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Make a Difference: Reduce, Reuse, Recycle

Lorene Bartos
UNL Extension Educator

Are you making a difference in the life of the landfill and curbing climate change? What you do each day effects both of these. Many local residents are making a difference by practicing the 3 R’s: Reduce, Reuse, Recycle. Are you doing your part? If you already practice some of the R’s, is there more you can do?

Reduce

Packaging is one of the largest items in the trash. Watch packaging when you are shopping. Buy in bulk if it is right for your family or situation.

When purchasing products for the home and home maintenance, think green. Choose non-toxic, natural and energy saving products, including: non-toxic paints and cleaners, eco-friendly facets, compact florescent light bulbs, recycled paper products and energy star appliances. White vinegar and baking soda are common household products which work well for cleaning bathrooms and removing hard water stains. Some green or recycled products may cost more. Choose the products which are best for your situation.

Think about the environment when working and caring for your yard. Pesticides are used by many people to control a variety of pest organisms. Thanks to the development of new pesticides, the use of neurotoxic pesticides has decreased dramatically over the years. There are also alternatives to chemical pesticides, such as biological pesticides which are preferred by many environmentalists and gardeners, or even no pesticide use at all.

To help keep pharmaceuticals out of the environment, dispose of unneeded or expired medications properly:

• Do NOT flush them down a toilet or drain. This includes septic systems as well as municipal wastewater systems.

• Alter the medications in some way (e.g. mix with cat litter, coffee grounds, baking soda).

• Remove all identifying information, close and secure the lid.

• Dispose of the medication in the trash, preferably the day of pick up.

Reuse

Almost all things around the home can be reused. Think of all the ways something can be used before sending it to the trash can. Reuse plastic grocery bags — they make great liners for trash cans. Many items can be given to charities, family or friends. Magazines can be shared or given to nursing homes or schools.

Recycle

There are 33 recycling drop-off sites locations in Lancaster County (see back page for details). During the 2007-2008 year, 7,473 tons of material was collected through the drop-off sites. Many City of Lincoln residents choose the convenience of private curbside recycling. The recycling office estimates approximately 3,250 tons of material was collected through local curbside recycling efforts.

Have you looked at your trash lately? What should you be recycling? Remember: newspapers, cardboard boxes (including cereal boxes, etc.), cans (steel and aluminum), glass bottles and jars, plastic #1 and #2 containers can be recycled.

For more information about recycling, contact the City of Lincoln Recycling Hotline at 441-8215 or go to http://lincoln.ne.gov (keyword: Recycling).

America Recycle Day

is Nov. 15

This is good time to pledge to make a commitment to participate or increase participation in recycling. See back page for details.

Tips to Make a Difference:

• Turn thermostat down two degrees in the winter and up two degrees in the summer.

• Turn off lights and unplug electric appliances.

• Take your own bags to the grocery store. Use reusable ones or reuse paper or plastic bags.

• Install low-flow shower heads and take shorter showers.

• Change furnace filters.

• Change most used light bulbs to compact fluorescent bulbs.

• Maintain your vehicle: change air filters, properly inflate tires to improve gas mileage up to 10%.

• Run the dishwasher only when it is full. This will save water, electricity and soap.

• Be sure your house is adequately insulated.

• Caulk and weatherstrip all seams and cracks in your home.

• When replacing appliances, choose Energy Star-approved appliances. This will help reduce utility bill and save energy.

• Check your hot water heater and lower temperature to 120 degrees F.

When Planning a Trip:

• Use electronic, no paper tickets when booking transportation or events.

• Have your vehicle tuned up.

• Stop your newspaper or donate it to a school while you are gone.

• Stay at hotels that are environmentally friendly and reduce laundry by not changing sheets each day.

• Turn off lights when you leave the room.

• Take only the brochures you need from visitors centers.

• Recycle any papers or items rather than putting them in the trash.

Source: The U.S. Environmental Protection Agency.
Preserve Grain Quality with Aeration Management

Tom Dorn
UNL Extension Educator

Corn matured later than normal this year and as I write this article on Sept. 25, I anticipate that the fall field can be harvested at higher moisture content than usual. This means more grain cost will need to be dried in the bin or high-capacity dryer to bring the corn down to a safe moisture content for storage. The corn can be dried to a moisture level as low as 15% if the grain is to be fed or delivered before December; 15% if held into the new year; and 14% if held into the summer months. The safe storage moisture content for soybeans is two percentage points lower than corn. To learn more about moisture content and drying costs, see the article on the Farm Views page of the Farming Nebraska Web site: “How to Reduce Energy Cost for Grain Drying,” online at http://farm-views.unl.edu.

Don't forget, it is important to get the grain cool as well as dry in order to maintain high grain quality. Insects become nearly dormant at temperatures below 55 degrees F and many are killed below freezing.

Grind is nearly zero at temperatures below 40 degrees F as well. After the grain has reached the target moisture content, use the aeration fan whenever the ambient air temperature is 10 degrees F cooler than the grain. The goal is to cool the grain to between 30 and 40 degrees F as soon as possible. The amount of time required for a cooling cycle to pass through a bin of grain depends on the airflow rate. The bin of grain can be estimated by dividing 15 by the airflow rate, measured in cubic feet per minute (CFM). For example: it will take about 15 hours to push a cooling front through a bin of corn with a typically sized drying fan capable of inverting 1,000 bushels (CFM). The bin will need about 15 hours to heat 75 nearest with an airflow rate of 0.2 CFM (1.0 bushel, or 75 x 15 = 1,125 bushel, or 75 x 15 = 1,125 CFM). The airflow rate you would expect to achieve a 0.5 12-inch foot fan @ 450 rpm air fan on a 30-foot diameter bin with a full mesh floor and 18-foot grain depth. (Check grain temperature at several locations in the bin to determine when the cooling cycle is complete.)

Grain temperature changes about 30 minutes faster than the moisture content changes. Relative humidity is of little concern during grain cooling. It is important to keep the grain temperature uniform throughout the bin. The temperature of the grain next to the bin wall will be influenced by the air temperature so tend to be colder than the grain in the middle of the bin in winter. Cold air sinks along the bin wall and warmer air rises in the middle of the bin. In early winter, the air temperature is 28 to 35 degrees F as well.

Note: This analysis did not include cash rent on leased land or interest on the land loan or property taxes on owned land. These should be included when calculating a true break-even cost per bushel.

Surviving High Input Costs in Crop Production Web Site

UNL extension specialists and extension educators are in the process of creating a Web site titled, Surviving High Input Costs in Crop Production. This Web site will be populated with short single-topic papers describing ways to reduce input costs in crop production without suffering economic yield loss.

By the time this newsletter is printed, this Web site will be linked to the Crop Watch Newsletter site (http://cropwatch.unl.edu) and will be linked to the UNL Extension in Lancaster County Acreage, Farm and Ranch page at http://lancaster.unl.edu/ag. Take a look and see how many of the practices suggested could be implemented on your farm. It may be possible to reduce input costs by $20 or $50 per acre or more without hurting yields.

Estimating Corn Drydown Time

Tom Dorn
UNL Extension Educator

In the absence of frost, we can estimate the time to dry the crop using a method described in a January 2001 article in the Crop Watch Newsletter. Farmer Question: About how long should it take to dry 20% moisture content corn to 15% using natural air during the last three weeks in October?

Answer: The High Plains Climate Center data for Lincoln, Nebraska shows the 24-hour mean temperature is 51 degrees F for the final three weeks in October. If we assume the mean humidity is 50% (dew point of 33 degrees F) and if we assume the air is 1.0 cubic feet per minute per bushel, (the minimum recommended airflow for 20% moisture) it takes the time to dry this drying cost, drawing small volumes of air through the fan opening to prevent the chimney effect (drying cold air in through the fan and up through the grain). If you have an efficient aeration system installed, you may have enough grain in the bottom of the bin when you unload in the spring, it was likely due to the chimney effect (drawing small volumes of air through the fan opening to prevent the chimney effect) drawing small volumes of air through the fan opening to prevent the chimney effect (drying cold air in through the fan and up through the grain). If you have an efficient aeration system installed, you may have enough grain in the bottom of the bin when you unload in the spring, it was likely due to the chimney effect. Because the drying process is not complete, the grain is left to dry slowly through the frosty period. This is a reasonable expectation for late season harvests.
Winter can be tough on trees and shrubs. Low temperatures, rapid temperature changes, winter desiccation and the weight of ice and snow can damage vulnerable trees and shrubs.

Nebraska is located in USDA Hardiness Zones 4 and 5. The average annual minimum temperature in Zone 4 is approximately -30°F to -35°F. The dividing line between Zones 4 and 5 lies roughly two miles north of Interstate 80. Woody plants gradually acclimatize to cold temperatures. Cold hardiness is initiated by decreasing day length and temperature. Trees and shrubs gradually become more cold hardy during the fall and early winter season and possess maximum cold hardiness in mid-winter. Cold hardiness then decreases. As a result, a temperature of -5 to -10 degrees F in January is generally not a problem for established plants. However, a temperature near zero in early November or late March may cause considerable damage to poorly adapted trees and shrubs.

The best way to prevent damage caused by low temperatures or rapid temperature changes is to select trees and shrubs that are hardy in your area. Marginally hardy plants should be planted in protected sites, such as courtyards or against buildings. Avoid late summer pruning and fertilization of trees and shrubs. Late summer pruning and fertilization stimulate late season growth and delay the hardening process, making the plants more susceptible to winter injury.

Narrow and broadleaf evergreens lose considerable amounts of moisture through their leaves or needles, buds and stems during the winter months. The cold, dry winds and sun are mainly responsible for the water loss. Once the ground freezes, deciduous roots are no longer able to absorb water. Plant foliage that loses a large amount of moisture dies and suffer desiccation injury. Plants susceptible to desiccation injury should be planted in protected areas. A shield or screen can be erected to deflect drying winds or shade exposed plants. A simple screen can be constructed with wooden posts and burlap.

- Anti-desiccants can also be used to prevent desiccation injury. When sprayed on plant foliage, these materials form a protective film that slows water loss. In dry years, water evergreens susceptible to desiccation injury in the fall. Most evergreens and deciduous trees and shrubs can also be affected by the weight of ice or heavy snow. Multi-stemmed evergreens, such as arborvitae and white-wooded deciduous trees, such as Siberian elm, green ash and maple are most susceptible to branch breakage. High winds during an ice storm or snow storm can also greatly increase tree and shrub damage. Oak, crabapple, pine, spruce and fir are the least susceptible to winter storm damage.

When heavy, wet snow accumulates on shrubs and small trees, home gardeners can gently shake the snow from their branches or carefully brush off the snow with a broom. Sharply bent, ice-covered branches on small trees and shrubs can be propped up to prevent breakage. Don’t attempt to remove the ice by beating the tree or shrub with a broom or rake. This may only cause greater damage. Individuals should stay away from large, ice-covered trees. Nothing can be done to prevent damage to large trees. Individuals, however, can be severely injured or killed if a large, ice-laden branch or tree were to suddenly crash to the ground while underneath it.

Put on an Extra Blanket (Winter Mulching)

When temperatures drop and the cold wind blows, we throw an extra blanket on the bed to keep us warm. Winter mulching serves the same thing when we apply a winter mulch to garden and landscape plants, we may be doing the right thing for the right reason.

In most cases, the aim of a winter mulch is not to keep the ground from freezing but to keep it from alternating freezing and thawing. This can injure plant roots and prevent plants from being right up off the ground. The exceptions are roses and strawberries which continue to flower and grow during the winter.

When the danger of frost is past, it can be spread around landscape plants reduce the need to water and keeps lawn and plant beds of frost. Sharp, ice-covered branches can be propped up to prevent breakage. Do not mulch trees directly around the trunk. Strawberry plants need to be uncovered as soon as they begin growing in the spring. The mulch between the rows where it will be handy in case a freeze or frost warning makes it necessary to re-cover plants. After the danger of frost is past, it can be spread between rows for a summer mulch to help control weeds and slow the loss of moisture from the soil. Mulches in flower beds and around landscape plants reduce the need to water and keeps lawn equipment at a distance. Injured bark on woody plants can give insects and disease organisms a place to invade.

Mulching to retain soil moisture is especially important around newly planted ornamentals, which tend to have limited root systems for the first year or two after planting. This makes them more susceptible to drought stress than established plants.

Avoid Stacking Firewood Next to House

That big woodpile that gives you such a feeling of snug security going into the winter may also shelter rodents and insects and may even provide them an opportunity to spend the cold season underground. Where and how you stack the wood is the key. Mice and rats will readily take shelter in a backyard woodpile, especially when the woodpile is located some distance from the house so the rodents would have to cross a wide expanse of open lawn, they’re likely either to stay near the woodpile or move on. If the woodpile is stacked next to the house, however, so the rodents don’t have to venture out into the open, the woodpile enables them to search for perfect safety for an opening through which they can squeeze into your house. An open woodpile spot in the garden where open woodpile mouse can squeeze through a hole 1/4-inch in diameter, and a rat needs only a 1/8-inch hole. Both rats and mice can climb any surface rough enough to give them a toehold so openings need not be as big as below ground level to give them entrance.

Provide the resident with shelter in the form of a woodpile right next to the house, and they’ll be able to take as much time as they need to scout out an entryway.

Provide them with a supply of food, too, and your rodent problem can get serious very quickly. Food can be in the form of easily accessible garbage piles, a partially managed compost pile, wild bird food in flimsy containers, crop residues in the vegetable garden or dog food.

If right next to the house is the worst place for a woodpile, probably the next-worst place is next to the dog pen. If you feed the dog there, spilled and leftover food and the dog’s water dish can provide rodents with all they need in addition to shelter.

Stacking wood against an exterior wall of your home also invites rodent problems. These are the natural home for carpenter ants, termites, wood-boring beetles and countless other insects and spiders. Except for carpenter ants and termites which can seriously damage your home, most of these insects are more nuisance than threat. But they will move indoors for the winter. You issue an invitation to these insects when you stack wood next to the house. The insects then find the little crack in the foundation or the loose-fitting storm door and stroll right in.

Close up openings around windows and doors, seal cracks in the foundation and mend holes in screens. Then stack wood some distance from the house or, if you must pile it nearby, get it up off the ground—at least 18 inches—and keep it an arm’s length away from the wall. Make the pile long and narrow, one log wide rather than several logs laid side by side. Multiple rows make better rodent quarters.

Insects may hitchhike indoors on wood, so bring in only what you’ll use in a day or two. A log riddled with insect tunnels that begins to erupt with big black ants or termites when it’s disturbed or warmed to room temperature should be rushed outdoors at once, then burned or otherwise disposed of. Other insects brought out of firewood by the warmth inside your home are a nuisance rather than an emergency and can be collected with a vacuum cleaner.

It’s Not Easy Being Green During Nebraska’s Winters

Don Jansen
UNL Extension Educator

Winter can be tough on trees and shrubs. Low temperatures, rapid temperature changes, winter desiccation and the weight of ice and snow can damage vulnerable trees and shrubs.

Nebraska is located in USDA Hardiness Zones 4 and 5. The average annual minimum temperature in Zone 5 is -10 to -20 degrees F. The average annual minimum temperature in Zone 4 is approximately -30 degrees F. The dividing line between Zones 4 and 5 lies roughly two miles north of Interstate 80. Woody plants gradually acclimatize to cold temperatures. Cold hardiness is initiated by decreasing day length and temperature. Trees and shrubs gradually become more cold hardy during the fall and early winter season and possess maximum cold hardiness in mid-winter. Cold hardiness then decreases. As a result, a temperature of -5 to -10 degrees F in January is generally not a problem for established plants. However, a temperature near zero in early November or late March may cause considerable damage to poorly adapted trees and shrubs.

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Food & Fitness

Nov./Dec. 2008

Stretch Your Food Dollar During the Holiday Season

By Alice Hennenman, MS, RD, UNL Extension Educator

Here’s a recipe from Mary Torell, Public Information Officer, Nebraska Department of Agriculture, Poultry and Egg Division for using leftover turkeys.

Easy as Pie—Turkey Pot Pie

(Serves 6)

1 (15 ounce) package refrigerated pie crusts (2 crusts)
2 (10 ounce) cans cream of mushroom soup
2 cups chopped cooked turkey
1/2 cup low-fat milk
1/4 teaspoon dried thyme leaves
1/4 teaspoon black pepper

Wash hands. Place one pie crust in bottom of a 9 in deep dish pie plate. In a large mixing bowl stir together soup, vegetables, turkey, milk, thyme and pepper. Spoon turkey mixture into crust. Top with second crust. Pinch sides together and cut slits in the top of the pie. Bake in a preheated 375° F. oven for 40 minutes. Cool before serving.

Approximate Nutrition Content Per Serving: 477 cal, 14 g total fat (6 g saturated fat); 30 g carbohydrate; 726 mg sodium.

Recipe Source: Iowa Turkey Federation

The Keys to a Perfect Thanksgiving Meal

Mary Torell
Nebraska Department of Agriculture, Poultry and Egg Division

Most everyone loves the traditional Thanksgiving meal — turkey with all the trimmings, including mashed potatoes and pumpkin pie. A little organization, planning, and a little forethought can make the recipe, tips, and the keys to a perfect Thanksgiving. And when it comes to cooking the turkey there’s sometimes fear of the unknown — in this case, how to do it. Turkey is a 15 pound turkey — causes unnecessary pre-Thanksgiving panic. People don’t realize how easy it is to roast a turkey. The size of the bird intimidates them. With a few timely tips and meat thermometer know-how, everyone will be able to roast the perfect bird.

Keep in mind because turkey is naturally mild, it blend beautifully with an assortment of herbs, spices and other seasonings. Turkey is also very high in protein, but low in calories. With many Americans feeling financially stretched with the prices of food, gas and just about everything else on the rise, turkey can help stretch your food budget. At an average cost of $1.49 per pound for a whole bird, turkey is still a great choice when it comes to affordable and nutritious foods.

The Department of Agriculture’s Poultry & Egg Division is again providing readers with some excellent turkey cooking suggestions on their Web site. They are also offering the user-friendly, consumer-oriented brochure to ensure a safe and delicious turkey dinner. To request Take the Guesswork Out of Roasting a Turkey, contact Mary Torell, Public Information Officer, Nebraska Department of Agriculture, Poultry and Egg Division at mtorell2@unl.edu or call 472-0752. Each contact will receive a .pdf off coupon for a regular NORBEST turkey, a Nebraska grown product. For additional turkey cooking tips, a timeline on the big day’s meal preparation and recipes for leftover turkey, go to the Nebraska Department of Agriculture’s Web site at www.nebraska-poultry.org and click on Turkey Cooking Tips or Thanksgiving Countdown Tips. Preparing turkey is easy, especially when you follow these guidelines:

Fresh vs. Frozen

There is no quality difference between a frozen or fresh turkey. It’s a matter of preference and cost. Choose the type of turkey that best meets your individual needs. Because fresh turkeys have never been chilled below 24°F, they don’t require special handling. For this reason fresh turkeys have a shorter shelf life and require special handling, and may be more expensive than frozen turkeys. Follow label directions.

Frozen turkeys are flash frozen immediately after packaging to 0°F or below and held at that temperature until purchased. Once defrosted, the meat is virtually as fresh as the day it was processed. They can be purchased in advance of your holiday meal. Because turkeys are large birds, you may want to allow yourself over 3 days to defrost your turkey. Follow these tips to keep your nutrition on track during this chaotic time of year:

Don’t try to diet during these few months. Instead, focus on taking steps to maintain your current weight. This will allow you to participate in food festivities without feeling overwhelmed.

Watch your portion sizes. Make small changes in items you want to try, and then if you are still hungry, go for it. Only indulge in the things you really want and forget the rest. You don’t have to have all of something!

Listen to your body. Stop eating when you are just starting to feel full.

Move away from the food table. You’ll be less likely to overeat when food is not right next to you in range for absentminded grabs.

Keep talking. Talking and chewing at the same time isn’t polite, so socializing will also save calories.

Bring a favorite low-calorie, healthy dish to parties. Low-calorie side items or appetizers are a great option; do the prep work yourself and look for in-season produce to reduce costs.

Don’t go to a holiday party or gathering with an empty stomach. You may bring feelings of dread while stretching their food dollars.

The Keys to a Perfect Thanksgiving Meal

Turkey Federation
Recipe Source: Iowa Turkey Federation

Turkey Cooking Tips

1. Frozen turkey, like all other foods, should be thawed in the refrigerator, NEVER at room temperature. When foods are thawed at room temperatures, surface bacteria can multiply to dangerous levels at temperatures of 40°F and above.
2. To thaw, leave turkey in its original packaging, place in a shallow pan and place in refrigerator 3 to 4 days, or about 5 hours per pound of turkey.
3. To speed up thawing, keep turkey in its tightly sealed bag in the refrigerator or sink and cover with cold water. Change water frequently, about 1/2 hour per pound of turkey.
4. Refrigerate or cook turkey when it is thawed.

Don’t try to save uncooked, defrosted turkey. Commercially frozen stuffed turkeys should not be thawed before roasting. Follow package instructions.

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Housecleaning

Ergonomics

How to Clean the House Safely

Injuries are no stranger to those involved in sports, but did you know you can be at risk of injury from everyday activities such as cleaning your house? You can get tennis elbow without ever lobbing a ball! But elbows aren’t the only body parts at risk. Improper or overuse of muscles and joints in the fingers, hands, arms, shoulders, neck and back, as well as repeated movements and awkward postures, can cause fatigue and strain that may permanently damage tissues and muscles, known as Repetitive Strain Injury or Cumulative Trauma Disorder, can require medical attention. Twisting to clean in areas behind hard-to-reach pipes, straining to dust a light fixture out of arm’s reach or leaning on both knees while you clean the tub can cause body aches.

Some common mistakes people make when cleaning house and some suggestions for avoiding new injuries and minimizing flare-ups of existing ones are

Bending Basics—When housecleaning, bending is almost like breathing—most of us don’t even give it a thought! We bend to pick up cleaning supplies or bend to clean in corners and crannies. If you are in the habit of bunching your shoulders and bending over from the waist, you are a candidate for back strain. To help avoid this, bend at your knees and keep a hollow in your back. Practice this bending technique until it becomes second nature.

Knee Knowledge—If a task like scrubbing the floor or cleaning the tub calls for getting down on your knees, don’t put pressure on both knees at the same time. Instead, kneel on one knee and then switch to the other one every minute. Alternating knees will minimize and disperse the pressure.

Reach Right—Reaching farther than your full arm extension can put strain on both your shoulders and your spine. Use a sturdy stool or stepstool so you don’t hyper-extend your back. Use cleaning and dusting products including wands or poles that extend your reach. If a task like scrubbing the floor or cleaning the tub calls for getting down on your knees, don’t put pressure on both knees at the same time. Instead, kneel on one knee and then switch to the other one every minute. Alternating knees will minimize and disperse the pressure.

• Skip the “Humbug!” 10 Tips to Relieve Holiday Stress

Several families will match the idyllic images captured in holiday advertisements, but most can find joy in the holiday season and after.

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**Indoor Trees**

Both the fiddle leaf fig and rubber tree respond well to bright sunny locations, and often drop foliage if light levels drop. Supplemental artificial light will help maintain foliage and will uniformly soil moisture. As with the palms, temperatures of 65 to 75 degrees Fahrenheit and moderate humidity are helpful.

**The weeping fig**, a member of Ficus, probably has the greatest potential for becoming a satisfactory indoor tree. As the plant matures it branches freely and develops a spreading, tree-like form similar to outdoor landscape trees.

**Date palm**

Water the cyclamen whenever the soil begins to dry out. Keep the foliage and crown as the plant is very susceptible to crown rot.

**Cyclamen**

A houseplant is often thought of as a small, well-kept fiddle leaf plant sitting on a window sill. But many of our common houseplants are full-scale trees in their native habitat. If space is available, large specimens can be used as indoor trees. Specialty plant stores often have access to large plants that can be used as effective room accents. Or you might consider growing your own.

**The date palm** can grow up to 100 feet outdoors, but a five foot specimen is ideal for indoors. Plants set on a pedestal have a definite tree effect. For optimum growth, place them near any sunny east, south or west window or add supplemental light. Room temperatures between 65 and 80 degrees Fahrenheit and moderate humidity are ideal. When old fronds turn yellow, remove them at the trunk with a sharp pruning tool to maintain an attractive stem.

There are several of Ficus that can provide a wide variety of large specimen plants that quickly grow into tree form. The **fiddle leaf fig** produces leathery, deep green leaves about 15 inches long, with crinkled margins on stout stems. The **common rubber tree** produces slightly smaller, six to eleven inch leaves that are slightly olive-green with a touch of red along their straight margin. Well branched specimens of either plant form trees with little effort.

**Fiddle leaf fig** and rubber tree

Plants that Add Interest or Color to Winter Landscape

- **Red Osier Dogwood (left) and Yellow Twig Dogwood (right)**
- **Winged Euonymus**
- **Yellow Twig Dogwood**
  - (Cornus stolonifera ‘Flaviramea’), bright yellow stems much like Red Osier Dogwood except the twigs are bright yellow rather than red.
- **Narrow Birch** (Bella nigra).
  - This tree has very interesting bark. The flaky bark is reddish brown to peach and contrasts nicely with snow.
- **River Birch**

**Landscapes**

Tend to be dark and gray this time of year, but careful planning can result in subsequent winter gardens being more colorful and interesting. The key is selection of plant material and use of good design. Choose the vantage point from which the garden will be most commonly enjoyed. Select planting sites that are easily seen from this area.

Green is the easiest color to add to a winter landscape with the use of evergreens like **white spruce**, Douglas-fir or Japanese yew.

Or try one of the deciduous plants other than foliage can be colorful or interesting. Trees with horizontal branching patterns are interesting if there is snow adding white to the bark color.

Some plants that should be considered for winter landscapes include:

- **Red Osier Dogwood** (Cornus stolonifera). The young stems of this plant are bright red during the winter months and become more intensely colored toward spring. Older stems are often pruned out during the spring to encourage more of the young, bright colored twigs.
- **Winged Euonymus or Burning Bush** (Euonymus alatus). This is the shrub that attracts so much attention in the fall because of the flaming red coloration of the fall foliage. However, the stems are also interesting, especially during the winter due to their winged characteristics which tend to catch and hold snow.

**Cyclamen Care**

Mary Jane Frogge

UNL Extension Associate

Cool temperatures and bright light is the prescription for success with cyclamen. Place this flowering plant in an east window. A daytime temperature of 60 to 75 degrees Fahrenheit and a nighttime temperature of 60 degrees Fahrenheit should keep it blooming well into next year.

The white, red or pink flowers grow tall with nodding stems above the rosette of heart-shaped, blue-green to dark green leaves. The foliage is marked with white veins and light green spots.

Fertilize the plant with a houseplant fertilizer using one-half the recommended strength every two weeks when it is flowering. When new flowers cease to appear keep it off the foliage and crown as the plant is very susceptible to crown rot.

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Using Glue Traps to Catch Pests

Barb Ogg
UNL Extension Educator

Glue traps are sticky traps used to catch crawling insects. They are inexpensive, non-toxic and work well to passively catch spiders, cockroaches, millipedes, centipedes, pillbugs and many other crawling pests. Larger ones can even catch mice, although baited snap traps are probably more effective.

There are two different types of glue traps: glue board traps and glue tray traps. Glue board traps are plastic trays which have a depression filled with glue. Of the two types, the glue board traps are better for catching insects because they do not have to crawl up onto the platform. Glue boards are also more effective at catching mice. They may be a little harder to find, but, once found, you will probably find that glue board traps are less expensive. Two brands found in the Lincoln area are Catchmaster™ Mouse and Insect Glue Board and Pic™ Mouse Glue Board. In larger stores, they may be found in the rodent supply section.

Place glue boards near areas where insects come into the house. They are ideal in basements. Corners of rooms are good because spiders and crickets head toward dark areas. If you catch a lot of bugs in a relatively short time, it may mean you need to seal cracks and crevices or take other measures to keep pests from coming indoors (see article at right). Some glue boards can be folded up so they are covered, but unless conditions are very dusty, flat glue boards work best because more insects are likely to be captured on the sticky surface.

If you don’t recognize what critters you’ve caught, glue board traps to the UNL Extension in Lancaster County office, 444 Cherrycreek Road, Lincoln for free identification. Office hours are Monday–Friday, 8 a.m.–4:30 p.m.

Outside Your Home:

• Seal cracks and crevices.
• Look for holes and other possible openings in your home and garage. If you find an opening and it is too large to be filled, cover the damage with hardware cloth. Hardware cloth is a flexible wire mesh that is both easy to use and inexpensive. Use hardware cloth with 1/4-inch squares—this will keep out most animal pests. If the opening was made by a larger animal like a squirrel, be sure the animal is out of the building before making repairs and covering up the damage.

• Doors, windows and screens should fit tightly. Make repairs in window screens. Caulk around openings like windows and doors. In addition to keeping pests out, you’ll also help lower your heating bills this winter.
• Check other possible entry areas. Inspect around your dryer vent, air conditioner and other possible entry areas for pests. Make sure cracks and openings are sealed or screened (do not block vents). Make sure your chimney cap is fitted correctly.

Glue board traps (at left) are better for catching insects than glue tray traps (right).

House Finch Eye Disease

House Finch are found throughout the United States. During the past decade, their populations have dropped in half in the eastern U.S. due to an infectious eye disease called House Finch Eye Disease (Myocpasma gallisepticum). According to House Finch Disease Survey data from Cornell University, the disease is no longer an epidemic and the dramatic spread a few years ago has leveled out. It is still considered an important and harmful disease. American Goldfinch can also be affected by this disease. Both the House Finch and American Goldfinch are common in Lancaster County.

Birds with House Finch Eye Disease often have red, swollen, watery or crusty eyes. In extreme cases the eyes are so swollen or crusty over that the birds are almost blind. You’ll usually see them on the ground under feeders trying to find seeds. The birds do not die from the disease, but from starvation or predators because they can’t see.

Feeding birds does not drastically increase the spread of the disease, but you should still take precautions when feeding birds. Be sure to space your feeders widely apart to discourage crowding at feeders. When birds crowd at feeders, they are more likely to spread the disease. Both the House Finch and American Goldfinch at their feeders and record any diseased birds, you then send your data to the Cornell Lab of Ornithology.

To request a survey packet, visit www.birds.cornell.edu/hofi/index.html and complete the online form. You can also email house- finch@cornell.edu or call (607) 256-2469 to request a survey.

Have House Finches or American Goldfinches at Your Bird Feeders?

Sign up now to participate in the House Finch Disease Survey. The survey is an opportunity for you to help researchers track the spread of this infectious disease. The survey period is from November to February. There is no charge to participate.

The survey is easy to complete: participants record the visits of House Finches and American Goldfinches at their feeders and record any diseased birds, and then you send your data to the Cornell Lab of Ornithology for analysis.

For more information, contact Soni Cochran, UNL Extension Associate, Department of Environmental Horticulture, 434-6900.

“Pest-Proof” Checklist

Soni Cochran
UNL Extension Associate

Fall is a time when some insects and animal pests begin looking for over-wintering sites. You should already be taking steps to keep pests from entering your home. Pest-proofing may not keep every mouse or spider from entering your home, but you’ll reduce the chances these pests will be successful.

Outside Your Home:

Cool, sunny fall days are perfect for working around the home and taking steps to prepare for winter.
• Seal cracks and crevices. This will help keep mice, snakes and insects from squeezing into your house. Use strong materials like caulk, cement or mortar. Do not stuff cracks and holes with rags – it just won’t help keep pests out. • Look for holes and other possible openings in your home and garage. If you find an opening and it is too large to be filled, cover the damage with hardware cloth. Hardware cloth is a flexible wire mesh that is both easy to use and inexpensive. Use hardware cloth with 1/4-inch squares—this will keep out most animal pests. If the opening was made by a larger animal like a squirrel, be sure the animal is out of the building before making repairs and covering up the damage.

Environmental Focus

Last 2008 Household Hazardous Waste Collection

Soni Cochran
UNL Extension Associate

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Outdoors: This is a great time for a thorough backyard clean-up and to help remove hiding places for insect and animal pests.
• Remove leaves and grass clippings around your home. Clean up any overgrown, weedy areas. Make sure you check window wells.
• Remove debris and possible hiding places. Dispose of old tires, bicycles and other debris from the yard.
• Check your trash cans. Make sure the lids fit tightly. If you are having a problem with rats or mice, consider metal trash cans with lids. Store trash cans away from the house because they will attract pests.

For more information, contact Soni Cochran, UNL Extension Associate, Department of Environmental Horticulture, 434-6900.
**Rabbit Clinic, Nov. 1**

All youth ages 8–18 and their families are invited to attend a free 4-H Rabbit Clinic on Saturday, Nov. 1, 9:30 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.

Sessions include:
- **Breed Identification & Rabbit Handling**
- **Nutrition & Care of the Rabbit**
- **Housing & Housing Requirements**
- **Showmanship**
- **Calving**

There will be a **Young Rabbit Handling**（required for 2009 fair）

**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.

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**4-H Leader Update, Nov. 20**

If representative(s) from your club did not attend the October Leader Update, it is **STRONGLY ENCOURAGED** someone from your club attend the 4-H Leader Update on Thursday, Nov. 20 at 9:30 a.m. or 7 p.m. at the Leader Extension Education Center, 444 Cherrycreek Rd. New Nebraska 4-H Policy and Procedures will be introduced and required for all clubs and members. Additional information on 4-H programs and sharing of ideas will be included. You must RSVP by calling 441-7180 by Nov. 18.

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**Application for 4-H Clubs of Excellence Due Jan. 2**

Leaders: Don’t forget to complete your Nebraska 4-H Club of Excellence application! All leaders received an application form in their OCTOBER organizational packet. All clubs estimating the requirements and sending in the application form will be recognized at Achievement Night and will receive a Nebraska 4-H Club of Excellence certificate. Seals will be awarded in subsequent years. Applications are due by the office by Jan. 2. Contact Tracy at 441-7180 if you have questions.

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**Boys and Girls Club’s编程 Camp**

This clinic will be beneficial to members for Rock Creek Boys and Girls Club and the community. Information on computers and how they work and understanding the value of what we do with computers will be discussed. There will be a **Juniors** and **Seniors** group. A **Junior Division** (ages 5–7) will be taught basic computer skills and **Seniors Division** (ages 8–12) will be taught some basic programming skills.

**4-H Rabbit Leader** (ages 14–18) will be in attendance to further explain this program.

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**4-H Award & Scholarship Forms Due Jan. 2**

Lancaster County 4-H award forms and college scholarship applications are due by Jan. 2. Recipients will be announced at Lancaster County Achievement Night on Tuesday, Feb. 10, 2009. Forms are available at http://lancaster.unl.edu/4h and the extension office. The online forms are provided as fill-in pdfs, anyone with Adobe Reader 7 or 8 can fill in, save and print.

**Awards**

**Community Service Awards** — all Lancaster County 4-H members are eligible to apply for this award which is based on the number of hours of community service they have performed. There will be four categories: Five winners in the 14 years of age and older category and 10 winners in the 13 and under category.

**I Dare You Leadership Award** — the award recognizes youth who strive to be their personal best and make a positive difference in their schools, youth groups, 4-H clubs and communities. Anyone can make nominations.

**Outstanding 4-H Member Award** — presented to an individual 14 years of age or older who has excelled in their involvement with the 4-H program. The basis for selection appreciates the variety and depth of 4-H activities. Anyone can make nominations.

**Meritorious Service Award** — presented to individuals or organizations who have exhibited outstanding support of the Lancaster County 4-H program. 4-H members are not eligible. Anyone can make nominations.

**Nebraska 4-H Diamond Clever Program** — recognizes the accomplishments of 4-H'ers ages 8–18. Youth can progress from Level 1 up to Level 6. At the beginning of the 4-H year, youth choose goals from a provided list and at the end of the 4-H year, fill out a report which documents their accomplishments.

**Nebraska 4-H Career Portfolio Award** — a record of a 4-H'er's career. Portfolios include a listing of personal growth and leadership experiences related to the knowledge learned, skills gained and community service/volunteer activities experienced through 4-H.
The 2008 4-H Horse Awards Night was held Oct. 7. The evening recognized top achievements at the Lancaster County Fair and other events throughout the past year. 4-H volunteer Kala Ball was Master of Ceremonies. Here are some of the winners. Additional winners and photos are online at http://lancaster.unl.edu/4h

**Horse Incentive Awards**
- 4-Hers logged the hours they spent working with or learning about horses. The more hours invested, the more valuable the reward!
  - Bronze Level (minimum of 100 hours) — Michael Anderson, Brooke Bennett, Elizabeth Boender, Morgan Chipp, Dena Christiansen, Caitlin Davis, Ivy DeJong, Ashley Duran, Lynsey Erickson, Kahlilah Green, Skylar Kinney, Jordan Leback, Logan McDonald, Matthew Merritt, Nicole Oestmann, Lena Ostransky, Haley Powers, Baxter Whala and Alexa Wolf

**Gold Level (minimum of 366 hours and completed horse record book)** — Chelsea Beach, Mckenzie Beach, Sam Cajka, Hannah Coffman, Ashley Demberge, Elise Edgar, Abbie Heusinger, Anna Hesuinger, Kaitlyn Kimmin, Megan Lueidtke, Bailey Peters, Cara Peters, Blake Preston, Brooke Preston, Katie Rawlinson, Molly Shadra, Joss Smith and Ashley Weeard

**Herdsmanship Awards**
- Top Herdsmanship — Large Club Champion was awarded to Country Riders
- Top Herdsmanship — Large Club Reserve Champion was awarded to Low Riders
- Top Herdsmanship — Small Club was awarded to Hiken Riders
- Best Decorations — Large Club was awarded to Western Pride
- Best Decorations — Small Club was awarded to Hiken Riders

**Judging Awards**
- The Horse Judging Contest at the Lancaster County Fair emphasizes how much 4-H members know about horses as they judge four or more classes of horses. Senior division participants also give oral reasons.
- Top Ten Judging Elementary Division — Sydney Sco (1st place), Bailey Peterson, Mckenzie Beach, Alexis Wolf, Jordan Patt, Ivy DeJong, Ashley Bradbury, Bailey Sobotka, Anna Heusinger, Bailey Gardner and Kate Rawlinson
- Top Ten Judging Junior Division — Courtney Goering (1st place) Chelsea Beach, Kaitlyn Chubbuck, Abbie Heusinger, Kelsey Wolf, Ashley Demberge, Brittany Allers, Jessica Schumacher, Bailey Peters, Hannah Rennan and Recca Rose
- Top Ten Judging Senior Division — Brooke Preston (1st place), Hannah Sco, Alyssa Heusinger, Blake Preston, Cara Peters, Joss Smith, Alyssa Thornton, Molly Shadra, Shelby Chubbuck and Stephanie Spar

**Horse Course Challenge Results**
- New this year, the Horse Course Challenge was a Lancaster County Fair 4-H contest. Top Five Horse Course Challenge Elementary Division — Josie Ang (Champion), Ivy DeJong (Reserve Champion), Spencer Peters, Kate Rawlinson and Bailey Sobotka
- Top Five Horse Course Challenge Junior/Senior Division — Elii DeJong (Champion), Maria Lueke (Reserve Champion), Will Schuhaf, Megan Luedtke and Hannah Rennan

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

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

**Wittstruck Award**
- Wilhelmina Wittstruck Memorial Award for Lancaster County Fair All-Around 4-H Champion Individual was awarded to Abbie Heusinger

**4-H Horse Project Advancement Levels**
- Walk-Trot Level — Ashley Colburn, Tasha Doubale, Terrar Horning, Nicole McConnell, Hayden Moss, Gretel Pery, Bonnie Rickard, Mikaela Whaley and Emma Zoller
- Level II — Brittany Albers, Ashley Anderson, Susan Battrer, Brooke Bennett, Megan Bjorkman, Elizabeth Boender, Chloe Brinon, Elii DeJong, Kahlilah Green, Katherine Lloyd, Maria Luedtke, Megan Lueidtke, Mackenzie Miller, Natalie Nasia, Bailee Peters, Michelle Iing, Hannah Rennan, Hannah Sader and Stephanie Spar
- Level III — Chelsea Beach, Anna Bowers, Hannah Coffman, Candace Lahners, Megan Luedtke, Cara Peters, Brooke Preston, Hannah Sco and Joss Smith

**Horse Awards Night**
- Horse Bits
- Horse Incentive, Bronze Level award winners
- Horse Incentive, Silver Level award winners
- Horse Incentive, Gold Level award winners
- Horse Course Challenge Elementary winners
- Horse Course Challenge Junior/Senior winners
- All-Around Cowboy/Cowgirl award winners
- Ben Leach received the Wittstruck All-Around Champion Award presented by Dwayne Wittstruck
- Abbie Heusinger received the Wittstruck All-Around Champion Award presented by Dwayne Wittstruck

**Top Five Horse Course Challenge Elementary Division**
- Josie Ang (Champion), Ivy DeJong (Reserve Champion), Will Schuhaf, Megan Luedtke and Hannah Rennan

**Junior/Senior Horse Course Challenge**
- Josie Ang (Champion), Ivy DeJong (Reserve Champion), Will Schuhaf, Megan Luedtke and Hannah Rennan

**Mackenzie Beach**

**Top Five Judging Junior Division**
- Josie Ang (Champion), Ivy DeJong (Reserve Champion), Will Schuhaf, Megan Luedtke and Hannah Rennan
UNL Extension Staff Win National Awards

UNL Extension in Lancaster County staff received several awards for excellence in educational programming at the National Extension Galaxy Conference in Indianapolis, Indiana in September.

National Extension Association of Family and Consumer Sciences

NATIONAL WINNERS
Food Safety: Amy Peterson and Helen Vander Heide
Communications—Newsletter (3rd place): Maureen Burson and team (Alice Hanneman, Lorene Bartos, Mandel Menke, Julie Rasmussen, Zainab Rida, Vicki Jedlicka)
Distinguished Service Award: Lorene Bartos

National Association of Extension 4-H Agents

NATIONAL WINNERS
Distinguished Service Award: Tracy Kulm

North Central Regional Winners
Promotional Package (Team): Gary Bergman, Marty Cruickshank, Vicki Jedlicka, Deanna Karmazin and Tracy Kulm
Periodical Publication (Team): Gary Bergman, Marty Cruickshank, Vicki Jedlicka, Deanna Karmazin and Tracy Kulm

Ways to Cut Expenses
Tips From UNL Extension’s Pay Down Debt Web Site

Are you one of the millions of Americans who are committed to making your money go further? Do you want to make your money work for you? If so, you are not alone. Many people are just like you. If you can answer yes to even one of these questions, the Pay Down Debt program may be for you.

One of the steps to debt reduction is to find ways to cut expenses. We all spend money for things we really don’t need. Track your spending for a month to find those spending “leaks.” Once you know where your money goes, you can start at all non-essential expenses. Which can be cut or totally eliminated? Are you getting any extra charges (example: late fees on credit cards)? Those fees can be totally eliminated by becoming better organized.

There are some additional tips to help cut expenses:

Recreation
• Explore home entertainment with friends in card games, gourmet clubs, “potluck” dinners or “round robins.”
• Plan a family game night during the week. Occasionally include close friends and relatives.
• Make use of public facilities such as beaches, parks, local ballparks, art centers and museums.
• Take your family to public events and festivities.
• If you need to travel, stay at “budget-type” motels, camp (if you have the necessary equipment), travel with friends to share expenses or stay with friends or relatives when you travel.

Health Care
• Explore the possibility of community health care services. Some clinics offer reduced or sliding fee costs.
• The local public health department will tell you what is available: chest x-rays, glucahome testing, immu

10 Steps to Debt Reduction

• Don’t wait to act.
• Stop using credit.
• Make getting out of debt a family affair.
• Organize financial records.
• Learn about your debt.
• Create a written Pay Down Debt Plan.
• Find ways to cut expenses.
• Find ways to increase income.
• Make sacrifices to eliminate debt.
• Once you are out of debt, Stay out of debt and begin a savings plan.

other Expected
• Buy only the essential items at the lowest possible cost.
• Consider shopping at garage sales, consignment shops, discount stores and thrift shops.
• Attempt to obtain those items or services you need by bartering or exchanging what you can have for what you need.

Caution: Essential expenses for food, utilities and health care should not be cut. Don’t cut out all “fun” entirely. Also, remember the law requires a certain amount of vehicle insurance.

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UNL University of Nebraska–Lincoln Extension and University of Nebraska at Omaha in cooperation with the University of Nebraska- Omaha

Tips From UNL Extension’s Pay Down Debt Web Site:

http://paydowndebt.unl.edu

Strengthening Family Treasures: Daughter/Mother Camp

A retreat designed for 5th & 6th grade girls and their mothers (or grandmothers or other adult females)

Friday, Feb. 20, 5 p.m. to Saturday, Feb. 21, 5 p.m.

Give the greatest gift to your daughter—your time! This camp is 2 days and 1 night of fun, educational and confidence-building activities. As middle school approaches, this is an opportunity to:

• Enhance effective communication including expressing emotions
• Learn more about body image and sexuality
• Explore techniques to handle peer pressure and stress
• Discuss the importance of individual family values
• Cost includes meals, snacks and lodging at Carol Joy Holling Center. Fee is $120 per pair (4 people per room) or $150 (2 people per room) — each room has two double beds. Carol Joy Holling is located at the end of Ranch Road, off Highway 66 between Interstate 80 and Ashland. Co-sponsored by UNL Extension, Sheridan Lutheran Church and Camp Carol Joy Holling. For more information or a registration form, go to http://lancaster.unl.edu/family/guf.shtml or call Extension Educator Maureen Burson at 441-7180.
in the thigh not touching any bone, before removing from the oven. The temperature of the breast should reach 170° F. The new internal temperature recommendation was made due to research by the National Advisory Committee on Microbiological Criteria for Foods. Their research shows bacteria and viruses are destroyed at 165° F.

However, the National Turkey Federation believes many consumers may wish to continue cooking the turkey to the higher internal temperatures of 170° F in the breast, and 180° F in the thigh, to achieve the desirable firmer texture and to ensure all the juices run clear, without traces of any pink color.

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

## Extension Calendar

**Public Notice**

The Lancaster County Board of Commissioners seek members of the community to serve on the Lancaster County Extension Board. The vacancies will be filled with terms beginning in January 2009.

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 at 1:30 p.m.

Registered Lancaster County voters interested in serving a three-year term should complete an application for an appointment by Nov. 1, 2008. Additional information and an application can be obtained from UNL Extension in Lancaster County, 444 Cherry Creek Road, Suite A, Lincoln, NE 68528-1507, or phone 441-7180. Applications are also available on the Internet at www.lincoln.ne.gov/cnty/commiss/boardapp.pdf

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**Holiday Gifts Needed for LPS Headstart**

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

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**2008 Ag at the Crossroads Conference**

Anyone interested in Nebraska agriculture is invited to attend the 2008 Ag at the Crossroads Conference on Thursday, Nov. 6, 8:30 a.m. at the Lancaster Event Center, 84th & Havelock in Lincoln. This year’s conference will examine political, social and consumer trends influencing the future of the food animal industry. This event is sponsored by the Nebraska AgRelations Council and the University of Nebraska–Lincoln Department of Agricultural Economics.

To register, send $40 to NAC, P.O. Box 830918, Lincoln, NE 68583-0918. The registration fee includes a luncheon, breaks and conference materials. Registrations received after Oct. 31 will increase to $50. Limited on-site registration will be available. For more information contact Deanna Karmazin at 441-7180.
The N E B L i N E
http://lancaster.unl.edu

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Nov./Dec. 2008

Recycling Drop-Off Site Locations
City of Lincoln and Lancaster County

LOCATIONS FOR MULTI-MATERIALS NORTH
• N.W. Roundhouse Dr. & West “Y” Avenue
• LNL Food Stores Warehouse, 1200 N. 17th Street
• University Plaza, 47th & St. Paul streets
• Gates of Preakness Church, 70th & Vine streets
• Rizer’s Market, 53rd & Plets Avenue
• Center Plaza, 48th & “L” streets
• Southeast Community College, 68th & “O” streets
• 48th Street Transfer, 5101 N. 48th Street limited hours of operation
• Air Park Recreation Center, 3710 N.W. 46th Street
• Highlands Fire Station, 5435 N.W. 1st Street
• North Star High School 5851 N. 33rd Street limited hours of operation
• A & R Recycling Center, 3200 N. 20th Street, Unit B

SOUTH
• Laura’s Food Mart, 33rd & South streets
• Union College, athletics field parking lot, 53rd & Calvert
• East High School, Southeast field parking lot, 70th & “A” streets
• Hampton College parking lot, 19th & “L” streets
• Tebort Hall, 12th & South streets
• Pepsi Cola Distribution Facility, 1901 Windom Drive
• Ross’s Market, 1500 S. Coddington limited hours of operation
• Ross’s Market, 33rd & Highway 2
• Midwest Recycling, 460 “J” Street
• Super Saver, 27th & Pine Lake

NEWSPAPER ONLY DROP-OFF NORTH
• LNL East Campus parking lot behind Fire Station No. 2, 33rd & High streets

SOUTH
• Blessed John XIll, 3700 Sheridan Boulevard
• Willard Community Center, 1800 S. 39th Street
• All Saints Lutheran Church, 8251 Pioneers Boulevard
• Indian Village, 13th & High streets

MAP KEY
• Aluminum cans
• Cardboard and mixed paper
• Glass containers
• #1 and #2 plastic containers
• Tin cans

MATERIALS ACCEPTED AT THE MULTI-MATERIAL RECYCLING SITES

NEWSPAPERS
• In-Person drop-offs ok. Put newspaper in paper bag.
• No other paper.

Cardboard Boxes
• Flatten cardboard and paperboard (i.e., cereal boxes). All boxes must be flattened and placed inside recycling containers.
• No packing material.
• No dirty boxes.
• No folded cardboard.

Cans
• All food and beverage cans. Clean, empty and flatten. Aluminum and tin cans and place in separate recycling compartments.
• No aluminum foil.
• No pie-panes.
• No metal cookware.
• No metal parts.

Glass Bottles and Jars
• All food and beverage glass. Clean, empty and flatten. Labels are OK. Rinse clean. Take off lids. Separate by color and place in separate recycling compartments.
• No smoking glasses.
• No window glass.
• No light bulbs.

Plastic #1 and #2 Containers
• All #1 and #2 plastic bottles and containers. Labels are OK. Rinse clean. Take off lids. Placing containers helps save space.
• No motor oil containers.
• No plastic toys.
• No other plastic bottles or containers.
• No plastic take-out containers.

Residential Mixed Papers
• Mail, magazines, office and school paper and telephone directories. Put clean paper together in paper bag.
• No loose paper.
• No milk cartons or juice boxes.
• No paper plates.
• No newspapers.

U.S. Drought Monitor Map
As of Oct. 7, Lancaster County was not in drought conditions.

America Recycles Day Pledge Drive
Lincoln area residents have the opportunity to win prizes by signing pledge cards making a commitment to increase their recycling efforts over the next year. The prize drawing is part of national America Recycles Day on Nov. 15. Pledge cards are available online at http://lancaster.unl.edu and at these locations through the month of October:
• All Rusa’s Market stores (at customer service counters)
• Both Wal-Mart stores – 4700 N. 27th St. and 8700 Andandami Dr
• Lincoln Journal Star, 925 “P” St.
• Schmidt Innovations, 7160 S. 29th St., Suite 12
• A-Con Recycling Center, 3255 S. 10th St.
• A & J Recycling 3250 N. 20th St., Suite B
• After Scrap Processing, 525 “M” St.
• Mid City Recycling, 4900 Vine St.
• Sodalite Iron and Metal, 6020 N.W. 39th St.

Can You Guess It?
Did you guess it? Find out at http://lancaster.unl.edu
Did you guess it from the October News? The answer was Ripples of Water in a Backyard Pond