

FUN News

for

People, Recognition, Enthusiasm, Communication

Panhandle District Monthly News

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March & April, 2008

Is it Really Spring?

All indications are that Spring will happen again this year. Strange how some things stay the same and other things continue to change, just to keep us on our toes. The good news is that we have nearly completed all of the evaluation processes from 2007. Thank you all for the many good things that you do for this unit, both here at the Center and throughout the District. Next thing up will be checking out the annual budget that will begin July 1.

Just this week, I met with the Director's Advisory Committee. The main point of our discussion this month was a review of the four basic issues that were identified for this district a year ago. We settled on a discussion of "district citizenship" and what that might mean to us. Some things are already in place that have boosted our sense of "citizenship" within this district. They included the renewal of this district newsletter and the monthly seminars that are available here at the Center and for broadcast to the county offices via polycom. There's more we can do and several ideas were placed on the table. Getting to know one another better and the programs that each of us is doing, giving recognition for excellent efforts within our programming areas, and honoring those who take on assignments, such as serving as a district committee chair, were among the ideas that surfaced. We'll be working on these as we move into the summer months. Send in your thoughts and stay tuned for opportunities to express your "district citizenship" in meaningful ways.

"To be able to be caught up into the world of thought -- that is being educated." Edith Hamilton

Linda

"At the Center"

Dave Ostdiek is coordinating a new column with the local newspapers entitled "At the Center". The goal is to keep Extension in the Panhandle in the public eye; keep the public informed about our activities and upcoming events; provide timely information to help our clientele (advisories about agriculture, marketing, family finances, nutrition, family issues, and other topics of interest). Most of the time the tone of this column will be more conversational rather than written as a news release. Note: This will supplement, not replace, other news releases announcing specific events. Dave will be interviewing and visiting with the Panhandle District Staff to receive topics and information for these articles. The plan is to have an article in the newspaper each week. Dave will be writing these articles, but suggestions for topics will be helpful and very much appreciated, so let him know about your exciting programs and activities.



Planting season is quickly approaching. . .

Learn more about adopting-a-spot at the Center by visiting with someone on the Arboretum Committee - Kathy Nielsen, Jim Schild, Steve Sibray, Bob O'Neill, or Bob Wilson.



Share your green-thumb skills!

Comings and Goings in the Panhandle

Distance between county offices makes it difficult to meet new people face to face, but we want to extend a sincere welcome to those who have recently joined the UNL Panhandle District.

Kelly Huntley is a new part-time office assistant in Sheridan County. She started in March and works Mondays and Tuesdays. Joan Dawson has been in the Sheridan office since February, 2007 and works Wednesdays, Thursdays and Fridays.

Konni Sauder is the office support staff in the UNL Extension Office in Deuel County. She started her position in December.

Judson Vasconcelos moved to Scottsbluff the end of February and officially began his position April 1 as the Feedlot Nutrition/Management Specialist.

Welcome!!



7-Habits Booster

Twenty-one Panhandle District support staff participated in a 7-Habits Booster session on February 29. This Booster session was facilitated by Linda Boeckner and Keith Niemann to help participants reflect on what they had learned at the 7-Habits of Highly Effective People workshop in January, 2007. By asking the question, "what is my strongest habit" the group divided themselves into small groups and discussed why that was their strongest habit and what they had done to be successful in that habit? This was also done with the groups' "weakest habits". Good discussions took place in these small groups. Thanks to Linda and Keith for this opportunity to refresh our memories and boost our commitment to apply these habits in our daily activities at home and at work.

Happy Belated!!

Being late with the March newsletter means I missed saying Happy St. Patrick's Day, Happy Easter, and Happy March Birthdays. . . but it is never too late to be "happy" - so we'll just say Happy Belated March Birthdays and Happy April Birthdays now!

Those celebrating March Birthdays late are . . .

Nebraska - March 1
Alex Pavlista - March 5
Dick Gatch - March 12
Karla Poenisch - March 16
Dave Ostdiek - March 18
Trish Nielsen - March 21
Sandi Schiaffo - March 23
Joan Dawson - March 26

and possibly others who haven't told us their birth date. (It's not too late to email sholman1@unl.edu and share your special date.)

We hope your day was special in some way!!



Happy April Birthdays!!

Kathy Nielsen - April 5
Gary Hein - April 6
Lynn McKinney - April 22
Jamie Goffena - April 24
and others ??

Since everyone's schedules are so busy, and the "third Tuesday" may not be a good day for you to celebrate your birthday -- let's make a change and instead of having one designated "party day" each month, we'll let the birthday person decide when and if they would like to bring treats.

This way we can celebrate all month!

Employee in the Know



Hi! My name is Debra Austin. I am the new Extension Assistant/ 4-H Coordinator in Sheridan County. I have a Bachelor of Science degree in Horticulture - Production from UNL. I have 14 years of experience in the field of greenhouse production. This position has been a big career change for me. So far, I am really enjoying the job and the area. Although a native Nebraskan, I moved here from Helena, Montana where I worked as a grower for High Country Growers, a wholesale greenhouse providing bedding plants, perennials and poinsettias for the state of Montana. I have also worked in Topeka, Kansas, Ainsworth and Lincoln, Nebraska.

I am currently single and do not have any children, yet. In my free time, I enjoy working with plants, playing with my four cats, doing all kinds of crafts, reading, watching movies, and visiting my immediate family in Staplehurst, Nebraska and many other relatives throughout the state.



Gustavo Sbatella
Post-Doc with Bob Wilson

I was born in Capitan Sarmiento, a small town 100 miles northwest of the city of Buenos Aires. My dad worked for the Argentine Navy, so we lived in several different towns until he got commissioned to the US. Our family then moved to Arlington, Virginia, where I lived 2 years and attended Patrick Henry Elementary School. When we returned we established in Buenos Aires where I grew up.

After finishing high school I started my college education at the University of Buenos where I graduated as an agronomist in 1990. After graduation I worked in different jobs some related to agriculture (soil mapping, crop scouting, crop harvest control, crop consultant, several

duties in a slaughterhouse, etc.) and some other jobs that weren't (translator, office manager for a small financial consultant firm, blimp ground crew, etc).

I experienced the taste for traveling at an early age, so besides extensive traveling in my country I visited Chile, Bolivia, Paraguay, Uruguay, Brazil and Canada.

In the year 2001 I moved to the US to attend Graduate School at the University of Wyoming, where I finished my Masters and Ph.D. in Agronomy-Weed Science. Dr. Steve Miller was my main advisor. Currently I'm doing a Post-Doc at the Panhandle Research Center with Dr. Bob Wilson. Currently my research is looking at the impact of glyphosate resistant cropping systems in weed populations and causes for poor control of Kochia with I soxaflutole in corn.



Nebraska Trivia

1. What took place on March 1, 2008?
2. What is Nebraska's state motto?
3. What is the state flower?
4. What is the state insect?
5. What is the origin of Nebraska's name?
6. Where is the world's largest hand-planted forest?
7. Where does the humid east meet the arid west?
8. What did the Nebraska Capitol cost to build?
9. What does Nebraska have more of than any other state in the continental U.S.?
10. Before Nebraska was the "Cornhusker State", what was it called?

What's Cooking?

Roman Salad with Noodles – Chef Tom Holman

1 lb. cooked ham, cut in finger-sized strips
 ½ lb. fettuccine verde (green noodles)
 2 c. (½ lb.) very fresh mushrooms, quartered or thickly sliced
 ½ c. ripe olives, pitted

For dressing:

2 T. red wine vinegar
 salt and pepper
 6 T. olive oil
 1/4 c. chili sauce or salsa
 1 T. chopped parsley
 1 tsp. mixed herbs (oregano, thyme)
 Mix vinegar with seasoning, then whisk in the oil, chili sauce and herbs.

Cook noodles in plenty of boiling salted water for 8-10 minutes or until just tender 'al dente'. Drain and rinse with cold water until shiny and drain again.

Put ham in a bowl with noodles, mushrooms and olives. Pour dressing over noodles and mix carefully. Serve with tomato wedges for garnish.

* * * * *

Note: This is a perfect salad for St. Patrick's Day because of the green noodles, and it is great way to use leftover Easter ham. However, you don't have to wait until next year to try this recipe – it's good anytime!



Remember

visit our Panhandle Staff web page at
www.panhandle.unl.edu/staff/staff.htm.

User name and password: phrec.

All good news is worth sharing.
 Share what is important to you!
 We all want to know.

Email to:

sholman1@unl.edu

This issue of the newsletter isn't an April Fool's
 – it's just late!

Use Your Brain to Cut Stress

Relieve stress by understanding which brain hemisphere is stressed. If you feel depressed or emotionally overwrought, your stress is in the right hemisphere - the creative, emotional, holistic side. What to do: Switch to your matter-of-fact left hemisphere by doing math, writing factual prose or organizing. The emotional right brain will calm down. If you feel time-stressed and overburdened, the left hemisphere is involved. Switch to your right brain by singing or playing a sport.

From the Communication Briefings: Ideas that Work newsletter.



Nebraska Trivia Answers

1. Nebraska celebrated its 141st birthday on March 1, 2008.
2. "Equality before the law."
3. The "goldenrod" was declared the state flower on April 4, 1895.
4. The honeybee.
5. Nebraska came from an Oto Indian word meaning "flat water".
6. Halsey National Forest near Thedford, Nebraska.
7. At Cozad, Nebraska on the 100th Meridian.
8. The cost was \$9,800,440.07 in 1932. The construction job came in under budget and the building was paid for by the time it was completed.
9. Nebraska has more miles of river than any other state and Nebraska has more underground water reserves than any other state in the continental U.S.
10. Nebraska's nickname was "Tree Planter's State" until it was changed in 1945 to the "Cornhusker State".