see inside the eggs and learn how embryos develop.

Focus on Nutrition

Nutrition Education Program

K-8th Grades

UNL Extension in Lancaster County Nutrition Education Program (NEP) staff have developed supplemental kits of hands-on nutrition education to enhance LPS's health curriculum in grades K–8.

Grade specific kits include teacher curriculum, science experiments, interactive games, activity sheets, DVDs, and more. There are science, math, and reading components in each grade level.

Lancaster NEP staff coordinates the kits for 21 income-eligible elementary schools (20 LPS and one parochial school). Teachers keep the kits for three weeks and NEP staff present handwashing and healthy snack demonstrations. In 6 income-eligible middle schools (five LPS and one parochial), teachers keep the kits for the entire year. In the 2011–12 school year, 8,864 students in 437 classrooms participated.

In 2011, a grant allowed the program to be expanded to the remaining LPS schools for grades K-2 and is coordinated by UNL faculty.



Extension Technologist Dave Smith works with 5th graders during the "Scoop on Poop" session at Earth Wellness Festival

Ag Awareness Festival

4th Grade

Students gain a better understanding of agriculture and how it impacts their daily lives at the two-day Ag Awareness Festival held each April at the Lancaster Event Center. Hands-on activities and opportunities to see, touch, and experience animals, feedstuffs, and farming equipment are often students' first exposure to where their food comes from. In 2012, 467 students from 20 classrooms participated.

Earth Wellness Festival

5th Grade

Organized by 10 local agencies, including UNL Extension in Lancaster County, Earth Wellness Festival is an environmental education program which consists of pre-festival learning kits delivered to schools each October and a two-day festival held each March. Kits contain curriculum and all the supplies



Extension Assistant Lisa Kowalski presents healthy snack demonstrations in classrooms as part of the nutrition school enrichment program.

needed to complete more than 20 science-based activities covering topics in soils (land), water, air, and living resources. The festival consists of interactive sessions and a culminating presentation, “The Raptors,” by the World Bird Sanctuary of St. Louis, Mo. In 2012, approximately 3,100 students from 131 classrooms participated.

University of Nebraska–Lincoln Extension in Lancaster County 4-H staff have developed 4-H School Enrichment programs which have been implemented in many Lancaster County schools. These programs focus on science and bring 4-H's hands-on learning approach into classrooms.

Kirsten Smith, Lincoln Public Schools (LPS) Curriculum Specialist for Science says, “The Lancaster County Extension office and staff are a crucial part of the LPS science curriculum. The staff are valuable resources who are willing to share their expertise with LPS students and teachers — helping to create meaningful learning experiences.”

Garbology, Embryology, and Earth Wellness Festival are part of the LPS science curriculum and are also taught at many other Lancaster County schools. These curricula meet Nebraska Curriculum Standards.

Garbology

2nd Grade

Garbology is not in the dictionary, but in Lancaster County, it means the study of garbage (“ology” = Latin for “study of”). Usually taught in spring, Garbology consists of a curriculum manual with hands-on science activities. Many supplies and supplemental materials are provided in a kit, including books, posters, and DVDs. Extension staff give presentations in the classrooms about environmental conservation, including reduce, reuse, and recycle. In the 2011–12 school year, 3,574 students in 167



Extension Assistant Cole Meador gives 4th graders a hands-on experience with a piglet at Ag Awareness Festival.

classrooms participated.

Trash to Treasure is an outgrowth of Garbology, and is available for afterschools programs K-5.

Embryology

In Embryology, students hatch chicks in the classroom and witness the exciting miracle of life. Three sessions are presented each spring. Students take the responsibilities of caring for the fertilized eggs and then the chicks after they have hatched. Extension staff teach about embryo development when they deliver eggs to the classrooms. One-week later, they candle the eggs using a bright light so students can see how the embryos are developing. In 2012, 4,175 students in 167 classrooms participated.

Your family is invited to watch chicks hatch each spring (starting January) on EGG Cam at <http://go.unl.edu/eggcam>.

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UNL Extension in Lancaster County 2012 ANNUAL REPORT





Photos by Rod Wille, UNL Extension Project Coordinator

Decommission Out-of-Service Wells to Protect Water Quality

David Shelton
UNL Extension Agricultural Engineer

Windmills dot the Nebraska landscape. Perhaps there is one on your acreage. Did you ever stop to think that this picturesque scene could be contributing to groundwater contamination?

Not the windmill itself, but perhaps the water well below. Often, these wells are deteriorating and no longer used, but the well shaft is still a direct connection from the ground surface to the underlying aquifer. This can allow surface runoff to flow directly to the water-bearing zones, often carrying organic wastes, fertilizers, and other chemical residues such as pesticides and petroleum products into the groundwater. Small animals can fall into these wells, further adding to the contamination.

Contaminants that enter an old, out-of-service well can migrate to in-service water supplies such as a new well on the property, or a neighbor's well. Once groundwater is contaminated, it is difficult, if not impossible, to clean up, and the process is always expensive.

Unused wells, especially those old and/or in disrepair, or that do not meet current standards as an inactive well, pose a major threat to groundwater quality and represent a serious threat to human health and safety. State law defines these as illegal wells.

There are thousands of these wells on farmsteads, acreages, and other rural areas throughout the state. Early Nebraska settlers found many areas had relatively abundant groundwater that could be obtained fairly easily. In many situations, it was common to have more than one well on each farmstead because it was easier to construct a well at the point of use rather than develop a central well and water distribution system. Farm consolidation, rural electrification, and general modernization took many of these old wells out of service. Also, when an old farmstead is sold off on an acreage, the new owner frequently has a new well

drilled, but neglects to properly decommission the old well or wells on the property.

Not all out-of-service wells are located in rural areas. There likely are hundreds, and possibly thousands, located in communities throughout the state. In the early development of communities, most households and businesses had an individual water-supply well. Most of these water wells have since been replaced by community water-supply systems, but in some cases, the old wells were not properly decommissioned.

While a windmill tower can be an almost sure sign, wells can be present at many other locations too. Some signs an old well might exist include: concrete pads where the legs of a windmill tower once stood; depressions where an old well pit or the walls of a dug well may have collapsed; an old stock tank in an overgrown area; a small fenced off area, especially if there are also pipes sticking out of the ground; flat stones, a concrete slab, old boards, metal sheets, or other items that could be covering an old well shaft; and many others. Sometimes there are no signs, and the well may be discovered only by accident.

Nebraska regulations require that illegal wells be decommissioned following the requirements found in Title 178, Chapter 12, regulations governing "Water Well Construction, Pump Installation, and Water Well Decommissioning Standards" of the Nebraska Department of Health and Human Services. With only one exception, well decommissioning must be carried out or supervised by an individual with a valid Nebraska Water Well Standards and Contractors' license.

The decommissioning process includes removal of well equipment (pump, piping, etc), disinfection, sealing, filling, capping, and reporting.

The cost of decommissioning a well depends on several factors including accessibility, construction technique and materials, diameter, depth, condition, and contractor travel
see OUT-OF-SERVICE WELLS on next page

Proper Precautions Are Necessary For Chainsaw Safety

Dennis Adams
UNL Extension Forestry Specialist

Higher energy costs have given many people the incentive to cut their own firewood. However, users should review safety precautions before handling a chainsaw to avoid serious injury.

Operators should begin by reading the instruction manual. This is especially important in situations involving a first-time user or new model of chainsaw. Reread instructions to obtain a clear understanding of the operation process.

While chainsaws are more efficient than manual saws, they are more likely to be used incorrectly and cause injury. Most injuries are the result of kickback. Kickback occurs due to the fast rotation of the blade. When the tip of the blade makes contact with the tree, the high rpm's of the chain may cause the chainsaw to literally "kickback" out of the operator's control. Uncontrolled kickback often results in injuries to the arms, legs or face.

It is also important to be aware of surroundings when harvesting firewood. An area clear of excess brush or other obstacles is most desirable. This provides an open area for the tree to land and an escape route for harvesters should the tree fall in an unexpected direction.



UNL Extension's *Backyard Farmer* has two videos on YouTube about chainsaw safety. "Chainsaw Safety" at <http://go.unl.edu/9d6> covers safety gear such as all-in-one helmets with face shield and ear muffs, safety glasses, gloves, and chainsaw chaps. "Small Tree Removal" at <http://go.unl.edu/kct> discusses the steps involved in planning and implementing safe tree removal.



Don't forget to remain aware of what is occurring overhead. Falling branches, known as "widow makers," can cause serious injury or death as well.

Once the tree is down, it is safest to use the bottom of the chainsaw bar to cut the wood into sections. This will prevent

kickback and make operating the chainsaw less work.

Most importantly, never operate a chainsaw alone. Having another person present guarantees help is available should any problem or injury occur.

Upcoming Green Industry Conferences

NEBRASKA TURFGRASS CONFERENCE JANUARY 8-10

NEBRASKA TURFGRASS ASSOCIATION
Location: Embassy Suites Omaha-La Vista/
Hotel & Conference Center, La Vista, NE
402-472-8973 • www.nebraskaturfgrass.com/conference



GREAT PLAINS GROWERS CONFERENCE JANUARY 10-12

A CONFERENCE FOR BEGINNING & SEASONED GROWERS
Hosted by Extension Services, Vegetable Growers' Associations of MO, KS, NE, IA & SD, and the Mid-America Fruit Grower's Association

Location: Missouri Western State University, St. Joseph, MO

The conference will focus on a wide range of topics for both fruit and/or vegetable growers including:

- Jan. 10 workshops: High Tunnels, Honey Bees, Fruit, Soil & Irrigation
- Jan. 11-12 general tracks: Organic Production, Introduction to Production (Spanish), Urban Horticulture and Gardens, Tree/Small Fruits, Marketing and Agritourism, Conventional Vegetables IPM, Cut Flowers, Post Harvest Handling, Beginning Beekeeping

Contact Buchanan County Extension Office
816-279-1691 • www.greatplainsgrowers.org



NEBRASKA GREAT PLAINS CONFERENCE FEBRUARY 18-19

NEBRASKA ARBORISTS ASSOCIATION AND
NEBRASKA NURSERY & LANDSCAPE ASSOCIATION
Location: Cornhusker Hotel, Lincoln, NE
402-476-3865 • www.nearborists.org • www.nnla.org

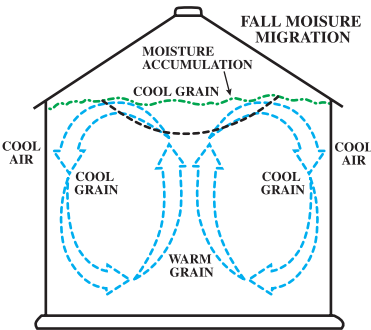


Don't Neglect Stored Grain this Winter

Tom Dorn
UNL Extension Educator

As most dryland corn producers know, you cannot assume that the 2012 corn in the bin has not been contaminated by molds, including mold species capable of producing mycotoxins. The only defense against mycotoxin contamination in corn is to manage the grain moisture content and grain temperature to minimize mold growth in the grain.

- In *THE NEBLINE* October 2012 issue, I made several recommendations to help you protect your stored grain:
- Dry dryland corn down to 13% moisture if it's to be stored for more than a month.
 - Run aeration fans whenever the air temperature was 10°F cooler than the grain temperature since the rate of mold growth is slower at cooler temperatures.
 - Cool stored grain down to 30°F (plus or minus 5°F) to stop mold growth. If you have not cooled the grain to the recommended temperature for late fall and winter, do so soon, especially if you plan to keep the grain into the new year.



As temperatures drop in winter, convection air currents can develop in grain bins. Grain along the exterior wall will cool and warmer air in the center of the bin will rise and hit the cold air in the top of the grain.

In fall and winter, grain next to the bin wall will be cooled while grain in the center of the bin will stay warmer. The difference in temperature can result in convection air currents migrating through the grain (see graphic). The warmer air in the center of the bin rises and the grain next to the cold bin wall sinks. When the warm rising air encounters the colder air at the top of the bin, the escaping air can go below the dew point temperature of the rising air and deposit moisture on the grain. This can create a wet spot in the top-center of the bin.

If the grain is warm enough for microbial activity, a hot

spot can form and molds can grow, even in winter. This includes molds that can produce mycotoxins.

Run the aeration fan(s) at least once a month when the humidity is low and the ambient air temperature is 30–35°F. To conduct a preliminary check on grain quality, start the aeration fan(s), then climb up and lean into the access hatch. If the air coming out of the hatch is 1) warmer than you expected, 2) has a musty order, or 3) if condensation forms on the underside of the bin roof on a cold day, continue to run the fan(s) long enough to push a temperature front completely through the grain.

A rule of thumb is, the time (hours) to push a temperature front through a bin of grain is 15 divided by the airflow-cubic-feet per minute per bushel cfm/bu.

For example, a bin used for drying grain should be able to produce about 1.0 cfm/bu so it would take about 15 hours to push a temperature front through the grain ($15/1 = 15$). In another example, a bin equipped with a fan able to push only 0.3 cfm/bu could push a temperature front through in 50 hours ($15/0.3 = 50$).

Supplement Cows to Improve Calf Performance

Feed your cows correctly and steer calves will gain more weight and more heifers will get pregnant. As winter forage quality declines and cow nutrient demands increase, wise operators begin to feed protein supplements to assure healthy calves plus cows that will rebreed rapidly. But protein supplements can be expensive, so we usually try to feed only as much as the cow needs to stay healthy. New research, though, suggests this strategy of minimizing input costs may overlook the impact supplements have on the future performance of the calf. Recent research has shown properly supplementing the cow

can increase profitability of the calf she's carrying. In one study, steers from cows that received protein supplement while grazing winter range produced an extra 60 pounds of carcass weight per animal compared to steers from non-supplemented cows.

In other studies, the pregnancy rate of heifers from cows that received protein supplements while grazing corn residue or winter range was higher than heifers from non-supplemented cows. And steers from these supplemented cows graded choice more often.

This outcome, where supplementing protein to the

cow improves the performance of her calves later in life is called fetal programming. It is thought to occur because fetal growth rate is highest during the last third of gestation so nutrient requirements of the cow and her calf are higher than earlier in her pregnancy.

Most winter grazing programs use low-quality forages so adequate supplementing can pay big dividends. As cows approach calving time, don't scrimp on the protein. Feed what is needed, both for the cow and her calf. You'll be money ahead.

Source: Bruce Anderson, UNL Extension Forage Specialist

Out-of-Service Wells

continued from preceding page distance. Data from the Lower Platte North Natural Resources District show that decommissioning 44 domestic or livestock wells since between 2005 and 2010 cost an average of \$484 per well. These wells were 2–4 inches in diameter and 50–400 feet in depth, with an average depth of approximately 180 feet. There were also six hand-dug wells averaging 28 inches in diameter and 42 feet deep that cost an average of \$887 to decommission.

Fortunately, because of the

importance of protecting water quality, nearly every Natural Resources District (NRD) offers an attractive incentive to assist well owners with the cost of decommissioning. Payment rates vary by NRD, but typically these programs will pay for 60–75% of the costs. With these cost-share payments, out-of-pocket expense to the well owner will often be around \$150 for most domestic and livestock wells — a small price to pay to help assure water quality and human health and safety are protected.

To apply for well decommissioning cost-share assistance, well owners must first contact

the appropriate NRD for an information and application packet that gives program guidelines, forms, and instructions. No cost-share payments can be made unless all procedures are followed.

If there is an unused well on your property, contact the NRD office today to begin the decommissioning process. It's OK to keep the windmill for decoration, but have the well properly sealed and do your part to protect groundwater quality and human health and safety.

To find your NRD, go to www.nrdnet.org.

Private Pesticide Applicator Certification Opportunities

Federal and state law states a private pesticide applicator must be certified and licensed to buy, use, or supervise the use of a Restricted-Use Pesticide (RUP) to produce an agricultural commodity on property they own or rent — or — on an employer's property if the applicator is an employee of the farmer. No pesticide license is needed if the applicator will only be applying General-Use Pesticides (GUPs) or if you hire a commercial applicator to apply RUPs to your property.

If you do not have a current private pesticide certification and you plan to buy or apply any RUP products, you will need to receive the same certification training as described below for people who need to be recertified. All training sessions meet the requirements for both initial certification or recertification as private pesticide applicators.

If your private applicator certification expires in 2013, 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, 2016 for those who certify this spring. You should receive your new license within three weeks.

Private pesticide applicators have three alternative methods to obtain initial certification and four 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. 16, from 8:30–11:30 a.m.
- Saturday, Jan. 26, from 8:30–11:30 a.m.
- Thursday, Feb. 21, 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 answered incorrectly.

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

Testing Option

The third option is to take a written (closed-book) examination given by the NDA. 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.

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.

There will not be a clinic in Lincoln in 2013. The Crop Production Clinics held in southeast Nebraska will be:

- Wednesday, Jan. 16 — York (The Auditorium, 612 N. Nebraska Ave.)
- Thursday, Jan. 17 — Beatrice (Armed Forces Reserve Center, corner of W. Highway 136 and Scott Street)
- Thursday, Jan. 24 — Fremont (Midland University Event Center, 900 N. Clarkson St.)

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.

Crop Production Clinic fee is \$60 if recertifying/\$50 if not recertifying. For more information about Crop Production Clinics, go to <http://cpc.unl.edu>.



Alice Henneman, MS, RD, UNL Extension Educator

Kids love to dip! This is a super-easy snack to make with kids from my extension colleague, Cami Wells in Hall County. Even little ones can help stir the pudding mix into the yogurt. Just make sure to provide a non-breakable bowl with enough room to prevent spills.

For more quick, healthy meal and snack ideas for young children, check out “Food Fun for Young Kids” by Cami at <http://go.unl.edu/chi>. You can also follow her on Pinterest at <http://pinterest.com/cwellsrd/food-fun-for-young-kids>.

Animals in the Swamp

Makes 4 servings

- 8 ounces vanilla yogurt
- 1 tablespoon chocolate instant pudding mix
- Animal crackers

Combine yogurt and pudding mix. Serve 1/4 cup of “swamp” to each child. Dip crackers into the “swamp” and enjoy. Refrigerate any extra “swamp” within 2 hours and eat within to 3–4 days.



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<http://pinterest.com/alicehenneman>

- Easy, Healthy Everyday Recipes
- Enjoy More Fruits and Vegetables
- Prepare and Eat More Meals at Home • And more!

Make Your Own Hot Beverage Mixes

Adapted from “Beverage Mixes in a Jar,” by Julie Garden-Robinson, PhD, RD, LRD,
North Dakota State University Food and Nutrition Specialist
in cooperation with
Alice Henneman, MS, RD
UNL Extension Educator

With beverage prices rising at your favorite coffee shops, wouldn’t you like an inexpensive and tasty beverage you can make in your own home? Enjoy the following beverages at home. Consider these beverage mixes a fun and easy way to make delicious drinks without breaking your budget.

Store mixes in airtight wide-mouth containers for best quality and easy use. Possible containers include see-through canisters and canning jars.



Double Chocolate Peppermint Candy Hot Cocoa Mix

Enjoy this delightful mix after a hectic day of hitting the after-holiday sales. It also makes a hearty treat after a chilly afternoon of sledding, ice skating, or building snow creatures!

- 1 cup instant skim milk powder
- 1 cup unsweetened cocoa powder
- 1 cup white sugar
- 1/2 teaspoon salt
- 1/2 cup crushed peppermint candy
- 1/2 cup mini semi-sweet chocolate chips

Directions: Add the skim milk powder, cocoa powder, sugar, and salt to a food processor. Pulse until thoroughly mixed. Transfer the mix to a large bowl. Add the crushed peppermint candy and mini semi-sweet chocolate chips. Stir until distributed throughout the mixture. Store mixture in an airtight, quart-sized container.

Directions for mixing a single serving: For each serving, place 1/3 cup cocoa mix in a mug and stir in 1 cup boiling water.

Makes 12 servings. Per serving: 160 calories, 3.5 g fat, 4 g protein, 30 g carbohydrate, 2 g fiber, and 130 mg sodium



Spiced Tea Mix

This sweet, spicy cup of tea will put you in a delightful mood!

- 1-1/2 cup orange breakfast drink (such as Tang)
- 3/4 cup iced tea mix (unsweetened)
- 1-1/2 cup white sugar
- 3 teaspoon ground cinnamon
- 2 teaspoon ground cloves

Directions: Mix contents in a large bowl. Store mixture in an airtight, quart-size container.

Directions for mixing a single serving: For each serving, place 1 cup boiling water in a mug and stir in 1 teaspoon mix.

Makes 64 servings. Per serving: 60 calories, 0 g fat, 0 g protein, 10 g carbohydrate, 0 g fiber, and 0 mg sodium



French Vanilla Coffee Mix

Need a pick-me-up? A cup of French Vanilla Coffee will bring renewed energy.

- 1/3 cup instant coffee
- 1 cup instant skim milk powder
- 1/2 cup powdered nondairy coffee creamer
- 1/3 cup white sugar
- 1/4 cup French vanilla instant pudding mix

Directions: Add the ingredients to a food processor. Pulse until thoroughly mixed and you have a smooth powder. Store mixture in an airtight, pint-size container.

Directions for mixing a single serving: For each serving, place 3/4 cup of boiling water in a mug and stir in 2 heaping teaspoons of mix.

Makes 16 servings. Per serving: 50 calories, 1 g fat, 2 g protein, 10 g carbohydrate, 0 g fiber, and 65 mg sodium



Mint Candy Coffee Mix

Chocolate, mints, and coffee — perfect! And all you have to do is add boiling water for a delicious hot beverage.

- 1/3 cup instant coffee
- 1 cup instant skim milk powder
- 1/2 cup powdered nondairy coffee creamer
- 1/2 cup white sugar
- 1/4 cup unsweetened cocoa powder
- 1/4 cup instant chocolate pudding mix
- 6 to 8 red and white striped candy mints, crushed

Directions: Add the ingredients to a food processor. Pulse until thoroughly mixed and you have a smooth powder. Store mixture in an airtight, quart-sized container.

Directions for mixing a single serving: For each serving, place 3/4 cup boiling water in a mug and stir in 3 tablespoons of mix.

Makes nine servings. Per serving: 110 calories, 1.5 g fat, 3 g protein, 23 g carbohydrate, 1 g fiber, and 120 mg sodium

\$tretch Your Food Dollar By Planning



Mardel Meinke
UNL Extension Associate

“Mom, there is no milk for my cereal.” This is heard from 9-year-old Annie who is in the kitchen getting her breakfast before catching the school bus. There are probably some alterna-

tives foods Annie could have for breakfast, but the questions is.... Could this situation have been prevented? Yes, it could have been prevented by PLANNING. Planning does take time, but, planning can also save a great deal of time, frustration, and money. Here are some easy basics:

Keep a grocery list and pencil handy. Encourage family members to “write it down” or “tell a parent” when they empty a container. Remind them how they feel when “there is no milk.” Put the list where it is visible and easily accessible.

Make a meal plan for

the week. Try to have a basic plan for most of your family meals. Involve the family in choosing the foods they like. Preschoolers, as well as high schoolers, like to have their input. Set a time, such as Sunday after supper, when you will plan your family meals for the week. Some things to consider include:

- What foods do you have in your refrigerator, freezer, and cupboards that need to be eaten? Are there meats, fruits, or vegetables that will spoil soon? Use these first.
- Try to include all five food groups in every meal. Fruits and vegetables should make up

about half of the plate. Include low-fat dairy foods and whole grain foods when possible.

- “Cook once; eat twice” is always a good plan. You can cook a larger quantity of roast, ground beef, or chicken breast and freeze half for a later meal. Or, make a larger recipe and freeze half. Most soups, oven meals, and skillet meals freeze very well when covered securely.
- Check your grocery ads for sales and plan meals around those foods. Purchase less expensive store brands and value brands.
- Since meat is often our most expensive food item, prepare

several meals using other protein foods, especially legumes and eggs.

After you have your meal plan and know what foods you need to purchase, you can make a shopping list. Check your refrigerator and cupboards for everyday items you might need for breakfast, lunches, and snacks. Most families shop weekly and planning ahead will help eliminate extra trips to the store.

Because your family plans ahead, you are confident you have the needed ingredients for family meals, and Annie will have milk for her morning cereal.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's View – Marian's Message

Marian Storm
FCE Council Chair

Happy New Year! Time to think of our new resolutions and remember all the good times spent with the family and friends. We can not forget all the good food and snacks.



Jan. 20 and 21 will be time for President Obama to start his second term. As your club starts the new year, think of things and lessons you would like to see presented. We are open to suggestions. The next FCE Council



meeting will be a soup luncheon on Monday, Jan. 28, 12:30 p.m. Hope everyone can join us. The business meeting will follow. Snow and cold are in the forecast. Stay warm and well. "Learn from yesterday, live for today, hope for tomorrow." —Albert Einstein

FCE News & Events

January Council Meeting

The next FCE Council meeting will be Monday, Jan. 28, 12:30 p.m., at the Lancaster Extension Education Center. It will be a soup luncheon provided by the officers. Business meeting will follow.

2012 Leader Training Lessons

These FCE and Community Leader Training Lessons give you the tools to present the topic as a program. Extension provides a teaching outline for the facilitator and a handout for participants.

All trainings will be presented Wednesdays at 1 p.m. at the Lancaster Extension Education Center,

444 Cherrycreek Road. Non-FCE groups and club members should call Pam at 402-441-7180 to register for these lessons so materials can be prepared.

Jan. 30 — "How Our Shopping Habits Help Predict the Future of Our Community," presented by Extension Educator Lorene Bartos. This lesson will help participants discover how your shopping habits can help predict the future of your community. Knowing the effects of taking your shopping dollar outside the community will help you gain understanding of the importance of shopping locally whenever possible.

Feb. 27 — "Quick and Healthy One Dish Meals,"

presented by Extension Educator Alice Henneman. Tips and recipes for making quick, delicious, and nutritious one dish meals will be shared.

March 27 — "Option A or Option B: The Steps to Making Good Decisions." Learn how to effectively use the decision-making process in your life.

April 24 — "Passing on Family Memories." Understand the value of reminiscence and learn ways to plan personal efforts to pass on family memories.

Sept. 25 — "Home Modifications for Aging in Place." Explore small and large home modifications we can do easily and cost effectively to allow us to live in our own homes longer.

FCE 2012 Achievement Day

This year for the first time, FCE Achievement Night was held during the day as Achievement Day. Held Oct. 15, nearly 20 members attended and enjoyed a salad luncheon. Mary Newcomer presented "Write It Down!," in which she encouraged everyone to write down family memories using any format they are comfortable with. More photos are at on Flickr at <http://go.unl.edu/bx7>.

Membership Awards

55-year member

Irene Colborn, Helpful Homemakers

45-year member

Joyce Doleza, Helpful Homemakers

40-year members

Jean Darr, Individual Member
Lela Wagner, Salt Creek Circle

25-year member

Carmelee Tuma, Salt Creek Circle

Club Incentive Awards

Helpful Homemakers
Salt Creek Circle



Mary Newcomer presented "Write It Down!"



(L-R) Twyla Lidolph and Clarice Steffens display their items that went to the state FCE Heritage Arts Contest. Twyla made a greeting card with a fabric design and Clarice made a needlepoint.



Irene Colborn



Joyce Doleza



Carmelee Tuma



FCE donated 140 pounds of canned food and paper products, along with cash, for the Food Bank of Lincoln.



Lorene Bartos, UNL Extension Educator

Packing Holiday Decorations

After the holiday season putting away decorations can sometimes be an overwhelming task. Tips for making packing holiday decorations more tolerable include:

- store only items that will be used next year,
 - recycle items still usable,
 - use containers that stack and store easily,
 - label containers and store decorations by room,
 - check light strings and toss those that aren't working,
 - label lights by area,
 - store lights by wrapping them around cardboard or a tube to keep them from tangling,
 - recycle tissue paper from wrappings to wrap breakable items,
 - store candles in a temperature controlled area,
 - use egg cartons to store small bulbs, etc.,
 - keep decoration parts together and store wreath hanger with wreath,
 - take a picture before you un-decorate so you have a template for next year,
 - label special ornaments with date and who they were from or the special occasion, and
 - mark garland by area and mark the center and other division when you take it down so it will be ready to put up in the same place next year.
- Celebrate and enjoy a job well done.

Communicate Your Advance Directives for Health Care

If you had a serious accident or illness causing permanent loss of mental capacity, leaving you unable to tell your doctor which medical treatments you did or did not want, would your loved ones know what to do? Who would make these decisions for you? If you couldn't make your wishes known, how could you make sure they were respected?

If you're like most people, you probably haven't taken time to complete or discuss documents known as advance directives for health care. The holiday season, when many family gatherings occur, is an excellent time to discuss these important issues.

Advance directives include a living will and durable power

of attorney for health care. They allow you to give instructions on these topics to your health care providers and loved ones, relieving them of the burden of guessing what you want.

The choices you make as you prepare these documents should be based on your personal values, beliefs, preferences, and discussions with loved ones. Since it's impossible to foresee future circumstances or illness, think in general terms about what's important to you.

FOR MORE INFORMATION

UNL Extension Community Lesson "Make Sure It's Done the Way You Want" (HEF585) available at the extension office or <http://go.unl.edu/pwr>.

Financial Security: Children and Money

Children are not born with "money sense." Children learn about money by example and experience, beginning at a very young age. Parents are an important influence on what and how children learn about money. It is never too early to start teaching sound money management skills. Begin teaching basic principles of money as soon as children can understand money is needed to buy the things they enjoy.

Much of what your children learn about money is not from the conscious efforts you make to teach money management. Children are great imitators. Children pick up your values,

attitudes, and money habits by watching and listening to you. In fact, you do not have to say anything to pass along money attitudes, habits, or decision-making styles.

If you shop with a list, your children will probably shop with a list. If you always spend money before it is earned, you may have a hard time teaching children to save. Children learn from observing you and others in the grocery store, post office, bank, toy store, mall, and home. Many parents are amazed at what children have learned about money through observation.

Source: eXtension.org

Winter Gardening Activities for Kids of All Ages

Mary Jane Frogge
Extension Associate

Windowsill gardens — When snowdrifts keep your kids inside, try cultivating a windowsill garden. All you need is a sunny spot and a few containers of soil. Herbs are an excellent choice for windowsills.

Nature journaling — All you need is paper and a pencil. Look out your window or if it is nice, go outside to your backyard, neighborhood park, or favorite outdoor space. Sit down and look around. What do you see? Make a list or draw a picture of what you see. Write down what you are feeling and your thoughts. Write a poem. There is no one way or right way to make a nature journal. This book is about what you see. When winter is over, take it with you on all your outdoor adventures.

Peculiar plants — What kid wouldn't be fascinated by an insect eating plant? Many garden centers sell Venus flytraps in their houseplant section. Visit your library or search the Internet for more information on the natural habitat and growth habits of this unusual plant.



Green bean seeds sprouting after nine days in a glass jar with damp paper towel.

Vicki Jedlicka, UNL Extension in Lancaster County

Watch seeds sprout — Line a glass jar with a damp paper towel and insert several bean or zucchini seeds between the glass and the towel. Place a lid on the jar, leave it on the kitchen counter, and check the paper every day to make sure it's still moist. Seeds should sprout in a few days.

Read a book — Books like *The Carrot Seed* or *Sunflower Houses* can spark your child's interest in gardening. See the Gardening Book List for Kids at <http://lancaster.unl.edu/hort/youth/booklist.shtml>, for more ideas.

Decorate while you wait — Let kids indulge their natural creativity by painting inexpensive terra cotta pots to use next spring, for repotting houseplants this winter, or for birthday and thank you gifts. Kid-safe, durable paints can be purchased at most craft or hobby stores.

Get a jump on spring — Plan a visit to your local garden center to buy seeds. Or let your child help select varieties from the seed catalogs. Then start seeds indoors in March to plant outside after the last frost.



Fairy gardens are miniature settings with living plants.



Pine cone bird feeders are easy for kids to make.

Feed the birds — Stock up on birdseed and suet and feed the birds this winter. Make a pine cone feeder with peanut butter and bird seed. Have your child keep a record of all the species of birds that come to the feeder and what date each first was spotted.

Pot people — Draw or paint faces on small clay pots, then fill with soil. Plant grass seed, water, and watch the "hair" grow.

Build a birdhouse — Birdhouse kits and plans are available at most garden centers and craft shops.

Grow a tree — Start an avocado seed in water by inserting three toothpicks around the seed, half way down the side. Fill a small glass or canning jar with water and place the seed in the glass so the toothpicks rest on the brim.

Source: American Association of Nurserymen



Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

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.

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

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

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

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

When reviewing your garden catalogs for new vegetable varieties to try, an important consideration is improved insect and/or disease resistance. Watch 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 houseplants regularly to keep them shapely. Pinch back new growth to promote bushy plants.

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

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

During the winter most houses are too dry for houseplants. Humidity may be increased by placing plants on trays lined with pebbles and filled with water to within one half inch of the base of the pot.

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

UNL Master Gardener Training, Two Sites Available

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, control, and much more. Instructors are Extension specialists, educators, associates, and horticulture professionals.

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



Master Gardener volunteers at compost demonstration site in Pioneers Park

Training class size is limited. Those participating in the 2013 training class must pay a materials fee. There are two options for Master Gardener Training in Lincoln.

- UNL Extension in Lancaster County** training program, will begin February 2013. Training hours are 9 a.m. to 4 p.m. and the training sessions will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road. Cost is \$150. Application deadline is Jan. 25. For more information, call Mary Jane Frogge at 402-441-7180. To apply online, go to <http://lancaster.unl.edu/hort/othrlink.shtml>
- UNL Extension campus-based training program** will begin February 2013. Training hours are 6 to 9 p.m. and the training sessions will be held at UNL East Campus. Cost is \$180. For more information, contact Terri James at 402-472-8973.

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

Nebraska
Master
Gardener
“Helping People Grow...”



University of Nebraska–Lincoln Extension in Lancaster County



EXTENSION

Know how. Know **now**.

2012 ANNUAL REPORT

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BIG OUTREACH

UNL Extension in Lancaster County develops and delivers educational programs benefiting individuals, families, businesses, and communities



Extension Educator Alice Henneman presented a class, “Quick, Delicious One-Dish Meals” to nearly 350 people at Bryan Medical Center. In 2012, Extension staff in Lancaster County taught face-to-face educational programs to approximately 25,800 people (44,300 teaching contacts).



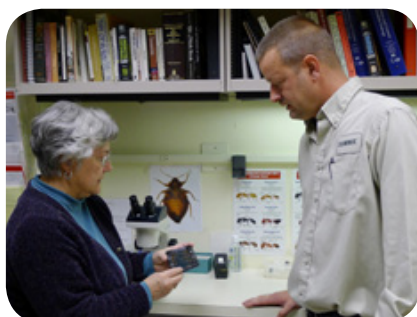
Extension Educator Maureen Burson (second from right) is part of the Co-Parenting for Successful Kids online team. In January 2012, the Nebraska Supreme Court approved the online class as a basic parenting class mandated for parents experiencing separation, custody, and divorce. In the first 10 months, 778 parents enrolled in the online class.



Extension Educator Sarah Browning (far right) is a regular panelist on UNL Extension's *Backyard Farmer*, which celebrated 60 seasons this year and included a special “50's night” (pictured). *Backyard Farmer* is the longest-running locally produced program in television history.



Extension Educator Tom Dorn is Extension's statewide expert on grain storage. He is pictured being filmed for UNL's *Market Journal* television program on the topic of early spring management of stored grain.



Extension Educator Barb Ogg (left) helps a walk-in client identify brown-recluse spiders. In 2012, Extension staff in Lancaster County responded to approximately 25,000 phone calls, walk-ins, and emails from the public requesting information.



Extension Educator Lorene Bartos, along with other agencies, presents RentWise classes to renters. Recently, she has expanded to training other trainers across the state to present RentWise.

BIG CONNECTION

Extension is your local connection to university research-based information



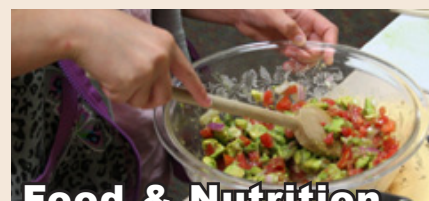
4-H & Youth

- Clubs, school enrichment, after-school & more
- Developing life skills, citizenship, leadership & career readiness
- Hands-on projects, science & technology



Farms & Acreages

- Livestock & crop production
- Acreage living
- Urban agriculture
- Drought & water resources



Food & Nutrition

- Nutrition & cooking
- Food safety
- Stretching food dollars



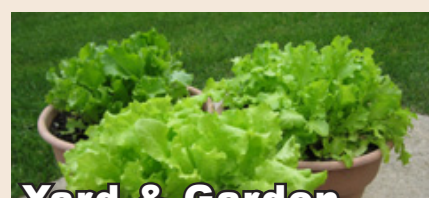
Families & Home

- Early child development, parenting & family relationships
- Home environment & energy
- Family & Community Education (FCE) clubs



Pests & Wildlife

- Pest identification
- Insect, spider & wildlife education
- Low-toxic solutions



Yard & Garden

- Plant & pest problem diagnosis
- Master Gardener volunteers
- Horticulture education
- Drought & water resources

BIG COMMUNITY VALUE



“Extension has made a big difference in my life. The education I received from Extension classes has empowered me to make good decisions for myself and family. Extension classes provide education, skills, budgeting, and crucial resources to create healthy, balanced families in our community.”

—**Keenya Barnes-Heyward**, *RentWise*, Co-Parenting for Successful Kids, and Nutrition Education Program participant



“Extension is an invaluable community partner for Community CROPS. Extension educators have taught good agricultural practices and pest management in our workshop series, and are always quick to respond to any requests for assistance. Several Extension staff serve on our board and provide excellent leadership and guidance.”

—**Warren Kittler**, *Community CROPS* Growing Farmers Training Program Manager



“Extension's Guardian and Conservator training allows individuals serving as guardian and/or conservator the unique opportunity to learn their rights and responsibilities from trained professionals. My clients have indicated that this class is an invaluable resource.”

—**Chris Blumenberg**, *attorney and member of Nebraska State Bar Association who volunteers to help answer legal questions at Guardianship Trainings*



“The nutrition classes helped me a lot. I have started to eat more whole grains and a variety of fruits. I now use shopping lists. At the grocery store, I buy the meats last, and when I go home, the first thing I do is put milk and meat in the refrigerator. I share what I learned with my community [Burmese and Karen].”

—**Wah Wah Moo**, *Nutrition Education Program graduate through the New American Leadership Academy*



“With my involvement with 4-H, I have learned about the importance of leadership, became more confident with myself, and it influenced me to get more involved with my community.”

—**Sadie Hammond**, *8-year 4-H member, secretary of 4-H Council, and president of 4-H Teen Council*



“Extension Educator Tom Dorn is a very valuable asset to the extension of education to agriculture. He has an in-depth knowledge of many subjects and he is very helpful in directing us to the best choice in an unbiased fashion. I know that when I consult with Tom, I am getting quality information in a style that is very easy to understand.”

—**Gale Williams**, *ag producer*

Celebrating 150 Years of the Land-Grant Legacy

This has been a “BIG” year for many reasons. First, 2012 was an important year to pause, reflect, and celebrate 150 years of the Morrill Land-Grant College Act of 1862. This monumental legislation



helped transform our nation by creating educational opportunities previously available for only the privileged upper class. Making higher education available to more people created a powerful human resource.

Nebraska’s prudent investment in University of Nebraska’s teaching, research, and Extension outreach helped to create a leading agricultural state — Nebraska’s largest industry.

UNL Extension in Lancaster County provides your link to land-grant university research-based information. This connection to the people’s university increases Nebraska’s economic well being and quality of life in so many ways.

Locally, we had a “Big” year. We extend a “Big” thank you to all Lancaster County Extension volunteers (more than 1,600) who lend support to 4-H and numerous extension education programs and activities throughout the year.

We also say a “Big” thank you to our 4-H Council, Lancaster County Extension Board, Lancaster County Fair Board, and Lancaster Event Center management for their ongoing guidance, assistance, and support.

And finally, we express a “Big” thank you to our Lancaster County Board of Commissioners for the necessary financial support and long-standing county partnership with UNL Extension. Our local residents greatly benefit from this unique partnership.

Gary C. Bergman
UNL Extension Educator & Unit Leader

Lancaster Extension Education Center Conference Facilities

As part of Extension’s commitment to community learning, the Lancaster Extension Education Center conference facilities are available to other nonprofit and governmental organizations at a nominal cost. In 2012, more than **4,320 hours of conferences and meetings** were held in the facilities.



4-H Clover College is one of many events held at the Lancaster Extension Education Center conference facilities.

BIG IMPACT

Since 2000, the **Nutrition Education Program (NEP) School Enrichment Kits** have increased nutrition education in qualifying Lincoln classrooms. To date, 51,953 students from 2,691 classrooms (grades K–8) have benefited from more than 25,900 total hours of teaching. Teachers have noticed students choosing healthier foods and improving their eating habits. In 2012, the Lancaster County nutrition kits were replicated by the Nebraska NEP for use in nearly 40 other counties.

Extension Educator Sarah Browning educated **fruit and vegetable growers on Good Agricultural Practices (GAPs)**, enabling them to maintain or improve the safety of their produce by preventing contamination with microbial pathogens such as Salmonella or E. coli. 65 growers attended a day-long workshop taught through the five-state Great Plains Growers Conference (GPGC). 19 additional growers increased their knowledge of GAPs through a local one-day workshop. After the program, 89% of participants rated their knowledge of the need for farm food safety practices as “high” or “very high.”

Extension Educator Barb Ogg is known as Nebraska’s bed bug expert. This year, Barb gave 28 **bed bug presentations** to agencies, non-profits, nursing homes, youth camp directors, fraternities/sororities, visiting nurses/other medical personnel, and real estate owners and managers — totaling approximately 1,550 total attendees. She also consulted with hundreds of renters and homeowners who had bed bugs.

Since 1998, Extension Educator Tom Dorn has hosted and helped present **Private and Commercial/Noncommercial Pesticide Applicator Training Sessions** in Lancaster County — about 8 a year. In 2012, 423 people attended these trainings. Applicators of trainings statewide report as a result of previously attended trainings:

- 95% commercial/noncommercial and 93% private frequently or very frequently used safe storage, holding, and application practices for pesticides, and
- 94% commercial/noncommercial and 88% private frequently or very frequently used pesticide best management practices to reduce contamination.

The **“Cook It Quick” monthly e-newsletter** written by Extension Educator Alice Henneman began in 1996 and now has more than 8,000 subscribers worldwide. A recent online survey of subscribers indicated 84% gained ideas for preparing foods faster and easier. Subscribers also reported learning how to save money, improving their cooking practices, cooking with healthier fats, handling foods safely, eating more home-cooked meals, reducing their sodium, and cooking with more whole wheat flour.



The Nutrition Education Program (NEP) taught nutrition in 437 Lincoln classrooms to 8,864 students grades K–8 in the 2011–12 school year. Pictured is NEP staff member Kristen Houska teaching students how to prepare a healthy snack.



In 2012, Barb Ogg gave 28 bed bug presentations to groups, including the Real Estate Owners and Managers Association (pictured). She also consults with hundreds of individuals.

For 17 years, Extension Educator Lorene Bartos has provided leadership and teaching for the **“Window of Opportunity” spring child care providers conference**. Each year, an average of 100 providers attend the conference for a total of about 1,700. Each provider cares for approximately 10 children. Providers report they have made positive changes in the areas of child guidance and discipline, daily learning activities for children, hands-on activities for the children, and safety guidelines and practices in their childcare home/facility. One participant said, “The most important thing I learned was how much routines that are always consistent really help the child develop better!”



“Extension has played a big role in my family through 4-H and its ag research and education programs. By serving on the Extension Board, I see the big impact Extension provides throughout the whole community to all ages in both rural and urban settings through its many excellent programs.”
—Denise Farley, Extension Board Vice President

http://lancaster.unl.edu = BIG outreach & BIG connection

Millions of people access UNL Extension in Lancaster County’s website to find answers to questions and solutions to problems 24 hours a day, 7 days a week, 365 days a year. The website contains thousands of pages of content and is updated daily. Extension’s educational materials often show up near the top in search engine results.

We continue to expand our social media outreach to give you even more opportunities to connect at your convenience. Join the conversation — ask questions, give feedback, and share your experiences. On our Facebook and Twitter pages, staff post instant updates on programs and timely resources. The 4-H Facebook page is a special place for 4-H families, volunteers, and alumni to connect. Our YouTube and Flickr channels are great places to watch informative videos and view photos from local events and programs.

The NEBLINE newsletter, which is mailed to nearly 12,000 Lancaster County residents, is available free on our website.



BIG HONORS, AWARDS, AND ACCOMPLISHMENTS

Tracy Anderson, Extension Associate

- 15 years of service with UNL

Lorene Bartos, Extension Educator

- “Continued Excellence Award – Nebraska Winner” and 1st place Central Region winner in “Communication – Written Press Release” presented by National Extension Association of Family and Consumer Sciences (NEAFCS)
- Eastern Nebraska 4-H Center site board member
- Earth Wellness Festival steering committee member
- Community Action Early Headstart and Headstart Policy Council community representative and vice chair

Gary C. Bergman, Extension Educator

- 25 years of service with UNL
- Nebraska Resource Conservation and Development Association state president

Maureen Burson, Extension Educator

- Co-presented a concurrent session at National Extension Association of Family and Consumer Sciences conference
- Family & Consumer Sciences section president of Nebraska Cooperative Extension Association (NCEA)

- Contributing author for *Getting Connected, Staying Connected, Loving Each Other Day by Day*, 221 page book and 20 UNL Extension NebGuides.
- Children of Parents Experiencing Divorce (COPED) coalition secretary

Tom Dorn, Extension Educator

- Two *Crop Watch* articles, “How to Estimate the Bushels of Grain in a Bin,” and “Estimating the Tonnage of Silage in a Bunker Silo” selected for Agriculture.com’s “The [A] List: the best from the Internet”
- North Central Regional Vice Chair of the National Search for Excellence Committee, National Association of County Agricultural Agents (NACAA)

Karen Evasco, Clerk Typist II

- 30 years of service with Lancaster County

Alice Henneman, Extension Educator

- 1st place national winner & Central Region winner in “Social Networking” and 2nd place national winner & 1st place Central Region winner in “Communication – Internet Education Technology,” presented by National Extension Association of Family and Consumer Sciences (NEAFCS)
- Presented a concurrent session at National

Extension Association of Family and Consumer Sciences conference

- Presented two poster sessions and a concurrent session at Society for Nutrition Education national conference
- Article (with Lisa Franzen-Castle) on “Evaluating the Effectiveness of Your Social Media Marketing,” accepted for publication in the *Journal of the National Extension Association of Family and Consumer Sciences*, Fall/Winter, 2012
- Community CROPS board member

Vicki Jedlicka, Publication and Media Assistant

- 10 years of service with Lancaster County
- **Mardel Meinke, Extension Associate**
 - “Distinguished Service Award – Nebraska Winner” presented by National Extension Association of Family and Consumer Sciences (NEAFCS)

Dave Smith, Extension Technologist

- 15 years of service with UNL
- Community CROPS board president

Jim Wies, Extension Associate

- 15 years of service with UNL

BIG BENEFIT TO YOUTH

"Communities benefit when they support 4-H. Youth who participate in 4-H learn life skills, science, technology, leadership, and citizenship."
—Lancaster County 4-H Council

The University of Nebraska–Lincoln Extension 4-H youth development program is open to all youth ages 5–18. Emphasis is on developing life skills through learning-by-doing.

Lancaster County 4-H consists of:

- **Organized Clubs** — 119 clubs ranging from 5 to 79 members and led (or co-led) by adults. Youth choose officers to run meetings. Clubs usually work on one or more projects together.
- **Independent Members** — With increasingly busy schedules, more and more youth are becoming independent 4-H members. Youth and families work independently on 4-H projects.
- **Projects** — Youth can choose from numerous 4-H projects. Project manuals are developed by experts and most project manuals have leader guides.
- **Educational Events** — 4-H staff organize workshops, contests, leader trainings, and events such as Clover College.
- **Lancaster County Super Fair** — Many 4-H youth choose to exhibit their project(s) and participate in contests at the Lancaster County Super Fair held at the Lancaster Event Center. In 2012, more than 800 4-H/FFA exhibitors showcased more than 6,000 exhibits (including static exhibits, animals, contest entries, and Clover Kids exhibits).
- **Leadership Opportunities** — Several opportunities are available to youth, including the 4-H Teen Council leadership club, youth members and officers on 4-H Council, teens helping younger 4-H members, and more.
- **School Enrichment** — 4-H programs for classrooms include: Garbology (2nd grade), Embryology (3rd grade), Ag Awareness Festival (4th grade), Earth Wellness Festival (5th grade), and Nutrition Education Program (K–8th grades in qualifying schools). These curricula meet Nebraska Curriculum Standards.
- **After-School Programs** — 40 Lincoln after-school/summer site programs have incorporated 4-H projects and/or county fair exploration activities into their programs.
- **4-H Embryology Website** — EGG Cam and other resources at <http://lancaster.unl.edu/4h/Embryology>.



A day-long workshop, "Fun with Healthy Food!" was new this year. Youth learned that making healthy food choices can be fun and tasty. Pictured is a participant guessing how much sugar is in various drinks, with Extension Associate Tracy Anderson.



Lancaster County hosted a District 4-H Horse show in June. 158 exhibitors participated.



Six Lancaster County 4-H'ers attended the 4-H/FFA Western National Roundup and helped team Nebraska earn the High Overall State Award in the Horse Classic. The Horse Bowl team (pictured) of Megan Luedtke, Cory Peters, Ian Schuster, and Erika Warner earned national champion. Seven Lancaster County 4-H'ers were part of the first Nebraska 4-H team to compete at the national American Rabbit Breeders Convention. 4-H Council provided financial support for these youth attending nationals.



"4-H'ers who attend national contests are, in my opinion, tomorrow's leaders. Those kids have learned early in life the concept of very hard work, determination, problem solving, and teamwork. They come out of the 4-H program with a head start to a very bright future."
—Kendra Ronnau, South Prairie Wranglers 4-H club leader and coach for Lancaster County 4-H'ers attending 4-H/FFA Western National Roundup



New at the 2012 Lancaster County Super Fair was a 4-H/FFA Livestock Judging Contest. About 80 youth participated, judging Angus heifers, market steers, commercial gilts, market hogs, commercial ewes, and market goats.



4-H Clover College is a four-day series of hands-on workshops held each June. This year's Clover College featured 52 workshops and 882 total registrations. Pictured are Extension Assistant Cole Meador and 4-H intern Shayna Truax presenting "Fun with Agriculture."



In the past year, Lancaster County 4-H involved nearly:

- 1,410 club members
- 200 independent members
- 1,587 youth in after-school/summer programs which incorporated 4-H activities
- 20,357 youth in 4-H school enrichment programs



In the 4-H Embryology school enrichment program, 3rd graders incubate, candle, and watch eggs hatch. Pictured is Extension Associate Marty Cruickshank. In 2012, 4,175 students in 167 classrooms participated.

BIG COMMUNITY SERVICE

The **Family & Community Education (FCE) clubs** are an educational, social, and community-oriented program designed to meet the needs and interests of Nebraska homemakers. FCE members help strengthen communities and families through education, leadership, and action. Lancaster County FCE's emphasis is on community service and sponsoring a scholarship. Annually, FCE awards a \$400 scholarship.



At the 2012 Family & Community Education (FCE) clubs Achievement Day, members donated 140 pounds of canned food and paper products, along with cash, for the Food Bank of Lincoln.

Many **4-H clubs and individual members** participate in community service projects. Part of the 4-H pledge is "my hands to larger service."



Nearly 115 4-H youth and family members painted 36 trash barrels for the Lancaster Event Center as a 4-H community service project.

BIG VOLUNTEERISM



Last year, UNL Extension in Lancaster County programs benefited from approximately **1,630 volunteers investing 25,000 hours of time for a total value of \$421,500!*** Volunteers contributed to 4-H, Master Gardener, Family Community Education (FCE), and other Extension programs.

* Independent Sector values volunteer time in Nebraska for 2010 at \$16.86/hour.

BIG LOCAL PROGRAMS

Food & Nutrition

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

Extension Educator Alice Henneman chairs a committee of about 30 UNL staff to develop materials for Extension's statewide food website

at <http://food.unl.edu>, which is continuously updated. Topics include food safety, local foods, meat products, home food preservation, food processing/business development, food allergies, and youth/4-H. Henneman's educational materials includes PowerPoints, videos, and handouts, which she shares via various social media such as Pinterest, Facebook, Twitter, YouTube, Vimeo, SlideShare, Flickr, and LinkedIn. She also writes two e-newsletters: *Cook It Quick* and *Food Reflections*.

The Nutrition Education Program (NEP) helps limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars. NEP receives funding from USDA through the Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program-Education (SNAP-Ed). Extension Educator Karen Wobig and six NEP staff members teach individuals and groups at multiple sites in Lancaster, Gage, Saline, and York counties.

Last year, NEP staff reached:

- 873 enrolled program families (3,072 teaching contacts).
- 8,987 youth (18,052 teaching contacts) at 27 schools and other sites.
- 89 older adults (576 teaching contacts) at 6 senior sites.



Extension Educator Karen Wobig, part of the Nutrition Education Program in Lancaster County, teaches nutrition classes at three senior sites.

Pests & Wildlife

UNL Extension in Lancaster County has extensive resources to help identify pests and recommend control methods. Emphasis is on low-toxic control methods, whenever possible. Extension Educator Barb Ogg and Extension Associate Soni Cochran assist area residents via phone calls, walk-in requests, email questions, publications, presentations, workshops, and radio. Extension's popular pest and wildlife website reaches a global audience with research-based resources including publications, photos, and videos. Ogg partners with community organizations and industry professionals in training and disseminating pest control educational resources. Ogg helps organize a hands-on Termite School for pest management professionals and inspectors. From 2005 to 2012, 216 attendees from five states have learned best practices in inspections, calibration of equipment, and application techniques. Bed bugs are a growing problem in Lincoln and other Nebraska communities with more people requesting unbiased information about managing this pest.

Families & Home

Extension Educator Lorene Bartos coordinates and presents child care provider trainings and serves on various community committees supporting education and development of young children. She works with Headstart/EXCITE programs to support literacy in families. Bartos also shares her expertise on home maintenance, energy conservation, safety in the home, and recycling through *THE NEBLINE*, Extension's website, her weekly column in the *Lincoln Journal Star*, and other outreach methods. She also assists with the RentWise program by training trainers and teaching classes to help renters increase the skills in becoming a better tenant by learning skills in budgeting, communicating with landlords and neighbors, and caring for the home.

Extension Educator Maureen Burson presents Guardianship Trainings and Co-Parenting For Successful Kids on-site classes in Lancaster County and Southeast Nebraska. These classes meet requirements mandated by the Nebraska Supreme Court. Burson is also on the statewide Co-Parenting For Successful Kids team which developed an online class in 2012. Most participants give positive feedback about the class. One said, "The mix of journal entries, quizzes, and videos made the information 'sink in' better than just quizzes alone would have."



The Window of Opportunity Child Care Conference had nearly 135 attendees.

Yard & Garden

UNL Extension plays a vital role in protecting human health by teaching Nebraskans how to create healthy,

sustainable, and diverse landscapes that are energy and water efficient, as well as less dependent on pesticides. Fewer pesticide applications means less chance for human exposure, and reduced potential for chemical residue to end up in lakes and streams. Extension Educator Sarah Browning and Extension Associate Mary Jane Frogge assist area residents and green industry professionals via phone calls, walk-in requests, email questions, publications, and Internet resources. Browning has a weekly column in the *Lincoln Journal Star* and is a regular panelist on *Backyard Farmer*.

The Extension Master Gardener Volunteer Program provides new participants with 40 hours of classroom training on a core curriculum of horticulture topics, and in return, they give back 40 hours of volunteer service to their community. Master Gardener volunteers extend the reach of Extension education by teaching yard waste composting, a program developed in partnership with the City of Lincoln Solid Waste Recycling program. Master Gardeners also assist in maintenance of demonstration landscapes, including the People's City Mission vegetable garden where they teach residents how to care for and harvest garden crops.



In 2012, 35 Master Gardeners volunteered 1,433 hours.

BIG DIAGNOSTIC SERVICES



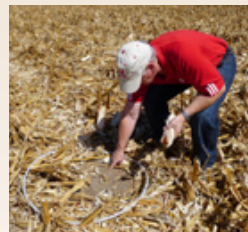
Throughout the year, Lancaster County residents and commercial professionals bring plant samples, insects, pests, and wildlife "signs" to UNL Extension in Lancaster County.

A free service, Extension horticulturists and entomologists identify weeds, diseases, and insects in and around the home and garden, and make recommendations about the best way to help manage these problems.

Extension Responds With Drought Resources

By late 2012, more than 95 percent of Nebraska was in extreme to exceptional drought. Lancaster County Extension staff developed and disseminated drought resources to assist ag producers, homeowners, and communities. Topics included the management of drought-impacted trees, turf, and ornamentals; water conservation in the home and landscape; and corn storage management to minimize mold and mycotoxins.

Information was delivered in newspaper articles, publications, on TV, via the Internet, and during face-to-face programs. Staff responded to numerous phone, walk-in, and email inquiries related to drought. UNL Extension created a statewide website at <http://droughtresources.unl.edu>.



Farms & Acreages

UNL Extension continues to make agricultural profitability and sustainability a priority issue. Extension Educator Tom Dorn fulfills this goal through numerous workshops and meetings, educational resources, person-to-person contacts, timely articles in *THE NEBLINE* newsletter and *UNL CropWatch*, and an up-to-date agricultural website. He is Extension's statewide contact for grain storage questions. Some of the agricultural programs presented this year include: private and commercial pesticide applicator certification trainings, a pasture management seminar, and a farmland rental workshop.

Residential acreages are rapidly increasing in Lancaster County. Extension delivers information on a wide range of issues related to acreages such as proper management of septic tanks and wastewater lagoons, landscape management, and alternative crops profitable for acreages. Extension Educator Sarah Browning provides education through Extension's statewide *Acreage Insights* website at <http://acreage.unl.edu> and *Acreage eNews* monthly email newsletter. In 2012, Browning developed a UNL Good Agricultural Practices (GAPs) statewide website at <http://cropwatch.unl.edu/web/gaps> in partnership with the Nebraska Fruit & Vegetable Growers Association.

Production ag and acreage resources are online at <http://lancaster.unl.edu/ag>.



Since 1992, UNL Extension in Lancaster County has coordinated **distribution and application of biosolids* to agricultural cropland** for the City of Lincoln. In the last 20 years, more than 600,000 tons of biosolids have been recycled, increasing soil nutrients, organic matter, and crop yields. Biosolids are in such high demand by area farmers, they are paying the City of Lincoln for this material. This biosolids recycling program will increase the life of the North Bluff Landfill by 4.9 years. Pictured is Extension Technologist Dave Smith taking soil tests.

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

Public Health Concern: Misuse of Insecticides for Bed Bugs

Barb Ogg
UNL Extension Educator

A recent press release from two federal agencies [Agency for Toxic Substances and Disease Registry (ATSDR) and the Centers for Disease Control and Prevention (CDC)] has focused on an emerging national concern about the misuse of insecticides for bed bugs. Authorities have documented improper and dangerous treatments done by pest control applicators and landlords, as well as apartment dwellers and homeowners who have attempted do-it-yourself treatments.

In the U.S. and other developed countries, bed bug infestations have been on the increase since 2000. Media attention about this problem — which is often hyper-sensationalized — has increased public awareness about this pest problem. I have noticed an increased paranoia in some individuals who develop rashes or unexplained “bites.” These individuals are sure they have a bed bug infestation, but cannot find the insects. These individuals often want to have their home treated, even though bed bugs cannot be found.

What looks like an insect bite can sometimes have other causes, like allergies, skin irritations, and infections. Even drug/prescription medications and medical conditions can have unwanted side effects like prickling of the skin or the feeling like something is crawling on the skin. At times, people use chemicals to get rid of insects they cannot see. Some of these insecticidal products are skin irritants and actually cause a rash or what appears to be bites.

This is why it is important to find bed bugs before actions are taken. Bed bugs hide during the daytime and are active at night, so finding them can be a bit tricky, but a thorough examination of the area around the bed will nearly always find them. Many people believe bed bugs are too small to see, but adult bugs are 1/4-inch long and both immatures and adults leave black fecal spots where they hide.



Bedbugs are about 1/4-inch long (magnified view above, actual size in inset).



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

In a home setting, the box springs is the most common place bed bugs will be found. The box springs is a wooden frame, nailed or stapled together and covered with fabric. The bottom is covered with a dust cover, stapled to the frame. This dust cover is made of a gauze-type material, which gets ripped easily. Bed bugs are flat and can easily

If you can't find bed bugs,
DO NOT TREAT
with chemicals!

squeeze in the area between the staples. To find bed bugs in the box springs, turn it upside down and tear off the dust cover. Look for bugs and fecal spots near where pieces of wood are nailed together, where there are knots or splits in the wood, or next to where fabric is stapled to the wood.

If you cannot find bed bugs, hire a pest control company to do an inspection. Or, hire an inspection company that has a bed bug sniffing dog. If bed bugs still cannot be found, the natural conclusion must be *there is no bed bug infestation*. Do not hire a pest control company to do treatments or attempt insecticidal treatments yourself.

Because bed bugs live in areas of the home where people sleep, it is important to minimize exposure to pesticides and only use products in these areas if it is necessary to eradicate a bed bug infestation. Ethical pest control professionals will not treat for pests that are not present.

Even if bed bugs are found, I don't recommend do-it-yourself treatments because research studies (University of Kentucky) have shown bed bugs throughout the United States have a high level of resistance to pyrethroid insecticides, which are the products most commonly found in hardware stores and other places where people buy pesticides. One study shows it takes more than 10,000 times more pyrethroid insecticide to kill these resistant bed bugs compared with laboratory strains never exposed to pyrethroids.

Clearly, these products are not very effective at the labeled rates and it would be unhealthy to douse your home with the amount needed to kill bed bugs. There are more effective (non-pyrethroid) products, but they are primarily sold to professionals through pest control distributors.

Over-the-counter foggers (i.e., bug bombs) are also pyrethroids and not effective in controlling bed bugs. Susan Jones, a researcher at Ohio State University, found only small percentage of exposed bed bugs died even when only 3–10 feet from the fogger itself. Bugs in harborage areas — the most likely location for them — were not killed at all. Clearly the purchase and use of over-the-counter foggers is a waste of money and increases unnecessary exposure to inhabitants.

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 to consumers.



Know Your Gnats! Knowing Them Will Help You Locate Breeding Sites

Barb Ogg
UNL Extension Educator

In the fall of the year, gnats can sometimes be troublesome. Most infestations get started during warmer weather when gnats enter through window screens or get brought in with fruit or vegetables.

Anatomically speaking, gnats are very tiny flies. They breed in moist or rotting organic matter. The key to solving the gnat problem is to find and eliminate the breeding area.

There are several different type of gnats which can be found in homes. Each type prefers a slightly different place to breed.

Fruit Flies

Fruit flies are light brown and have red or orange eyes. Fruit flies most often breed in very ripe fruit or rotted vegetables, like tomatoes, onions or potatoes. They often get brought into the house in garden produce. Fermenting materials, such as leftover beer or soft drinks, also are a favorite food of these flies. Recycling bins may breed fruit flies.



Fruit fly (magnified)

Control: Fruit flies are best controlled by discarding overly-ripe fruit or placing it in the refrigerator to eliminate breeding sites. Be sure to take garbage outside frequently (even daily) or use a garbage disposal to discard fruit or vegetable peelings. Patience is needed because it takes days or even a week or more for flies to die on their own. Fly tape or another type of sticky trap, placed in the area where flies are observed, may be helpful in catching them. If you are sure you have fruit flies, make a fruit fly trap made from yeast, water, and sugar. It works because fruit flies are attracted to carbon dioxide produced by the trap contents. Other flies won't be attracted to it. If infestations are coming from soft drink or beer containers, prevent breeding in recycling bin by washing bottles and cans before putting them in the bin.

Phorid Flies

Phorid flies are also known as humpbacked flies. They look similar to fruit flies but don't have red eyes. When disturbed, phorid flies run across horizontal surfaces instead of immediately flying. This behavior distinguishes them from other gnats, which immediately take flight. When viewed under a microscope or hand-lens, they can also be recognized by characteristic wing veins.



Phorid fly (magnified)

Phorid flies breed in moist, decaying organic matter, including sewage-contaminated soil, garbage, drains, human cadavers, rotting vegetables, fruit, garbage, as well as damp organic materials. Phorid fly infestations may breed underneath plumbing leaks (or a poorly seated toilet) where sewer water collects in hidden places in void areas or soil. Because these flies breed in unsanitary areas, this fly can transmit disease-causing bacteria.

Control: It can be difficult to determine the source of phorid fly infestations, but it is often a leaky sewer pipe. Once you find the source, it can be resolved. Without a constant source of moist organic matter, the fly problem will disappear. A plumber may be needed to inspect and repair leaky pipes.

Drain Flies

Drain flies are small, dark, fuzzy, moth-like flies. They are weak fliers, typically flying only a few feet at a time. They are often found in the kitchen above the sink. Adult flies mate above the drain and female flies enter the drain to lay eggs, which become tiny maggots and live and feed on fungi inside the gelatinous material that lines the inside of drains. Infestations may also come from overflow in a kitchen or bathroom drain or from a garbage disposal.



Drain fly (magnified)

Control: Drain flies can be eliminated by simply removing the gelatinous slime on the inside of the pipes. Products that open clogs will not clean the slime and are not likely to work. Bleach will not penetrate the slime and is also not likely to work. Pouring boiling water down the drain may loosen the gelatinous slime and may be useful. But, manual cleaning with a plumber's snake is the simplest method which will solve a drain fly problem.

Fungus Gnats

Fungus gnat larvae feed on fungi found in soil of potted plants. High-organic-matter fertilizers and overwatering, especially in the fall and winter when indoor plants are not actively growing, are associated with fungus gnats.



Fungus gnat (magnified)

Control: Follow these tips to discourage or deal with fungus gnat infestations:

- Don't overwater potted plants. Allow the soil to dry between waterings. Make sure your potted plants have good drainage.
- If plants are summered outdoors, check plant soil for adult gnats or their larvae before bringing them indoors.
- Prevent indoor entry of gnats by keeping windows closed and sealing windows and doors.
- Place yellow sticky traps on the soil surface to trap the gnats. They can be obtained at a local garden store.
- Place potato slices on the surface of the potting media. The larvae will feed on potato slices. After four days, remove the potato slices with the larvae.

PEST DIAGNOSTIC SERVICES

If you need help identifying gnats or other pests, bring specimens to the UNL Extension in Lancaster County office, 444 Cherrycreek Road, Suite A, Lincoln, between 8 a.m.–4:30 p.m. on weekdays. A free service, extension staff can identify and make control recommendations.

Celebrating 10 Years of Heart of 4-H Award

Volunteers are the Heart of 4-H. Lancaster County 4-H benefits from approximately 1,445 volunteers. Volunteers include club leaders, project leaders, fair superintendents, workshop presenters, 4-H Council members, animal Volunteers in Program Service (VIPS) committee members, parent volunteers, and much more. Most volunteers are adults, though some youth also volunteer.

In January 2003, Lancaster County 4-H started a monthly Heart of 4-H Award to recognize outstanding volunteer service. Below is the list of honorees to date, and we have no shortage of outstanding volunteers to continue to recognize! Thank you to all of our amazing volunteers who help develop youth to their full potential!

For information and photos of the winners, or to nominate someone, go to <http://go.unl.edu/heart4h>.



Pat Heather was the first recipient of the Heart of 4-H Award in January 2003.

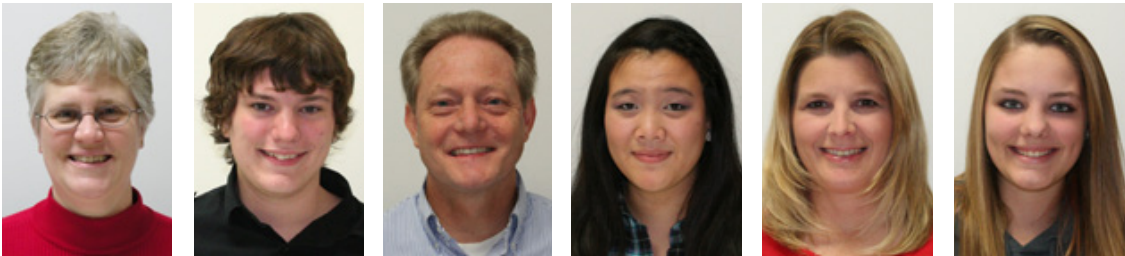
Joyce & Jim Agena, Lynn Albin, Janet Anderson, Karen & Joel Armstrong, Deb Badeer, Kala Ball, Jim Bauman, Tonya Beach, Shari Becker, Roger Bell, Debbie Brandt, Kelly Brown, Trina Brown, John & Lori Bruss, Donna Bundy, Lisa Burham, Eunice Cernohlavek, Ellen Chapelle, Gary & Rhonda Chubbuck, Marcia Claesson, Kay Clinch, Jodi Cooper, Shirley Condon, Kath Conroy, Greg Crawford, Katie Cruickshank, Merlin Dana, Andy & Suzi Dearthmont, Keith Dey, Deb DeWald, Ted & Alice Doane, Stephenie Doeschot, Jane Dowd, Ron Dowding, Bob Dresser, Martin Dye, Shelly Everett, Peg Fairfield-Bixby & Sherm Bixby, Denise Farley, Quentin Farley, Cindy Fiala, Judy Fitzgerald, Kent Frobish, Susan Frobish, Jo Fujan, Shari Green, Jill Greff, Becky Grimes, Brandy Gunnerson, Kirk Gunnerson, Justy Hagan, Laura Hardesty, Linda Hanigan, Marian Hanigan, Kristy Hattan, Pat Heather, Scott Heinrich, Jim & Bonnie Henshaw, Dick Hollman, Cathy Hurdle, Mark Hurt, Elva Janak, Danetta Jensen, Sandi Kroll, John Krueger, Jhoni Kucera, Cheryl Landon, Ruth Lantis, Mindy Leach, Rodney Lilestrand, Gordon Maahs, Ken Majors, Franklyn Manning, Becky McHenry, Tom & Brenda Messick, Linda Meyer, Tammy Miner, Sara Morton, Harry Muhlbach, Steve Muhlbach, Lynnette Nelson, Leia Noel, Amber Nore, Jean Pedersen, Trudy Pedley, Larry Pershing, Paula Peterson, Ann Pickrel, Sheri Ramirez, Jennifer Rawlinson, Kendra Ronnau, Karen Rutt, Kitt Saathoff, Roberta Sandhorst, Carin Sandman, Sheila Scheideler, Marilyn Schepers, Chris Scow, Mike & Lanna Shrader, Jen Smith, Myron & Barb Smith, Leah Spencer, Chris Stephenson, Peggy & Kenny Steward, Barb & Ron Suing, Karol Swotek, Sandy Talbert, Cheri Truax, Julie Thomson & James Walla, Gene Veburg, Stephanie Wachter, Kelly & Colleen Warner, Terri Whisler, Kathy Wiegand, Brenda Wilkinson, Jay Wilkinson, Pat & Kim Wiseman, Carol Wolf, and Tammy Wollen

Meet the 2013 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: Ann Pickrel (President), Bailey Johnson (Vice-President), Kent Frobish (Treasurer), and Sadie Hammond (Secretary).

Members: Elizabeth Frobish, Kellie Gallagher, Austin Hurt, Mark Hurt, Jacob Pickrel, Cathy Plager, Kylee Plager, Kari Price, Renae Sieck, Sharlyn Sieck, Karol Swotek, and Sheridan Swotek.



4-H Crocheting Workshop, Feb. 2

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. 2, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No cost – all supplies will be provided. Adults are welcome to attend to help 4-H'ers. Must preregister by Jan. 31 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.

Pillow Party, Feb. 23

4-H youth ages 8 and up are invited to learn beginning sewing skills and make a pillow at a Pillow Party, Saturday, Feb. 23, 9 a.m. Bring your sewing machine and supplies.

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

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, Feb. 7, 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.

Healthy Eating Activities Available for 4-H Clubs

Would your 4-H club like to have two "Eat4-Health" ambassadors and current 4-H'ers come to your club meeting and teach hands-on healthy eating activities to your club members? Fun games to get everyone moving are also incorporated! To learn more and schedule a time, contact Sheridan at 402-783-2086 or karol.swotek@gmail.com.

Pick-A-Pig 4-H Club

It's almost time for the 4-H Pick-A-Pig club to begin again. This club gives youth ages 8 and up the opportunity to participate in a livestock project. There is a small cost to participate and 4-H'ers will be required to attend weekly meetings and training sessions at a local farm. If you would like to raise a pig for four months, learn how they grow, and then show the pig at the fair, call Harry Muhlbach at 402-430-7304 for more details.

January

Kent Frobish

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

Five years ago, Kent started helping with his daughter's various horse clubs. He is in his fourth year on 4-H Council and

has a crucial role on the food booth committee. The 4-H food booth at the Lancaster County Super Fair is Council's primary fundraiser. Kent is currently treasurer of 4-H Council.

"I like being a 4-H volunteer because it allows me to be involved in activities with my kids," says Kent. "I have had the pleasure meeting and working with so many parents who want to promote the 4-H values to their children and community. 4-H is a wonderful program that greatly benefits our community and state. The 4-H food booth is lots of hard work, but a thoroughly enjoyable time with Extension staff, adult volunteers, and 4-H kids. Making thousands of bags of cotton candy has a way of bring people together. It is a sweet way to give back to the community."

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



Nominate Your Favorite 4-H Volunteer!

A "Heart of 4-H Award" is awarded to a Lancaster County 4-H volunteer each month! Nominate your favorite 4-H volunteer or leader by submitting the following form (also available online at lancaster.unl.edu). *Nominations of co-volunteers accepted.*



I, _____, nominate _____.

Please explain why you are nominating person(s) (use additional paper if needed)



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



4-H Achievement Night

Tuesday, Feb. 12 • 6:30 p.m.

Lancaster Extension Education Center

444 Cherrycreek Road, Lincoln

Part of
Nebraska 4-H
Month!

Evening Starts With a Dessert Potluck

Please bring a finger food dessert to share

Congratulations to 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.**



"2012
4-H Year in
Review" video!

Wear your
4-H garb!



2013 4-H Calendar



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

January

- 8 4-H Council Meeting 7 p.m.
- 13 Teen Council Meeting 3 p.m.
- 16 4th & 5th Grade Overnight Lock-In Registrations Due to Extension
- 18-19 4th & 5th Grade Overnight Lock-In 8 p.m.-8 a.m.
- 20 Livestock Judging Informational Meeting 2 p.m.

February FEBRUARY IS NEBRASKA 4-H MONTH

- 2 Crocheting Workshop 9 a.m.
- 5 4-H Council Meeting 7 p.m.
- 6 Lancaster County Deadline for Horse Stampede Entries
- 7 4-H/FFA Beef Weigh-In, Lancaster Event Center - Pav. 2 6-8 p.m.
- 10 Teen Council Meeting 3 p.m.
- 12 Achievement Night 6:30 p.m.
- 23 Pillow Party Sewing Workshop 9 a.m.

March

- 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)
- 5 4-H Council Meeting 7 p.m.
- 9 Jammie Jamboree Sewing Workshop 9 a.m.
- 10 Teen Council Meeting 3 p.m.
- 16 Horse Stampede, UNL East Campus - Animal Science Building
- TBA Spring Rabbit Show
- 23 Counterchange Smocking Workshop 9 a.m.

April

- 1 All 4-H/FFA Market Beef ID's Due to Extension
- 2 4-H Council Meeting 7 p.m.
- 12 Public Service Announcement (PSA) Contest CDs Due/
Preregister for Speech Contest
- 13 Kiwanis Karnival, Elliott School 6-8 p.m.
- 14 Teen Council Meeting 3 p.m.
- 16 Horse Level Testing, Lancaster Event Center - Amy Countryman
Arena 5:30 p.m.
- 20 Junque to Jewels Furniture Painting Workshop 9 a.m.
- 21 Speech Contest 1 p.m. registration/1:30 p.m. contest
- 30 Horse Level Testing, Lancaster Event Center - Amy Countryman
Arena 5:30 p.m.

May

- 1 4-H Council Camp Scholarship Entries Due to Extension
- 2 4-H/FFA Sheep Weigh-In, Lancaster Event Center - Pav. 2 6-8 p.m.
- 7 4-H Council Meeting 7 p.m.
- TBA Lancaster County Deadline for District/State Horse Show
Entries, ID, Level Tests
- 16 Leader Training 9:30 a.m. & 6:30 p.m.

June

- 1 County Fair Horse ID's Due to Extension
- 1 Life Challenge Contest - Junior & County-Level Senior
Divisions 9 a.m.
- 4 4-H Council Meeting 7 p.m.
- 8 Bicycle Safety Contest 9 a.m.
- 11 Plant Science Contests: Horticulture/Tree ID/
Grass-Weed ID 10 a.m.-12 p.m.
- 18-21 Clover College
- TBA Horse District Shows
- 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
- 18 Horse Level Testing, Lancaster Event Center - Amy Countryman
Arena 5:30 p.m.
- 25 Horse Level Testing, Lancaster Event Center - Amy Countryman
Arena 5:30 p.m.

July

- 1 All 4-H/FFA Lancaster County Fair Animal Entries Due to Extension
- 1-2 Premiere Animal Science Events (PASE)/FCS Life Challenge
- 2 Horse Level Testing, Lancaster Event Center - Amy Countryman
Arena 5:30 p.m.
- 14-18 State 4-H Horse Show, Fonner Park, Grand Island
- 20 Presentations Contest 9 a.m.
- 30 4-H & FFA Static Exhibit Check-In for Lancaster County Super Fair,
Lancaster Event Center - Lincoln Room 4-8 p.m.

August

- Aug. 1-10 Lancaster County Super Fair (4-H/FFA Exhibits & Events Aug. 1-4),
Lancaster Event Center
- Aug. 4 Lancaster County Deadline for State Fair Animal Entries &
Ak-Sar-Ben 4-H Show Entries
- Aug. 23-Sept. 2 Nebraska State Fair, Fonner Park, Grand Island

September

- 8 Teen Council Meeting 3 p.m.
- 10 4-H Council Meeting 7 p.m.
- TBA Ak-Sar-Ben 4-H Horse Show, Location TBA
- TBA Ak-Sar-Ben 4-H Stock Show, CenturyLink Center

October

- 1 4-H Council Meeting 7 p.m.
- TBA Horse Awards Night, location TBA
- 3 4-H Kick Off 6 p.m.
- 6-12 National 4-H Week
- 13 Teen Council Meeting 3 p.m.

November

- 5 4-H Council Meeting 7 p.m.
- 10 Teen Council Meeting 3 p.m.

December

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

4-H SUMMER CAMPS & TRIPS June-September

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

BIG RED SUMMER ACADEMIC CAMPS • June 9-14

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

Early Bird
Discount Before
April 15!

Early Bird
Discount Before
April 1!

EXTENSION NEWS

Three Staff Members Win National Awards



(L-R) Lorene Bartos, Alice Henneman, and Mardel Meinke

At the National Extension Association for Family and Consumer Sciences (NEAFCS) 2012 Annual Session in September, three University of Nebraska–Lincoln Extension in Lancaster County staff received national awards.

Lorene Bartos, Extension Educator:

- **Continued Excellence Award – Nebraska Winner** for continuing excellence during her 39-year UNL Extension career. A member of NEAFCS since 1991, she has served as state president, president-elect, and chair of several committees. The Continued Excellence Award recognizes NEAFCS members who have been actively involved in professional improvement programs, the promotion of professional development of others, and leadership.
- **Communications – Written Press Release, 1st place Central Regional winner** for her NEBLINE feature “What is Your Energy IQ?” published October 2011. The award encourages excellence in communications in press releases.

Alice Henneman, Extension Educator:

- **Social Networking, national 1st place winner and Central Region winner** for her work in sharing Extension research-based information and materials through social media sites including Twitter, Facebook, Pinterest, LinkedIn, YouTube, Vimeo, SlideShare, and Flickr to reach approximately 85,000 people at the time she received the award. Henneman is the first recipient of this newly created award for innovative online social networking efforts.
- **Communications – Internet Education Technology Award, 2nd place national winner** the success of her Cook It Quick web-based educational program, which has an email subscribership of approximately 8,000 individuals. The award encourages excellence in communications in internet education technology.

Mardel Meinke, Extension Associate:

- **Distinguished Service Award – Nebraska Winner** for outstanding educational service to UNL Extension for 17 years, and teaching families to make safe, healthy food choices through the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) program. The Distinguished Service Award is the highest award presented by NEAFCS. The award recognizes members for leadership, outstanding program efforts, and personal and professional development.

Grandparents Raising Grandkids: Perspective of the Grandchildren

Maureen Burson, UNL Extension Educator—
I have gained much appreciation and respect for the important role grandparents play in keeping children safe and secure as I hear heart-felt stories while teaching Guardianship Training and Co-Parenting For Successful Kids classes. In two fall Guardianship Training classes, all of the participants were grandparents raising grandchildren. Grandparents are the glue which holds many Nebraska families together. One class participant, a 75-year-old grandmother continues to work full-time to support herself and her teenage granddaughter. Grandparents love both their children and grandchildren unconditionally. Most have taken on this labor of love, a time in their lives in which they have put their dreams of retirement on hold.
Our colleagues from the University of Wisconsin Extension have a series of very practical research-based educational fact sheets online at <http://fyi.uwex.edu/grandparenting/through-the-eyes-of-a-child/fact-sheets/>.

With so many children being raised by grandparents, it is important to understand how grandchildren feel about their relationships with their parents and grandparents. There is very little research on how grandchildren think and feel about being raised by grandparents. What we do know is based on interviews with adolescent grandchildren.

Relationships with Parents

Grandchildren living with grandparents often struggle in their relationships with their parents. Although grandchildren may want to spend time with their parents, their parents may be absent or unavailable. When parents are involved in grandchildren’s lives, they can sometimes be unpredictable or break promises.

As a result, some grandchildren’s feelings about their parents include anger, grief, resentment, and confusion. In addition to these difficult feelings, grandchildren may feel

frustrated when their parents try to discipline them or act like a parent — especially if they have not been very involved in caring for the child. Grandchildren may also distrust their parents and be aware that their parents cannot provide them with a safe environment.

There are some grandchildren who describe positive relationships with their parents. In these relationships, parents tend to be more like siblings or friends. In these cases, grandchildren say that they enjoy doing things with their parents such as eating out, going shopping, playing video games, and seeing movies. Grandchildren having these types of relationships with their parents often say that they want to spend more time together.

Relationships with Grandparents

Grandchildren often describe close, trusting relationships with grandparents who are raising them. Many grandchil-

dren describe their grandparents as being just like parents. Also, grandchildren often believe that their grandparents provide stability in their lives and want to help them grow into productive adults. Grandchildren feel that their grandparents give them values, a strong work ethic, and a desire to succeed.



In addition to feeling close, grandchildren describe a strong sense of gratitude and appreciation for the work their grandparents have put into raising them. Grandchildren recognize the sacrifices their grandparents have made and say that they want to provide care for their grandparents in the future. Still, grandchildren may worry that they are a burden to their aging grandparents and wonder if their grandparents really want to be raising them.

Although many grandchildren are close to their grandparents, conflict and tension may occur. When grandchildren have trouble getting along with their grandparents it is often because of the generation gap. Grandchildren and grandparents may not agree about clothing, music, leisure activities, household rules, chores, and dating.

Source: University of Wisconsin Extension, eXtension.org

Earth Wellness Festival Needs Volunteers



Volunteers are needed for the 2013 Earth Wellness Festival on Monday, March 25 and Tuesday, March 26 at Southeast Community College in Lincoln. Approximately 3,000 fifth-graders participate in this annual event which involves students in creative and innovative environmental education activities.

Each year, more than 175 volunteers take part in earth wellness festival activities as classroom escorts, bus greeters, presenters, and registration assistants. Volunteers are essential to the success of this event.

You may choose to volunteer one or both days. In return, you receive the opportunity to participate in a rewarding volunteer experience, a festival T-shirt, coffee, rolls, and lunch. For more information, contact Tonya Bernadt at tbernadt5@unl.edu or 402-472-2712 by March 1.

Climate Masters to Spur Local Action to Reduce Emissions

Climate Masters of Nebraska, a program at the University of Nebraska–Lincoln’s School of Natural Resources, will offer its second course starting Jan. 16. The 10-week course will meet Wednesdays 6–8:30 p.m. In exchange for the free course, participants volunteer 30 hours of education to others in the community. The program is open to anyone ages 19 and up.

The course, funded by the U.S. Environmental Protection Agency, will teach participants various ways they can reduce greenhouse gas emissions. Classes will focus on the basics of climate change, home energy, transportation, green building, renewables, yards, consumption and waste, food, water conservation, preparing for climate change, and more. Two field trips will also be offered as part of the course.

For more information and registration form, go to <http://climatemasters.unl.edu> or call 402-472-2712. Registrations will be accepted until class is filled.



Master Conservationist Entries Due Feb. 1

The Master Conservationist program was established in 1983 to recognize those who have excelled in soil and/or water conservation.

A winner will be selected from each of the three established categories: agriculture, community, and youth. Production agriculture includes individual producers, partnerships, and family farm or ranch corporations. The community category is for groups, individual agencies, or businesses. The youth category seeks to recognize any individual or group of individuals 19 years of age or younger.

Anyone can submit nominations, including self nominations. Deadline for nominations is Feb. 1. More information about the Master Conservationist Awards, along with submission forms, can be found at <http://owh.com/section/OWH0901>.

Sponsored by the Omaha World-Herald and the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln



EXTENSION CALENDAR

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

December

- 29 Early 4-H/FFA Beef Weigh-In, Call for location10 a.m.–12 noon
31 All 4-H Award and Scholarship Applications Due to Extension

January

- 8 4-H Council Meeting..... 7 p.m.
10 Co-Parenting for Successful Kids 9 a.m.–12:30 p.m.
11 Extension Board Meeting..... 8 a.m.
13 Teen Council Meeting..... 3 p.m.
15 Guardian/Conservator Training 1:30–4:30 p.m.
16 Private Pesticide Applicator Training Session8:30–11:30 a.m.
16 4th & 5th Grade Overnight Lock-In Registrations Due to Extension
18–19 4th & 5th Grade Overnight Lock-In8 p.m.–8 a.m.
20 Livestock Judging Informational Meeting..... 2 p.m.
26 Private Pesticide Applicator Training Session8:30–11:30 a.m.
28 Family & Community Education (FCE) Council Meeting 12:30 p.m.
30 FCE & Community Leader Training Lesson, “How Our Shopping Habits Help Predict the Future of Our Community” 1 p.m.



Ak-Sar-Ben 4-H Expo Results

The 85th Ak-Sar-Ben 4-H Stock Show was held in September at the CenturyLink Center in Omaha. The Ak-Sar-Ben 4-H Horse Show was held in September at the Lancaster Event Center in Lincoln. More than 2,000 4-H families from an eight state area participate in this all 4-H Expo. Categories of this 4-H only competition are dairy, feeder calf & breeding beef, market beef, market broilers, meat goats, market lamb, market swine, rabbit, dairy steer, and horse. Below are the Lancaster County 4-H purple ribbon winners. Complete results are at www.rivercityrodeo.com.

| | | | |
|-----------------|--|---------------|---|
| Chelsea Beach | Horse - Senior Pole Bending; Senior Western Showmanship; Senior Western Pleasure | Austin Hurt | 2 Rabbits; Rabbit Showmanship; Broilers |
| McKenzie Beach | Horse - Junior Pole Bending (Champion); Junior Western Showmanship | Kyle Hurt | Rabbit; Rabbit Showmanship |
| Morgan Bodfield | Broiler; Rabbit | Cassie Meyer | 3 Dairy (Champion Junior Jersey and Grand Champion Jersey); Dairy Showmanship (Champion) |
| Meredith Carney | 4 Rabbits | Bailee Peters | Horse - Senior Western Showmanship; Senior English Pleasure (Reserve Champion); Hunter Hack |
| Morgan Chipps | Horse - Junior Western Pleasure | Madelyn Scott | 3 Market Lambs; Market Lamb Showmanship |
| Ashton Cooper | Market Lamb | Riley Scott | 2 Market Lambs |
| Cole Cooper | Market Lamb | Corby Vrbka | Rabbit |
| Peyton Goracke | 2 Feeder Calves | | |
| Anna Heusinger | Horse - Senior Western Horsemanship | | |

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Lancaster Extension Education Center Conference Facilities
444 Cherrycreek Road, Lincoln

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2012 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 on Tuesday, Feb. 12.



Fantastic 4 4-H Club of Lincoln is the winner of Category 1 (5–7 members). The club's six members were enrolled in approximately 35 projects and entered 111 total exhibits at the fair, including photography, clothing, foods, home environment, child development, leadership, electricity, horticulture, wildlife conservation, household pets, rabbit, dog, sheep, swine, bucket calf, and vet science. Members participated in the speech/PSA, presentation, bicycle, table setting, and style revue contests. This is their fourth year as an outstanding club. Jennifer Smith is club leader, and Sarah Lanik Frain is assistant leader.



All American Kids 4-H Club of Lincoln is the winner of Category II (8–13 members). The club's 12 members were enrolled in approximately 18 projects and entered 113 total exhibits at the fair, including foods, clothing, home environment, citizenship, photography, floriculture, woodworking, and electricity. Members participated in the presentation, table setting, and style revue contests. The club is winning this award for the first time. Holly Steinbach is club leader and there are four assistant or project leaders.



South Prairie Wranglers 4-H Club of the Hickman area is the winner of Category III (13 or more members) — and winner of the Wayne C. Farmer trophy as overall Outstanding 4-H Club for the year. The club's 79 members were enrolled in more than 30 projects and entered approximately 618 total exhibits at the fair, including horse, rabbit, bucket calf, dog, cat, poultry, photography, clothing, horticulture, foods, child development, woodworking, robotics, small engines, and engineering. Members participated in many fair contests including horse/rabbit judging, rabbit breed identification, speech/PSA, presentations, table setting, and style revue. Several members are Clover Kids (ages 5–7). This is their fifth year as an outstanding club and first year receiving the Wayne C. Farmer trophy. Kendra Ronnau is club leader and there are seven assistant or project leaders.

Local 4-H'ers Compete at National Rabbit Convention



In October, several Lancaster and Gage County 4-H members attended the national American Rabbit Breeders Association (ARBA) Convention in Wichita, Kan. The Lancaster County youth included Hannah Bellinghausen, Kaiya Green, Emily Harms, Noah Huber, Austin Hurt, Jacey Prange, and Alyssa Zimmer. The Gage County youth included Mason Bletscher, Tessa Hydo, and Charlotte Schuerman. These were the first local 4-H'ers to compete at a national ARBA contest. Congratulations to these youth!

All of the youth competed in team contests. The junior district quiz bowl team which included Noah Huber earned 2nd place. The intermediates and seniors competed in team and individual breed identification and judging.

All of the youths showed rabbits. Some of the top winners were:

- Hannah Bellinghausen: French lop senior broken chestnut doe - 5th place; senior chestnut buck - 7th place.
- Kaiya Green: French lop solid intermediate doe - 1st place, best opposite sex variety, and best opposite sex; Himalayan blue senior buck - 1st place; Himalayan lilac senior doe - 1st place; Himalayan lilac junior buck - 4th; Himalayans black senior bucks - 2nd and 4th place; Himalayans black senior doe - 2nd place; Himalayan black junior doe - 5th place.
- Noah Huber: mini rex senior buck - 5th place; tan black junior bucks - 1st and 2nd place; tan blue junior doe - 2nd place.
- Austin Hurt: Champagne d'Argent intermediate buck - 5th place.



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Lancaster County 4-H Teen Council
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for 4th & 5th graders (need not be enrolled in 4-H)

Fri. Jan. 18, 8 p.m. – Sat. Jan. 19, 8 a.m.

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Cost \$15/person
Registrations due by Jan. 16

For more information, call 402-441-7180 and ask for Tracy Anderson

LOCK-IN REGISTRATION FORM

Make check payable (\$15/participant) to Lancaster County 4-H Teen Council
and mail with registration form **BY JAN. 16** to:
Tracy Anderson, UNL Extension in Lancaster County, 444 Cherrycreek Rd., Suite A, Lincoln, NE 68528

Name of participant(s) _____ Age _____

Address _____
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: _____

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