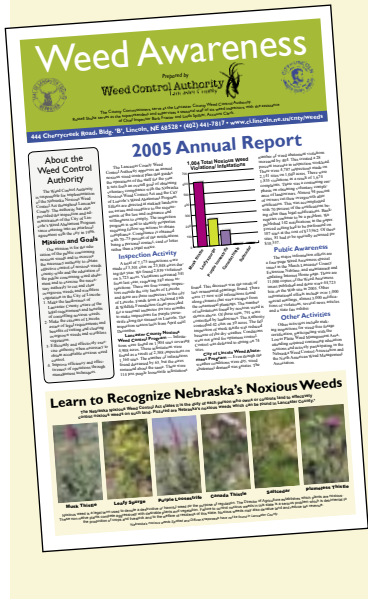


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SPECIAL INSERT: WEED AWARENESS
Prepared by the Lancaster County Weed Control Authority



Nebraska 4-H Summer Camps Provide Ultimate Camping Experience for Youth

"I learned that you have to believe in yourself and you can do it!" said one youth who attended a 4-H camp last year. Another youth said, "I loved the high wires and zip line in the dark — and learned not to be afraid to try new things." Yet another said, "I learned that you can make as many friends as you want and keep them."

Specializing in leadership development and team building, 4-H summer camps create positive memories which last a lifetime. Camps are open to all youth ages 5–19 (need not be in 4-H).

University of Nebraska-Lincoln Extension, through its 4-H Youth Development Program, has been operating 4-H camps for more than 40 years. All staff members are trained and certified by extension.

"We want youth to leave our camp better equipped to make healthy, positive and informed decisions," said Buzz Wheeler, camp director for the Eastern Nebraska 4-H Center.

3 Camp Facilities

With three unique Nebraska locations at Halsey, Gretna and Alma, there are over 40 day and overnight camp sessions and trips this summer! Since the Eastern Nebraska 4-H Camp near Gretna is closest to Lincoln, many Lancaster County youth attend camps there, however, local youth also attend camps at the other two locations.

The 4-H camps and centers all meet more than 300 standards established by the American Camping Association. The Eastern and State camps have been certified for several years. Last year, the South Central camp also became certified.

Wide Range of Activities

Some 4-H camp sessions offer a range of activities while others focus on a specific theme. For example, "Explorer Elementary" camps are loaded with adventures such as the T.R.U.S.T. rope course, canoeing, shooting sports and creek stomping, and "Aquatic Blast" camps focus on wet experiences such as water slides, fishing and mud Gau Gau.

Most camps include one to three overnight stays in comfortable cabins. Four camps aimed at youth ages 5–8 are one-day camps — and adult chaperones are invited!

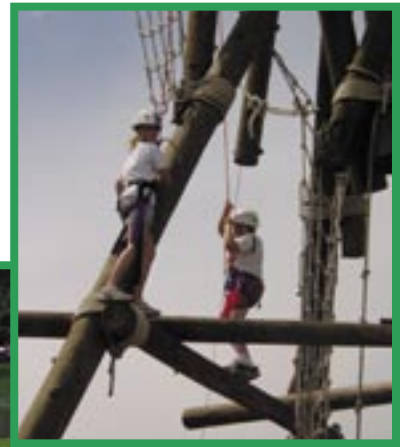
This year, there are four exciting new camps: "Focus on 4-H," "Take a Friend, Make a Friend — World Celebration," "CSI — Gretna," and "Lights, Camera, Action — Arts/Drama Camp."

How to Register

2006 4-H Summer Camp brochures have complete information about all camps as well as registration forms. Brochures are available at the extension office or online at <http://4h.unl.edu/camp/>. New this year, register online at 4h.unl.edu/!

Save 10% by registering before April 1.

With a variety of lengths, interest areas, locations and prices, 4-H camps fit perfectly with your child's summer activities!



10% early bird discount by registering before April 1!



Date	Camp	Audience	Early Bird/Fee
EASTERN NEBRASKA 4-H CENTER, GRETNA			
May 27	Kids - N - Critters Day Camp	ages 5-8*	\$25/\$28
June 5-8	Focus on 4-H New!	ages 8-15	\$162/\$178
June 9-10	Take a Friend, Make a Friend	ages 8-11	\$85/\$93
June 12-15	Niobrara Tube Trip	ages 11-15	\$302/\$332
June 19-23	Boldly Bound	ages 11-15	\$262/\$288
June 20-22	Take a Friend, Make a Friend	ages 8-11	\$127/\$140
June 26-29	Biking Bound	ages 11-15	\$302/\$332
July 5-8	Explorer Elementary	ages 8-11	\$162/\$178
July 5-8	Discovery - Middle School	ages 11-15	\$162/\$178
July 10-14	Outdoor Skills - Nebraska Game & Parks	ages 11-15	\$262/\$288
July 11-13	Take a Friend, Make a Friend	ages 8-11	\$127/\$140
July 24-28	Aquatic Blast - Elementary	ages 8-11	\$262/\$288
July 24-28	Aquatic Blast - Middle School	ages 11-15	\$262/\$288
July 29	Kids - N - Water Day Camp	ages 5-8*	\$25/\$28
July 31-Aug 3	Take a Friend, Make a Friend - World Celebration New!	ages 8-15	\$162/\$178
July 31-Aug 3	Nebraska Canoe, Cast, & Climb Adventure	ages 14-19	\$302/\$332
Aug 4	Kids - N - Crazy Day Camp	ages 5-8*	\$25/\$28
Aug 5	Kids - N - Water Day Camp	ages 5-8*	\$25/\$28
Aug 7-9	CSI - Gretna New!	ages 11-15	\$127/\$140
Aug 10-11	Take a Friend, Make a Friend	ages 8-11	\$85/\$93
NEBRASKA STATE 4-H CAMP, HALSEY			
May 30-June 2	Sandhills Sampler 1	ages 11-15	\$164/\$180
June 5-8	Sandhills Canoe and Fish Combo	ages 11-15	\$229/\$252
June 5-8	Explorer Elementary	ages 8-11	\$164/\$180
June 8-9	Take a Friend, Make a Friend	ages 8-11	\$73/\$80
June 13-16	Sandhills Academy	ages 14-19	\$245/\$269
June 19-22	Outdoor Skills - Nebraska Game & Parks	ages 11-15	\$202/\$222
June 23	Kids - N - Crazy Day Camp	ages 5-8*	\$25/\$28
June 26-30	Outback Halsey	ages 11-15	\$214/\$235
June 26-28	Explorer Elementary	ages 8-11	\$114/\$125
June 28-30	Explorer Elementary	ages 8-11	\$114/\$125
July 5-7	Explorer Elementary	ages 8-11	\$114/\$125
July 11-14	Niobrara Tube Trip 1	ages 11-15	\$197/\$216
July 18-21	Niobrara Tube Trip 2	ages 11-15	\$197/\$205
July 23-26	Focus on 4-H for Girls	ages 11-15	\$214/\$235
July 27-30	Focus on 4-H for Boys	ages 11-15	\$214/\$235
July 31-Aug 3	Sandhills Sampler 2	ages 11-15	\$164/\$180
SOUTH CENTRAL 4-H CENTER, ALMA			
June 4-8	LIFEstock Camp	ages 11-15	\$194/\$213
June 12-15	Explorer Elementary	ages 8-11	\$158/\$174
June 14-17	Your Horse and You	ages 11-19	\$194/\$213
June 15-17	Take a Friend, Make a Friend	ages 8-11	\$98/\$108
June 19-23	Discovery Ranch Camp	ages 11-15	\$206/\$226
June 19-22	Survivor Camp - Fishing/Wildlife Adventure	ages 8-15	\$158/\$174
June 26-30	Lights, Camera, Action - Arts/Drama Camp New!	ages 11-15	\$218/\$240
June 26-29	Take a Friend, Make a Friend	ages 8-11	\$158/\$174
June 27-29	Explorer Elementary	ages 8-11	\$110/\$121
July 5-8	Technomania Camp	ages 11-15	\$158/\$174

*If chaperones attend, they must pay a lunch fee of \$5

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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

All-America Selection Vegetables for 2006



'Purple Haze' Carrot

Carrot F1 'Purple Haze'

'Purple Haze' is the only imperator-shaped purple carrot. This carrot has a purple exterior and orange interior. Circles of cut 'Purple Haze' carrots have two distinct colors: a halo of purple with a bright orange center. The best appearance of 'Purple Haze' may be raw in salads or coleslaw. When cooked in water, the purple color will fade. Best of all, 'Purple Haze' tastes great. It has a sweet flavor. 'Purple Haze' is easy to grow from seed. Sow seed in prepared soil, as early as possible. Place seed half-inch deep and cover with soil. The garden soil should be rich, loose, deeply worked with excellent drainage to grow 12-inch long, straight carrots. Expect germination in 14 to 21 days. Thin seedlings to be 2 inches apart. The purple



'Delfino' Cilantro

pigment is influenced by soil temperature and drainage. The strongest purple color will occur when plants are grown at 59 to 68 degrees Fahrenheit. For gardeners with heavy clay soil, growing 'Purple Haze' carrots in patio containers is a snap. Use the same growing directions as soil, but water more frequently because the soil in containers has a tendency to dry out more rapidly.

Cilantro 'Delfino'

'Delfino' is an aromatic, edible herb and unlike other coriander has unique, fine fern-like foliage. 'Delfino,' like all cilantro, offers gardeners two distinctly different flavors in one handsome plant. It is easily grown and prefers a full sun location. The branching plant produces more leaves, resulting in a higher yield of this edible herb. The leaf flavor is similar



'Carmen' Pepper

to a strong parsley taste with citrus. The fine 'Delfino' foliage is perfect for recipes, such as salsas, requiring finely chopped leaves. Store fresh cilantro foliage with stems in a glass of water. By changing the water often, foliage remains fresh for a week. 'Delfino' plants will bolt or flower, at higher temperatures. The small white blooms are delicious with a flavor similar to the foliage. Add cut flowers to salads. The flowers are produced abundantly. Allow some flowers to go to seed, which is coriander. The seed is formed in small pods, which will dry, harden and turn brown. When brown, they are ripe and ready to harvest. Use seed whole or crushed for a citrus flavor in homemade soup or chili. 'Delfino' is a dual nature herb, two flavors in one plant that is adaptable to container garden-



'Mariachi' Pepper

Pepper F1 'Carmen'

'Carmen' is an improved sweet pepper with an unusual shape. Most gardeners think of a bell shape when "sweet" peppers are mentioned. Not so any more. 'Carmen' is an Italian bull's horn type, which refers to its elongated shape, about 6 inches long. The medium thick flesh is the sweetest when it is ripe red, but 'Carmen' peppers are sweet even when immature or green. One of the improved traits is the earliness to ripe red. Gardeners can look for red peppers about 75 days after transplanting into warm garden soil. The other improved traits are sweet flavor and high yield. 'Carmen' proved to be widely adaptable, flowering and setting fruit over a wide temperature range. Like all peppers, 'Carmen' will produce the highest number of peppers when

grown in full sun and given proper nutrients and water. 'Carmen' plants are productive with an upright, medium height of 28 to 30 inches. This plant size is perfectly adaptable to larger patio containers.

Pepper F1 'Mariachi'

'Mariachi' is named after the Mexican regional musical band that became popular in Jalisco, Mexico in the mid-1800s. 'Mariachi' sets fruits and produces an abundant crop of high quality, mild chile peppers. The chile peppers are pendant, meaning they will hang below the stem. It is a fleshy pepper that ripens from creamy white to rose, then red. Some people may wait for the mature red pepper, but because its flavor is delicate and complex, having fruity undertones reminiscent of melons, gardeners will harvest them at the creamy white stage. 'Mariachi' peppers are moderately pungent, when grown under non-stressful conditions. 'Mariachi' chiles can be used in salsas or sauces and are especially flavorful when roasted whole on the grill or under the broiler.

Note: 2006 AAS Flowers will be featured next month.

Source: All-America Selections;
<http://www.all-americaelections.org>

Shamrocks for St. Patrick's Day

Oxalis is a group of over 300 species of small plants that produce clover-like leaves. Oxalis regenelli is commonly known as 'ever-blooming shamrock'. The shamrock is well worth considering as a permanent house plant.

Shamrocks are among the best of the indoor plants because they are easy to grow and have a long bloom period. They can be brought into bloom anytime from fall through spring. The flowers come in a variety of colors, including white, pink, red, purple and yellow. The foliage not only comes in green, but also variegated or purple. Oxalis plants have slender flower stems and fairly low growing foliage that looks like enormous clover leaves. Their leaves and blooms are sensitive to light, and only open on sunny days. During darkness or cloudy weather the flowers close and the leaves fold up.

Shamrocks will usually bloom about 2 months. Water when the soil is barely dry to the touch and fertilize monthly.

—Mary Jane Frogge, UNL Extension Associate

Hints for Starting Transplants

Mary Jane Frogge
UNL Extension Associate

Starting flower and vegetable transplants at home can be fun. Growing quality transplants requires good seed, a sterile, well-drained growing medium, proper temperature and moisture conditions and adequate light. Since the home is usually not the best environment for growing transplants, problems occasionally develop.

Poor or erratic germination of seed may be caused by improper planting, for example, planting too deeply. Uneven moisture and cool temperatures can also cause problems. Medium to large seeds are sown at a depth of two times their minimum diameter. Fine seed is usually dusted on the surface of the seedbed. Cool potting mix temperatures, below 70 degrees Fahrenheit, delay germination. Maintain the proper germination temperature and even moisture conditions for rapid, uniform germination.

Damping-off, caused by several fungi, can cause serious plant loss. Seedlings may develop water-soaked spots on their stems near the soil surface, then collapse and die. Environmental conditions usually associated with damping-off are a poorly drained potting soil and over-watering. Damping-off can be prevented by using clean containers, a sterile, well-drained



A seedling infected with damping-off fungi. Note the stem constriction near the soil line.

Clemson University - USDA Cooperative Extension Slide Series, www.forestryimages.org

2 inches above the seedlings. Raise the light as the seedlings grow. Leave the lights on 12 to 16 hours a day. When the first pair of "true leaves" appear, thin or transplant the seedlings. Allow the potting soil to become somewhat dry between waterings.

The best quality transplants are short, stocky and dark green.

Green algal or brownish fungal growth may appear on the soil surface or sides of peat pots. While their appearance generally causes little harm, their presence usually indicates excessive moisture levels. Allow the potting mix to dry somewhat before watering.

A lack of essential nutrients produces characteristic deficiency symptoms. Phosphorus and nitrogen deficiency symptoms sometimes occur on vegetable and flower seedlings. Phosphorus-deficient plants frequently have purplish leaves and growth is stunted. Yellow lower leaves may indicate a nitrogen deficiency. Other symptoms of a nitrogen deficiency are stunted growth and small leaves. Apply a soluble fertilizer, such as 15-30-15, to the seedlings. Fertilize weekly with a one-quarter strength solution.

While there are obstacles to growing transplants indoors, home gardeners can produce good quality transplants if they follow good cultural practices.



Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

- Rake the lawn to remove leaves and twigs.
- Some annuals, such as verbenas, snapdragons and petunias, take 70 to 90 days to bloom. They should be started indoors in early spring.
- Buy some new perennials for your flower border. Spring is a good time to renew and add variety to your landscape.
- Complete the pruning of shrubs, ornamental trees before growth starts, except for spring flowering shrubs. Prune those which bloom in spring as soon as they finish flowering.
- Start transplants indoors for tomatoes, peppers, and eggplant.
- Do not plow your garden when the soil is wet. It will form clods which are difficult to break up and interfere with cultivation during the summer.
- Plan your vegetable garden on a sheet of paper to utilize the space most efficiently. Remember to rotate the vegetables in the garden to reduce insect and disease problems.
- Buy a notebook and use it to keep all your gardening information. List what you plant in the garden. Include the name of seed companies, plant name, variety, planting date, and harvest date. During the growing season keep notes on how well the plant does. If the variety is susceptible to disease, record what was used to treat any problems. All this information will be helpful in planning future gardens.

Red Flour Beetles

Barb Ogg
UNL Extension Educator

I first realized we had a flour beetle problem when I was making cheese sauce for scalloped potatoes. I dropped three tablespoons of flour into the saucepan and immediately noticed a couple reddish-brown beetles floating in the butter. Not being particularly squeamish, I quickly picked them out and finished the cheese sauce. (And yes, we did eat the scalloped potatoes, with no negative consequences.) But, I also decided it was definitely time to see what was going on in the cupboard.

I found a few more beetles in the flour canister, which wasn't airtight. But, there was a huge beetle infestation in an unopened bag of flour. This infestation was so remarkable we took photos. (see figures) I also noticed the large infestation gave off a distinctive musty smell.

These pests are red flour beetles, *Triboleum castaneum*. They are also called "bran bugs". Adult beetles are about 1/8-inch long and small enough to squeeze into packaging and



(Above) Infestation of red flour beetles in bag of flour. (At left), highly magnified view of larvae and adult beetle.



canisters. They are most common in flour, but also have been found in breakfast cereals, cornmeal, crackers, oats, rye, nutmeats, dried fruits, milk chocolate, powdered milk and spices. Red flour beetles can breed year-round indoors where it is warm. Red beetle larvae hatch from eggs and are cream-colored, slender and wiry. They have six legs and

forked projections at the last rear body segment.

Red flour beetles can fly and can squeeze through window screen during summer months when they are active outdoors. But, based on the size of the infestation, I think the flour was already infested when I brought it home from the grocery store. I bought it (on sale) about two months before I found the infestation.

Managing red flour beetles and other pantry pests in the kitchen includes searching thoroughly and throwing all infested food away. No chemicals are needed.

Don't Get Trapped in a Smelly Situation

Soni Cochran
UNL Extension Associate

Situation: A gentleman has been having problems with rabbits and decides his best defense is trapping. At dusk, he sets a cage trap (live trap) and baits it for rabbits. In the morning, he goes out to check his trap and does find an animal in the trap, but it isn't a rabbit. He is face-to-face with a skunk. Now what does he do?

Prevention: The easiest way to keep from catching a skunk is to use a live trap only during the day. Close the trap before sunset and reset in the morning. Skunks are active at night and rarely out during the day.

But what do you do if you need to catch a nocturnal animal like a raccoon or opossum? If you want to use the trap at night and don't want to catch a skunk, set the live trap at least 18 inches off the ground. Raccoons and opossums are terrific



climbers. Make sure the trap is anchored securely so it doesn't fall.

When setting a live trap, you should always put a cloth over half the length of the trap covering the end opposite the door. Use something durable, like a towel, canvas or denim. The cloth should be disposable. Secure the cloth on the trap so it won't blow away. The cloth allows you to approach the animal without being seen (especially important when dealing with a skunk). Make sure you

practice opening the trap door BEFORE you set it. The time to figure out how the door works is when the trap is empty, not when an animal is in the trap.

If you live in Lancaster County and accidentally catch a skunk in a privately-owned live trap, you can call Animal Control for assistance in removing the animal. There is a fee. If you are using a trap supplied by Animal Control, they will come out and remove the skunk for no charge.

Before deciding to trap any animal, check with Animal Control (city limits) or Nebraska Game and Parks Commission for regulations/permits. And remember, trapping is not always the most effective option to control wildlife in your area. Contact the extension office for other management options or visit <http://lancaster.unl.edu>.

Source: *Releasing Unwanted Skunks from a Cage Trap* by Stephen Vantassel, UNL Extension Wildlife Specialist. Web site <http://www.icwdm.org>

Pocket Gophers in Your Alfalfa? UNL Wildlife Researcher Needs Your Help!

Pocket gophers are rodents that live in the soil. They get their name from fur-lined cheek pouches outside their mouth, one on each side of the face. These pockets are used to carry food.

Pocket gophers have a small and flattened head, short neck, powerful shoulders and large claws on their front paws. These are adaptations that help them dig their burrows and live

underground. Pocket gophers are often confused with ground squirrels. They are not the same as 13-lined ground squirrels which are often seen during the daytime.

Pocket gophers spend most of their time in their sealed tunnel systems. The mounds they create are typically fan-shaped, and tunnel entrances are usually plugged, keeping intruders out of burrows. The burrow

system of one pocket gopher can cover several hundred feet; one gopher can dig hundreds of mounds in a year's time. No wonder they are so destructive!

They are pests of alfalfa and native grassland and can reduce field productivity by 20-50 percent, depending on the gopher population. When they tunnel, they damage and feed on roots. They also feed on above-ground plants, particularly

green, succulent vegetation. In our area, they prefer alfalfa fields. Identify gopher damage at: <http://icwdm.org/Inspection/gardengrass.asp#Mounds> Stephen Vantassel, UNL wildlife project coordinator is conducting a research project to determine the most efficient trapping method for controlling pocket gophers.

He is looking for area farmers willing to give him

permission to trap pocket gophers on their alfalfa fields. To be included in the study, fields must have pocket gophers present and have had no pocket gopher control measures for at least one year. He is looking for fields within a one-hour drive of Lincoln. This research will only take a few days.

If you would be willing to help Stephen with this study, please contact him at 472-8961.

ewf needs volunteers

Volunteers are needed for **earth wellness festival** on Monday, March 27 at Southeast Community College in Lincoln. Approximately 3,000 fifth-graders participate in this annual event that involves students in creative and innovative environmental education activities.

Each year, over 250 volunteers take part in **earth wellness festival activities**. As classroom escorts, bus greeters, presenter and registration assistants; volunteers are essential to the success of this event. You may choose to volunteer all day (8:30 a.m.-3:30 p.m.) or morning only (8:30 a.m.-noon). In return, you receive a festival T-shirt, a free lunch, an invitation to our celebration party following the event and an opportunity to participate in a rewarding volunteer experience.

Please contact Meghan Sittler at 441-8000 or via e-mail at msittler@ci.lincoln.ne.us for more information.



Household Hazardous Waste Collections for 2006

The first hazardous waste collection is April 22. You have just enough time to clean out your messy garage or basement.

Items You Can Bring for Disposal

Heavy metals: items containing mercury such as thermometers and thermostats.

Solvents: mineral spirits, turpentine, paint strippers and thinners, oil-based paints, varnishes, stains, polishes and waxes.

Pesticides: weed killers, garden sprays, wood preservatives, roach powder, rat poisons. You may also bring EPA-banned products, like DDT, chlordane, 2,4,5-T, pentachlorophenol, silvex, PCP.

Items containing PCB's: Ballasts from old fluorescent fixtures and capacitors from old appliances including radios, motors and televisions.

Date Location

Saturday, April 22 9 a.m. to 1 p.m.	State Fair Park (4-H Youth Complex)
Saturday, May 20 9 a.m. to 1 p.m.	Pfizer Inc., 601 W. Cornhusker <i>includes latex paint exchange</i>
Friday, June 9 3 to 7 p.m.	Malcolm Fire & Rescue Station 10740 West 2, Malcolm
Saturday, June 10 9 a.m. to 1 p.m.	NE Wesleyan University, parking lot 56 & Huntington Streets
Saturday, Sept. 9 9 a.m. to 1 p.m.	Goodyear Tire & Rubber 4021 N. 56 Street
Saturday, Oct. 14 9 a.m. to 1 p.m.	State Fair Park (4-H Youth Complex)

Do not bring: latex paint (except May 20), medicines, fertilizers, explosives and ammunition. Batteries, antifreeze and used oil will not be accepted because these items can be recycled.

These collections are for household only; not for businesses. Only residents of Lincoln and Lancaster County can bring items to collections.

For more information, call the Lincoln-Lancaster County Health Department at 441-8040.

Collection of Unwanted Pesticides, March 16

The Nebraska Department of Agriculture, in cooperation with University of Nebraska Extension, the Environmental Trust Fund, the Nebraska Agri-Business Association and the Nebraska Department of Environmental Quality, will be holding a pesticide disposal collection day on Thursday, March 16 at the Farmers Cooperative Company Fertilizer Plant, Waverly.

Anyone with outdated or unwanted pesticides may bring them to the site from 8 a.m. until noon. Pesticides should be brought in their original containers with label intact if possible, but pesticides which no longer have readable labels will be accepted. No pre-registration is required. There is no charge for up to 1,000 pounds of product from individuals or firms. A small fee will be assessed for the amount over 1,000 pounds. Once received, the pesticides will be sorted and packaged for shipment to a certified incinerator for disposal.

Remember to protect yourself and your surroundings when handling waste pesticides. You may need to wear personal protective equipment or, as a minimum, unlined neoprene or nitrile gloves, when handling waste pesticides. If the pesticide container has been damaged, pack it in another container that will hold the product if the first container should rupture while being transported. Use a container that can be left at the collection site, if it becomes contaminated.

There are three main categories of pesticides accepted:

- Unused, unneeded, old or damaged pesticides (includes insecticides, herbicides, fungicides, rodenticides and fumigants).
- Pesticides of all types (agricultural crops, livestock, homes, lawns, gardens, structural, commercial), including those in aerosol containers.
- Farmer-supplied electrical transformers containing PCB's from renovated irrigation systems.

Since different wastes need to be handled and disposed of differently, products that fit in one of the categories above are the only ones being accepted. Products not accepted include:

- Pesticide products in pressurized *cylinders*
- Waste oil or oil filters
- Antifreeze
- Paints, varnishes and thinners
- Cleaners and solvents

The Waverly site is one of only 20 sites across Nebraska selected for this pesticide collection program in 2006. Don't miss the opportunity to dispose of unwanted pesticides!

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 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.

A commercial recertification sessions will be held 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/>.

Diesel vs. Propane Irrigation Systems

Tom Dorn
UNL Extension Educator

Farmer Question:

Would it pay to switch over from a diesel engine to a propane engine on my irrigation system?

Answer: When energy prices rise dramatically, it is common to question the feasibility of switching from one energy source to another for irrigation. We can use The Nebraska Performance Criteria (NPC) to compare energy sources. The NPC states the horsepower hours of useful work you should expect per unit of energy from each of the common energy sources used in irrigation. Table 1 presents the NPC for the common energy sources used for irrigation in Nebraska.

Using the NPC as the basis for comparison between energy sources, you can calculate the expected difference in energy consumption when comparing one energy source to another. For example: the NPC for diesel is 12.5 water horsepower hours per gallon (whp-h/gal) and the NPC for liquid propane gas (LPG) is 6.89 whp-h/gal. You would, therefore, expect a pumping plant using LPG to use $12.5/6.89 = 1.81$ times as many gallons per hour when connected to the same pump under the same operating conditions. Conversely, a pump switched over from LPG to diesel would be expected to burn $6.89/12.5 = 0.55$ times as many gallons of diesel as LPG. Table 2 presents all possible equivalent fuel price multipliers for the common energy sources used in irrigation.

To answer this question, we need to know the prices of the energy sources being compared. As this is being written, the local contract price of farm delivered irrigation LPG is \$1.28 per gallon and diesel is \$2.18 per gallon.

Since we can anticipate using 1.81 times as much LPG for the same amount of water pumped, we can compute an equivalent price for diesel. The LPG is \$1.28/gal $\times 1.81 = \$2.32$ /gal for diesel. The actual current irrigation diesel price is \$2.18 per gallon so diesel has a lower relative energy cost compared to LPG. Conclusion, at current energy prices, it would not pay to switch from diesel to LPG.

The simple approach discussed here ignores differences in depreciation, maintenance and labor requirements between different types of power plants. If you are interested in a more thorough cost comparison analysis, an Excel spreadsheet is available at no cost on the Lancaster County Extension Web site at <http://lancaster.unl.edu/ag/crops/irrigcost.xls>. You may run this online or download it to your hard drive and open it with Microsoft Excel.

TABLE 1. THE NEBRASKA PUMPING PLANT PERFORMANCE CRITERIA (NPC)

Energy Source	Engine output	Pumping Plant	Energy Units
	hp-h Unit of energy	whp-h Unit of energy	
Diesel	16.66	12.5	Gallon
Gasoline	11.50	8.66	Gallon
Propane	9.20	6.89	Gallon
Natural gas	82.20	61.7	mcf (1000 cu-ft) (925 BTU/cu-ft)
Natural gas	88.9	6.67	Therm (100k BTU)
Electricity	1.18	0.885	kWh

TABLE 2. ENERGY EQUIVALENCY MULTIPLIERS

Energy source Units	Diesel Gallon	Gasoline Gallon	Propane Gallon	Natural gas (mcf)	Natural gas (Therm)	Electricity kWh
Diesel	1.0	0.693	0.551	4.94	0.534	0.071
Gasoline	1.44	1.0	0.796	7.13	0.770	0.102
Propane	1.81	1.26	1.0	8.96	0.968	0.128
Natural gas (mcf)	0.203	0.140	0.112	1.0	0.108	0.014
Natural gas (Therm)	1.87	1.30	1.03	9.25	1.0	0.133
Electricity	14.1	9.79	7.79	69.7	7.54	1.0

Worried About the High Cost of Fertilizer?

Come to a Biosolids Workshop, March 9

The current cost of anhydrous ammonia is \$410/ton. You can save money by fertilizing with biosolids. To learn about Lincoln's Biosolids program, attend an educational workshop, Fertilizing Crop Land with Biosolids, 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.

Pollination Requirements for Tree and Small Fruits

In the flower, pollination is the transfer of pollen from the anther to the stigma. After pollination and fertilization, fruit set occurs. There are two types of pollination. Self-pollination occurs when the pollen is transferred from the anther to the stigma on the same flower, from another flower on the same plant, or from

a flower on another plant of the same variety. Self-pollinated plants are said to be self-fruitful. Many plants cannot produce fruit from their own pollen and are considered self-unfruitful. These plants require cross-pollination for fruit set. Cross-pollination is the transfer of pollen from one plant to the flower of a geneti-

cally different plant or variety.

Pollination is an important factor when selecting and planting tree and small fruits. A list of pollination requirements for the various fruits is presented below.

Keep these fruiting requirements in mind when browsing in garden centers or leafing through garden catalogs.

FRUIT TREES

Apples	Most apples are self-unfruitful. A few varieties, such as Jonathan and Golden Delicious, set a good crop without cross-pollination. Generally, however, plant at least two different varieties for maximum production (Most flowering crabapples will pollinate nearby apple trees).
Nectarines	Most nectarine varieties are self-fruitful.
Peaches	Most peach varieties are self-fruitful.
Apricots	Few apricot varieties are reliably hardy in Nebraska. Moongold and Sungold are hardy and self-unfruitful. Plant at least one of each for proper pollination.
Pears	Most pears are self-unfruitful. A few varieties, such as Kieffer, will set a fairly good crop without cross-pollination. However, for maximum fruit production plant at least two different varieties.
Plums	Japanese plums are self-unfruitful. European plums are partially to entirely self-fruitful. Hybrid plum varieties (crosses between American and Japanese plums) are self-unfruitful. European plums will not pollinate the hybrid plums and vice versa.
Cherries - Sour	Sour or pie cherries are self-fruitful.
Cherries - Sweet	Sweet cherries are not reliably hardy in Nebraska. Most varieties are self-unfruitful.

Fruit trees that require two different varieties for pollination should be planted within 50 to 100 feet of one another to insure good fruit set.

SMALL FRUITS

Blueberries	Plant two or three different varieties for maximum production.
Blackberries, Grapes, Raspberries, Strawberries, Currants, Gooseberries	These small fruit plants are self-fruitful.

GREEN ACRES

Type of Farm Enterprise and Crop(s) Produced

Don Janssen
UNL Extension Educator

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

The crops you grow and any other services or processing offered by your farm are the products of your farm business. Choosing a production technique, specific crops to grow, and marketing channels requires some thought and planning.

Production Technique

Currently, several farming methods are used to produce crops. The three most commonly used on small farms are:

1. Conventional—utilizes synthetic pesticides and fertilizers and depends on mechanization for most farm practices.
2. Organic—integrates farming practices, utilizes organic pest controls and fertilizers, and relies more on labor and low levels of mechanization for most farm practices.
3. Sustainable—perhaps a hybrid of the two methods above, sustainable farming techniques minimize synthetic pesticide and fertilizer use and decrease fossil-fuel consumption.

Your choice of farming method will affect the costs associated with establishing and operating your farm, the amount of income from products grown, and how and where the products are marketed.

Type of Crops—Traditional or Specialty?

The easiest crops to grow are those that have a long production history in your area. Standard or traditional crops or varieties provide some security. There are no surprises besides weather and prices. If a crop has been grown in your area for a long time, there will be equipment, custom operators and plenty of free advice. These products include familiar options such as tomatoes, corn, sheep and so on.

Growing a diversity of crops can

spread the risk of changes in the growing environment or market price in a given year. There is a risk, however, in trying to grow too many crops, particularly if they require very different skills and equipment.

When you begin to look into specialty or nontraditional crops, you must spend much more time on research. These crops might be new to your area or on the cutting edge for the nation. Such crops might include medicinal herbs, exotic livestock or varieties of traditional crops new to your area. New crops might have little production information available. There will be a lot of on-the-job learning ahead of you.

The consolation is that when you have perfected the production system, assuming the product appeals to the public, you will be ahead of your competition.

Some small farmers are able to grow specialty crops profitably. However, marketing is critical to their success. As with any enterprise, it is necessary to do a good job assessing wholesale and retail customer demand. You have to decide where to sell the product and how to maintain markets and customers. These crops always are difficult to identify and generally involve a higher level of risk than traditional crops that already are well known in the market.

Before you invest any significant amount of money in a crop, you should know the crop's biology, production technology and marketing options in some depth. You should be able to put together a cash flow and enterprise budget for your particular farm for each crop. In many cases, it's possible to grow the crop on a small scale to give you a feel for production issues. However, difficulties tend to compound as the size of the cultivated area increases. Sometimes you can hire yourself out to a farm producing the crop and thereby gain invaluable experience. It's important to read everything you can get your hands on and to talk to all sorts of people about the enterprise you're considering. Understand thoroughly and use the tra-

ditional production system for growing a crop before making major changes.

Look for parts of the production system you can contract out while you learn the rest of the process. For example, you could learn to grow container nursery stock by buying rooted cuttings at first rather than building a greenhouse and propagating the cuttings yourself.

Look for enterprises that can grow incrementally (without major new investments in land or equipment) as your skills, finances and marketing ability increase. Examples include container stock, Christmas trees, fresh vegetables and beehives.

Crop rotation (not growing the same crop on the same land each year) can be important in some crops for disease management and weed control. Rotation requirements can quadruple your acreage needs.

Marketing

Small farmers generally are at a disadvantage competing against large farmers in the wholesale market. Large farms usually are able to produce greater volumes of product over a longer time period at a lower cost to the wholesale buyer. Therefore, most successful small farmers choose to market their product directly to consumers via one or more of the following methods:

- Roadside stands
- Farmers' markets
- Community supported agriculture (CSA) or subscription farming
- Restaurants and public institutions
- World Wide Web
- Other direct-marketing techniques

There are many exciting examples of small farms that profitably produce nursery stock, high-quality small fruits, culinary and medicinal herbs, specialty livestock, tree fruits, vegetables and numerous other crops. Often, there is a value-added component to the enterprise, such as jam production from fruit. Farms might include nontraditional services such as farm-based bed and breakfast operations. A small farm with a high-quality product mix and a good plan for getting those products into the hands of consumers can do exceedingly well.



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 call extension at 441-7180.



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



By Alice Henneman, RD, UNL Extension Educator

Easy-Does-It Mango Sauce

Did you know one cup of sliced mango has just 107 calories and provides 25 percent of the Daily Value for vitamin A?

Is a mango fairly mangled by the time you peel it? How about making mango sauce?

For a quick dessert, pour mango sauce generously over a scoop of lowfat ice cream or frozen yogurt. Simply pop the mango pieces into a food processor or blender and process until desired consistency. A mini food processor (see picture) works great when processing a small amount of mango.

For more information and pictures on peeling and slicing a mango: <http://lancaster.unl.edu/food/ciq-mango.htm>

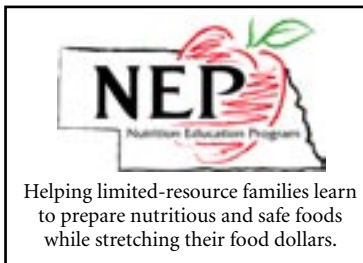


Contacting Food-Related Companies for More Information

The Internet has made it easy to contact food companies for more information about using their products. While you used to have to write a company, an answer is now often just a click or a call away. Most major food companies feature a "contact us" section on their Web site, where they offer a phone number and/or e-mail information.

Before contacting the company, check if there is a FAQ (frequently asked questions) section. If a company offers several products, you may need to zero in on one product line on the Web site to find the information for that product. For more information and links, visit our Web site at: <http://lancaster.unl.edu/food/ciq-contacts.htm>

\$tretch Your Food Dollar with Canned Foods



Helping limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars.

By Dana Willeford
UNL Extension Assistant

Health and good nutrition are a top priority, but let's face it, so is family time and food that tastes good. Even though canned foods have been around for a long time, they have many benefits that make them a hot item for a pantry! These benefits include convenience, cost effectiveness, year-round availability and versatility. According to studies by the University of Massachusetts, canned ingredients are similar in nutrition to frozen or fresh in recipes. In addition, using canned food reduces the preparation and cooking time, therefore, less time in the kitchen and more time with the family!

Frequently Asked Questions About Canned Foods

(Adapted from Canned Food Alliance at <http://www.mealtime.org>)

Q. Does canned food have expiration dates?

A. Canned products have a "for best quality use by" date

stamped on the bottom of the can. "Expiration" dates are rarely found on canned food.

Q. How long does canned food remain edible and retain its nutritional content?

A. Canned food has a shelf life of at least two years from the date of processing. Its safety and nutritional value may go well beyond two years, but it may have a change in quality, like change of color or texture.

Q. How long is it between the date of processing and the date of purchase?

A. In a well-run grocery store, foods on the shelf will be rotated on a regular basis with continuous turnover. However,

if you want to find the date a particular product has, some food companies use a series of numbers or letters that may contain a date. To break the code, call the toll-free number or write to the address on the product.

Q. Are canned foods high in sodium?

A. Canned food is packed and heat-sealed into the can at the peak of flavor. In some canned food, salt might be added to enhance the food's taste. However, canned food has a variety of options. For consumers who are sensitive to sodium, many canned foods are available in low-salt and no-salt alternatives.

Six Can Chicken Tortilla Soup

6 servings

- 1 (15 ounce) can whole kernel corn, drained
- 2 (14.5 ounce) cans chicken broth (add an extra can for a more brothy soup)
- 1 (10 ounce) can chunk chicken
- 1 (15 ounce) can black beans
- 1 (10 ounce) can diced tomatoes with green chile peppers, drained
- Tortilla chips
- Low-fat shredded cheddar cheese

Combine all canned products in a large saucepan or stock pot. Simmer over medium heat until heated through. Serve over tortilla chips and top with shredded cheddar cheese.

Source: Nebraska Nutrition Education Program 2006 Calendar

Vary Your Veggies: Tips for Using MyPyramid

Alice Henneman, MS, RD
UNL Extension Educator

"Vegetables are a must on a diet. I suggest carrot cake, zucchini bread and pumpkin pie."

— Cartoon character, Garfield the Cat

The new MyPyramid guidelines recommend eating 2½ cups daily of a variety of vegetables at the 2,000 calorie level. Garfield's advice might be fun-to-follow until you went up a clothing size or two! While it's OK to eat *some* of your vegetables as part of your dessert, here are some additional lower-calorie options from <http://www.mypyramid.gov>.

In General

- Stock up on frozen vegetables for quick and easy cooking in the microwave.
- Buy vegetables that are easy to prepare. Pick up pre-washed bags of salad greens and add baby carrots or grape tomatoes for a salad in minutes. Buy pack-



ages of baby carrots or celery sticks for quick snacks.

- Use a microwave to quickly "zap" vegetables. White or sweet potatoes can be baked quickly this way.



For the Best Nutritional Value

- Select vegetables with more potassium often, such as sweet potatoes, white potatoes, white beans, tomato products (paste, sauce and juice), beet greens, soybeans, lima beans, winter squash, spinach, lentils, kidney beans and split peas.
- Sauces or seasonings can add calories, fat and sodium to vegetables. Use the Nutrition Facts label to compare the calories and % Daily Value for fat and sodium in plain and seasoned vegetables.
- Prepare more foods from fresh ingredients to lower sodium intake. Most sodium in the food supply comes from packaged or processed foods.



- Buy canned vegetables labeled "no salt added." If you want to add a little salt it will likely be less than the amount in the regular canned product.

At Meals

- Try a main dish salad for lunch. Go light on the salad dressing.
- Include a green salad with your dinner every night.
- Shred carrots or zucchini into meatloaf, casseroles, quick breads and muffins.
- Include chopped vegetables in pasta sauce or lasagna.
- Order a veggie pizza with toppings like mushrooms, green peppers and onions, and ask for extra veggies.
- Use pureed, cooked vegetables such as potatoes to thicken stews, soups and gravies. These add flavor, nutrients and texture.



Make Vegetables More Appealing

- Many vegetables taste great with a dip or dressing. Try a low-fat salad dressing with raw broccoli, red and green peppers, celery sticks or cauliflower.
- Add color to salads by adding

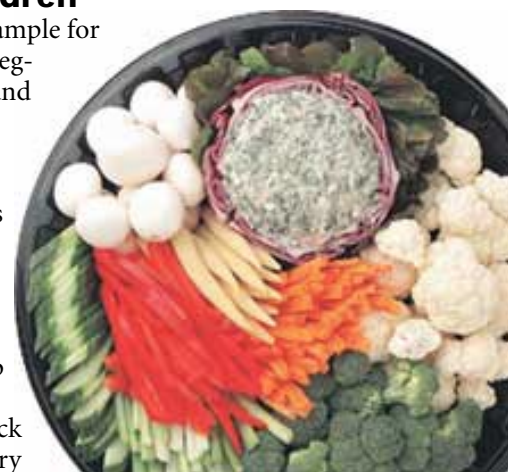
baby carrots, shredded red cabbage or spinach leaves. Include in-season vegetables for variety through the year.

- Include cooked, dry beans or peas in flavorful mixed dishes, such as chili or minestrone soup.
- Decorate plates or serving dishes with vegetable slices.

- Keep a bowl of cut-up vegetables in a see-through container in the refrigerator. Carrot and celery sticks are traditional, but consider broccoli florettes, cucumber slices or red or green pepper strips.

Vegetable Tips for Children

- Set a good example for children by eating vegetables with meals and as snacks.
- Let children decide on the dinner vegetables or what goes into salads.
- Depending on their age, children can help shop for, clean, peel or cut up vegetables.
- Allow children to pick a new vegetable to try



while shopping.

- Use cut-up vegetables as part of afternoon snacks.
- Children often prefer foods served separately. So,

rather than mixed vegetables try serving two vegetables separately.

Keep it Safe

- Wash vegetables before preparing or eating them.

Under clean, running water, rub vegetables briskly with your hands to remove dirt and surface microorganisms. Dry after washing.

- Keep vegetables separate from raw meat, poultry and seafood while shopping, preparing or storing.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Alice's Analysis

Alice Doane
FCE Council Chair

As new president of Family and Community Education (FCE) Council, I will introduce myself. I am Alice Doane. My husband, Ted, and I live on a farm east of Waverly. We moved to Lexington, Nebraska because of Ted's job in Extension in 1955. We then moved to UNL in 1956. His job has taken our family to Turkey in 1964 and to Afghanistan in 1975. This is his 50th year with the University. We have two daughters. Bonnie is married to Mark Lemke of Walton and they have three children, Valerie, Bryce and Connie. Amy is married to



Scott Kica of Millard and they have two daughters, Ashlee and Kortnee.

Extension and 4-H have been a big part of my life. I was a 4-H member and leader for over 50 years. I have been an extension and FCE member for over 45 years. I still support 4-H and extension activities at the local and state level. Lorene Bartos says I am a "retread" because I was the president of FCE eight years ago.

I still think extension clubs, now FCE, are very important groups for the women in the county. But like all other clubs and groups, getting new members

is very difficult. There are so many opportunities for young mothers to get involved in — sports, school and 4-H activities — that getting people to commit to this important organization is hard.

As FCE members, we will still give lessons, work on scholarships for second year college students who have gone into Consumer Science, teaching or the medical field and do volunteer work such as the food bank, children's home and social agencies.

I would like to thank Jan Broer for her leadership as president of FCE for the past two years. I am looking forward to working with the organization for the next two years.



FCE News & Events

Upcoming Leader Training Lessons

The following community and FCE leader training 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.

• **Thursday, 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.

• **Thursday, March 23 — Care Giving: Challenges and Rewards.** UNL Extension Educator Lorene Bartos will present this lesson which will examine how a person can best meet the needs of an elderly parent or disabled person. Utilizing community resources, maintaining the personal health and satisfaction of care givers and determining ways to help with environmental and health needs will be addressed. Relationship dynamics of the person in need and the care giver, in addition to other important issues are discussed to aid in making preliminary plans.

Council Meeting March 27

The FCE Council meeting will be Monday, March 27, 7 p.m. (Note the change back to Monday for an evening meeting.) The program will be making Easter embroi-

dered cards. Supplies will be furnished, cost will be \$3.50 payable at the meeting. All FCE members are invited to attend. Call Pam at 441-7180 by March 20 so supply packets can be prepared. Beltline and Live and Learn Clubs are hosting the meeting.

FCE Scholarship Applications Due April 1

A \$300 scholarship provided by the Lancaster County FCE Council is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in family and consumer science or a health occupation. This is open to full-time students beginning their sophomore, junior or senior year of college in the fall of 2006 or who have completed two quarters of study in a vocational school. Applications are due April 1 in the extension office.

How Well Do You Know Your Child?

As parents, we sometimes are so busy taking care of our children's physical need we lose track of some of the details of their lives. This activity will help to make you aware of how much — or how little — you know about your son or daughter.

Directions: Grab a pen and try to see how many of the following questions you can answer. Don't be surprised if you get stumped along the way. When you are finished, ask your child to correct your worksheet.

1. What is your child's favorite game or sport?
2. What embarrasses your child the most?
3. Who is your child's closest friend?
4. If your child could do anything they chose for a day, what would it be?

5. What is your child's favorite color?

6. What was the last movie your child saw?

7. What is your child's favorite thing to do after school?

8. Which is your child's favorite dinner: steak and salad, hamburger and fries or chicken and corn?

9. What has been the biggest disappointment in your child's life this year?

10. Who is your child's favorite singer or musical group?

11. If your child had a choice to buy a pet, what would it be?

12. Which would your child rather do: wash dishes, mow the lawn, clean their room or vacuum the house?

13. Do your child's friends call her/him by a nickname? If so, what is it?

14. What really makes your child angry?

15. What was the last problem your child came to you for help with?

16. What gift would your child most like to receive?

17. What does your child do that she/he is proud of?

Summary: If you get more than 15 right, congratulations... you really know your child! From 11-15? Not bad, but try to pay a little more attention. Fewer than 11? Better spend a little time catching up on what's new with them.

Note: You might enjoy making up a "How Well Do You Know Your Parents?" test for your child to take and ask them to make up another "How Well Do You Know Your Child?" test for you to take.



by Lorene Bartos, UNL Extension Educator

Dusting Tips

A vacuum and the new microfiber cloths (which can be used wet or dry) work very well. Use the brush attachment with your vacuum to clean more items and surfaces. Feather dusters and rags also work but may move dust around more.

Dust high to low. The dust that moves around from the top can be caught or has time to settle before you clean the floor.

Dust before you disinfect especially in the bathroom so you're not moving hair and dirt from surface to surface.

Don't forget to dust tops of bookcases and ceiling fan blades. The vacuum works well for these as well as for moldings and baseboards.

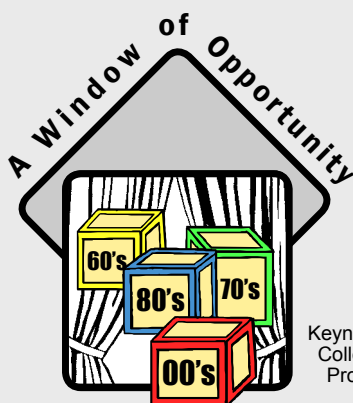


Radon, Indoor Air Quality and Energy Efficiency

Tuesday, March 7, 8 a.m. - 5 p.m.
Holiday Inn Central, Omaha, NE

Registration fee is \$40 by Feb. 28 or \$50 at the door. For more information, call Lorene Bartos at 441-7180 or go to <http://lancaster.unl.edu/home/news.htm>

For builders, contractors, remodelers, residential housing managers, real estate licensees, inspectors, HVAC, radon and other housing professionals.



Child Care—Growing Through the Decades

A conference for those who provide child care.

Keynote speaker: Marjorie J. Kostelnik, Dean, College of Education and Human Sciences, Professor, Family and Consumer Science

Saturday, April 1
8:30 a.m. to 4 p.m.

Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln, NE

Cost is \$10

For a conference flyer call 441-7180

Pre-registration is due March 20

In-service hours will be given for this conference.

Strong Family Ties Help Teens

Many working parents try to plan a little extra time with their children. But what about extra time with young teens? Sixth and seventh graders who have strong family attachments and are encouraged by their parents to be independent are least likely to engage in high-risk activities that could affect their health, according to research at the University of California, San Francisco.

The study found students with strong family ties are least likely to have ridden in a car with a driver under the

influence of drugs or alcohol, to plan sexual intercourse in the next year, or to have engaged in physical fights. These students were also least likely to try alcohol, marijuana or cigarettes. Researchers say the results question the emphasis placed on the belief teens are most strongly influenced by peer pressure. These findings are important because they show emotional bonding with family members during adolescence plays a valuable and protective role in teenager health.



4-H/FFA COUNTY FAIR NEWS

Fair Books Due to be Mailed by Mid-March



2006 Lancaster County Fair Books will be mailed to all 4-H families by mid-March.

New in the 4-H areas this year are:

- Youth in Motion
- Model Cars
- Fast Foods
- Special County Theme, "A Slice of the Good Life," exhibits
- Cattle Fitting Contest (replaces the Pretty Cow Contest)

There are many changes in the static exhibit classes, please be sure to read descriptions thoroughly.

Also new this year, poultry exhibitors will be expected to participate in herdsman duties (helping keep alleys clean and keep animals clean, neat and attractive). Exhibitors will be asked to sign up for a two-hour block of time to keep watch over the poultry area.

Deadline for all 4-H/FFA animal entries and 4-H contest registrations is July 7.

The 4-H portions of the Fair Book will be online at <http://lanaster.unl.edu/4h/Fair>

March

Barb and Ron Suing



Lancaster County 4-H is proud to announce Barb and Ron Suing as co-winners of March's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Married for 37 years, the Suings began volunteering for 4-H when their three children joined 4-H.

Barb was leader of the Creative Towngirls 4-H club for 16 years, was a 4-H Recruiter, has been 4-H Food Superintendent at the Lancaster County Fair for 25 years and has been a longtime volunteer at the Nebraska State Fair.

Ron was leader of the Hills Heroes 4-H club for 6 years, has taught Rocketry at Clover College for 10 years, has been 4-H Engineering Superintendent at the County Fair for 20 years, was Aerospace Superintendent at the State Fair for many years, and has taught and judged Rocketry throughout the state.

The couple also sponsors plaques at the County Fair. "I like watching our youth grow up and maybe be something more than they may have been without your support and/or advice," says Barb. Ron says he likes to keep busy — right now he has enough to do he will have to live to 135 years old. Barb adds, "Our favorite 4-H experience is attempting to stay young with the children and watching our own eight grandchildren participate."

The Suing live in Lincoln. Ron has been a teacher at Lincoln High for 17 years. Barb has been an RN in Coronary Care at Bryan LGH East for 27 years. Barb regularly babysits their grandchildren. Ron volunteers with youth through their church. He is also a Southeast Community College advisor and president of the Southwood Neighborhood Association.

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

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



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.

The Carnival features carnival type games for the kids, bingo for adults, prizes, snacks, fun and fellowship. Kiwanis provides 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.

Jammie Jamboree, June 17

Mark your calendar for the upcoming "Jammie Jamboree" hands-on workshop to be held Saturday, June 17 at the Lancaster Extension Education Center. Make your own jammie bottoms to enter in the fair and wear at the Style Revue. More details will be in the April Nebline.

4-H Strategic Plan Survey

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 a survey online at <http://4h.unl.edu>.

UNL Online Training Resource for 4-H Volunteers

An online leader training is available to help volunteers become better 4-H leaders. Volunteers can receive information, tips and ideas on various aspects of the 4-H program at their own pace.

To gain access to the site, users must have an e-mail address and access to the internet. Sign up by e-mailing Lisa Kaslon at lkaslon2@unl.edu. Instructions and a password will be sent to you on how to utilize this site.

Lone Star 4-H Club Assists With Cleanup After Chapelles' Barn Fire

Last August, lightning hit Gordon and Ellen Chapelles' barn and started a fire which burned the building down. (Luckily, the Chapelles herefords made it out of the barn safely.)

The Chapelles have been involved with Lancaster County 4-H for more than 35 years. They are former club leaders and hosted the Pioneer Livestock Show each spring to give 4-H'ers experience showing their animals in public. Ellen was named the Heart of 4-H Award winner in July 2004. The Chapelles have long sponsored livestock trophies at the Lancaster County Fair.

After the fire, several Lone Star 4-H Club members and their families who live near the Chapelles helped Gordon and



Members of the Lone Star 4-H Club pose for a photo with Gordon and Ellen Chapelle (far right in first and second rows) after helping the Chapelles clean up after their barn fire.

Ellen clean up debris.

"My wife and I would like to express our most sincere 'Thank You' to everyone for all the great help you gave in the cleanup effort after our big

barn fire," says Gordon. "All the hard work was greatly appreciated and was a much needed high point after the devastation of the fire loss."

HORSE BITS

Scholarship Applications Due March 1

Get your applications filled out! The R.B. Warren 4-H Horse Scholarship has one \$500 scholarship available. The Grand Island Saddle Club has four \$1,000 scholarships available. You must be currently enrolled and active in the 4-H horse program. You must be planning on attending a college in the University of Nebraska system.

You may apply while in your sophomore year of high school through your sophomore year in college. For complete directions and applications go to the State 4-H Web site at <http://4h.unl.edu/kids/scholarships.htm>.

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>.

Upcoming Spring 4-H Clinics

The Horse VIPS Committee is planning two clinics for 4-H members this spring. There will be a trail clinic and a dressage clinic, one at the end of March and one in April. Details have not yet been worked out, watch for further announcements. For more information, please e-mail Joyce Agena at memaгена@wmconnect.co

Horse Leaders' Workshop, April 1

The 2006 4-H Horse Project Leaders' Workshop will be held Saturday, April 1 at the Hall County Extension office in Grand Island. The workshop will run from 9 a.m. to 4 p.m. Topics may include: What's new in the "new" rule book, dress code updates, bridging the gap between 4-H and breed shows, UNL's new equine science option and how to teach ration formulations for advancement level III. Cost is \$25 per person which includes lunch, breaks and a packet of materials. Registration forms can be picked up at the extension office or online at <http://animalscience.unl.edu/horse>.



4-H Achievement Night

Lancaster County 4-H Achievement Night was held Feb. 7 at the University of Nebraska-Lincoln State Museum at Morrill Hall. The evening was presented by 4-H Council with generous support from UNL. 4-H'ers, 4-H clubs and 4-H leaders were recognized for their 2005 achievements. Lancaster County 4-H congratulates these youth who work throughout the year on their 4-H projects and commit themselves to excellence! We also thank the 4-H leaders who volunteer their time and talents to youth!

For a complete list of award, scholarship and pin recipients (as well as additional photos) visit online at <http://lanaster.unl.edu/4H>.



(L-R) Nicole Pedersen, Alyssa Fiala and Karen Clinch were awarded **OUTSTANDING 4-H MEMBERS**. All three have been 4-H members for more than 8 years and involved in many leadership activities such as 4-H Council and 4-H Teen Council.



The **4-H MERITORIOUS SERVICE** award was presented to the organizations which have long presented a free exhibitors breakfast at the Lancaster County Fair: Countryside Cooperative (represented by Norm Nicholson, at right), Shepherd of the Hills Church (represented by Kurt Schroeder, center) and Norris FFA Alumni. (Also pictured is Chris Scow of 4-H Council, at left.)



(L-R) Ian Badeer and Laura Cassel were presented American Youth Foundation **I DARE YOU** awards for striving to achieve their personal best.



(L-R) Nathan Smith, Cassandra Spellmeyer, Eliza Hammond, Laura Cassel, Kyle Pedersen.

COMMUNITY SERVICE AWARDS

Age 14 and over: Laura Cassel, Karen Clinch, Grace Farley, Nicole Pedersen, Nathan Smith

Age 13 and under: Carly Belz, Spencer Farley, Terra Garay, Eliza Hammond, Kyle Pedersen, Cassee Spellmeyer, Abbey Spencer, Hannah Spencer, Jaime Stephenson, Jessica Stephenson

AWARDS BOOKS — COUNTY WINNERS

Leadership & Citizenship: Eliza Hammond
Communication & Expressive Arts: Laura Cassel
Healthy Lifestyles: Kyle Pedersen

AWARDS BOOKS — NOMINATED TO REPRESENT LANCASTER COUNTY AT DISTRICT COMPETITION

Communication & Expressive Arts: Kyle Pedersen
Consumer & Family Science: Laura Cassel, Eliza Hammond, Cassandra Spellmeyer
Leadership & Citizenship: Laura Cassel, Grace Farley
Plant Science: Kyle Pedersen
Science & Technology: Nathan Smith



City of Lincoln Mayor Coleen J. Seng proclaimed February as "4-H Month" (see above). Rachel Pickrel read the proclamation at Achievement Night.

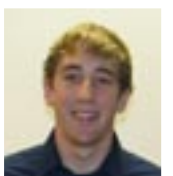


COLLEGE SCHOLARSHIPS

Lancaster County 4-H Council — \$500: (pictured above, L-R) Amanda Peterson, Nicole Pedersen, Alyssa Fiala, Whitney Davis, Karen Clinch, Laura Cassel

Lincoln Center Kiwanis — \$1,000:
Whitney Davis, Alyssa Fiala

Lane Community — \$200:
Conner Christensen (pictured at right)



4-H Teen Council — \$250: Karen Clinch and Alyssa Fiala

4-H CAMP SCHOLARSHIP
Joyce Vahle Scholarship — \$100:
Spencer Farley (pictured at left with 4-H Council president Cindy Fiala)



2005 Outstanding 4-H Club Awards

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



Shimmering Shamrocks 4-H Club of Lincoln is winner of Category I (7 members or less) — and winner of the Wayne C. Farmer trophy as overall Outstanding 4-H Club for the year. At the 2005 Lancaster County Fair, the club's five members were enrolled in approximately 32 projects and entered 128 total exhibits. The club is winning this award for the third time. Becky McHenry is club leader and there are four assistant leaders.



Cool Clovers 4-H Club of Lincoln is winner of Category II (8-12 members). The club's 10 members were enrolled in approximately 43 projects and entered 115 total exhibits at the County Fair. The club is winning this award for the first time. Gene and Sharlotte Veburg were club leaders (Jean Pedersen is current leader).



Rabbits R Us 4-H Club of Lincoln is the Category III winner (clubs with 13 or more members). The club's 34 members were enrolled in approximately 26 projects and entered 210 total exhibits at the Lancaster County Fair. The club is winning this award for the first time. Sara Morton is club organizational leader and Gordon Maahs is assistant leader.

Keep More of What You Work for with Free Tax Preparation

Rick G. Carter
Human Services Federation
Executive Director

The Human Services Federation and the Family Economic Security Partnership's EITC Campaign will provide quality free tax preparation services at sites across Lincoln through April 15, 2006. Taxes will be prepared by IRS trained and certified volunteers and electronically filed (at most locations) for a rapid refund. Multilingual tax preparers will be available at several sites to serve customers who do not speak English.

While the service is open to all taxpayers with basic individual tax returns, the campaign is specifically focused on serving people eligible for the Earned Income Tax Credit (EITC). The EITC is a refundable tax credit for low-income working families and individuals. Families making under \$35,263 (\$37,263 married filing jointly) may be eligible for a refund of up to \$4,400. The EITC is the most effective anti-poverty tool offered by the federal government because it reduces the tax burden on low- and moderate-income earners, supplements their wages and makes work more attractive.

We wish to thank all of our partners: The Internal Revenue Service, US Bank, UNL, UNL-Extension, Lincoln City Libraries, Lincoln Action Program, Salvation Army, Fresh Start, Matt Talbot Kitchen and Outreach, the Hispanic Community Center, the Asian Community and Cultural Center, Lincoln Literacy Council, Community Mental Health Center, Goodwill Industries, Friendship Home, the YWCA, Volunteer Partners, LPS Learning Centers and others for joining together and supporting our efforts. Together we will have a positive impact on the economic futures of families in this community.

Without these volunteer tax sites, too many families would be taken advantage of by high-cost tax preparation firms. Products such as refund anticipation loans are pressed on them, with high interest rates that virtually erase any tax refund they would have received. Our tax sites are increasing financial literacy across our community, as well as bringing more money into people's pockets and into the economy through the EITC and other tax credit programs.



Do I Qualify for the Earned Income Tax Credit (EITC)?

If you're like millions of Americans, you work hard but don't earn a high income. The federal government has several resources including the Earned Income Tax Credit (EITC) that can help you and your family. The EITC is essentially a tax credit for low-income workers who meet certain qualifications, which usually means more money in their pockets. If you qualify, you could pay less federal income tax, pay no tax or receive a refund.

The Internal Revenue Service (IRS) and its community partners are working to increase EITC participation among taxpayers who have low incomes and meet EITC eligibility rules. We know the rules can be complicated and we want to help you understand all the eligibility requirements.

Claimants must have a valid Social Security number. In addition, one must meet certain residency and filing criteria, including following guidelines for a qualifying child. The following are income requirements for 2005:

A taxpayer's total earned income must be at least \$1 and their earned income and adjusted gross income (AGI) must both be less than:

- \$11,750 with no qualifying child (\$13,750 if married, filing jointly)
- \$31,030 with one qualifying child (\$33,030 if married, filing jointly)
- \$35,263 with more than one qualifying child (\$37,263 if married, filing jointly)

Investment income cannot be more than \$2,700.

If you think you might qualify for EITC and would like assistance, you can call 1-800-829-1040 or go to www.irs.gov/eitc and select "EITC Assistant."

Lincoln's Volunteer Tax Assistance Program

Volunteers throughout Lincoln are now offering free federal and state tax return preparation through the Volunteer Income Tax Assistance (VITA) program. The VITA is a national program providing free assistance to low income, elderly, limited English proficient and disabled individuals who require assistance in preparing their tax returns and cannot afford the services of a paid professional tax preparer.

Volunteers are taught basic tax preparation techniques and technology, enabling them to easily handle most returns or at least know where to find the answer in the IRS quick reference guides. Volunteers are trained to prepare basic Forms 1040 tax returns, including, Schedule A for itemized deductions, claims for the Earned Income Tax Credit, other tax credits and the comparable state tax forms. **Volunteers do not prepare business or complex tax returns.**

Free electronic filing of the Federal Tax return will also be available at some locations. Electronically filed tax forms greatly increase the speed of filers' returns and help reduce return errors. Combined with direct deposits, the refunds can be received within 10 to 14 days.

What You Need to Bring to Tax Preparation Sites

- photo ID and Social Security Card (or Individual Taxpayer Identification Numbers) for yourself, your spouse and dependents (children, etc.)
- this year's tax package (if available)
- wage and earnings statements (W-2)
- a copy of last year's return
- interest & dividend statements (Forms 1099)
- any other information concerning your income and expenses for 2005
- your spouse, if you have a joint return — they must be present to sign the required forms

Lincoln VITA Program Tax Sites and Hours

All sites operate until April 15 and provide electronic filing unless noted. No appointment necessary!

The Lincoln Action Program will have tax preparation volunteers who can speak the following languages are scheduled for the indicated times (schedule subject to change). LAP only has English speakers in the intake/waiting room — they may be able to get interpreters to help in the intake room, but there is no guarantee.

ANDERSON LIBRARY
3635 Touzalin Ave.
• Wednesdays 5:30–8 p.m.

ASIAN CENTER
2615 'O' Street (Electronic Filing only)
• Mon–Fri, by appointment only, call 477-3446

BENNETT MARTIN LIBRARY
14 & N Streets (E-filing closes Feb. 28)
• Tuesdays 1–3:30 p.m. & 5:30–8 p.m.
• Wednesdays 1–3:30 p.m.
• Sundays 1:30–4 p.m.

EISELEY LIBRARY
1530 Superior Street
• Mondays 5:30–8 p.m.
• Thursdays 1–3:30 p.m.
• Thursdays 5:30–8 p.m. (E-filing closes Feb. 28)

HISPANIC CENTER
2615 'O' St., Suite D (No E-filing)
• Mondays 1–4 p.m.
• Saturdays 10 a.m.–1 p.m.

HOLMES ELEMENTARY SCHOOL
5230 Sumner (E-filing closes Feb. 28)
• Mondays 5–7:30 p.m.

LINCOLN ACTION PROGRAM
210 'O' Street
• Mondays 5:30–8 p.m. (Arabic, Vietnamese)
• Tuesdays 1:30–4 p.m. (Arabic, Spanish, Vietnamese)
• Fridays 9 a.m.–11:30 a.m. (Bosnian)

SALVATION ARMY
2625 Potter St. (E-filing closes Feb. 28)
• Tuesdays 12–2:30 p.m.
• Thursdays 12–2:30 p.m.

US BANK
56 & O Street (use east door)
• Tuesdays 10 a.m.–1 p.m.
• Wednesdays 10 a.m.–1 p.m. & 5:30–8 p.m.
• Thursdays 10 a.m.–1 p.m.
• Saturdays 9–11:30 a.m.

EXTENSION NEWS

New and Outgoing Lancaster County Extension Board Members



Outgoing board member Phil Rooney (at left) was recognized for his outstanding service to extension. Also pictured is board president Clarice Steffens.

Lancaster County Extension welcomes its newest extension board member appointment — John Chess. Since 1973, John has worked for the Lincoln-Lancaster County Health Department. He is currently, an Environmental Health Supervisor with the water program. John earned his bachelor's degree from University of Nebraska—Lincoln and his Master's Degree in Public Administration from University of Nebraska—Omaha.

Reappointed to second three-year terms, were Kendra Penrod and Oscar Rios Pohirieth who both work for Lincoln Public Schools.



John Chess joined the extension board.

Extension board members assist extension staff in establishing and accomplishing extension education program goals and objectives. The work in partnership with University of Nebraska—Lincoln Extension on priority issue areas of:

- Agriculture Profitability and Sustainability
- Children, Youth and Families
- Food Safety, Health and Wellness
- Strengthening Communities
- Water Quality and Environment

Outgoing board member Phil Rooney was recognized during the January board meeting for his long-time dedication and service to Lancaster County Extension.

EXTENSION CALENDAR

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

February

- 21 4-H Horse Knowledge Club Meeting 7 p.m.
23 Community & FCE Leader Training Lesson "Health of Children" 1 p.m.

March

- 7 Commercial Pesticide Applicator Initial Training 9 a.m.
7 Midwest Healthy Indoor Environment Symposium:
Radon, Indoor Air Quality and Energy Efficiency,
Holiday Inn Central, Omaha 8 a.m.–5 p.m.
7 4-H Council Meeting 7 p.m.
7 4-H Horse Knowledge Club Meeting 7 p.m.
9 Fertilizing Crop Land with Biosolids 3:30–8:30 p.m.
11 4-H Horse Stampede, Animal Science Building, UNL 8 a.m.
12 4-H Teen Council Meeting 3 p.m.
14 4-H Speech Workshop 7 p.m.
16 Pesticide Disposal Collection, Farmers Co-op, Waverly . . . 8 a.m.–Noon
16 Acreage Insights: Rural Living Clinic
"Vegetable Gardening" 7–9 p.m.
21 Commercial Pesticide Applicator Recertification Training . . . 9 a.m.
21 4-H Horse Knowledge Club Meeting 7 p.m.
23 Community & FCE Leader Training Lesson
"Care Giving: Challenges and Rewards" 1 p.m.
27 Family & Community Education (FCE) Council Meeting 7 p.m.
27 earth wellness festival, Southeast Community College

Lecture on "Aggression and the New American Girl," Feb. 23

Dr. James Garbarino, a leading authority on child development and youth violence, will present "See Jane Hit: Aggression and the New American Girl" on Thursday, Feb. 23 from 4–6 p.m. at the UNL City Campus Union, 14th & R Streets in Lincoln. The lecture is free and open to the public.

Garbarino is the author of more than 150 articles and 20 books, including his most recent book, "See Jane Hit: Why Girls Are Growing More Violent and What We Can Do About It." See Jane Hit is not just a powerful wake-up call; it's a clear-eyed, compassionate prescription for real-world solutions.

This is the first in a series of Signature Speakers presented by the University of Nebraska–Lincoln College of Education and Human Science in collaboration with the Nebraska Center for Research on Children, Youth Families and Schools and the UNL Chapter of Phi Delta Kappa.

Sheep, Swine and Goat Workshop, March 13

A free workshop has been scheduled on sheep, swine and goats, Monday, March 13 at 6:30 p.m., at the Kimmel Event Building in Syracuse. This clinic will feature specialized speakers and demonstrations on animal selection, grooming and showmanship along with feeding and nutrition. Clinic is open to anyone. If you have any questions or would like to register call Deanna at 441-7180, or Jim Bauman at 794-5465.

Environmental Award Nominations Due March 16

Nominations are being sought for the 2006 Lincoln–Lancaster County Environmental Awards. Do you know of an individual, business or group who deserves to be recognized for their environmental stewardship efforts? If so, please call Harry Heafer at 441-8035 or go to <http://www.ci.lincoln.ne.us/city/health/enviro/klcb/awards.htm>. Deadline is March 16.

Entries for Master Conservationist Program Due April 1

Youth and adults who have implemented soil and water conservation practices in both rural and urban areas are eligible to enter the 2006 Master Conservationist Recognition program. The deadline for entries is April 1.

The Master Conservationist program includes categories for production agriculture (farming and ranching), residences, communities and private businesses as well as youth groups and individuals. Master Conservationist program brochures are available at the extension office.

The Master Conservationist program is sponsored by the Omaha World-Herald and the UNL Institute of Agriculture and Natural Resources. Recognition plaques will be presented at the annual NARD banquet Sept. 25 in the Kearney Holiday Inn.

For more information, go to <http://ianrpubs.unl.edu/masterconserv.pdf> or contact Dick Fleming at 472-8742 or e-mail rfleming1@unl.edu.



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

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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.

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Chuck Jungbluth
Virginia Piening
Karen Wedding

At Nebraska, this Lincoln Student Works Smarter, not Harder

Alexis Wismer, a junior industrial and management systems engineering major at the University of Nebraska–Lincoln and a Lincoln Christian alum, knows there isn't one solution for every problem. In her major, she uses her critical thinking skills to come up with new ways to make work safer, easier and more rewarding. This year, she is working with Dr. Susan Hallbeck in redesigning laparoscopic surgical tools. "We went to the Medical Center and observed surgery and a couple of companies have had us work on their tools. It's a great chance to be a part of the research – I have gotten to know the professors really well."



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THE NEBLINE

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OPEN CLASS COUNTY FAIR NEWS

Enter an Exhibit at the County Fair



You are encouraged to participate in YOUR county fair by entering exhibits or competing in one of the fun contests.

The 2006 Lancaster County Fair will be held Aug. 2-6 at the Lancaster Event Center, 84th and Havelock, Lincoln. This year's theme is "A Slice of the Good Life." As usual, there is FREE admission,

FREE parking and FREE entertainment!

The Open Class, 4-H & FFA Fair Book includes all the information needed to enter an exhibit or participate in a contest. Anyone can enter "Open Class" categories, which include youth divisions (no entry fee for youth). Fair Books will be mailed to previous Open Class participants by mid-March, and will be available at numerous locations, including:

- Lancaster Extension Education Center
- Lancaster Event Center
- Super Saver, Russ's Market, HyVee and Bag 'N Save stores
- Osco Drug stores
- Lincoln City Libraries
- Lancaster County village banks, post offices and co-ops
- It will also be online at www.lancastereventcenter.com

New this year are theme-related exhibits in Textiles, Fine Arts, Home Products and Farm Products. Also new is Open Class Horse Dressage.

Explore Career Options at Big Red Academic Camps

The 2006 Big Red Summer Academic Camps are a chance for high school youth to spend time investigating an interest or potential career, explore the UNL campus, meet people from across the state and have lots of fun.

"By attending the camp, I was inspired to be more creative and try new things with fabric," said a participant at last year's Fashion Design Big Red Summer Academic Camp. "I learned so much more about the campus and the careers in textiles and design that the college offers."

Held in June, Big Red Summer Academic Camps features 10 career exploration camps hosted by Nebraska 4-H and UNL faculty members. The camps are residence camps held on the University of Nebraska-Lincoln campus. Housing and food are provided.

After spending several fun-filled days exploring a specific topic such as movie-making or fashion design, youth showcase their work at a special "capstone event" which family members are invited to attend.

Brochures and registration forms are available at <http://bigredcamps.unl.edu> or at the extension office. For more information, call 472-2805. 4-H members are encouraged to apply for a scholarship — application is on the Web site.

Save by registering before April 1!



Discount by registering before April 1!

Camp	Date	Audience	Early Bird/Fee
BIG RED SUMMER ACADEMIC CAMPS			
Child Development	June 11-16	grades 9-12	\$350/\$400
CSI Nebraska	June 11-16	grades 9-12	\$375/\$425
Culinology™	June 11-16	grades 9-12	\$375/\$425
Fashion Design	June 11-16	grades 9-12	\$350/\$400
Horsemanship	June 13-16	grades 9-12	\$300/\$350
Media Mania	June 11-16	grades 9-12	\$350/\$400
Movie-Making	June 11-16	grades 10-12	\$450/\$500
Theatre	June 11-16	grades 9-12	\$300/\$350
Web Design and Animation	June 11-16	grades 9-12	\$375/\$425
Unicameral Youth Conference	June 11-14	grades 9-12	\$200/\$250

Can You Guess It?



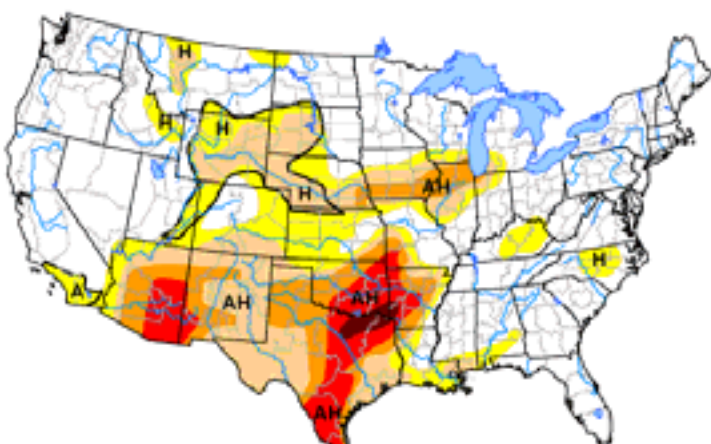
Did you guess it? Find out at <http://lanaster.unl.edu>

Did you guess it from the February NEBLINE? The answer was cross section of a Cranberry.

Norman E. Rees, USDA Agricultural Research Service, www.insectimages.org

U.S. Drought Monitor Map

As of Feb. 7, Lancaster County was in moderate drought conditions.



Intensity: D0 Abnormally Dry, D1 Drought - Moderate, D2 Drought - Severe, D3 Drought - Extreme, D4 Drought - Exceptional. Drought Impact Types: D0 Droughts dominant impacts: A = Agricultural crops, pastures, grasslands; H = Hydrological (water) (the type = both impacts). For the most recent map, visit www.drought.unl.edu/dm. Source: National Drought Mitigation Center, University of Nebraska-Lincoln.

Nebraska Horse Expo, March 10-12

The Nebraska Horse Expo brings together horse enthusiasts from all disciplines for three days of entertainment and information. The Expo will be held March 10-12 at the Lancaster Event Center, 84th and Havelock in Lincoln.

There is a full lineup of clinicians and speakers. Your biggest problem will be finding the time to see everything you want to see! For more information, go to <http://www.nebraskahorse-council.org/Expo2006.htm>

4-H Horse Stampede Held March 11

The public is invited to watch youth from across the state participate in the annual 4-H Horse Stampede on Saturday, March 11 at the Animal Science Building on UNL East Campus, Lincoln. The Stampede consists of several 4-H state horse-related competitions which place an emphasis on horse knowledge. No cost to attend.

- Schedule is:
- 8 a.m.-3 p.m. — Art Contest Judging and Display
 - 8:30 a.m. — Demonstration Contests
 - 9 a.m. — Public Speaking Contests
 - 10:30 a.m. — Horse Bowl
 - 5 p.m. — Awards Presentation

For more information, go to <http://animalscience.unl.edu/horse/stampede.htm>

Wildlife Habitat Evaluation Program for Youth



The Wildlife Habitat Evaluation Program is a fun and challenging outdoor adventure where youngsters, age 8-18, learn about wildlife, conservation and management. This year the contest will be held at Camp Comeca near Cozad on June 2 and 3. Guided by wildlife handbooks specially designed for youth, volunteer leaders help youth learn about the needs of wildlife.

The junior (age 12-13) and senior (age 14-18) division youth then compete at a state contest in teams (individual participation possible). Teams are made up of three or four youth. The novice group (ages 8-11) does not compete at the state contest, but learns about wildlife through fun educational activities and games.

Notice to participate is requested on March 4. Early registration is May 5 and cost is \$40 per participant. For more information, go to <http://4h.unl.edu/whpe> or call extension at 441-7180 and ask for Tracy.

Unicameral Youth Conference

The 2006 Unicameral Youth Conference will be held June 11-14. Youth gain a basic understanding of civic life, politics and Nebraska government while interacting with State Senators, legislative aides, policy experts and lobbyists.

The Unicameral Youth Conference is part of the Big Red Summer Academic Camps (see article above). Application deadline is April 1 for returning applicants and mentors and May 1 for first time applicants. Scholarships available.

4-H Volunteer T-Shirts Available



4-H volunteer T-shirts with above pocket design are available for sale at the extension office. Shirts are burgundy, 50/50 blend and available in sizes: S, M, L, XL & XXL. Cost is \$6.50.