4-H Clubs of Excellence Award Recognizes Successful Clubs

Tracy Anderson
UNL Extension Associate

The overall goal of 4-H is to develop capable, caring, confident, competent youth who contribute to the improvement of themselves, their family, their community and their world. Many 4-H volunteers help youth develop these skills in organized clubs. One way to help club members develop these skills is by using Nebraska 4-H Clubs of Excellence standards (see list at right).

Earning the Club of Excellence award is very achievable. At the beginning of the club’s 4-H year, 4-H leaders and members review the Club of Excellence requirements, set goals to meet the criteria, create a plan of action to achieve their goals and follow through with their plan. At the end of the year, a designated club volunteer or member completes the one-page Club of Excellence summary form and returns it to the Extension office.

In Lancaster County, Clubs of Excellence are recognized at 4-H Achievement Celebration held each February. Deadline for summary forms is Dec. 31. Lancaster County’s 2014 Clubs of Excellence were: 4-H Explorers, Denim N’ Dust, Explorers, Fantastic 4, Fusion 4-H’ers, Go Go Goat Getters, Joe’s Clover Knights, Pick-A-Pig, Rabbits R Us, Rock Creek Ranchers, Rock n’ Riders, Shamstastic Closers and Super Shamrocks.

From reviewing this year’s Club of Excellence summary forms, Lancaster County 4-H staff read some amazing outcomes of what 4-H’ers and volunteers learn through 4-H. For example, one 4-H club reported cleaning up a park, creating Valentines for veterans at the Veterans Club reported cleaning up a park, creating Valentines for veterans at the Veterans 4-H Explorers, Go Go Goat Getters, Joe’s Clover Knights, Pick-A-Pig, Rabbits R Us, Rock Creek Ranchers, Rock n’ Riders, Shamstastic Closers and Super Shamrocks.

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Of this year’s 13 Clubs of Excellence, all clubs met more than the required six club meetings and all clubs reported several of their members gave speeches or presentations at the club, county or state level. 100 percent of the clubs had members exhibit at State Fair and 62 percent of the clubs had members participate in a camp.

The Fantastic 4 had been recognized as a Club of Excellence since 2006. Leader Jen Smith says, “The Club of Excellence is an award our club strives to achieve for several reasons. One, there is a sense of involvement in organized clubs. One way to help club members develop these skills is by using Nebraska 4-H Clubs of Excellence standards (see list at right).

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14 Ways Consumers Can Reduce Food Waste

Alice Henneman, MS, RDN
Extension Educator

About 40 percent of the United States food supply (1500 calories/person/day) goes uneaten. Discarded food in homes and food-service accounts for 20 percent of this total food loss and is mostly avoidable. The remaining portion is lost or wasted during food production.

This amount of food waste is among the highest globally. Preventing food waste saves money and resources. Resources used to produce unneeded food include: 30 percent of fertilizer, 31 percent of cropland, 25 percent of total fresh water consumption and 2 percent of total energy consumption.

The Environmental Protection Agency estimates food wastes at almost 14 percent of the total municipal solid wastes in the United States in 2010, with less than 3 percent recovered and recycled. Food in landfills decomposes to produce methane, a potent greenhouse gas.

Reducing food waste will become more difficult in the future as 9 billion people are expected on the planet by 2050, compared to a world population of around 7 billion people in 2015. Developing habits to save more of the food we already have will put less strain on the resources associated with producing and buying food and aid in reducing the creation of greenhouse gas emissions.

Here are 14 ways consumers can help reduce the amount of food wasted.

Shop the refrigerator before going to the store. Use food at home before buying more. Designate one meal weekly as a “use-it-up” meal.

Move older food products to the front of the shelf for consumption and purchase if you can.

Keep your refrigerator at 40°F or below to prolong the life of foods. Foods frozen at 0°F or lower will remain safe indefinitely, but this quality will go down over time.

Freeze or can surplus fresh produce using safe, up-to-date food preservation methods. Visit the National Center for Home Food Preservation website (http://nchp.usda.gov) for freezing and canning instructions.

Compost food scraps for use in the garden.

Check product dates on foods. The United States Department of Agriculture/Food Safety and Inspection Service (USDA/FSIS) defines them as:

• A “Best if Used By (or Before)” date is recommended for best flavor or quality. It is not a purchase or safety date.

• A “Use-By” date is the last date recommended for the use of the product while at peak quality. The date has been determined by the manufacturer of the product. Do not buy or use baby formula after its “use-by” date.

Look for recipes on websites that can see FOOD WASTE on back page.
Cultural Diversity and Awareness: Tips for Parents of Young Children

Dr. Tonia R. Durden
Nebraska Extension Early Childhood Specialist

“Would you please quiet down?” Young children often struggle to express their thoughts and feelings in an appropriate manner. They may express themselves in ways that are not always positive or respectful. This can be challenging for parents who are trying to foster a positive learning environment for their children. One way to help children learn to express themselves appropriately is to model positive behaviors and encourage them to do the same. This can be done by talking about and discussing their feelings, helping them to identify their needs, and supporting them to find positive ways to express themselves.

Tips for Parents of Young Children

1. Help children understand that feelings are natural and normal. Children need to know that it’s okay to feel happy, sad, angry, or afraid. It’s important to help them understand that these feelings are a normal part of being human.

2. Encourage children to express their feelings. Children need to be encouraged to express their feelings to others. This can be done by talking about feelings, role playing, and practicing empathy. It’s important to model this behavior by expressing your own feelings and sharing them with your children.

3. Model positive behaviors. Children learn by imitation. It’s important to model positive behaviors for your children. This can be done by talking to them about positive behaviors, providing opportunities for them to practice these behaviors, and praising them for their efforts.

4. Be patient. Children need time to learn and develop. It’s important to be patient and allow your children to make mistakes. This will help them learn and grow.

5. Encourage children to question and explore their world. Children need to be encouraged to question and explore their world. This can be done by talking to them about different cultures, helping them to learn about different people, and supporting them to make connections to their own experiences.

6. Celebrate diversity. Children need to be encouraged to celebrate diversity. This can be done by talking to them about different cultures, helping them to learn about different people, and supporting them to make connections to their own experiences.

7. Be open to learning. Children need to be open to learning. This can be done by talking to them about different cultures, helping them to learn about different people, and supporting them to make connections to their own experiences.

8. Help children to develop empathy. Children need to be helped to develop empathy. This can be done by talking to them about different cultures, helping them to learn about different people, and supporting them to make connections to their own experiences.

9. Encourage children to be respectful. Children need to be encouraged to be respectful. This can be done by talking to them about different cultures, helping them to learn about different people, and supporting them to make connections to their own experiences.

10. Help children to develop a sense of belonging. Children need to be helped to develop a sense of belonging. This can be done by talking to them about different cultures, helping them to learn about different people, and supporting them to make connections to their own experiences.

Cleaning on Your Schedule

The key to a clean house is finding a system that works for your family and schedule. What worked before you had kids may need some modifications. And empty nesters may have their own unique culture as well. They interact with other families and children who are working before you had kids, so why not do the same? Put the dishes in the dishwasher, wash the pots and pans and wipe the counters and table after every meal. This keeps dishes from piling up and table after every meal. This pans and wipes the counters to do them anyway so why not “soak” while you relax and enjoy your kids? Which day or time works best for your schedule? Families with children may do laundry every day. Trash is usually taken out the evening before trash collection, Sunday may not be a day to rest but a time to do all the things that didn’t get done during the week. Maybe Saturday is your cleaning day.

Make a plan that makes housekeeping a non-dreaded task. Include all family members in the plan, even small children can help.

Source: Adapted from American Cleaning Institute

2015 Household Hazardous Waste Collection Events

These collections are for households only. Only residents of Lincoln and Lancaster County can bring items to collections.

Saturday, April 25
Wal-Mart South: 87th & Hwy. 2

Saturday, May 30
Zoete: 601 W. Cornhusker Hwy.

Saturday, June 19
Union College: 52nd & Cooper Ave.

Saturday, Aug. 22
Veyance Technologies: 4021 N. 56th St.

Lincoln Industries: 600 W. E St.

Saturday, Oct. 24
Woods Park: S. 31st & J St.

Friday, Nov. 13
Appointment Only: Call 402-441-8021 to schedule

For more information or if you have questions about how to recycle or dispose of items not accepted, call the Lincoln-Lancaster County Health Department at 402-441-8021 or go to www.lincoln.ne.gov (keyword: household).

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Tyler Williams  
Education Extension Educator

The University of Nebraska–Lincoln produces a lot of research, but many farmers wonder if they will be able to use this research and put it to work on their farm. The Nebraska On-Farm Research Network provides you the opportunity to conduct research on your farm. As we all know, farming operations vary drastically from one end of the state to the other. Farm management strategies, tillage practices, crop selection, climate, soil type, topography, etc., will vary depending on your location. This variation makes it difficult to test research results in one or two locations, and on-farm research can be that important link between the research and the application.

On-farm research involves using your land, your equipment, your practices, and the products you apply to learn how a product or practice would directly affect your farming operation. The network is quite simply a collaboration of growers from across Nebraska working with Nebraska Extension faculty to conduct on-farm research and share results. Extension faculty will help with the project selection, design, statistics and final data analysis to assist you in the research process.

The first step in participating in on-farm research is to identify the right research question. For many questions, the answer may already be available and proven, so analyze your situation or visit with your local Extension educator about potential studies.

A few common examples are: corn and soybean planting population studies, cover crops, weed treatments, among many others. When evaluating your question, ask yourself if you have field sites, equipment and resources to appropriately test the question.

The primary costs to the operator are the time it takes to implement the trial and gather data. The foundation of on-farm research is doing the research within your typical operation, so yield monitors and precision ag tools greatly improve the ease of conducting the research. Another cost may be when the product or practice tested does not enhance yield or profitability and you do not receive a return on your investment. This cost, however, would be greater if the product were used over your entire field or farming operation.

Site selection is another important component. The productivity of a field can vary significantly from one end to the other due to soil type, slope, previous history, etc. A uniform treatment comparison site with the same moisture, soil and slope would be ideal; however, this is hard to find. This is where the power of replication, randomization and statistics come into play. The experiment layout is designed to address the field variability and give you confidence that yield differences are due to the product or practice in question. Once the research project is designed and the site is selected, it is time to conduct the research.

Data collection is a key element of on-farm research. It is important to think about what data you need to collect before you conduct your study. Planting and harvest dates, hybrids/variety, weather, soil type, phosphorus, nitrogen and potassium, tillage, and wildlife damage, weed/insect pressure or other data important to your research can be collected. Even throughout the season allow you to better interpret the data once it is harvested. Yield data collected during harvest is very important and should be done according to your research design. Harvest weights can be collected with a calibrated weigh wagon or yield monitor.

Once the data is collected, Extension will help analyze the results. Statistical analysis of the data will give you confidence in your data and research findings. Statistics will allow you to take into account the occurrence of a rare event. For example, you can manage the outcome of what would normally happen. Statistical analysis will give you a probability of getting similar results in another year or field.

If you are interested in joining the On-Farm Research Network, contact Tyler at the Nebraska Pond Guide in Lancaster County office at 402-441-7180.

Katie Pekarek  
Extension Water Quality Educator

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Clover Mites are Common Spring Invaders

Soni Cochran
Extension Associate

Each spring, we receive reports of clover mites that can invade your garden. These tiny mites can easily crawl in around windows and doors, especially on sides of homes where the sun warms the house. Clover mites are relatives of ticks and spiders. They are slightly smaller than a pin head and appear reddish-brown. They appear as brick-red specks crawling around windows, drapes, curtains and furniture.

Clover mites are harmless. They don’t bite or injure humans or pets. They can’t survive indoors. They come into our homes accidentally and once inside, will die. Outdoors, they feed on turfgrass and some plants, but rarely cause damage. Clover mites can be especially numerous on well-fertilized grasses.

The best way to manage clover mites is to prevent their entry into buildings in the spring or fall. Seal all cracks and gaps around windows and doors may help reduce the number of mites coming indoors, but the mites are so tiny, they can squeeze through very small openings. If clover mite invasions are a reoccurring problem for you, remove grasses and weeds in a three-foot strip around foundation. The clover mites may still cross mulch or pea gravel to enter homes, but this will help. Flowerbeds planted with Vinca, marigold, salvia, rose chrysanthemum and petunia or shrubs like barberry, juniper, spruce, arborvitae and yew make better barriers because these plants aren’t attractive to clover mites.

If you choose to treat around your foundation, treat an area 5–10 feet out from the base of the foundation and up a few feet on the walls of the house. Many products registered for clover mite control are short-lived and you will need to re-treat. Make sure you follow all label directions carefully. Treat when daytime temperatures will be at least 60°F because chemical effectiveness may be reduced with cooler temperatures.

Clover mites have found their way into your home, the best control is your vacuum cleaner. Avoid crushing or smearing the mites because they will leave a red stain. Avoid “wiping” away the mites because they will smear and stain. You can dab them up with a damp paper towel.

Take special precautions if you have light colored carpet because each time you walk over to look at the clover mites, you are crushing their bodies into your carpet and staining it. I remember one mom who called to report her young kids had found the clover mites near a window in their bedroom and had “painted” the walls with them. The stains left by crushed clover mites are very durable and can be hard to remove.

A Colorado State University entomologist suggests putting a fine layer of dust around windows, in cracks and other areas where clover mites may enter. You may want to give this technique a try. Use talc-containing baby powder, diatomaceous earth and even baking soda. The mites coated with the fine dust will die in the barrier.

Clover mites are so tiny they stick easily to almost any type of sticky tape. Place double-sided masking tape on window sills or other areas where mites are entering to catch the tiny mites as they cross the tape. When the tape becomes filled with mite bodies, simply peel it up, throw it away and replace, if needed.

FOR MORE INFORMATION
Nebraska Extension in Lancaster County has resources about mites (including clover mites) online at http:// lancaster.unl. edu/pest/mites.shtml.

10 Rules for Planting Trees

These guidelines are the most current practices that are recommended for proper tree planting. It is tough being a tree in Nebraska, but following these procedures will provide a planted tree the best means of surviving and growing to maturity.

1. Selection is important — Select the right tree for the right place. Many serious problems can be avoided by proper selection decisions. Contact Ducks Unlimited before you dig your planting hole.

2. Pre-planting care — Keep planting stock in shaded location and well watered. Do not get rough with the planting ball or container. If you have to hold a root or branch, make sure it is moist and shaded. Keep in mind that when trees are transplanted from the field, at least 95 percent of the root system is left behind.

3. On site and prior to planting remove all wires, labels, cords and anything else that may be attached to the plant.

4. Hole size and shape have become a very important factor. Do not skimp on the width of the planting hole. Plant slightly above nursery level. Place the plant on solid ground, not fill dirt. Be careful of drainage.

5. Remove all containers from the root ball prior to planting, even peat pots should not be left intact. It is best if wire baskets can be removed completely.

6. Backfill with loosened soil. Research shows that soil amendments are not necessary.

7. No need to fertilize at planting time. Remove only damaged or rubbery branches. Food production by the leaves is vitally important. Cutting back restricts leaf area and therefore food production.

8. Water the plant thoroughly, then two to three times per week for the first season.

9. Mulch around the tree. This is important. Natural composted mulch or wood bark is best. Do not use plastic sheeting. Four inches of mulch is ideal. Rodents may infest mulch if levels are deeper. Mulch should cover the ground to the drip line if possible and should not be placed against the trunk.

10. Stake only when necessary. If the tree is staked, allow for some movement but take care not to injure the bark. Staking is useful more for protection against people and lawn mowers. Remove stakes after one season.

Mulch to the drip line if possible.

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Watch BACKYARD FARMER on Its New Night This Season

TUESDAYS, starting March 17 at 7 p.m. CT on NET. Repeat Saturdays at 3 p.m. CT on NET. View full episodes and behind-the-scenes videos online at http://byf.unl.edu.

The last Friday in April is National Arbor Day. Plant a tree or support an organization which plants trees.

Do not add organic matter to the soil when planting trees. It does not allow the tree to become established and it may create conditions that encourage the roots to stay inside the planting hole instead of spreading to surrounding soil. Do dig a large planting hole, but fill it with the original soil removed from it.

Prune spring blooming shrubs such as forsythia and spirea after they have completed flowering.

Consider planting native perennials that are beneficial to native pollinators such as saliary bees, bumblebees and butterflies. Native plants include coreopsis, coneflower, aster, liatris, goldenrod, pasque flower, butterfly milkweed, pitcher sage, bee balm and purple poppy mallow.

Remove stakes, rocks and other debris from your lawn to prevent damaging your lawn mower or injuring yourself when mowing. Check your lawn mower and other lawn-care equipment in preparation for the coming season.

Put a birdhouse in the garden to attract insect eating friends. Cut flower stalks back to the ground on daffodils, hyacinths and other spring flowering bulbs as the flowers fade. Do not cut the foliage until it dies naturally. The leaves are necessary to produce strong bulbs capable of reflowering next year.

Seed bare spots in your fescue or bluegrass lawn. Scatter annual poppy seeds in flower borders. The fine seeds need not be covered. The plants grow rapidly and provide a colorful show. They require warm soil to sprout and start blooming in about 50 days. Too much water and fertilizer produces excess leaves and few flowers.

2015 Composting Demonstrations

Learn how to be successful with composting by attending a composting demonstration on Saturday, June 20, 10 a.m. to 12:30 p.m. The event is being held at the 4-H Nature Center's garden. Demonstrations will be held:

• Saturday, June 20, 10 a.m. to 12:30 p.m.
• Saturday, June 20, 10 a.m. to 12:30 p.m.
• Saturday, Sept. 19, 10 a.m. to 12:30 p.m.
• Saturday, Oct. 17, 10 a.m. to 12:30 p.m.

Each composting program, two lucky participants will win either a composting thermometer or a composting bin.

Composting Demonstrations are presented at the Pioneers Park Nature Center’s backyard composting demonstration area. You will see three types of composting bins and how to use them. Demonstrations will be held:

• Saturday, April 18, 10 a.m. to 12:30 p.m. (participants will stay longer than usual to answer questions)
• Saturday, May 16, 10 a.m.
• Saturday, June 20, 10 a.m.
• Saturday, Sept. 19, 10 a.m.
• Saturday, Oct. 17, 10 a.m.

Composting Workshop:

• Tuesday, April 14, 6:30–7:30 p.m. — Bess Dodson Wall Library, 6701 S. 14th St.
Discover, Learn and Grow at 4-H Summer Camps

2015 4-H Summer Camp brochures are now available online at http://4h.unl.edu/4hcamp and at the Extension office. Camps are open to all youth ages 5-18 (need not be in 4-H). With locations at Gretna and Halsey, there are nearly 50 camps ranging from half day to seven days/six nights! The 4-H camps and centers all meet over 300 standards established by the American Camping Association. It is the mission of Nebraska 4-H Camps and Centers to provide unique educational opportunities that empower people of all ages to be active in the pursuit of self-improvement in a safe, safe, fun environment.

4-H Volunteers Enrollment Forms

For now, volunteers and leaders must still enroll using the form at http://lancaster.unl.edu/4h/club/shenrollformleader.pdf by June 15. Mail or bring to the Extension office.

4-H Members Online Enrollment

This Nebraska 4-H has introduced a new online enrollment system, called “4-H Online.” Paper enrollment is no longer an option. Members and fair projects may be updated through June 15. The website to enroll is https://ne4h.unl.edu. The process is easy and takes a few minutes per member. The health information is optional!

NOTE: only parents/guardians may enroll 4-H members. Each 4-H household will need to set up a profile in which the 4-H youth for the household will be added.

A step-by-step instruction guide with pictures is online at http://lancaster.unl.edu/4h/StepstoEnroll.pdf. If you have questions about the process or need access to a computer, call Karen Evasco at 402-441-7180.

4-H Youth Ag Conference Deadline April 15

Youth Ag Conference Nebraska Agriculture Youth Institute (NAYI) is a five day summer conference for high school juniors and seniors held July 6-10 at UNL East Campus. The Nebraska Department of Agriculture will provide the cost of meals, lodging and conference fees. Applications are due on April 15. Information and application form are available at www.nda.nebraska.gov/nayi and the Extension office.

Furniture Painting Workshop, April 18

4-H youth ages 8 and up are invited to participate in a furniture painting workshop on Saturday, April 18, 9 a.m. at the Lancaster Extension Education Center, 444 Cheryl Road. Bring a small piece of unpainted furniture, such as a shelf, stool or chair. These items can be found around your house, at craigslist, garage sales and thrift stores. Learn how to prepare new and used wood furniture by sanding, sealing, painting and finishing. All paints and supplies are provided. No cost to attend.

Adults are welcome to attend to help youth. Register by April 15 by calling 402-441-7180.

2015 4-H Special Garden Project, White Satin Carrot

4-H families are invited to participate in a special garden project: growing White Satin Carrot. Ten seed packets are available on a first-come-first-serve basis, starting April 13. The cost is $0.50 cents for one seed packet per family. Each participating family will receive a packet of seeds and a newsletter of growing tips. Please stop by the Extension office to register, pay for and pick up your seeds. Office hours are 8 a.m.-4:30 p.m. We are unable to take orders over the phone or reserve seeds in advance.

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Shooting Sports Club Accepting Members

Lincoln Shooting Stars 4-H Club is open to youth ages 8-18. Regular club meetings are held Wednesday at 6:30 p.m. at the Nebraska Game & Parks Outdoor Education Center, 470 N. 44th St., Lincoln. The club offers BB-gun, air rifle and pistol, small bore rifle, shotgun, muzzleloader, hunting and archery. For more information, go to http://lincoshootttingstars.wordpress.com or call Rachel Carlson at: 402-413-9876.

4-H Clubs Needed to Help Provide Booths at Kiwanis Karnival, April 10

The annual Kiwanis Karnival, a FREE family event, is sponsored by the Lincoln Center Kiwanis. This year, it will be held Friday, April 10, 5:30-7:30 p.m. at Eliot Elementary School, 225 S. 25th St., Lincoln (note change from a Saturday to Friday). The Karnival features carnival-type games for the kids, bingo for adults, prizes, snacks, fun and fellowship. Lincoln Center Kiwanis has sponsored this event for over 50 years — providing prizes and snacks. 4-H clubs are needed to provide carnival-type booths. This is a great community service and leadership activity for clubs. If your 4-H club or family would like to help, call Lorene at 402-441-7180.

HORSE BITS

4-H Horsemanship Level Tests, April 14 & 28

The first 2015 riding skills level testing will be held on Tuesday, April 14, 5:30 p.m. at the Lancaster Event Center in the Amy Countryman Arena. Anyone wishing to be tested must sign-up by April 7. Contact Marty at mcrickshank2@unl.edu or 402-441-7180.

A second testing is scheduled for Tuesday, April 28, 5:30 p.m. at the Lancaster Event Center in the Amy Countryman Arena. Sign-up deadline for the April 22 testing is April 21.

Remember, all other horsemanship level requirements must be completed and handed in to Marty before the riding portion can be done.

It is important to note 4-H’ers need to be testing with their own 4-H projects. The horse being tested (and acclimated) also. In addition, youth testing for level II must have their horses groomed/covered for show readiness. This is part of the level II test. If youth/horse do not pass this portion, they will need to come back and retet.
Cattlemen’s Classic Judging Contest Results

At the 2015 Nebraska Cattlemen’s Classic Beef Judging Contest on Feb. 21 in Kearney, the Lancaster County 4-H senior livestock judging team earned 9th place high team. Team members included Renee Sieck, Sheridan Swotek and Ashlyn Cooper. Individual results included Renee Sieck placing 8th in placings, 2nd in feed lot cattle, 3rd in reasons and 3rd high individual. Junior division participants included Rachel Lange and Anastacia Paitz. Rachel was 4th in placings, 1st in questions and 2nd high individual. Anastacia was 5th in placings, 9th in questions and 4th high individual.

Congratulations to all who competed!

New Livestock Quality Assurance Requirements

New this year, Quality Assurance training is NOT required for the Lancaster County Super Fair. ONLY 4-H/FFA members showing market beef, market sheep, market swine, meat and dairy goats, dairy cattle, poultry and rabbits at State Fair or the Ak-Sar-Ben 4-H Stock Show must complete the Livestock Quality Assurance training. Livestock exhibitors showing only breeding animals and horse exhibitors do not have to complete it. The Quality Assurance certification is online and must be done by June 15. This year, there is a $5 per youth charge. Instructions are online at http://4h.unl.edu/qualityassurance. If you have any questions, contact Cole at cmeader2@unl.edu or 402-441-7180.

4-H Interview Judging Regional Contest, May 21

4-H youth ages 11 and up are invited to participate in the Interview Judging Contest. This contest will give youth the opportunity to practice the real-life skill of applying for a job. Youth will use their 4-H and life experiences to write a resume and cover letter for one of three job descriptions and participate in a live interview. This regional contest will be held Thursday, May 21, 1–7 p.m. at UNL East Campus. Registrations are due to the Lancaster Extension office by May 1. The $5 registration fee will be paid by 4-H Council. Contact Tracy at 402-441-7180 or tracy.anderson@unl.edu to learn more about the contest. More details at http://4h.unl.edu/interviewjudgingcontest.

4-H & FFA Entry Pass Hangtags — New Policy

4-H/FFA exhibitors can get free 4-H/FFA entry pass hangtags for their immediate families only. The Quality Assurance certification is online and must be done by June 15. This year, there is a $5 per youth charge. Instructions are online at http://4h.unl.edu/qualityassurance. If you have any questions, contact Cole at cmeader2@unl.edu or 402-441-7180.

4-H History Map

The Lancaster County 4-H & FFA Fair Book contains entry information for 4-H & FFA members exhibiting in 4-H/FFA. Fair Books have been mailed to all 4-H & FFA families. It is also available at the Extension office and online at http://lancaster.unl.edu/4hfair. The online version indicates changes from last year’s Fair Book in green text. Many fair handouts, forms and videos are also on this website.

Open Class entry information and schedule will be online by May 1 at www.superfair.org. Anyone can participate in open class categories.

4-H/FFA Sheep & Meat Goat 4-H/FFA Fair Books Have Been Mailed

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**4-H Clubs of Excellence**

continued from page 1 of overall accomplishment as a club. When the members see how many of them participated in the various events, meetings, etc., it makes our small club feel pretty mighty. We may not have 100 members, but we do have almost 100 percent participation all the time. Second, there is the community service aspect. Our club is dedicated to helping our community. As the leader, I look for ways the club can be rewarded for taking the time to give others.

Joe's Clover Knights is currently Lancaster County's largest 4-H club with 85 members. Leader Anne Johnson says, "Our club loves working towards getting the Club of Excellence award because it shows your club goes above and beyond to reach higher goals. Many of the requirements to receive this designation help our club be more well-rounded. Reviewing these goals at the beginning of the year, gives our club an annual outline to assist us in being the best club we can be. For many of the items listed to get the Club of Excellence award, it is very easy because it is part of every meeting such as reciting the pledge, having parental involvement, electing officers, etc." Shamastic Clowers has been a Club of Excellence since they organized two years ago. Leader Cathy Babcock says, "We don't do it for the award. We do it because the requirements expose the goals we have for the kids in our club. We don't want them to gain these life skills just for their own benefit. We want them to use what they have learned to become leaders and to serve their community. The expectations of the award give us the accountability to make sure we are striving for those goals each year. Last year, we asked each member to do a presentation on at least the club level. I think hearing about so many interests has really helped our members get to know each other a little better. This year they seem much more comfortable working with each other. I'm excited to see how this plays out in the next few months, especially as we choose our next community service project." Congratulations to Nebraska 4-H Clubs of Excellence and all 4-H clubs which strive for excellence in helping youth grow!

**Food Waste**

continued from page 2

searched for by ingredients with specific ingre
dients, nutrition themes and meal courses. To find more recipe websites, try using such search words as "recipe websites that use ingredients you have at home" (include these words in quotation marks).

Buy mismatched fruits and vegetables at farmers' markets and elsewhere. They taste just as good and are just as nutritious as those with a "perfect" shape, but are more likely to get thrown away. Rather than buy a food for use in only one recipe, check if there might be a suitable substitute already in the home. The Cook's Thesaurus website (http://foodsub.com) gives thousands of ingredient substitutions. Check the garbage can. If the same foods are constantly being tossed: Eat them sooner, buy less of them, incorporate them into more recipes or freeze them.

Donate safe, nutritious food to food banks, food pantries and food rescue programs. If you have several foods that might go to waste at the same time, try adding them to such adaptable recipes as salads, soups, pasta and casseroles.

**May 1 Deadline for Following Awards Presented at Super Fair**

Recipients of the following awards will be recognized at the Lancaster County Super Fair on July 30th at the VIP Luncheon. Deadline for applications is May 1. For application forms, call the Lancaster Event Center at 402-441-6546.

**Ag Society Hall of Fame**

At the 2010 Super Fair, the Lancaster County Agricultural Society unveiled the Ag Society Hall of Fame located at the Lancaster Event Center in the Business Center. This wall formally recognizes those individuals who have dedicated time and effort to the Lancaster County Agricultural Society beyond the normal volunteer hours and have made significant contributions to the establishment, development, advancement, or improvement of the Lancaster County Fair.

**Pioneer & Heritage Farm Awards**

For the 60th year, the Knights of Ak-Sar-Ben Foundation, along with the Nebraska Farm Bureau and the Nebraska Association of Fair Managers, will recognize Nebraska farm families with the Pioneer Farm Award. The program requires that the land of qualifying families has been consecutively owned by the same family for 100 years or more. The Heritage Farm Award recognizes Nebraska farm families who have consecutively held ownership of land within the same family for 150 years or more. Applications are online at www.akbarsen.org/programs-2/pioneer-farm2-2.

**Good Neighbor Award**

Since 1943, the Ak-Sar-Ben Good Neighbor Award has been recognizing unsniff acts of kindness across the Heartland. The award pays tribute to the neighbors and friends who go above and beyond to make Nebraska and Western Iowa a better place. The good deeds range in size and scope but impact those served equally. Recipients are recognized in a special feature of the Omaha World-Herald every Sunday. Application is online at www. akbarsen.org/good-neighbor2.

**Watch Chicks Hatch Online with EGG Cam!**

http://go.unl.edu/eggcam

Embryology resources include incubation, candling, and more!

Find us on Facebook!

A unique opportunity to watch Coturnix quail hatch. Coturnix are native to Europe and Asia and records of these little birds date back to the ancient civilizations of these continents. Eggs generously provided by Willie Strickland and GQF Manufacturing (manufacturer of Hova Sator incubators) who also designed and provided a special viewing incubator for Egg Cam.

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**STAFF YOUR TISH at NEBRASKA**

University of Nebraska-Lincoln ADMISSIONS UNL

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**Coturnix quails are due to hatch March 31**

Chicks are due to hatch April 28/29.

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**Food Waste Basic Resources**

- USDA/FSIS. “Food Product Dating.”
- USDA/FSIS. “The Estimated Impact of Postharvest Food Losses at the Retail and Consumer Levels in the United States.”
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