Holiday Food Safety

Avoid Guessing About

During the coming holidays, thoughts turn to family, food, and finding enough time to fit everything in! Food safety may take a back seat as we take short cuts, prepare foods ahead, cook late into the night, and host numerous holiday feasts.

Before you cook the turkey, set up the buffet, or start making holiday goodies, see how you do on this holiday food safety quiz, based on information from the USDA and the Food and Drug Administration.

Approximately, how long should you allow for thawing a frozen turkey in the refrigerator?

a. 24 hours per each 1–2 pounds of turkey
b. 24 hours per each 4–5 pounds of turkey
c. 24 hours per each 6–7 pounds of turkey

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Answer: b. Place the frozen bird in its original wrapper in the refrigerator (40°F or below). Allow approximately 24 hours per each 4–5 pounds of turkey. A thawed turkey can remain in the refrigerator for 1–2 days.

THAWING TIME IN THE REFRIGERATOR

<table>
<thead>
<tr>
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<th>Number of Days</th>
</tr>
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<tbody>
<tr>
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<td>1–3 days</td>
</tr>
<tr>
<td>12–16 pounds</td>
<td>3–4 days</td>
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<tr>
<td>16–20 pounds</td>
<td>4–5 days</td>
</tr>
<tr>
<td>20–24 pounds</td>
<td>5–6 days</td>
</tr>
</tbody>
</table>

What is a safe internal temperature for cooking a whole turkey?

a. 145°F
b. 155°F
c. 165°F

c. 165°F

Answer: c. Use a food thermometer to check the internal temperature of the turkey. A whole turkey is safe cooked to a minimum internal temperature of 165°F throughout the bird. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. If you have stuffed your turkey, the center of the stuffing must also reach 165°F.

The stuffing should reach 165°F, whether cooked inside the bird or in a separate dish.

Let turkey stand 20 minutes after removing it from the oven. Remove any stuffing and carve the turkey.

COOKING TIME—UNSTUFFED

<table>
<thead>
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<tr>
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<td>4½–5½ hours</td>
</tr>
<tr>
<td>20–24 pounds</td>
<td>4½–5½ hours</td>
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COOKING TIME—STUFFED

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<thead>
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<th>Estimated Time to Reach 165°F</th>
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<tr>
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<td>4½–5½ hours</td>
</tr>
<tr>
<td>20–24 pounds</td>
<td>4½–5½ hours</td>
</tr>
</tbody>
</table>

Which of the following are important practices to follow if stuffing a turkey?

a. Do not mix wet and dry ingredients for a stuffing until just before stuffing the bird
b. Stuff the turkey loosely
c. Cook a stuffed turkey immediately
d. Use a food thermometer
e. b, c, and d
f. All of the above

c. All of the above

Answer: f. Cooking a home-stuffed turkey is riskier than cooking one not stuffed. Even if the turkey itself has reached the safe minimum internal temperature of 165°F as measured in the innermost part of the thigh, the wing and the thickest part of the breast, the stuffing may not have reached a temperature high enough to destroy bacteria that may be present.

Stuff it safely with these suggestions from USDA:

1. Prepare Stuffing Safely — If you plan to prepare stuffing using raw meat, poultry, or shellfish, you should cook these ingredients before stuffing the turkey to reduce the risk of foodborne illness from bacteria that may be found in raw ingredients. The wet ingredients for stuffing can be prepared ahead of time and refrigerated. However, do not mix wet and dry ingredients until just before spooning the stuffing mixture into the turkey cavity.
2. Stuff Loosely — Do not cool the stuffing, Spoon it directly into the turkey cavity right after preparation. Stuff the turkey loosely — about 3/4 cup of stuffing per pound. The stuffing should be moist, not dry, because heat dries bacteria more rapidly in a moist environment. Do not stuff turkeys to be grilled, smoked, fried, or microwaved.
3. Cook Immediately — Immediately place the stuffed, raw turkey in an oven set no lower than 325°F.
4. Use a Food Thermometer — For safety and doneness, check the internal temperature of the turkey and stuffing with a food thermometer. If the temperature of the turkey and the center of the stuffing have not reached a safe minimum internal temperature of 165°F, further cooking see FOOD SAFETY on next page
**Holiday Food Safety**

**from preceding page**

...on several small platters rather than on one large platter. Keep the rest of the food hot in the oven (set at 200–250°F) or cold in the refrigerator until serving time. This way food will be held at a safe temperature for a longer period of time.

REPLACE empty platters rather than adding fresh food to a dish that already had food in it. Many people’s hands may have been taking food from the dish, which has been sitting out at room temperature.

Add hot foods at 140°F or warmer. On the buffet table you can keep hot foods hot with chafing dishes, slow cookers, and warming trays. Cold foods should be held at 40°F or colder. Keep cold foods by nesting dishes in bowls of ice. Otherwise, use small serving trays and replace them.

**Will adding alcohol to eggnog make with raw eggs kill any bacteria present?**

a. Yes, Cheers!
b. Don’t count on it!

Answer. b. Some people think adding rum, whiskey, or other alcohol to the recipe will make the eggnog safe,” says Nancy Butano, Food Technologist, Center for Food Safety and Applied Nutrition, FDA. “But, if contaminated unpasteurized eggs are used in eggnog, you can’t count on the alcohol in the drink to kill all of the bacteria — that’s not likely to happen.”

**How is the longest that perishable food should sit out at room temperature on a buffet table?**

a. 2 hours
b. 3 hours
c. 4 hours

Answer. a. Foods should not sit at room temperature for more than two hours. Keep track of how long foods have been sitting on the buffet table and discard anything there two hours or more.

Divide cooked foods into shallow containers with the refrigerator or freezer until serving. This encourages rapid, even cooling. Reheat hot foods to 165°F. Arrange and serve food cold milk in large saucepan until hot (do not boil or scald). While milk is heating, beat together eggs and salt in a large bowl, gradually adding the sugar. Gradually add the hot milk mixture to the egg mixture while continually stirring. Transfer the mixture back to the large saucepan and cook on medium-low heat. Stir constantly with a whisk until the mixture thickens and just coats a spoon. The food thermometer should register 160°F. Stir in vanilla. Cool quickly by setting pan in a bowl of ice or cold water and stirring for about 10 minutes. Cover and refrigerate until thoroughly chilled, several hours or overnight. Pour into a bowl or pitcher. Fold in whipped cream. Cover when cool.

**Holiday Eggnog**

(Yield: 2 quarts)

1 quart of 2% milk
6 eggs
1/4 teaspoon salt
1/2 cup sugar
1 teaspoon vanilla
1 cup whipping cream, whipped
ground nutmeg

Note: And no, a dash of rum won’t make it safer. Adding alcohol cannot be relied upon to kill bacteria.

Heat milk in large saucepan until hot (do not boil or scald). While milk is heating, beat together eggs and salt in a large bowl, gradually adding the sugar. Gradually add the hot milk mixture to the egg mixture while continually stirring. Transfer the mixture back to the large saucepan and cook on medium-low heat. Stir constantly with a whisk until the mixture thickens and just coats a spoon. The food thermometer should register 160°F. Stir in vanilla. Cool quickly by setting pan in a bowl of ice or cold water and stirring for about 10 minutes. Cover and refrigerate until thoroughly chilled, several hours or overnight. Pour into a bowl or pitcher. Fold in whipped cream. Cover when cool and enjoy!

Calories: 135 per 1/2 cup
Cholesterol: 120 mg

**Milk ... a “Souper Food”**

**Serving Soup Safely**

Source: Cook it Quick e-newsletter, http://food.unl.edu

- For best safety and quality, plan to eat refrigerated soup within 3 to 4 days. Avoid letting soup set at room temperature for more than TWO hours.
- Don’t put a large pot of hot soup directly into your refrigerator. According to the USDA, it would take an 8-inch stock pot of steaming hot soup 24 HOURS to cool to a safe temperature.
- To speed cooling, transfer soup to shallow containers, making sure soup is no more than TWO inches deep. Refrigerate promptly. You may place loosely covered foods in the refrigerator while still warm. Cover when cool.
- When reheating soup, reheat it until its hot throughout, at least 165°F.

**Midwest Chowder**

(b servings)

4 cups water, divided
1/4 teaspoon salt
2 cups potatoes, peeled and cubed
1/2 cup carrots, chopped
1/2 cup onion, chopped
1/4 cup all-purpose flour
3/4 cup non-fat dry milk
8 ounces low-fat American cheese, cubed
(15 ounces) can cream-style corn

In a large saucepan, combine 3 cups of water, salt, potatoes, carrots, and onion. Bring to a boil. Reduce heat and simmer for 10 minutes. Add small bowl, mix flour and dry milk together until well blended. Slowly add 1 cup of water while stirring. Slowly add this liquid to the cooked vegetables. While stirring constantly, cook soup until it thickens and mixture is thick and smooth. Add cheese, stirring until melted. Add corn and heat well, but do not boil.

Buano adds, “At the FDA, we advise consumers to start with a cooked egg base for eggnog. This is especially important if you are serving people at high risk for foodborne infections: young children and pregnant women (non-alcoholic eggnog), older adults, and those with weakened immune systems.” (Source: http://www.foodsafety.gov/blog/blog_12.html)

See recipe at left for a cooked egg based eggnog recipe.
The Lancaster County FCE Council was a success for 50 years of service. Beth Birnstihl recognized six FCE members for the new year: Treasurer, Patricia Fear; Secretary, Diane Smutny; and President, Cathy McKown; as State FCE President introduced in Star Power.”

Beth Birnstihl

The State FCE Board presented a 75th anniversary skit.

See more photos online at http://lancaster.unl.edu/home/fce

Lorene Bartos, UNL Extension Educator

Keep Organized During Holidays

Holiday time is a fun time in the home. Getting ready for the holidays and keeping everything in order can be a challenge. Try these simple tips to keep organized during the holidays and anytime of the year.

• Use a paper towel holder to store ribbon on. It is handy to get to and you will have a variety of ribbon at your finger tips. Tape the ends of the ribbon when you are done and it will be ready for the next time.

• Use empty tissue boxes for storing plastic bags. Put them in the box and store in a place where you can pull out easily. Keep them in one place and in order.

• Candle votive cups have a variety of uses. They will store little items such as paper clips, cotton swabs, and even work well as toothpick holder.

• Be creative and organized during the year and especially during the holiday season.

The holiday season is often stressful for families trying to please all the relatives, making sure everyone is included. For non-traditional families, the holidays can be even more complicated. How do you celebrate a special occasion when family members might not be on speaking terms, or when they’re in constant conflict? According to author Sally Houtman, the one simple rule that might help is to, “Do that which you will not regret.” This means doing what you think is right and not necessarily what seems to be most comfortable. Put the needs of the children first, putting aside your own resentments and personal differences. Consider what is right and best for the children involved.

You will never be able to please everyone, but it is not your responsibility to make sure all the relatives are happy.

Focus your decisions on what is right and not keeping peace or pleasing all family members. Don’t allow your own anger or resentments to influence your decisions. If you don’t invite the children’s parent or another family member to holiday gatherings because of your own feelings, you may be punishing the children for something between two adults. On the other hand, don’t go overboard to include those who may behave in a way that will cause you to regret the invitation.

It is possible to extend kindness to someone with whom you disagree, especially if the situation is for the good of the children. When making your decisions, take into consideration any negative aspects, and base your choice on whether the children will benefit from the visit, social gathering, or other activity. Weigh the positives and negatives and do what is best for them.

Amy Griswold, Family Life Educator, University of Illinois

Holiday Gifts Needed for LPS Headstart/ExCITE Program

A good community service project for the holidays is helping the less fortunate by providing gifts for the Lincoln Public Schools Headstart/ExCITE 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 puzzles, puppets, books, or a related story books). The goal is to give each child a book. Gifts should be unwrapped and recommended cost is up to $5.

Bringing gifts to the extension office by Dec. 1. For more information, contact Lorene Bartos at (402) 441-1880. This is an excellent project for 4-H, FCE and other community club families. Individuals are welcome to participate.

Lorene Bartos, UNL Extension Educator

Holiday with Extended Family

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Managing Large Grain Bins

Tom Dorn
UNL Extension Educator

Many farmers are building much larger grain bins than was commonly done 30 years ago. A typical on-farm grain bin traditionally was 27-36 feet in diameter and would hold 18-22 feet of grain depth. Now it is common on many farms to build 42-48 foot diameter bins that can hold 28-32 feet of grain depth. These large bins work well for storing dry grain when equipped with aeration fans capable of pushing 0.3 cubic feet of air per minute per bushel (cfm/bu) of grain in the bin (0.3 cfm/bu) to push natural (unheated) air through the grain to regulate grain temperature. When the static pressure is less than three inches of water, axial flow fans will produce more airflow than a centrifugal fan with the same horsepower. The calculated static pressure for this scenario is 2.4 inches of water so an axial flow fan is a better choice in this case.

Many fan manufacturers produce a 10 horsepower axial-flow fan capable of producing 0.3 cfm/bu in a 48-foot diameter bin with 30 feet of corn depth. Using a 48-foot diameter bin for drying corn is a much different situation. The minimum airflow recommended for drying corn in Nebraska is 1.0 cfm/bu. A 48-foot diameter bin with 30 feet of grain depth would require three-40 hp centrifugal fans on separate transition ducts to produce 1 cfm/bu airflow.

Static pressure is affected by two parameters, the grain depth and airflow (cfm/bu). At a given grain depth and airflow, the diameter of the bin does not affect the static pressure. There are some management changes you could make to reduce the initial cost of the grain bin and associated equipment. These changes will also reduce operating costs for years to come.

Reducing grain depth can reduce horsepower requirements significantly. If the grain depth loaded into the bin were reduced to 25 feet, two 40 hp centrifugal fans would produce 1.0 cfm/bu in this bin.

If the grain depth were reduced to 18 feet, one 40 hp centrifugal fan would produce 1.0 cfm/bu in this 48-foot diameter bin.

Note: Since the airflow remains the same for all three scenarios. The time it would be the same in all three scenarios.

Note: Two fans are able to dry 83 percent as much grain per batch as three fans, and one fan is able to dry 60 percent as much grain per batch as three fans.

If, when purchasing a new bin, a farmer is willing to dry smaller batches of grain at a time, one third or even two-thirds of the expense forfans, transition ducts, control boxes, and wiring can be saved, and operating costs will be affected as well.

For each fan eliminated, the electricity consumption for fan operation drops 33 percent. Reducing grain depth from 30 feet to 25 feet not only eliminates a fan and associated equipment, it reduces electricity consumption 33 percent as well. Likewise, reducing grain depth from 30 feet to 18 feet reduces electricity consumption by 67 percent.

FOR MORE INFORMATION
UNL Extension publication “Management of In-bin Natural Air Grains: Drying Systems to Minimize Energy Cost” (EC710) available at the extension office or at http://go.unl.edu/edrc.

Increases in Land Values and Cash Rents
Analyzed for East and Southeast Nebraska for the Period 2006–2011

Tom Dorn
UNL Extension Educator

Cropland values have appreciated considerably in the last several years reflecting higher commodity prices. Cash rental rates have climbed as well. Cash rents have followed gains in land values quite closely over the five year period with some exceptions.

Comparing the statewide average land prices for the 2006 to 2011 period, dryland cropland with no irrigation potential increased an average of 70% in the last five years. Dryland cropland with potential for irrigation development had the highest percentage increase of all classifications of cropland, averaging 105% increase over 2006 prices. Center pivot irrigated land had the second highest percentage gain with 102% increase over 2006 prices.

The table below shows the average land values and average cash rental prices for the East and Southeast NASS reporting districts as reported in the land price and cash rent surveys published in mid-March in the Cornhusker Economics Newsletter each year.


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<th>2011 (dollars/acre)</th>
<th>% Change</th>
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<tr>
<td>Gravity Irrigated</td>
<td>2953</td>
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<tr>
<td>Center Pivot</td>
<td>3253</td>
<td>6175</td>
<td>90%</td>
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SOUTHEAST DISTRICT: Clay, Fillmore, Saline, Otoe, Johnson, Nemaha, Nuckolls, Thayer, Jefferson, Gage, Pawnee, Richardson

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<td>Center Pivot</td>
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STATEWIDE

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<tr>
<td>Center Pivot</td>
<td>2152</td>
<td>4343</td>
<td>102%</td>
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Don’t Forget to Winterize Your Underground Sprinkler System

Tom Dorn
UNL Extension Educator

Many urban and rural homeowners have installed underground lawn sprinkler systems. Spending an hour or so to winterize your system in the fall can save many hours of work and considerable expense next spring.

The most important action you can take in the fall is to drain the system so you don’t get ice damage to the pipes and valves. Begin by locating the water shut-off valve for the sprinkler system in the basement or crawl space and turn off the water at that point. Next, set the irrigation timer so the first set is on. This will relieve water pressure in the plumbing for the system. To get water to drain out of a pipe, you must allow air into the pipe, as anyone who has held the end of a soda straw can attest.

You can let air into the sprinkler system by opening the small valves (petcocks) on the vacuum relief valve assembly on the side of the house. Cycle through each irrigation set, allowing several minutes for all the water to drain through the lowest sprinkler(s) in the set. If you don’t have access to an air compressor, turn off the irrigation controller and close the petcocks to prevent dirt or insects from getting into the plumbing.

For most installations, the procedure above is sufficient to eliminate damage from freezing. To be extra safe, one can attach an air compressor or portable air supply tank to the plumbing at the lower petcock valve on the vacuum breaker assembly. With about 65 PSI in the air tank, turn on the first irrigation set and open the air supply valve. You will see water trapped in low spots in the system blowing out of the sprinklers. With a new charge of air in the tank, start the next irrigation set on the controller and open the air supply valve. Repeat for each irrigation set. After blowing the water out of all irrigation sets, disconnect the air supply and close the petcock. Turn off or unplug the irrigation controller.

To let air into lawn sprinkler systems, open the small valves (petcocks) on the vacuum relief valve assembly (shown at left), or be extra safe, attach an air compressor to the lower petcock valve (shown at right).

USDA National Agricultural Statistics Service (NASS) District Boundary Map

To let air into lawn sprinkler systems, open the small valves (petcocks) on the vacuum relief valve assembly (shown at left), or be extra safe, attach an air compressor to the lower petcock valve (shown at right).
Upcoming Green Industry Conferences

### GREAT PLAINS GROWERS CONFERENCE JANUARY 5–7
A CONFERENCE FOR BEGINNING & SEASONED GROWERS Hosted by Extension Services, Vegetable Growers’ Associations of MO, KS, NE, IA & SD, and the Mid-America Fruit Grower’s Association

**Location:** Missouri Western State University, St. Joseph, MO

The conference will focus on a wide range of topics for bath fruit and/or vegetable growers including:

Contact Buchanan County Extension Office

(816) 279-1691 • email cookkm@missouri.edu • www.greatplainsgrowers.org

### NEBRASKA GREEN EXPO JANUARY 23–25
NEBRASKA TURFGRASS ASSOCIATION AND NEBRASKA NURSERY AND LANDSCAPE ASSOCIATION

**Location:** Mid-American Center, Council Bluffs, IA

(402) 472-8937 • www.nebraskaturfgrass.com/conference.htm

### GREAT PLAINS TREE CONFERENCE FEBRUARY 6–7
NEBRASKA ARBORISTS ASSOCIATION

**Location:** Mid Lodge, Nebraska City, NE

(402) 476-3865 • www.nearborists.org

## Conservation Buffers

What are conservation buffers? A conservation buffer is a narrow strip of land consisting of a permanent vegetation type, such as grass, trees, shrubs, or a combination of the three, planted along the edge of a stream or pond. The benefits of these buffers are multiple and can have a positive impact on your property. Listed below are several of the advantages associated with conservation buffers.

- Reduce the risk of water contamination by catching pesticides and fertilizers before they can wash into streams and ponds.
- Provide the habitat needed by wildlife and aquatic animals and plants.
- Provide a safety zone between the field and the edge of a stream to keep equipment and operators away from the edge of steep embankments.
- Eliminate farming of wet areas along streams and ponds that are often difficult to manage profitably.
- Eliminate bank erosion of a meandering stream that can lead to many short crop rows.
- Provide an area for alternative crop production.

The USDA Farm Service Agency (FSA) offers an annual rental payment for establishing or improving conservation buffers in cropland areas, field margins, and marginal pastureland suitable for use as a riparian buffer. Land under consideration must have been owned for at least 12 months prior to an offer being submitted.

The Conservation Reserve Program (CRP) Continuous-CP Assistance program with 30 percent of the average cost of establishing these buffer strips. The program also provides an annual payment based on soil rental rates determined for each county, approximately $120–$150 per acre per contract year. The contract length is from 10–15 years. There is also a one-time sign-up incentive payment of $100 per acre for eligible participants who enroll in certain CRP programs.

Continuous CRP is an open enrollment program. A landowner or operator may sign up for the program at any time with their local FSA office. For more information on the CRP program, contact the Lancaster County Farm Service Agency at (402) 423-9683. Program guidelines are also online at http://fsa.usda.gov (search “conservation reserve program”).

The State of Nebraska, natural resources district (NRD), and other non-profit groups may have additional programs to help get conservation buffers planted along streams and ponds.

### For More Information

Two UNL Extension NetGuides to help plan, design, and install your riparian buffer are available at the extension office or online at http://www.cnppubl.unl.edu/

- **“Installing Your Riparian Buffer: Design and Plant Selection”**
- **“Installing Your Riparian Buffer: Trees and Grass Planting, Post Planting Care and Maintenance”**

## Preparing for Winter Storm Emergencies

As Nebraskans, we take winter storm warnings in stride but severe storms can often disrupt your usual routine. Winter storms can leave you without power or prevent you from getting to the grocery store.

Planning ahead for winter weather can eliminate a major source of stress for you, your family, or others you care for, such as an elderly relative or neighbor.

Planning ahead for winter storm emergencies can range from a well-organized seven-day emergency food supply to just keeping a few basic items on hand. Regardless of the complexity of your emergency preparations, keeping food safe is an important consideration.

- Always keep meat, poultry, fish, and eggs refrigerated at or below 40°F and frozen food at or below 0°F. This may be challenging if there is no power! Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature. Once the power goes off, the refrigerator will keep food safely cold for about four hours if it’s unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it’s half full) if the door remains closed. Be prepared by stocking up on staples which don’t need to be refrigerated. Either they are precooked and can be used cold, or only require the addition of hot water. Here are some examples to keep on hand:
  - Water — one gallon per person per day
  - Ready-to-eat canned foods — vegetables, fruits, beans, meat, fish, poultry, pasta
  - Soups, canned
  - Smoked or dried meats — e.g., commercial beef jerky
  - Dried fruits and vegetables, raisins, fruit leather
  - Juices — (vegetable and fruit) bottles, canned, or powdered
  - Milk — powdered, canned, or evaporated
  - Staple like sugar, instant potatoes and rice, coffee, tea, cocoa mix
  - Ready-to-eat cereals — instant hot cereals
  - High energy foods — peanut butter, nuts, trail mix, and granola bars
  - Crackers, cookies, candy, chocolate bars, soft drinks, other snacks
  - Ready-to-use baby formula for infants
  - Pet food
  - Manual can opener

Consider what you can do ahead of time to store food safely in an emergency. For example, keep an insulated cooler on hand to keep food cold if the power is out for more than four hours. Keep frozen gel packs or blocks of ice in your freezer and use these to keep perishable food cold in the cooler.

Be a Master Gardener! 2012 Training for New Master Gardener Volunteers in Lancaster County Begins in February. Please Join Us!

- Do you want to learn more about vegetable gardening and landscaping?
- Do you have a passion for tree planting?
- Do you enjoy volunteering and sharing your knowledge with others?
- Master Gardener volunteers serve an important role to extend horticulture education and outreach from UNL Extension.

For more information about becoming a Master Gardener, contact: Mary Jane Frogge, UNL Extension in Lancaster County (402) 441-7180

- [NEBRASKA ARBORISTS ASSOCIATION](http://www.nearborists.org)
- [NEBRASKA TURFGRASS ASSOCIATION](http://www.nebraskaturfgrass.com/conference.htm)
- [UPCOMING GREEN INDUSTRY CONFERENCES](http://www.nearborists.org)
- [NEBRASKA GREEN EXPO](http://www.nebraskaturfgrass.com/conference.htm)
- [GREAT PLAINS GROWERS CONFERENCE](http://www.greatplainsgrowers.org)
- [GREAT PLAINS TREE CONFERENCE](http://www.greatplainsgrowers.org)
Late Fall and Winter Care for Perennials

Many perennials are better left standing over the winter than cutting them down. There are several reasons for this. In addition to many of the perennials having attractive foliage and/or seed heads, they offer food resources for birds. Many birds find the seeds of perennials particularly tasty. The stems of perennials also offer a place for some birds to hide during the winter.

Some marginally-hardy perennials, leaving the stems for the winter aids in overwintering. The foliage helps to insulate the crowns. Mums seem to benefit a great deal from this practice.

Another consideration for stems is that if the perennial is a late riser in the spring, the stems will help to mark the spot and prevent any accidental digging in the area that might harm the underground portion of the plant.

Cutting back perennials in the fall may be something you would not do especially if you were bothered by foliage diseases. Removing the old foliage would be a possible precaution in this case, as it helps to reduce the amount of inoculum present to reinfect next year’s foliage. Removing foliage can also be one of pure aesthetics.

Many perennials have attractive foliage and/or seed heads (such as this coneflower seed heads) and offer food resources for birds (such as this American Goldfinch). Some gardeners like to see standing perennials in the winter and others don’t.

When perennials are cut down, do so after they have gone dormant. This is usually after the plants have experienced several hard frosts. Cut the plants down to within 2–3 inches of the crown. Cutting too close can result in winter injury on some perennials due to the fact the buds for next year’s growth are right at the surface or higher, and not below the soil line.

In winter, many perennials have attractive foliage and/or seed heads (such as this coneflower seed heads) and offer food resources for birds (such as this American Goldfinch). Some gardeners like to see standing perennials in the winter and others don’t.

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Storage of Tender Perennials

Tender perennials are not winter hardy in Nebraska, but with a little help, they can survive for many years. Tender perennials are those plants that need to be dug from the ground in the fall and wintered over in a frost free location. You do not have to dig all perennials up. Only the bulb, corm, or tuber are stored. New growth occurs from these structures after replanting next spring. Popular perennials considered tender in Nebraska include gladiolus, elephant ear, cannas, dahlias, tuberosous begonias, and caladiums.

It is best to dig tender perennials just before a hard or killing frost. If left until after a frost, the foliage will be killed and the storage-organ will need to be dug within a few days to prevent rot causing organisms from entering through the damaged stem.

Corm producing plants such as gladiolus can be stored similarly. Dig carefully to prevent damaging the crown. Corms and bulbs should be cured for a week in a warm location and stored in paper or cloth packing at temperatures around 60°F.

Tuberous begonias should be dug after the foliage has been killed by a frost. Cut the stems back to about 4 inches above the soil. Dig the rhizomes and dry in a frost free location for about two weeks. Place the roots in shallow boxes; they do not require constant moisture. Store at 45–50°F.

The storage organs of most tender perennials multiply quite quickly in the garden. It is important to leave them intact until spring. Any injury incurred prior to storage will increase the chances for rot to occur. In the spring cut the rhizomes and tubers apart making sure at least one or two dormant buds are present on each section.

Share the extras with relatives, neighbors, and friends. The major problem homeowners have in storing these tender perennials is finding a location with the correct temperature. Many of us no longer have an unheated basement in which to store the tender perennials adequately. Normal interior temperatures can be too warm. Most garages, even though attached, will be too cold for survival. If this is your situation, do the best you can with what you have available.

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

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 bagworms and tent caterpillars. Remove and destroy them to reduce the 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 that show signs of rot and dispose of them.

Clean and dry all hand tools. Repaint handles or identification marks that have faded over the winter.

Good quality artificial trees are time-saving, clean, safe, and attractive. Yet, for many individuals, the quality artificial tree lacks the beauty, charm, and style of a real tree.

A few decisions should be made before going out to buy a Christmas tree. Decide where you are going to place the tree in the home. Also, decide on the size (height and width) of the tree you want. Holiday trees may be purchased from cut-your-own tree farms or as cut trees in containers. Tree species commonly available at tree farms and commercial lots include Scotch pine, white pine, Fraser fir, balsam fir, Douglas fir, white spruce, and blue spruce. Trees cut and purchased at cut-your-own tree farms are obviously fresh. A list of tree farms in your area can be found at the Nebraska Christmas Tree Growers Association website at http://www.nebraskachristmas-treegrowers.com. Carefully check trees at a commercial tree lot to insure the freshness of previously cut trees. Freshness can be determined with a few simple tests. Gently run your hand over a branch. The needles on a fresh tree will be pliable. Those on a dry tree will be brittle. Another test is to lift the tree by the trunk and lightly bounce the base on the ground. A bouncy tree indicates a dry tree. A fresh tree will drop only a few needles. Once you have found your tree, select one with a straight trunk. A tree with a straight trunk will be much easier to set upright in the stand. Check the diameter of the trunk to make sure it will fit in your tree stand. A tree with a bare side may be fine if you intend to place it in a corner or against a wall.

Once home, place the tree in a cool, sheltered location if you do not intend to set it up immediately. A garage or shed is often a suitable storage site. Place the tree in a bucket of water. Saw off one inch of wood at the bottom of the trunk before bringing the tree in the house. A fresh cut will help increase water uptake. Place and secure the tree in its stand and fill the reservoir with fresh water. Check the water supply as least once a day and add water as needed. Promptly remove the tree when it begins to dry and drop needles.

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Clean and dry all hand tools. Repaint handles or identification marks that have faded over the winter. Sharpen all blades and remove any rust.

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

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

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

Place Christmas trees away from fireplaces, radiators, heat vents, and other locations that are too hot to dry the needles. Keep your Christmas tree water well watered from the time it is brought home until it is discarded.

Rhubizons can be seen to reduce winter damage.

Plant houses with large leaves and smooth foliage such as philodendrons, dracaenas, and rubber plant, benefit if their leaves are sprayed 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.
Unsafe Pesticide Applications
More Dangerous Than Bed Bugs

Robins seeds mold and attract rodents. Seeds to the ground where the buying mixes with large amounts of filler seeds like milo, wheat, mixes contain a large amount start feeding birds. Many of these mixes are a convenient way to in finch feeders, are highly quality seeds may be avoided or dwindled. Many of these mixes are a convenient way to in finch feeders, are highly quality seeds may be avoided or dwindled.

It is best to let pest control professionals do chemical treatments after all, they are trained and licensed to do these treatments safely. They also have access to professional-use products not readily available to consumers.
Livestock Better Fair Meeting, Nov. 10
All Lancaster County livestock project 4-H’ers, FFA members, families, and volunteers are invited to this Better Fair Meeting on Thursday, Nov. 10 at 6:30 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road. This is an opportunity to discuss changes for the 2012 Lancaster County Super Stock and market shows. Please bring any changes, concerns, or positive suggestions that will make change better! If you cannot make it but would like to send your comments, email Cole at cmeador2@unl.edu.

Family & Consumer Science Resource for 4-H Clubs
Are you interested in having a Family & Consumer Science program in your club? A UNL Family & Consumer Science major and former 4-H'er would like to work with 4-H clubs in the area of foods and nutrition and child development. For more information, call Tracy at (402) 441-7180.

Assisted Living Home Looking for 4-H’ers to Do Projects
Are you looking for a community service project? An assisted living home would like 4-H’ers to come and do hands-on projects with their residents. Call Tracy at (402) 441-7180 for more information.

Northeast Community College Livestock Classic, Nov. 25–26
Northeast Community College is once again putting on a steer and heifer show for 4-H and FFA members on Nov. 25–26 at the NECC Ag Complex in Norfolk. Pre-registration deadline is Nov. 18. Breeding heifer show will be Nov. 25 at 10:30 a.m. Market animal show will be Nov. 26 at 10 a.m. Cash prizes for supreme breeding heifers and market animals. If you have any questions or want a show bill, contact Cole Meador at cmeador2@unl.edu or (402) 441-7180.

4-H/FFA Market Beef Weigh-In, Feb. 9
4-H and FFA exhibitors showing market steers or heifers at the Lancaster County Super Stock and market shows, and/or Ak-Sar-Ben 4-H Stock Show must identify and weigh in their projects on Thursday, Feb. 9, 6–8 p.m. at the Lancaster Event Center - Pavilion 2. 4-H’ers planning on exhibiting market beef at State Fair or Ak-Sar-Ben must have DNA sampled. There is a $6 per head charge. It is recommended to have DNA pulled at the time of weigh-in. Exhibitors have until April 1 to identify, weigh, and pull DNA on any market beef that may go to State Fair or Ak-Sar-Ben.

Please note all other market livestock possibly going to Nebraska State Fair or Ak-Sar-Ben must have DNA sampled this year, with a later due date to be announced.

4-H Project Completion Certificates Available
Certificates are available from the extension office at no cost.

Lancaster County 4-H award forms and college scholarship applications are due by Dec. 31. Details are available online at http://lancaster.unl.edu/4h/ or at the extension office. Nominations of co-volunteers welcome.

Note: Deadline for Lancaster County 4-H Council camp scholarships is May 1 – preference given to applications submitted by March 1.
The 2011 4-H Horse Awards Night was held Oct. 6. The evening recognized top achievements at the Lancaster County Super Fair and other events throughout the past year. 4-H volunteer Jeff Rawlinson was Master of Ceremonies. Here are some of the winners. Additional winners and photos are online at http://lancaster.unl.edu/4h.

4-H Horse Project Advancement Levels


Level IV — Josie Ang, Aubrey Heusinger, Kaitlyn Hurdle, Kate Rawlinson, Hannah Romnau.

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) — Ethan Ang, Ellie Blake, Trinity Bohaty, Tanner Clagett, Cadell Davis, Doss Davis, Abby Eilers, Mia Hagemann, Alyssa Heisinger, Ellie Hula, Travis Hula, Bradland Jones, Sarina Kyhn, Ben Lukelhke, Elizabeth Norton, Spencer Peters, Olivia Wheeler, Aliya Whitehill.


Gold (minimum of 366 hours and completed horse record book) — Brooke Bennett, Vanessa Butterfield, Marissa Carlson, Ashley Denbsberger, Kathleen Duncan, Emily Flanagan, Elizabeth Frosch, Jutine Gall, Kaitlyn Hurdle, Aubrey Kelley, Eunhye Kim, Kathryn Kimmens, Bryanna Louden, Sierra Nelson, Sarah Peaks, Kate Rawlinson, Hannah Romnau, Bailey Sobotka, Madison Sobotka, Tyler Vogler.

Super Fair Herdsmanship & Decoration Awards
Top Herdsmanship - Small Club — Viken Bueke.
Top Herdsmanship - Large Club — Western Pride.
Best Decorations — Harmony Hill.
Decorations - 1st place Independent Member — Nicole Finkner.
Decorations - 2nd Place Independent Member — Makenzie Mayer.

Judging Awards
The Horse Judging Contest at the Lancaster County Super 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), Madison Sobotka (Reserve Champion), Lauren Kelley, Hailey Hula, Josie Ang, Makennna Sheldon, Kaitlyn Wolf, Brianna Krogger, Kaitlyn Miller.

Junior Division — Bailey Peterson (Champion), Josie Ang (Reserve Champion), Sydney Scow, Anna Heusinger, Alondra Chavarri, Ivy DeArmont, Mikaela Carstens, Kate Rawlinson, Kathleen Duncan, Bailey Sobotka.

Senior Division — Hannah Romnau (Champion), Ellie DeArmont (Reserve Champion), Megan Lukelhke, Aiden Graybill, Erika Warner, Ian Schuster, Brittany Albers, Ashley Denbsberger, Blake Preston, Aubrey Heusinger.

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

Elementary Division — Lucy Polk (Champion), Bethany Wachter (Reserve Champion), Jenna Wolf, Ashley Clegg, Sarina Kyhn, Hayes Wolf, Makennna Sheldon, Ethan Ang, Kaitlyn Wolf, Brianna Krogger, Kaitlyn Miller.

Junior Division — Bailey Peterson (Champion), Josie Ang (Reserve Champion), Sydney Scow, Anna Heusinger, Alondra Chavarri, Ivy DeArmont, Mikaela Carstens, Kate Rawlinson, Kathleen Duncan, Bailey Sobotka.

Senior Division — Ellie DeArmont (Champion), Hannah Romnau (Reserve Champion), Megan Lukelhke, Brooke Bennett, Ian Schuster, Erika Warner, Nicole Finkner, Bailey Heidbrink, Bailey Poetner, Ben Lukelhke.

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

The Franklyn Manning Family Trophy for All-Around Barrels.

Dwayne Wittstruck presented the Wilhelmina Wittstruck Memorial Award for All-Around Champion.

All-Around Cowboy/Cowgirl Awards sponsored by Lonsum Pine Farm/Myron Ang Family.
Keep Holidays Light and Bright
Tips to Lower Stress

Were the holidays fun last year or did stress overtake the fun? The holiday season should be one of joy and merriment, not of stress. A big stress for families is trying to equally distribute time among each set of families, and dealing with the expectations of the larger family dynamics. Familiar eating and sleeping habits are disrupted. Everyone expects new traditions to continue, but may not work for a new family. As new families begin, it’s important to decide what the new holiday traditions will be because traditions are what many parents and children look for when the holiday comes. Start new traditions, maintain old traditions, or mix it up and do both, if possible. New families should ultimately decide what is best for all. Figure it out before the holiday by talking to family members to avoid erupting feelings and emotions during the holiday.

Keep things simple. Don’t fall into the trap of feeling like 10 varieties of cookies are needed. Just make one or two varieties this year, then make different varieties the next year, and so on. Give children a role during the holiday. Let them help plan the party or help clean in preparation for guests. Parents have a tendency to push children back in order to get things done, and when that happens, kids want more attention. Include them so they feel important and a part of the action. This way they are getting attention from the parents because they are doing what the parents are doing. Also, let the children be involved in getting and giving the gifts. Sometimes gifts are better if they have meaning behind them instead of just being an item. Children can make cookies and give them as gifts or draw a picture and put it in a frame for grandma. These are sure ways to save money that may mean more to grandma than a new sweater. Schedules during the holidays shouldn’t be jam-packed with school programs, work parties, family gatherings, and neighborhood parties. Too many activities in such a short amount of time can be burdensome on parents, but especially for children. Adults handle increased activity better than children, so it’s important for younger families to mentally adjust to the schedule. It’s better to miss a neighborhood party than to have crowded children and be frustated that night and into the next day. Keep children on their regular eating and sleeping habits to level their temper. Limit the amount of sugar they consume each day and particularly before bedtime, since too much sugar will either cause them to be hyper, or act out of character. Lack of sleep for children causes them to be irritable, which causes the parents to have more stress. It’s important for children to get a good amount of sleep. Finally, keep expectations real. Make a budget so that the holiday presents, stick to it and shop early to prevent over-spending and panic buying because what’s on the list is unavailable. Find out what children would like to receive, but also help them understand the limitations of the budget, so they may not get everything they ask for. Stop shopping when everything on the list is purchased. Shopping after list items are crossed off enables parents to see things they think their children need when really, they don’t. Keeping in the budget for holiday spending will help lower the stress level for parents.

Credit Card Offers
During the holidays, your credit card company may offer to let you skip interest on one or two. Or, it may invite you to pay back only the minimum or even reduce the required minimum payment. Don’t be tempted to take these offers since you’ll pay more in the long run.

Stick to Your Plan
The best gifts are those that do not burden you with debt into the next year.

Source: Susan Taylor, Consumer and Family Economics Educator, UNL Extension

Control Your Holiday Credit Card Debt

The holidays should be a joyful time for you and your family. But for many families it’s tough to find the extra cash for holiday expenses. Using your credit cards can solve the problem, but can create other problems.

Most families don’t plan to run up high balances on their credit cards during the holidays — it just happens. Nearly one-third of adults say they spent more than they planned on holiday gifts. Most spent $100 to $500 more than they planned. It is hard to pay off extra $500–$1000 credit cards after the holidays.

Ways to Control Your Spending
Start by making a written plan for holiday spending and gift giving. Think about how much you can afford to spend on gifts, decorations, holiday meals, etc. Set a spending limit for each gift. For example, Include limits on other items in your spending plan. Start looking for bargains early. If it’s been a tough year for you, think about renting or borrowing on what you usually spend. Talk with friends and family about not exchanging gifts, drawing names so you can cut down, or setting dollar limits on gifts.

If you need or want to use a credit card for holiday spending, if you use only cash, leave your credit cards at home. You won’t be tempted. If you write checks, be sure to record each in your register and figure the balance before writing another check. Stay within your limit!

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Keep Holidays Light and Bright
Tips to Lower Stress

Were the holidays fun last year or did stress overtake the fun? The holiday season should be one of joy and merriment, not of stress. A big stress for families is trying to equally distribute time among each set of families, and dealing with the expectations of the larger family dynamics. Familiar eating and sleeping habits are disrupted. Everyone expects new traditions to continue, but may not work for a new family. As new families begin, it’s important to decide what the new holiday traditions will be because traditions are what many parents and children look for when the holiday comes. Start new traditions, maintain old traditions, or mix it up and do both, if possible. New families should ultimately decide what is best for all. Figure it out before the holiday by talking to family members to avoid erupting feelings and emotions during the holiday.

Keep things simple. Don’t fall into the trap of feeling like 10 varieties of cookies are needed. Just make one or two varieties this year, then make different varieties the next year, and so on. Give children a role during the holiday. Let them help plan the party or help clean in preparation for guests. Parents have a tendency to push children back in order to get things done, and when that happens, kids want more attention. Include them so they feel important and a part of the action. This way they are getting attention from the parents because they are doing what the parents are doing. Also, let the children be involved in getting and giving the gifts. Sometimes gifts are better if they have meaning behind them instead of just being an item. Children can make cookies and give them as gifts or draw a picture and put it in a frame for grandma. These are sure ways to save money that may mean more to grandma than a new sweater. Schedules during the holidays shouldn’t be jam-packed with school programs, work parties, family gatherings, and neighborhood parties. Too many activities in such a short amount of time can be burdensome on parents, but especially for children. Adults handle increased activity better than children, so it’s important for younger families to mentally adjust to the schedule. It’s better to miss a neighborhood party than to have crowded children and be frustrated that night and into the next day. Keep children on their regular eating and sleeping habits to level their temper. Limit the amount of sugar they consume each day and particularly before bedtime, since too much sugar will either cause them to be hyper, or act out of character. Lack of sleep for children causes them to be irritable, which causes the parents to have more stress. It’s important for children to get a good amount of sleep. Finally, keep expectations real. Make a budget so that the holiday presents, stick to it and shop early to prevent over-spending and panic buying because what’s on the list is unavailable. Find out what children would like to receive, but also help them understand the limitations of the budget, so they may not get everything they ask for. Stop shopping when everything on the list is purchased. Shopping after list items are crossed off enables parents to see things they think their children need when really, they don’t. Keeping in the budget for holiday spending will help lower the stress level for parents.

Credit Card Offers
During the holidays, your credit card company may offer to let you skip interest on one or two. Or, it may invite you to pay back only the minimum or even reduce the required minimum payment. Don’t be tempted to take these offers since you’ll pay more in the long run.

Stick to Your Plan
The best gifts are those that do not burden you with debt into the next year.

Source: Susan Taylor, Consumer and Family Economics Educator, University of Illinois
unsafe pesticide applications continued from page 7

Sources: National Pesticide Information Center, Environmental Protection Agency.

extension calendar

october
22 composting demonstration, pioneers park nature center’s backyard composting demonstration area ........................................... 10 a.m.

november
1 4-h council meeting .......................................................... 7 p.m.
10 4-h/ffa livestock better fair meeting ..................................... 6:30 p.m.
10 save time, money, and energy by cooking with homemade master mixes, plaza conference center, bryanlgth medical center east, 1600 south 48 street ............................. 7–8:30 p.m.
13 4-h teen council meeting ................................................... 3 p.m.
15 guardian/conservation training ............................................ 1:30–4:30 p.m.
17 parents forever class ....................................................... 9 a.m.–12:30 / 5:30–9 p.m.
18 extension board meeting ................................................... 8 a.m.

december
6 4-h council meeting .......................................................... 7 p.m.
9 extension board meeting ................................................... 8 a.m.
11 4-h teen council meeting ................................................... 3 p.m.
13 guardian/conservation training ............................................ 1:30–4:30 p.m.
15 parents forever class ....................................................... 9 a.m.–12:30 / 5:30–9 p.m.
31 4-h awards and scholarship forms due

unsafe pesticide applications

The Make It With Wool contest offers youth and adults the opportunity to promote the beauty and versatility of wool fabric and yarn. Personal creations in sewing, knitting, crocheting, spinning and weaving of wool fabrics, yarn is encouraged. Categories are: Preteen, Junior, Senior, Adult, and Made for Other Home Accessories. The District III contest will be held in Lincoln on Saturday, Nov. 19. Entry deadline is Oct. 29. For more information, call Tracy at (402) 441-7180.

Crops Website for Youth

UNL Extension has a new website for youth interested in crop and plant science at http://cropwatch.unl.edu/youth. The website is divided into four main sections:
• crop and plant science facts
• activities for youth,
• 4-h & FFA projects
• teaching activities & resources.

Connect, Learn, and Share! UNL Extension in Lancaster and Lancaster County 4-H

Learn from the same trusted professors who teach on campus, and advance your career at the University of Nebraska Online Worldwide. Lincolnext.com

The Nebline

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extension education center conference facilities

lancaster extension education center conference facilities
444 cherry creek road, lincoln
Over 40 Sites in Nebraska Participated in 4-H National Science Experiment

The 2011 4-H National Youth Science Day was held Oct. 5. This year’s national science experiment, Wired for Wind, was developed by UNL Extension Educator F. John Hay (pictured below right) and UNL 4-H Science and Technology Specialist Brad Barker. Wired for Wind teaches youth about engineering design, experimental design, physics, and renewable energy. Youth get to design, build, and test wind turbine blades. In Nebraska, the experiment was done in more than 40 locations (including the Lancaster County 4-H Kick Off and Lincoln Children’s Zoo) teaching over 1,500 youth. Wired for Wind manuals are available at the extension office.

4-H Teen Council Elects Officers

The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7–12. Officers for 2011–2012 will be: Lexi Trumbley (President), Sadie Hammond (Vice President), Emily Steinbach (Secretary), Jaime Stephenson (Treasurer), and Maddie Gabel and Kyliee Plager (Historians).

Help Start a 4-H Club — It’s 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.

Families are encouraged to help organize a new club — which is a lot easier than you may think! Starting a 4-H club now gives plenty of time for members to work on projects for next year’s county and state fairs.

Club Organization

Clubs range from 5 to 60 members, and are led (or co-led) by club leaders — often club members’ parents. Parents are encouraged to attend meetings.

Volunteers are the heart of 4-H. Adult leaders partner with youth members to complete projects.

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

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

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

Club officers — Youth members choose officers to run their meetings.

Hands-on Projects

Nebraska 4-H has numerous hands-on projects. Age-appropriate project manuals are written by experts. Most project manuals have accompanying leader guides.

In most clubs, members complete several projects a year. Some 4-H clubs focus on one particular project area, such as rabbits. Many youth exhibit their projects at the county and state fairs.

4-H Staff Guidance

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

- Tracy Anderson manages the 4-H livestock and dog project areas.
- Marty Cruickshank manages the 4-H horse, rabbit, and poultry project areas.
- Teri Hlava coordinates the 4-H afterschool program.
- Mary Jane Frogge runs the horticulture and conservation project areas.
- Gary Bergman oversees the Lancaster County 4-H program.
- Karen Evasco provides support to all 4-H areas.

Other Resources

Resource materials available to leaders include:

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

To Get Started

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