October 2007

The NEBLINE, October 2007

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How Healthy is Your Home?

Lorene Bartos
UNL Extension Educator

October is National Home Indoor Air Quality Action and Awareness Month. Since most people spend the majority of their time inside, it is now 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-aerosol 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 up 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.

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 no/low odor- and non-toxic products. Select non-aerosol, open variable. Open window or use exhaust fan. Follow manufacturer’s directions for use and container disposal.

Unvented Clothes Dryer
— Produces excessive moisture and dust. Moisture encourages biological pollutants.

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. Ask for low-emitting adhesives, if adhesives are needed. During installation open doors and windows; use window fans or room air conditioners. Vacuum regularly.

House Plants — Biological pollutants and biological allergens can trigger asthma. Remedy: Clean house and vacuum regularly. Wash bedding in hot water above 130°F.

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 Heater
— Carbon monoxide and combustion pollutants. 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 allergens including mold, mildew and cockroaches which can trigger asthma and infectious disease agents (viruses, bacteria). Remedy: Use and clean according to manufacturer’s directions. Refill with fresh water daily.

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.
— Check and clean drip pans on refrigerators and freezers.
— Bath pets regularly to reduce animal dander.
— Vacuum carpets often.
— Check basements for dampness. Reduce moisture control to 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.

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: 471-3321, www.hhs.state.ne.us
• Lead-Based Paint Hot Line: 1-888-342-1100 ext 1 (toll-free only)
• The Nebraska Radon Program: 1-800-334-9491

HELP START A 4-H CLUB
— see back page
**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 grams of soil 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 infection at 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 slow variation in color of otherwise healthy looking, dark green plants. Higher SCN-infested soils are slower to reach canopy closure. **Free Soil Sampling**

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 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.

Since 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 per farm operation.

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. Examine the inside of air ducts for debris and insects.
- Service the aeration ducts, fans and vents to ensure proper operation. Clean around the outside of the bin.
- Grains 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 into a bin, causing storage problems. This material should be removed from the grain. Use a cleaner grain before storage, unload some grain using a center take out after the bin has been filled or distribute the material while filling the bin. To ensure proper storage, an important role in grain storage.
- The optimum temperature for insects is between 70 degrees F and 90 degrees F. Therefore, grain should not be loaded into this range. Cooling below 70 degrees F reduces insect reproduction to the point that most insects are dormant. The optimum temperature for mold growth is also about 80 degrees F but mold growth is extremely slow below 30-40 degrees F. The expected grain allowable storage time is approximately doubled for each ten degrees the grain is cooled.

**Maintain Grain Quality in Storage**

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.

**Winterize Your Underground Sprinkler System**

Ken Hellevang, NDSU Ag Engineer

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 petcock valve to the plumbing at the lower end of a soda straw can attest. You can let air into the sprinkler system by opening the small valves (petcoks) on the vacuum relief valve assembly on the side of the house. Cycle through each irrigation set, allowing several minutes for all the water to drain through the lowest petcoks (petcok) in the set. If you don’t have access to an air compressor, turn off the irrigation controller and close the petcoks to prevent dirt or insects from getting into the plumbing system.

For most installations, the procedure above is sufficient to eliminate activity of freezing. To be extra safe, one can attach an air compressor or portable air supply tank to the plumbing at the lower petcock valve. The air pressure is low enough to break an ice block in the petcock assembly. With about 65 PSI in the air tank, turn on the petcock valve to blow out the air supply valve. You will see water trapped in low spots in the system blowing out of the sprinklers. With a new charge of air in the tank, start the next irrigation set on the controller and open the air supply valve. Repeat for each irrigation set. After Blowing the water out of all irrigation sets, disconnect the air supply and close the petcoks. Turn off and deactivate the irrigation controller. Next spring, simply open the water valve to the controller and set your irrigation schedule and you are ready for another year.
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 close the fireplace entirely, are the most effective. Wire mesh grates, though not as impermeable, 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.

- Close all vents, including those in the living area. Don’t blow air into the fireplace without first checking to see if the chimney flue and stove pipes are clear of obstructions. 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 when 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 properly secured in a safe position.

- If the fireplace is used for aesthetic reasons, burn light-colored fires with smaller, less heat-resistant wood.

- If storing a tractor, be prepared for an amount of supervised time. Don’t leave tractor fuel caps loose.
- Drain radiator and engine block.
- Drain both fuel tanks and carburetor.
- Drain radiator and fuel caps slightly loose to protect gaskets.
- Block tractor up to remove weight from tires and to keep tires from contact with moist floor.

- Remove battery and store. 
- Remove spark plugs and pour a small quantity of light motor oil into carburetor, for about a second or two, to prevent rust. After the oil has been exposed to air for a few minutes, replace spark plugs.
- Before putting the tractor away for the winter, check carburetor so engine will start next spring.

- 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.

Why Leaves Fall

Lorene Bartos
UNL Extension Educator

Leaves fall each year 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 winds.

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 pin oak, may retain their leaves all winter even though the leaves are dry and dead.

Trees keep 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

Copper or arsenate, commonly used to protect the 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 heartwood of the tree is resistant. The outer sapwood is not.

Storing a Tractor

If storing a tractor for any length of time, you may want to take a few precautionary measures to avoid future difficulty.

- Store tractor under cover. If impossible, be sure to cover air intake and exhaust pipe.
- Drain radiator and engine block.
- Drain both fuel tanks and carburetor.
- Leave radiator and fuel caps slightly loose to protect gaskets.
- Block tractor up to remove weight from tires and to keep tires from contact with moist floor.

- Extension Inspectors
- Fremont, NE 68025
- 1206 W. 23rd St.
- Acreage Insights
- Thursday, Nov. 8
- Organic Production
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CLINICS ARE $10/PERSON ADVANCED REGISTRATION; $15/PERSON AT THE DOOR
Preregistration deadline is 3 working days before clinic.

REGISTRATION FORM

Please check which clinic(s) you are registering for:

Fire on the Acreage
- Lincoln–Oct. 9
- Organics Production
- Lincoln–Nov. 8

Name(s)
Address
City__ State__ Zip__ Phone__

$10/person advanced registration
- Preregistration deadline is working days before clinic.
Number attending
- Additional $5

Mail completed registration form and check (payable to UNL Extension) to:
- UNL Extension in Dodge County
- Acreage Insights
- 1206 W. 23rd St.
- Fremont, NE 68025
- We reserve reasonable accommodations under the Americans with Disabilities Act. If you require language interpretation, contact Extension in Dodge County at (402) 727-3770 three weeks prior to date of event.

University of Nebraska-Lincoln Extension presents a series of programs, entitled Acreage Insights-Rural Living Clinics, targeting acreage owners as well as farmers with specific 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.

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 when 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 properly secured in a safe position.

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Drying Gourds

Do you want to save some of the gourds you grew this year? Here is the best way to dry them. Harvest gourds when the vine and stem dry and begins to turn brown. Be sure to complete your harvest before the first hard frost. Immature gourds will not dry 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 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.

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, farmlands, 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 $50,000 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.
Life: a tired child can be cranky; a hungry child can be irritable; and a sleepy child can be fussy. Children need to be shown and understood personal attention regularly with their parents and care providers which will give them a sense of security. Change causes some children to become upset. When mother is sick, a new baby arrives or the family moves to a new neighborhood, children feel worthless or scared. 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.

- 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. Sometimes temperaments and personalities are more prone to become angry, but individuals can get a grip on anger by thinking through a 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.

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For their own actions and even being angry cannot force change in others. Think step is a good technique to help control anger. Individuals stop to think and count to three or 10 to give them some time to collect themselves. This technique really can help carry it more responsibly.

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How Dish Size, Location Influence the Amount We Eat

Editor’s Note: This is part 2 of a 2-part article—the first part ran in the September Nebraska Food & Fitness.

In his book, Mindless Eating: Why We Eat More Than We Think, Brian Wansink, Ph.D. and director of the Cornell University Food Brand Lab describes the many reasons we overeat. Much of the time, we’re unaware of the influence of these external circumstances on eating. Following are three questions, based on research Wansink conducted. See if you can guess the correct answer.

Question 1: How did the size of plate or bowl influence people’s perception of amount when they were offered the same portion size? A. Size of plate or bowl made no difference in the amount they thought they ate. B. People thought they ate more when they served on a large plate or bowl. C. People thought they ate more when they were served on a small plate or bowl.

Answer 1: C. Wansink found people perceived they ate more when eating from a smaller bowl or plate. As the size of the dish increased, the size of their servings tended to increase. The larger the dish size, made servings look smaller by comparison, resulting in people helping themselves to more food. For example, people ate an average of 31 percent more ice cream (equal to 1.37 more calories!) when they scooped ice cream into a 34-ounce bowl versus a 17-ounce bowl. Changing your “tablescaps,” such as the shape of glasses and size of your plates, etc. may be enough to help you significantly reduce your calorie intake. About 72 percent of our calories come from food we eat from bowls, plates and glasses according to Wansink’s research.

Container and package size also made a difference, regardless of how the food tasted. In another study, research subjects were given 3-day-old stale popcorn at the movies in three sizes of containers: “medium,” “large” and “bigger-than-your-head” buckets. Even though the popcorn didn’t taste that great, the biggest bucket ate people an average of 173 more calories of popcorn than those eating from smaller containers.

Question 2: At which location did people eat the most candy from a clear, lidded container? A. Corner of desk. B. Top left-hand desk drawer. C. On a file cabinet six feet away from the desk.

Answer 2: A. People tend to eat more when it was more convenient. They ate an average of nine candies—or about 223 extra calories—daily—when the candy dish was on their desk, compared to six candies when the desk drawer and only four candies when they had to walk six feet. In talking with people after the experiment, the researchers noticed something else. When people had to walk a distance for a piece of candy, they had more time to think twice and talk themselves out of it. So, if you have a food you’d like to eat less of, make it less convenient to eat. Move it to a harder-to-reach cupboard shelf, store it in the basement, serve it from a buffet table vs. the dining table, etc. Or, just don’t bring it into the house at all.

Question 3: What percent of what we eat is determined by “traditional gatekeepers” (grocery shopper & food preparer)? A. 26% B. 61% C. 72% Answer 3: C. Through eating more mindfully, whoever in your household is the “traditional gatekeeper” can influence his or her food intake as well as everyone else’s. Make healthier foods inconvenient to eat. Promote reasonable portion sizes through the size and shape of dinnerware. Encourage people to measure out and see the total amount they’re eating rather than eating directly from a container.

Are you tired of all the planning, hunting and gathering needed to find the ingredients required for many recipes? Would you like to go to your cupboard, refrigerator or freezer and already have most—if not all—the ingredients needed to make a meal? Alice Henneman, extension educator and registered dietitian with UNL Extension in Lancaster County, will provide you a list of flavorful, versatile ingredients for stocking your kitchen. You’ll receive a booklet with several recipes which combine and recombine these ingredients in a variety of new, delicious (and nutritious!) ways.

(Making Many Meals Using A Few Ingredients) will be presented Thursday, Oct. 25, 7-8:30 p.m. at the Plaza Conference Center, Bryan/LGH Medical Center East, 1600 South 48th Street, Lincoln. No cost to attend. Register by calling Bryan/LGH at 481-8886.

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 yogurt, vanilla. Cover and put in the fridge until chilled.

Notes: 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 sliced carrots 1/4 teaspoon thyme 2 cups low-sodium chicken broth 1 cup cooked pasta (such as bowtie, shells, macaroni, etc.) OR 1 cup cooked rice

Add all ingredients, except pasta or rice to pan. Bring to a boil, reduce heat to a simmer and cover. Cook 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.

Fresh, Frozen, Canned or Dried Fruits & Vegetables

How are you feeling today? How active are you? Depending on age, gender and how active you are, National surveys show most Americans do not even eat half the fruits and vegetables 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—area by area, the better.” The produce aisle is 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 rap 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 nutritious 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 garden 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. Use a small plastic bag and place over the mouth of the jar with one corner reaching into the jar.
2. Poke a small hole (no more than 1/8-inch diameter) in the corner of the bag with a pencil.
3. Secure the bag around the rim with a rubber band or canning rim. 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. Stir well. In a short time, the yeast will cause 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.
4. 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 dated yeast and it still worked very well.

Supplies for yeast trap.

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Attention Beekeepers
Small Hive Beetle Workshop, Oct. 27

On Aug. 28, the small hive beetle (Aethina tumida), was found in a hive in Lincoln, Nebraska. A few days later, small hive beetles were collected from an infested hive in Columbus.

The 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 extenuating losses. The primary damage is colonies and 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 Marlin Ellis, UNL extension beekeeping specialist, on Saturday, Oct. 27, 10 a.m.-12 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Pre-registration is not required. Additional informational meetings will be scheduled in February at various sites around the state.

Source: Marlin Ellis, UNL Extension Beekeeping Specialist

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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, rangeland and airport grounds. They are sometimes seen near farmsteads and acreage pastures in Lincoln.

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 may learn to associate people with food. Even pet food left outside on porches 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 ammonia) to clean trash cans.
- Do not allow pets to run loose. Coyotes are a problem, other predators and should be treated with caution and respect.

Protecting Pets and Livestock
- Keep pets in fenced areas or hide; trim lower limbs of weeds where the coyotes can disappear. Coyotes have 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.

Urban Coyotes
- 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 wave your arms and legs — 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.

Source: eXtension.org

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Household Hazardous Waste Collections

Saturday, Oct. 6, 9 a.m.–1 p.m. Lincoln Industries (formerly known as Lincoln Plating), 500 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.
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 470-8440.

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 shows. 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 470-8440.

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 autos and 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 (pictures above)
• are involved in other leadership activities

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

Award Nominations Due Jan. 1

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 $30 activity certificate redeemable towards 4-H activities & supplies. Five winners in age 14 & over division and ten winners age 13 & under.

• Meritorious 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.

1.到底 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.

4-H Scholarships Due Jan. 1

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

• COLLEGE—awards six $500 scholarships.

• Lincoln College Kiwanis—awards two $1,000 scholarships.

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

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

“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. to 7 p.m. Discover how to complete the current 4-H year and how to prepare for 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, 3–5 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.
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, there are classes at state that do not require you to qualify for at districts, but you must have passed your Level III to enter.

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

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

Kortney 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 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

October 2007

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://aksarben.org/4-H
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 born to 3-years-old. Literacy is being emphasized again this year, so books and items to encourage reading are suggested (such as puppets, puzzles, small toys, etc., relating to storybooks). 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.

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 Thursday at 8 a.m.).

Registered Lancaster County voters interested in serving a three-year term should complete an application by Nov. 1, 2007. Additional information, contact Maureen Burson at 441-7180 or to book a speaker, go to http://lancaster.unl.edu or contact Barbara Bowers in the Office of University Communications at 472-0088.

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, GRETN

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.

For more information or a registration form, go to http://lancaster.unl.edu/family/GUF/dhtml or call Extension Educator Maureen Burson at 441-7180.

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 for your group. University faculty and staff have a wide range of expertise to share with you 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://speakersonforspeakersbureau.unl.edu or contact Barbara Bowers in the Office of University Communications at 472-0088.

2007–2008 Speakers

<table>
<thead>
<tr>
<th>Speaker</th>
<th>Speech Topics</th>
</tr>
</thead>
<tbody>
<tr>
<td>DEE AGUILAR</td>
<td>Lifelong Learning: Your Brain or Mine?</td>
</tr>
<tr>
<td>PATRICE BERGER</td>
<td>Europe: 2007</td>
</tr>
<tr>
<td>JOHN BRASCH</td>
<td>Europe: 1939</td>
</tr>
<tr>
<td>DON COSTELLO</td>
<td>Information Technology: Yesterday, Today and Tomorrow</td>
</tr>
<tr>
<td>BOB DIFFENDAL</td>
<td>The Birth, Death and Resurrection of Computers in Banking</td>
</tr>
<tr>
<td>CAROLYN POPE EDWARDS</td>
<td>New Zealand: Lands of Gysers, Greenstones, and Gundolf</td>
</tr>
<tr>
<td>DAVID FEINGOLD</td>
<td>Curacao, Netherlands Antilles: Tropical Desert Island in the Caribbean Sea</td>
</tr>
<tr>
<td>JAMES GOEKE</td>
<td>The Netherlands: Canal Barges Provide Scenic Trips to View Culture and Art</td>
</tr>
<tr>
<td>MICHAEL HOFF</td>
<td>Athens Under Roman Domination</td>
</tr>
<tr>
<td>PETER LEVITOV</td>
<td>International Students in the United States</td>
</tr>
<tr>
<td>JACK OLIVA</td>
<td>American Ragtime and the Music Business in the Early 20th Century</td>
</tr>
<tr>
<td>WES PETERSON</td>
<td>A Billion Dollars a Day</td>
</tr>
<tr>
<td>JOHN W. RICHMOND</td>
<td>Does Music Make You Smarter? It Depends on What You Want!</td>
</tr>
<tr>
<td>JOHN RUNLOW</td>
<td>Thinking About Common Dimensions of Aesthetic and Religious Experience</td>
</tr>
<tr>
<td>GREG SNOW</td>
<td>Finding the Next Mozart! Music Composition</td>
</tr>
<tr>
<td>CHRIS TIMM</td>
<td>Annie: The Musical</td>
</tr>
</tbody>
</table>

More information available at http://www.speakersbureau.unl.edu or call 472-0088.
Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln. Extension in Lancaster County is co-sponsoring a 55 ALIVE Driver Safety Course on Wednesday, Sept. 25, 7-8:30 p.m. Cost is $10 payable at the first class. Call 441-7180 to register.

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 spanning two days. The course helps drivers refine existing driving techniques. AARP members and non-members alike may take the course. There are no tests. The 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 is gradual and can go virtually unnoticed until older drivers are faced with a driving emergency they are no longer able to handle.

By being aware of these normal age-related changes and learning how they affect driving, older motorists can compensate for them and become better drivers.

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 is encouraged. Categories and ages for this contest are:

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

The District III contest will be held at the Lancaster Extension Education Center, 444 Cherry Creek Rd., Lincoln on Saturday, Nov. 3 with registration beginning at 8:30 a.m.

You may enter any district contest. For more information, call Tracy at 441-7180.
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
Source: National Drought Mitigation Center, University of Nebraska–Lincoln

Can You Guess It?
Did you guess it? Find out at http://lancaster.unl.edu
Did you guess it from the September Nebraska? The answer was a student’s hands with special lotion which “glows” under ultraviolet light to show if hands have been properly washed.

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

**Club members** — Youth members choose officers to run their meetings.
**Over 150 Projects**
Nebraska 4-H has more than 150 project areas. Age-appropriate project manuals are written by university experts. Most project manuals have accompanying leader guides.

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

4-H STAFF GUIDANCE
4-H staff provides guidance and resources to club leaders. Here’s a look at Lancaster County 4-H staff and their areas of responsibilities:
- Tracy Kulm manages all non-animal project areas. This includes clothing, food, home environment, engineering and general areas.
- Deanna Karmazin runs the 4-H livestock project areas.
- Marty Cruickshank manages the 4-H horse, rabbit and poultry project areas.
- Mary Jane Frogge runs the horticulture and conservation project areas.
- Teri Elava 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
- Mailings 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.

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

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