Maureen Burson
Extension Educator

Peggy, a 55 year old fun-loving grandmother has lots of reasons to stay healthy. Unfortunately, her job doesn’t include health insurance. She is one of over 40,000 Nebraska women over the age of 40 who has received preventative health exams through Every Woman Matters Program (EWM). This program provides exams to eligible women to detect breast and cervical cancer in early stages, and also tests for cardiovascular disease and diabetes. The Nutrition Education Program (NEP) has teamed up with EWM to provide hands-on interactive experiences designed to keep busy women healthy. “I’ve eaten a veggie at every meal and have added fruit to breakfast,” Peggy proudly reported to her new friends at the ABC’s for Good Health class. Peggy’s granddaughter lives with her and she likes to involve her in preparing meals. They save money by eating most meals at home.

Peggy reports she almost always plans meals ahead of time as a result of the program.

Cardiovascular disease is the #1 killer of women in Nebraska and across the nation, accounting for one out of every two deaths among women ages 40 and over. The classes encourage healthy lifestyle changes which can reduce cholesterol, control high blood pressure and maintain a healthy weight.

Each session encourages participants to aim for a Healthy Base and Choose Sensibly. Participants receive a pedometer and walking logs to help set activity goals and track the number of steps they take each day. They also plan and prepare healthy meals using the Food Guide Pyramid while receiving information on ways to moderate fat and sugar.

“A valuable part of the class is learning from women who bring a variety of life experiences,” says Mardel Meinke, Extension Associate. “They encourage each other to achieve their weekly goals and they add much humor which makes the classes fun to teach. The support provided by Lynn Jones, EWM Intervention Coordinator at Lincoln/Lancaster County Health Department, is especially important in helping them achieve their goals.”

Jones adds, “The women who participate in this program enjoy not only the education they receive, but the socialization a class like this provides.”

In addition to pedometers which inspire walking, participants receive a NEP cookbook which encourages families to prepare quick meals with foods they have on-hand.

The statewide partnership is coordinated by Cathy Dillon, Lifestyle Intervention Coordinator for the Every Woman Matters Program, Nebraska Department of Health and Human Services and Dr. Linda Boeckner, University of Nebraska Cooperative Extension Nutrition Specialist.

ABC’s for Good Health because Every Woman Matters!

Stetch Your Food Dollar — Create-A-Casserole Chart

Take one ingredient from each column numbered 1-4. (Column 5 is optional.) Combine all ingredients in an 8 cup baking dish, large skillet or fry pan. Bake in oven 350 degrees for 35 minutes, or if using stove top, heat until all food items are thoroughly cooked and mixture is bubbly. Makes 4-6 servings. If you do not have enough of one item in a column, you may substitute two ingredients from that column, but use only half the suggested amount for each. Season your casserole to taste.

1. Meat, Eggs, Cheese, Fish, Beans

   Cooked beef or pork
   2 cups diced roast beef or ground beef
   8 to 12 slices meatloaf
   2 cups pork or ham
   1 pound hot dogs or sausage

   Cooked poultry or lamb
   2 cups diced or shredded chicken, turkey or lamb

   Eggs or Cheese
   8 hard-cooked eggs, sliced
   2 cups diced or shredded cheddar cheese or any hard type

   Fish
   1 (16 oz.) can or 2 cups tuna, salmon, mackerel or other fish

   Beans
   2 cans or 1 pound dried lima beans, kidney beans or any other favorite variety
   2 cups lentils

2. Potatoes-Pasta-Rice

   3 cups cooked rice
   3 cups leftover stuffing
   2 cups leftover biscuits, crumbled
   2 cups crackers, crumbled
   2 cups mashed potatoes
   2 cups sliced potato
toes
   3 cups cooked macaroni
   Noodles or other pasta
   1 package (1 pound) macaroni and cheese
   2 cups whole kernel or cream style corn
   2 cups green lima beans

3. Vegetables (fresh, canned or frozen)

   About 2 cups of any vegetables. These can be leafy, canned fresh or frozen. Root vegetables should be partially cooked or sauteed.

   green beans
   green peas
   celery sliced zucchini, diced
   broccoli, chopped red or green peppers, chopped
   spinach
   onions, chopped and sauteed
tomatoes
   cucumbers, pared, cubed
   and cooked 5 minutes
   rutabagas
   turnips
   parsnips

4. Sauces

   Note: Amount of sauce required may vary depending on the consistency of the other foods used.
   2 cups prepared casserole sauce mix
   2 cups lowfat white sauce
   2 cups stewed tomatoes
   1/4 cup mayonnaise or salad dressing plus 1/2 cup skim milk and 2 table
   spoons lemon juice
   2 cups tomato juice or sauce
   1 cup plain yogurt and 1/8 cup milk
   1-1/2 to 2 cups meat stock
   2 cups vegetable cooking liquids
   2 cups chopped onion
   2 cups future gravy
   1/2 cup cream soup
   2 cups cream soup

5. Casserole Toppings:
   (Optional)
   tomato sliced
topped with grated cheese
crushed cracker crumbs or
croutons
crushed crisp ready to eat
cereal
dumplings
mashed potato
toes
biscuits
shredded cheese
soft or dry bread crumbs
popcorn
snipped parsley

Source: Food Preparation, University of Nebraska Nutrition Education Program (NEP Handbook 1 BJ7)

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Albert C. Dickey, Director of Cooperative Extension. University of Nebraska, Institute of Agriculture and Natural Resources. University of Nebraska Cooperative Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture. We measure satisfaction according to the Americans with Disabilities Act for assistance contact Lancaster County Extension, 444 Hardware Road, Lincoln, Nebraska 68521-1507. 402-441-7180. TDD capability available.

University of Nebraska Cooperative Extension in Lancaster County
Lincoln, Nebraska
Preparing and Using Pine Cones for Decoration

While you are outside enjoying the cool winter days, you may notice that many evergreens have attractive pine cones that you could use to decorate your home during the holiday season.

Decorating suggestions:
- Lightly, smaller cones are two to eight inches long. Spruce, hemlock, larch and Douglas fir have attractive, smaller cones.
- Pine cones used for holiday decorations can bring unwanted insects into your home. Dirty cones can also make a sticky mess if not cleaned before using them. To prepare cones for use as decorations follow these simple guidelines: Fill an old plastic bag half full with hot water. Add a cup of chlorine bleach and enough laundry soap to make light suds. Drop in the cones, a dozen at a time, then stir the solution for a few minutes. Do not use your bare hands because a strong chlorine bleach solution will cause skin irritation. Washing the cones in this solution removes resin, dust and insects. Lift out the cones and rinse in clean water. Do not let the cones soak in water because they will darken.
- Use the pine cones to decorate your home, wreaths and floral arrangements. After the holidays store them away for next year. (MJD)

Choosing and Caring for Indoor Trees

Choosing Spring-Flowering Bulbs

A houseplant is usually a small, well-rooted bulb. A minimum of 4 inches of soil is required to produce a flower. Some bulbs, such as crocuses, require a 6-inch diameter pot. Tulip bulbs or 12 to 15 crocuses can be planted in a 6-inch diameter pot. Add a cup of chlorine bleach solution to your potting mix. Carefully place the bulbs in the pot so that the tips are even with the top of the soil. Water the bulbs during cold treatment. Periodically turn the pots periodically to prevent the plants from leaning. When the shoots begin to grow, the daytime light and adequate temperature should be 1/2 to 1 inch below the rim of the container.

7. Once the cold requirement has been met, the containers can be gradually brought into a cool (55 to 60° F), semi-light environment. As the plants grow, the pots periodically to prevent the plants from leaning. When the shoots begin to grow, the daytime light and adequate temperature should be 1/2 to 1 inch below the rim of the container.

8. Flowering should occur in 3 to 4 weeks. For a succession of bloom, remove pots from cold storage at 10 to 14 day intervals. (MJD)
Understanding Nebraska’s Open Burning Law

Fall is a Great Time to Control Winter Annual Weeds

Winter annual weeds (henbit, horseweed, pennycress, etc.) can be quite a challenge to control due to fall herbicide application. While many farmers may still be busy with harvest and even storage concerns, there is still plenty of time to attack these weeds this fall. Winter annual weeds emerge in the fall from early September to November. In spring, they bolt and produce seeds, and in the fall, the cycle begins all over again.

Many people wait until spring to attempt to control these weeds. To achieve the best control, these weeds should be sprayed as early as possible in the spring; however, often several things may affect that. First is Mother Nature. Early spring weather is often unpredictable, ranging from 8°F one day to 20°F and six inches of snow another day. It also can be difficult to get a sprayer over the ground in spring and herbicide performance may be reduced in cooler weather. The second factor is the growth stage of the winter annual weeds. In late winter, the weeds are in their reproductive mode. They bolt quickly, flower, and before you know it they are setting seed. Since the plant is large and flowering, it is less likely to get a lethal dose of herbicide.

This all points to why fall is a great time to control winter annuals. The risk of drift can be reduced in cooler weather. The weed population can be reduced in cooler weather. The weed population can be reduced.

In addition, fall applications usually require less herbicide and less expense. Some of the common winter annuals (henbit, horseweed and pennycress) can be readily controlled with just 1-1.5 pints of 2,4-D or 1 pint 2,4-D plus 4 ounces dicamba, 24 ounces of glyphosate, or 1 pint 2,4-D plus 16 ounces glyphosate. It should be noted that atrazine is not labeled for fall application in Nebraska.

All in all fall application will give you more bang for your buck plus it will give you an excuse to get out of the house and into the tractor. (TD)

Storage Methods to Reduce Hay Losses

Hay is selling at a premium this year. It is, therefore, even more important to minimize losses from spoilage and to maintain nutrient quality. Hay stored outside will be damaged by rain, snow, wind and ice. If possible, store hay inside or cover it with a canvas or plastic tarp. The average round bale is stored out in the weather loses about one fourth of its original nutrient during storage.

For instance, do you usually line up round bales so the twine sides touch each other? Or stack your bales? If so, extra spoilage will occur where these bales touch because rain, snow and ice will gather in these spots instead of running off. Round bales butted end-to-end, cigar-like hay are less spoilage because there are no “valleys” to collect moisture.

It may seem remote when you are putting up hay in the heat of summer, but think about where snow tends to drift during the winter. (TD)

Farm ponding where to store bales in the field. Prevailing winter winds are from the north or northwest in eastern Nebraska. The wind can then shift to the south side. As snow melts, it soaks into the bales or makes the ground muddy. Therefore, the north side never gets any sun so it’s slow to dry. Bales that are stored out in the open are much more likely to suffer because fewer drifts to form next to the bales and the hay will dry more quickly because the sun and prevailing winds will hit both sides of the row.

Most important is the bottom of your bales. Always put bales on higher, well-drained ground so water drains away from them. Besides placing them on higher ground, if possible, place the bales on a bed of crushed rock, on railroad ties or on pallets to keep the bottoms dry. This will also reduce problems getting the hay or getting it moved due to snow drifts or mud. Just a little pre-planning can save valuable hay and frustrations this winter. (TD)

Consider Stand Density, When Rotating Alfalfa

It may be time to rotate alfalfa to improve productivity. Several factors are important in determining this. Perhaps the most obvious is when to rotate the stand when the get too thin. A field’s light intensity, its grassiness, its yield potential, its irrigation needs – all have changed since you last rotated the stand. It may be time to start a new field next spring in another location.

Weed density should be considered. If fields are getting weedier each year and have more perennial weeds such as bluegrass, dock or dandelions, the stand may lack the vigor or competence to cope. Again, if fields meet this condition, it’s time to plant a new field.

Sometimes alfalfa stands can last a long time. However, even if a stand is thick and relatively weed-free, it may still be time to rotate alfalfa fields. For example, many dryland alfalfa stands yield well for several years. But once they exhaust all available water reserves from three or four years, yield drop, even though stands may still be thick. In these fields, yield is limited only to what annual rainfall can support. Many dryland alfalfa fields have reached this stage.

In this case, rotate to a new field offers a fresh source of deep subsoil moisture. In addition, the crop that follows alfalfa will benefit from free nitrogen and a rotation effect to the next crop yield boost. Rotating alfalfa through fields more frequently will boost this boost more often. (TD)

Farm ponding where to store bales in the field. Prevailing winter winds are from the north or northwest in eastern Nebraska. The wind can then shift to the south side. As snow melts, it soaks into the bales or makes the ground muddy. Therefore, the north side never gets any sun so it’s slow to dry. Bales that are stored out in the open are much more likely to suffer because fewer drifts to form next to the bales and the hay will dry more quickly because the sun and prevailing winds will hit both sides of the row.

Most important is the bottom of your bales. Always put bales on higher, well-drained ground so water drains away from them. Besides placing them on higher ground, if possible, place the bales on a bed of crushed rock, on railroad ties or on pallets to keep the bottoms dry. This will also reduce problems getting the hay or getting it moved due to snow drifts or mud. Just a little pre-planning can save valuable hay and frustrations this winter. (TD)
Thoroughly Modern Thanksgiving Turkey Cooking Tips

Mary Torell
Public Information Officer, Neb. Department of Agriculture Poultry & Egg Division

With the rapid pace of our lives today, we often find conflict with our schedules and a feeling of wanting to maintain the warm traditions of the past while keeping up with a busy work schedule. Thanks to modern technology, it is possible to do both. The Department of Agriculture’s Poultry & Egg Division offers the following suggestions in selection of turkey, preparation, handling leftovers and food safety to continue the tradition, yet have modern Thanksgiving turkey dinner.

If your family is counting on an old-fashioned turkey dinner for Thanksgiving, don’t disappoint them—maintain a thorough modern turkey. An old-fashioned turkey dinner may mean stuffing the bird. But, realize that an unstuffed turkey saves time, both in preparation and cooking. It’s also safer to cook the turkey unstuffed. The USDA recommends not stuffing your Thanksgiving turkey. With faster cooking times, the turkey may be done before the stuffing. For the best, most uniform results for both the turkey and the stuffing, your favorite stuffing recipe or packaged stuffing mix can then be cooked separately in a covered casserole to complement the roasted turkey. But before you are ready to make the dressing, you need to decide how much turkey you could purchase. In choosing a turkey for the holiday meal, plan on about one pound of turkey for each person. This allows plenty for holiday appetizers plus economical after-holiday meal plans. Depending on the number of guests, the size of the oven, and the time you plan to prepare the stuffing ahead of time, it is best to prepare your stuffing and combine it with the turkey the day before it is to be served. Then you can be ready to finish cooking the bird the Thanksgiving day of your choosing.

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

Thawing the Turkey
• Frozen turkey, like all other foods, should be thawed in the refrigerator, never at room temperature. When foods are thawed at room temperature, surface bacteria can multiply to dangerous levels at temperatures 40°F and above.
• To thaw, leave turkey in its original packaging, place in a shallow pan and place in refrigerator 3 to 4 days, or about 5 hours per pound of turkey, to completely thaw.
• To speed up thawing, keep turkey in its tightly sealed bag and place in pan or sink and cover with cold water. Change water frequently, about 1/2 hour per pound of turkey.
• Refrigerate or cook turkey when it is thawed. Do not refreeze uncooked, defrosted commercially frozen stuffed turkeys should not be thawed before roasting. Follow packaging instructions.

Preparing the Turkey for Roasting
• Remove giblets and neck from turkey. Rinse turkey with cold running water, drain and pat dry with paper towels to remove excess water.
• Rub skin of turkey with oil or margarine. This will aid in browning of the turkey skin. Place turkey, breast side up, in a large cooking bag. Then put in large shallow roasting pan (about 2-1/2 inches deep). Roast the turkey in a preheated 325° F oven. Follow roasting times as listed.
• Make sure you use a meat thermometer to determine doneness.
  *Note: If using a cooking bag, follow the instructions, provided with the bag, and reduce the amount of total roasting time.
  *Never use a brown paper bag.

Stuffing Tips
As previously mentioned, the USDA does not recommend stuffing the turkey, but if your family insists on it, keep these tips in mind:
• Stuffing should be prepared and stuffed into the turkey immediately before it is placed in the oven for cooking. If preparing the stuffing ahead-of-time, wet and dry ingredients should be refrigerated separately and combined right before stuffing the turkey.
• Stuff the turkey loosely, about 1/3 cup per stuffing cup per pound of turkey.
• The stuffing should be moist, not dry, since heat destroys bacteria faster in a wet environment.
• Cook the stuffed turkey in a minimum 325°F oven, and use a meat thermometer to measure final doneness. Stuffing should reach 165°F.

For more turkey cooking methods, log onto the Nebraska Department of Agriculture’s Web site at www.ag.state.ne.us and click on “Poultry & Egg,” then click “Turkey Cooking Tips.” You can also check out the National Turkey Federation’s Web site at www.eatturkey.com.

Request a Brochure, Get $2 Off Coupon
The Nebraska Department of Agriculture’s Food Safety and Health and Egg Division is again offering a consumer-friendly, consumer-oriented brochure to ensure a safe and delicious turkey dinner. To request Take the Guesswork Out of Roasting a Turkey, and for free recipes and ideas on how to utilize turkey leftovers, contact Mary Torell, Public Information Officer, Nebraska Department of Agriculture, Poultry and Egg Division at morrill2@unl.edu or call 472-0752.
Each contact will receive either a $2 off coupon for a regular turkey, or a $2 off coupon for a smoked turkey from NORBEST, a Nebraska grown product.

Web Resources of the Month
Learn how to reduce the size of recipes at lancaster.unl.edu/food/ciq-changing-recipe-size.htm
Get tips on cooking ahead for the holidays at lancaster.unl.edu/food/ciq99.htm
Discover how those tiny bites over the holidays can total big calories at lancaster.unl.edu/food/faug97.htm
Learn the latest “Cook It Quick Tip of the Month” at lancaster.unl.edu/food/ciqtips.htm

Mary Torell
Public Information Officer, Neb. Department of Agriculture Poultry & Egg Division

White Turkey Chili
(Makes 12 - 1 cup servings)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon olive oil</td>
<td></td>
</tr>
<tr>
<td>1 cup chopped onion</td>
<td></td>
</tr>
<tr>
<td>1 cup chopped celery</td>
<td></td>
</tr>
<tr>
<td>1 can (15.0 oz.) Great Northern Beans, drained</td>
<td></td>
</tr>
<tr>
<td>1 can (4 oz.) chopped green chilies</td>
<td></td>
</tr>
<tr>
<td>4 cups turkey chicken broth (low sodium)</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon ground cumin</td>
<td></td>
</tr>
</tbody>
</table>

Heat oil in a skillet over medium heat. Add onion and celery. Cook and stir 2–3 minutes. Place the rest of the ingredients in a large saucepan (at least 4-quart). Stir well. Cover and cook about 15 minutes over medium heat stirring occasionally until thoroughly heated. Sprinkle mozzarella cheese on top, if desired.

Nutrient Content Per Serving: 259 calories; 29 gm carbohydrates; 21 gm protein; 204 mg sodium; 6 gm fat; 2 gm saturated fat; 37 mg cholesterol.

Thickened White Turkey Chili

1 can (14 oz.) diced tomatoes
1 can (15 oz.) whole kernel corn, drained
1 can (4 oz.) chopped green chilies
1 can (4 oz.) chopped green chilies
4 cups turkey broth
1 cup chopped celery
1 cup chopped onion
1 teaspoon dried rosemary
1 teaspoon dried thyme
1/2 teaspoon salt
1/2 teaspoon black pepper
1/2 cup sliced green onions
1/2 cup sliced green bell peppers
1/2 cup sliced red bell peppers
1/4 cup sliced black olives
1/4 cup sliced ripe olives
2 tablespoons chopped fresh parsley
2 tablespoons chopped fresh cilantro

In a large skillet, heat the olive oil over medium heat. Add the onions, celery, and bell peppers and cook until soft, about 5 minutes. Add the tomatoes, corn, green chilies, and broth to the skillet and bring to a boil. Reduce the heat to low and simmer, uncovered, for 20 minutes, stirring occasionally.

In a small bowl, mix the flour and water until smooth. Add the flour mixture to the skillet and stir until thickened. Add the rosemary, thyme, salt, and pepper and cook for 1 minute. Stir in the green onions, bell peppers, olives, and parsley. Serve hot.

Making Changes in Eating Behavior

Change is never easy, especially when it comes to our eating habits. These habits that have been formed since early childhood. So, how does one go about making changes to their eating habits? I think we first have to agree it is going to take some hard work and motivation. In nutrition education, there is a theory called Stages of Change which is designed to help us target behavior change messages. Let’s look at these stages and figure out what eating behaviors we would like to change.

The first stage is Precontemplation or also known as the Resistance Stage. In this stage the person is just known as the Resistance Stages of Change which is their eating habits? I think we one go about making changes to early childhood. So, how does that have been formed since eating habits. These are habits especially when it comes to our make a change and is ready to put this change into action. The fourth stage is Action or the Ready Stage. In this stage the person takes action to change the behavior almost on a daily basis. The final stage is Maintenance or Routine. This is where the change has occurred and is now part of our daily lives. Think about an eating behavior you would like to change and then determine what stage you are in. In order to make a change we have to figure out where we need to start. Once you determine your stage you need to think about how to initiate the change.

• Think about your trouble spots or barriers to making the behavior change. Develop a plan on how you are going to overcome these.
• Take one step at a time. Sometimes we try to change too much at one time and it becomes overwhelming and we give up.

• Solicit support. We all need support when we are trying something new. A support system also helps you be accountable to someone in regards to what you are trying to improve in your eating habits.
• Remember to not give up. We all take steps backwards. Keep in mind in you want to do this and keep trying to move forward.

Good luck on changing your eating behavior. (MB)
Family Holiday Traditions Link Past to Future

Whether it’s eating a holiday dinner together or watching a family video together, family traditions are important to build strong families. Family strengths which have been identified and confirmed through research include appreciation and affection, time together, commitment, positive communication, ability to cope with stress and crises, and spiritual well-being.

People value traditions because they see them as a time of togetherness or sharing and strengthening relationships. Holidays get people together and the particular activities are not as important as simply spending time together. Why is it so important about family traditions is the recurring, planned time with family members that can give children, parents and relatives a sense of security and connectedness that is becoming more difficult to attain as families become increasingly separated by divorce and employment mobility. Festivals assist families because they have a past and a future.

In the face of increasing pressures on family members, rituals, traditions and celebrations may provide a mechanism to restore a measure of family unity and cohesiveness. What Is Character?

“A person’s ‘character’ refers to dispositions and habits that determine the way that person normally responds to desires, fears, challenges, opportunities, failures and successes. Character is ethical and moral strength. Character determines how we deal with the fortunes and misfortunes that come our way and whether those fortunes and misfortunes make us stronger or weaker.”

—Michael Josephson

The 2003 Family Community Education (FCE) Achievement Night was Oct. 20 at the Lancaster Extension Education Center. The evening was hosted by Busy Bees and Helpful Homemakers. Guest speaker was Rose Marie Tondl, retired University of Nebraska Cooperative Extension Textiles and Clothing specialist, who brought a variety of vests she has made and explained the different techniques used. Lorene Bartos (Extension Educator), Janet Broer (member of 40-Year FCE club), Dorothy Lorenzen (member of Beltline FCE club) and Darleen Isley (member of Forty-Niners FCE club) modeled some of the vests. After awards were presented, club members shared which community service projects they’ve done the past year. As part of the evening, FCE members brought items for the Food Bank of Lincoln — 160 pounds of food was collected. Thanks to all FCE members who help strengthen communities and families through education, leadership and action!

Lynn Bush
FCE Council Chair

As I sit here writing this, I’m trying not to think about how close the holidays are or how much I have to do before the end of the year. Then I look out my window at the beautiful fall scenery and the bright sunlight and realize I don’t have to get everything done. The holidays will come around again next year. Of course, I’m probably five years behind this year! Oh well, what needs to get done always find its way to completion. The officers will be meeting soon to plan next year. Achievement night wraps up the current year. However, don’t forget to encourage your club to attend FCE activities in 2004. The first being our January Council meeting. Everyone is invited to all FCE activities. Have a great Holiday Season.

Lynn Bush was recognized as 26-year member.

Darleen Isley was recognized as 56-year member.

Alice Urbach, Lorena Maxon and Margaret Blackover were recognized as 45-year members. Not pictured: Janice Raffelson.

Sondra Black, Janet Broer and Kiva Amen were recognized as 35-year members. Not pictured: Janice Schrader.

Not pictured, but also recognized were the following: 40-Year Member: Marian Storm. 30-Year Member: Marcella Hunt. 25-Year Members: Mary Coulter, Kaye Eggers, Kay Madson, Judy Schatt and Ilene Steck. Recognized as New Members: Tasha Dybdal and Lorene Reinert.

FAMILY COMMUNITY EDUCATION (FCE) NEWS

Family Holiday Traditions Link Past to Future

Noah's Ark Collection

“Traditions aren’t exclusive to holidays or weddings, they can start any time. Remember, your every day-life family holds traditions too and these often are the ones you rarely think about. Because people move away from their extended families, traditions are lost, which is why it is important to document them whether they are active traditions or not. You don’t have to photograph to create an image for your children or grandchildren of the ‘Sunday family dinner’ at your grandmother’s house was like, or the traditional snowball fights you and your cousins had after church in the winter. Just record in a journal your memories of the traditions, even the small ones the family used to have. They’ll thank you for writing them down. Be sure to document with pictures and journaling those new traditions you and your family have created. And if you don’t think you have any new traditions, think again! Children may begin talking about how ‘we always hang balloons from the dining room chandelier for their birthdays’, or ‘how we always play games throughout the evening on New Years Eve.’ You may not have thought of those things as traditions but through the years they have become just that. If you think about it, you’ve probably created a lot of new traditions because of necessity or convenience that you hadn’t thought of as ‘traditions’. Make sure to document them! And this is a great opportunity to tell future generations, through journaling—even a few lines jotted next to the picture—how and why these traditions began. Traditions aren’t just for grown-ups. Children have them too and they, in turn, hand them down to their children. One of our children’s traditions is really a superstition, as many traditions are. On winter evenings when snow is predicted for the next morning, our children drink hot chocolate and wear their pajamas inside out to insure a “snow day” off school the following day. Taking pictures of your kids in the act of their traditions not only is great fun but it preserves the traditions for future generations. Write about the traditions or let the children jot down an explanation themselves in an album next to the picture. They’ll love it and some day, so will their great-grandchildren.”

—Lorene Bartos, Extension Educator

by Lorene Bartos, Extension Educator

Holiday Stain Removal for Washable Fabrics

Candle Wax

Scrape excess from fabric with a dull knife. Spray or sponge with dry-cleaning solvent, then rub with heavy-duty liquid detergent before washing. Pressing the wax between your fingers may help loosen the wax. Launder using hot water and chlorine bleach if safe for fabric.

Beverages (wine, alcohol and soft drinks)

Sponge with cool water. Soak for 15 minutes in 1 quart of lukewarm water, ½ teaspoon liquid dish detergent and 1 tablespoon of white vinegar. Launder if stain remains, soak in an enzyme presoak for 30 minutes.

Coffee, Tea (no cream)

Soak in solution of 1 quart water, ½ teaspoon liquid dish detergent and 1 tablespoon vinegar for 15 minutes. Rinse with water. If stain remains, sponge with alcohol or soak in enzyme presoak and warm water for 30 minutes.

Cosmetics (powder, eyeliner, shadow, etc.)

Brush off any loose powder and prewash stain remover. Rinse with water and air dry. Apply liquid dish detergent to stain and launder in hottest water possible for fabric.

Candle Wax

Scrape excess from fabric with a dull knife. Spray or sponge with dry-cleaning solvent, then rub with heavy-duty liquid detergent before washing. Pressing the wax between your fingers may help loosen the wax. Launder using hot water and chlorine bleach if safe for fabric.

Beverages (wine, alcohol and soft drinks)

Sponge with cool water. Soak for 15 minutes in 1 quart of lukewarm water, ½ teaspoon liquid dish detergent and 1 tablespoon of white vinegar. Launder if stain remains, soak in an enzyme presoak for 30 minutes.

Coffee, Tea (no cream)

Soak in solution of 1 quart water, ½ teaspoon liquid dish detergent and 1 tablespoon vinegar for 15 minutes. Rinse with water. If stain remains, sponge with alcohol or soak in enzyme presoak and warm water for 30 minutes.

Cosmetics (powder, eyeliner, shadow, etc.)

Brush off any loose powder and prewash stain remover. Rinse with water and air dry. Apply liquid dish detergent to stain and launder in hottest water possible for fabric.

What Is Character?

“What is character?”

“A person’s ‘character’ refers to dispositions and habits that determine the way that person normally responds to desires, fears, challenges, opportunities, failures and successes. Character is ethical and moral strength. Character determines how we deal with the fortunes and misfortunes that come our way and whether those fortunes and misfortunes make us stronger or weaker.”

—Michael Josephson

Holiday Stain Removal for Washable Fabrics

Candle Wax

Scrape excess from fabric with a dull knife. Spray or sponge with dry-cleaning solvent, then rub with heavy-duty liquid detergent before washing. Pressing the wax between your fingers may help loosen the wax. Launder using hot water and chlorine bleach if safe for fabric.

Beverages (wine, alcohol and soft drinks)

Sponge with cool water. Soak for 15 minutes in 1 quart of lukewarm water, ½ teaspoon liquid dish detergent and 1 tablespoon of white vinegar. Launder if stain remains, soak in an enzyme presoak for 30 minutes.

Coffee, Tea (no cream)

Soak in solution of 1 quart water, ½ teaspoon liquid dish detergent and 1 tablespoon vinegar for 15 minutes. Rinse with water. If stain remains, sponge with alcohol or soak in enzyme presoak and warm water for 30 minutes.

Cosmetics (powder, eyeliner, shadow, etc.)

Brush off any loose powder and prewash stain remover. Rinse with water and air dry. Apply liquid dish detergent to stain and launder in hottest water possible for fabric.

Candle Wax

Scrape excess from fabric with a dull knife. Spray or sponge with dry-cleaning solvent, then rub with heavy-duty liquid detergent before washing. Pressing the wax between your fingers may help loosen the wax. Launder using hot water and chlorine bleach if safe for fabric.

Beverages (wine, alcohol and soft drinks)

Sponge with cool water. Soak for 15 minutes in 1 quart of lukewarm water, ½ teaspoon liquid dish detergent and 1 tablespoon of white vinegar. Launder if stain remains, soak in an enzyme presoak for 30 minutes.

Coffee, Tea (no cream)

Soak in solution of 1 quart water, ½ teaspoon liquid dish detergent and 1 tablespoon vinegar for 15 minutes. Rinse with water. If stain remains, sponge with alcohol or soak in enzyme presoak and warm water for 30 minutes.

Cosmetics (powder, eyeliner, shadow, etc.)

Brush off any loose powder and prewash stain remover. Rinse with water and air dry. Apply liquid dish detergent to stain and launder in hottest water possible for fabric.

Candle Wax

Scrape excess from fabric with a dull knife. Spray or sponge with dry-cleaning solvent, then rub with heavy-duty liquid detergent before washing. Pressing the wax between your fingers may help loosen the wax. Launder using hot water and chlorine bleach if safe for fabric.

Beverages (wine, alcohol and soft drinks)

Sponge with cool water. Soak for 15 minutes in 1 quart of lukewarm water, ½ teaspoon liquid dish detergent and 1 tablespoon of white vinegar. Launder if stain remains, soak in an enzyme presoak for 30 minutes.

Coffee, Tea (no cream)

Soak in solution of 1 quart water, ½ teaspoon liquid dish detergent and 1 tablespoon vinegar for 15 minutes. Rinse with water. If stain remains, sponge with alcohol or soak in enzyme presoak and warm water for 30 minutes.

Cosmetics (powder, eyeliner, shadow, etc.)

Brush off any loose powder and prewash stain remover. Rinse with water and air dry. Apply liquid dish detergent to stain and launder in hottest water possible for fabric.
What Makes a Skunk Skunky?

Dallas Virchow
Extension Assistant, Wildlife Damage Control School of Natural Resources Sciences, University of Nebraska

Note: Dallas has been an occasional guest columnist for The Nebraska Cooperative Extension Service, providing insights on wildlife damage control problems to our readers. This will be his last article as he has recently taken a specialist position with the U.S. Department of Agriculture Wildlife Disease Program. Best wishes to Dallas on his new venture!

The black and white skunk is probably the most recognizable animal in North America. For good reason, people instinctively cringe when they see this malodorous marvel of nature. But what makes a skunk “skunky”?

Physical Characteristics

Almost all glands and associated muscles that lie on either side under the tail allow the characteristic smell to be sprayed ten feet or more. To see a movie clip on a close up of this action, see www.wildlifedamage.unl.edu/skunk.htm

Warning! This video is not for the faint of heart! The glands contain only about a tablespoon of the amber-colored musk but five or six sprays can be made before they run out of juice!

Behavior Characteristics

When skunks prance their feet, chatter their teeth, arch their backs, and, of course, lift their tails, it is a sign that spraying may occur. Skunks in cage traps don’t always show their tails so it is best to approach a captive with a raised blanket while walking slowly toward it and talking softly so as not to agitate it. In case you’re wondering, I have never tried out the theory that skunks are unable to spray when you lift their tail so the back legs are off of the ground! It’s always best to slowly uncover the trap and slowly walk away, allowing the skunk to escape on its own. Cage traps with doors that fail open when the trap is closed have caused many to greatly assist in releasing the captive. Note: In Nebraska, state-tyo skunks have tested positive for rabies so far during 2003. It’s best to contact the municipal or local control office for skunk problems.

Skunk odor under buildings doesn’t mean a skunk has made a den and often is a result of an unfortunate dog or cat restroom after being sprayed. Use screens or other materials to exclude skunks under buildings. Also cover window wells and block pet doors at night. To repel skunks under buildings, use talk radio and bright lights beginning in late evening before a fire hazard.

Essence of “Skunk”

Depending upon the species of skunk, three groups of odor-causing chemicals create the smell of skunk. People can smell the oily musk at ten parts per billion molecules. The odor is repugnant to most, but at low concentrations of the odor, some people seem to have no aversion or even like it! The smell goes away over a period of weeks but most people don’t have the time. So a series of steps are recommended to speed up this process.

Getting Rid of the Essence

SPACES

This process should involve at least some of the following steps in order:

Removal — wipe surfaces that show the musk. Use respirators with organic vapor cartridges if available.

Venerate — use negative pressure to create exhaust ventilation.

Volatile — raise air temperature, if needed and use fans to circulate air.

Oxidate — use oxygen or chlorine bleaches (Warning! These can cause changes in color of surfaces, fabrics, and pets, so test a small area first.) A solution of 10:1 or 20:1 water to chlorine bleach works best. Detergent can be added. Be sure to rinse the surface thoroughly.

Neutralize — neutralizes bind with odor chemicals. A list of these detoxifiers (such as Enz-o-meter™ and Ecorub™) may be found on the Internet Center for Wildlife Damage Management at wildlifedamage.unl.edu

Note: The perfume neutralome alpha probably only masks the odor but does a good job. It is available through Vigen International at 1-877-4VIGEN-39 or 570-476-6306.

Clothes — use oxygen or chlorine bleaches (See warning above.)

Carpine of dryer or mattress.

PETS

Mix fresh Korhamb’s formula (1 Qt. 3% hydrogen peroxide + 1/4 C. baking soda see SKUNKY on page 11) and place them in a tightly-sealed freezer bag in the refrigerator. This is a quick and easy sket recipe you can make at home.

Use suet to attract insect-eating birds like woodpeckers, nuthatches, and chickadees and nuthatches. You can buy suet or make your own. Here is a quick and easy suet recipe you can make at home:

3 cups melted suet (available from your butcher shop or meat counter at the grocery)
3 cups yellow commel
1 container peanut butter

Mix the suet in a pan and add the commel and peanut butter. Bird seeds, raisins, rolled oats, sunflower seeds, dehy- drated egg, dried fruit like raisins or apple bits also can be added. You can cut or subrown ingredients depending on what you have on hand, but don’t use ingredients that have rich seasoning.

Pour the suet mixture into cupcake papers in a muffin tin to harden. Remove the papers, and the cakes are ready for the birds. You can make up several batches of the “muffins” and save them for future use.

Feeding Backyard Birds

Make Your Own Suet

Find a small log and drill 1-inch holes in different locations around the log. Screw a small hook into the top of the log for hanging. Press the slightly cooled suet mixture into the holes. Hang the suet-filled log outdoors. When the birds have eaten the suet out of the holes, just replace it with more of the suet you’ve made and store in your freezer (you’ll need to let the suet melt up for so they can be worked into the holes of the log). Note: We had fewer birds this year with this type of feeder because we used it say that cats respond to tiny amounts of nepetalactone as a repellent for cats. It is an inherited trait—breeds originating from Asia typically don’t respond to catnip. Catnip (Nepeta cataria), a perennial herb in the mint family, was introduced to North America by European settlers and grows wild in most of the U.S. Catnip tea was used by settlers as a folk remedy for colds and fevers, cramps, migraines, and other disorders. Despite this widespread use, the pharmaceutical uses of catnip are not well studied. Even though the response of cats to catnip is well known, many people are unaware that catnip repels a number of different species including plant-hoppers and spittlebugs, German cockroaches, subterranean termites, ants, mosquitoes and several beetle species.

Researchers at Iowa State University have patented nepetalactone as a repellent for cockroaches, mosquitoes, mites, ticks, and other insects. It may have the greatest commercial potential as a mosquito repellent because it is 10 times more potent than DEET — the most effective mosquito repellent on the market today. Iowa State researchers are now testing the effectiveness against Culex tarsalis, the mosquito that transmits West Nile virus. Herbal product businesses have capitalized on the early research done at Iowa State and are already selling repellent products on the Internet.

Catnip oil also repels termites. Researchers have found that termites refused to tunnel through a catnip oil-treated sand barrier. Unfortunately, nepetalactone breaks down too quickly in the soil to be a commercially viable chemical barrier. But, this knowledge may lead chemists to develop new products with similar chemistry that are more effective than any commercial repellent tested for white-tailed deer.

Not all pets are repelled by catnip. In fact, grasshoppers actually like catnip and produce defensive secretions three times more repellent to ants than when they feed on other plants. Grasshoppers sequester defensive compounds from plants in their body which may account for their ability to feed successfully on a wide range of plants. So how can you use this information? One Web site suggests that people concerned about West Nile virus and mosquitoes might want to plant catnip in their yard. But, to be sure to consider the consequences carefully before you buy seeds next spring. Once catnip leaves are bruised and release their aromatic oils — which might be necessary to repel mosquitoes — your yard will soon be a magnet for mosquitoes. If you don’t really love cats, you’ll want to stick with DEET.

What is Suet?

Suet is the hard, white fat from around the beef kidney area, often available from butcher counters. Other fat sources including deer fat and rib cages also can be used.

Other Ideas

Use your imagination — put the suet in nylon/plastic net onion or orange sacks, press the suet into pine cones or check out commercial suet feeders at your favorite store.

Hanging Your Feeder

Hang suet feeders on or near a tree, on a wooden post or perhaps from your seed feeder. Be sure to hang it high enough so pets can’t reach it.

Homemade suet is best used during cold winter months so it doesn’t melt. Commercial no-suet meal suet products can be used throughout the year. Keep it high enough so pets can’t reach it.

For more information, read the UNL NEBRAGUIDE Wildlife: Feeding Birds by Ron Johnson, Extension Wildlife Specialist, available online at lancaster.unl.edu/envirnews/wildlife.htm. (SC)
Many of the urban challenges trees face begin with the construction process. At the beginning of parking lot construction, topsoil is generally removed. The subgrade is then compacted, followed by layers of crush and run stone, asphalt or concrete that are restrained and also compacted. If municipal compaction specifications are adhered to, the resulting soil mix under the pavement is generally impervious due to mechanical impedance. It also limits root growth due to low available oxygen.

Vegetative Filter Strips Conserve Soil, Water

Vegetative filter strips, sometimes referred to as grass filter strips or grass buffer strips, are areas seeded to close-growing or sod-farming grasses at locations where runoff water leaves a field within and next to cropland. They are designed to filter out the sediment, organic material, nutrients and chemicals carried in runoff water. Vegetative filter strips also are placed along water courses, streams, ponds and lakes to protect surface water. Grass filters can be used to filter wastewater from agricultural processing facilities.

Vegetative filter strips capture sediment and organic material by slowing or stopping water leaving a field. As water is slowed, larger soil and organic particles rapidly settle out. Smaller clay particles need a longer flow distance to settle out in the filter. Therefore, a larger strip width is needed for removing finer soils. Filter strips work best when water flows at a shallow, uniform depth across the filter. If water becomes concentrated in small channels, the effectiveness of the strip is drastically reduced. Filter strips also work best on relatively flat slopes. Vegetative filter strips are a best management practice for reducing runoff of some agricultural nonpoint source contaminants, such as soil nutrients, organic material and pesticides bound to soil particles. They should be considered part of a conservation system. Filters, however, cannot remove all runoff water contaminants. They are less effective at removing nutrients and pesticides in solution, that is, those dissolved in water and not attached to soil. Vegetative filter strips are most effective at removing sediment, nitrogen, phosphorous and pesticides bound to soil particles. Recent research at the University of Nebraska-Lincoln evaluated filter strips using simulated rainfall and runoff on silt loam soils with six to seven percent slopes and land area ratios of 15 acres of cropland to one acre of filter. Results indicate a 25-foot wide grass filter strip can reduce off-site movement of total nitrogen, atrazine and alachlor by 70 percent and total phosphorous by 85 percent. The reduction in the amounts of herbicide and nitrogen leaving the field resulted from increased infiltration within the filter strip which limited the amount of runoff water leaving the filter. Total phosphorous reduction was a result of sediment removal. Research with both natural rainfall and rainfall simulators in Indiana, Virginia, Maryland and Iowa has shown for silt loam soils with slopes ranging from 3-12 percent, filter strips can remove 36-59 percent of sediment, depending on filter strip width and the area draining to the effectiveness of the strip. Under these controlled experimental conditions, removal rates are best with shallow, uniform flow across the filter and relatively small drainage areas. Actual field removal rates will depend on many factors and will likely be less than experimental rates.

Well Location

Note: This is part of a series of articles related to rural water issues.

Keeping your well water free of harmful contaminants is a top priority — for your health and for the environment. How you manage your yard, well and on or near your property, may affect well water quality. About 95 percent of rural residents use private wells to supply drinking water. These wells, which tap into local groundwater, are designed to provide clean, safe drinking water. However, improperly constructed or poorly maintained wells can create a pathway for fertilizers, bacteria, pesticides or other materials to enter the water supply. Once in groundwater, contaminants can flow from your property to a neighbor’s well, or from a neighbor’s property to your well.

When possible, locate a well well above water (storm water runoff, for example) drains away from it. If a well is downhill from a leaking fuel storage tank, septic system or overfertilized farm field, it runs a greater risk of becoming contaminated than a well on the uphill side of these pollution sources. In areas where the water table is near the surface, groundwater often flows in the same direction as surface water. Surface slope, however, is not always an indicator of groundwater flow. The following separation distances are required or recommended in Nebraska based on our soil and subsurface geology characteristics.

10 feet
• depression could retain stagnant water
• pump pits and tank pits
• seeps
• frost-proof hydrants
• cesspits

25 feet
• animal barn pen with concrete floor

10–50 feet
• sewer lines
• any other subsurface disposal system
• any known or suspected source of contamination or pollution
• gasoline and liquid petroleum products

Well Location

Note: This is part of a series of articles related to rural water issues.

Keeping your well water free of harmful contaminants is a top priority — for your health and for the environment. How you manage your yard, well and on or near your property, may affect well water quality. About 95 percent of rural residents use private wells to supply drinking water. These wells, which tap into local groundwater, are designed to provide clean, safe drinking water. However, improperly constructed or poorly maintained wells can create a pathway for fertilizers, bacteria, pesticides or other materials to enter the water supply. Once in groundwater, contaminants can flow from your property to a neighbor’s well, or from a neighbor’s property to your well.

When possible, locate a well water table is near the surface, groundwater often flows in the same direction as surface water. Surface slope, however, is not always an indicator of groundwater flow. The following separation distances are required or recommended in Nebraska based on our soil and subsurface geology characteristics.

10 feet
• depression could retain stagnant water
• pump pits and tank pits
• seeps
• frost-proof hydrants
• cesspits

25 feet
• animal barn pen with concrete floor

10–50 feet
• sewer lines
• any other subsurface disposal system
• any known or suspected source of contamination or pollution
• gasoline and liquid petroleum products

Well Location

Note: This is part of a series of articles related to rural water issues.

Keeping your well water free of harmful contaminants is a top priority — for your health and for the environment. How you manage your yard, well and on or near your property, may affect well water quality. About 95 percent of rural residents use private wells to supply drinking water. These wells, which tap into local groundwater, are designed to provide clean, safe drinking water. However, improperly constructed or poorly maintained wells can create a pathway for fertilizers, bacteria, pesticides or other materials to enter the water supply. Once in groundwater, contaminants can flow from your property to a neighbor’s well, or from a neighbor’s property to your well.

When possible, locate a well well above water (storm water runoff, for example) drains away from it. If a well is downhill from a leaking fuel storage tank, septic system or overfertilized farm field, it runs a greater risk of becoming contaminated than a well on the uphill side of these pollution sources. In areas where the water table is near the surface, groundwater often flows in the same direction as surface water. Surface slope, however, is not always an indicator of groundwater flow. The following separation distances are required or recommended in Nebraska based on our soil and subsurface geology characteristics.

10 feet
• depression could retain stagnant water
• pump pits and tank pits
• seeps
• frost-proof hydrants
• cesspits

25 feet
• animal barn pen with concrete floor

10–50 feet
• sewer lines
• any other subsurface disposal system
• any known or suspected source of contamination or pollution
• gasoline and liquid petroleum products
**LANCASTER COUNTY FAIR NEWS**

2004 LANCASTER COUNTY FAIR

AUGUST 4–8

Mark Your Calendars! The dates for the 2004 Lancaster County Fair have been set for Aug. 4–8.

4-H Bulletin Board

- Teen Council will meet Sunday, Dec. 14, 3-5 p.m.
- There are still county and state fair projects, comment sheets and ribbons that need to be picked up from the Lancaster County Extension Office before Dec. 15.

4-H Chess Tournament Results

The Lancaster County 4-H Checkmates club hosted their second statewide chess tournament on Oct. 18 in Lincoln. Sixty-four 4-H’ers and non-4-H’ers from Lincoln, Beaver Crossing, Hampton, Omaha, Millard, Seward and Utica participated. It was a four-round, Swiss system tournament with three sections.

Ten participants had the opportunity to compete in a simultaneous exhibition against Albert Zhou of Lincoln, who ranks tenth in the nation for his age group (age 10). Zhou and his father, Joe, also demonstrated Chinese Chess during the lunch break.

Here are the top winners. Full results are posted online at: lancaster.unl.edu/4h.

Combined K-9/K-12 Division


K-6 Division

1st place: Chung Rhee. 2nd place: Aleem Malik. 3rd place (6-way tie): Michael Liu, Jonathan Carmoeli, Eric Rock, Matthew Shattil, Darrin Lim and Alex Fuog. 1st place 4-H: Holly Lombard.

K-3 Division

1st place: John Hurdle. 2nd place: Quentin Shafer. 3rd place (2-way tie): Andrew Peterson and Jeevan Rajagopal. 1st place 4-H: Jason Swear.

Special Prize for Traveling the Furthest


Allerton Zhou (standing center), who ranks tenth in the nation for his age group (age 10), played a simultaneous exhibition against ten players.

University of Nebraska Equestrian Team

The UNL Equestrian Team is a group of horse enthusiasts interested in competing within the Intercollegiate Horse Show Association. Students compete individually and as team members at both Regional and National levels. The competitions are affordable due to the fact individual colleges host each event and provide the horses. This is not the only unique aspect of the IHSA competitions. Not only are riders not allowed to use their own horses, but personal tack and schooling/warm-ups are not permitted. Horses and riders are paired up randomly by drawing. This enables riders to compete on an even keel and truly test their horsemanship ability.

Ten participants had the Ten participants had the

Hey Kids! Teachers & Parents Too!

Photography Contest

Theme: “Fun & Laughter are Ageless... Capture a Memory!”

Open to ALL ages, Kindergarten to older folks! Anyone....Anywhere!!!

Lincoln Camera Club & People’s Choice Judging

Best of Show, 1st, 2nd, 3rd, and Honorable Mention prizes by age groups of: K-6, 7-12, and Adult.

**Two Best of Show winners are awarded $100**

For a registration and information packet, call (402) 441-7022 (collect calls accepted).

Deadline for submission is Monday, April 12, 2004, ...so don’t delay...call today!!

UNL Animal Science Dept. Seeks Equine Science Students

The horse program at the University of Nebraska-Lincoln is a new and growing aspect of the total curriculum within the Department of Animal Science. The curriculum offers a four-year Bachelor of Science degree in Animal Science. The program is built around the basic disciplines of animal science including nutrition, reproduction, physiology, genetics, behavior and management.

A sampling of course offerings include:

- ASCI 252 Fundamentals of Horse Industry
- ASCI 260 Basic Equitation
- ASCI 308B: Principles of Horse Evaluation and Judging
- ASCI 450 Horse Management

The excellent facilities of the Animal Science Department provide an excellent setting for the equine courses. There is a beautiful 80’ x 215’ indoor, heated arena connected to 14 box stalls. Additionally, all horses and equipment are provided. The department currently owns 14 horses, the majority being Quarter Horses with a few Arabians and Paints. Occasionally, additional horses are brought in on loan to accommodate course needs. Therefore, anyone wishing to enroll in a course need only to sign up!

There are scholarships available for students majoring in Animal Science. Also, internships are related to horses, what the horse industry has to offer, tips on how to start a career in the horse industry and how much education are required visit the web at animalscience.unl.edu/horse or call Libby Lugar at 472-9098.

Equestrian.htm contact Libby Lugar at 472-9098. (MC)

HORSE BITS

The competitions are affordable due to the fact individual colleges host each event and provide the horses. This is not the only unique aspect of the IHSA competitions. Not only are riders not allowed to use their own horses, but personal tack and schooling/warm-ups are not permitted. Horses and riders are paired up randomly by drawing. This enables riders to compete on an even keel and truly test their horsemanship ability.

All members are eligible to practice at the Department of Animal Science facilities and compete as a member of the Equestrian Team. Rider abilities range from beginner to advanced. Each team rider accumulates points on individual placings at IHSA shows. When a certain amount of points are acquired they move up a level and qualify for regions. The top three riders of each class at regional quality to go to the zone competition and the top two riders from the zone compete at Nationals. The team holds practice sessions weekly.

The next show in Lincoln is in February of 2004. The public is invited to attend. For more information go to animalscience.unl.edu/horse/equestrian.htm contact Libby Lugar at 472-9098. (MC)
Camp Counselors Create Friendships, Memories

Karen Clinic and Monica Rentchler Eastern Nebraska 4-H Center Camp Counselors

We are more than just your average teenagers who hang out at the pool or the mall all summer long with their friends. We are teachers, friends, janitors and music conductors. We are 4-H Camp Counselors, and we love to teach. We are teachers we mean everyday we try to teach our campers something new in a way that will inspire them to keep learning. We talk to them, help them, and become some of their best friends. We meet all kinds of different people from many different backgrounds. By janiters, we mean we clean the toilets, it’s more we help campers keep their cabins clean and comfortable. As music conductors we lead campers in fun and silly songs. We may not be the best singers, but at camp our most important motto is, “Don’t Judge.”

As camp counselors there isn’t a day goes by we don’t learn something new. Often a camper will give us an idea and enthusiasm about something as simple as a line of ants is enough to help us learn new things about the campers and ourselves. The learning possibilities are endless and bring along the curiosity of a child in everyone. 4-H camp has taught us a lot, all of which will help us in our future as we pursue careers and families. We have learned patience, kindness and leadership.

Although camp is full of learning experiences and good times, there are also many challenges along the way. As counselors we have the difficult job of being a child’s friend and being the responsible adult. We encounter many difficulties as role models to these campers. As teenagers we have learned to put aside what we want to do by doing what is best for the camper. The job, as you can see, is sometimes stressful but in the end we look back and realize the awesome time we had at camp. The benefits far outweigh the challenges by far. One great benefit for teenagers in high school is volunteering for being a counselor. Our job as a counselor is 100 percent volunteer and 100 percent fun! The greatest benefit, though, is meeting new and interesting people including other counselors whom we have developed a special bond with throughout our summers at camp. Knowing what each person has been through helps us to help each other along the way. We have created friendships and memories our campers, counselors, mentors and staff are the heart of camp. Our experiences as camp counselors have taught us to appreciate the differences in people that make them who they are. 4-H camp has been a big part of our lives and it continues to be. It can be a big part of yours, too. So come out next summer and experience the excitement of being a camper or a counselor!

4-H Speech Updates

The speech workshop will be held Tuesday, Feb. 24, 6:30 p.m. at the Lancaster Extension Education Center. We will focus this year on beginning speakers. The workshop will teach youth how to pick out a topic and talk through it. We will provide more detailed information! Depending upon availability the 4-H Speech Contest is temporarily set for Sunday, March 14 at the State Capitol. Keep checking the Nebraska 4-H for updates.

For more information about the 4-H Speech program, call Deanna at 441-7180. (DK)

Beef Weigh-In

The Lancaster County 4-H and FFA beef weigh-in will be held Friday, Jan. 16, 5:30–8:30 p.m. at the Lancaster Event Center. All market steers and heifers must be brought in for tagging, weighing and noseprinting. For more information, contact Deanna at 441-7180. (DK)

4-H Pistol Clinic and Leader Certification Nov. 28-30

A 4-H Pistol Clinic and Leader Certification will be held Nov. 28–30, at the Carter County Fairgrounds in Broken Bow. This clinic is designed to help the beginning pistol shooter learn the basics and to provide the advanced pistol shooter with one-on-one instruction. Adult volunteers may also become certified to teach pistol to 4-H youth by attending this clinic.

Instruction will be provided by Erich Budjilaj, Olympic pistol coach. During his career, Budjilaj has received 31 gold medals, 16 individual silver medals, and has set two world records in addition to his 1988 silver medal in air pistol competition in Seoul.

Cost of the training is $40 for 4-H leader, $60 for adult leader. The fee for leader certification is $40 for the three days.

For more information and/or to register, contact Tom Dittrich at (402) 368-2980 or via e-mail at tdittrich@citilink.net. (TK)

4-H Shooting Sports Leader Certification Workshop Dec. 6–7

Local certified shooting sports leaders are needed in Lancaster County. If you or someone you know are interested in participating in this program, plan to attend the Nebraska 4-H Shooting Sports Leader Certification Workshop. It will be held Dec. 6–7 at the Eastern Nebraska 4-H Center near Gretna.

Adult volunteers and junior leaders can choose one of seven disciplines to become certified. Muzzle-loading, wildlife archery, rifle, shotgun, pistol and re-loading will be offered.

Participation will be under expert instruction. Registration fee is $43 per person, which includes meals and materials. Lodging is available. Cost for lodging is $15 per person. For more information and registration materials call the 4-H Shooting Sports Web page at 4h.unl.edu or contact Bernie Lorkovic at 472-6717. (TK)

Tonya Beach

Lancaster County 4-H and 4-H Council are proud to announce Tonya Beach as winner of December’s “Heart of 4-H Award” in recognition of outstanding volunteer service.

Tonya has been the Clover Kids leader for The Malcolm Clevors 4-H Club for three years. (Clover Kids are 4-H’ers age 5-8.)

Shelly Everett, leader of The Malcolm Clevors, nominated Tonya. “Because of her love and kindness in leading our Clover Kids. She brings her past experience with 4-H along with her sweetness to teach our young generation so much.”

Tonya is being a 4-H volunteer because it allows me to work with children, including my own daughter, McKenzie,” said Tonya. “The children have a great time learning the valuable lessons in the Clover Kid program and I enjoy being a part of that.”

She created a 4-H banner which the Malcolm Clevors used in the Lincoln’s 4th of July Parade. “My favorite experience as a 4-H volunteer was watching our group march in the parade,” Tonya said. “We gave the youth the opportunity to march by themselves to demonstrate the responsibility and respect they learned in 4-H. Needless to say, they did wonderful!”

Congratulations to Tonya. Volunteers like her are indeed the heart of 4-H!
On Oct. 28, Franklin Manning was recognized as the Lancaster County/City of Lincoln Volunteer of the Month for November by the Retired & Senior Volunteer Program (RSVP) and the Lancaster County Board of Commissioners.

Franklyn is a dedicated volunteer to the 4-H program. He has worked with 4-H members in the horse program for over 25 years. He has served as a 4-H leader, VIPs committee member, county fair superintendent and role model for many youth. He has given countless hours at the county fair helping with any tasks that need to be done. Besides helping at fair time, he is available during the year to help, give advice, answer questions and encourage youth to grow in the horse program. Franklin sponsors the Manning Barrel Award for 4-H'ers at the Lancaster County Fair. He not only gives of his time, but helps financially to support the program in many ways.

In addition to volunteering with 4-H, he works with the Capital City Horse and Pony Club currently serving as treasurer. He is a "charitable grandfather" to the youth of Lancaster County. Even though his children have been out of 4-H for many years, Franklin is at most horse events with a smile, helpful hand and his traditional cowboy hat. He has touched the lives of many youth and they are better individuals because of his dedication and caring.

Congratulations Franklin! (LB)

New 4-H Road Signs Posted at Lancaster Event Center

University of Nebraska Cooperative Extension 4-H in Lancaster County is pleased to announce the placement of two new 4-H road signs at the Lancaster Event Center on 84th and Havelock. The road signs were placed Oct. 27 and welcome Lancaster County to the Lancaster Event Center. The Lancaster Event Center hosts the Lancaster County Fair, at which many 4-H'ers exhibit their projects.

The Hawley Area Association (HAA) organizes the road signs every three years. The signs signify the road is dedicated to the 4-H program. The signs serve many purposes, including to show appreciation to club members and to help other 4-H'ers feel proud of their membership and help others in the community realize 4-H is positively impacting young people in their area.

Spotlight on a Neighborhood: Hawley

The Hawley Area Association is concerned about the image of the neighborhood where they reside. "The neighborhood is a sense of community," said Dan Wheeler, who considers the Hawley neighborhood a perfect place for his family to raise children.

The Hawley Area Association (HAA) was founded in 1997 by a group of concerned neighbors to bring together all the people who live in the Hawley neighborhood. The association worked with the city to develop the old Fillmore Elementary School property into a neighborhood park. The park is located at 25 and T Streets and is one of two parks, McWilliams Park at 407 N. 25 Street and another on the Local Historical Register, the Cultra Townhouse located at 545 N. 25 Street. There are no schools located in the neighborhood. The children attend schools in the surrounding neighborhoods. The two parks, McWilliams Park located at 25 and T Streets and Trago Park located south of Vine Street on the west side of 22 Street, offer nice walking trails, beautiful flowers and opportunities to socialize. Each year the parks are home to a Taste of Hawley event where the neighborhood comes together for a potluck and social event.

One aspect of the sense of community is the story of the community ladder. Most people in the neighborhood do not own a ladder this big, so everyone shares one. The neighbor with the biggest garage houses the ladder and when it is needed, someone comes and gets it. When they are through with it, it is returned for the next neighbor to use.

New 4-H Road Signs Posted at Lancaster Event Center

The Roger-Williams House is one of two houses on the National Register of Historical Places located in the Hawley Historic District. The Roger-Williams House was purchased by the HAA in 1998. The designation was created within the Malene area in 1998. The marks signaling the outline of the district were installed in 2003. The district contains two houses on the National Register of Historical Places, the Eddy-Taylor house located at 435 N. 25 Street and the Roger-Williams house located at 407 N. 26 Street and one house on the Local Historical Register, the Cultra Townhouse located at 545 N. 25 Street. There are no schools located in the neighborhood. The children attend schools in the surrounding neighborhoods. The district contains two houses on the National Register of Historical Places, the Eddy-Taylor house located at 435 N. 25 Street and the Roger-Williams house located at 407 N. 26 Street and one house on the Local Historical Register, the Cultra Townhouse located at 545 N. 25 Street. There are no schools located in the neighborhood. The children attend schools in the surrounding neighborhoods. The two parks, McWilliams Park located at 25 and T Streets and Trago Park located south of Vine Street on the west side of 22 Street, offer nice walking trails, beautiful flowers and opportunities to socialize. Each year the parks are home to a Taste of Hawley event where the neighborhood comes together for a potluck and social event.

This is a unique opportunity for people excited about working with youth to get an advanced degree completely online," he said. The master’s program can complete either of two graduate certificates or the Master of Science in Family and Consumer Sciences with a specialization in Youth Development.

Grantsmanship Training Scheduled for 2004

The Grantsmanship Training Program will be offered again to the Lincoln community May 3-7, 2004. The intensive, “hands-on” workshop covers all aspects of researching grants, writing proposals and connecting with funding sources. Designed for both novice and advanced grant seekers, the program participants are given follow-up services, including expert grant proposal reviews for a full year following training. To maximize personal attention, the group size for the workshop is limited.

Since 1997, Lancaster County Extension has hosted the Grantsmanship Training Program. Approximately 120 individuals representing various Lincoln and area agencies have participated to date.

For more information and to register, contact The Lancaster Extension Center at (800) 421-9512 or go to www.ucs.unl.edu/ (GB)
Sugar Shack Candles Inventory Closeout!

Do you need to purchase some inexpensive holiday gifts for friends, teachers or secretaries or maybe your neighbors? If so, you can support the Lancaster County 4-H Citizenship Washington Focus (CW) program by purchasing from our remaining inventory of Sugar Shack Candles and votives.

Candles will be sold for $5.50. The scents we have left are Grandma’s Cookie Dough and Peach Cobbler. Votives will sell for $3.50. The scents available are Cranberry Spritzer, Cinnamon Roll, Vanilla Creme & Spice Cake.

All proceeds go towards travel funds for CW’s trip to Washington D.C. Call Deanna now at 441-7180 — supplies are limited! (DK)

2003 UNL Career Night Set for Nov. 13

High school juniors and seniors — learn more about career opportunities and how UNL can get you to your goal. Join us at the Lancaster Extension Education Center, 444 Cherry creek Road, on Thursday, Nov. 13, 7–8:15 p.m. for a live broadcast via satellite from the University of Nebraska-Lincoln.

A distinguished panel of faculty and administrators will share insights into career opportunities and academic programs at UNL. The panel will include Steve Waller, Dean, UNL College of Agricultural Sciences and Natural Resources; Fayrene Hamouz, Associate Dean, UNL College of Education and Human Sciences; Gordon Karels, Associate Dean, UNL College of Business Administration; Melanie Simpson, Assistant Professor, UNL Department of Biochemistry; and Pat McBride, Associate Dean of Admissions, UNL Office of Admissions.

Individuals interested in attending this event should contact UNL Cooperative Extension in Lancaster County at 441-7180 for more information and to RSVP.

This Ord native is growing her career at Nebraska.

KAMI MARSH’s horticultural studies at the University of Nebraska-Lincoln’s College of Agricultural Sciences and Natural Resources will help her grow a career in her homestate and wherever she wants to go. Kami enjoys the variety of courses in her major—ecology, plant biology, turf management and ornamental horticulture. She’s eager to apply all she’s learned to someday owning her own business.

Public Invited to Open House on Acreage Issues Nov. 18

Area residents are invited to comment on acreage development issues at an open house beginning at 6:30 p.m., Tuesday, Nov. 18 at the offices of the Lower Plate South Natural Resources District, 3125 Portia Street.

As part of the Lincoln/Lancaster County Comprehensive Plan, the City-County Planning Department has prepared three reports on acreage development in the county:

• “The Cost of Rural Services”
• “Build-Through Acreages”
• “Performance-Based Standards and Overall Acreage Development Strategy”

Each study is available on the city-county Web site at www.ci.lincoln.ne.us — click on Planning Department.

The open house will include a presentation followed by an opportunity for the public to ask questions about and make comments on the studies. The comments will be recorded and provided to the City Council and County Board. Those unable to attend the open house can provide comments on the Web site or send comments to the Planning Department, 555 S. 10 Street, Lincoln, NE 68508.

For more information, contact Mike DeKalb in the Planning Department at 441-6370. (GB)
As of Oct. 28, Lancaster County is in moderate drought conditions.

Latest U.S. Drought Monitor Map
As of Oct. 28, Lancaster County is in moderate drought conditions.

“Holiday of Trees” Includes 4-H Trees
Over the past 31 years, Heritage League of Lincoln’s Holiday of Trees has contributed nearly $600,000 to various community projects. The success of Holiday of Trees is due to the support of individuals and organizations who decorate trees and to the public who attend the event. 4-H is decorating three trees at this year’s Holiday of Trees. The themes are:
- “4-H is Alive at the County Fair!”
- “4-H Memories!”

Ornaments Due Nov. 21
The 4-H staff requests each club prepare and donate one or more ornaments to two trees. Instructions have been mailed to each club leader and are online at lancaster.unl.edu/4h/Programs/Activity3.htm.

View Holiday of Trees
Dec. 4 & 5
The public is invited to view this year’s Holiday of Trees on display Thursday, Dec. 4 and Friday, Dec. 5 from 10 a.m. to 8 p.m. at the Unitarian Church, 6300 A St. Cost to attend is $1 per person.

Can You Guess It?
Did you guess it? Find out at lancaster.unl.edu

Did you guess it from the October NEBLINE? The answer was hedge apples — the fruit of an Osage-orange tree.

Holiday Gifts Needed
There is always a need for helping the less fortunate, especially around the holiday season. Lincoln Public School Headstart Program is in need of over 300 gifts for children birth to 5-years old. New, handmade or purchased items such as books, stuffed toys, dolls, cars, trucks, markers, puzzles, etc., are needed. Literacy is being emphasized this year, so books and items that encourage reading are suggested.

If gifts are wrapped, please indicate what the item is, the cost ($5 recommended) and if the gift is for a boy or girl. Bring gifts to the extension office by Dec. 1.

Give the Gift of Camp This Holiday Season
From canoeing to performing arts to rappelling, climbing, dancing and campfires, 4-H has an incredible summer-time experience waiting for all youth ages 5–19 at one of our three modern, beautiful locations across Nebraska: the Eastern Nebraska 4-H Center in Gretna; Nebraska State 4-H Camp, Halsey; and the South Central 4-H Center, Alma.

Give the gift of camp to your children this holiday season. A 4-H Camp gift package includes a camp gift certificate, camp program and a stuffed animal or water bottle.

Your children will learn from the best as the 4-H Youth Development program brings the cutting-edge expertise of the University to them. Be it a five-day road trip for teens across Nebraska or a one-day event for kids ages 5–7 close to home, 4-H has an experience for any interest. A camp experience is one of the very best investments you can make for your child!

For detailed camp descriptions, gift package purchase forms and more information, find us on the Nebraska 4-H Web Site at 4h.unl.edu. You can also call the State 4-H Office at 472-2805.