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## The NEBLINE, November-December 2011

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# The NEBLINE

Nov./Dec. 2011

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

## Avoid Guessing About Holiday Food Safety

Compiled by Alice Henneman, MS, RD UNL Extension Educator



During the coming holidays, thoughts turn to family, food, and finding enough time to fit everything in!

Food safety may take a back seat as we take short cuts, prepare foods ahead, cook late into the night, and host numerous holiday feasts.

Before you cook the turkey, set up the buffet, or start making holiday goodies, see how you do on this holiday food safety quiz, based on information from the USDA and the Food and Drug Administration.

### Approximately, how long should you allow for thawing a frozen turkey in the refrigerator?

- a. 24 hours per each 1–2 pounds of turkey
- b. 24 hours per each 4–5 pounds of turkey
- c. 24 hours per each 6–7 pounds of turkey

**Answer: b.** Place the frozen bird in its original wrapper in the refrigerator (40°F or below). Allow approximately 24 hours per each 4–5 pounds of turkey. A thawed turkey can remain in the refrigerator for 1–2 days.

THAWING TIME IN THE REFRIGERATOR	
Size of Turkey	Number of Days
4–12 pounds	1–3 days
12–16 pounds	3–4 days
16–20 pounds	4–5 days
20–24 pounds	5–6 days

### What is a safe internal temperature for cooking a whole turkey?

- a. 145°F
- b. 155°F
- c. 165°F

**Answer: c.** Use a food thermometer to check the internal temperature of the turkey. A whole turkey is safe cooked to a minimum internal temperature of 165°F throughout the bird. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. If you have stuffed your turkey, the center of the stuffing must also reach 165°F.

For reasons of personal preference, you may choose to cook turkey to a higher temperature. All turkey meat, including any that remains pink, is safe to eat as soon as all parts reach at least 165°F.



The stuffing should reach 165°F, whether cooked inside the bird or in a separate dish.

Let turkey stand 20 minutes after removing it from the oven. Remove any stuffing and carve the turkey.

COOKING TIME — UNSTUFFED	
Size of Turkey	Estimated Time to Reach 165°F
8–12 pounds	2¾–3 hours
12–14 pounds	3–3¾ hours
14–18 pounds	3¾–4¼ hours
18–20 pounds	4¼–4½ hours
20–24 pounds	4½–5 hours

COOKING TIME — STUFFED	
Size of Turkey	Estimated Time to Reach 165°F
8–12 pounds	3–3½ hours
12–14 pounds	3½–4 hours
14–18 pounds	4–4¼ hours
18–20 pounds	4¼–4¾ hours
20–24 pounds	4¾–5¼ hours



### Which of the following are important practices to follow if stuffing a turkey?

- a. Do not mix wet and dry ingredients for a stuffing until just before stuffing the bird
- b. Stuff the turkey loosely
- c. Cook a stuffed turkey immediately
- d. Use a food thermometer
- e. b, c, and d
- f. All of the above

**Answer: f.** Cooking a home-stuffed turkey is riskier than cooking one not stuffed. Even if the turkey itself has reached the safe minimum internal temperature of 165°F as measured in the innermost part of the thigh, the wing and the thickest part of the breast, the stuffing may not have reached a temperature high enough to destroy bacteria that may be present.

Stuff it safely with these suggestions from USDA:

1. **Prepare Stuffing Safely** — If you plan to prepare stuffing using raw meat, poultry, or shellfish, you should cook these ingredients before stuffing the turkey to reduce the risk of foodborne illness from bacteria that may be found in raw ingredients. The wet ingredients for stuffing can be prepared ahead of time and refrigerated. However, do not mix wet and dry ingredients until just before spooning the stuffing mixture into the turkey cavity.
2. **Stuff Loosely** — Do not cool the stuffing. Spoon it directly into the



turkey cavity right after preparation. Stuff the turkey loosely — about ¾ cup of stuffing per pound. The stuffing should be moist, not dry, because heat destroys bacteria more rapidly in a moist environment. Do not stuff turkeys to be grilled, smoked, fried, or microwaved.

3. **Cook Immediately** — Immediately place the stuffed, raw turkey in an oven set no lower than 325°F.
4. **Use a Food Thermometer** — For safety and doneness, check the internal temperature of the turkey and stuffing with a food thermometer. If the temperature of the turkey and the center of the stuffing have not reached a safe minimum internal temperature of 165°F, further cooking *see FOOD SAFETY on next page*

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### 4-H HORSE AWARDS NIGHT

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



Alice Henneman, MS, RD, UNL Extension Educator

If your heart is set on making homemade eggnog instead of buying a carton of pre-prepared eggnog, try this recipe from the Partnership for Food Safety Education.

## Holiday Eggnog

(Yield: 2 quarts)

- 1 quart of 2% milk
- 6 eggs
- 1/4 teaspoon salt
- 1/2 cup sugar
- 1 teaspoon vanilla
- 1 cup whipping cream, whipped
- ground nutmeg

Note: And no, a dash of rum won't make it safe! Adding alcohol cannot be relied upon to kill bacteria.

Heat milk in large saucepan until hot (do not boil or scald). While milk is heating, beat together eggs and salt in a large bowl, gradually adding the sugar. Gradually add the hot milk mixture to the egg mixture while continually stirring. Transfer the mixture back to the large saucepan and cook on medium-low heat. Stir constantly with a whisk until the mixture thickens and just coats a spoon. The food thermometer should register 160°F. Stir in vanilla. Cool quickly by setting pan in a bowl of ice or cold water and stirring for about 10 minutes. Cover and refrigerate until thoroughly chilled, several hours or overnight. Pour into a bowl or pitcher. Fold in whipped cream. Then dust with ground nutmeg and enjoy!

Calories: 135 per 1/2 cup; Cholesterol: 120 mg. per 1/2 cup



Isaac Weedin, www.flickr.com

## Holiday Food Safety

from preceding page

will be required. Do not remove the stuffing from the turkey before it reaches 165°F because the undercooked stuffing could contaminate the cooked meat. Continue to cook the turkey until the stuffing is safely cooked.

5. **Let It Rest** — Let the cooked turkey stand 20 minutes before removing the stuffing and carving.
6. **Refrigerate Promptly** — Refrigerate the cooked turkey and stuffing within 2 hours after cooking. Place leftovers in shallow containers and use within 3–4 days. Reheat leftovers to a safe minimum internal temperature of 165°F.

## What is the longest that perishable food should sit out at room temperature on a buffet table?

- a. 2 hours
- b. 3 hours
- c. 4 hours

**Answer: a.** Foods should not sit at room temperature for more than two hours. Keep track of how long foods have been sitting on the buffet table and discard anything there two hours or more.

Divide cooked foods into shallow containers to store in the refrigerator or freezer until serving. This encourages rapid, even cooling. Reheat hot foods to 165°F. Arrange and serve food

on several small platters rather than on one large platter. Keep the rest of the food hot in the oven (set at 200–250°F) or cold in the refrigerator until serving time. This way foods will be held at a safe temperature for a longer period of time.

REPLACE empty platters rather than adding fresh food to a dish that already had food in it. Many people's hands may have been taking food from the dish, which has also been sitting out at room temperature.

Hold hot foods at 140°F or warmer. On the buffet table you can keep hot foods hot with chafing dishes, slow cookers, and warming trays. Cold foods should be held at 40°F or colder. Keep foods cold by nesting dishes in bowls of ice. Otherwise, use small serving trays and replace them.

## Will adding alcohol to eggnog made with raw eggs kill any bacteria present?

- a. Yes, Cheers!
- b. Don't count on it!

**Answer: b.** "Some people think adding rum, whiskey, or other alcohol to the recipe will make the eggnog safe," says Nancy Bufano, Food Technologist, Center for Food Safety and Applied Nutrition, FDA. "But, if contaminated unpasteurized eggs are used in eggnog, you can't count on the alcohol in the drink to kill all of the bacteria — that's not likely to happen."

Bufano adds, "At the FDA, we advise consumers to start with a cooked egg base for eggnog. This is especially important if you are serving people at high risk for foodborne infections: young children and pregnant women (non-alcoholic eggnog), older adults, and those with weakened immune systems." (Source: [http://www.foodsafety.gov/blog/blog\\_12.html](http://www.foodsafety.gov/blog/blog_12.html))

See recipe at left for a cooked egg based eggnog recipe.

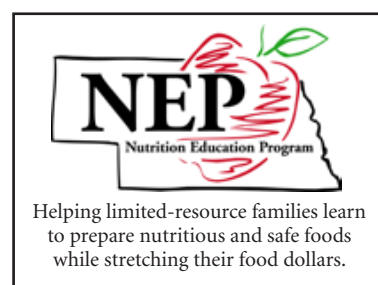
### FOR MORE INFORMATION

For more holiday food safety tips, go to <http://go.unl.edu/holidayfood>.

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# Milk ... a "Souper Food"



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

Dana Willeford  
UNL Extension Associate

For most people, soup and cold weather go together. Soup is one of the simplest meals to prepare and will stretch into several meals. It's an economical choice for a tight budget!

It's easy to make a nutrient packed bowl of soup. Add a colorful green salad and whole grain bread, and dinner is done!

Making a milk based soup is a delicious way to give your family additional calcium, a nutrient many people are low in. Foods in the Dairy Group also provide nutrients such as potassium, vitamin D, and protein.

Intake of dairy provides many health benefits such as building bones and teeth, and maintaining bone mass. It is also associated with reducing the risk of cardiovascular disease, type 2 diabetes, and high blood pressure in adults.

Try the "souper" recipe below to boost your calcium.

## Serving Soup Safely

Source: Cook it Quick e-newsletter, <http://food.unl.edu>

- For best safety and quality, plan to eat refrigerated soup within 3 to 4 days. Avoid letting soup set at room temperature for more than TWO hours.
- Don't put a large pot of hot soup directly into your refrigerator. According to the USDA, it would take an 8-inch stock pot of steaming hot soup

24 HOURS to cool to a safe temperature.

- To speed cooling, transfer soup to shallow containers, making sure soup is no more than TWO inches deep. Refrigerate promptly. You may place loosely covered foods in the refrigerator while still warm. Cover when cool.

When reheating soup, reheat it until its hot throughout, at least 165°F.

## Midwest Chowder

(6 servings)

- 4 cups water, divided
- 1/4 teaspoon salt
- 2 cups potatoes, peeled and cubed
- 1/2 cup carrots, chopped
- 1/2 cup onion, chopped
- 1/4 cup all-purpose flour
- 3/4 cup non-fat dry milk
- 8 ounces low-fat American cheese, cubed
- 1 (15 ounce) can cream-style corn

In a large saucepan, combine 3 cups of water, salt, potatoes, carrots, and onion. Bring to a boil. Reduce heat and simmer for 10 minutes. In a small bowl, mix flour and dry milk together until well blended. Slowly add 1 cup of water while stirring. Slowly add this liquid to the cooked vegetables. While stirring constantly, cook over medium heat until mixture is thick and smooth. Add cheese, stirring until melted. Add corn and heat well, but do not boil.



Rooney202, www.flickr.com

## Free Program! Save Time, Money, and Energy by Cooking with Homemade Master Mixes



Thursday, Nov. 10, 7–8:30 p.m.  
Plaza Conference Center, BryanLGH Medical Center East, 1600 South 48 Street, Lincoln

Learn how to prepare "master mixes" for future use, featuring common household ingredients. Homemade master mixes can include basic baking mixes (pancakes, muffins, cookies), sauce mixes, seasoning mixes, rice mixes, salad dressing mixes, meat sauce mixes, and many more.

Alice Henneman, registered dietitian and University of Nebraska–Lincoln Extension Educator, will share tips and recipes for making your own master mixes for quick, delicious, and nutritious meals. Some of the master mixes also will make great holiday gifts! Participants will receive an extensive handout of the tips and recipes shared during the presentation.

Preregistration required by calling (402) 481-8886.

## FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

### President's View — Irene's Items

**Irene Colborn**  
*FCE Council Chair*

Well, this year's state convention is over and we all owe many thanks to Lorene Bartos, our Extension Educator, who did a great job with the facilities and leadership. To Pam Branson, who did much of the behind the scenes paperwork and was very helpful at every



turn. To Joy Kruse, who stepped up and said she would be chair. And it all came together better than I could have imagined. We had many good comments on the evaluation sheets.

November brings Thanksgiving. This year, as always, I have much to be thankful for. I read a book about the orphan

train children and found a passage in there I want to share. "We give thanks for His gifts of home, family, friends, and bountiful harvest, for the beautiful area in which we live, for minds to think, hearts to love, hands to serve, strength to work, leisure to rest and enjoy. For faithfulness in illness and adversity as well as in prosperity and health." That pretty much says it all.



## FCE News & Events

### Statewide FCE Convention Hosted by Lancaster County FCE Council a Success

**Lorene Bartos**  
*UNL Extension Educator*

A "Galaxy of Stars" shone as 77 FCE members from across the state met for its 75th Annual Leadership Conference. The Lancaster County FCE Council and members hosted the event Sept. 22-24. The conference began with a luncheon at the Governor's Mansion and then a tour of the State Capitol or the UNL Quilt Museum, Tractor Museum, and Dairy Store.

Thursday evening members were welcomed to a tailgate party at the Lancaster Extension Education Center. Conference Chairman Joy Kruse welcomed everyone to Lancaster County. Jeff Maul, of the Lincoln Convention and Visitors Bureau welcomed the group to Lincoln. Diane Mendenhall, Executive Director of the Nebraska Alumni Association, gave the keynote address, "Believing in Star Power." Marge Dudley, State FCE President introduced the State Board.

The business meeting was held Friday morning. Officers for the new year were elected: President, Cathy McKown; Vice President, Verda Umland; Secretary, Diane Smutny; and Treasurer, Patricia Fear.

The Awards luncheon recognized six FCE members for 50 years of service. Beth Birnstihl, UNL Extension FCE



**Beth Birnstihl**

liaison, spoke about "YOUTH are Our Future STARS." Sue and Arlen Brown, co-owners of Calico Cottage in Hastings gave a fun presentation, "When My Husband Takes Over My Sewing Room." They showed many of their quilts they have both made.

Participants took part in a workshop of their choice including: "Jelly Rolls, Cakes and Donuts - No Recipes Needed" by Sue Brown; "Candy Bar Bouquets" by Sara Jane Schroeder; and "No Sew Fleece Scarf" by Jan Rullifson and Marian Storm, Lancaster County FCE members.

The evening banquet was decorated with stars and recognized the State Board Alumni and First-Time attendees. The Heart of FCE awards was presented. Tracy Foreman, Aging Partners Health and Wellness, encouraged everyone to "laugh" with her presentation "Laughing Matter."

The memorial service Saturday morning remembered



**The State FCE Board presented a 75th anniversary skit.**

See more photos online at  
<http://lancaster.unl.edu/home/fce>

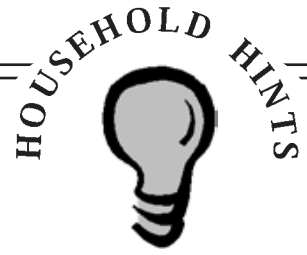
the deceased members from the past year. Marge Dudley and Patricia Fear presented a lovely memorial service.

A 75th anniversary skit was presented by the State Board.

Fayrene Hamouz, Associate Professor Hospitality, Restaurant and Tourism Management, presented "Layers, Construction, and Destruction." Everyone enjoyed sampling the appetizers that were constructed.

The Conference concluded with lunch on Saturday. Dylan & Company, three students entertained with a variety of songs remembered by many of the members. Marcela Lopez, National Make It with Wool Winner attending UNL shared "What 4-H Has Done for Me." Installation of officer concluded the conference.

North Platte members invite everyone to Ride the Rails and come to North Platte in 2012.



Lorene Bartos, UNL Extension Educator

### Keep Organized During Holidays

Holiday time is a fun time in the home. Getting ready for the holidays and keeping everything in order can be a challenge. Try these simple tips to keep organized during the holidays and anytime of the year.

- Use a paper towel holder to store ribbon on. It is handy to get to and you will have a variety of ribbon at your finger tips. Tape the ends of the ribbon when you are done and it will be ready for the next time.
- Use hangers to hang gift bags and skirt/pants hangers work well for holding tissue and wrapping paper. It stays straight and unwrinkled.
- Use empty tissue boxes for storing plastic bags. Put them in the box and store in a place where you can pull out easily. Keeps them in one place and in order.
- Candle votive cups have a variety of uses. They will store little items such as paper clips, cotton swabs, and even work well as toothpick holder.

Be creative and organized during the year and especially during the holiday season.

### Holidays with Extended Family

The holiday season is often stressful for families trying to please all the relatives, making sure everyone is included. For non-traditional families, the holidays can be even more complicated. How do you celebrate a special occasion when family members might not be on speaking terms, or when they're in constant conflict?

According to author Sally Houtman, the one simple rule that might help is to, "Do that which you will not regret." This means doing what you think is right and not necessarily what seems to be most comfortable. Put the needs of the children first, putting aside your own resentments and personal differences. Consider what is right and best for the children involved.

You will never be able to please everyone, but it is not your responsibility to make sure all the relatives are happy. Focus your decisions on what is right and not on keeping peace

or pleasing all family members. Don't allow your own anger or resentments to influence your decisions.

If you don't invite the children's parent or another family member to holiday gatherings because of your own feelings, you may be punishing the children for something between two adults. On the other hand, don't go overboard to include those who may behave in a way that will cause you to regret the invitation.

It is possible to extend kindness to someone with whom you disagree, especially if the situation is for the good of the children. When making your decisions, take into consideration any negative aspects, and base your choice on whether the children will benefit from the visit, social gathering, or other activity. Weigh the positives and negatives and do what is best for them.

Amy Griswold, Family Life Educator,  
University of Illinois

### Holiday Gifts Needed for LPS Headstart/ExCITE

A good community service project for the holidays is helping the less fortunate by providing gifts for the Lincoln Public Schools Headstart/ExCITE 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 Bartos at (402) 441-7180. This is an excellent project for 4-H, FCE and other community clubs. Individuals are welcome to participate.



FCE delegates from across the state attended the business meeting.

## Managing Large Grain Bins

Tom Dorn  
UNL Extension Educator



Many farmers are building much larger grain bins than was commonly done 30 years ago. A typical on-farm grain bin traditionally was 27–36 feet in diameter and would hold 18–22 feet of grain depth. Now it is common on many farms to build 42–48 feet diameter bins that can hold 28–32 feet of grain depth.

**These large bins work well for storing dry grain** when equipped with aeration fans capable of pushing 0.3 cubic feet of air per minute per bushel (cfm/bu) of grain in the bin (0.3 cfm/bu) to push natural (unheated) air through the grain to regulate grain temperature. When the static pressure is less than three inches of water, axial flow fans will produce more airflow than a centrifugal fan with the same horsepower. The calculated static pressure for this scenario is 2.4 inches of water so an axial flow fan is a better choice in this case.

Many fan manufacturers produce a 10 horsepower axial-flow fan capable of producing 0.3 cfm/bu in a 48-foot diameter bin with 30 feet of corn depth.

**Using a 48-foot diameter bin for drying corn is a much different situation.** The minimum airflow recommended for drying corn in Nebraska is 1.0 cfm/bu.

A 48-foot diameter bin with 30 feet of grain depth would require three-40 hp centrifugal fans on separate transition ducts to produce 1 cfm/bu airflow.

Static pressure is affected by two parameters, the grain depth and airflow (cfm/bu). At a given grain depth and airflow, the diameter of the bin does not affect the static pressure.

There are some management changes you could make to reduce the initial cost of the grain bin and associated equipment. These changes will also

reduce operating costs for years to come.

Reducing grain depth can reduce horsepower requirements significantly. If the grain depth loaded into the bin were reduced to 25 feet, two 40 hp centrifugal fans would produce 1.0 cfm/bu in this bin.

If the grain depth were reduced to 18 feet, one 40 hp centrifugal fan would produce 1.0 cfm/bu in this 48-foot diameter bin.

Note: Since the airflow remains the same for all three scenarios. The time to dry would be the same in all three scenarios.

Note: Two fans are able to dry 83 percent as much grain per batch as three fans, and one fan is able to dry 60 percent as much grain per batch as three fans.

If, when purchasing a new bin, a farmer is willing to dry smaller batches of grain at a time, one-third or even two-thirds of the expense for fans, transition ducts, control boxes, and wiring can be saved, and operating costs will be affected as well.

For each fan eliminated, the electricity consumption for fan operation drops 33 percent. Reducing grain depth from 30 feet to 25 feet not only eliminates a fan and associated equipment, it reduces electricity consumption 33 percent as well. Likewise, reducing grain depth to from 30 feet to 18 feet reduces electricity consumption by 67 percent.

### FOR MORE INFORMATION

UNL Extension publication "Management of In-bin Natural Air Grain Drying Systems to Minimize Energy Cost" (EC710) available at the extension office or at <http://go.unl.edu/okn>.

## Increases in Land Values and Cash Rents

Analyzed for East and Southeast Nebraska for the Period 2006–2011

Tom Dorn  
UNL Extension Educator

Cropland values have appreciated considerably in the last several years reflecting higher commodity prices. Cash rental rates have climbed as well. Cash rents have followed gains in land values quite closely over the five year period with some exceptions.

Comparing the statewide average land prices for the **2006 to 2011** period, dryland cropland with no irrigation potential increased an average of 70% in the last five years. Dryland cropland with potential for irrigation development had the highest percentage increase of all classifications of cropland, averaging 105% increase over 2006 prices. Center pivot irrigated land had the second

highest percentage gain with 102% increase over 2006 prices.

Cash rents increased from 46% to 91% over 2006 prices.

The table below shows the average land values and average cash rental prices for the East and Southeast NASS reporting districts as reported in the land price and cash rent surveys published in mid-March in the *Cornhusker Economics Newsletter* each year.

### EAST DISTRICT: Nance, Platte, Colfax, Dodge, Washington, Merrick, Polk, Butler, Saunders, Douglas, Sarpy, Hamilton, York, Seward, Lancaster, Cass

Type of Land	Average Land Values (dollars/acre)			Average Cash Rent (dollars/acre)		
	2006	2011	% Change	2006	2011	% Change
Dryland (No Irrigation Potential)	2276	3995	76%	102	178	75%
Dryland (Irrigation Potential)	2642	4765	80%	102	178	75%
Gravity Irrigated	2953	5725	94%	144	259	80%
Center Pivot	3253	6175	90%	157	273	74%

### SOUTHEAST DISTRICT: Clay, Fillmore, Saline, Otoe, Johnson, Nemaha, Nuckolls, Thayer, Jefferson, Gage, Pawnee, Richardson

Type of Land	Average Land Values (dollars/acre)			Average Cash Rent (dollars/acre)		
	2006	2011	% Change	2006	2011	% Change
Dryland (No Irrigation Potential)	1563	2925	87%	83	142	71%
Dryland (Irrigation Potential)	1854	3640	96%	83	142	71%
Gravity Irrigated	2400	5020	109%	137	236	72%
Center Pivot	2743	4300	57%	152	257	69%

### STATEWIDE

Type of Land	Average Land Values (dollars/acre)		
	2006	2011	% Change
Dryland (No Irrigation Potential)	1088	1850	70
Dryland (Irrigation Potential)	1556	3192	105
Gravity Irrigated	2202	4074	85
Center Pivot	2152	4343	102



USDA National Agricultural Statistics Service (NASS) District Boundary Map

## Don't Forget to Winterize Your Underground Sprinkler System

Tom Dorn  
UNL Extension Educator

Many urban and rural homeowners have automated underground lawn sprinkler systems. Spending an hour or so to winterize your system in the fall can save many hours of work and considerable expense next spring.

The most important action you can take in the fall is to drain the system so you don't get ice damage to the pipes and valves. Begin by locating the water shut-off valve for the sprinkler system inside the house and turn off the water at that point. Next, set the irrigation timer so the first set is on. This will relieve water pressure in the plumbing for the system. To get water to drain out

of a pipe, you must allow air into the pipe, as anyone who has held their thumb on the end of a soda straw can attest.

You can let air into the sprinkler system by opening the small valves (petcocks) on the vacuum relief valve assembly

on the side of the house. Cycle through each irrigation set, allowing several minutes for all the water to drain through the lowest sprinkler(s) in the set. If you don't have access to an air compressor, turn off the irrigation controller and close

the petcocks to prevent dirt or insects from getting into the plumbing.

For most installations, the procedure above is sufficient to eliminate damage from freezing. To be extra safe, one can attach an air compressor or portable air

supply tank to the plumbing at the lower petcock valve on the vacuum breaker assembly. With about 65 PSI in the air tank, turn on the first irrigation set and open the air supply valve. You will see water trapped in low spots in the system blowing out of the sprinklers. With a new charge of air in the tank, start the next irrigation set on the controller and open the air supply valve. Repeat for each irrigation set. After blowing the water out of all irrigation sets, disconnect the air supply and close the petcock. Turn off or unplug the irrigation controller.

Next spring, simply open the water supply valve, set the date and time on the controller and set your irrigation schedule and you are ready for another year.



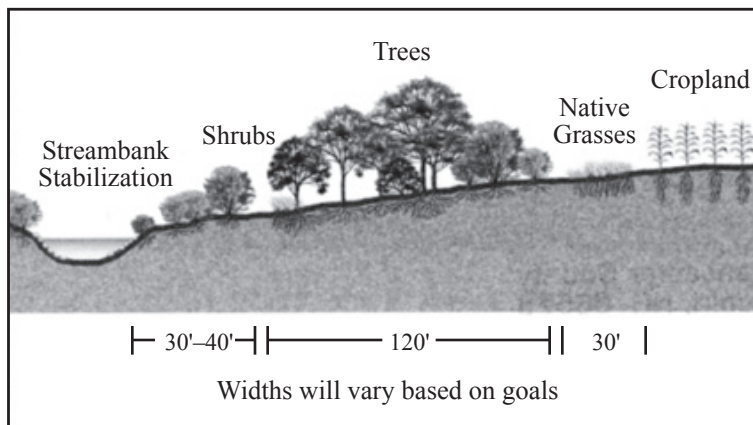
To let air into lawn sprinkler systems, open the small valves (petcocks) on the vacuum relief valve assembly (shown at left), or to be extra safe, attach an air compressor to the lower petcock valve (shown at right).

## Conservation Buffers

What are conservation buffers? A conservation buffer is a narrow strip of land consisting of a permanent vegetation type, such as grass, trees, shrubs, or a combination of the three, planted along the edge of a stream or pond. The benefits of these buffers are multiple and can have a positive impact on your property. Listed below are several of the advantages associated with conservation buffers.

- Reduce the risk of water contamination by catching pesticides and fertilizers before they can wash into streams and ponds.
- Provide the habitat needed by wildlife and aquatic animals and plants.
- Provide a safety zone between the field and the edge of a stream to keep equipment and operators away from the edge of steep embankments.
- Can help reduce or slow down steep bank erosion by establishing permanent vegetation.
- Eliminate farming of wet areas along streams and ponds that are often difficult to manage profitably.
- Eliminate following the edge of a meandering stream that can lead to many short crop rows.
- Provide an area for alternative crop production.

The USDA Farm Service Agency (FSA) offers an annual rental payment for establishing or improving conservation buffers in cropland areas, field margins, and marginal pastureland suitable for use as a riparian buffer. Land under consideration must have



**A design with shrubs and small trees planted next to the stream followed by taller trees and then grasses next to the cropland may be best suitable in this region — and minimize fallen trunks and their limbs in streams.**

been owned for at least 12 months prior to an offer being submitted.

The Conservation Reserve Program (CRP) Continuous Sign-Up assists with 50 percent of the average cost of establishing these buffer strips. The program also provides an annual payment based on soil rental rates determined for each county, approximately \$120–\$150 per acre per contract year. The contract length is from 10–15 years. There is also a one-time signing incentive payment of \$100 per acre for eligible participants who enroll certain practices.

Continuous CRP is an open enrollment program. A landowner or operator may sign up for the program at any time with their local FSA office. For more information on the CRP program, contact the Lancaster County Farm Service Agency at (402) 423-9683. Program

guidelines are also online at <http://usda.gov> (search for “conservation reserve program”).

The State of Nebraska, local Natural Resources District (NRD), and other non-profit groups may have additional programs to help get conservation buffers planted along streams and ponds.

Source: Nebraska Forest Service

### FOR MORE INFORMATION

Two UNL Extension NebGuides to help plan, design, and install your riparian buffer are available at the extension office or online at <http://www.ianrpubs.unl.edu>.

- “Planning Your Riparian Buffer: Design and Plant Selection” (G1557)
- “Installing Your Riparian Buffer: Tree and Grass Planting, Post Planting Care and Maintenance” (G1558)

## Preparing for Winter Storm Emergencies

As Nebraskans, we take winter storm warnings in stride but severe storms can often disrupt your usual routine. Winter storms can leave you without power or prevent you from getting to the grocery store.

Planning ahead for winter weather can eliminate a major source of stress for you, your family, or others you care for, such as an elderly relative or neighbor.

Planning ahead for winter storm emergencies can range from a well-organized seven-day emergency food supply to just keeping a few basic items on hand. Regardless of the complexity of your emergency preparations, keeping food safe is an important consideration.

Always keep meat, poultry, fish, and eggs refrigerated at or below 40°F, and frozen food at or below 0°F. This may be challenging if there is no power! Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature. Once the power goes off, the refrigerator will keep food safely cold for about four hours if it's unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it's half full) if the door remains closed.

Be prepared by stocking up on staples which don't need to be refrigerated. Either they are precooked and can be used cold, or only require the

addition of hot water. Here are some examples to keep on hand:

- Water — one gallon per person per day
- Ready-to-eat canned foods — vegetables, fruit, beans, meat, fish, poultry, pasta
- Soups, canned
- Smoked or dried meats — e.g., commercial beef jerky
- Dried fruits and vegetables, raisins, fruit leather
- Juices — (vegetable and fruit) bottled, canned, or powdered
- Milk — powdered, canned, or evaporated
- Staples like sugar, instant potatoes and rice, coffee, tea, cocoa mix
- Ready-to-eat cereals — instant hot cereals
- High energy foods — peanut butter, nuts, trail mix, and granola bars
- Crackers, cookies, candy, chocolate bars, soft drinks, other snacks
- Ready-to-use baby formula for infants
- Pet food
- Manual can opener

Consider what you can do ahead of time to store food safely in an emergency. For example, keep an insulated cooler on hand to keep food cold if the power is out for more than four hours. Keep frozen gel packs or blocks of ice in your freezer and use these to keep perishable food cold in the cooler.

## Upcoming Green Industry Conferences

### GREAT PLAINS GROWERS CONFERENCE JANUARY 5–7

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

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

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

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

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



### NEBRASKA GREEN EXPO JANUARY 23–25

NEBRASKA TURFGRASS ASSOCIATION AND  
 NEBRASKA NURSERY AND LANDSCAPE  
 ASSOCIATION

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



### GREAT PLAINS TREE CONFERENCE FEBRUARY 6–7

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



## Be a Master Gardener!

2012 Training for New Master Gardener  
 Volunteers in Lancaster County Begins  
 in February. Please Join us!



- Do you want to learn more about vegetable gardening and landscaping?
- Do you have a passion for tree planting?
- Do you enjoy volunteering and sharing your knowledge with others?
- Master Gardener volunteers serve an important role to extend horticulture education and outreach from UNL Extension.

Nebraska  
 Master  
 Gardener  
 “Helping People Grow...”

For more information about becoming a Master Gardener, contact: Mary Jane Frogge, UNL Extension in Lancaster County (402) 441-7180

## Late Fall and Winter Care for Perennials

Many perennials are better left standing over the winter than cutting them down. There are several reasons for this. In addition to many of the perennials having attractive foliage and/or seed heads, they offer food resources for birds. Many birds find the seeds of perennials particularly tasty. The stems of perennials also offer a place for some birds to hide during the winter.

With some marginally-hardy perennials, leaving the stems up for the winter aids in overwintering. The foliage helps to insulate the crowns. Mums seem to benefit a great deal from this practice. Another reason to leave stems stand is that if the perennial is a late riser in the spring, the stems will help to mark the spot and prevent any accidental digging in the area that might harm the underground portions of the plant.

Cutting back perennials in the fall may be something you would want to do especially if you were bothered by foliage diseases. Removing the old foliage would be a positive in this case, as it helps to reduce the amount of inoculum present to reinfest next year's foliage. Removing foliage can also be one of pure aesthetics.



Photo by Soni Cochran, UNL Extension in Lancaster County

**In winter, many perennials have attractive foliage and/or seed heads (such as these coneflower seed heads) and offer food resources for birds (such as this American Goldfinch).**

Some gardeners like to see standing perennials in the winter and others don't.

When perennials are cut down, do so after they have gone dormant. This is usually after the plants have experienced several hard frosts. Cut the plants down to within 2–3 inches of the crown. Cutting too close can result in winter injury on some perennials due to the fact the buds for next year's growth are right at the surface or higher, and not below the soil line.

Source: University of Illinois Extension

## Storage of Tender Perennials

Mary Jane Frogge  
UNL Extension Associate

Tender perennials are not winter hardy in Nebraska, but with a little help, they can survive for many years. Tender perennials are those plants that need to be dug from the soil in the fall and wintered over in a frost free location. You do not have to keep the entire plant, only the bulb, corm, or tuber are stored. New growth occurs from these structures after replanting next spring. Popular perennials considered tender in Nebraska include gladiolus, elephant ear, cannas, dahlias, tuberous begonias, and caladiums.

It is best to dig tender perennials just before a hard or killing frost. If left until after a frost, the foliage will be killed and the storage organ will need to be dug within a few days to prevent rot causing organisms from entering through the damaged stem.

Corm producing plants such as **gladiolus**

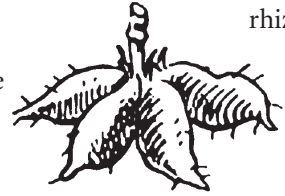


Gladiolus corm

can be stored successfully. Dig carefully to prevent damaging the corm. Brush off remaining soil. Allow the corms to dry and cure for several weeks in a dry location with good air circulation. After drying, cut off the foliage and discard the shriveled remains of last year's corm. A new corm is produced each year on top of the old one. Store the corms in an open box or onion

bags at temperatures between 45–50°F.

**Dahlias** produce tuberous roots. To store them over the winter, trim back the foliage of the plant to within a few inches after the first light frost. Dig carefully to avoid injury. With some soil attached, pack the roots between 2–3 inch layer of vermiculite, peat moss, sawdust, or wood shavings. Store at 45–50°F. Check frequently to remove those that shrivel or rot.



Dahlias tuberous root

The tubers of **tuberous begonias** and **elephant's ear** should be dug before a hard frost. Cut the tops back and allow 6 inches



Tuberous begonia tuber

of stem to remain. Dry for 2–3 weeks in a frost-free location, shake off the soil and remove the dried stem. Pack in peat moss, vermiculite, sawdust, or wood shavings and store at 45–55°F.

**Caladium**

tubers should be cured for a week in a warm location and stored in packing material at a temperature around 60°F.



Caladium tuber

**Canna** rhizomes should be dug after the foliage has been killed by a frost. Cut the stems back to about 4 inches above the soil. Dig the

rhizomes and dry in a frost free location for about two weeks.

Place the roots in shallow boxes; they do not require covering. Store at 45–50°F.



Canna rhizome

The storage organs of most tender perennials multiply quite quickly in the garden. It is important to leave them intact until spring. Any injury incurred prior to storage will increase the chances for rot to occur.

In the spring cut the rhizomes and tubers apart making sure at least one or two dormant buds are present on each section. Share the extras with relatives, neighbors, and friends.

The major problem homeowners have in storing these tender perennials is finding a location with the correct temperature. Many of us no longer have an unheated basement in which to store the tender perennials adequately. Normal interior temperatures can be too warm. Most garages, even though attached, will be too cold for survival. If this is your situation, do the best you can with what you have available.

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

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 reduces insects and diseases the following season.

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.

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

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

Check fruits, vegetables, corms, and tubers 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.

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.

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.

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.

## Christmas Tree Selection and Care



Scotch pine



Douglas-fir



Blue spruce

Good quality artificial trees are time-saving, clean, safe, and attractive. Yet, for many individuals even the best quality artificial tree lacks the beauty, charm, and style of a real tree.

A few decisions should be made before going out to buy a Christmas tree. Decide where you are going to place the tree in the home. Also, decide on the size (height and width) of the tree you want.

Christmas trees may be purchased from cut-your-own tree farms or as cut trees in commercial lots. Tree species commonly available at tree farms and commercial lots include Scotch pine, white pine, Fraser fir, balsam fir, Douglas fir, white spruce, and blue spruce. Trees cut and purchased at cut-your-own tree farms are obviously fresh. A list of tree

farms in your area can be found at the Nebraska Christmas Tree Growers Association website at <http://www.nebraskachristmas-treegrowers.com>.

Carefully check trees at a commercial tree lot to insure the freshness of previously cut trees. Freshness can be determined with a few simple tests. Gently run your hand over a branch. The needles on a fresh tree will be pliable. Those on a dry tree will be brittle. Another test is to lift the tree by the trunk and lightly bounce the base on the ground. Heavy needle drop indicates a dry tree. A fresh tree will drop only a few needles.

When looking for a tree, select one with a straight trunk. A tree with a straight trunk will be much easier to set upright in the stand. Check the diameter of the trunk to make sure it will

fit in your tree stand. A tree with a bare side may be fine if you intend to place it in a corner or against a wall.

Once home, place the tree in a cool, sheltered location if you do not intend to set it up immediately. A garage or shed is often a suitable storage site. Put the base of the tree in a bucket of water.

Saw off one inch of wood at the bottom of the trunk before bringing the tree in the house. A fresh cut will help increase water uptake. Place and secure the tree in its stand and fill the reservoir with water. Check the water supply as least once a day and add water as needed. Promptly remove the tree when it begins to dry and drop needles.

Source: Iowa State University

## Unsafe Pesticide Applications More Dangerous Than Bed Bugs

**Barb Ogg**  
UNL Extension Educator

Bed bugs are here. In the U.S., first reports of increased bed bug infestations began in 1999, primarily in hotels in larger cities in the eastern U.S. In just a few years, bed bugs traveled across the U.S. and found their way into the heartland. By 2003, clients were bringing me bed bugs for identification. The speed of bed bug movement across the U.S. was quite amazing and almost certainly related to human travel.

There's no evidence bed bugs transmit any disease, but bed bugs are important public health pests. Bites can produce serious allergic reactions, including hives and anaphylaxis. Scratching can result in secondary infections. The psychological consequences of infestations include insomnia, anxiety, and stress, and social isolation. The high cost of control presents a financial burden, especially to low-income families.

In the U.S., most over-the-counter (OTC) products available for use in homes contain pyrethrins and/or pyrethroids. Studies have shown that nearly 90 percent of bed bug infestations are resistant to pyrethrin and pyrethroid products. This means these OTC products do not kill bed bugs very well, even if they are used the way the label says. Bed bugs are unlikely to die



Photo by Barb Ogg, UNL Extension

**It is best to let pest control professionals do chemical treatments; after all, they are trained and licensed to do these treatments safely. They also have access to professional-use products not readily available to consumers.**

even after they sit on a surface after the pyrethroid insecticide has dried.

These products are intended to be applied to bed bug hiding places and not to surfaces coming into contact with skin. Exposure to skin can result in parasthesia, which is defined as itchy, tingly, or stinging sensations. People may confuse these sensations with bed bug bites. Repeated applications of pyrethrins or pyrethroids may result in stinging sensations.

Most pyrethroids can be identified with a characteristic suffix "-thrin." For example, permethrin, bifenthrin, and deltamethrin are insecticides in the pyrethroid family. Fluvalinate and esfenvalerate are also pyrethroids.

Unfortunately, the improper use of insecticides for bed bugs can result in adverse health outcomes. Bed bug control often involves the application of pesticides to beds, couches, recliners, and other locations where people spend a lot of time. The National Pesticide Information Center (NCIP) has pored over thousands of incidents related to bed bug control — most of the following examples come from their files. A *misapplication* is defined as an application inconsistent with label directions.

### Pesticides Misapplied to Human Skin

- A woman applied pesticides directly to her bed bug bites and hair before bed, sleeping with a hairnet.
- A person reported dousing himself, his bedding and mattress with an insecticide; he reported red, itchy, burning skin.
- A caller applied an insecticide to her own skin regularly while treating her home over several months; she reported muscle twitching.
- A mother applied insect repellents to her young children before bed for months; the kids had skin and respiratory problems.
- A landlord planning to inspect for bed bugs sprayed herself heavily with insecticides; she reported itchy, red, burning skin.

### Application of Cancelled Pesticides in Homes

- Report of aldrin use in 2008; cancelled in 1987
- Report of bendiocarb use in 2007; cancelled in 1999
- Report of acephate use in 2009; indoor uses cancelled in 2001
- Report of malathion use in 2010; indoor uses cancelled in 2006

Inappropriate pesticide applications are not just being done by do-it-yourselfers. Earlier this year, a New Jersey pest control company was fined \$860,000 by treating a home with malathion and carbaryl, both pesticides not approved for indoor use.

### Application of Pesticides in Ways Inconsistent with Labeling

- A person hired three pest control companies and applied five types of pesticides herself, including misapplications to her ceiling and walls
- A person sprayed his recliner with insecticides until wet, used the chair with exposed legs, and developed red bumps on his skin
- A person used a total release fogger and another product to control bed bugs in her car
- One couple reported spraying their sleeping area (couches) until damp every night before

sleeping, and during the night, as needed

- A person sprayed an OTC pyrethroid aerosol to her sheets, slept on them and developed a rash on her skin.

### Other Unfortunate and Unsafe Practices

Reports of other unfortunate bed bug treatments include:

- Apartment tenant tried to self-exterminate bed bugs and sprayed the couch with rubbing alcohol while smoking a cigarette and the couch caught on fire
- A pest control company, attempting a thermal treatment, used six propane heaters and one of the six heaters malfunctioned and ignited carpet in a living room.

### What About Essential Oils and Other Alternative Treatments?

The EPA allows products containing active ingredients on their "25B list" to make pesticidal claims, produce a pesticide label without EPA approval, and market them without any efficacy or safety testing. The active ingredients in this list are considered "safe," so the EPA has relaxed its normal requirements for pesticide safety testing and label language approvals. To see what active ingredients are on see *UNSAFE PESTICIDE APPLICATIONS* on page 11

## Winter Bird Feeding: Choosing Seeds

**Soni Cochran**  
UNL Extension Associate

You should already have your feeders in place now, but it isn't too late to get started. Don't worry if you don't have many birds at your feeders right away. Birds are drawn to feeders during weather extremes, especially when snow and ice cover their natural food sources. They also depend more on feeders as we get closer to spring and their natural food sources have dwindled.

Birds prefer reasonably fresh, quality seeds. Older or poor-quality seeds may be avoided or just scattered from the feeder onto the ground. Niger thistle seeds, which are often used in finch feeders, are highly attractive to finches when fresh, but may be rejected when several months old.

Commercially packaged seed mixes are a convenient way to start feeding birds. Many of these mixes contain a large amount of filler seeds like milo, wheat, and oats. Read the label. Avoid buying mixes with large amounts of filler seeds. Birds kick filler seeds to the ground where the seeds mold and attract rodents.



Black-oil sunflower seeds

White proso millet

Niger seed

Safflower seed

Save yourself money and reduce waste by purchasing preferred seeds in bulk and mixing them. You can also read the label on bags of bird seed and choose a specialty mix or purchase fresh mixes from stores specializing in bird feeding products.

### Types of Seed

**Black-oil sunflower seed:** If you decide on just one seed, choose this one! Black-oil sunflower seeds have high energy content and the thin shells make it easier to open for even smaller birds. This seed is preferred by many birds found in our area including chickadees, siskins, juncos, native sparrows, cardinals, blue jays, doves, grosbeaks, and more.

You can also buy hulled sunflower seeds (outer shells removed). Hulled seeds have less

waste but may be more expensive. You won't have all the spent shells under your feeder to clean up either if that is an issue.

### White proso millet:

Millet is a favorite food of many ground-feeding birds including quail, doves, juncos, sparrows, towhees, and more.

### Nyjer (Nyger, Niger)

**Thistle Seed:** These tiny black seeds are the preferred food of American goldfinch, house finch and more. This seed has increased in price the last few years. Be sure to use a tube feeder especially designed for dispensing this type of seed so you don't waste it on the ground.

**Safflower:** This white seed is suggested especially if you are having problems with some birds and squirrels at your feeders. Cardinals, doves, chickadees, nuthatch and some finch will consume safflower but undesir-

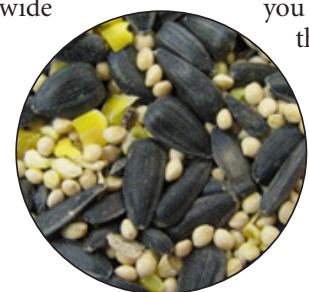
able birds like grackles and starlings won't eat it. I did notice if you mix this seed in with other preferred seeds, birds just sort it out and kick it to the ground. Thankfully, ground feeding birds like doves will find it there.

### Seed Combinations

Here's a seed combination which will attract a wide range of desirable backyard songbirds found in our area:

- 50% black-oil sunflower seeds
- 35% white proso millet
- 15% finely cracked corn

Many other combinations also work well, and you can adjust mixtures to fit your situation. Food preferences may vary somewhat depending on where you live and on what birds



### Robins

This past year, more robins seemed to be sticking around our area. People have asked how to help these birds. The Audubon Society suggests the following for fruit specialists such as robins, waxwings, bluebirds, and mockingbirds:

**Fruit for berry-eating birds:** These birds rarely eat birdseed. To attract these birds, soak raisins and currants in water overnight, then place them on a table feeder, or purchase blends with a dried fruit mixture.

frequent your feeders. If you have goldfinch in your neighborhood, you may want to try some thistle feeders. Some experienced bird feeders recommend at least 75 percent of the seed offered should be black oil-type sunflower and I would agree.

### FOR MORE INFORMATION

For more resources on feeding birds, go to <http://lanaster.unl.edu/pest/birds.shtml>.





## November

### Marian Hanigan

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

Marian started volunteering with 4-H when she was a Lancaster County 4-H member and active in 4-H Council and 4-H Teen Council. She started the Heart to Heart 4-H club four years ago when she was a senior in high school. The Heart to Heart club was recognized as a Nebraska 4-H Club of Excellence in 2009 and 2010. She has also taught workshops at Clover College and volunteered at the Lancaster County Super Fair.

She says, "I like being a 4-H volunteer because through 4-H, I learned many of the important life skills I use everyday. I learned to cook, sew, give presentations, run meetings, organize events and projects, etc. I gained a curiosity to try new things and how to deal with failures and events not going the way I planned. I gained self confidence and a sense of accomplishment with many of the projects I completed. As I grew older, I wanted to share the lessons 4-H had taught me with others. I've been blessed to see the talented 4-H'ers in my group grow up and see the skills they've gained along the way. I am thankful for the amazing 4-H volunteers who helped and inspired me during my eight years as a 4-H member."

Lancaster County 4-H thanks Marian for donating her time and talents. Volunteers like her are indeed the heart of 4-H!



### Livestock Better Fair Meeting, Nov. 10

All Lancaster County livestock project 4-H'ers, FFA members, families, and volunteers are invited to a Better Fair Meeting on Thursday, Nov. 10 at 6:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. This is an opportunity to discuss changes for the 2012 Lancaster County Super Fair livestock shows. Please bring any changes, concerns, or positive suggestions that will make next year's fair better! If you cannot make it but would like to send your comments, email Cole at [cmeador2@unl.edu](mailto:cmeador2@unl.edu).

### Family & Consumer Science Resource for 4-H Clubs

Are you interested in having hands-on projects brought to your club? A UNL Family & Consumer Science major and former 4-H'er would like to work with 4-H clubs in the area of foods and nutrition and child development. For more information, call Tracy at (402) 441-7180.

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

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

### Northeast Community College Livestock Classic, Nov. 25-26

Northeast Community College is once again putting on a steer and heifer show for 4-H and FFA members on Nov. 25-26 at the NECC Ag Complex in Norfolk. Pre-registration deadline is Nov. 18. Breeding heifer show will be Nov. 25 at 10:30 a.m. Market animal show will be Nov. 26 at 10 a.m. Cash prizes for supreme breeding heifers and market animals. If you have any questions or want a show bill, contact Cole Meador at [cmeador2@unl.edu](mailto:cmeador2@unl.edu) or (402) 441-7180.

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

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

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

Please note all other market livestock possibly going to Nebraska State Fair or Ak-Sar-Ben will need to be DNA sampled this year, with a later due date to be announced.

### 4-H Project Completion Certificates Available

Certificates are available from the extension office at no cost.

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

## December

### Katie Cruickshank

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

She has volunteered with 4-H for four years as leader of the Star Spangled Saddles 4-H Club and superintendent of the 4-H English Horse Show at the Lancaster County Fair.

She has also helped with horsemanship level testings and started the Lucky Lopers 4-H horse club this year.

Lancaster County 4-H thanks Katie for donating her time and talents. Volunteers like her are indeed the heart of 4-H!



## 4-H Award & Scholarship Forms Due Dec. 31

Lancaster County 4-H award forms and college scholarship applications are due by Dec. 31. Recipients will be announced at Lancaster County Achievement Night on Feb. 2, 2012. Forms are available at <http://lancaster.unl.edu/4h/Programs/award.shtml> and the extension office. Most online forms are provided as fill-in pdfs, which anyone with Adobe Reader can fill in, save, and print.



### HELPFUL RESOURCE

A handout, "Overview of 4-H Recognition," is available online and at the extension office.

### Awards

If you have questions about awards, contact Tracy at [tanderson14@unl.edu](mailto:tanderson14@unl.edu) or (402) 441-7180.

**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.\*

**Nebraska 4-H Club of Excellence** — 4-H clubs which meet criteria outlined by the state 4-H office are recognized as a "Club of Excellence." Some of the criteria includes: choose/elect youth officers, have one club project (related to curriculum) which they do together, and complete one community service project. Forms are to be filled out by club leaders.\*

\*Lancaster County deadline for these statewide awards is Dec. 31

### College Scholarships

For graduating high school seniors enrolled in the Lancaster County 4-H program. If you have questions about scholarships, contact Cole at [cmeador2@unl.edu](mailto:cmeador2@unl.edu) or (402) 441-7180.

**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 Lancaster County 4-H'ers who are active in 4-H Teen Council.

**Lincoln Center Kiwanis** — one \$1,000 scholarship to an active Lancaster County 4-H'er.

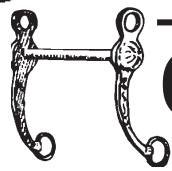
**Lane Community 4-H Scholarship** — one \$200 scholarship to a Lancaster County 4-H member attending Raymond Central High School.

**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 [www.ne4hfoundation.org/scholarships.htm](http://www.ne4hfoundation.org/scholarships.htm) for more information. *Deadline is March 1.*

**Nebraska Association of County Extension Boards** — two scholarships to UNL College of Agricultural Sciences and Natural Resources or College of Education and Human Sciences. *Note: Deadline is March 15.*

**Note: Deadline for Lancaster County 4-H Council camp scholarships is May 1 — preference given to applications submitted by March 1.**



# HORSE BITS

## Horse Awards Night

The 2011 4-H Horse Awards Night was held Oct. 6. The evening recognized top achievements at the Lancaster County Super Fair and other events throughout the past year. 4-H volunteer Jeff Rawlinson 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** — Trinity Bohaty, Grace Bozak, Jillian Brummer, Kieran Burkey, Ashley Clegg, Jennifer Daharsh, Desiree Davis, Abby Eilers, Justine Gall, Aubrey Hayes, Braeland Jones, Lauren Kelley, Brianna Kroeger, Harper Lawson, Elizabeth Long, Sarah Malina, Amanda Ochsner, Joshua Ronnau, Mazzii Snyder, Emma Sondergeroth, Jaiden Stonacek, Sriyani Wasson, Eli Wegrzyn, Thaddeus Wegrzyn

**Level I** — Morgan Applegarth, Madison Duran, Leah Egeberg, Alyssa Fisbeck, Averie Frye, Kayla Grote, Megan Hansen, Alie Hausman, Shane Humphrey, Aubrey Kelley, Hailee Lynn, Kamryn Pekarek, Shelby Polk, Isaiah Pomajzl, Jacob Ronnau, Ian Schuster, Makenna Sheldon, Emma Sondergeroth, Olivia Wennstedt

**Level II** — Michael Anderson, Morgan Applegarth, Ashley Bradbury, Emma Bueling, Ivy Dearmont, Jamie Hansen, Rachael Hansen, Aubrey Heusinger, Hailey Hula, Travis Hula, Kaitlyn Hurdle, Eunhye Kim, Katlyn Kimmen, Jordan Lebsack, Logan McDonald, Elizabeth Norton, Sarah Peeks, Elizabeth Robinett, Jacob Ronnau, Brianna Sander, Jenna Wolfe

**Level III** — Ashley Anderson, Vanessa Butterfield, Anna Hershberger, Abbie Heusinger, Kaitlyn Hurdle, Becky Hutchins, McKenzie Merritt, Natalie Nason, Sierra Nelson, Kaitlyn Papke, Blake Preston, Alexis Wolfe

**Level IV** — Josie Ang, Abbie Heusinger, Kaitlyn Hurdle, Kate Rawlinson, Hannah Ronnau

### 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! This year, 82 4-H'ers participated.

**Bronze (minimum of 100 hours)** — Ethan Ang, Ellie Blake, Trinity Bohaty, Tanner Clagett, Caidell Davis, Desi Davis, Abby Eilers, Mia Hermanson, Alyssa Heusinger, Ellie Hula, Travis Hula, Braeland Jones, Sarina Kyhn, Ben Luedtke, Elizabeth Norton, Spencer Peters, Olivia Wheeler, Alyia Whitehall

**Silver (minimum of 183 hours)** — Josie Ang, Mikaela Carstens, Morgan Chipps, Caitlin Davis, Elli Dearmont, Ivy Dearmont, Allison Densberger, Nicole Finkner, Megan Hansen, Aubrey Hayes, Kenzy Hayes, Abbie Heusinger, Anna Heusinger, Audrey Heusinger, Hailey Hula, Lauren Kelley, Kelsie Koch, Katharine Kramer, Jordan Lebsack, Elizabeth Long, Alyssa Loudon, Megan Luedtke, Tony Masinelli, Kenzie Mayer, Nicole McConnell, Nicole Oestmann, Bailey Peterson, Jacob Ronnau, Joshua Ronnau, Brianna Sander, Emma Somdgeroth, Jadin Vogler, Bethany Wachter, Erika Warner, Heather Welch, Mikayla Whaley, Jena Wilson, Alexis Wolfe, Jenna Wolfe, Kenzie Wolfe, Emmaly Wright

**Gold (minimum of 366 hours and completed horse record book)** — Brooke Bennett, Vanessa Butterfield, Marissa Carlson, Ashley Densberger, Kathleen Duncan, Emily Flanagan, Elizabeth Frobish, Justine Gall, Kaitlyn Hurdle, Aubrey Kelley, Eunhye Kim, Katlyn Kimmen, Bryanna Loudon, Sierra Nelson, Sarah Peeks, Kate Rawlinson, Hannah Ronnau, Bailee Sobotka, Madison Sobotka, Bailey Vogler

### Super Fair Herdsmanship & Decoration Awards

**Top Herdsmanship - Small Club** — Viken Riders

**Top Herdsmanship - Large Club** — Western Pride

**Best Decorations** — Harmony Hill

**Decorations - 1st place Independent Member** — Nicole Finkner

**Decorations - 2nd Place Independent Member** — Makenzie Mayer

### Judging Awards

The Horse Judging Contest at the Lancaster County Super 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.

**Elementary Division** — Jacob Ronnau (Champion), Madison Sobotka (Reserve Champion), Lauren Kelley, Hailey Hula, Jenna Wolfe, Makenzie Mayer, Ethan Ang, Katelyn Wolf, Brianna Kroeger, Katelyn Miller

**Junior Division** — Bailey Peterson (Champion), Josie Ang (Reserve Champion), Sydney Scow, Anna Heusinger, Ashley Bradbury, Ivy Dearmont, Mikaela Carstens, Kate Rawlinson, Kathleen Duncan, Bailee Sobotka

**Senior Division** — Hannah Ronnau (Champion), Elli Dearmont (Reserve Champion), Megan Luedtke, Aiden Graybill, Erika Warner, Ian Schuster, Brittany Albers, Ashley Densberger, Blake Preston, Abbie Heusinger

### Horse Course Challenge Results

The Horse Course Challenge is a Lancaster County Super Fair 4-H contest.

**Elementary Division** — Lucy Polk (Champion), Bethany Wachter (Reserve Champion), Jenna Wolfe, Ashley Clegg, Sarinia Kyhn, Abigail Clarke, Madelaine Polk, Kristin Loudon, Hailey Hula, Dani Drbal

**Junior Division** — Kate Rawlinson (Champion), Justine Gall (Reserve Champion), Alexis Wolfe, Bailey Sobotka, Ivy Dearmont, Emily Clarke, Josie Ang, Spencer Peters, Sarah Peeks, Mikayla Whaley

**Senior Division** — Elli Dearmont (Champion), Hannah Ronnau (Reserve Champion), Megan Luedtke, Brooke Bennett, Ian Schuster, Erika Warner, Nicole Finkner, Bailey Heidtbrink, Hailey Pointer, Ben Luedtke

### All-Around Trail

**Dick and Cookie Confer Top Trail Award** for all-around champion of the Lancaster County Super Fair 4-H Trail obstacle class — Chelsea Beach

### All-Around Barrels

**Franklyn Manning Family Trophy** for fastest time in the Lancaster County Super Fair 4-H Barrel racing competition — Kaitlyn Papke

### All-Around Cowboy/Cowgirl

Three age division awards for Lancaster County Super Fair All-Around Cowboy/Cowgirl are sponsored by Lonsum Pine Farm/Myron Ang Family.

**Elementary** — Jadin Vogler; **Junior** — Bailey Vogler; **Senior** — Josh Krueger

### Wittstruck All-Around Champion

**Wilhelmina Wittstruck Memorial Award** for Lancaster County Super Fair All-Around 4-H Champion Individual — Bailey Peterson



Horse Incentive Awards - Bronze Level



Horse Incentive Awards - Silver Level



Horse Incentive Awards - Gold Level



Dick and Cookie Confer presented the Dick and Cookie Confer Award for All-Around Trail



The Franklyn Manning Family Trophy for All-Around Barrels



All-Around Cowboy/Cowgirl Awards sponsored by Lonsum Pine Farm/Myron Ang Family



Dwayne Wittstruck presented the Wilhelmina Wittstruck Memorial Award for All-Around Champion

## EXTENSION NEWS

### Three Extension Staff and a 4-H Volunteer Recognized at YWCA's Tribute to Women

In September, the YWCA Lincoln honored 125 "sassy" women in the community during its annual Tribute to Women reception. For the past 30 years the YWCA Lincoln has celebrated outstanding women who work to make a difference in the lives of others in the community. In honor of the YWCA Lincoln's 125th anniversary, 125 women were honored in three categories: 25 Legacy Awards, "25 under 25," and 75 Outstanding Women.

Three UNL Extension in Lancaster County staff were recognized in the Outstanding Women category:

- Extension Educator Lorene Bartos
- Extension Associate Tracy (Kulm) Anderson
- Extension Associate Marty Cruickshank.

Harmony Hill 4-H club leader Peg Fairfield-Bixby was also recognized in the Outstanding Women category. Harmony Hill is a horseless horse club.

Congratulations to these women who strive to make a difference in the lives of others!



(L-R) Lorene Bartos, Tracy (Kulm) Anderson, and Marty Cruickshank.



Peg Fairfield-Bixby

## Keep Holidays Light and Bright Tips to Lower Stress

Were the holidays fun last year or did stress overtake the fun? The holiday season should be one of joy and merriment, not of stress.

A big stress for families is trying to equally distribute time among each set of families, and dealing with the expectations of the larger family dynamics. Family members expect their traditions to continue, but may not work for a new family.

As new families begin, it's important to decide what the new holiday traditions will be because traditions are what many parents and children look for when the holiday comes. Start new traditions, maintain old traditions, or mix it up and do both, if possible. New families should ultimately decide what is best for all. Figure it out before the holiday by talking to family members to avoid erupting feelings and emotions during the holiday.

Keep things simple. Don't fall into the trap of feeling like 10 varieties of cookies are needed. Just make one or two varieties this year, then make different varieties the next year, and so on.

Give children a role during the holidays. Let them help plan the party or help clean in preparation for guests. Parents have a tendency to push children back in order to

get things done, and when that happens, kids want more attention. Include them so they feel important and a part of the action. This way they are getting attention from the parents because they are doing what the parents are doing.

Also, let the children be involved in getting and giving the gifts. Sometimes gifts are better if they have meaning behind them instead of just being an item. Children can make cookies and give them as gifts or draw a picture and put it in a frame for grandma. These are sure ways to save money that may mean more to grandma than a new sweater.

Schedules during the holidays shouldn't be jam-packed with school programs, work parties, family gatherings, and neighborhood parties. Too many activities in such a short amount

of time can be burdensome on parents,

but especially for children.

Adults handle increased activity better than children, so it's important for younger families to not cram so much into their schedule. It's better to miss a neighborhood party than to have cranky children and be frustrated that night and into the next day.

Keep children on their regular eating and sleeping habits to level their temper. Limit the amount of sugar they consume each day and particularly before bedtime, since too much sugar will either cause them to be hyper, or act out of character. Lack of sleep for children causes them to be irritable, which causes the parents to have more stress. It's important for children to get a good amount of sleep.

Finally, keep expectations real. Make a budget for the holiday presents, stick to it and shop early to prevent overspending and panicking because what's on the list is unavailable. Find out what children would like to receive, but also help them understand there are limitations, so they may not get everything they ask for. Stop shopping when everything on the list is purchased. Shopping after list items are crossed off enables parents to see things they think their children need when really, they don't. Keeping in the budget for holiday spending will help lower the stress level for parents.

Source: Gail Brand, Family Extension Educator, UNL Extension



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- Trained counselors 24/7/365
- Children's behavioral issues
- Parent/child conflict resolution
- Youth mental health services



NEBRASKA FAMILY HELPLINE IS A SERVICE PROVIDED BY BOYS TOWN AND SUPPORTED BY THE NEBRASKA DEPARTMENT OF HEALTH AND HUMAN SERVICES

## Control Your Holiday Credit Card Debt

The holidays should be a joyful time for you and your family. But for many families it's tough to find the extra cash for holiday expenses. Using your credit cards can solve the problem, but can create other problems.

Most families don't plan to run up high balances on their credit cards during the holidays — it just happens. Nearly one-third of adults say they spent more than they planned on holiday gifts. Most spent \$100 to \$500 more than they planned. It is hard to pay off an extra \$500 on credit cards after the holidays.

### Ways to Control Your Spending

Start by making a written plan for holiday spending and gift giving. Think about how much you can afford to spend on gifts, decorations, holiday meals, and travel.

Set a spending limit for gifts for each person. Include limits on other items in your spending plan. Start looking for bargains early. If it's been a tough year for you, think about cutting back on what you usually spend. Talk with friends and family about not exchanging gifts, drawing names so you give fewer gifts, or setting dollar limits on gifts.

Decide if you are going to use a credit card for holiday spending. If you use only cash, leaving your credit cards at home. You won't be tempted. If you write checks, be sure to record each in your register and figure the balance before writing another check. Stay within your limit!

Most families don't plan to run up high balances on their credit cards during the holidays — it just happens.

If you need or want to use a credit card, pick just one to use for your holiday spending. It's easier to control your spending with one card. Write your spending limit on an envelope and put it in your wallet. When you use your credit card, write the amount on the envelope and subtract it from your limit. Put the receipt in the envelope. When you've reached your limit, stop using your credit card!

Try to separate shopping trips from spending trips. Make

one trip to compare prices and value but don't take along your checkbook or credit cards. When you've decided what you can afford to buy, go back to make the purchases.

### Ways to Cut Holiday Costs

Make gifts by hand or give gift certificates promising your time or talents. Have friends or family over for dessert rather than for a meal. Make your own decorations. The gift each of us remembers as most special is usually one that involved someone's time and thought, not large amounts of money.

### Credit Card Offers

During the holidays, your credit card company may offer to let you skip a payment or two. Or, it may invite you to pay back only the minimum or even reduce your minimum payment. Don't be tempted to take these offers since you'll pay more in the long run.

### Stick to Your Plan

The best gifts are those that do not burden you with debt into the next year.

Source: Susan Taylor, Consumer and Family Economics Educator, University of Illinois

## Household Hazardous Waste Collection

There is only one Household Hazardous Waste Collection left in 2011. These collections are for households only. 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, stripper and stain, old gasoline, transmission fluid, pesticides, (even banned products like DDT), items containing PCB's (ballasts from fluorescent fixtures and capacitors from old appliances). You can dispose of compact fluorescent light bulbs at these waste collections.

DO NOT bring latex paint, electronics, TVs, propane cylinders, tires, used oil, batteries, antifreeze, or ammunition.

For more information, call the Lincoln-Lancaster County Health Department at 402-441-8021.

**Friday, Nov. 18 • 9 a.m.—1 p.m.**  
Appointment Only. Call (402) 441-8084

### Usable Latex Paint Exchanges

A usable latex paint exchange will be held at the EcoStores Nebraska at 530 West P Street. Call (402) 477-3606 for details.

**Saturday, Nov. 12 • 9 a.m.—2 p.m.**

# EXTENSION CALENDAR

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

## October

22 **Composting Demonstration**, *Pioneers Park Nature Center's backyard composting demonstration area* ..... 10 a.m.

## November

1 **4-H Council Meeting** ..... 7 p.m.  
 10 **4-H/FFA Livestock Better Fair Meeting** ..... 6:30 p.m.  
 10 **Save Time, Money, and Energy by Cooking with Homemade Master Mixes**, *Plaza Conference Center, Bryan LGH Medical Center East, 1600 South 48 Street* ..... 7-8:30 p.m.  
 13 **4-H Teen Council Meeting** ..... 3 p.m.  
 15 **Guardian/Conservator Training** ..... 1:30-4:30 p.m.  
 17 **Parents Forever Class** ..... 9 a.m.-12:30 / 5:30-9 p.m.  
 18 **Extension Board Meeting** ..... 8 a.m.

## December

6 **4-H Council Meeting** ..... 7 p.m.  
 9 **Extension Board Meeting** ..... 8 a.m.  
 11 **4-H Teen Council Meeting** ..... 3 p.m.  
 13 **Guardian/Conservator Training** ..... 1:30-4:30 p.m.  
 15 **Parents Forever Class** ..... 9 a.m.-12:30 / 5:30-9 p.m.  
 31 **4-H Award and Scholarship Forms Due**

## Unsafe Pesticide Applications

continued from page 7  
 the 25B list, go to [http://www.epa.gov/oppbppd1/biopesticides/regtools/25b\\_list.htm](http://www.epa.gov/oppbppd1/biopesticides/regtools/25b_list.htm).

Most of the active ingredients on the 25B list are plant-based oils. Many do have some insecticidal activity, but none of them have a residual effect. This means once applied, the activity doesn't last more than a few hours at most. These products are "contact" insecticides, which means you must spray the insect directly to kill it.

Because these products, as well as the OTC pyrethroid products have little residual activity, they are not very effective at reducing bed bug populations. When people use these ineffective products, bed bug populations continue to increase, resulting in repeated insecticide use and greater exposure and health consequences.

Sources: National Pesticide Information Center, Environmental Protection Agency.

## Make It With Wool Deadline Oct. 29

The Make It With Wool contest offers youth and adults the opportunity to promote the beauty and versatility of wool fabric and yarn. Personal creations in sewing, knitting, crocheting, spinning and weaving of wool fabric, yarn is encouraged. Categories are: Preteen, Junior, Senior, Adult, and Made for Other Home Accessories.

The District III contest will be held in Lincoln on Saturday, Nov. 19. Entry deadline is Oct. 29. For more information, call Tracy at (402) 441-7180.

## Crops Website for Youth

UNL Extension has a new website for youth interested crop and plant science at <http://cropwatch.unl.edu/youth>. The website is divided into four main sections:

- crop and plant science facts
- activities for youth,
- 4-H & FFA projects
- teaching activities & resources.

## Lancaster Livestock Judging Team Does Well at Ak-Sar-Ben, Headed to Nationals

Congratulations to Taylor Johnson, Rachel Johnson, Grant Rathje, and Chandler Kramer for a job well done at the 2011 Ak-Sar-Ben 4-H livestock judging contest. The beef team placed third at the contest. This was an excellent preparation for the national contest in Kentucky this November. Good luck!

## Connect, Learn, and Share! UNL Extension in Lancaster and Lancaster County 4-H

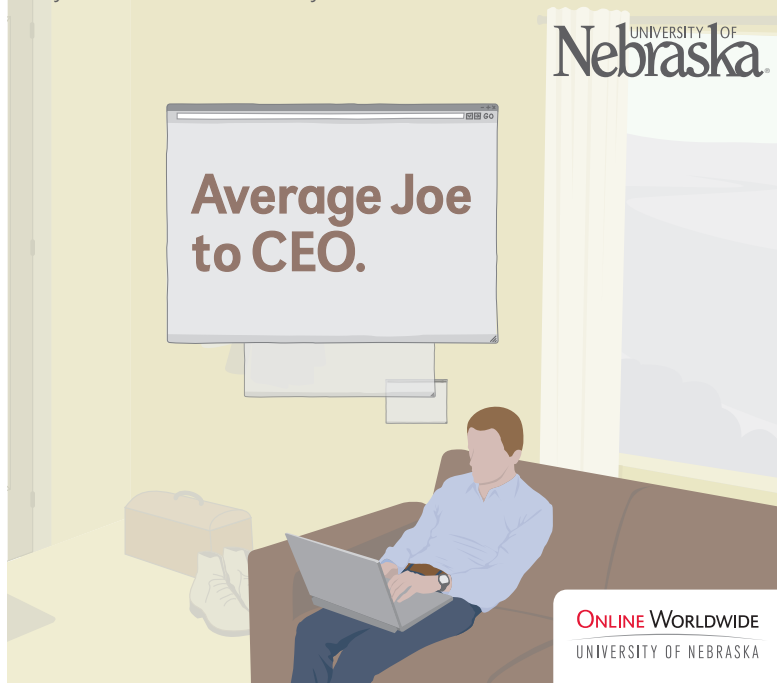


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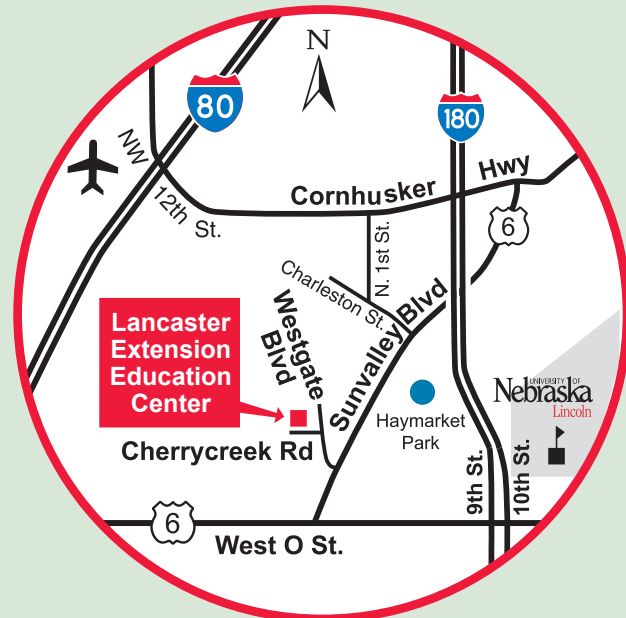
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Gary C. Bergman

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## UNL Extension Web Site: Acreage Insights

Helping acreage owners manage their rural living environment.

<http://acreage.unl.edu>

NEW information every month!  
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## Over 40 Sites in Nebraska Participated in 4-H National Science Experiment

The 2011 4-H National Youth Science Day was held Oct. 5. This year's national science experiment, Wired for Wind, was developed by UNL Extension Educator F. John Hay (pictured below right) and UNL 4-H Science and Technology Specialist Brad Barker. Wired for Wind teaches youth about engineering design, experimental design, physics, and renewable energy. Youth get to design, build, and test wind turbine blades. In Nebraska, the experiment was done in more than 40 locations (including the Lancaster County 4-H Kick Off and Lincoln Children's Zoo) teaching over 1,500 youth. Wired for Wind manuals are available at the extension office.



Youth get to design, build, and test wind turbine blades. In Nebraska, the experiment was done in more than 40 locations (including the Lancaster County 4-H Kick Off and Lincoln Children's Zoo) teaching over 1,500 youth. Wired for Wind manuals are available at the extension office.

## Can You Guess It?



Image courtesy of CDC

Did you guess it? Find out at

<http://lancaster.unl.edu>

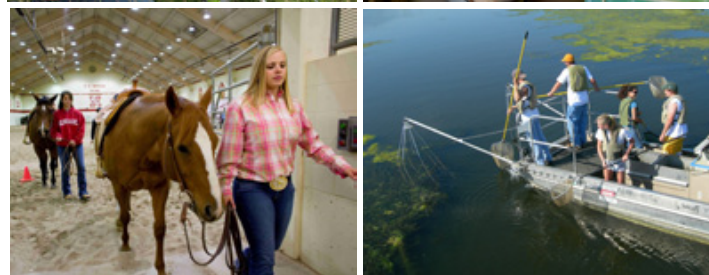
Did you guess it from the September NEBLINE?  
 The answer was: the padded feet of a Polyphemus Caterpillar

## Experience the Power of Red

An open house for high school students and their families  
 Sponsored by the College of Agricultural Sciences and Natural Resources

**Saturday, Nov. 12**

**9 a.m.–2 p.m. • Nebraska East Union**



- Learn more about how we prepare students for careers in everything from animals to plants, soil to climate, golf to business, mechanization to leadership, food to forensic science
  - Meet current students, faculty and staff
  - Experience East Campus
- Register for a scholarship and other cool prizes

To register or more information, (800) 742-8800, ext. 2541 or go to <http://casnr.unl.edu/openhouse>

Registration deadline: Nov. 4

There is no charge to attend this event



## 4-H Teen Council Elects Officers

The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7–12. Officers for 2011–2012 will be: Lexi Trumbley (President), Sadie Hammond (Vice President), Emily Steinbach (Secretary), Jaime Stephenson (Treasurer), and Maddie Gabel and Kylee Plager (Historians).



## Help Start a 4-H Club — It's Easy!

The University of Nebraska-Lincoln Extension 4-H Youth Development Program is open to all youth ages 5–18. Through learning-by-doing, youth gain practical skills and develop life skills.

Families are encouraged to help organize a new club — which is a lot easier than you may think! Starting a 4-H club now gives plenty of time for members to work on projects for next year's county and state fairs.

### Club Organization

Clubs range from 5 to 60 members and are led (or co-led) by club leaders — often club members' parents. Parents are encouraged to attend meetings.

Volunteers are the heart of 4-H. Adult leaders partner with youth members to complete projects.

**Club leaders** — Also known as organizational leaders, club leaders coordinate meeting times and agendas. They also are responsible for club enrollment information.

**Project leaders** — Clubs may or may not have project leaders who provide leadership for specific projects.

**Parent Volunteers** — Also known as assistant leaders, provide valuable guidance to youth.

**Club officers** — Youth members choose officers to run their meetings.



During a Helping Hearts 4-H club meeting this year, youth did hands-on felting with alpaca wool.

### Hands-on Projects

Nebraska 4-H has numerous hands-on projects. Age-appropriate project manuals are written by experts. Most project manuals have accompanying leader guides.

In most clubs, members complete several projects a year. Some 4-H clubs focus on one particular project area, such as rabbits. Many youth exhibit their projects at the county and state fairs.

### 4-H Staff Guidance

4-H staff provides guidance and resources to club leaders. Here's a look at Lancaster County 4-H staff and their areas of responsibilities:

- Tracy Anderson manages all non-animal project areas including science & engineering, food, home environment, and photography.

- Cole Meador manages the 4-H livestock and dog project areas.
- Marty Cruickshank manages the 4-H horse, rabbit, and poultry project areas.
- Teri Hlava coordinates the 4-H afterschool program
- Mary Jane Frogge runs the horticulture and conservation project areas.
- Gary C. Bergman oversees the Lancaster County 4-H program.

- Karen Evasco provides support to all 4-H areas.

### Other Resources

- Resource materials available to leaders include:
- Regularly-scheduled leader trainings
  - *The NEBLINE* monthly newsletter 4-H pages
  - Lancaster County 4-H Web site at <http://lancaster.unl.edu/4h>
  - Nebraska 4-H web site at <http://4h.unl.edu>
  - Mailings to club leaders
  - Connect via Facebook, Twitter, and YouTube
  - County and State Fair can provide numerous ideas and inspirations for projects!

### To Get Started

If you would like to help start a 4-H club, call Lancaster County 4-H at (402) 441-7180.