

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

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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

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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.

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