9-2013

The NEBLINE, September 2013

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

"The NEBLINE, September 2013" (2013). The NEBLINE Newsletter Archive from UNL Extension in Lancaster County. 277.
http://digitalcommons.unl.edu/neblines/277

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in The NEBLINE Newsletter Archive from UNL Extension in Lancaster County by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.
Community Gardens are Growing
UNL Extension is Involved With Several In Lincoln

David Smith
UNL Extension Technologist

A community garden is a piece of land where a group of people benefit from the practice of gardening. Community gardens have been an important piece in the increasing popularity of gardening, expanding opportunities for gardening across the entire nation. Much more than just a place to grow vegetables, gardens are parks, gathering places, grocery stores, gyms, ecosystems, classrooms and places of relaxation. No matter the location or the people involved, community gardens have a myriad of benefits both individual and community wide. Economics will always be a tangible benefit of gardening, with the average garden yielding a savings of over $500 a year in fresh produce. Gardeners also eat more nutritious diets than non-gardeners, and get more exercise, working an average of five hours per week in the garden.

For some people, especially in urban areas, community gardens often provide their only access to land. Gardeners have become very important in urban renewal and improvement such as converting vacant lots into gardens. As people become more involved in their community through a garden, crime, science and neighborhood safety become safer. Gardeners also communicate, cooperate and work together to manage and care for the garden, forming relationships and a sense of community.

Community gardens can be an effective focal point for teaching children many valuable skills. Science, agriculture, nutrition, math and horticulture are all disciplines children can learn through gardening. Children also learn many social skills such as responsibility, stewardship, cooperation and citizenship.

Diversity is a benefit of community gardens, with minority, ethnic and immigrant populations forming a substantial component of many community gardens. Exposure to different cultures and social-economic groups increases awareness and acceptance within communities.

Gardens can be used as a base for both physical and mental therapy. Research has shown gardening leads to stress relief and a sense of well being, and the light work and outdoor activity associated with gardening has helped people with physical disabilities.

University of Nebraska-Lincoln Extension in Lancaster County has taken an active role in supporting community gardening through education, coordination and direct involvement. Community CROPS

Community CROPS (Combining Resources, Opportunities, and People for Sustainability) is synonymous with gardening in Lancaster County. Extension staff have formed strong partnerships with CROPS, serving on the board of directors and helping to make connections throughout the community. CROPS operates in three areas: community gardens, youth programs and beginning farmer training.

CROPS manages 15 public gardens around Lincoln, providing gardening opportunity for individuals without access to gardening space, especially lower income and immigrant communities.

Youth education programs include working with Cedars Children’s Homes and Mickle Middle School in a holistic program of gardening from earth to table. These programs teach children how to garden, the benefits of gardening and how to use fresh fruits and vegetables in a healthy diet.

CROPS also has a Beginning Farmer Training program where trainees rent larger parcels of land and learn all aspects of growing produce for sale to the community. CROPS has recently partnered with UNL Foundation to lease Foundation property in eastern Lancaster County to provide adequate land and training facilities for this innovative program.

As part of the Beginning Farmer Training, CROPS operates a Community Supported Agriculture (CSA) where members pay a subscription and receive fresh, local produce throughout the growing season. CROPS purchases produce from beginning farmers and established growers, thus creating a stable market.

For more information about Community CROPS or to get involved, go to www.community-crops.org or call 402-474-9802.

Local Schools
Throughout Lancaster County, schools have started gardens of all types. As a butterfly garden or native area, a vegetable plot or planted courtyard, school gardens expose children to the natural world and support classroom learning and student development. Extension staff is currently involved with three school gardening projects within the Lincoln area. A school garden and outdoor classroom were established seven years ago at Lincoln Christian. Through the efforts of students, volunteers and educators, a vegetable garden and native prairie support curricula in both the elementary and high schools. A 2 1/2-acre native prairie planting allows a unique opportunity for students to get hands-on exposure to science and Nebraska history.

The garden at People’s City Mission is led by Extension staff and Master Gardeners.

Culler Middle School has a courtyard garden.

Culler Middle School has an ongoing project to renovate a courtyard into an outdoor classroom and learning area. With funding from the City of Lincoln, a rain garden was constructed to control runoff and infiltration of rainwater. Lower Platte South NRD awarded an outdoor classroom grant that has been used to make beds, plant flowers and grasses and make walking paths through the courtyard. School educators and students have played an integral role in the project, working through Community Learning Centers to maintain the courtyard and make additions and improvements.

Christ Academy Pre-School used Extension staff’s help and knowledge to start a vegetable garden. The garden introduces young children to gardening and also provides activities and outdoor exercise centered around the garden.

Local schools interested in pursuing gardening projects can contact David Smith at 402-441-7180.

People’s City Mission
Now in its seventh year, the garden at the People’s City Mission is led by Extension staff and Master Gardeners. Master Gardeners are volunteers who receive training from Extension in exchange for volunteering with the community. People interested in gardening are provided with all the physical needs to garden and expertise and guidance from staff and Master Gardeners.

Residents with all experience levels of gardening have participated in this project with variety of motivations. Some have wanted to learn how to garden, others have grown and donated food to the Mission kitchen, while others use the garden as a place of relaxation and peace. No matter the intent, this garden is an opportunity for the homeless of Lincoln to become involved in gardening, hopefully taking that experience with them for the rest of their lives.
**Renting Out On-Farm Grain Storage**

Tom Dorn  
UNL Extension Educator

I get several inquiries each year from people who own grain drying and storage bins and want to know what they can charge for rent.

There is no standard price for renting grain facilities. It’s like setting the price of rent on a house. It depends on the location, the features and the local market supply and demand.

Bin rent on the farm would be loosely tied to storage charges at local commercial elevators. Commercial elevators charge a monthly storage fee per bushel of grain they hold for the client. There is also a handling fee to cover the cost of handling, wear on their equipment and overhead.

For this reason, rental agreements for on-farm grain storage usually are based on the capacity of the bin, instead of a monthly storage fee per bushel.

On-farm grain storage operates under different rules than commercial elevators. A commercial elevator must have a warehousing permit so it can commingle grain from many owners in a bin or silo, whereas a private bin owner cannot commingle grain from multiple owners in the same bin.

For this reason, rental agreements for on-farm grain storage usually are based on the capacity of the bin, instead of a monthly storage fee per bushel. It is assumed the tenant will tie up the bin from harvest to late summer (often Aug. 1). If the tenant moves the grain earlier, than no rebate is usually given since there is little chance a second tenant will want to use the bin after the initial tenant is finished using it that year.

One way to set a rental rate could be to charge the customary in-and-out charge the tenant would have to pay if they took their grain to the commercial elevator — plus one or more month's storage charge they would have paid at the elevator. This can result in lower cost for the renter than commercial storage, depending on the length of time the grain is actually kept in storage. However, the grain owner, not the bin owner is usually responsible to manage their own grain drying and subsequent grain condition while in storage.

If the tenant is running the aeration system to dry their grain or arranging their grain to control grain temperature, some system should be clearly understood by all parties as to how the electricity bill will be shared. This may require getting the electric supplier or electrician to measure the amperage draw when various equipment is running. Since the fans, augers, grain spreaders, etc., depreciate with use, an additional charge may be negotiated to cover wear and tear on equipment. This is especially important if the tenant intends to dry multiple batches of grain as opposed to drying only one batch per season.

The easiest way to figure the equipment use fee is to charge a set fee based on the kilowatt hours of electricity used (for example, 5 cents per kWh). If the tenant doesn’t need to run the fans very much, they won’t owe as much for equipment usage, but the bin owner doesn’t suffer much wear either. Finally, I would also suggest the bin owner draw up a written leasing contract with a clause stating the tenant is solely responsible to monitor and manage their grain in storage.

**Fall Is Excellent Time to Control Problem Weeds**

Tom Dorn  
UNL Extension Educator

Fall is an excellent time to control several species of perennial weeds in pastures and waste areas. Perennial plants such as field bindweed, Canada thistle*, St. Johnswort and Leafy spurge* translocate food from the upper plant parts into the root system in the fall. (Weed species in this article marked with an * indicate a Nebraska noxious weed.)

Herbicides applied at that time readily move into the roots as well, greatly improving the effectiveness of the herbicide. Even if the chemical doesn’t completely kill the weed, the plant goes into winter in a weakened condition and is much more susceptible to winter kill. Fall treatments can be made any time after mid-September, but before hard freezes occur.

Pine trees are a staple in rural and urban landscapes due to their hardiness, beauty and diversity, but hundreds are dying each year throughout Nebraska from pine wilt. The disease, which was first spotted in Nebraska in 1980, mostly kills Scots (also known as Scotch) pines, but Austrian pines and other species also are susceptible.

The first noticeable symptoms of pine wilt are the change in needle color from green to grayish green then straw brown in color.

**Pine Wilt Disease**

**Cause**

Pine wilt is caused by the pine nematode, *Bursaphelenchus xylophilus*, a microscopic (one mm long), worm-like animal, which is moved from infested to non-infested pine trees by the pine sawyer beetle (*Monochamus spp.*). Treatments can even be made after a light frost has occurred as long as the plants are still active and growing. Daytime temperatures in the 50’s are satisfactory for effective control.

Fall is also the best time to control musk thistle* and Plumeless thistle*. Musk thistle is a biennial, (sometimes a winter annual), that spreads by seeds. Young plants form a rosette; a round cluster of leaves that lies nearly flat on the soil. They overwinter in the rosette form, then shoot up (bolt), form blossoms and go to seed in June, July and August. After producing seed, the plant dies. Fall is a good time to control Musk thistle and Plumeless thistle because the newly-germinated plants are small and more easily killed. As with the perennials, plants are not killed outright, but go into winter in a weakened condition and are much more susceptible to winter kill.

Management

Sanitation is the most important management practice to prevent or slow the spread of pine wilt. To limit the spread of pine wilt to nearby healthy trees, diseased trees should be removed and destroyed before the next generation of beetles emerge from the wood May 1.

From May 1 to Oct. 1, dead and dying pines should be cut down promptly and burned, buried or chipped. Do not hold the wood for firewood. Pine sawyers are inactive in the winter, so if you find dead trees after Oct. 1, they do not need immediate removal, but they should be removed and destroyed by May 1. A protective treatment for pine wilt is available. Abamectin, an insecticide/nematicide product can be trunk-injected into uninfeected trees. Treatment provides healthy trees about 95 percent protection from the disease for approximately three years. Contact a local arborist for treatment prices.

Sources: Sarah Browning; Pine Wilt in Nebraska, Ninhoff (30-684); and Fatal Pine Disease Control—How to Treat Trees in Nebraska, IANR News service.

---

**Pine wilt is caused by the pine nematode, *Bursaphelenchus xylophilus*, a microscopic (one mm long), worm-like animal, which is moved from infested to non-infested pine trees by the pine sawyer beetle (*Monochamus spp.*).**

**Symptoms**

Pine wilt typically kills Scots pines within a few weeks to a few months after the pine Sawyer introduces the nematode to the pine. The needles initially turn grayish green, then tan, but the symptoms soon spread to the remaining branches. The entire tree may turn brown all at once.

In the Midwest, over 90 percent of the trees killed by pine wilt have been Scots pine. Other pine species are occasionally killed by pine wilt and display a similar pattern of symptoms. The disease appears occasionally in Austrian (*Pinus nigra*) and mugo (P. mugo) pines. Pondora pine (*P. ponderosa*) and white pine (*P. strobus*) are not susceptible to pine wilt.
Insect Foggers: Overused and Sometimes Dangerous

Barb Ogg
UNL Extension Educator

Over-the-counter insect foggers (i.e., “bug bombs”) are usually purchased by consumers because they seem to be an inexpensive and convenient way of getting rid of insects. Unfortunately, they are not always effective against those pests people are trying to kill. To understand why they are not very effective, it is helpful to understand what a fogger actually is.

An insect fogger is a total-release aerosol. Active ingredients are pyrethroid and/or pyrethrin insecticides. There is often a synergist in the formulation, like piperonyl butoxide, which is used to stabilize the active ingredients which tend not to last very long. Most of the fogger formulation (usually more than 99 percent) is a petroleum distillate carrier. The fogger is not a gas, but is a liquid aerosol mist. When someone sets off the fogger, the insecticide mist is released into the air. Eventually, the insecticide residue falls on all horizontal surfaces: kitchen countertops, floors, tables, chairs and beds.

This mist does not penetrate cracks, crevices and other

harborage where most pests like cockroaches, silverfish, bed bugs and flea larvae live. Consequently, over-the-counter foggers will not control these pests. Foggers will only be effective against exposed insects, those insects flying around or exposed on walls.

At the Extension office, we rarely encounter pest situations where foggers will solve the pest problem.

Dr. Susan Jones, Ohio State University entomologist, conducted a recent study which showed over-the-counter foggers had little effect on most field collected strains of bed bugs, even when directly exposed to the insecticide fog for two hours. She tested three ready-to-use products: Hotshot Bedbug and Flea Fogger, Spectracide Bug Stop Indoor Fogger and Eliminator Indoor Fogger. Even though these products claim “kills on contact,” she found bed bugs were unaffected and even seemed to be unharmed after seven days after the study. Dr. Jones concluded bed bugs hiding in their normal harborage (i.e., cracks and crevices) would be completely unaffected by these foggers.

Every year or so, we hear about consumers who use these foggers in such a way they truly become a “bug bomb.” They do not read or understand the label directions and use too many foggers at one time. If they fail to turn off the pilot light on their water heater or gas stove, the flammable petroleum distillates can cause an explosion.

This so-called “latest bed bug bomb” explosion was in New York City. On July 12, 2013, the New York Times reported a woman set off 20 foggers in her apartment. The next day, she set off 20 more in another room. The blast was so powerful, it blew out the back wall of the apartment, causing a fire which left 12 people injured and partially collapsing the building.

A number of entomologists have begun to question why these products are available for purchase, since they aren’t usually effective and are a potential fire hazard. According to the label directions, pesticide residues from foggers remain on horizontal surfaces where children play, people sleep and food is prepared.

To look at a short video describing her research, check out a Pest Control Technology interview with Susan Jones at www.pctonline.com/Jones-bedbug.htm.

Household Hazardous Waste Collections

These collections are for households only. Only residents of Lincoln and Lancaster County can bring items to collections.

SOME ITEMS YOU CAN BRING FOR DISPOSAL: Thermometers, thermostats containing mercury, solvents, oil-based paint, paint thinner, dripless (for old gasoline, transmission fluid, pesticides, lawn banned products like DDT) and items containing PCB’s (ballasts from fluorescent fixtures and capacitors from old appliances). You could cause a fire or an explosion.

DO NOT BRING the following: Ammunition (unless it is an antique), garden chemicals, tobacco products, drugs, electronics, TVs, propane cylinders, tires, used oil, batteries, antifreeze or ammunition.

For more information or if you have questions how to recycle or dispose of items not accepted, call the Lancaster County Health Department at 402-441-8021.

Saturday, Sept. 21 • 9 a.m. – 1 p.m. Lincoln Industries, 600 W. St.

Saturday, Oct. 19 • 9 a.m. – 1 p.m. Woods Park (31st & J Streets)

Friday, Nov. 15 • 9 a.m. – 1 p.m. Appointment Only – Call 402-441-802

Do not take latex paint to Household Hazardous Waste Collections. Instead, take usable latex paint to EcoStores Nebraska at 530 W. P St. Call 402-477-3406 for details.
10 Tips to Improve Your Meals with Vegetables and Fruits

Alice Henneman, MS, RD
UNL Extension Educator

September is “Fruits & Veggies—More Matters” Month. Here are some great tips from the USDA Nutrition Education Series.

1. Discover the many benefits of adding vegetables and fruits to your meals.

   They are low in fat and calories, while providing fiber and other key nutrients. Most Americans should eat more than 5 cups — and for some, up to 6 cups — of vegetables and fruits each day.

2. Vegetables and fruits don’t just add nutrition to meals. They can also add color, flavor and diversity. Explore these creative ways to bring healthy foods to your table.

3. **Fire up the Grill**

   Use the grill to cook vegetables and fruits. Try grilling mushrooms, carrots, peas, pinto beans or potatoes on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add great flavor to a cookout.

4. **Expand the Flavor of Your Casseroles**

   Mix vegetables such as sautéed mushrooms, carrots, peas, pinto beans or tomatoes into your favorite dish for extra flavor.

5. **Planning Something Italian?**

   Add extra vegetables to your pasta dish. Slip some peppers, spinach, red beans, onions or cherry tomatoes into your tradi-

6. **Fruity Smart Tarts**

   **(Makes 12 servings)**

   12 wonton wrappers 1 tablespoon white sugar 1/2 teaspoon cinnamon Cooking spray 3/4 cup low-fat vanilla yogurt or sour cream 1 cup of fruit, fresh or canned, cut into small pieces

   Preheat oven to 400°F. Put a wonton wrapper into each muffin cup in a muffin tin. Spray each wonton wrapper with non-stick spray. Combine sugar and cinnamon in a small bowl. Mix well. Sprinkle the mixture onto the wrappers. Bake for 5 minutes or until the wrappers are crispy and golden. Watch closely to prevent burning. Let cool. Scoop approximately 1 tablespoon of yogurt into each cup and top with fruit.

   **Cook’s notes:**

   - Wontons wrappers are made from flour, egg, water and salt. They are traditionally stuffed and prepared by baking, steaming, boiling or frying.
   - The wrappers can usually be found in the produce section of the grocery and need to be kept under refrigeration.
   - Wonton wrappers can be frozen for longer storage.

7. **Stretch Your Food Dollar By Reducing Food Waste**

   Helping limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars.

   Dana Root-Willeford
   UNL Extension Associate

   Picture this: You bring a steak home from the grocery store, cook off 40 percent of it and toss it in the trash. Sounds pretty ridiculous but according to the Natural Resources Defense Council, 40 percent of the food in the United States is wasted every year.

   This abundance of food waste totals a staggering $165 billion dollars per year from consumers, restaurants and grocery stores. Americans on average throw away about 20 pounds of food per month costing between $28-43 for a total of about $40 billion dollars from U.S. households alone.

   Here are some tips to reduce food waste.

   **Plan Your Purchases**

   - Plan your meals for the week and make a grocery list for only the items you need.
   - Stick to your list to avoid impulse buys and overbuying especially of perishable foods.
   - It’s tempting to buy in bulk because it’s less expensive per ounce but the cost of discarding excess food is greater than the savings.

   **Store It Smart**

   - Store cold and perishable foods in the refrigerator as soon as you get home from the grocery store.
   - Move older products towards the front of your refrigerator or cupboard so the top of your freezer and place newer items towards the back so older items get used first.
   - Wash, peel and cut up produce or wrap, vegetables make great additions to both. Try sliced tomatoes, romaine lettuce or avocado on your everyday sandwich or wrap for extra flavor.

8. **Be Creative with Your Baked Goods**

   Add apples, bananas, blueberries or pears to your favorite muffin recipe for a treat. (Tip from Alice: You can add about 1-1/2 cups of berries or finely chopped and drained peaches, apples, etc. to a basic muffin recipe for 12 muffins. After the dry ingredients are mixed together, add the berries and mix them in before adding the liquid ingredients. This helps keep the fruit from sinking.)

   **Make a Tasty Fruit Smoothie**

   For dessert, blend strawberries, blueberries or raspberries with frozen bananas and 100% fruit juice for a delicious frozen fruit smoothie. (Tip from Alice: another easy way to make a smoothie is to use small frozen fruit, such as blueberries or raspberries and leave the banana unthawed.)

   **Liven up an Omelet**

   Boost the color and flavor of your morning omelet with vegetables. Simply chop, sauté and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, onions, or bell peppers.


---

The Nebraska Extension Food & Fitness newsletter is written by Alice Henneman, MS, RD, UNL Extension Educator. It is a monthly publication that provides healthy eating tips, recipes, and information on how to improve your meals with fruits and vegetables. The newsletter is distributed to thousands of Nebraska families each month, and it is available online at the Nebraska Extension website.
FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

Re-organizational Packets

President’s View – Marian’s Message

Marian Storm
FCE Council Chair

Can you believe how fast this summer has gone? Fall will soon be with us. It has been a busy summer. Having fresh garden vegetables sure makes planning meals a lot easier. I am waiting for the apples so we can have some pies, crumbles or readers applesauce.

The FCE State Convention will be Sept. 12–14 in Columbus, Neb.

Our Council meeting will be Monday, Sept. 23 at 1 p.m. We need to elect officers for next year. Please talk to your Council members or helpful Homemakers who are in charge of the program.

“Count your life with smiles and not the tears that fall.”

CALENDAR

September 2013

President’s View – Marian’s Message

- Set aside time where you can focus
- Make a good start
- Set your sights higher
- Read with a child
- Be with us

FCE News & Events

- Don’t expect too much too soon.
- Encouraging
- Help the child recognize even small successes.
- Commitment
- The child know shared reading is very important to you and then do it regularly.

How To Read With a Child

It is very important children have a good start with reading from an early age and have opportunities to practice reading. To do well in school, children need to be good readers. Schools shouldn’t and can’t take on this responsibility all by themselves. Family members have an important role to play. Reading with children helps them to do better in school and promotes success throughout life.

What is a Shared Reading?

- Read with a child
- A child is called “shared reading” because both you and the child are participating in the reading experience. It doesn’t take a lot of time, it’s easy to do, and both you and the child will likely experience greater satisfaction and enjoyment.

What are some of the things you need to think about to make this shared reading time both fun and effective?

- Child-centered
- Set aside time where you can focus
- Make a good start
- Set your sights higher
- Read with a child
- Be with us

Workshop to Help Older Adults Reduce Falls

“Stepping On” is a workshop offered by the Northeast YMCA and Aging Partners Health & Fitness. The workshop helps older adults prevent falls. The workshop is two hours, once a week, for seven weeks, Tuesdays, Sept. 10–Oct. 22 from 1–3 p.m. It will be held at the Northeast YMCA, 2601 N. 70th St.

Thanks to a grant from the Community Health Endowment of Lincoln and Lancaster County, the workshop is offered at no cost to participants. UNL Extension Educator Lorene Bartos will help present the workshop.

Workshop to Help Older Adults Reduce Falls

City: Lincoln
State: NE
Zip: 68528
Phone: (402) 441-7180
Email: lorene.bartos1@unl.edu

Helpful Homemakers

- From Shirley Wilkins, Pocahontas

You can use oxygen bleaches to remove colored stains. Some oxygen bleaches can be used to disinfect many surfaces. For colored garments, you can use a “bleach ability test” on a non-visible, colored part of the garment. Mix two teaspoons of bleach with 1/4 cup of water, and put a drop of the solution on a hidden part of the fabric. Wait one minute, blot with a towel and check for any color change.

- Oxygen bleaches are more gentle, working on all washable colored fabrics. They work best in maintaining whiteness and color and in bleaching dirty white clothes.

- Chlorine bleaches are more powerful ones; they deodorize and sanitize, as well as clean. They work on many whites and colorfast whites — but not on wool, silks or leather. Other fabrics that should not be bleached include flame retardant clothing, acetate, spandex, rubber and elastic. In addition, chlorine bleach can be used to disinfect many surfaces. For colored garments, you can use a “bleach ability test” on a non-visible, colored part of the garment. Mix two teaspoons of bleach with 1/4 cup of water, and put a drop of the solution on a hidden part of the fabric. Wait one minute, blot with a towel and check for any color change.

- Oxygen bleaches are more gentle, working on all washable colored fabrics. They work best in maintaining whiteness and color and in bleaching dirty white clothes.

- Chlorine bleaches are more powerful ones; they deodorize and sanitize, as well as clean. They work on many whites and colorfast whites — but not on wool, silks or leather. Other fabrics that should not be bleached include flame retardant clothing, acetate, spandex, rubber and elastic. In addition, chlorine bleach can be used to disinfect many surfaces. For colored garments, you can use a “bleach ability test” on a non-visible, colored part of the garment. Mix two teaspoons of bleach with 1/4 cup of water, and put a drop of the solution on a hidden part of the fabric. Wait one minute, blot with a towel and check for any color change.

- Oxygen bleaches are more gentle, working on all washable colored fabrics. They work best in maintaining whiteness and color and in bleaching dirty white clothes.

- Chlorine bleaches are more powerful ones; they deodorize and sanitize, as well as clean. They work on many whites and colorfast whites — but not on wool, silks or leather. Other fabrics that should not be bleached include flame retardant clothing, acetate, spandex, rubber and elastic. In addition, chlorine bleach can be used to disinfect many surfaces. For colored garments, you can use a “bleach ability test” on a non-visible, colored part of the garment. Mix two teaspoons of bleach with 1/4 cup of water, and put a drop of the solution on a hidden part of the fabric. Wait one minute, blot with a towel and check for any color change.

- Oxygen bleaches are more gentle, working on all washable colored fabrics. They work best in maintaining whiteness and color and in bleaching dirty white clothes.
Bush Cherries Are Versatile, Highly Productive

Bush cherries are a highly productive addition to your acreage landscape. Their versatility allows them to be planted in a variety of settings. They can be an integral part of your formal or edible landscape because of their beautiful flowers and fruit. You can plant them in a windbreak enhancing the structure while supplying delicious cherries to you and wildlife.

The newest developments out of Canada include five varieties released as the Romance Series in 2005. These include 'Juliet,' 'Valentine,' 'Cupid,' 'Romeo' and 'Crimson Passion.' All five varieties have large fruit with a higher sugar content than 'Montmorency' and other tree forms of tart cherries. These varieties are not yet readily available in the United States but can be found with some diligence.

Recent Releases
The first of these crosses released was named 'Evan.' It reaches a height of 6 feet and a width of 5–6 feet. Spacing between plants should be 6 feet. 'Evan' is self-pollinating, meaning the flowers from the bush will pollinate each other, although a second pollinating type of bush cherry could result in increased fruit set. Fruit yields for established plants can approach 30 pounds.

Compost is usually screened to removed large pieces. A simple screen can be made using a 1/2-inch mesh hardware cloth and attaching it to a wooden frame. Place the screen over a wheelbarrow or other container and sift the compost into it.

Prepare an area for mulching by clearing away existing grass or weeds, making sure to remove the roots of tough perennial weeds. Cover the garden or bed area with screened compost to a depth of one to two inches.

Topdress Your Lawn with Compost
When used as a topdressing, a light layer of compost is broadcast over an existing lawn to promote improved soil structure, add organic matter and nutrients and promote increased decomposition of thatch. Apply a topdressing of compost in September or after the first spring mowing, but not during the middle of summer.

When applying compost on a lawn, be sure the compost is very dry, and finely ground or sifted so there is less chance of smoothing out the lawn and introducing pieces of organic material. To fine screen compost, use a 1/2-inch mesh hardware cloth and attach it to a wooden frame. A simple screen can be made using a 1/2-inch mesh hardware cloth and attaching it to a wooden frame. Place the screen over a wheelbarrow or other container and sift the compost into it.

Prepare an area for mulching by clearing away existing grass or weeds, making sure to remove the roots of tough perennial weeds. Cover the garden or bed area with screened compost to a depth of one to two inches.

Topdress Your Lawn with Compost
When used as a topdressing, a light layer of compost is broadcast over an existing lawn to promote improved soil structure, add organic matter and nutrients and promote increased decomposition of thatch. Apply a topdressing of compost in September or after the first spring mowing, but not during the middle of summer.

When applying compost on a lawn, be sure the compost is very dry, and finely ground or sifted so there is less chance of smoothing out the lawn and introducing pieces of organic material. To fine screen compost, use a 1/2-inch mesh hardware cloth and attach it to a wooden frame. A simple screen can be made using a 1/2-inch mesh hardware cloth and attaching it to a wooden frame. Place the screen over a wheelbarrow or other container and sift the compost into it.

Prepare an area for mulching by clearing away existing grass or weeds, making sure to remove the roots of tough perennial weeds. Cover the garden or bed area with screened compost to a depth of one to two inches.

Topdress Your Lawn with Compost
When used as a topdressing, a light layer of compost is broadcast over an existing lawn to promote improved soil structure, add organic matter and nutrients and promote increased decomposition of thatch. Apply a topdressing of compost in September or after the first spring mowing, but not during the middle of summer.

When applying compost on a lawn, be sure the compost is very dry, and finely ground or sifted so there is less chance of smoothing out the lawn and introducing pieces of organic material. To fine screen compost, use a 1/2-inch mesh hardware cloth and attach it to a wooden frame. A simple screen can be made using a 1/2-inch mesh hardware cloth and attaching it to a wooden frame. Place the screen over a wheelbarrow or other container and sift the compost into it.

Prepare an area for mulching by clearing away existing grass or weeds, making sure to remove the roots of tough perennial weeds. Cover the garden or bed area with screened compost to a depth of one to two inches.

Topdress Your Lawn with Compost
When used as a topdressing, a light layer of compost is broadcast over an existing lawn to promote improved soil structure, add organic matter and nutrients and promote increased decomposition of thatch. Apply a topdressing of compost in September or after the first spring mowing, but not during the middle of summer.

When applying compost on a lawn, be sure the compost is very dry, and finely ground or sifted so there is less chance of smoothing out the lawn and introducing pieces of organic material. To fine screen compost, use a 1/2-inch mesh hardware cloth and attach it to a wooden frame. A simple screen can be made using a 1/2-inch mesh hardware cloth and attaching it to a wooden frame. Place the screen over a wheelbarrow or other container and sift the compost into it.

Prepare an area for mulching by clearing away existing grass or weeds, making sure to remove the roots of tough perennial weeds. Cover the garden or bed area with screened compost to a depth of one to two inches.

Topdress Your Lawn with Compost
When used as a topdressing, a light layer of compost is broadcast over an existing lawn to promote improved soil structure, add organic matter and nutrients and promote increased decomposition of thatch. Apply a topdressing of compost in September or after the first spring mowing, but not during the middle of summer.

When applying compost on a lawn, be sure the compost is very dry, and finely ground or sifted so there is less chance of smoothing out the lawn and introducing pieces of organic material. To fine screen compost, use a 1/2-inch mesh hardware cloth and attach it to a wooden frame. A simple screen can be made using a 1/2-inch mesh hardware cloth and attaching it to a wooden frame. Place the screen over a wheelbarrow or other container and sift the compost into it.

Prepare an area for mulching by clearing away existing grass or weeds, making sure to remove the roots of tough perennial weeds. Cover the garden or bed area with screened compost to a depth of one to two inches.

Topdress Your Lawn with Compost
When used as a topdressing, a light layer of compost is broadcast over an existing lawn to promote improved soil structure, add organic matter and nutrients and promote increased decomposition of thatch. Apply a topdressing of compost in September or after the first spring mowing, but not during the middle of summer.

When applying compost on a lawn, be sure the compost is very dry, and finely ground or sifted so there is less chance of smoothing out the lawn and introducing pieces of organic material. To fine screen compost, use a 1/2-inch mesh hardware cloth and attach it to a wooden frame. A simple screen can be made using a 1/2-inch mesh hardware cloth and attaching it to a wooden frame. Place the screen over a wheelbarrow or other container and sift the compost into it.

Prepare an area for mulching by clearing away existing grass or weeds, making sure to remove the roots of tough perennial weeds. Cover the garden or bed area with screened compost to a depth of one to two inches.

Topdress Your Lawn with Compost
When used as a topdressing, a light layer of compost is broadcast over an existing lawn to promote improved soil structure, add organic matter and nutrients and promote increased decomposition of thatch. Apply a topdressing of compost in September or after the first spring mowing, but not during the middle of summer.

When applying compost on a lawn, be sure the compost is very dry, and finely ground or sifted so there is less chance of smoothing out the lawn and introducing pieces of organic material. To fine screen compost, use a 1/2-inch mesh hardware cloth and attach it to a wooden frame. A simple screen can be made using a 1/2-inch mesh hardware cloth and attaching it to a wooden frame. Place the screen over a wheelbarrow or other container and sift the compost into it.

Prepare an area for mulching by clearing away existing grass or weeds, making sure to remove the roots of tough perennial weeds. Cover the garden or bed area with screened compost to a depth of one to two inches.

Topdress Your Lawn with Compost
When used as a topdressing, a light layer of compost is broadcast over an existing lawn to promote improved soil structure, add organic matter and nutrients and promote increased decomposition of thatch. Apply a topdressing of compost in September or after the first spring mowing, but not during the middle of summer.

When applying compost on a lawn, be sure the compost is very dry, and finely ground or sifted so there is less chance of smoothing out the lawn and introducing pieces of organic material. To fine screen compost, use a 1/2-inch mesh hardware cloth and attach it to a wooden frame. A simple screen can be made using a 1/2-inch mesh hardware cloth and attaching it to a wooden frame. Place the screen over a wheelbarrow or other container and sift the compost into it.

Prepare an area for mulching by clearing away existing grass or weeds, making sure to remove the roots of tough perennial weeds. Cover the garden or bed area with screened compost to a depth of one to two inches.

Topdress Your Lawn with Compost
When used as a topdressing, a light layer of compost is broadcast over an existing lawn to promote improved soil structure, add organic matter and nutrients and promote increased decomposition of thatch. Apply a topdressing of compost in September or after the first spring mowing, but not during the middle of summer.

When applying compost on a lawn, be sure the compost is very dry, and finely ground or sifted so there is less chance of smoothing out the lawn and introducing pieces of organic material. To fine screen compost, use a 1/2-inch mesh hardware cloth and attach it to a wooden frame. A simple screen can be made using a 1/2-inch mesh hardware cloth and attaching it to a wooden frame. Place the screen over a wheelbarrow or other container and sift the compost into it.

Prepare an area for mulching by clearing away existing grass or weeds, making sure to remove the roots of tough perennial weeds. Cover the garden or bed area with screened compost to a depth of one to two inches.

Topdress Your Lawn with Compost
When used as a topdressing, a light layer of compost is broadcast over an existing lawn to promote improved soil structure, add organic matter and nutrients and promote increased decomposition of thatch. Apply a topdressing of compost in September or after the first spring mowing, but not during the middle of summer.

When applying compost on a lawn, be sure the compost is very dry, and finely ground or sifted so there is less chance of smoothing out the lawn and introducing pieces of organic material. To fine screen compost, use a 1/2-inch mesh hardware cloth and attach it to a wooden frame. A simple screen can be made using a 1/2-inch mesh hardware cloth and attaching it to a wooden frame. Place the screen over a wheelbarrow or other container and sift the compost into it.
Seasonal Needle Drop on Evergreens

Mary Jane Frogge
UNL Extension Associate

Do you have a pine tree that has yellow needles? Natural needle drop occurs as the older needles of pine trees turning yellow and eventually dropping off. Full needle drop is natural. It is not a sign of a disease or insect issue. Evergreens do not keep their needles indefinitely. As trees get older, this process is more noticeable. Older, inner needles, discolor and drop off after one to five years, depending on the evergreen in question. Sometimes the drop occurs slowly. On other occasions, many needles may turn yellow all at once in late summer or fall. Because weather triggers the condition, many evergreens are likely to show symptoms in the fall. If you are not familiar with this natural process, it could cause you a great deal of concern.

To amend bare soil, cover the bag of compost for several minutes and then let it steep in a dark, cool location. Do not wait for frost warnings to move your plants indoors. Temperatures of 45°F or lower can damage many tropical house plants. Collect oak seed pods, gourds, sumac seed heads, rose hips and other suitable materials for dry arrangement. Air dry these materials in a dark, cool location. Perennial phlox can be divided every third or fourth year. Divide big clumps into smaller pieces. Early fall or early spring are the best times to plant or transplant them.

Top Wildflowers Visited by Butterflies in Nebraska

Mary Jane Frogge
UNL Extension Associate

What do butterflies in Nebraska want? This list may surprise you. Dr. Ted Burk with students from the Department of Biology at Creighton University, Allwine and Bauermeister Pidies did research for eight years to develop this list of 20 plants found in Nebraska that attract butterflies.

Storing Garden Vegetables

Mary Jane Frogge
UNL Extension Associate

After a successful garden season, you may have vegetables you would like to store until you are ready to use them. Here are suggestions to help you store your vegetables properly.

Carrots — Trim carrot tops to one inch. Layer unwashed carrots in a container of moist sand. Carrots can be stored in a cool place, 35–40°F for 4–5 months.

Onions — Store cured onions in a dry location at 35–40°F. Potatoes — Cure fresh dug potatoes in a dark location at 50–60°F. Store cured potatoes in a dark location at 40°F for 5–6 months.

Sweet potatoes — Cure fresh dug sweet potatoes at 80–85°F for 10 days. Store cured sweet potatoes in a dry, dark location at 55–60°F for 4–6 months.

Turnips — Trim turnip tops to one inch. Layer unwashed turnips in a container of moist sand. Turnips can be stored in a cool place, 35–40°F for 4–5 months.

Winter squash — Cure vine ripened winter squash for 10 days at 80–85°F and high humidity. Store mature, cured winter squash in a dry location at 55°F for 2–6 months. Acorn squash will keep well in a dry place at 45°F for 35–40 days. Do not cure acorn squash before storing.

Storing your vegetables and fruit properly will insure you will have good quality produce to enjoy in the months ahead.

Compost Tea

An old fashioned way of providing liquid fertilizer for plants is to brew compost tea. Similar to manure tea, compost tea gives plants a good dose of nutrients. Compost tea works especially well for providing nutrients to new transplants and seedlings.

To make compost tea fill a burlap sack or an old pillow case with finished compost and secure the open end. Place the bag in a tub, barrel, or watering can filled with water. Agitate for a few minutes and then let it steep for a few days. Nutrients will leach out of the compost and the mixture will become tea-colored.

Spray or pour compost tea on and around plants. Use the bag of compost for several batches. Afterwards, simply empty the bag’s contents onto the garden.

Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

Select accent plants for your landscape that will provide autumn colors. Trees that have red fall color are flowering dogwood, red maple, sugar maple, Norway maple, red oak and scarlet oak. Shrubs with red fall foliage include sambucus, viburnum, winged euonymus and barberry.

Before the first frost dig up caladiums. Allow them to dry and store them where the temperature will not be below freezing.

Allow plants to finish the summer growth cycle in a normal manner. Encourage wildlife to use garden spaces for nesting or forage. Do not wait for frost warnings to move your plants indoors. Temperatures of 45°F or lower can damage many tropical house plants.

Collect oak seed pods, gourds, sumac seed heads, rose hips and other suitable materials for dry arrangement. Air dry these materials in a dark, cool location. Perennial phlox can be divided every third or fourth year. Divide big clumps into smaller pieces. Early fall or early spring are the best times to plant or transplant them.

Divide fly-of-the-valley. Pet up chives, parsley and other herbs to extend the growing season in the house.

Tree wound paints used after pruning, are no longer recommended as they slow healing and may promote decay. If peasy seedlings of woody plants, such as elm, mulberry, hawthorn or maple are found growing in your yard, remove them as soon as possible. If left too long they will take over gardens and other landscape plantings.

Fall is a good time for improving your garden soil. Add manure, compost and leaves to increase the organic matter content.

Plant prunus now, but make sure the crows are buried only one and a half to two inches below ground level. Planting them deeper than two inches may keep them from blooming.

Rake up the leaves, twigs and fruit from crabapple trees and dispose of them so they do not take over gardens and other landscape plantings.

Pinch and pinch out any young growth that has already begun in anticipation of winter in the months ahead. Excessive pruning at this time. Plants will delay their dormancy and may not flower the following year.

Plant barberry.

With red fall foliage include sumac, viburnum, winged euonymus and barberry.

Wood ashes contain phosphorous, potassium and calcium. It can be placed on vegetable gardens and flower beds.
September

Ben Walbrecht

Lancaster County 4-H is proud to announce Ben Walbrecht as winner of September’s “Heart of 4-H Award” in recognition of outstanding volunteer service. A 4-H volunteer for four years, Ben helps the Happy Go Lucky 4-H club with group projects and meetings. He assists with the Youth Livestock Auction at the Lancaster County Super Fair and has helped organize 4-H/FFA Beef Weigh-In days. “I like to help encourage youth as they get the 4-H experience,” Ben says. “My favorite experience as a 4-H volunteer is watching the kids grow and change as they develop into adults, and seeing how they learn life skills.” Lancaster County 4-H thanks Ben for donating his time and talents. Volunteers like him are indeed the heart of 4-H!

Nominate your favorite 4-H volunteer by submitting the form online at http://lancaster.unl.edu/4h or at the extension office.

State Fair 4-H Tickets

Get ready for fun at the 2013 Nebraska State Fair, Friday, Aug. 23 through Monday, Sept. 2 at Fonner Park in Grand Island! For a schedule of 4-H at the state fair, results, and more, go to http://4h.unl.edu/nebraskastate-fair. State Fair information is at www.statfair.org.

The Lancaster County extension office has a limited number of $4 exhibitor tickets for 4-H exhibitors and their immediate family only. These can be purchased at the office at 444 Cherrycreek Road (cash or check only, no credit cards). Public gate admission will be $10, with $5 days Aug. 26 & 29. Children 6–12 will be $3 day and children 5 and under will be free every day.

General parking on the fairgrounds is free this year. Preferred parking is $10.

4-H Teen Council Invites New Members

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 Cherrycreek Road, Lincoln. The next meeting will be Sunday, Sept. 8 at 3 p.m.

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

For more information or to join, contact Tracy at tracy.anderson@unl.edu or 402-441-7180.

State 4-H Horse Expo Results

The 2013 Fonner Park State 4-H Horse Exposition was held July 14–18 at Grand Island. Here are the Lancaster County 4-H’er purple ribbon winners (Ch = Champion; Res = Reserve). Complete results are at http://animalscience.unl.edu/web/anisci/aniscidistrictstate-4hhorseresults.

HORSE BITS

Ak-Sar-Ben 4-H Horse Show, Sept. 21–22

The Ak-Sar-Ben 4-H Horse Show will be held on Sept. 21–22 at the Lancaster Event Centre in Lincoln. A veterinarian health check is required within 15 days of the exhibition date. For more information, go to www.rivercityrodeo.com.

Ak-Sar-Ben 4-H Stock Show, Sept. 26–29

The Ak-Sar-Ben 4-H Stock Show will be held Sept. 26–29 at the CenturyLink Center in Omaha. More than 2,000 4-H families from a 10 state area participate in this all 4-H Expo. Categories of this 4-H only competition are dairy, feeder calf & breeding beef, market beef, market broilers, meat goats, market lamb, market swine, rabbit and dairy steer. For more information and schedule, go to www.rivercityrodeo.com.

Jurying Contest Team
- Judging Contest Team Individual
  - Sierra Nelson (1st)
  - Bailey Vogler (6th)
- Jr. Hippology Teams
  - Ashley Clegg & Lucy Pok (3rd place team)
  - Jacob Ronnau & Bethany Wachter (4th place team)

4 & 5 Year Old Mares
- Groce Kim (Ch)
- Sierra Nelson (1st)

4 & 5 Year Old Geldings
- Hannah Kinnau (Ch)

Jr. Showmanship
- Hailey Lynn

Sr. Showmanship
- McKenzie Beach (Finalist)
- Chloe Brinson, Morgan Chippa, Groce Kim, Bailey Peterson

Jr. Western Pleasure
- Ashley Bradbury

Audrey Hauserger

Sr. Western Pleasure
- Bailey Peterson (3rd)

Sierra Nelson (4th)

Jr. Western Horsemanship
- Ashley Bradbury (10th)

Sr. Western Horsemanship
- McKenzie Beach (Res Ch)
- Groce Kim (3rd)

Bailee Peters (5th)

Jr. Reining
- Jadin Vogler (5th)

Sr. Reining
- Hayden Hunter (7th)

Bailey Vogler (8th)

Jr. Pole Bending
- Audrey Hauserger (7th)

Sr. Pole Bending
- McKenzie Beach (3rd)

Anna Hauserger (4th)

Calf Roping
- Colton Vosal (Ch)

Dolly Team Roping–Heeling
- Conner Vosal (Ch)

Sr. Hunter Under Saddle
- Bailee Peters (Res Ch)

Adv. Hunter Under Saddle
- Bailee Sobotka (4th)

Marissa Carlson (6th)

Adv. Hunt Seat Equitation
- Bailee Sobotka (Ch)

Megan Laudtka (Res Ch)

Hunter Hack
- Emma Rainey

Elementary Dressage
- Bailey Sobotka (Ch)

Marissa Carlson (Res Ch)

Horse Awards Night, Oct. 1

Mark your calendars! The annual Lancaster County 4-H Horse Awards Night will be Tuesday, Oct. 1, 6:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Rd., Lincoln. Awards presentation includes Incentive Awards, Horsemanship Levels, Horse Course Challenge, All-Around Awards, Herdsmanship, Top County Fair judging, buckles and ribbons, and a few surprise awards! Come help celebrate the outstanding accomplishments of the 2013 Lancaster County 4-H horsemen! More details to follow.
UNL Extension Community Program Materials Online

University of Nebraska–Lincoln

Extension has developed community programs which can be presented to club meetings, civic groups or professional organizations. Each program includes a teaching outline (leader guide) for the facilitator and a handout for the participants (participant manuals). Several topics include a PowerPoint presentation.

Several Extension offices have presented trainings for the following (see page 5 of this issue). All the program materials are compiled online at www.extension.unl.edu/centers/community/programs. Anyone can print and use these materials. Some people use these lessons for self-study, without presenting to community groups.

Information in each program is based on research from educational institutions around the world. The programs listed here reflect the variety of topics which Extension’s clientele cites as issues within their communities.

Choose from the following topics.

Nutrition and Health

Bonding Together for Strength — This community program teaches ways to use an elastic band to strengthen and maintain muscle as one grows older.

Bite Me When It Is Right — Cooking to the proper temperature helps you to serve safe food to your family and friends. This program will focus on the different types of thermometers available for use when preparing food and how to use each thermometer correctly.

Chocolate — A Functional Food? In this program, we will help you learn about the different types of chocolate, explore the health benefits of chocolate, and demystify the functional food jungle in the grocery store!

Fitting in the Fiber! Fiber is one of the most important nutrients in a person’s diet. This lesson will teach the participants the health benefits of fiber, good food sources of fiber and tips on how to get your daily recommended amount of fiber.

Healthy Children’s program will focus on helping Nebraska children and their families develop basic skills in food preparation and nutrition. This program includes a leader guide and participant handout. Several topics have a PowerPoint presentation.

Healthy Family Planning on a Budget — This community lesson will teach participants to plan healthy, delicious meals, consistent with the dietary guidelines, while on a limited budget.

Family and Parenting

Bullying — Parents, teachers and other concerned adults need to learn about how to equip children with the skills and knowledge necessary to identify and deal with bullying.

Caring: Challenges and Rewards — Examines how a person can best meet the needs of an elderly parent or disabled person. Relationship dynamics of the person in need and the caregiver are discussed in relation to other important issues.

Who Cares for the Caregiver? — This publication will help you consider your own role in caregiving and be prepared to discuss it if you have some experiences you would be willing to share.

How Strong Families Deal with Stress and Crisis — This community lesson includes an in-depth knowledge of care methods, cost and related service options. Individuals can be best responsive to different crises. The focus here is on how families effectively manage stress and crisis in their lives with a special emphasis on the role members of the older generation play in helping to support younger, less experienced family members.

The Learning Child: Keys to Enhancing Learning — This interactive lesson will introduce fun and exciting ways to help children create positive, stimulating, affirming and developmentally appropriate environment for young children (birth–3rd).

Making It Happen: Building Positive Relationships with Children — Participants will receive several resources and strategies sure to support and encourage young children’s healthy growth and development!

Make Sure It’s Done the Way You Want: Advance Directives — Advance directives allow people to give instructions for their future medical care in the event they are unable to communicate their wishes due to illness or incapacity. This program explains requirements and limitations of advance directives according to Nebraska law, includes a brief glossary of terms and identifies resources for more information.

Promoting Cultural Understanding and Developing Cultural Competency — This community lesson focuses on how individuals can be better responsible to cultural differences in personal backgrounds and how they can be global citizens in today’s changing world.

Social Networking Sites: What They Are and How to Navigate Them — The use of social networking sites dramatically increased in recent years. This community lesson will provide basic information about some of the most common social networking sites available and help audiences learn about appropriate and safe ‘netiquette’ techniques in using these sites.

Volunteerism: A Tool for Positive Youth Development — When youth volunteer, benefits are reaped by almost everyone involved — the targeted population, the community and, especially, the volunteers themselves.

Home Environment

Easy on Energy: Tips for Conservation — Learn how to save energy resources — money, natural resources and dollars, and reduce emissions by using energy conservation measures and energy efficient products in the home.

Housing Options for Today and Tomorrow — Understanding housing and related service options for older persons is critical in making housing choices today and in planning for the future. The design, layout, features, maintenance, cost, services available and location of the home can help or hinder the person’s ability to continue to live “on their own.”

Make Every Drop Count in the Home — Water conservation involves physical changes (like modifications to plumbing and fixtures), or behavior changes (like changing water use habits). This program focuses on the many effective ways to conserve water in your home.

Purchasing ‘Green’ — How Much Does It Really Mean? — This lesson educates consumers about the concept of purchasing “green” to save energy and resources. Learn how to determine if products are indeed green or just part of the hype and if switching to green products is a smart way to protect the environment.

Financial Management

Credit: How Do You Score? — Credit scores and credit reports. What do these terms mean? What information is included in a credit report? Who can see it? Where do you get one? Is a higher score better than a lower one, or does it depend on the situation? These questions and more are found in this lesson.

How Our Shopping Habits Help Predict the Future of Our Community — In this community lesson, you will discover how your shopping habits can help you understand the future of your community. Knowing the effects of taking your shopping dollar outside the community will help you gain understanding of the importance of shopping locally whenever possible.

Living Resourcefully: Finding Ways to Do More With Less — Explore ways to save money in the household budget. Learn ways to make the most of what you earn and how to eliminate spending leaks. Develop strategies to make the most of your financial resources and resources available to you.

Long-Term Care: What Is It, Where Do You Get It and How Do You Pay For It? — This term care is used to describe a variety of care options, delivery systems and sources of payment. This lesson will provide in-depth knowledge of care methods, cost of care and how services are financed.

Option A or Option B: The Steps of Making Good Decisions — In this community lesson, you will learn about the decision making process and how to effectively use the process in your life.

Lancaster County Agricultural Society Honors Hall of Fame Recipient

The Lancaster County Board of Commissioners seek community members to serve on the Lancaster County Extension Board. Vacancies will be filled with three year appointments beginning in January 2014.

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 November 1.

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.lanc.unl.edu/community/boardepapp.pdf.

Dick Confer

Dick has been an extension educator for several years, chairman of the board for several years, along with other various duties.

Dick Confer

4-H supporter as a County Fair Superintendent, member of Horse Volunteers in Program Service (YIPS), and trophy sponsor.
Make It With Wool Contest

The Make It With Wool Contest offers youth and adults the opportunity to promote the beauty and versatility of wool fabric and yarn. Contestants must select, construct, and model their own garments. All entries must be made with 100 percent wool or wool blend (minimum 60 percent wool or specialty wool fiber) for each fashion fabric or yarn used. Personal creations in sewing, knitting, crocheting, spinning, and weaving of wool fabric and yarn is encouraged.

Categories are: Preteen, Junior, Senior, Adult, and Made for Others. There will be no cash prize. Jurying will be based on craftsmanship, originality, and skill. Contestants will also receive feedback showing how they can improve their entries for next year. For more information, contact Tracy Anderson at 402-441-7180.

Experience the Power of Red

An open house for prospective high school, transfer students, and guests

Sponsored by the College of Agricultural Sciences and Natural Resources

Saturday, Oct. 19

9 a.m.–2 p.m. • UNL's East Campus

Learn more about how we prepare students for careers in everything from animals to plants, soil to climate, golf to business, mechanization to leadership, food to forensic science.

Meet current students, faculty, and staff.

To view the half-day event schedule or to register, go to http://caserx.unl.edu/openhouse

No charge to attend

402-472-2541 • 800-742-8800, ext. 2541

The Nebraska Library Commission’s Talking Book and Braille Service records Nebraska. All rights reserved. 453.130807
Super 4-H Youth Achievement at Super Fair

Many 4-H youth choose to exhibit their project(s) and participate in contests at county and state fairs. The 2013 Lancaster County Super Fair was held Aug. 1–10 at the Lancaster Event Center. This was the third year the Lancaster County Fair was 10 days. 4-H & FFA exhibits and events were held Aug. 1–4. Nearly 700 4-H/FFA exhibitors showcased more than 5,800 exhibits (including static exhibits, Clover Kids, animals and contest entries). A special thank you to all the volunteers and sponsors who help make 4-H & FFA at the fair a success! See top exhibits on page 9 of this issue. Complete 4-H/FFA ribbon results and numerous photographs are at http://lancaster.unl.edu/4h.

4-H is a learn-by-doing program with many exciting projects to choose from. Youth learn practical skills and develop life skills!

Thursday, Oct. 3, 6 p.m.
Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln

Find Out How Youth Ages 5–18 Can Join 4-H!

Adults Are Needed to Help Organize Clubs!

Congratulations to the Rock Creek Ranchers 4-H Club from Lancaster County for being selected as the July 2013 Nebraska 4-H Club of the Month! Each month, the Nebraska 4-H Foundation and Nebraska 4-H Ambassadors award one club in the state with a certificate and $50 cash card.

The Super Fair has the largest county 4-H Horse Show in Nebraska, with 38 events spanning six days. The 4-H Miniature Horse Show included a new event, obstacle driving, which had six obstacles. The Roping/Working Ranch Show also included a new event, boxing, which consists of a pattern followed by working a cow.

The 4-H youth development program is open to all youth ages 5–18.