11-1-2009

The NEBLINE, November-December 2009
Middle School Youth on a “Nutrition Mission”

Karen Wobig
UNL Extension Educator

Empowering youth with the knowledge of how to lead healthy lifestyles — including good nutrition — carries into their adulthood. The outcome can result in fewer health issues and lower health care costs.

For several years, University of Nebraska–Lincoln Extension in Lancaster County Nutrition Education Program (NEP) has offered 4-H School Enrichment nutrition kits for grades K–5 to income-eligible elementary schools. Developed by NEP staff, these supplemental kits of hands-on educational experiences are designed to enhance the Lincoln Public Schools (LPS) health curriculum.

Since 2000, 27,057 students have participated in NEP’s school enrichment program and teachers have recorded 15,235 hours of teaching nutrition using the kits. During these nine years, the USDA Supplemental Nutrition Assistance Program (formerly Food Stamps) has matched the value of teacher hours, bringing more than $600,000 into the Lincoln community.

With the goal of providing continuity for youth nutrition education, NEP staff recently developed curriculum and nutrition kits for grades 6–8 titled “Nutrition: Mission Possible.” Kit materials include:

- Teacher curriculum
- Experiments
- Interactive games
- Video
- Posters
- Worksheets and handouts

Family and Consumer Science (FCS) or Health teachers at qualifying middle schools can request a kit, which is delivered see NUTRITION MISSION on next page.

MyPyramid Pizza Snacks

Preheat the oven to the broiler setting.

Put each ingredient into a separate bowl or container and line up on a table with measuring spoons in each bowl or container.

Start with a half of an English muffin and then move down the table and create an individual pizza — in an assembly line fashion — in the order above.

Bake in the oven under the broiler for 3–5 minutes, or until cheese is melted and golden brown. (Watch the pizzas towards the back of the oven — they tend to brown faster and can burn; rotate the baking sheet midway, if needed.)

Black Bean Salsa

1 can (15 ounces) black beans, rinsed and drained
1 can (11 ounces) white kernel corn with peppers, drained
1 medium mango, peeled and seeded, or frozen mango chunks, cut in cubes
2 tablespoons lime juice
1 teaspoon garlic powder
1/4 teaspoon ground cumin

In a medium bowl, combine all ingredients. Serve with Baked Pita Chips.

Baked Pita Chips

1 large pita bread, split and cut into wedges
(4 wedges = 1/2 slice of pita bread)
Olive oil spray
Garlic powder
Oregano
Parmesan cheese (optional)

Spray pita wedges with olive oil spray. Sprinkle with garlic powder, oregano and parmesan cheese. Bake 8–10 minutes at 350°F.

The recipes below are demonstrated in middle school classrooms.
**Roasts – Easy to Make for the Holidays and Any Other Time, Too!**

Sit-down dinners and special occasions aren’t only about turkey! There are many other types of roasts that become the stars of the dinner table. Use these guidelines to “make the most of your roast”—safely.

**Cooking Your Roast**

Roasting is the recommended method for cooking tender meats. To roast, meat is placed on a rack in a shallow, uncovered pan and is cooked by the indirect, dry heat of an oven. To keep the meat tender and minimize shrinkage due to the evaporation of moisture, an oven temperature of 325°F should be used.

- Boned and rolled meats require more cooking time per pound than bone-in cuts because it takes longer for the heat to penetrate through the solid meat. Rolled, tenderized or scored cuts of meat should be cooked to 160°F.
- USDA does not recommend cooking meat and poultry at oven temperatures lower than 140°F. Cooking meat and poultry at these lower temperatures may cause food-borne illnesses.
- USDA recommends that poultry be cooked to a safe internal temperature of 165°F to assure a safe food product.
- Turkey must be cooked to 165°F to assure a safe food product.

**Turkey Roasting Chart: Approximate Times**

<table>
<thead>
<tr>
<th>Size of Turkey</th>
<th>Unstuffed</th>
<th>Stuffed</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 to 6 pounds (breast)</td>
<td>1½ to 2½ hours</td>
<td>Not usually applicable</td>
</tr>
<tr>
<td>6 to 8 pounds (breast)</td>
<td>2½ to 3½ hours</td>
<td>2½ to 3 hours</td>
</tr>
<tr>
<td>8 to 12 pounds</td>
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<td>4½ to 5 hours</td>
</tr>
<tr>
<td>20 to 24 pounds</td>
<td>4½ to 5 hours</td>
<td>5 to 6 hours</td>
</tr>
</tbody>
</table>

**Turkey**

Turkey is a lean, flavorful meat that is a great source of protein and other essential nutrients. It is a nutritious choice that can be enjoyed by all. Whether you are roasting a whole turkey or a turkey breast, follow these guidelines to ensure a safe and delicious meal.

- Turkey should be cooked to a safe internal temperature of 165°F.
- Unstuffed turkeys should be cooked to 180°F.
- Stuffed turkeys should be cooked to 185°F.
- Turkey stuffing should be cooked to 165°F.

**Watch Temperatures Closely**

Fat content (or a lack of it) affects the cooking times of a variety of meats — so keep a close eye on your roast to avoid overcooking, and use a food thermometer. Remember that regardless of the size of the roast, it still must be cooked to a safe internal temperature. Use a food thermometer to assure a safe temperature! For reasons of personal preference, consumers may choose to cook meats and poultry to higher temperatures.

**Roasting Chart**

<table>
<thead>
<tr>
<th>Meat</th>
<th>Oven Temperature</th>
<th>Timing (Approximate)</th>
<th>Safe Minimum Internal Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEEF, FRESH</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>rib roast, bone-in — 4 to 6 pounds</td>
<td>325°F</td>
<td>23 to 25 minutes per lb.</td>
<td>145°F</td>
</tr>
<tr>
<td>rib roast, boneless, rolled — 4 to 6 pounds</td>
<td>325°F</td>
<td>28 to 33 minutes per lb.</td>
<td>145°F</td>
</tr>
<tr>
<td>round or turkey roast — 2½ to 4 pounds</td>
<td>325°F</td>
<td>30 to 35 minutes per lb.</td>
<td>145°F</td>
</tr>
<tr>
<td>tenderloin, whole — 4 to 6 pounds</td>
<td>425°F</td>
<td>40 to 60 minutes total</td>
<td>145°F</td>
</tr>
<tr>
<td>LAMB, FRESH</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>leg, bone-in — 5 to 7 pounds</td>
<td>325°F</td>
<td>20 to 25 minutes per lb.</td>
<td>145°F</td>
</tr>
<tr>
<td>leg, bone-in — 7 to 9 pounds</td>
<td>325°F</td>
<td>20 to 25 minutes per lb.</td>
<td>145°F</td>
</tr>
<tr>
<td>leg, boneless, rolled — 4 to 7 pounds</td>
<td>325°F</td>
<td>25 to 30 minutes per lb.</td>
<td>145°F</td>
</tr>
<tr>
<td>VEAL, FRESH</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>shoulder roast, boneless — 3 to 5 pounds</td>
<td>325°F</td>
<td>35 to 40 minutes per lb.</td>
<td>145°F</td>
</tr>
<tr>
<td>turkeys or round roast, boneless — 3 to 5 pounds</td>
<td>325°F</td>
<td>35 to 40 minutes per lb.</td>
<td>145°F</td>
</tr>
<tr>
<td>CHICKEN, FRESH</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>whole roasting hen — 5 to 7 pounds</td>
<td>350°F</td>
<td>2 to 2½ hours</td>
<td>165°F</td>
</tr>
<tr>
<td>breast, bone-in — 6 to 8 ounces</td>
<td>350°F</td>
<td>30 to 40 minutes</td>
<td>165°F</td>
</tr>
<tr>
<td>breast, boneless — 6 ounces</td>
<td>350°F</td>
<td>30 to 40 minutes</td>
<td>165°F</td>
</tr>
<tr>
<td>legs or thighs — 4 to 8 ounces</td>
<td>350°F</td>
<td>40 to 50 minutes</td>
<td>165°F</td>
</tr>
<tr>
<td>PORK, FRESH</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Tip: When cooked to safe temperatures, fresh pork may still be pink inside — but it will be safe.)</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>loin roast, bone-in or boneless — 2 to 5 pounds</td>
<td>325°F</td>
<td>30 to 30 minutes per lb.</td>
<td>160°F</td>
</tr>
<tr>
<td>crown roast — 4 to 6 pounds</td>
<td>325°F</td>
<td>20 to 30 minutes per lb.</td>
<td>160°F</td>
</tr>
<tr>
<td>tenderloin — ½ to 1½ pounds</td>
<td>425°F</td>
<td>20 to 30 minutes total</td>
<td>160°F</td>
</tr>
<tr>
<td>HAM, SMOKED</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>fresh, cooked-before-eating, bone-in — whole, 10 to 14 pounds</td>
<td>325°F</td>
<td>18 to 20 minutes per lb.</td>
<td>160°F</td>
</tr>
<tr>
<td>fresh, cooked-before-eating, bone-in — half, 5 to 7 pounds</td>
<td>325°F</td>
<td>22 to 25 minutes per lb.</td>
<td>160°F</td>
</tr>
<tr>
<td>fully cooked, bone-in — whole, 10 to 14 pounds</td>
<td>325°F</td>
<td>15 to 18 minutes per lb.</td>
<td>160°F</td>
</tr>
<tr>
<td>fully cooked, bone-in — half, 5 to 7 pounds</td>
<td>325°F</td>
<td>18 to 24 minutes per lb.</td>
<td>160°F</td>
</tr>
<tr>
<td>fully cooked, spiral cut, whole or half — 7 to 9 pounds</td>
<td>325°F</td>
<td>10 to 18 minutes per lb.</td>
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**Nutrition Mission**

continued from page 1 at the beginning of the school year and remains with the teacher throughout the year. Teachers have the option of having NEP staff present an interactive nutrition lesson on topics such as MyPyramid or portion/distortion. At the conclusion of a class session, NEP staff lead a healthy snack demonstration which students help prepare and then sample.

The 2008-09 school year was the initial year for NEP’s middle school enrichment program. All five qualifying middle school enrichment programs were chosen based on the number of students served, and the quality and variety of programs provided. Each school was asked to commit to offering NEP’s middle school enrichment program the following year. NEP staff worked closely with each school during the planning stage to select the health education topic and activities that were most relevant to the students.

The 2008-09 NEP school year started with a pilot program at LPS middle schools. The program was designed to reach students in grades 6th, 7th and 8th and to provide them with hands-on opportunities to learn about nutrition and healthy eating. The program was a collaboration between NEP staff and the LPS Nutrition Mission.

The Nutrition Mission is a comprehensive nutrition education program that focuses on teaching students about healthy eating and food safety. The program is designed to reach students in grades 6th, 7th and 8th and to provide them with hands-on opportunities to learn about nutrition and healthy eating.

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FAMILY & COMMUNITY EDUCATION (FCE) CLUB

President’s View — Bonnie’s Bits

Bonnie Krueger
FCE Council Chair

October 2009

Have you tested your home for radon? If you are building a new home, check with your builder to see if the proper precautions are being taken to prevent radon in your home. This is a good time to check the radon level in your home. Radon is a naturally occurring, invisible, odorless gas that is harmlessly dispersed in outdoor air, but when trapped in buildings, can be harmful at elevated levels. The science on radon has been formable over the years, but never before have we had such a consensus and robust data to support the exposure to elevated levels of radon causes lung cancer in humans.

Air pressure inside your home is usually lower than pressure in the soil around your house’s foundation. Because of the difference in pressure, your house acts like a vacuum, drawing radon in through foundation cracks and other openings.

Testing homes for elevated levels of radon is simple and inexpensive. And, if discovered, radon problems can be fixed. Radon test kits measure radon levels. These kits are available at local hardware stores, home improvement stores, supermarkets, other retail outlets or directly from a laboratory. Many are priced under $25. Testing your home for radon is as simple as opening a package, placing a radon detector in a designated area, and, after the prescribed number of days, sealing the detector back in the package and mailing it to a lab. Have a Happy Thanksgiving with all these symbols and thank God for all we have. Blessings to all our veterans near and far.

We all had a great time at the State FCE Conference even with the long and windy ride thru the sandhills to Ames. A lot of fun when we got there. Thank you to our hostess for a fantastic conference. Get your calendars out now for the 2010 State Conference. Go to the Islands for a fun time.

Computer Cleaning — Hotspots for Germs

Think about all the surfaces in your home — railings, door handles, papers and more. Washing your hands probably isn’t what you do before using the computer. Instead, you probably grab a cup of coffee and turn on your computer. If you power up before you clean and touch all the germs and bacteria that commuted with you from your transfered from your hands to your computer. With the computer, you’ve got all the germs and bacteria that tagged along with, too.

Before you begin, remember the two golden rules of computer cleaning:

• Be sure the computer is off before you clean any part of it — keyboard, monitor, mouse, printer or hard drive.

• Never spray cleaner directly onto any part of the computer. Spray it onto a cloth, and then gently wipe.

• Keyboard: Clean the keys with a cleaning wipe or a cloth sprayed with an all-purpose cleaner. Make this the first thing you do every morning before you turn on the computer. To remove the dirt, dust and other debris that gets caught between the keys, turn it upside down and shake gently to dislodge the particles. An air duster is also a great aid in removing all the dirt and pieces lodged inside the keyboard.

• Mouse: It’s also a good idea to wipe your hand, probably isn’t the start of the workday. Use a cleaning wipe or a cloth sprayed with an all-purpose cleaner.

• Monitor: Use a microfiber cloth, either dry or dampened with clean water, or a product specially formulated for computer screens. If you use anything else, you run the risk of damaging the screen. Clean the monitor several times a week, as a dirty monitor can cause eyestrain.

• Surrounding surfaces (including computer housings and desk tops): Since there are probably food and coffee stains lurking amid the dust, use an all-purpose cleaner with a disinfectant.

• Printer: Consider how often you push the button on the printer and how seldom you think about cleaning it!

• And don’t forget the telephone: Even if you’re the only one using it, it’s still transmission central for germs and bacteria that cause ear, nose and eye infections. Clean it daily using a hard-surface disinfectant cleaner or a wipe.

Source: Soap & Disinfectant Association
Thistle Control Still Possible This Fall—but Hurry

Did you have thistles this year? If so, walk out in the infected areas this week and look for thistle seedlings. Most thistle seedlings this fall will be small, in a flat, rosette growth form and they are very sensitive now to certain herbicides. Spray this fall if air temperatures are above 50°F and thistles will not be a big problem next year. Several herbicides are effective and recommended for thistle control.

Bruce Anderson thinks the most effective is a newer herbicide called Milestone. Milestone is a general-use pesticide so does not require a pesticide applicator license. Two other very effective herbicides are Tordon 22K and Grazon. But be careful with Tordon and Grazon, since they also can kill woody plants, including trees you might want to keep. Both Tordon 22K and Grazon are restricted-use herbicides. To buy and/or apply these products requires a private pesticide applicator or commercial pesticide applicator license. 2,4-D also works well while it’s warm (temperatures in the upper 50s) but you will get better thistle control by using a little less 2,4-D and adding a small amount of dicamba (Banvel, Clarity or Sterling) to the mix. Other herbicides also help control thistles in pastures—like Redem, Ally and Curtail. No matter which weed killer you use, be sure to read and follow label instructions and be sure to spray soon while the plants are still growing.

Next year, avoid over-grazing your pastures so your grass stands get thicker and compete with any new thistle seedlings that germinate in spring or during the summer. Give some thought now to thistle control during October and November. Your pastures can be cleaner next spring.

Source: Bruce Anderson

Musk thistle rosette

Flexible Cash Lease Provisions

Farmers face numerous business risks related to agricultural production, including commodity prices, input prices, technology, legal issues and inter-personal communications. One of the greatest expenses in an operation is often land rent and leasing fees; however, flexible cash lease provisions offer a means to, both manage business risks, while at the same time offering opportunity to improve farm profitability.

Flexible cash lease provisions are not new to Nebraska or agricultural production. A 1986 research study from The Ohio State University showed that approximately 25% of cash leases contained some form of flexible provision. Similar studies have shown producers using flexible leases have improved the net profit of their operations, better managed land input costs and improved their understanding of land economics. Landowners using flexible cash lease provisions have reported a marked improvement in understanding of land economics and improved returns, particularly in bumper crop years.

Flexible leases are becoming so popular, the most recently adopted USDA Farm Bill includes favorable modifications to the very definition of a cash lease. So ask yourself, as a producer or land owner, can your agricultural business operation afford not to use flexible cash lease provisions?

—UNL Extension Educator Tim Lemmens

Flexible Lease Workshop, Dec. 16

In response to an overwhelming request for additional training in flexible lease preparation and use, University of Nebraska-Lincoln Extension will be holding a workshop, “Managing Risk and Making Money with Flexible Cash Lease Provisions,” on Wednesday, Dec. 16, 1–4 pm at the Lancaster Extension Education Center, 441 Cherrycreek Road. Fee of $10 per person covers materials and presentation fees. Pre-registration with payment is required. For more information, call 441-7180.

Past participants have indicated they wished they had their landlord or tenant with them, so use this as an opportunity to build a stronger business relationship and come together.

Scrap Tire Collection

Nov. 7 & 8
7 a.m.–8 p.m. New Location!

NW 38th & W Webster St. on Airport Authority Property, Air Park/Arnold Heights area, Lincoln (signs will be posted)

Will accept tires of all shapes and sizes with no limit, free of charge!

We cannot accept tires from dealers, outside the state or with rims.

For more information, call 476-3590

Hosted by: Community of Emerald, NE

Funded by: Department of Environmental Quality

Use Season-Long Records to Assess Pumping Plant Performance

Irrigation season is over for 2009. Now is a good time to analyze the performance of your pumping plant before you lose your receipts for energy purchased and records of water pumped. Poor pump performance can be caused by poor pump design for the current pumping conditions, pumps with excessive wear or are not properly adjusted, and/or inefficient power units. If you determine your pumping plant is not up to par by running a season-long pumping plant analysis, you will have plenty of time to consider your options and schedule a well driller to make necessary repairs or replace worn or mismatched components before next irrigation season.

An Excel worksheet is available free online to help analyze the performance rating of a pumping plant.

An Excel worksheet is available free online to help assess the performance rating of a pumping plant.
Diversity is the Key to Attracting Wildlife

Sonja Cochrane
UNL Extension Associate

Whether you live on an acreage or farm, or in the city, diversity is key to attracting wildlife. Here are some tips:

- Plant many different types of grasses, forbs, shrubs and trees.
- Try to include as many native plants as possible.
- Select a diverse range of varieties of each type of plant.
- Look for ornamental plants that would help provide year-round food and shelter for birds and animals.
- Include many sources of water. In rural areas, include ponds, streams and wetlands as sources of water for wildlife. Near homes and in urban areas, create a backyard pond or small water feature, add bird baths. In winter, you can keep water open by using small heaters especially designed for ponds and bird baths. Be sure to place water sources in both open and hidden locations. Be creative — look for “natural” sources for water.

- Some animals prefer the “edge” where two different types of habitats meet. Look for natural areas and what kinds of habitats they prefer. Use this information to create as much of an “edge effect” as you can on your property.

Getting Started — Make Your Plan

- Find out what species of wildlife are native to your area.
- Decide which of the native wildlife you’d like to encourage and learn as much as possible about the requirements those animals need to survive.
- Take a look at your property and make short- and long-term plans for improving your habitat for wildlife.
- When you examine your property, make sure you think about habitat for wildlife in all seasons. Winter is a great time to look at what wildlife needs may be.

Design Guidelines

- Select native plants providing cover and food.
- Plant a variety of plant types and intersperse them.
- Plant to create protected areas to encourage nesting of desirable birds.
- In rural areas, plant in a way that forms corridors or connections between different habitat plantings. In urban areas, look at how your property may form its own corridor between a neighbor’s yard, road or other habitat. Even in urban areas, you can create smaller versions of these habitats with a little creativity.
- Remember the “Edge Effect.” When you create a habitat, put it right next to a different type of habitat to help form an “edge” which many wild animals prefer.

Ron Johnson
Former UNL Wildlife Specialist

Attracting birds to acreages or backyards can be a fun and educational experience for the whole family. There are several steps to take in order to provide the needs of birds and attract them to homes. Birds need food, shelter, water and space. Food can be seeds, fruits or insects.

Birdfeeders near homes bring the color and beauty of birds up close and personal. Use fresh seeds that birds like, such as a mixture of 50 percent of small, black oil-type sunflower seeds, 35 percent white proso millet and 15 percent finely cracked corn. Add suet, or hard beef fat, for winter energy and as a special treat for woodpeckers, chickadees, nuthatches and other insect eaters. Keep feeders clean to help keep birds healthy.

Water in a birdbath, small backyard pool or pond attracts birds where they can be seen and supplied water needed for drinking and bathing. As with bird feeders, keep the water fresh and the bath clean. Bird baths can be especially important to birds during the winter months. Animals birds may at times get water from snow, the snow is chilling and generally not the best. Bird baths heated and heated bird baths come in all varieties and have an element that is thermostatically controlled to keep the water temperature above freezing. Heated pedestal bird baths have an extension cord running up out of sight through the center of the pedestal while mounted bird baths have the cord tucked under the bowl.

Space needs vary among birds but usually more space means more birds will be attracted. Many birds observed in backyards do fairly well with the moderate amount of space provided in a backyard setting. Others need more wide-open spaces. Acreages can provide both. Large grasslands will attract grassland birds such as meadowlarks, dickcissels, grasshopper sparrows and others, especially if other grassland habitats are nearby. If there are larger grassland or woodland areas on the acreage or nearby, be aware of the possible invasion of birds that prefer these habitat types. Wetland areas are special habitats that many interesting birds need. Ring-necked pheasants find protective cover in wetland vegetation, especially during cold winter snows.

For Enjoyable Viewing

- Place bird feeders and bird baths or other water features near your home where wildlife can be easily viewed.
- After it snows, talk a walk outdoors and look for different tracks in the snow. These tracks will give you a clue to the types of animals visiting your property and the trails they are using.

For More Information


Provide Basic Needs to Attract Birds

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Relocating Problem Wild Animals

Sometimes live trapping seems like the best solution when dealing with a wildlife problem, especially if you’re inside the city limits. After the offending animal is captured, driving it outside the city limits and releasing it, seems more humane than other management practices. After all, the animal is still alive and it will survive just fine, even better, in a rural setting. But, according to wildlife experts, this type of wildlife relocation isn’t a good solution.

First, relocation is usually ineffective because a new animal of the same species will often replace the one which was relocated. This is a basic principle of ecology. A second problem with relocation is that most animals do not survive relocation. Animals that are relocated must fight for new territories and the new animals are often injured or killed in the process. They don’t know where the food or shelter is located and are likely to be preyed upon.

And finally, relocation of animals to new territories disrupts the wildlife already living there. It can also spread diseases among wild populations. Those really concerned with preserving and protecting wildlife need to recognize that coexisting with wildlife is not always convenient.

It may require an alteration of habitat or an investment of time, energy or perhaps even money. A good place to begin is by doing some proactive problem prevention. Feed pets indoors, tightly cover garbage cans and other unnatural food sources, seal-up potential denning sites within your home. Do not deliberately feed pest animals, like squirrels. For these efforts to be successful, you may need to convince your neighbors to do the same thing.

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UNL Researcher Seeks Alfalfa Fields to Study Pocket Gophers

Stephen Vantassel, UNL wildlife project coordinator, is finishing up a research project to determine the most efficient trapping method for controlling pocket gophers. He is looking for area farmers willing to give him permission to trap pocket gophers on their non-irrigated alfalfa fields.

To be included in the study, fields must have pocket gophers present and have had no pocket gopher control measures (of any kind) for at least one year. The study site must be accessible by a vehicle. Stephen is looking for fields (ten acres minimum) within a 1-1/2 hour drive of Lincoln. If you would be willing to help with this study, please contact him at 472-8961.
Winter Burn and Winter Drying

Common Injuries to Trees

Dennis Adams
Forester, Nebraska Forest Service

Winter burn and winter drying are two common injuries to trees caused by weather.

Winter burn refers to the burning of the needles of coniferous trees during the winter months. It is caused by rapid temperature changes, particularly on the south sides of trees where there is more exposure to the sun. Rapid temperature changes, which occur most often during sunset and sunrise, damage or kill needle tissues. Injured trees will usually recover if damage is not too severe as new growth from healthy buds cover damaged areas.

Winter drying damages both evergreens and deciduous trees. The actual damage occurs in late winter or early spring, but the symptoms may not show up until growth begins in the spring. Winter drying is caused by the dessication of foliage and twigs by warm, dry winds, when water condensation is restricted by freezing of plant tissues or by frozen soil. All trees transpire, or lose water, even during the winter months. Sometimes this loss is greater than the roots can replace and drying damage results. Minor damage results in reddening or browning of foliage, which may later recover. Symptoms of more severe injury includes browning and subsequent death of branch tips or entire branches. The side of the tree facing prevailing winds is most susceptible to winter drying.

Often, a combination of winter burn and winter drying will occur, occasionally complicated by drought. If damage is severe enough, affected branches may die. Sometimes, the entire tree may be killed.

Little can be done to control weather, but a few precautions can be taken to reduce the possibility of damage:
• Chose species which are hardy and best adapted to the area.
• Plant in well-drained, deep soils.
• Plant where trees may be protected from winds and sun.
• Water trees thoroughly in the fall and during the winter when water can be taken from the soil.
• Mulch around trees to prevent deep freezing.
• Maintain a fertile, well-aerated soil to encourage deep root growth.

Fall Vegetable Garden Clean Up

Before putting all your gardening tools away for the year, take an afternoon this fall and clean up the vegetable garden. Removing garden debris, including dead or rotted vegetables, will help to reduce disease and insect problems next year. The time spent now cleaning up the garden will be well worth it next summer.

The leaves from the garden any plants that have had insect or disease problems encountered during the season and which vegetable cultivars you tried. Next, collect medicinal and rotted vegetables, including straw or hay, can be tilled into the soil. The leaves from your trees are an excellent source of organic matter. Organic mulches, such as straw or grass clippings, can be tilled into the soil. The leaves from your trees are an excellent source of organic matter.

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Gifts for the Gardener

Mary Jane Frogge
UNL Extension Associate

Need an original or unique gift idea? Here are some gift suggestions for the gardener in the family or someone who just appreciates the outdoors.

Holiday plants are always a welcome gift to any home. They add color and holiday accents to interior surroundings. The traditional red poinsettias are popular, as are the new flower colors of pink, blue, white, yellow and other. Other possibilities are Christmas cactus, red gloxinia and kalanchoe. The outdoor gardener might like to receive a certain tool to make the job of spring gardening easier. Soil working tools like rakes, hoes and spades may be difficult to wrap and still be a surprise, but they are always welcome. Pruning tools, like hand shears and small saws, are easier to wrap and may be needed later this winter.

Do not overlook the possibility of a gardening magazine or plant book as a gift. Many larger book stores have well stocked sections on these and related topics. Garden centers and nurseries offer a variety of titles on individual plants as well as cultural practices. Someone with a new home might like a book on plant selection and landscaping, while people with a well established garden and landscape might better use information on maintenance and pruning practices.

Children love to garden and be outside too. Child size tools and gloves are available for them to use. Other items to consider are children’s gardening books, flower press, garden box, worm composting bin, stepping stone kit and seeds of their favorite vegetables or flowers to plant in a garden just for them.

If you have a non-gardening friend or relative you want to introduce to gardening, consider a total package with plant, container and growing media, along with a book on plant care. Gardening kits are available too. A unique gift would be a Bonsai rock garden or a culinary herb garden kit.

There are many gift ideas for people who like to spend their time at the many state parks in the area. To make their adventure more enjoyable consider giving them a 2010 state park pass to get into the park, a compass and identification books on wild flowers, birds, insects, butterflies, trees, tracks or mammals. Other useful items would include binoculars to look for things far away, pocket magnifier to see small things close up, sports or explorer’s watch, water bottle for refreshment, disposable camera, hiking boots, sun screen and insect repellent.

Gifts for people who appreciate the outdoors in their own back yard might like bird feeders with birdseed or a compost bin. Water features have also become very popular. Consider giving a water garden kit with a fountain. Other gifts might be a bird bath, bird or bat house, butterfly raise/release kit, outdoor thermometer, rain gauge, wild flower or native grass seed.

Some people may just wish to sit back, relax and enjoy the outdoors. Gifts for them may include a porch swing, garden bench, hammock and a subscription to NEBRASKAland magazine.

Center for Grassland Studies
Fall Seminar Series

The 15th annual fall seminar series offered by the University of Nebraska-Lincoln’s Center for Grassland Studies will feature faculty and guest lecturers. The seminars are free and open to the public. They are held most Mondays during the fall semester, 3–4 p.m., at the Nebraska East Union on East Campus — see kiosk for location.

Oct. 26 “Seed Production of Native Grasses”
Dave Stock, Owner, Stock Seed Farms

Nov. 9 “Nebraska Invasive Species Project: Monitoring, Mapping, Risk and Management”
Karri Decker, Coordinator, Invasive Species Project at the Nebraska Cooperative Fish and Wildlife Research Unit based at UNL.

Nov. 16 “Differential Responses of Western Chinch Bugs to Neonicotinyl Insecticides”
Mitchell Stamm, Graduate Student, Department of Entomology, UNL.

Nov. 23 “Role of Peroxidase in the Defense Response of Buffalograss to the Western Chinch Bug”
Aih Hoang, Graduate Student, Department of Entomology, UNL.

Nov. 30 “Functional and Demographic Tradecoffs Among Tree Species”
Sahibra Russ, Assistant Professor, School of Biological Sciences, UNL.

Dec. 7 “Eastern Red Cedar: Ecophysiology and Ramifications of Its Invasion on Ecosystem Processes in Nebraska”
Tala Awada, Associate Professor, School of Natural Resources, UNL.

The schedule is subject to revision. Any changes will be noted on the fall 2009 semester listing at http://grassland.unl.edu.

Horticulture Newsletter

HortUpdate is a FREE e-mail newsletter from the University of Nebraska-Lincoln Extension which provides timely information to the lawn and landscape industry. This e-mail includes current lawn and landscape problems with control recommendations and a seasonal “To Do” list. To subscribe, go to http://extension.hortandnail.edu

Garden Guide

TIDINGS TO DO THIS MONTH
By Mary Jane Frogge, UNL Extension Associate

Inspect trees and shrubs for hexapodres. Remove and destroy them to reduce next year’s pest population.

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

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

Clean power tools of all plant material and dirt. Replace worn spark plugs, all necessary parts and sharpen blades. Store all tools in their proper place indoors, never outdoors where they will rust over the winter.

Be sure not to store apples or pears with vegetables. The fruits give off ethylene gas which speeds up the breakdown of vegetables and will cause them to develop off-flavors. African 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 violets to blom by giving them plenty of light. They can be in a south window during dark winter months. They bloom beautifully under fluorescent lights.

Clean and fix all hand tools. Reprint handles or 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 mummified 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 reinfection 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 anything else that could dry 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.
Lancaster County 4-H is proud to announce Mindy Leach as winner of December’s “Heart of 4-H Award” in recognition of outstanding volunteer service.

Mindy has been a parent volunteer for seven years. She is now leader of the newly reorganized Star City Llama & Alpaca 4-H club, which she helped rebuild. While the 4-H Llama show at the Lancaster County Fair was on hiatus for two years, Danetta helped present llama demonstrations. Last year, she was a superintendent of the returned and expanded 4-H Llama/Alpaca show at the county fair. (Alpacas are a recent addition to the Star City county fair.) Danetta and members of the club helped at the club’s Kick Off.

“I enjoy working with the youth and watching their confidence in themselves grow as they achieve their goals,” she says. “I enjoy watching the excitement of the 4-H’ers when their animal accepts an obstacle and maneuvers it willingly.”

Danetta is a board member for the Nebraska Llama Association and she has been an assistant Girl Scout leader for six years. Congratulations to Danetta. Volunteers like her are indeed the heart of 4-H!
The 2009 4-H Horse Awards Night was held Oct. 1. 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-Then** — Ethan Ang, Cassel Davis, Mikaela Garner, Haley Hula, Sarah Melton, Sarah Perkins, Lucy Polk, Sheldon Ragra, Jessica Schere, Madison Sobota, Jay Standen and Hannah Turner

**Level I** — Michael Anderson, Aubrey Baldwin, Breyly Beach, Emma Budge, Mikaela Carsten, Ashley Colburn, Tasha Double, Jamie Hansen, Rachel Hanson, Mia Hermanson, Ashley Holum, Allie Kallhoff, Eunhye Kim, Katherine Kramer, Bryanna Loudon, Victoria Malina, Apassia McBride, Nicole McConnell, Katie Miller, Ellen Neukirk, Elizabeth Norton, Haylie Pointer, Cassi Pommal, Abigail Rauch, Michelle Rohman, Madison Sobota, Gwyneth Talley, Mikayla Whaley, Allya Whitehill, Paige Wilson, Jenna Wolfe, Emmaly Wright and Emma Zoller


**Level III** — Brittany Albers, Josie Ang, Blayc Edge, Bailey Heidthrauk, Katie Lloyd, Maggie Moore, Samantha Moore, Kate Rawlinson and Hannah Romann

### 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! Last year we had a total of 72 4-Hers participate. This year, 104 4-Hers participated!!

**Bronze Level (minimum of 100 hours)** — Brooke Bennett, Ellie Blake, Jacob Chipp, Amanda Christman, Ashley Colburn, Kathleen Duncan, Lyssey Erickson, Nicole Finkner, Katharine Kramer, Victoria Malina, Kayne Mayer, Nicole McConnell, Logan McDonald, Maggie Moore, Hayden Moss, Elizabeth Norton, Shane Ortnansky, Spencer Peters, Kyle Reine, Jacob Roman, Jay Standen, Bethany Wachtler, Mikayla Whaley, Emmaly Wright


**Gold Level (minimum of 366 hours and completed horse record book)** — Brittany Albers, Ashley Bradbury, Vanessa Butterfield, Ashley Densberger, Kathryn Kimmen, Apassia McBride, Sierra Nelson, Kate Rawlinson, Jess Smith, Bailey Sobota, Heather Welch, Paige Wilson

### 4-H Horse Course Challenge Results

**All-Around Cowboy/Cowgirl** — Flying Hoofs 4-H Club, Western Pride 4-H Club, Rough Riders 4-H Club

**All-Around 4-H Champion** — McKenzie Beach

**Herdsmanship & Decoration Awards**

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<thead>
<tr>
<th>Top Herdsmanship - Small Club</th>
<th>Flying Hoofs 4-H Club</th>
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<tr>
<td>Top Herdsmanship - Mid-Size Club</td>
<td>Viking Riders 4-H Club</td>
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### 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 Judging Elementary Division** — Jessica Jordan (1st place), Vanessa Butterfield, Bailee Sobota, Apassia McBride, Mikayla Whaley, Sierra Nelson, Mattison Merritt, Emmaly Wright, Jena Wolfe and Heather Welch

**Top Judging Junior Division** — Shane Ortnansky (1st place), Nicole Finkner, Hannah Romann, Brittany Albers, Eli Deumount, Bailey Peterson, Allison Dombarger, Bailey Heidithrauk, Sydney Scow and Anna Heusinger

**Top Judging Senior Division** — Hannah Scow (1st place), Abbie Heusinger, Alyssa Heusinger, Chelsea Beach, Hannah Coffman, Ben Leach, Samantha Moore, Blake Preston, Jon Schuster and Candace Lahtiers

### All-Around Trail

**Dick and Cookie Confer Top Trail Award for all-around champion of the Lancaster County Fair**

**All-Around Barrels**

**Franklyn Menning Family Trophy** for fastest time in the Lancaster County Fair 4-H Barrel racing competition — McKenzie Beach

**All-Around Cowboy/Cowgirl Award**

**Horse Challenge Results**

**Top Horse Course Challenge Elementary Division** — Emily Clarke (Grand Champion), Bailee Sobota (Reserve Champion), Morgan Chipp, Mia Hermanson, Sarah Perkins, Mikayla Whaley, Heather Welch, Samantha Stevens, Allie Kallhoff and Spencer Peters

**Top 8 Horse Course Challenge Junior/Senior Division** — Maria Ludlde (Champion), Eli Deumount (Reserve Champion), Megan Ludlde (Reserve Champion), Brooke Bennett, Cory Peters, Erika Warren, Kate Rawlinson and Hannah Romann

### All-Around Cowboy/Cowgirl

**Three age division awards for Lancaster County Fair All-Around Cowboy/Cowgirl are sponsored by Louism Fine Farms/Mr. Joni Ang Family**

**Elementary Division** — Vanessa Butterfield

**Junior Division** — Josie Ang

**Senior Division** — Chelsea Beach
4-H Odyssey Course is Designed for Team Building
Groups Can Set Up a Team Development Day

The three Nebraska 4-H camp locations have long offered T.R.U.S.T. challenge courses which have been incorporated into youth camps, adult/family programs, group conferences, retreats and special events. Now, the Eastern Nebraska 4-H Center near Gretna also features a world-class high ropes challenge course named the Odyssey Course!

Unlike traditional courses, the unique design of the Odyssey Course allows teams to complete challenges 20–35 feet in the air as the group moves between elements and accomplishes goals together.

Funded by Nebraska 4-H Foundation

The Odyssey Course was funded by the Nebraska 4-H Foundation in recognition of their 50th anniversary. Nebraska 4-H Foundation Executive Director Kirk Janison says, “The foundation funded the course to help keep the Eastern Nebraska 4-H Center a state-of-the-art facility and to offer Nebraskans the next generation in challenge course design. A trip to the Odyssey Course is a tremendous learning opportunity and may fit programming for youth groups as well as adult organizations and businesses.”

Established in 1958, Nebraska 4-H Foundation raises funds to support the University of Nebraska-Lincoln Extension Youth Development program.

4-H Youth Camps

This past summer, the Odyssey Course was introduced in the 4-H summer camp “Discovery - Boldly Bound & Beyond” for youth ages 11–15. Young wanting to experience the Odyssey Course can watch for future camps featuring the course.

Team Development Days

The Odyssey Course is available to businesses, organizations, sports teams or any groups for a “Team Development Day.” Groups can range from as few as four to as many as 40 people. Your organization can choose from a full day (6-7 hours) or half day (3-4 hours).

The course provides an intense teambuilding experience which highlights the objectives of cooperation, trust, communication and adventure. Programs can be customized to desired outcomes such as:

- More confidence and trust between team members.
- Problem solving and practical knowledge of how the team works best.
- Adventure, recreation and fun in an outdoor environment ideally located between Omaha and Lincoln.
- Take back new ideas and motivation to your organization providing potential growth for your team.

For more information and pricing, contact Eastern Nebraska 4-H Center Camp Director Jared Parker at jparker50@unl.edu or (402) 332-4496.

The Odyssey Course is the only one of its kind in Nebraska.

The course builds group cooperation, trust and communication.

Even the climb to the zip line is an adventure.

National Extension Association Awards

Two UNL Extension in Lancaster County staff received national awards at the recent National Extension Association of Family and Consumer Sciences (NEAFCS) annual meeting.

- Maureen Burson received the Distinguished Service Award for her outstanding contributions to UNL the past 24 years. The award recognizes members for leadership, educational program efforts and professional development.
- Alice Henneman received 1st Place Educational Technology Communications Award for her “Supermarket Savings: 16 Tips that Total BIG Bucks” PowerPoint and related materials. The award encourages excellence in communication through computer programs, web pages or computer generated presentations.

2009 UNL Service Awards

Recently, University of Nebraska-Lincoln staff reaching an anniversary year of employment were honored for their years of service to the university. The following UNL Extension in Lancaster County staff were recognized:

- Extension Educator Lorene Bartos — 40 years of service
- Extension Educator Mary Abbott — 10 years of service
- Extension Educator Karen Wobig — 10 years of service
- Extension Assistant Dana Willeford — 5 years of service

The course builds group cooperation, trust and communication. 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 $125 per pair (4 people per room) or $165 (3 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 or call Extension Educator Maureen Burson at 441-7180.

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Lancaster Ag Society Seeks Nominations for Hall of Fame

At the 2010 Super Fair, the Lancaster County Agricultural Society will be unveiling a new Ag Society Hall of Fame located at the Lancaster Event Center. This wall will be used to formally recognize those individuals who have dedicated time and effort to the Lancaster County Agricultural Society beyond the normal volunteer hours and have made significant contributions to the establishment, development, advancement or improvement of the Lancaster County Fair. If you know of a person who is deserving of this honor, please nominate them. Nomination forms and more information can be requested by calling the Lancaster Event Center at 441-6450. Nomination forms will be due by May 1, 2010.

National Association Seeking 4-H Stories

The National Association of Extension 4-H Agents (NAE4-HA) needs your help! They are collecting stories for a book from the entire 4-H family including members, volunteers, agents/educators, state staff, including members, volunteers, donors, family members and agents. Stories not chosen will be saved for future use.

Here’s what the NAE4-HA is looking for:

• Stories from all 50 states sharing positive personal experiences on the value of 4-H activities/events, funny situations, etc.
• Stories about 4-H folks who have inspired, motivated and made a difference in the lives of others
• Stories should include information about the setting/situation and approximate time frame and must include your name, address and contact information
• At least three double spaced pages

Send your story as an e-mail attachment to dtabler@nebraska.edu. NAE4-HA will collect stories through Dec. 1 or until they’ve received at least 100 stories. For more information, go to http://fyi.unl.edu/waukeshaco4h/files/2009/06/4hstoriesbrochure.doc

Holiday Gifts Needed for LPS Headstart

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

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 2010. Extension Board members represent and assist University of Nebraska-Lincoln Extension staff in programs of the county focused on youth, agriculture, nutrition, health and safety, home management, natural resources, and the arts. Membership is for a three-year term. Applications are available from the Lancaster County Extension Office or may be obtained from the Nebraska Extension in Lancaster County. Application deadline is Feb. 1, 2010.

Extension is a Division of the Institute of Agriculture and Natural Resources of the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension
144 Cherrycherry Road, Suite A
Lincoln, NE 68528-1507
(402) 441-7180
http://lancaster.unl.edu
E-mail: lancaster@unl.edu • Fax: 411-7148
Join us on YouTube, Twitter and Facebook http://lancaster.unl.edu/media
Lancaster Extension Education Center Conference Facilities 444 Cherrycherry Road, Lincoln
Termiticide attack. Participants calculated the amount of termiticide needed and discussed how different parts of the house should be treated, in accordance with label directions. Both barrier and bait treatments were covered, along with borate (green) treatments. Personal and environmental safety was also an important theme throughout the two-day program.

Attendants received a respirator, gloves and safety goggles.

One participant commented, “The training was excellent. I feel better prepared to move forward and offer ... treatments to my customers.”

This annual program has been a collaboration between UNL Extension, Nebraska Department of Agriculture (NDA) and industry representa-
tives. Presentations were given by Dennis Ferraro, Clyde Ogg, Barb Ogg (UNL Extension), Tim Husen (UNL Department of Entomology), Buzz Vance and Clayton Haman (NDA). This year’s industry presenta-
tions were given by Jim Dston (Bayer Environmental Sciences), Brian Mount (FMC Corp), Bob Davis and Jared Harris (BASF), Jack Watkins (Dow AgroSciences) and Eric Ham (Nisus Corporation).

In February 2009, homeowners noticed termite mud tubes emerging from a crack in the basement floor. During Clyde Ogg’s pesticide safety demonstration, workshop participants received a respirator and a fit test.

Participants had a chance to practice injecting liquid for a perimeter application.

Can You Guess It?

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

Did you guess it from the October | The answer was American Bittersweet

U.S. Drought Monitor Map

As of Oct. 13, Lancaster County was considered dry.

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

Barb Ogg
UNL Extension Educator

Eradication of termites from structures takes skill and knowledge about termites, how structures are constructed and how treatments must be safely applied to eradicate termite infestations. Because termite treatments are expensive, prop-
erty owners expect competent termite technicians to solve their termite problem.

Every year since 2005, UNL Extension has offered a two-day termite school to provide in-depth training for applica-
tors. This training is unique because the hands-on activities take place at a real termite infestation.

This year’s training on Sept. 24–25 was at a home in Martell. The homeowners noticed termite mud tubes in early spring near the furnace in the basement and called the extension office for information about termites. In exchange for letting us use their house for training, we offered to solve their termite problem (at no cost to them). We chose their termite problem (at no cost to them). We chose their termite problem (at no cost to them). We chose their termite problem (at no cost to them).

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Termite School Increases Hands-on Training Opportunities For Applicators

4-H’er Recalls State Horse Show Experience

Editor’s Note: As part of the requirements to attain the highest level awarded in the Lancaster County 4-H Horse Incentive Program, 4-H members must complete a hand in a “Light Horse Project” record book. The following story is from Kate Rawlinson’s record book. Kate is 12 years old and is a member of the Esprit de Corps 4-H Club.

Kate Rawlinson
Lancaster County 4-H member

It was one of those hot July mornings that you felt like you were riding through micro-
wavey syrup. It had been a long haul from home in Lincoln to the state horse show in Grand Island. Head tilted back and eyes closed, I was inhaling the scent of summer, the hot, sticky, dry scent of summer.

Sailor and I were walking along. He was always patient when I fumbled with the two reins on my Pelham bridle. Today was not different. Even after the long trailer ride, Sailor was flexible, supple and tiring to go.

“Final call, Hunter Hack.” My eyes popped open and I looked at Sailor. Hunter Hack was not supposed to start until 9:30, yet the final call came to us at 9:00. My head spun a mile a minute as I hurriedly got dressed and ready. Sailor stood patiently by me, commanding my brain to relax. It was really some magic power of his. Soon I was ready, and I felt cool, calm and collected. It was the feeling of melted butter; soft and squishy. While walking toward the in-gate, I mentally prepared myself for a 2-foot course, like that of the county fair. When I walked onto the course, my mouth dropped, eyes popped, brain exploded and stomach flip-flopped. This was no mediocre 2-foot course. This was the real deal. This course was 2 feet and 6 inches. Six inches does not seem like a lot from the binoculars in the stands, but it does when you are hurtling toward it on a 12-hundred-pound mammal.

True to his nature, Sailor launched over it like the angel he was born to be. I felt so bad about not giving my horse the win. But no. I did not fall, and I did not give up. I believed in the ribbon he won. I had let my horse down. After all the great things he did for me, I could not even show him off to the best of my ability. However, I had a reason for being proud, too. I could have gotten a white. I could have been in an ambulance instead of on my beloved horse’s back, accepting the ribbon he won. I could have given up like the other 13 entrants who scratched. But no, I did not fall, and I did not give up. I believed in the horse I love, and our trust is worth more than any ribbon I will ever win. And, we will be right back there next year. Not falling, not quitting, but believing in each other.

Kate Rawlinson
Lancaster County 4-H member

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