The NEBLINE, October 2007

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October is National Home Indoor Air Quality Action and Awareness Month. Since most people spend the majority of their time inside now is a good time to become aware of the quality of air in your home. As we think about the importance of healthy indoor air, it is necessary for families to take a look around their home to see what products or items may be affecting their air quality. Let’s go room to room and see how healthy each room might be. These ideas are offered by the Environmental Protection Agency (EPA) to help us be aware of what we need to watch in our homes to keep us healthy.

Starting with the Kitchen

Household Cleaners

— Unhealthy or irritating vapors may be released from chemicals in products.
Remedy: Select non-ammonia and non-toxic products. Use, apply, store and dispose according to manufacturer’s directions. Never mix products together. If products are concentrated, properly label storage container with dilution instructions. Use product completely.

Unvented Gas Stove & Range
— source of carbon monoxide and combustion by-products.
Remedy: Keep appliance burners clean. Periodically have burners properly adjusted (blue flame tip, not yellow). Install and use exhaust fan. Never use a gas range/stove to heat your home.

Unvented Clothes Dryer
— Biological pollutants
Remedy: Keep pets outdoors, as often as possible. Clean and check humidifiers and vaporizers. Close humidifier doors and windows; use window fans or exhaust fans. Never use a gas range/stove to heat your home.

Bathroom & Laundry

Moisture from Bathing, Clothes Washing, etc.
— Encourages biological pollutants (mold, mildew, cockroaches, dust mites) which can trigger asthma. Also creates potentially damaging condensation.
Remedy: Install and use exhaust fan. Fix plumbing leaks promptly.

Personal Care Products
— Organic gases are released from chemicals in products.
Remedy: Select non-toxic products. Select non-aerosol products. Open window or use exhaust fan. Follow manufacturer’s directions for use and container disposal.

Unvented Clothes Dryer
— Produces excessive moisture and dust.
Remedy: Use exhaust fans in the kitchen and bathroom. Check and clean drip pans on refrigerators and freezers. Bath pets regularly to reduce animal dander. Install and use exhaust fans. Use, apply, store and dispose according to manufacturer’s directions.

Living Area

Carpets
— Biological pollutants can grow on water-damaged carpet; organic gases are released from new carpet.
Remedy: Clean and dry or remove water-damaged carpets promptly. If installing new carpet, air it out before installation. Put a smoke detector in the hallway adjacent to or located in each bedroom. If you have gas or other fossil-fuel burning appliances in the house, install carbon monoxide detectors in these locations as well. Combination smoke and carbon monoxide detectors are available. (Remember to check the batteries frequently.)

Moisture
— Encourages biological pollutants including allergens (mold, mildew, dust mites and cockroaches).
Remedy: If possible, eliminate moisture source(s). Install and use exhaust fans. Use dehumidifier, if necessary. Remove mildew and mold on hard surface by cleaning first with a dish detergent solution and then with a solution of chlorine bleach (1 cup) and water (1 gallon). Gas or Kerosene Space Heaters
— Carbon monoxide and combustion by-products.
Remedy: Never use unvented kerosene or gas space heaters. In room where heater is located, provide fresh air by opening a door to the rest of the house, turning on an exhaust fan and opening a window slightly.

Lead-Based Paint
— Manufactured before 1978. Remedy: Leave lead-based paint undisturbed, if in good condition. Prior to removing paint, test for lead. Do-it-yourself lead test kits are often available from hardware or building supply stores. Do not sand, burn off, or remove lead paint yourself; hire a person with special training for correcting lead paint problems. For more information call 1-800-LEAD-FYI.

Animals
— Leave allergens such as dander, hair, feathers or skin in the air.
Remedy: Keep pets outdoors, as often as possible. Clean entire house regularly. " Deep" clean areas where pets are permitted.

Bedrooms

Humidifier/Vaporizer (cold mist type)
— Can encourage biological pollutants including mold, mildew and cockroaches which can trigger asthma and infectious disease agents (viruses, bacteria).
Remedy: Use exhaust fans in the kitchen and bathroom. Install and use exhaust fans. Use, apply, store and dispose according to manufacturer’s directions.

Smoke and Carbon Monoxide Detectors
— Install a smoke detector in the hallway adjacent to or located in each bedroom. If you have gas or other fossil-fuel burning appliances in the house, install carbon monoxide detectors in these locations as well. Combination smoke and carbon monoxide detectors are available. (Remember to check the batteries frequently.)

Other Tips
Other tips to keep your home healthy and reduce places for pollutants to grow include:

• Keep furniture away from walls to prevent moisture build up.
• Keep humidity less than 50 percent to reduce dust mites.
• Change furnace filters regularly.
• Test the home for radon. Install a carbon monoxide detector.
• Do not run vehicles in the garage as carbon monoxide may enter the home.
• Check the home for plumbing and other water leaks.
• Use exhaust fans in the kitchen and bathroom.
• Clean and check humidifiers and dehumidifiers.
• Be vigilant about biological pollutants.
• Check basements for dampness. Reduce moisture to control mold and mildew problems.

Breathing clean indoor air has an important impact on a person’s health. The ordinary practices we do daily including cooking, heating, cooling and cleaning can cause the spread of pollutants in the home. Studies show indoor air can be more polluted than outdoor air. Taking steps to reduce the pollutants in the air will save money by reducing health problems and also maintenance of the home.

How Healthy is Your Home?

Lorene Bartos
UNL Extension Educator

University of Nebraska–Lincoln Extension in Lancaster County

441-7180 • http://lancaster.unl.edu

4-H club
Lancaster County 4-H Council
Non-Profit Organization
U.S. Postage Paid
444 Cherrycreek Road, Suite A
Lincoln, Nebraska
— see back page

Local Resources

University of Nebraska–Lincoln Extension in Lancaster County
441-7180, http://lancaster.unl.edu

Lincoln/Lancaster County Health Department; 441-8040, http://lancaster.ne.gov/City/Health

Nebraska Department of Health & Human Services; 471-3121, www.hhs.state.ne.us
• Lead-Based Paint Hot Line: 1-888-342-1100 ext 1
• The Nebraska Radon Program 1-800-334-9491
Soybean Cyst Nematode Spreading in Nebraska

Tom Dorn
UNL Extension Educator

Soybean cyst nematode (SCN), *Heterodera glycines*, is an increasing production problem for Nebraska’s soybean producers. It has now been confirmed in 39 counties in eastern and central Nebraska. Over 24,000 eggs per 100 seeds (an average of 156,000) have been recorded in surveys of some Nebraska fields. That translates into over 1,000 eggs per teaspoon of soil, each egg capable of hatching and initiating an infestation of the roots. Once established in a field, SCN egg numbers continue to increase unless proper management actions are taken.

**Field Symptoms**

Symptoms of SCN infestation can be difficult to identify. Usually, the first indication of a problem is when yields are below expectations. Moderate levels of SCN may not produce any visible above-ground symptoms; yet yields may be reduced 5-10 bushels per acre. The first visual sign of an SCN infestation is usually a slight variation in the height of otherwise healthy looking, dark green plants. Higher SCN-infested soils are slower to reach canopy closure.

**Free Soil Sampling**

Soil sampling is the first step to managing SCN. To increase the awareness of SCN and to better define the extent of its distribution in Nebraska, a postage paid sampling kit ($20 value) has been provided by the Nebraska Soybean Board. These can be picked up at UNL (University of Nebraska) Extension offices in counties where soybeans are grown. Each kit contains a bag for you to submit a sample to the Plant & Pest Diagnostic Clinic at the University of Nebraska–Lincoln and directions for collecting a soil sample. You will need to collect a sample and submit it to the clinic before December 31, 2007 to take advantage of this offer.

If there is a limited quantity of the free sampling kits available, they will be distributed on a first-come, first-served basis to farmers stopping by the extension office to pick them up. To benefit as many farmers as possible, limit one kit per farm operation.

**Soil holes can be collected at any time of the year, but the best time to sample is right after harvest.** Collect 10 to 15 cores around the roots to a depth of six to eight inches and mix them in a bucket. Fill a standard soil-sampling container with the mixed soil sample. Store samples in a cool place (not in the sun), and ship as soon as possible.

**Winterize Your Underground Sprinkler System**

Tom Dorn
UNL Extension Educator

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

The most important action you can take in the fall is to drain the system so you don’t get ice damage to the pipes and valves. Begin by locating the vacuum relief valve of the sprinkler system inside the house and turn off the water at that point. Next, set the irrigation timer so the first set is on. This will relieve water pressure in the plumbing for the winter. To get water to drain out of a pipe, you must allow air into the pipe, as anyone who has held their thumb on the end of a straw can attest. You can let air into the sprinkler system by opening the small valves (petcocks) on the vacuum relief valve assembly

**Harvest**

Harvest will be upon us before we know it and now is the time for producers to think about storage before you fill your bins. Grain quality can be maintained in storage if managed properly. It is a wise investment of time to spend a few hours to maintain the $25,000 to $40,000 value of grain stored in a 10,000-bushel bin.

The following steps are suggested for preparing a bin for storage:

- Repair any holes that may allow water to enter. Look for holes by looking for sunlight coming into the bin. However, do not seal openings intended for aeration. Clean the inside of the bin using brooms and/or a vacuum.
- Service the aeration ducks, fans and vents to ensure proper operation. Clean around the outside of the bin.
- Grain stores best when it is dry, clean and cool. Weed seeds and fine foreign material, which are usually wetter than the grain, will accumulate in the center when loaded after the bin has been filled or distributed the material while filling the bin.
- For more information about soybean cyst nematode and soybean quality, visit the Nebraska Soybean Board website at nebraska-soybean.com or call 800-347-4664.

**NebGuide G1383, “Soybean Cyst Nematode Biology and Management,” available at the extension office online at www.unl.edu/soyguide or G1383.html.

**FOR MORE INFORMATION**


**Dry Grain in Storage, “AED-20 Handbook,” MWPS 29; or “Grain Drying, Handling and Storage, MWPS 13. Both are available through MidWest Plan Service. As a further value, these publications together are a great reference set and available for $40 for the bundle. For more information, go to www. mwps.org email mwps@astate. ed for a quote.**
Prepare Fireplaces and Woodburning Stoves for Safe Use this Winter

Lorene Bartos
UNL Extension Educator

Every year, at least 12,000 Americans die in residential fires, according to statistics from the National Fire Protection Association. Because of the risks associated with fires, it's important to understand and practice safety tips when using indoor fireplaces and woodburning stoves this winter.

• Put a shield around the fireplace to prevent sparks from flying out and starting a fire. Glass grates, which can close the fireplace entirely, are the most effective. Wire mesh grates, though not as impenetrable, also stop most sparks. Make sure the fireplace draws properly so smoke doesn’t blow back into the living area.

• In case ashes, sparks or smoke escape the fireplace, make sure the area surrounding the fireplace is clear of flammable items, including carpet. The best hearths are made of non-combustible brick or linoleum.

• Clean fireplaces, woodburning heaters and stove pipes regularly. Ash or creosote build-up in the flue or pipes can catch fire if the buildup has accumulated over time and the fire temperature is hot. Eliminate creosote by burning hot, hot fires instead of small, smoky or wet ones that lead to build-up.

A chimney sweep or clean the chimney flue and damps once a year with a big brush. For wood-burning heaters and stove pipes, take time to clean and check for buildup and other problems or hire a chimney cleaner to do so before it gets cold.

• Choose wood types depending on the type of fire desired. If a fireplace is for aesthetic reasons, burn cottonwood, maple or elm, which create bright flames. If the fireplace is used for heat, burn harder, heavier woods such as oak and ash.

• Correctly manage woodburning stoves or heaters. Often, fires from woodburning stoves start where the residents are gone or asleep. To guard against this, adjust the air intake vents before leaving the stove alone. Don’t leave woodburning stoves alone unless the heater can be blocked shut in the amount of unexplored time.

Why Leaves Fall

Dennis Adams
UNL Forester

• Shorter day length, not frost or low temperatures, is the main reason trees lose their leaves each fall. As day length shortens in the fall, chemical changes take place in the leaf stalk. Where the leaf stalk and twig join, conducting vessels, which transport food and water between the leaf and other parts of the tree, become blocked. Then an abscission layer forms. The substance binding the two parts together breaks down, and the leaf is easily separated from the tree by fall rains or wind.

• Leaf drop is governed by Mother Nature, and each tree species responds differently. For instance, black walnut and green ash are among the first to drop their leaves. However, oak, linden and maple trees commonly hold their leaves late into fall. Some trees, such as red oak and pine oak, may retain their leaves all winter even though the leaves are dry and dead.

• Trees kept warm artificially will still lose their leaves as day length shortens. However, trees lighted artificially, for time periods corresponding to summer day length, will retain their leaves long after tempera- tures have dropped to wintry levels.

No one knows for sure why seasonal behavior is more a response to light than to other environmental conditions. Perhaps the reason is simply that most seasonal changes, such as temperature or rainfall, may vary from year to year, while the hours of daylight are not governed by climatic factors. Day length is the result of the regular movement of the earth around the sun and does not vary from year to year.

Choose Decay Resistant Wood for Buildings, Fenceposts

“All wood is subject to decay. However, the rate at which it decays can vary due to its use and the wood’s natural composition,” says Dennis Adams, forestry specialist. Decay is caused by different types of fungi. Fungi are best suited for warm, moist places where wood has contact with the ground. These locations are more likely to result in rotting wood.

Chemical preservatives, such as creosote, chromated copper or arsenate, are commonly used to prolong the life of wood used for building purposes. However, some woods are naturally resistant to decay. These species are equipped with metabolic processes that better deposit resins and oils that are toxic to fungi.

Not all parts of the tree are created equally. Some areas contain the naturally resistant properties while others do not. In most species, only the dark heartwood of the tree is resistant. The outer sapwood is not.

Very resistant species include sugar orange, black locust and red mulberry. These species work best for fence posts. Resistant species include junipers such as eastern red cedar, bur oak and black walnut. Homeowners and white pine are moderately resistant while species such as cottonwood and willow should not be used at all where decay should not be a problem.

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 at Lincoln at the Lancaster Education Extension Center, 444 Cherry Creek Road from 7–9 p.m. For more information, contact Sarah Brown at (402) 727-2773.

Monday, Oct. 9

Fire on the Acreage

Fire has always been part of the rural landscape. If you choose to live within that rural landscape, it pays to know how to make your acreage as fire-resistant as possible. Using prescribed fire as a tool is often another important part of rural living. Both of these “burning issues” will be discussed in “Fire on the Acreage.”

Organic Production

Small scale production of organic vegetables, livestock and other crops is becoming more popular each year with acreage owners as well as farmers who market producers. This program will be an overview of organic production. We’ll be discussing vegetables, livestock and other crops, along with basic production, marketing opportunities and how to become certified as an organic producer.

CLINICS ARE $10/PERSON ADVANCED REGISTRATION; $15/PERSON AT THE DOOR
Pre-registration deadline is 3 working days before clinic.

October 2007
Drying Gourds

Do you want to save some of the gourds you grew this year? Here is the best way to do it—Dry them. Harvest gourds when the vine and stem dry out and begin to turn brown. Be sure to complete your harvest before the first hard frost. Immature gourds will not cure correctly and rot, so only harvest mature fruit.

After harvest, wash the fruit in a mild bleach solution and dry off with a soft cloth. Discard any bruised, diseased or damaged fruit. To dry, place gourds on slatted trays or chicken wire fencing. Make sure they do not touch each other and are not in a warm, dry location.

Curing can take one to six months, depending on the type of gourd. The outer skin hardens in one to two weeks, while the internal drying takes at least an additional month. Poke a small hole in the blossom end of the gourd to quicken internal drying. Occasionally turn the fruits, checking for uneven drying or soft spots. When you shake the gourd and hear the seeds rattling, it is time to do the gourd cleanup work. While this chore may not be a priority, it is important to mention the disease and insect prevention purpose of this task.

The hours and labor spent now may be more than paid back by fewer problems in the next growing season.
The garden cleanup really has four parts:

1. Complete removal of old garden plants that have had disease or insects, searching for and removal of all rotten or diseased fruits that may have fallen, turning back into the soil all crop residue from plants that have been harvested but did not die from diseases or pests and mixing all organic mulches from garden areas where it is no longer needed. Treadles and stakes no longer needed can be taken out, cleaned and stored for next year.

2. Some gardeners may leave this cleanup for the whole garden until the last fall vegetable has been harvested or, worse yet, until just before next spring’s planting. It is a good idea to clean up each garden area when it is finished, even though other parts of the garden are still producing fall crops.

3. Crop residues from healthy plants are a valuable source of organic matter, which most of our soils need. This term is used for all portions of plants left over after harvest: stems, stubble, mulch and root residues. These materials can be cut and put on your compost pile.

4. Tree Planting and Landscape Improvement Funds Available

Tree planting and landscape enhancements for public spaces can get a boost from a grant program coordinated by the Nebraska Statewide Arboretum and Nebraska Forest Service, both based at University of Nebraska–Lincoln.

The Nebraska Community Enhancement Program funds tree planting and landscaping that improves the state’s transportation corridors, including public streets, highways, entryways and trails. This can involve areas along parks, schools, fairgrounds, college campuses, libraries, courthouses, hospitals, welcome signs and other public properties.

Tree planting is an especially important component of this program although shrubs and herbaceous plantings are also eligible.

The Community Enhancement Program is funded by the Transportation Enhancement Program of the Nebraska Department of Roads. It is an 80/20 percent matching grant program with a maximum funding award of $20,000 per project. The application deadline is Nov. 16, with funding awards announced by January 2008.

Since 1996 the Community Enhancement Program has awarded over $3.5 million in landscaping grants to over 530 projects in communities all across Nebraska. For more information about this grant program and/or for an application, go to http://arboretum.unl.edu or call Sue Kohles at 472-2971.

Grassland Center Sets Fall Lecture Schedule

The 13th annual fall seminar series offered by the University of Nebraska-Lincoln’s Center for Grassland Studies will feature faculty and guest lecturers on topics ranging from Nebraska’s Tallgrass Prairie to Wild Life in South Africa.

The seminars are free and open to the public. They are held most Mondays during the fall semester, 3-4 p.m., at the UNL’s East Campus Union. A partial schedule is listed here:

Oct. 2 - Marion Langan, director, Spring Creek Prairie Audubon Center, Nebraska’s Tallgrass Prairie.

Nov. 12 - Jim Stubbendieck, agronomy and horticulture director, Center for Great Plains Studies, UNL, Experiences with Wildlife in South Africa.

Nov. 19 – Brad Jakubowski, agronomy and horticulture, UNL, Opportunities in Sports Turf Management.

Nov. 26 – Lucia Toda, graduate student, entomology, UNL, Buffalograss Resistance to the Chinch Bug.

Dec. 3 – Larkin Powell, School of Natural Resources, UNL, Effects of Grassland Management on Upland Game Bird Production.

Dec. 10 - Neal Bryant, graduate student, agronomy and horticulture, UNL, Grassland to Woodward Transitions—Nebraska and the World.

The above schedule is subject to revision. Changes will be noted at www.grassland.unl.edu. Videos of the seminars will be available at the Center for Grassland Studies reference center. For more information, e-mail grassland@unl.edu or call 472-4101.

Start Garden Cleanup

Now that the end of the growing season is a fund, it is time to do the garden cleanup work. While this chore may not be a priority, it is important to mention the disease and insect prevention purpose of this task.

The hours and labor spent now may be more than paid back by fewer problems in the next growing season.
The garden cleanup really has four parts:

1. Complete removal of old garden plants that have had disease or insects, searching for and removal of all rotten or diseased fruits that may have fallen, turning back into the soil all crop residue from plants that have been harvested but did not die from diseases or pests and mixing all organic mulches from garden areas where it is no longer needed. Treadles and stakes no longer needed can be taken out, cleaned and stored for next year.

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Mary Jane Frogge 
UNL Extension Associate

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Sign Up for Free E-mail Horticulture Newsletter

HortUpdate is a FREE e-mail newsletter from the University of Nebraska-Lincoln Extension which provides timely information to the lawn and landscape industry. This e-mail includes current lawn and landscape problems with control recommendations and a seasonal ‘To Do’ list. To subscribe, go to http://extensionhorticulture.unl.edu
Control Anger Rather Than Suppress It

Anger is a natural and powerful human emotion. Often people are taught not to be angry, but really they should be taught how to express and control their anger.

Uncontrolled anger can ruin or destroy relationships and affect jobs and job performance. In addition, anger can negatively affect physical or psychological health because too much stress can be harmful to our bodies.

Some temperaments and personalities are more prone to become angry, but individuals can get a grip on anger by thinking through the situation. Question whether the issue is important or worth being angry about. If the answer is yes, then it is OK to be angry. However, take action to correct what brought on the anger. Realize other people are responsible for their own actions and even being angry cannot force change in others.

Think-stop is a good technique to help control anger. Individuals stop, think and count to three or ten to give them some time to collect themselves. This technique really can help carried it much more responsibly.

Feeling can be vital to calming and releasing anger. Look the other person in the eye and reflect on what has been said. Avoid being judgmental.

Sometimes laughter really is the best medicine. Laughter banishes negative emotions and is relaxing. People don't laugh enough and they should laugh at themselves more often.

Source: Kathy Bosch, UNL, Family Life Specialist

Filing Financial Records Saves Time

Not having organized financial records costs time and energy, wastes space in homes and offices, especially at tax time or any time it is necessary to find something fast.

People must set up filing categories that make sense to them and fit their situation. Examples of these categories may include: auto, budget, correspondence, checking, credit cards, education, employment, estate planning, financial planning, goals, health, household inventory, housing, insurance, investments, loans and debts, organizations, owner's manuals, safe deposit box, savings, taxes and warranties.

Some of these financial records may be kept on a home computer, rather than actual paper copies. Financial records on a computer should be backed up regularly and the copy stored away from the home, if possible.

Set up a system in a specific location in the home. File papers and records at least monthly, preferably more often. Use color-coding to help organize, or an index card file. If possible, handle paper only once.

How long to keep a certain financial paper or record depends on what it is and the situation. Some examples include: auto, budget, correspondence, checking, credit cards, education, employment, estate planning, financial planning, goals, health, household inventory, housing, insurance, investments, loans and debts, organizations, owner's manuals, safe deposit box, savings, taxes and warranties.

Specialist

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Food Entrepreneur Seminar, Oct. 29

The Food Processing Center is offering a one-day seminar for all individuals interested in exploring the idea of starting a food manufacturing business. The “From Recipe to Retail Package” seminar will be offered Oct. 29 in Lincoln. Pre-registration is required and space is limited. Registration deadline is Oct. 15. Contact Jill Gifford 472-2819 or jgifford1@unl.edu for an information packet.

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Enjoy Nebraska Foods!

How Dish Size, Location Influence the Amount We Eat

By Alice Henneman, MS, RD, UNL Extension Educator

Here are some recipe ideas that will be presented at the “Making Many Meals Using a Few Ingredients” Seminar on Oct. 25 (see program information below). They’re all quick to make, low in added sugar and fat and full of good-for-you foods!

Creamy Peanut Dip

Serving Size: 2 tablespoons
Yield: 6 servings

1/4 cup creamy peanut butter
2 tablespoons orange juice
1/2 cup yogurt, low-fat vanilla

In a small bowl, mix the peanut butter and orange juice until smooth. Stir in the vanilla yogurt. Cover and put in the fridge until chilled.

Note: Serve with fresh apples, pears, carrot sticks or celery sticks.


Turkey or Chicken Soup

Yield: 2 servings

1 cup chopped, cooked turkey or chicken
dash of pepper
1/4 chopped onion
1/4 cup chopped celery
2 thinly chopped carrots
1/4 teaspoon thyme
2 cups low-sodium chicken broth
1 cup cooked pasta (such as bowtie, shells, macaroni, etc.)
OR 1 cooked rice

Add all ingredients, except pasta or rice to pan. Bring to a boil, reduce heat to a simmer and cover covered until vegetables are tender crisp, about 10 to 15 minutes. Add cooked pasta or cooked rice and cook a few more minutes until pasta or rice is heated.

Stacie Powers
UNL Extension Assistant

New dietary guidelines recommend eating between 2 and 6 cups of fruits and vegetables a day for optimal health (the amount varies depending on age, gender and how active you are). National surveys show most Americans do not even half eat the amount they need. This is a concern for many health officials because diets high in fruits and vegetables have been shown to lower a person’s risk for developing certain chronic diseases, some cancers, diabetes and obesity. With so much fresh produce available in American grocery stores, why are we not taking advantage?

Perhaps it is why the familiar 5-a-Day program is changing its message to More Matters. This program helps Americans realize eating more fruits and vegetables will have a major impact on our health—and on our waistlines.

The produce aisle is not the only place to get the nutritional goodness from fruits and vegetables. Remember the freezer and canned areas as well. Frozen and canned vegetables have received a bad rep as being inferior, but they are equally as nutritious to their fresh counterparts, because they are usually canned or frozen right after harvest, when their nutritional content is highest. An added bonus is they can be stored longer. They are also usually pre-washed and sliced, making them ready to eat. Dried fruit also is a nutritional option and makes a very convenient snack.

Caution: Some fruits are canned in heavy syrup and some vegetables are canned with extra salt. Look for fruits labeled “light syrup” or “in its own juice” and vegetables canned with “no added salt.” Another option is rinsing the canned product under water to get rid of some of the extra sugar or salt.

Regardless of whether you choose fresh, frozen, canned or dried, the important message when it comes to fruits and vegetables is...More Matters!
**Fruit Flies Like Fermenting Liquids**

Barb Ogg  
UNL Extension Educator

If you have brought gardener produce into your kitchen, you probably have fruit flies. Fruit flies are tiny, honey-colored flies with reddish eyes. They breed in overly ripe vegetables and fruits.

Once inside, fruit flies will emerge from your vegetables and will lay eggs on fruit on the counter, in food debris in your garbage disposal or garbage can. They can also breed in a rotted potato or onion. Do you recycle cans? Liquid from pop, beer or wine can produce fruit flies. Bakers who use yeast in their bread, often have problems with fruit flies.

Fruit flies are attracted to processes associated with fermentation and breeding in decaying fruits and vegetables. In the fermentation process, yeast acts on sugars, producing alcohol and carbon dioxide.

Researchers at University of California–Berkeley have found fruit flies are actually attracted to the carbon dioxide (CO₂), released during the fermentation process, not the alcohol. They found fruit flies have both CO₂ and smell and taste receptors. The key to managing fruit flies is to locate and eliminate breeding sources. Once you do this, it can still take a couple weeks to get rid of all the flies that will eventually die a natural death. To speed this up, try using a fruit fly trap.

**Simple Fruit Fly Trap**

1. Put an attractant in the bottom of a tall glass or pint mason jar.
2. Take a plastic bag and place over the mouth of the jar with one corner reaching into the jar.
3. Poke a small hole (no more than 1/8-inch diameter) in the corner of the bag with a pencil.
4. Secure the bag around the rim with a rubber band or canning ring. What attractant to use? We know fermenting liquids will attract fruit flies, but most of us don’t want to brew beer or ferment fruit in our kitchen just to get rid of flies. Instead, use yeast. Sprinkle a package of yeast over 1/4-1/3 cup of water. Add about one teaspoon of sugar to activate the yeast. Swirl the yeast mixture. In a short time, the mixture will produce the yeast to foam and expand and produce CO₂. Fruit flies tend to be active during the daytime, so make sure your trap is on the counter during the day. Beer will also work as it produces a yeasty smell, but I have found the attractiveness is reduced when the beer goes stale and loses its fizz.

In a side-by-side choice test, I compared a yeast trap with one that had beer in it. I found the yeast trap was far more effective. Does your yeast have expired dates on it? I used three-year old datable yeast and it still worked very well.

**Supplies for yeast trap.**

- Yeast & water mixture, or beer
- Rubber band
- Plastic bag
- Small hole
- Yeast & water mixture, or beer

**Our Wildlife Neighbors: Coyotes**

The coyote (Canis latrans) is a member of the dog family. These predators are found in most open habitats including fields, prairies, parks, golf courses, river and airport grounds. They are sometimes seen near farms and acreages and are also found in urban areas. They are tolerant of humans and quickly adapt to changes in their environment. Coyotes survive on whatever food is available and easiest to get. They eat rabbits, mice, birds, and other small animals, young deer, insects like grasshoppers, fruits and other vegetation. If given the opportunity, they will kill small poultry and livestock. Coyotes have also been known to attack pets who are allowed to roam. An adult coyote weighs about 50 pounds and can easily out-run a cat or dog.

In urban areas, many coyote conflicts have centered on feeding issues. When people feed wildlife, they are actually teaching people to associate people with food. Even pet food left outside and food scraps in a compost pile encourage coyotes to associate people with food. All wildlife is unpredictable. Do not encourage interactions with coyotes and keep your distance. Coyotes are predators and should be treated with caution and respect.

**Discouraging Coyotes Near Home**

- Frighten with loud noises.
- Use unnatural odors (like amonia) to clean trash cans.
- Remove food such as pet food, table scraps in the compost pile, fallen fruit and spilled seed under birdfeeders.
- Remove cover like brush and weeds where the coyotes can hide; trim lower limbs of shrubs and conifer trees.
- Use yard lights with motion detectors.

**Protecting Pets and Livestock**

- Keep pets in fenced areas or kennels; split-rail fences and invisible fences will not protect your pets. Kennels should have a fully-enclosed roof.
- Pets should be fed inside a building to keep pet food from attracting coyotes and other scavenging animals.
- Supervise your pets. When walking your pet, keep them on a leash.
- Do not allow pets to run loose in areas where there are coyotes. Coyotes have been known to be responsible for many cat disappearances.
- Livestock and poultry should be contained. Barb-wire fence will not stop a coyote. If coyotes are a problem, other types of fencing must be considered.
- Coyotes are usually wary of humans and will avoid people. Aggressive behavior toward people is not normal. If a coyote approaches to an uncomfortably close distance, throw rocks or other objects at the coyote. If the coyote follows you, yell, make loud noises and throw rocks—do not turn and run. Adults should keep themselves between the coyote and small children. Contact your local wildlife agency if you observe a coyote behaving aggressively towards people.

**Attention Beekeepers**

**Small Hive Beetle Workshop**

**Small hive beetle** is native to Africa where it does little harm to indigenous bees. In 1998, this beetle was first found in Florida. It spread quickly to southern states where beetle populations reached damaging levels and beekeepers suffered exten- sive losses. The primary damage is colonies stored honey caused by the small hive beetle is through the feeding activity of the larvae. Experts believe this beetle is transported with honey bee shipments through the mail and infested hives used for commercial crop pollination. Because all life stages of the small hive beetle are killed by freezing conditions, it is unlikely this will be a major problem for Nebraska beekeepers, but it is important for them to learn how to recognize the beetles and their damage.

A workshop on how to recognize and manage small hive beetles will be offered by Marion Ellis, UNL extension beekeeping specialist, on Saturday, Oct. 27, 10 a.m.–12 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. Pre-registration is not required. Additional informational meetings will be scheduled in February at various sites around the state.

**Source:** Marion Ellis, UNL Extension Beekeeping Specialist

**Small hive beetle larva on a comb of honey**

**Household Hazardous Waste Collections**

**Saturday, Oct. 6, 9 a.m.–1 p.m.**
Lincoln Industries (formerly known as Lincoln Plating), 600 West E Street  
Sponsored by Yankee Hill Brick

**Saturday, Nov. 3, 9 a.m.–1 p.m.**
State Fair Park, 4-H Youth Complex  
Sponsored by Novartis Consumer Health Inc.

Some items you can bring for disposal: Thermometers, 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. Only residents of Lincoln and Lancaster County can bring items to collections.

Still unsure what you have will be acceptable? Call the Lincoln-Lancaster County Health Department at 441-8040.

**Source:** Keep Lincoln Clean, Inc.
Specialty 4-H Clubs Invite New Members

Current 4-H members and those interested in joining 4-H are invited to join these clubs:

- **Household Pets**
  - Want to learn more about your pet? Or get acquainted with new ones? Join the 4-H Household Pets club for youth ages 8–18 and their small animals! Hamsters, gerbils, guinea pigs, mice, snakes, turtles, fish, reptiles, amphibians, caged birds and any animal small enough to put in your pocket is invited. The club will have a reorganizational meeting on Tuesday, Oct. 9, 7 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. Sheri Ramirez and Shirley Condon are club co-leaders.

- **Chess Club**
  - Join the Checkmates 4-H club and learn basic tactics of chess and the secrets of good positional play; improve your game and learn new strategies. Players of all levels are welcome. Checkmates leader is James Walla. The club’s first meeting for the 2007–08 4-H year is Sunday, Oct. 14, 3–5 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. For more information, contact club leader Kirk Gunnesson at 470-0840.

- **Rabbits ‘R Us**
  - If you like rabbits, hop to it! The Rabbits ‘R Us 4-H club helps youth learn all about rabbits. They usually meet on the third Monday (evenings) of each month. The club co-sponsors one or two rabbit shows and each show has two judges. They also run a dunk tank at the Lancaster County Fair to raise funds for landscaping at the Lancaster Event Center. For more information, contact leader Kirk Gunnesson at 470-0840.

- **Classic Cars R Us**
  - Do you like cars, especially older ones? Share your interest with other like-minded 4-H’ers! Classic Cars R Us 4-H Club explores various aspects of the automobile. Club activities range from tracing the history of the automobile, building and/or restoring models, and attending car shows. The club usually meets on Friday evenings or Saturdays. For more information, contact club leaders Myron or Barb Smith at 475-5565 or mbsmith@radiks.net.

4-H Teen Council Leadership Organization

The Lancaster 4-H Teen 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 Teen Council members:
- participate in several community service activities
- organize the Ice Cream Social and Cookie Eating Contest at the Lancaster County Fair
- plan, set up and facilitate the annual 4th & 5th grade Lock-In (pictured above)
- are involved in other leadership activities

Call Tracy Kulm at 441-7180 for more information or to join!

Kristy Hattan
Lancaster County 4-H is proud to announce Kristy Hattan as winner of October’s “Heart of 4-H Award” in recognition of outstanding volunteer service.

She has volunteered for 4-H for 18 years in a variety of roles:
- leader for the 4-H Sew & Dough Club (3 years)
- volunteer during judging of static exhibits at Lancaster County Fair (3 years) and Nebraska State Fair (4 years)
- Superintendent of Home Environment areas at county fair (14 years)

“I like watching the joy of accomplishment by the 4-H’ers,” says Kristy. “4-H offers a great learning experience for the kids to improve their life skills. 4-H has given me a great opportunity to spend time with my daughters and now my grandchildren, learning and improving skills while working on a project. I enjoy the County Fair. I love seeing all the final projects by the 4-H’ers. There are a lot of talented and creative young people. Judging day is always busy but very rewarding.”

Kristy is a member of the East Campus Sturrs group, which sponsors the four plaques awarded in the Home Environment and Child Development areas at county fair. She is also active in her church, Indian Hills Community Church.

Congratulations to Kristy. Volunteers like her are indeed the heart of 4-H!

November Newsletter

**Nominations are being taken for the following Lancaster County 4-H awards. Deadline is Jan. 1. Information and applications are available at the extension office or online at http://lancaster.unl.edu/4h**

- **Community Service Awards**
  - presented to 4-H’ers who have completed the most hours of community service. Award recipients receive a $50 activity certificate redeemable towards 4-H activities & supplies. Five winners in age 14 & over division and ten winners age 13 & under.

- **Serious Service**
  - 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**
  - 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 appraises the variety and depth of 4-H activities.

- **Youth Leadership Award**
  - awarded on behalf of the American Youth Foundation 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.

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

- **4-H CAMP**
  - the following college scholarships are available to high school seniors active in 4-H:

  - **Lincoln Center 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.
  - **Lincoln 4-H Council**—awards one $500 scholarship to a 4-H’er attending Raymond Central High School.

**Fair’s Over, Now What?” Volunteer Training, Sept. 27**

Leaders, parents and interested volunteers are invited to attend this 4-H training Thursday, Sept. 27, 9:30 a.m. or 7 p.m. Discover how to complete the current 4-H year and how to prepare the next 4-H year. Awards, project completion/selection and club reorganization will be covered.

Bring your questions and ideas! You must RSVP by calling 441-7180 by Sept. 25.

4-H Rabbit Clinic, Oct. 20

All youth ages 8–18 and their families are invited to attend a free 4-H Rabbit Clinic on Thursday, Oct. 20, at 3 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. Sessions include:

- Selection & care of the rabbit
- Information on rabbit breeds
- Showmanship (judges a 4-H member’s ability to handle and show their animal)

This clinic will be beneficial to families considering buying a rabbit and those who have rabbits but want to learn more.

Nominations for the 4-H Volunteer of the Year Award 2007

Please explain why you are nominating person(s) (see address page if needed)

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.
HORSE BITS

Final 2007 Group Testing, Sept. 29

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, these 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 summer, you might want to consider getting your testing done this fall.

There will be one final 2007 group testing for horse levels on Saturday, Sept. 29. The testing will take place in the morning at the Lancaster Equestrian Center. Anyone wishing to test, please contact Marty at 441-7180 as soon as possible. Cut off date for signing up is Sept. 21.

Those of you who have signed up will receive a letter the week of Sept. 24 informing you of your ride time.

4-H Horse Awards Night, Oct. 4

The annual Lancaster County 4-H Horse Awards Night will be Thursday, Oct. 4 at 7 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Awards presentation includes the Incentive Awards, Horsemanship Levels, Wittstruck All-Around Champion, All-Around Trail, All- Around Barrels, Herdsmanship, Top County Fair Judging and some surprise awards.

The evening includes a pot luck. Please bring a meat dish and either a salad or dessert and your own table service. Drinks will be provided. Come help celebrate the outstanding accomplishments of the 2007 Lancaster County 4-H Horsemens!

Nebraska 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
Champion Dairy Supreme County Team: Mitch Klein, Tessa Klein, Brandon Schlautman, Nathan Schlautman, Emily Loos, Adam Hill, Makinsey Douglas-Hill
Reserve Champion Small Group - Swine Herdsmanship: Rick & Dillon Wolf, Trevor Spath and Andrea Yaninek
Miranda Gunnerson — Champion Netherland Dwarf Rabbit
Kurtney Kempkes — Senior Reserve Champion Ayrshire, Junior Champion Ayrshire; Ayrshire Breed Reserve Champion
Mitch Klein — Holstein Senior Reserve Champion; Holstein Reserve Breed Champion; Champion Dairy Showman
Tessa Klein — Holstein Junior Reserve Champion
Jasi Maahs — Reserve Champion New Zealand Rabbit
Levi Meyer — Reserve Champion Dairy Showman
Chase Peterson — Champion Dairy Production Award - Milk Production; Champion Dairy Production Award - Protein Production; Senior Champion Ayrshire; Junior Reserve Champion Ayrshire; Ayrshire Breed Champion
Brandon Schlautman — Champion Senior Brown Swiss; Reserve Champion Senior Brown Swiss; Reserve Champion Dairy Premiere Exhibitor; Brown Swiss Breed Champion; Brown Swiss Breed Reserve Champion
Nathan Schlautman — Junior Champion Brown Swiss; Junior Reserve Champion Brown Swiss
Jaime Stephenson — Reserve Champion American Fuzzy Lop Rabbit
Jessica Stephenson — Champion American Fuzzy Lop Rabbit
Katie Wilkinson — Reserve Champion Breeding Sheep

Rainbow Ribbon Recognition
Rainbow Ribbon Recognition is used to draw attention to the unique items. These may or may not be top placing items, but have used special details.

Carly Belz — Wall Hanging
Liza Christensen — Foam Cake
Carmen Claesson — Teach an Adult - Unit 2
Helen Dowd — Leaf Display
John Dowd — Leaf Display
Grace Farley — Leaf Display
Marian Hanigan — Toy made for Preschooler
Holly Hunt — Specialty Ralls
Evan Kucera — Original Drawing/painting
Trevor White — White Onions

Photos Selected for the Office of the Deans - Extension/College of Agricultural Sciences and Natural Resources
Nathan Smith — Lily in water
Kyle Pedersen — Dolphin
Kyle Pedersen — Older couple’s wedding on beach

Photos Selected for the 4-H Foundation Note Cards
Chera Brown — Corn/Wood/Flower

Ak-Sar-Ben 4-H Youth Expo, Sept. 25–30

The 80th Ak-Sar-Ben 4-H Youth Livestock Exposition will be held Sept. 25–30 at the Qwest Center in Omaha. More than 2,000 4-H families from an eight-state area participate in the Expo. Categories of this 4-H only competition are Dairy, Feeder Calf & Breeding Beef, Horse, Market Beef, Market Broilers, Meat Goats, Market Lamb and Market Swine. More information and schedule is online at http://akarben.org/4-h
FREE SPEECH
University of Nebraska–Lincoln Speakers Bureau

The University of Nebraska-Lincoln Speakers Bureau begins its 13th year this fall with 17 speakers and 36 topics from which to choose. This free service connects faculty and other university experts with Nebraska citizens through service organizations, schools and other groups who want knowledgeable, interesting speakers on a variety of topics. The Speakers Bureau invites you to choose from a diverse selection of topics presented by UNL faculty and staff. A wide range of expertise is available through their presentations. Most speakers will be available on a year-round basis while others are available during the academic year only. Note that availability of speakers is limited during December and early January.

For more information or to book a speaker, go to http://speakersbureau.unl.edu or contact Barbara Bowers in the Office of University Communications at 472-0088.

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Public Notice
The Lancaster County Board of Commissioner seeks members of the community to serve on the Lancaster County Extension Board. The vacancies will be filled with terms beginning in January 2008.

Extension Board members represent and assist University of Nebraska–Lincoln Extension staff in Lancaster County with priority issue areas that include Agricultural Profitability and Sustainability; Children, 4-H, Youth and Families; Food Safety, Health and Wellness, strengthening Nebraska Communities, and Water Quality and Environment. The Board meets monthly (usually the second Friday of the month) at 8 a.m.

Registered Lancaster County voters interested in serving a three-year term should complete an application for an appointment by Nov. 1, 2007. Additional information and an application can be obtained from UNL Extension in Lancaster County, 444 Cherrytree Road, Suite A, Lincoln, NE 68528-1507, or phone 441-7180. Applications are also available on the Internet at http://www.lincoln.ne.gov/commis/boardapp.pdf.

STRENGTHENING FAMILY TREASURES
Daughter/Mother Camp

A retreat designed for 6th grade girls and their mothers (or grandmothers or other adult females)

Friday, Oct. 5, 5 p.m. to Saturday, Oct. 6, 5 p.m.

EASTERN 4-H CENTER, GRETNA

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 the ten years approach, this is an opportunity to:
- Establish 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, lodging (modern cabins with restrooms and twin beds) and program materials. Fee is $40 per daughter/mother pair.
- Two full scholarships based on need are available to Lancaster County 4-H families. Call to apply.

The University of Nebraska-Lincoln Speakers Bureau
Safety Course for Drivers 50 & Up, Sept. 26 & 27

University of Nebraska–Lincoln Extension in Lancaster County is co-sponsoring a 55 ALIVE Driver Safety Course on Wednesday, Sept. 26 and Thursday, Sept. 27, 9 a.m.–1 p.m. Cost is $10 payable at the first class. Call 441-7180 to register.

The AARP Driver Safety Program is the nation’s first and largest classroom driver refresher course especially designed for motorists age 50 and older.

Seniors aged 55 and over, compared with drivers aged 30–54, are involved in more accidents per mile driven. The number of accidents per mile rises sharply at about age 75. The eight-hour course is taught in two, 4-hour sessions.

Some of the topics covered are:

- How changes affect you
- How to compensate for them and become better drivers.
- How to avoid hazardous situations
- How to handle emergency situations
- How to handle new laws
- Reaction and response time changes
- Vision changes

By being aware of these changes and learning how they affect older motorists and the physical changes that can occur in all older persons, the loss of vision, hearing and physical strength with age can be reduced and can go virtually unnoticed until older drivers are faced with a driving emergency they are no longer able to handle.

AARP Driver Safety Program course covers the following topics:

- Vision and hearing changes
- Effects of medication
- Reaction time changes
- Left turns and other right-of-way situations
- New laws and how they affect you
- Hazardous driving situations

Research shows a direct link between the kinds of driving problems experienced by older motorists and the physical changes that can occur in all older persons. The loss of vision, hearing and physical strength with age can be reduced and can go virtually unnoticed until older drivers are faced with a driving emergency they are no longer able to handle.

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 and yarn are encouraged. Categories and ages for this contest are:

- Preteen, 12 and under
- Junior, 13–16
- Senior, 17–24
- Adult, 25 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 9:30 a.m. You may enter any district contest. For more information, call 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 far 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

Neb 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 Crane runs the 4-H horse, rabbit and poultry project areas.
- Mary Jane Frogge runs the 4-H horse, rabbit and poultry project areas.
- Teri Elsberry oversees the 4-H after-school program and 4-H school enrichment.
- 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.

Specialty Clubs

Several Lancaster County specialty 4-H clubs are looking for new members:

- 4-H Teen Council
- Checkmates Chess Club
- Household Pets
- Rabbits ‘R Us
- Classic Cars R Us

See p. 8 for details.

Explore your future with 4-H SET!

Did you know 4-H kids today are participating in science, engineering and technology programs – from robotics and Web design to environmental and animal science? Through their 4-H clubs, they have fun, make friends, explore new adventures and develop skills for future success.

Interested in volunteering, joining or learning more? Contact your county 4-H office at:

441-7180

http://lancaster.unl.edu/4h

Can You Guess It?

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

Did you guess it from the September Nazune? The answer was a student’s hands with special lotion which “glows” under ultraviolet light to show if hands have been properly washed.

U.S. Drought Monitor Map

As of Sept. 11, Lancaster County was not in drought conditions.

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

Source: National Drought Mitigation Center, University of Nebraska–Lincoln