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

<table>
<thead>
<tr>
<th>Corn Moisture Content</th>
<th>Temp (°F)</th>
<th>12%</th>
<th>14%</th>
<th>16%</th>
<th>17%</th>
<th>18%</th>
</tr>
</thead>
<tbody>
<tr>
<td>40°F</td>
<td>150</td>
<td>61</td>
<td>15</td>
<td>9.5</td>
<td>6.1</td>
<td></td>
</tr>
<tr>
<td>50°F</td>
<td>84</td>
<td>34</td>
<td>16</td>
<td>8.9</td>
<td>5.3</td>
<td>3.5</td>
</tr>
<tr>
<td>60°F</td>
<td>47</td>
<td>19</td>
<td>9.2</td>
<td>5.0</td>
<td>3.0</td>
<td>1.9</td>
</tr>
<tr>
<td>70°F</td>
<td>26</td>
<td>11</td>
<td>5.2</td>
<td>2.8</td>
<td>1.7</td>
<td>1.1</td>
</tr>
<tr>
<td>80°F</td>
<td>15</td>
<td>6</td>
<td>2.9</td>
<td>1.6</td>
<td>0.9</td>
<td>0.7</td>
</tr>
</tbody>
</table>

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.

If corn is not aerated to carry away temperature buildup in the grain, then keep in mind that if it is estimated to have a shelf life one-third as long as the estimates in the table. If the aeration system is shut down 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 temperature and relative humidity conditions. I think of 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 2. Equilibrium Grain Moisture Values

<table>
<thead>
<tr>
<th>Moisture Content (% wet basis)</th>
<th>Temp (°F)</th>
<th>20%</th>
<th>40%</th>
<th>60%</th>
<th>80%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn Whl</td>
<td>Soybl</td>
<td>Corn Whl</td>
<td>Soybl</td>
<td>Corn Whl</td>
<td>Soybl</td>
</tr>
<tr>
<td>40°F</td>
<td>9.2</td>
<td>8.5</td>
<td>4.6</td>
<td>11.9</td>
<td>11.7</td>
</tr>
<tr>
<td>50°F</td>
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<td>8.2</td>
<td>4.2</td>
<td>11.2</td>
<td>11.3</td>
</tr>
<tr>
<td>60°F</td>
<td>7.9</td>
<td>7.9</td>
<td>3.9</td>
<td>10.6</td>
<td>11.0</td>
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<td>7.3</td>
<td>7.7</td>
<td>3.6</td>
<td>10.0</td>
<td>10.7</td>
</tr>
<tr>
<td>80°F</td>
<td>6.7</td>
<td>7.5</td>
<td>3.3</td>
<td>9.6</td>
<td>10.4</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 limited current space.

The Community CROPS’ Growing Farmers Training Program 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 partnerships to purchase the land in the future.

Any inquiries about this program or opportunities to access land can be made to Leslie Pillen, Community CROPS Growing Farmers Program Manager. Her email is leslie@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 stall bale may need to be replaced with extra fertilizer. Using Fall 2010 prices, stalks contain about $2–$3 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 two bushels per acre for each ton of residue removed while irrigation costs increase similarly to maintain corn yield.

Equipment and operation costs average $20–$25 per ton and baling stalks tends to cause more wear and tear on equipment than other baling operations. Toted 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 stalks and two or three rows behind the combine and TDN increases to the lower 50’s and protein to about five percent. But you should test to make sure.

Are baled corn stalks worth what a feedlot is offering? For example, if everything is baled, you may only have three to four percent protein and less than 50 percent TDN. Harvest just the stalks and two or three rows behind the combine and TDN increases to the lower 50’s and protein to about five percent. But you should test to make sure.

Source: Dr. Bruce Anderson, UNL Extension Forage Specialist
Controlling Mice

Barb Ogg
UNL Extension Educator

In the late summer and fall of each year, mice invade structures to stay warm and increase their chances of survival through the winter. When days get shorter, mice circle the foundation searching for warm air currents in buildings. 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 maintain 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 heat registers. 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.

Food Hoarding. Mice make big food reserves, 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 recommend using snap traps to catch mice, because they are inexpensive and can be reused. I like the old-fashioned traps with the metal pedal because it is easier to secure the bait. There are some snap traps that have a wide yellow plastic pedal with holes that look like Swiss cheese. Some consumers mistakenly believe these traps are pre baited, but alas, mice are not attracted to plastic.

What baits to use? Mice are a variety of foods, so experiment using different baits. Try peanut butter, thin hot dog slices, bacon, gumdrops, and nesting material (dental floss or cotton balls). My personal favorite is Brach’s® caramels. Remove the cellophane 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 try some baits (hot dogs, bacon) to the pedal to secure them. Cheese is not a good bait.

A piece of caramel can be effective mice bait. Place traps with bait pedal next to the wall. The bait is attractive and will sometimes attract mice to your feeders to prevent moldy conditions.

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 rodent droppings or where they travel.

Because mice travel by using their whiskers to feel 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 especially troublesome mouse, try baiting traps with different baits 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 recommend rodenticides? Some of the baits on the market are single feeding anticoagulant rodenticides. These products are more toxic than earlier anticoagulants like warfarin. Why is this a good thing? Because mice hoard food and may not eat it, it is possible that small children will 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 rodenticides in warehouses, garages, outbuildings, barns, and other locations where so many traps are needed it would be difficult to set them all.

Mechanical traps will catch multiple catch traps, like Tin Cat® or Ketch-All®, are also well suited for these areas and can be checked regularly. Many people believe live traps are humane, but the truth is that mice die fairly quickly of starvation after they have been caught.

In areas where mechanical traps will not work, or where you see a couple of mice in a residence, use a poison-resistant bait station. Mechanical traps work very well, if correctly placed.

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 birds spread out.

Avoid tubular or other feeders that require birds to reach their entire head through holes to get seed. The tubular thistle seed feeders are not as likely to spread diseases because the birds can only put the tip of their bills into the openings to get seeds.

New EPA Ruling on Rodenticides Takes Effect June 2011

This ruling will see the following changes.

Consumer products:
- No products containing single feeding anticoagulants (SFAC) to get the seed. These (Warfarin, Bromadiolone, difethialone, and diphacinone) will be sold over the counter.
- Loose baits, like pellets, will not be sold. All bait products sold must be in block form only.
- No bait must be sold in a temper-resistant bait station.
- No more than one pound of bait per package.

For agricultural use (SFAS):
- only; no applications in human residences.
- Bait stations must be in tamper-resistant bait station.
- No more than one pound of bait per package.

Changes in rodenticide regulations. The EPA has decided that some of the rodenticides 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 diphacinone. 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 consumer retail locations. SFAS will be distributed to agricultural, 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/opprd1/ reегистration/rodenticides/final-riskdecision.htm.

ID 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, compost piles, and plumbing leaks. Overwatered potted plants can also produce small flies. Identification of small flies is extremely important, because each type of fly has its own preferred breeding area. Identification will be distributed to the extension office for free identification.

FOR MORE INFORMATION
UNL Extension in Lancaster County
Website: http://lancaster.unl.edu/ post/flies.shtml.

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, compost piles, and plumbing leaks. Overwatered potted plants can also produce small flies. Identification of small flies is extremely important, because each type of fly has its own preferred breeding area. Identification will be distributed to the extension office for free identification.

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 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 birds and the screen helps air get to the seeds to prevent mold. Be sure not to fill your feeders to the brim through holes that are several inches thick in the tray, they can still mold.

To keep your feeders from getting too full. If the seeds are several inches thick in the tray, they can only put the tip of their bills into the openings to get seeds.

Clean and disinfest your feeders regularly. 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 conditions.

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.

To Clean Your Feeders

A hopper-type feeder

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

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Holi- day meals 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 number of people are attending. It is less expensive 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.

3. A few weeks before your holiday meal, start eyeing the sale ads in the paper or on 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. The Dessert Table
Bacteria can also multiply quickly in moist desserts that contain dairy products. Keep egg nog, cheesecakes, cream pies, and cakes with whipped-cream or cream-cheese frostings refrigerated until serving time.

5. 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!
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.

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

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 Cherry creek 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 Wiring: 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 Hennes is going to 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 Hennes 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.

Dillon & Friends musical entertainment

Lincoln historian Ed Zimmer

FCE 2010 Membership Awards

50-Year Member
Alice Doane, Individual Member
Twyla Lidolph, Salt Creek Circle
Clarice Steffens, Salt Creek Circle
Phyllis Krueger, Salt Creek Circle

20-Year Member
Ruby Engle, Helpful Homemakers

15-Year Member
Clarice Steffens, Salt Creek Circle

5-Year Member
Phyllis Krueger, Salt Creek Circle

Club Incentive Awards

Helpful Homemakers
Home Service
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 gasoline, kerosene, 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 lights that 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 windows. 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. Wait 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. Untainted 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.
Conservation Trees for Nebraska

Each year, Nebraska's Natural Resources Districts (NRDs) sell tree and shrub seedings 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 NRD, 3125 Portia St., PO Box 83581, Lincoln, NE 68501. Phone: (402) 476-2729. Web site, www.lprnd.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.nemahanrd.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

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.

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

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

Check fruits, vegetables, corms and tubers you have in storage. Sort out any showing 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 be exposed to the weather.

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 bloom 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. Repaint handles or identification marks that have faded over the summer. Sharpen all blades and remove any rust.

Sort out any showing signs of rot and dispose of them.

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

Remove all mummified fruit from tree fruits and rake up and destroy those on the ground. Also, rake and dispose of apple and cherry leaves. Good sanitation practices reduce reinfestation of insects and diseases during the fall 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 family informed about poisons and fire hazards.

A garden thermometer, a rain gauge and a weather log is a good gift for a child.

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

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.

Rabbit damage on tree bark above previous winter’s snowline.

Mary Jane Frogge
UNL Extension Associate

Windowsill gardens.

When snowdrifts 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 hort.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 repotting 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, wooly 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 each date first was spotted. Pet people. Draw or paint faces on small clay pots, then fill with soil. Plant grass seed, water, and watch the “hair” grow. Build a birdhouse. Birdhouses and seed and plans are available at most garden centers and craft shops.

Watch an avocado seed grow into a tree!

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Nov./Dec. 2010
http://lancaster.unl.edu
Horticulture

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.

Rabbit damage on tree bark above previous winter’s snowline.

Winter Gardening Activities for Kids of All Ages

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.

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

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

Check fruits, vegetables, corms and tubers you have in storage. Sort out any showing 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 be exposed to the weather.

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 bloom 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. Repaint handles or identification marks that have faded over the summer. Sharpen all blades and remove any rust.

Sort out any showing signs of rot and dispose of them.

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

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

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

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

Place Christmas trees away from fireplaces, radiators, heat vents, and 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 philodendron, dracaena, and rubber plant, benefit if their leaves are wiped with a damp cloth to remove dust.

A home weather station that includes a minimum-maximum thermometer, a rain gauge and a weather log is a good gift for a gardener.
**Spending Time in Yard Now Pays Big Dividends in the Spring**

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 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.

**Improve Nebraska’s Forests With Timber Stand Improvement**

Nebraska isn’t 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 $\times 2 = 12$ 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 only on high value species.

For more information on forest management contact a local NRCS, NRD, or the Nebraska Forest Service office.

**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 hardscape. 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 orange 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, coffeetree, dogwood, hackberry, hickory, sycomore—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, Bergenia, Diervilla, perennial geranium, germander, lamb’s ears, lavender, Lenten roses, penstemon, phlox, sedum, statice, 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. These 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 sensitive site planning. Native plants are adapted to local conditions and supply food to wildlife.

**Enjoy Your Work** — Place bird feeders, bird baths, and other wildlife features where you can easily observe the wild visitors to your yard.

This information was adapted from the Environmental Guidelines for Responsible Lawn Care and Landscaping as developed by the members of the Lawns and Environment Initiative.

**FOR MORE INFORMATION**

The following UNL Extension NebGuides are available at the extension office and online at www.ipm.unl.edu:

- “Backyard Wildlife Planting for Habitat,” G1572
- “Landscape Plants for Wildlife,” G1573
- “Butterfly Gardening,” G1183
- “Bat House Construction and Installation,” G1079
- “Managing Deer Damage in Nebraska,” G1822
4-H & Youth

November

Gordon Maahs

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 VIP’s Committee and is assistant leader for the Rabbits ‘R’ Us 4-H club.

“I love 4-H. I was a child when I was young 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 now married and have 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!

December

Scott Heinrich

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 across 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!

New 4-H Vet Club Accepting Members

This year, a 4-H Vet Club has been developed. If you are a youth ages 8–18 interested in learning about Veterinarian Science or want to take a more in depth look at animals, this club is for you! The club will meet Thursday nights at the Lancaster Extension Education Center, 444 Cherry creek Road, Lincoln. For more information or to sign up, call Stephanie Wachter at (402) 466-2442.

LIVESTOCK BOOTER CLUB

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4-H Teen Council Elects Officers

The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7–12. Officers for 2010–2011 will be Spencer Farley (President), Rachel Pickrel (Vice President), Lesi Trombley (Secretary), Abby Spencer (Treasurer), Sadie Hammond (Historian) and Miranda Gunnerson (Historian).

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.

4-H/FFA Market Beef Weigh-In, Feb. 3

4-H/FFA market beef weigh-in will be held Thursday, Feb. 3, 6–8 p.m. at the Lancaster Event Center – Pavilion 3. Any market steer or feeder planning to show at county fair, state fair, or Ak-Sar-Ben 4-H Livestock Show must weigh-in and get DNA processed at this time.

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. Must 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 provided through 4-H. There will be three 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 appr ...
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://language.unl.edu/4h.

4-H Horse Project Advancement Levels
Walk/trot — Morgan Applegate, Lindsey Holm, Aubrey Kelley, Sarina Kyhn, Kristin Louden, Ashley Neujahr, Jacob Romnau, Tristin Thibodeau
Level I — Tanner Clagett, Abigail Clarke, Emily Clarke, Caidell Davis, Ivy Dearmont, Dani Drahb, Makayla Fennell, Emma Fisher, Alyssa Friebieck, Mikayla Garner, Anna Hershberger, Halee Hula, Travis Hula, Madison Humphrey, Sarina Kyhn, Alyssa Louden, Trentor McDonald, Dona Ostojic, Luci Palk, Madeleine Palk, Cordelia Ring, Brianna Sanders, Jessica Scheve, Lela Shanks, Emily Thompson, Bethany Wachter, Rio Whitfield, Tee Whitfield, Lindsey Williams, Sierra Wilson
Level III — McKenzi 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 Chitts, Tanner Clagett, Ashley Goburn, Caitlin Davis, Caidell Davis, Mia Hermanoski, Madison Humphrey, Carley Knapp, Jordan Lebsack, Maria Ludliffe, Kenzie Mayer, Elizabeth Nutor, Shane Ostransky, Spencer Peters, Joshua Romnau, Mikayla Whaley, Alyssa Whitehall, Emmaley Wright
Gold (minimum of 366 hours and completed horse record book) — Ashley Anderson, Karilynn Carlson, Ellis Dearmont, Ashley Dusen, Kaitlyn Kimmen, Kelsie Koch, Sierra Nelson, Kate Rawlinson, Hannah Romnau, Brianna Sanders, Jena Smith, Bailey Sobotka, Madison Sobotka, Bailey Vogler, Heather Welch

Herdsmanship & Decoration Awards
Top Herdsmanship - Small Club — Ylva Ruff
Top Herdsmanship - Mid-Size Club — Western Pride
Top Herdsmanship - Large Club — South Prairie Wranglers
Top Decoration — (co-winners) The Silver Spurs, Ropes & Riggins

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 Romnau (champion), Ashley Bradbury, Hayden Moss, Bryanna Louden, Tee Whitfield, Nicole McConnell, Tristin Thompson, Jadda Dejong, Sarina Kyhn, Mackenzie Mayer
Junior Division — Hannah Romnau (champion), Josie Ang, Ellie Dearmont, Sierra Nelson, Kate Rawlinson, Brittany Albers, Mackenzie Wolfe, Apsasia McBride, Eunhye Kim, Sydney Scoe
Senior Division — Blake Preston (champion), Alex Schiedler, Courtney Georing, Chelsea Beach, Jessica Smith, Bailey Heidtbrink, Shane Ostransky, Ashley Colburn, Maria Ludliffe

Horse Course Challenge Results
The Horse Course Challenge is a Lancaster County Fair 4-H contest.
Top Senior Division — Liz Boender (champion), Maria Ludliffe (reserve champion), Cory Peters, Erika Warner
Top Junior Division — Katie Rawlinson (co-champion), Ellis Dearmont (co-champion), Megan Ludliffe (reserve champion), Hannah Romnau, Bailee Sobotka, Ivy Dearmont, Spencer Peters, Mia Hermanoski, Brooke Bennett, Sarah Perks
Top Elementary Division — Ashley Clegg (champion), Jadda Dejong (reserve co-champion), Mikayla Whaley (reserve co-champion), Emily Clarke, Nicole McConnell, Bethany Wachter, Bryanna Louden

All-Around Trail Dick and Cookie Confer Top Trail Award for all-around champion of the Lancaster County Fair 4-H Trail obstacle class — Alex Schiedler

All-Around Barrels
Franklynn 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 Loomain Pine Farm/Myon Ang Family.

Elementary — Tee Whitfield; Junior — Josie Ang; Senior — Josh Krueger

Wittstruck All-Around Champion
Wilhelmina Wittstruck Memorial Award for Lancaster County Fair All-Around Champion Individual — Ashley Wiegand
In Nebraska, University of Nebraska–Lincoln Extension presents “Parents Forever” classes at 28 locations across the state to nearly 2,000 parents annually. Parents Forever is an unbiased, research-based education class to help divorcing parents implement positive parenting skills. It meets the 2008 Nebraska Updated Parenting Act guidelines for parents who are divorcing, seeking custody modification or never-married parents seeking custody.

Parents Forever helps parents understand the impact of the divorce on their children and provide concrete actions that parents can take to help their children succeed through a divorce.

Course topics include:
• Stages of grief and loss for children going through a divorce.
• Issues of developmental ages and stages. Reactions/helpful parental responses.
• How communications can be improved between parents and their children.
• How adults can create smooth transitions during shared parenting time.
• The steps in developing an effective, child-focused parenting plan.
• Suggested activities that take Parents Forever in Lincoln, 96%

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.”

How do children of divorce experience those holiday occasions? Holidays may prove to be intense, emotional responses — especially in the first year after the divorce. Parents play a role in helping 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 in advance how they plan to divide the holidays 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 expense, 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 dividing the holidays, parents should explore every possibility. Examine what the most significant aspects of the holidays 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

With Kids and Divorce There’s More Than a “Day” in Holiday
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 plagues 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 terms. He and his wife Freda were 4-H leaders for the Pioneer Livestock Club and active volunteers for over 35 years in Lancaster County.

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 worked hard and persevered to make the Lancaster Event Center become a reality.

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.
**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 9–18.

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

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**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) 742-6800, ext. 2541 or go to casnr.unl.edu/openhouse

Registration deadline: Nov. 1
There is no charge to attend this event

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**Can You Guess It?**

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

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

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**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 — 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**

Nebraska 4-H has more than 150 project areas.

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

**4-H Staff Guidance**

4-H staff provides guidance and resources to club leaders. Here’s a look at Lancaster County 4-H staff:

- **Club officer** — Youth choose officers to run their meetings.
- **Project leaders** — 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 leaders** — Also known as organizational leaders,俱乐部 leaders coordinate meeting times and agendas. They also are responsible for club enrollment information.
- **Project leaders** — May or may not have project leaders who provide leadership for specific projects.

**Trash to Treasure**

continued from page 1

The curriculum also includes ideas for field trips and service-learning projects. After-school 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.

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**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.

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**Other Resources**

Resource materials available to leaders include:

- Regularly-scheduled leader trainings
- The Newsletter monthly newsletter
- 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.