The NEBLINE, October 2013

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Volunteering for 4-H is Rewarding and Fun, While Benefiting Youth

Many 4-H clubs, such as Fantastic 4, work on 4-H projects together. A typical 4-H meeting includes a short business meeting, time to work on a project, and a recreation activity.

Larger 4-H clubs, such as South Prairie Wranglers, have multiple assistants or project leaders.

What Do 4-H Volunteers Give Their Time and Talents?

- “I volunteer for 4-H because I enjoy seeing the kids grow from year to year. They are learning new things and developing new skills that will help them in life.” —Cindy Zimmer
- “I like being a 4-H volunteer because it allows me to be involved in activities with my kids.” —Kent Frobish
- “I love working with kids. They’re so amazing. My favorite experience is the interest shown by the 4-H youth when you’re showing them how to do something.” —Shoni Koura
- “We see 4-H’ers build the life skills of responsibility, communication, problem solving and determination. We believe that involvement in 4-H teaches skills that 4-H’ers will use all their lives.” —Mike & Tracie Lloyd

What Do 4-H Volunteers Get Back?

- “It is so rewarding to watch and help young people grow, mature and be so excited about their accomplishments!” —Jodi Cooper
- “4-H was a wonderful experience for the entire 10 years I was a member. I volunteer because I want other young people to have similar experiences and a chance to make memories that will last a lifetime.” — Pam Davis
- “Lancaster County has an awesome program. The parents, children and families are fun — positive relationships that last a lifetime!” — Carol Wolf

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Volunteers Are Needed to Help Start Clubs

Become a 4-H volunteer today and help create life-changing experiences for local youth! Volunteers are especially needed to help start 4-H clubs. It’s easier than you might think! Clubs must have at least five youth ages 5–18. Adult volunteers typically include:

- 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 — Help in a variety of ways and provide valuable guidance to youth.
- 4-H volunteers must be at least age 19 and pass a background check.

Volunteers Are Needed to Help Start Clubs

Guidance and Resources

Local 4-H staff provides guidance and resources to club leaders. Nebraska 4-H has numerous hands-on project manuals written by experts. Most project manuals have accompanying leader guides.

How to Get Started

If you know other adults you’d like to start a club with, that is great! If not, Lancaster County 4-H can set you up with other volunteers wanting to help start a club. Contact Tracy Anderson at tracy.anderson@unl.edu or 402-441-7180.

Kick Off, Oct. 3

A great opportunity to learn more will be at the 4-H Kick Off on Thursday, Oct. 3, 6 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road.

Advice to People Considering Volunteering

- “I think a lot of people are hesitant to be 4-H volunteers because they don’t know much about horses, or photography, or sewing, etc. But everyone has something to offer.” —Jennifer Canuck, Ravennamore
- “I encourage anyone considering a club to just do it, the rewards are endless.” — Jen Smith

1 Read about the "4-H Study of Positive Youth Development" at www.4-h.org/about/youth-development-research/positive-youth-development-study.

2 Not counting 4-H school enrichment and afterschool activities.

3 2013 value is the most recent available.
Will Grazing Crop Residues Affect My Next Crop?

Gary Lesoing
UNL Extension Educator, Extension in Nemaha County

In the past few years, there has been a lot of discussion about the use of cover crops in cropping systems, particularly in no-till systems. The USDA’s Natural Resources Conservation Service has been promoting the use of cover crops as a way to improve soil health.

Just last month, a tour across Nebraska by producers using cover crops in their operations for several years. Earlier this summer, a group of producers and educators visited farms and just as important, CoverWatch offers an online resource of in-depth information on crops, fertility management, irrigation, no-till, soil health and more. With agricultural extension specialists and educators, CoverWatch provides the kind of tools and research-based data that producers and agribusiness can use to make profitable management decisions.

http://CoverWatch.unl.edu features:

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• research updates from Nebraska trials of new practices and products
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• and much more!

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FIREWOOD CHARACTERISTICS

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<th>Species</th>
<th>Weight (lb/cord)</th>
<th>Heat per cord (Btu)</th>
<th>% of Ash</th>
<th>Ease of Splitting</th>
<th>Smoke</th>
<th>Sparks</th>
<th>Coals</th>
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Values above 100 signify higher heat content than green ash and values below 100 lower heat content.

The table also contains information on other characteristics that determine firewood quality. Ease of splitting is important because larger pieces of wood usually must be split for good drying and burning.

The fragrance and tendency to smoke and spark are most important when wood is burned in a fireplace. Woods that spark and pop can cause an open flame and cause a fire danger. Conifers tend to do this more because of their high resin content.

Woods that form coals are good to use in wood stoves because they allow a fire to be carried overnight effectively.

Firewood Volume

Though firewood dry weight is important for determining heat content, firewood is normally bought and sold by volume.

Many Nebraskans use firewood from different species, volume, dryness and need for splitting should be considered when buying firewood. Before buying firewood, it’s important to learn a few things about how to become an informed buyer, but knowing your dealer is the best way to ensure that you are getting the best firewood value for your money.

Source: Mike Rahn and Tom Schmidt, University of Nebraska-Lincoln Extension Nebragi, “Heating With Wood: I. Species Characteristics and Volumes,” http://digitalcommons.unl.edu/cgi-bin/context=extensionhist/article=1858&context=extensionhist


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Don’t Create a Firewood Haven for Rodents and Insects

Sarah Brownning
UNL Extension Educator

The big woodpile that gives you such a feeling of snug security going into winter may also shelter rodents and insects. If you carefully examine your woodpile, you may even provide them an opportunity to spend the cold season under your roof.

Prevent Rodent Problems

Where and how you stack the wood is the key. Mice and rats will readily take shelter in firewood if conditions are right. If the woodpile is located some distance from the house, so rodents have to cross a wide expanse of open lawn, they’ll likely either stay near the woodpile or move on. If the wood is stacked next to the house, however, it enables them to search in perfect safety for an opening through which they can squeeze into your house.

It doesn’t have to be a big open space. A hole 7/8 inch to 1 inch large, large enough to give them a toehold, so openings need not be or at below ground level to give them entrance. Provide rodents with a sheltered woodpile right next to the house, and they’ll be able to take as much time as necessary to find a way inside.

Provide them with a supply of food, too, and your rodent problem can get serious very quickly. Food can be in the form of easily accessible garbage, a poorly maintained compost pile, wild bird food in flimsy containers, crop residues in the vegetable garden or dog food.

The worst place for firewood storage is right next to the house, and the next worst place is next to the dog pen. Spilled and leftover food, and the dog’s water dish provide rodents all they need in addition to shelter.

Keep the Insects Out

You may unwittingly bring insects along with firewood. Wood is the natural home for carpenter ants, termites, wood-boring beetles and countless other insects and spiders. Except for carpenter ants and termites, which can seriously damage your home, most of these insects are more nuisance than threat.

But as long as wood is properly handled and stored, insect emergence in the home can be avoided. If wood is kept below 50°F, insects living in it will remain dormant. However, if it’s taken indoors and allowed to warm up, insect activity resumes and they may emerge in the home.

The best way to avoid invasion is to store the wood outside in the cold until it’s ready to be burned. Bring in only a small amount of wood at a time, the amount of wood you’ll use in a day or two. Any wood containing big black carpenter ants or termites should be taken back outside and burned. Other insects brought out of firewood by the warmth inside your home are a nuisance rather than an emergency and can be collected with a vacuum cleaner.

Wood store away from the house and under a cover, such as in a woodshed, unless stored in a small space or a small area under a sheet of plastic or sheet metal roofing to keep it dry. Leave an air space between the wood and covering.
October is full of national food days, weeks and months. Each month, UNL Extension posts tips, recipes and resources for those days at http://food.unl.edu/web/fnb/special/healthyliving/ideas. Here are some highlights for October. Check the online calendar for more links to more information for each of these days.

**National Food Days**

**Child Health Day (1st Monday)** — Nutrition and physical activity play an important role in a child’s health. Staying healthy can be easy to remember when you think about five numbers, 5-4-3-2-1 Go! is a program developed by the Consortium to Lower Obesity in Chicago Children. Each number represents the following:

1. 5 servings of fruits and vegetables a day
2. 4 servings of water a day
3. 3 servings of low-fat dairy a day
4. 2 hours or less of screen time a day
5. 1 hour or more of physical activity a day

**National Nutrition Month (Oct. 29)** — October is national oatmeal day notch by serving oatmeal with antioxidant-rich berries, either fresh or frozen. Quickly thaw frozen berries and cool the oatmeal at same time by toasting the berries directly into each dish of hot oatmeal. Sprinkle oatmeal with cinnamon for sweetness and possible health benefits. Cinnamon is one of the sweeter spices and adds flavor without calories. With a dusting of cinnamon, a smaller amount or perhaps none at all of caloric sweeteners may be needed.

**National Food Weeks**

**National School Lunch Week (Oct. 14-18, 2013)** — “School Lunch Across the USA” is the 2013 theme, is about celebrating the regional flavors, ingredients and traditions from across the country according to the School Nutrition Association (SNA). Check the SNA website for resources for Recipes, Tools for Kids, Marketing and PR Resources. Share Parents to Lunch Day (Oct. 16) and more resources at www.schoolnutrition.org

**National Food Months**

**Pasta Month — Choose MyPlate recommends you fill about 1/4 of your plate with grains, of which half are whole grains. In selecting pasta, experiment with pastas made totally or partially with whole grains. Did you know — certain pasta shapes work better in various pasta dishes than others? The National Pasta Association (www.ilovepasta.org) recommends: When making delicious pasta dishes, be sure to choose a pasta shape and sauce that complement each other. Thin, delicate pastas like angel hair or thin spaghetti, should be served with light, thin sauces. Thicker pasta shapes, like fetuccine, work well with heavier sauces. Pasta shapes with holes or ridges (like mostaccioli or radiatore) are perfect for chunkier sauces.**

**Eat Better, Eat Together Month — Eating family meals together leads to more nutritious meals and improved communication between children and adults. Here are some tips from UNL Extension’s Nutrition Education Program for “Keys to enjoyable family meals:”**

- Have a healthy snack ready — arriving home from school or work may be hectic and children may be ready to eat right away. Have a healthy snack ready for kids to enjoy before dinner time. **See FOOD MONTHS on next page.**

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**Alice Henneman, MS, RD, UNL Extension Educator**

October is National Popcorn Month. Here’s a versatile recipe from the Popcorn Board for popcorn at your next party.

### Create Your Own Popcorn Bar

**Yield Varies**

- Freshly popped popcorn to suit the size of your munching bunch
- Topping Options:
  - Popcorn salt & pepper
  - Assorted herbs & spices
  - Nuts (pistachios, peanuts, slivered almonds, pumpkin seeds, etc.)
  - Cheese crackers
  - Pretzel sticks
  - Dried fruit (raisins, cranberries, apricots, etc.)
  - Grapes or other fresh fruit
  - Chocolate chips
  - Cinnamon, brown sugar, nutmeg

**Stovetop Popping:** To pop popcorn on a stovetop, cover the bottom of a 3- to 4-quart pan with a thin layer of vegetable oil (don’t use butter, it will burn). Place 3 kernels of popcorn in the pan, cover with a loose lid that allows steam to escape and heat. When the kernels pop, pour in enough popcorn to make about five servings of popcorn. Place 3 kernels of popcorn in the pan, cover with a loose lid that allows steam to escape and heat. When the kernels pop, pour in enough popcorn to make about five servings of popcorn.

**Assembly:** Set out a large bowl of popcorn. Put smaller bowls and cups around the popcorn. Put out toppings and have people fill a small container with popcorn and top or add their choice of toppings. When the popcorn is cool enough to handle, let everyone pile their popcorn into their own bowl or cup.

**Tips:**

- To pop popcorn on a stovetop, cover the bottom of the pan with a thin layer of vegetable oil (don’t use butter, it will burn). Place 3 kernels of popcorn in the pan, cover with a loose lid that allows steam to escape and heat. When the kernels pop, pour in enough popcorn to make about five servings of popcorn.

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**Mardel Meinke**

UNL Extension Associate

Are peas, beans and corn the most popular vegetables served at your house? They are enjoyed by people of all ages, and can be canned all year or fresh in the summer. Frozen and canned are especially nutritious and economical. We have a huge choice of vegetables to serve from the 2-1/2 cups of vegetables recommended daily by the USDA for a healthy diet. Vegetables should make up about one-fourth of our plate, adding color, texture and flavor. The vitamins, minerals and phytochemicals (plant chemicals) they provide are very important to our health.

The best way to cook most vegetables is in the microwave at full power, covered. This method steams them, retaining the maximum nutrients. If cooking from frozen or canned, there is enough moisture to create steam. With fresh veggies, add a tablespoon or two of water to your microwave-safe dish and cook to desired doneness. Let’s look at some tasty new ways to prepare them. Simple is best, so look in your refrigerator and cupboards for ingredients.

**Beans —** Frozen peas are already cooked, so just putting some in a colander under running water will thaw them enough to add to fresh salads. Also add peas to casseroles, skillet meals or soups. For variety, add one of the following ingredients to the cooked peas:

- Mushrooms, bacon bits, slivered almonds, peppers, hominy, parsley, Parmesan cheese or tomatoes, to name just a few.
- For flavor, add lemon, basil, salad dressing, chicken stock, soy sauce, veggie dip or low-sodium cream soups. Combine peas and potatoes in white sauce or try snow peas (peas with edible pods).
- **Green Beans —** All of the above ideas would also work with cooking fresh, frozen or canned beans. Another idea is to add red or yellow bell peppers or fruit, such as grapes, strawberries or mandarin oranges for a little sweetness.
- **Onions —** Try adding color with peppers, tomatoes, basil, parsley or mixing corn with other veggies, such as broccoli, parsley or mixing corn with other veggies. Or mix peas, onions and garlic sautéed in a little vegetable oil or cooked in the microwave are great flavor enhancers with any vegetable.
Parents and Homework: Helpful or Harmful?

For parents who grew up in the United States, homework is a fact of life — as American as apple pie. Many educators believe homework is an essential tool for helping children learn. They believe homework can help children develop important study skills, learn how to manage time and encourage independence and responsibility.

For children and parents, homework can sometimes seem like a burden that can cause frustration and tears. It may also take time away from families having fun together.

Research by Dr. Harris Cooper at Duke University shows children who do more homework in high school (up to 90 minutes) tend to do better in school, but there is little evidence for homework affecting learning during the elementary years. Many parents agree homework can have both positive and negative effects on children’s learning and attitudes toward school.

There are many things parents can do to help with homework. But more importantly, HOW they help can determine whether the experience is helpful rather than harmful.

What You Can Do

Parents can help children develop good study habits if they:

• Take an active interest in their children’s homework by finding out what assignments are, talking with them about assignments and looking over completed work.

• Set aside a regular time that works for your child and your family. Help your children manage their time and get organized so homework isn’t done just before bed or at the last minute.

• Pick a place that has enough room to work and lighting to see — it doesn’t have to be fancy!

• Reduce distractions by turning off the TV. This could be a “quiet time” for others in your household, and a time when adults can set an example by reading or working on things like balancing the checkbook.

• Be willing to help (like taking them to the library or getting materials they might need).

• Find out about teachers’ homework policy and talk with them if you are concerned, or if you just want to give them feedback.

• Provide support and encouragement, especially when they are frustrated.

How You Help Matters

Homework can be frustrat- ing for students and for parents as well. Researchers have found parents help children, especially those who are struggling with schoolwork, to determine whether homework helps or hurts children’s learning and motivation. Here are some suggestions on HOW to help with homework.

Let’s take homework but have found when parents are control- ling, struggling children actually begin to do more poorly in school. Being controlling means: doing assigned work for children,

• “Taking over” and telling children what to do or how to do it.

• Using threats or punishment.

According to Dr. Pomerantz, controlling parents might actually prevent children from developing important skills. Although parents might feel like they are “helping” they may be unintentionally undermining children’s confidence in their abilities.

Being controlling might be especially detrimental for how girls feel about their abilities in math and science. University of Illinois researchers Ruchi Bhanot and Jana Jovanovic found parents who were more intrusive had girls who were less confident about their math abilities. Being intrusive includes:

• Giving help without being asked,

• Checking homework without being asked, or

• Frequently reminding them to do homework.

Staying positive. Dr. Pomerantz has also found when parents can manage to stay posi- tive while helping with home- work that may be frustrating, children are more likely to be parents might feel like they are “helping” they may be unintentionally under- mining children’s confidence in their abilities.

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Spiders: The “Eyes” Have It!

Barb Ogg
UNL Extension Educator

As a group, spiders are the most abundant insect predators in our outdoor landscapes. There are about 3,700 spider species in North America and all are predators. Because they feed on a wide variety of flying and crawling insects, spiders are considered beneficial. Relatively few enter homes, and even fewer can live and breed indoors.

Spiders are not insects, but belong to a closely related group, called arachnids. Arachnids are wingless, have four pairs of legs and two body parts, cephalothorax and abdomen.

Spiders may build webs to catch their prey, but others are hunters and actively pursue prey. A few spiders have color patterns which make them easy to identify, but most spiders are earth-toned to help hide them in the landscape.

How do experts identify spiders? Because there are so many spider species, it takes someone with specialized training and reference materials to accurately identify many spiders to species. Instead, most extension entomologists try to determine the spider’s taxonomic family, which generally gives clues about its lifestyle, toxicity and other facts. One of the best ways to identify spider families is to look at the number and pattern of eyes. To do this, we look at the anterior part of the cephalothorax, where the eyes are located.

Most spiders have eight eyes. With so many eyes, it seems spiders would have good eyeight, but most have poor vision. Their simple eyes only detect light and dark, motion and polarized light. However, there are a few spiders — jumping spiders, for example — with excellent eyesight.

Spiders with Eight Eyes

This spider is not native to the U.S., but is widespread.

Sicariidae: Recluse Spiders. Brown recluse spiders (Loxosceles reclusa) are not found in Nebraska landscapes, but are found sometimes in commercial buildings, warehouses, apartments and other locations where boxes are brought in. They can survive well indoors. They are found outdoors in southern states, like Arkansas, Oklahoma, Texas, Louisiana, Mississippi and Alabama and we believe most infestations in Nebraska are brought in from other infested locations. All brown recluse spiders have three pairs of eyes, in a distinctive pattern; they also have a violin shape on the cephalothorax, although it can be faint in the immature stage.

Spiders with Eight Eyes

There are more than 300 species of jumping spiders in the U.S. They are small, stout, hairy spiders, often brightly colored, with excellent eyesight. They use their vision to find mates, hunt and navigate their environment. Their eight eyes are arranged in three rows. They are unlike other groups of spiders because the median pair is unusually large. This large pair of eyes provides jumping spiders with detailed, three-dimensional vision. They can recognize prey more than a foot away. When prey is closer, they will turn to “face” it and wait stalk it.

Lycosidae: Wolf Spiders. Wolf spiders are often described as “big, hairy and real fast.” They are active hunting spiders and chase their prey. They are one of the most common spiders people bring us for identification. Some wolf spiders are very large, but there are also smaller species. Wolf spiders have eight eyes, arranged in two rows. The four eyes on the bottom row are small and about the same size. There are two larger eyes facing forward and a smaller pair of lateral eyes found farther back, more on the top of the wolf spider’s head.

Agelenidae: Grass Spiders. Grass spiders are often confused with wolf spiders; some species of both groups are brown gray with striped markings. Grass spiders are also known as funnel web spinners and spin sheets of horizontal webs with a funnel retreat at one end. Sensing the vibrations as insects crawl onto their web, they rush out of their retreat, pounce on their prey and drag them into their retreat. They may enter homes in search of mates or if their web has been disturbed. Grass spiders have eight eyes, all about the same size.

Clubionidae: Sac Spiders. These spiders have eight eyes, about the same size, arranged in two horizontal rows. These are small spiders; body is about 1/3 to 1/4-inch in length. Coloring is indistinctive and fairly monochromatic. Sac spiders are nocturnal and actively hunt their prey at night. They spin a silken retreat and can be found hiding inside it during the daytime. Yellow sac spiders often wander indoors during warm months, beginning in the springtime.

Their silk retreats (sacs) are found on curtains or corners of walls.

Gnaphosidae: Ground Spiders. Eyes of these spiders are arranged in an oval and are all the same size. These spiders are usually gray, brown or black and have distinctive short conical spinners. The parson spider, Herpyllus ecclesiasticus, has a distinctive pattern on its abdomen. It is an active hunting spider and may accidentally come into homes searching for prey.

Thomisidae: Crab Spiders. Crab spiders get their name because they have a distinctive crab-like appearance. The first two pairs of legs are much longer than the back pair. They are often brightly colored (i.e., camouflaged) to blend in with their background. One bright yellow crab spider, Misumenops viridis, is called the goldenrod spider and can often be found in late summer in the flowers of goldenrod. Crab spiders have eight eyes arranged in two rows.

Aranaeidae: Orb Weavers. Orb weavers are common in landscapes, especially in the late summer and autumn. These brightly-colored spiders have eight eyes, all about the same size, but the lateral pair of eyes is separated from the center four. Well known to outdoor enthusiasts and gardeners, the yellow garden spider, banded argiope and the barn spider re-spin their web each day and recycle their old web by eating it.

Pholcidae: Cellar Spiders. Cellar spiders have eight long legs and are sometimes misnamed “daddy long-legs.” These spiders aren’t related to harvestmen (also known as daddy long legs) which are arachnids, but not spiders. Cellar spiders are found in dark places and hang upside down in their messy, cobweb-like webs. The “long-bodied cellar spider,” Pholcus phalangioides, is very common in basements, crawl spaces, garages and other dark, undisturbed locations. When disturbed, it shakes its web violently trying to scare the predator away. It is harmless. The long-bodied cellar spider has eight eyes clumped together in the middle of its face, but some other cellar spiders only have six eyes.
Horticulture

Growing Hardy Bulbs

Mary Jane Frogge
UNL Extension Associate

Hardy bulbs provide early bloom in flower gardens. Growing them successfully requires knowledge of a life cycle, cultural requirements and use. The term hardy refers to their ability to withstand low winter temperatures and bloom year after year.

A true bulb is defined as a modified, underground stem, usually surrounded by scale like, modified leaves and containing stored food for the shoots enclosed within. The scales are held together by a hardened stem tissue, known as the basal plate, which is located at the base of the bulb. Tulip, daffodil and hyacinth are examples of true bulbs.

Crocus, thought by many to be a bulb, is actually a corm. This is a mass of fleshy tissue with a bud on the top surface. This tissue disintegrates as the stored food is used to produce roots and shoots; a new corm forms on top. Bulbs and corms are living structures and require careful handling even while in a dormant state.

In general, hardy bulbs produce foliage and blooms in spring. They are dormant during the summer months. Low temperatures are required to break dormancy so growth may resume in fall and early winter.

Good quality bulbs produce good blooms. Usually the larger the bulb, the better it will bloom. Bulbs should be firm, heavy and in good condition. The skin should be smooth, of good color and free from injury. The basal plate must be intact.

Bulbs can be obtained from many sources in the fall. The best time to plant hardy bulbs is October. Choose a planting site in full sun. Work soil 12 inches deep and incorporate 3 lb of a complete fertilizer, such as a 5-10-10 per 100 square feet as you are preparing the soil.

Plants with large leaves will need more fertilizer. Water the bulbs well and add 1–2 inches of mulch.

During the growing season, bulbs use a lot of moisture to replace lost water. Lawn sprinkler is not enough. Trees should be deep watered to a depth of about 2–3 feet before the ground freezes. A watering basin 2–3 inches deep and 3–4 feet in diameter, constructed around the base of a young tree will hold water until it can percolate into the soil.

The loss of trees from winter drying is unnecessary and costly, not only in monetary terms, but in intangible values such as shade, protection and beauty. If we do not get needed rain through October and November, deep watering trees this fall may mean the difference between live and dead trees next spring.

Cut down stems and foliage of herbaceous perennials after two or three hard frosts and when leaves begin to brown. Dig and bring in cannas, dahlias and gladiolus. Dry, clean and store in a cool location free from fruit.

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

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

Fall is the time to control broadleaf weeds in the lawn, such as white clover, dandelion and ground ivy. Pick bagworms from evergreen shrubs. This will eliminate the spring hatch from over-wintered eggs.

Remove leaves from lawn to reduce lawn problems. Compost or shred and use them for mulch. Make a note of any particularly productive or unsatisfactory, varieties of vegetables you planted this year. Such information can be very useful when planning next year’s garden.

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

Cure pumpkins, butternut and hubbard squash at temperatures between 70–80°F for 2–3 weeks immediately after harvest. After curing, store them in a dry place at 55–60°F.

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

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

Nut trees are a fine addition to the home landscape. They may accent the house, provide shade in the summer and even become a food source.
Lancaster County 4-H is proud to announce Nicole Schmidt as winner of October’s “Heart of 4-H Award” in recognition of outstanding volunteer service.

Nicole Schmidt
4-H Volunteer
N Lena, Age 7

“I like being a 4-H volunteer because it’s a fun and rewarding opportunity to work with kids and see them get excited about projects they work hard on throughout the year.” Nicole says. “My favorite experience as a 4-H volunteer is meeting with kids in the club at our monthly meetings and learning about a new project for 4-H that the kids and I learn from. Then, seeing the excitement from the kids when they see those projects exhibited and rewarded at the fair.”

Lancaster County 4-H thanks Nicole for donating her time and talents. Volunteers like her are indeed the heart of 4-H!

Horse Awards Night, Oct. 1

Come One and All! 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 Cherry Creek Road, Lincoln. The Horse VIPs Committee will provide snacks. Awards presentation includes Incentive Awards, Horsemanship Levels, Horse Course Challenge, All-Around Awards, Herdsmanship, Stall Decorations, Top Super Fair Judging buckles and ribbons, and a few surprise awards! Come help celebrate the outstanding accomplishments of the 2013 Lancaster County 4-H horsemens!

4-H Leader Training, Oct. 24

All 4-H leaders and volunteers helping with clubs and independent members are encouraged to attend the Fall 4-H Update on Thursday, Oct. 24 at the Lancaster Extension Education Center. Attend either the 9:30 a.m. or 6:30 p.m. update. Training will focus on static exhibits, leadership, opportunities for your 4-H members, and more. This is a great opportunity to connect with other parents and leaders. You MUST preregister by Oct. 22 by calling 402-441-7180.

4-H Award & Scholarship Forms Due Dec. 31

Lancaster County 4-H award forms and college scholarship applications are due by Dec. 31. Recipients will be announced at the 4-H Achievement Celebration on Tuesday, Feb. 11, 2014. Information and forms are available at http://go.unl.edu/4has and at the Extension office.

Awards
• Community Service Awards
• Nebraska 4-H Diamond Clover Program
• Nebraska 4-H Career Portfolios
• 1st You Leaders Award

Outstanding 4-H Member Award
Meritorious Service Award
Nebraska 4-H Clubs of Excellence Award

College Scholarships

For graduating high school seniors enrolled in the Lancaster County 4-H program.

• 4-H Council
• 4-H Teen Council
• Lincoln Center Kwinans
• Lane Community
• Nebraska Association of Fair Managers
• Nebraska Association of County Extension Boards

If you have not submitted a 4-H Youth Protection Volunteer Screening form this year, please do so before Dec. 31! Every four years, all Nebraska 4-H volunteers must be rescreened through the 4-H Youth Protection Volunteer Screening. This year, 2013, is the year our district must be rescreened. The form is available at the Extension office or online at http://lancaster.unl.edu/4hclub. The screening ensures a safe, positive and nurturing environment for all youth involved with the Nebraska Youth Development program. If you have questions, please contact Extension at 402-441-7180.

4-H Rabbit Clinic Saturday, Oct. 19
9 a.m.–12 noon
Lancaster Extension Education Center
444 Cherry Creek Road
Lincoln

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

SESSIONS/DEMONSTRATIONS INCLUDE:
• Feeding and Care of a Rabbit
• How to Judge Rabbits
• Breed ID & Breeder’s Choice
• showmanship
• Static Exhibits
• Education Resources

For more information, call Marty at 402-441-7180
Sponsored by Lancaster County 4-H Rabbit VIPs Committee and UNL Extension in Lancaster County.

Thank You to Volunteers

University of Nebraska–Lincoln Extension in Lancaster County thanks all of the people who donate their time and talents to help much the lives of the youth in the Lancaster County 4-H youth development program.

Nebraska 4-H Volunteers Motion Rescreened in 2013

We appreciate your cooperation. If you have any questions, please call 402-441-7180.
Congratulations to the Lancaster County 4-Hers who showcased their projects at the 2013 Nebraska State Fair! Here are the Lancaster County 4-H special award, Rainbow Ribbon Recognition, and purple ribbon recipients. Complete results are online at

**ANIMAL SPECIAL AWARDS**

Ashlyn Cooper, Cole Cooper, Emma Lennk, Madalyn Scott, Riley Scott, Jackson Settles (Lancaster County 4-H Group) - Champion Beef, Market Beef, Champion Market Beef - Intermediate, Champion Market Beef - Junior

Emilee Mudge - Champion Sheep, Champion Market Sheep, Champion Market Ewes

**CONTEST SPECIAL AWARDS**

Nathan Becker & Taylor Nielsen (team) - Presentations - Top Presenter (one of top 3)

Abigail Babcock - Horticulture Contest - Senior - 9th place; Tree ID Contest - Senior - 9th place

Ivy Davenport - Top Public Service, Accessory, Accessory - Intermediate, 2nd Place

Mary Dowd - Tree Identification Contest; Senior - 11th place

Emma Noel - Horticulture Contest - Intermediate - 4th place

Lily Noel - Horticulture Contest - Intermediate - 1st place

Sheva Yachovsky - Top Quilted Exhibit - Intermediate - 1st place

**RAINBOW RIBBON RECOGNITION**

Rainbow Ribbon recognition awards recognize and outstanding items in the 4-H Exhibit Hall.

**PHOTOGRAPHY SPECIAL SELECTIONS**

These photos were selected for a special display using LUNA Extension and CASHIN Decker's "You're the Chef" category

**CLOTHING SPECIAL SELECTIONS**

Items selected from top winners in 4-H Clothing, Home Environment and Youth Quest areas will live on display at the Nebraska State Fair, week of August 6-11. Twelve Golley on the ULN East Campus, Sept. 30-Oct. 5

Kayla Humphrey - Clothing - Dye Painted Fabric Dress

Sadie Hammon - Fashion Show - Dress

Lucy Polk - Heritage Level - 1st Place - Heritage Pageant

Sophie Polk - Forestry - Leaf Display

**Fast Foods**

Food Technology Exhibit

**Youth in Nebraska**

Foodworks - Specialty Bread

Aerospace - Wooden Fin Rocket - Skill Level 2

Citizenship - Written Citizenship Essay

**Photography**

Photography Unit II - Pants or Shorts Outfit

**Decoration Your Duds**

Embroidered Garment w/Orig Design

**Fashion Show**

Shopping for You

**Food Preservation**

Dried Herbs

**Horticulture**

Dill

**Breeding Rabbits**

Holland Lop

**Citizenship**

Care Package Display

**Mending and More**

Favorite Accessory - 3D

**Horticulture**

Yarn - Yarn - Yarn

**Crafting**

Taste Tidbits - Unique Baked Product

**Food Preservation**

Dried Fruit

**Horticulture**

Flowering Potted Plant

**Youth in Motion**

Activity Bag

**Foodworks**

Specialty Bread

**Photography**

Nebraska Landscapes - Category; "The Power of Red" Category

**Youth in Motion**

Healthy Snack Recipe File
Rural Futures Conference, Nov. 3–5

The 2013 Rural Futures Conference, set for Nov. 3–5, aims to build on last year’s inaugural conference by getting rural communities more engaged through a variety of activities that seek to build and strengthen partnerships between them and University of Nebraska faculty. Hosted by the University of Nebraska’s Rural Futures Institute, the conference will take place at The Cornhusker, a Marriott Hotel, in Lincoln.

The conference theme, Beyond Boundaries, is meant to encourage participants to step beyond typical boundaries and work together to create positive rural futures. The conference will bring together people from all walks of life to celebrate the importance of rural and create energy and enthusiasm for new and innovative ways to address complex opportunities and challenges that affect rural people and places.

Last year’s conference drew about 475 participants to begin a conversation about how to create knowledge and action resulting in resilient and sustainable communities. Many of those participants were faculty from NU and other universities; this year, organizers hope to get more community representatives and non-university partners to attend as GIS visions emphasizes partnerships among community leaders, business and industry, and the university.

Complete details and registration is at http://ruralfutures.nebraska.edu/conference. Registration costs $150, but a discounted rate of $40 will be offered to high school and college students.

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 from 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 district competition, only a state contest held Saturday, Nov. 2 at the Lancaster Extension Education Center in Lincoln. Entry deadline is Nov. 1. For more information, call Tracy at 402-441-7180.

UNL Speakers Bureau in 19th Year

The University of Nebraska–Lincoln Speakers Bureau is in its 19th year this fall with 24 speakers and several topics from which to choose. This free service connects faculty and other university experts with Nebraska citizens through service organizations, schools and other groups who want knowledgeable, interesting speakers on a variety of topics.

The Speakers Bureau features speakers available on a year-round basis as well as during the academic year only. This website, www.speakersbureau.unl.edu, has descriptions of speakers and topics, as well as an online form to request a speaker for your event. For questions, contact Speakers Bureau Coordinator Mitzi Lenz at 402-472-0888 or speakers2@unl.edu.

2013 UNL Service Awards

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

- Soni Cochran, Extension Associate — 20 years of service
- Marty Cruickshank, Extension Associate — 10 years of service
- Lisa Kowalski, Extension Associate — 5 years of service

Additional information and an application can be obtained from: UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528-1507 or by calling 402-441-7180. Applications are also available on the Internet at www.lincoln.ne.gov/cnty/commiss/boardapp.pdf.

Public Notice

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 Nov. 1, 2013.

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Community Focus
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://casnr.unl.edu/openhouse

No charge to attend
402-472-2541 • 800-742-8800, ext. 2541

Connect, Learn and Share!
UNL Extension in Lancaster County

http://go.unl.edu/media

Mail Subscriptions
Subscriptions to the Neibnline via mall are free to Lancaster County residents. There is an annual $5 mailing and handling fee to addresses in zip codes other than 683, 684–685, 68003, 68017 and 68065.

Email Notifications
Sign up at http://lancaster.unl.edu/neibnline to be notified by email when the Neibnline is posted online.

EXTENSION EDUCATOR & UNIT LEADER
Gary C. Bergman
ADMINISTRATIVE AIDE
Jenny DeBuhr
EXTENSION EDUCATORS
Lorene Bartos, Sarah Browning, Maureen Burson, Tom Dorn, Alice Henneman, Bob Ogg, Karen Wobig
EXTENSION ASSOCIATES
Mary Abbott, Tracy Anderson, Soni Cochran, Marty Cruickshank, Mary Jane Foggie, Lisa Kowalski, Mordial Meeks, Dana Root-Willeford
EXTENSION ASSISTANTS
Tami Hlava, Vicki Jedlicka, Cole Meador, Kristen Houkous, Jim Wied
EXTENSION TECHNOLOGIST
David Smith
SUPPORT STAFF
Pam Branson, Deanna Covault, Karen Evavas, Konnie Robertson, Chris Rosenthal, Karen Wedding
Specialty 4-H Clubs Invite New Members
Current 4-H members and those interested in joining 4-H are invited to join these clubs!

4-H Teen Council Leadership Organization
The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7–12. Meetings are held the second Sunday of each month at 3 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. 4-H Teen Council members:
• participate in several community service activities
• plan, set up and facilitate annual 4th & 5th grade Lock-In
• are involved in other leadership activities
For more information, call Tracy Anderson at 402-441-7180. The next meeting will be Sunday, Oct. 13.

Household Pets
Want to learn more about your pet? Or get acquainted with new ones? Join the 4-H Household Pets club for youth ages 8–18 and their small animals! Hamsters, gerbils, guinea pigs, mice, snakes, turtles, fish, reptiles, amphibians, caged birds and any animal small enough to put in your pocket is invited. The club meets monthly. Open to all youth ages 8–18. For more information, call 402-441-7180.

Rabbits R Us and South Prairie Wranglers Rabbit Clubs
If you like rabbits, hop to it! Two Lancaster County 4-H clubs help youth learn all about rabbits! Open to all youth ages 8–18.
Rabbits R Us club usually meets on the last Monday of each month (evenings). For more information, contact leader Mark Hurt at 402-488-0722. South Prairie Wranglers has a rabbit club. For more information, contact leader Laurie Bellinghausen at 402-420-2264.

Canine Companions
Are you interested in training your dog in obedience and agility? The Canine Companions 4-H dog club meets Tuesday nights 6–7 p.m. at the Greater Lincoln Obedience Club, 5740 Johanna Road, Lincoln. Meetings will resume Tuesday, Oct. 8. Monthly clinics will cover various dog-related topics. Open to all youth ages 8–18. For more information, contact leader Stephanie Wachter at 402-466-2442.

Star City Llama and Alpaca
Do you want to learn about llamas and alpacas? The Star City Llama and Alpaca 4-H club focuses on the care and maintenance of these animals, and is heavily involved in community service projects. You do not have to own a llama or alpaca, you can borrow or lease one. 4-H’ers train their llama/alpaca to go through obstacle courses (with and without packs on). To educate the public, youth take their animals to parades, nursing homes and schools. The club also teaches entrepreneurship skills by creating products from the wool and marketing them. For more information, contact Cole Meador at 402-441-7180.

“Horseless” Horse Club
For youth who love horses but don’t have a horse. Open to youth ages 8–18. Hands on experience on all aspects of horsing around. You can participate fully in the 4-H Horse Program. For more information call leader Peg at 402-421-8187.

100% of the proceeds from the sale of paper clovers will be split among state and county 4-H programs and National 4-H Council. To learn about the TSC and 4-H partnership, please visit Tractorsupply.com/4-H.

HELP US GROW 4-H OUT HERE
PLEASE ADD ONE DOLLAR AT CHECKOUT
SUNDAE OCTOBER 6TH - OCTOBER 13TH
$1

DONATE OCTOBER 9TH - OCTOBER 20TH
Larry the Cable Guy attended this year’s Lancaster County Super Fair. He stopped by the Rabbits R Us 4-H club dunk tank and gave a donation to the group!

A Lancaster County 4-H member, Travis Hula, modeled for a new Nebraska Tourism billboard along I-80 promoting Gothenburg’s Pony Express Station.

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