10-1-2011

The NEBLINE, October 2011

Follow this and additional works at: http://digitalcommons.unl.edu/neblines

http://digitalcommons.unl.edu/neblines/256
What is Your Energy IQ?

How Many of These Can You Answer Correctly?

1. What temperature should your thermostat be set at in the summer?
2. What temperature should your thermostat be set at in the winter?
3. Adjusting the thermostat when you leave for less than four hours saves energy.
4. Changing from incandescent to compact florescent bulbs will save energy.
5. Furnace filters should be changed once a month or as needed.
6. What temperature should a hot water heater be set?
7. Foam gaskets should be installed behind outlet and switch plates on exterior walls.
8. Caulking and sealing doors and windows reduce air leaks.
10. Adjust blinds, drapes, and shades to save energy.
11. How much water is wasted when the faucet drips?
12. Run the dishwasher when it is full.
13. Clean lint from the dryer after every load.
14. Which type of water should be used for rinsing clothes?
15. Adapters/chargers continue to use energy when they are not actually charging.
16. Ceiling fans can be adjusted with the change of seasons.

Answers:

1. 78–80°F
2. 68–72°F — For every degree you change from the factory settings, energy is saved by adjusting the temperature of the hot water heater to 120°F (or lower) can reduce your water heating costs by 6–10%. This is midway between “low” and “medium” settings.
3. For every degree you change, energy is saved by changing the thermostat when you leave for less than four hours.
4. Dirty furnace filters mean the product meeting the efficiency guidelines set by the U.S. EPA and U.S. Department of Energy for the product line. The EnergyGuide label indicates the approximate annual operating costs for each model and a scale that can be used for comparing models.
5. Yes — Change furnace filters monthly or when needed.
6. Yes — Simple leaks can sap home energy efficiency by 5–30% a year, according to the U.S. Department of Energy. Caulking and weatherstripping doors and windows can save energy in the home. The average U.S. household spends $1,800 on utility bills for heating, hot water, and electricity. Most can cut energy consumption — and cost — by as much as 25% by caulking, adding insulation, and taking other simple conservation measures.
7. Dirty filters restrict airflow and mean the product meeting the efficiency guidelines set by the U.S. EPA and U.S. Department of Energy. Caulking and weatherstripping doors and windows can save energy in the home. The average U.S. household spends $1,800 on utility bills for heating, hot water, and electricity. Most can cut energy consumption — and cost — by as much as 25% by caulking, adding insulation, and taking other simple conservation measures.
8. Programable thermostats make it easier to adjust temperature.
9. Energy Challenge: What can each person do to reduce energy usage in their home? Many simple steps can be taken each day to reduce energy. Make a challenge with your family and set some short-term goals to reduce energy in our home.
10. Yes — Install dimmer switches or energy-saving compact florescent bulbs that need to be used for dimmer switches, ceiling fans, and three-way switches.
11. When leaving the home for more than four hours, energy is saved by adjusting the thermostat. Installing a programmable thermostat makes this task easier.
12. Furnace filters should be changed once a month or as needed.
13. Clean lint from the dryer after every load.
14. Which type of water should be used for rinsing clothes?
15. Adapters/chargers continue to use energy when they are not actually charging.
16. Ceiling fans can be adjusted with the change of seasons.

Energy Challenge:

What can each person do to reduce energy usage in their home? Many simple steps can be taken each day to reduce energy. Make a challenge with your family and set some short-term goals to reduce energy in our home.

Energy challenge ideas:

• Do an energy audit of your home. Some utility companies provide this service.
• Shut off lights when not in rooms.
• Install and use dimmer switches.
• Unplug chargers when not charging phone, laptops, etc.
• Reduce water usage when taking a bath, shower, or brushing teeth.
• Change out incandescent bulbs with compact florescent bulbs when replacing bulbs.
• Completely shut down computers, printers, radios, TVs, etc. when not in use.
• Set the thermostat up or down a couple degrees depending on the season.
• Don’t rinse dishes before putting them in the dishwasher. Scrape off food.

Energy usage is affected not only by what we use, but in the preparation and transportation of the product. The way electricity and gas is produced and how it is transported adds to the cost of energy. The packaging of products that are used in the home also add to the costs. It is important to be a wise shopper.

Join 4-H!

Discover 4-H!
at Kick Off
Tuesday, Oct. 4

—see page 12
Ammonium–Nitrate Security Program

Tom Dorn
UNL Extension Educator

Overview
Calculating pay requires a two-step mathematical operation.

Step 1. Find the dry-matter weight of the product in question by multiplying the gross weight by the percentage dry-matter in the product.

Step 2. Find the wet-basis weight by dividing the dry-matter weight of the product by the percentage dry-matter content in the final product.

Example 1: Forage
Assume a cattle producer is negotiating to buy a load of freshly baled hay. The moisture content of the hay is 25%. The gross weight of the load is 24,000 lb. The buyer is only willing to pay for hay at 15% moisture, knowing the freshly baled hay will continue to lose moisture and would weigh less if he were able to buy it later on.

Step 1. Find the dry-matter content of the load of hay. The dry-matter content is calculated by subtracting the moisture percentage of the product from 100%. Since the moisture content is 25%, the product contains 75% dry matter.

The dry-matter (DM) content of the hay is: 24,000 lb x 0.75 – 18,000 lb DM

Step 2. Convert the dry-matter weight to the wet basis weight at the desired moisture content.

18,000 lb DM ÷ 0.85 DM = 21,176 lb of hay at 15% moisture

Example 2: Grain
A farmer delivers a 30,000 lb load of corn to the local cattle feedlot. The corn tests 17.5% moisture. The feedlot will pay $6.50 per bushel, corrected to 15.5% moisture (based on 56 lb of 15.5% moisture corn = 1 bushel). What should the farmer be paid?

Step 1. Compute the percent dry matter (DM) of the load in question.

100% - 17.5% moisture = 82.5% DM

30,000 lb x 0.825 DM = 24,750 lb DM

Step 2. Convert dry-matter weight to the weight at the desired moisture content.

1 – 0.155 = 0.845 DM

24,750 lb DM x 0.845 DM = 20,289 lb of corn at 15.5% moisture

Assuming 56 lb per bushel, 29,289 lb ÷ 56 lb/bushel = 523 bushels of corn

523 bushels x $6.50/bushel = $3,400

How to Calculate What a Load Would Weigh if it Had Different Moisture Content

Tom Dorn
UNL Extension Educator

If you’re one of the producers trying to dry down their corn, you’ll want to check these tips and reminders to ensure quality grain storage.

Which Bins Should Be Unloaded First?

1. High moisture grain
2. Grain that’s peaked — unloading enough to level
3. Grain dried in a high speed dryer
4. Older grain
5. Dirty grain — grain with a lot of fines

If feeding grain, unload some grain from all bins first, removing fines and peaked grain before leveled, clean grain.

The airflow achieved by a given fan depends on the static pressure it must overcome. Deeper grain depths or higher airflow rates require higher static pressures.

Rule of Thumb:
• Doubling the airflow as the horsepower in the fan is doubled maintains constant airflow.
• Doubling airflow at a constant depth requires over 5 times the horsepower.

Actions:
• Keep grain depth shallow. Build larger diameter rather than taller bins. Only partially fill bins during drying when you need higher airflow rates.
• Push the temperature front through the grain before discontinuing aeration. If you discontinue aeration before the front is pushed all the way through the grain mass, you can have horizontal zones of spoiled grain due to moisture condensation where the two zones meet.

With a Given Airflow, How Long Will it Take to Pass a Cooling Front?

Rule of Thumb:
In the time it takes to push a temperature front through a grain bin is 15 divided by the cfm/bu.

If the airflow is 1 cfm/bu, it will take 15 hours.
If the airflow is 0.5 cfm/bu, it will take 30 hours.
If the airflow is 0.2 cfm/bu, it will take 75 hours.

Actions:
• Provide 1 square foot of vent opening for each 1,000 cfm of airflow.
• Cover fan opening after fan operation is stopped for the winter to prevent moisture in the grain from condensing on the cold steel mesh bottom of the bin when the cold air fills the empty, plenum space.

Wet grain on the bottom of the bin can spoil when warmer air temperatures return.

When Is Better — Airflow From the Bottom Up Or Top Down?

Both work, the advantage of pushing from the bottom is it is easier to monitor the drying and temperature fronts. The advantage of top down is you won’t get condensation on a bin roof on a cold day.

Which Type Of Fan Should I Buy?

Axial flow fans deliver more cfm per horsepower when static pressure is below 4 inches. Centrifugal fans deliver more cfm per horsepower when static pressure is higher than 4 inches.

Where is the breaking point between axial flow and centrifugal? This depends on both the grain depth and the airflow (cfm/bu). Four inches of static pressure is required for the following:
1.0 cfm/bu and 20 feet deep
1.25 cfm and about 17 feet
1.5 cfm and about 15 feet
2.0 cfm and about 13 feet

Axial flow fans generally cost less per unit of horsepower. Centrifugal fans are quieter.

Stirring System Management — How Much is Too Much?

Don’t turn on the stirring system too soon. Running it when grain depth is less than about 5 feet can result in erratic behavior of the down augers and may damage the auger blades.

When Using Natural Air:
If you have a stirring system installed in a bin dried by natural air,
• Run the stirring system while filling to loosen the pack factor from grain dropping long distances from the loading auger or if a mechanical spreader is used to level the grain and distribute fines.

Then shut the stirring system off and allow a free flow of air and move through the grain mass.
• Natural air drying takes a long time. Running the stirring system the whole time results in mechanical grain damage and shortens the life of the motors and augers.
• Research has shown continuous stirring can actually lengthen drying time in natural air systems because stirring destroys the drying front and the air leaves the grain mass less saturated.
• Run the stirring system a couple of rounds just before discontinuing fan operation for the winter to mix the drier grain on top.

When Using Heated Air:
If you have a stirring system installed in a bin dried by natural air,
• Run the stirring system while filling to loosen the pack factor from grain dropping long distances from the loading auger or if a mechanical spreader is used to level the grain and distribute fines.

Then shut the stirring system off and allow a free flow of air and move through the grain mass.
• Natural air drying takes a long time. Running the stirring system the whole time results in mechanical grain damage and shortens the life of the motors and augers.
• Research has shown continuous stirring can actually lengthen drying time in natural air systems because stirring destroys the drying front and the air leaves the grain mass less saturated.
• Run the stirring system a couple of rounds just before discontinuing fan operation for the winter to mix the drier grain on top.

When Using Heated Air:
If you have a stirring system installed in a bin dried by natural air,
• Run the stirring system while filling to loosen the pack factor from grain dropping long distances from the loading auger or if a mechanical spreader is used to level the grain and distribute fines.

Then shut the stirring system off and allow a free flow of air and move through the grain mass.
• Natural air drying takes a long time. Running the stirring system the whole time results in mechanical grain damage and shortens the life of the motors and augers.
• Research has shown continuous stirring can actually lengthen drying time in natural air systems because stirring destroys the drying front and the air leaves the grain mass less saturated.
• Run the stirring system a couple of rounds just before discontinuing fan operation for the winter to mix the drier grain on top.
Renovating Your Windbreak and Purchasing Tree Seedlings

Sarah Browning, UNL Extension Educator

Diseases, insects, and age have taken a toll on many rural windbreaks throughout Nebraska, resulting in needed renovation or replacement. Older windbreaks may also have crowded or stunted trees. So renovation may entail thinning trees to increase health and vigor, or removing rows of dead/dying trees and replanting with new seedlings. Fall is a good time to step back, and re-evaluate the design, tree selection, and site conditions of your windbreak.

Generally, foresters discourage the removal of entire windbreaks that may be in various stages of decline. Most old windbreaks can be renovated to maintain or enhance their effectiveness in protecting humans, livestock, crops, and buildings. Locations where the shelterbelts were planted thirty years ago, are generally still the best sites for a windbreak to be located.

When windbreaks have been planted to enhance wildlife, provide snow cover for livestock, prevent soil erosion by water runoff from agricultural lands, or provide additional income. When renovating a windbreak, the first step is to determine the conditions of your windbreak. Key points to keep in mind when purchasing tree seedlings include:

- Purchase your stock from a reliable source. In Lancaster County, bare-root windbreak tree seedlings are available through the Nebraska Plate South Natural Resource District office (see sidebar below).
- Bare-root tree and shrub seedlings can also be purchased from some nurseries. Your seedlings should come from nurseries using locally-collected seed or seed from Northern origins. This helps ensure plants are well adapted to local growing conditions.
- Choose plant material suitable for your soils and can that survive the environmental extremes of your site.
- Select insect and/or disease resistant plants whenever possible.
- Don’t be too quick to buy the cheapest seedlings; they may not be the best value in the long run.
- The quality, size, and condition of your tree or shrub seedlings is key to successful establishment.
- For windbreak establishment, quality bare-root stock is satisfactory and cost effective.

For windbreak establishment, quality bare-root stock is satisfactory and cost effective.

Purchasing Tree Seedlings through Lower Platte South NRD

The minimum order is 100 tree or shrub seedlings, sold in bundles of 25. Plants cost $0.70 cents each, for a total of $74.90 for the minimum order, including tax. Usually, for windbreak establishment, quality bare-root stock is satisfactory and cost effective. Bareroot deciduous tree and shrub seedlings should be 12–24 inches tall, with a good, healthy root system. Use trees that are bare-root or have been grown in a container production system that encourages a dense, fibrous root system such as the Root-maker or grow-bag production systems. Container-grown plants are usually larger and cost more, but may be worth the extra cost in areas where establishment is difficult. Avoid plants with matted, circling roots. Usually, for windbreak establishment, quality bare-root stock is satisfactory and cost effective. Bareroot deciduous tree and shrub seedlings should be 12–24 inches tall, with a good, healthy root system. Use trees that are bare-root or have been grown in a container production system that encourages a dense, fibrous root system such as the Root-maker or grow-bag production systems. Container-grown plants are usually larger and cost more, but may be worth the extra cost in areas where establishment is difficult. Avoid plants with matted, circling roots.

For windbreak establishment, quality bare-root stock is satisfactory and cost effective.

Prevaling Wind

<table>
<thead>
<tr>
<th>Row</th>
<th>Dense Shrub</th>
<th>Dense Shrub</th>
<th>Tall Tree Broodleaf or Cercis</th>
<th>Dense Shrub</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Typical windbreak profile

- Deciduous trees – Bur, Northern Red, and Swamp White Oak; Cottonwood; Black Cherry; Black Walnut; Northern Catalpa; Pecan; and Silver Maple
- Shrubs – American Plum, Hazelnut; Redosier Dogwood, Silver Buffaloberry, Chokecherry, Snowberry, Common Lili, Amur Maple, Centennial Cotonese, and Skunkbush Sumac

At your request, your local NRD Forester will provide a free planting schedule. Keep in mind that the design may change over time, and suggest species of trees best for your site conditions. Many NRD offices offer, at a minimal cost, additional services associated with tree planting, such as machine planting for large orders.

Be in Tune to Points of Hidden Hazards on Machinery

Sharry Nielsen
UNL Extension Educator

Harvest season is in full swing in Nebraska, and with it comes unique concerns for those on the acreage or farm. Machinery is the lifeline to getting work completed on both farms and acreages. But, machinery carries many “hidden hazards,” that is, dangers that may not be obvious when you first think of the machine.

To keep you and your family members safe around machinery, make it a number one rule on your acreage that children play in a safe place away from any point of hazard. Secondly, be sure anyone who is working with machinery replace shields and guards after making repairs.

Points of hidden hazards are classified as:

- **Shear Points** exist wherever the edges of two moving parts move across each other. Machines cannot think, so they don’t know the difference between crop material and your fingers or legs. Shear points can be found on augers, rotary mowers, cutter heads, and others.
- **Crush Points** are found where two objects move toward each other or one object moves toward a stationary object. Injuries at crush points often involve a second person. Front end loaders, combines, tractors, truck frames and other machinery have crush points.
- **Pinch Points** are any place where a person can be caught between two moving parts or a moving part and a stationary part, similar to crushing points. If you have ever slammed a finger in a door, or gotten a pant leg or finger caught in a bicycle chain, you know what a pinch point can do. Pinch points can be found on just about every piece of machinery, large or small, and on many other equipment.
- **Cutting Points** exist where two moving edges slide across each other or a single edge slides across a stationary edge. A machine does not have to be moving for a person to be injured at a cutting point. The edges are very sharp so they can cut grain, grass, or hay. Mowers, combine headers, and forage choppers all contain cutting points.
- **Wrap Points** are where part of the machine is spinning at a high speed. A frayed shirt, loose clothing, or long hair can be caught or wrapped in these points, causing severe injury. A Power Take Off (PTO) is the major cause of wrap point injuries.
- **Pull-In Points** exist where a machine pulls material into the machine for further processing. Injuries from pull-in points often occur as someone is trying to remove material from the machine or trying to feed the machine by hand while it is running. It is imperative to shut off a machine before trying to remove stuck material. Pull-in points are found on hay bales, grass grinders, harvesters, and feed rolls, as well as, other machines.

Be aware of the hazards on the machines on your acreage. Use preventive measures to be sure children and pets are not caught in these dangerous points. Talk with your kids about safe play areas where they can be out of your way. Turn off all machinery before working on them, and replace any shields or guards once the repair is completed. Remember, people do not have a quick enough reaction time to fight a machine. Avoid being caught in points of hidden hazards.

Enjoy Nebraska Foods!

This easy recipe is quick to make, can be prepared in advance, and even adds extra vegetables to your meal!

PUMPKIN ICE CREAM PIE
(Makes 8 servings)

1 can (15 to 16 oz) or 2 cups pure pumpkin purée
1/4 cup sugar
1-1/2 to 2 teaspoons pumpkin pie spice, depending on how spicy a flavor you enjoy*
1 quart (4 cups) of a lower fat vanilla ice cream or frozen yogurt, softened
9-inch prepared graham cracker pie crust

Light whipped topping, if desired

Mix the pumpkin, sugar, and spice until well blended. Quickly mix pumpkin mixture with the softened ice cream. Pour into a crust and freeze, uncovered, for at least 3 hours. When pie is frozen, cover with plastic wrap and then cover with freezer-quality foil or place in a freezer bag and squash out the air. Thaw pie slightly at room temperature (about 5–10 minutes) before serving. Top with light whipped topping, if desired.

* If you don’t have pumpkin pie spice, for EACH TEASPOON of pumpkin pie spice, you can substitute a combination of:
1/2 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/8 teaspoon ground nutmeg
1/8 teaspoon ground cloves
NOTE: If you’re missing either the nutmeg OR the cloves, you can increase the amount of the other spice to ¼ teaspoon.

** Soften ice cream by placing the container in the refrigerator for about 15 to 20 minutes. Avoid repeatedly softening and refreezing the ice cream as it gets icy.

Preventing Fresh Pumpkin Puree to Be Used in Recipes

Alice Henneman, MS, RD, UNL Extension Educator

Pumpkin, an excellent source of vitamin A, can be used in nearly any recipe calling for winter squash. Homemadem pumpkin purée can be used in pies, breads, and desserts and also in soups and stews, or in place of mashed potatoes in shepherd’s pie.

The best pumpkins for cooking are not the large, bright orange pumpkins that are well known for carving jack-o-lanterns. Rather, smaller pumpkins are more flavorful and far less stringy. Choose pumpkins with a hard rind and that are heavy in relation to their size.

Here are some directions from Julie Albrecht, PhD, UNL Extension Food Specialist.

Baked Fresh Pumpkin:
Preheat oven to 350°F. Cut the pumpkin in half and clean out the seeds and strings. Cover a baking sheet with tin foil. Brush melted butter on the cut edges of the pumpkin and place the sides cut-side down on the cookie sheet. Cook approximately one hour or until pumpkin is soft. Cool. Remove the pumpkin skin and cut into pieces and blend or put through a food processor until the mixture is smooth like canned pumpkin.

Boiled Fresh Pumpkin: Remove the seeds and strings. Peel and cut the pumpkin into chunks and place them in a large pan. Bring to a light boil. Cook until tender. Cool. As with the baked method, put through a food process the pumpkin until smooth.

Microwaved Fresh Pumpkin: Remove the seeds and strings. Cube with the rind and place cubes in a microwave safe bowl and cover loosely with paper towels or plastic wrap. Cook on medium until soft. Check every 5 minutes as microwave times vary. Once cubes are cooled, peel off the rind. Blend or food process until smooth just as in the other methods.

Healthy Halloween Treats

Halloween, like many other holidays, is largely focused around sweets. This makes it a little harder on parents who are trying to promote a healthy lifestyle within their family. So this year, instead of giving out candy, try to focus on healthier treats that are just as fun for your kids and other trick or treaters. These items could include granola bars, fruit, nuts, or leathers, 100% juice boxes, sugar-free gum/candy, or snack packs of pretzels, crackers, trail mix, raisins, etc.

Unfortunately, some of these items could cost more than candy, so watch for sales. With the high volume of children many households see at their doorstep on Halloween, low-cost treats are often desirable.

There are numerous Healthy Halloween toys that can be given away in place of candy. These items can be found for a reasonable price at local dollar stores or party stores.

Non-candy Halloween treats less expensive than most candy include:
• Stickers
• Spider rings
• Temporary tattoos
• Glow-in-the-dark bouncy balls
• Pencils
• These non-candy items may be viewed as a special treat not only because they are different from the child’s multiple pieces of candy, but also because they engage the child in an activity and can be a source of entertainment or other ways to promote a healthy lifestyle by your family at Halloween are to:
• Feed your child a nutritious meal before they go trick-or-treating so they are not hungry while collecting candy.
• Encourage your children to wait until they get home from trick-or-treating to start eating their candy (parents should inspect treats before children eat them).
• Limit the number of treats your child can have each day (let your children know ahead of time the limits and reasons for those limits).
• Keep any candy out of reach so your child has to ask for the candy (if they remember).
• Have your child eat the treat along with something nutritious, such as a glass of milk or apple slices.
• Use the candy for craft projects, such as a haunted house similar to a gingerbread house.

By following these trick or treating tips, your family is sure to have a happy and nutritious Halloween!

Save Time, Money, and Energy by Cooking with Homemade Master Mixes

Thursday, Nov. 10, 7–8:30 p.m.
Plaza Conference Center, BryanLGH Medical Center East, 1600 South 48 Street, Lincoln

Learn how to prepare “master mixes” for future use, featuring common household ingredients. Homemade master mixes can include basic baking mixes (pancakes, muffins, cookies), sauce mixes, seasoning mixes, rice mixes, salad dressing mixes, meat sauce mixes, and many more.

Alice Henneman, registered dietitian and University of Nebraska–Lincoln Extension Educator, will share tips and recipes for making your own master mixes for quick, delicious, and nutritious meals. Some of the master mixes also will make great holiday gifts! Participants will receive an extensive handout of the tips and recipes shared during the presentation. Pre-registration required by calling (402) 481-8886.

Healthy Eating

Enjoy Nebraska Foods!

The University of Nebraska–Lincoln Food Processing Center offers one-day seminars for individuals interested in exploring the idea of starting a food manufacturing business. The one-day From Recipe to Reality seminar is the first step in developing a food business. It is specifically designed to provide entrepreneurs with an understanding of the key issues they will need to consider when starting a food business.

From Recipe to Reality provides an overview of the many issues involved in developing a food manufacturing business. Seminar topics address important questions every entrepreneur should consider:
• Market research and selection
• Product and process development
• Food regulatory issues and agencies
• Packaging and labeling
• Pricing and cost analysis
• Product introduction and sales
• Promotional material package
• Food safety and sanitation
• Business structure

The next seminar will be Saturday, Oct. 22 in Lincoln. Pre-registration is required and space is limited. Registration deadline is Oct. 10. Contact Jill Gifford at (402) 472-2819 or jgifford1@unl.edu for an information packet.
A reminder that the September Council Meeting has been cancelled. It will be on Monday, Oct. 3. By then the State Conference will be over and perhaps we can address any pros or cons. Oct. 17 will be Achievement Night. We have a program being presented by Karla Cross from Friend. The title of her presentation is “The Mysterious Friendship Quilt.” Please plan to attend and bring a friend. I would like each club to bring information about their club’s activities. October is also Halloween.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS
Irene Colborn
FCE Council Chair

President’s View
Irene’s Items

Teach Young Children Social-Emotional Skills

Children go to school to learn, but parents and caregivers should be teaching their children social-emotional skills long before the kindergarten entrance. Social-emotional skills are skills that help children know how to behave in safe social settings, and how to express and handle emotion.

For children to succeed in school, children need to know how to follow directions. To learn this, they start with something simple like “Take your plate and put it in the dishwasher.” Repetition helps with learning instruction. Another example is playing a game because they must follow the rules.

Children must know how to pay attention in a classroom. Reading a book or performing a jen activity for extended periods of time helps children gradually increase their attention span.

As children are expanding their attention span, adults may have to help children. For example, adults could show children many different ways of stacking blocks and encourage them as they play with the blocks.

Another social skill is knowing how to share and take turns, which is difficult for them to be considerate of others. Parents and caregivers must guide children through this process so children understand the importance of sharing. Instead of saying, “We need to share,” and grabbing a toy away from the child, adults need to explain why they must share and set a good example by doing it themselves.

Children also must learn how to solve problems with words instead of getting angry. A child who screams and yells does not know how to express his or her emotion in a healthy way. Instead of immediately scolding children for losing their temper, ask them what they could have done instead of getting angry. Then have them practice the right behavior.

For younger children, learning can be done with praise. Children need about five positive interactions to every negative interaction to keep on learning. Do not just scold them for doing wrong; praise them for doing something right. However, if a child has a negative behavior, such as biting or kicking, he or she will need 13 positive interactions for every negative interaction to change the behavior.

At the core of teaching children social-emotional skills is parents and caregivers building relationships with their children. Adults build relationships with children by spending time with them and paying attention to them. Talk and listen to your child and get to know his or her likes and dislikes. Laugh and joke with them. Give them chances to make decisions, such as which shirt they want to wear to school, to help them understand the importance of making their own decisions.

Parents and caregivers should keep in mind children need time to learn, so adults must provide patient reminders and explanations repeatedly over a period of time. Adults must consistently model good and healthy behavior for the children.

In the end, children cannot be expected to behave like adults because they are still kids. When children learn they learn age-appropriate social-emotional skills that help them make friends, work well with others, and succeed in school.

Source: Gail Boyd, UNL Extension Educator

Halloween Safety Tips

Holiday time is just around the corner. With October comes the fall weather, the changing of colors, and of course Halloween. This is a fun time for children and their families. Being safe should be at the top of the list of things to consider, whether you are at home or out in the community.

Creating a fun atmosphere with decorations and parties adds to the excitement of the events. While this is all fine there are some things that should be kept in mind when preparing for the holiday.

Since Halloween is the first holiday to celebrate there are some simple safety tips to keep it a safe event.

When Preparing for Trick or Treating Always:

• Make sure the area to the front of the home is clear and free from toys, etc.
• Turn on the light to invite children to your home.
• Make sure pets are under control as you greet the visitors.
• Give safe treats. Be creative and list items other than candy.

When Choosing Costumes:

• Choose light colored clothing.
• Decorate or trim costumes with reflective tape.
• Give safe treats. Be creative and list items other than candy.

Holiday Gifts Needed for LPS Headstart

A good community service project for the holidays is helping the less fortunate by providing gifts for the Lincoln Public Schools Headstart Program. This program is in need of over 500 gifts for children birth to 5-years old. Literacy is being emphasized again this year, so books and items to encourage reading are suggested (such as puppets, puzzles, small toys, etc.). A good idea is to bring books to give each child a book. Gifts should be unwrapped and recommended cost is up to $5. Bring gifts to the mission office by Dec. 1. For more information, contact Lorene Bartos at (402) 441-7180. This is an excellent project for 4-H, FCE and other community clubs. Individuals are welcome to participate.

Carbon Monoxide Safety

Keep your home free of dangerous pollutants like carbon monoxide by regular inspection of all combustion equipment, like furnaces, boilers, and water heaters. Protect your family by installing a carbon monoxide detector. Check and clean the chimney when using wood burning stoves and fireplaces.
Low Maintenance Trees

Mary Jane Frogge
UNL Extension Associate

Many of us have been forced to remove damaged trees due to summer storms or flooding issues. The next task is to select a tree to replace the one you lost. When replacing those unsalvageable trees, you may want to consider a low maintenance tree. These are trees that need minimal pruning, have minor insect or disease problems, have a slower growth rate and add value to your landscape. Consider selecting one of the trees on this list. After these trees become established, they will beautify your landscape for years to come.

<table>
<thead>
<tr>
<th>Name</th>
<th>Mature Height</th>
<th>Crown Spread</th>
<th>Growth Rate</th>
<th>Mature Form</th>
<th>Fall Color</th>
</tr>
</thead>
<tbody>
<tr>
<td>DECIDUOUS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Amur Cork Tree</td>
<td>20-30 ft.</td>
<td>15-25 ft.</td>
<td>medium</td>
<td>round</td>
<td>yellow-brown</td>
</tr>
<tr>
<td>Amur Maackia</td>
<td>20-30 ft.</td>
<td>20-30 ft.</td>
<td>slow</td>
<td>round</td>
<td>green</td>
</tr>
<tr>
<td>Ginkgo</td>
<td>40-60 ft.</td>
<td>30-40 ft.</td>
<td>slow</td>
<td>oval</td>
<td>yellow</td>
</tr>
<tr>
<td>Goldenrain Tree</td>
<td>20-25 ft.</td>
<td>25-30 ft.</td>
<td>slow</td>
<td>oval</td>
<td>brown</td>
</tr>
<tr>
<td>Hackberry</td>
<td>50-70 ft.</td>
<td>30-40 ft.</td>
<td>slow</td>
<td>vase</td>
<td>yellow</td>
</tr>
<tr>
<td>Hophornbeam, American</td>
<td>25-40 ft.</td>
<td>25-30 ft.</td>
<td>slow</td>
<td>oval</td>
<td>yellow</td>
</tr>
<tr>
<td>Hornbeam, European</td>
<td>40-60 ft.</td>
<td>30-40 ft.</td>
<td>medium-slow</td>
<td>oval</td>
<td>yellow</td>
</tr>
<tr>
<td>Japanese Tree Lilac</td>
<td>20-25 ft.</td>
<td>15-25 ft.</td>
<td>medium</td>
<td>vase</td>
<td>green</td>
</tr>
<tr>
<td>Magnolia, Saucer</td>
<td>20-30 ft.</td>
<td>20-30 ft.</td>
<td>medium</td>
<td>round</td>
<td>yellow-brown</td>
</tr>
<tr>
<td>Magnolia, Star</td>
<td>15-20 ft.</td>
<td>10-15 ft.</td>
<td>slow</td>
<td>oval round</td>
<td>yellow to bronze</td>
</tr>
<tr>
<td>Maple, Amur</td>
<td>15-20 ft.</td>
<td>10-15 ft.</td>
<td>medium</td>
<td>round</td>
<td>scarlet</td>
</tr>
<tr>
<td>Maple, Black</td>
<td>30-50 ft.</td>
<td>40-50 ft.</td>
<td>slow</td>
<td>round</td>
<td>yellow</td>
</tr>
<tr>
<td>Maple, Norway</td>
<td>40-50 ft.</td>
<td>30-40 ft.</td>
<td>medium</td>
<td>oval round</td>
<td>yellow to orange</td>
</tr>
<tr>
<td>Maple, Sugar</td>
<td>50-70 ft.</td>
<td>40-60 ft.</td>
<td>slow</td>
<td>oval round</td>
<td>yellow to red</td>
</tr>
<tr>
<td>Maple, Tatarian</td>
<td>15-20 ft.</td>
<td>15-20 ft.</td>
<td>medium</td>
<td>oval round</td>
<td>yellow-red</td>
</tr>
<tr>
<td>Oak, Bur</td>
<td>50-70 ft.</td>
<td>50-70 ft.</td>
<td>slow</td>
<td>oval</td>
<td>yellow-brown</td>
</tr>
<tr>
<td>Oak, Shingle</td>
<td>50-60 ft.</td>
<td>50-60 ft.</td>
<td>medium-slow</td>
<td>oval round</td>
<td>yellow to red</td>
</tr>
<tr>
<td>Oak, Swamp White</td>
<td>40-60 ft.</td>
<td>40-60 ft.</td>
<td>medium</td>
<td>oval</td>
<td>yellow-brown</td>
</tr>
<tr>
<td>Oak, White</td>
<td>50-70 ft.</td>
<td>50-70 ft.</td>
<td>slow</td>
<td>round</td>
<td>purplish</td>
</tr>
<tr>
<td>Smoketree, Common</td>
<td>10-15 ft.</td>
<td>10-15 ft.</td>
<td>medium</td>
<td>round</td>
<td>red-purple</td>
</tr>
<tr>
<td>Witchhazel, Common</td>
<td>15-30 ft.</td>
<td>20-25 ft.</td>
<td>medium</td>
<td>oval</td>
<td>yellow</td>
</tr>
</tbody>
</table>

EVERGREEN

Douglas-fir                     | 40-80 ft.     | 12-20 ft.    | medium      | pyramid     | —                   |
| Spruce, Black Hills           | 20-40 ft.     | 15-20 ft.    | medium-slow | pyramid     | —                   |
| Spruce, White                 | 40-60 ft.     | 10-20 ft.    | medium      | pyramid     | —                   |

*Plant spring flowering bulbs such as tulips, daffodils, and crocuses

Cut down stems and foliage of herbaceous perennials after two or three hard frosts and when leaves begin to brown.

Fall is the time to control broadleaf weeds in the lawn, such as white clover, dandelion, and ground ivy.

Dig and bring in canna, dahlias, and gladiolus. Dry, clean, and store in a cool location free from frost.

After several hard frosts add mulch to your perennial flower garden. A one inch layer of straw or chopped leaves will help conserve soil moisture and protect the root system.

When deciding on new trees or shrubs to plant around your home, remember to select varieties that will fit the location when they are at their mature height. This will greatly reduce pruning and other maintenance in the future.

Pick bagworms from evergreen shrubs. This will eliminate the spring hatch from over wintered eggs.

Remove leaves from lawn to reduce lawn problems. Compost or shred and use them for mulch.

Make a note of any particularly productive or unsatisfactory varieties of vegetables that you planted this year. Such information can be very helpful when planning next year’s garden.

Remove any diseased or insect infested plant material from your garden. It may harbor over wintering stages of disease or insect pests. If you leave this plant material in your garden, you are leaving diseases and insects which will begin to reproduce again next spring and add to next years pest problem.

Cure pumpkins, butternut, and Hubbard squash at temperatures between 70-80°F for two or three weeks immediately after harvest. After curing, store them in a dry place at 55–60°F.

Use dried herbs to make fragrant wreaths and dried flower arrangements.

Clean up the orchard and small fruit plantings. Sanitation is essential for good maintenance. Dried fruits or mummies carry disease organisms through the winter to attack next year’s crop.

Nut trees are a fine addition to the home landscape. They will provide shade in the summer and even become a food source.

Christmas cactus need special care now to get its beautiful flowers this December. Buds will form at 50–60°F, or if the plant is exposed to at least 13 hours of complete darkness each night.

Fall is an excellent time for taking soil samples in your lawn and garden. Soil tests will measure the pH of the soil, organic matter content and the levels of some of the major elements required for plant growth, such as phosphorus and potassium.
**Mouse Trapping 101**

**Barb Ogg**
UNL Extension Educator

Mouse droppings in cupboards. To hide by. As soon as you see the first sign of mice, you should begin mouse control. Waiting and hoping they will bug you will not work... in fact, the longer you wait, the greater the mouse problem you will have. Trapping is the best method of mouse control inside homes. Understanding a few basics will help you more quickly get rid of the mice.

**What Types of Traps?**

Snap traps are the simplest, cheapest (i.e., reusable) and are very effective when placed correctly. If you are worried about kids and pets messing with a trap in a specific location, you might want to use a covered trap, like the Ultra Set trap made by D-Con. These covered traps will be more expensive, but have the added advantage in being able to set by simply pressing lever on the outside of the trap housing. Mice can also be removed without touching the trigger.

Glue traps are easy to handle and monitor, but they are more expensive than snap traps and are harder to clean. Some animal welfare groups consider glue traps to be an inhuman method of rodent control. If the mouse is not captured cleanly, the trap may cause wound to the trap. There are two types of glue traps sold for mouse control. The first is a flat, cardboard plate trap, a flat piece of cardboard covered by a thin layer of glue. The second is the glue "toy" trap, which is a shallow plastic tray filled with glue. According to the Nebraska Wildlife and Fish and Game Service, the best type of glue board is the glue board trap because the mouse does not have to step up onto the trap platform. In his research, Corrigan has also found glue traps are less effective at catching mice than snap traps.

Multiple catch traps (Katch-It, or "Tin Cat") are useful in areas where mice populations are high because many mice must be caught in the same trap each night. These are live traps, but mice will die quickly (a day or two) of starvation once caught and then checked frequently, and emptied, and reset. Multiple catch traps are best used in garages and outbuildings.

For quickest trapping, here are some suggestions:

1. **Location, location, location.** Good trap placement is crucial to catching mice. Place traps:
   - in high activity areas, where droppings have been found
   - close to food, such as in pantries and near appliances that produce heat. Examples are: furnace, water heater, refrigerator, freezer, dishwasher, and water faucets.

2. **Install lots of traps.** A large number of traps is needed to catch the mice in your area. Hinge traps often need to be set two traps next to each other, one on the wall to prevent the mouse from jumping backward to avoid the trap. Another advantage of using multiple traps is that if one trap is not effective, you can move the traps to a different location.

3. **Offer many bait choices.** Different types of traps are normally more attractive to different types of food. Divide the traps and bait with peanut butter, thin slices of hot dog, bacon, or gumdrops. You may need to try one of these baits to catch the mouse.

4. **How to place the trap.** Mice usually travel along vertical structures by using them to "feel" their way. If you place traps in the center of the room or a drawer, you will hardly ever catch a mouse unless you have a lot of mice. Keep the trap against the wall so the mouse will encounter it on its own.

**How to Set Traps**

Glue traps:

Glue traps are easy to make and are very popular. They can also be removed without leaving any signs. There are two types of glue:

1. **Type 1:** The mouse will encounter it from jumping backward to avoid the trap. Another advantage of using multiple traps is that if one trap is not effective, you can move the traps to a different location.

2. **Type 2:** The mouse will encounter it from jumping backward to avoid the trap. Another advantage of using multiple traps is that if one trap is not effective, you can move the traps to a different location.

**Make Your Own Suet Cakes**

Suet is a nutritious food for many birds, including starlings, chickadees, and bushtits. Commercial suet cakes are often sold in hardware stores and pet stores in the area. However, it is easy to make your own suet cakes at home.

**Suet Cakes**

**Make Your Own**

To make suet cakes, you will need:

- 1 cup melted suet
- 1 cup chopped peanuts
- 1 cup chopped sunflower seeds
- 1/2 cup chocolate chips
- 1/2 cup raisins
- 1/2 cup currants

**Method**

1. Melt the suet in a saucepan over low heat.
2. Add the chopped peanuts, chopped sunflower seeds, chocolate chips, raisins, and currants to the melted suet.
3. Stir well to combine.
4. Pour the mixture into a greased 8-inch square pan. Let cool and harden. Remove the suet cakes from the pan when they are firm. Use the suet cakes in your bird feeders.

**Sources:**

- UNL Extension Educator’s “Backyard Wildlife: Feeding Birds” (G2003)
- Nebraska Wildlife and Fish and Game Service: "Rat Trapping Guide," available online at http://lancaster.unl.edu/pubs/pests/3.html
- UNL Extension Educator’s “Backyard Wildlife: Feeding Birds” (G2003)

**Acknowledgments**

Thanks to the Nebraska Wildlife and Fish and Game Service for recommending the use of glue traps over snap traps for control of mice. Thanks also to Soni Cochran for her help in preparing the first draft of this manuscript. Thanks to Barb Ogg and Krakow Y./ MSU for their comments on earlier drafts. This manuscript was edited for publication by the NEBRINE.
4-H Thanks Sponsors

Lancaster County 4-H would like to thank all of the businesses, organizations, and individuals that sponsored 4-H events, activities, programs and trophies throughout the past year. This support enhances the educational experience of the 4-H youth.

4-H Leader Training, Oct. 20
All 4-H leaders and 4-H volunteers helping with clubs are encouraged to attend the Fall 4-H Leader Training, Oct. 20. Attend either the 9:30 a.m. or the 6:30 p.m. update at the Lancaster Extension Education Center, 444 Cherrycreek Rd., Lincoln. Join us and help celebrate the outstanding accomplishments of the 2011 4-H Horse Youth! Awards will include Leadership Certificates, Top Sportsmanship Awards, Incentive Awards, Wittstruck All-Around Champion, All-Around Cowboy/Cowgirl, All-Around Trail, All-Around Barrels, Herdsmanship, Judges Challenge, Honor Award, and some surprise awards! Please bring a favorite food item to share. It could be hors d’oeuvres, bars, or cookies. Hope to see everyone there!
Nebraska State Fair 4-H Results

Congratulations to the Lancaster County 4-Hers who showed their talents at the 2011 Nebraska State Fair! Here are the Lancaster County 4-H special award winners, Rainbow Ribbon Recognition, and purple ribbon recipients (as available at press time). Contact results are compiled by the Nebraska State Fair Information. You can find more information at http://lancaster.unl.edu.

PURPLE RIBBON PLACINGS

<table>
<thead>
<tr>
<th>Category</th>
<th>First</th>
<th>Second</th>
<th>Third</th>
</tr>
</thead>
<tbody>
<tr>
<td>[22x1000]</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

SPECIAL AWARDS

- **Taylon Lienemann**
- **Megan Lukeidt**
- **Zachary Luethje**
- **Natasha Mayer**
- **Cassie Meyer**
- **Carol Nobly**

CONTEST TOP PLACEMENTS

- Nebraska 4-H Diamond Award: 1st Place: Green Building Challenge, 2nd Place: Entrepreneurship, 3rd Place: Agricultural Science
- Nebraska State Fair Best in Show: 1st Place: Beef, 2nd Place: Dairy, 3rd Place: Poultry

RAINBOW RIBBON RECOGNITION

- **Rachel Halbleben**
- **Heritage Poster**
- **Seth Zeller**
- **Addison Wanser**

Photographs Selected to be Displayed in UNL Extension and College of Agricultural Sciences & Natural Resources Deans Offices

- **Ben Harms**
- **Sarah Hollenbeck**
- **Erica Peterson**

4-H IN THE NEWS

- Former 4-H Member Receives EducationQuest Scholarship
- 4-H Members Win State Fair Awards

4-H & Scholarship Forms Due Jan. 2

- Lancaster County 4-H award forms and college scholarship application forms are due by Jan. 2. Recipients will be announced at Lancaster County 4-H Recognition Night (usually held in February). Forms are available at http://lancaster.unl.edu/dv/4h/ and the extension office.

- **Communities Service Awards**
- **Lancaster County 4-H Career Portfolio**
- **Nebraska 4-H Career Portfolio**
- **Lancaster County 4-H Mentor**
- **Meritorious Service Award**

College Scholarships

- For graduating high school seniors entering college in the Lancaster 4-H program

- **4-H Council**
- **4-H Teen Council**
- **Executive Committee**
- **Nebraska Association of Fair Managers**
- **Nebraska 4-H Scholarships**
- **Nebraska Association of County Extension Boards**

Rachel Pickel is on a mission to help Nebraskans to receive an EducationQuest Foundation “Reaching Your Potential Scholarship.” The $6,000 scholarship can be renewed for up to five years, making the complete scholarship worth $30,000 toward her education.

Rachel is attending Nebraska Wesleyan University in Lincoln majoring in music education and minoring in theater. Her mother, Ann Pickel says, “Without any of her scholarships it would have made it difficult for her to attend college.” Rachel also received a 4-H Council $500 scholarship and a 4-H Teen Council $250 scholarship this year.

Lee Kremer Receives 4-H Foundation Scholarship

- The Nebraska 4-H Foundation awards scholarships to outstanding 4-Hers each year. This year, Lancaster County 4-H member Lee Kremer was one of four Orscheln $1,000 scholarship winners.
Lancaster County Years of Service Recognition

Earlier this year, Kay Coffey, Administrative Aide II at UNL Extension in Lancaster County, was recognized for 10 years of service to Lancaster County.

Notice

Sun Valley and West O Driver’s License Facility Has Added Vehicle Registration Renewals

The Driver’s License Facility at 355 West O Street is now able to complete vehicle registration renewals, including disbursement of new license plates. This does not include vehicle title work of any type, or specialty plates. Sheriff’s Office vehicle inspections will continue to be completed at the 46th and R Street Facility. Hours of operation at the West O location for registration renewals are Monday–Friday, 7:30 a.m.–4:30 p.m. County Treasurer Andy Stebbing stated, “We simply worked with Beverly Neth, Betty Johnson, and the State of Nebraska Department of Motor Vehicles to facilitate this location to better serve the citizens of Lincoln and Lancaster County.”

Public Notice

The Lancaster County Board of Commissioners seeks community members to serve on the Lancaster County Extension Board. Vacancies will be filled with three-year appointments beginning in January 2012. Extension Board members assist extension staff in focus areas such as animal agriculture, crops, environment, 4-H youth development, entrepreneurship, food and nutrition. The board meets monthly (usually the second Friday of the month at 8 a.m.). Registered Lancaster County voters interested in serving should complete an application for appointment by Nov. 1, 2011. Additional information and an application can be obtained from UNL Extension in Lancaster County, 444 Cherry creek Road, Suite A, Lincoln, NE 68528-1507 or by calling (402) 441-7180. Applications are also available on the Internet at www.linc.ne.gov/cnty/commiss/boardapp.pdf.

UNL Extension in Lancaster County employee Virginia Piening (right) was recently recognized for 45 years of service (pictured with UNL Chancellor Harvey Perlman).

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

• Virginia Piening, Staff Secretary II — 45 years of service
• Julie Rasmussen, Extension Associate — 15 years of service
• Sarah Browning, Extension Educator — 10 years of service

The University of Nebraska–Lincoln Speakers Bureau is in its 17th year this fall with 21 speakers and several topics from which to choose. This free service connects faculty and other university experts with Nebraska citizens through service organizations, schools, and other groups who want knowledgeable, interesting speakers on a variety of topics.

The 2011–2012 Speakers Bureau features speakers available on a year-round basis, as well as during the academic year only. This website, www.speakersbureau.unl.edu, provides access to each speaker’s topic information with a form to submit to book a speaker for your event. For more information, contact Barbara Bowers, Speakers Bureau Coordinator, in the Office of University Communications by calling (402) 472-0088 or emailing speakers2@unl.edu.

UNL Speakers Bureau in 17th Year

The UNL Speakers Bureau is in its 17th year with 21 speakers and several topics from which to choose. This free service connects faculty and other university experts with Nebraska citizens through service organizations, schools, and other groups who want knowledgeable, interesting speakers on a variety of topics.

The 2011–2012 Speakers Bureau features speakers available on a year-round basis, as well as during the academic year only. This website, www.speakersbureau.unl.edu, provides access to each speaker’s topic information with a form to submit to book a speaker for your event. For more information, contact Barbara Bowers, Speakers Bureau Coordinator, in the Office of University Communications by calling (402) 472-0088 or emailing speakers2@unl.edu.

2011–2012 Speakers

**Speaker**
**Speech Topics**

SYLVANA AIRAN
Assistant Director of Housing, Business Contracts & Student Services
My Life Growing Up in Pakistan

PATRICE BERGER
Professor of History & Director of University Honors Program
Europe: 2010

CHRISTIAN BINEK
Associate Professor, Physics & Astronomy
Physics Between High School and High Tech

DONALD C. COSTELLO
Lecturer, Computer Science and Engineering
Information Technology — Yesterday, Today, and Tomorrow

KENNETH DEWEY
Professor of Applied Climate Sciences, School of Natural Resources
Severe Storms 101

ROBERT F. DIFFENDAL, JR.
Professor Emeritus, Conservation & Survey
Pre-Columbian Civilizations of the American Southwest

STEPHENV. DUCHARME
Professor & Vice Chair, Department of Physics & Astronomy, Nebraska Center for Materials & Nanoscience
Nanoscale Science and Technology

MICHAEL HOFF
Professor of Art History
Pirates and Romans Along the Cilician Coast of Ancient Turkey

ROGER M. HOY
Professor, Biological Systems Engineering & Director, Nebraska Tractor Testing Laboratory
The Nebraska Tractor Testing Lab: Past, Present, and Future

GARY KEBBEL
Dean of the College of Journalism and Mass Communications
How to Use Social Networking like Twitter, Facebook, or FourSquare as Reporting Tools

MEG LAUERMAN
Director, University Communications
The Changing News Ecosystem

PETER LEVITOV
UNL International Affairs & Immigration Attorney, NU Central Administration
International Students in the United States

PATRICE C. MCMAHON
Associate Professor, Political Science
For Good or For Ill: The Return of Nation Building

PAUL E. READ
Professor, Horticulture and Viticulture
Grape Expectations: Nebraska’s Developing Grape and Wine Industry

JOHN W. RICHMOND
Professor and Director of the UNL School of Music
Does Music Make You Smarter? It Depends on What You Mean!

KELLI K. SMITH
Assistant Director, Career Services
Developing a Top Internship Program

GREGORY SNOW
Associate Dean of Research, College of Arts & Sciences
Did a Giant Asteroid Kill the Dinosaurs? E=mc2: The Most Famous Scientific Formula

SANDRA K. STOCKALL
Professor Emeritus, University of Nebraska Extension
Wow, That Felt Great!

WILLIAM G. THOMAS
Professor, Department of History
Railroads and the Making of Modern America

Thinking about the Civil War and Slavery in America

The University of Nebraska–Lincoln Speakers Bureau is in its 17th year with 21 speakers and several topics from which to choose. This free service connects faculty and other university experts with Nebraska citizens through service organizations, schools, and other groups who want knowledgeable, interesting speakers on a variety of topics.

The 2011–2012 Speakers Bureau features speakers available on a year-round basis, as well as during the academic year only. This website, www.speakersbureau.unl.edu, provides access to each speaker’s topic information with a form to submit to book a speaker for your event. For more information, contact Barbara Bowers, Speakers Bureau Coordinator, in the Office of University Communications by calling (402) 472-0088 or emailing speakers2@unl.edu.
Specialty 4-H Clubs Invite New Members
Current 4-H members and those interested in joining 4-H are invited to join these clubs!

4-H Teen Council Leadership Organization

The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7–12. Meetings are held the second Sunday of each month at 3 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln.

4-H Teen Council members:
• participate in several community service activities
• plan, set up, and facilitate the annual 4th & 5th grade Lock-In
• are involved in other leadership activities

The next meeting will be Sunday, Oct. 9 at 3 p.m. For more information, call Tracy Anderson at (402) 441-7180.

Rabbits R Us
If you like rabbits, hop to it! The Rabbits R Us 4-H club helps youth learn all about rabbits! They usually meet on the last Monday of each month (evenings). Open to all youth ages 8–18. For more information, contact leader Lyndsay Maahs at (402) 560-1063.

Star City Llamas
Do you want to learn about llamas and alpacas? This club focuses on the care and maintenance of these animals, and is heavily involved in community service projects. 4-H’ers take their llamas to parades, nursing homes, and schools to educate the public. The club also teaches youth entrepreneurship skills by creating products from the wool and marketing them. You do not have to own a llama or alpaca, you can borrow or lease one. Open to all youth ages 8–18. For more information, contact Cole Meador at (402) 441-7180.

Future Veterinarians of Nebraska
Do you love animals—everything from hamsters to horses? How about fish, lizards and birds? Interested in becoming a veterinarian? Then this 4-H club is for you!

What you will learn:
• life science and physical science
• animals from the inside out
• the jobs of a veterinarian

Activities include speakers, fieldtrips, research papers, art, community service, and fund-raising for animals.

Open to all youth ages 8–18. Weekly meetings are Thursdays, 6-7:30 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Rd., Lincoln.

For more information, contact Stephanie Wachtler at (402) 466-2442.

University of Nebraska–Lincoln Extension 4-H Youth Development program is open to all youth ages 5–18

4-H Kick Off
Tuesday, Oct. 4
6 p.m.
Lancaster Extension Education Center
444 Cherry Creek Road, Lincoln

Come Find Out How to Join 4-H!
• Help form a new 4-H club
• Be an independent member
• Join an existing 4-H club (limited availability)
• Participate in 4-H activities such as camps

4-H’ers will share completed projects!

4-H is a community of young people across America who are learning leadership, citizenship and life skills.

(402) 441-7180 • lancaster.unl.edu/4h

4-H is for you to join!