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The NEBLINE, November-December 2013

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Maureen Burson
UNL Extension Educator

What is the truth about couples and families today? How are families doing? Even though the news might indicate otherwise, the best information available indicates, in general, couples and families are doing reasonably well.

Dr. John DeFrain’s Research Identifies Six Key Family Strengths

What makes a successful family? The answer is in the strength of the relationship rather than the structure of the family.

Dr. John DeFrain, University of Nebraska–Lincoln Extension Family and Community Development Specialist Emeriti and colleagues have conducted research over the past 35 years involving 28,000 family members in 38 countries. Their research accentuates the positive to show clearly the past 35 years involving 28,000 family Development Specialist Emeriti and Community Focus.

The answer is in the strength of the relationship rather than the structure of the family.

Dr. John DeFrain

A recent research study co-authored by Dr. Cody Hollist, director of UNL’s Marriage and Family Therapy program, indicates “Happier marriages make for healthier spouses, whether they’re still honeymooning or they’re approaching their golden wedding anniversary. Health and marital happiness go hand-in-hand, though it’s not clear which comes first.” Knowledge can aid medical doctors as well as marriage counselors, said Hollist.

The study examines marriages of 1,681 people over a 20 year span, the longest time frame yet for observing how marital happiness impacts physical health. Published in June’s Journal of Marriage and Family, Hollist and colleagues looked only at participants who remained married to the same person in order to pinpoint the health effects of marital happiness over time. They broke the group into early life and midlife at year one to see how well they resolve problems is critical for improvements in health.

Hollist says, “For young couples, time should be spent building friendship and shared connection.”

Practical Application

Practical application of this research strengthens families and communities in Nebraska.

UNL Extension has published a book and series of 20 NebGuides, “Getting Connected, Staying Connected,” which focus on building and maintaining strong couple and family relationships:

- Book — Getting Connected, Staying Connected — Loving Each Other Day by Day (EB4), is a practical guide for couples and their families. The 244-page book is available on UNL Marketplace at http://marketplace.unl.edu/extension/eb4.html. Cost is $18.95 for paperback and $28.95 for hardcover. The book is a sequel to the 2006 Family Treasures — Creating Strong Families (EB1), which is an integrated part of UNL Extension programs such as Co-Parenting for Successful Kids (for families experiencing custody and divorce), Guardianship Training (newly appointed guardians and conservators), child development professional staff development, and education through technology outreach.

The ability to manage stress and crisis effectively. Strong families are not immune to troubles in life, but they know how to work through hard times together rather than exploding and blaming each other when difficulties arise. The question is not, “Who’s responsible for this happening?” The question is, “Where do we go from here?”

Dr. Dr. Cody Hollist and Jana Hollist

UNL Extension NebGuide “Getting Connected, Staying Connected: How Couples Can Ensure a Meaningful and Happy Life Together” is excerpted on page 10 of this issue.
Fruit Trees Offer Backyard Bounty

Nebraska — the fruit production hub of the Midwest? Today Nebraska is famous for its bountiful production of grain and livestock, but in the late 1800s and early 1900s, Nebraska was a nationally recognized fruit-producing state.

Nebraska’s move toward fruit production began in the mid-1850s as pioneers crossed the Missouri River at Brownville on the Brownville Ferry. Many settlers homesteaded near the crossing in Nemaha County located in southeastern Nebraska.

Publications from the Nebraska Agricultural Society, which began publishing its yearly proceedings in the 1850s, tell us that during this period, Judge J.W. Hall of Brownville, planted the first apple tree in what was to be the state of Nebraska. The variety was unknown, but reportedly, the tree bore yellow fruit claimed to be as sweet as honey and exhibited amazing vigor, resulting in production 17 months after planting. The vigor and fruit quality were attributed to the rich soil of the region, and a fruit production industry was born. In a short period, the complement of both trees and small fruits were produced throughout Nebraska in both commercial and smaller plantings.

The majority of commercial production took place in eastern Nebraska with the greatest concentration found in the southeast area of the state. Commercial orchards with hundreds of acres were planted. Most homesteaders had groves of fruit trees to supply their needs. Apples, peaches, plums, apricots, pears and tart cherries were planted throughout the region. Small fruits such as raspberries, blackberries, gooseberries and grapes also were produced.

The face of Nebraska’s fruit industry began to change with Prohibition, the Great Depression and the Armistice Day freeze on Nov. 11, 1940. During the late 1930s into 1940, Nebraska experienced a period of extreme weather conditions. The growing season of 1940 was very warm and dry, and the first freeze normally experienced in October never came. Light autumn rain began to fall, nourishing the fall-canopied trees, the first freeze normally experienced in Nebraska with the greatest concentration of production took place in eastern Nebraska.

Several factors must be taken into account when choosing what to plant. Is the variety adapted to our growing conditions; zones 3-9. Reliance — is classified as a high-quality dessert apple. It’s resistant to apple scab, cedar apple rust, fire blight and mildew. FREEDOM is an annual producer ripening in September. zones 3-7. The rootstock can dictate the mature size of the tree. The scion takes on certain characteristics of the rootstock. The rootstock can dictate the size and shape of the tree.

Peaches

Peaches are a wonderful fruit and many people aspire to grow them. They come with one major drawback; many varieties available for zone 4 production. Choose a variety with a later bloom period, which will reduce the chances of being hit by a late frost common to Nebraska. Most commonly available varieties of peaches and classified as self-fertile and do not require a pollinator, but as with apples, yields can be increased by using a second pollinating variety.

Reliance — is very cold hardy and produces medium to large yellow- fleshed fruit. It’s classified as “free- stone” meaning the flesh readily separates from the pit. It’s not as flavorful as harder varieties, and ripens late July to early August; zones 4-8.

Red Haven — is a freestone peach that produces medium to large yellow fruit. see FRUIT TREES on next page

Resistance to disease and insect pests is another characteristic to consider when choosing what to plant. Most fruit trees are susceptible to a variety of diseases and insects, but some are more susceptible than others. Choosing resistant varieties will reduce the amount of work needed to control disease and pests.

Apples

More than 2,500 apple varieties are currently grown in the United States with Red Delicious being the most frequently-planted variety. Apples tend to bloom later than many fruit trees so the likelihood a crop will escape a normal frost and produce fruit is good. Apples can be either self-unfruitful or self-unfruitful, with the majority being self- unfruitful and requiring a pollinator. Two commonly planted varieties, Jonathan and Golden Delicious, are considered self-fruitful and also work well as pollinators. Two other commonly-planted varieties, Jonagold and Winesap, are poor pollinators and should not be used for the purpose.
Select Outdoor Yard Lights for Security and Energy Savings

Shawn Shouse
Iowa State University Extension Agricultural Engineer

Many rural residences and farmsteads use yard lights to provide night security and to illuminate driveways and buildings after dark. Selecting the right light will produce results you want while saving energy.

How Much Light?

Light intensity is measured in footcandles. One lumen of light energy falling on one square foot creates one footcandle. For general yard security and movement, a light intensity of one half to two foot candles is recommended. This light intensity can be created by 100–175 watts of lamp size mounted 25 feet above the ground and serving no more than 8,000 square feet. Higher light intensity may be desired in areas of high activity or near building entrances.

What Type of Light Fixture?

Unshielded reflector fixtures direct light in all directions. Even standard downward-facing fixtures can lose one third of their light to the sides. A full parabolic reflector fixture will direct the most light to the ground in your target area and allows directed light intensity with a smaller lamp.

What Type of Lamp?

Lamp efficiency is one factor to consider and is measured in lumens of light per watt of electric consumption, vary widely. Some lamps are slow to start or reach full intensity.

Standard incandescent and halogen lamps produce only 15–20 lumens per watt, but come on almost instantly. These lamps are fairly short lived, but do not suffer from frequent on-off cycles. They are best where the use time is short and the lamp is easy to access to change bulbs.

Compact fluorescent lamps create 45–100 lumens per watt, but take time to warm up to full output and require special ballasts to start reliably below 40 degrees. They are not well suited to cold climate yard lighting.

High intensity discharge (HID) lamps such as mercury vapor, metal halide and high pressure sodium lamps have high output efficiency of 30–100 lumens per watt at starting time. They require time to start and are best used where they are left on for extended periods. Metal halide lamps are nearly twice as efficient as mercury vapor, and high pressure sodium lamps are slightly higher. Low and sodium arc lamps have the highest efficiency, but are infrequently used because of their destructively orange appearance.

For general yard lighting that will stay on for extended hours, high pressure sodium is often the lamp of choice, followed closely by metal halide. Payback period on replacing a mercury vapor fixture with a smaller, more efficient high pressure sodium fixture can be as short as 2–4 years.

What Controls are Needed?

Many energy saving yard lights come pre-wired with a photocell controller that will turn the lamp on at dusk and off at dawn. Night energy can be saved by using a controller that can additionally turn the lamp off for the latter portion of the overnight hours. Called “half night” or “selectable time,” these controllers now allow you to use energy saving lights in different locations.

For local area lighting at building entrances, walkways or work zones such as fuel tanks, consider motion sensor controls.

Good yard lighting increases safety, provides security and enhances the appearance of your residence. Choosing the right light for your needs can improve effectiveness and save you money.

Information for this article was gathered from these good resources:

- “Tidin’ On Avocados: What You Need to Know,” (APEN-50), order from the University of California Online Store at www.extensions.istate.edu/store

FRUIT TREES

continued from previous page

It’s a good producer of firm fruit and is resistant to leaf spot; zones 5–8.

- **Loring** — produces medium-size firm fruit with a golden yellow skin and white flesh. It produces large freestone fruit with good flavor. It has very good disease resistance and is self-fertile; zones 4-7.

Plums

Plums are classified as European, Damson or Japanese. All three types can be grown successfully in Nebraska, depending on the variety. European varieties are good and fresh for canning while Damson are more tart and more suitable for cooking. Japanese varieties are susceptible to Nebraska spring frosts and will not produce fruit consistently, but are of very good quality and worth a try. The European varieties require a second variety for pollination.

- **Stanley** — is European and produces blue-skinned fruit that is especially good for canning and cooking. It’s late blooming and is a heavy producer. The oblong plum ripens in mid- to late September; zones 4-9.

- **Castleton** — it European with blue-skinned fruit that is classified as a dessert plum. It is a good producer, ripening late into August; zones 4-9.

- **Shiro** — is a Japanese type with yellow skin and red flesh. It ripens late in August; zones 4-9.

Pears

Pears do very well in Nebraska’s climate and may be the easiest tree fruit to grow. Most varieties are considered self-fruitful and require a pollinator.

Although some varieties are classified as self-pollinating, they respond favorably to a second variety acting as a pollinator. Most pear varieties are excellent pollinators with the exception of Seckel pear pollinating Bartlett. Pear flowers are small compared to other fruiting trees and require more pollinating insects to complete the job.

- **Bartlett** — is considered the standard for pears. Very productive with large, juicy fruit suitable for eating or canning, it ripens in late August and is best if picked mature but green, and ripened off the tree. It’s somewhat self-fertile; yields better using a separate pollinating variety; zones 4-9.

- **Anjou** — is a green pear with a slightly yellow tinge when ripe. This tree bears large fruit that stores well. It will cross pollinate with Bartlett; zones 4-9.

- **Comice** — is a dessert pear, with large fruit that ripens yellow with a touch of red. It is semi-self-fruitful but yields better with cross pollination; zones 4-9.

Apricots

Apricots tend to be one of the most frost-susceptible tree fruits grown in Nebraska. Site location plays a big role in the fruiting success of apricots. Sites with good air drainage that allow cold air to flow out and away from the trees have the greatest success. Good air drainage coupled with choosing the proper variety will increase the chances of harvesting a crop, although it’s unlikely a tree will produce a crop on a yearly basis.

- **Hargrass** — is very hardy and blooms mid- to late-April, this variety produces large freestone fruit with good flavor. It has very good disease resistance and is self-fertile; zones 4-7.

- **Sungold** — also is very hardy and blooms mid- to late-April. It produces medium-size freestone fruit with very good flavor. It is self-unfruitful with limited disease resistance; zones 4-8.

Tart Cherries

Tart Cherries tend to be very good producers. Flowering takes place later in the spring, allowing crops to be produced most years. Trees are less than 15 feet tall with some varieties, such as North Star, only growing to five feet. The major problem with tart cherries is birds love them! As soon as they are ripe, the birds move in, so be prepared to harvest when you start to see that the birds are interested in them.

- **Montmorency** — is considered self-fruitful, so a second variety is not needed for pollination, although a second variety can be beneficial. If a pollinator is used, it’s important to know a tart cherry and a sweet cherry won’t cross pollinate.

Producing sweet cherries in Nebraska is difficult. Growing conditions are unfavorable and the fruit tends to be small. It’s also susceptible to fruit rot.

- **Morello** — considered the standard for tart cherries. It is very productive, bearing firm medium-size, bright red fruit. The tree blooms in early May and fruit ripens in July; zones 4-9.

- **Bolton** — blooms and yields 6 to 10 feet tall. It has small, deep red fruit with red flesh; zones 3-8.

Prepare Horses for Winter

Horses need access to shelter and should be fed additional hay during adverse winter weather.

As winter approaches, horses need a different type of care to stay in good condition while they fight the cold weather. Much of horse care depends on where they are kept during the winter, says University of Nebraska–Lincoln horse specialist Kathy Anderson. If horses spend winter in a pasture, their shoes should be removed. Often, ice and snow can build up and cause the horses to trip. If horses are wintered indoors, their hooves should at least be trimmed and reset.

Nutrition requirements also change in winter. It’s important to maintain a condition score of 6–7. A horse in this condition has enough fat across its flank, neck, ribs and down its topline that it would be necessary to push a little to feel the bones. The nutritional value of winter pasture grass also is slim so horses should be fed some type of hay — round bales, square bales, grass hay or alfalfa — as well as salt and mineral. Stalled horses’ nutritional requirements don’t change much from summer, but they may have enough hay to generate body heat and maintain their weight. Horses should always have an open area for outside water source.

If horses are kept outside, their coats should be allowed to grow. This isn’t as critical for horses kept inside, but unless they are in a heated barn clipped horses should be covered in blankets to keep them from getting sick.

As the number of daylight hours decreases, horses’ coats grow thicker because amounts of light affect hair growth. If the horses are on a lighting program, take them off far enough in advance so their coats can grow thicker. People who continue to show their horses in winter should keep horses inside and on a 16 hour per day lighting program from 6 a.m.–10 p.m. Horses wintered outside need a shelter to block the wind. A shelter could be as simple as a thick shelterbelt or a three-sided shed with an opening that points away from primary winds. Also, continue to deworm horses every 60 days and vaccinate them for rabies if there is a rabies problem in the area.

For more information on winter horse care, see University of Minnesota Extension’s “Equine Winter Care” online at www.extension.umn.edu/Agriculture/horse/care/equine-winter-care.

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For more information on winter horse care, see University of Minnesota Extension’s “Equine Winter Care” online at www.extension.umn.edu/Agriculture/horse/care/equine-winter-care.
Food & Fitness

The Nebraska Extension in Lancaster County
Nov./Dec. 2013

**Lazy Day Beef & Vegetable Soup**

(Makes 6 to 8 servings)

2-1/2 pounds beef stew meat, cut into 3/4-inch pieces
2 cans (14 to 14-1/2 ounces) reduced-sodium beef broth
1 can (15 ounces) black beans, rinsed, drained
1 can (14-1/2 ounces) no-salt added diced tomatoes, undrained
1 cup water
1 teaspoon dried Italian seasoning
1/2 teaspoon salt
1/2 teaspoon black pepper
1/2 cup shredded Romano cheese (optional)
2 cups frozen mixed vegetables
1 cup uncooked ditalini or other small pasta

Combine beef, broth, chickpeas, tomatoes, water, Italian seasoning, salt and pepper in 4-1/2 to 5-1/2-quart slow cooker; toss to coat well. Cover and cook on HIGH 5 hours, or on LOW 8 hours. (No stirring is necessary during cooking.) Stir in mixed vegetables and pasta. Continue cooking, covered, 1 hour or until beef and pasta are tender. Season with salt and pepper, as desired. Stir well before serving. Serve with cheese, if desired.

Nutrition information per serving, 1/6 of recipe: 326 calories; 11 g fat (3 g saturated fat; 1 g monounsaturated fat); 80 mg cholesterol; 796 mg sodium; 35 g carbohydrate; 5 g fiber; 35 g protein; 45 mg niacin; 0.3 mg vitamin B6; 1 mg riboflavin; 2 mg zinc; 28.8 mcg selenium; 6.2 mg iron; 103.2 mg calcium.

This recipe is an excellent source of fiber, niacin, vitamin B12, iron, selenium and zinc; and a good source of vitamin B6 and choline.

**Share and enjoy this recipe with your family!**

**Holiday Meals on a Budget**

Alice Henneman, UNL Extension in Lancaster County

As days turn colder, having a warm slow cooker soup waiting for you at the end of the day can be wonderful! This recipe, made with canned and frozen vegetables, is especially easy to make. And for you at the end of the day can be wonderful! This recipe, made with canned and frozen vegetables, is especially easy to make. And

**Slow Cooker SOUPS**

**Thursday, Nov. 7, 7–8:30 p.m.**
**Bryan Medical Center East**
**Plaza Conference Center, 1600 S. 48th St.**

Pre-registration is required by calling 402-481-8886

**Schedule of Events**

1. Food & Nutrition Specialist and UNL Extension Educator, Alice Henneman, will share tips and recipes on how to prepare nutritious and safe foods until you are ready to use them.

2. Because vegetables cook slower than meat and poultry, place the vegetables in the slow cooker first. Place the meat on top of the vegetables and top with liquid, such as broth, water or a sauce.

3. For easy cleanup and care of your slow cooker, spray inside of the cooker with nonstick cooking spray before using it.

4. Slow cooker liners also ease cleanup.

5. Fill the slow cooker no less than half full and no more than two-thirds full. Cooking too little or too much food in the slow cooker with sour cream and tortilla chips.

**Holiday Budget Tips**

- Make dishes ahead and freeze extras for a later day, or use leftovers to prepare another meal.

- Remember to use up refrigerated vegetables ahead of cooking, or all of what you need on sale.

- Instead of using a recipe that calls for slow cooker soups, you can still be strategic about our budget. It doesn’t have to be

**Holiday Safety Tips**

- Follow these basic safety rules when using a slow cooker:
  - Wash your hands before, during and after food preparation.
  - Always start with a clean slow cooker, utensils and work surface.
  - Always thaw meat and poultry in the refrigerator before cooking in the slow cooker. This will ensure complete cooking.
  - Cut meat into pieces to ensure thorough cooking. Large pieces of meat are not recommended for slow cookers because they do not cook quickly enough to avoid bacterial growth.
  - If you cut up meats or vegetables ahead of cooking, refrigerate these perishable foods until you are ready to use them.

- Because vegetables cook slower than meat and poultry, place the vegetables in the slow cooker first. Place the meat on top of the vegetables and top with liquid, such as broth, water or a sauce.

- For easy cleanup and care of your slow cooker, spray inside of the cooker with nonstick cooking spray before using it.

- Slow cooker liners also ease cleanup.

- Fill the slow cooker no less than half full and no more than two-thirds full. Cooking too little or too much food in the

**Holiday Budget Tips**

- Make dishes ahead and freeze extras for a later day, or use leftovers to prepare another meal.

- Remember to use up refrigerated leftovers within four days!

**Holiday Meals on a Budget**

- Holiday safety tips
- Holiday budget tips
- Holiday meals on a budget
- Holiday safety
- Holiday meals
- Holiday budget
- Holiday
- Safety
- Meals
- Budget

**White Turkey Chili**

(13 cup servings)

1 tablespoon vegetable oil
1 cup unchopped onion
1 cup chopped celery
2 cans (15.5 oz) Great Northern beans, drained
2 cans (15.5 oz) white hominy
1 can (4 oz) chopped green chilies
4 cups cooked turkey, chopped
4 cups turkey or chicken broth
1 teaspoon ground cumin

Shredded cheese of your choice for topping

Heat oil in skillet over medium heat and add onion and celery, cook and stir 2-3 minutes. Place all ingredients in a large saucepan (at least 4 quart). Stir well. Cover and cook about 15 minutes over medium heat, stirring occasionally until thoroughly heated. The chili can simmer for several hours to further develop the flavors. Alternate cooking method: Place all ingredients in a slow cooker and cook on low for approximately 6-8 hours. Sprinkle cheese on top, as desired. Can also serve with sour cream and tortilla chips.
President’s View – Marian’s Message

Marian Storm
FCE Council Chair

Where has the year gone? It’s time to set the clock back one hour on Nov. 3. It gets dark so much earlier and makes the evening longer. Nov. 11 is Veteran’s Day. Be sure and fly your flag.

Nov. 28 is Thanksgiving. Time to be thankful for family and friends.

Before long we will be in the Holiday mode. “Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never have enough.”

How Nebraska Parents Enjoy Time With Their Children

Maureen Burson
Extension Educator

Spending enjoyable time together is one of the six characteristics which UNL Extension Specialist Dr. John DeFrain’s research indicates is a key family strength (see page 1). This means family members like to be with each other and spend a considerable amount of time enjoying each other’s company.

Here are a few of the thousands of creative ideas Nebraska parents have shared when asked: What are some of the positive “magical moments” or “family traditions” which your children enjoy? Most are very low cost!

Meals
• Making favorite meals together.
• Eating dinner around the table.
• Eating tacos on Tuesday.
• Baking muffins every Sunday morning.
• Grocery shopping on Sundays.

School and Extracurricular
• Coming home to a “gift” on the first day of school.
• Shopping together for school supplies.
• Attending every performance and award ceremony to celebrate my children’s successes.
• Attending sporting events and playing sports together.
• Coaching my children’s sports teams.

Indoor Activities
• Listening to music and dance, goof off and act silly together.
• Making beaded necklaces together.
• Making up crossword puzzles about favorite cartoons.
• Painting finger and toenails.
• Playing board games together.
• Playing with legos.
• Pretending we are super heroes.
• Renting a movie and eat on a towel in the living room (our picnic) and cuddle together with a bowl of popcorn.
• Sleepovers with cousins.
• Waiting gerbils run around the bathtub while cleaning out their cage.
• Drinking a glass of milk and reading a book at bedtime.
• Staying up 30 minutes past bedtime and choose one activity of child’s choice.

Outdoor Activities
• Playing ball in the yard.
• Walking in the neighborhood.
• Playing barefoot in the sand together.
• Going on nature hikes and look for bugs and snakes.
• Reading in the park.
• Riding bikes.
• Camping trips.
• Fishing at grandpa’s pond.
• Making snowmen and snow forts in the winter time.

Holidays
• Spending holidays at grandparent’s farm.
• Going to church on Christmas Eve.
• Hunting for Easter eggs in the front yard at Mother’s house.

Other Activities
• Talking about our dreams together.
• Telling jokes.
• Visiting friends and family.
• Attending tribal reunions.
• Going to the Children’s Zoo and the Children’s Museum.
• Gathering with extended family to watch Husker football.
• Meditating together during stressful times.

Holiday Spending Tips

Impulsive and overspending can be very hard on a family’s financial situation. Be a wise shopper and a smart spender and enjoy the holiday season knowing you made the expected.

• Coaching my children’s sports teams.
• Attending every performance in Lincoln as a one 4-hour session on Wednesday, Nov. 20, 9 a.m.–1 p.m. at the Lancaster Extension Education Center, 444 Cherry creek Road. A certified AARP instructor will teach the course. Cost is $12 for AARP members and $14 for non-members payable at the door. To register for the class, call 402-441-7180. Please arrive a few minutes early to complete check-in and registration procedures.

AARP Driver Safety Course, Nov. 20

An AARP Driver Safety course will be presented in Lincoln as a one 4-hour session on Wednesday, Nov. 20, 9 a.m.–1 p.m. at the Lancaster Extension Education Center, 444 Cherry creek Road. A certified AARP instructor will teach the course. Cost is $12 for AARP members and $14 for non-members payable at the door. To register for the class, call 402-441-7180. Please arrive a few minutes early to complete check-in and registration procedures.

AARP members must bring their membership card with their ID number as well as their driver’s license. Payment by check is required — charge or credit cards are not accepted, nor is cash. In this class, you will learn:
• defensive driving techniques, new traffic laws and rules of the road,
• how to deal with aggressive drivers,
• techniques to handle driving situations such as left turns, right turns, and parking
• how to use anti-lock brakes, air bags and seat belts and other safety features.

Each class has a test. Course participants may be eligible to receive an insurance discount from some companies — consult your insurance agent for further details. For more information about the course, go to www.aarpsafedriving.com or call 1-888-227-7669.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

A recent survey conducted by the Nebraska Family & Community Education (FCE) Council Chair, Marian Storm, in cooperation with the Family & Consumer Education Specialist, Dr. John DeFrain proved that the more education one receives, the more they will save. "Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never have enough.”

Keep Kitchen and Bathroom Clean During Guest Season

Extra bathroom and kitchen traffic means extra work to keep surfaces and appliances clean and smelling fresh. Here are some tips to make your kitchen and bathroom welcoming during the holidays:

• Keep disinfectant wipes or sprays handy to quickly clean counter tops, cutting boards, the microwave and the stove top.
• Keep handwashing soap at the kitchen sink.
• Either replace cloth hand towels regularly or stock up on paper towels.
• Give the kitchen a quick sweep as a final clean-up step after each meal.
• Keep the sink clear by scrubbing pots as you go rather than facing a sink full of dishes after you eat.

Bathroom:
• Rinse the tub after each use to keep soap film and hard water deposits from forming. Mist surfaces with a spray cleaner right after use while the walls are wet and warm and you can skip rinsing, wiping and scrubbing.
• Leave shower curtains/doors open after showers to let the tub and surfaces air-dry and help prevent mildew.
• Use toilet bowl cleaners in tablet or gel form to keep your toilet bowl clean.

How to use toilet bowl cleaners in tablet or gel form to keep your toilet bowl clean.

Use toilet bowl cleaners in tablet or gel form to keep your toilet bowl clean.
Asthma is a medical condition in which airways narrow and swell and produce extra mucus, making breathing difficult. This results in coughing, wheezing and shortness of breath. Many people can learn to manage their asthma, but a sudden attack can be a life-threatening condition requiring immediate medical attention.

Asthma triggers are allergens, irritants or conditions which cause asthma symptoms to worsen. Because Americans spend up to 90 percent of their time indoors, the indoor environment can play a significant role in triggering asthma attacks. Some pests produce allergens causing asthma in some people. Eliminating these pests will have a positive impact on their health.

**Dust Mites**

Microscopic mites feed on skin scales and dander and accumulate in bed and lounging areas where people sleep and spend time. Dead bodies and feces of these tiny mites become a significant component of house dust. Each dust mite lives about 30 days and produces about 20 fecal pellets per day. Dust mites require high humidity (70-80 percent) to reproduce.

Clean surfaces weekly with a damp cloth and HEPA filter vacuum. To reduce dust mite levels, keep humidity levels at 30 percent or less, which is dry enough to have an air conditioner or dehumidifier to keep humidity levels low. Hard surfaced floors that don’t collect dust are helpful. Specifically-made mattress encasements can be installed on mattresses and help reduce dust mites in bedrooms.

**Cockroaches**

The dead bodies of German cockroaches contain a potential asthma trigger. In cockroach-infested homes, these allergens become part of house dust. A significant proportion of asthmatic children living in inner cities are allergic to cockroach allergen. It is best not to use liquid or aerosol formulations for controlling cockroaches. Instead, use gel baits. Gel baits are extremely effective when used in conjunction with sanitation efforts to reduce food and water sources.

**Mice**

House mice are proving to be significant sources of allergens, particularly in urban children. As soon as you see signs of mice, begin infestation controls best to use snap traps, rather than rodenticides in homes, especially when small children are living in the home.

**Mold**

Fix all leaky faucets and pipes and eliminate collections of water around the outside of the house. Use a dehumidifier in the basement ... empty and clean dehumidifier mustache to trap mold spores.

In addition to these allergens, there are many other triggers that can cause asthma, including foods, pollen, secondhand smoke, fragrances and perfumes. In order to manage allergies and asthma, it is important to identify the specific allergens involved. An allergist, a medical doctor specifically trained in the study of allergies and asthma, can discover these triggers, their symptoms, prescribe treatment and help you feel healthy.

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Some folks call the Extension office about “gnats,” but to an entomologist, a group of small flies (adult flies and very small flies) have two wings which place them in the order Diptera.

To reproduce, all flies require moist, organic matter for their larvae to breed in, and each species has a definite breeding preference. Flies can come indoors if doors and windows are open or screens are ill-fitting, but large numbers indoors suggest they are breeding inside. The key to solving these infestations is to first identify the fly, which will give clues about what might be the breeding site. To capture small flies for identification, hang sticky fly tape above the area where you are seeing them. It is inexpensive and readily available.

**Control involves location and elimination of breeding sites.**

Insecticides are rarely helpful.

The most common small fly infestations found indoors are:

- Drain flies (also called moths flies, filter flies or sewage flies).
- Fruit flies (also known as pomace or vinegar flies).
- Phorid flies (also called “scuttle flies,” humpback flies or coffin flies...ick!).
- Fungus gnats

**Drain Flies (Psychodidae)**

These grayish-brown flies often hover over the sink or bathtub drain. Under magnification, they look similar to tiny mosquitoes and have two wings which places them in the order Diptera. Drain flies require high humidity (70-80 percent) to reproduce.

Clean surfaces weekly with a damp cloth and HEPA filter vacuum. To reduce drain mite levels, keep humidity levels at 30 percent or less, which is dry enough to have an air conditioner or dehumidifier to keep humidity levels low. Hard surfaced floors that don’t collect dust are helpful. Specifically-made mattress encasements can be installed on mattresses and help reduce dust mites in bedrooms.

**Common fruit fly (above: magnified) (right: approximate size)**

In 2008, the spotted winged drain fly (Drosophila suzukii) was found in the western United States. It is now found in other states, including Nebraska. Like D. melanogaster, SWD has red eyes. The males are easy to identify because they have a single dark spot on each wing. Female SWD have serrated ovipositors that can cut into healthy fruit to insert eggs. This species, native to Japan, can be especially damaging to stone fruit (plums), blackberries, blueberries, cherries and strawberries, some varieties of grapes and other fruits.

**Control:** Fruit flies are best controlled by discarding overly ripe fruit or placing it in the refrigerator. Check for rotting tomatoes, onions and potatoes. Wash soft drink or beer bottles and cans before putting them in recycling bins to eliminate these areas as potential breeding sites. To reduce fruit flies in home gardens, discard overly ripe fruit and vegetables throughout the growing season. Because D. melanogaster is attracted to CO₂, a simple, inexpensive, yeast trap will catch fruit flies. For directions, go to “Managing Fruit Flies: Make Your Own Trap” online at http://lancaster.unl.edu/pest/resources/fruitflytrap.shtml.

**Fungus Gnat (Fungivoridae and Sciaridae)**

Fungus gnats are small, dark, delicate-looking flies with slender legs and long body. They’ll be near potted plants and may hop across the soil surface. Fungus gnat larvae feed on fungi in the top two to three inches of soil. The life cycle is from three to four weeks at room temperature.
UNL Grassland Studies Fall Seminar Series

The University of Nebraska–Lincoln’s Center for Grassland Studies is in its 19th season of annual fall seminar lecture series. The seminars, which may be taken for academic credit and are also free and open to the public, are held most Mondays during the fall semester from 3-4 p.m. at the Nebraska East Union (see kiosks for location). The remaining 2013 dates are listed.

• Nov. 11 — “Why Certified Seed?” Steve Knox, secretary/manager, Nebraska Crop Improvement Association
• Nov. 18 — “Learning from the 2012 Niobrara Fire,”* David Weisn, professor, School of Natural Resources, UNL, and 2013 UNL/TNC/NET Summer Interns
• Nov. 25 — “Buffalograss Defense Response to Bliusus Ocellatus Feeding, Chinch Bug Solitary Gland Morphology and the Role of Saliva in Mediating Plant Insect Interactions,” Crystal Ramm, graduate student, Department of Entomology, UNL
• Dec. 2 — “Sivopastures: A Cause of Range Wars or Peace in the Valley,” Richard Straight, technology transfer lead, USDA National Agroforestry Center
• Dec. 9 — “Importance of Pollinator Habitat and How It Fits in a Grassland Ecosystem,”* Pete Bertheisen, director of habitat partnerships, Pheasants Forever Inc., and Quail Forever

 Each year, Nebraska’s Natural Resources Districts (NRDs) sell tree and shrub seedlings for windbreaks, erosion control, wildlife habitat and other conservation purposes. Each NRD runs its own planting program. You must contact your local NRD to order seedlings. Their forestry staff can help you with a planting plan and offer suggestions on which species would be best suited to your needs.

Most of Lancaster County is part of the Lower Platte South NRD, 3125 Portia St., PO Box 83581, Lincoln, NE 68501; 402-476-2729, www.lpsnrnd.org.

Garden Guide

Source: Nebraska’s Natural Resources Districts

 minimizing traffic on a frozen lawn to reduce winter damage. Inspect trees and shrubs for bagworm capsules. Remove and destroy them to reduce next year’s pest population.

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

Check fruits, vegetables, corns and tubers you have in storage. Sort out any that show signs of rot and dispose of them.

Clean power tools of all plant material and dirt. Replace worn spark plugs, oil all necessary parts and sharpen blades. Store all tools in their proper place indoors, never outdoors where they will rust over the winter.

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

Be sure not to store apples or pears with vegetables. The fruits give off ethylene gas which speeds up the breakdown of vegetables and will cause them to develop off-flavors.

African violets do well when potted in small pots. A good general rule is to use a pot one-third the diameter of the plant. Encourage African violets to bloom by giving them plenty of light. They can be in a south window during dark winter months. They bloom beautifully under fluorescent lights.

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

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

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

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

House plants with large leaves and smooth foliage such as philodendrons, dracaena and rubber plant, benefit if their leaves are washed with a damp cloth to remove dust.

A home weather station that includes a minimum-maximum thermometer, a rain gauge and a weather log is a good gift for a gardener.
November

Steward & Kris Spath

Lancaster County 4-H is proud to announce Steward & Kris Spath as co-recipients of November’s “Heart of 4-H Award,” in recognition of outstanding volunteer service. The Spaths have volunteered for Lancaster County 4-H for 12 years in a variety of ways:
- Both have helped with the Stevens Creek Stairs 4-H club, helped with setup for the county fair, provided livestock for judging contest practice, provided sheep for young 4-H’ers to have an animal project, and donated to the Youth Livestock Premium Auction.
- Kris has been ringmaster at the county fair 4-H/FFA sheep show, tabulated results for the Livestock Judging Contest, was announcer for this year’s county fair Elite Showmanship Contest and provided transportation for youth to attend livestock judging contests in Kearney.
- Sward has assisted with moving livestock animals to the arena for the Livestock Judging Contest.

“We like to provide an educational opportunity for young people who are not around animals on a daily basis,” say the Spaths. “It is important for youth to understand where their food comes from. Our favorite experience as a 4-H volunteer is watching youth get excited about doing well with their projects at the county fair.”

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

Award & Scholarship Forms Due Dec. 31

Lancaster County 4-H award forms and college scholarship applications are due Dec. 31. Recipients will be announced at Lancaster County Achievement Night on Tuesday, Feb. 11, 2014. Forms are available at http://go.unl.edu/4hs and the extension office. Most online forms are provided as fill-in pdfs, which anyone with Adobe Reader can fill in, save, and print.

College Scholarships

For graduating high school seniors enrolled in the Lancaster County 4-H program, if you have questions about scholarships, contact Cole at cmueller2@unl.edu or 402-441-7180.

4-H Council — six $500 scholarships to active Lancaster County 4-H members who have excelled in their involvement with the 4-H program.

4-H Teen Council — two $250 scholarships to Lancaster County 4-H’ers who are active in 4-H Teen Council.

Lincoln Center Kiwanis — one $1,000 scholarship to an active Lancaster County 4-H’er.

Community Scholarships

Lancaster County 4-H members who have attended the 4-H Youth Protection Volunteer Screening. This is May 1 — preference given to completing the screening after January 1.

Note: Deadline is March 15.

Lancaster County 4-H Teen Council — one $500 scholarship to a high school graduate who is active in the 4-H program.

Lincoln Center Kiwanis — one $1,000 scholarship to a high school graduate who is active in the 4-H program.

Nebraska Association of County Extension Boards — there are several statewide Nebraska 4-H scholarships. Information will be posted at www.ne4hfoundation.org. Deadline is March 15.

Nebraska Association of County Extension Boards — ten $500 scholarships to Nebraska 4-H’ers. Each applicant must have exhibited his/her projects in a county fair or at the State Fair within the last four years. Lancaster County 4-H selects county finalist. Note: Deadline is Dec. 1.

Nebraska 4-H Foundation Scholarships — two $250 scholarships to Lancaster County 4-H members who have exhibited his/her projects in a county fair or at the State Fair within the last four years. Lancaster County 4-H selects county finalist. Note: Deadline is Dec. 1.

Nebraska 4-H & Youth Awards

Lancaster County 4-H members are eligible to apply for this award which is based on the number of hours of community service through 4-H. Do not include volunteer work or community service projects. Forms are available online and at the extension office.

The Nebraska 4-H Youth Protection Volunteer Screening form is due, please submit by 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.

Award Program — there are several statewide Nebraska 4-H scholarships. Information will be posted at www.ne4hfoundation.org. Deadline is March 15.

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2013 Horse Awards

The 2013 4-H Horse Awards Night was held Oct. 1. The evening recognized top achievements at the Lancaster County Super Fair and other accomplishments throughout the past year. 4-H volunteer Jeff Rawlinson was Master of Ceremonies. Strode Welding donated $1,000 to the N’Horse 4-H Club distributed program. Harmony Hill Horse 4-H Club led the Pledge of Allegiance and 4-H Pledge, and Salt Valley 4-H Club distributed scholarships. Hannah Ronnau edited the Highlights Reel (which will be posted soon at www.youtube.com/user/4HLancasterNE). Here are some of the winners. Additional winners and photos are online at http://lancaster.unl.edu/4h. Congratulations to all Lancaster County 4-H horsemen for their achievements in 2013!

HORSE INCENTIVE AWARDS

4-H’ers logged the hours they spent working or learning about horses. More hours invested, the more valuable the reward! This year, 54 4-H’ers participated. The Incentive Awards are sponsored by the Lancaster County 4-H Horse Volunteers in Program Service (VIPS) Committee. Bronze (minimum of 100 hours or points) — Brooke Bennett, Ellie Bunz, Karl Combrick, Jennifer Daharsh, Ethan Densberger, Alex Hausmann, Cyannie Heusinkveld, Sativa Klyn, Matti Larsen, Kali Maytum, Alyson Mummgaard, Grace Spaulding, Ali Wahner, Grace Wahner, Olivia Wheeler Silver (minimum of 183 hours or points) — Nicole Ackland, Brittany Albers, Chloe Brinson, Christy Cooper, Kate Cooper, Caiddi Davis, Caitlin Davis, Daini Drbal, Katerlyn Erdkamp, Emily Flanagan, Justine Gall, Megan Hansem, Grace Kim, Jordan Lebsack, Tony Masinelli, Sierra Nelson, Spencer Peters, Bailey Peterson, Nicole Pickering, Aussja Stander, Chloe Stander, Jadin Vogler, Jena Wilson, Dani Drbal, purple ribbon) — Nicole McConnell (7th place), Sarina Kyhn (8th place), Elizabeth Robinett (9th place)

HORSE COURSE CHALLENGE RESULTS

Horse Incentive Awards - Silver Level

JUDGING AWARDS

The Horse Judging Contest at the Lancaster County Super Fair emphasizes how much 4-H members know about horses as they judge four or more classes of horses. Senior division participants also give oral reasons. Buckles sponsored by Glenn Umberger’s family. Elementary Division — Clara Bradbury (1st place), Jordan Napolitano (2nd place), Kamden Svetich (3rd place), Junior Division — Jadin Vogler (1st place), Madison Sobotka (2nd place), Emma Sondgeroth (3rd place), Senior Division — Chloe Brinson (1st place), Sierra Nelson (2nd place), Allison Dembourger (3rd place), Erika Warner (4th place), Spencer Peters (5th place), Alexander Evans (6th place), Andrew Moylan (7th place), Noah Hillhouse (8th place)

HORSEMANSHIP ADVANCEMENT LEVELS

Silver Level — Brooke Bennett, Ellie Bunz, Karl Combrick, Jennifer Daharsh, Ethan Densberger, Alex Hausmann, Cyannie Heusinkveld, Sativa Klyn, Matti Larsen, Kali Maytum, Alyson Mummgaard, Grace Spaulding, Ali Wahner, Grace Wahner, Olivia Wheeler Silver (minimum of 183 hours or points) — Nicole Ackland, Brittany Albers, Chloe Brinson, Christy Cooper, Kate Cooper, Caiddi Davis, Caitlin Davis, Daini Drbal, Katerlyn Erdkamp, Emily Flanagan, Justine Gall, Megan Hansem, Grace Kim, Jordan Lebsack, Tony Masinelli, Sierra Nelson, Spencer Peters, Bailey Peterson, Nicole Pickering, Aussja Stander, Chloe Stander, Jadin Vogler, Jena Wilson, Dani Drbal, purple ribbon) — Nicole McConnell (7th place), Sarina Kyhn (8th place), Elizabeth Robinett (9th place)

HORSE COURSE CHALLENGE RESULTS

The Horse Course Challenge is a Lancaster County Super Fair 4-H contest. Study material is based on the online horse course. Elementary Division (everyone who took the test received a purple ribbon!) — Aussja Stander (1st place), Chloe Hansen (2nd place), Katherine Mayer (3rd place), Madeleine Polk (4th place), Emmy Deamournt (5th place), Ellie Bunz (purple), Kieran Burkey (purple), Kali Maytum (purple), Sydney Schlegler (purple) — Brian Vogler made the leather nosebands on the halters

ALL-AROUND BARRELS

Franklyn Manning Family Trophy for fastest time in the Lancaster County Super Fair 4-H Barrel racing competition — Nicole Finkner (her time was 57.370)

ALL-AROUND TRAIL

Dick and Cookie Confer Top Trail Award for all-around champion of the Lancaster County Super Fair 4-H Trail obstacle class — Bailey Peterson

ALL-AROUND RANCH HORSE

Horse Incentive Awards - Gold Level

ALL-AROUND COWBOY/COWGIRL

Three age division awards for Lancaster County Super Fair All-Around Cowboy/Cowgirl are sponsored by Brian and Shannon Vogler. Elementary — Hadley Tast (horse "Katie") Junior — Elizabeth Robinett (horse "Sassy Sadie") Senior — Haylie Pointer (horse "Doc’s Real Playbo"

ALL-AROUND CHAMPION

Wilhelmina Wittstruck Memorial Award for Lancaster County Super Fair All-Around Champion Individual — Madison Sobotka

THE NEW YORK TIMES

Special guest Tim Miles, Head Coach of Nebraska Men’s Basketball, spoke to 4-H families about following your dreams and focusing on NBA — your "Next Best Action."
How Couples Can Ensure a Meaningful and Happy Life Together

The following is excerpted from University of Nebraska-Lincoln Extension NebrGuide "Getting Connected, Staying Connected: Communication Together for a Meaningful and Happy Life Together" (G2143) written by a team of Nebraska Extension Educators. The entire NebrGuide is online at www.anrpubs.unl.edu/sendIt/g2143.pdf.

There have been innumerable studies of how couples and families successfully manage the stresses they face in everyday life together and how they endure severe crises when they arise. These very specific approaches to living ensure that couples and families do not create problems for themselves, and also work well together to minimize the difficulties they face when the world thrusts problems upon them.

Strong families and happy couples look for something positive and focus on it. For thousands of years, humans have sought to enjoy life together in a period of crisis in their life, they look for something positive and hold onto it, even when it means reframing the situation. People seek to look at the situation in a different light, from a different angle, in order to find the joys of helping him rise above the difficulty he was facing.

**Strong families and happy couples pull together rather than pull apart.** Strong families don’t see a problem as an individual’s problem; they see it as a challenge for everyone and a reason for everyone to work together. When the young wife said to her very troubled husband, “Everything that happens to you happens to me,” she meant that she shared his pain, and her distress added to the joy of helping him rise above the difficulty he was facing.

Strong families and happy couples pull together rather than pull apart. Strong families don’t see a problem as an individual’s problem; they see it as a challenge for everyone and a reason for everyone to work together. When the young wife said to her very troubled husband, “Everything that happens to you happens to me,” she meant that she shared his pain, and her distress added to the joy of helping him rise above the difficulty he was facing.

**Strong families and happy couples are wise enough to look for help from others when they need it.** They understand that some problems are much bigger, more difficult, and require aid from outside. They find help from a variety of sources: from their spouse, their parents, their children, extended family members, supportive friends, neighbors, co-workers, members of their church or synagogue, and professionals in their community.

**Strong families and happy couples listen to each other and talk with each other.** When hard times come, they talk to each other and open up and share their thoughts and feelings. Nothing good can happen if couples are not open about the things they feel and the things they think. Audios, and counselors often comment that “Anything mentionable is manageable.” Meaning that if you can find the courage to talk about something, you can find the strength and ingenuity to deal with it.

**Strong families and happy couples keep things in perspective.** All of us will have a very kind, old gentleman. “If Grandpa John could get through all of these things and survive and be a kind and smiling man, I certainly can.”

Strong families and happy couples adopt new roles in a flexible manner. In a difficult situation, each member of the family steps forward and does what needs to be done. The family’s problems will not be solved by one individual, but need to be solved by all working together.

**Strong families and happy couples know how to compartmentalize their worries and pain.** In a critical time, it is often necessary to set one’s worries and sadness aside for a time and focus on basic survival.

**Strong families and happy couples eat well, exercise, love each other, get adequate sleep, and nurture their spirit.** In stressful times we often make the mistake of working harder rather than being wiser. Difficult times in life are debilitating physiologically and emotionally, and the no-pain-no-gain approach is not the answer. Pushing-pushing-pushing leads to physical and emotional breakdown, pure and simple.

**Strong families and happy couples create a life full of meaning and purpose.** Everyone faces severe crises in life. Some crises can be avoided, while others are inevitable. To be best prepared for these hard times that will hit us all, it is important to be creating a useful life of service in our family and community. This brings a richness and dignity to our lives. It strengthens us and gives us hope during the troubles we are forced to endure.

**Strong families and happy couples actively meet challenges head-on.** Troubles are like cars. They don’t usually fix themselves. But oddly enough, people often waste a lot of time thinking that health problems, money problems, relationships problems, whatever problems they face, will somehow fix themselves. Though on rare occasions this seems to happen almost magically, most problems need active intervention. Couples need to work together with confidence to meet the difficulties they face.

**Strong families and happy couples know how to go with the flow to some degree.** In the face of many crises in life, human beings are relatively porous and resilient. Losses are so great and the challenge is so daunting that a family or couple may recognize that they will not be able to resolve the crisis.

In light of these overwhelming disasters that we are sometimes forced to confront, we must learn to simply, “Let go, let God.”

**Strong families and happy couples are prepared in advance for the challenges in life.** The future — to something much greater and the challenge is so overwhelming to grow is not the present. And family and couple relationships. As parents, nurturing the quality of strong families as well as the quality of relationship as well as how to prepare them for challenges in their own adult relationship.

**Strong families and happy couples know how to laugh and they know how to cry.** The realization of the quality of strong families is that they are fun-loving. Couples and families who enjoy life together enjoy a good laugh. They don’t laugh at each other or at other people. They laugh at the whole life and all of its events. It is not the non-demonstrations of a person’s good sense of humor; rather, they are evidence of anger and bitterness. Strong families and happy couples relationships laugh with each other about life’s crazy twists and turns. And they are not afraid of tears, which cleanse the body of stress-related biochemicals, giving them a purpose, a feeling of genuine relief.

**Strong families and happy couples do not blame others for their fate.** They do not react to crises as victims. They don’t spend their time trying to blame others. If only he/she had done this or tried that…. Instead, they work with others to build a more satisfying world for all by taking responsibility for their own actions.

**Strong families and happy couples take life’s challenges one day at a time.** One woman who was in very desperate circumstances after her daughter died, said that for a while, she literally took life one minute at a time.” It was hard even to breathe. I was so broken.”

**Strong families and happy couples realize that suffering can be a catalyst for positive personal change.** By definition, is a turning point.

**Strong families and happy couples view life spiritually with the grand procession of life.** Strong couples and individuals are fully aware that as individuals, we are very small, really quite insignificant, and really very porous to the flow of things. But we are all connected — the past, the present, and the future — to something much bigger and more important: life itself.
Nebraska Lecture on Anti-Bullying, Nov. 7

"Creating a Kinder World: Empowering Youth to End Bullying," is the subject of the fall Nebraska Lecture on Thursday, Nov. 7 at 3:30 p.m. in the fall Nebraska Lecture on Anti-Bullying in partnership with the Osher Lifelong Learning Institute.

For more information or to view the live webcast, go to http://research.unl.edu/nebrakalectures. An archived video of this presentation will be available approximately one week after the event for later viewing.

Susan Swearer will discuss how to develop prevention and intervention approaches that empower youth to make positive choices. A national expert on the issue, Swearer presented her research at a 2011 White House bullying prevention conference and currently serves on the research board of the Born This Way Foundation founded by pop singer Lady Gaga and her mother, Cynthia Germanotta.

Swearer’s lecture, part of The Nebraska Lectures: Chancellor’s Distinguished Lecture Series, is sponsored by the UNL Research Council, Office of the Chancellor and the Office of Research and Economic Development.

The Nebraska Lecture is free and a reception will follow.

1400 R St., Lincoln. The lecture is Thursday, Nov. 7 at 3:30 p.m. in the Lancaster Education Center and is free and a reception will follow.

Connect, Learn and Share! UNL Extension in Lancaster County

http://go.unl.edu/media

The Nebline

Tie N’rines is published monthly (except December). Mailed to more than 12,000 households in Lancaster County and can be read online at http://lancaster.unl.edu/nebline. The Nebraska Library Commission’s Talking Book and Braille Service records Tie N’rines for individuals with visual or physical disabilities or a reading disability who faces a visual or physical print. For more information, go to www.blc.nebraska.gov/bls or call 402-471-4038 or 800-742-7691.

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Mail Subscriptions

Subscriptions to Tie N’rines via mail are free to Lancaster County residents. To order, send the form below, and address the form to Nebraska Extension in Lancaster County, 444 Cherry Creek Road, Suite A, Lincoln, NE 68528.
Ak-Sar-Ben 4-H Expo Results

The 86th Ak-Sar-Ben 4-H Stock Show was held in September at the CenturyLink Center in Omaha. The Ak-Sar-Ben 4-H Horse Show was held in September at the Lancaster Event Center in Lincoln. More than 2,000 4-H families from an eight 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, dairy steers, and horse. Below are the Lancaster County 4-H purple ribbon winners (rabbit results not available as of press time).

Complete results are at www.rivercityrodeo.com.

Morgan Chippis Horse - Sr English Showmanship

Peyton Goracke Feeder Calf Steer - Overall (Reserve Champion)

Grace Kim Horse - Sr English Equitation (Reserve Champion)

McKenzie Beach Horse - Jr Western Horsemanship

Nicole McConnell Horse - Sr Western Horsemanship

Kate Rawlinson Horse - Premiere Exhibitor (Champion)

Anna Heusinger Horse - Sr Barrels

Peyton Goracke Feeder Calf Steer - Overall (Reserve Champion)

Cole Cooper Market Lamb

Kate Rawlinson Horse - Premiere Exhibitor (Champion)

Grace Kim Horse - Sr English Equitation (Reserve Champion)

Morgan Chippis Horse - Sr English Showmanship

Cassie Meyer Dairy

McKenzie Beach Horse - Jr Western Horsemanship

Cassie Meyer Dairy

Modelyn Scott Market Lamb - Showmanship (3rd overall)

Riley Scott Market Lamb - Showmanship (5th overall)

Be a Master Gardener!

2014 Training for New Master Gardener Volunteers in Lancaster County Begins in February. Please Join us!

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

Upcoming Green Industry Conferences

**NEBRASKA TURFGRASS CONFERENCE**

**JANUARY 7–9**

**NEBRASKA TURFGRASS ASSOCIATION**

Location: Embassy Suites Omaha-La Vista/Hotel & Conference Center, La Vista, NE

402-472-8973 • www.nebraskaturfgrass.com/events/nebraska-turf-conference

**GREAT PLAINS GROWERS CONFERENCE**

**JANUARY 9–11**

**A CONFERENCE FOR BEGINNING & SEASONED GROWERS**

Hosted by Extension Services; Vegetable Growers’ Associations of MO, KS, NE, IA & SD, and the Mid-America Fruit Grower’s Association

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

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

- Jan. 9 workshops: High Tunnels, Honey Bees, Fruit, Soil & Irrigation

Contact Buchanan County Extension Office

816-279-1691 • www.greatplainsgrowers.org

**NEBRASKA GREAT PLAINS CONFERENCE**

**JANUARY 16–17**

**NEBRASKA ARBORISTS ASSOCIATION AND NEBRASKA NURSERY & LANDSCAPE ASSOCIATION**

Location: Cornhusker Hotel, Lincoln, NE

402-476-3865 • www.nearborists.org • www.nnla.org

Gardening at Lunch Webinar Series

Learn about various aspects of gardening from UNL Extension experts. Join us for an exciting “Gardening at Lunch” webinar series, right from your desk at work or home. During each program you can listen and interact with the speakers. You will need a computer with Internet access and sound to participate.

Cost is $10 per program. Must pre-register for each program at http://marketplace.unl.edu/extension (click on Educational Programs).

Webinars are held Tuesdays, 12:05–12:55 p.m.

- **Nov. 5: Fall Invading Insects** — Learn what insects may invade your home, how to identify them and how to control them if they do become a problem in your home.
- **Feb. 4: Small Fruits** — Learn about Saskatoon berries, Honeyberries, Aronia berry, Elderberry, Cornelian cherry and bush cherries.
- **March 4: For The Birds** — Experience the sights and sounds of Southeast Nebraska birds along with Nebraska bird research results.
- **April 1: 8 Steps to a Better Lawn** — Learn the eight essential steps to manage or improve your existing lawn.
- **May 6: Gardening for Pollinators** — Learn all about pollinators and their benefits.