NEBLINE, October 2014

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Quick and Easy Snack Ideas

**JUICY SNACKS**
- oranges
- tangerines
- grapefruit
- plums
- peaches
- apricots
- pears
- strawberries
- raspberries
- blueberries
- grapes
- cantaloupe
- honeydew
- watermelon
- pineapple
- apples
- tomatoes
- fruit juice popsicles

**CRUNCHY SNACKS**
- carrot sticks
- broccoli
- cauliflower
- brussel sprouts
- cabbage

**CRUNCHY SNACKS**
- peanuts (school-age and older)
- almonds (school-age and older)
- sunflower seeds (school-age and older)
- pepitas (school-age and older)
- enenriched cereals
- baked tortilla chips
- pretzels

**TUMMY-FILLING SNACKS**
- yogurt — plain, with dried fruit or berries
- cottage cheese — plain, with pineapple or mango
- carrots — with milk and fruit
- whole grain bread and crackers — toasted, with cottage cheese, cheese or fruit
- hard boiled eggs — with 100% fruit juice

**ZEBRA CUPS**
(Makes 8 servings)
1. In a medium bowl, pour 2 cups milk and 1/2 cup chocolate crispy rice cereal
2. In each cup, pour 1/4 cup chocolate sugar-free pudding
3. Top with 1 tablespoon chocolate or graham crackers
(Makes 8 servings)
1. Mango, peeled and cut in cubes or frozen mango chunks
2. (15 ounce) can black beans, drained and rinsed
3. (11 ounce) can whole kernel corn with peppers, drained
4. 1/2 cup cut-up fresh cilantro
5. 1 (11 ounce) can whole kernel corn with peppers, drained
6. 1/2 cup cut-up fresh cilantro
7. 1 (15 ounce) can black beans, drained and rinsed
8. 1/2 cup cut-up fresh cilantro
9. 1 (11 ounce) can whole kernel corn with peppers, drained
10. 1/2 cup cut-up fresh cilantro

**BLACK BEAN SALSA**
(Makes 16 servings)
1. Mango, peeled and cut in cubes or frozen mango chunks
2. (15 ounce) can black beans, drained and rinsed
3. (11 ounce) can whole kernel corn with peppers, drained
4. 1/2 cup cut-up fresh cilantro
5. 1 (11 ounce) can whole kernel corn with peppers, drained
6. 1/2 cup cut-up fresh cilantro
7. 1 (15 ounce) can black beans, drained and rinsed
8. 1/2 cup cut-up fresh cilantro
9. 1 (11 ounce) can whole kernel corn with peppers, drained
10. 1/2 cup cut-up fresh cilantro

**BAKED PITA CHIPS**
(Pita bread, split and cut into wedges)
1. Olive oil spray
2. Garlic powder
3. Oregano and Parmesan cheese (optional)
4. Mix pita bread, olive oil, garlic powder, oregano and Parmesan cheese
5. Bake in oven at 350°F

**FUN FACT:**
Every zebra has a unique stripe pattern just like human fingerprints.
So Many Ways to Connect to UNL Extension’s Food Resources

**WEB SITE, BLOGS, E-NEWSLETTERS**

http://food.unl.edu

**EXTENSION EDUCATOR & UNIT LEADER**
Gary C. Bergman
ADMINISTRATOR/ASSISTANT
Jenny DeBuhr

**EXTENSION EDUCATORS**
Lorene Bartos, Sarah Browning, Maureen Burson, Alice Henneman, Karen Wobig

**EXTENSION ASSOCIATES**
Mary Abbott, Tracy Anderson, Soni Cachran, Marty Cruickshank, Mary Jane Frogge, Mardel Meineke, Donna Ron-Wilford

**EXTENSION ASSISTANTS**
Terry Hsuva, Vicki Jedlicka, Cole Meedor, Kristen Housek, Emily Schuckman, Jen Wiss, Jessica Wolter

**EXTENSION TECHNOLOGIST**
David Smith

Support Staff
Pam Branson, Deanna Covault, Karen Evyco, Ronnie Robertson, Chris Rosenthal, Karen Wedding

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**The NebrLine**

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So Many Ways to Connect to UNL Extension’s Food Resources

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

- Most of us do it at least three times a day — EAT! Food is a major part of our lives.
- University of Nebraska–Lincoln Extension’s Food Team is comprised of specialists, educators and assistants statewide who provide educational programming on nutrition, food safety and physical activity. Extension’s resources are research-based and practical for use in people’s daily lives.
- Many of the Food Team’s resources are easy to connect with — and share — through its centralized website, social media and apps.

**Food Resources**

- **Food Safety for Families**
- **Easy, Healthy Everyday Recipes**
- **Canning and Freezing**
- **Seasonal Cooking**

**WALNUT TRAIL MIX**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>California walnut halves</td>
<td>2 cups</td>
</tr>
<tr>
<td>Dried cranberries</td>
<td>1 cup</td>
</tr>
<tr>
<td>Dried apricots</td>
<td>1 cup</td>
</tr>
<tr>
<td>Goji or acai berries</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Sunflower seeds</td>
<td>1 cup</td>
</tr>
<tr>
<td>Walnuts (optional)</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Dried goji berries</td>
<td>1/2 cup</td>
</tr>
</tbody>
</table>

1. Pre-heat oven to 350°F. Arrange walnuts in a single layer on a large rimmed baking sheet.
2. Bake in the center of oven until fragrant and toasted, about 8–10 minutes.
3. Let cool. In a large container, combine toasted walnuts with pumpkin seeds, dried cranberries, apricots, banana chips and goji berries (if using). Store in an airtight container for up to 5 days.

Source: California Walnut Commission. For more walnut recipes, visit www.walnuts.org

**Alice Henneman’s Tips:**
- If your store doesn’t carry all these types of dried fruits, use more of one of the other dried fruits or substitute a different dried fruit.
- Sunflower seeds may be substituted for pumpkin seeds.
Halloween Safety Tips

When trick-or-treating is a family event, safety is important. Here are tips to ensure a fun and safe celebration for all:

- Plan a route with your child in mind. Choose a route that is safe and well-lit.
- Wear reflective or light-colored costumes to be visible at night.
- Use flashlights or lanterns instead of candles for a safer alternative.
- Stay on sidewalks and avoid crossing streets without a crosswalk.
- Be aware of traffic and don't run or dart in and out of traffic.
- Have a planned meeting spot in case someone gets lost.
- Make sure to keep candy in a safe place to prevent accidental choking.
- Be aware of any potential allergens in the treats your child might be given.

Family Cell Phone Rules

It’s decided; your child has a cell phone. So, what happens next? My suggestion is — for a family meeting to set ground rules. Sit down together and go over how and when the phone will be used. Will there be a phone contract? Maybe. Will it make a difference? Yes.

Limits are a good place to start. Depending upon your family phone plan, the minutes may be set or unlimited. Even if you have unlimited minutes, do you want your child on the phone all the time? Talk about what happens when he exceeds the set number of minutes or texts. Who will pay for it? Does she know how to keep track?

Tips for Time Management

Have the demands for your time increased? Guess what — we still have the same 24-hours each day to complete tasks we have on a list or in our minds. Does housework and upkeep seem to be stressful at times? Stop, take a deep breath and respond.

- Can’t send texts or post messages after bedtime if I support a rule of “no after hours” phone use.
- Think role model! Teaching your child how to use a cell phone will be much like as basic as teaching him how to make a bed. Perhaps not too exciting but ground rules will help prevent continuous conflict.

Some of the rules are simple:

1. Are there times and places the phone needs to be turned off? Examples might be: classroom, meals, bedtime, restaurants, religious services, while driving (teens).
2. Is there a time you need to follow the same limits? Kids see how their parents use cell phones and mimic the behavior.
3. If I want my grandchildren to carry on a conversation during a meal, I have to silence my phone when I ask them to do the same.
4. When I’m driving and my child or children are with me, I must ignore calls and texts or pull off the road to drive safely.

Enjoy Halloween activities with your family and friends. When choosing treats, consider giving healthy snacks or items such as pencils, stickers, small toys, etc.

Halloween is a time for family, home/yard/car, job, community and friends. This will help you prioritize activities. Plan “one-on-one” time with each family member. This will help you manage your time better.

Community Time — Community involvement is important for everyone. When deciding how to be involved and when volunteer activities to participate in ask yourself: “Do I enjoy this activity? “Do” this activity help you meet personal goals?” If you answer “yes” then you will find time to be involved. You have a weekly family meeting to coordinate calendars and plan events and activities. Plan “one-on-one” time with each family member.

Personal Time — Work to balance your time between work, family, play, rest and relaxation.

Friend Time — Schedule time with friends. This will help you maintain a balance between work and play.

Job Time — Arrive at work earlier or leave later to find important time. Keep only one calendar — include both work and family obligations. Remember to block out time for your priority activities, personal as well as job. Review the next day’s work before you leave for the day. Plan for “transition” time, this may include running errands, picking up children from daycare or the unexpected task of being done on the way home.

An AARP Smart Driver™ Course will be presented in Lincoln as a one day session on Friday, Nov. 14, 9 a.m.—1 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. A certified AARP instructor will teach the driving refresher course. This is a new, research-based Smart Driver class for older adults, extensively revised from previous versions. Sign up for the class by calling 402-441-7180. Those attending are encouraged to arrive a few minutes early to complete check-in and registrations procedures. The cost is $15 for AARP members and $20 for non-members, payable at the door. Payment by check or cash (the exact amount is helpful) is required — credit/debit cards are not accepted. All participants must bring their driver’s license and AARP are required to also bring their ID cards and number.

In this class you will learn driving strategies which encourage confidence and safer driving, including:
- defensive driving techniques,
- new traffic laws and rules of the road,
- how to deal with aggressive drivers,
- techniques to safely handle driving situations, such as left turns, right-of-ways, and blind spots, and
- how to make the best use of safety features found in most vehicles.

There is no 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, call 1-888-227-7669 or go to www.aarpsmartdriver.org.
**Freeze Effects on Forages**

Bruce Anderson  
**UNL Extension Specialist**

When plants freeze, changes occur in their metabolism and composition that can poison livestock. But you can prevent problems. Sorghum-related plants, like cane, sudangrass, shattercane and milo can be highly toxic for a few days after frost. Freezing breaks plant cell membranes. This breakage allows the chemicals that form prussic acid to mix together and release this poisonous compound rapidly. Livestock eating recently-frozen sorghum can get a sudden, high dose of prussic acid and potentially die. Fortunately, prussic acid soon turns into a gas and disappears into the air. So wait 3–5 days before you harvest frozen sorghum. It turns into a gas and disappears into the air. So wait 3–5 days after a freeze before grazing sorghum; the chance of poisoning becomes much lower.

Prussic acid is a gas made of hydrogen cyanide. Livestock can inhale it if they breathe it in. The gas turns into a liquid and makes the animal sick. This breakdown allows the chemicals that form prussic acid to mix together and release this poisonous compound rapidly. Livestock eating recently-frozen sorghum can get a sudden, high dose of prussic acid and potentially die. Fortunately, prussic acid soon turns into a gas and disappears into the air. So wait 3–5 days after a freeze before grazing sorghum; the chance of poisoning becomes much lower.

Prussic acid reacts two ways. It can be a hard freeze. When temperatures drop down to 20°F — cold enough to wilt, nitrate levels increase. So freezing makes alfalfa more likely to cause bloat for a few days after the frost. Then several days later, after plants begin to wilt or grow again, alfalfa becomes less likely to cause bloat. So waiting to graze alfalfa until well after a hard freeze is a good, safe management practice.

Frost can cause important changes in forages so manage them carefully for safe feed.

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**Managing Resistant Weeds**

Paul C. Hay, Extension Educator  
**UNL Extension in Gage County**

Plants are adaptable to the environment and the conditions they grow up with. I remember when I first grew alfalfa, my prowess in identifying trees had to be adjusted. The bark and general appearance of many tree species is different in Nebraska than in my home state of Michigan. The champion Nebraska sugar maple tree is located in Auburn. It is 56 feet tall. There are seven sugar maples in our front yard on the farm in Michigan which are 56 feet to the first limb. Any of those trees would make the Nebraska champion look minute.

When we try to fool Mother Nature, she has a way of having the last word. The glyphosate-resistant weeds we are encountering are just the latest examples. Roundup-Ready corn and soybeans were the first glyphosate-resistant weeds (a crop variety is a special treatment — growing in other crops). Marestail or horseweed was the first to get our attention and has been followed by giant ragweed, common ragweed, kochia, common water-hemp and Palmer amaranth. Seed collected from Gage County fields as part of the University of Nebraska extension testing program include marestail, giant ragweed, common ragweed and common water-hemp. The results of these studies make it very clear that glyphosate (Roundup used as high as 32 times the normal application rate do not achieve adequate control of these weed species. You cannot expect control from glyphosate regard-less of the rate of application. Resistance develops when we apply the same herbicide, with the same mode of action, repeat-edly in a given field. Planting glyphosate-resistant soybeans and glyphosate-resistant corn in rotation gives a huge advantage to any resistant biotype to be successful in producing resistant seed. Even if the genetic resistant event is one in a million plants, the weeds can rapidly bury the crop in weeds.

Weed control in glyphosate-tolerant crops was way overused reliance on the method. Now we have to move forward to management systems which will follow the gaps. Crop rotation is very positive. Wheat grows in another season and has a quite different weed community. We could also consider non-Round-up-Ready corn and soybeans. Some weeds will quickly reduce resistance levels because the resistant types are at a distinct disadvantage in vigor and seed production.

A new Mode of Action numbering system helps farmers and consulting agronomists mix and match herbicide programs to reduce and control resistant weeds. At the same time, watch selections to crop rotation needs. Combining use of fall applications for winter annual weeds, like marestail, with spring burndown, early pre-plant and post planting applications of herbicides helps control weeds.

One thing is very clear in looking at the results of herbicide resistance testing programs — the timing of applica-tions is critical to control. We have gotten a lot of good results by using glyphosate covered up a lot of our poor timing applications — that is a thing of the past.

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**Is Your Dog Prepared for Winter?**

Sometimes in winter, dogs make mistakes in the house instead of asking permission to go outside. Because of the cold and snow, many dogs, especially toy breeds, “forget” their training. If you are a pet owner with this problem, re-emphasize housebreaking training by taking your dog outside frequently; if possible, first thing in the morning, last thing at night and once in between. Do not wait for your dog to ask permission.

Provide Cold Protection  
When you are walking your dog, make sure it is protected against the cold and snow. Smooth-coated dogs begin to chill when the temperature is below 45°F. If you observe your animal shivering, consider providing him with a dog coat. Salt or other chemicals are frequently used for de-icing roads and sidewalks during this time of the year. These de-icers can cause your dog’s paw pads to become sore and even crack. Therefore, it is a good idea to wash your dog’s feet with warm water to remove any residues and to dry them well after walking. As a general rule, outdoor dogs become adapted to the climates they live in. Make sure you provide adequate food, water and shelter so they can get along well in the cold.

Provide a well-insulated doghouse. The house needs to be clean, dry and small enough to hold the dog’s body heat but provide enough space for your dog to stand up, turn around and lie down effortlessly. Protect the house from wind, insulate the floor from the frozen ground, and place it in a sunny location. Do not use blankets and linens as bedding because they trap moisture and become uncomfortable. Clean hay or straw is a better choice for bedding. Smell the hay to make sure it is fresh. You should smell like dried grass clippings.

If temperatures are extremely cold or you observe your animal shivering, be aware of additional precautions to make sure your animal is comfort-able and will not end up with hypothermia (body temperature below the normal temperature) or frostbite (the death of tissue in the extremities). In extreme weather it may be necessary to bring your outside dog indoors.

**Watch Their Diet**

Dogs require more to eat during colder weather to help keep their bodies warm. Also, increased eating is an instinctive behavior of survival adding an extra layer of fat in their bodies to better insulate and protect them against the cold.

An indoor dog does not need extra food because they tend to exercise less and they don’t have to worry about eating off other environmental temperatures. Outdoor dogs may receive some extra food but don’t overfeed them. Otherwise they will need an exercise diet regimen to slim their waist and control their weight.

Dogs need fresh water available to them all day. Twice daily water bowls isn’t enough. If your dog lives outside, consider using a heated water bowl.

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**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. 18**  
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 schedule or to register, go to [casnr.unl.edu/openhouse](http://casnr.unl.edu/openhouse)  
*Please register by Oct. 10. No charge to attend.  
402-472-4445*
Potatoes Turning Green

Whether store-bought or homegrown, potatoes will turn green when they are exposed to light. Most people know that they should not eat potatoes that have turned green, or at least cut away the affected portion. But it is not actually the green color that is the problem.

The green color comes from the pigment chlorophyll, produced as a response to light. The potato tuber that we eat is actually a modified stem structure that grows underground. The “eyes” of the potato tuber are buds, which will sprout into shoots.

Chlorophyll itself is not toxic; however, another response of the potato tuber to light exposure is increased production of a colorless alkaloid called solanine. The amount of solanine increases with the length of exposure and the intensity of light. Consuming a large quantity of solanine can cause illness, or even death in extreme cases. However, most people are not likely to eat enough of the affected tissue to cause illness, because of solanine’s bitter taste.

The highest concentration of solanine is in the skin of the potato; removing the green portion will also remove most of the toxin. Sprouts of the eyes are also high in solanine and should be removed before cooking.

Potatoes will turn green when growing too close to the soil surface, as well as when stored under lighted conditions. The recommendations to mound potatoes in the garden and store harvested potatoes in complete darkness will prevent your potatoes from turning green.

Source: Purdue Extension

Tiny Bugs with a Big Bite!

Soni Cochran
UNL Extension Associate

Minute Pirate Bug
If you’ve been outdoors and felt a “pinch,” look down. Do you see a tiny black dot on your skin? It is most likely a minute pirate bug. We’ve lived with them all summer without a notice, but beginning late summer and throughout fall, these tiny bugs have the unpleasant behavior of biting humans!

The minute pirate bug, Oria triangulata, is about 1/8-inch long, oval to triangular in shape, somewhat flattened and has black with whitish markings on the back. Minute pirate bugs are beneficial predators. They feed on insect eggs and small insects including thrips, aphids and spider mites. They are also reportedly predators of corn earworms in cornfields.

So why are their bites so painful and why humans? Minute pirate bug bites are painful because they are impaling their prey with their short blunt beak and suck out the juices. It isn’t clear why they bite humans. These bugs don’t feed on human blood or inject a venom or saliva. Some suggest humans are a target in fall because there just isn’t enough prey available for the minute pirate bugs. As for the painful bite, it is caused by their blunt beak which is very unforgiving!

People have different responses to the bites. Some people have no reaction while others have bites that swell like a mosquito bite and turn red. After biting, minute pirate bugs don’t fly away quickly. You’ll have plenty of opportunity to smash the tiny biter!

Control of minute pirate bugs is not recommended, nor is it practical. If you are being bitten, try applying baby oil or suntan oil liberally to the skin. The oil may prevent some bites by coating the bugs with oil. Repellents are generally not effective. Wearing dark clothing and covering up is helpful.

Hackberry Lace Bugs
If you have hackberry trees in your neighborhood, you are probably familiar with hackberry lace bugs. Hackberry lace bugs are about 1/8-inch long and have a lace-like appearance. Lace bugs feed by sucking juices from the leaves.

In fall, these bugs sometimes drop out of trees and onto people. They will give you a slightly painful bite. It is a nuisance bite and you won’t need medical treatment.

Control of hackberry lace bugs is not practical. Like with the minute pirate bugs, repellents also won’t be effective. Again, covering up when outdoors if the tiny bugs are biting is most helpful!

How’s the Time to Do Some “Pest-Proofing!”

Cooler temperatures signal winter is on the way. But taking a few moments now to inspect your home, you may prevent animal and insect pests from using your home as a winter hideaway.

Here’s what to look for:

• Make sure all cracks around the outside of your house are sealed. A mouse just needs a gap or crack the size of a dime to get into your home. To fill openings, use something strong like cement, mortar or caulk. Steel wool can be used as a temporary fix. Don’t try to stuff cracks with cloth rags.

• If you notice any holes or damage from rodents around your home, make repairs. Once you’ve made a repair, you can cover it with 1/4” hardware cloth to prevent rodents from chewing through again.

• Inspect your doors, windows and window screens. They should fit tightly and be in good repair. Early fall is a good time to caulk around openings.

• Do your floor drains need screens? Does your chimney need a cap? If so, ask a professional to help you select the right screen and cap.

• Inspect where the utilities and air conditioning unit enters the house. Look closely around the dryer/ stove vents. Make sure everything fits tightly and there are no gaps.

• Remove leaves and grass clippings from around your foundation. Clean out your window wells and cover them.

For More Information
Visit UNL Extension in Lancaster County’s webpages, “Insects, Spiders, Mice & More” at http://lancaster.unl.edu/pest.
4-H Rabbit Clinic, Oct. 18

A free 4-H Rabbit Clinic will be held Saturday, Oct. 18, 9 a.m.—12 noon at the Lancaster Extension Education Center, 444 Cherryjck Rd., Lincoln. The Hop and Jumps committee will provide snacks. Awards presentation includes Incentive Awards, Horsemanship Level Awards, Friend of 4-H Challenge, All-Around Awards, Herdsmanship, Top County Fair Judging Buckles and ribbons and a few surprise awards! Come help celebrate the outstanding accomplishments of the Lancaster County 4-H horsemens!

4-H Leader Training, Oct. 16

All 4-H leaders and volunteers helping with clubs and independent members are encouraged to attend the Fall 4-H Rabbit Update on Thursday, Oct. 16 at the Lancaster Extension Education Center. Attend either the 9 a.m. or 6:30 p.m. update. Training will focus on static exhibits, leadership, opportunities for 4-H members and more. This is a great opportunity to connect with other parents and leaders. You MUST preregister by Oct. 14 by calling 402-441-7180.

4-H Seeks New Council Members

Serving on Lancaster County 4-H Council is a great opportunity to support 4-H, help provide leadership, and work with a great group of people! Lancaster County 4-H Council is composed of youth (9th grade or higher) and adults working together in the interest of promoting the 4-H activities of Lancaster County 4-H. Meetings are held the first Tuesday of each month at 7 p.m. at the Lancaster Extension Education Center. Terms are three years for adults and two years for youth. Each may serve two terms. For more information, contact Tracy at 402-441-7180.

4-H Award & Scholarships Due Dec. 31

Lancaster County 4-H award and college scholarship applications are due by Dec. 31. Recipients will be announced at the 4-H Achievement Celebration on Tuesday, Oct. 15. Information and forms are at http://go.unl.edu/4has and the Extension office.

Awards

• Community Service Awards
• Nebraska 4-H Diamond Clover Program
• Nebraska 4-H Career Portfolios
• Nebraska 4-H Rabbit Awards
• Outstanding 4-H Member Award
• Outstanding 4-Her Award
• Meritorious Service Award
• Nebraska 4-H Clubs of Excellence

College Scholarships

For graduating high school seniors, go to 4-H and

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

Thank You to Volunteers

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

4-H Thanks Sponsors

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

ABC Electric
Agricultural Horticulturists - Chris Biafia & Donn Cattle
Amaco
Anders Investments Inc.
Asgen Builders - Bob Benes
Chet Asthall Memorial
Bayer Crop Science - Steve Kample
Beatrice 77 Livestock Sales
Bellehousing
Benzing Custom Home Rental (Omaha & Lincoln) - Mike & Stasya
Gary C. Bergman
Bobby Layne Orchestra/Plato/Paradise - Eugene Benes
Bridg & Duron Figle
Christopher & Sophia Bonfantino
Theresa & David Bonfantino
Brinson family
John & Sue Bulling
Capitol Rides - Brad 4H Club
Capital City Horse & Pony Club
Brian & Alicia Carlson
DuWayne & Karen Carlson
Koren Cosen & Gloria Schreiber family
Cattle Nutrition Services
Ellen Beaupless in Memory of Gordon Chapelle
Bill Chapman
Warren Chamber Family
Ron Clinch
Commercial Contractors - Jack Specht
Shelly Lydon
Dick & Connie Confer
Conrusher Bank
Conrusher Kennel Club
Council Rovers - 4 H Club
Greg Crawford
Ben Cruickshank
Marty, Steve & Katie Cruickshank
Nick Cusick and IMSCORP
Jay & Dawn Cusick
Alice Doane In Memory of Ted
Don Dierberger
Keith & Renee Dey
Andy & Suzi Dearmont
Dairy Joe’s – Dave & Kathryn Pierce
Nick Cusick & Amanda Peterson
Greg & Lynda Peterson
Amanda Peterson
Dean Peterson
Ian Neeman
Steven & Stephanie Nelson
Dwo & Vicki Nelnson Family
Robin & Dave Nore
Dawn & Gary Ossenkop
Otto & Lanee Nelson
Douglas & Sheila Garrison
Look out for the 2014 Annual Report for more information, call Bob at 402-525-8263 or Marty at 402-441-7180.
Congratulations to the Lancaster County 4-H’ers who showcased their projects at the 2014 Nebraska State Fair! Here are the Lancaster County 4-H special award, Rainbow Ribbon Recognition, and purple ribbon recipients. Complete results are online at nebraskastatefair.com.

**RAINBOW RIBBON RECOGNITION**

Rainbow Recognition awards recognize unique and outstanding items in the 4-H Exhibit Hall.

James Gries: – Aerobics & Exercise – Skill Level I
Abigail Hazard: – Clothing Level II – Make One Buy One
Lily Noel: – Horticulture – Sweet (non-bell) Peppers
Rae Ann Siew: – Sewing for You – Draw or Finish
Anna Sump: – Design Decision – Furniture or Remade
Sheridan Sweedt: – Sewing for You – Make One Buy One
Steve Wietze: – Aerospace – Display Project

**PHOTOGRAPHY SPECIAL SELECTIONS**

These photos were selected for a special display by UNL Extension and CASNR Dean’s office.

**CLOTHING SPECIAL SELECTIONS**

Portfolio Pathways – Original Watercolor Painting

Nebraska State Fair 4-H Results

Sarah Cunningham: Complete results are online

Riley Peterson: – Intermediate 7th place individual
Jackson Settles: – Reserve Champion Suffolk

- Interview Judging Contest
- Presentation Contest – Illustrated Presentation
- Photography Unit II – Composition Display
- Quilt Quest – Exploring Quilts
- Best Opposite of Breed – Holland Lop
- Reserve Champion Suffolk
- – Original Pencil or Charcoal Drawing
- – Original made from Ceramic or Tile
- – Original Pencil or Chalk Drawing

**SPECIAL AWARDS**

Sarah Cunningham: Outstanding Exhibit in “Exploring Quilts”

FOODS EVENT

Mary Dowd & Sophia Swanson: – 3rd Place Senior team
Abigail Hazard: – Clothing Level II – Make One Buy One
Lily Noel: – Horticulture – Sweet (non-bell) Peppers
Rae Ann Siew: – Sewing for You – Draw or Finish
Anna Sump: – Design Decision – Furniture or Remade
Sheridan Sweedt: – Sewing for You – Make One Buy One
Steve Wietze: – Aerospace – Display Project
Eliana Babcock: Geospatial – GPS Notebook
Lauren Frogge: Horticulture – Thyme

**4-H & Youth**

October 2014 • Page 7

**FOOD MILL**

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**CLOTHING SPECIAL SELECTIONS**

Portfolio Pathways – Original Watercolor Painting

Riley Peterson: – Intermediate 7th place individual
Jackson Settles: – Reserve Champion Suffolk

- Interview Judging Contest
- Presentation Contest – Illustrated Presentation
- Photography Unit II – Composition Display
- Quilt Quest – Exploring Quilts
- Best Opposite of Breed – Holland Lop
- Reserve Champion Suffolk
- – Original Pencil or Charcoal Drawing
- – Original made from Ceramic or Tile
- – Original Pencil or Chalk Drawing

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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
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. For more information, call Tracy Anderson at 402-441-7180.

The Egg Basket
A newly formed poultry 4-H club, The Egg Basket usually meets on the fourth Tuesday of every month. For more information, call Diane at 402-217-9302 or Bridget at 402-432-5064.

#### Rabbit Clubs
Two 4-H clubs help youth 8–18 learn all about rabbits! For information about Rabbits R Us club, call leader Mark Hurt at 402-488-0722. For information about South Prairie Wranglers’ rabbit club, call leader Laurie Bellinghausen at 402-420-2264.

#### Paws & Pals
The Paws & Pals 4-H club is open to youth ages 8–18 interested in training their dog in obedience and agility. Meets Tuesday nights. For more information, contact leader Stephanie Wachter at 402-466-2442.

### Household Pets
The Household Pets 4-H club is for youth ages 8–18 and their small animals! For more information, call 402-441-7180.

#### Star City Llama
The Star City Llama and Alpaca 4-H club is open to any youth 8–18. You can borrow or lease a llama or alpaca. Contact Cole Meador at 402-441-7180.

#### “Horseless” Horse
For youth 8–18 who love horses but don’t have a horse. For more information, call leader Peg at 402-421-8187.

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**Smart Snacking Crossword**

Test your snack knowledge by completing this crossword puzzle. See related article on front page of this issue.

**ACROSS**
1. This milk contains the lowest amount of fat.
2. You can buy these nuts shelled, unshelled, whole or chopped. They are high in unsaturated fats (the healthy fats) so enjoy in moderation.
3. This smart snack is in the milk group and is full of calcium. It comes in many different flavors.
4. This vegetable can be four different colors and is shaped like a bell.
5. You can buy these nuts shelled, unshelled, whole or chopped. They are high in unsaturated fats (the healthy fats) so enjoy in moderation.
6. Tomato
7. This fruit is made from dried grapes.
8. This vegetable can be four different colors and is shaped like a bell.
9. This vegetable can be four different colors and is shaped like a bell.
10. When drinking juice, you want it to be _____% juice.

**DOWN**
1. This fruit is fuzzy and brown on the outside and green on the inside.
2. This fruit is green on the outside and red on the inside. It has lots of seeds and is very juicy.
3. This is a vegetable nutritionally, but many argue it could be considered a fruit. It is red, juicy and packed with vitamins A and C.
4. Try to eat your healthy snack at least _____ hour(s) before your next meal.
5. This protein-packed food is yellow and white and has a shell you remove before you eat it.

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**TSC Paper Clover Fundraiser for 4-H, Oct. 8–19**

Tractor Supply Company’s fall 2014 Paper Clover Fundraiser is scheduled for Oct. 8–19. During the spring fundraiser, TSC and De’l’s stores nationwide raised $787,769 to support 4-H youth programs. Donations at the two Lincoln TSC stores brought in $389 for Lancaster County 4-H. Invite friends and family to support 4-H by donating $1 at check out when they are done shopping. 100 percent of each dollar goes to the 4-H. 70 percent of all funds collected support local and state 4-H programs.

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**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 2015.

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, 2014.

Additional information and an application can be obtained from: UNL Extension in Lancaster County, 444 Cherry Creek Road, Suite A, Lincoln, NE 68528-1367 or by calling 402-441-7180. Applications are also available online at www.lincoln.ne.gov/enty/commissions/boardapp.pdf.

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**4-H Kick Off**

Thursday, Oct. 9, 6 p.m.
Lancaster Extension Education Center
444 Cherry Creek Road, Lincoln

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

Adults Are Needed to Help Start Clubs!

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

### 4-H Kick Off

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