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The NEBLINE, November-December 2008

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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 effect 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 3 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 nontoxic, natural and energy saving products, including: nontoxic paints and cleaners, eco-friendly facets, compact fluorescent 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 nontoxic 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 unused 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 site 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.
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, 1 acre of corn appears to be harvested at higher moisture content than usual. This means more grain will need to be dried in the bin or high capacity dryer to bring the grain down to a safe moisture content for storage. The grains that are too moist will be dried to about 15.5% or the grain will be fed or delivered before December; 15% is the legal limit for the new year; and 14% if held into the summer months. The safe storage moisture limit for soybeans is two percentage points lower than corn. To learn about the ideal moisture content for the grain, Wheat yields were respectable, but some were docked at the elevator when detected ideal for fungal growth. Some producers have had several small rains this month so there should be adequate moisture for germination and early growth. Grasshoppers are abundant and are very hard to kill this time of year. Grasshopper feeding on what little was left at this time will be a concern. When this newsletter is printed, we should have had some killing frosts. Hopefully frost has not killed the aphid population to sub-economic thresholds level. It never hurts to scout field margins to assess the potential for producers looking forward to next year as the ever higher cost for purchased inputs for crop and livestock producers is starting to affect the budget. To aid producers as they make plans for next season and as they put together their cash flow and borrowing needs, UNL Extension Crop Systems Specialist Robert Klein has put together several estimates broken down by crop budgets. These are all based on scenarios that include a great crop and croppng practices one would find across the state. These budgets can be found on the Crop Watch Newsletter Web site. The budget was split up between two consecutive issues of the newsletter.

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, 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 to $50 per acre or more without hurting yields.

Estimating Corn Drydown Time

Farmer Question: How long should it take to dry 20% moisture 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 59% (mean point of 33 degrees F) and if we assume the airflow is 1 cubic foot per minute per bushel, (the minimum recommended airflow for 20% moisture corn) the time to dry this corn is about 20 days. Under these climatic conditions, the stated aeration fan and assuming no stirring system in the bin, it should take about 20 days to bring the moisture content to the top of this bin to 15%.

This was a field just South of Roca Road on Hwy. 77 flooded by heavy rains in June.
It's Not Easy Being Green
During Nebraska’s Winters

Don Janssen
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 4 is around -30 degrees F. The dividing line between Zones 4 and 5 lies roughly a few miles north of Interstate 80. Woody plants gradually acclimate 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 hardy 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. Marginal hardy plants should be planted in protected sites, such as courtyards or wind breaks. 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 colder, drier winds and sun are mainly responsible for the water loss. Once the ground freezes, many tree roots are no longer able to absorb water. Plant foliage that loses a large amount of moisture will dry 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 layer that slows water loss. In dry years, water evergreens susceptible to desiccation injury in the fall. Multi-stemmed trees and shrubs can also be caused by the weight of ice or heavy, wet snow. Multi-stemmed evergreens, such as arborvitae and weak-wooded deciduous trees, such as Siberian elm, green ash and maple are most susceptible to branch breakage. High winds during an ice storm can squash great limbs and increase tree and shrub damage. Oak, crabapple, pine, spruce and fir are less 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 pricked up to prevent breakage. Do not attempt to remove the ice by beating the tree or shrub with a broom or rake. This may 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.

Avoid Stacking Firewood Next to House

Don Janssen
UNL Extension Educator

That big woodpile that gives you 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. 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 wood 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 in perfect safety for an opening through which they can squeeze into your house.

Provide the rodent 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, a poorly managed compost pile, wild bird food in flowerpots, container remains 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 provide rodents with all they need in addition to shelter.

Stacking wood against an exterior wall of your home also invites problems. 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 the invitation when you stack wood next to the house. The insects then find the little crack in the foundation, the loose-fitting door or window or entryway.

Where and how you stack the wood is the key factor in keeping the wood dry. Avoid stacking wood next to the house or, if you must pile it nearby, get it at least 10 feet in front of the house. The insects then find the little crack in the foundation, the door or window or entryway.

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 at least 10 feet 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 washed outdoors at once, then burn or otherwise dispose 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.

Put on an Extra Blanket (Winter Mulching)

Don Janssen
UNL Extension Educator

When temperatures drop and the cold winds blow, we throw an extra blanket on the bed to keep us warm. If we suddenly lost the same thing when we apply a winter mulch to garden and landscape plants, we may be doing the right thing for the wrong 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 plant tops if hardy plants, right up out of the soil.

The exceptions are roses and strawberry beds which need winter mulching—covering the plants with soil and/or mulch or rosin cones—is to protect the graft union from freezing. The graft union is the place where the named variety, the flowering part, was grafted onto the rootstock. If that part isn’t protected, the top part may be killed.

Though strawberries are vulnerable to frost heaving, they need a winter mulch to protect the flower buds that will become next year’s fruit crop against the impacts of the flower buds against temperatures below 15 degrees F, which can damage or kill the mature buds.

Mulch strawberries after plants stop growing. Applying mulch before growth stops, may smother the growing tips. You need to apply mulch before temperatures drop below 20 degrees F, however.

As the temperature drops, one of the best mulches for strawberries is straw. Other possibilities are chopped clover hay, sawdust and bark chips. Grass clippings and leaves are not recommended because they tend to form thick, smothering mats. Each bale of straw should cover an area about 10 by 10 feet to a depth of 4 to 6 inches.

For perennial and bulblets beds, chopped leaves and compost are good because the leaf mulch beds but plants can push up through them in the spring. Bark chips are often used around trees and shrubs. A properly mulched tree has mulch over the root zone but not lapping up against the trunk. Mulch piled around the trunk could provide cover for mice and enable them to burrow their way into the bark and girdle the plant.

Do not mulch trees directly around the trunk. Strawberry plants need to be uncovered as soon as they begin growing in the spring. Rake 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 heated specialty crops need 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.
**Healthy Eating**

By Alice Henneman, 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 turkey leftovers.

### Easy as Pie—Turkey Pot Pie

(Serves 6)

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (15 ounce) package refrigerated pie crusts (2 crusts)</td>
<td>1</td>
</tr>
<tr>
<td>2 (10 ounce) cans cream of potato soup</td>
<td>2</td>
</tr>
<tr>
<td>1 (16 ounce) bag frozen mixed vegetables, thawed</td>
<td>1</td>
</tr>
<tr>
<td>2 cups chopped cooked turkey</td>
<td></td>
</tr>
<tr>
<td>1/3 cup low-fat milk</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon dried thyme leaves</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon black pepper</td>
<td></td>
</tr>
</tbody>
</table>

**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 Nutrient Content Per Serving:

- Cholesterol: 726 mg
- Protein: 23 gm
- Fat (10 gm): 493 calories

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### Stretch Your Food Dollar During the Holiday Season

By Kelly Fisher, UNL Extension Assistant

As the heat of summer fades and temperatures get cooler, people will be thinking about us and winter is only around the corner. This change in temperature also gives us another season is quickly approaching—the holiday season. While this is a wonderful season filled with excitement for many, it also may bring fears of dread for others. Let’s face it, the holiday season is stressful and expensive.

This is the time of year good eating habits can fall by the wayside, and stress mixed with a food drive recipe for getting rundown, and possibly even sick. With an already stretched budget *“to do” list, a trip to the doctor is the last thing you need this time of year.*

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.** Stick to small samples of items you want to try, and then if you are still hungry, go back for more. Only indulge in the things you really want and forget the rest. You don’t have to have everything of! **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.** Eating and chewing at the same time isn’t polite, so socializing will also help you eat less.
- **Bring a favorite low- calorie, healthy choice.** Fruits or veggie trays 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 or try to “save up” calories by skipping meals. These practices will leave you ravenous and you’ll be more likely to overeat and make poor choices. Try to maintain your normal eating patterns and have a small, healthy snack before you leave the house.*

### Stay hydrated!

Just because it’s cold outside doesn’t mean you don’t need water or other no- or low-calorie drinks. Plus, our body temperature can mistake thirst for hunger leading to unnecessary calorie intake.

### Exercise and get your sleep!

There are two other important practices often forgotten when times get busy, but both will help you maintain your health and weight (and sanity) during these months.

*Sources: “Healthy Holiday Eating—Ten Tips “To the Eating Sea”* by John Casey, found at  [www.msacommunity.care/10945131.htm](http://www.msacommunity.care/10945131.htm) *Public Information Officer, Poultry and Egg Division at 472-0752. Each contact will receive a $2 off coupon for Nebraska Poultry.*

### The Keys to a Perfect Thanksgiving Meal

By 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 ahead-of-time, recipes and tips, are the keys to a perfect Thanksgiving. And when it comes to thawing and roasting the turkey there’s sometimes fear of the unknown — in this case, knowing what to do with it. 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 blends beautifully with an assortment of herbs, spices and other seasonings. Turkey is also very high in protein, but low in fat and calories. What many Americans feeling financially stretched with the prices of gas, food and just about everything else on the rise, turkey can help stretch your food budget. At an average 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 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 $2 off coupon for Nebraska Poultry.

**Nebraska Department of Agriculture**

*Poultry and Egg Division*

*Public Information Officer, Poultry and Egg Division*

*Mary Torell*

*Nebraska Department of Agriculture Poultry and Egg Division*

**Fresh vs. Frozen**

There is no quality difference between a frozen or fresh turkey. It’s a matter of preference between a frozen or fresh turkey. It’s a matter of preference between a frozen or fresh turkey. It’s a matter of preference between a frozen or fresh turkey. It’s a matter of preference between a frozen or fresh turkey.

**Turkey**

- Fresh: If using a meat thermometer, ensure a safe and delicious turkey dinner. To request 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 $2 off coupon for Nebraska Poultry.


1. Frozen turkey, like all other foods, should be thawed in the refrigerator, NEVER at room temperature. When foods are thawed at room temperature, surface bacteria can multiply to dangerous levels at temperatures above 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 if it is frozen, or remove from bag and cover with cold water. Change water frequently, about 3 lbs per hour per pound of turkey.

4. Refrigerate or cook turkey when it is thawed. Do not refreeze uncooked, defrosted turkey. Commercially frozen stuffed turkeys should not be thawed by being left out. Following package instructions.

**Turkey ROASTING TIMES**

(*Approximate roasting times for a turkey at 325°F.*)

<table>
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<tr>
<th>Weight</th>
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<td>21 to 23 hours</td>
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<tr>
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<td>32 to 37 hours</td>
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<tr>
<td>20 to 24 pounds</td>
<td>34 to 40 hours</td>
<td>36 to 42 hours</td>
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*Note: if using a cooking bag, follow the instructions provided with the bag, and reduce the amount of total roasting time. Never use a frozen paper grocery bag. Make sure you use a meat thermometer to determine doneness.*

**Foods & Fitness**

3½ to 4 hours

3 to 3¾ hours

3¾ to 4¼ hours

2¾ to 3 hours

4 to 4¼ hours

4½ to 5 hours

By Alice Henneman, MS, RD, UNL Extension Educator

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November is a big month for changes. First, on Nov. 2 we will be turning our clocks back. Next be sure and get out and VOTE on Nov. 4. Veterans Day is Nov. 11. Some other big news this Veterans Day commemorates great victories or honors great war heroes but on a personal note it honors the millions of Americans who served their country when asked and thousand who died. As we celebrate Veterans Day keep in mind the enormous day we owe to the veterans of this nation.

When was Thanksgiving first timed? It was an annual national holiday! Despite singular proclamation by thanksgiving by George Washington, John Adams and James Madison, it was not until the middle of the Civil War when Abraham Lincoln proclaimed Dec. 1st, 1863, to be a day of national thanksgiving. Since then, Thanksgiving has been observed annually.

In December, you are ending and a new year will begin. May you all have a Blessed Christmas and a Happy New Year. Hope to see you all at Achievement Night, Oct. 27. 

Bank Campaign. Gloria Hall of Palmyra will present a program “Granna’s Angels.” Club members will be recognized for years of membership. Call the extension office, 441-7180 and leave your name at the front desk, if you plan to attend.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

Presidents’ Notes—Bonnie’s Bits

Bonnie Krueger
FCE Council Chair

November is a big month for changes. First, on Nov. 2 we will be turning our clocks back. Next be sure and get out and VOTE on Nov. 4. Veterans Day is Nov. 11. Some other big news this Veterans Day commemorates great victories or honors great war heroes but on a personal note it honors the millions of Americans who served their country when asked and thousand who died. As we celebrate Veterans Day keep in mind the enormous day we owe to the veterans of this nation.

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FCE News & Events

Achievement Night

The 2008 FCE Achievement Night will be Monday, Oct. 27, starting with dessert at 6:30 p.m. Everyone is asked to bring canned food or paper products for the annual FCE Food Drive. If you would like to bring a dessert to share, please call the extension office for details. Hope to see you all at Achievement night, Oct. 27.

Skip the “Humbig!” 10 Tips to Relieve Holiday Stress

Few families will match the idyllic images captured in holiday advertisements, but most can find joy in the holiday season and after. “Feeling grateful for home, family, friends and life in general spills over into other activities and to others who sense your gratitude,” Olsen said. Gratitude itself can have a calming influence.

“A little planning can go a long ways in relieving family stress and holiday stress,” said Olsen, who offered the following time- and stress-management tips:

• Start early to plan family and other gatherings.
• Involve others, so everyone will be informed. Surprises can add stress unnecessarily.
• Be responsible. If the family is planning a potluck and you promised to bring the main dish, be on time, with enough food to serve everyone expected.
• Ask adult children what they would like to bring, rather than making arbitrary assignments. Let’s face it, a daughter-in-law in may enjoy making fruit salad, but not pork roulade.
• Explain house rules to children.
• Leave disciplining others’ children to the children’s parents.
• Plan appropiate activities, such as soccer or touch football, table or board games.
• Keep the peace—try not to bring up touchy topics.
• Don’t overstay—everyone needs his or her own space and time for self.
• No family nearby? Call a local chamber of commerce or community service organization and volunteer to help serve a community dinner or give time to a food or toy drive.
• Focus on others, rather than yourself,” said Olsen, who suggested inviting others to join in a favorite sporting event or a movie or sports event to share the day.
• “Calling family and friends can help those who are alone and away; be attentive and they will be informed. Surprises can add stress unnecessarily.”
• And, if you like and can treat yourself to an afternoon off, new book, video or craft project. The dog might like an extra walk, too.

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 the tissues. These conditions are 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.

Now some people make 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 hunching 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.

Lift Light—Whether you’re picking up the laundry basket or the cleaning bucket, bend from the knees and keep the back as straight as you lift straight up. To help avoid back strain, keep the load close to your body. If the load is heavy or awkward, don’t lift it by yourself—get a buddy to help.

Take Stretch Breaks—Whether you’re scrubbing the toilet, scrubbing the sink, or vacuuming the floor, take frequent breaks to stretch your body several times an hour. Your spinal column is surrounded by fluid containing nutrients. Each time you move your spine, these cells receive much-needed nutrients that will help prevent stiffening.

FamilY & COMMUNITY EDUCATION (FCE) CLUBSkins

By Lorene Bartus, UoN Extension Educator

Keep Kitchen and Bathroom Clean During Guest Season

Extra bathroom and kitchen traffic means extra work to keep surfaces and appliances clean and smelling fresh. Here are some tips to make your kitchen and bathroom welcoming during the holidays.

Kitchen:
• Keep dishrags, sponges, or sprays handy to quickly clean counter tops, cutting boards, the microwave and the stove top.
• Don’t wash dishrags or hand soap at the kitchen sink.
• Use paper towels, cloth hand towels usually get stock up on paper towels.
• Give the kitchen a quick sweep as a final clean-up step after each meal.
• Keep the sink clean by scrubbing pots as you go rather than facing a sink full of dishes after you eat.

Bathroom:
• Rinse the tub after each use to keep soap film and hard water deposits from forming. Mist the edges with a spray cleaner right after use while the walls are wet and warm and you can skip rinsing, wiping and scrubbing.
• Leave shower curtains/drawers open after showers to let the tub and surfaces air dry and help prevent mold.
• Use toilet bowl cleaners in tablet or gel form to keep your toilet bowl clean.
• Spray window treatments with fabric refreshers to help keep them looking and smelling fresh.

Holiday Spending Tips

Unplanned and impulsive holiday spending can be the final straw that breaks a family’s financial back. Here are some money management tips for a peaceful holiday season:

• Decide before you go shopping what you can afford to spend. Be sure everyone in the family understands the money limit and what you normally would or have.
• Keep track of holiday spending, especially if you are using credit cards and accounts to delay bills. One idea is to wrap a card around each credit card and note what is due and the date and account. This also works well for debit cards.
• Try keeping a running total on a “running total” figure so you’ll know at a glance just what’s owed on a particular account. Another idea is to use a small notebook to help you keep tabs on your credit and debit use.
• Use “cheap money” sparingly. Deferred payment accounts for items you let you wait until February or March before payments begin may be an incentive for you to open more than you normally would or have. Keep your head, February and March always comes faster than you expect.
• Take a chance the items which normally go on sale just before the holidays will still be available in the eleventh hour and you’ll be able to save a bundle.
• Enjoy the holiday season knowing you have done your best in making good financial decisions.

Source: Charlotte Shoop Olsen, Kansas State University Extension

Home & Family Living

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http://lancaster.unl.edu

The NEBRINE
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 night 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 splotches.

Generally, cyclamen whenever the soil begins to feel dry and to keep the soil around the roots moist at all times. Water with lukewarm water and be careful to keep it off the foliage and crown as the plant is very susceptible to crown rot.

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, use half the recommended strength every month to keep the plant growing. Speciality 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 dark green to olive-green with a touch of red along their straight margin. Well branched specimens of either plant form trees with little effort.

A houseplant is often considered for winter landscapes, although they may produce creamy white, sweet-scented flowers and colorful, edible fruit. Like all flowering plants, citrus need plenty of sun, so putting them in an eastern or southern window works well. They need to be kept warm in the winter with temperatures between 65 and 75 degrees Fahrenheit.

If you have a vacant corner or bare wall, consider one of these large foliage plants to add color, variety and interest during the winter. When summer arrives, these indoor trees can be moved to your outdoor living space, where they will benefit from the additional light and humidity while you enjoy their color and beauty.

Indoor Trees

Both the fiddle leaf fig and rubber tree respond well to bright sunny locations, and often drop foliage if light levels drop. Supplementation with 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, another 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.

Water stress in a weeping fig's environment often causes severe leaf drop. Some leaf drop is normal after the plant is brought home. To control the severity of the drop can be reduced by making certain the plant receives plenty of bright daytime light and adequate water. Rapid changes may trigger leaf drop after the plant is established, so it is important to be consistent in your treatment of the plant. Washing foliage regularly with a damp cloth will maintain good plant health.

Citrus plants like orange, lemon and grapefruit, are seven to eight feet tall and create tree-like shapes as they branch freely to develop a full crown of foliage. Their waxy, bright green leaves are several inches long and remain on the plants all year. Under the right cultural conditions these plants may produce creamy white, sweet-scented flowers and colorful, edible fruit. Like all flowering plants, citrus need plenty of sun, so putting them in an eastern or southern window works well. They need to be kept warm in the winter with temperatures between 65 and 75 degrees Fahrenheit.

Available in a huge range of sizes, the indoor fig is another Ficus, Ficus benjamina. This plant responds well to supplemental light and humidity. Over-watering is the greatest potential for reinfestation of insects and diseases the following season.

Order seed catalogs now for garden planning in January. For more information about alleyway gardens, check out the UNL Landscapes web site (www.landscapes.unl.edu) for the Garden Guide—a monthly newsletter for UNL Extension gardeners.

Garden Guide
THINGS TO DO THIS MONTH
By Mary Jane Frogge, UNL Extension Associate

Impact trees and shrubs for bog garden copulas. Remove and destroy them to reduce next year’s pest population.

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

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

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

Check fruits, vegetables, corns and tubers that you have in storage. Sort out any that show signs of rot and dispose of them.

Clean up tool handles and identification marks that have faded over the summer. Sharpen all blades and remove any rust.

After the ground freezes, mulch small fruit plants such as strawberries. One inch of straw or leaves is ideal for strawberries.

Remove all mulmified fruit from fruit trees and rake up and destroy those on the ground. Also, rake and dispose of apple and cherry leaves. Good sanitation practices reduce reinfestation of insects and diseases the following season.

Order seed catalogs now for garden planning in January. For variety, consider companies that specialize in old and rare varieties or wild flowers.

Bring out the bird feeders and stock them with bird seed for the birds. Remember to provide fresh water for them too.

Place Christmas trees away from fireplaces, radiators, heat vents and other things that could dry out the needles. Keep your Christmas tree well watered from the time it is brought home until it is discarded.

Minimize traffic on a frozen lawn to reduce winter damage.

House plants with large leaves and smooth foliage such as philodendrons, dracaena and rubber plant, benefit if their leaves are washed with a damp cloth to remove dust.

A home weather station that includes a minimum–maximum thermometer, a rain gauge and a weather log is a good gift.
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, crickets, 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 simply a thin layer of glue applied to a piece of cardboard. Glue tray 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 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

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

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

1/4" hardware cloth

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, then you send your data to the Cornell Lab of Ornithology. To request a survey packet, visit www.birds.cornell.edu/bofi/index.html and complete the online form. You can also email house-finch@cornell.edu or call (607) 254-2499 to request a survey.

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 (Myocolum galliplicum). 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 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.

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November
Becky Grimes

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

Becky has been a 4-H volunteer for 10 years as leader for Bock Creek Kids 4-H club. “I like being a 4-H volunteer because I enjoy being with young people and getting to know them and their families,” says Becky. “I enjoy seeing them develop skills and character traits they will have their entire lives. I believe it is important that 4-H’ers have opportunities to volunteer. This is stated in the 4-H pledge, ‘We pledge ourselves to better living for our club, community, country and world.’ Our club picks up supplies for the Kiwanis Karnival and work a shift at the 4-H Corner Stop snack booth at the Lancaster County Fair. The past three years, we have spent a Saturday afternoon at Lancaster Manor playing bingo with the residents.”

She lives with husband David in the Raymond area and they have four children. Becky also volunteers for her church’s Sunday School.

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

December
Leia Noel

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

Leia has volunteered for 4-H for four years. She is organizational leader of the Happy Hearts 4-H club, helps at 4-H Clover College and volunteers at the 4-H Corner Stop snack booth (along with her club) at the Lancaster County Fair.

“I enjoy helping the children learn life skills that they will take with them into their adult life,” says Leia. “My favorite experience as a 4-H volunteer is seeing my 4-H members learn and yet have fun. This year we made some sponge balls during club time for our child development project and then tried to come up with games that were age-appropriate. It was great to see them be creative, work in teams, problem solve and develop leadership skills.”

In addition to Leia’s volunteer work with 4-H, she also volunteers at her church and coordinates food for Zion Church.

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

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:
• Selection & care of the rabbit
• Static Exhibits
• Information on rabbit breeds
• Quality Assurance Training (required for 2009 fair)
• Showmanship (judges a 4-H membership’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.

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 Lancaster 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.

Shooting Sports 4-H Clubs Reorganizing

Youth interested in joining the Sick City Shooting Sports Trap 4-H club must contact Tracy by Jan. 2 at 441-7180 or 717-354-1261. Youth must be at least 12 years old and not older than 18 by Jan. 1, 2009 and have a hunter safety certificate.

There will be a Shooting Sports BB/Air Rifle 4-H club starting this spring. Youth must be at least 8 years old by Jan. 1, 2009. More information will be published in upcoming Nebraska issues.

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 club meeting guidelines 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.

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. More information will be published in upcoming Nebraska issues.

Awards

Community Service Awards — all Lancaster County 4-H’ers may apply to for this award which is based on the number of hours of community service through 4-H. There will be two categories: Five winners in the 14 years of age and over category and 10 winners in the 13 and under.

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 appraises 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 a 4-H year, youth chooses a goal from a provided list and at the end of the 4-H year, fill out a report which documents their accomplishments.

Nebraska Career Portfolio — a record of 4-H’ers 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.

Deadline for Lancaster County 4-H club awards is Jan. 2.

College Scholarships

For graduating high school seniors enrolled in the Lancaster County 4-H program:

4-H Council — six $500 scholarships to active Lancaster County 4-H members who have excelled in their involvement with the 4-H program.

4-H Teen Council — two $250 scholarships to 4-H’ers who are active in 4-H Teen Council

Lincoln Central Kiwanis — two $1,000 scholarships to active Lancaster County 4-H’ers.

Lone Community 4-H Scholarship — one $200 scholarship to a Lancaster County 4-H member attending Raymond Central High School.

Nebraska Association of Fair Managers — $500 statewide scholarships.

Martha & Don Romeo Scholarship — two 4-H’ers and Students may apply to one 4-H and/or FFA member. Each applicant must have exhibited his/her projects in a County Fair or at the State Fair within the last four years. Lancaster County 4-H selects county finalists. Note: Deadline is Dec. 1.

Nebraska 4-H Scholarships — there are several statewide scholarships available. Go to http://4h.unl.edu for more information. Deadline is March 1.

Congratulations to Leia. Volunteers like her are indeed the heart of 4-H!
Horse Awards Night

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

4-H Horse Project Advancement Levels

Walk-Trot Level — Ashley Colburn, Tasha Double, Terran Goring, Nicole McConnell, Hayden Moos, Garrison Pery, Reanna Rickers, Mikayla Whaley and Enna Zoller


Level II — Brittany Albers, Ashley Anderson, Susan Battenman, Brooke Bennett, Megan Bjorkman, Elizabeth Boender, Chloe Brinson, Elle Dearnmont, Khalijah Green, Katherine Lloyd, Maria Ludtk, Megan Ludtk, Mackenzie Miller, Natalie Nason, Bailee Peters, Michelle Ring, Hannah Ronnau, Hannah Sader and Stephanie Spar

Level III — Chelsea Beach, Anna Bowers, Hannah Coffman, Candace Lahners, Megan Ludtke, Cara Peters, Brooke Preston, Hannah Scow and Jess Smith

Horse Incentive Awards

4-H’ers 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, Dene Christiansen, Caitlin Davis, Ivy Dearnmont, Ashley Duran, Lynsey Erickson, Khalijah Green, Skyley Kinney, Jordan Lebsack, Logan McDonald, Mattison Merritt, Nicole Oestmann, Lena Ostmark, Hailey Powers, Baxter Whala and Alexa Wolf


Gold Level (minimum of 366 hours and completed horse record book) — Chelsea Beach, Mackenzie Beach, Sam Caja, Hannah Coffman, Ashley Demenger, Elise Edgar, Abbie Heusinger, Anna Heusinger, Kathryn Kimmen, Megan Ludtke, Bailee Peters, Cara Peters, Blake Preston, Brooke Preston, Kate Raylsonson, Molly Shrader, Jess Smith and Ashley Wiegard

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 Viking Riders

Best Decorations — Large Club was awarded to Western Pride

Best Decorations — Small Club was awarded to Viking 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, Mackenzie Beach, Alexx Wolf, Jordan Patt, Ivy Dearnmont, Ashley Bradbury, Bailee Sobotka, Anna Heusinger, Bailey Gardner and Kate Rawlson

Top Ten Judging Junior Division — Courtney Goring (1st place) Chelsea Beach, Kaitlyn Chubbuck, Abbie Heusinger, Kelsey Wolf, Ashley Demenger, Brittany Albers, Jessica Schumacher, Bailey Peters, Hannah Romnau and Recca Rose

Top Ten Judging Senior Division — Brooke Preston (1st place), Hannah Scow, Alyssa Heusinger, Blake Preston, Cara Peters, Jess Smith, Alyssa Thornton, Molly Shrader, 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 Horse Course Challenge Elementary Division — Josi Ang (Champion), Ivy Dearnmont (Reserve Champion), Spencer Peters, Kate Raylsonson and Bailee Sobotka

Top Five Horse Course Challenge Junior/Senior Division — Elle Dearnmont (Champion), Maria Loeke (Reserve Champion), Will Schudetz, Megan Leechke and Hannah Ronnau

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 Ben 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.

All-Around Cowboy/Cowgirl Award

This award is new this year, sponsored by Lunsom Pine Farm/Joni & Myron Ang. Elementary Division — Josi Ang

Junior Division — Josh Krueger

Senior Division — Gabby Warner

Wittstruck Award

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

Tips From UNL Extension’s Pay Down Debt Web Site

Are you one of the millions of Americans who are captive to your bills? Do you feel you need some extra help to make your money go further? Do you wonder how you will survive until the next paycheck? Are bill collectors calling asking for payment?

If you can answer yes to even one of these questions the Pay Down Debt Program, developed by the University of Nebraska–Lincoln Extension may help. The Web site http://paydowndebt.unl.edu features FREE educational resources and worksheets to help you follow the road to pay down debt.

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, look first 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. Then take a look at essential living expenses. Can any of them be cut without damage to health or safety? Think of expense cuts as temporary so it’s easier to do.

Cut out personal “vices.” Whether it’s gourmet chocolate or coffee, a weekly gambling junket, eating out more than necessary, buying yet another pair of shoes or something for the house or for your “collections,” put this kind of spending on hold.

Here are some additional tips to help cut expenses:

**Recreation**
- Home entertainment, movies or cards games, video games, games and activities.
- Discuss not giving costly gifts.
- Set a limit to spend on family expenses.
- Consider giving time and/or services instead of money and gifts.
- Offer services or work out alternative payments for private school fees.

**Gifts and Contributions**
- Make your own gifts. Try to use sewing, hobby and craft skills and/or inexpensive materials.
- Consider giving time and/or services instead of money and gifts.
- Set a limit to send on family members to celebrate holidays and birthdays.
- Discuss not giving costly gifts to relatives, and friends at work—perhaps you can draw names or trade “white elephants.”
- Sometimes children’s toys, books and puzzles are still like new when children outgrow them. Offer to trade or buy such items from your neighbors who have children; buy at garage sales or exchange services for them.

**Food Safety**
- The local public health department will tell you what is available: chest x-rays, glaucoma testing, immunizations, family planning services, treatment for mental illness, alcoholism and drug problems.
- Ask doctors to prescribe drugs by generic names rather than by brands, especially for long-term prescriptions.
- Compare local outlets to find which ones fill prescriptions at lowest costs.
- Discuss costs with your doctor. If you have health insurance, know what it covers and what you are responsible for paying.

**Health Care**
- Explore the possibility of community health care services. Some clinics offer reduced or sliding fee services. The local public health department will tell you what is available: chest x-rays, glaucoma testing, immunizations, family planning services, treatment for mental illness, alcoholism and drug problems.
- Ask doctors to prescribe drugs by generic names rather than by brands, especially for long-term prescriptions.
- Compare local outlets to find which ones fill prescriptions at lowest costs.
- Discuss costs with your doctor. If you have health insurance, know what it covers and what you are responsible for paying.

**Other Expenses**
- 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 things or services you need by bartering & exchanging what you have or can do 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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**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.
Thanksgiving Meal continued from page 4

in the thigh not touching any bone, before removing from the oven. The temperature of the breast should reach 170° F. The pop-up thermometer device should stand for 20 minutes to reach the final temperature 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. if 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.

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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://lincoln.ne.gov (keyword: ARD) and at these locations through the month of October:

- All Russ’s Market stores (at customer service counters)
- Both Wal-Mart stores - 4700 N. 27th St. and 8700 Anderson Dr
- Lincoln Journal Star, 926 “P” St.
- Schnucks Innovations, 7160 S. 29th St., Suite C2
- A-Con Recycling Center, 3255 S. 10th St.
- A & J Recycling 3520 S. 20th St., Suite B
- Afton Scrap Processing, 525 ”M” St.
- Mid City Recycling, 4900 Vine St.
- Soudal Iron and Metal, 6020 N.W. 39th St.
- 
- 

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

LOCATIONs FOR MULTI-MATERIALS NORTH
N.W. Roundhouse Dr. & West 47th Ave
UNL Food Stores Warehouse, 1200 N. 17th Street
University Plaza, 47th & St. Paul streets
Gates of Preston Church, 70th & Vine streets
Rex’s Market, 63rd & Platts Avenue
Centre Plaza, 48th & “A” streets
Southeast Community College, 86th & “O” streets
48th Street Transfer, 5101 N. 48th Street
Limited hours of operation
Air Park Recreation Center, 3710 N.W. 46th Street
Hyman’s Fire Station
5435 N.W. 1st Street
North Star High School 5581 N. 33rd Street
Limited hours of operation
A & I Recycling Center, 3280 N. 20th Street, Unit B

SOUTH
Lone’s Food Mart, 33rd & South streets
Union College, 54th & Farnam streets
East High School, 50th & “A” streets
Harlan College parking lot, 15th & “B” streets
TeSor, 12th & South streets
Pepsi Cola Distribution Facility, 1951 windrow Drive
Russ’s Market, 1500 S. Coddington
Limited hours of operation
Russ’s Market, 33rd & Highway 2
Midland Recycling, 460 “J” Street
Super Saver, 27th & Pine Lake
Newspaper
ONLY DROP-OFF NORTH
UNL East Campus parking lot behind Fire Station No. 2, 33rd & Havel roads streets

SOUTH
Blessed John Xiii Center, 3700 Shelden Boulevard
Willard Community Center, 6210 “A” St.
All Saints Lutheran Church, 8261 Pioneers Boulevard
Indio Village, 13th & High streets

Materials accepted at the Multi-Material Recycling sites

Acceptable
Newspaper
Cardboard Boxes
Flatten cardboard and paper products (i.e. cereal boxes). All boxes must be flattened and placed inside recycling container.

Cans
All food and beverage cans. Rinse, clean, and flatten aluminum and tin cans and place in separate recycling compartments.

Glass Bottles and Jars
All food and beverage glass. Green, brown and clear glass. Labels are OK. Rinse clean and take off lids separately by color and place in separate recycling compartments.

Plastic #1 and #2 Containers
All #1 and #2 plastic bottles and containers. Labels are OK. Rinse clean. Take off lids. Flatten containers before placing in recycling bin.

Residential Mixed Paper
Mail, magazines, office and school paper and telephone directories. Put clean paper together in paper bale.

Not Acceptable
Newspaper only
Cardboard Boxes
No other paper.

Cans
No packing material. No dirty cans. No twisted containers.

Glass Bottles and Jars
No aluminum foil. No pie pans. No metal cookware. No metal parts.

Plastic #1 and #2 Containers
No smoking glasses. No window glass. No light bulbs. No lids.

Residential Mixed Paper
No motor oil containers. No plastic toys. No other plastic bottles or containers. No plastic toys. No polyurethane packaging. No plastic lawn furniture. No plastic syringes.

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

Can You Guess It?
Did you guess it? Find out at http://lancaster.unl.edu

The Answer was Ripples of Water in a Backyard Pond

Did you guess it from the October Newsletter?