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The NEBLINE

University of Nebraska–Lincoln Extension in Lancaster County

TINY TASTES Can Total BIG CALORIES Over the Holiday Season

Alice Henneman, MS, RDN
UNL Extension Educator

THE EXTRA CALORIES sometimes sneak up on us over the winter holidays. They don't always arrive in the form of large portions of calorie-laden food. Rather, they may tiptoe in through many tiny tastes throughout the day.

Let's look at "Holly Day's" food diary for one day and view how those "tiny tastes" can add up. Calories are approximate and will vary, depending on brand, recipe, exact serving size, etc.



Migle Seikye, www.flickr.com

TASTE 1

Oops! I broke that cookie removing it from the baking sheet. I'll just eat the half that didn't get all crumbled up. I deserve it for getting up early to bake these cookies before heading to work.

Approx. 30 calories



Kate Hopkins, www.flickr.com

TASTE 2

Someone brought holiday candy to work today! I'll just have one small piece of the peanut brittle.

Approx. 80 calories



Harlan Harris, www.flickr.com

TASTE 3

It's mid-afternoon and I still haven't eaten lunch. I need to pick up a few things at the grocery store before I swing through a fast food place for a quick bite. The grocery store is offering food samples — I'll just eat a little cracker with spread to tide me over until I get to lunch.

Approx. 40 calories



Melanie (dluvenne), www.flickr.com

TASTE 4

The fast food place is giving out 1/4 cup samples of its special flavored holiday coffee. I can't pass that up!

Approx. 20 calories



Iris Shreve Garrett, www.flickr.com

TASTE 5

Still a couple of hours to go at work before I head to the holiday dinner tonight. I think I'll check out the break room to see if any more goodies have shown up. Some chocolate-covered cherries have appeared! Chocolate is good for you, right? I'll just have one.

Approx. 60 calories



Lannon Foster, www.flickr.com

TASTE 6

It's a great dinner party, but maybe I shouldn't stand near the snack table before the meal starts. I'm now dipping my third chip.

Approx. 75 calories



Isaac Wedin, www.flickr.com

TASTE 7

Who can pass up old-fashioned eggnog? I'll just have a half cup.

Approx. 200 calories



Kelly Teague, www.flickr.com

TASTE 8

There are just a couple of tablespoons of candied sweet potatoes left. Someone should enjoy them — it might as well be me!

Approx. 60 calories



Dee West, www.flickr.com

TASTE 9

The nice thing about helping dish up dessert is you can take a little "preview" taste — using a separate tasting spoon, of course! One heaping tablespoon of candy cane ice cream coming right up!

Approx. 70 calories

TOTAL TASTING CALORIES FOR THE DAY

635

If comparable types of "tiny tastes" are continued throughout the holidays, it might be possible to gain as much as a pound a week! On average, an additional 3,500 calories above your body's needs can lead to a weight gain of a pound. On the flip side, cutting back on just 100 extra calories per day can lead to a weight loss of 10 pounds per year.

Maybe the tiny taste isn't so small after all.

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Know how. Know now.

Quick, 5-Ingredient Recipes

Alice Henneman, MS, RDN
UNL Extension Educator

Five is frequently the magic number for ingredients we want in a recipe. As the holiday season gets busier, it's important we don't neglect healthy eating. Following are three recipes that taste great and can be made quickly!



ORANGE & SWEET POTATO PORK CHOPS

This recipe is a great source of protein and the sweet potatoes add important vitamin A. Thanks to the orange and cinnamon flavoring, you may be able to skip the salt entirely. Once you've assembled this main dish, you're free to do something else while it is baking. Read the paper, take a walk, put in a load of wash or just relax! I had company the night I prepared this and it was easy to toss in an extra pork chop and add another sweet potato.

(Makes 2 servings)

- 2 pork chops**
- 1 sweet potato (peeled)**
- 1/2 orange (sliced)**
- 1 dash cinnamon**
- 1 dash salt (optional)**
- 1 dash black pepper (optional)**

Preheat oven to 350°F. In a medium skillet, brown pork chops in a small amount of oil. Cut sweet potato into 1/2-inch slices. Place meat and sweet potato slices in a baking dish and top with orange slices; sprinkle with seasonings. Cover and bake for 1 hour until meat is tender. Pork is safely cooked when it has been heated to 145°F, followed by a 3 minute rest.

Alice's Notes: In assembling this dish, I put the sweet potatoes on the bottom, followed by a sprinkling of cinnamon. Next, the pork which lent flavor to the sweet potatoes as it baked. Then, I added a dash of pepper on top of the pork.

Nutrition Facts: Calories, 270; Calories from Fat, 100; Total Fat, 11g; Saturated Fat, 4g; Trans Fat, 0g; Cholesterol, 65mg; Sodium, 85mg; Total Carbohydrate, 17g; Dietary Fiber, 3g; Sugars, 6g; Protein, 25g.

Source: Adapted slightly from *Simply Seniors Cookbook*, Utah Family Nutrition Program, Utah State University Extension



MICROWAVE MEXICAN OMELET

I usually make scrambled eggs as my omelets turn out looking like scrambled eggs, anyway. However, this omelet recipe from the American Egg Board is definitely different. Above is a photo of how it turned out the first time I made it. I definitely will be making it again. I only had regular cheese (versus a Mexican cheese blend) in

my fridge and it turned out great this way also! Mexican-style ingredients spice up this quick and easy microwave omelet. (This recipe is brought to you by America's egg farmers. For more recipes and nutritional information, go to www.incredibleegg.org.)

(Prep Time: 1 minute • Cook Time: 2-1/2 minutes • Servings: 1-2 servings)

- 2 eggs**
- 2 tablespoons water**
- 1 teaspoon butter**
- Shredded Mexican cheese blend**
- Chunky salsa**

1. Beat eggs and water in small bowl until blended.
2. Microwave butter in 9-inch glass pie plate on high until melted, about 30 seconds. Tilt plate to coat bottom evenly. Pour egg mixture into hot pie plate. Cover tightly with plastic wrap, leaving a small vent. Microwave on high 1-3/4 to 2 minutes. Do not stir.
3. When top is thickened and no visible liquid egg remains, season with salt and pepper, if desired. Place half of the cheese on one half of the omelet. Fold omelet in half with turner; sprinkle with remaining cheese. Microwave on high 10 seconds or until cheese melts. Serve with salsa.

Insider Info: The secret of success — a tight cover is essential to achieve a tender, easily rolled or folded omelet in the microwave. It makes stirring unnecessary, and it traps steam, which promotes even cooking. Microwave ovens vary. Cook times may need to be adjusted.

Source: www.incredibleegg.org/recipes/recipe/microwave-mexican-omelet



PUMPKIN ICE CREAM PIE

This frozen ice cream pumpkin pie recipe is quick to make, can be prepared in advance, and adds some extra vitamin A and calcium to your meal!

(Makes 8 servings)

- 1 can (15 to 16 ounce) pure pumpkin puree**
- 1/4 cup sugar**
- 1-1/2 to 2 teaspoons pumpkin pie spice, depending on how spicy a flavor you enjoy***
- 1 quart (4 cups) of a lower fat vanilla ice cream or frozen yogurt, softened****
- 1 9-inch prepared graham cracker pie crust**
- Whipped topping, if desired**

Mix the pumpkin, sugar and spice until well blended. Quickly mix pumpkin mixture with the softened ice cream. Pour into crumb crust and freeze, uncovered, until firm — a couple of hours. When pie is frozen, cover with plastic wrap and then cover with freezer-quality foil or place in a freezer bag and squish out the air. Thaw pie slightly at room temperature (about 5-10 minutes) before serving. Top with whipped topping, if desired.

*If you don't have pumpkin pie spice, for each teaspoon of pumpkin pie spice, you can substitute a combination of:

- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves

Note: If you're missing either the nutmeg OR the cloves, you can increase the amount of the other spice to 1/4 teaspoon.

**Soften ice cream by placing the container in the refrigerator for about 15-20 minutes. Avoid repeatedly softening and refreezing ice cream as it gets icy.

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444 Cherrycreek Road, Lincoln



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With Kids and Divorce There's More Than a "Day" in Holiday

For most of us, the best childhood memories center on special family times like vacations and holidays. The traditions we follow are treasured memories that remind us what "family" means.

How do children of divorce experience those holiday occasions? Holidays may provoke intense, emotional responses — especially in the first year after the divorce. Parents play a role in how children experience holidays and special days such as birthdays. There are some things parents can keep in mind to help ease the difficulty of holidays.

Parents need to decide well in advance of the holiday or occasion where the child will be and what type of schedule is expected. It may please the parents to have their children be part of all of the family festivities, but if it means an unrealistic amount of travel and excitement, parents may want to re-think the plan. Older children will want to help decide how they spend their day, and if reasonable, parents should try to make it work.

When dividing the holidays, parents should explore every

possibility. Examine what the most significant aspects of the holiday are for the parents and children and see what makes sense. Most parents alternate holidays, or have the children spend the "eve" in one home and the "day" in another. Especially during the first year, children often feel the intense pain of not being able to spend holidays with both parents together.

Here are some additional guidelines for holiday plans:

- Examine your family traditions. This may be a good time to start new traditions or alter ones no longer working for your new family. If you will be alone for part of the holiday, be sure to make plans that involve other people.
- Plan ahead as far as possible and let your children know what the plan is well in advance.
- Remember there is more than a "day" in holiday. In fact, most occasions are little seasons unto themselves with multiple events for celebration. Celebrate the different facets of the holiday.
- Consider occasionally splitting

the children so one parent isn't alone. Some children enjoy "special" alone time with a parent.

- Is it workable for the whole family to be together? If parents are getting along well, children enjoy having everyone together on some special occasions.
- Allow discussion of memories of past holidays. Invite children to talk about how they feel. You may not be able to "fix" it, but at least you have an understanding of their feelings.
- Don't let competition between parents become an undue burden for the kids. Trying to outdo each other with gifts and activities results in over-indulged children and parents who are angry with each other.
- Spend time with your children. Children pick up their ideas from their parents, so be sure you are sending the message you want to send about the meaning of the holiday.

Author: Minnell Tralle is a family relations specialist with the University of Minnesota Extension Service Regional Center, Andover.



ASK LORENE FAMILY LIVING TIPS

Lorene Bartos, UNL Extension Educator

Q: How often should my furnace filter be changed?

A: Furnace filters should be checked frequently. When to change them depends on the type of filter and family life style. Households with smokers or pets should change filters monthly. Cat and dog hair can clog furnace and air conditioner filters. If you use the one-inch pleated filters, which are usually less expensive, it is recommended to change them monthly. The high efficiency (three-inch) filters should be changed every three months as they collect a large percentage of all allergen, dust particles, etc. The non-disposable washable filters should be cleaned every month.

The best rule of thumb is to check the filter monthly and change as needed, due to the season and family life style.

"Ask Lorene" by mail: Attn. Lorene Bartos, UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528; email lbartos1@unl.edu; or phone 402-441-7180.

America Recycles Day, Nov. 15

America Recycles Day, which takes place annually on and around Nov. 15, recognizes the benefits of recycling while providing an educational platform that helps raise awareness about the value of reducing, reusing and recycling — every day — throughout the year.

This year's America Recycles Day theme, "I Want To Be Recycled," helps to educate people about the importance of recycling to our economy and environmental well-being, and helps to motivate occasional recyclers to become everyday recyclers.

Register to participate or pledge to recycle today at AmericaRecyclesDay.org. Local organizers can schedule events in their communities and gain access to valuable resources to plan, promote and host an event. Events can be scheduled any time during the fall, but should be held as close to Nov. 15 as possible.

An initiative of Keep America Beautiful, America Recycles Day is the only nationally-recognized day dedicated to promoting and celebrating recycling in the United States.

"Co-Parenting for Successful Kids" Classes

University of Nebraska—Lincoln Extension offers "Co-Parenting for Successful Kids" classes to help separating and divorcing parents develop plans for respectful, responsive and responsible co-parenting. These research-based classes meet Nebraska court-mandated requirements. The class is offered at on-site locations across Nebraska and online. Cost is \$50.

Since 1999, 13,257 parents caring for over 23,862 children have participated.

This year, a six-month follow-up survey indicated over 90 percent of class participants are using strategies they learned in the class to



Co-parenting for Successful Kids

keep their child(ren) out of the middle of the conflict with the other parent.

One online class participant said, "I wish the course was mandated before having kids. Very effective and common sense materials!"

In Lincoln, classes are taught at the Lancaster

Extension Education Center, 444 Cherrycreek Road, on the following Thursdays:

- Dec. 4, 9 a.m.—12:30 p.m.
- Jan. 8, 9:30 a.m.—1 p.m.
- March 12, 12:30—4 p.m.
- April 9, 9:30 a.m.—1 p.m.
- May 14, 12:30—4 p.m.
- June 25, 9:30 a.m.—1 p.m.
- Aug. 13, 12:30—4 p.m.
- Sept. 10, 9:30 a.m.—1 p.m.
- Oct. 8, 12:30—4 p.m.
- Dec. 3, 9:30 a.m.—1 p.m.

For more information about the statewide on-site and online classes, go to <http://extension.unl.edu/divorce> or call 855-308-8037. To register for classes in Lancaster County, call 402-441-7180.

7 Super Things Parents & Caregivers Can Do

1. Talk often with your children from the day they are born.
2. Hug them, hold them and respond to their needs and interests.
3. Listen carefully as your children communicate with you.
4. Read aloud to your children every day, even when they are babies. Play and sing with them often.
5. Say "yes" and "I love you" as much as you say "no" and "don't."
6. Ensure a safe, orderly and predictable environment, wherever they are.
7. Set limits on their behavior and discipline them calmly, not harshly.

Source: Early Development Network Babies Can't Wait

UNL Speakers Bureau in 20th Year

Looking for a speaker for your organization, club or classroom? The University of Nebraska—Lincoln's Speakers Bureau is comprised of a diverse selection of faculty and staff who can speak with authority and passion on a wide range of topics, from social networking

to Nebraska's grape and wine industry to tornadoes ... and much more.

Now in its 20th year, the Speakers Bureau has become one of UNL's most visible and successful outreach programs, and has engaged Nebraskans via guest lectures at civic

organizations, book clubs, churches, public schools and community gatherings.

For a list of speakers and topics, go to www.speakersbureau.unl.edu. To request and schedule a speaker, call 402-472-0088 or submit the online form.

AARP Driver Safety Program, Nov. 14

An AARP Smart Driver™ Course will be presented in Lincoln as a one 4-hour session on Friday, Nov. 14, 9 a.m.—1 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. A certified AARP instructor will teach the driving refresher course. This is a new, research-based Smart Driver class for older adults, extensively revised from previous versions. Sign up for the class by calling 402-441-7180.

Those attending are encouraged to arrive a few minutes early to complete check-in and registrations procedures. Cost is \$15 for AARP members and \$20 for non-members, payable at the door. **Payment by check or cash (the exact amount is helpful) is required — credit/debit cards are not accepted. All participants must bring their driver's license and AARP members are required to also bring their ID card and number.**



In this class you will learn driving strategies which encourage confidence and safer driving, including:

- defensive driving techniques, new traffic laws and rules of the road,
- how to deal with aggressive drivers,
- techniques to safely handle driving situations, such as left turns, right-of-ways, and blind spots, and
- how to make the best use of safety features found in most automobiles.

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

Stem Borers Challenge Soybean Farmers

Paul Hay

*UNL Extension in Gage County
Extension Educator*

Soybean stem borers or *Dectes* stem borer's are expanding their territory in Nebraska again this year. They are moving north and east from their first appearance in Nebraska in Jefferson and Thayer Counties a few years ago. This year stem borers can be found in much of Saline County, southwest Lancaster and western Gage County. The interesting thing is that producers may not know if borers are present unless serious storms delay harvest and result in plant breakage and harvest losses.

The *Dectes* stem borer is a small, grayish, longhorned beetle which lays its eggs in soybean petioles. Larvae tunnel down the petiole and into the stem, causing the entire leaf to wilt and die. Dead, wilted and drying leaves above the normal senescence zone at the bottom of the plant can help identify stem borer infestations, but dead leaves are mostly overlooked. Bored stalks reveal reddish interior discoloration when split. As soybean plants reach maturity, larvae tunnel to the base of the main stalk. As the plants dry out, larvae girdle the stalk internally. This weakens plant stems and can result in lodging if harvest is delayed or significant wind storms challenge the mature plants. Larvae overwinter in the stem bases, plugging the hollowed section near the girdling point so the stem base appears solid. The larvae are cannibalistic, so only one remains within each infested plant late in the year.

Dr. Robert Wright and graduate students at the University of Nebraska have been researching soybean stem borer since 2013 with support from the Nebraska Soybean Board. Last year's

studies at UNL's South Central Ag Lab near Clay Center found peak *Dectes* emergence occurred in early July with emergence continuing through the end of July. Studies in commercial soybean fields in south central Nebraska showed peak numbers (more than three beetles per 20 sweeps) around July 8–15, with adults detectable through early August. Seasonal occurrence in south central Nebraska appears to be somewhat later this year than 2013.

Dr. Wright would like information from farmers who attempted control of stem borers. Contact Paul Hay at UNL Extension in Gage County, 402-223-1384, if you treated some fields. Paul will interview you to collect the data Dr. Wright needs.

Wind storms in early October 2013 resulted in light to very significant damage from Daykin to Milford, Neb. Losses ranged from 1–2 bushels per acre to over 7 bushels per acre.

Our best recommendations at this point are to scout fields and harvest positive fields early in harvest season. Pay close attention to early planted and early maturing varieties as they tend to have more problems and be aware of fields where you have had problems in the past.

Previous research has not established an economic threshold for this insect. Research by Phil Sloderbeck and Larry Buschmann at Kansas State University's Southwest Research and Extension Center, Garden City, Kansas was published in the *Journal of Insect Science*. They evaluated application of Warrior insecticide in nine replicated on-farm studies over a three-year period. Applications were timed to correspond with the peak density of *Dectes* in soybeans and a second treatment was made 14 days later.

They monitored adult densities and end of season percent of plants with larval tunneling. The results varied from year to



Two soybean leaf petioles — the top one has been bored by a young larva. The larva then moves to the stem and continues development there.



Soybean stem borer adult (magnified)



Soybean stem borer larva (magnified)

year. The dual treatments resulted in 74 percent, 88 percent and 89 percent adult control in the treated fields. The resultant tunneling reductions in the fields were 0 percent, 59 percent, and 75 percent. The yield impacts in the fields were all less than one percent, hardly a paying proposition.

Insecticide applications to control *Dectes* may not improve grower profits, and may lead to late season outbreaks of other pests such as spider mites, bean leaf beetle, stinkbugs or soybean aphids by eliminating natural enemies which help suppress these arthropod pests.



Dead, wilted and drying leaves at the bottom of the plant can help identify stem borer infestations.

Upcoming Green Industry Conferences

NEBRASKA TURFGRASS CONFERENCE

JANUARY 6–8

NEBRASKA TURFGRASS ASSOCIATION
Location: Embassy Suites Omaha-La Vista/
Hotel & Conference Center, La Vista, NE
402-472-8973 • www.nebraskaturfgrass.com/events/nebraska-turf-conference



GREAT PLAINS GROWERS CONFERENCE

JANUARY 8–10

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. 8 workshops: High Tunnels, Honey Bees, Tree, Fruit, Berries, Soil & Irrigation, Retail Farm to Market
- Jan. 9–10 general tracks: Organic Production, Tree/Small Fruits, Conventional Vegetables IPM, Cut Flowers, Beekeeping, Food Safety/GAPS, Agroforestry, Technology, Marketing

Contact Buchanan County Extension Office
816-279-1691 • www.greatplainsgrowersconference.org



NEBRASKA GREAT PLAINS CONFERENCE

JANUARY 20–21

NEBRASKA ARBORISTS ASSOCIATION AND
NEBRASKA NURSERY & LANDSCAPE ASSOCIATION
Location: Ramada Plaza Omaha Convention Center
402-476-3865 • www.nearborists.org • www.nnla.org



Be a Master Gardener!

2015 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.

For more information
about becoming a
Master Gardener,
contact:

Mary Jane Frogge,
UNL Extension in
Lancaster County
402-441-7180 or visit
<http://lancaster.unl.edu/mastergardener>
to apply online.

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"Helping People Grow..."

Gardening Resolutions

Mary Jane Frogge
UNL Extension Associate

Before the successes and failures of the last year's growing season fade from memory or get pushed aside by the anticipation of another gardening year, why not take a moment to convert lessons learned and good intentions into resolutions for the coming year.

I resolve to:

- ✓ Make a list of needed plants and seeds before I start browsing through the seed catalogs.
- ✓ Limit the size of vegetable and flower gardens to what I can care for properly.
- ✓ Plan my vegetable garden carefully and follow the plan closely so I can rotate crops and make good use of all available space.
- ✓ Plant cool season crops early and again in mid to late summer for a fall harvest.
- ✓ Harvest crops at their peak of quality and maturity. No more giant zucchini or tough beans.
- ✓ Freeze or can produce as soon as possible after harvest to maintain high quality.
- ✓ Check plants regularly for insect or disease problems and do a better job of controlling them.
- ✓ If available, try biological or cultural controls first, rather than chemicals to control pest problems.

- ✓ Mulch earlier to control weeds.
- ✓ Persist in weed control efforts all summer to prevent weeds from going to seed and adding to next year's problems.
- ✓ Put tomato cages in place at planting time.
- ✓ Plant native trees, shrubs, perennials and other landscape plants according to a landscape plan, selecting less problem prone plants whenever possible to minimize or eliminate the need for pesticides, pruning and other maintenance.
- ✓ Plant more native plants for pollinators and remove invasive species.
- ✓ Plant tree(s) in areas where they have room to grow, not near power lines. Call diggers hotline before you dig the planting hole.
- ✓ Set timers for irrigation system and adjust during the growing season. No more running the irrigation system while it is raining.
- ✓ Place landscape prunings, grass clippings and other organic material in a compost pile. Turn the compost pile weekly.
- ✓ Set up a priority system for lawn and garden resolutions so gardening and landscape maintenance continue to be a pleasant experience rather than an overwhelming list of chores.



Managing Pantry Insects

Soni Cochran
UNL Extension Associate

During the holiday season, people love to bake cookies and other desserts. With all of the flour, nuts and other grain ingredients being purchased and used during the holidays, we get plenty of calls about insects infesting food products. People who feed the birds, squirrels or buy pet food, are also susceptible to a variety of pests that infest these products.

So what do you do? Preventing an infestation is key. Focus your prevention efforts on inspection and storage of products. Insecticides are not recommended.

Pantry Pest Prevention Tips

- Buy food in packages you can use up within a couple of months. The longer a food product sits on the shelf, the more likely it could become infested with pantry pests. Use older packages of food before newer ones. Use opened packages before unopened ones.
- Inspect food packages before buying. Make sure the packaging isn't damaged and the seals are intact.
- Store your dried food products in insect-proof containers: screw-top glass, heavy plastic or metal containers with airtight seals. This prevents pests from getting in and it also prevents pests from getting out if you accidentally bring home an insect-infested product from the store. Cardboard, paper, wax or plastic wrappings do not prevent insect infestations.



Barb Ogg, Emeritus, UNL Extension in Lancaster County

Tip: Cut the label off the product before disposing of the original package so you have the preparation directions. Tape the label to the insect-proof container.

- Keep food storage areas clean. Crumbs and exposed food attracts insects. Pay special attention to the area where you store pet foods and birdseed. Birdseed and dry pet food can be stored in the freezer or in insect-proof, mouse-proof containers stored in the garage away from your pantry.

What to do if You Find Pantry Pests

- Inspect and identify all possible food sources where there may be an infestation. Control involves finding the infested food product(s) and discarding. Don't overlook unopened or intact packages. Pantry pests can chew their way through cardboard, wax and foil. Identifying the pest may help you in this task since pantry pests have preferences for certain foods. Contact your local Extension office for assistance with identification.
- Once you find a food product infested with pantry pests, throw it away or salvage it by freezing the product for three to four days. Freezing

will kill pantry pests. Empty the pantry where you found the pantry pests and vacuum thoroughly. Use an attachment on the vacuum to get down into cracks and crevices. Empty the vacuum cleaner and discard the contents to prevent reinfestation.

- Do not use any insecticides to control pests in the pantry areas. Washing the shelves with detergent, bleach, ammonia or disinfectants also won't have any effect on pantry pests since they lay their eggs in food. Your best bet is to remove infested items and thoroughly vacuum.
- To prevent reinfestation, store your food products in insect-proof containers. You can also keep dry food products in the refrigerator or freezer, if you have room.
- If insects continue to appear, go through your stored items again. Check other rooms in the home for possible sources of infestation. Tree seeds blown into ventilators or around windows may attract and serve as a breeding site for these pests. Some beetles can infest many products including feathers, silk, wool, hide, lint, dead insects and more. Don't forget to check decorative arrangements used for the holidays. Many holiday decorations include dried plants, seeds, feathers and more.

FOR MORE INFORMATION

UNL Extension in Lancaster County resource "Managing Pantry Pests" available at the Extension office or online at: <http://lancaster.unl.edu/pest>.



GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, UNL Extension Associate

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

Minimize traffic on a frozen lawn to reduce winter damage.

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.

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.

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 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.

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.

Winter Wildlife Projects

Soni Cochran
UNL Extension Associate

Winter is a terrific time to work on projects to help you attract wildlife next spring. Do you want to attract more songbirds? How about bats to help keep down insects like mosquitoes? You can encourage important pollinators by building an insect hotel or nesting box for solitary bees and placing it outside in the early spring. Enlist your children/grandchildren to help plan a butterfly-friendly/bee garden using a combination of native plants and more.

If you have a friend or family member who loves wildlife, consider the gift of a bird house, feeder or bird bath. Encourage native solitary bees with the gift of a bee nesting block or house. Gift certificates to your local nursery would make great stocking stuffers. Field guides, journaling notebooks and a set of binoculars are great gifts any time of year.

University of Nebraska–Lincoln Extension has a number of resources to help you encourage beneficial wildlife to your backyard. Here are just a few available at



Soni Cochran, UNL Extension in Lancaster County

Binoculars are great gifts for people who love wildlife.

<http://lancaster.unl.edu/pest> or at the Extension office:

- "Backyard Wildlife: Feeding Birds" (NebGuide G2003)
- "Backyard Wildlife: Birdhouses & Shelves" (NebGuide G2002)
- "Landscape Plants for Wildlife" (NebGuide G1572)
- "Bat House Construction & Installation" (NebGuide G1575)
- "Butterfly Gardening" (NebGuide G1183)
- "Attracting Pollinators to Your Landscape" (354) includes native bee nest box plans



HEART OF 4-H VOLUNTEER AWARD

Kari Price

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

A volunteer for seven years, Kari is a parent volunteer with the Star City Llama/Alpaca 4-H club and helps with llama/alpaca shows at the Lancaster County Super Fair and Nebraska State Fair.

A member of 4-H Council, she helps with the food booth and chicken dinner fundraisers at county fair, as well as 4-H events such as Kick Off and Achievement Celebration. In addition, Kari has taught and assisted with workshops at Clover College.

"I like being a 4-H volunteer because the possibilities in 4-H are literally endless," says Kari. "They have every club you could ever imagine and if they don't have it, then they allow you the platform to start one. It has also allowed me to meet a lot of great people I would have never come across had it not been for 4-H. My favorite experience as a 4-H volunteer would be teaching several different classes at Clover College. It is only two hours out of your day, but it comes back 10 fold. How could you not love seeing the kids smiling faces after completing their project. They get so excited and they can't wait to show it off to everyone that walks by."

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



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.

4-H Seeks New Council Members

Serving on Lancaster County 4-H Council is a great opportunity to support 4-H, help provide leadership and work with a great group of people! Lancaster County 4-H Council is composed of youth (9th grade or higher) and adults working together in the interest of promoting activities of Lancaster County 4-H. Meetings are held the first Tuesday of each month at 7 p.m. at the Lancaster Extension Education Center. Terms are three years for adults and two years for youth. Each may serve two terms. For more information, contact Tracy at 402-441-7180.



4-H Teen Council Elects Officers

The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7–12. Officers for 2014–2015 will be: Max Wanser (President), Renae Sieck (Vice President), Sheridan Swotek (Secretary), Bailee Gunnerson (Treasurer), Abby Babcock Kylee Plager and Addison Wanser (Historians).

4th & 5th Grade Lock-In, Jan. 16–17

All 4th and 5th graders are invited to 4-H Teen Council's annual overnight Lock-In, which will be held Friday, Jan. 16, 8 p.m.–Saturday, Jan. 17, 8 a.m. This year's theme will be "Camping Under the Stars." More information will be in the January NEBLINE.

Ak-Sar-Ben 4-H Expo Results

The 87th Ak-Sar-Ben 4-H Stock Show was held in September at the CenturyLink Center in Omaha. The Ak-Sar-Ben 4-H Horse Show was held in September at the Lancaster Event Center in Lincoln. More than 2,000 4-H families from an eight state area participate in this 4-H Expo. Below are the Lancaster County 4-H purple ribbon winners (rabbit results not available as of press time). Complete results are at www.rivercityrodeo.com.

Morgan Chippo	Horse – Senior English Showmanship (Champion)
Ashtyn Cooper	Market Beef
Cole Cooper	2 Market Lambs
	Market Lamb – Showmanship
Allison Docter	Market Lamb
Brysen Goracke	Feeder Calf
Peyton Goracke	2 Feeder Calves
Aubrey Hayes	Horse – Junior English Showmanship (Res. Champ.)
Audrey Heusinger	Horse – Senior Western Showmanship
	Horse – Senior Western Pleasure (3rd Place)
Haylie Pointer	Horse – Senior English Equitation (Champion)
	Horse – Senior English Pleasure (Res. Champ.)
Madelyn Scott	Market Lamb – Challenge (Champion)
	2 Market Lambs
Riley Scott	Market Lamb
	Market Lamb – Showmanship (Champion)



HEART OF 4-H VOLUNTEER AWARD

Sue Stanoszek

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

Sue started volunteering with 4-H at the Nebraska State Fair in 2002, helping at the information booth in the 4-H Building and the Sheep Show. She has volunteered with Lancaster County's 4-H Clover College since 2010 and Earth Wellness Festival since 2000.

"I like being a 4-H volunteer because of the opportunity to see 4-H'ers participating and having tons of fun laughing and learning in Clover College," says Sue. "They show seriously-focused minds in competitions at state and county fairs. Their disciplined attitudes so unselfishly give countless hours in caring, feeding, training, sweating — at times tears, too — so their 'pets' grow and mature properly. However, unknown to the 4-H'ers, they are also caring, nurturing and training themselves to go beyond their endurance bit by bit. When their bodies are pooped, to give it all they got and then some — to be the best 4-H'ers can be — winners!"

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



4-H Award & Scholarships

Lancaster County 4-H award forms and college scholarship applications are due Dec. 31. Recipients will be announced at Lancaster County Achievement Night on Tuesday, Feb. 10, 2015. Forms are available at <http://go.unl.edu/4has> and the extension office.

Awards

If you have questions about awards, contact Tracy at tracy.anderson@unl.edu or 402-441-7180.

Community Service Awards — based on number of hours of community service through 4-H

National Leadership Award — recognizes youth ages 15–18 who strive to be their personal best

Outstanding 4-H Member Award — an individual 14 years of age or older who has excelled in their involvement with the 4-H program

Meritorious Service Award — individual or organization who has strongly supported 4-H

Nebraska 4-H Diamond Clover Program — recognizes the accomplishments of 4-H'ers ages 8–18, youth can progress from Level 1–6

Nebraska 4-H Career Portfolios — a record of a 4-H'ers career

Nebraska 4-H Club of Excellence — meet criteria outlined by the state 4-H office

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 or 402-441-7180.

4-H Council — six \$500 scholarships

4-H Teen Council — two \$250 scholarships

Lincoln Center Kiwanis — one \$1,000 scholarship

Lane Community 4-H Scholarship — one \$200 scholarship to a 4-H'er attending Raymond Central High School

Nebraska Association of Fair Managers Martha & Don Romeo Scholarship — Note: Deadline is Dec. 1

Nebraska 4-H Foundation Scholarships — Information will be posted at www.ne4hfoundation.org — deadline is March 15

HORSE BITS

2014 Horse Awards

The 2014 4-H Horse Awards Night was held Oct. 2. The evening recognized top achievements at the Lancaster County Super Fair and other accomplishments throughout the past year. 4-H volunteer Jeff Rawlinson was Master of Ceremonies. Rock'n Riders 4-H Club distributed programs, Esprit de Corps 4-H Club led the Pledge of Allegiance and 4-H Pledge, and Lucky Lopers 4-H Club distributed snacks. Kate Cooper edited the Highlights Reel. Here are some of the winners. Additional winners and photos are online at <http://lancaster.unl.edu/4h>. Congratulations to all Lancaster County 4-H horsemen for their achievements in 2014!

HORSEMANSHIP ADVANCEMENT LEVELS

The Nebraska 4-H Horse Project advancement levels are designed to serve as guides for instruction and evaluation of each members' progress. The correct handling of horses is emphasized from the beginning level to the most advanced level. Sixty seven Lancaster County 4-H'ers achieved new horsemanship levels this year. Each level is a huge accomplishment.

Walk Trot — Brenna Battaglia, Alexa Brown, Michaela Bunz, Melina Cobb, Cally Dorff, Clare Ellerbee, Liz Hidalgo, Kamryn Kyhn, Katie Malina, Porshe Miller, Tori Miyashiro, Ruby Molini, Marissa Napoleone, Sydney Niemann, Coleson Pomajzl, Chloe Robinson, Harper Rosenstiel, Maureen Sughroue and Avery Tonniges

Level I — Nicole Ackland, Felicity Bowers, Katie Cook, Eva Erickson, Haley Fast, Sidney Froistad, Bailey Hampton, Lindsay Herrick, Alex Napolitano, Nicole Pickering, Mackenzie Robles, Clare Sidner, Emma Jo Whaley and Zoey Williams

Level II — Clara Bradbury, Ellie Bunz, Emily Burnside, Emily Cashmere, Ashley Clegg, Ethan Erdkamp, Katelyn Erdkamp, Makena Finnell, Kenzy Hayes, Miya Higgins, Aubrey Kelley, Jenna Mohrman, Alex Napolitano, Ally Quinn, Clare Sidner, Mazzii Snyder, Julia Soukup, Lydia Teegerstrom, Hadley Teut, Cadi Wilbeck and Sierra Wilson

Level III — Christy Cooper, Kate Cooper, Megan Danley, Megan Hansen, Aubrey Hayes, Audrey Heusinger, Grace Kim, Kenzie Mayer and Madison Sobotka

Level IV — Anna Heusinger and Jadin Vogler

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, 54 4-H'ers participated. The Incentive Awards are sponsored by the Lancaster County 4-H Horse Volunteers in Program Service (VIPS) Committee.

Bronze (minimum of 100 hours or points) — Michaela Bunz, Anne Cashmere, Cyanne Heusinkvelt, Sarina Kyhn, Jordan Lebsack, Kalie Maytum, Sidney Schlesiger and Shyann Severson

Silver (minimum of 183 hours or points) — Nicole Ackland, Brooke Bennett, Ellie Bunz, Emily Cashmere, Ashley Clegg, Caidell Davis, Cally Dorff, Dani Drbal, Ethan Erdkamp, Haley Fast, Aubrey Hayes, Kenzie Mayer, Ruby Molini, Nicole Pickering, Harper Rosenskel, Grace Spaulding, Chloe Stander, Alexa Starner, Lydia Teegerstrom, Hadley Teut, Avery Tonniges, Stella Uiterwaal and Cadi Wilbeck

Gold (minimum of 366 hours or points, and completed horse record book) — Chloe Brinson, Kate Cooper, Caitlin Davis, Katelyn Erdkamp, Megan Hansen, Kenzy Hayes, Kelsie Koch, Emma Sondgeroth, Aussia Stander, Bethany Wachter and Jena Wilson

JUDGING CONTEST 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. Buckles sponsored by the Glenn Umberger family.

Elementary Division — Ellie Bunz (Champion), Maureen Sughroue (Reserve Champion), Miya Higgins (3rd place), Kenzy Hayes (4th place), Julia Soukup (5th place), Grace Spaulding (6th place), Jocelyn Cobb (7th place), Sidney Schlesiger (8th place), Zoey Williams (9th place) and Clara Bradbury (10th place)

Junior Division — Nicole Pickering (Champion), Joshua Ronnau (Reserve Champion), Madison Sobotka (3rd place), Aubrey Hayes (4th place), Kenzie Mayer (5th place), Aussia Stander (6th place), Clare Ellerbee (7th place), Ally Quin (8th place), Ashley Clegg (9th place) and Porshe Miller (10th place)

Senior Division — Nicole McConnell (Champion), Kate Rawlinson (Reserve Champion), Bailey Peterson (3rd place), Christy Cooper (4th place), Anna Heusinger (5th place), Brittany Albers-O'Brien (6th place), Ashley Bradbury (7th place) and Bryanna Loudon (8th place)

HORSE COURSE CHALLENGE RESULTS

The Horse Course Challenge is a Lancaster County Super Fair 4-H contest. Study material is based on the online horse course.

Elementary Division (everyone who took the test received a purple ribbon!) — Chloe Stander (Champion), Sidney Schlesiger (Reserve Champion), Ellie Bunz (3rd place), Trinity Bohaty (4th place), Emmi Dearthmont (5th place), Kenzy Hayes (purple), Katherine Moyer (purple), Sophie Polk (purple), Grace Spaulding (purple) and Taylor Woods (purple)

Junior Division — Ashley Clegg (Champion), Kate Cooper (Reserve Champion), Aussia Stander (3rd place), Lucy Polk (4th place), Aubrey Hayes (5th place), Madeline Polk (6th place), Felicity Bowers (blue), Megan Danley (blue), Sarina Kyhn (blue), Nicole Pickering (blue) and Bethany Wachter (blue)

Senior Division — Kate Rawlinson (Champion), Brooke Bennett (Reserve Champion), Jena Wilson (3rd place), Nicole Ackland (red), Chloe Brinson (red), Christy Cooper (red) and Caitlin Davis (red)

ALL-AROUND BARRELS

Franklyn Manning Award for fastest time in the Lancaster County Super Fair 4-H Barrel racing competition — Nicole Finkner (second year in a row!)

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 — Bailey Peterson (second year in a row!)

ALL-AROUND RANCH HORSE

Three age division awards for Lancaster County Super Fair All-Around Ranch Horse are sponsored by Olive Creek Acres Performance Horses – Brian and Shannon Vogler.

Elementary — Hadley Teut (horse "Gizmo")

Junior — Jadin Vogler (horse "Kenais Peponita")

Senior — Bailey Vogler (horse "Smoke")

ALL-AROUND COWBOY/COWGIRL

Three age division awards for Lancaster County Super Fair All-Around Cowboy/Cowgirl are sponsored by Pro Performance Equine – Dr. Adam Gengenbaugh, Dana and Pam Wolfe, and the Nebraska Roping Horse Association.

Elementary — Hadley Teut

Junior — Jadin Vogler

Senior — Bailey Vogler

ALL-AROUND CHAMPION

Wilhelmina Wittstruck Memorial Award for Lancaster County Super Fair All-Around 4-H Champion Individual — Madison Sobotka (second year in a row!)



Horsemanship Advancement Levels II



Horse Incentive Awards - Bronze Level



Horse Incentive Awards - Silver Level



Horse Incentive Awards - Gold Level



The Franklyn Manning All-Around Barrels award



Dick Confer presented the award for All-Around Trail



All-Around Ranch Horse awards — Brian Vogler made leather, horse-breast collars for the winners



Wilhelmina Wittstruck Memorial Award for All-Around Champion



EXTENSION CALENDAR

All events will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln, unless otherwise noted.

October

- 23 Co-Parenting for Successful Kids Class 9 a.m.–12:30 p.m.
- 28 “Quick, Tasty, Healthy, 5-Ingredient Recipes” Free Class, Bryan Health East Campus - Plaza Conference Center, 1500 S. 48th St. .. 6:30–9 p.m.

November

- 4 4-H Council Meeting 7 p.m.
- 9 4-H Teen Council Meeting 3 p.m.
- 14 Extension Board Meeting 8 a.m.
- 14 AARP Driver Safety Program 9 a.m.–1 p.m.
- 18 Guardian/Conservator Training 1:30–4:30 p.m.

December

- 2 4-H Council Meeting 7 p.m.
- 4 Co-Parenting for Successful Kids Class 9 a.m.–12:30 p.m.
- 9 Guardian/Conservator Training 1:30–4:30 p.m.
- 12 Extension Board Meeting 8 a.m.
- 14 4-H Teen Council Meeting 3 p.m.
- 31 4-H Award and Scholarship Applications Due to Extension

Gary Bergman Retires

Public Invited to Reception Nov. 5



1995 photo of Gary Bergman (right) with County Commissioner Larry Hudkins (left) and then Senator Carol Hudkins (center).



2012 photo of Gary Bergman

Extension Educator Gary C. Bergman is retiring after nearly 20 years with University of Nebraska–Lincoln Extension in Lancaster County. **The public is invited to Gary’s retirement reception on Wednesday, Nov. 5, 3:30–5:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.**

As unit leader, Gary provided leadership for Extension’s programs in Lancaster County. Locally, Extension is a partnership between UNL and Lancaster County. Through the years, Gary worked with the Lancaster County Commissioners and UNL Southeast District Director to link UNL and county staff, budgets and resources into one team.

Gary networked with the Extension board, community leaders, stakeholders, program partners and elected officials to identify program needs. He hired, trained and supervised staff — helping develop and evaluate programs. He also secured funds and resources for programs such as solid waste education (including Garbology school enrichment), Embryology school enrichment and a million dollar childhood obesity grant (nutrition school enrichment).

A strong advocate for positive youth development, 4-H reached over 20,000 Lancaster County youth annually during

Gary’s tenure. He chaired the committee that developed the Nebraska Diamond Clover Recognition Program and served on building committee for the Lancaster Event Center.

In addition, Gary oversaw and promoted the Lancaster Extension Education Center’s facilities which include conference rooms used by non-profit and governmental organizations.

A servant leader, Gary empowered Extension staff to succeed as individuals while fostering teamwork. He led by example and often gave hands-on help, especially

with the 4-H program. He continuously encouraged and provided resources for Extension’s use of new technologies to engage the public.

On behalf of the Extension staff, we will miss Gary’s leadership and contributions. He takes to heart the land-grant university system’s mission of working with the people they serve.

Prior to Extension, Gary directed the Nebraska LEAD agricultural leadership program for eight years.



EXTENSION NEWS

Henneman Wins National Photography Award

At the National Extension Association of Family & Consumer Sciences (NEAFCS) national conference held September in Kentucky, UNL Extension Educator Alice Henneman received 1st place national winner in the Communication – Photography award for her salmon and dill sauce photo (pictured). The photography award is designed to recognize the use of photography to tell an Extension story or communicate an educational message. Henneman’s photo of the Dill Cucumber



Alice Henneman (left) and Kathleen Olson, past-president of NEAFCS.



Sauce recipe was used several places on the Internet to promote a healthy, quick-to-prepare recipe, including:

- Used on a <http://food.unl.edu> Web page and pdf handout
- Pinned on a Pinterest Board

At the NEAFCS conference, Alice also presented two sessions and a poster session. Extension Educators Maureen Burson and Gail Brand co-presented a session, “Lessons Learned from Adapting On-site Classes to Online – Co-Parenting for Successful Kids.”

2014 UNL Service Awards

Recently, University of Nebraska–Lincoln staff reaching an anniversary year of employment were honored for their years of service to the university. The following UNL Extension in Lancaster County staff were recognized:

- **Lorene Bartos**, Extension Educator — 45 years of service
- **Mary Abbott**, Extension Associate — 15 years of service
- **Karen Wobig**, Extension Educator — 15 years of service
- **Dana Root-Willeford**, Extension Associate — 10 years of service

Thirty-nine members of the UNL faculty received emeritus honors during the 2014 Employee Service Awards ceremony, including two former UNL Extension in Lancaster County staff. Emeritus status is the rank awarded by UNL Administration to an employee at the time of retirement in recognition of substantial service rendered to the University in teaching, research, extension, or administration in a professional field.

- **Tom Dorn**, Extension Educator
- **Barb Ogg**, Extension Educator



Lorene Bartos was recognized for 45 years of service.

Ag Society Annual Meeting, Dec. 18

The Lancaster County Agriculture Society’s Annual Meeting will be held Thursday, Dec. 18 at the Lancaster Event Center, 84th & Havelock, in the Lancaster Room.

Voting will take place 5:30–6:30 p.m. for three positions on Lancaster Agriculture Society Board (three year terms). Any registered voter in Lancaster County may vote.

Any Lancaster County resident interested in running for a position on the board must submit a short biography by Nov. 20 in order to be placed on

the ballot. Send the biography to: ATTN Trudy Pedley, LCAS Secretary; Lancaster Event Center; P.O. Box 29167; Lincoln, NE 68529.

The Annual Meeting, starting at 6:30 p.m., is an opportunity for the public to learn more about the “relaunching” of the Lancaster Event Center. The regular monthly meeting of the Ag Society will follow the annual meeting. Regular monthly meetings are held the third Thursday of every month.