

1-2012

## The NEBLINE, January 2012

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# The NEBLINE

January 2012

444 Cherrycreek Rd., Suite A, Lincoln, NE 68528 • 402-441-7180 • <http://lancaster.unl.edu>

## UNL Food Processing Center Provides Valuable Assistance to Food Manufacturers

**Maureen Burson**  
UNL Extension Educator  
**Jill Gifford**  
UNL Food Processing Center's  
Food Entrepreneur Assistance  
Program Manager



People from all over the world seek out advice from the University of Nebraska–Lincoln Food Processing Center. Sometimes it's easy to overlook the public value to Lancaster County which comes from having a treasure in our own backyard such as the Center, which is a part of UNL Extension.



University of Nebraska–Lincoln Food Processing Center houses four pilot plants, including an extrusion pilot plant (above: developing pasta) and a dry pilot plant (at left: developing baked goods).

Many in the food manufacturing industry consider the Center to be the best and most comprehensive resource in the nation. The Center has state-of-the-art facilities and equipment, combined with an outstanding team of food scientists and business consultants.

Since the Center opened in 1983, more than 200 new food manufacturers have started business after completing the Center's Food Entrepreneur Assistance Program — 64 percent are still in business.

"I've made several referrals to the Food Processing Center," says Extension Educator Alice Henneman, RD. "Their 'Recipe to Reality' seminar is helpful in getting people started. For others, it may save them time and money if they discover that taking their product to market is not the best step for them."

### About the Center

The Food Processing Center was dedicated by the Governor of Nebraska in 1983. The Center was conceived and developed through coordinated planning efforts between the University of Nebraska–Lincoln Institute of Agriculture and Natural Resources (IANR), Nebraska Department of Economic Development, and private food sector. It is an economic development engine for Nebraska which stimulates development of new food processing industries and aids existing

food enterprises in efficiencies, production, and diversity.

In addition to maintaining its own professional staff, there is a continual collaboration with the many experts in the UNL Department of Food Science and Technology. Therefore the breadth of expertise and information is unparalleled.

In February 1990, construction of an \$11.5 million Food Industry Complex was completed on UNL East Campus. This state-of-the-art facility houses four pilot plants, three laboratories, and many offices which makes the Center a single location for a wide variety of services.

### Services Provided

The Center offers many business and technical services for start-up and existing food and beverage manufacturing businesses. Clients including manufacturers, entrepreneurs, suppliers, distributors, associations, retailers, and food service providers. The services are customized to the specific needs of each client and are strictly confidential.

**Business development assistance** includes, but is not limited to:

- entrepreneurship development
- market research
- marketing and promotional strategies
- business and feasibility planning
- grant writing
- contract manufacturer searches.

**Technical assistance** includes:

- analytical lab services
- microbiological lab services
- sensory evaluation
- food allergy research and resources

see **FOOD CENTER** on page 11

## A Local Success Story



Deb Beck's "If You Dare" salsa is available at many local stores.

Deb Beck of Lincoln credits UNL's Food Processing Center with making it possible for her to have a product she now sells in stores. Deb owns and operates "If You Dare Foods" which makes and sells salsa.

"The Center is the best program any entrepreneur could ever hope for," she says. "The knowledge and support from these folks is amazing and comforting. If it wasn't for them, I wouldn't have my salsa in stores and I'd still be daydreaming about 'what if?'"

Her homemade salsa is adapted from a traditional family recipe Deb learned from her grandmother, Manuela. Her grandmother was from Chilhuahua, Mexico, raised 16 children, and was a wonderful cook.

"Most of all, I remember her making the best salsa ever. After she passed away I wanted to keep her salsa going," say Deb.

The salsa is made with six different peppers (three roasted and three raw) to provide a complex flavor which isn't overpowered by heat. After a few years of trial and error, Deb would make a large quantity at home and give it away to family and friends.

She wanted to sell her salsa at the Lincoln Haymarket Farmers' Market but had no idea how to go about it. In 2004, Deb's mother saw a newspaper article about the Center's "From Recipe to Reality" seminar and Deb attended.

She then moved to the second phase, "From Product to Profit." In this stage, she received personalized assistance from Jill Gifford, Food

Entrepreneur Assistance Program manager, and other Center staff. This began with finding and securing a commercial-grade kitchen, obtaining liability insurance, testing pH levels, and designing packaging.

At this point, Deb had a product she could sell at the Farmers' Market. Since the commercial kitchen they utilized was in use during the day, production often occurred late into the evening, with Deb and a friend doing the processing and packaging and holding down other jobs.

Deb says, "We put labels on the jars by hand that my sis and her husband printed from the computer. Long hours, headaches, doubts, disappointments, frustration — you name it — we went through it. But the support from the Center was our crutch and motivation to continue."

Repeated sellouts at the Farmers' Market inspired her to formalize her business, so she again turned to the Center. With guidance, Deb located a contract manufacturer, applied for a UPC code, and worked with a lawyer to get her trademark registered.

Deb states, "One has no idea what all they have to go through before they see their product on the shelf. The Center guided us through step by step. There are a lot of bumps in the road and it can get very frustrating. The Center's professionals are like family to me and kept saying 'don't give up.'"

In February 2010, If You Dare salsa became available in stores. The salsa currently comes in two varieties, see **IF YOU DARE SALSA** on page 11

### FOR MORE INFORMATION

UNL Food Processing Center  
143 Filley Hall, Lincoln, NE 68586  
402-472-2832  
<http://fpc.unl.edu>

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### IN THIS ISSUE

Farm Views . . . . .	2
Urban Agriculture . . . . .	3
Food & Fitness . . . . .	4
Home & Family Living . . . . .	5
Horticulture . . . . .	6
Environmental Focus . . . . .	7
4-H . . . . .	8–9
Community Focus . . . . .	10

### UNL Extension in Lancaster County 2011 ANNUAL REPORT



To go to our home page on your smart phone, scan this code with a QR reader app.

## Private Pesticide Applicator Certification Opportunities

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

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

If your private applicator certification expires in 2012, you will receive (or have already received) a notification letter from the Nebraska Department of Agriculture (NDA). Be sure to keep the letter from NDA and bring it with you to the training session you choose or when you pick up home-study materials. The NDA letter contains a bar-code form which tells NDA what they need to know about you.

Regardless of the certification method chosen, all applicants will receive an invoice from the NDA for the \$25 license fee. Note: we cannot collect the license fee at the extension office. The certification and license is good for three years, expiring on April 15, 2015 for those who certify this spring. You should receive your new license within three weeks.

Private pesticide applicators will have four alternative methods to obtain either recertification or initial certification.

### Traditional Training Sessions

Three private pesticide applicator training sessions have been scheduled in 2011 at the Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln.

- The dates and times are:
- Wednesday, Jan. 18, 8:30–11:30 a.m.
  - Saturday, Jan. 28, 8:30–11:30 a.m.
  - Thursday, Feb. 16, 6:30–9:30 p.m.

A \$30 extension training fee will be collected at the training session (make checks out to Lancaster County Extension).

### Self-Study Option

The second option is to pick up the self-study book and associated materials at the extension office. You are expected to read the chapters, then you must answer the written test questions in the back of the book. When you bring the book back to the office, the test will be graded by our staff while you wait (usually about five minutes). You will have an opportunity to see the test results and see the correct answers to any questions you have answered incorrectly.

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

### Testing Option

The third option is to take a written (closed-book) examination given by the NDA. Please contact NDA at 402-471-2394 for dates of testing. There is no training fee if you choose this option. You will need to pay the \$25 license fee. You should receive your new license within two weeks after you receive a passing grade on your written test.

### Certify at a Crop Production Clinic

The former Crop Protection Clinics have been restructured with an extended range of topics and are now called Crop Production Clinics. For most of the day, participants will make choices between two or more topics being presented concurrently. Private applicators may receive recertification by attending the full day and attending the mandatory sessions to recertify as a private applicator.

**There will not be a clinic in Lincoln in 2012.** The Crop Production Clinics held in southeast Nebraska will be:

- Wednesday, Jan. 4 — Beatrice (Classic's at the Beatrice Country Club, 1301 Oak St.)
- Thursday, Jan. 5 — York (The Auditorium, 612 N. Nebraska Ave.)
- Thursday, Jan. 19 — Fremont (Midland University Event Center, 900 N. Clarkson St.)

Note: all clinics start at 8:45 a.m. If you are planning to recertify, be sure to arrive early and register with NDA at the check in table. They need proof you were there for the full day.

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

## Herbicide Resistant Weeds Becoming More Common

Tom Dorn  
UNL Extension Educator

The first weed species in Nebraska to exhibit herbicide resistance was confirmed in 2006. An isolated population of marestail (horseweed) was shown to be resistant to glyphosate. It is now six years later and a new glyphosate resistant weed is emerging in Nebraska. Greenhouse studies conducted by University of Nebraska–Lincoln weed scientists have confirmed glyphosate resistance in multiple giant ragweed (*Ambrosia trifida*) populations.

### UNL Research on Suspected Population of 2,4-D Resistant Waterhemp

In 2009, UNL received a report of a warm-season grass field with a waterhemp population that was no longer being controlled by 2,4-D. Seed from this field was collected in 2009 and 2010 and greenhouse dose response trials were conducted to determine if the population was herbicide resistant, and when compared to a susceptible population, the suspect population was more tolerant to 2,4-D by 10-fold.

### The Development of Herbicide Resistance

Herbicide resistance usually results from repeated use of the same herbicide. Widespread adoption of glyphosate tolerant



Waterhemp (pigweed) 28 days after treatment of 2,4-D ester

crops in the Midwest (primarily corn and soybean), coupled with an over-reliance on glyphosate-based herbicides with no companion tank mixes of products having a different mode of action, has resulted in the evolution of glyphosate resistant weed populations. The number of weed species with reported glyphosate resistant populations has reached almost 20 worldwide, and 12 in the United States, due to repeated glyphosate use over a large land area (more than 300 million acres just in the United States).

Weed species with glyphosate resistant populations in the United States include common waterhemp, giant ragweed, common ragweed, kochia, palmer amaranth, marestail (horseweed), hairy fleabane, junglerice, goosegrass, Johnsongrass, Italian ryegrass, and annual bluegrass (source: International Survey of Herbicide Resistant Weeds).

### What Can be Done?

We need to understand the importance of discontinuing such heavy reliance on one or two herbicide chemistries for weed control as that eventually results in populations of weeds sorted for their tolerance to the herbicides and modes of action that have been used repeatedly in the past.

Better yet, study the "Classification of Herbicides by Mode and Site of Action Table" in UNL Extension publication *Guide for Weed Management* (EC-130) (available free online at [www.ianrpubs.unl.edu](http://www.ianrpubs.unl.edu) or for \$10 at extension offices). This table is to ensure you are not relying on different brand names that actually have the same mode of action.

Learn more about glyphosate resistant weeds at the 2012 Crop Production Clinics and other UNL Extension programs.

## New Pesticide General Permit Required for Certain Types of Pesticide Applications

A new general permit for pesticides, which was recently finalized by the Nebraska Department of Environmental Quality and became effective Nov. 1, 2011, provides coverage for specific types of applications of pesticides to, over, or near waters of the state.

It should be noted all pesti-

cide applications in Nebraska continue to be regulated by the Federal Insecticide, Fungicide, and Rodenticide Act (FIFRA) rules. Instructions on how to apply in accordance with these rules are provided on product labels.

The new pesticide general permit provides additional

protection in some specific circumstances where pesticides are applied on or near surface waters. The goal of this permit is to protect water quality under specific conditions where surface waters could be affected.

To read the complete news release, go to [www.deq.state.ne.us/Press.nsf/pages/PR111011](http://www.deq.state.ne.us/Press.nsf/pages/PR111011).

## Free Pasture Management School, Feb. 8

UNL Extension in Lancaster County present a free Pasture Management School on Wednesday, Feb. 8, 6:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Featured speaker will be UNL Extension Forages Specialist Dr. Bruce Anderson.

Topics will include:

- Plant mixtures for a new seeding
- Fertilizing pastures
- Weed control (proper grazing and herbicides)
- Rotational grazing/cross fencing
- Livestock water — location, quantity, and quality

The evening will conclude with a spokesman from the new Tri-County Prescribed Burn Association who will talk about their association.

For more information, contact Tom Dorn or Karen Wedding at 402-441-7180.



## Pruning Fruit Trees — Part 1

*This is the first of a three part series.*

Productive fruit trees with an abundance of high quality fruit don't just happen. They result from good cultural practices, including pruning. However, fruit tree pruning is often neglected either due to a lack of pruning skills and knowledge, or a fear the tree will be damaged or killed by incorrect pruning.

There are basically two stages of fruit tree development, which have different goals and pruning strategies. Young trees, 4–5 years or younger, are pruned or "trained" to create a basic framework of branches for

future growth. Older trees, that have already developed a good branch structure, are pruned primarily for optimum fruit development using a renewal pruning strategy.

### Goals of Pruning

The goals of fruit tree pruning are many, including:

- Obtaining maximum light exposure for both leaves and fruit.
- Providing uniform distribution of fruiting wood along the scaffold branches.
- Controlling the tree's size and vigor.
- Reducing limb breakage due to excessively heavy fruit loads.

- Producing high quality fruit of good size.

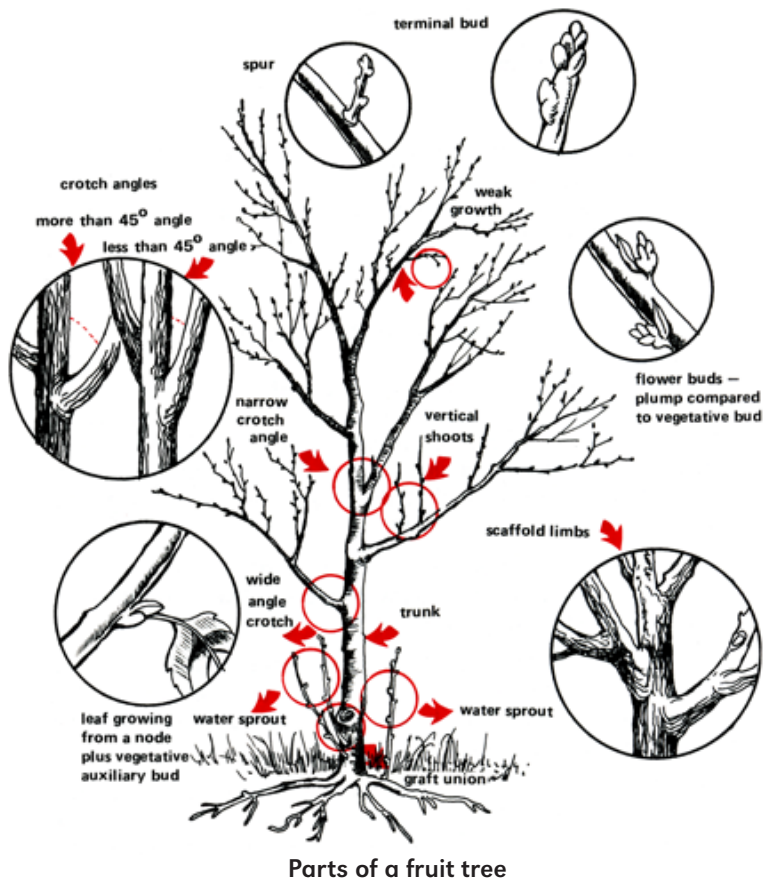
The major requirement of backyard gardeners is to have a tree small enough to spray and harvest easily. Pruning, combined with the use of dwarf fruit trees will help accomplish this goal. But remember, although pruning is essential for development and maintenance of fruit trees, excessive pruning in young trees will delay fruiting.

Keep trees healthy when pruning by using tools made for the purpose and keeping them sharp and clean. To disinfect pruning tools, use either a 70 percent denatured alcohol solution, or household bleach at one part bleach to nine parts water. Either use a sponge or dip the equipment into these solutions between cuts.

### When to Prune

Most fruit tree pruning is done during the dormant season when no leaves are on the tree. Cultivars or varieties of trees susceptible to winter injury are pruned in late spring before growth begins, rather than in January, or February. Regardless of the cultivar grown, do not prune any tree before January or winter injury will occur. Besides dormant pruning, you may prune during July and August to restrict growth; to remove water sprouts; and to remove diseased or damaged wood. Once the basic structure of a fruit tree is developed, avoid pruning until fruiting occurs.

Source: UNL Extension publication "Pruning Fruit Trees," EC78-1233B



## Growing Nuts in Nebraska Webinar Feb. 9, Seminar Feb. 23

Hundreds of farmers, both large and small grow nut crops in Nebraska. Black walnuts and pecans are favorites, but chestnut and hickory are specialty crops that can also bring income to landowners. The Nebraska Nut Growers Association (NeNGA) and University of Nebraska–Lincoln have worked together for 34 years in the cultivation of high-quality cultivar nut trees.

### Become a Grower

By using a portion of your rural acreage for nut production, you can become one of Nebraska's growers.

Are you and your acreage a good choice for growing nuts?

- The preferred geographic location is in the southeastern portion of Nebraska.
- Your acreage should have deep and well-drained soils without a restricting layer.
- Irrigation will be needed during establishment and growing seasons to encourage a bountiful crop. Drip irrigation is often used.
- Weed control will be essential in your orchard.
- Deer and rodents will need to be controlled.
- The ideal acreage has gently rolling topography for safety, drainage, and ease of using equipment.

Membership in NeNGA provides many benefits in the growing of high quality nut trees by offering education in the classroom, field seminars where you learn to graft trees, nut evaluations and professional assistance. Membership in the growers Heartland Nuts 'N More cooperative will provide you with a place to market your crop — additional benefits include support from peers and access to harvesting and processing equipment.

### Seedling Cost-Share Program

Current and prospective growers interested in increasing their acreage in nut trees have the opportunity to participate in a growers cost-share program.

Through this program, 50 percent of the cost of seedlings can be reimbursed to growers who wish to expand or create new orchards. UNL, Heartland Nuts 'N More, NeNGA, USDA, National Agroforestry Center, and the Hybrid Hazelnut Consortium have obtained grant funds for this program. Heartland Nuts 'N More is administering the grant. The cost of pre-grafted stock, which is available from nurseries, is not covered under this program.

Membership in the Heartland Nuts 'N More or NeNGA is not required to participate in this cost-share program.

Learn more about the cost-share program at one of the upcoming programs or by contacting Heartland Nuts 'N More.

### Webinar, Feb. 9

Heartland Nuts 'N More and the Nebraska Forest Service are presenting a webinar, "Grow More Nuts in Nebraska?" on Thursday, Feb. 9, 7–8 p.m. to introduce eastern Nebraska acreage owners to the possibilities of growing nuts as a crop. This Internet program requires no special computer equipment; the only requirements are an Internet connection (not dial-up). The program will include interviews and discussion with Nebraska growers about their orchards. Learn the very basics of growing nuts.

Register at <http://marketplace.unl.edu/extension>. There is a nominal \$1 registration fee. For more information about the webinar, contact Heartland Nuts 'N More.

### Seminar, Feb. 23

NeNGA & Heartland Nuts 'N More are sponsoring an in-depth seminar, "Nut Orchard Planning, Planting, Care, and Harvesting" on Thursday, Feb. 23, 7–9 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. You may register at <http://marketplace.unl.edu/extension> (there is a nominal \$1 registration fee) or by calling 402-788-2717. No cost at the door.

If you want to plant just a couple nut trees or an orchard, you will find this seminar informative.

Everyone has different expectations and goals when planting nut tree seedlings. This seminar will introduce you to most aspects of what it takes to accomplish your goals and expectations. There will be professional growers on hand to answer your questions.

- Topics include:
- Planning phase will cover setting realistic goals, understanding an orchard environment, and the tasks to meet your goals so you will be successful.
  - Planting phase will cover planting consideration and seedling selections.
  - Caring phase will cover tasks required to bring a seedling to a productive, producing nut tree.
  - Harvesting tasks will cover harvesting techniques, processing, and marketing your nuts.
  - A seedling cost-share program will also be introduced.

For more information about the live seminar, contact NeNGA.

## Upcoming Green Industry Conferences

### GREAT PLAINS GROWERS CONFERENCE JANUARY 5–7

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

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

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

- Jan. 5 workshops: High Tunnel Production, Community Supported Agriculture (CSA), GAPs/Food Safety, Fruit Growers, Honey Bee
- Jan. 6–7 general tracks: Farmers' Market, Small Fruit & Tree Fruit, Agritourism & Marketing, Irrigation Practices, Organic Production, Cut Flower, Vegetable Production, Urban Horticulture & Gardens, Pest Management

Contact Buchanan County Extension Office  
 (816) 279-1691 • email [cookkm@missouri.edu](mailto:cookkm@missouri.edu) • [www.greatplainsgrowers.org](http://www.greatplainsgrowers.org)



### NEBRASKA GREEN EXPO JANUARY 23–25

NEBRASKA TURFGRASS ASSOCIATION AND  
 NEBRASKA NURSERY AND LANDSCAPE  
 ASSOCIATION

Location: Mid-American Center, Council Bluffs, IA  
 402-472-8973 • [www.nebraskaturfgrass.com/conference](http://www.nebraskaturfgrass.com/conference)



### GREAT PLAINS TREE CONFERENCE FEBRUARY 6–7

NEBRASKA ARBORISTS ASSOCIATION  
 Location: Lied Lodge, Nebraska City, NE  
 402-476-3865 • [www.nearborists.org](http://www.nearborists.org)



### FOR MORE INFORMATION

**HEARTLAND NUTS 'N MORE**  
 President, Larry Martin  
 206 West 2nd Street, Box 439  
 Valparaiso, NE 68065  
[www.heartlandnutsmore.com](http://www.heartlandnutsmore.com)  
 402-784-6887  
 email: [lottanuts@windstream.net](mailto:lottanuts@windstream.net)

**NEBRASKA NUT GROWERS ASSOCIATION (NENGA)**  
 President, John Knorr  
 206 West 2nd Street, Box 439  
 Valparaiso, NE 68965  
[www.nebraskanutgrowers.org](http://www.nebraskanutgrowers.org)  
 402-788-2717  
 email: [joknorr@attglobal.net](mailto:joknorr@attglobal.net)



Alice Henneman, MS, RD, UNL Extension Educator

Need a quick dip recipe for Super Bowl Sunday? How about a dip that doubles as a nutritious snack or perhaps ... even a mini-meal? Enjoy these dip recipes made from items commonly found in your fridge or cupboards. They're filled with nutrient-rich foods such as beans, fish, cheese, and salsa. Serve with vegetables and whole grain chips or cracker dippers.

## Pinto Bean Salsa Dip

- 1 can (approx. 15 oz.) pinto beans, drained and rinsed or 1-1/2 cups cooked dried beans
- 1 cup shredded cheese
- 1/2 to 1 cup chunky salsa
- 1 to 2 tablespoons chopped onion (optional)
- 1/4 to 1/2 teaspoon chili powder or to taste (optional)

Mash beans with a fork. Mix in cheese. Stir in enough salsa until mixture is desired consistency for dipping. Add onion and seasoning as desired. Serve cold or cook, stirring, over medium heat until the cheese melts and the mixture is well blended and hot (about 5 minutes).



Laura Gilmore, www.flickr.com/genbug

## Tuna Veggie Dip

- 1 can (approx. 6 oz.) water-packed tuna, drained
- 1 stalk celery, chopped fine
- 1 medium carrot, chopped fine
- 4 to 6 tablespoons lower fat mayonnaise
- 1 teaspoon Italian seasoning or to taste
- 1/8 teaspoon black pepper

Mix ingredients until well blended with sufficient mayonnaise until desired consistency is obtained.

# Your Super Bowl Game Plan for Healthy Eating



Brian Vargas, www.flickr.com/ardvaark

Alice Henneman, MS, RD  
UNL Extension Educator

Super Bowl Sunday is the second-largest day for U.S. food consumption, after Thanksgiving Day, according to Wikipedia. Develop a winning Super Bowl "food game plan" by thinking like a football player on the playing field. Only, instead of the opposing team, your field is filled with food and refreshments. Here are eight winning strategies:

### 1. HAVE A GAME PLAN

- Plan a successful defense against food that is excessive in fat and calories:
  - Equip yourself — include some lower-calorie drinks and munchies.
  - Position yourself away from heaping platters.
  - Go in knowing what you will eat. For example, choose to have the three choices you will enjoy the most. You don't have to eat some of everything just because it's there.

### 2. SIZE UP THE OPPONENT

- Look at the stats on different foods. Check for a Nutrition Label that tells how many calories per serving.



makipapa, www.flickr.com/makipapa

- Eat food from a plate versus directly from a bag or box so you're not blindsided by the amount you're consuming.

### 3. GET IN CONDITION

- Lift a weight — other than your own, preferably at least twice a week! Take walks to whittle your waistline. The sooner you start, the greater the benefits. Physical activity and added muscle boost your metabolism and burn calories.

### 4. WATCH WHAT YOU EAT BEFORE THE GAME

- Resist overloading on calories before the game. Keep a few calories in reserve so you can enjoy goodies later without guilt.



Catherine, www.flickr.com/dunawayait

### 5. AVOID PENALTIES

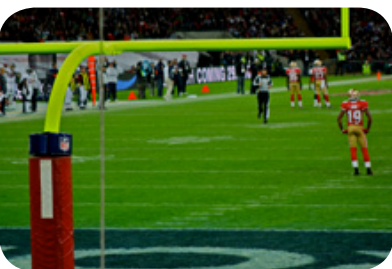
- Avoid later weight penalties from too many calories by choosing smaller portions.
- Don't let anyone get a penalty for drinking and driving. Remind your guests to have a designated driver and offer alcohol-free beverages.

### 6. KEEP YOURSELF IN THE GAME

- Don't get taken out of the game because of food poisoning:
  - Follow the "two-hour rule." Leaving perishable food at room temperature more than two hours is a big mistake.

When food sits out for more than two hours, bacteria can easily multiply and cause foodborne illness. Set out small amounts of perishable foods and replace those with clean plates of food within two hours.

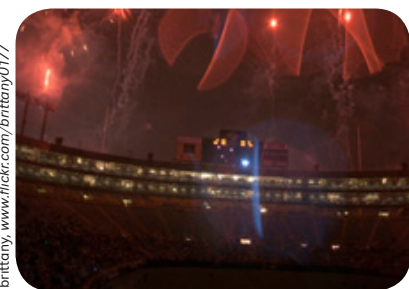
- Or, keep hot foods hot (140°F or hotter) with chafing dishes, slow cookers, and warming trays. Cold foods should be held at 40°F or colder. Keep foods cold by nesting dishes in bowls of ice or using party trays filled with ice.



Mark Boham, www.flickr.com/beefy\_n1

### 7. KEEP ADVANCING TOWARD THE GOAL LINE

- Pace yourself by alternating between higher and lower calorie foods.
- Make a successful passing play by bypassing seconds at the buffet table — or take half as much the second time around.
- Take an occasional time-out to put a halt in your eating.

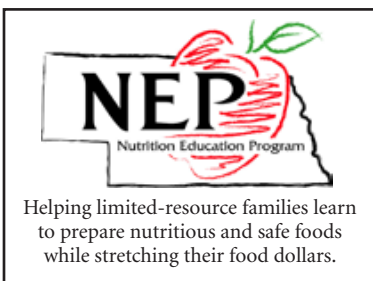


brittany, www.flickr.com/brittany0177

### 8. TOUCHDOWN!

- Plan an effective running (or walking) conditioning strategy — by-"pass" excessive food intakes and avoid penalties which keep you from moving toward the goal line — and you'll score a successful Super Bowl "Game Plan for Healthy Eating."

# Little Things You Can Do to Increase Your Physical Fitness



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

Kristen Neth  
UNL Extension Assistant



TimOve, www.flickr.com/photos/timove

In order to be physically fit, you do not have to buy a pricey membership to a gym. There are little things you can do throughout the day to increase your physical activity in your home and at the office. USDA's MyPlate ([www.choosemyplate.gov](http://www.choosemyplate.gov)) has some helpful tips to increase a person's moderate physical activity such as briskly walking during your breaks at work, gardening (such as raking leaves and trimming shrubs), and riding your bike to do an

errand down the street instead of driving. All of these are ways to increase your daily physical activity while completing tasks throughout the day. The Centers for Disease Control and Prevention recommend adults get at least 150 minutes of moderate physical

activity each week along with at least two days of muscle strengthening activities for the whole body. What a person could do is break up the two muscle strengthening days and mix them throughout the week with the 150 minutes of moderate physical activity. Your week would potentially look like the chart below.

Each day you do 30 minutes of moderate physical activity can be broken up into smaller time increments in order to accomplish this workout throughout your work day. Ten minutes could be completed during a morning break, lunch break, and

afternoon break. A person could do jumping jacks or jog during these breaks as well as walking briskly.

Different muscle strengthening workouts a person could do at the office include: lunges, wall push-ups, calf raises, chair dips, and chair abdominal exercises. To view how to do all these exercises go to [www.youtube.com](http://www.youtube.com) and type in 15 minute desk workout. Coach Nicole from <http://sparkpeople.com> does an excellent job of demonstrating how all these muscle strengthening exercises can be completed safely and effectively.

Some other helpful hints to use throughout the work day to increase your physical activity would be to:

- Swap out your chair for an exercise ball.
- Instead of calling or instant messaging colleagues, walk over to their office or cubicle.
- Walk to get your mail instead of having it delivered to your desk.
- Wear a pedometer to track your steps and try to get 10,000 steps in a day. This roughly equals five miles!



Newbirth35, www.flickr.com/photos/newbirth

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 minutes	30 minutes	Muscle strengthening	30 minutes	30 minutes	Muscle strengthening	30 minutes

## FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

### President's View — Irene's Items

**Irene Colborn**  
FCE Council Chair



I had a wonderful Thanksgiving with the family, including my new great grandson born Oct. 28. Of course, he got passed around all afternoon so everyone got to hold him. It is hard to

remember how small they can be.

My wish for you for the new year is love, gratitude, friends to cherish, caring, sharing, laughter, music, and warm feelings in your heart.

This is my last article in

THE NEBLINE as I turn over the council chair duties to Marian Storm of the Helpful Homemakers Club.



A friend gave me this little refrigerator magnet. It says "A true friend overlooks your broken gate and admires the flowers in your garden."

Have a good new year!!

## FCE News & Events

### FCE Council Meeting, Jan. 23

The January FCE Council meeting will be held Monday, Jan. 23, at 12:30 p.m. at the Lancaster Extension Education Center. The officers have planned a soup luncheon followed with a craft. Club presidents are automatic council members. Each club should plan to have at least one representative attend. Everyone is welcome.

### 2012 FCE & Community Leader Training Lessons

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

All trainings will be presented at 1 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road,

Lincoln. Non-FCE members or groups should call Pam at 402-441-7180 to register for these lessons so materials can be prepared.

**"Lighting Your Way," Jan. 25** — presented by Extension Educator Lorene Bartos. Day and night, lighting makes a big impact on our daily lives. In this lesson we will examine how lighting choices in our environment can make our lives safe and comfortable as well as save us money. Learn how lighting affects how well we do our daily tasks, influences our mood, and will even impact our health.

**"Social Networking Sites: What They Are and How to Navigate Them," Feb. 22** — presented by Extension Associate Soni Cochran and Extension Educator Lorene Bartos. The use of Social Networking Sites (SNS) has dramatically increased in recent years. Today, over 50 percent of teens

and 35 percent of adults are using at least one type of SNS. These sites can have many personal and professional benefits, however, can also pose many challenges and even risks to both adults and teen users alike. This community lesson will provide basic information about some of the most common SNS available and help audiences learn about appropriate and safe "netiquette" techniques in using these sites.

**"Save Time, Money, and Energy with Homemade Master Mixes," March 28** — presented by Extension Educator Alice Henneman.

**"Making It Happen!: Building Positive Relationships with Children," April 25** — presented by Extension Educator Lorene Bartos.

**"Cut the Clutter and Get Organized," Sept. 26** — presented by Extension Educator Lorene Bartos.

## FCE 2011 Achievement Night

Achievement Night was held in October. Karla Cross of Friend presented a program, "The Mysterious Friendship Quilt," which she shared her experiences of purchasing a quilt at an auction and then finding hidden beneath a cover was a special quilt made by a group of friends. FCE members donated 187 pounds of canned food and paper products, as well as cash for the annual FCE Food Bank Campaign.



Karla Cross presented a program, "The Mysterious Friendship Quilt"



45-year member Joy Kruse

### Club Incentive Awards Helpful Homemakers Salt Creek Circle

#### Membership Awards

**50-Year Members**  
Bonnie Krueger, Salt Creek Circle  
Jean Oelling, Salt Creek Circle  
Leoma Winch, Salt Creek Circle  
Alda Wissink, Individual Member

**45-year member**  
Joy Kruse, Individual Member

**40-year member**  
Alice Sittler, Home Service

**35-year member**  
Martha McLeod, Salt Creek Circle

**30-year member**  
Betty Moormeier, Salt Creek Circle

**20-year member**  
Shirley Heier, Individual Member

**15-year member**  
Joyce Riddle, Helpful Homemakers



50-year members (L-R) Alda Wissink, Bonnie Krueger, Leoma Winch, and Jean Oelling



(L-R) 20-year member Shirley Heier, 30-year member Betty Moormeier, and 40-year member Alice Sittler



Lorene Bartos, UNL Extension Educator

### Winter Energy Saving Tips

- During the winter months, you can save about 1 percent on your heating bill for every degree you lower your thermostat over an eight-hour period. Set the thermostat no higher than 72°F when you are home. It is recommended setting your thermostat to 65°F during the day and 55°F while you are away or sleeping. A programmable thermostat makes this task easier.
- Check windows and doors for air leaks. Use caulking or weather stripping to reduce leakage. Check and replace the furnace filter every three months (more often if needed or if you have pets).
- Use blinds, shades, and/or curtains to reduce heat loss. Open them to allow in the sun's heat during the day.

## Small Steps to Health and Wealth™ Online Challenge Begins Jan. 15

The Extension system is launching an online "Small Steps to Health and Wealth™" (SSHW) Challenge called "Winter 2012 SSHW Challenge." This free six-week program, open to anyone who enrolls online, will be held from Sunday, Jan. 15, through Saturday, Feb. 25. Prizes will be awarded for participants who report the highest point totals.

To sign up for the SSHW Challenge, follow the "Challenges" link on the website at <http://njaes.rutgers.edu/sshw>. Set up a user name and password and download a simple one-page user's guide with instructions how to proceed.

The SSHW Challenge is part of "Small Steps to Health and Wealth," a national Extension program developed to motivate Americans to take action to simultaneously improve their health and personal finances. SSHW was built around a framework of 25 research-based behavior changing strategies.

The five daily health and nutrition practices are:

- eat at least 4 cups of fruits and vegetables,

- get at least 30 minutes of physical activity,
- drink water or unsweetened beverages instead of sugar-sweetened beverages,
- eat at least two servings of whole grain foods, and
- learn something new about health and nutrition.

The five daily financial management practices included in the challenge are:

- save a \$1 bill (or more) and/or pocket change,
- invest \$5 or more per day (including automated retirement savings plan deposits),
- track money spent throughout the day,
- eat lunch prepared at home, and
- learn something new about personal finance.

Doing even one of the ten recommended daily practices is a great way to get started on the path to better health and improved financial security. The more challenge activities performed, the better.

You can track your progress online and compare to the average points for other people.

## AARP Driver Safety Program, Jan. 18

The AARP Driver Safety Program is the nation's first and largest classroom course designed for motorists 50 and older. The course will be presented in Lincoln as a one 4-hour session on Wednesday, Jan. 18, 9 a.m. to 1 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. A certified AARP instructor will teach the course. Cost is \$12 for AARP members and \$14 for non-members payable at the door. To register for the class, call 402-441-7180.

You will learn:

- defensive driving techniques, new traffic laws, and rules of road,
- how to deal with aggressive drivers,
- techniques to handle driving situations such as left turns, rights-of-way, and blind spots, and
- how to safely use anti-lock brakes, air bags, and safety belts.

There is no test. Course participants may be eligible to receive an insurance discount — consult your insurance agent for further details. For more information about the course, go to [www.aarpdriversafety.org](http://www.aarpdriversafety.org) or call 1-888-227-7669.

## Don Janssen Community Educator, Friend, and Colleague



Don Janssen in UNL Extension's Garden Center Update video "Annuals and Perennials."

Don Janssen, retired extension educator, passed away at his home on Sunday, Dec. 11. Don had a long, hard-fought battle with brain cancer. Don retired after 30 years with University of Nebraska–Lincoln Extension as a horticultural educator in Lancaster County.

He was a familiar face in the office when customers had questions about their yard or garden. Don was often a speaker at local events and community meetings. He was a regular on *Backyard Farmer* and had a regular column in the *Lincoln Journal Star* newspaper for 30 years.

Don was a respected colleague and a friend to those of us in the office, at UNL, and to the community. We will miss Don.

## Landscape Plants that Attract Birds

Mary Jane Frogge  
UNL Extension Associate

Interest in songbirds is growing every year. If you would like to attract songbirds to your property, think carefully about the trees, shrubs, and other plants that will make up your landscape. Careful landscape planning and plant selection will help you create an attractive, functional landscape for both people and birds.

Many bird species nest or migrate through Nebraska. The migrant birds may stop for a day or two during their migration if they find your property attractive. Do not forget about the birds that stay through winter. They add interest to the winter landscape and are more likely to visit your property if you design and plant the landscape with birds in mind. Bird feeders and bird baths will increase your ability to attract a variety of birds year-round.

Landscape plantings can make your property attractive to birds in several ways. Plants provide year-round shelter from predators and harsh weather. Plants provide safe nesting sites and a safe place to rear young. Landscape plants supply food for birds in the form of fruit, seeds, and nectar. Many birds also find landscape plantings a convenient place to hunt for insects.

When you select trees, shrubs and vines, consider their landscape value for both you and the birds. Use plants with good summer and fall foliage, attractive flowers, colorful fruit, interesting branching patterns, and attractive bark. You should also consider maintenance. For example, you will want to avoid plants with pest problems that require frequent or regular pesticide sprays to control.

With these tips in mind, here are some excellent landscape trees, shrubs, and vines to attract birds in Nebraska:

- Evergreen trees are important because they provide year-round cover for birds. Some



Douglas fir



Eastern hemlock

Richard Webb, Self-employed horticulturist, Bugwood.org

Franklin Bonner, USFS (ret.), Bugwood.org



English yew



Eastern arborvitae

Chris Evans, River to River CWMA, Bugwood.org

Paul Wray, Iowa State University, Bugwood.org



European alder



Serviceberry

Leslie J. Mehrhoff, University of Connecticut, Bugwood.org

Paul Wray, Iowa State University, Bugwood.org



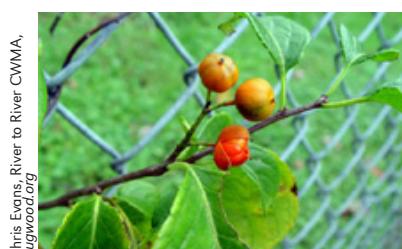
Gray dogwood



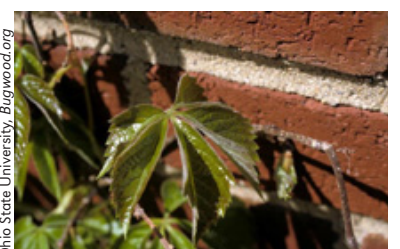
American hazelnut

Vicki Jedlicka, UNL Extension in Lancaster County

Paul Wray, Iowa State University, Bugwood.org



American bittersweet



Virginia creeper

Chris Evans, River to River CWMA, Bugwood.org

Ohio State Weed Lab Archive, The Ohio State University, Bugwood.org

of the better large **evergreen trees** are Douglas fir, hemlock, eastern red cedar, and spruce. Small to medium scale evergreen trees include yew, arborvitae, and junipers.

- Medium to large **deciduous trees** known for attracting birds include the alder, serviceberry, maple, chokecherry, plum, and many varieties of flowering crabapple.
- There are also many **shrubs** that will attract birds. Some

of the best include dogwood, sumac, viburnum, hazelnut, elderberry, and honeysuckle.

- Good **vines** for birds include bittersweet, grape, and Virginia creeper.

**FOR MORE INFORMATION**  
UNL Extension NebGuide G1572 "Landscape Plants for Wildlife" available on the Web at <http://go.unl.edu/uuz> or at the extension office.

## Master Gardener Training Begins February

If you have a strong interest in gardening and enjoy helping others, you are invited to become a University of Nebraska–Lincoln Extension Master Gardener volunteer.


This program will increase your knowledge and understanding of such horticultural topics: best cultural practices for growing flowers, vegetables, turf, plant disease and insect pest identification, control, and much more. Instructors are Extension specialists, educators, associates, and horticulture professionals.

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

Training class size is limited. Those participating in the 2012 training class must pay a materials fee of \$150. There are two options for Master Gardener training in Lincoln this year:

- **UNL Extension in Lancaster County Master Gardener training program** will begin February 2012. Training hours will be 9 a.m. to 4 p.m. and sessions will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road. For more information or to receive an application, call Mary Jane Frogge at 402-441-7180. Applications are due Jan. 27.
- **UNL Extension campus-based Master Gardener training program** will begin February 2012. Training hours will be 6 to 9 p.m. and sessions will be held at UNL East Campus. For more information, call Terri James at 402-472-8973.

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



### Garden Guide

**THINGS TO DO THIS MONTH**  
By Mary Jane Frogge, UNL Extension Associate

Avoid heavy traffic on the frozen, dormant lawn. The crown of the plant may be severely damaged or killed.

Brush snow from evergreens as soon as possible after a storm. Use a broom in an upward, sweeping motion. Serious damage may be caused by heavy snow or ice accumulating on the branches.

Check young trees and shrubs for rodent or rabbit damage. Prevent injury with fencing or protective collars.

Use sand instead of salt for icy spots on the sidewalk.

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

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

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

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

When reviewing your garden catalogs for new vegetable varieties to try, an important consideration is improved insect and/or disease resistance. Watch also for drought-tolerant types.

Analyze last year's planting, fertilizing and spraying records. Make notes to reorder successful varieties as well as those you wish to try again.

Check stored fruits and vegetables such as potatoes and apples for bad spots which may lead to decay. Remove and use those which show signs of spoiling. Separate others into slotted trays or bins to increase air circulation and reduce decay possibilities.

To prolong bloom, protect poinsettias from drafts and keep them moderately moist.

Turn and prune house plants regularly to keep them shapely. Pinch back new growth to promote bushy plants.

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

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

# 2011 ANNUAL REPORT

444 Cherrycreek Rd., Suite A, Lincoln, NE 68528 • (402) 441-7180 • <http://lancaster.unl.edu>

## BIG Connection

Extension is your local connection to university research-based information



### 4-H & Youth

- Clubs, school enrichment, after-school & more
- Developing life skills & leadership
- Hands-on projects, science & technology
- Volunteerism & service



### Farms & Acreages

- Livestock & crop production
- Acreage living
- Urban agriculture
- Water resources



### Food & Nutrition

- Nutrition & cooking
- Food safety
- Stretching food dollars



### Home & Families

- Home environment, safety, energy & consumer education
- Parenting, families & relationships
- Family & Community Education (FCE) clubs



### Pests & Wildlife

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



### Yard & Garden

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

Land-grant universities work with the people they serve. University of Nebraska–Lincoln teaches, discovers new knowledge through research, and extends this research-based information across the state through Extension programs.



Extension Educator Barb Ogg helps present an annual termite hands-on school for pesticide applicators and others. This year, 38 people attended – totalling more than 200 attendees in the six years it has been presented.



Extension Educator Sarah Browning (at right) is a regular panelist on “Backyard Farmer.” Ratings for the popular garden show reached an all-time high in 2011, reaching 23,500 households across Nebraska. The show also received thousands of hits on its YouTube channel.



Extension Educator Maureen Burson presents monthly Guardianship Training Classes approved by the Nebraska Supreme Court. This year, 347 total guardians attended one of 22 trainings Maureen presented.

## BIG Outreach

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

UNL joined the Big Ten Conference this year. Eight of the Big Ten institutions are land-grant universities with Extension outreach.



Extension Educator Tom Dorn presents annual trainings for private, commercial, and noncommercial pesticide applicators. This year, 497 total applicators attended one of eight trainings presented.



Extension Educator Lorene Bartos (upper right) presents several Family & Community Education (FCE) and community leader training lessons each year. In 2011, attendees at four trainings learned how to present specific lessons to other groups. Extension Educator Alice Henneman (second from upper right) helped present a food-related lesson last year.

<http://lancaster.unl.edu>  
= **BIG** connection + outreach

## BIG Community Value



“Barb Ogg has been a valuable resource in my work with child care facilities. Her willingness to provide pest management training and work individually with child care professionals has made a positive impact on our community.”

—Gina Egenberger, Lincoln-Lancaster County Health Department Children’s Environmental Health Educator



“I found out cover crops definitely protect the soil and are beneficial for wildlife. I still have a lot to learn on how to manage cover crops.”

—Calvin Paschold, ag producer



“After the Nutrition Education Program presented lessons to the Everett Elementary School’s parent group, my son and I have been eating less salt. Other parents report they are now aware of portion sizes and their families are eating more vegetables and fruits.”

—Elizabeth Montes, Nutrition Education Program graduate and Lincoln Public Schools Spanish Bilingual Liaison



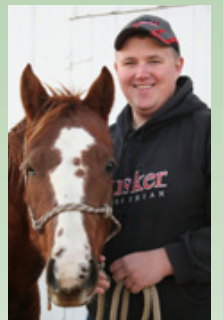
“The Guardianship Training was invaluable with understanding the requirements for guardianship.”

—Range Shaw and Bowman Shaw, Guardianship Training participants



“The Master Gardener program gave me an increased level of knowledge on horticultural subjects, and a new understanding of our community gardens. It has been great sharing my love of gardening with others through the program.”

—Elaine Booth, UNL Extension Master Gardener volunteer

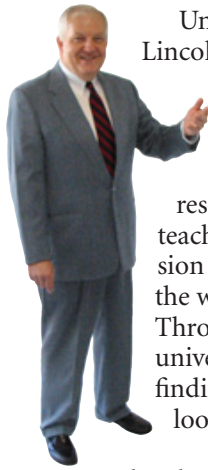


“4-H has done a wonderful job preparing me for college as an Animal Science major. Horse quiz bowl, hippology, and judging — paired with the work my 4-H leader and Extension staff have done — helped lay a strong foundation for my college education.”

—Cory Peters, 10-year 4-H member and UNL freshman majoring in Animal Science



# Partners with Nebraska



University of Nebraska-Lincoln Extension contributes in a "big way" to the university land grant system — your university. Bringing university resources to you through teaching, research, and extension education strengthens the well-being of our state. Through partnerships, our university contributes to finding solutions to many looming challenges.

For example, how will Nebraska contribute to feeding a global population projected to exceed nine billion people by 2050? Considering increased living standards in many countries, demand for food, energy, and water will likely double. While impressive research has already increased crop yields requiring less water and energy, the need continues for even more important discoveries.

As an agricultural state, we are a recognized leader in food production. We no longer produce food just for Nebraskans but for people in other parts of the world. During our nation's recent economic challenges, Nebraska's agricultural strength has significantly contributed to a comparably healthy economy. With exciting investments and partnerships such as the new UNL Innovation Campus, our state is wisely positioning itself to find solutions to the major global challenges of tomorrow.

Locally, our Extension educators, associates, and staff are proud to be part of our state's only land grant university. We are equally proud to serve as a Lancaster County department through a partnership investment in facilities, staff, and operating budget. We value local leadership from our Extension board and 4-H Council, and appreciate the increased capacity we gain through local partnerships and thousands of great volunteers.

For many years, the UNL Extension partnership with Lancaster County has contributed to our community through 4-H/youth development; teaching and advising on foods, nutrition, families, home environment, horticulture, pest management, and agriculture.

Enhancing economic well-being through education, using non-biased, research based information from your land-grant university is what we are all about.



Gary C. Bergman  
UNL Extension Educator & Unit Leader

## Lancaster Extension Education Center Conference Facilities

As part of Extension's commitment to community learning, the Lancaster Extension Education Center conference facilities are available to other nonprofit and governmental organizations at a nominal cost. In 2011, more than **5,744 hours of conferences and meetings** were held in the facilities.



Jennifer Rees, UNL Extension in Clay County

UNL Extension training for military serving on Agribusiness Development Team in Afghanistan, held at the Lancaster Extension Education Center conference facilities.

# BIG Impact

Since 2000, the **Nutrition Education Program School Enrichment Kits** have increased nutrition education in qualifying Lincoln classrooms from an average of two hours to 11 hours per classroom per year. To date, 43,089 students from 2,254 classrooms (grades K-8) have benefited from more than 23,000 total hours of teaching. Teachers have noticed students choosing healthier foods and improving their eating habits.



In the 2010-11 school year, NEP taught nutrition in 361 Lincoln classrooms to more than 7,000 students.

Extension Educator Sarah Browning helped present two-day **Good Agricultural Practices (GAP) Trainings** at five locations in Nebraska, including Lincoln. A total 133 commercial fruit and vegetable growers increased their knowledge of good agricultural practices and used these practices in their production operations enabling them to maintain or improve the safety of their produce by preventing contamination with microbial pathogens. Three months after the program: 74% implemented a health and hygiene training program for all employees; 59% implemented a system to clean all harvest equipment on a scheduled basis.

Less than a week after USDA unveiled the new MyPlate icon in June, Extension Educator Alice Henneman created a **PowerPoint and online slideshow of "Choose MyPlate: Selected Consumer Messages."** The webpage has received 18,595 pageviews. 238 visitors completed an evaluation, of which 92% indicated they planned to use it to reach a potential of 45,077 people; 87% indicated they learned something new. The PowerPoint also was posted on SlideShare.net which has received more than 23,000 views and as a YouTube video which has received more than 7,300 views.



Barb Ogg shows a charity organization how to inspect donated beds for bed bugs.

Extension Educator Barb Ogg is known as a bed bug expert. This year, Barb gave 55 **bed bug presentations** to agencies, businesses, non-profit organizations, daycare providers, and schools — as well as medical, real estate, and pest control professionals — totalling approximately 2,400 total attendees. She also consults with hundreds of renters and homeowners who have bed bugs.

**Nebraska RentWise** is a six-module educational program for renters. Extension Educator Lorene Bartos taught 41 classes to 348 low-income renters. In Lincoln last year, 81% graduated from the program (completed all six modules). Many participants report they have improved their abilities and knowledge as renters, and have made positive changes.

Since 2001, Extension Educator Tom Dorn has helped present 17 **Computerized Farm Financial Recordkeeping Trainings** to representatives from 212 farming operations. Attendees at this year's training reported: 100% indicated they learned how to keep a more *complete* set of financial records; 80% indicated they learned how to keep a more *accurate* set of records.

Extension's statewide **Parents Forever classes** helps divorcing parents implement positive parenting skills and are approved by the Nebraska Supreme Court. This year, Extension Educator Maureen Burson presented 20 classes to 187 total parents who care for approximately 329 children. Evaluations indicate after the class: 99% understand the effect of divorce on children (compared with 66% prior to the class); 94% understood how to develop a co-parenting plan (compared with 55% prior to the class).

## http://lancaster.unl.edu is Your 24/7 Local Extension Connection

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

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



# BIG Honors, Awards, and Accomplishments

### Extension Associate Tracy Anderson

- YWCA Tribute to Women "Outstanding Women"
- Excerpts from Master thesis, "The relationship of student employment to student role, family relationships, social interactions, and persistence" reprinted in textbook, "Student Success in College: Doing What Works!" by Christine Harrington

### Extension Educator Lorene Bartos

- Lancaster County Agricultural Society Hall of Fame
- YWCA Tribute to Women "Outstanding Women"
- President of the Family & Consumer Sciences section of Nebraska Cooperative Extension Association (NCEA)
- Member of the Eastern Nebraska 4-H Center Site Board

### Extension Educator Gary Bergman

- Co-investigator Agriculture & Food Research Initiative (AFRI)-Childhood Obesity Prevention grant
- Co-presented a workshop, "Garbology: a 4-H School Enrichment Program Focusing on 'Reduce, Reuse, Recycle,'" at National Urban Extension Conference
- President of the Nebraska Resource Conservation and Development Association
- Past-president of the Eastern Nebraska 4-H Center Site Board

### Extension Educator Sarah Browning

- Statewide Distinguished Educator Award presented by UNL Extension
- 10 years of service with UNL

### Extension Educator Maureen Burson

- President-elect of the Family & Consumer Sciences section of Nebraska Cooperative Extension Association (NCEA)

### Administrative Aide II Kay Coffey

- 10 years of service to Lancaster County

### Extension Associate Marty Cruickshank

- YWCA Tribute to Women "Outstanding Women"

### Extension Educator Tom Dorn

- Treasurer of the Nebraska Agribusiness Club
- North Central Regional Vice Chair of the National Search for Excellence Committee, National Association of County Agricultural Agents (NACAA)

### Extension Educator Alice Henneman

- Article published in *Journal of Extension* (August, 2011), "Making Your Online Video Viral," co-authored with Joanne Kinsey, Rutgers Cooperative Extension
- Presented a session, "Creating a Website that Brings Together Gatekeepers from Farm to Factory to Fork," at Society for Nutrition Education national conference
- Presented a session, "Easy Ways to Use Social Media to Extend Your Extension Audience," at National Extension Association of Family and Consumer Sciences conference
- Presented national webinars to American Dietetic Association Food & Culinary group, NEAFCS, and eXtension Families, Food & Fitness team



Lorene Bartos was named to the Lancaster County Ag Society Hall of Fame (pictured with Board President Ron Dowding).

### Extension Assistant Teri Hlava

- Co-presented a workshop, "Garbology: a 4-H School Enrichment Program Focusing on 'Reduce, Reuse, Recycle,'" at National Urban Extension Conference



Virginia Piening was recognized for 45 years of service with UNL (pictured with UNL Chancellor Harvey Perlman).

### Staff Secretary II Virginia Piening

- 45 years of service with UNL
- Retired after 41 years of service with UNL Extension in Lancaster County Expanded Food and Nutrition Education Program (EFNEP).
- Pioneer Farm Family Award (with Burdette)
- Extension Associate Julie Rasmussen
- 15 years of service with UNL
- Extension Technologist Dave Smith
- President of Community CROPS Board
- Extension Educator Karen Wobig
- Presented a poster session, "Efficient and Effective Nutrition Education in the Classroom," at Society for Nutrition Education national conference
- Extension Associate Dana Willeford
- Promoted from Extension Assistant to Extension Associate

Greg Natham/University Communications



**BIG**

# Benefit to Youth

“Communities benefit when they support 4-H.

Youth who participate in 4-H learn life skills, science, technology, leadership and citizenship.”

—Lancaster County 4-H Council



4-H Clover College is a four-day series of hands-on workshops held each June. This year's Clover College featured 52 workshops and 734 total registrations.

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

Lancaster County 4-H consists of:

- **Organized Clubs** — 115 clubs ranging from 5 to 67 members and led (or co-led) by adults. Youth choose officers to run meetings. Clubs usually work on one or more projects together.
- **Independent Members** — With increasingly busy schedules, more and more youth are becoming independent 4-H members. Youth and families work independently on 4-H projects.
- **Projects** — Youth can choose from numerous 4-H projects. Project manuals are developed by experts and most project manuals have leader guides.
- **School Enrichment** — 4-H programs for classrooms include: Garbology (2nd grade), Embryology (3rd grade), Ag Awareness Festival (4th grade), earth wellness festival (5th grade), and Nutrition Education Program (K–8th grades in qualifying schools). These curricula meet Nebraska Curriculum Standards.
- **After-School Programs** — 42 Lincoln after-school/summer site programs have incorporated 4-H projects and/or county fair exploration activities into their programs.
- **4-H Embryology Website** — EGG Cam and other resources at <http://lancaster.unl.edu/4h/Embryology>.
- **Educational Events** — 4-H staff organize events such as Clover College, workshops, contests, and leader trainings.
- **Leadership Opportunities** — 4-H Teen Council, 4-H Council, and more.



Nearly 530 fourth graders from local schools attended the Ag Awareness Festival in April at the Lancaster Event Center. Extension Assistant Cole Meador also assisted at the Ag Awareness Festival in October at UNL's Agricultural Research and Development Center near Mead.



Five Lancaster County 4-H'ers achieved the top level of Nebraska 4-H Horsemanship — Level IV.

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

- 1,237 club members
- 410 independent members
- 1,292 youth in after-school and summer programs which incorporated 4-H activities
- 18,643 youth in 4-H school enrichment programs

Several Lancaster County 4-H horse members represented Nebraska at the national All American Quarter Horse Youth Congress and 4-H & FFA Western National Roundup contests. Elli Dearthmont and Hannah Ronnau earned national champions with their team demonstration “Gut Reaction.”



At the 2011 Lancaster County Super Fair, nearly 700 exhibitors showcased more than 5,400 4-H/FFA exhibits (including static exhibits, Clover Kids, animals, and contest entries).



Approximately 3,800 third graders in 151 classrooms at 51 schools incubate, candle, and watch eggs hatch as part of the 4-H Embryology school enrichment program.



Garbology means the study of garbage. More than 3,100 second graders in 160 classrooms at 51 schools participate in the 4-H Garbology school enrichment program which includes hands-on experiments.



“Without the outreach provided by the Extension's 4-H staff, a large number of youth in Lincoln would miss out on the BIG impact 4-H has on our community. As a Lincoln Parks & Recreation director of quality out-of-school programs called community learning centers, I see on a daily basis the value our youth receive through 4-H's hands-on projects.”

—Ryan Mohling, Lancaster County Extension Board member and Community Learning Center Site Supervisor at Everett Elementary School

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

—Kirsten Smith, Lincoln Public Schools Curriculum Specialist for Science



The Lancaster County Livestock Judging team represented Nebraska at the National 4-H Livestock Judging Contest.



## BIG Volunteerism

Last year, UNL Extension in Lancaster County programs benefitted from approximately **1,743 volunteers investing 25,510 hours of time for a total value of \$425,252!**\* Volunteers contributed to 4-H, Master Gardener, Family Community Education (FCE), and other Extension programs.

In addition, 4-H and FCE members often volunteer in community service projects.

\* Independent Sector values volunteer time in Nebraska for 2009 at \$16.67/hour.

**BIG**

## Community Service

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



Lancaster County FCE Council and members hosted the statewide FCE Annual Leadership Conference in 2011 which drew 77 members from across Nebraska.

**BIG**

# Local Programs

## Food & Nutrition

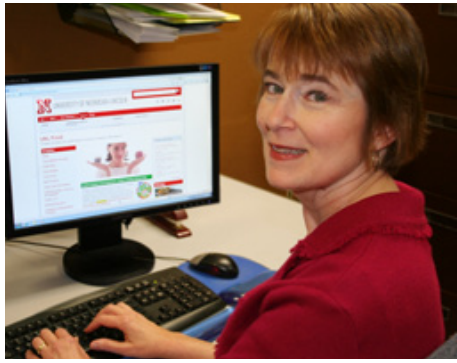
To help people learn how to eat healthier, Extension blends nutrition, food safety, and food preparation information into practical actions people can use in their daily lives.

Educational materials developed by Extension Educator Alice Henneman for use in local programs (such as PowerPoints and handouts) also are made available on the Internet for around-the-clock access, both locally and nationwide. They are promoted and shared via various social media: Vimeo, SlideShare, LinkedIn, Twitter, Flickr, and Facebook. As an example, a community program she delivered in cooperation with BryanLGH about healthy eating using master mixes, drew a live audience of over 400 persons and the materials on the Internet have received over 5,500 views. Alice chairs a committee of about 30 UNL staff to develop materials for Extension's statewide Food website at <http://food.unl.edu>. Topics include food safety, local foods, meat products, home food preservation, food processing/business development, food allergies, and youth/4-H.

The Lancaster County Nutrition Education Program (NEP) helps limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars. NEP receives funding from USDA through the Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program-Education (SNAP-Ed).

Last year, Lancaster County NEP reached:

- 819 enrolled program families (1,718 teaching contacts).
- 7,318 youth (13,121 teaching contacts) at 26 schools and other sites.
- 78 older adults (357 teaching contacts) at six senior sites.



Extension Educator Alice Henneman leads Extension's statewide [food.unl.edu](http://food.unl.edu) website.



Extension Associate Mary Abbott developed nutrition kits containing hands-on activities for 6th, 7th & 8th grade health classes.

## Grant Addresses Childhood Obesity

In 2011, UNL Extension received an Agriculture and Food Research Initiative competitive grant to address the childhood obesity issue in the Lincoln community. The \$947,093 grant will be used to replicate the highly successful Lancaster County Nutrition Education Program's school enrichment kit program which is currently only available to income qualifying schools. All Lincoln Public Schools will now have access to nutrition kits containing hands-on educational experiences designed to enhance the school health curriculum. Teachers will be trained on the usage of kits in their classrooms and the importance of healthy eating. The five-year "Growing Healthy Kids Thru Healthy Communities" also provides for parent/community involvement through a "Family Meal Night" component.

## Home & Families

Extension Educator Lorene Bartos shares her expertise on home maintenance, indoor air quality, energy conservation, safety in the home, and recycling through THE NEBLINE, Extension's website, her weekly column in the *Lincoln Journal Star*, and other outreach methods. She presented or helped present numerous workshops including RentWise, child care provider conferences, and community training lessons.

Extension Educator Maureen Burson presents Parents Forever and Guardianship Training classes in Lancaster County and Southeast Nebraska. She is also a part of Lincoln's Children of Parents Experiencing Divorce (COPED) coalition.

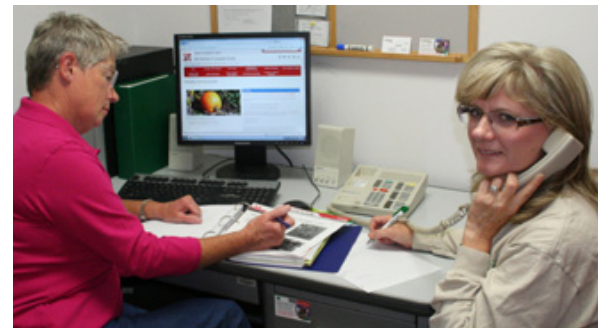


The Window of Opportunity Child Care Conference had 137 attendees.

## Yard & Garden

UNL Extension plays a vital role in protecting human health by teaching Nebraskans how to create healthy, sustainable, and diverse landscapes that are energy and water efficient, as well as less dependant on pesticides. Fewer pesticide applications means less chance for human exposure, and reduced potential for chemical residue to end up in lakes and streams. Extension Educator Sarah Browning and Extension Associate Mary Jane Frogge assist area residents and green industry professionals via phone calls, walk-in requests, email questions, publications, and Internet resources.

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



In 2011, 33 Master Gardeners volunteered 1,466 hours.

## Urban Agriculture

With the growing importance of urban agriculture, a statewide website at <http://food.unl.edu/urbanag> was created to focus on Extension's many resources in this area. Extension's statewide team members from Lancaster County are co-leaders Gary Bergman and Sarah Browning, as well as Alice Henneman and David Smith.

**BIG**

## Diagnostic Services

Throughout the year, Lancaster County residents bring plant samples, insects, pests, and wildlife "signs" to UNL Extension in Lancaster County. A free service, Extension horticulturists and entomologists identify weeds, diseases, and insects in and around the home and garden, and make recommendations about the best way to help manage these problems.



## Pests & Wildlife

UNL Extension in Lancaster County has extensive resources to help identify pests and recommend control methods. Emphasis is on low-toxic control methods, whenever possible. Extension Educator Barb Ogg and Extension Associate Soni Cochran assist area residents via phone calls, walk-in requests, email questions, publications, presentations, workshops, and radio. Extension's popular pest and wildlife website reaches a global audience with research-based resources including videos. Ogg partners with community organizations and industry professionals in training and disseminating pest control resources and assistance. Bed bugs are a growing problem in Lincoln and other Nebraska communities, particularly in low income families who cannot afford professional treatments.

## Farms & Acreages

UNL Extension continues to make agricultural profitability and sustainability a priority issue. Extension Educator Tom Dorn fulfills this goal through numerous workshops and meetings, educational resources, person-to-person contacts, and an up-to-date website. He is Extension's statewide contact for grain storage questions. Some of the agricultural programs presented this year include: Private and Commercial Pesticide Applicator Trainings, Nutrient Management seminars, and a Farmland Leasing Arrangements workshop.

Residential acreages are rapidly increasing in Lancaster County. Extension delivers information on a wide range of issues related to acreages such as proper management of septic tanks and wastewater lagoons, landscape management, and alternative crops profitable for acreages. Extension offers an Acreage and Small Farms Insights website at <http://acreage.unl.edu>.

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



UNL Extension coordinates **distribution and application of biosolids\* to agricultural cropland** for the City of Lincoln. Over the last 19 years, more than 545,000 tons of biosolids have been recycled, increasing soil nutrients, organic matter, and crop yields. Because of the high cost of phosphate fertilizers, biosolids are increasingly in demand by area farmers. This biosolids recycling program will increase the life of the North Bluff Landfill by 4.9 years.

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

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 educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

## Ultrasonic Devices and Deer Whistles: Do They Work?

Barb Ogg  
UNL Extension Educator

### Ultrasonic Devices

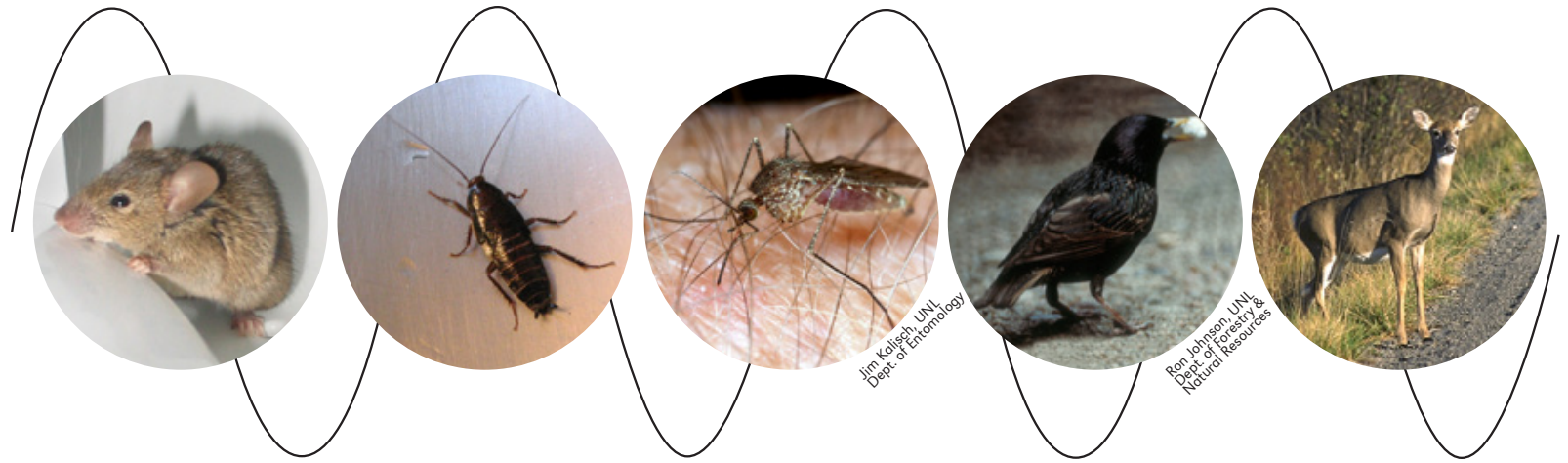
We recently had an email from an Internet reader who suggested the information on our website about ultrasonic devices is outdated and there have been improvements in these easy-to-use devices. (Our article, "Ultrasonic Devices: Don't Waste Your Money," can be found at <http://lancaster.unl.edu/pest/resources/ultrasonicdevices.shtml>.)

The email further suggested should we should either update this information or remove it altogether. The sender did not leave an email or phone number. (Hmmm ... this seems suspicious ... most people who leave comments about our website, at least provide an email address so we can get back to them.)

I decided to check out credible sources of information to see if I could find any recent information about the effectiveness of ultrasonic devices. For me, credible sources include university websites (with the .edu suffix) or research articles by scientists.

In my search, I found many commercial sites marketing ultrasonic devices. But, commercial websites are in the business of selling these devices and are not unbiased.

I found a number of research publications whose



Ultrasonic devices are not effective at repelling cockroaches, fleas, mosquitoes, or wildlife.

authors looked at the effectiveness of these devices on wildlife. None of these research articles concluded ultrasonic devices were effective at repelling or deterring wildlife pests.

I found a nicely written fact sheet from Dini Miller and Phil Koehler (2009), called, "Least Toxic Cockroach Control." In this fact sheet, they note, "Ultrasonic devices are frequently advertised as a non-toxic method of cockroach control. However, extensive research has shown that these devices neither kill nor repel cockroaches ..."

In short, ultrasonic devices are not effective at repelling wildlife, including rats, mice, white-tailed deer, bats, cats, starlings, pigeons, and other bird species. The use of these devices on cars do not keep large animals away from roads.

Ultrasonic collars do not

drive fleas off cats and dogs or change flea activity patterns. Ultrasonic bracelets and other devices do not repel mosquitoes or change mosquito behavior.

**Why don't these devices work?** Ultrasonic devices do not work because animals become habituated to repeated sounds. They quickly learn the ultrasound isn't dangerous and return to their normal activities.

Ultrasound is very weak and drops off rapidly with distance from the source. Half the energy of ultrasound produced is gone at 15 feet, and no energy remains at 30 feet.

And finally, objects like walls and furniture block ultrasound which can't travel through walls and around corners. It is possible for ultrasound to cause convulsions and permanent damage, but the intensity must be so great it would also damage

humans and domestic animals. Commercial ultrasonic pest control devices do not produce sounds of this intensity.

### Deer Whistles

While on the same Internet search, I found information about another type of "sound" repeller: the deer whistle. I have relatives who have purchased these devices, which are mounted on the front of the car or truck. Air rushing through the whistle is supposed to make a sound which alerts animals and keep them from crossing the road, hence, preventing deer-car accidents.

**Do these work? Very unlikely.** A University of Connecticut researcher found the whistles produce a signal either at a frequency of 3 kilohertz (kHz) or 12 kHz. Because white-tailed deer have a hearing

range of 2 kHz-6 kHz, it cannot even hear the 12 kHz signal.

It is possible for a deer to hear the 3 kHz signal, but the sound is so soft, it is drowned out by the road noise created by the car. Some whistle manufacturers claim deer can hear the sound a quarter mile away, but this has not been verified by research.

The Ohio State police installed deer whistles on patrol cars and found no significant subsequent decrease in deer accidents.

So, if you've got a deer whistle on your car or truck, don't count on it very much to keep the deer on the side of the road. Your best protection is to drive carefully, especially at sunrise and sunset when deer are hard to see. And, if you see one deer, slow down ... there will often be another deer behind it.

## Placing Bird Feeders for Success

Soni Cochran  
UNL Extension Associate

Have you had any success with your bird feeders this winter? Are you enjoying the more than 20 species of birds that regularly visit Nebraska feeders? If not, let's take a look at where you've placed your feeders.

Place feeders so birds have protection from winter winds, keep an eye on predators, and are able to avoid accidental collisions with your windows. And of course, you want to be able to see your feeders from your home so you can enjoy them.

A good spot to place a feeder is in a pretty open area, but within about 10 feet of cover, such as bushes or trees. Some open area allows birds to observe predators, such as cats that might hide, and the shrubs or trees can provide shelter from strong winds and a place to escape from overhead predators like hawks.

Your live cut Christmas tree makes an excellent shelter for birds near feeders. After the holidays, place your tree within about 10 feet of your feeders. You don't have to go to the trouble of standing the tree up, it can lay on its side. Small birds will roost in the tree, get protection and find shelter from bitter winter winds. Our recycled tree has also given birds a quick escape from the Cooper's Hawks visiting the neighborhood.

### FOR MORE INFORMATION

For resources on enjoying backyard wildlife and feeding birds, go to <http://lancaster.unl.edu/pest>.

## Preventing Birds from Colliding into Windows

I love watching birds from the window in my kitchen, but large windows are a danger to birds. According to the U.S. Fish and Wildlife Service, one of the greatest hazards to birds is plate glass, with windows in homes and offices killing as many as one billion birds each year.

If you are having trouble with window collisions, take a look at the windows on your home and where the feeders are placed. Large picture windows or a pair of windows at right angles to each other on the corner of a house or other building, are usually the worst culprits.

Go outside near your feeders and look at your windows from a bird's point of view. If you see branches or sky reflected in or through the glass, that's what the birds will see, too. The birds don't even see the glass and think they have a clear path right through it.

Now let's look at how to prevent those collisions. Try moving your feeders closer to the window (within 2-3 feet). If your feeders are closer, birds may still fly into the windows but are less likely to hurt themselves. You can also move your feeders farther away, and at an angle, to decrease the appearance of an open flight path.



Reduce chances of severe injury or death to birds by moving feeders to within 3 feet of windows.

Window collisions can be prevented by breaking up the reflection of sky and trees in the window:

- The Cornell Lab of Ornithology recommends covering the glass on the outside with window screening or netting at least 2-3 inches from the glass, taut enough to bounce birds off before they can hit the glass. This can be extremely effective. The Cornell Lab of Ornithology installed crop netting — the kind used to keep birds away from fruit trees — in front of a large picture window next to their bird-feeding garden. The result? No more dead and injured

birds. Small-mesh netting is best — Cornell staff used 5/8" (1.6 cm) in diameter — so if birds do fly into it, they won't get their heads or bodies entangled but will bounce off unharmed. You can mount the netting on a frame, such as a storm-window frame, for easy installation and removal. ([www.allaboutbirds.org](http://www.allaboutbirds.org))

- Cover the glass with a one-way transparent film that permits people on the inside to see out, but makes the window appear opaque on the outside. These are applied on the outside of the window.

- Try blocking the reflection of windows by hanging strips of cloth or aluminum foil in front of the window. You can use soap or products designed to be used on glass to draw on the window to break up the reflection.
- Install external sun shades, awnings, shutters to block the reflection.
- Is there a door or shade that can be closed on the inside of the house that helps break up the reflection?
- Decals, paper cutouts of hawks, owl silhouettes taped to windows have limited effectiveness. You would need many of these arranged very close together on the window for them to work.



## Get Involved in 4-H Dog Program!

### Next VIPS Meeting, Jan. 18

The Lancaster County 4-H Dog program is growing by leaps and bounds! Any volunteer, parent, or youth who involved in the 4-H dog project is invited to attend the Dog VIPS (Volunteers in Program Service) Committee meetings. Bring your ideas to help the program. The next Dog VIPS committee meeting will be Wednesday, Jan. 18, 6 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road.

The 4-H dog project is open to all youth ages 8-18. Lancaster County Super Fair dog shows include:

- Obedience
- Agility (obstacle course)
- Showmanship
- Costume contest
- Creative kennel contest
- Static exhibits
- Dog Skill-a-Thon

The Dog VIPS Committee is asking all dog exhibitors to come up with a theme for this year's Creative Kennel contest at the Lancaster County Super Fair. This year's Super Fair theme is "Super Fun!"

For more information about the 4-H dog program, Dog VIPS Committee, or to send Creative Kennel theme ideas, contact Cole Meador at [cmeador2@unl.edu](mailto:cmeador2@unl.edu) or 402-441-7180.



## 4-H Counterchange Smocking Workshop, Jan. 28

4-H youth ages 10 and up are invited to learn how to hand smock at the "Counterchange Smocking" workshop on Saturday, Jan. 28, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. No cost — all supplies will be provided. Must RSVP by Jan. 25 by calling 402-441-7180. Counterchange smocking is a fun and interesting way to bring texture to fabric. Apply it to your 4-H sewing or Decorate Your Duds exhibits.

## 4-H Crocheting Workshop, Feb. 11

4-H youth ages 10 and up are invited to learn how to crochet a washcloth utilizing the single crochet stitch at the "Basic Crocheting" workshop on Saturday, Feb. 11, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. No cost — all supplies will be provided. Must preregister by Feb. 8 by calling 402-441-7180. 4-H'ers may enter washcloths at the Lancaster County Super Fair under 4-H Clothing — Level 1 Crochet.

## 4-H/FFA Market Beef Weigh-In, Feb. 9

4-H and FFA exhibitors showing market steers or heifers at the Lancaster County Super Fair, Nebraska State Fair, and/or Ak-Sar-Ben 4-H Stock Show must identify and weigh in their projects on Thursday, Feb. 9, 6-8 p.m. at the Lancaster Event Center - Pavilion 2.

4-H'ers planning on exhibiting market beef at State Fair or Ak-Sar-Ben must have DNA sampled. There is a \$6 per head charge. It is encouraged to have DNA pulled at the time of weigh-in. Exhibitors have until April 1 to identify, weigh, and pull DNA on any market beef that may go to State Fair or Ak-Sar-Ben.

Please note all other market livestock (swine, sheep, and market goats) possibly going to Nebraska State Fair or Ak-Sar-Ben will need to be DNA sampled by June 15.

## Assisted Living Home Looking for 4-H'ers to Do Projects

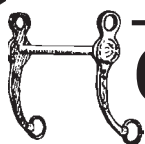
Are you looking for a community service project? An assisted living home would like 4-H'ers to come and do hands-on projects with their residents. Call Tracy at 402-441-7180 for more information.

## Governor's Ag Awards Due March 2

The Governor's Agricultural Excellence Awards are sponsored by the Nebraska Investment Finance Authority (NIFA) in cooperation with the Nebraska 4-H Foundation. These awards recognize 25 4-H clubs each year for the work of the individuals in the club and the community service work of the entire club. Recognition is in the form of \$500 checks issued to the club's treasury to be used as described in the award application form completed by the club. Forms are due by March 2 (email to [4hfoundation@unlnotes.unl.edu](mailto:4hfoundation@unlnotes.unl.edu)) and the awards will be presented at UNL's East Campus on June 25. For more information, go to [www.ne4hfoundation.org](http://www.ne4hfoundation.org).

## 4-H Photography Superintendent Needed

Do you enjoy photography and helping youth? Here is a great opportunity to do both. A 4-H Photography Superintendent is needed for the 2012 Lancaster County Super Fair. The former 4-H Photography Superintendent will provide guidance and direction. Find another interested person and become a team. Call Tracy at 402-441-7180.



## HORSE BITS



One of last year's Lancaster County Horse Bowl teams

## Horse Stampede Entries Due Jan. 13

The 10th annual 4-H Horse Stampede will be held Saturday, Feb. 18 at the Animal Science Building on UNL East Campus. The Stampede consists of the 4-H state horse-related competitions:

- Horse Bowl
- Public Speaking
- Demonstration
- Art Contest

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

Stampede T-shirts will be available to participants for \$8 — you must pre-order. Lancaster County 4-H Council will pay the entry fees for the contests! Stampede entry forms along with T-shirt orders are due Jan. 13 to the UNL Extension in Lancaster County office. Forms and additional information are online at <http://lanaster.unl.edu/4h/horsenews.shtml>.

## Ak-Sar-Ben 4-H Expo Results

The 2011 Ak-Sar-Ben 4-H Horse Show was held last September at the Lancaster Event Center. Below are the Lancaster County 4-H top award winners. Complete results are at [www.rivercityrodeo.com](http://www.rivercityrodeo.com).

Chelsea Beach	Senior Pole Bending	Champion
	Senior Barrel Racing	Reserve Champion
Elli Dearmont	Senior English Showmanship	Champion
Abbie Heusinger	Senior Western Pleasure	Reserve Champion
McKenzie Merritt	Junior Western Horsemanship	Reserve Champion
Blake Preston	Senior Western Pleasure	Champion



Ak-Sar-Ben photos

## 2012 Horsemanship Level Testing Dates

Mark your calendars! The 2012 group testings will be held at the Lancaster Event Center on the following dates:

- Tuesday, April 17, 5:30 p.m.
- Tuesday, May 1, 5:30 p.m.
- Monday, June 18, 5:30 p.m.
- Tuesday, June 26, 5:30 p.m.
- Tuesday, July 3, 5:30 p.m.

Please RSVP at least by one week in advance with Marty at [mcruickshank2@unl.edu](mailto:mcruickshank2@unl.edu) or 402-441-7180.





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



# 4-H Achievement Night

Thursday, Feb. 2 • 6:30 p.m.

Lancaster Extension Education Center

444 Cherrycreek Road, Lincoln

*Evening Starts With a Dessert Potluck*

Please bring a dessert to share

**Congratulations to all 4-H youth who commit themselves to excellence!**

**4-H members, clubs and volunteers receiving awards, scholarships, or pins will be mailed detailed information.**

Part of  
Nebraska 4-H  
Month!

"2011  
4-H Year in  
Review" video!



Wear your  
4-H garb!

## 2012 4-H Calendar

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

### January

- 3 4-H Council Meeting . . . . . 7 p.m.
- 8 Teen Council Meeting . . . . . 3 p.m.
- 13 Horse Stampede Entries Due to Extension
- 14-15 Horsin' Around, RB Warren Arena, UNL East Campus
- 18 4th & 5th Grade Overnight Lock-In Registrations Due to Extension
- 20-21 4th & 5th Grade Overnight Lock-In . . . . . 8 p.m.-8 a.m.
- 28 Counterchange Smocking Workshop . . . . . 9 a.m.

### February FEBRUARY IS NEBRASKA 4-H MONTH

- 2 Achievement Night . . . . . 6:30 p.m.
- 7 4-H Council Meeting . . . . . 7 p.m.
- 9 4-H/FFA Beef Weigh In, Lancaster Event Center - Pav. 2 . . . . . 6-8 p.m.
- 11 Crocheting Workshop . . . . . 9 a.m.
- 12 Teen Council Meeting . . . . . 3 p.m.
- 18 Horse Stampede, Animal Science Building, UNL East Campus
- 25 Pillow Party Sewing Workshop . . . . . 9 a.m.

### March

- 1 Preference Given to 4-H Council Camp Scholarship Entries Submitted to Extension by this Date
- 1 R.B. Warren 4-H Horse Educational (\$500) and Grand Island Saddle Club Scholarships (\$1,000) Entries Due
- 2 Deadline for Governor's Agricultural Excellence Awards (\$500)
- 6 4-H Council Meeting . . . . . 7 p.m.
- 11 Teen Council Meeting . . . . . 3 p.m.
- 17 Jammie Jamboree Sewing Workshop . . . . . 9 a.m.
- 24 Spring Rabbit Show, Location TBA. . . . . TBA

### April

- 1 All 4-H/FFA Market Beef ID's Due to Extension
- 3 4-H Council Meeting . . . . . 7 p.m.
- 13 Public Service Announcement (PSA) Contest CDs Due/ Preregister for Speech Contest
- 14 Kiwanis Carnival, Elliott School . . . . . 6-8 p.m.
- 15 Teen Council Meeting . . . . . 3 p.m.
- 17 Horse Level Testing, Lancaster Event Center - Amy Countryman Arena . . . . . 5:30 p.m.
- 22 Speech Contest . . . . . 1 p.m.
- 28 Paws On Dog Clinic, Lancaster Event Center - Exhibit Hall. . . . . 9 a.m.-3 p.m.

### May

- 1 4-H Council Camp Scholarship Entries Due to Extension
- 1 Horse Level Testing, Lancaster Event Center - Amy Countryman Arena . . . . . 5:30 p.m.
- 1 4-H Council Meeting . . . . . 7 p.m.
- 3 4-H/FFA Sheep Weigh-In, Lancaster Event Center. . . . . 6-8 p.m.
- 12 Junque to Jewels Furniture Painting Workshop . . . . . 9 a.m.
- TBA Lancaster County Deadline for District/State Horse Show Entries, ID, Level Tests
- 17 Leader Training . . . . . 9:30 a.m. & 6:30 p.m.
- 24 4-H/FFA Quality Assurance Training. . . . . 6:30 p.m.

### June

- 1 County Fair Horse ID's Due to Extension
- 2 Life Challenge Contest - County-Level Senior Division . . . . . 9 a.m.
- 5 4-H Council Meeting . . . . . 7 p.m.
- 7 4-H/FFA Quality Assurance Training . . . . . 6:30 p.m.
- 12-15 Clover College
- 14 Horse District Show, Lancaster Event Center - Amy Countryman Arena
- 15 Club Enrollment Forms Due to Extension - Must List Project Area(s) Each Member Plans to Enter at County Fair
- 15 4-H/FFA Sheep/Goats/Swine/Breeding Beef/Bucket Calves/Dairy Cattle/Llamas & Alpacas/Rabbits Identification Forms Due to Extension
- 18 Horse Level Testing, Lancaster Event Center - Amy Countryman Arena . . . . . 5:30 p.m.
- 23 Bicycle Safety Contest . . . . . 9 a.m.
- 25-26 Premiere Animal Science Events (PASE)/FCS Life Challenge
- 26 Horse Level Testing, Lancaster Event Center - Amy Countryman Arena . . . . . 5:30 p.m.

### July

- 2 All 4-H/FFA Lancaster County Fair Animal Entries Due to Extension
- 3 Horse Level Testing, Lancaster Event Center - Pav. 3 Arena . . . . . 5:30 p.m.
- 7 Life Challenge Contest - County-Level Junior Division . . . . . 9 a.m.
- 10 Plant Science Contests: Horticulture/Tree ID/ Grass-Weed ID . . . . . 10 a.m.-12 p.m.
- 10 How to Start an Amazing Career in Textiles, International Quilt Study Center & Museum and UNL East Campus . . . . . 10 a.m.-3 p.m.
- 15-19 State 4-H Horse Show, Fonner Park, Grand Island
- 21 Presentations Contest . . . . . 9 a.m.
- 26 Horse Course Challenge. . . . . TBA
- 31 Entry Day for County Fair Static Exhibits, Lancaster Event Center - Lincoln Room. . . . . 4-8 p.m.

### August

- Aug. 2-11 Lancaster County Super Fair (4-H/FFA Exhibits & Events Aug. 2-5), Lancaster Event Center
- Aug. 24-Sept. 3 Nebraska State Fair, Fonner Park, Grand Island

### September

- 9 Teen Council Meeting . . . . . 3 p.m.
- 11 4-H Council Meeting . . . . . 7 p.m.
- TBA Ak-Sar-Ben 4-H Horse Show, Location TBA
- 27-30 Ak-Sar-Ben 4-H Stock Show, CenturyLink Center

### October

- 2 Horse Awards Night . . . . . TBA
- 2 4-H Council Meeting . . . . . 7 p.m.
- 4 4-H Kick Off . . . . . 6 p.m.
- 7-13 National 4-H Week
- 14 Teen Council Meeting . . . . . 3 p.m.

### November

- 6 4-H Council Meeting . . . . . 7 p.m.
- 11 Teen Council Meeting . . . . . 3 p.m.

### December

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

### 4-H SUMMER CAMPS & TRIPS

#### June-September

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

#### BIG RED SUMMER ACADEMIC CAMPS • June 10-15

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



## Two Lancaster County 4-H Clubs Use Governor's Ag Excellence Award Money for Community Service Projects

### Joe's Clover Knights Provides Meals to 45 Low-Income Families



Joe's Clover Knights delivered 20 meal bags to the Catholic Social Services kitchen to go to St. Gianna Women's Home.

Last June, 25 Nebraska 4-H Clubs won Governor's Agricultural Excellence Awards sponsored by the Nebraska Investment Finance Authority (NIFA). Each club received \$500 to fund its project. Three Lancaster County clubs received awards (the third club was the Pick-a-Pig-Project).

### Fantastic 4 Hosts "Tea" Party for City Mission Youth



Fantastic 4 club hosted a "tea" party for girls living at the People's City Mission.

**Nomar Guerra**  
*President Elect, Joe's Clover Knights*

Our 4-H club, Joe's Clover Knights, was selected as a recipient of the 2011 4-H Governor's Award of \$500 to use to help our community and promote the great things 4-H does to educate and help others. As a group, we decided to plan out nutritious meals on a budget and give them to low-income families and the homeless (enough to provide 45 families with one meal).

To get prepared to do this project, we learned about what a nutritious meal consists of. Some of the things we learned were what the food pyramid looks like, and which foods are in each section, how to use the food pyramid to plan a healthy meal, how to budget for a meal, and how to create a grocery shopping list. We made a huge plate on the wall and everyone drew their favorite foods and put them in the right categories on the plate.

One of our members, Grant Johnson, said, "We learned a lot about how to prepare healthy meals."

At our next meeting, we had two main entrees (and included the recipes) along with other food items that would make up a healthy meal. All of the items were labeled with how much they cost, so each small group had to write out a dinner plan that covered all the food group categories with a budget of \$11 per bag. We filled 45 grocery bags that would be distributed to the families with the non-perishable food and attached tags

with the 4-H pledge on them.

Club member Megan Neal said, "Not everyone knows 4-H can be in the city too."

This was an important goal, to show that 4-H is not just in the country and to show how much you can learn from being involved in it.



The club delivered 25 meal bags to the Matt Talbot Kitchen.

On Nov. 1, we started at our church filling the grocery bags with the additional fresh food items, such as vegetables and fruits needed to complete the healthy meal. We then went as a group to the Matt Talbot Kitchen and St. Gianna Women's Home to distribute the food.

Club member Luke Johnson said, "I loved seeing the kitchen at Catholic Social Services and learning about St. Gianna and how much those families needed our meal bags."

We learned just as much from distributing the meals as we did from putting them together.

Through this project, we definitely used our head for clearer thinking, by planning ahead and figuring out how to budget a healthy meal, as well as thinking about others who are in need. Our hearts were feeling great loyalty to the 4-H organization and leaders for all they taught us. Our hands were used for larger service, packing bags of groceries and carrying them to those in need. And finally, we learned our health is our wealth, and how to feed our bodies so we can be healthy and help others.

We are grateful for the opportunity to do this project for our club and our community.

**Jen Smith**  
*Club Leader, Fantastic 4*

The Fantastic 4 4-H club hosted a "Dreams Come True" tea party in October for the girls living at the People's City Mission. The goal was for the girls to have a day of inspiration, hope, and fun while being treated with dignity and respect.

To fund the party, the club did fundraising the past two summers and received two \$500 grants (Governor's Ag Excellence Award and Lincoln Benefit Life Company Corporate Giving Program). The club had tremendous support from both businesses and community members, allowing them to host up to 40 girls.

When the day arrived, the guests made an entrance by walking the "red carpet" escorted by a club member. Next, they selected a dress and were able to try on/wear as many dresses as they desired throughout the day. The club collected almost 100 old prom/formal dresses to provide the "dress-up" dresses, so there were plenty to choose from!

The guests entered the main party room to find sparkly crowns and jewelry to complete their look. After the greeting, the girls headed off to enjoy the activity stations. Each member of the club was in charge of a station:

- jewelry making
- manicures/nail painting



The girls could select from nearly 100 prom/formal dresses

- make-up
- temporary tattoos
- karaoke
- sketching costumes for dogs
- photo booth

Next, the guests ate snacks — the club's version of tea. Guest speaker, Nancy Smith (2011 Scottish Rite Distinguished Teacher of the Year), spoke to the girls about finding the power inside to follow their dreams.

If the squeals and applause were any indication, the highlight of the day was the two fashion shows featuring the club members modeling, complete with music and a lit white runway.



Activity stations included jewelry making.

The first show featured clothing lines by each 4-H designer, with the garments either made or designed by each member. The second show featured formal gowns with a wedding dress finale. Then, the guests modeled their new looks as they walked the runway.

The day ended with the guests receiving roses and gift bags filled with more than \$60 worth of goods — from personal care items to fun stuff — all put in nylon backpacks. The girls were shocked to find out they could keep the crowns and jewelry, and even their dresses.

Common parting phrases included, "My dreams really did come true!" and "When are you doing this again?"

## EXTENSION NEWS

### Sarah Browning Receives 2011 UNL Extension Distinguished Educator Award



Extension Educator Sarah Browning received the Distinguished Educator award, presented by Extension Dean and Director Elbert Dickey

University of Nebraska-Lincoln Extension Educator Sarah Browning received the 2011 "Distinguished Educator" award presented by UNL Extension at its annual conference in November.

Sarah joined UNL Extension in Lancaster County in December 2010, and was with UNL Extension in Dodge County from 1998 to 2010.

Sarah is involved with several Extension educational program areas:

- horticulture education for homeowners, Master Gardeners, green industry professionals, and commercial vegetable growers
- regular panelist on NET's *Backyard Farmer*; featured in *Backyard Farmer's* popular *How to Grow Tomatoes* DVD; co-leader for development and maintenance of *Backyard Farmer* website (<http://byf.unl.edu>)
- horticulture column is published in the *Lincoln Journal Star* every Sunday

- coordinates Hort Update, an email newsletter for professionals in the green industry (<http://byf.unl.edu/web/byf/hortupdate>)
  - leader of Southeast District Acreage team, creating and maintaining the Acreage Insights website, monthly email newsletter, Facebook page, and Twitter (<http://acreage.unl.edu>)
  - co-leader of Southeast District Urban Agriculture team, helping create an Urban Agriculture website earlier this year (<http://food.unl.edu/urbanag>)
- Sarah's co-workers say she is a respected leader and teacher. One of her strengths is her technology skills. Sarah is the team member others turn to when advanced technology skills are needed to increase educational outreach. She also willingly steps into leadership roles and has been an effective co-leader of action teams.

# EXTENSION CALENDAR

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

## December

31 4-H Award and Scholarship Applications Due to Extension

## January

3 4-H Council Meeting ..... 7 p.m.  
 8 4-H Teen Council Meeting ..... 3 p.m.  
 13 Extension Board Meeting..... 8 a.m.  
 13 4-H Horse Stampede Entries Due to Extension  
 14-15 4-H Horsin' Around, RB Warren Arena, UNL East Campus  
 18 4th & 5th Grade Overnight 4-H Lock-In Registrations Due to Extension  
 18 Private Pesticide Applicator Training Session ..... 8:30-11:30 a.m.  
 18 AARP Driver Safety Program ..... 9 a.m.-1 p.m.  
 18 4-H Dog VIPS Committee Meeting ..... 6 p.m.  
 19 Co-Parenting for Successful Kids (formerly Parents Forever) .9 a.m.-12:30 p.m.  
 20-21 4th & 5th Grade 4-H Overnight Lock-In..... 8 p.m.-8 a.m.  
 23 Family & Community Education (FCE) Council Meeting ..... 12:30 p.m.  
 24 Guardian/Conservator Training ..... 1:30-4:30 p.m.  
 25 Family & Community Education (FCE) and Community Leader Training Lesson, "Lighting Your Way" ..... 1 p.m.  
 28 Private Pesticide Applicator Training Session ..... 8:30-11:30 a.m.  
 28 4-H Counterchange Smoking Workshop ..... 9 a.m.

## Chillin' for Freedom Community Service Project

Youth participating in the "Chillin' for Freedom" workshop at 4-H Clover College learned basic sewing skills as they sewed neck coolers to send to soldiers. A total 18 neck coolers were made and Extension staff donated additional items. Two boxes were sent to a U.S. Army unit stationed in Kuwait to enjoy before the holidays.



## IF YOU DARE SALSA

continued from page 1  
 "Flicker of Fire," a mild version, and "Fire in the Hole," an especially spicy variety, and is currently available at many local stores, including: Hy-Vee, Russ's Market, Super Saver, A Street Market, From Nebraska Gift Shop, Ideal Grocery & Market, Open Harvest, Red Clover Market, Rojo's Goods, The Saucy Cook, Smoking Gun Jerky, The Village Market, and Page's Countryside Store near Valparaiso.

Deb says, "Recently, Everett Evnen has joined as our business partner and we look forward to new crossings on this journey. Plans for the future include adding a bean dip and green chili."

For more information about If You Dare salsa, go to <http://ifyoudaresalsa.com>.

## FOOD PROCESSING CENTER

continued from page 1

• comprehensive product and process development for many types of food and beverages. The Center contains various pilot plant sized manufacturing equipment utilized by companies developing products in the areas of:

- ♦ dairy
- ♦ extrusion
- ♦ bakery
- ♦ tortilla and chip processing lines
- ♦ wet processing
- ♦ dehydration technology
- ♦ meat and poultry
- ♦ packaging
- ♦ food safety
- ♦ high pressure processing

## Food Entrepreneur Assistance Program

The Center also offers the nationally recognized Food Entrepreneur Assistance Program. The program was developed by the Center in 1989 to meet the needs of individuals

interested in starting a food manufacturing business.

It begins with a one-day "Recipe to Reality" seminar that provides entrepreneurs with an understanding of the key factors to be considered when starting a food manufacturing business. Entrepreneurs gain valuable insight on the basics of starting a food business that could take them months or even years to research on their own. Topics include:

- market research
- product development
- packaging
- labeling
- pricing
- product introduction
- promotional materials
- food safety
- legal and business structure issues

Following the seminar, participants may choose to enter the "Product to Profit" phase of the program. During this phase, entrepreneurs receive comprehensive, individualized, and confidential assistance from food scientists and business consultants with the

development of their own business venture.

The Center often has requests from other states to bring the program to their entrepreneurs. This is an efficient and cost-effective method for a state to provide assistance and reap the economic impact of new business growth within the state. Ongoing marketing and promotional support from the host state can help to promote the success and growth of these newly formed companies.

## UPCOMING "RECIPE TO REALITY" SEMINARS

The UNL Food Processing Center will present its one-day seminar "Recipe to Reality" at UNL East Campus on the following dates:

- Saturday, Jan. 14
- Friday, March 16
- Friday, May 11
- Friday, Aug. 10
- Saturday, Nov. 3

Pre-registration is required and space is limited. For an information packet, contact Jill Gifford at [jgifford1@unl.edu](mailto:jgifford1@unl.edu) or 402-472-2819.

## UPCOMING NATIONAL SMALL FOOD MANUFACTURER CONFERENCE

UNL Food Processing Center will present a National Small Food Manufacturer Conference April 2-3 at Embassy Suites Old Market in Omaha.

This conference has been designed specifically for small food manufacturers throughout the country. The conference will educate and motivate you.

Benefits of attending include:

- Learn from nationally known industry experts
- Participate in interactive sessions
- Explore new opportunities
- Network with peers and industry experts
- Learn how to expand and

grow your business

Pre-registration is required. Final registration date is March 25. Space is limited, early registration is encouraged.

For more information about the conference, go to <http://fpc.unl.edu/nsfmc> or contact Jill Gifford at 402-472-2819.

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Lincoln

EXTENSION

University of Nebraska-Lincoln Extension  
in Lancaster County

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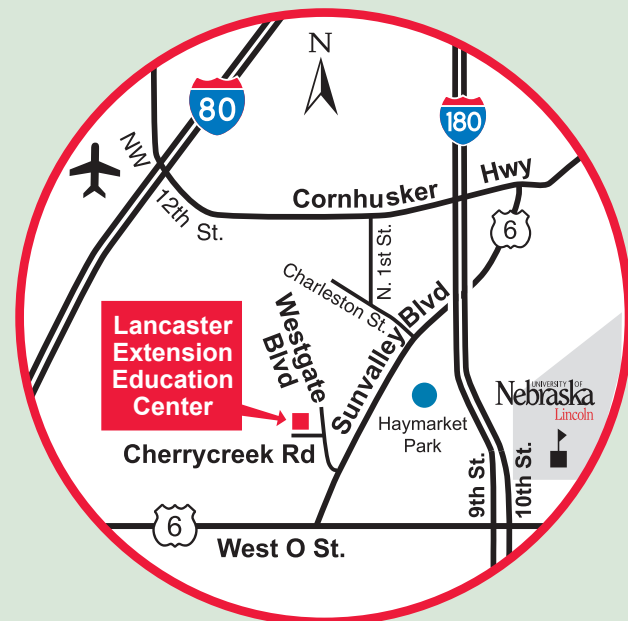
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Lancaster Extension Education Center Conference Facilities  
444 Cherrycreek Road, Lincoln



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We assure reasonable accommodation under the Americans with Disabilities Act; for assistance contact UNL Extension in Lancaster County at 402-441-7180.

## EXTENSION EDUCATOR & UNIT LEADER

Gary C. Bergman

## EXTENSION EDUCATORS

Lorene Bartos, Sarah Browning, Maureen Burson, Tom Dorn, Alice Henneman, Barb Ogg, Karen Wobig

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## 2011 Outstanding 4-H Club Awards

The Lincoln Center Kiwanis Club presents Outstanding 4-H Club Awards to the top 4-H clubs participating in the Lancaster County Super Fair. There are three categories based on number of club members. One category winner is awarded the Wayne C. Farmer memorial cup as the overall Outstanding 4-H Club for the year. Clubs receive points based on all members' total county fair exhibit and contest placings. The following clubs were recognized at a recent Lincoln Center Kiwanis meeting and also will be recognized at 4-H Achievement Night on Thursday, Feb. 2.



**Fantastic 4** 4-H Club of Lincoln is the winner of Category I (5–7 members) — and winner of the Wayne C. Farmer trophy as overall Outstanding 4-H Club for the year. The club's 6 members were enrolled in approximately 65 projects and entered 92 total exhibits at the fair — including photography, clothing, foods, home environment, child development, citizenship, horticulture, household pets, dog, sheep, and swine. This is their third year as an outstanding club and third year as overall club. Jennifer Smith is club leader, and Sarah Lanik Frain is assistant leader.



**Salt Valley** 4-H Club of the Lincoln area is the winner of Category II (8–13 members). The club's 11 members were enrolled in 7 projects and entered approximately 80 total exhibits at the fair, including horse, rabbit, swine, photography, woodworking, foods, and citizenship. Horse is the club's major project. Members participated in the Horse Course Challenge and horse judging contest. Riding classes included English, reining, working pleasure, western, trail, dressage, and jumping. The club is winning this award for the first time. Maralee Sobotka is club leader.



**South Prairie Wranglers** 4-H Club of the Hickman area is the winner of Category III (13 or more members). The club's 67 members were enrolled in more than 25 projects and entered approximately 220 total exhibits at the fair — including horse, rabbit, bucket calf, dog, photography, clothing, horticulture, foods, child development, woodworking, and engineering. Members participated in many fair contests including horse/rabbit judging, rabbit breed identification, rabbit quiz bowl, speech/public service announcement, presentations, table setting, and style revue. Several members are Clover Kids (ages 5–7). The club is winning this award for the fourth year. Kendra Ronnau is club leader and there are seven assistant or project leaders.

## Lancaster County 4-H Livestock Judging Team at Nationals



Livestock Judging team members included Rachel Johnson, Taylor Johnson, Chandler Kramer, and Grant Rathje. They were accompanied by coach Roger Bell (right) and Extension Assistant Cole Meador (left).

In November, the Lancaster County Livestock Judging team represented Nebraska at the National 4-H Livestock Judging Contest which was part of the 2011 North American International Livestock Exposition in Louisville, KY. Team members were Rachel Johnson, Taylor Johnson, Chandler Kramer, and Grant Rathje. The team was coached by Roger Bell. Judging classes included cattle, swine, sheep, and goats.

Grant placed fifth high individual in swine and 13th high individual overall, earning him Livestock Judging All-American honors (which goes to the top 20 individuals). Grant says, "The national contest was a great growing experience for me as an individual and for our team. The things that we were able to do there will help all of us later in life. It wasn't just about the judging, but about developing life skills. Judging teaches you to perform under pressure, think critically, make decisions, and communicate those decisions to others effectively. The trip to Louisville is one that I will remember for the rest of my life."

During their trip, team members were able to watch several cattle and sheep shows. They also saw the University of Kentucky livestock facilities, horse farms, Churchill Downs, the St. Louis Gateway Arch, Truman Presidential Library & Museum, and the American Angus Hall of Fame.

The team qualified for nationals by winning state champion at the Nebraska 4-H Premiere Animal Science Events (PASE) in June at University of Nebraska–Lincoln East Campus.

Lancaster County 4-H Teen Council  
presents its annual...

# Overnight Lock-In

THIS YEAR'S THEME IS...  
Journey  
Through  
Time

for 4th & 5th graders  
(need not be enrolled in 4-H)

Fri. Jan. 20, 8 p.m.–  
Sat. Jan. 21, 8 a.m.

Lancaster Extension Education Center,  
444 Cherrycreek Road, Lincoln

Bring your sleeping bag, pillow, toothbrush,  
toothpaste, active wear, sleepwear (sweats)  
and a friend interested in 4-H!

Cost \$15/person  
Registrations due by Jan. 18

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

LOCK-IN REGISTRATION FORM

Watch Chicks Hatch  
Online with EGG Cam!

[lanaster.unl.edu/4h/Embryology](http://lanaster.unl.edu/4h/Embryology)

Embryology resources include  
incubation, candling, and more!

**Find us on Facebook!**

Make check payable (\$15/participant) to Lancaster County 4-H Teen Council  
and mail with registration form **BY JAN. 18** to:  
Tracy Anderson, UNL Extension in Lancaster County, 444 Cherrycreek Rd, Suite A, Lincoln, NE 68528

Name of participant(s) \_\_\_\_\_ Age \_\_\_\_\_

\_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Parent or Guardian \_\_\_\_\_

Special Needs or Other Information (such as food allergies) \_\_\_\_\_

I give permission to use my child's image in photographs taken at the Lock-In  
in publications, news articles, advertisements or Web sites pertaining to 4-H.  yes  no

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_