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Garbology 4-H School Enrichment

Through Hands-on Science Activities, Youth Learn Reduce, Reuse, Recycle

Teri Hlava, UNL Extension Assistant & Vicki Jedlicka, UNL Extension Assistant

Second grade teacher Beverly Hoistad says, “I believe that now, more than ever, our students are very aware of what’s happening in our environment and what they can do to help and help change our environment. Garbology’s hands-on activities contribute greatly to making this crucial issue easy to understand and to adjust all of our habits accordingly.”

Garbology is not in the dictionary, but in Lancaster County, it means the study of garbage (‘ology’ = latin for “study of”). Each year, nearly 3,900 youth in 162 classrooms and afterschool programs — in 61 schools and afterschool programs — participate in the 4-H “Garbology” or “Trash to Treasure” enrichment programs.

Overview

Garbology is part of the Lincoln Public Schools science curriculum for 2nd graders. Many other Lancaster County Schools also teach it. Garbology consists of a curriculum manual with hands-on science activities. Many supplies and supplemental materials are provided in a large kit, including numerous student books, teacher resource books, posters, and DVDs. Garbology was developed in the early 1990s by several local organizations, including University of Nebraska—Lancaster Extension in Lancaster County. In 2002, extension revised it with the help of the City of Lincoln Recycling Department and Lincoln Public Schools to meet the Nebraska and National Learning Standards of Excellence.

Trash to Treasure was developed by extension in 2007 for afterschool programs with various grade levels K–5. Trash to Treasure is a curriculum manual with hands-on science activities and materials provided in a kit. The activities and materials are different from those used in 2nd grade Garbology.

Gene Hanlon, City of Lincoln Recycling Coordinator, says, “It’s one of those unique partnerships in which everyone involved benefits. Participating schools receive all the supplies and tools to provide environmental lessons to their students. It also helps the teachers meet their science curriculum requirements.

Children enjoy the program because they are able to do hands-on activities which make learning fun. The city’s recycling program benefits because it increases recycling awareness among families. I’ve had many parents tell me over the years that their child got their family to start recycling at home. There is no better approach that I can think of to encourage resource conservation for future generations.”

UNL Extension Assistant Teri Hlava coordinates the Garbology and Trash to Treasure programs. She gives a presentation about Reduce, Reuse, Recycle to nearly all classrooms and many after-school sites. She resupplies and updates kits each year.

Second grade teachers usually spent up to 15 classroom hours teaching Garbology. Trash to Treasure offers more flexibility for afterschool leaders due to the various grade levels and types of activities.

Garbology for 2nd Grade

Elementary teacher Amy Wahlen, says, “I was amazed at how complete and teacher-friendly the kit was. There are complete lesson plans, fun activities, and supplies to do the activities. The students love Garbology. This age group has a strong passion for helping the world around them. When they learn the three R’s, they are excited that someone their age can help the world in such a large way.”

The Garbology 4-H School Enrichment project is divided into these areas:

1. What is Waste?
2. Where Does Waste Come From?
3. Where Does Waste Go?
4. What Can We Do About Waste?

Youth learn many environmental concepts through scientific inquiry, prediction, observation, discussion, and arriving at conclusions. Some of the Garbology activities include:

- describing specific ways to reduce, reuse, and recycle;
- determining the speed at which various materials decay or do not biodegrade – and those effects on the future;
- categorizing trash and determining types of recyclable plastics;
- problem-solving ways of reducing potential trash and properly disposing of it in their daily lives;
- identifying where the nearest recycling center is;
- becoming resourceful at where and how to dispose of other types of garbage.

Elementary teacher Doni Douglass says, “We have learned so much about ways in which we can save our planet by doing simple things like reusing old greeting cards to make new ones, by learning to be ‘smart shoppers,’ and to be careful how we use our natural resources.”

Elementary teacher Abby Beatty says, “Students have a heightened awareness about garbage and how much they may be producing. Just seeing the amount of trash from their classroom and school makes a huge improvement, and then they want to help reduce the amount produced. Many students bring in things that are being reused, or explain how they are recycling old toys and things they no longer need so it doesn’t end up in the landfill.”

Trash to Treasure for Afterschools K–5

The Trash to Treasure curriculum for afterschools is divided into different grade levels. Some of the activities include:

- playing educational games,
- categorizing natural resources, and
- brainstorming ways to reduce, reuse, and see TRASH TO TREASURE on back page

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“Make Your Own Paper” is a Garbology activity in which students recycle used paper.
FAQ — Should I Turn Off my Aeration Fan When it is Raining or When Humidity is Very High?

The answer depends on two considerations. (1) Do you need air through the grain to remove heat build-up in the grain to slow the rate of deterioration? (2) Would you be able to accomplish additional drying given the current moisture content of your grain and the temperature and relative humidity? If you answered yes to either of these questions, the answer is no, don’t turn off the fan.

I have provided two tables to show why you might need to continue running the fan even when humidity is high.

Remember, the best you can do is to maintain the grain quality you currently have. There is nothing you can do to improve grain quality once it is lost. Each time you allow a little deterioration to occur, dry matter and grain quality are lost forever.

Table 1 shows the shelf life of corn under the stated range of grain temperature and grain moisture conditions. The shelf life is the time (months) corn can be stored — with periodic aeration to maintain the stated temperature in the grain mass — before one-half of one percent of the dry matter would be lost. Half of one percent dry matter loss is considered the maximum dry matter you can lose and still maintain the current market grade.

Rule of thumb 1 — the shelf life of aerated corn is reduced by about half for every ten degree increase in temperature at the given moisture content. For example, starting with corn at 17% moisture, the shelf life is reduced from 9.5 months to 5.3 months when the grain temperature increases from 40°F–50°F.

Rule of thumb 2 — the shelf life of corn is reduced by about half for every one percent increase in moisture content with sufficient aeration to maintain a constant grain temperature. For example, the shelf life of aerated corn at 50°F goes from 8.9 months at 16% to 5.3 months at 17% moisture content. Corn not aerated to carry away temperature buildup risks the grain — is estimated to have a shelf life one-third as long as the estimates in the table. If the aeration system is shut off when a bin of 17% moisture corn is 60°F and the fan is shut down, the corn could lose a market grade in less than a month.

This is why I recommend continuous aeration, rain or shine when grain moisture content is over 17% and grain temperature is greater than 50°F. If corn is less than 17% and at or below 40°F one could begin intermittent aeration provided the grain is closely monitored. I recommend frequent aeration based on the equilibrium moisture values in Table 2 until the corn is dried to 15% and 40°F or less. The eventual target for grain held in storage through the months of October through February is 15% moisture and 40°F.

Table 2 shows the equilibrium moisture content under various temperatures and relative humidity conditions. Think of it this way — the equilibrium moisture content is the driest grain moisture content achievable using natural (unheated) air under the stated conditions no matter how long you run the aeration system. Use this table when corn is less than 17% moisture AND less than 50°F to decide whether you can accomplish additional drying that day. When intermittent drying, monitor the grain frequently and start the fan at the very first sign of heating.

Table 1. Shelf life (months) for aerated shelled dent corn
(based on 0.5% maximum dry matter loss)

<table>
<thead>
<tr>
<th>Temp</th>
<th>Moisture Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>40°F</td>
<td>13% 14% 15% 16% 17% 18%</td>
</tr>
<tr>
<td>50°F</td>
<td>15% 22% 25% 28% 30% 32%</td>
</tr>
<tr>
<td>60°F</td>
<td>17% 20% 23% 25% 27% 29%</td>
</tr>
<tr>
<td>70°F</td>
<td>19% 22% 24% 26% 28% 30%</td>
</tr>
<tr>
<td>80°F</td>
<td>21% 24% 26% 28% 30% 32%</td>
</tr>
</tbody>
</table>

Table 2. Equilibrium Grain Moisture Values
(Moisture content (% wet basis) for crops exposed to air at various temperatures and relative humidities)

<table>
<thead>
<tr>
<th>Temp</th>
<th>Relative Humidity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn</td>
<td>20%</td>
</tr>
<tr>
<td>40°F</td>
<td>9.2</td>
</tr>
<tr>
<td>50°F</td>
<td>8.5</td>
</tr>
<tr>
<td>60°F</td>
<td>7.9</td>
</tr>
<tr>
<td>70°F</td>
<td>7.3</td>
</tr>
<tr>
<td>80°F</td>
<td>6.7</td>
</tr>
</tbody>
</table>

Lincoln’s Community CROPS
Growing Farmers Training Program needs land

The Community CROPS’ Growing Farmers Training Program provides opportunities for immigrants and low-income families to start farm businesses, and growing food for the Lincoln community. City road expansion and addition of a viaduct at SW 40th Street is reducing the space available at CROPS’ current farm site. Leslie Pillen, Farm Manager of the CROPS training farm, is leading an effort to find a larger, more permanent parcel of land for the Growing Farmers Training Program.

In 2005, Community CROPS partnered with a private landowner at Sunset Community Farm, located at SW 40th and West F Street. This site,coupled with education and training, provides the opportunity to access land to grow produce. Unfortunately, demand has outgrown their limited current space. CROPS would like to get the word out to landowners near Lincoln who might be interested in donating, renting, or selling land to Community CROPS in support of this important program. “We are just like any other farmer; we want to rent land to grow food,” Pillen said. “With the increased awareness of locally-produced fresh food, we are hoping someone close to Lincoln will partner with us in making this program even more successful.” Ideally, the land should be within 10 miles of Lincoln and have a minimum of 20 tillable acres. CROPS is looking for long-term 5% of the price paid to purchase the land in the future.

Any inquiries about this program or opportunity to access land can be made to Leslie Pillen, Community CROPS Growing Farmers Program Manager. Her email is lespillen@communitycrops.org and you can reach her by phone at (402) 474-9802.

Source: Leslie Pillen, Manager, Community CROPS Growing Farmers Program.

Baling Corn Stalks for Winter Feed

Your corn is getting combined. Now you are wondering if you should bale some of the stalks. Is it worth it?

What are corn stalk bales worth? One way to look at it is from the cost stand point. Nutrients removed by stalk bales may need to be replaced with extra fertilizer. Using Fall 2010 prices, stalks contain about $12–13 worth of nitrogen, phosphate, sulfur, and lime per ton. Corn stalk removal also can reduce soil organic matter, increase erosion risk, and increase soil water evaporation. Nebraska research shows dryland corn yield declines about four percent per one percent of residue removed while irrigation costs increase similarly to maintain corn yield. Labor and equipment costs average $20–$25 per ton and baling stalks tends to cause more wear and tear on equipment than other baling operations. Totaled together, these costs amount to $50–$55 per ton of corn stalks removed.

Now, what are corn stalks worth as a feed? One rule of thumb suggests the dollar feeding value is midway between straw and prairie hay. But feed value of stalks varies greatly. For example, if everything is baled, you may only have three to four percent protein and less than 50 percent TDN. Harvest just the tassels and two or three rows behind the combine and TDN increases to the lower 50’s and protein to about 15 percent. But you should test to make sure.

Are baled corn stalks worth while? The cutting land can be bought they are if you can sell them for over $60 or buy them for less than $40 per ton. In this case, it is going to depend a lot on your individual ability to either cut costs or feed efficiently.

Source: Dr. Bruce Anderson, UNL Extension Forage Specialist

The NEBRINE
http://lancaster.unl.edu

Farm Views

Nov./Dec. 2010
Controlling Mice

Barb Ogg
UNL Extension Educator

In the late summer and fall of the year, mice may invade structures to stay warm and increase its chances of survival through the winter. When days get shorter, mice circle the foun- dation searching for warm air coming from heating vents. When a mouse senses warm air, it stops and investigates. It can squeeze through 1/4-inch openings.

Unlike some other animals, the house mouse does not hibernate to survive winter. Because it has a high metabolic rate, it must eat often to main- tain its body heat. A mouse living in a warm environment doesn’t need as much food as one living outdoors where temperatures are cold. Indoors, mice are attracted to locations that produce heat, especially refrigerators, freezers, dishwashers, ovens, water heaters, and furnaces. They often find their way to kitchens, where temperatures are warm and food is plentiful.

Feeding behavior. Mice are “nibblers.” During foraging activities, a mouse will sample tiny bits of food in many different spots. It may make hundreds of separate trips to the food and back, taking only milligrams of food at each visit.

Hooding Mice. Mice make their food and nest in outbuildings, but hide it in secluded locations. They may again move food to other locations where they feel more secure in feeding or may move it back to their nest. The stored food may be eaten or may be forgotten.

Snap traps. We recom- mend using snap traps to catch mice. Traps with one caramel. You may need to tie some baits (hot dogs, bacon) to the pedal to secure the bait. There is easier to secure the bait. With the metal pedal because it is wider plastic pedal with holes that looks like Swiss cheese. Some consumers mistakenly believe these traps are prebaited, but alas, mice are not attracted to plastic.

What baits to use? Mice like a variety of foods, so experts recommend using different baits. Try peanut butter, thin hot dog slices, gumdrops, and nesting material (dental floss or cotton balls). My personal favorite is Brach’s caramels. Remove the celophane and warm the caramel in your microwave. Pinch off a small piece of caramel. The advantage to using caramel is that mice cannot lick it off the pedal and must tug it. It also has a fragrant vanilla odor. You can bait four or five traps with one caramel. You may need to tie some baits (hot dogs, bacon) to the pedal to secure the bait. Cheese is not a good bait.

A piece of caramel can be effective mice bait. Place traps with bait pedal next to the wall.

How many traps to use? Bobby Corrigan, nationally known rodent control expert, says most people do not use enough traps. He says for a couple of mice in a residence, use at least a dozen traps. For larger infestations, use more.

Where to place traps? Good placement of traps will increase catching efficiency. Place traps where you see rodents hopping or where they travel. Because mice travel by their way along vertical walls, place traps against a vertical wall or structure with the bait pedal next to the wall. Or, place two traps facing opposite directions to intercept mice traveling in each direction. See photos.

If you are having an espe- cially troublesome mouse, try hairing traps without baiting them for several days. After the mouse removes the bait for several days, set the trap and you will likely have success.

No Rodenticides Inside Homes

Why don’t we recom- mend poisons inside homes? Some of the baits on the market are single feeding anticoagulants. These products are more toxic than earlier anticoagulants like warfarin. Why use anticoagulants?

• Because mice find food and may not eat it, it is possible for children to pick up small bits of toxic rodenticide and eat it.
• Mice will die under the sink, behind the refrigerator, or in the wall. It will smell bad and produce insects that feed on decomposing animals, like flies and carpet beetles.
• Traps work very well, if correctly placed.

Where would it make sense to use rodenticides? It may make sense to use roden- ticides in warehouses, garages, outbuildings, barns, and other locations where so many traps are needed it would be difficult to set them all.

Mechanical multiple catch traps, like Tin Cat® or Kitch-All®, are also well suited for these areas and it should be considered regularly. Many people believe live traps are more humane, but the truth is that mice die fairly quickly of starvation after they have been caught. Wildlife experts do not recommend releasing the house mouse, which is a non-native invasive species.

Changes in rodenticide regulations. The EPA has decided that some of the rodent- ics are a significant hazard to children and non-target wildlife. They are particularly concerned about those single-feeding anticoagulants (SFAs) containing brodifacoum, bromadiolone, difethialone, and difenacoum. A new EPA ruling will go into effect June 2011. Products containing SFAs will no longer be sold in hardware, grocery, drug, big box stores, and other general merchandise stores. SFA rodenticides will be distributed to agricul- tural, farm, and tractor stores, or sold directly to professional applicators. They will be sold in larger quantities and product labels will restrict use in and around agricultural buildings. They cannot be used in and around homes. To read the entire final risk mitigation decision, go to www.epa.gov/opprr/reregistration/rodenticides/final-riskdecision.htm.

Rodenticide rules.

Consumer products:

• Sold in packages of 16 pounds or larger.
• Tamper-resistant baits are required for all outdoor, above-ground placements.
• Distribution and sales in “consumer” stores is prohibited.

For professional use (SFAs):

• Sold in packages of 8 pounds or larger.
• Tamper-resistant baits are required for all outdoor, above-ground placements.
• Distribution and sales in “consumer” stores is prohibited.

New EPA Ruling on Rodenticides Takes Effect June 2011

Keep Your Bird Feeders Clean

Soni Cochran
UNL Extension Associate

Backyard bird feeding enthusiasts know how easy it is for seed to turn moldy in feeders. Moisture from snow or rain can leak into feeders and quickly turn the bird seed into potential sources of illness for birds. Take care to keep your feeders clean to help prevent the spread of disease to backyard birds.

You’ll have better luck keeping seeds dry if you use hopper-type feeders and fly-through feeders. Tray feeders with a screen bottom are also a great way to feed the birds and the screen helps air get to the seeds to prevent mold. Be sure not to fill your tray feeders to the brim through holes, several inches thick in the tray, they can still mold.

Use a rake to sweep up fallen seeds and seed hulls under the feeder to prevent moldy conditions. These seeds can also attract other small insects. Mice may eat these seeds on the ground won’t hurt the birds, but if you notice piles of seed and the seed is moldy, sweep it up. Use a rake or broom to sweep up fallen seed and spent seed hulls under your feeders to prevent moldy conditions.

A hopper-type feeder

A shop- or garage-type vacuum cleaner is another convenient way to clean up spent seeds and hulls.

To Clean Your Feeders

Clean and disinfect your feeders regu- larly. This should be done once a month. If you observe sick birds at your feeders, clean them weekly. Bird baths should be cleaned often enough to keep water fresh, this could be daily or weekly depending on use and weather.

Clean your feeders by removing old seed. Take care to scrap out the old moldy seed that may collect in the corners. Wash the feeders in warm water with dish soap. Rinse. Disinfect with a solution of one part liquid chlorine household bleach to nine parts warm water. You can immerse the feeders completely in the solution for 2-3 minutes, then allow to air dry in the sun. Make sure the feeder is completely dry before refilling with seeds. Always rinse bird baths thoroughly before refilling.

Other Ways to Help Prevent Disease

Put several bird feeders and position them at different heights and distances. This keeps the birds from crowding around feeders. The large platform feeders do a great job of keeping seeds spread out.

Avoid tubular or other feeders that require birds to reach their entire head or bill through holes in the feeder. The tubular thistle seed feeders are not as likely to spread diseases because the birds cannot simply put the tips of their bills into the openings to get seeds.

For more information call UNL Extension in Lancaster County Web site at http://lancaster.unl.edu/ or call the extension office for free identification.

Identify Those Small Flies!

There are several species of small flies (gnats) that may infest kitchen areas. The presence of large numbers of flies means they are probably being produced there. Fly breeding sites can be: overripe fruits and rotting vegetables, recycling areas, trash, compost piles, and plumbing leaks. Overwatered potted plants can also produce small flies. Identifying the types is extremely important, because each type of fly has its own preferred breeding areas. For further information, please contact the extension office for free identification.

For More Information

UNL Extension in Lancaster County
Web site at http://lancaster.unl.edu/ or call the extension office for free identification.

A moth fly, also known as a drain fly (Highly photosensitive).

A couple of small flies may be able to find their way to kitchens, where temperatures are warm and food is plentiful.

A shop- or garage-type vacuum cleaner is another convenient way to clean up spent seeds and hulls.

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How to Add a Little Spice & Herbs (and Less Salt, Fat, Sugar, and Calories) to Your Life!

Tuesday, Nov. 16, 7–8:30 p.m.
Plaza Conference Center, BryanLGH Medical Center East, 1600 South 48 Street, Lincoln

Looking for inexpensive ways to add flavor to foods without adding lots of salt, fat, sugar, or calories? Alice Henneman, registered diettian and UNL Lancaster County Extension Educator, will share tips and recipes for adding spices and herbs to foods that will help you do just that! You will receive an extensive booklet giving recipes, spice charts, and more! Plus, you’ll learn about some of the potential antioxidant properties associated with spices and herbs.

Preregistration required by calling (402) 481-8886.

Rosemary & Thyme

Roast Turkey Breast
Serves 6

1 boneless turkey breast half (2-1/2 to 3 pounds)
1 tablespoon olive oil
5 garlic cloves, peeled
1/4 teaspoon black pepper
1 teaspoon chili powder (or sweet paprika)

Preheat the oven to 350°F. Set the turkey breast in a roasting pan and tuck the garlic under it. Sprinkle olive oil on top of meat and rub all over; wash your hands. Sprinkle the meat with pepper, chili powder, or paprika. Roast turkey breast for 45 min. Add 1/3 cup water to the pan and continue roasting for 30 to 40 minutes, spooning the pan juice over the meat every 15 minutes, or until a meat thermometer inserted into the center registers 170°F. Let turkey breast stand for 15 minutes before slicing so the juices can redistribute.

Broccoli Mashed Potatoes
Serves 6

1 pound potatoes, cut into wedges, skin on
1 pound frozen broccoli, thawed and drained
3/4 cup shredded mozzarella cheese (or any preferred white cheese)
1/2 cup nonfat milk
1/2 teaspoon garlic powder
Pepper, to taste

Boil the potatoes until soft and drain. Cook the broccoli according to package directions. Transfer the potatoes to a large bowl and mash with potato masher. Add potatoes, cheese, milk, salt, and pepper and continue mashing to desired consistency. Serve immediately.

Frozen Vanilla Pumpkin Pie
Serves 10

CRUST:
30 small gingersnap cookies, (about 7-1/2 ounces) or graham crackers, (about 1 cup crushed or 8 whole graham crackers), or a mixture of 1/2 and 1/2
2 tablespoons cinnamon
1 tablespoon canola oil

FILLING:
1 can pumpkin puree
1/3 cup packed brown sugar
3/4 teaspoon cinnamon
1/2 teaspoon ginger
1/2 teaspoon nutmeg
2 pints (4 cups) frozen low-fat vanilla ice cream, softened

Preheat oven to 350°F. Coat a 9-inch pie pan with cooking spray. To prepare the crust, combine gingersnaps (or graham crackers) and raisins in a plastic one gallon food storage bag and crush until fine with a rolling pin. Or crush in small batches in a smaller bag. Put in a bowl, add oil, and stir until blended. Press evenly into the bottom and up the sides of the prepared pan. Bake the crust until set, about 10 minutes and cool. To prepare the filling, combine pumpkin, brown sugar, cinnamon, ginger, and nutmeg in a large bowl and mix well. Add ice cream and stir until blended. Spoon the mixture into the cooled pie crust. Freeze until firm, at least two hours. Let the pie soften slightly in the refrigerator for 20–30 minutes before serving.

Tip: To soften ice cream quickly, microwave on medium-low for 30–60 seconds. You can also cover and freeze the pie for up to three days if you want to make it in advance.

Holiday Food Safety

As Americans prepare for the upcoming holidays, they will encounter a variety of sumptuous food offerings — from eggnog and unique cookies to appetizers and roasted meats. USDA’s Food Safety and Inspection Service (FSIS) is offering recommendations to consumers to help them avoid foodborne illness while enjoying these seasonal feasts.

The Holiday Buffet

Foods sitting out for too long on the buffet or table at holiday parties can cause foodborne illness. Many parties go on for several hours and food is often left at room temperature. Be wary of any foods — hot or cold — left out for more than two hours. This so-called “Danger Zone” — when food is between 40°F and 140°F — allows bacteria to multiply.

Any perishable foods on the table not served with a heating source (chafing dishes or slow cookers) or chilling source (nesting serving dishes in bowls of ice) should be discarded after remaining for two hours at room temperature.

Foods that can be safely cooked are:

Cold foods, such as chicken or potato salad, should be served and kept cold — at or below 40°F. A helpful hint is to prepare extra serving platters and dishes ahead of time, store them in the refrigerator or keep them hot in the oven (set at approximately 200–250°F) prior to serving.

Foods that can be safely cooked are:

Cold foods, such as chicken or potato salad, should be served and kept cold — at or below 40°F. A helpful hint is to prepare extra serving platters and dishes ahead of time, store them in the refrigerator or keep them hot in the oven (set at approximately 200–250°F) prior to serving.

The Dessert Table

Bacteria can also multiply quickly in moist desserts that contain dairy products. Keep egg nog, cheeses, cream pies, and cakes with whipped-cream or cream-cheese frostings refrigerated until serving time.

Safely cooked hot foods like:

Cold foods, such as chicken or potato salad, should be served and kept cold — at or below 40°F. A helpful hint is to prepare extra serving platters and dishes ahead of time, store them in the refrigerator or keep them hot in the oven (set at approximately 200–250°F) prior to serving.

Foods containing eggs or lightly cooked eggs.

Most commercially sold eggnog is pasteurized, meaning the mixture has been heated to a temperature high enough to kill harmful bacteria that may have been present in the raw ingredients. However, if you’re making your own eggnog, be sure to use a recipe that calls for slowly heating the mixture to 160°F.

This will maintain the taste and texture while also killing bacteria.

Do not allow children (or adults) to eat raw cookie dough or lick the beaters after mixing batter containing eggs.


MORE INFORMATION
UNL Extension’s Food Web site at http://food.unl.edu/web/safety/thanksgiving-food-prep.html

Holiday buffet foods do not have to leave your wallet empty. With a little time, menu planning, and bargain shopping you will be able to create a scrumptious and healthy holiday meal. Here are some simple tips to help you pull together your holiday meal.

1. Figure out the number of people coming to your holiday meal. If you do not have an exact count be sure to not under estimate. You always want to have enough food to go around and leftovers from these meals can always be used a different way for the next day or frozen for later use.

2. Plan out your menu based on the number of people attending. For example, if only six people are coming, you probably need a 7–8 pound turkey.

Turkey breast is a great alternative to a whole turkey, if a smaller turkey breast is a great alternative if a smaller turkey breast is needed a 7–8 pound turkey.

3. A few weeks before your holiday meal, start eyeing the sale ads in the paper or in the store.

A great way to save money on your meal is to stock up on items when they are on sale and freeze or keep them in your pantry. If you intend to make green bean casserole, keep an eye on the frozen green beans and when they go on sale, stock up and keep them frozen until you need to use them for your meal.

4. If you cannot find the items you need for your holiday meal on sale, the best alternative is to buy the store brand.

Sometimes the store brand is only a few cents cheaper than name brand products, but other times it can be up to a dollar cheaper and that adds up to a big savings if you are buying three or four items.

Try these healthy, money-saving recipes and follow the above steps and you will have a wonderful holiday meal to serve to your guests and family. Enjoy your holiday season!

Kristen Neth
UNL Extension Assistant

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Turkey breast is a great alternative to a whole turkey, if a smaller number of people are attending your holiday meal. It is less expensive than buying a whole turkey and it cooks in less time.

3. A few weeks before your holiday meal, start eyeing the sale ads in the paper or in the store.

A great way to save money on your meal is to stock up on items when they are on sale and freeze or keep them in your pantry. If you intend to make green bean casserole, keep an eye on the frozen green beans and when they go on sale, stock up and keep them frozen until you need to use them for your meal.

4. If you cannot find the items you need for your holiday meal on sale, the best alternative is to buy the store brand.

Sometimes the store brand is only a few cents cheaper than name brand products, but other times it can be up to a dollar cheaper and that adds up to a big savings if you are buying three or four items.

Try these healthy, money-saving recipes and follow the above steps and you will have a wonderful holiday meal to serve to your guests and family. Enjoy your holiday season!

Kristen Neth
UNL Extension Assistant
FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s View — Irene’s Items

Irene Colborn
FCE Council Chair

It is a little hard for me to think about the end of the year coming. I can remember when I was in grade school and said I couldn’t wait to write the next year’s date on my school papers and my dad was a little surprised that I could enjoy the fall weather we have been having. I got most of my yard work done until the leaves come down. My wishes for you for the holidays ahead are love, gratitude, friends to cherish, caring, sharing, laughter, music, and warm feelings in your heart.

said when you get older, those years will roll around too fast. How true! Thinking about November, I saw an ad in the paper this morning advertising turkeys for Thanksgiving. So I guess it is coming. I hope you have all been enjoying the fall weather we have been having. I got most of my yard work done until the leaves come down. My wishes for you for the holidays ahead are love, gratitude, friends to cherish, caring, sharing, laughter, music, and warm feelings in your heart.

FCE News & Events

2011 Training Lessons

The schedule for next year’s Family & Community Education (FCE) and community leader training lessons are being planned. All lessons will be presented at 1 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.

Non-FCE members or groups should call Pam at (402) 441-7180 to register for these lessons so materials can be prepared.

- Chocolate — A Functional Food? — Wednesday, Jan. 5
- Healthy Meal Planning on a Budget — Wednesday, Jan. 26
- Fun to Play — Ready to Learn: Infants and Toddlers for Success! — Wednesday, Feb. 23
- Brain Blitz — Wednesday, March 23
- Legally Secure Your Financial Future — Wednesday, Sept. 28

Leader Training Lesson, “Chocolate — a Functional Food?”, Jan. 5

The FCE and Community Leader Training Lesson “Chocolate — A Functional Food?” will be Wednesday, Jan. 5, 1 p.m. Extension Educator Alice Henneman will present the lesson. This lesson will help you learn about the different types of chocolate, explore the health benefits of chocolate and demystify the functional food jungle in the grocery store.

Leader Training Lesson, “Healthy Meal Planning on a Budget”, Jan. 26

The FCE and Community Leader Training Lesson “Healthy Meal Planning on a Budget” will be Wednesday, Jan. 26, 1 p.m. Extension Educator Alice Henneman will present the lesson. This lesson will teach participants how to plan healthy, delicious meals, consistent with the dietary guidelines, while on a limited budget.

FCE 2010 Achievement Night

The Family & Community Education Clubs 2010 Achievement Night was held in October. Approximately 30 members attended. “Dillon & Friends” presented musical entertainment and Ed Zimmer presented a program on Lincoln history. Members donated canned food and paper products, as well as cash, for the annual FCE Food Bank Campaign.

Club Incentive Awards

Helpful Homemakers
Home Service
Salt Creek Circle

Membership Awards

50-Year Member
Alice Doane, Individual Member

20-Year Member
Twyla Lidlolph, Salt Creek Circle

15-Year Member
Ruby Engle, Helpful Homemakers Clarice Steffens, Salt Creek Circle

5-Year Member
Phyllis Krueger, Salt Creek Circle

Holiday Safety Tips

The holiday season is just around the corner. It is the time of year when families decorate for the holidays. As we see more decorations indoors and outdoors this time of year. Safety is important at all times but especially when additional lights, and items are put up around the home.

Candles

Candles are fun and add a special touch and smell to homes during the holidays. Even so, candles are one of the main causes of fires in the home. Some tips when using candles during the holidays or anytime are:

- Place candles in sturdy, non-combustible holders. Places candles away from decorations and drapes.
- Keep matches and lighters out of the reach of children.
- Do not use candles to decorate Christmas trees.
- Keep Menorahs, Kinaras, and Yule logs away from flammable objects.
- Before leaving the home or going to sleep put out candles and turn off decorative lights.
- Use battery candles for the same affect with no flame to worry about.

Decorative Lights

Decorative lights can be used inside, outside, and on trees. Check all lights and cords before using them this season. Check for worn or frayed cords. Replace lights if they are damaged or worn. Do not overload electrical circuits. Be careful when using several strings of lights and extension cords. Read instructions on light strings and use less to connect more strings than indicated. When using extension cords outside, use only those for outside use.

Christmas Trees

Christmas trees are holiday atmosphere in many homes. Whether your family chooses an artificial or real tree, precautions should be taken when decorating.

Trees should be placed away from fireplaces, radiators, television sets, and other heat sources. This can dry out real trees prematurely. When decorating your tree consider safety at all times. Use a safe ladder or step stool when putting decorating on the highest part of the tree. If there are little ones in the home consider using unbreakable decorations. Always be sure to turn off all decorations before going to bed or leaving the home.

Additional Tips

Keep these additional tips in mind during the holiday season:

- Limit the visibility of holiday gifts through doors and window. If the front door has a window consider decorating it with tinfoil or wrapping paper.
- Watch where you put wrapped food gifts if you have pets. Chocolates and some foods can be harmful to pets. Want to put them under the tree until it is time to open gifts.
- Check children’s gifts for hazards of small pieces and long cords before they play with them.
- Refrain from putting wrapping paper in the fireplace. It can cause sparks and produce a chemical buildup in the home.
- Clean spills up immediately to avoid stains and falls.
- Safety in the kitchen is also important. Untended cooking is another one of the leading causes of home fires in the United States.

Enjoy the holiday season with family and friends. Remember safety is important and will make the holidays much more enjoyable if hazards are removed and safety precautions are taken.

Lincoln historian Ed Zimmer
Food Bank donations

Dillon & Friends musical entertainment

Alice Doane
Twyla Lidlolph
Ruby Engle and Clarice Steffens
Phyllis Krueger

PHOTO CREDITS

Ruby Engle, Helpful Homemakers
Twyla Lidlolph, Salt Creek Circle
Vaughn Lidlolph, Salt Creek Circle

Lorene Bartos, UNL Extension Educator

Stocking Stuffer Ideas

Some practical but inexpensive stocking stuffers ideas for the right economic times at hand can be small items but useful. Stocking stuffers don’t all have to be whimsical. It’s thoughtful to add a few practical items, too. Some ideas to consider: hand wipes, hand gel, or a stick stain. In fact, many of your favorite laundry products and personal care products are available in mini sizes — the perfect fit for a suitcase, gym bag, briefcase, glove compartment or dorm room, to name a few. Look for the “travel-size” area in local stores. Small food snacks are always another good item. Pens, pencils, highlighters, and small sticky notes are also useful. Be creative and have a happy holiday.

Lincoln historian Ed Zimmer

Food Bank donations

FCE News & Events
Conservation Trees for Nebraska

Each year, Nebraska’s Natural Resources Districts (NRDs) sell tree and shrub seedlings for windbreaks, erosion control, wildlife habitat, and other conservation purposes. Each NRD runs its own tree planting program. You must contact your local NRD to order seedlings. Their forestry staff can help you with a planting plan and offer suggestions on which species would be best suited to your needs.

Most of Lancaster County is part of the Lower Platte South NRD, 3125 Portia St., PO Box 8381, Lincoln, NE 68501. Phone: (402) 476-2729. Web site, www.lpsnrld.org.

The southeast corner of Lancaster County is part of the Nemaha NRD, 448 N. 12th St., Tecumseh, NE 68450. Phone: (402) 335-3336, Web site, www.nemahand.org.

Winter Protection for Trees and Shrubs from Mice and Rabbits

Mary Jane Frogge
UNL Extension Associate

Last winter Lancaster County experienced a large amount of snow cover for an extended period of time. When it finally melted away, homeowners found heavy damage to their landscape plants.

Mice and rabbits can cause severe damage to plants in the winter. These animals feed on the tender twigs, bark, and foliage of landscape plants during the winter. They can also girdle trees and shrubs.

Trees can be protected from rodent damage by placing a cylinder of 1/4 inch mesh hardware cloth around the trunk. The cylinder should extend 2 to 5 inches below the ground line for mice and 18 to 24 inches above the anticipated snow line for rabbit protection. Hardware cloth can be left on year-round, but it must be larger than the trunk to allow for growth. For small trees, plastic tree guards are also effective, but remember to remove them in the spring.

You can protect shrubs from rabbits by fencing with chicken wire, however, check fenced areas frequently to ensure they are working effectively.

Winter Gardening Activities for Kids of All Ages

Mary Jane Frogge
UNL Extension Associate

Windowsill gardens. When snowbirds keep your kids inside, try cultivating a window sill garden. All you need is a sunny spot and a few containers of soil. Herbs are an excellent choice for windowsills.

Peculiar plants. What kid wouldn’t be fascinated by an insect eating plant? Many garden centers sell Venus flytraps in their houseplant section. Then visit your library or search the Internet for more information on the natural habitat and growth habits of this unusual plant.

Watch seeds sprout. Line a glass jar with a damp paper towel and insert several bean or zucchini seeds between the glass and the towel. Place a lid on the jar, leave it on the kitchen counter, and check the paper every day to make sure it’s still moist. Seeds should sprout in a few days.

Read a book. Books like The Carrot Seed or Sunflower House can spark your child’s interest in gardening. See the Gardening Book List for Kids at http://lancaster.unl.edu/hort/youth/booklist.shtml for more ideas.

Decorate while you wait. Let kids indulge their natural creativity by painting inexpensive terra cotta pots to use next spring, for rebuting houseplants this winter, or for birthday and thank you gifts. Kid-safe, durable paints can be purchased at most craft or hobby stores.

Get a jump on spring. Plan a visit to your local garden center to buy seeds. Or let your child help select varieties from the seed catalogs. Then start seeds indoors in March to plant outside after the last frost.

Garden crafts. There are several projects you can try with your kids, depending on their age and interest, such as hand-painted plant markers or seed tapes.

Grow a tree. Start an avocado seed in water by inserting three toothpicks around the seed, half way down the side. Fill a small glass or canning jar with water and place the seed in the glass so the toothpicks rest on the brim.

TERRARIUMS. Carefully place some soil and a few mosses and plants inside a clean mayonnaise jar or larger glass container. Keep your indoor garden moist with a plant mister, and cover the opening with clear plastic wrap.

Fairy garden. Start with a shallow pot, at least 12 inches across. Plant several small scale plants like ferns, woolly thyme, Irish moss, mini roses, baby’s tears, violas or primrose. Use small tile pieces or small, flat river stones to make a walk way. Add a tiny fence, miniature benches or bridge. You can make this garden as simple or elaborate as you want.

Feed the birds. Stock up on birdseed and suet and feed the birds this winter. Have your child keep a record of all the species of birds that come to the feeder and what date each first was spotted.

Pot people. Draw or paint faces on small clay pots, as you want.

Source: American Association of Nurseries
November says the growing season is done and the arrival of winter is near. There are a few important yard and garden tasks to complete before winter and start looking ahead to the 2011 growing season. Perennials and strawberries should be mulched in November, but wait until late in the month. The purpose of mulching these plants is to keep them protected from temperature fluctuations during the winter. Wait until they have grown dormant and the ground is starting to freeze. Then put down straw, leaves, evergreen boughs, or similar organic materials. Lawns should be mowed until they are completely dormant. Warm weather in October combined with rainfall has caused lawns to grow, so be sure to mow again if needed. Avoid having lawns go into winter excessively long. Also be sure to continue cleaning-up leaves to avoid having piles of leaves on the lawn all winter. Pesticides and fertilizers should be stored properly for winter. Most pesticides should be kept from freezing, and also away from sunlight, open flame, and excessive heat. All this information is on the label. Keep pesticides and fertilizers sold in bags or cardboard cartons away from moisture. Also make sure all opened packages are well sealed. Pesticides and other chemicals should be stored away from children and pets.

Finally, do not forget about proper storage of equipment. Follow the owner’s manual instructions for winter storage of mowers, rototillers, and other power equipment. Clean and take inventory of all tools, noting which need repair or replacement. Spending some time to address needs now, pays big dividends next spring.

Spending Time in Yard Now Pays Big Dividends in the Spring

Lawn and garden tasks are best done in November. Avoid having lawns go into winter excessively long. Also avoid leaving large piles of leaves. The following UNL Extension NebGuides are available at the extension office and online at www.ianrpubs.unl.edu: "Backyard Wildlife Planting for Native Vegetation Through Site Planning," G1571; "Landscape Plants for Wildlife," G1572; "Butterfly Gardening," G1813; "Bat House Construction and Installation," G1975; "Managing Deer Damage in Nebraska," G1822.

Improve Nebraska’s Forests With Timber Stand Improvement

Nebraska isn’t a completely a land of grassland and cropland. About 1 million acres is forest land, much of which is in poor condition and providing little or no return to the landowner. To make trees more profitable, the landowner should remember trees are similar to other agricultural crops competing for sunlight, water, and nutrients. Timber Stand Improvement (TSI) practices, such as thinning or weeding, improves the growth rate of trees by making these essentials more available. TSI is performed by removing defective trees, inferior species, and crowded trees to release higher quality trees for future crop trees. TSI can be done at any time of year, but winter is a good time because of cool weather, visibility, and lack of nuisance weeds/insects. Trees such as black walnut, ash, hackberry, cottonwood, basswood, and oaks have the greatest future market value and should be left. Weed trees such as honeylocust, hedge, mulberry, and elm should be removed. In addition, thin trees which are too close together. A rough rule of thumb for proper spacing is to take the tree’s diameter in inches and multiply by two. This gives the approximate number of feet that should be left around each tree. For example, a six-inch diameter tree should be about 12 feet from other trees (6 inches x 2 = 12 feet).

Pruning is a forestry practice to improve the quality of logs produced. Removing lower branches produces logs with clear wood and greatly increases market value. Pruning should only be done on trees less than 8 inches in diameter and on only high value species. For more information on forest management contact a local NRCS, NRD, or the Nebraska Forest Service office.

Source: Dennis Adams, Nebraska Forest Service

Best Seasonal Beauty Is Nature’s Own

A December garden is very different from one in July. Summer’s green gives way to branch, bark, mulch, and hard scape. With careful planning, though, the details of a winter landscape can be just as compelling.

Even a few evergreens can provide focus, backdrop, privacy, and much-needed green. Against winter’s muted background, the tiniest hint of any bright color is magnified — red or yellow fruit on crabapple, viburnum, and coralberry; brightly colored bark on dogwoods or other shrubs. Perennials with sturdy seedheads add texture, height, and variety. When they’re mixed with grasses, the solid-massed clumps will hide the leggy stems, hold them upright and heighten the subtle and constantly changing impact of sunlight, snow, and wind.

Woody plants with delicate branching or unusual bark — birch, coffee, dogwood, hackberry, hickory, sycamore — shed their leaves and get their moment in the sun (or snow). They become even more of a focal point when under-planted with semi-evergreen perennials like ajuga, Artemisia, Bergetia, Diervilla, perennial geranium, germander, lamb’s ears, lavender, Lenten roses, penstemon, phlox, sedum, statue, etc.

Source: Nebraska Statewide Arboretum

10 Tips For Welcoming Wildlife Into Your Landscape

Be a Happy Homemaker — Provide nesting boxes for cavity-nesting birds and roosting boxes for bats.

Cook Up Something Special — Add plants to your landscape that provide food (fruits, nuts, berries) and cover (shrubs, evergreens, etc.) for wildlife.

Think Small — Do not forget the butterflies, bees, and other important pollinators. Add flowering plants that will attract and feed the little ones.

Get It Wet — Adding a small backyard pond will provide water for birds and other wildlife.

Stop the Invasion — Remove invasive plant species. They threaten food and habitat producing native plants.

Let Them Eat Bugs — Birds, bats, and beneficial insects eat insect pests and enhance ecological balance. Do not kill them.

Bridge the Gaps — Connect “wild” areas together to create habitat corridors for wildlife cover and travel.

Chaperone the Party — If guests such as deer, skunks, rats, etc. become a problem, get help from local wildlife agencies.

Go Native — Preserve native vegetation through

Urban Agriculture

http://lancaster.unl.edu

The Nebline

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Nov./Dec. 2010
4-H & Youth

**Heart of 4-H Award**

Lancaster County 4-H is proud to announce Gordon Maahs as winner of November’s “Heart of 4-H Award” in recognition of outstanding volunteer service. Gordon has been a 4-H volunteer for nearly 17 years and has been Superintendent of the 4-H Rabbit Show at the Lancaster County Fair for 14 years. He is a member of the Rabbits VIPs Committee and is assistant leader for the Rabbits ‘R’ Us 4-H club.

“I’ve been volunteering with 4-H when my kids were younger and after they grew up I continued to help because it’s a lot of fun,” Gordon says, “Helping kids learn about caring for and showing their rabbits is very rewarding. My favorite experience as a 4-H volunteer was watching all of the kids I have helped grow each year. Many of the kids I started with are grown and married with kids of their own. I now get to help my grandchildren with their rabbit projects!” Congratulations to Gordon. Volunteers like him are indeed the heart of 4-H!

Lancaster County 4-H is proud to announce Scott Heinrich as winner of December’s “Heart of 4-H Award” in recognition of outstanding volunteer service. Scott has volunteered with 4-H for 21 years and has been involved with clubs in Webster and Lancaster Counties. He is currently an organizational leader of the Happy Go Lucky 4-H club, which has a highway clean-up community service project. A member of the 4-H Livestock Production Booster Club, Scott was chair of the sub-committee which established the 4-H & FFA livestock premium auction at this year’s Lancaster County Super Fair.

“4-H is the backbone organization of America,” says Scott. “Coaching kids to be better people gives me great satisfaction. Helping develop skill sets at an early age is key to future achievements. I like to see kids succeed! My favorite experience as a 4-H volunteer is — no doubt — the premium auction at the 2010 fair. To see the look on the members face was priceless. I believe there is a sense of excitement around this auction, and I am proud to be a part of a great organization and event.”

Congratulations to Scott. Volunteers like him are indeed the heart of 4-H!

**4-H Clubs of Excellence Forms**

Due Jan. 2

Leaders: Don’t forget to complete your Nebraska 4-H Club of Excellence forms! All leaders received a form in their October reorganizational packet, and forms are online. All clubs meeting the requirements and sending in the form will be recognized at Achievement Night and receive a certificate. Seals will be awarded in subsequent years. Forms are due by Jan. 2. If you have questions, contact Tracy at (402) 441-7180.

**4-H Project Completion Certificates Available**

If a 4-H member completed a project this past 4-H year, please give your member a project completion certificate. Certificates are available from the extension office at no cost.

**Livestock Booster Club Creates New Scholarship!**

This year, a sub-committee of the Lancaster County 4-H Livestock Production Booster Club worked hard to establish a 4-H & FFA livestock premium auction at the Lancaster County Super Fair. A portion of all proceeds was set aside to start a scholarship for local 4-H & FFA members. There are two $500 scholarships available this year! See box below for details.

**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 Feb. 10, 2011. Forms are available at http://lancaster.unl.edu/4h/Programs/award.shtml and the extension office. Most online forms are provided as fill-in-pdfs, which anyone with Adobe Reader can fill in, save, and print.

**HELPFUL RESOURCE**

A handout, “Overview of 4-H Recognition,” is available online and at the extension office.

**Awards**

Community Service Awards — all Lancaster County 4-H members are eligible to apply for this award which is based on the number of hours of community service 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.

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

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

Nebraska 4-H Career Portfolios — are a record of a 4-H’er 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.

Note: Deadline for Lancaster County 4-H camp scholarships is May 1 — preference given to applications submitted by March 1.
Horse Awards Night

The 2010 4-H Horse Awards Night was held Oct. 5. The evening recognized top achievements at the Lancaster County Super Fair and other events throughout the past year. 4-H volunteer Chris Scow 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/trail — Morgan Applegarth, Lindsey Holm, Aubrey Kelley, Sarah Kyhn, Kristin Loudon, Ashley Neujahr, Jacob Ronnau, Tristin Thum

Level I — Tanner Claggett, Abigail Clarke, Emily Clarke, Caidell Davis, Ivy Dearmont, Dani Dredzka, Makayla Fannett, Emma Fisher, Alyssa Fruehbeck, Mikayla Garner, Anna Hershberger, Haiden Moss, Madison Humphrey, Sarah Kyhn, Alyssa Louden, Trevor McDonald, Dona Ostojic, Lucy Polk, Madeline Polk, Cordelia Ring, Brianna Sanders, Jessica Schreve, Lela Shanks, Emily Thompson, Bessy Wachtel, Rio Whited, Tee Whited, Lindsey Williams, Sierra Wilson

Level II — McKenzie Beach, Mikayla Cartens, Sidney Giebler, Kylie Goering, Chelsea Harders, Mia Hermanos, Anna Hershberger, Ashley Holm, Bryanna Louden, Apassia McBride, Nicole McConnell, McKenzie Merriott, Haidyn Moss, Nicole Oestmann, Haylee Pointner, Cassi Pomajzal, Becca Rose, Jadin Vogler, Rio Whited, Tee Whited, Alysa Whitehall, Emmyly Wright, Alexxis Wilhelmina

Level III — McKenzie Beach, Elle Dearmont, Anna Heusinger, Kelsie Koch, Mattison Merritt, Bailey Peterson, Becca Rose, Bailey Sobotka, Bailey Vogler, Kenzie Wolfe

Level IV — Chelsea Beach

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! This year, 82 4-H'ers participated.

Bronze (minimum of 100 hours) — Morgan Chipp, Tanner Claggett, Ashley GoBurns, Caitlin Davis, Caidell Davis, Mia Hermanos, Madison Humphrey, Carley Kaup, Jordan Lebsack, Maria Ludrike, Kenzie Maye, Elizabeth Norton, Shane Ostransky, Spencer Peters, Joshua Romm, Mikayla Whaley, Alysa Whitehall, Emmyly Wright, Nicole Oestmann


Gold (minimum of 366 hours and completed horse record book) — Ashley Anderson, Karilyn Carlson, Ellis Dearmont, Ashley Drexen, Kathryn Kimmen, Kelsie Koch, Kaitlyn Miller, Sierra Nelson, Kate Rawlinson, Hannah Romm, Brianna Sanders, Jena Smith, Bailey Sobotka, Madison Sobotka, Bailey Vogler, Heather Welch

Herdsmanship & Decoration Awards

Top Herdsmanship - Small Club — Ylvis Raknes

Top Herdsmanship - Mid-Size Club — Western Pride

Top Herdsmanship - Large Club — South Prairie Wranglers

Top Decoration — (co-winners) The Silver Spurs, Bopps & Biggins

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.

Elementary Division — Jacob Romm (champion), Ashley Bradbury, Hayden Moss, Bryanna Louden, Tee Whited, Nicole McConnell, Tristin Thompson, Jaidy De Jong, Saraha Kyhn, McKenzie Mayer

Junior Division — Hannah Romm (champion), Josie Ang, Ellie Dearmont, Sierra Nelson, Kate Rawlinson, Brittany Albers, Mackenzie Wolfe, Apassia McBride, Eunhye Kim, Sydney Scow

Senior Division — Blake Preston (champion), Alex Scheideler, Courtney Goering, Chelsea Beach, Jessica Smith, Bailey Heidtbrink, Shane Ostransky, Ashley Colburn, Maria Ludrike

Horse Course Challenge Results

The Horse Course Challenge is a Lancaster County Fair 4-H contest.

Top Senior Division — Liz Boender (champion), Maria Ludrike (reserve champion), Cory Peters, Erika Warner

Top Junior Division — Kate Rawlinson (co-champion), Elle Dearmont (co-champion), Megan Ludrike (reserve champion), Hannah Romm, Bailee Sobotka, Ivy Dearmont, Spencer Peters, Mia Hermanos, Brooke Bennett, Sarah Perks

Top Elementary Division — Ashley Clegg (champion), Jaidy De Jong (reserve co-champion), Mikayla Whaley (reserve co-champion), Emily Clarke, Nicole McConnell, Bethany Wachtel, Bryanna Louden

All-Around Trail

Dick and Cookie Confer Top Trail Award for all-around champion of the Lancaster County Fair 4-H Horse Incentive Awards - Bronze Level

All-Around Barrels

Franklyn Manning Family Trophy for fastest time in the Lancaster County Fair 4-H Barrel racing competitions — Chelsea Beach

All-Around Cowboy/Cowgirl

Three age division awards for Lancaster County Fair All-Around Cowboy/Cowgirl are sponsored by Lusum Pine Farms/Mervon Ang Family.

Elementary — Tee Whited, Junior — Josie Ang, Senior — Josh Krueger

Wittstruck All-Around Champion

Dwayne Wittstruck presented the Wilhelmina Wittstruck Memorial Award for Lancaster County Fair All-Around Champion Individual — Ashley Weigand

Horse Incentive Awards - Silver Level

Dick Confer presented the Dick and Cookie Confer Award for All-Around Trail

The Franklin Manning Family Trophy for All-Around Barrels

Myron and Joni Ang presented the All-Around Cowboy/Cowgirl Awards

The Franklyn Manning Family Trophy for All-Around Cowboy/Cowgirl
With Kids and Divorce There’s More Than a “Day” in Holiday

For most of us, the best childhood memories center on special family times like vacations and holidays. The traditions we follow are treasured memories that remind us what family “means” to us.

How do children of divorce experience these holiday occasions? How might they perceive intense, emotional responses — especially in the first year after the divorce. Parents play a role in how children experience holidays and special days such as birthdays. There are some things parents can do to help ease the difficulty of holidays. Parents need to decide well in advance of the holiday or occasion where the child will be and what type of schedule is expected. It may please the parents to have their children be part of all of the family festivities, but if it means an unrealistic amount of travel and excitement, parents may want to re-think the plan. Older children will want to help decide how they spend their day and, if reasonable, parents should try to make it work.

When planning the holidays, parents should explore every possibility. Examine what the most significant aspects of the holiday are for the parents and children and see what makes sense. Most parents alternate holidays, or have the children spend the “eve” in one home and the “day” in another. Especially during the first year, children often feel the intense pain of not being able to spend holidays with both parents together.

Plan ahead as far as possible and let your children know what the plan is well in advance.

Here are some additional guidelines for holiday plans:

- Examine your family traditions. This may be a good time to start new traditions or alter ones no longer working for your new family. If you will be alone for part of the holiday, be sure to make plans that involve other people.

- Plan ahead as far as possible and let your children know what the plan is well in advance.

- Remember there is more than a “day” in holiday. In fact, most occasions are little seasons unto themselves with multiple events for celebration. Celebrate the different facets of the holiday.

- Consider occasionally splitting the children so one parent isn’t alone. Some children enjoy “special” alone time with a parent.

- Is it workable for the whole family to be together? If parents are getting along well, children enjoy having everyone together on some special occasions.

- Allow discussion of memories from their parents, so be sure you are sending the message you want to send about the holiday.

- Don’t let competition between parents become an undue burden for the kids. Trying to outdo each other with gifts and activities results in over-indulged children and parents who are angry with each other.

- Spend time with your children. Children pick up their ideas from their parents, be sure to let you are sending you are sending the message you want to send about the holiday.

...
October
25–29 Clover Chess Camp .................................................. 10 a.m.–12 Noon
November
2 4-H Council Meeting ..................................................... 7 p.m.
12 Extension Board Meeting ............................................. 8 a.m.
9 4-H Rabbit Clinic .......................................................... 9 a.m.–12 noon
14 4-H Teen Council Meeting ........................................... 3 p.m.
16 Guardian/Conservator Training .................................... 1:30–4:30 p.m.
16 How to Add a Little Spice & Herbs to Your Life!, Bryan Guthrie ..................................... 7–8:30 p.m.
18 Parents Forever Class .................................................... 9 a.m.–12:30 p.m. or 5:30–9 p.m.
December
7 4-H Council Meeting ..................................................... 7 p.m.
10 Extension Board Meeting ............................................. 8 a.m.
12 4-H Teen Council Meeting ........................................... 3 p.m.
14 Guardian/Conservator Training .................................... 1:30–4:30 p.m.
16 Parents Forever Class .................................................... 12:30–4 p.m. or 5:30–9 p.m.

Lancaster County Agricultural Society Hall of Fame

This year, the Lancaster County Agricultural Society (also known as the Lancaster County Fair Board) established a Hall of Fame. The Hall of Fame formally recognizes individuals who have dedicated time and effort to the Lancaster County Agricultural Society beyond the normal volunteer and have made significant contributions to the establishment, development, advancement, or improvement of the Lancaster County Fair. The first inductees were unveiled at the 2010 Lancaster County Super Fair. Photo plaques with their biographies were placed on the official wall of fame at the Lancaster Event Center.

Nominations for next year will be due May 1.

Gordon Chapelle
Gordon was a member of the Lancaster County Ag Society for 15 years, serving as both President and Vice President during his term. He and his wife Ellen were the 4-H leaders for the Pioneer Livestock Club and active volunteers for over 35 years in Lancaster County. (Now deceased.)

Larry Hudkins
Larry was a real believer in the mission of the Ag Society and the Lancaster Event Center. He was instrumental in the development of the Ag Society’s success in helping make the Lancaster Event Center a reality. During the development stage, he was a supportive Lancaster County Commissioner. Larry has been a huge supporter and active alumni of the 4-H and FFA programs.

Franklyn Manning
Franklyn gave over 20 years to the 4-H horse program. He served as barn superintendent for many years. He assisted with county fair, horse clinics, and shows. It was always apparent that Franklyn was there for the kids, offering advice and words of encouragement to all.

Charlie Willnerd
Charlie served as President of the Lancaster County Ag Society through the development and implementation stages of the Lancaster Event Center. He worked hard and persevered to make the Lancaster Event Center become a reality.

Deer Hunting Workshop, Nov. 3
Nebraska Game and Parks Commission is offering a FREE deer hunting workshop, “Deer Hunting 201” on Wednesday, Nov. 3, 6–9 p.m., at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. Topics include:
- Equipment (guns, loads, bullets, tree stands, etc.)
- Strategies (stand hunting, calling, rattling, stalking)
- Field dressing (equipment, how to, what you need to know)
- Deer behavior (the rut, deer movement)
- Deer feeding patterns
- How to predict deer movement
- Future of Nebraska’s deer herd
This is a free workshop, but you must preregister by calling Heather Wehe of the Game and Parks Commission at (402) 471-5662.

Holiday Gifts Needed for LPS Headstart by Dec. 1
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 between 0-5 years old. Literacy is being emphasized again this year, so books and items to encourage reading are suggested (such as puppets, puzzles, small toys, etc., relating to story books). The goal is to give each child a book. Gifts should be wrapped and recommended cost is up to $5. Bring gifts to the extension office by Dec 1. For more information, contact Lorene at (402) 441-7180. This is an excellent project for 4-H, FCE and other community clubs. Individuals are welcome to participate.
4-H Rabbit Clinic

Saturday, Nov. 13
9 a.m.–12 noon
Lancaster Extension Education Center
444 Cherry Creek Road, Lincoln

No preregistration necessary.

Learn about the 4-H Rabbit Program which is open to all youth ages 8–18.

SESSIONS INCLUDE:
• How to Get into 4-H • Showmanship
• Feeding and Care of a Rabbit
• How to Judge Rabbits • Static Exhibits
• Breed ID & Breeder’s Choice Contests

For more information, call Rodney at (402) 219-1807 or Marty at (402) 441-7180

Hosted by Lancaster County 4-H Rabbit VIPs Committee

FREE

Starting a 4-H Club is Easy!

The University of Nebraska–Lincoln Extension 4-H Youth Development Program is open to all youth ages 5–18. Through learning-by-doing, youth gain practical skills and develop life skills. Currently, there are far more youth wanting to be in 4-H clubs than there are clubs. Families are encouraged to help organize a new club — which is a lot easier than you may think! Starting a 4-H club now gives plenty of time for members to work on projects for next year’s county and state fairs.

Club Organization

Clubs range from 5 to 60 members and are led (or co-led) by club leaders — often club members’ parents. Parents are encouraged to attend meetings. Volunteers are the heart of 4-H. Adult leaders partner with youth members to complete projects.

Club leaders — Also known as organizational leaders, club leaders coordinate meeting times and agendas. They also are responsible for club enrollment information.

Project leaders — Clubs may or may not have project leaders who provide leadership for specific projects.

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

Club officers — Youth choose officers to run their meetings.

Over 150 Projects

Nebria 4-H has more than 150 project areas. Age-appropriate project manuals are written by university experts. Most project manuals have accompanying leader guides. In most clubs, members complete several projects a year. Some 4-H clubs focus on one particular project area, such as rabbits. Many youth exhibit their projects at the county and state fairs.

4-H Staff Guidance

4-H staff provides guidance and resources to club leaders. Here’s a look at Lancaster County 4-H staff and their areas of responsibilities:
• Tracy Kolm manages all non-animal project areas. This includes clothing, food, home environment, engineering, and general areas.
• Deanna Karmazin runs the 4-H livestock and dog project areas.
• Marty Cruickshank manages the 4-H horse, poultry, and rabbit project areas.
• Mary Jane Frogge runs the horticulture and conservation project areas.
• Teri Hlava oversees the 4-H after-school program.
• Karen Evans provides support to all 4-H areas.

Other Resources

Resource materials available to leaders include:
• Regularly-scheduled leader trainings
• The Nebraska monthly newsletter 4-H pages
• Lancaster County 4-H Web site at http://lancaster.unl.edu/4h/
• Nebraska 4-H Web site at http://4h.unl.edu/
• Mailings to club leaders
• County and State Fair can provide numerous ideas and inspirations for projects!

To Get Started

If you would like to help start a 4-H club, call Lancaster County 4-H at (402) 441-7180.

Can You Guess It?

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

Did you guess it from the September Newsletter?
The answer was: a Mole Cricket

Experience the Power of Red

An open house for high school students and their families
Sponsored by the College of Agricultural Sciences and Natural Resources
Saturday, Nov. 6
9 a.m.–2 p.m. • Nebraska East Union

• Learn more about how we prepare students for careers in everything from animals to plants, soil to climate, golf to business, mechanization to leadership, food to forensic science
• Meet current students, faculty, and staff
• Register for a scholarship and other cool prizes

To register or more information, (800) 742-8800, ext. 2541 or go to casnr.unl.edu/openhouse

Registration deadline: Nov. 1

There is no charge to attend this event

Trash to Treasure

continued from page 1

The curriculum also includes idea for fall trips and service-learning projects. Afterschool staff member Jeff Downs says, “Our children have begun to pay attention to recycling for the pay-off while collecting cans. They threw themselves a pizza party with their proceeds! Then, their projects grew into recycling left-over food waste by composting the Senior Center’s peels and leftovers.”

National Recognition

The Lancaster County Garbology 4-H school enrichment program was accepted for inclusion in the national 2006 Directory of Successful Urban 4-H Programs. The Trash to Treasure program was accepted for inclusion in the national 2007 Directory of Successful Urban 4-H Programs Directory. UNL Extension in Lancaster County is regularly contacted by educators, universities, and governmental agencies from across the country hoping to replicate the Garbology program.

4-H Teen Council Community Service Project

In October, 4-H Teen Council members made six blankets for “Project Linus.” Project Linus is a national, not-for-profit organization whose core mission is to provide new, handmade blankets to children going through difficult situations such as illness, abuse, trauma, or neglect. The blankets are distributed to hospitals, abuse shelters, police and fire departments, and social agencies. Hancock Fabrics gave Teen Council a discount on the fabric for the blankets.

During a Helping Hearts 4-H club meeting this year, a grandparent talked about being a firefighter.

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