When it Comes to Being Wired, Youth are Leading the Way

If you are around teens between the ages of 12–17, you probably aren’t surprised to learn nearly 9 in 10 teens use the Internet. That’s up 73% from 2000 (American Life Study 2005), Harris Interactive Polls, Pew Internet & American Life Study (2005). These wired teens are more likely to have broadband access at home, are frequent users of instant messaging (IM), likely to play games online, and use the Internet to get news, seek out health information and resources to make purchases. An overwhelming majority of teens, 84%, own at least one personal media device: a desktop or personal computer, a cell phone or Personal Digital Assistant (PDA). According to the study, 45% of teens have cell phones and 33% are texting.

"Nice Web site — I have been on it today and found lots of information. You did a good job of organization!!! — Lancaster County rural resident

Looking Ahead

Extension staff are noticing a change in how residents engage with the site. When given a choice, more than half of the people I visit with on the phone prefer to get a publication online instead of having it mailed. E-mail requests for information continue to be popular. Depending on the questions, e-mails from residents may include a digital photo of an insect or plant. It isn’t unusual for us to have cell phones which is about the same average for all adults.

Recent Changes

Of course, UNL Extension’s Web site has changed dramatically since its debut in 1997. It is also remarkable to note how much it has changed in just one year. The biggest change is the overall design. This past year, the University of Nebraska-Lincoln introduced a new design and set of guidelines to be used by the entire campus. The navigation is simple and users can easily access all UNL resources. We’ve also made sure

The navigation is simple and users can easily access all UNL resources. We’ve also made sure you can easily find links to the Lincoln and Lancaster County Government Web sites and local resources.

Web Site is a Hit!

User satisfaction has helped keep UNL Extension in Lancaster County’s Web site growing by leaps and bounds. The site received nearly 9 million hits this past year and has logged 32,741,050 total hits since 1998. The following graph illustrates the growth of the site. "A hit" is a count that is made when you visit a page on a web site. "Unique sites served" are the individual computer addresses visiting the Web site.

When it Comes to Being Wired, Youth are Leading the Way

10 years ago, University of Nebraska–Extension in Lancaster County created a Web site so people could access extension’s resources via the "information superhighway." The Web site, http://lancaster.unl.edu, has constantly changed and continues to evolve. However, the Web site still follows extension’s mission of providing quality, reliable and timely information people can use in their lives.

Numerous Resources

The Web site features educational publications, downloadable materials, outstanding photos, a searchable database, e-newsletters, Egg Cam, movie clips, quizzes, Master Gardener Diagnostic Center and much more. Lancaster County extension staff work hard to keep adding helpful information and resources online. Currently, the Web site has nearly 8,000 pages of content and is updated daily!

Internet is Popular Way to Access Extension

Lancaster County 4-H’ers!

College scholarships are available to Lancaster County 4-H’ers! Applications are due Jan. 2 — see page 8

4-H SCHOLARSHIPS

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

4-H AWARDS

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

A successful 2007 graduation ceremony was held at the Nebraska State Fairgrounds in Grand Island. More than 200 people were honored for their involvement with 4-H. Pictured in the back are the 4-H award recipients. Front row: Callie Lafferty, Karlee Reilly, Rachel Froese, Sara Norberg, Liza Menz, and Taylor Stueber. Back row: Conner Thompson, Kira Hardin, Geoffrey Reilly, Zachary Koehler, Taylor Johnson, Alex Herold, Logan Kram, and Ashley Bilger. Not pictured: Landon Skillings, Taylor Martz, and Riley Sorensen.
Hay is selling at a premium this year so it is especially 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 that is stored out in the weather loses about one-fourth of its original nutrients during storage.

For instance, do you usually line up round bales so the twine sides touch each other? Or stack your bales? If so, the twine sides touch each other. Those bales touch each other to prevent moisture. Hay is turned to collect moisture. It may seem remote when you are putting hay in the heat of summer, but think about where snow tends to drift before deciding where to store bales in the field. Prevailing winter winds are from the north or northwest in eastern Nebraska. Placing hay next to fence lines or trees can result in their being engulfed in snow and ice.

The best way to store round hay bales is butted end-to-end in north-south rows on open ground (next to fences or tress). Avoid storing round bales side-by-side. This creates "valleys" which can collect rain, snow, and ice.

Drifts will form on open ground, round bales in east-west rows often have drifts on the north side. As snow melts, it soaks into the bales or makes the ground muddy. Plus, the north side never gets any sun, so it’s slow to dry. Bales that are oriented north and south will dry later.

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The question comes down to what will the market bear, considering the alternative feed sources available and the demand for forages for cattle producers.

One way to arrive at a compromise is to make a comparison in the cost per head per day to feed alternative forages as opposed to renting stalls. For example, lets assume a cattleman can buy hay (but not great) quality alfalfa (16.8% crude protein and 55% TDN on a dry matter basis) for $85 per ton. He would need to feed 28.4 pounds of this hay per head per day to meet the protein and energy requirements of his herd of mature (1,100 pound) pregnant cows in the middle third of pregnancy. At this price per ton, the cost of the hay consumed per cow per day would be $1.21. At this price per ton, the cost of the hay consumed per cow per day would be $1.21.

Grain Stubble Rental Rates

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Winter Protection for Roses

A hybrid tea rose showing exposed graft. A hybrid tea rose properly mulched for winter.

Providing winter protection for climbing roses is a little more difficult. The canes could be removed from the trellis and carefully bent to the ground. Cover the canes with a few inches of soil and then mulch with straw.

Winter protection should be in place by the first of December. The materials should be removed before growth begins in the spring, usually early April.

Winter Gardening Activities for Kids of All Ages

**Window sill gardens** — When snow drifts keep your kids inside, try cultivating a windowsill garden. All you need is a sunny spot and a few containers of soil. Herbs are an excellent choice for windowsills.

**Peculiar plants** — What kid wouldn’t be fascinated by an insect-eating plant? Many garden centers sell Venus flytraps in their house plant section. Visit your library or search the Internet for more information on the natural habitat and growth habits of this unusual plant.

**Read a book** — Books like *The Carrot Seed or Sunflower Houses* can spark your child’s interest in gardening. See the Gardening Book List for Kids at http://lancaster.unl.edu/hort/youth/ booklist.htm for more ideas.

**Decorate while you wait** — Let kids indulge their natural creativity by painting inexpensive terra cotta pots to use next spring, for repeating houseplants this winter, or for birthday and thank you gifts. Kid-safe, durable paints can be purchased at most craft or hobby stores.

**Get a jump on spring** — Plan a visit to your local garden center to buy seeds, or let your child help select varieties from the seed catalogs.

**Start seeds indoors in March to plant outside after the last frost.**

**Garden crafts** — There are several projects you can try with your kids, depending on their age and interest, such as hand-painted plant markers.

**Terrariums** — Carefully place some soil and a few mosses and plants inside a clean mayonnaise jar. Keep your indoor garden moist with a plant mister, and cover the opening with clear plastic wrap.

**Feed the birds** — Stock up on birdseed and squirrel feeders to attract birds. Remove and destroy mummified fruit from fruit trees and rake up and destroy anything else that could dry the needles. Keep your Christmas tree well watered from the time it is brought home until it is discarded.

**Place Christmas trees away from fireplaces, radiators, heat vents and other debris from around each plant. Mound soil 8 to 10 inches around the canes. Place straw or wood chips over the soil mound for additional protection.**

**If your rose bushes touch the ground, prune the bushes to allow the canes to be placed over the plants. Mound 6 to 8 inches of soil around the base of the plants. Then place the canes over the rose, securing it with bricks or other heavy objects.**

**If not provided, small holes or slits should be placed in the top of the cones to provide ventilation.**

**Birdhouse kits and plans are available at most garden centers, florist shops and Christmas tree lots or farms.**

**Additional materials, such as potting soil and birdseed, can be purchased or collected outdoors.**

**Make a Holiday Wreath**

A wreath is an attractive, easy-to-make decoration for the upcoming holiday season. Materials needed to construct a wreath include pruning shears, scissors, wire, floral foam, a vase, and a small wreath frame.

**Provide your child with a small wreath frame.** Frames, florist wire and other materials can be purchased at craft or hobby stores.

**Green bunches can be obtained from the home landscape. A small amount of careful and selective pruning will not harm the trees and shrubs. Greens may also be purchased from garden centers, florist shops and Christmas tree lots or farms.**

**Additional materials needed to make a wreath include a 15-inch diameter wreath frame is ideal for most home decorations. Cut the greens into 4 to 6 inch sections. Begin by firmly attaching the end of the wire roll to the frame. Place a small bundle of greens on the wreath; then fasten the base of the twigs tightly to the frame with 2 or 3 turns of the wire. Position the second bundle of greens so as to cover the base of the first group. Continue this procedure around the frame, placing the groups close together to produce a thick, full wreath. Tuck the base of the final bundle of greens beneath the foliage of the first group and fasten it to the frame. Decorate the wreath with a bow, cones, ornaments, etc. Wire each item separately and fasten it to the frame. Finally, attach a wire hanger to the top of the wreath frame.**

The wreath is now ready for hanging. When constructing wreaths, use only fresh greens. Needles on old material will be dry and brittle. Fresh material will have a strong fragrance and plant oils. Wreaths hung outdoors should remain fresh for 3 to 4 weeks. The average life of an indoor wreath, however, is 7 to 10 days. Indoor wreaths should be promptly removed when they become dry. The life of an indoor wreath can be prolonged by hanging it only during special holiday occasions. Carefully place the wreath in a plastic bag and store in a cool location, such as a garage, during the remaining time.

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

**Check fruits, vegetables, corns and_herb_hedge in storage. Sort out any showing signs of rot and dispose of them.**

**Clean and disassemble your tools. Replace handles or identify marks that have faded over the summer. Sharpen all blades and remove any rust.**

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

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

**After the ground freezes, mulch small fruit plants such as strawberries.**

**One inch of straw or leaves is ideal for strawberries.**

Remove all mummified fruit from tree trunks and up and destroy disease on the ground. Also, reduce and dispose of apple and cherry leaves. Good sanitation practices reduce reinfection of insects and diseases the following season.

**Order seed catalogs now for garden planning in January. For variety, consider contract-cultivated sites.**

**Prepare a small bundle of greens on the wreath.**

**Fasten it to the frame.**

**Fold seeds in a paper towel or place between glass and towel 1 or 2 paper towels to wick the water up**

**About 1/2” - 1” of water**

**Watch seeds sprout** — Line a glass jar with a damp paper towel and insert about 10 bean, radish or zucchini seeds between the glass and the towel. Leave it on the kitchen counter and check the paper every day to make sure it’s still moist. Seeds should sprout in a few days.

**Then start seeds indoors in March to plant outside after the last frost.**

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Turkey Tips

Mary Torell, Public Information Officer Nebraska Department of Agriculture Poultry and Egg Division

**Turkey is an economical meat, and to enjoy an even greater savings, purchase a larger turkey.** A larger size turkey yields more meat in proportion to bone. You should allow one pound of turkey for each adult guest at your dinner. For example, if you are serving 12 people, purchase a 12-pound turkey. This allows for everyone to enjoy a generous serving of turkey and guarantees enough extra turkey for additional meals.

**Never let your turkey sit out on a table or counter to thaw.** Harmful bacteria multiply rapidly at room temperature. The best way to thaw turkey is to place the uncooked turkey in a refrigerator for three to four days, depending on the size, and allow five hours per pound of turkey to completely thaw.

**For best results, prepare stuffing separately.** Place it in a covered caserole dish and cook it with the turkey during the last hour of roasting time. For those who prefer stuffing cooked in the turkey, stuff the turkey just prior to roasting by spooning prepared dressing loosely in the body and neck cavities of the bird. To be sufficiently cooked, the stuffing should reach an internal temperature of 165 degrees F. Remove stuffing from the turkey immediately after roasting.

**When the turkey is cooked, transfer it to a serving platter and garnish with mushrooms, fruits, celery leaves or parsley.** Let the bird rest for 20 minutes or until roasted. This will allow the juices to evenly distribute throughout the bird.

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

**Mediterranean Diet Offers Healthy Benefits**

One particular diet which is gaining more popularity in the last two decades is the Mediterranean diet. The Mediterranean diet is not a specific diet plan or diet program. It is a collection of eating habits traditionally followed by people of the Mediterranean region. There are at least 18 countries bordering the Mediterranean Sea. Food habits vary in these countries due to the difference in social life, politics, economy, culture, ethnic and religious background. The common Mediterranean dietary pattern has the following characteristics:

- High consumption of fruits, vegetables, whole grain, beans, nuts and olive oil.
- Olive oil is an important monounsaturated fat source which characterizes all Mediterranean meals.
- Foods from animal sources are eaten in lower to moderate amounts. There is an emphasis on including fish in the diet.
- Wine is consumed in low to moderate amounts.
- Garlic, herbs and lemon are the main aromas and characteristic flavor.
- Many carefully studied populations in Mediterranean countries have life expectancies among the highest in the world, with rates of coronary heart disease among the lowest in the world. Several researches have conducted studies regarding the Mediterranean diet to determine which ingredients responsible for the astonishing results. Is it olive oil? The garlic? The fish? The fresh fruits and vegetables? Numerous studies indicate that all ingredients mentioned above contribute to some degree, not only by themselves but in combination.

Researchers have found that a diet with a strong emphasis on fresh fruits, vegetables, whole grain, olive oil, and fish, that stresses a minimal intake of processed and refined foods, results in low rates of many chronic diseases and long life expectancies. In addition to the health benefits one may gain by incorporating some of the dietary characteristics from Mediterranean culture, these foods offer great taste and sensory appeal.

**FREE Seminar, “Making Many Meals Using a Few Ingredients”**

**Turkish Tips**

If you have overnight holiday guests and need a meal idea, try this scrumptious cheesy turkey lasagna recipe from Mary Torell, Nebraska Department of Agriculture, utilizing any turkey leftover from the holiday feast.

To request Take the Guesswork Out of Roasting a Turkey, and free recipes and ideas on how to utilize turkey leftovers, go to the Nebraska Department of Agriculture’s Web site at nebraskahealthymeals.org and click on Turkey Cooking Tips or Thanksgiving Countdown Tips.

**Cheesy Turkey Lasagna**

(Serves 15)

- 1 cup chopped onion
- 1 tablespoon olive oil
- 3 cups chopped cooked turkey
- (10 ounces) package frozen chopped spinach, thawed, well drained
- 1 teaspoon dried oregano leaves
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon rosemary
- 1/4 teaspoon thyme
- 1/4 teaspoon paprika
- 1/4 cup low-fat milk
- 2 cups (8 ounces) shredded Parmesan cheese
- 1/2 cup chopped parsley

**Mediterranean Soup**

(Serves 4)

- 1 cup chopped onion
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 2 quarts vegetable broth
- 3 cups textured soy protein
- 2 cups brown rice, uncooked
- 2 teaspoons oregano leaves, dried, crumbled
- 1 teaspoon thyme leaves, dried, crumbled
- 1 teaspoon salt
- 1 teaspoon ground pepper
- 3 quarts diced, canned tomatoes
- 2 cups zucchini, diced
- 1 cup celery, sliced
- 1 1/2 teaspoons chopped parsley

**Mediterranean Diet Offers Healthy Benefits**

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FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s Notes — Alice’s Analysis

Alice Doane
FCE Council Chair

A group of FCE members attended the state meeting Sept. 21-23 in Gretna. We had a chance to hear good speakers. Some things we already knew, but they refreshed our memories. The first speaker talked about frauds and scams, which is always in the news. Cabinet Secretary for State Attorney General’s Office if you have any questions or concerns. The second speaker talked about organ donations. If you would like to be a donor, sign the back of your driver’s license and talk to your loved ones and tell them of your wishes.

At our September county council meeting, attorney Andrew Louden talked about the importance of wills. He suggested you talk to your family about estate plans. “Wills are important now to have a living will included.”

I went to the Ak-Sar-Ben Livestock Show held in the Quest Center in Omaha. The first show I attended in 1955 was at the Ak-Sar-Ben Field on 72 Street in Omaha. I walked into the building and saw several rows of stalls from Cuming County bedded down with 12 to 16 inches of straw ready for the cattle to arrive. When I walked into the center this year, the cattle were bedded down in wood chips and shaving. The show in the old building had wooden bleachers and in the Quest Center the chairs had cushions on them. However, the young exhibitors have not changed in attitude. They were still excited about the show and being at a great livestock show.

FCE News & Events

Upcoming Leader Training Lessons

As a leader in your community, often you are asked to present a program to club meetings, civic groups or professional organizations. The following FCE and community lesson leader trainings will be held at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. Non-FCE members should call Pam at 441-7180 to register.

Holiday Safety Tips

Lorene Bartos
UNL Extension Educator

The holiday season is near. Throughout the year, especially now, safety should be a major consideration. Many times fun and good times can be interrupted by an accident or fire. Statistics show every 60 seconds a house burns, and every 24 hours 10 people die in residential fires. Fires caused by candles and Christmas trees equate to several million dollars in property loss and damage each year.

Safety tips for the holiday season:

• Use only non-combustible or flame-resistant materials to trim trees.

• Be cautious when burning candles. Keep them away from decorations or other combustible materials. Don’t leave children unattended in a room with lit candles. Consider using battery operated candles.

• Keep matches and lightweight items out of the reach of children.

• Use only lights tested for safety by a recognized testing laboratory, which indicates conformance with safety standards.

• “Bandaging Together for Strength,” Jan. 3 Education Extension Educator Lorene Bartos will present “Bandaging Together for Strength” on Thursday, Jan. 3, 1 p.m. This lesson teaches ways to use an elastic band to strengthen and maintain muscle as one grows older. Doing activities that strengthen muscles at least twice a week will give noticeable results in muscle tone and firmness as early as six weeks. Strength training can help those with osteoarthritis by decreasing pain, increasing muscle strength, gaining more function and improving chronic symptoms of arthritis.

• “What’s New and Nutritious,” Jan. 31 Extension Educators Alice Henneman and Lorene Bartos will present “What’s New and Nutritious” on Thursday, Jan. 31, 1 p.m. Participants will learn about and taste new healthy foods available in the supermarket.

Holiday Gifts Needed for LPS Headstart

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

The Holidays When There Are No Close Family Ties

It has been said “friends are our chosen family.” When there are no close family ties, you can elect to be with friends of your own choosing. Cultivate these friendships, celebrate special occasions and give of yourself with these special friends. Make it a point to send cards and call these friends on a regular basis. Celebrate holidays, turkey dinner, etc. together. Create your chosen family of friends. If there are no friends such as this in your life, vow you will cultivate these types of friends; devise a plan on how you will do this; if you need help with this plan, schedule an appointment with a counselor at the Counseling Center to assist you—all you need to do is show up and go to a movie with. For the present, get involved with giving of yourself to others. Think of something you can do each day from the list during the holidays. Be creative and think of your own.
How to Handle Food if Power Goes Off

If your power has gone off, how should you handle food in your refrigerator and freezer? Knowing how to determine if food is safe and how to keep food safe will help you preserve the potential loss of food and reduce the risk of foodborne illness.

- Meat, fish and eggs should be refrigerated at or below 40 degrees Fahrenheit and frozen food at or below 0 degrees Fahrenheit. It may be difficult when the power is out. Here are some tips to help you keep your food safe and determine if it is still safe:
  - Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature. The refrigerator will keep food safely cold for about four hours if it is unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full) if the doors remain closed.
  - Digital, dial or instant-read food thermometers and appliance thermometers will help you know if the food is at safe temperatures. Keep appliance thermometers in the refrigerator and freezer at all times. When the power is out, an appliance thermometer will always indicate the temperature in the refrigerator and freezer no matter how long the power has been out. The refrigerator temperature should be 40 degrees Fahrenheit or below. If a thermometer has not been kept in the freezer, check each package of food to determine the safety. Remember, you can’t rely on appearance or odor. If the food still contains ice crystals or is at 40 degrees Fahrenheit or below, it is safe to refreeze. Refrigerated food should be safe as long as power is out no more than four hours. Keep the door closed as much as possible. Discard any perishable food (such as meat, poultry, fish, eggs and leftovers) that has been above 40 degrees Fahrenheit for two hours.
  - Obtain dry or block ice to keep your refrigerator as cold as possible if the power is going to be out for a prolonged period of time. Fifty pounds of dry ice should hold an 18-cubic foot full freezer for two days. Plan ahead and know where dry ice and block ice can be purchased.

Do not put the food from the refrigerator and freezer out in the snow. Frozen food can thaw if it is exposed to the sun’s rays even when the temperature is very cold. Refrigerated food may become compromised and foodborne bacteria could grow. The outside temperature could vary by hour and the temperature outside will not protect refrigerated and frozen food. Additionally, perishable items could be exposed to unsanitary conditions or to animals. Animals may harbor bacteria or disease; never consume food that has come in contact with animals.

- Consider what you can do ahead of time to store your food safely in an emergency. Coolers are a great help for keeping food cold if the power will be out for more than four hours—have a couple on hand along with frozen gel packs. When your freezer is not full, keep items close together—this helps the food stay cold longer.

Be prepared for an emergency by having items on hand that don’t require refrigeration and can be eaten cold or heated on the outdoor grill. Shelf-stable foods, boxed or canned milk, water and canned goods should be part of a planned emergency food supply. Make sure you have ready-to-use baby formula and canned infant and pet food. Remember to use these items sparingly to make the limited food last as long as possible. Time to be sure to keep a hand-held can opener for an emergency.

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The house mouse is not very fond of Nebraska winters. Unlike other animals, it cannot hibernate. It must stay active all year long. It has a very high metabolism and must eat every day to maintain its body temperature. We humans help these pests thrive by providing warm places to live and food to survive. To prevent mice from entering, seal all openings that are more than 1/4 inch wide. Close door sweeps and under siding. They can easily squeeze under your whiskeys, which are wider than their body and travel along walls toward dark, protected areas and squeeze behind and beneath objects. Mice love dropings where they spend time, but they also leave micro-droplets of urine everywhere they travel. The scent in their urine helps mice find food on and near food locations. According to Bobby Corrigan, a nationally known rodent expert, the house mouse deposits 3,000 micro-droplets of urine each day. Under ultraviolet light, mouse urine appears blue-green. A black light can be helpful in identifying locations where mice travel and food is stored.

Mice are prolific breeders and breed continually. The average size litter is five to six babies and young mice can mate at six weeks. After mating, parents will drive juvenile mice away from the nest and the prime breeding locations near warmth and food. Once dispersed, the mice will be harder to control. So, if you ignore a mouse infestation for a while, you will have a much bigger problem later. Once you see signs of mice, you need to take action immediately.

Snap Traps
Snap traps are the simplest and safest method of killing mice. I have found the cheapest mouse traps will work fine, but if you are concerned about children or pets, you can buy covered traps, like the Ultra Set® trap made by D-Con. This trap takes advantage of the mouse’s behavior of looking for new hiding places. This trap is also handy because the releasing mechanism is on the outside of the trap housing and mice can be removed without touching the carcass.

Trap Placement
Place traps where you see droppings or know that mice travel. Place the trap against the wall or another vertical surface with the bait pedal facing the wall to prevent mice from jumping backward.

What Type of Bait?
One of the best baits I have found is a small piece of caramel. Unwrap a cube of caramel and sandwich it in your hand until you can knead it. Tear off a small piece of caramel and press it in the curl of the trap. One caramel can be used to bait several traps. The reason that caramel works well is mice cannot lick the bait off (like they do with peanut butter). Contrary to popular opinion, cheese isn’t a very good bait.

Use Enough Traps
One mistake trappers make is not using enough traps to get rid of the mice quickly. Use more traps than you think you need.

What About Ultrasound Devices?
Mice can hear sounds in the ultrasonic range. However, a significant amount of research does not support the use of these devices as a practical and cost-effective method of controlling rodents. These devices are sold to unsuspicious people who would be better served by buying the cheaper and more effective snap trap.

What About Poisons?
If food is abundant, mice will band it. This means that poisoned pellets get moved from one location to another and there is potential exposure to kids and pets. This is why we don’t recommend poisons indoors. If poisons must be used, expert recommendations, bait blocks, rather than pellets. Another problem with baits is mice may die in nesting areas or wall voids and produce unpleasant smells. Many people believe that poisoned mice are thirsty and will leave the structure to find water, but this old wives’ tale isn’t true.

Protections Plants Now From Hungry Rabbits

The house mouse is not very fond of Nebraska winters. Unlike other animals, it cannot hibernate. It must stay active all year long. It has a very high metabolism and must eat every day to maintain its body temperature. We humans help these pests thrive by providing warm places to live and food to survive. To prevent mice from entering, seal all openings that are more than 1/4 inch wide. Close door sweeps and under siding. They can easily squeeze under your whiskeys, which are wider than their body and travel along walls toward dark, protected areas and squeeze behind and beneath objects. Mice love dropings where they spend time, but they also leave micro-droplets of urine everywhere they travel. The scent in their urine helps mice find food on and near food locations. According to Bobby Corrigan, a nationally known rodent expert, the house mouse deposits 3,000 micro-droplets of urine each day. Under ultraviolet light, mouse urine appears blue-green. A black light can be helpful in identifying locations where mice travel and food is stored.

Mice are prolific breeders and breed continually. The average size litter is five to six babies and young mice can mate at six weeks. After mating, parents will drive juvenile mice away from the nest and the prime breeding locations near warmth and food. Once dispersed, the mice will be harder to control. So, if you ignore a mouse infestation for a while, you will have a much bigger problem later. Once you see signs of mice, you need to take action immediately.

Snap Traps
Snap traps are the simplest and safest method of killing mice. I have found the cheapest mouse traps will work fine, but if you are concerned about children or pets, you can buy covered traps, like the Ultra Set® trap made by D-Con. This trap takes advantage of the mouse’s behavior of looking for new hiding places. This trap is also handy because the releasing mechanism is on the outside of the trap housing and mice can be removed without touching the carcass.

Trap Placement
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Mike and Lanna Shrader

Lancaster County 4-H is proud to announce Mike and Lanna Shrader as co-winners of November’s “Heart of 4-H Award” in recognition of outstanding volunteer service. They have been 4-H volunteers for 25 years. They began as parent volunteers for the Happy Go Lucky 4-H club and in 2001, became leaders of the Flying Hoofs 4-H horse club. They are often the superintendents of the Lancaster County Fair 4-H Western Horse shows.

Lanna grew up in a 4-H. She says, “I learned so much from my first leader, Mrs. Charles Wiechert. To this day, I love to sew and it’s because of her I gained those skills. I like watching the 4-H youth grow in their knowledge and riding skills with their horses. By being a 4-H volunteer, I can give youth the opportunities and wonderful memories I had growing up. It’s our way to give back and say thank you.”

The Shraders have enjoying getting to know many other 4-H families. “Our three daughters have gained many new friends and valuable skills for their futures,” says Lanna.

In addition to volunteering with 4-H, Mike and Lanna are high school sponsors for the youth group at their church. Congratulations to the Shraders. Volunteers like them are indeed the heart of 4-H!

Greg Crawford

Lancaster County 4-H is proud to announce Greg Crawford as winner of December’s “Heart of 4-H Award” in recognition of outstanding volunteer service. He has been involved with 4-H for 23 years and is the longtime beef project leader for the Happy Go Lucky 4-H club. Greg’s father started the club in the 1930s, and Greg’s daughter Bev Pearson is the new club leader. He also has grandchildren who are members of the Happy Go Lucky club. Greg has been the superintendent of the Lancaster County Fair 4-H Beef show for over 10 years and he assists all beef weigh-ins and nose printings.

4-H gives me a chance to give back to the community and to be involved with other 4-H families,” says Greg. “My favorite experience as a 4-H volunteer is watching my grandson become the 4th generation of my family to show at the Lancaster County Fair.”

Greg is a board member of the Nebraska Shorthorn Association and Nebraska Junior Beef Expo, and a junior advisor to the Nebraska Junior Shorthorn Association.

Congratulations to Greg. Volunteers like him are indeed the heart of 4-H!
2007 4-H Horse Awards Night

The 2007 Horse Awards Night was held Oct. 4. The evening recognized top achievements at the Lancaster County Fair and other events throughout the past year. Additional photos are online at http://lancaster.unl.edu/4h

**Horse Incentive Awards**

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


**Gold Level (366 or more hours and completed horse record book)** — Samantha Caja, Ashley Densberger, Chelsea Gray and Jessica Harris

**4-H Horse Project Advancement Levels**

**Walk-Trot Level** — Michael Anderson, Mikaela Ashenbach, Morgan Chipp, Jordan Damkrogere, Kendra Haight, Audrey Hausinger, Kelsie Koch, Kelsey Lange, Ben Luedtke, Genevieve Moyer, Sierra Nelson, Mary Nold, Nicole Ostman and Jordan Pflug.

**Level I** — Emilie Ashenbach, Karlin Bauer, Brooke Bennett, Ellie Blake, Elizabeth Borden, Ashley Bradbury, Maara Christen, Danie Christiansen, Eliz Dearmont, Anna Dilley, Becca Duncan, Ashly Dunan, Lauren Eilers, Chelsea Gray, Galyn Hey, Ela Hines, Candace Lahners, Lena Ostransky, Shane Ostransky, McKenzie Merritt, Jordan Nelson, Faith Prange, Hannah Prange, Mary Prange, Michelle Ring, Hannah Romnan, Becca Rose, Jessica Schumacher, Stephanie Speer, Bailey Vogler, Kaitlin Whitley, Alexus Wolfe, Kenna Wolfe, Coryn Woodward and Austin Wubbles.

**Level II** — Kaitlyn Chubbuck, Elizabeth Froholt, Chelsea Gray, Abbie Houseger, Candace Lahners, Maggie Moore, Sammy Moore, Blake Preston and Laura VanMoooverick

**Level III** — Maria Cammack, Alyssa Hausinger and Ben Leach

**Special Awards**

*“Ask Me About 4-H Award”* was awarded to Keith Dry for being an outstanding volunteer for 15 years. He is now stepping down.

*“Taking Pride in Your Work”* was awarded to Anna DeNell for outstanding presentation of advancement level requirements.

*“Helping Hand Award”* was awarded to The Viken Riders for outstanding effort at the Lancaster County Fair helping younger 4-H members.

**Herdsmanship Awards**

At the Lancaster County Fair, all 4-H horse clubs are judged on how well they keep their stall areas clean, neat and attractive and how well they take care of their horses.

**Top Herdsmanship - Large Club** was awarded to Western Pride.

**Top Herdsmanship - Small Club** was awarded to The Viken Riders.

**Best Decorations - Large Club** was awarded to Rough Riders.

**Best Decorations - Small Club** was awarded to The Viken Riders.

**Best Decorations - Honororable Mention** was awarded to Equi-Riders.

**Judging Awards**

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

**Top Ten Judging Elementary Division** — Alyssa Hausinger (1st place), Blake Preston, Becky Hutchins, Madison Lee, Hannah Coffman, Abby Hausinger, Sammy Moore, Ashley Denneberger, Brittany Albers and Alex Scheider.

**Top Ten Judging Junior Division** — Alyssa Hausinger (1st place), Blake Preston, Becky Hutchins, Madison Lee, Hannah Coffman, Abby Hausinger, Sammy Moore, Ashley Denneberger, Brittany Albers and Alex Scheider.

**Top Ten Judging Senior Division** — Hannah Scow (1st place), Morgan Marshall, Brooke Preston, Cara Peters, Will Scheider, Lindsay Damkrogere, Ben Leach and Chelsea Gray

**Top Trail Award**

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

**Top Barrels Award**

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

**Wittstruck Award**

Wilhelmina Wittstruck Memorial Award for Lancaster County Fair All-Around 4-H Champion Individual was very close this year — tied in points were Morgan Marshall, Ben Leach, Alex Scheider and Kelsey Wolfe. The 2007 winner was determined by tie breakers. Alex Scheider placed Grand Champion in five of the six classes he designated for the award and was first purple in the sixth class. Alex is one of the handful of current riders who have achieved a Level IV in Nebraska.

**Horse Incentive, Bronze Level award winners**

**Horse Incentive, Silver Level award winners**

**Western Pride received Top Herdsmanship - Large Club.**

**Gabby Warner received the Confer Top Trail Award presented by Dick Confer.**

**Two of the top three Horse Judging winners**

**The Viken Riders received Top Herdsmanship - Small Club.**

**Horse Incentive, Gold Level award winners**

**Madison Lee received the Franklyn Manning Family Top Barrels Award presented by Franklyn Manning.**
Talk With Kids About Internet Safety

Internet Safety: By the Numbers

The following statistics are from a recent survey of teens who regularly use the Internet. The survey was conducted by Cox Cable in March, 2017.

INTERNET BEHAVIOR
71% of teens 13–17 years old have a personal profile online
48% of these are public and can be viewed by anyone
64% of teens 13–17 have posted photos of themselves
58% have posted information about the city in which they live
49% have posted the name of the school they attend
69% received messages from a stranger
31% replied to these messages
21% would tell a trusted adult of fears about the contact

INTERNET PERCEPTIONS
58% of teens feel the Internet is a safe place to share personal information
47% of 13–17 year olds are not concerned about someone using information they’ve posted online

INTERNET KNOWLEDGE
25% of teens reported their parents or guardians knew little or nothing about what they do on the Internet
39% said their parents or guardians had not discussed Internet safety with them
41% said their parents or guardians had talked to them “a lot” about Internet safety
• These teens reported a greater concern about online safety
• Shaped less information/pictures via the Internet
• Reported a lower number of incidents in which they talked to, or met with, people they only knew from online activity.

Excerpted from: Colleen Gengler, Family Relations Educator, University of Nebraska-Lincoln Extension.

As today’s teens are growing up, they view the Internet as a place to “hang out” just as real world places are. Using the Internet, teens can connect to friends they know in person and to make new friends is just a natural step.

Tips for Parents
• Learn what your teen is doing on the Internet. One way is to ask your teen to help you with doing something on the Web.
• Help teens know what is appropriate to put on the Web. They have the Web knowledge but you have life experience.
• Be clear about what is not safe to post on the Web: full name, address, specific places they go, phone numbers, ethnic background and anything else that would help someone identify or locate them.
• Stress that the rules of social networking sites must be followed. There are age limits on most sites.
• Establish some limits on how much “screen time” your teen has spending time at the computer, watching TV or playing video games.
• Invite your teen to show you his/her Web page. Give him a day or two of warning before looking at it. Some teens may “rethink” what they have posted.
• Consider joining the same Web site your teen is on. That way you can see her page. Knowing this, teens will be much more responsible on the Internet.

It’s Not All Bad
Much of what is in the news recently about social networking Web sites has negative. There are very serious privacy and safety issues. But, there are many positive things about these Web sites when used appropriately.

Creating a personal Web page can be a very creative outlet for a teen. Frequent entries into an online blog can give teens practice in writing and expressing their thoughts and opinions. Teens are learning how to manipulate and use large amounts of information to a higher degree than previous generations. Teens are also learning new skills needed to build a Web site and use other technologies.

For More Information about Internet Safety for the Whole Family
The Nebraska Attorney General’s Web site www.safekids.ne.gov is designed as a guide for discussions between parents and teachers and children.

To Report Internet-Related Crimes in Lincoln
The Technology Investigation Unit with the Lincoln Police Department is responsible for investigation of crimes related to the Internet. Examples would include stalking through the Internet, e-mail threats, auction frauds and child pornography. To report a crime or to receive additional information go to www.lincoln.ne.gov/city/police or call 441-6000.

STRENGTHENING FAMILY TREASURES
Daughter/Mother Camp
A retreat designed for 5th grade girls and their mothers (or grandmothers or other adult females)

Friday, Feb. 22, 5 p.m. to Saturday, Feb. 23, 5 p.m.

Give the greatest gift to your daughter — your time! This camp is 2 days and 1 night of fun, educational and confidence-building activities. As middle school approaches, this is an opportunity to:
• Enhance effective communication including expressing emotions
• Learn more about body image and sexuality
• Explore techniques to handle peer pressure and stress
• Discuss the importance of individual family values
Cost includes meals, snacks and lodging at Carol Joy Holling Center. Fee is $100 per pair (4 people per room) or $135 (2 people per room) — each room has two double beds. Carol Joy Holling is located at the end of Ranch Road off Highway 66 between Interstate 80 and Ashland. Co-sponsored by UNL Extension, Sheridan Lutheran Church and Camp Carol Joy Holling. For more information or a registration form, go to http://lancaster.unl.edu/family/GU/E/html or call Extension Educator Maureen Burson at 441-7180.

EXTENSION NEWS
UNL Extension’s Guardianship Training Program Receives National Award
At the National Extension Associate of Family & Consumer Sciences (NEAFCS) annual session held in September, the Nebraska Guardianship Training Program received second place in the nation for Educational Curriculum Package. UNL Extension Educators Dianne Swanson, Maureen Burson and Eileen Krumback accepted the award. The team also presented an educational seminar about the survey. The Nebraska Guardianship Training Program has been recognized for its innovative training. Evaluations indicate a statistically significant change in the knowledge and behavior of the guardians tested.

Myspace, Zanga and Facebook are just a few of the popular Internet social networking sites that have gained tens of millions of users in the past few years. No one can deny social networking sites are the newest craze in communica- tion. But as the number of people using social networking sites has grown, the users are sharing personal information, rare but troubling incidents have increased. For example, kids and teens use the Internet to bully and harass classmates and students. Reputations can be ruined overnight by posting untrue or false information on social networking sites. And worse, registered sex offenders have monitored Myspace Web sites to prey upon minors who have posted personal information about themselves.

Many parents are unaware of the dangers their children face when using online social networks. If the statistics on the right don’t concern you, they should.

Adults need to educate themselves so they can discuss the Internet with their children comfortably and confidently. We encourage parents to visit social networking sites and see what their kids are exposed to online. If you aren’t computer savvy, then contact the local community college and take a class so you too can be active online. Knowledge is our best defense when it comes to protecting our children.


Talk With Kids About Internet Safety

Internet Survival Guide for Parents

Tips for Parents
• Learn what your teen is doing on the Internet. One way is to ask your teen to help you with doing something on the Web.
• Help teens know what is appropriate to put on the Web. They have the Web knowledge but you have life experience.
• Be clear about what is not safe to post on the Web: full name, address, specific places they go, phone numbers, ethnic background and anything else that would help someone identify or locate them.
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• Consider joining the same Web site your teen is on. That way you can see her page. Knowing this, teens will be much more responsible on the Internet.

Expressed from: Carol Gengler, Family Relations Educator, University of Nebraska-Lincoln Extension Service, “Internet and the Internet—Tom Talk: A Survival Guide for Parents of Teenagers” on the Web at www.parenting.uns.edu
Textile Art by 4-H’ers on Exhibit Through Oct. 27

The Robert Hillestad Textiles Gallery is exhibiting “Celebration of Youth XIV: Imagine!” work by 4-H youth selected from Nebraska State Fair through Oct. 27 in the Home Economic Building, Room 11, 5th & Holdrege, UNL East Campus, Lincoln.

This show is presented in recognition of the efforts of youth across Nebraska and exemplifies the artistic and creative fiber arts and textile design of youth participating at the 2007 Nebraska State Fair. A Celebration and Reception will be held Saturday, Oct. 27, 5:30–7:30 p.m. For more information, go to http://textilegallery.unl.edu.

2007 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 sewing, knitting, crocheting, spinning and weaving of wool fabric, yarn is encouraged. Categories for this contest are: Junior, 13–16; Senior, 17–23; 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. 3 with registration beginning at 8:30 a.m. You may enter any district contest. For more information, call Tracy at 441-7180.

Household Hazardous Waste Collection, Nov. 3

The last Household Hazardous Waste Collection in 2007 will be Saturday, Nov. 3, 9 a.m.–1 p.m. at State Fair Park, 4-H Youth Complex, Lincoln.

Some items you can bring for disposal: Thermostats, thermostats containing mercury, solvents, oil-based paint, paint thinner, pesticides, (even banned products like DDT), items containing PCB’s (ballasts from fluorescent fixtures and capacitors from old appliances). Do not bring latex paint, asbestos, tires, batteries, used oil, medicines, fertilizers, explosives and ammunition. These collections are for household only, not for businesses. For more information, call the Lincoln-Lancaster County Health Department at 441-8040.

Experience the Power of Red

An open house for high school students and their families

Sponsored by the College of Agricultural Sciences and Natural Resources

Saturday, Nov. 3

8:30 a.m.–1:30 p.m. • East Campus Union

Business Manager

On-Air Broadcaster

Livestock Specialist

• Explore Career Opportunities • Meet Current Students • Learn More About Our 27 programs and 2 Pre-professional Programs • Contact with Deans, Faculty and Staff • Register for a Scholarship and Other Cool Prizes

Registration deadline: Oct. 26

To register or for more information, call (800) 742-8800, ext. 2541 or go to www.casnr.unl.edu
**Harvest Music Festival**

Fundraiser for NE 4-H Foundation

Saturday, Nov. 17

Doors open at 7:30 p.m. • Band starts at 8:30 p.m.  
Lancaster Event Center  
84th & Havelock, Lincoln

Blackberry Winter

Brass Kickin’ Classic Rock

Tickets $13 advance $15 at door

Tickets available at:  
UNL Extension in Lancaster County office, 644 Cherrycreek Rd, Suite A  
and  
1st National Bank–Lincoln

Sponsored by  
Agribusiness & Food Associates  
Nebraska Rural Radio Association  
1st National Bank–Lincoln

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**U.S. Drought Monitor Map**

As of Oct. 9, Lancaster County was not in drought conditions.

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**4-H “Trash to Treasure” Kits for After-School Programs Teach Recycling**

To help Lincoln youth learn how to Reduce, Reuse, Recycle — UNL Extension in Lancaster County and the City of Lincoln Recycling office recently developed “Trash to Treasure” 4-H curriculum and kits for Lincoln after-school programs. The kits include all supplies needed for hands-on educational activities. To date, 15 after-school programs have utilized the kits.

This summer, Belmont Recreation Center Summer Day Camp attendees spent several weeks on “Trash to Treasure.” Their culminating activity was an aluminum can collection. Youth made signs out of old cardboard and old pool cues. Then they marched to a recycling center chanting slogans and waving at passing cars. The treasure for these youth was the money earned from the cans, which paid for a pizza party. Belmont Recreation Center is part of the Lincoln Parks and Recreation Department.

Funding for “Trash to Treasure” was provided by the Nebraska Department of Environmental Quality and City of Lincoln Recycling office. After-school programs interested in using the kits may contact Teri Hlava at 441-7180.

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**Correctly Choose and Use Deicers to Keep Them From Harming Plants**

When winter snow and ice become compacted and slick, many people use deicers to loosen the buildup and ease removal. However, the corrosive salt in many deicers can harm or “burn” plants. Understanding the different types of deicers and knowing how to minimize salt damage to plants helps keep yards healthy when spring comes without sacrificing winter safety.

Deicers should not be used to completely melt snow or ice, but to make it easier to clear them away. They work by melting down through ice or snow to the hard surface, where they spread out underneath. For quickest and most effective ice penetration, purchase deicers in uniformly shaped spherical pellets of about 1/16 to 3/16-inch. Irregularly shaped particles tend to melt randomly in all directions and flakes melt as much horizontally as they do vertically.

Before using a deicer, be aware of the way it affects plants, animals, concrete, and other surfaces. Excess salts and fertilization from deicers prevent plants from getting nutrients and from absorbing sufficient water. Symptoms of salt injury are desiccation, stunting and dieback. Leaf tips and margins appear burned and roots may be injured. The most common injury to concrete is scaling, in which small flakes of mortar and concrete come loose from the surface.

Accumulation of salt in the soil over several years may cause progressive decline and eventual death of plants, so flush the soil with large amounts of water after the last freeze in areas where deicers were used. This is the best way to remove salt from the soil.

Protect plants from injury by direct exposure to salt spray by covering them with burlap or saran cloth to decrease the amount of exposure to slush during snow removal. Always read and follow label directions when using deicers or other products.

**Common Deicers**

Commonly used deicers include:

- Sodium chloride, also known as rock salt and table salt, which has been used as a deicer for many years and is commonly used on roads. It is relatively inexpensive, but can burn plants and corrode metal and concrete.
- Calcium chloride, which gives off heat in an exothermic reaction, often causing it to perform better than many other deicing salts especially at lower temperatures. It is less damaging to plants than other salts.
- Potassium chloride, which is a naturally occurring material used as a fertilizer and food salt substitute as well as a deicer. Its high salt index can burn foliage and inhibit rooting.
- Urea, a synthesis of ammonia and carbon dioxide, which mainly is used as a fertilizer. It has a lower burn potential than potassium chloride and is a source of nitrogen fertilizer. Adjacent turf may green and grow excessively in spring. If urea stays on top of the soil, it quickly breaks down to ammonia and escapes into the air.
- Calcium magnesium acetate is a salt-free melt- ing agent that is used as an alternative to salts in environmentally sensitive areas. It has little impact on plants, animals, metal and concrete. When absorbed into the soil, it is beneficial to soil structure.