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**FEBRUARY
IS NEBRASKA
4-H MONTH**



All 4-H'ers are invited to
Achievement Night,
Tuesday, Feb. 7, 6 p.m. at
University of Nebraska–
Lincoln State Museum
in Morrill Hall
— see page 9

Making Nutrition Education a Hands-On Experience for Youth

Maureen Burson
UNL Extension Educator

Teaching children the enjoyment of cooking and eating healthy food is a gift which will last a lifetime. Extension's Nutrition Education Program (NEP) 4-H School Enrichment program annually reaches more than 2,600 students in grades K–5 at 13 income-eligible schools. NEP staff present a handwashing and healthy snack experience in participating classrooms. Many youth enjoy the food preparation activity so much, they then make the snacks with their families (see recipes on this page).

Kids in the Kitchen

Children enjoy helping in the kitchen and often are more willing to eat foods they help prepare. Involve your children in planning and preparing some meals and snacks for the family.

Before any food preparation, wash hands with WARM running water and soap for about 20 seconds. Also, wash hands at the end of the food preparation experience.

Age-Appropriate Food Preparation

It is important you give kitchen tasks appropriate for your child's age. Children have to be shown and taught how to do these activities. Each child has his or her own pace for learning, so give it time and the skills will come. Focusing on one task at a time appropriate to age and ability levels results in greater fun and success.

2-YEAR-OLDS:

- wipe table tops
- scrub vegetables
- tear lettuce or greens
- break cauliflower
- snap green beans
- wash salad greens
- play with utensils
- move ingredients

3-YEAR OLDS: can do what 2-year-olds do, plus...

- wrap potatoes in foil for baking
- shake liquids in covered container
- knead and shape yeast dough
- mix ingredients
- spread soft spreads
- place things in trash
- pour liquids

see NUTRITION on page 11

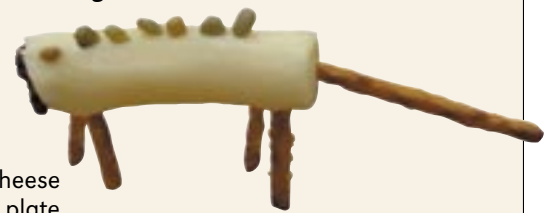


Second graders at Elliott make "cheese creature" snacks.

Photos by Vicki Jedlicka, University of Nebraska–Lincoln Extension in Lancaster County

CHEESE CREATURE

You will need:
One-half stick of string cheese
Dried fruit
Pretzels
Small nuts



1. Wash hands.
2. Place one-half cheese stick on a small plate.
3. Add 6-8 pretzels, 1 Tablespoon dried fruit, and 1 teaspoon nuts. Use ingredients to make your creature.
4. Eat within 2 hours or cover and store in refrigerator.

Note: You can try different kinds of cheese, fruit, crackers or nuts.

PUDDING CUP

You will need:
½ cup COLD milk
2 Tablespoons instant pudding powder

1. Wash hands.
2. Measure the milk and pour it into an 8 to 9 ounce cup.
3. Measure the instant pudding powder and add to milk.
4. Mix milk and pudding powder with a spoon until thick. This will take about 5 minutes.
5. Eat! Put any leftover pudding into the refrigerator. Eat within 1 to 2 days.



Families Can Prepare These Healthy Snacks At Home!

PEANUT BUTTER BITES

You will need:
For 1 "bite":
1 Tablespoon peanut butter
1 Tablespoon dry milk
1 Tablespoon oatmeal
1 Tablespoon raisins
½ Tablespoon honey
For 16 "bites":
2 cups peanut butter
2 cups dry milk
2 cups oatmeal
2 cups raisins
½ cup honey







1. Wash hands.
2. Mix peanut butter, dry milk and honey. Add oatmeal a bit at a time.
3. Stir in raisins.
4. Make into a ball.
5. Wrap in wax paper or a bag. Keep in refrigerator.



Recipe taken from McGraw-Hill health textbook, used in Lincoln Public Schools

YUMMY BUG

You will need:
2 round crackers
1 Tablespoon peanut butter
6 pretzel sticks
2 raisins

1. Wash hands.
2. Spread the  on a .
3. Put the  on the , 3 on each side.
4. Put the  on one end.
5. Place the other  on top.
6. EAT!



YOGURT PARFAIT (pä-r-fa')

Ingredients:
Vanilla flavored yogurt
Dry cereal or granola
Frozen or fresh strawberries, sliced
Canned crushed pineapple, drained
Peanuts

1. Wash hands.
2. In a glass or cup, place the following foods in the order and amount listed:
2 tablespoons pineapple
2 tablespoons yogurt
2 tablespoons cereal
2 tablespoons strawberries
2 tablespoons yogurt
2 tablespoons peanuts
3. Eat with spoon.



Note: To use what you have on hand, try different kinds of cereal, fruits and yogurt

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CHANGE SERVICE REQUESTED

Lancaster County 4-H Council
University of Nebraska–Lincoln
Extension in Lancaster County
444 Cherrycreek Road, Suite A
Lincoln, Nebraska 68528-1507

Private Pesticide Applicator Certification

Federal and state law states a private pesticide applicator must be certified and licensed to buy, use or supervise the use of, restricted-use pesticides to produce an agricultural commodity on property they own or rent or on an employer's property if the applicator is an employee of a farmer. No pesticide license is needed if one will only be using general use pesticides on their farm.

Applicators whose certification is due to expire on April 15, 2006 will receive a letter from the Nebraska Department of Agriculture (NDA). Bring the letter to the training session. The NDA letter contains a bar-code form and will make the application process much simpler and faster than filling in the "bubble" form.

There are two remaining Private Pesticide Applicator training sessions at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln:

- Thursday, Feb. 9 • 6:30–9:30 p.m.
- Friday, Feb. 10 • 8:30–11:30 a.m.

There is a \$15 extension training fee collected at the training session. When the NDA receives the application from the extension office, private applicators will be billed \$25 for a license fee. The license is good for three years, expiring on April 15, 2009 for those who certify this spring.

An alternative to attending the training session is to pick up a self study book at the extension office, read the chapters, complete the test questions and bring the book back to the office where the test will be graded. The application form will be forwarded to the NDA after the test has been scored. A \$30 materials fee will be collected when the book is picked up.

Commercial Pesticide Applicator Training

Commercial applicators are persons who apply restricted-use pesticides for any purpose on any property other than property owned or rented by the applicator or their employer or for hire or compensation. Commercial applicators shall also include any person who applies lawn care or structural pest control pesticides whether restricted-use or general-use to property of another person. Public employees (employed by a town, county, state) applying mosquito control pesticides whether restricted-use or general-use, must also hold a commercial or non-commercial certification.

You must pass a written examination in the general standards category and one or more additional categories to become licensed initially as a commercial applicator. A commercial license is good for three years. Once licensed in a category, you can maintain commercial certification by attending a recertification training session or by passing a written examination, with a few exceptions explained below.

Initial commercial certification training and testing sessions for commercial applicators will be held on Feb. 7, March 7 and April 20 at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. General standards starts at 9 a.m. and other categories begin at 1 p.m. or 3 p.m. It is highly recommended you obtain and review written study materials prior to attending the training session for initial certification to improve your chances of passing the written examination.

Commercial recertification sessions will be held Feb. 9 and March 21 with general standards starting at 9 a.m. and other categories beginning at 1 p.m. or 3 p.m.

Note: Due to time and space limitations, only specific categories will be presented on training days. Call the pesticide education office at 472-1632 or UNL Extension in Lancaster County at 441-7180 to learn which specific categories will be offered on a given day.

Call the UNL Pesticide Education office at 472-1632 to register for a training session. The training fee for either initial or recertification sessions is \$30. Commercial applicators who wish to pick up additional certification in a specific category should register as well. The training fee for adding one or more categories to an existing certification is \$15. Commercial applicators meeting the requirements for certification or recertification will receive a bill from the Nebraska Department of Agriculture for \$90 for the license fee (good for three years).

Study materials for all commercial categories may be purchased from the pesticide education office, UNL East Campus, 101 Natural Resources Hall, Lincoln or accessed online at <http://pested.unl.edu/pat/>.

In addition to the training sessions mentioned above, applicators already certified in General Standards and Agricultural Plant categories (and Regulatory and the Demonstration/Research subcategories) can recertify by attending the Crop Protection Clinic on Jan. 23.

Chemigation Certification Training

In order to apply pesticides or fertilizer in irrigation water, a permit must be obtained for the site and the person who oversees the application must be certified as a chemigator. To obtain a chemigation permit for a site, application must be made with the local Natural Resources District, a fee paid and the site must pass inspection by NRD personnel. State law requires the operator to receive training and pass a written test to be certified as a chemigator. Certification is good for four years. A chemigation training and testing session will be held Tuesday, Feb. 7, 6:30 p.m. at the Lancaster Extension Education Center.

Dormant Spray for Alfalfa Weeds

Bruce Anderson
Extension Forage Specialist

In a few weeks, spring weather will green up your alfalfa. Before that happens, you should do a little weed control. Weeds like pennycress, downy brome, mustards, cheatgrass and shepherd's purse are common in first cut alfalfa. They lower yields, reduce quality, lessen palatability and slow hay drydown. If you walk over your fields, you probably will be able to see their small, green, over-wintering growth.

You can't do much to control these weeds once alfalfa starts growing. However, if you treat the alfalfa as soon as possible during the next burst of spring-like weather, you can have cleaner, healthier alfalfa at first cutting.

Several herbicides can help control winter annual grasses and weeds in alfalfa. They include Karmex, Sencor, Velpar, Sinbar, Pursuit and Raptor. They all control mustard and pennycress. Karmex and Pursuit do not control downy brome very well, but Karmex has enough residual soil activity

to help control a few summer annual grasses like foxtail and barnyardgrass.

To be successful, you must apply most of these herbicides before alfalfa shoots green-up this spring—to avoid injury to the alfalfa. If you wait and alfalfa shoots are green when you spray, the alfalfa growth might be set back two or three weeks.

Timing is everything when controlling winter annual weeds in alfalfa. Get ready now, in the next few weeks before alfalfa greens up, take advantage of nice weather when you get it.

Crop Protection Clinic, Jan. 23

A Crop Protection Clinic will be held Monday, Jan. 23 at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Registration begins at 8 a.m. with sessions continuing from 9 a.m. to 4 p.m. The \$30 registration fee includes proceedings, publications, refreshments and the noon meal.

This very popular clinic offers many topics of interest to crop producers and agribusiness professionals alike. As usual, the latest developments in weed, insect and disease management topics will be covered. A partial list of specific topics this year includes: Soybean Insects Update, Foliar Fungicides 101, Weeds on the Increase, Soybean Diseases Update, Doing a Professional Job of Pesticide Application, What's New with Pest Management and Bt Corn Hybrids: Selection and Resistance Management.

The clinic will wrap up with a session for commercial applicator certification where commercial pesticide applicators will be able to recertify in General Standards, Ag Plant, Regulatory and Demonstration & Research by attending the entire workshop session.

Boost Profits by at Least \$20/ Acre Workshop, Feb. 15

A workshop, Ten Easy Ways to Boost Profits \$20/Acre, will be held Wednesday, Feb. 15, from 10 a.m. to 3 p.m. at the Lancaster Extension Educator Center, 444 Cherrycreek Road, Lincoln. Presented by University of Nebraska–Lincoln Extension at locations across the state, this workshop series features a "catalogue" of ideas to boost profits. Cost for the workshop is \$20 for the first person and \$10 for one additional person from an operation. The cost includes the notebook, noon meal and further follow-up materials in 2006. Registration with payment is due by Feb. 10 to guarantee adequate materials and meals.

Designed and tested by farmers, this research-based program will help you develop a plan for squeezing more dollars from tight crop production margins. Ten practices which are easy to adopt and can improve an operation's margin or profit will be presented. Speakers will describe each practice, where it was tested, how it leads to cost savings and how it can be implemented.

Each workshop will feature an energy overview and the effects of increasing energy costs on profitability. Other topics chosen for the Lincoln workshop include: No-till for Dryland Saves Moisture; Resistant Varieties for Soybean Diseases; Improve Irrigation Pumping Plant Efficiency; Use On-farm Research to See What Works for You; Credit Carryover Soil Nitrogen; Credit Soil Organic Matter; Take Advantage of Manure/Biosolids Resources; Credit Legumes in Rotations and Eliminate Unnecessary P-K-S Fertilizer Applications. While only ten practices can be featured at each workshop, the program covers 22 practices, all of which will be detailed in a notebook provided to registered participants.

Fertilizing Crop Land with Biosolids Workshop, March 9

An educational workshop about Lincoln's Biosolids program, Fertilizing Crop Land with Biosolids, will be held Thursday, March 9 from 3:30–8:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Presented by extension and City of Lincoln personnel, the workshop is aimed at farmers who might want to participate in the Biosolids Land Application program, though anyone may attend. Please preregister by Tuesday, March 7 by calling 441-7180. If you have any questions, please call and ask for Barb Ogg.

Biosolids are organic solids separated from wastewater and biologically processed during wastewater treatment to make them safe for land application. UNL Extension in Lancaster County coordinates distribution and application of biosolids to agricultural cropland for the City of Lincoln Wastewater and Solid Waste Division.

Workshop attendees will learn:

- using biosolids will reduce fertilizer costs and increase yields
 - biosolids improves soil tilth, especially on poor or eroded soil
 - biosolids increases organic matter and water holding capacity
 - how wastewater is processed and made safe for application
 - how regulations determine application rates and locations
 - how GPS and GIS technology is used in Lincoln's Biosolids Program
- Program will also include a tour of the Theresa Street Wastewater Facility.

Dealing with Winter Flies

Barb Ogg
UNL Extension Educator

If your house has been invaded by flies on bright, sunny, winter days, you probably have either face or cluster flies. *Face flies* look like the common house fly. The less common *cluster flies* are a little larger and very sluggish.

In the fall of the year, face flies and cluster flies overwinter in cracks and crevices of structures. During warm spells, especially on bright, sunny days, flies inside the wall will warm up, become active and follow temperature gradients into the house.

Face flies (*Musca autumnalis*). The face fly is nearly identical to the common house fly. Both have four dark stripes on the top of their prothorax and 1/6- to 1/4-inch long. Face flies overwinter in the adult stage, differing from house flies that overwinter as larvae or pupae.

Face flies prefer to breed in fresh cattle/animal manure, so rural homes are especially vulnerable to infestations. Adult flies

can travel considerable distances from their breeding areas. In late summer/early fall, face flies start congregating around buildings and rest on exterior walls, especially under the eaves, eventually squeezing into a crack or crawling



Jim Kalsich, UNL Entomology Department

Cluster fly (left) and face fly (right)

into a vent. During warm periods in the winter, face flies become active and emerge into rooms.

Cluster flies (*Pollenia rudis*). Cluster flies are slightly larger than face flies. There are no distinct stripes on the prothorax. They are sluggish and fly around more slowly than other flies.

Cluster fly females lay eggs in cracks in the soil. Eggs hatch into tiny maggots which seek out earthworms to feed upon. After locating a host, the fly maggot burrows into the earthworm's body and feeds for about three weeks. After a two-week pupal stage, the fly emerges from the soil. Several generations are produced each year. The adult fly overwinters.

Controlling Face and Cluster Flies

The best and most effective solution to this problem — which may be an annual one — is to prevent entry in the first place.

This includes screening vents and sealing cracks and crevices around windows, eaves and siding. Sealing must be done by late summer before flies start to move in fall. Both face and cluster flies may enter a building high in the eaves area or in attic vents, so don't forget these locations.

The vigorous use of a flyswatter is the best control for just a few flies. In the meantime, fly paper, coils of sticky paper, can be hung near windows.

Hang fly paper about five to six feet above the floor near the window for best control. Be sure to secure window treatments to make sure they don't get stuck in the sticky paper. Also available are decorative sticky traps that can be placed in the corners of the window.

Chemical treatment inside walls is not practical and treatment in living areas is not recommended. Insecticide foggers (i.e., "bombs") can be used to kill flies that are active in unoccupied areas, like attics where exposure to family members and pets is not likely. Unfortunately, foggers do not have much residual activity and won't kill flies that emerge later. Be sure to read and follow label directions when using any pesticide.



University of Nebraska-Lincoln Entomology Department

Dead flies in a windowsill

Be My Valentine?

Consider these mating curiosities from the insect world...

Barb Ogg
UNL Extension Educator

Fireflies. Throughout the ages, kids of all ages have been intrigued by fireflies, also called lightening bugs. The flash of the firefly is really a love call. It's how these night-flying beetles find each other for mating. Both male and females flash during courtship. A male firefly flashes a specific flash sequence while he is flying. The female sits still on vegetation and, if she is receptive, she will flash back to the males. Tufts University biologists measured the length of the male fireflies' flashes and found females preferred males that displayed flashes slightly longer in duration. For the female, a male that flashes longer is a better mate.

Honey bees. Life is not sweet for males (drones) in a honey bee colony. Drones have no stinger and cannot feed themselves. They are only useful if the hive produces a new, unmated queen. The successful drone becomes eviscerated after leaving reproductive organs inside the queen and dies immediately afterward. In the fall of the year when resources become scarce, their sisters (the workers) cast drones out of the hive to die. And to add insult to injury, successful commercial beekeepers today purchase fertile queens for their colo-

nies. These queens have been bred (in the lab) by artificial insemination to produce workers which are disease resistant and have other superior qualities.

Bed bugs. Bed bugs have a unique method of copulating known as traumatic insemination. The male bug pierces the surface of the female body cavity with a modified copulatory organ and injects sperm into her body cavity. The sperm migrate through the body cavity to the female's primary reproductive tract. Scientists who have studied this phenomenon have concluded it may be advantageous to the last male mating, but it reduces female longevity and reproductive success.

Scale insects. Because scale insects are stationary as adults and have limitations finding each other, they have unusual ways of reproducing. Cottony cushion scales have both male and female organs housed in the same body. (This is called hermaphroditic.) If you think this is unnatural, there are a number of other animals that do the same thing, including earthworms, leeches, some frogs and toads, but it's rare in mammals.

Aphids. Most of the year, aphids (also called plant lice) are wingless females. These females



Peter J. Bryant, University of California, Irvine

Wingless female aphid giving birth

reproduce by parthenogenesis, which means that they give birth to live young, which are exact clones of the mother. A newly born aphid becomes a reproducing adult within about a week and can produce 50 to 100 offspring in the next month or so. It's easy to see how huge numbers of aphids can be produced in a short amount of time!

In many aphid species, winged males and females are produced in the fall; they mate and females lay eggs that overwinter. In the spring, they hatch into wingless females starting the cycle over again.

Beginning Beekeeping 2-Day Workshop



Saturday, Feb. 18, 9 a.m.–5 p.m.
Lancaster Extension Education Center,
444 Cherrycreek Road, Lincoln

Saturday, April 8, 9 a.m.–3 p.m.
Apiculture lab, Agricultural Research and
Development Center (ARDC), near Mead

On Feb. 18, you will learn to:

- manage honey bees by understanding their biology and behavior
- identify the best Nebraska honey plants
- locate hives for best survival and production

On April 8, you will learn to:

- manage honey bee diseases
- install packaged bees
 - assemble a hive
- harvest honey and beeswax
- prepare your crop for market

Registration fee: \$20 per family (family to include parents and siblings living at home). Registration includes refreshments, one workbook and one lunch. Lunch for each additional family member is \$8.

Pre-registration is required. Call Barb Ogg at (402) 441-7180 to pre-register.

Amazing Facts... About Honey and Honey bees

By Barb Ogg, UNL Extension Educator

The honey bee, *Apis mellifera*, was not known in North America until European settlers introduced colonies near the end of the 17th century. Native Americans called honey bees "white man's flies".

To produce one pound of honey, bees travel more than 55,000 miles, collecting nectar from two million flowers. The annual U.S. consumption of honey is about 1.3 pounds per person.

Honey bees do not die out over the winter, but feed on the honey collected during the warmer months. To keep the queen warm, they form a tight cluster in the hive and beat their wings to keep the temperatures around 93 degrees F. It takes about 35 pounds of honey to provide enough energy for a small colony of bees to survive the winter.

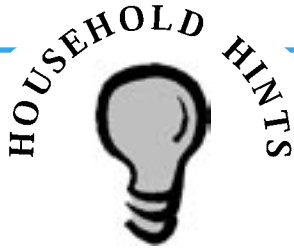
The phrase "making a beeline for", describes the most direct route from honey plants to the hive. Once a bee has collected all the nectar she can, she flies directly to the hive.

During the summertime when hives are growing very fast, a healthy queen bee can lay about 1,000 to 1,500 eggs per day.

Bees from each honey bee colony have a unique odor that is recognized by guard bees which prevent intruder bees from entering the colony.

Millions of acres of U.S. fruit, vegetable, oilseed and legume seed crops depend on insect pollination, including honey bees. A 1999 Cornell University study concluded the direct value of honey bee pollination annually to U.S. agriculture is \$14.6 billion.

U.S. annual honey production is more than 180 million pounds. Consumption is about 400 million pounds, so honey is imported into the U.S. Major importers are China, Canada, Mexico and Argentina.



by Lorene Bartos, UNL Extension Educator

Rise and Shine with Clean Bed Linens

Comforters, quilts and mattress pads — Check the care labels. Some can be laundered at home, while others require dry cleaning. Queen- or king-size comforters can be quite bulky. Some large capacity or front loading high-efficiency washers and dryers may be able to accommodate this bulk. But regular size washers/dryers may not be large enough. In this case, look for a laundromat that has large-capacity machines. For washables, pre-treat heavily soiled areas with a pre-wash product. For in-home drying, toss a few white tennis balls or dry, clean towels in with your comforter or mattress pad. This will help keep the filling from clumping up.

Blankets — Although most blankets are washable, check the care labels to be sure. Follow the recommended instructions for water temperature and wash cycle. Read the label to determine the best method for washing and drying your electric blanket.

Sheets — Check the linen closet for sheets that have migrated to the back of the shelves. If they haven't been used for many months, wash them to remove dust.

Pillows — Read and follow care label instructions. Wash two pillows at a time, agitating only one or two minutes on a gentle cycle. Machine dry. During the drying cycle, periodically take them out and fluff them to prevent clumping and to promote even drying.

Staying Clean All Winter

With the shorter, colder days of winter come added time spent indoors; extra jackets, blankets and comforters; and snow or mud tracked indoors. Here are some tips to help keep your home clean all winter:

- Encourage family members to leave their shoes at the door. You might consider placing a box or special mat by the door to help catch melting snow from shoe and boot soles.
- If you have pets that venture outdoors, consider keeping a towel by the door to give pets a quick rubdown — especially paws — before letting them back in the house.
- Place throw-rugs in high-traffic areas — even over other carpets — to keep wall-to-wall carpets from aging prematurely and make quick-cleaning as easy as shaking out a rug.
- Carpet and upholstery cleaners can help save carpets and furniture! Most winter stains from snow or mud are easy to clean, but be sure to read the cleaning label carefully and follow directions closely. Using the wrong cleaner can ruin fabrics.
- Sand and grit tracked into the house can scratch tile floors. Regular cleaning will help keep kitchen and bathroom floors safe and clean.
- Vacuum upholstery regularly to catch small soil and food particles before they work their way into fabrics.
- Keep jackets, blankets and comforters clean all winter by washing them once a month.
- Since winter is “cold and flu season,” keep a steady supply of hand soap at every sink. Encourage regular hand washing.

Source: Soap and Detergent Association

Rules for a Better World in 2006

Did you ever stop to think how much better the whole world would be if we:

- Always finished the jobs we started
- Kept our promises
- Rejoiced in another's good fortune
- Respected others' feelings
- Tried to be fair
- Helped willingly when necessary
- Refused to enjoy ourselves at another's expense
- Steered clear of untruths and deceit
- Avoided tattletales and gossips
- Always strived to see the good in everyone
- Overlooked petty troubles or imagined slights
- Always remembered the golden rule and tried to “do unto others as we would have them do unto us.”

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Janet's Jargon

Janet Broer
FCE Council Chair



This year Erich and I rang in the new year with four grandchildren celebrating (staying) at our house for six days. Their parents had gone to the exciting Alamo Bowl. Two other grandkids who live close by joined us frequently, too. A special award should go to the neighborhood couple who stopped by for a holiday drink on New Year's Eve, as the front door entryway was a dramatic stage for My Little Pony activities. When the

parents returned to reclaim the children, a six-year-old grandson announced to me we were no longer the “boss in charge” of him and the five-year-old wanted to spend another night with us!

It is with great sadness I tell you Judy Chapman died very unexpectedly on Nov. 29. I extend sympathies from all FCE members to her son Edward and his family. She is deeply missed as a friend, co-worker and FCE member. The last two years have

been most rewarding for me in growth of friendships, skills and duties (such as a timetable to write monthly newsletters) and knowledge of community affairs. I am delighted I have had this experience and I encourage each of you to grow a little more in these areas. The extension staff offers lots of help and you can't fail; I strongly urge you to consider a county office to support this wonderful group of homemakers. You are essential to keep our families strong.



FCE News & Events

Upcoming Leader Training Lessons

Here is the schedule for this year's community and FCE leader training lessons. All lessons will be presented at 1 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln. Non-FCE members or groups should call Pam at 441-7180 to register for these lessons so materials can be prepared for your organization.

- **Jan. 26 — Embracing Entrepreneurship: New Economic Power for Your Community.** UNL Extension

Education Lorene Bartos will present this lesson. It includes a discussion of what is meant by the term “entrepreneur,” the significant contributions entrepreneurs make to national/state/local economics, problems faced by entrepreneurs when starting new businesses, identifying local entrepreneurs and finally, ways communities can be supportive of budding entrepreneurs. A list of agencies supporting entrepreneurs will be provided in this program.

- **Feb. 23 — Health of Children.** UNL Extension

Educators Alice Henneman (a registered dietitian) and Lorene Bartos will present this lesson. Focus will be on helping Nebraska children and their families develop basic skills in food preparation in order to plan and make healthy meals and snacks; adopt a family physical activity plan and develop a positive and healthy self-esteem for the entire family. Whether you are a parent, grandparent or family friend, this program will help you better support the health of children.

Make Valentine's Day a Celebration of Family Love

The count down to Valentine's Day is on with stores full of candy, flowers, cards and gifts. This year begin making it a family tradition to celebrate the day together. Make Valentine's Day a day to show your family/friends how much you love them and encourage them to do the same.

Prior to Valentine's Day, sit down as a family and brainstorm ways to show each other how much you care without spending a lot of money. The following are a few suggestions for a variety of ages:

- Cut plain white paper to fit around a flat chocolate candy bar, decorate the paper or write a message on it, wrap the paper around the candy bar and glue it in place.
- Crispy Kisses: Make a batch of Rice Krispie treats and scoop the warm mixture into a lightly greased four-ounce funnel, will look like a large Hershey Kiss. After it cools, wrap it with aluminum foil and add a paper tag with personalized message.
- Arrange a time to do something special with each family member during the week of Valentine's Day. For example:

a young child may chose to make a special craft or bake heart shaped cookies or a teenage may enjoy going to the local gym and shooting baskets with the family. Whatever the activity, it is important to provide an opportunity to spend quality time together.

- Put a special Valentine's treat in your family members lunch. For example: make a sandwich in the shape of a heart or put their favorite candy in their lunch bag with a note of encouragement.

Whatever you decide to do, telling the person how much you care is what really matters!

The following activities can be done as a family on Valentine's Day:

- To start the day, make and serve heart-shaped pancakes. Use a squeeze bottle to draw a heart shape on the griddle or make a regular round pancake and cut a heart using a heart-shaped cookie cutter. Top the pancakes with special toppings, berries, whip cream etc.
- Plan a family dinner with all the trimmings. Decorate with ribbon down the center of the table; lay cut

out hearts around; and use your very best plates, napkins and candles. Leave a special Valentine's letter, you have written, at each family member's seat. The following are a few suggestions for your special menu:

- Heart shaped pizza
- Spaghetti with heart-shaped meatballs (spread the meat out on waxed paper, about a fourth-inch thick and cut with a cookie cutter)
- Make a special dessert, such as raspberry tarts, a heart-shaped cake decorated with candy hearts
- Following supper, spend the evening as a family. If you have your wedding on video, watch it together or look through your wedding album with your children. It is important children see their parents love each other and how important their marriage is to the entire family. This not only provides a strong foundation for the family but it also models positive behaviors.

Whatever you plan for Valentine's Day, please remember “home is where the heart is!”

Design Windbreaks With Intended Use in Mind

Don Janssen
UNL Extension Educator

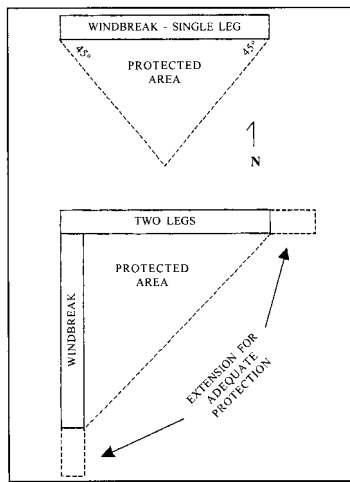
The best designs for windbreaks depend on their intended purpose and the characteristics of the site where they will be located.

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

Conifers provide dense foliage to reduce wind speed. Tall deciduous trees extend the area of wind protection

with their height. Shrubs trap snow, add beauty to the windbreak and provide wildlife habitat.

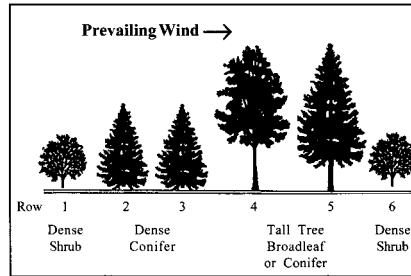
The area protected by a windbreak is determined by the windbreak's average height. Generally, windbreaks protect an area 10 to 15 times



Windbreak zones of protection

the average height of the trees. Windward tree rows should be located approximately 150 to 250 feet upwind of the protected area in order to allow for snow deposition.

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



Typical windbreak profile.

Windbreaks with two legs or one planted on two sides of the protected area will provide better protection than a planting on one side only.

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

FOR MORE INFO

UNL Extension NebGuide G-1304 "Windbreak Design," or extension circular EC 1763 "How Windbreaks Work" online at <http://ianrpubs.unl.edu> or available at the extension office.

GREEN ACRES

The Physical Resources of the Acreage—Part 2



Don Janssen
UNL Extension Educator

Note: This is part of a series of articles related to acreage enterprises.

Successful farming includes the ability to match crop options to your acreage's capability.

Climate and Microclimate

Climate and microclimate are important to farming. An area's climate refers to the generally predictable patterns of temperature and rainfall across the seasons. Your climate zone limits the crops you can grow (such as bananas or apples). This limitation generally is based on the plant's ability to survive the area's temperature extremes and the potential for enough heat to mature the crop. Some crops require the accumulation of a certain number of heat units (the number of degrees over a critical minimum temperature, taken as the average high and low each day) to mature. Many crops require more heat units than are available in some locations. For many crops, considerations such as sun exposure, rainfall amounts and pattern, air movement, and frost are critical to success.

The crops already grown in an area are a reasonable indication of climatic limitations. If your proposed crop is not grown locally, there might be some very good reasons for its absence. This does not necessarily mean it cannot be grown, but there might be some significant limitations to its production for which you must discover and plan.

Be alert to microclimate variations on your property. A microclimate is a particular weather pattern in a small area. Is your property warmer than surrounding property? Or, wetter with poor air flow?

Microclimate is related to how air drains and collects on the land, how natural features such as small bodies of water moderate temperatures and so on. The tendency for a farm, or an area on a farm, to have early or late frosts or to avoid frost, is an example of a microclimate. In some instances, a microclimate can make it possible to grow a crop not normally grown in an area, or it can make it impossible to grow some crops that are grown on surrounding property.

Fencing for Appearance

By Shawn Shouse
Iowa State University Extension
Ag Engineering Specialist

Fences serve many purposes on the landscape. They may be built to contain or exclude animals, to mark property boundaries, to provide privacy or to add beauty to the property. When the primary purpose is ap-

pearance, board or rail fences often are chosen.

For small enclosures such as yards, picket fences or vertical board fences provide privacy and wind protection. For larger enclosures such as pastures or entire properties, horizontal board or rail fences are more practical and economical.

The common horizontal wooden fence uses three or

four boards (1" x 6" lumber) nailed or screwed to wooden posts every 8 to 10 feet. This fence adds striking contrast and definition, especially when painted white. The boards may be parallel horizontal or arranged in decorative "crossbuck" patterns.

Rail fences consist of heavy horizontal rails that generally have their ends chiseled down and inserted into

holes in the posts. The rails may be round or rectangular in section, with smooth or rough split surfaces.

Livestock pressure and cribbing (biting) of the wood can be reduced by placing one or more electric wires on the inside of board or rail fences.

Wood fences can be painted, stained or left to weather to a natural wood
see FENCING on page 11



Upcoming Acreage Insights Clinics

"Acreage Insights — Rural Living Clinics" are designed to help acreage owners manage their rural living environment. This series of seminars are presented by University of Nebraska-Lincoln Extension at various locations in the state.

The seminars below will be held in Lincoln at the Lancaster Extension Education Center, 444 Cherrycreek Road on Thursdays from 7-9 p.m. Pre-registration is \$10 per person and must be received three working-days before the program. Late registration is \$15 per person.

For more information or a registration form, go to the Acreage & Small Farm Insights Web site at <http://acreage.unl.edu> or contact extension at 441-7180.



Feb. 16 • Growing Fruit Trees

This year's fruit-production clinic will focus on Tree Fruits for Home Production. Topics include:

- Cultivar selection
- Plant spacing
- Pollination requirements
- Planting and caring for new trees
- Pruning and training techniques for the conventional stand-alone fruit tree as well as more advanced training systems such as espaliered and trellis systems



Mar. 16 • Vegetable Gardening

Successful home vegetable gardens are the result of careful planning, including vegetable variety selection. Topics include:

- Vegetable varieties suitable for Nebraska gardens and each variety's unique attributes.
- Insect and disease control — learn to identify common pest and disease problems and strategies for controlling them



April 13 • Horse Nutrition & Management

This clinic will cover basic horse nutrition and efficient feeding-management practices. Topics include:

- Nutrient requirements of horses at different ages, activity levels and stages of production
- Determining body condition and how feeding management can change the body condition
- Effectively using different feeds and roughages (such as hay) to meet nutrition requirements

New this year: a web-based seminar Feb. 23 • Selecting the Right Horse and Horse-Related Businesses

Selecting The Right Horse For You — Whether you are leasing, buying or borrowing a horse, you want one which meets your needs and expectations. Horses come in different ages, abilities, health, and dispositions. Selecting the right one will make your horse experience more rewarding and safer.

Conducting A Profitable Horse-Related Business — Can you make money with horses? This presentation will explore the resources, skills, and attitudes needed to make money working with horses, and help participants determine if they are capable of generating a profit in the horse industry.

About Web Seminars

This web seminar offers you the ultimate in convenience — you can attend from home! Using exciting new technology, "WebEx" creates a virtual meeting room. All you need is access to the Internet and a separate phone line for the audio.

Cost is \$30 per participant. Register for this clinic at <http://cit.webex.com>

Attracting Birds with the Right Plants

Mary Jane Frogge
UNL Extension Associate

Birds are always welcome in the winter landscape. The right type of food and feeder can assure a steady stream of visitors all season. The right plants can also welcome a wide variety of birds by providing both food and cover.

For years gardeners have planted **crabapples** for spring flowers and fall fruit crops. Most of the newer selections have smaller fruit and they feed birds while they add to the color display. The Sargent crabapple is a favorite, with its pure white spring blossoms and deep red fruit that persists well into the winter. Other varieties like Snowdrift and White Angel also have persistent red fruit.

Many **viburnums** are noted for their fruit crops in the summer and early fall. A few, however, produce fruit that persist into the winter. The American cranberry bush viburnum produce juicy red fruit that holds well into the winter to feed a variety of birds.



Virginia creeper

Red stem dogwood develops a rich crop of purple-blue berries. The fruit is very abundant on mature plants, so it often serves as an excellent food.

The **hawthorns** have been used for years as a source of winter food. The total genus produces edible fruit attractive to many species, but not all hawthorns are well suited to a landscape setting. Two useful hawthorns are Washington and Winter King. Both trees produce abundant crops of bright red to orange-red fruit in the



Snowdrift crabapple



American cranberry bush viburnum



Washington hawthorn



Juniper berries

fall. The quantity is sufficient to last through a number of feedings by numerous bird species.

Vines can also provide both cover and food for birds. Thick covering of stems and foliage on a wall or trellis can make ideal nesting sites. Virginia creeper and Boston ivy both form heavy leaf cover in the summer months. American bittersweet produces orange-red berries that are highly ornamental in fall and sources of food in winter. The Virginia creeper has outstanding fall foliage color and along with Boston ivy produces heavy crops of blue-black fruit that persists well into December.

Evergreens are particularly desirable in landscape designs as well as for yearly cover for many birds. During spring and summer the dense foliage provides protection from danger, and in winter it protects birds from the elements. Juniper, firs, hemlock and spruce all have the density necessary for seasonal protection.

FOR MORE INFORMATION
UNL Extension NebGuide G1572 "Landscape Plants for Wildlife" available online at <http://ian-rpubs.unl.edu/wildlife/g1572.pdf> or at the extension office.



American bittersweet

Pruning Overgrown Shrubs

Mary Jane Frogge
UNL Extension Associate

Shrubs are valuable assets to a home landscape. They are often planted for their ornamental characteristics, such as flowers, colorful fall foliage or attractive fruit. They also can provide privacy, block views and attract wildlife. For shrubs to perform well in the landscape, home gardeners must prune them properly. Proper pruning helps to maintain plant health, control or shape plant growth and stimulate flower production.

Many deciduous shrubs, those that lose their leaves in the fall, can be kept healthy and vigorous by removing a few of the largest, oldest stems every two or three years. Unfortunately, many individuals fail to prune their shrubs because of a lack of time, knowledge or courage. As a result of this neglect, shrubs often become leggy and unattractive. Flowering shrubs that are not pruned properly may not bloom well.

Proper pruning can renew or rejuvenate overgrown, deciduous shrubs. One method

is to prune them back over a three-year period. Begin by removing one-third of the large, old stems at ground level in late winter/early spring, March or early April. The following year, again in March or early April, prune out one-half of the remaining old stems. Retain several well-spaced, vigorous shoots and remove all of the others. Finally, remove all of the remaining old wood in late winter/early spring of the third year.

A second way to prune overgrown, deciduous shrubs is to cut them back to within 4 to 6 inches of the ground in March or early April. This severe pruning will induce a large number of shoots to develop during the growing season. In late winter of the following year, select and retain several strong, healthy shoots and remove all others at ground level. Large, overgrown lilacs, honeysuckles, dogwoods, spireas and forsythias may be pruned in this manner. Lilacs rejuvenated by this method will not bloom for three to five years.


Deciduous, formal hedges, those pruned to a definite size and shape, such as privets, that

become open and leggy, also can be rejuvenated by pruning them back to within 4 to 6 inches of the ground in late winter/early spring. To obtain a full, thick hedge, prune the shoots often as they grow back in spring and summer. Also, make sure the base of the hedge is slightly wider than the top to encourage growth close to the ground.

Large, overgrown evergreen shrubs, such as junipers, are a more difficult problem. Junipers possess bare or dead zones in their centers. They can not be pruned back severely because they are incapable of initiating new growth from bare branches. Large, overgrown junipers that have become too large or unattractive, will need to be removed and new shrubs planted.

Although many overgrown, deciduous shrubs can be renewed or rejuvenated, it is much easier to prune them on a regular basis. Regular pruning will keep the shrubs full, healthy and attractive.

Source: Richard Jauron, Iowa State University



Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge
UNL Extension Associate

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

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

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

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

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

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

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

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

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

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

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

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



By Alice Henneman, RD, UNL Extension Educator

Enjoy this recipe from the National Cancer Institute 5 to 9 a Day for Better Health program. This recipe provides 1.5 fruit servings per person. For more recipes filled with fruits and vegetables, visit <http://www.5aday.gov>

Baked Apple Slices

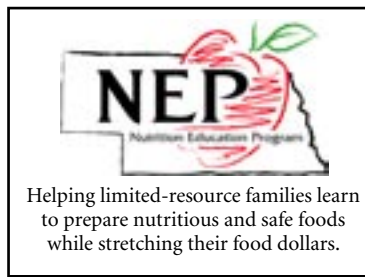
Serves 4

- 2 oranges
- 2 tablespoons honey
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 3 Granny Smith apples, peeled, cored and cut in 1/2-inch slices
- 5 tablespoons raisins
- 1/4 cup chopped walnuts, divided
- 1/4 cup low-fat vanilla yogurt

Preheat the oven to 500 degrees F. Grate the zest of one of the oranges and set aside. Squeeze the juice from both oranges into a small bowl. Stir the honey, cinnamon, cloves and half the zest into the juice. Lay half the apple slices in a glass baking dish. Scatter the raisins and 2 tablespoons of the walnuts on top. Pour on half the juice mixture and top with the remaining apples and juice. Combine the remaining 2 tablespoons walnuts with the orange zest and scatter over the top. Cover lightly with foil and bake 30 minutes or until the apples are soft and the juices, bubbly. Serve warm or cold with a dollop of low-fat vanilla yogurt.

Nutritional Information: 206 calories; 6 g fat; 1 g saturated fat; 13 mg sodium; 4 g fiber

Stretch Your Food Dollar with Soup



By Mardel Meinke
UNL Extension Associate

Hot foods, especially simmering liquids, permeate the air and stimulate our sense of smell. This sense is powerfully linked to our memories. Perhaps that is the reason soup brings such pleasant thoughts to mind. Soups produce not only pleasant thoughts and memories, but have other qualities as well, such as chicken noodle soup, which has been shown to help heal after sickness.

There are many categories and kinds of soups — from Bisques (milk-based soups) to Gumbo (southern-style); from Borsch (Russian beet soup) to Gazpacho (chilled vegetable soup). The two main categories are **clear soups**, made with broth and **thick soups** defined by the type of thickening used, including cornstarch, barley, cream, eggs, rice or soy to name just a few. Soups are served hot or cold. They have in common that liquid is used for a base.

The savory taste is created

by boiling meat, fish, vegetables or beans in water to extract the flavor, forming a broth. Eating broth-based soup before the main dish makes a person feel full and less likely to overeat. Soups can be served for any meal and are very versatile. They often are more flavorful after being re-heated and most freeze very well.

Making homemade stock is quite simple. Season and cook meat and add extra liquid to the container. When the meat is done, pour off the excess liquid and use this for soup. Chill the stock so the grease rises to the top and can be skimmed off. Freeze the stock if not used within two days. Prepared broth also is available, canned or dried. Canned creamed soups,

such as cream of mushroom, which are seasoned and thickened, are another choice. They are usually low-fat but are often high in sodium.

One of the easiest ways to make soup in a hurry is to start with a canned soup, such as beef vegetable as the base. Some people “stretch” it by adding cooked ground beef, additional vegetables and seasoning to serve the family. Save bits of vegetables in a special container in the freezer for a delicious vegetable soup or minestrone. Leftovers, such as potatoes, pasta, rice, cheese, beans and meat make great soups.

This Vegetarian Chili recipe is very easy and flavorful and uses mostly canned foods. Meat, such as cooked ground beef, ground turkey or cubed ham, can also be added.

Vegetarian Chili

Makes 10 one-cup servings

- 1 tablespoon vegetable oil
- 1 small onion, chopped
- 2 (14.5 oz) cans diced tomatoes
- 1 (15.5 oz) can garbanzo or red beans
- 1 (15.5 oz) can black beans
- 1 (15.5 oz) can whole-kernel corn
- 1 teaspoon chili powder
- pepper, to taste
- 1 to 2 cups water

Saute' onion in oil on medium heat until tender. Wash tops of the cans before opening. Drain and rinse beans before adding. Add corn, chili powder, pepper and water. Bring to a boil and simmer at least 15 minutes. Optional — top with shredded cheese or crushed corn tortillas.

Menu idea: Serve with carrots and celery, fresh fruit and milk.

Fruits and Vegetables: Color Them Healthy!

By eating a variety of colorful fruits and vegetables — green, yellow-orange, red, blue-purple, and white — you're giving your body a wide range of nutrients that are important for good health. Each color offers something unique, like different vitamins, minerals, and disease-fighting phytochemicals, that work together to protect your health. Only fruits and vegetables, not pills or supplements, can give you these nutrients in the healthy combinations nature intended. Here are some examples:

COLOR	SOURCES OF	FOUND IN
GREEN		
	Lutein and Zeaxanthin	Turnip, Collard, and Mustard Greens, Kale, Spinach, Lettuce, Broccoli, Green peas, Kiwi, Honeydew Melon
	Indoles	Broccoli, Cabbage, Brussels Sprouts, Bok Choy, Arugala, Swiss Chard, Turnips, Rutabaga, Watercress, Cauliflower, Kale
	Vitamin K	Swiss Chard, Kale, Brussels Sprouts, Spinach, Turnip Greens, Watercress, Endive, Lettuce, Mustard Greens, Cabbage
	Potassium	Leafy greens, Broccoli
YELLOW/ORANGE		
	Beta-Carotene & Vitamin A	Carrots, Sweet Potatoes, Pumpkin, Butternut Squash, Cantaloupe, Mangoes, Apricots, Peaches
	Bioflavonoids & Vitamin C	Oranges, Grapefruit, Lemons, Tangerines, Clementines, Peaches, Papaya, Apricots, Nectarines, Pears, Pineapple, Yellow Raisins, Yellow Pepper
	Potassium	Bananas, Oranges, Grapefruit, Lemons, Pineapple, Apricots
RED		
	Vitamin C	Cranberries, Pink grapefruit, Raspberries, Strawberries, Watermelon, Red Cabbage, Red Pepper, Radishes, Tomatoes
	Anthocyanins	Raspberries, Cherries, Strawberries, Cranberries, Beets, Apples, Red Cabbage, Red Onion, Kidney Beans, Red Beans
BLUE/PURPLE		
	Anthocyanins & Vitamin C	Blueberries, Blackberries, Purple Grapes, Black Currants, Elderberries
	Phenolics	Dried Plums (Prunes), Raisins, Plums, Eggplant
WHITE		
	Allium & Allicin	Garlic, Onions, Leeks, Scallions, Chives



4-H'ERS IN THE NEWS

Badeers Earn Top Honors at American Legion Oratorical Contests

Gideon, Preston and Ian Badeer received top honors at the American Legion District 12 Oratorical Contest held in November.

In the Junior's contest, Gideon received the first place gold medal and Preston received the second place silver medal. Junior contestants delivered a 3-5 minute speech on the Constitution using note cards.

In the High Schoolers contest, Ian Badeer received the first place gold medal. Highschoolers delivered two speeches — an 8-10 memorized oration on any phase of the Constitution and a 3-5 extemporaneous speech on one of four possible assigned topics (articles and amendments of the Constitution).

Ian Badeer advanced to the Area C contest held in December. Ian Badeer won the Area C contest and will advance to the Nebraska State Oratorical Contest to be held in January.



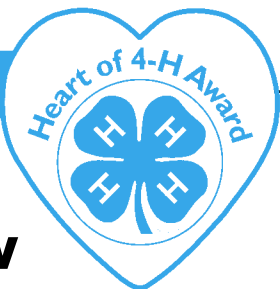
(L-R) Gideon Badeer, Preston Badeer, Ian Badeer, and Nebraska Oratorical Contest Chairman Carl Marks.

4-H Strategic Plan Survey Share Your Opinion!

Nebraska 4-H is in the process of developing goals for the next five years. Please give your feedback about what's important to you by filling out an online survey. Lancaster County 4-H'ers are encouraged to share their input at <http://4h.unl.edu>. The survey takes about 10 minutes to complete.

February

Bonnie and Jim Henshaw



Lancaster County 4-H is proud to announce Jim and Bonnie Henshaw as co-winners of February's "Heart of 4-H Award" in recognition of outstanding volunteer service.

The Henshaws have volunteered for the 4-H program for more than 20 years.

Jim is a long-time member of the County Fair Livestock Booster Club, is Nebraska State Fair assistant superintendent of 4-H Dairy Goats and has been County Fair superintendent of 4-H Poultry. Bonnie is Lancaster County superintendent of the 4-H Dairy Goats and has been a presenter at the Ag Awareness Festival. Both have also participated on the Livestock VIPS committee.

They live on an acreage south of Lincoln. Their four children have all been 4-H members (youngest daughter Emily is still in 4-H). They have a large garden and sell produce at the Haymarket Farmers' Market.

The Henshaws have provided goats to 4-H youth living in Lincoln who want to learn about goats but don't have room to raise them. These 4-H'ers "adopt" a goat and then come to the Henshaws' acreage on a frequent basis to help care for their goat and practice their showmanship skills.

"Jim and Bonnie have hearts of gold," says 4-H staff member Deanna Karmazin. "They are so willing to help and will do anything to make the 4-H goat program bigger and better. For the Ag Awareness Festival a couple years ago, they made 500 bars of goat-milk soap to give each fourth grader!"

Congratulations to the Henshaws! Volunteers like them are indeed the heart of 4-H!

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



Horse Stampede Entries Due Jan. 25

The 4th annual 4-H Horse Stampede will be held Saturday, March 11 at the Animal Science Building on UNL East Campus, Lincoln. The Stampede consists of the 4-H state horse-related competitions:

- Horse Bowl Contest (team)
- Public Speaking Contest (individual)
- Demonstration Contest (individual)
- Art Contest (individual)

These contests are tremendous learning experiences and a lot of fun!

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

Artwork for the Art Contest may be pencil, chalk, charcoal, pen and ink or pastels.

Stampede entry forms are due to the extension office (444 Cherrycreek Road, Lincoln) by Wednesday, Jan. 25. Forms are available online at <http://lancaster.unl.edu/4h/news.htm> or at the extension office.

For more information about each individual contest, go to <http://animalscience.unl.edu/horse/horse4h.htm> or call Marty at 441-7180.

Mandatory Trap Shooting Meeting, Jan. 26

There will be a mandatory meeting for all interested trap shooters on Thursday, Jan. 26, 7 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Rd., Lincoln. Interested youth must be at least 12 years old and not older than 18 by January 1, 2006 and have a hunter safety certificate. Bring your shotgun and cleaning supplies. Contact Gene Vebug at 421-1274 if you have questions.

2005-2006 Pick-A-Projects Now Available

Nebraska 4-H 2005-2006 Pick-A-Projects are now available at the extension office or online at <http://4h.unl.edu/programs/curriculum/pickaproject/>.

Leader Training, Feb. 13

"Winter 4-H Warm-up," a satellite training for 4-H leaders and interested volunteers, will be held Monday, Feb. 13 at 7 p.m. at the Lancaster Extension Education Center.

Topics include "Seize Your Day," "Heads-On, Hands-On," "Healthy Lifestyles," "Meetings in a Bag," and "Presenting 4-H Entomology Projects."

Please register by Friday, Feb. 10 by calling 441-7180.

4-H Scholarships Due March 1

The Nebraska 4-H Foundation has several thousand dollars worth of college scholarships available to eligible 4-H'ers. Information and application forms are online at 4h.unl.edu. Scholarships include:

- R. B. Warren 4-H Horse Educational Scholarship (\$500)
- 4 Grand Island Saddle Club Scholarships (\$1,000)
- 3 Orschler Industries Foundation Scholarships (\$1,000)

All applications are due into the Nebraska Foundation office by March 1. If you have any questions or need further assistance, please call Deanna at 441-7180.

Horse Judging Certification Seminar, March 10

The 4-H Horse Judging Certification Seminar will again be offered the evening before the 4-H Horse Stampede, Friday, March 10 in the Animal Science Building. For more information or a registration form, go to <http://animalscience.unl.edu/horse/judges.htm>.

Kids Caring for Kids

The Optimist Club of Lincoln is designating special funds to support projects planned and carried out by kids caring for kids and their community. Interested youth are encouraged to come up with a new and unique plan to help others and complete a short application. If the project is selected, the Optimist Club of Lincoln will provide a financial contribution. For more information, contact Tracy at 441-7180.

Kiwanis Carnival, April 22

The annual Kiwanis Carnival, a FREE family event is sponsored by the Lincoln Center Kiwanis. This year, it will be held Saturday, April 22, 7-9 p.m. at Elliott Elementary School, 225 S. 26 Street, Lincoln. Elliott school students and their families will be invited to share the fun.

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

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

"4-H Discovery Bags" at Bennett Martin Public Library

Anyone with a Lincoln City Library card may check out one of the following "4-H Discovery Bags" from the Bennett Martin Public Library. The bags are a compilation of 4-H project books, library books and other resources.

- The "4-H Discovery Bag for Arts & Crafts" is a one-stop solution for your "Celebrate Art" and "Art in Your Future" project needs. Includes ideas for easy projects that only look complicated.
- The "4-H Discovery Bag for Wildlife" makes wildlife and conservation projects fun and easy. The bag includes information on birds, wildlife and fish.

Web Site for Nebraska 4-H'ers Grades 6-8

Checkout 4-H Central, an interactive Web site designed just for Nebraska 4-H members grades 6-8. Learn about 4-H news, meet 4-H'ers with similar interests and backgrounds, see projects completed by other 4-H'ers and participate in polls and bulletin board areas. If you are in 6-8 grades and have parental permission, log on at <http://www.4hcentral.com>.

Wanted: Ideas for 4-H Mascot During February

Suggestions and ideas for the shape and name of an official, inflatable Nebraska 4-H Mascot will be taken online during Nebraska 4-H Month in February! We need your help in forming a mascot that will accurately represent Nebraska 4-H to those who may not know about the program!

Suggestions for shapes and names will be taken online at <http://4h.unl.edu> from 4-H youth and volunteers during the entire month of February! The Nebraska 4-H Mascot will be made by the same designers of the University of Nebraska-Lincoln Cornhuskers mascot, Lil'Red. You can check out some examples of current mascots online at <http://www.signsandshapes.com>.

When a mascot has been designed and named, your county will have an opportunity to request its use during special events such as county fair.





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

Achievement Night



Tuesday, Feb. 7, 6:30–8 p.m.

Please call 441-7180 to RSVP by Feb. 3

University of Nebraska–Lincoln
State Museum at Morrill Hall
Just south of 14th and Vine Streets

TAKE A LEAP

DISCOVER 4-H WITH YOU



Part of
Nebraska
State 4-H
Month!

DISCOVER 4-H
2006 NEBRASKA 4-H MONTH

Evening festivities include:

- Awards presentation
- Refreshments
- Time to explore the museum galleries and discovery center

Parking details:

- From 14th and Vine Streets, follow one-way circle loop east of Memorial Stadium to parking lot north of Morrill Hall (signage will indicate as 17C/28 parking)
- Parking permits will be available in Morrill Hall to hang from rear-view mirror



Personal Achievement Recognition

Sometimes, the best accomplishments are when you meet or exceed your own personal goals!

We invite you to share your personal achievements at this year's Achievement Night.

Please complete a ribbon and bring to Achievement Night.

for 4-H members to fill out

for 4-H parents or guardians to fill out

During this past 4-H year,
I am most proud of

By 4-H Member:

(first name)

For
Personal
Achievement

During this past 4-H year,
I am most proud of
my child (or children)

By 4-H Parent or Guardian:

(first name)

For
Personal
Achievement
of Child/Children

EXTENSION NEWS

Teri Hlava Joins 4-H Staff



Teri Hlava in the 4-H resource room.

Teri Hlava has joined the UNL Extension in Lancaster County 4-H staff. She will work in 4-H School Enrichment and after-school areas.

Teri will coordinate the Garbology 4-H School Enrichment program for second graders, as well as deliver classroom presentations. Garbology is a curriculum and kit with hands-on activities which introduces students to solid waste management and the three R's (Reduce, Reuse, Recycle).

Teri will assist 4-H staff member Marty Cruickshack with the Embryology 4-H School Enrichment program. Through incubating and hatching baby chicks in the classroom, third graders study life-cycles.

In a new role for the Lancaster County 4-H program, Teri will lead efforts to explore and develop partnerships with Lincoln's Community Learning Centers (CLC) after-school programs. 4-H could provide resources and expertise customized to each CLC's needs.

Teri is a certified teacher for grades K-12, primarily specialized in special education. A native of Nebraska, Teri originated in northwest Nebraska, living and working in both small and larger communities. She has taught in Lincoln and southeast Nebraska for the past 15 years.

Her multi-varied experience and broad expertise working with youth and communities is a welcome asset to Extension.

Jan Blair Joins NEP Team



Jan Blair (top left) reviews with Elliott second graders what they learned during their nutrition unit.

Jan Blair has joined the UNL Extension Nutrition Education Program (NEP) in Lancaster County team on a temporary basis. She will coordinate the NEP 4-H School Enrichment program for kindergarten, second and third grades, as well as deliver presentations in classrooms.

Jan retired this past year after 18 years with Lincoln Public Schools. Most recently she taught at McPhee and West Lincoln schools. She holds degrees in elementary and special education. She is a former 4-H leader (teaching 4-H food-related projects) and 4-H member. Jan enjoys cooking and reading.

Students and teachers appreciate the positive energy and creativity which Jan brings to the classroom.

Top 10 Ways to Improve Your Neighborhood Right Now

Helen Mitrofanova
UNL Extension Educator

You can improve the quality of life in your neighborhood by adopting the following ideas for increased safety and civic interactions.

1. Turn your porch lights on! Crime is likely to decline in well lighted neighborhoods. Thieves, vandals and prowlers are deterred by lighted areas. Turning on porch lights is a simple way to start this process. A motion sensor light or solar light is a good idea for the driveway area.

2. Walk around the block. Neighbors benefit when citizens walk about more, particularly in the evening hours. Take a walk every night with a friend or your dog. It is good for your health and good for your neighborhood. You will become familiar with the houses in your block and their people.

3. Drive slowly in the neighborhood. Regular slow driving by multiple neighbors will decrease speeding in your neighborhood as well as less people will use your streets as a speedway.

4. Pick up litter near your home, even if you did not put it there. People are less likely to litter where they do not already see litter. You can stop the growth of trash in your neighborhood by taking away the existing litter. Neighborhoods where its residents are keeping the area neat and clean are less likely to have crime because it shows the residents take care of the community where they live.

5. Take away the opportunity for crime. Lock your car and never leave valuables, even for a few minutes, in the car where would-be

thieves might see them. Make your front porch visible and make sure your home looks like someone lives there. Trim bushes or trees on your property; it will eliminate hiding places for thieves and burglars.

6. Make a list of the names and phone numbers of the neighbors on your block. If you do not know the names and phone numbers of your neighbors you can not call them about a concern or let them know about a neighborhood problem. It is a great project for a neighborhood association to develop a neighborhood directory with names and addresses of its residents. People will have a more vested interest in the neighborhood when they know their neighbors.

7. Make a list of landlords in your area as well. This information is available by contacting Lancaster County Assessor/Register of Deeds office, 555 South 10 Street, Lincoln, NE 68508, 441-7463 or e-mail: assessor@lancaster.ne.gov. As owners of property, landlords should be concerned about the condition of the neighborhood in which their property is located. Prosperous neighborhoods with great reputations will increase the value of property.

8. Meet the youth living on your block and greet them by name. Find out which kids belong where. This ensures each adult is better able to help in an emergency and is better prepared to discuss problems immediately as they arise. This simple approach may even increase youth participation in neighborhood activities (youth programs, neighborhood association activities, neighborhood clean-ups, neighborhood watch, etc.).

9. Report crime promptly.

Neighbors sometimes do not report criminal activity because they do not want to bother the police. They believe there is not much an officer can (or will) do about a reported problem anyway. Whether the issue is graffiti, petty vandalism or something much more serious, police cannot act without first hearing about the problem from citizens.

10. Report nuisances and other non-criminal problems promptly. Call the regular police non-emergency number, 441-6000, preferably while the disturbance is occurring. If you wish to discuss a chronic problem at a specific address in your neighborhood, you may wish to talk to the police captain who is responsible for the police services in your area. To find out whom to contact, go to <http://www.lincoln.ne.gov/city/police/teams/teammap.htm>

11. Help your neighborhood association. Find out which neighborhood association you belong to <http://www.ci.lincoln.ne.us/city/urban/comdev/neighbor/index.htm> and try to attend local neighborhood association meetings. You will be better informed of the issues facing the neighborhood and how you can get involved. More over, you will have an opportunity to shape, guide and participate in the future of your neighborhood. If your neighborhood does not have a neighborhood association, learn how to form one <http://www.lancaster.unl.edu/community/resources.htm>

12. Just like this "Top 10" list, do not stop at 10 items.

This article is based on information developed by Campbell DeLong, Resources, Inc. 1999-2000.

Community CROPS Seeks Beginning Farmers and Gardeners

Community CROPS: Combining, Resources, Opportunities & People for Sustainability is a grassroots non-profit organization, working with area gardeners and farmers to grow and market agriculture products.

Urban Farmer Project

Community CROPS is recruiting beginning farmers to join their Urban Farmer Project. They are looking for refugees, immigrants and low-income people who would like to begin farming in the Lincoln area.

CROPS has a place at a community farm site for participants to grow produce. The farm site on the edge of Lincoln has quarter-acre plots available for a modest fee. Training on organic methods by experienced farmers is offered at various workshops and during one-on-one sessions throughout the growing season, using interpreters whenever necessary. In addition, many tools and pieces of equipment are available to be used at the farm.

During 2005, CROPS worked closely with a refugee Kurdish farmer from Iraq. Khalaf had farmed in his home country, but had been unable to return to farming after



Vegetables for sale at the Haymarket Farmers' Market by a Community CROPS Urban Farmer Project participant.

moving to the United States due to language barriers and a lack of land. With the help of interpreters, CROPS staff taught Khalaf about growing crops for market in Nebraska, provided him with land and helped him begin marketing his produce. He successfully sold vegetables to area grocery stores, restaurants and a stand at the Haymarket Farmers' Market, and is looking forward to 2006.

Community Gardens

Community CROPS has four community gardens spread

throughout Lincoln:

Land, water and plants are provided free. If you would like to help develop a garden in your neighborhood or would like to have a plot at one of our gardens, contact CROPS.

Community Supported Agriculture

CROPS will be selling fresh, organically-grown produce at area farmers' markets and through a Community Supported Agriculture (CSA) project. Consumers pay a fixed amount of money to a farmer at the beginning of the season and receive a weekly bag of fresh, produce during the growing season.

We will be making sign-up information available soon, after we determine the share costs.

FOR MORE INFORMATION

If you or someone you know would like to sign up for the Urban Farmer Project or for any of the other projects run by CROPS, visit the Web site at <http://www.communitycrops.org> or call Ingrid Kirst, Community CROPS Director at 730-2532.

EXTENSION CALENDAR

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

January

- 24 4-H Horse Knowledge Club Meeting 7 p.m.
- 25 4-H Horse Stampede Entries Due to Extension Office
- 26 4-H Trap Shooting Meeting 7 p.m.
- 23 Crop Protection Clinic 9 a.m.–4 p.m.
- 26 Community & FCE Leader Training Lesson "Embracing Entrepreneurship: New Economic Power for Your Community" 1 p.m.
- 30 Family & Community Education (FCE) Council Meeting 1 p.m.

February

- 7 4-H Achievement Night, UNL City Campus - Morrill Hall . . . 6:30–8 p.m.
- 7 Commercial Pesticide Applicator Initial Training 9 a.m.
- 9 Commercial Pesticide Applicator Recertification Training 9 a.m.
- 9 Private Pesticide Applicator Certification 6:30–9:30 p.m.
- 10 Private Pesticide Applicator Certification 8:30–11:30 a.m.
- 12 4-H Teen Council Meeting 3 p.m.
- 13 4-H Leader Training 7 p.m.
- 15 Ten Easy Ways to Boost Profits \$20/Acre. 10 a.m.–3 p.m.
- 16 Acreage Insights: Rural Living Clinic "Growing Fruit Trees" . . . 7–9 p.m.
- 18 Beginning Beekeeping Workshop 9 a.m.–5 p.m.
- 21 4-H Horse Knowledge Club Meeting 7 p.m.
- 23 Community & FCE Leader Training Lesson "Health of Children" 1 p.m.

NUTRITION

continued from page 1

4-YEAR OLDS: can do what younger ages can do, plus...

- peel oranges or hard cooked eggs
- moves hands to form round shape
- cut parsley or green onions with dull scissors
 - mash bananas using fork
 - set table

5- TO 6-YEAR OLDS: can do what younger ages can do, plus...

- measure ingredients
- cut with blunt knife
- use an egg beater

7- TO 9-YEAR OLDS: can do what younger ages can do, plus...

- slicing and chopping (with supervision)
 - peeling fruits and vegetables
 - opening cans
- measuring ingredients
 - breaking eggs
 - setting timers

10-YEAR OLDS AND OLDER: can do what younger ages can do, plus...

- slicing, dicing and chopping
 - baking
 - boiling
 - sauteing
- using small appliances like blenders, food processors and microwave ovens

Source: "Let's Make Something...A NEP Recipe Collection for Youth," Nebraska Nutrition Education Program.

FENCING

continued from page 5

color. Woods with natural decay resistance such as cedar, redwood and hedge (Osage orange) may be used without treatment. Other woods must be painted or treated with preservatives. Posts must be naturally decay resistant or pressure treated with preservatives and rated for permanent ground contact (preservative retention of 0.4 to 0.6 pounds per cubic foot of wood).

An alternative to painted wood is vinyl fencing. Rails and posts of polyvinyl chloride (PVC) plastic require no painting, but may require occasional washing to remove mildew and dirt. They are highly resistant to decay, but don't have the strength or stiffness of wood. Flexible vinyl fencing uses high-tensile wires encased in a flexible PVC jacket that looks like a thin board. The resulting fence looks like a board fence at a lower cost.

White board fences look great when they are new and straight, but show the slightest imperfections. Be prepared to straighten leaning posts or replace warped rails. Painted fences will require frequent touch-up.

Wood and plastic fences may cost \$4 to \$10 per running foot. Wire fences can be built for less than \$1 per foot. For some situations, a compromise may be a wire fence with a single rail at the top or flexible vinyl fence at \$3 to \$5 per foot.



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

University of Nebraska-Lincoln Extension in Lancaster County

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

Phone: (402) 441-7180

Web site: <http://lancaster.unl.edu>

E-mail: lancaster@unl.edu • Fax: 441-7148

Lancaster Extension Education Center
Conference Facilities
444 Cherrycreek Road, Lincoln
Lobby Phone: 441-7170



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

Extension Educator & Unit Leader Gary C. Bergman

Extension Educators

Lorene Bartos
Maureen Burson
Tom Dorn
Alice Henneman
Don Janssen
Yelena Mitrofanova
Barb Ogg

Extension Associates

Mary Abbott
Soni Cochran
Mary Jane Frogge
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Extension Technologist David Smith

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School of Natural Resources



"The students I've met in the School are a diverse group I really like being around.

"The professors here do a wonderful job. They're accessible and easy to get along with. They give really good lectures and challenge you to think. They're so good at what they do, I think they're underpaid."

Michael Gillilan,
rangeland ecosystems major

Interested in a career where you can address pressing issues in natural resources and the environment?

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- Arrange a campus visit: call (402) 472-4445
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THE NEBLINE

THE NEBLINE is published monthly (except December) and mailed to more than 10,500 households in Lancaster County.

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TAKE A LEAP

DISCOVER 4-H
2006 NEBRASKA 4-H MONTH

For more information about the 4-H Programs available in your community, contact your local University of Nebraska-Lincoln Extension Office!
<http://4h.unl.edu>

Winter Photography Workshop Feb. 3-5

The 4th annual Winter Photography Workshop will be held Feb. 3-5 at the Nebraska State 4-H Camp near Halsey. Work and learn side by side with world-class photographers:

- Joel Sartore of National Geographic
- Bob Grier of NEBRASKAland
- Randy Hampton, photojournalist and teacher
- Michael Forsberg whose work has appeared in publications including National Geographic, Audubon, Natural History and National Wildlife

Classroom instruction and field demonstration workshops will be offered in the areas of Basics, Digital Photography, Digital Painting, Darkroom Technique and Macro/close-up. A new offering will instruct 4-H participants in the 4-H photography units as well.

Photographers of all skill levels age 15-adult are invited to sign up. Cost is \$185 for adults and \$120 for youth ages 15-19. Registrations are due Jan. 27. For more information or to request a registration form, call the Nebraska 4-H camp at (308) 533-2224.

Horsin' Around, Feb. 11-12

Horsin' Around is a two-day conference that will be held on Feb. 11 and 12 at the Animal Science building on UNL East Campus, Lincoln.

The presenters, Bruce and Sue Ellen Vickery, are two of the most successful, effective teachers for all-around riders in the U.S. Their tremendously successful show season of showing, training and instructing includes:

- AQHA High Point All-Around Open Horse and Amateur Horse,
- AQHA High Point Open Trail, Amateur Western Horsemanship, Amateur English Equitation and Junior Western Riding
- AQHA World Champion Western Horsemanship

Pre-registration closes Feb. 3. Cost is \$25 both days or \$15 a day for adults. Youth is \$15 both days or \$10 a day. Registration at the door, if available, adults \$35 both days or \$20 a day. Youth \$25 both days or \$15 a day. For more information and for registration forms go to <http://animalscience.unl.edu/horse/horsinaround.htm>

Equestrian Academy, Tuesdays, Jan. 24-March 7

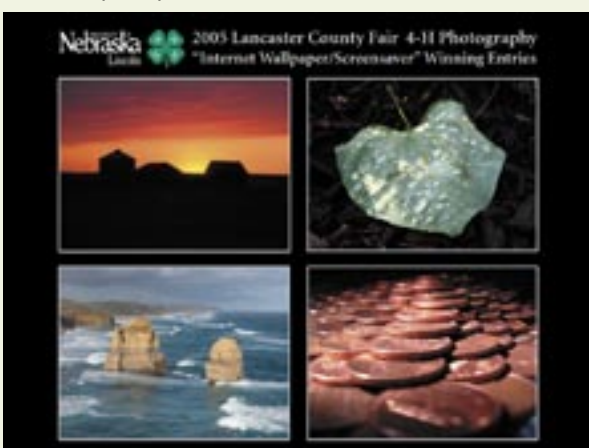
University of Nebraska and Purina Mills present "Equestrian Academy - Equine 103 - The Working and Riding Horse," a series of equine science classes for the professional or amateur horseperson. The classes will be held every Tuesday night Jan. 24 through March 7 (except Valentines Day!) from 7-9 p.m. at Chase Hall on UNL East Campus, Lincoln. *Note, these dates are corrected from the January NEBLINE.*

The course includes:

- Effectively buying/selling horses
- Healthy horse care and first aid
- Dental care
- Feeding and care of aged horses
- Nutrition for the growing horse
- Hays and forages for horses
- Riding the trails
- Bits, biting and various training aids

Course fee is \$60 per participant, pre-registered, or \$15 a session. Registration forms available from your local Purina Dealer and your local extension office. For more information, please call Dr. Kathy Anderson at 472-6414 or Fran Minnaert at 650-6150.

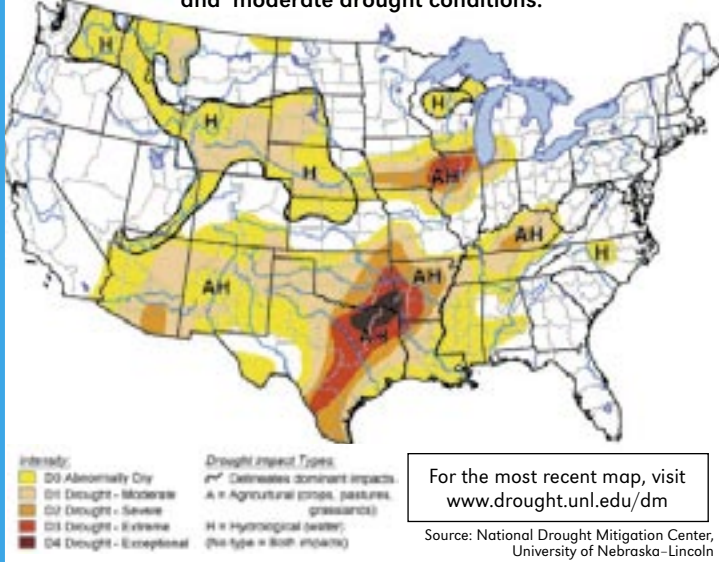
4-H Photography Computer Wallpaper & Screensaver



Featuring four photos from the Lancaster County Fair 4-H Wallpaper/Screensaver exhibit category!
<http://lancaster.unl.edu/4h/screensaver.shtml>

U.S. Drought Monitor Map

As of Jan. 10, Lancaster County bordered between abnormally dry and moderate drought conditions.



Can You Guess It?



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

Did you guess it from the January NEBLINE? The answer was popcorn.



4-H Summer Camp Brochures Now Available

2006 4-H Summer Camp brochures are now available at the extension office or online at <http://4h.unl.edu/camp/youth>. Camps are open to all youth ages 5-19 — need not be in 4-H. With three unique Nebraska locations at Halsey, Gretna and Alma, there are more than 40 camps ranging from half day to four days/three nights!

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

Save 10% by registering before April 1!

Applications Open for 4-H Camp Staff

The three 4-H Camps in Nebraska are currently accepting applications for our 2006 summer staff. All positions provide endless opportunities for growth in a fun, fast-paced outdoor atmosphere.

You may apply for a variety of positions:

- **Camp Staff** — Salaried youth ages 18 and older who lead camp programs. Spend mid-May to August working full time to provide day to day leadership of camp activities and teaching groups of all ages. A great summer job for college students with any major. Initial application deadline is Feb. 10.
- **Cabin Mentors** — Youth ages 17 and older who provide cabin supervision and assist in leading camp programs. Mentors receive an honorarium for their service and are scheduled according to their availability.

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

- **Camp Counselors** — Youth ages 15-19 who assist with cabin supervision and leading of camp programs. Join over 150 volunteer teens in providing valuable leadership to a group of campers by day and assist with cabin supervision at night. Camp counselors are scheduled according to their availability and counseling is a fantastic leadership experience for any young person. Application deadline is March 15.

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

Big Red Summer Academic Camps

2006 Big Red Summer Academic Camps brochures are now available at the extension office or online at <http://bigredcamps.unl.edu>. Camps are open to all high school youth — need not be in 4-H. There are 10 camps ranging from four to six days held on the University of Nebraska-Lincoln campus. These career exploration camps are a chance for you to explore the UNL campus, meet people from across the state, spend time investigating an interest or potential career and have lots of fun. Big Red Summer Academic Camps are hosted by Nebraska 4-H and UNL faculty members in various academic areas across campus. 4-H members are encouraged to apply for a scholarship — application is on the Web site. Discover the many fun features of UNL!