

University of Nebraska - Lincoln

DigitalCommons@University of Nebraska - Lincoln

The NEBLINE Newsletter Archive from UNL
Extension in Lancaster County

Extension

11-2008

The NEBLINE, November-December 2008

Follow this and additional works at: <https://digitalcommons.unl.edu/neblines>



Part of the [Agriculture Commons](#)

"The NEBLINE, November-December 2008" (2008). *The NEBLINE Newsletter Archive from UNL Extension in Lancaster County*. 91.

<https://digitalcommons.unl.edu/neblines/91>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in The NEBLINE Newsletter Archive from UNL Extension in Lancaster County by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

In This Issue

Farm Views..... 2
 Urban Agriculture ... 3
 Food & Fitness 4
 Home & Family Living.. 5
 Horticulture..... 6
 Environmental Focus . 7
 4-H & Youth 8-9
 Community Focus... 10
 Miscellaneous ... 11-12



4-H SCHOLARSHIPS
 More than \$5,000 in college scholarships are available to Lancaster County 4-H'ers!
 Applications are due Jan. 2
 —see page 8

4-H AWARDS
 Lancaster County 4-H awards a variety of honors to members, volunteers and supporters.
 Applications are due Jan. 2
 —see page 8

Make a Difference: Reduce, Reuse, Recycle

Lorene Bartos
 UNL Extension Educator

Are you making a difference in the life of the landfill and curbing climate change? What you do each day effect both of these. Many local residents are making a difference by practicing the 3 R's: Reduce, Reuse, Recycle. Are you doing your part? If you already practice some of the R's, is there more you can do?

Reduce

Packaging is one of the largest items in the trash. Watch packaging when you are shopping. Buy in bulk if it is right for your family or situation.

When purchasing products for the home and home maintenance, think green. Choose nontoxic, natural and energy saving products, including: nontoxic paints and cleaners, eco-friendly facets, compact florescent light bulbs, recycled paper products and energy star appliances. White vinegar and baking soda are common household products which work well for cleaning bathrooms and removing hard water stains. Some green or recycled products may cost more. Choose the products which are best for your situation.

Think about the environment when working and caring for your yard. Pesticides are used by many people to control a variety of pest organisms. Thanks to the development of new pesticides, the use of neurotoxic pesticides has decreased dramatically over the years. There are also alternatives to chemical pesticides, such as biological pesticides which are preferred by many environmentalists and gardeners, or even no pesticide use at all.

To help keep pharmaceuticals out of the environment, dispose of unneeded or expired medications properly:

- Do NOT flush them down a toilet or drain. This includes septic systems as well as municipal wastewater systems.

- Alter the medications in some way (e.g. mix with cat litter, coffee grounds, baking soda).
- Remove all identifying information, close and secure the lid.
- Dispose of the medication in the trash, preferably the day of pick up.

Reuse

Almost all things around the home can be reused. Think of all the ways something can be used before sending it to the trash can. Reuse plastic grocery bags — they make great liners for trash cans. Many items can be given to charities, family or friends. Magazines can be shared or given to nursing homes or schools.

Recycle

There are 33 recycling drop-off site locations in Lancaster County (**see back page for details**). During the 2007–2008 year, 7,475 tons of material was collected through the drop-off sites. Many City of Lincoln residents choose the convenience of private curbside recycling. The recycling office estimates approximately 3,250 tons of material was collected through local curbside recycling efforts.

Have you looked at your trash lately? What should you be recycling? Remember: newspapers, cardboard boxes (including cereal boxes, etc.), cans (steel and aluminum), glass bottles and jars, plastic #1 and #2 containers can be recycled.

For more information about recycling, contact the City of Lincoln Recycling Hotline at 441-8215 or go to <http://lincoln.ne.gov> (keyword: Recycling).



Tips to Make A Difference:

- Turn thermostat down two degrees in the winter and up two degrees in the summer.
- Turn off lights and unplug electric appliances.
- Take your own bags to the grocery store. Use reusable ones or reuse paper or plastic bags.
- Install low-flow shower heads and take shorter showers.
- Change furnace filters.
- Change most used light bulbs to compact fluorescent bulbs.
- Maintain your vehicle: change air filters, properly inflate tires to improve gas mileage up to 10%.
- Run the dishwasher only when it is full. This will save water, electricity and soap.
- Be sure your house is adequately insulated.
- Caulk and weatherstrip all seams and cracks in your home.
- When replacing appliances, choose Energy Star-approved appliances. This will help reduce utility bill and save energy.
- Check your hot water heater and lower temperature to 120 degrees F.

When Planning a Trip:

- Use electronic, no paper tickets when booking transportation or events.
- Have your vehicle tuned up.
- Stop your newspaper or donate it to a school while you are gone.
- Stay at hotels that are environmentally friendly and reduce laundry by not changing sheets each day.
- Turn off lights when you leave the room.
- Take only the brochures you need from visitors centers.
- Recycle any papers or items rather than putting them in the trash.

Source: The U.S. Environmental Protection Agency

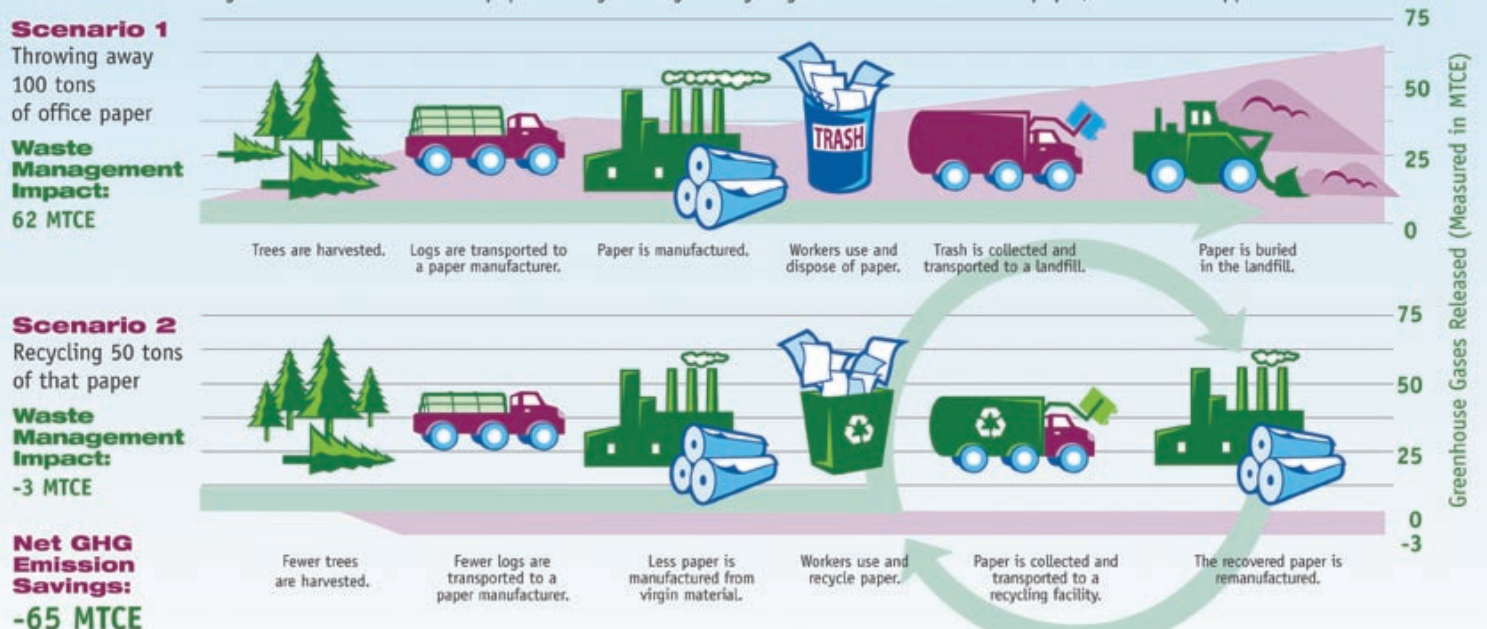
Non-Profit Organization
 U.S. Postage Paid
 Permit No. 537
 Lincoln, Nebraska

CHANGE SERVICE REQUESTED

Lancaster County 4-H Council
 University of Nebraska–Lincoln
 Extension in Lancaster County
 444 Cherrycreek Road, Suite A
 Lincoln, Nebraska 68528-1507

You Can Make a Difference!

By choosing to prevent waste and recycle, you can help curb climate change. Assume your office, for example, throws away 100 tons of white office paper each year. If you recycle just half that amount of paper, look what happens:



2008 Crop Year in Review

Tom Dorn

UNL Extension Educator

This article is a look back over the 2008 crop season in Lancaster County and the obstacles many producers had to overcome. It also looks ahead to the challenges and opportunities in the new crop year.

Looking Back

The wet spring in 2008 delayed planting and other field operations in April, May and June. A considerable percentage of the corn and soybean acres were planted well after the optimum plating date for highest yield potential.

Lincoln had the eighth wettest June on record with 8.59 inches of precipitation, over five inches above normal for the month even though Lincoln was essentially missed by the June 6 storms that spawned a tornado and produced widespread flooding along the Lancaster-Saunders County border and flooding and wind damage south of Saltillo Road to the Gage County line. Not only did this make the fields, which had not been planted yet, too wet to work for another 10-14 days, but some high-priced nitrogen leached below the root zone in well-drained fields or was lost to denitrification in areas where the soil remained saturated for long periods.

Fungal diseases were prevalent in wheat again this year, mainly as a result of the extended periods of free water on the leaf and head surfaces from the frequent rains. These conditions were ideal for fungal growth. Some producers were docked at the elevator when detectable levels of mold toxins were found in the grain. Wheat yields were respectable, but nothing close to a record.

The rainfall spigot shut-off in late June and we only had three rain events where we received over a half-inch through July and August in Lincoln.

Thankfully, the soil moisture stored

in the root zone in May and June was sufficient to carry corn through the critical tasseling, pollination and early dent stages before undergoing significant moisture stress. Most corn ears filled fairly well, but there was tipping back (barren ear tips) in many fields. The cooler-than-normal August delayed corn maturity which will likely result in more corn being harvested at higher moisture content than usual. I expect more corn will require drying to reach safe storage moisture for long-term storage (see the article on the Farm Views page of the October NEBLINE, "How to Reduce Energy Cost for Grain Drying," online at <http://lanaster.unl.edu/nebline>).

Soybeans drew on the stored soil moisture and grew well through flowering, pod development and early pod fill. The cool temperatures in August were ideal for soybean aphid reproduction and survival. Far more acres were sprayed to control soybean aphids than we have ever done in Lancaster County. Soil moisture began to run out around the last week of August, which hastened soybean maturity and reduced bean size. This was especially evident in lighter soils and areas with soil compaction or salinity problems.

Looking Ahead

As this is being written the third week in September, winter wheat planting is about to start. We have had several small rains this month so there should be adequate moisture for germination and early growth. Grasshoppers are abundant and are very hard to kill this time of year. Grasshopper feeding on wheat seedlings is a concern. By the time this NEBLINE is printed, we should have had some killing frosts. Hopefully frost has reduced grasshopper populations to sub-economic threshold levels. It never hurts to scout field margins to assess this for yourself.

One growing concern for producers when looking forward to next year is

the ever higher cost for purchased inputs for crop and livestock production. To aid producers as they make plans for next season and as they put together their cash flow and borrowing needs, UNL Extension Cropping Systems Specialist Robert Klein has put together several estimated 2009 crop budgets. These are all based on scenarios typical of the type of crops and cropping practices one would find across the state. These budgets can be found on the Crop Watch Newsletter Web site. The budgets were split up between two consecutive issues of the newsletter. Go to <http://cropwatch.unl.edu>, click on Archives, then click on 2008 Archives and open the newsletters dated Sept. 12 and Sept. 22.

A hint of the type of information found in these crop budgets is an irrigated corn budget. The assumption was a 220 bushel per acre yield goal with a 205 bushel actual yield. The actual budget is very detailed. The following are the highlights:

Total cost for field operations	\$172.62
Total cost for materials and services	\$388.96
Total listed costs for field operations and materials and services	\$561.58
Cost per bushel for field operations and materials and services	\$2.74

Note: This analysis did not include cash rent on leased land or interest on the land loan or property taxes on owned land. These costs should be included when calculating a true break-even cost per bushel.



This was a field just South of Roca Road on Hwy. 77 flooded by heavy rains in June.



This corn was laying over after heavy rains in June caused rushing water to wash over the corn.

Surviving High Input Costs in Crop Production Web Site

UNL extension specialists and extension educators are in the process of creating a Web site titled, "Surviving High Input Costs in Crop Production." This Web site will be populated with short single-topic papers describing ways to reduce input costs in crop production without suffering economic yield loss.

By the time this newsletter is printed, this Web site will be linked to the Crop Watch Newsletter site (<http://cropwatch.unl.edu>) and will be linked to the UNL Extension in Lancaster County Acreage, Farm and Ranch page at <http://lanaster.unl.edu/ag>. Take a look and see how many of the practices suggested could be implemented on your farm. It may be possible to reduce input costs by \$20 to \$50 per acre or more without hurting yields.

Preserve Grain Quality with Aeration Management

Tom Dorn

UNL Extension Educator

Corn matured later than normal this year and as I write this article on Sept. 25, I anticipate many fields will be harvested at higher moisture content than usual. This means more grain than usual will need to be dried in the bin or high-capacity dryer to bring the corn down to a safe moisture content for storage. Shelled corn should be dried to 15.5% if the grain will be fed or delivered before December; 15% if held into the new year; and 14% if held into the summer months. The safe storage moisture content for soybeans is two percentage points lower than corn. To learn some techniques to reduce drying cost, see the article on the Farm Views page of the October NEBLINE "How to Reduce Energy Cost for Grain Drying," online at <http://lanaster.unl.edu/nebline>.

Don't forget, it is important to get the grain cool as well as dry in order to maintain grain quality. Insects become nearly dormant at temperatures below 50 degrees F and many are killed below freezing.

Mold growth is nearly zero at temperatures below 40 degrees F as well.

After the grain has reached the target moisture content, run the aeration fan whenever the ambient air temperature is 10 degrees F cooler than the grain. The goal is to cool the grain to between 30 and 40 degrees F as soon as possible. The amount of time required for a cooling cycle to pass through a bin of grain depends on the airflow rate. The cooling time (hours) can be estimated by dividing 15 by the airflow rate, measured in cubic feet per minute per bushel (cfm/bu). For example: it will take about 15 hours to push a cooling front through a bin of corn with a typically sized drying fan capable of pushing one cfm/bu and about 75 hours is needed with an airflow rate of 0.2 cfm/bu ($15/0.2 = 75$). (This is about the airflow rate you would expect to achieve with a 0.5 hp 12-inch diameter 3450 rpm axial flow fan on a 30-foot diameter bin with a full mesh floor and 18-foot grain depth.) Check grain temperature at several locations in the bin to determine when the cooling cycle is complete. Grain temperature changes

about 50 times faster than the moisture content, so the air's relative humidity is of little concern during grain cooling.

It is important to keep the grain temperature uniform throughout the bin. The temperature of the grain next to the bin wall will be influenced by the air temperature so tends to be colder than the grain in the middle of the bin in winter. Cold air sinks along the bin wall and warmer air rises in the middle of the bin where the grain is warmer. When the warm air gets to the cold grain surface at the top of the grain mass, moisture in the air can condense and cause a wet spot to form in the top middle of the bin. It is a good idea to run the aeration fan once a month in winter when air temperature is between 28 and 35 degrees F to keep the grain at a uniform temperature within the bin. Run the fan long enough to push a temperature front all the way through the grain mass before shutting down.

Always cover roof hatches when you are not aerating to keep snow from blowing into the bin, where it can melt and cause a wet spot. It is also a good idea to cover the fan

opening to prevent the chimney effect from drawing cold air in through the fan and up through the grain. If you have discovered spoiled grain on the bottom of the bin when you unloaded in the spring, it was

likely due to the chimney effect drawing small volumes of air through the fan opening into the cold grain which resulted in the humidity in the air condensing on the cold grain in the bottom of the bin.

Estimating Corn Drydown Time

Farmer Question: About how long should it take to dry 20% moisture corn to 15% using natural air during the last three weeks in October?

Answer: The High Plains Climate Center data for Lincoln, Nebraska shows the 24-hour mean temperature is 51 degrees F for the final three weeks in October. If we assume the mean humidity is 50% (dew point of 33 degrees F) and if we assume the airflow is 1.0 cubic feet per minute per bushel, (the minimum recommended airflow for 20% moisture corn), we can estimate the time to dry this grain.

Under these climatic conditions, the stated aeration fan and assuming no stirring system in the bin, it should take about 20 days to bring the moisture content at the top of this bin of corn to 15%.

If the bin is equipped with a stirring system, run the stirring system while filling the bin to relieve the pack factor, redistribute the fines (which tend to congregate in the middle of the bin) and to level the grain. Then shut off the stirring system and allow a drying front to form and move through the grain. Since the bottom of the bin will be over-dried by the time a drying front is pushed through the bin, run the stirring system again when the top of the drying front is two feet below the surface to equalize the moisture in the grain mass. Following this stirring system management could reduce drying time about three days.

It's Not Easy Being Green During Nebraska's Winters

Don Janssen
UNL Extension Educator

Winter can be tough on trees and shrubs. Low temperatures, rapid temperature changes, winter desiccation and the weight of ice and snow can damage vulnerable trees and shrubs.

Nebraska is located in USDA Hardiness Zones 4 and 5. The average annual minimum temperature in Zone 5 is -10 to -20 degrees F. The average annual minimum temperature in Zone 4 is -20 to -30 degrees F. The dividing line between Zones 4 and 5 lies roughly a few miles north of Interstate 80.

Woody plants gradually acclimate to cold temperatures. Cold hardiness is initiated by decreasing day length and temperature. Trees and shrubs gradually become more cold hardy during the fall and early winter season and possess maximum cold hardiness in mid-winter. Cold hardiness then decreases. As a result, a temperature of -5 to -10 degrees F in January is generally not a problem for hardy plants. However, a temperature near zero in early November or late March may cause considerable damage to poorly adapted trees and shrubs.

The best way to prevent damage caused by low temperatures or rapid temperature changes is to select trees and shrubs that are hardy in your area. Marginally hardy plants should be planted in protected sites, such as courtyards or eastern exposures. Avoid late summer pruning and fertilization of trees and shrubs. Late summer

pruning and fertilization stimulate late season growth and delay the hardening process, making the plants more susceptible to winter injury.

Narrow and broadleaf evergreens lose considerable amounts of moisture through their leaves or needles, buds and stems during the winter months. The cold, dry winds and sun are mainly responsible for the water loss. Once the ground freezes, however, plant roots are no longer able to absorb water. Plant foliage that loses a large amount of moisture may dry and suffer desiccation injury.

Plants susceptible to desiccation injury should be planted in protected areas. A shield or screen can be erected to deflect drying winds or shade exposed plants. A simple screen can be constructed with wooden posts and burlap. Anti-desiccants can also be used to prevent desiccation injury. When sprayed on plant foliage, these materials form a protective film that slows water loss. In dry years, water evergreens susceptible to desiccation injury in the fall.

Major damage to trees and shrubs can also be caused by the weight of ice or heavy, wet snow. Multi-stemmed evergreens, such as arborvitae and weak-wooded deciduous trees, such as Siberian elm, green ash and silver maple are most susceptible to branch breakage. High winds during an ice or snow storm can greatly increase tree and shrub damage. Oak, crabapple, pine, spruce and fir are less susceptible to winter storm damage.

When heavy, wet snow accu-



You can gently shake heavy, wet snow from branches or brush off the snow with a broom.

mulates on shrubs and small trees, home gardeners can gently shake the snow from their branches or carefully brush off the snow with a broom. Sharply bent, ice-covered branches on small trees and shrubs can be propped up to prevent breakage. Don't attempt to remove the ice by beating the tree or shrub with a broom or rake. This may only cause greater damage. Individuals should stay away from large, ice-covered trees. Nothing can be done to prevent damage to large trees. Individuals, however, can be severely injured or killed if a large, ice-laden branch or tree were to suddenly crash to the ground while underneath it.

Soni Cochran, UNL Extension in Lancaster County

Put on an Extra Blanket (Winter Mulching)

Don Janssen
UNL Extension Educator

When temperatures drop and the cold wind blows, we throw an extra blanket on the bed to keep us warm. If we think we're doing the same thing when we apply a winter mulch to garden and landscape plants, we may be doing the right thing for the wrong reason.

In most cases, the aim of a winter mulch is not to keep the ground from freezing but to keep it from alternately freezing and thawing. This can injure plant roots and push plants and bulbs right up out of the soil.

The exceptions are roses and strawberries. In roses, the aim of winterizing—covering the plants with soil and/or mulch or rose cones—is to protect the graft union from freezing. The graft union is the place where the named variety, the flowering part, was grafted



A hybrid tea rose properly mulched for winter.

Curtis Swift, Colorado State University Extension

onto the rootstock. If that part isn't protected, the top part may be killed.

Though strawberries are vulnerable to frost heaving, they need a winter mulch to protect the flower buds that will become next year's fruit crop. Mulching protects the flower buds against temperatures below 15 degrees F, which can damage or kill them.

Mulch strawberries after plants stop growing. Applying mulch before growth stops, may smother the crowns. You need to apply mulch before temperatures drop below 20 degrees F, however.

As the name suggests, one of the best mulches for strawberries is straw. Other possibilities are chopped cornstalks, hay and bark chips. Grass clippings and leaves are not recommended because they tend to form thick, smothering mats. Each bale of straw should cover an area about 10 by 10 feet to a depth of 3 to 5 inches.

For perennial and bulb beds, chopped leaves and compost are good because they insulate the beds but plants can push up through them in the spring. Bark chips are often used around trees and shrubs.

A properly mulched tree has mulch over the root zone but not lapping up against the trunk. Mulch piled around the trunk could provide cover for mice and enable them to gnaw on the bark and girdle the plant.



Do not mulch trees directly around the trunk.

Strawberry plants need to be uncovered as soon as they begin growing in the spring. Rake the mulch between the rows where it will be handy in case a freeze or frost warning makes it necessary to re-cover plants. After the danger of frost is past, it can be spread between rows for a summer mulch to help control weeds and slow the loss of moisture from the soil.

Mulches in flower beds and around landscape plants reduce the need to water and keeps lawn equipment at a distance. Injured bark on woody plants can give insects and disease organisms a place to invade.

Mulching to retain soil moisture is especially important around newly planted ornamentals, which tend to have limited root systems for the first year or two after planting. This makes them more susceptible to drought stress than established plants.

Shelia Day

Avoid Stacking Firewood Next to House

Don Janssen
UNL Extension Educator

That big woodpile that gives you such a feeling of snug security going into the winter may also shelter rodents and insects and may even provide them an opportunity to spend the cold season under your roof.

Where and how you stack the wood is the key. Mice and rats will readily take shelter in a backyard woodpile if conditions are right. If the woodpile is located some distance from the house so the rodents would have to cross a wide expanse of open lawn, they're likely either to stay near the woodpile or move on. If the wood is stacked next to the house, however, so the rodents don't have to venture out into the open, the woodpile enables them to search in perfect safety for an opening through which they can squeeze into your house.

It doesn't have to be a very big opening—a mouse can squeeze through a hole 1/4-inch in diameter, and a rat needs only a 1/2-inch hole. Both rats and mice can climb any surface rough enough to give them a toehold, so openings need not be at or below ground level to give them entrance.

Provide the rodent with shelter in the form of a woodpile right next to the house, and they'll be able to take as much time as they need to scout out an entryway.

Provide them with a supply of food, too, and your rodent problem can get serious very quickly. Food can be in the form of easily accessible garbage, a poorly managed compost pile, wild bird food in flimsy containers, crop residues in the vegetable garden or dog food.

If right next to the house is the worst place for a woodpile, probably the next-worst place is next to the dog pen. If you feed the dog there, spilled and leftover food and the dog's water dish provide rodents with all they need in addition to shelter.

Stacking wood against an exterior wall of your home also invites insect problems. Wood is the natural home for carpenter ants, termites, wood-boring beetles and countless other insects and spiders. Except for carpenter ants and termites, which can seriously damage your home, most of these insects are more nuisance than threat. But they will move indoors for the winter. You issue the invitation when you stack wood next to the house. The insects then find the little crack in the foundation or the loose-fitting storm door and stroll right in.

Close up openings around windows and doors, seal cracks in the foundation and mend holes in screens. Then stack wood some distance from the house or, if you must pile it nearby, get it up off the ground—at least 18 inches—and keep it an arm's length away from the wall. Make the pile long and narrow, one log wide rather than several logs laid side by side. Multiple rows make better rodent quarters.

Insects may hitchhike indoors on wood, so bring in only what you'll use in a day or two. A log riddled with insect tunnels that begins to erupt with big black ants or termites when it's disturbed or warmed to room temperature should be rushed outdoors at once, then burned or otherwise disposed of. Other insects brought out of firewood by the warmth inside your home are a nuisance rather than an emergency and can be collected with a vacuum cleaner.





By Alice Henneman, MS, RD, UNL Extension Educator

Here's a recipe from Mary Torell, Public Information Officer, Nebraska Department of Agriculture, Poultry and Egg Division for using turkey leftovers.

Easy as Pie—Turkey Pot Pie

(Serves 6)

- 1 (15 ounce) package refrigerated pie crusts (2 crusts)
- 2 (10¾ ounce) cans cream of potato soup
- 1 (16 ounce) bag frozen mixed vegetables, thawed
- 2 cups chopped cooked turkey
- ½ cup low-fat milk
- ½ teaspoon dried thyme leaves
- ½ teaspoon black pepper

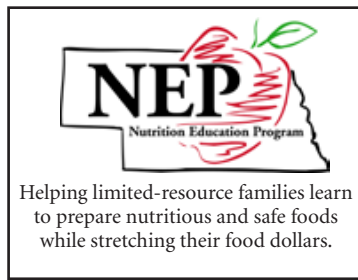
Wash hands. Place one pie crust in bottom of a 9-in deep-dish pie plate. In a large mixing bowl stir together soup, vegetables, turkey, milk, thyme and pepper. Spoon turkey mixture into crust. Top with second crust. Pinch sides together and cut slits in the top of the pie. Bake in a preheated 375° F. oven for 40 minutes. Cool before serving.

Approximate Nutrient Content Per 1 Serving: 493 calories; 19 gm protein; 23 gm fat (10 gm saturated fat); 726 gm carbohydrate; 726 mg sodium.

Recipe Source: Iowa Turkey Federation



\$tretch Your Food Dollar During the Holiday Season



Kelly Fisher

UNL Extension Assistant

As the heat of summer fades and temperatures get cooler, we know fall is upon us and winter is only around the corner. This change in temperature also gives us warning another season is quickly approaching—the holiday season. While this is a wonderful season filled with excitement for many, it also may bring feelings of dread for others. Let's face it, the holiday season is stressful and expensive.

This is the time of year good eating habits can fall by the wayside, and stress mixed with a poor diet is a sure recipe for getting rundown, and possibly even sick. With an already overflowing "to do" list, a trip to the doctor is the last thing you need this time of year.

Follow these tips to keep your nutrition on track during this chaotic time of year:

- **Don't try to diet during these few months.**

Instead, focus on taking steps to maintain your current weight. This will allow you to participate in food festivities without feeling overwhelmed.

- **Watch your portion sizes.** Take small samples of items you want to try, and then if you are still hungry, go back for more.

- Only indulge in the things you *really* want and forget the rest. You don't *have* to have some of everything!

- **Listen to your body.** Stop eating when you are just starting to feel full.

- **Move away from the food table.** You'll be less likely to overeat when food is not right next to you in range for absentminded grabs.

- **Keep talking.** Talking and chewing at the same time isn't polite, so socializing will also help you eat less.

- **Bring a favorite low-calorie, healthy dish to parties.** Fruit or veggie trays are a great option; do the prep work yourself and look for in-season produce to

reduce costs.

- **Don't go to a holiday party or gathering with an empty stomach or try to "save up" calories by skipping meals.**

These practices will leave you ravenous and you'll be more likely to overeat and make poor choices. Try to maintain your normal eating patterns and have a small, healthy snack before you leave.

- **Stay hydrated!** Just because it's cold outside doesn't mean our bodies don't need water or other no-or-low-calorie drinks. Plus, our body can sometimes mistake thirst for hunger leading to unnecessary calorie consumption.

- **Exercise and get your sleep!** These are two other important practices often forgotten when times get busy, but both will help you maintain your health and weight (and sanity) during these months.

Sources: "Healthy Holiday Eating: Ten Tips 'Tis the Eating Season" by John Casey, found at www.webmd.com/content/Article/53/613511.htm?printing=true; "Healthy Holidays" NEP Factsheet; SmartFood, December 2007, Volume 11, Issue 12, "Healthy Holiday Eating" www.numatters.com

The Keys to a Perfect Thanksgiving Meal

Mary Torell

Nebraska Department of Agriculture Poultry and Egg Division

Most everyone loves the traditional Thanksgiving meal — turkey with all the trimmings, including cranberries, mashed potatoes and pumpkin pie. A little organization, planning and a few simple recipes and tips, are the keys to a perfect Thanksgiving. And when it comes to preparing the turkey there's sometimes fear of the unknown — in this case, fear of what to do with a 15 pound turkey — causes unnecessary pre-Thanksgiving panic. People don't realize how easy it is to roast a turkey. The size of the bird intimidates them. With a few timely tips and meat thermometer know-how, everyone will be able to roast the perfect bird.

Keep in mind because turkey is naturally mild, it blends beautifully with an assortment of herbs, spices and other seasonings. Turkey is also very high in protein, but low in fat and calories. With many Americans feeling financially stretched with the prices of gas, food and just about everything else on the rise, turkey can help stretch your food budget. At an average of \$1.49 per pound for a whole bird, turkey is still a great choice when it comes to affordable and nutritious foods.

The Department of Agriculture's Poultry & Egg Division is again providing readers with some excellent

turkey cooking suggestions on their Web site. They are also offering the user-friendly, consumer-oriented brochure to ensure a safe and delicious turkey dinner. To request *Take the Guesswork Out of Roasting a Turkey*, contact Mary Torell, Public Information Officer, Nebraska Department of Agriculture, Poultry and Egg Division at mtorell2@unl.edu or call 472-0752. Each contact will receive a \$2 off coupon for a regular NORBEST turkey, a Nebraska grown product. For additional turkey cooking tips, a timeline on the big day's meal preparation and recipes for leftover turkey, go to the Nebraska Department of Agriculture's Web site at www.nebraskapoultry.org and click on *Turkey Cooking Tips* or *Thanksgiving Countdown Tips*.

Preparing turkey is easy, especially when you follow these guidelines:

Fresh vs. Frozen

There is no quality difference between a frozen or fresh turkey. It's a matter of preference and cost. Choose the type of turkey that best meets your individual needs. Because fresh turkeys have never been chilled below 24° F, they do not require thawing. For this reason fresh turkeys have a shorter shelf life and require special handling, and may be more expensive than frozen turkeys. Follow label directions.

Frozen turkeys are flash frozen immediately after packaging to 0° F or below and held at that temperature until

purchased. Once defrosted, the meat is virtually as fresh as the day it was processed. They can be purchased in advance whenever it is most convenient or when they are on sale.

What Size Turkey Should I Buy?

You should allow one pound of turkey for each adult guest at your dinner. For example, if you are serving 12 people, purchase a 12-pound turkey. This allows everyone to enjoy a generous serving of turkey and guarantees enough extra turkey for additional meals.

Thawing the Turkey

1. Frozen turkey, like all other foods, should be thawed in the refrigerator, **NEVER** at room temperature. When foods are thawed at room temperature, surface bacteria can multiply to dangerous levels at temperatures 40° F and above.
2. To thaw, leave turkey in its original packaging, place in a shallow pan and place in refrigerator 3 to 4 days, or about 5 hours per pound of turkey, to completely thaw.

3. To speed up thawing, keep turkey in its tightly sealed bag and place in pan or sink and cover with cold water. Change water frequently, about ½ hour per pound of turkey.

4. Refrigerate or cook turkey when it is thawed. Do not refreeze uncooked, defrosted turkey. Commercially frozen *stuffed* turkeys should *not* be thawed before roasting. Follow package instructions.

Cooking Times are Shorter

Current turkey breeds yield a higher proportion of white meat, which cooks faster than dark meat, thus shortening the time needed to cook the perfect turkey. Cooking times are much shorter than when our mothers and grandmothers prepared the turkey. The shortened cooking times for whole turkeys still ensure a safe and delicious product.

Preparing the Turkey for Roasting

- Remove giblets and neck from turkey. Rinse turkey with cold running water, drain and pat dry with paper towels to remove excess water.
- Rub skin of turkey with canola oil or margarine and add some paprika. This will aid in browning of the turkey skin.
- Place turkey, breast side up, in a large shallow roasting pan (about 2½ inches deep).
- Roast the turkey in a preheated 325° F oven. Follow roasting times as listed below.

Stuffing Tips

The USDA does **NOT** recommend stuffing the bird, but if your family insists on it, keep these tips in mind:

- Stuffing should be prepared and stuffed into the turkey immediately before it is placed in the oven for cooking. If preparing the stuffing ahead-of-time, wet and dry ingredients should be refrigerated separately and combined right before stuffing the turkey.
- Stuff the turkey loosely, as the stuffing expands as it cooks, about ¾ cup stuffing per pound of turkey.
- Heat destroys bacteria faster in a wet environment. Cook the stuffed turkey in a minimum 325° F. oven, and use a meat thermometer to measure final doneness. Stuffing should reach 165° F.

Determining Doneness

The turkey is done when the internal temperature registered on a meat thermometer, reaches 180° F when inserted *see THANKSGIVING on page 11*

TURKEY ROASTING TIMES*

(Approximate timetable for roasting a turkey at 325° F.)

WEIGHT	UNSTUFFED	STUFFED
8 to 12 pounds	2¾ to 3 hours	3 to 3½ hours
12 to 14 pounds	3 to 3¾ hours	3½ to 4 hours
14 to 18 pounds	3¾ to 4¼ hours	4 to 4¼ hours
18 to 20 pounds	4¼ to 4½ hours	4¼ to 4¾ hours
20 to 24 pounds	4½ to 5 hours	4¾ to 5¼ hours

*Note: If using a cooking bag, follow the instructions provided with the bag, and reduce the amount of total roasting time. **Never** use a brown paper grocery bag. Make sure you use a meat thermometer to determine doneness.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

Presidents' Notes—Bonnie's Bits

Bonnie Krueger
FCE Council Chair



November is a big month for changes. First, on Nov. 2 we will be turning our clocks back. Next be sure and get out and VOTE on Nov. 4.

Veterans Day is Nov. 11. Some may think Veterans Day commemorates great victories or honors great war heroes but it is more than that... it honors the millions of Americans who served their

country when asked and thousands who died. As we celebrate Veterans Day, keep in mind the enormous debt we owe to the veterans of this nation.

When was Thanksgiving first proclaimed an annual national holiday? Despite singular proclamations for days of thanksgiving by George Washington, John Adams and

James Madison, it was not until the middle of the Civil War when Abraham Lincoln proclaimed the last Thursday of November 1863 to be a day of national thanksgiving. Since then, Thanksgiving has been observed annually.

In December, the year is ending and a new year will soon begin.

May you all have a Blessed Christmas and a Happy New Year.

Hope to see you all at Achievement Night, Oct. 27.



FCE News & Events

Achievement Night

The 2008 FCE Achievement Night will be Monday, Oct. 27, starting with dessert at 6:30 p.m. Everyone is asked to bring canned food or paper products for the annual FCE Food

Bank Campaign. Gloria Hall of Palmyra will present a program "Gramma's Aprons." Clubs and members will be recognized for years of membership. Call the extension office, 441-7180 and leave your name at the front desk, if you plan to attend.

Skip the "Humbug!" 10 Tips to Relieve Holiday Stress

Few families will match the idyllic images captured in holiday advertisements, but most can find joy in the holiday season and after.

Charlotte Olsen, specialist with Kansas State University Research and Extension, encourages everyone to extend the thankfulness typically associated with Thanksgiving celebrations throughout the holiday season—and into the new year.

"Feeling grateful for home, family, friends and life in general spills over into other activities and to others who sense your gratitude," Olsen said. Gratitude itself can have a calming influence.

"A little planning can go a long ways in relieving family stress—and holiday stresses," said Olsen, who offered the following time- and stress-management tips:

- Start early to plan family and other gatherings.
- Involve others, so everyone will be informed. Surprises can add stress unnecessarily.
- Be responsible. If the family is planning a potluck and you promised to bring the main dish, be on time, with enough food to serve everyone expected.
- Ask adult children what they would like to bring, rather than making arbitrary assignments. Let's face it—a daughter-in-law may enjoy making fruit salad, but not piecrust.
- Explain house rules to children.
- Leave disciplining others' children to the children's parents.
- Plan age-appropriate activities, such as soccer or touch football, table or board games.
- Keep the peace—try not to

- bring up touchy topics.
- Don't overstay—everyone needs his or her own space and time for self.
- No family nearby? Call a local chamber of commerce or community service organization and volunteer to help serve a community dinner or give time to a food or toy drive.

"Focus on others, rather than yourself," said Olsen, who suggested inviting others to join in a potluck, watch a movie or sports event to share the day.

"Calling family and friends can help those who are alone stay connected," she said.

And, if you like and can treat yourself to an afternoon off, new book, video or craft project. The dog might like an extra walk, too.

Source: Charlotte Shoup Olsen, Kansas State University Extension

Holiday Spending Tips

Unplanned and impulsive holiday spending can be the final straw that breaks a family's financial back. Here are some money management tips for a peaceful holiday season:

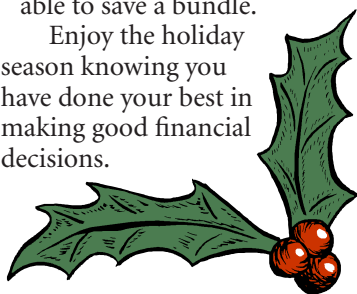
- **Decide before you go shopping what you can afford to spend.** Be sure everyone in the family understands the money limit and how far the total amount has to stretch.
- **Consider gifts of service.** Give coupons for babysitting, a meal, housecleaning, lawn moving or other such tasks.
- **Think green when making your holiday lists.** Use towels, grocery sacks or newspaper to wrap

- gifts. Reuse gift bags and boxes.
- **Keep track of holiday spending,** especially if you are using credit cards and accounts to delay bills. One idea is to wrap a card around each credit card and note what is purchased, the date and amount. This also works well for debit cards. Try keeping a "running" total figure so you'll know at a glance just what's owed on a particular account. Another idea is to use a small notebook to help you keep tabs on your credit and debit use.
- **Use "cheap money" sparingly.** Deferred payment accounts which let you wait until February

or March before payments begin may be an incentive for you to spend more than you normally would or have. Keep your head, February and March always comes faster than you expect.

- **Take a chance the items which normally go on sale** just before the holidays will still be available in the eleventh hour and you'll be able to save a bundle.

Enjoy the holiday season knowing you have done your best in making good financial decisions.



by Lorene Bartos, UNL Extension Educator

Keep Kitchen and Bathroom Clean During Guest Season

Extra bathroom and kitchen traffic means extra work to keep surfaces and appliances clean and smelling fresh. Here are some tips to make your kitchen and bathroom welcoming during the holidays.

Kitchen:

- Keep disinfectant wipes or sprays handy to quickly clean counter tops, cutting boards, the microwave and the stove top.
- Keep handwashing soap at the kitchen sink.
- Either replace cloth hand towels regularly or stock up on paper towels.
- Give the kitchen a quick sweep as a final clean-up step after each meal.
- Keep the sink clear by scrubbing pots as you go rather than facing a sink full of dishes after you eat.

Bathroom:

- Rinse the tub after each use to keep soap film and hard water deposits from forming. Mist surfaces with a spray cleaner right after use while the walls are wet and warm and you can skip rinsing, wiping and scrubbing.
- Leave shower curtains/doors open after showers to let the tub and surfaces air-dry and help prevent mildew.
- Use toilet bowl cleaners in tablet or gel form to keep your toilet bowl clean.
- Spray window treatments with fabric refreshers to help keep them looking and smelling fresh.

Housecleaning Ergonomics

How to Clean the House Safely

Injuries are no stranger to those involved in sports, but did you know you can be at risk of injury from everyday activities such as cleaning your house? You can get tennis elbow without ever lobbing a ball!

But elbows aren't the only body parts at risk. Improper or overuse of muscles and tendons in the fingers, hands, arms, shoulders, neck and back, as well as repeated movements and awkward postures, can cause fatigue and strain that may permanently damage soft tissues. These aches and pains, known as Repetitive Strain Injury or Cumulative Trauma Disorder, can require medical attention. Twisting to clean in areas behind hard-to-reach pipes, straining to dust a light fixture out of arm's reach or leaning on both knees while you clean the tub can cause body aches.

Some common mistakes people make when cleaning house and some suggestions for avoiding new injuries and minimizing flare-ups of existing ones are

Bending Basics—When housecleaning, bending is almost like breathing—most of us don't even give it a thought! We bend to pick up cleaning supplies or bend to clean in corners and crannies. If you are in the habit of hunching your shoulders and bending over from the waist, you are a candidate for back strain. To help avoid this, bend at your knees and keep a hollow in your back. Practice this bending technique until it becomes second nature.

Knee Knowledge—If a task like scrubbing the floor or cleaning the tub calls for getting down on your knees, don't put pressure on both knees at the same time. Instead, kneel on one knee and then switch to the other one every minute. Alternating knees will minimize and disperse the pressure.

Reach Right—Reaching farther than your full arm extension can put strain on both your shoulders and your spine. Use a sturdy stool or stepladder so you don't hyper-extend your back. Use cleaning and dusting products including wands or poles that extend your reach.

Lift Light—Whether you're picking up the laundry basket or the cleaning bucket, bend from the knees and keep the back straight as you lift straight up. To help avoid back strain, keep the load close to your body. If the load is heavy or awkward, don't lift it by yourself—get a buddy to help.

Take Stretch Breaks—Whether you're scrubbing the floor or folding laundry, stand up and gently stretch your body several times an hour. Your spinal column is surrounded by fluid containing nutrients. Each time you move your spine, those cells receive much-needed nutrients that will help prevent stiffening.

Cyclamen Care

Mary Jane Frogge
UNL Extension Associate

Cool temperatures and bright light is the prescription for success with cyclamen. Place this flowering plant in an east window. A daytime temperature of 60 to 75 degrees Fahrenheit and a night time minimum temperature of 60 degrees Fahrenheit should keep it blooming well into next year.



Cyclamen

Iowa State University Extension

The white, red or pink flowers grow tall with nodding stems above the rosette of heart-shaped, blue-green to dark green leaves. The foliage is marked with white veins and light green splotches.

Water the cyclamen whenever the soil begins to feel dry and try to keep the soil around the roots moist at all times. Water with lukewarm water and be careful to keep it off the foliage and crown as the plant is very susceptible to crown rot.

Fertilize the plant with a houseplant fertilizer using one-half the recommended strength every two weeks while it is flowering. When new flowers cease to appear and the leaves turn brown, reduce the frequency and amount of watering and place the pot in a cool spot.

After flowering, let it rest until warm spring weather arrives. Repot in a mixture of equal parts houseplant potting soil and peat moss, with half the crown above the soil line.

Indoor Trees

Mary Jane Frogge
UNL Extension Associate

A houseplant is often thought of as a small, well-kept foliage plant sitting on a windowsill. But many of our common houseplants are full-scale trees in their native habitat. If space is available, large specimens of these plants can be used as indoor trees. Specialty plant stores often have access to large plants that can be used as effective room accents. Or you might consider growing your own.

The **date palm** can grow up to 100 feet outdoors, but a five foot specimen is ideal for indoors. Plants set on a pedestal have a definite tree effect. For optimum growth, place them near any sunny east, south or west window or add supplemental light. Room temperatures between 65 and 80 degrees Fahrenheit and moderate humidity are ideal. When old fronds turn yellow, remove them at the trunk with a sharp pruning tool to maintain an attractive stem.

There are several types of Ficus that can provide a wide variety of large specimen plants that quickly grow into tree form. The **fiddle leaf fig** produces leathery, deep green leaves about 15 inches long, with crinkled margins on stout stems. The **common rubber tree** produces slightly smaller, six to eleven inch leaves that are bright olive-green with a touch of red along their straight margin. Well branched specimens of either plant form trees with little effort.

Both the fiddle leaf fig and rubber plant respond well to bright sunny locations, and often drop foliage if light levels drop. Supplemental artificial light will help maintain foliage quality, as will uniform soil moisture. As with the palms, temperatures of 65 to 75 degrees Fahrenheit and moderate humidity are helpful.

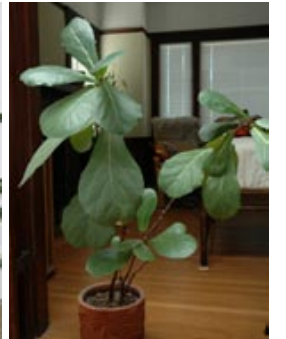
The **weeping fig**, another Ficus, probably has the greatest potential for becoming a satisfactory indoor tree. As the plant matures it branches freely and develops a spreading, tree-like form similar to outdoor landscape trees.

Rapid changes in a weeping fig's environment often causes severe leaf drop. Some leaf drop is normal after the plant is brought home. The severity of the drop can be reduced by making certain the plant receives plenty of bright daytime light and adequate water. Rapid changes may trigger leaf drop after the plant is established, so it is important to be consistent in your treatment of the plant. Washing foliage regularly with a damp cloth will maintain good plant health.

Citrus plants like orange, lemon and grapefruit, are seven to eight feet tall and create tree-like shapes as they branch freely to develop a full crown of



Date palm



Fiddle leaf fig



Common rubber tree



Weeping fig

foliage. Their waxy, bright green leaves are several inches long and remain on the plants all year. Under the right cultural conditions these plants may produce creamy white, sweet-scented flowers and colorful, edible fruit. Like all flowering plants, citrus need plenty of sun, so putting them in an eastern or southern window works well. They need to be kept warm in the winter with temperatures between 65 and 75 degrees Fahrenheit.

If you have a vacant corner or bare wall, consider one of these large foliage plants to add color, variety and interest during the year. When summer arrives, these indoor trees can be moved to your outdoor living space, where they will benefit from the additional light and humidity while you enjoy their color and beauty.

Plants that Add Interest or Color to Winter Landscape



Red Osier Dogwood (left) and Yellow Twig Dogwood (right)



Winged Euonymus

Landscapes tend to be dark and gray this time of year, but careful planning can result in subsequent winter gardens being more colorful and interesting. The key is selection of plant material and use of good design. Choose the vantage point from which the garden will be most commonly enjoyed. Select planting sites that are easily seen from this area.

Green is the easiest color to add to a winter landscape with the use of evergreens like **white spruce**, **Douglas-fir** or **Japanese yew**. Of course, parts of the plants other than foliage can be colorful or interesting. Even trees with horizontal branching patterns are interesting if there is snow adding white to the bark color.

Some plants that should be considered for winter landscapes include:

Red Osier Dogwood (*Cornus stolonifera*). The young stems of this

plant are bright red during the winter months and become more intensely colored toward spring. Older stems are often pruned out during the spring to encourage more of the young, more brightly colored twigs.

Yellow Twig Dogwood (*Cornus stolonifera* 'Flaviramea'). This shrub looks much like Red Osier Dogwood except the twigs are bright yellow rather than red.

Winged Euonymus or Burning Bush (*Euonymus alatus*). This is the shrub that attracts so much attention in the fall because of the flaming red coloration of the fall foliage. However, the stems are also ornamental in the winter due to their winged characteristics which tend to catch and hold snow.

River Birch (*Betula nigra*). This tree has very interesting bark. The flaky bark is reddish-brown to peach colored and contrasts nicely with snow.



River Birch

Source: Ward Upham, Kansas State Extension

Garden Guide

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

Inspect trees and shrubs for bagworm capsules. Remove and destroy them to reduce next year's pest population.

Be sure not to store apples or pears with vegetables. The fruits give off ethylene gas which speeds up the breakdown of vegetables and will cause them to develop off-flavors.

African violets do well when potted in small pots. A good general rule is to use a pot one-third the diameter of the plant. Encourage African violets to bloom by giving them plenty of light. They can be in a south window during dark winter months. They bloom beautifully under fluorescent lights.

Start reviewing your garden notes to help with next year's plans.

Check fruits, vegetables, corms and tubers that you have in storage. Sort out any that show signs of rot and dispose of them.

Clean power tools of all plant material and dirt. Replace worn spark plugs, oil all necessary parts and sharpen blades. Store all tools in their proper place indoors, never outdoors where they will rust over the winter.

Clean and fix all hand tools. Repaint handles or identification marks that have faded over the summer. Sharpen all blades and remove any rust.

After the ground freezes, mulch small fruit plants such as strawberries. One inch of straw or leaves is ideal for strawberries.

Remove all mummified fruit from fruit trees and rake up and destroy those on the ground. Also, rake and dispose of apple and cherry leaves. Good sanitation practices reduce reinfestation of insects and diseases the following season.

Order seed catalogs now for garden planning in January. For variety, consider companies that specialize in old and rare varieties or wild flowers.

Bring out the bird feeders and stock them with bird seed for the birds. Remember to provide fresh water for them too.

Place Christmas trees away from fireplaces, radiators, heat vents and anything else that could dry the needles. Keep your Christmas tree well watered from the time it is brought home until it is discarded.

Minimize traffic on a frozen lawn to reduce winter damage.

House plants with large leaves and smooth foliage such as philodendrons, dracaena and rubber plant, benefit if their leaves are washed with a damp cloth to remove dust.

A home weather station that includes a minimum-maximum thermometer, a rain gauge and a weather log is a good gift for a gardener.

Using Glue Traps to Catch Pests

Barb Ogg
UNL Extension Educator

Glue traps are sticky traps used to catch crawling insects. They are inexpensive, non-toxic and work well to passively catch spiders, crickets, cockroaches, millipedes, centipedes, pillbugs and many other crawling pests. Larger ones can even catch mice, although baited snap traps are probably more effective.

There are two different types of glue traps: glue board traps and glue tray traps. Glue board traps are simply a thin layer of glue applied to a piece of cardboard. Glue tray traps are plastic trays which have a depression filled with glue.

Of the two types, the glue board traps are better for catching insects because they do not have to crawl up onto the platform. Glue boards are also more effective at catching mice. They may be a little harder to find, but, once found, you will probably find the glue board traps are less expensive. Two brands found in the Lincoln area are Catchmaster™ Mouse



Glue board traps (at left) are better for catching insects than glue tray traps (right).

and Insect Glue Board and Pic™ Mouse Glue Board. In larger stores, they may be found in the rodent supply section.

Place glue boards near areas where insects come into the house. They are ideal in basements. Corners of rooms are good because spiders and crickets head toward dark areas. If you catch a lot of bugs in a relatively short time, it may mean you need to seal cracks and crevices or take other measures to keep pests from coming indoors (see article at

right). Some glue boards can be folded up so they are covered, but unless conditions are very dusty, flat glue boards work best because more insects are likely to be captured on the sticky surface.

If you don't recognize what critters you've caught, bring glue boards to the UNL Extension in Lancaster County office, 444 Cherrycreek Road, Lincoln for free identification. Office hours are Monday–Friday, 8 a.m.–4:30 p.m.

House Finch Eye Disease

House Finch are found throughout the United States. During the past decade, their populations have dropped in half in the eastern U.S. due to an infectious eye disease called House Finch Eye Disease (*Mycoplasma gallisepticum*). According to House Finch Disease Survey data from Cornell University, the disease is no longer an epidemic and the dramatic spread a few years ago has leveled out. It is still considered an important and harmful disease. American Goldfinch can also be affected by this disease. Both the House Finch and American Goldfinch are common in Lancaster County.

Birds with House Finch Eye Disease often have red, swollen, watery or crusty eyes. In extreme cases the eyes are so swollen or crusted over that the birds are almost blind. You'll usually see them on the ground under feeders trying to find seeds. The birds do not die from the disease, but from starvation or predators because they can't see.

Feeding birds does not drastically increase the spread of the disease, but you should still take precautions when feeding birds. Be sure to space your feeders widely apart to discourage crowding at feeders. When birds crowd at feeders, they are more likely to spread diseases.

If you see a diseased bird at your feeders, take your feeders down and clean them with a 10% bleach solution (one part bleach and nine parts water). Let them dry completely and then re-fill and hang them. Be sure to rake and clean-up any old seeds and bird droppings under the feeders.

Source: Cornell Lab of Ornithology, <http://www.birds.cornell.edu/hofi>



A House Finch with House Finch Eye Disease

Cornell Lab of Ornithology, Bird Population Studies Dept., 159 Sapsucker, Woods Road, Ithaca, NY 14850.

Have House Finches or American Goldfinches at Your Bird Feeders?

Sign up now to participate in the House Finch Disease Survey. The survey is an opportunity for you to help researchers track the spread of this infectious disease. The survey period is from November to February. There is no charge to participate.

The survey is easy to complete: participants record the visits of House Finches and American Goldfinches at their feeders and record any diseased birds, you then send your data to the Cornell Lab of Ornithology.

To request a survey packet, visit www.birds.cornell.edu/hofi/index.html and complete the online form. You can also email housefinch@cornell.edu or call (607) 254-2469 to request a survey.



House Finch



American Goldfinch (winter color)

Terry Spivey, USDA Forest Service, Bigwood.org
Soni Cochran, UNL Extension in Lancaster County

“Pest-Proof” Checklist

Soni Cochran
UNL Extension Associate

Fall is a time when some insects and animal pests begin looking for over-wintering sites. You should already be taking steps to keep pests from entering your home. Pest-proofing may not keep every mouse or spider from entering your home, but you'll reduce the chances these pests will be successful.

Outside Your Home:

Cool, sunny fall days are perfect for working around the home and taking steps to prepare for winter.

- Seal cracks and crevices. This will help keep mice, snakes and insects from squeezing into your house. Use strong materials like caulk, cement or mortar. Do not stuff cracks and holes with rags – it just won't help keep pests out.
- Look for holes and other possible openings in your home and garage. If you find an opening and it is too large to be filled, cover the damage with hardware



1/4" hardware cloth

cloth. Hardware cloth is a flexible wire mesh that is both easy to use and inexpensive. Use hardware cloth with 1/4-inch squares—this will keep out most animal pests. If the opening was made by a

larger animal like a squirrel, be sure the animal is out of the building before making repairs and covering up the damage.

- Doors, windows and screens should fit tightly. Make repairs in window openings like windows and doors. In addition to keeping pests out, you'll also help lower your heating bills this winter.
- Check other possible entry areas. Inspect around your dryer vent, air conditioner and other possible entry areas for pests. Make sure cracks and openings are sealed or screened (do not block vents). Make sure your chimney cap is fitted correctly.
- **Outdoors:** This is a great time for a thorough backyard clean-up to help remove hiding places for insect and animal pests.
- Remove leaves and grass clippings around your home. Clean up any overgrown, weedy areas. Make sure you check window wells.
- Remove debris and possible hiding places. Dispose of old tires, bicycles and other debris from the yard.
- Check your trash cans. Make sure the lids fit tightly. If you are having a problem with rats or mice, consider metal trash cans with lids. Store trash cans away from the house because they will attract pests.

FOR MORE INFORMATION

UNL Extension in Lancaster County has resources on controlling pests online at <http://lanaster.unl.edu/pest>

Last 2008 Household Hazardous Waste Collection

Saturday, Nov. 15, 9 a.m. – 1 p.m.
State Fair Park (4-H Youth Complex)

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

Some items you can bring for disposal:

Thermometers, thermostats containing mercury, solvents, oil-based paint, paint thinner, pesticides, (even banned products like DDT), items containing PCB's (ballasts from fluorescent fixtures and capacitors from old appliances). Compact fluorescent light bulbs (CFL's) contain mercury and will be accepted.

Do not bring: asbestos, tires, batteries, used oil, antifreeze, medicines, fertilizers, explosives and ammunition.

Still unsure what you have will be acceptable? Call the Lincoln-Lancaster County Health Department at 441-8040.



November

Becky Grimes

Lancaster County 4-H is proud to announce Becky Grimes as winner of November's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Becky has been a 4-H volunteer for 10 years as leader for Rock Creek Kids 4-H club.

"I like being a 4-H volunteer because I enjoy being with young people and getting to know them and their families," says Becky. "I enjoy seeing them develop skills and character traits they will have their entire lives. I believe it is important that 4-H'ers have opportunities to volunteer. This is stated in the 4-H pledge, 'We pledge ourselves to better living for our club, community, country and world.' Our club picks up two miles of road litter every spring. We also participate in the Kiwanis Carnival and work a shift at the 4-H Corner Stop snack booth at the Lancaster County Fair. The past three years, we have spent a Saturday afternoon at Lancaster Manor playing bingo with the residents."

She lives with husband David in the Raymond area and they have four children. Becky also volunteers for her church's Sunday School.

Congratulations to Becky. Volunteers like her are indeed the heart of 4-H!



Rabbit Clinic, Nov. 1

All youth ages 8–18 and their families are invited to attend a free 4-H Rabbit Clinic on Saturday, Nov. 1, 9:30 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.

- Sessions include:
- Selection & care of the rabbit
 - Static Exhibits
 - Information on rabbit breeds
 - Quality Assurance Training (required for 2009 fair)
 - Showmanship (judges a 4-H member's ability to handle and show their animal)

This clinic will be beneficial to families considering buying a rabbit and those who have rabbits but want to learn more.

4-H Leader Update, Nov. 20

If representative(s) from your club did not attend the October Leader Update, it is **STRONGLY ENCOURAGED** someone from your club attend the 4-H Leader Update on Thursday, Nov. 20 at 9:30 a.m. or 7 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Rd. New Nebraska 4-H Policy and Procedures will be introduced and **required** for all clubs and members. Additional information on 4-H programs and sharing of ideas will be included. You must RSVP by calling 441-7180 by Nov. 18.

Shooting Sports 4-H Clubs Reorganizing

Youth interested in joining the **Shooting Sports Trap 4-H club** must contact Tracy by Jan. 2 at 441-7180 or tkulm1@unl.edu. Youth must be at least 12 years old and not older than 18 by Jan. 1, 2009 and have a hunter safety certificate.

There will be a **Shooting Sports BB/Air Rifle 4-H club** starting this spring. Youth must be at least 8 years old by Jan. 1, 2009. More information will be published in upcoming NEBLINE issues.

Application for 4-H Clubs of Excellence Due Jan. 2

Leaders: Don't forget to complete your Nebraska 4-H Club of Excellence application! All leaders received an application form in their October reorganizational packet. All clubs meeting the requirements and sending in the application form will be recognized at Achievement Night and will receive a Nebraska 4-H Club of Excellence certificate. Seals will be awarded in subsequent years. Applications are due to the office by Jan. 2. Contact Tracy at 441-7180 if you have questions.

Market Beef Weigh-In, Feb. 7

Lancaster County 4-H/FFA members with market beef projects, please plan for next year's market beef weigh-in on Saturday, Feb. 7, 8–10 a.m. at the Lancaster Event Center.

Project Completion Certificates Available

If a 4-H member completed a project in the 2007–2008 4-H year, please give your member a project completion certificate. Certificates are available from the extension office at no charge.

4-H Membership Cards Available

Lancaster County 4-H membership cards are available for all 4-H members. Stop by the extension office to pick them up.

Sew Cool in School Web Site

Butterick and McCall's patterns launched Sew Cool in School, a program offering specially priced patterns, free materials and other supplies. Go to www.sewcoolinschool.com, enter code (211505), the zip code (68528) and make your selections.

December

Leia Noel

Lancaster County 4-H is proud to announce Leia Noel as winner of December's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Leia has volunteered for 4-H for four years. She is organizational leader of the Happy Hearts 4-H club, helps at 4-H Clover College and volunteers at the 4-H Corner Stop snack booth (along with her club) at the Lancaster County Fair.

"I enjoy helping the children learn life skills that they will take with them into their adult life," says Leia. "My favorite experience as a 4-H volunteer is seeing my 4-H members learn and yet have fun. This year we made some sponge balls during club time for our child development project and then they had to come up with games that were age-appropriate. It was great to see them be creative, work in teams, problem solve and develop leadership skills."

She lives in Lincoln with husband Bill and their three girls who are in 4-H. In addition to Leia's volunteer work with 4-H, she also volunteers at her church and coordinates Food Net for Zion Church.

Congratulations to Leia. Volunteers like her are indeed the heart of 4-H!



4-H Award & Scholarship Forms Due Jan. 2

Lancaster County 4-H award forms and college scholarship applications are due by Jan. 2. Recipients will be announced at Lancaster County Achievement Night on Tuesday, Feb. 10, 2009. Forms are available at <http://lanaster.unl.edu/4h> and the extension office. The online forms are provided as fill-in pdfs, which anyone with Adobe Reader 7 or 8 can fill in, save and print.

Awards

Community Service Awards — all Lancaster County 4-H members are eligible to apply for this award which is based on the number of hours of community service through 4-H. There will be two categories: Five winners in the 14 years of age and over category and 10 winners in the 13 and under.

I Dare You Leadership Award — The award recognizes youth who strive to be their personal best and make a positive difference in their schools, youth groups, 4-H clubs and communities. Anyone can make nominations.

Outstanding 4-H Member Award — presented to an individual 14 years of age or older who has excelled in their involvement with the 4-H program. The basis for selection appraises the variety and depth of 4-H activities. Anyone can make nominations.

Meritorious Service Award — presented to individuals or organizations who have exhibited consistent and strong support of the Lancaster County 4-H program. 4-H members are not eligible. Anyone can make nominations.

Nebraska 4-H Diamond Clover Program — recognizes the accomplishments of 4-H'ers ages 8–18. Youth can progress from Level 1 up to Level 6. At the beginning of the 4-H year, youth choose goals from a provided list and at the end of the 4-H year, fill out a report which documents their accomplishments.*

Nebraska 4-H Career Portfolios — are a record of a 4-H'ers career. Portfolios include a listing of personal growth and leadership experiences related to the knowledge learned, skills gained and community service/volunteer activities experienced through 4-H.*

*Lancaster County deadline for these statewide awards is Jan. 2

College Scholarships

For graduating high school seniors enrolled in the Lancaster County 4-H program

4-H Council — six \$500 scholarships to active Lancaster County 4-H members who have excelled in their involvement with the 4-H program.

4-H Teen Council — two \$250 scholarships to 4-H'ers who are active in 4-H Teen Council.

Lincoln Center Kiwanis — two \$1,000 scholarships to active Lancaster County 4-H'ers.

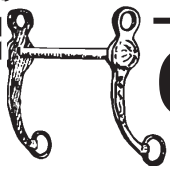
Lane Community 4-H Scholarship — one \$200 scholarship to a Lancaster County 4-H member attending Raymond Central High School.

Nebraska Association of Fair Managers — \$500 statewide scholarships: **Martha & Don Romeo Scholarship** to two 4-H'ers and **Staats Custom Awards** to one 4-H and/or FFA senior. Each applicant must have exhibited his/her projects in a County Fair or at the State Fair within the last four years. Lancaster County 4-H selects county finalists. *Note: Deadline is Dec. 1.*

Nebraska 4-H Scholarships — there are several statewide Nebraska 4-H scholarships. Go to <http://4h.unl.edu> for more information. *Deadline is March 1.*

Deadline for Lancaster County 4-H camp scholarships is May 1.

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



HORSE BITS

Horse Awards Night

The 2008 4-H Horse Awards Night was held Oct. 7. The evening recognized top achievements at the Lancaster County Fair and other events throughout the past year. 4-H volunteer Kala Ball was Master of Ceremonies. Here are some of the winners. Additional winners and photos are online at <http://lancaster.unl.edu/4h>

4-H Horse Project Advancement Levels

Walk-Trot Level — Ashley Colburn, Tasha Double, Terran Goering, Nicole McConnell, Hayden Moss, Garret Prey, Bonita Rickers, Mikayla Whaley and Emma Zoller

Level I — Tori Adams, Brittany Albers, Eva Anderson, Susan Batterman, Megan Bjorkman, Morgan Chipps, Amanda Christensen, Catlin Davis, Kathleen Duncan, Emily Flanagan, Andrea Garay, Reilly Grealish, Elsa Haynes, Audrey Heusinger, Jessica Jordan, Skyler Kinney, Carley Knapp, Kelsie Koch, Jordan Lebsack, Jacob Lloyd, Peter Masinelli, Tony Masinelli, MaKenzie Mayer, Logan McDonald, Mackenzie Miller, Annie Muldoon, Reagan Myers, Sierra Nelson, Nicole Oestman, Abby Pensick, Spencer Peters, Hailey Powers, Madison Reed, Kylie Rezac, Elizabeth Robinett, Jadin Vogler and Katy Wolf

Level II — Brittany Albers, Ashley Anderson, Susan Batterman, Brooke Bennett, Megan Bjorkman, Elizabeth Boender, Chloe Brinson, Ellie Dearmont, Kahdijah Green, Katherine Lloyd, Maria Luedtke, Megan Luedtke, Mackenzie Miller, Natalie Nason, Bailee Peters, Michelle Ring, Hannah Ronnau, Hannah Sader and Stephanie Spar

Level III — Chelsea Beach, Anna Bowers, Hannah Coffman, Candace Lahners, Megan Luedtke, Cara Peters, Brooke Preston, Hannah Scow and Jess Smith

Horse Incentive Awards

4-H'ers logged the hours they spent working with or learning about horses. The more hours invested, the more valuable the reward!

Bronze Level (minimum of 100 hours) — Michael Anderson, Brooke Bennett, Elizabeth Boender, Morgan Chipps, Denae Christiansen, Caitlin Davis, Ivy Dearmont, Ashley Duran, Lynsey Erickson, Kahdijah Green, Skyler Kinney, Jordan Lebsack, Logan McDonald, Mattison Merritt, Nicole Oestmann, Lena Ostransky, Hailey Powers, Baxter Whitla and Alexis Wolf

Silver Level (minimum of 183 hours) — Ashley Anderson, Josi Ang, Susan Batterman, Ellie Blake, Vanessa Butterfield, Kaitlyn Chubbuck, Elli Dearmont, Allison Densberger, Elizabeth Frobish, Courtney Goering, Alyssa Heusinger, Audrey Heusinger, Cailyn Heye, Carley Knapp, Madison Lee, Maria Luedtke, Mckenzie Merritt, Samantha Moore, Maggie Moore, Sierra Nelson, Abby Pensick, Bailey Peterson, Garrett Prey, Hannah Ronnau, Becca Rose, Camille Sass, Hannah Sass, Hannah Scow, Bailee Sobotka, Bailey Vogler, Jadin Vogler, Erika Warner, Heather Welch, Jena Wilson and Mackenzie Wolf

Gold Level (minimum of 366 hours and completed horse record book) — Chelsea Beach, Mckenzie Beach, Sam Cajka, Hannah Coffman, Ashley Densberger, Elise Edgar, Abbie Heusinger, Anna Heusinger, Kaitlyn Kimmen, Megan Luedtke, Bailee Peters, Cara Peters, Blake Preston, Brooke Preston, Kate Rawlinson, Molly Shrader, Jess Smith and Ashley Wiegand

Herdsmanship Awards

Top Herdsmanship - Large Club Champion was awarded to Country Riders

Top Herdsmanship - Large Club Reserve Champion was awarded to Low Riders

Top Herdsmanship - Small Club was awarded to Viken Riders

Best Decorations - Large Club was awarded to Western Pride

Best Decorations - Small Club was awarded to Viken Riders

Judging Awards

The Horse Judging Contest at the Lancaster County Fair emphasizes how much 4-H members know about horses as they judge four or more classes of horses. Senior division participants also give oral reasons.

Top Ten Judging Elementary Division — Sydney Scow (1st place), Bailey Peterson, Mckenzie Beach, Alexis Wolf, Jordan Patt, Ivy Dearmont, Ashley Bradbury, Bailey Sobotka, Anna Heusinger, Bailey Gardner and Kate Rawlinson

Top Ten Judging Junior Division — Courtney Goering (1st place) Chelsea Beach, Kaitlyn Chubbuck, Abbie Heusinger, Kelsey Wolf, Ashley Densberger, Brittney Albers, Jessica Schumacher, Bailee Peters, Hannah Ronnau and Becca Rose

Top Ten Judging Senior Division — Brook Preston (1st place), Hannah Scow, Alyssa Heusinger, Blake Preston, Cara Peters, Jess Smith, Alyssa Thornton, Molly Shrader, Shelby Chubbuck and Stephanie Spar

Horse Course Challenge Results

New this year, the Horse Course Challenge was a Lancaster County Fair 4-H contest.

Top Five Horse Course Challenge Elementary Division — Josie Ang (Champion), Ivy Dearmont (Reserve Champion), Spencer Peters, Kate Rawlinson and Bailee Sobotka

Top Five Horse Course Challenge Junior/Senior Division — Elli Dearmont (Champion), Maria Leutke (Reserve Champion), Will Scheideler, Megan Leutke and Hannah Ronnau

Top Trail Award

Dick and Cookie Confer Top Trail Award for all-around champion of the Lancaster County Fair 4-H Trail obstacle class was awarded to Ben Leach.

Top Barrels Award

Franklyn Manning Family Trophy for fastest time in the Lancaster County Fair 4-H Barrel racing competition was awarded to Madison Lee.

All-Around Cowboy/Cowgirl Award

This award is new this year, sponsored by Lonsum Pine Farm/Joni & Myron Ang.

Elementary Division — Josie Ang

Junior Division — Josh Krueger

Senior Division — Gabby Warner

Wittstruck Award

Wilhelmina Wittstruck Memorial Award for Lancaster County Fair All-Around 4-H Champion Individual was awarded to Abbie Heusinger



Horse Incentive, Bronze Level award winners



Horse Incentive, Silver Level award winners



Horse Incentive, Gold Level award winners



Horse Course Challenge Elementary winners



Horse Course Challenge Junior/Senior winners



All-Around Cowboy/Cowgirl award winners



Ben Leach received the Confer Top Trail Award



Abbie Heusinger received the Wittstruck All-Around Champion Award presented by Dwayne Wittstruck

EXTENSION NEWS

UNL Extension Staff Win National Awards

UNL Extension in Lancaster County staff received several awards for excellence in educational programming at the National Extension Galaxy Conference in Indianapolis, Indiana in September.

National Extension Association of Family and Consumer Sciences

NATIONAL WINNERS

Food Safety: Amy Peterson and Alice Henneman
Communications—Newsletter (3rd place): Maureen Burson and team (Alice Henneman, Lorene Bartos, Mardel Meinke, Julie Rasmussen, Zainab Rida, Vicki Jedlicka)
Distinguished Service Award: Lorene Bartos



(L-R) Lorene Bartos, Maureen Burson and Amy Peterson

National Association of Extension 4-H Agents

NATIONAL WINNERS

Distinguished Service Award: Tracy Kulm

NORTH CENTRAL REGIONAL WINNERS

Promotional Package (Team): Gary Bergman, Marty Cruickshank, Vicki Jedlicka, Deanna Karmazin and Tracy Kulm
Periodical Publication (Team): Gary Bergman, Marty Cruickshank, Vicki Jedlicka, Deanna Karmazin and Tracy Kulm



Ways to Cut Expenses

Tips From UNL Extension's Pay Down Debt Web Site

Are you one of the millions of Americans who are captive to your bills? Do you feel you need some extra help to make your money go further? Do you wonder how you will survive until the next paycheck? Are bill collectors calling asking for payment?

If you can answer yes to even one of these questions the Pay Down Debt program, developed by the University of Nebraska—Lincoln Extension may help. The Web site <http://paydowndebt.unl.edu> features FREE educational resources and worksheets to help you follow the road to pay down debt.

One of the steps to debt reduction is to find ways to cut expenses. We all spend money for things we really don't need. Track your spending for a month to find those spending "leaks." Once you know where your money goes, look first at all non-essential expenses. Which can be cut or totally eliminated? Are you getting any extra charges (example: late fees on credit cards)? Those fees can be totally eliminated by becoming better organized. Then take a look at essential living expenses. Can any of them be cut without damage to health or safety? Think of expense cuts as temporary so it's easier to do.

Cut out personal "vices." Whether it's gourmet chocolate or coffee, a weekly gambling junket, eating out more than necessary, buying yet another pair of shoes or something for the house or for your "collections," put this kind of spending on hold.

Here are some additional tips to help cut expenses:

Recreation

- Exchange home entertaining with friends: card games, gourmet clubs, "potluck" dinners or "round robins."
- Plan a family game night during the week. Occasionally include close friends and relatives.
- Make use of public facilities such as beaches, parks, local ballparks, art centers and

10 Steps to Debt Reduction

- Don't wait to act.
- Stop using credit.
- Make getting out of debt a family affair.
- Organize financial records.
- Learn about your debt.
- Create a written Pay Down Debt Plan.
- Find ways to cut expenses.
- Find ways to increase income.
- Make sacrifices to eliminate debt.
- Once you are out of debt. Stay out of debt and begin a savings plan.

museums.

- Take your family to public celebrations and festivities.
- If you need to travel, stay at "budget-type" motels, camp (if you have the necessary equipment), travel with friends to share expenses or stay with friends or relatives when you travel.

Health Care

- Explore the possibility of community health care services. Some clinics offer reduced or sliding fee costs. The local public health department will tell you what is available: chest x-rays, glaucoma testing, immunizations, family planning services, treatment for mental illness, alcoholism and drug problems.
- Ask doctors to prescribe drugs by generic names rather than by brands, especially for long-term prescriptions.
- Compare local outlets to find which ones fill prescriptions at lowest costs.
- Discuss costs with your doctor. If you have health insurance, know what it covers and what you will be responsible for paying.

Gifts and Contributions

- Make your own gifts. Try to use sewing, hobby and craft skills and/or inexpensive materials.
- Consider giving time and/or services instead of money and gifts.
- Set a limit to spend on family members to celebrate holidays and birthdays.
- Discuss not giving costly gifts to relatives, friends and people at work—perhaps

you can draw names or trade "white elephants."

- Sometimes children's toys, books and puzzles are still like new when children outgrow them. Offer to trade or buy such items from your neighbors who have children; buy at garage sales; or exchange services for them.

Education

- Use local library services. Limit magazine subscriptions. Borrow favorite reading materials from the library. If no library is close, exchange magazines with neighbors and friends.
- Offer services in exchange for private education such as housework for music lessons.
- Offer services or work out alternative payments for private school fees.

Other Expenses

- Buy only the essential items at the lowest possible cost.
- Consider shopping at garage sales, consignment shops, discount stores and thrift shops.
- Attempt to obtain those things or services you need by bartering & exchanging what you have or can do for what you need.

Caution: Essential expenses for food, utilities and health care should not be cut. Don't cut out all "fun" entirely. Also, remember the law requires a certain amount of vehicle insurance.

FOR MORE INFORMATION

To access the entire Pay Down Debt program go to: <http://paydowndebt.unl.edu>

STRENGTHENING FAMILY TREASURES

Daughter/Mother Camp

A retreat designed for 5th & 6th grade girls and their mothers (or grandmothers or other adult females)

Friday, Feb. 20, 5 p.m. to Saturday, Feb. 21, 5 p.m.



Give the greatest gift to your daughter — your time! This camp is 2 days and 1 night of fun, educational and confidence-building activities. As middle school approaches, this is an opportunity to:

- Enhance effective communication including expressing emotions
- Learn more about body image and sexuality
- Explore techniques to handle peer pressure and stress
- Discuss the importance of individual family values

Cost includes meals, snacks and lodging at Carol

Joy Holling Center. Fee is \$120 per pair (4 people per room) or \$150 (2 people per room) — each room has two double beds. Carol Joy Holling is located at the end of Ranch Road off Highway 66 between Interstate 80 and Ashland.

Co-sponsored by UNL Extension, Sheridan Lutheran Church and Camp Carol Joy Holling.

For more information or a registration form, go to <http://lancaster.unl.edu/family/guf.shtml> or call Extension Educator Maureen Burson at 441-7180.

UNIVERSITY OF
Nebraska
Lincoln

Explore the science of life
in the College of Agricultural Sciences and
Natural Resources

- 27 highly rated academic programs
- Scholarships and financial assistance
- Small campus feel within large campus setting
- A place where everyone knows your name

University of Nebraska—Lincoln
College of Agricultural Sciences and Natural Resources
103 Agricultural Hall
Lincoln NE 68583-0702
1-800-742-8800, ext. 2541
casnr.unl.edu

EXPERIENCE THE POWER OF **RED**

The University of Nebraska—Lincoln is an equal opportunity educator and employer with a comprehensive plan for diversity.

EXTENSION CALENDAR

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

October

- 25 **Composting Demonstration, Pioneers Park Nature Center's Backyard Composting Demonstration Area** 10 a.m.–Noon
 27 **Family & Community Education (FCE) Achievement Night** . . . 6:30 p.m.
 28 **Guardian/Conservator Training** 5:30–8:30 p.m.

November

- 1 **Lancaster County 4-H Fall Rabbit Clinic** 9:30 a.m.
 2 **4-H Roping and Goat Tying Clinic, Lancaster Event Center–Pavilion 3** 2:30 p.m.
 3 **4-H Horse VIPs & All Horse Leaders Meeting, Lancaster Event Center – 4-H Office** 7 p.m.
 9 **4-H Teen Council Meeting** 3 p.m.
 14 **Extension Board Meeting** 8 a.m.
 18 **Guardian/Conservator Training** 1:30–4:30 p.m.
 20 **4-H Leader Update** 9:30 a.m. or 7 p.m.
 20 **Parents Forever/Kids Talk About Divorce** 5:30–9:30 p.m.

December

- 2 **4-H Council Meeting** 7 p.m.
 12 **Extension Board Meeting** 8 a.m.
 14 **4-H Teen Council Meeting** 3 p.m.
 16 **Guardian/Conservator Training** 1:30–4:30 p.m.
 18 **Parents Forever/Kids Talk About Divorce** 5:30–9:30 p.m.

Thanksgiving Meal

continued from page 4

in the thigh not touching any bone, before removing from the oven. The temperature of the breast should reach 170° F. The pop-up thermometer device also indicates the turkey has reached the final temperature for safety and doneness. Let the turkey stand for 20 minutes to allow the juices to distribute throughout the bird. This will allow for easier carving.

The new USDA recommended internal temperature

for cooked turkey is 165° F. The new internal temperature recommendation was made due to research by the National Advisory Committee on Microbiological Criteria for Foods. Their research shows bacteria and viruses are destroyed at 165° F.

However, the National Turkey Federation believes many consumers may wish to continue cooking the turkey to the higher internal temperatures of 170° F in the breast, and 180° F in the thigh, to achieve the desirable firmer

texture and to ensure all the juices run clear, without traces of any pink color.

Storing Leftovers:

Refrigerate turkey and all other foods promptly after the holiday meal, or within two hours of cooking. Cut all the turkey meat from the bones and store in shallow, covered containers. When refrigerated at 40° F or below, cooked turkey will keep up to two days, and up to four months in the freezer when frozen at 0° F or below.

Public Notice

The Lancaster County Board of Commissioners seek members of the community to serve on the Lancaster County Extension Board. The vacancies will be filled with terms beginning in January 2009.

Extension Board members represent and assist University of Nebraska–Lincoln Extension staff in Lancaster County with priority issue areas that include Agricultural Profitability and Sustainability; Children, 4-H, Youth and Families; Food Safety, Health and Wellness, strengthening Nebraska Communities, and Water Quality and Environment. The Board meets monthly (usually the second Friday at 8 a.m.).

Registered Lancaster County voters interested in serving a three-year term should complete an application for an appointment by Nov. 1, 2008. Additional information and an application can be obtained from UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528-1507, or phone 441-7180. Applications are also available on the Internet at www.lincoln.ne.gov/cnty/commiss/boardapp.pdf

Holiday Gifts Needed for LPS Headstart

A good community service project for the holidays is helping the less fortunate by providing gifts for the Lincoln Public Schools Headstart Program. This program is in need of over 500 gifts for children birth to 5-years old. Literacy is being emphasized again this year, so books and items to encourage reading are suggested (such as puppets, puzzles, small toys, etc. relating to story books). The goal is to give each child a book. **Gifts should be unwrapped** and recommended cost is up to \$5. Bring gifts to the extension office by Dec. 1. For more information, contact Lorene at 441-7180. This is an excellent project for 4-H, FCE and other community clubs. Individuals are welcome to participate.



2008 Ag at the Crossroads Conference

Anyone interested in Nebraska agriculture is invited to attend the 2008 Ag at the Crossroads Conference on Thursday, Nov. 6, 8:30 a.m. at the Lancaster Event Center, 84th & Havelock in Lincoln. This year's conference will examine political, social and consumer trends influencing the future of the food animal industry. This event is sponsored by the Nebraska AgRelations Council and the University of Nebraska–Lincoln Department of Agricultural Economics.

To register, send \$40 to NAC, P.O. Box 830918, Lincoln, NE 68583-0918. The registration fee includes a luncheon, breaks and conference materials. Registrations received after Oct. 31 will increase to \$50. Limited on-site registration will be available. For more information contact Deanna Karmazin at 441-7180.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension in Lancaster County

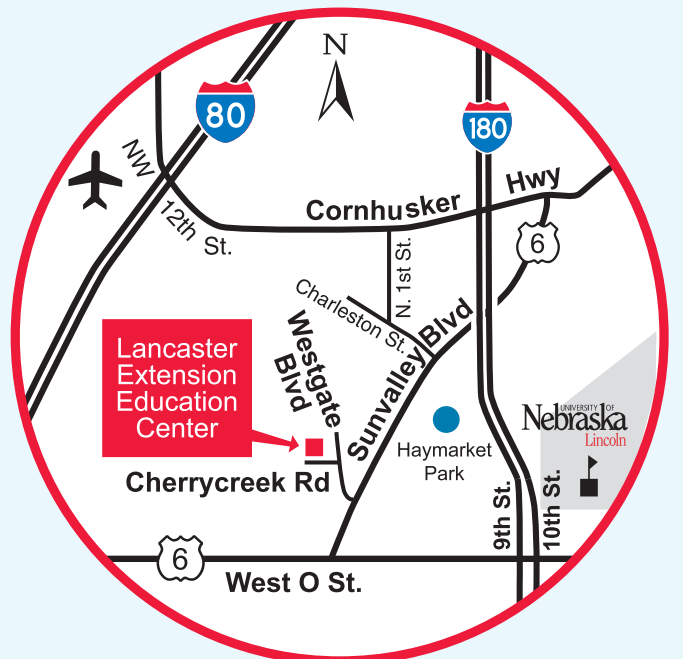
444 Cherrycreek Road, Suite A
 Lincoln, NE 68528-1507

(402) 441-7180

<http://lancaster.unl.edu>

E-mail: lancaster@unl.edu • Fax: 441-7148

Lancaster Extension Education Center
 Conference Facilities
 444 Cherrycreek Road, Lincoln



UNL Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture. We assure reasonable accommodation under the Americans with Disabilities Act; for assistance contact UNL Extension in Lancaster County at 441-7180.

Extension Educator & Unit Leader Gary C. Bergman

Extension Educators

Lorene Bartos
 Maureen Burson
 Tom Dorn
 Alice Henneman
 Don Janssen
 Barb Ogg
 Karen Wobig

Extension Technologist David Smith

Extension Assistants

Kelly Fisher
 Teri Hlava
 Emily Hulse
 Vicki Jedlicka
 Jim Wies

Extension Associates

Mary Abbott
 Soni Cochran
 Marty Cruickshank
 Mary Jane Frogge
 Deanna Karmazin
 Tracy Kulm
 Mardel Meinke
 Julie Rasmussen
 Zainab Rida

Support Staff

Pam Branson
 Kay Coffey
 Deanna Covault
 Karen Evasco
 Virginia Piening
 Chris Rosenthal
 Karen Wedding

THE NEBLINE

THE NEBLINE is published monthly (except December) and mailed to more than 11,000 households in Lancaster County.

THE NEBLINE articles may be reprinted without special permission if the source is acknowledged as "University of Nebraska–Lincoln Extension in Lancaster County NEBLINE." If the article contains a byline, please include the author's name and title.

Use of commercial and trade names does not imply approval or constitute endorsement by UNL Extension.

Free Subscription

Subscriptions to THE NEBLINE are free to Lancaster County residents. There is an annual \$5 mailing and handling fee to addresses in zip codes other than 683–, 684–, 685–, 68003, 68017 and 68065.

Order subscription Change of address

Name _____

Address _____

City _____ Zip _____

Phone _____

We will only use your phone number in case there is a problem with your mailing address.

Mail to: UNL Extension in Lancaster County
 444 Cherrycreek Road, Suite A • Lincoln, Nebraska 68528-1507

Recycling Drop-Off Site Locations

City of Lincoln and Lancaster County

LOCATIONS FOR MULTI-MATERIALS NORTH

- 1 N.W. Roundhouse Dr. & West "P" streets
- 2 UNL Food Stores Warehouse, 1200 N. 17th Street
- 3 University Place, 47th & St. Paul streets
- 4 Gates of Praise Church, 70th & Vine streets
- 5 Russ's Market, 63rd & Platte Avenue
- 6 Centro Plaza, 48th & "R" streets
- 7 Southeast Community College, 88th & "O" streets
- 8 48th Street Transfer, 5101 N. 48th Street *limited hours of operation*
- 9 Air Park Recreation Center, 3710 N.W. 46th Street
- 10 Highlands Fire Station, 5435 N.W. 1st Street
- 11 North Star High School, 5801 N. 33rd St. *limited hours of operation*
- 12 A & J Recycling Center, 3250 N. 20th Street, Unit 8

SOUTH

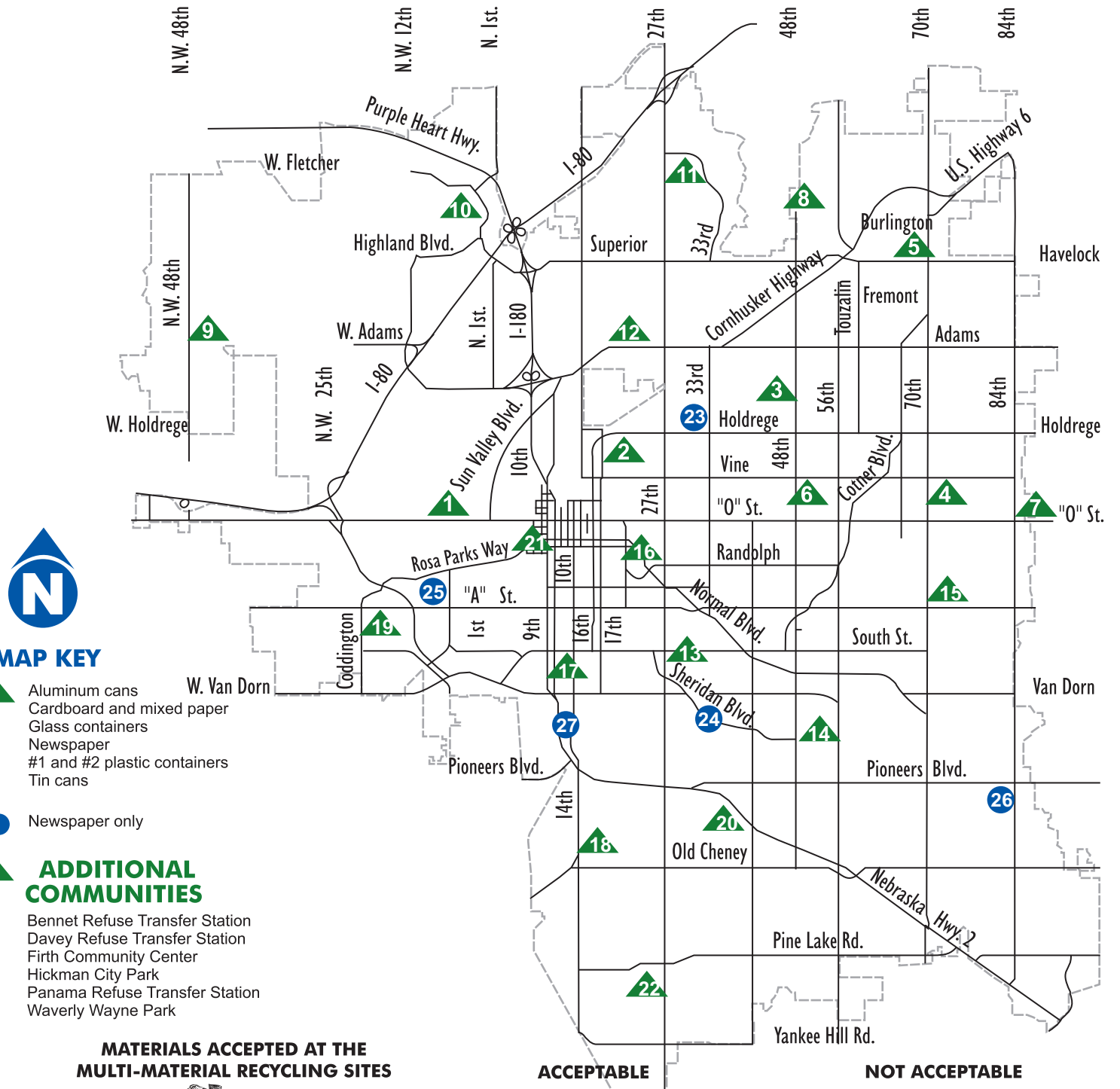
- 13 Leon's Food Mart, 32nd & South streets
- 14 Union College athletic field parking lot, 53rd & Calvert
- 15 East High School Seacrest Field parking lot, 70th & "A" streets
- 16 Hamilton College parking lot, 19th & "L" streets
- 17 Trabert Hall, 12th & South streets
- 18 Pepsi Cola Distribution Facility, 1901 Windhoek Drive
- 19 Russ's Market, 1550 S. Coddington *limited hours of operation*
- 20 Russ's Market, 33rd & Highway 2
- 21 Midland Recycling, 440 "J" Street
- 22 Super Saver, 27th & Pine Lake

NEWSPAPER ONLY DROP-OFF NORTH

- 23 UNL East Campus parking lot behind Fire Station No. 2, 33rd & Holdrege streets

SOUTH

- 24 Blessed John XIII Center, 3700 Sheridan Boulevard
- 25 Willard Community Center, Folsom & West "B" streets
- 26 All Saints Lutheran Church, 8251 Pioneers Boulevard
- 27 Indian Village, 13th & High streets



MAP KEY

- Aluminum cans
Cardboard and mixed paper
Glass containers
Newspaper
#1 and #2 plastic containers
Tin cans
- Newspaper only

ADDITIONAL COMMUNITIES

- Bennet Refuse Transfer Station
- Davey Refuse Transfer Station
- Firth Community Center
- Hickman City Park
- Panama Refuse Transfer Station
- Waverly Wayne Park

MATERIALS ACCEPTED AT THE MULTI-MATERIAL RECYCLING SITES

	ACCEPTABLE	NOT ACCEPTABLE	
Newspapers	Inserts/ads are OK. Put newspapers in paper bag.	No other paper.	
Cardboard Boxes	Flatten cardboard and paperboard (i.e. cereal boxes). All boxes must be flattened and placed inside recycling containers.	No packing material. No dirty boxes. No waxed cardboard.	
Cans	All food and beverage cans. Rinse, clean and flatten aluminum and tin cans and place in separate recycling compartments.	No aluminum foil. No pie pans. No metal cookware. No metal parts.	
Glass Bottles and Jars	All food and beverage glass. Green, brown and clear glass. Labels are OK. Rinse clean, take off lids, separate by color and place in separate recycling compartments.	No drinking glasses. No window glass. No light bulbs. No lids.	
Plastic #1 and #2 Containers	All #1 and #2 plastic bottles and containers. Labels are OK. Rinse clean. Take off lids. Flattening containers helps save space.	No motor oil containers. No plastic toys. No other plastic bottles or containers. No plastic sacks.	No polystyrene packaging. No plastic lawn chemical bottles. No plastic syringes.
Residential Mixed Papers	Mail, magazines, office and school paper and telephone directories. Put clean paper together in paper bag.	No tissue paper. No milk cartons or juice boxes. No paper plates. No newspaper.	

America Recycles Day Pledge Drive

Lincoln area residents have the opportunity to win prizes by signing pledge cards making a commitment to increase their recycling efforts over the next year. The prize drawing is part of national America Recycles Day on Nov. 15. Pledge cards are available online at <http://lincoln.ne.gov> (keyword: ARD) and at these locations through the month of October:

- All Russ's Market stores (at customer service counters)
- Both Wal-Mart stores - 4700 N. 27th St. and 8700 Andermatt Dr.
- Lincoln Journal Star, 926 "P" St.
- Schrock Innovations, 7160 S. 29th St., Suite C2
- A-Can Recycling Center, 3255 S. 10th St.
- A & J Recycling 3250 N. 20th St., Suite 8
- Alter Scrap Processing, 525 "N" St.
- Mid-City Recycling, 4900 Vine St.
- Sadoff Iron and Metal, 5020 N.W. 39th St.

Can You Guess It?



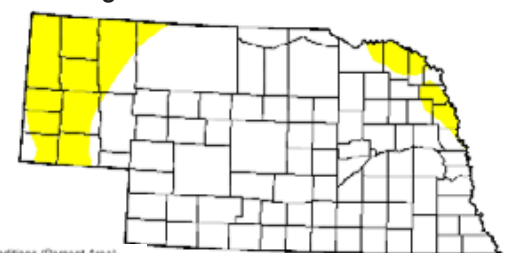
Vicki Jedlicka, UNL Extension in Lancaster County

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

Did you guess it from the October NEBLINE?
The answer was Ripples of Water in a Backyard Pond

U.S. Drought Monitor Map

As of Oct. 7, Lancaster County was not in drought conditions.



	Drought Conditions (Percent Area)				
	None	D1-D4	D1-D4	D2-D4	D3-D4
Current	83.0	17.0	0.0	0.0	0.0
Last Week (9/30/2008 map)	83.0	17.0	0.2	0.0	0.0
3 Months Ago (8/15/2008 map)	76.8	23.2	8.8	0.0	0.0
Start of Calendar Year (1/1/2008 map)	66.7	33.3	15.9	7.8	1.7
Start of Water Year (10/1/2007 map)	83.0	17.0	0.0	0.0	0.0
One Year Ago (10/8/2007 map)	71.3	28.7	13.5	7.0	1.7

Intensity:
 D0 Abnormally Dry
 D1 Drought - Moderate
 D2 Drought - Severe
 D3 Drought - Extreme
 D4 Drought - Exceptional

For the most recent map, visit <http://www.drought.unl.edu/dm>

Source: National Drought Mitigation Center, University of Nebraska-Lincoln