October 2006

The NEBLINE, October 2006
Seven Steps to a Healthier Habitat in the Home

1. Keep It Dry
A house with a damp basement, accumulated leaks from plumbing fixtures or roofs, and baths or kitchens without fans, or not in use, can harbor the moisture it takes to support significant mold growth. Mold has become the nemesis of many homes. In addition to damaging a house’s structure, mold can be a trigger for those suffering from asthma. Properly grading the landscape surrounding the house, as well as clearing gutters and downspouts can help reduce moisture entering a house through its foundation. Keeping anything made out of wood, paper or cardboard away from potentially damp surfaces can also reduce the chance of mold growth.

2. Keep It Clean
Carpeting is a depository for all kinds of things tracked in from the outside. Studies show that lead dust is commonly found in carpets in inner-city neighborhoods, and residue from pesticides and herbicides is found in carpets in suburbia. A hard-floor surface that has lead and pesticide residues that have been tracked in may present an even greater health hazard. To prevent tracking in pollutants from the outside, remember to remove shoes at the door or use “walk-off mats” on the outside and inside of entryways.

3. Keep It Pest-Free
Droppings from pests as well as their body parts are major triggers for people with asthma. Eliminating pests eliminates this threat.

4. Keep It Well Ventilated
As homes become more air-tight in an effort to reduce energy costs, air exchange in most homes has become a very important issue. A house needs a certain number of air changes each hour in order to circulate fresh air to both the people living there and the combustion appliances (such as gas furnaces, hot water tanks, dryers and stoves). Building scientists feel a need to install not only fans to help avoid moisture and control pollutant exhaust, but fans that bring fresh air into the entire structure on a continuous basis. As a result, numerous ventilation strategies and equipment are coming to the new-home market. It is very important that ventilation for the purpose of bringing in fresh air does not conflict with the exhausting of the combustion by-products of gas or oil-burning appliances. Modern appliances now commonly use sealed-combustion. They get their fresh air directly from the exterior of the house and they exhaust directly to the outside. Thankfully, the remaining ventilation needs of the home are not compromised.

5. Avoid Contaminants
Radon is naturally occurring, colorless, odorless, radioactive gas emitted from the earth’s crust. This gas, which forms a minute constituency of air near the ground, can seep into a house from the ground and can lead to lung cancer. Homes in high-risk areas should test for radon and take appropriate steps if air levels exceed EPA standards. Building materials and furnishings in homes often release volatile organic compounds (VOCs) that over time can cause health conditions that range from respiratory disruption to cancerous conditions. The presence of fire-retardant chemicals in many furnishings has become a recent consumer concern. Some of these chemicals are known to be hazardous to health, even though their purpose is to retard the spread of fire. There is also a concern regarding the spraying of personal-care products used in homes. Of course, smoking is an obvious indoor air-quality problem. It is critical to understand that even the best ventilation system may not effectively remove all airborne contaminants. Additionally, some air-cleaning devices now on the market may actually make things worse. The key to reducing contaminants is being aware of them and removing their source. Consumers need to be educated about materials that should be avoided in homes.

6. Keep It Safe
A multitude of hazards in a home can cause injury or even death. Extension cords under a rug is a fire hazard, no railings on stairs and rugs that slide easily can cause falls. Windows and cabinets with drugs or chemicals can lead to the poisoning of a child – to name just a few. There has even been a rash of children falling through window screens from two-story heights and higher. Effective steps in order to prevent protection, yet can be opened by an adult in case of a fire, can be installed.

7. Keep It Well Maintained
Occupants in a home play a critical role in maintaining it in a healthy manner. The best systems and materials can be put in place, but the homeowner must be able to use the equipment or materials effectively in order to prevent matters from growing worse. An unused bath or kitchen fan is an invitation to mold growth. An unattended sink trap that leaks for any duration can result in mold growth in the cabinets beneath it. Poor food waste handling can lead to pest infestation. Pets that are not properly groomed can become the source of allergens that can trigger asthma.

Creating a healthier home environment is hardly a new subject, but each generation builds houses with new materials, modern mechanical systems and newly invented domestic goods. Maintaining an awareness of possible threats to our safety and health at home is an ever-present challenge. For more information about these steps to creating and maintaining healthier living spaces, visit the Web site of the National Center for Healthy Housing at www.centerforhealthyhousing.org

By Jim LaRue

October 2006
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STATE FAIR RESULTS
Lancaster 4-H’ers earn top awards.
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HELP START A 4-H CLUB!
It’s easier than you might think!
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October 2006
441-7180 • http://lancaster.unl.edu

Jim LaRue has been a technical consultant to the National Center for Healthy Housing, Environmental Health Watch and the Cleveland Green Building Coalition.

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**Reduce Grain Depth to Save Time/Energy When Drying Grain**

**Tom Dorn**
UNL Extension Educator

The time required to dry grain in a bin is a function of the initial moisture content of the grain, the desired final moisture content of the grain, the temperature and relative humidity of the air passing through the grain and the rate of airflow through the grain (cubic feet per minute per foot of grain depth). Table 1 shows airflow resistance for shelled corn. More static pressure is required to push a grain airflow (cfm/bu) through grain as the depth of grain increases. Static pressure also must increase to push increasing rates of airflow (cfm/bu) through a given depth of grain.

Since drying time is directly related to the rate of airflow, we want airflow rates to be as high as practical when drying grain. The variable we can manipulate to our advantage when trying to reduce energy cost for fan operation is to reduce grain depth and lower the static pressure the fan must overcome.

If you were building new bins, you could plan to build larger diameter but shorter bins to keep static pressure low while not sacrificing the number of bushels that can be dried. Five-foot differences when a 27-foot diameter bin and a 30-foot diameter are each used to dry 4,000 bushels of corn at one time. Grain depth in the 27-foot bin would be 17.5 feet, whereas grain depth in the 30-foot bin would only be 14.2 feet.

Using the FANS computer program to compare these scenarios, provides some interesting results. It would take 13.5 cfm/bushel through a 30-foot diameter bin to push the same 1.25 cfm/bu through 8,000 bushels of shelled corn in a 27-foot diameter bin. To push the same 1.25 cfm/bu through 8,000 bushels of shelled corn in a 30-foot diameter bin would only take 6.32 cfm/bu—a savings of 4.23 hp.

Assuming electricity cost is $0.08/kWh, and if one were drying shelled corn using natural air in mid to late October (assuming 20 days drying time), the drying cost in the 30-foot diameter bin could easily be $0.02 per bushel less than in the 27-foot diameter bin.

A management alternative would be to select a fan for the larger diameter bin which requires the same 10.55 hp but delivers more airflow. Once again, the easiest way to analyze this is to use the FANS program because it can calculate the interaction of the system curve and the fan curve. Trial and error showed it takes the same horsepower to push 1.54 cfm/bu through the 30-foot bin as needed for 1.25 cfm/bu in the 27-foot diameter bin. For deep-bed, in-bin drying, drying time is directly proportional to airflow. The airflow in the 36-foot bin is 23 percent higher for the same horsepower and drying time would be 23 percent less in the larger diameter bin.

**Table 1. Airflow resistance data for shelled corn.**

<table>
<thead>
<tr>
<th>Grain Depth (feet)</th>
<th>Airflow (cfm/bushel)</th>
<th>Expected Static Pressure (inch of water)</th>
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<tr>
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<td>10</td>
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<td>20</td>
<td>1.6</td>
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</table>

**Don’t Feed Fresh Silage too Soon.**

Bruce Anderson
UNL Agronomy and Horticulture Educator

You chopped that silage, packed it into the bunker and now you finally have some feed other than dry pasture for your cows. But what is it worth? Many times, crops stressed by drought lowered yields that are several dollars per acre or less will still have 75 percent of the feeding value of high-grain corn. Of course, drought damaged silage has lower feeding value than regular silage. But not as much as you might think. Silage from corn producing five bushels per acre or less will have only 40 percent of the feeding value of well-cared silage. And corn producing 40 bushels per acre is worth about 95 percent that of regular silage.

To estimate the value of drought damaged silage, what do you need to consider? You probably should start by comparing it to regular, high-grain corn silage. One common rule-of-thumb is pricing for wet silage is that one ton of silage in the silo is worth ten times the price of a bushel of grain. Using this rule, when corn is worth $2.20 per bushel, then regular silage is worth $22.20 per ton. Of course, drought damaged silage has lower feeding value than regular silage. But not as much as you might think. Silage from corn producing five bushels per acre or less will have 75 percent of the feeding value of well-cared silage. And corn producing 40 bushels per acre is worth about 95 percent that of regular silage.

So, value of drought damaged silage in the silo can be adjusted proportionately to regular silage using this information. Feed value stays high during drought because leaves and stalks retain many nutrients that normally go into the grain.

If the corn is still standing in the field, harvest costs must be considered. These can be as low as $4–$5 a ton when yields are high and near the silo to over $10 a ton for fields with drought lowered yields that are several miles from the silo.

One final consideration might be to compare the silage to other potential feeds. With hay prices running around $80–$100 per ton, corn silage may be worth a couple dollars a ton more this year than usual.

**Beware of Wood Heating Dangers.**

Tom Dorn
UNL Extension Educator

With the high fuel costs this year, there is a renewed interest in using wood as heat sources—home heating. Heating wood can reduce costs, but can be dangerous. There is also evidence that households most at risk for fires are those least likely to have detectors. Chimney fires can happen when creosote accumulation from wood stoves and fireplaces ignites in the chimney. Creosote is a chemical by-product of a wood fire. Gas and charcoal can easily ignite when exposed to warm creosote and produce a姻ent fire that is hard to put out.

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Tips for operating wood stoves and fireplaces safely include:

- Don’t overload with wood; build up wood fire slowly.
- Don’t leave the fire unattended. Keep combustibles away from fireplaces—pillows, drapes, curtains, and books.
- Keep glass doors closed or screen in fireplaces safely include:

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Keep Out Unwanted Pests

Millipedes (left) and wolf spiders (right) are common “accidental invaders” in homes during fall.

Soni Cochran
UNL Extension Associate

Cooler temperatures are here and you may find a few uninvited guests making their way into your home. Millipedes, crickets and wolf spiders are some common “accidental invaders” stumbling into homes trying to escape the chill of fall. Most of these visitors are not going to cause a problem because they won’t be able to survive in the home environment. Homes are too dry and there probably won’t be enough food to keep these pests alive.

Many of these short-lived visitors can be controlled without pesticides—a fly swatter, broom or vacuum will work nicely. Gently sweep the beneficial wolf spider into a jar and release it outside away from the house. Snakes who find their way into the home should also be captured and released.

Accidental invaders are not the only creatures looking for a safe haven. Mice and rats quickly take advantage of unsealed openings around the home. These creatures, unlike accidental invaders, can take up permanent residence in your house damaging your property and possibly spreading diseases. Their control can be more difficult and expensive if they become established. Protect your home from unwanted guests by “pest-proofing.” By taking a few moments now to inspect your property, you may prevent ro- dents, snakes and insects from entering your home as a winter hideaway.

Here are some things you might look for:
• Make sure all cracks around the outside of your house are sealed so mice, rats, snakes and insects can’t squeeze in (rats can get through openings 1/2-inch in diameter— mice can get through holes no bigger than a dime). To fill openings, use something small like caulk or steel wool. Caulk steel wool can be used as a temporary fix. Stuffing cracks with cloth won’t help and rodents may chew right through it again.
• Doors, windows and screens should be in good repair and fit tightly. Caulking will also keep pests out and help lower fuel bills.
• Do your floor drains need screens? If so, ask a professional to help you select the screen size.
• Check around your dryer vent and other openings to make sure they aren’t being used as a handy way to get into your house.
• Removing leaves and grass clippings from around the foundation, cleaning out window wells and general yard cleanup get rid of hiding places for pests near the home.

FOR MORE INFORMATION
UNL Extension Lancaster County has many educational resources about pest problems in and around the home. These resources are available at the extension office or on-line at http://lancaster.unl.edu/pest
Healthy Food in a Hurry!

If you'd like to prepare healthier foods, but are short on time, visit the "Cook It Quick" section of the University of Nebraska–Lincoln Extension in Lancaster County at web site at http://lancaster.unl.edu/food/ciq.shtml

You'll find quick and easy ideas for including fruits and vegetables, whole grains, lean meat and dairy foods in your meals. Here is an example:

**Awesome Banana Walnut Shake**

**Serves:** 2  •  **Prep Time:** 5 minutes

1 medium very ripe banana, frozen  
1/2 cup vanilla low-fat yogurt  
1/4 cup chopped California walnuts  
1–2 tablespoons honey

Place banana, yogurt, walnuts, and 1 tablespoon honey in a blender. Blend on low speed until ingredients start to mix together. Then increase to high speed and blend until smooth. For a sweeter shake, add another tablespoon of honey. Serve immediately.

**Tip:** To make a frozen banana, peel and cut the banana into chunks. Wrap in plastic and place in freezer several hours or overnight.

**Nutrition Information:** Calories: 267  •  Total Fat: 17 g  •  Saturated Fat: 2 g  •  Monounsaturated Fat: 2 g  •  Polyunsaturated Fat: 7 g  •  Cholesterol: 0 mg  •  Sodium: 42 mg  •  Total Carbohydrate: 41 g  •  Dietary Fiber: 2.5 g  •  Protein: 6 g

Source: Recipe courtesy of Rosary Mary Mark for the Walnut Marketing Board. Find more great walnut recipes at www.walnuts.org

The A, B, C’s for a Healthy School

If you’re involved in programming with schools and their School Wellness Policy, the Nebraska State Department of Education in cooperation with University of Nebraska–Lincoln Extension has developed a new PowerPoint called “The A, B, C’s for a Healthy School.” You can download it at http://lancaster.unl.edu/food/healthy-schools.html

Write to us at NEP to request a printed copy. Send an e-mail to NEP at nep@lancaster.unl.edu and ask for a copy of NEP’s“Cook It Quick!” Dishes Out Advice

Dear CIQ: My family and I all arrive home about the same time every night. Everyone’s starved. They get cranky if they have to wait very long to eat. Or they spoil their appetites by nibbling on snacks. What would you suggest?

Reply: Help your family dine healthy when they’re hungry and want to eat with these tactics:

- Have some nutritious snacks ready to tide them over until the meal is on the table. For example, rather than serving milk with the meal—offer them some milk right away. Or, keep on hand some of those individually wrapped cheese sticks as a quick and healthy snack. A low-fat or non-fat yogurt would be another possibility.
- Consider whole fruit such as apples, or raw veggies such as carrot sticks as another munchie to help hold hunger at bay.
- Prepare a “first course” the night before that your family can eat while your main course is cooking. This might be veggies and a low-fat dip. Or, enjoy a salad that you or a family member assembled the previous night.
- Enlist various family members to help speed up the cooking, plus keep them occupied until the meal is on the table!
- Assemble quick meals the night before, such as ready-to-heat casseroles. Add a bread, a salad, milk, and you’ve got a meal.

The Nutrition Education Program Partners with Salvation Army’s Summer Day Camp

**Nutrition Education Program Partners with Salvation Army’s Summer Day Camp**

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

**Hilary Catron**  
UNL Extension Assistant

The Nutrition Education Program once again partnered with the Salvation Army to teach nutrition to youth participants of their Summer Day Camp. The camp ran from April through June and provided a low-cost day camp alternative for limited resource families. The camp also served as a summer feeding site and provided breakfast, lunch and a snack to each participant. The camp was for those who have completed kindergarten through fifth grade. NEP provided six lessons to 45–60 campers each week. Each lesson included a food preparation activity. The favorite lessons of the summer were:

**Food Safety** — “Germs” were hidden around the room. The campers were asked to remember where they found the germs and what other places germs might hide. The campers then tested their handwashing skills using glo-germ lotion and a black light. Food Safety BINGO allowed the campers to learn about what foods were safe to eat and what foods should be thrown away.

**Fruits and Vegetables** — Fruit Jeopardy was the activity of the day and allowed the campers to discuss what fruits they liked and disliked and how they might try to incorporate more fruit into their diet. The fruit and vegetable relay kept the campers on their toes as they sprinted back and forth with models of different fruits and vegetables—carrots, eggplants, apples, etc. The participants prepared a pudding fruit cup for snack and enjoyed measuring their own ingredients to make the pudding. All then topping it with fresh strawberries.

**Milk and Physical Activity** — Strong bones and strong bodies. The campers sorted different milk products based on their calcium content. Many were surprised to find all milks (whole, 2%, or skim) had the same amount of calcium. Since physical activity is also important for strong bones, the campers spun the activity wheel and did some fun exercises. Apple smiles were the snack activity for the day. The campers had a great time spreading the peanut butter on their apple wedges and using cheese slices to create a smile.
**President’s Notes — Alice’s Analysis**

Alice Doane  
FCE Council Chair

Summer activities are coming to an end. We found us at the Lancaster County Fair in a 4-H style revue as well as the lamb and beef shows. The following week we attended the Cass County Fair to see the style show. Two friends, one from Lancaster and the other from Cass County had made dresses of the Civil War Era. I had seen the Lancaster County dress and wanted to see the other one. They had used the same pattern and I understand there were 20 yards of mate-

**FCE News & Events**

**Upcoming Dates**
- **Sept. 25** — FCE Council Meeting, 1 p.m.
- **Sept. 28** — FCE & Community October Lesson Training, “Have It Your Way — Putting Legal and Financial Affairs in Order,” 1 p.m.
- **Sept. 29-Oct. 1** — National FCE Week
- **Oct. 16** — FCE Achievement Night will be Monday, Sept. 28, 1 p.m., at the Lancaster Extension Education Center, Virginia. Loree Gergen will share information on the Fresh Start program for single homeless women, and the business meeting will follow the program. All FCE members are invited to attend.

**Leader Training, Sept. 28**
The FCE and community leader training session “Have It Your Way—Putting Legal and Financial Affairs in Order” will be Thursday, Sept. 28, 1 p.m., at the Lancaster Extension Education Center. Extension Educator Loree Bartos will present the lesson. Topics include:
- How to make your wishes known,
- Where to go for help in legal and financial areas,
- How to have conversations with family members to make decisions and communicate with them.
- If you are not an FCE member and would like to attend call Pam, 441-7180, or informational packet can be prepared.

**Achievement Night, Oct. 16**
The 2006 FCE Achievement Night will be Monday, Oct. 16, starting with a dessert at 6:30 p.m. Everyone is asked to bring a homemade food, paper products or a donation for the annual FCE Food Bank drive. Barb Ogg, extension educator will present the program “Dating and Preserving Old Photographs.” Clubs and members will be recognized for years of membership. Call Pam, 441-7180, if you plan to attend.

**Helping Your Child Succeed in School**

It’s never too late for parents to help their child succeed in school by becoming more involved in their child’s learning. Learning the skills for success takes place at home as well as school.

Parents can do a lot to set your child up for success in school. It is important that parents ask questions about what their children are learning and doing in school. Parents can expand by encouraging them to work with math problems, which may be difficult, but can be done.

Books, magazines and newspapers should be available to children at all times to help further their learning. Books and newspapers can help parents initiate conversation to attend to updates on school studies or events or other areas of interest. Besides academic learning, discussions surrounding current events often lead to valuable formation and problem-solving skills.

Books and magazines aren’t the only place to start stimulating conversations with your child. Television and the computer are great places to learn. However, use care and monitoring to steer your child in the right direction and limit their viewing time.

Children must have a quiet place to do their homework or work on projects. It’s best if this place is quiet and free from distractions. Paper, pencils, scissors, a stapler and markers should be available at the study site.

In addition to supporting your child at home and school, it’s important to form a relationship with key teachers and administrative staff at school. Parents should make their child’s special needs known to these key members being absent. While it might seem trivial, updating teachers is key for understanding why children may act out of character.

Finally, parents should expect success from their children. It’s a self-fulfilling prophecy. You expect good and it happens. If you expect your child to work hard and a job well done. Working as a parent, parents help their children gain self-confidence and success in school.

In summary, parents play an important role in their children’s success in school. Think about ways you can become involved in school and school activities. Volunteer to help in the classroom.

**Lower Your Lighting Costs**

Increasing your lighting efficiency is one of the fastest and inexpensive ways to decrease your electric bills. Turn off the lights in any room you’re not using, or consider installing timers, photo cells or occupancy sensors to reduce the amount of time your lights are on. Use task lighting; instead of brightly lighting an entire room, focus the light where you need it. For example, use fluorescent under-cabinet lighting for kitchen or use low-watt lamps for three-way lamps; they make it easier to keep lighting levels low when brighter light is not necessary. Finally, use compact fluorescent lamps (CFLs); they are much more efficient than incandescent bulbs and last 6 to 10 times longer. CFLs are more expensive than incandescent bulbs, but they pay for themselves by saving energy over their lifetime.

**Halloween Safety**

With witches, goblins, and super-heroes descending on neighborhoods across America, the American Red Cross offers parents some safety tips to help prepare their children for a safe and enjoyable trick-or-treat holiday. Halloween should be filled with surprise and enjoyment, and following some common sense practices can keep events safer and more fun.

- **Walk, slither, and sneak on sidewalks, not in the street.**
- **Look both ways before crossing the street to check for cars, trucks, and low-flying balloons.**
- **Cross the street only at corners.**
- **Don’t hide or cross the street between parked cars.**
- **Wear light-colored or reflective-type clothing so you are more visible.**

**Reduce Potential Allergens During Fall Holiday Season**

Halloween can bring unexpected surprises—for example, costumes and seasonal or reusable decorations can sometimes serve as hosts to troublesome mold and mildew. This can be especially true if the costumes and decorations have been boxed and stored in a basement or garage. Here are some suggestions to reduce potential allergens during the fall holiday season:

- **Store seasonal decorations in dry and moisture proof containers in a clean, dry storage area. The back of a closet, pantry or other storage area can be preferable to a basement or attic.**
- **If costumes have been stored, check the condition before your child will wear them. When time to wash, dry clean or air the costume before wearing. Read labels carefully and follow directions exactly.**
- **When purchasing a costume, try to choose washable fabrics and costume materials that are flame-retardant and mold and mildew resistant. The same is true for costume accessories such as plastic pumpkin. It may be easier to clean than some paper products.**
- **Other seasonal decorations, including pumpkins, gourds and hay bales also may harbor mold or be susceptible to mildew. When pumpkins, gourds or other decorations are placed on a porch, near the door or brought into the home, they should be removed and discarded at the first sign of mold or mildew.**

**FCE Members Are Invited to Volunteer**

FCE members are invited to follow the program. All must be filled with surprise and enjoyment, and following some common sense practices can keep events safer and more fun.

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Turn Fall Yard Waste Into Valuable Compost

Mary Jane Frogge
UNL Extension Associate

Leaves and other materials that clatter yards in the fall can be gathered and turned into high quality soil amendment for next year’s garden. Plus, developing a compost pile helps the environment as well as the pocketbook.

Compost improves the structure and moisture retention capabilities of most garden soils. Ingredients in your compost pile can include leaves, grass clippings, straw and non-woody plant trimmings. Branches, logs and twigs larger than one-fourth inch in diameter can be included, but they must first be shredded or cut up into smaller pieces. Kitchen wastes such as vegetable scraps, coffee grounds and eggshells are other potential ingredients.

However, some organic materials that could cause a health threat or attract unwanted wildlife should be avoided. Such materials include pet waste, moldy food, grease, whole eggs and dairy products.

Compost piles should be large enough to hold heat and small enough to allow air to the center of the pile. Each 5 cubic feet of compost is the equivalent of a small garden. Most plant disease organisms develop much more quickly if air is excluded. Small piles must be turned much more quickly to prevent the decomposition of the compost.

The solution is to educate lawn mower operators about how serious these wounds can become if they are not careful and run their mowers into the tree. A mulched area around the tree trunk can provide protection for your investment, a healthy tree.

Mower Wounds Can Kill Trees

In Nebraska, trees have a tough time staying healthy. Drought, insects, disease and storm damage shorten the life of our beautiful trees. There is one other menace that is easy to prevent, lawn mower damage. Injury and infection started by lawn mower wounds can often be the most serious threat to tree health in the home landscape.

Most tree injuries occur when workers attempt to trim close to tree trunks. This can be prevented by removal of turf around trees and adding mulch or by hand trimming. Care must also be used to avoid harming trees with weed whip trimming machines. They can do a great deal of damage to the bark, particularly on young trees.

The site of injury is usually the root buttress, since it flares out from the tree and gets in the path of the mower. However, injury is also common on shallow roots and along the trunk area. Although large wounds are more serious, repeat small wounds can also add up to trouble.

Wounds from lawn mower wounds are serious enough by themselves, but the wounded tree must also protect itself from pathogens that invade the wound. These microorganisms can often attack the injured tree and invade healthy tissue, greatly enlarging the affected area. Internal decay can result and then the loss of the tree.

The problem of lawn mower injury is not a tree problem but a people problem. The solution is to educate lawn mower operators about how serious these wounds can become if they are not careful and run their mowers into the tree. A mulched area around the tree trunk can provide protection for your investment, a healthy tree.

For active compost piles, rotate the compost about once a week using a pitchfork and be sure to incorporate new debris with the old. Excessive turning will cool the pile down and will take longer for compost to develop.

Most plant disease organisms and weed seeds are destroyed during the composting process when temperatures in the center of the pile reach 140 to 150 degree Fahrenheit, which can be measured using a soil thermometer. However, in most compost piles it is impossible to mix efficiently enough to bring all wastes to the center. Consequently, incorporating large amounts of weeds with seeds or diseased plants into your compost pile may create problems.

Finished compost is dark brown, crumbly and earthy smelling. Small pieces of leaves or other ingredients may be visible. Stable compost can be blended into soil mixes and is suitable for most outdoor planting projects. While mixing ratios vary, 10 percent compost is considered the minimum, 30 percent optimum and 50 percent maximum.
Choose, Store and Decorate Pumpkins and Gourds for Fall Displays

Colorful gourds and pumpkins have become popular fall decorations. Choosing the best ones and storing them properly is a crucial step in creating an attractive seasonal display.

Choosing

According to Laurie Hodges, Ph.D., UNL vegetable specialist, you should look for pumpkins and gourds that are fully mature. Pumpkins should have hard shells with a shiny surface that can’t be punctured by a fingernail. This test works out those that have been picked too early and will tend to rot. Also check for firm, bright green stems. Weak stems often are a sign that the plant had foliar disease. Mature gourds will be a dull color and will have stems or vines that are totally dry. Do not test gourds with a fingernail, as this may puncture or dent the skin and reduce the quality of the gourd.

Once the shell and stem have passed quality tests, pumpkin and gourd choices are purely personal. Misshapen ones are as safe to eat or handle as uniform ones. Blue pumpkins, white pumpkins, small pie pumpkins and other less common varieties are becoming increasingly popular.

After choosing pumpkins and gourds, there are many choices as to how to use them. Besides using them for cooking or other purposes, pumpkins and gourds may be carved, dried, polished or decorated. However, they must be stored properly so they don’t rot.

Washing

Washing and disinfesting pumpkins and gourds is not required, but it often helps them keep longer. Wipe down or wash the exterior with a dilute bleach solution, about one tablespoon of bleach per gallon of water. This removes surface bacteria and fungal spores.

Storing

After cleaning them, store the pumpkins or gourds in cool C but not freezing C dry locations where there is some air circulation, such as in a basement or garage. Keep them off the ground to prevent moisture from accumulating around them and causing them to rot. To do so, many growers store the pumpkins or gourds on straw. Other options include inside a cardboard box, on an upturned flower pot or on top of a couple bricks.

Carving

Avoid carving pumpkins more than a week before they’ll be displayed, as they’ll spoil more quickly.

Polishing

Polishing decorative pumpkins is another popular preparation for display. Acrylic liquid floor wax and polyurethane spray work well and make the pumpkin shiny. Be sure not to eat pumpkins that have been treated in this way.

Drying

To dry gourds, leave them in an area that has good ventilation and is warm and dry, such as a garage or attic. Gourds should not touch each other while drying. They will shrivel as they dry. Different sized gourds require different amounts of time to dry, but expect to wait several months. One way to tell if a gourd is dry is by shaking it. If the seeds can be heard rattling, it likely has dried.

A layer of mold may develop on the gourd during the drying process. Leave the mold until the gourd is completely dry; it usually will wash off then or can be rubbed off with a rough cloth or fine sandpaper. Dried gourds, if kept dry, will last indefinitely.

Re-flowering Poinsettias

The poinsettia is a photoperiod plant, which means it begins to set buds and produce flowers as the winter nights become longer. The plants will naturally come into full bloom during January or February depending upon the flowering response time of the particular variety. This can be tricky to do outside of a controlled greenhouse environment, because any stray artificial light such as that from a street light, pool light or household lamp could delay or halt the re-flowering of the plants.

Starting October 1, the plants must be kept in complete darkness for 14 continuous hours each night. This can be accomplished by moving the plants to a dark room or placing a large box over them. During this period, the plants require six to eight hours of bright sunlight and night temperatures between 60 and 70 degrees F. If the temperature is too high or too low, the setting of the flower buds may be delayed or halted. The blooming process may also be delayed or disrupted by any stray light that may shine near the plants during the critical dark period. This regime must continue for approximately eight to ten weeks in order for the plants to develop a colorful display of blooms for the holiday season. Obviously, the re-flowering process takes more than a little vigilance, perseverance and patience to be successful.

University of Nebraska-Lincoln Extension presents a series of programs, entitled Acreage Insights-Rural Living Clinics, targeting acreage owners and specifically designed to provide knowledge and skills to better manage a rural living environment.

The following clinics will be held in Lincoln at the Lancaster Extension Education Center, 444 Cheyenne Road from 7–9 p.m. For more information, contact Sarah Browning at (402) 727-2775.

Weed Control on the Acreage

Living in the country just means you have more weeds to control. Learn how to identify and control many of the common weeds. You will learn about chemical and cultural control methods for specific weeds based on the weed’s life cycle and its most vulnerable growth stage.

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Ak-Sar-Ben 4-H Youth Expo, Sept. 26–Oct. 1

The 79th Ak-Sar-Ben 4-H Youth Livestock Exposition will be held Sept. 26-Oct. 1 at the Qwest Center in Omaha. More than 2,000 4-H families from an eight-state area participate in the Expo. For more information and a complete schedule, go to http://aksarben.org/4-H

4-H Entry in Star City Parade

Pictured is the 2005 4-H entry in the Star City Parade.

Lancaster County 4-H members are invited to promote 4-H by participating in the annual Star City Parade. This year’s parade will be Saturday, Dec. 2 with the theme “Making Spirits Bright.” Join this exciting event by contacting Karen at 464-4129. The Star City Llamas 4-H club is coordinating the 4-H entry. Participants (including animals) must be in costume. 4-H Council is providing the entry fee.

State Fair Results

Congratulations to the Lancaster County 4-H members who showcased their talents at the Nebraska State Fair this year! Below are the Lancaster County 4-H Top Award winners and Rainbow Ribbon Recognition recipients. Complete results are online at http://4h.unl.edu.

Top Awards

Tori Knachte — Most Spirited Cat
Jasi Moahs — Best of Breed and Best Opposite Satin Rabbit
Kyle Pedersen — Top Floriculture
Alexis Spathan — Senior Champion Holstein Dairy
Alexis Spathan — Breed Champion Holstein Dairy
Jessica Stephenson — Best of Breed American Fuzzy Lop Rabbit
Jessica Stephenson — Clothing 2 Outfit Chosen for the Robert Hillestad Textiles Gallery Exhibition
Emily Taylor — Bronze — Dairy Goat Showmanship
Emily Taylor — Alpine Jr. Res Champion Dairy Goat
Emily Taylor — Alpine Sr. Champion Dairy Goat
Justin Taylor — Alpine Sr. Res Champion Dairy Goat

Rainbow Ribbon Recognition

Rainbow Ribbon Recognition is given to unique which have used special details — these may or may not be top placing items.

Thomas Cheney — Horticulture: Hot (non jalapeno) peppers
Callie Christensen — Youth in Motion Activity Book
Karen Clinch — Quilt Quest: Level III Quilted Exhibit
Kaley Cook — Child Development: Toy made for Preschool
Christina Mayer — Horticulture: Roma or Sauce Type Tomatoes
Christina Mayer — Horticulture: Salad Tomatoes
Kyle Pedersen — Floriculture: Flowering Potted Plant
Annalise Sathoff — Decorate Your Duds: Garment Constructed from a Original Design
Nathan Smith — Heirloom Treasures/Family-Article
Hannah Spencer — Foodworks: Specialty Bread

Two Horseless 4-H Clubs Invite New Members

New Club for Youth Who Love Horses But Don’t Have a Horse—Organizational Meeting, Oct. 16

Join a new 4-H “Horseless” 4-H club! Open to youth ages 8–18. Have fun with friends at meetings, social activities and tours. Learn interesting facts about horses, how to groom them, feed and care for them and safety around horses. The first organizational meeting will be Monday, Oct. 16 at 7 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. Call Linda at 464-5964 for more details.

Broomtails Club for Families Who May Own a Horse Someday

The focus of the Broomtails 4-H club will be to help families who might like to own a horse someday; learn some of the ins and outs of owning a horse before getting one. Topics will include breeds and uses, choosing a horse, colors/markings, tack equipment, horse safety, grooming and care. The club will meet every other week from May to August 2007 at Stillwaters Ranch located south of Lincoln on 66th Street. Enrollment is limited to eight youth ages 10–14. Membership is for one year. Call Jen at 792-3073 for more details.

Final 2006 Group Testing, Sept. 30

In order to show at Districts and State 4-H Horse Shows, you must be at least 12 years of age and for everything but “in-hand” classes, you must have passed all Level II project advancement requirements. In addition, there are classes at state that do not require you to qualify for at districts, but you must have passed your Level III to enter.

The county deadline for district and state horse show entries, ID’s and level tests is usually the second week in May. Many riders find it difficult to have their horses ready to take a levels test so early in the spring. (We are talking March and April!) So, while your horses are “warmed up” from being ridden all winter, you might want to consider getting your testing done this fall.

There will be one final 2006 group testing for horse levels on Saturday, Sept. 30. The testing will take place in the morning at the Lancaster Event Center. We will use the warm-up arena in Pavilion II. Anyone wishing to test, please contact Marty at the extension office as soon as possible. Cut off date for signing up is Sept. 15.

Those of you who have signed up will receive a letter the week of Sept. 18 informing you of your ride time.

4-H Horse Awards Night, Oct. 3

The annual Lancaster County 4-H Horse Awards Night will be Tuesday, Oct. 3 at 7 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road. Awards presentation includes the Wittstruck All-Around Champion, All-Around Trail, All-Around Barrels, Herdsmanship, top County Fair Judging and Incentive Awards.

The evening includes a pot luck. Please bring a meat dish and either a salad or dessert and your own table setting. Drinks will be provided.

Come help celebrate the outstanding accomplishments of the 2006 Lancaster County 4-H Horsemens!

4-H Horse Project Advancement Levels

Once all requirements for an advancement level have been completed, a copy of the level record sheet signed off by the leader or project leader, must be submitted to the extension office. Riders having successfully completed a new level will receive their certificate at the Horse Awards’ Night on Tuesday, Oct. 3. If you have any questions, please call Marty at the extension office at 441-7180.
Call 441-7180.

Lancaster Extension Education

ing for the 2006–07 4-H year is

James Walla. Both current 4-H

members and those interested in joining 4-H are invited to attend. Total registration fee to join 4-H Shooting Sports 4-H club is $8, insurance included.

The Lancaster County Shooting Sports Trap Teams are planning on shooting SCTP this year. The teams are still recruiting for this season of high school trap shoot and the SCTP competitions. If you are in grades 6-12 and interested in shooting trap for Lancaster County 4-H, call Gene Veburg at 421-1274.

Make A Difference Day is Oct. 28

Make A Difference Day, Oct. 28, is an opportunity for 4-H’ers to lend their hands in service. For more information, go to http://www.usaweekend.com/diffday

Four-H Council Awards

The Lancaster County 4-H council is a leadership organization for youth in grades 7–12. Meetings are held the second Sunday of each month at 3 p.m. at the Lancaster Extension Education Center. 4-H Council members are involved in several leadership activities such as organizing the 4th & 5th Grade Lock In and the Ice Cream Social at the Lancaster County Fair. Call Tra cy at 441-7180 for more information or to join!

Lancaster County 4-H Council Members

The 4-H Council is composed of youth and adults working together in the interest of promoting activities of Lancaster County 4-H. Meetings are held the second Tuesday of each month at 7 p.m. at the Lancaster Extension Education Center. Individuals interested in serving on the 4-H Council are encouraged to contact Tracy at 441-7180 for more information and an application. Terms are three years for adults and two years for youth.

Award Nominations Due Jan. 1

Nominations are needed for the following 4-H awards. Deadline is Jan. 1. Application forms are available at the extension office or online at http://lancaster.unl.edu/4h.

• In Recognition of Outstanding 4-H Member—awards presented to individuals or organizations which have exhibited consistent and strong support of the 4-H program. 4-H members are not eligible.

• Outstanding 4-H Member—awards presented to an individual who has excelled in their involvement with the 4-H program and are 14-years of age or older. The basis for selection appreciates the variety and depth of 4-H activities.

1 Dare You Youth Leadership Award—awarded on behalf of the American Youth Foundation (AYF) to high school juniors or seniors who strive to achieve their personal best and make a positive difference in their community. Two 4-H members will be selected from Lancaster County. Lancaster County 4-H Council provides award recipients with a hardbound copy of William H. Danforth’s book, 1 Dare You!

Statewide Volunteer Training, Dec. 2

Save the date for the upcoming Volunteer R & R. This all day statewide volunteer training will be held Saturday, Dec. 2 in Grand Island. Consider attending this statewide volunteer training as it will help “retool and refuel” volunteer leaders. See next month’s Nebl ine for more information.

Career Portfolio Training, Oct. 10

There will be a 4-H Career Portfolio training on Tuesday, Oct. 10, 7 p.m. at the Lancaster Extension Education Center. As you may know, last year the 4-H Career Portfolio replaced the old 4-H Awards Book and by January 1, 2008 all 4-H’ers applying for awards will have to be converted to the new system. We encour-
geage everyone to attend. We have many talented people in our county that should be recognized on the State and National level. If you have any questions regarding the new Career Portfolio or the training contact Deanna or Tracy at 441-7180.

4-H Scholarships Due Jan. 1

The Lancaster County 4-H program offers a variety of scholarships. Deadline is Jan. 1. Applications are available at the extension office or online at http://lancaster.unl.edu/4h.

COLLEGE

The following college scholarships are available to high school seniors active in 4-H:

4-H Council—awards six $500 scholarships.

Lincoln County Kiwanis—awards two $1,000 scholarships.

Teen Council—awards two scholarships to 4-H’ers who are active in Teen Council and help with at least one major fundraiser.

Lane Scholarship—awards one $200 scholarship to a 4-H’er attending Raymond Central High School.

Note: two statewide scholarships—Missouri & Rhode Island Scholarship and Staats Custom Awards—have a deadline of Dec. 1.

4-H CAMP

The following scholarship goes toward attending 4-H summer camp(s):

Joyce Vahle Memorial Scholarship—awards one $100 scholarship to a youth age 8–14. Applicants should currently be, or have been, enrolled in at least one sewing project.

Nominate Your Favorite 4-H Volunteer!

A “Heart of 4-H Award” is awarded to a Lancaster County 4-H volunteer each month! Nominate your favorite 4-H volunteer or leader by submitting the following form (also available online at lancaster.unl.edu). Nominations of co-volunteers accepted.

Please explain why you are nominating person (please include text not exceed)
Public Awareness Campaign
“Learning From Day One”

Maureen Barson
UNL Extension Educator

The Nebraska Children and Families Foundation is coordinating a statewide public awareness and education campaign called “Learning From Day One” to help parents, grandparents and caregivers explore ways to turn everyday moments into fun learning opportunities. Studies of high-quality early-childhood programs agree positive early experiences for the very young yield enormous economic and social benefits. Findings have shown such programs can yield up to a $17 return on every dollar invested by reducing crime, healthcare costs, welfare dependency, the need for special education and job training.

Today, 35 percent of all Nebraska children under the age of three—the most critical period of development—do not have access to high quality early childhood experiences. Therefore, 35 percent of Nebraska’s much-needed workforce will be unprepared for success in school or at work. It is critical we invest now in learning and education of our youngest citizens in order to prepare them for a successful, productive life.

Primary sponsors of the Nebraska campaign are the Nebraska Department of Health and Human Services, the Nebraska Department of Education and local community agencies. University of Nebraska-Lincoln Extension is a partner and provides NebraskaKids with research-based information about building strong families.

The national campaign BornLearning℠ is a key component of Nebraska’s Learning From Day One campaign. Born Learning℠ was developed by the United Way of America, Civitas, Families and Work Institute and the Ad Council.

Prime Times for Brain Development

New research in brain development shows we learn certain skills most easily during particular “windows of opportunity.” These are times—weeks or months—when a part of the brain is best prepared to learn certain new skills. Research shows a person’s IQ predicts only a small part of career performance—emotional intelligence predicts about 80 percent of your career success. The part of the brain that regulates emotions, called the amygdala, learns very early how to be a “good citizen.” This means emotions such as empathy, cooperation, kindness and sadness are shaped by how the infant is nurtured.

EMOTIONAL ATTACHMENT:
attachment is formed by a caregiver and a child. The first few years of life, babies need to see shapes, colors, objects at varying distances and movement. All these images help shape the brain’s ability to recognize and organize visual information.

VISUAL DEVELOPMENT:
Development: birth to 10 years. Babies are born with the ability to learn any language. Since the prime time for language development is the first few years of life, babies are also able to learn second or third languages more easily during this period.

MUSIC AND MATH SKILLS:
Math teachers have long known that math is taught using music. Studies have shown that music helps children learn and remember. The brain actually processes music and math in the same areas. Children who are musically inclined are more likely to do well in math.

Keeping your child’s mind and body healthy is especially important during the first few years of life, when your child is learning to crawl, walk and talk.

LUKE MCGINLEY, Katiewanders.com

Phonoke Joins Nutrition Staff

In August, Sarah Phanoke joined the University of Nebraska-Lincoln Extension in Lancaster County Nutrition Education Program (NEP) which helps limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars.

Sarah will teach nutrition in various settings to a variety of clients, including:
• Adults at several Women, Infant and Children (WIC)
• Supplementation Nutrition Program sites
• At-risk youth in residential rehabilitation facilities
• Families in home-visit settings
• Team up with other NEP staff members to teach nutrition at various agency sites that NEP partners with.

Sarah comes to Lancaster County NEP after working 2-1/2 years with the Adams County NEP program where she provided education at multiple agency sites in Hastings. She also has experience teaching youth in after-school and community settings. Three years ago, Sarah was a summer intern with the Lancaster County 4-H program, providing much needed assistance during County Fair time.

Sarah’s experience in teaching nutrition to limited-resource audiences and partnering with community agencies will be an asset to the Lancaster County NEP program.

Holiday Gifts Needed
for LPS Headstart

A good community service project for the holidays is helping the less fortunate with giving gifts for the Lincoln Public Schools Headstart Program. This program is in need of over 500 gifts for children birth to 5-years old. Literacy of children is very important, because this is the first time in our children’s lives they are exposed to words. So, help us give these children a chance to love reading. Our goal is to provide a gift for each child.

Gifts should be unwrapped and recommended cost is up to $5. Bring gifts to the extension office by Dec. 1. For more information, contact Koren Kuntz at 441-7180.

Public Notice

The Lancaster County Board of Commissioner seek members of the community to serve on the Lancaster County Extension Board. The vacancies will be filled with terms beginning in January 2007.

It is important that you have a good understanding of the area you intend to serve. Complete the following application and return it to the Lancaster County Extension Office, 444 Cherry Creek Road, Suite A, Lincoln, NE 68528-1507, or phone 441-7180.

To register, call 402-362-5508 (UNL Extension in York County) at least two days prior to the training date. The cost is $15, payable at the door, includes educational materials and forms. Participants receive a certificate which indicates to the County Board they have completed the training.

Upcoming training dates are Nov. 21 or Dec. 12 from 5:30-8:30 p.m. For statewide training dates, call 441-7180 or go to http://extension.unl.edu/guardianship
The University of Nebraska Community Outreach Partner-ship Center (COPC) is sponsoring a Community Conversation at Clinton Elementary School, 1529 N. 29th St., on Saturday, Oct. 14 from 8 a.m. to 12 p.m. The focus of this Community Conversation is on immigrants and refugees in the Lincoln community. Participants will have the opportunity to hear from a panel of immigrants and refugees discussing the joys and struggles of coming to a new community. Additionally, participants will be encouraged to dialogue with other community members about strategies and tools to foster immigrant participation in the community as well as enhance interethnic understanding.

No cost to attend. Free breakfast and child-care provided. Pre-registration forms are available. Please call Jan Harris at 472-0597.

**ABC’s for Good Health, Oct. 5, 12 & 19**

A 3-Part Series Which can Change Your Life

**UNL Extension Education**

**Education Program (NEP)** is presenting “ABC’s for Good Health,” a free series aimed at limited to moderate-income women. If you are receiving assistance such as food stamps or Medicaid, you would qualify to attend this program. Upcoming dates are Thursdays, Oct. 5, 12 and 19. Choose between two time slots, 10 a.m.-12:30 p.m. or 5:30-8:30 p.m.

Learn that good health is as easy as:

A) Aim for fitness — Increase your physical activity with a personalized walking program.
B) Build a healthy base — Use MyPyramid to guide your food choices.
C) Choose sensibly — Balance the foods you need and enjoy.

**Participants receive:**

- A pedometer and inspiration to stay fit
- A notebook with practical nutrition information
- A pedometer and inspiration to stay fit
- A cookbook (valued at $15) after completing the series

**Counseling for Conservation Training.**

**ABC’s for Good Health - 3 part series**

- 10 a.m. or 6 p.m.

**October**

1-7 National 4-H Week
3 4-H Horse Awards Night ................................. 7 p.m.
3 4-H Council Meeting ....................................... 7 p.m.
5 ABC’s for Good Health - 3 part series . 10 a.m. or 6 p.m.
8 4-H Checkmates Chess Club Meeting ............ 3–5 p.m.
8 4-H Teen Council Meeting ................................ 3 p.m.
11–14 National Family & Community Education (FCE) Week
10 4-H Career Portfolio Training ......................... 7 p.m.
12 ABC’s for Good Health - 3 part series . 10 a.m. or 6 p.m.
14 4-H Shooting Sports Reorganization Meeting .... 7 p.m.
22 Acreage Insights: Rural Living Clinic, “Weed Control on the Acreage” ................................. 7–9 a.m.
23 Extension Board Meeting ................................ 8 a.m.
26 Family & Community Education (FCE) Achievement Night: 6:30 p.m.
26 4-H Horseless Club Organizational Meeting .... 7 p.m.
28 Guardianship/Conservator Training .............. 7–9 a.m.
28 ABC’s for Good Health - 3 part series . 10 a.m. or 6 p.m.
28 Free Seminar, “Make-Ahead Meals”, BryanLGH Medical Center East, 1600 South 48th St. ............................. 7–8:30 p.m.

2006 Make It Yourself with Wool Contest

This contest offers both youth and adults the opportunity to promote the beauty and versatility of wool fabric and yarn. Personal creations in knitting, weaving, crocheting, spinning and weaving of wool fabric, yarn is encouraged. Categories and ages for this contest are:

- Preteen, 12 and under
- Junior, 13–16
- Senior, 17–24
- Adult, 25 and over
- Made for Other (any age)

The District III contest will be held at the Lancaster Extension Education Center, 444 Cherry Creek Rd., Lincoln on Saturday, Nov. 4 with registration beginning at 8:30 a.m. You may enter any district contest. For other district contest dates and locations, forms or more information, contact Tracy at 441-7180.
Help Start a 4-H Club!

4-H offers a wide variety of opportunities for you to discover your world, your community and yourself. YOU make your own choices and set your own goals!

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

Currently, there are more youth wanting to be in 4-H clubs than there are clubs. Families are encouraged to help organize a new club — which is a lot easier than you may think! Starting a 4-H club now gives plenty of time for members to work on projects for next year’s county and state fairs.

**Club Organization**

Clubs range from 4 to 60 members and are led (or co-led) by club leaders — often club members’ parents. Parents are encouraged to attend meetings.

Volunteers are the heart of 4-H. Adult leaders partner with youth members to complete projects. Club leaders — also known as organizational leaders, club leaders coordinate meeting times and agendas. They also are responsible for club enrollment information.

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

**Parent Volunteers**

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

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

**Over 150 Projects**

Nebraska 4-H has more than 150 project areas. Age-appropriate project manuals are written by university experts. Most project manuals have accompanying leader guides.

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

**4-H Staff Guidance**

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

- Tracy Kulm manages all non-animal project areas. This includes clothing, food, home environment, engineering and general areas.
- Deanna Karmazin runs the 4-H livestock project areas.
- Marty Cruciskshank manages the 4-H horse, rabbit and poultry project areas.
- Mary Jane Fogge runs the horticulture and conservation project areas.
- Gary Bergman oversees the Lancaster County 4-H program.
- Karen Evasco provides support to all 4-H areas.

**Other Resources**

Resource materials available to leaders include:

- Regularly-scheduled leader trainings
- The Nebline monthly newsletter 4-H pages
- Lancaster County 4-H Web site at http://lancaster.unl.edu
- Nebraska 4-H Web site at http://4h.unl.edu
- Mailing to club leaders
- County and State Fair can provide numerous ideas and inspirations for projects!

**To Get Started**

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

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**U.S. Drought Monitor Map**

As of Sept. 12, Lancaster County was in abnormally dry conditions.

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

Source: National Drought Information System, University of Nebraska-Lincoln

**Can You Guess It?**

Did you guess it? Find out at http://lancaster.unl.edu

The answer was common milkweed seeds and seedpod.