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The NEBLINE, October 2013

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

ADULT VOLUNTEERS are vital to the ongoing growth and development of youth in 4-H. Research shows the structured learning, encouragement and adult mentoring youth receive through 4-H helps them achieve future life successes.¹

This positive youth-adult interaction is why adult volunteers are the heart of 4-H.

Lancaster County 4-H currently has nearly 90 clubs led (or co-led) by adults. Last year, nearly 1,440 adults volunteered an estimated 22,900 total hours with clubs and other 4-H activities.²

Independent Sector values volunteer time in Nebraska at \$17.10/hour.³ This equals an estimated \$391,590 total annual benefit. However, this volunteer time is priceless to 4-H members and our community.

Below is what some current 4-H volunteers say about their experiences.

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

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



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



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

What Do 4-H Volunteers Get Back?

- “I like being a 4-H volunteer because it allows me to be involved with something that our family and friends can do together. No matter what we are involved with in 4-H, it is always fun in the end.”
—*Jodi Cooper*
- “4-H was a wonderful experience for the entire 10 years I was a member. I volunteer because I want other young people to have similar experiences and a chance to make memories that will last a lifetime.” —*Pam Davis*
- “Lancaster County has an awesome program. The parents, children and families are fun — positive relationships that last a lifetime!”
—*Carol Wolf*

Volunteers Are Needed to Help Start Clubs

Become a 4-H volunteer today and help create life-changing experiences for local youth!

Volunteers are especially needed to help start 4-H clubs. It's easier than you might think! Clubs must have at least five youth ages 5–18.

Adult volunteers typically include:

- **Club leaders** — Also known as organizational leaders, club leaders coordinate meeting times and agendas. They also are responsible for club enrollment information.
 - **Project leaders** — Clubs may or may not have project leaders who provide leadership for specific projects.
 - **Parent Volunteers** — help in a variety of ways and provide valuable guidance to youth.
- 4-H volunteers must be at least age 19 and pass a background check.

Guidance and Resources

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

How to Get Started

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

Kick Off, Oct. 3

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

Advice to People Considering Volunteering

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

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

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

³ 2011 value is the most recent available.

IN THIS ISSUE

Farm Views.....2
Urban Agriculture3
Food & Fitness4
Home & Family Living...5
Environmental Focus...6
Horticulture.....7
4-H.....8-9
Community Focus.....10

**Super Fair
4-H results,
summary,
and photos.**
—see page 9 & 12



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CropWatch.unl.edu

Your One-Stop Resource for Crop Information

Every crop production season in Nebraska is different from the last. To stay current, University of Nebraska–Lincoln Extension offers a single website featuring the latest crop production and pest management information specific to Nebraska. Our crops, our soils, our pests and our issues.

Each week *CropWatch.unl.edu* features timely articles related to current crop production and pest management topics. Just as importantly, CropWatch offers an online reserve of in-depth information on crops, fertility management, irrigation, no-till, genetics, grain storage and other topics. Written by Extension specialists and educators, <http://CropWatch.unl.edu> provides the kind of tools and research-based data that producers and agribusiness can use to make profitable management decisions.

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- and much more!

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Will Grazing Crop Residues Affect My Next Crop?

Gary Lesoing
UNL Extension Educator,
Extension in Nemaha County

With dry conditions the past couple of years, there has been a lot of discussion about grazing corn stalks. There is a big demand for corn stalk grazing. Each year there are many acres of corn stalks left ungrazed. Some of this may be due to the uncertainty of the impact of grazing on subsequent crop yields. Crop farmers may be reluctant to rent out corn stalks for grazing to beef producers if there is a chance next year's crop yield will be affected. This is a valid concern. The University of Nebraska has been conducting research over the past several years to address this question.

A recent article in the Sept. 20 issue of *CropWatch* (online at <http://cropwatch.unl.edu/web/cropwatch/archive?articleID=4994401>) by Dr. Charles Wortman and Dr. Terry Klopfenstein report on grazing stalks in no-till fields at University of Nebraska–Lincoln's Agricultural Research and Development Center (ARDC) near Mead. This article reports data from an experiment on grazing corn stalks from

1996–2011. In a corn/soybean rotation study, the effects on yields of the following crops were measured for fall/winter grazing (November to February), spring grazing (February to mid-April) and ungrazed. These three treatments were maintained in the same area since 1996. This field was irrigated and stocking was with 2.5 times the normal level since 2000. On average, yield of the following soybean crop was increased 2.0 bu/ac for fall/winter grazing, and 1.3 bu/ac with spring grazing compared to no grazing of corn stalks. Yield of corn as the second crop after grazing was not significantly affected, with corn yields for fall/winter grazing averaging 209 bu/ac, spring grazing averaging 207 bu/ac and ungrazed averaging 206 bu/ac.

An earlier study in the '90s evaluated cows grazing corn stalks under a center-pivot irrigation system and compared this to an ungrazed field. Soybean yields were measured the following year. This study was repeated on adjacent fields the next year as well. Results of this study showed no significant differences in soybean yields between grazed and ungrazed fields.

The effect of grazing on subsequent crop yields was also

studied on dryland fields at the ARDC from 1993–1997, where crop residues were grazed each winter for five years. Results of this study indicated yields were not affected if cattle were removed in the spring before field conditions became muddy. While residue cover was reduced, percent residue cover remained at levels high enough to keep soil erosion at an acceptable level. In some fields, cattle were left on corn stalks during muddy conditions. Under this type of environment, when soybeans were planted in this situation, they appeared to compensate and yields were not affected.

The results of this research indicate grazing of corn stalks is compatible with no-till management in eastern Nebraska and probably is for irrigated throughout the state with no loss in average grain yield expected. With wet soil conditions in the spring, consider removing cattle from the field or taking other management steps to minimize effects of compaction.

The use of cover crops may be an alternative strategy to increase productivity, reduce compaction issues and maintain and conserve soil along with the crop residues.

What About Cover Crops?

Gary Lesoing
UNL Extension Educator,
Extension in Nemaha County

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

Just last month, a tour across Nebraska visited producers using cover crops in their operations for several years. Earlier this summer, a group of producers and educators visited farms using cover crops, and research on cover crops in North and South Dakota. There have also been cover crop seed companies develop that are growing, selling and distributing cover crop seeds to producers in Nebraska and neighboring states.

Cover crops have been used for a number of years by organic producers as green manures to provide nutrients and fertility to the soil for the following crop. Livestock producers have been planting forage crops following wheat, corn silage or sometimes over seeded into soybeans and/or corn for fall, winter and spring grazing or hay for several years.

On Sept. 7, a number of producers in southeast Nebraska hired a helicopter to apply cover crop seed mixtures into standing corn and soybean

fields. Other producers in the region have used airplanes to overseed into corn and soybean crops, while some agribusinesses and producers have developed ground rigs to overseed into standing crops.

The key to making any of these systems work is water. Sufficient water either through natural rainfall or irrigation is required for timely establishment and growth. The general rule of thumb is to plant cover crops, right before leaf drop in soybeans. This will ensure more favorable seed-to-soil contact for the cover crop seed and improve the chances of cover crop establishment.

Benefits and Negative Impacts

So, what are the benefits of cover crops? Cover crops can provide erosion control, add organic carbon and/or nitrogen to the soil, improve soil structure, provide weed control and be a source of forage for livestock.

What are negative impacts of cover crops? If cover crops are not terminated in a timely manner, cover crops may use up valuable soil moisture that could impact the following crop.

Experiments conducted at UNL's Agricultural Research and Development Center (ARDC) and on-farm have shown variable results on the effect of cover crops. There have been both positive and negative responses



Cover crops shown in a strips: turnips, grazing brassicas and forage sorghum.



A cover crop mix of forage sorghum, sun hemp, cow pea, tillage radish, pearl millet, flax, common vetch and brown mid-rib corn.

to the use of cover crops.

A recent national survey conducted by USDA Sustainable Agriculture Research and Education (SARE) and Conservation Information Technology Center (CITC) surveyed over 750 farmers in 36 states that used cover crops. The farmer survey indicated in the fall of 2012, corn planted after cover crops had a 9.6 percent yield increase compared to side by side fields with no cover crops. Soybean yields increased 11.6 percent following cover crops compared to fields with no cover crops.

Types of Cover Crops

Cereal rye is one cover crop that can have a negative impact on germination and growth of the subsequent corn crop if it is not managed properly. Some producers across the Midwest have had challenges in terminating annual ryegrass when it is used in cover crop mixes. It can almost act like a weed in fields.

Some cover crops may also tie up nitrogen for the subsequent corn crop, so supplemental nitrogen may be needed to maintain corn yields.

There are a number of cover crop mixtures being used by producers in Nebraska and other states. Some of the brassica species, i.e. tillage radish, Ethiopian cabbage and rape seed are being used to help penetrate the soil. Various legumes are being used to provide nitrogen to the soil, i.e. vetch, sun hemp, cowpea, Austrian winter pea and Crimson clover. Grass and cereal crops are being used to provide carbon to the mixes and sometimes grazing potential, i.e. brown mid-rib forage sorghum, sudangrass, brown mid-rib corn, pearl millet, rye, triticale, oats, barley or wheat.

The use of cover crops following corn silage is an excellent practice to add organic matter to the soil and provide protection from erosion. Some crop and livestock producers

regularly use cover crops for grazing in the fall, winter and spring. Turnips and other brassicas have shown to be excellent forages, but have also shown to be beneficial to the soil.

If you have never used cover crops before, and want to give them a try, oats works very well if you just want something to hold the soil. Just getting it planted and started growing will help hold the soil better if we do receive some rains in the next few months. If oats comes up and is a few inches tall, it will die when we have a very hard freeze, and temperatures are in the low to mid-20s. It can provide some good winter cover and you don't have to worry about killing it in the spring.

UNL is initiating research trials to evaluate cover crops in cropping systems in Nebraska. While cover crops have shown to be beneficial, there is still much to learn about their management.

Heating With Wood

Many Nebraskans use firewood as a supplemental heat source, but to use wood effectively it is important to understand tree species characteristics and the wood they produce.

Species Characteristics

Firewood, from different species or types of trees, varies widely in heat content, burning characteristics and overall quality. The table below presents several important burning characteristics for most species used in Nebraska. Green weight is the weight of a cord of freshly cut wood before drying. Dry weight is the weight of a cord after air drying. Green firewood may contain 50 percent or more water by weight. Green wood produces less heat because heat must be used to boil off this water before combustion can occur. Green wood also produces more smoke and creosote than dry wood. Firewood always should be purchased dry or allowed to dry before burning.

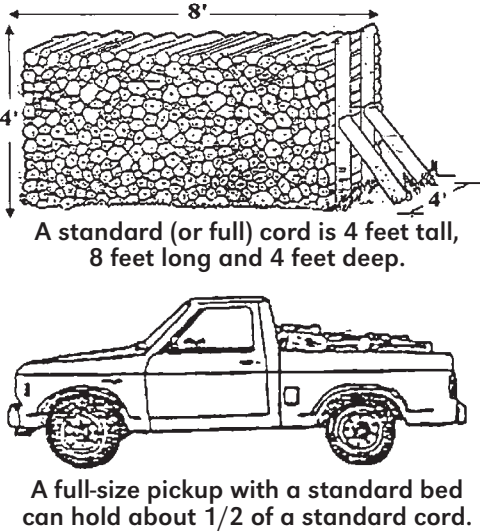
Dry wood may cost more than green wood because it produces more heat and is easier to handle. A wood's dry weight per volume, or density, is important because denser or heavier wood contains more heat per volume. Osage-orange is the densest firewood available in Nebraska. It contains almost twice the heat by volume as cottonwood, one of our lightest woods. It is best to buy or gather dense woods such as oak, ash or mulberry.

Hardwoods, or woods from broad-leaved trees, tend to be denser than softwoods, or woods from conifers. Some firewood dealers sell "mixed hardwood" firewood. This may or may not be desirable, depending on the proportion of low-density hardwoods, such as cottonwood, that are included. The amount of heat per cord of dry wood is presented in the table below. Heat content is shown as a percent of dry green ash, a common Nebraska firewood.

Values above 100 signify higher heat content than green ash and values below 100 lower heat content. The table also contains information on other characteristics that determine firewood quality. Ease of splitting is important because larger pieces of wood usually must be split for good drying and burning. Fragrance and tendency to smoke and spark are most important when wood is burned in a fireplace. Woods that spark or pop can throw embers out of an open fireplace and cause a fire danger. Conifers tend to do this more because of their high resin content. Woods that form coals are good to use in wood stoves because they allow a fire to be carried overnight effectively.

Firewood Volume

Though firewood dry weight is important for determining heat content, firewood is normally bought and sold by volume. The most common unit of firewood volume is the cord, also known as a standard or full cord. A cord is an evenly stacked pile containing 128 cubic feet of wood and air space. Though a cord can be piled in any shape, a standard cord is generally thought of as a stack of wood 4 feet tall, 8 feet long and 4 feet deep. To figure the number of cords in another size or shape pile, determine the pile's cubic foot volume and divide by 128. A randomly piled stack of wood generally will contain more air and less wood than one neatly piled. Some dealers sell wood by the face cord or short cord. A face cord is a stack of wood 4 feet high, 8 feet long, and as deep as the pieces are long. Pieces are commonly 12 to 18 inches long, so a face cord may contain 32 to 48 cubic feet of wood and air. Another common firewood measure is the pickup load. This is an imprecise



but common measure. A full-size pickup with a standard bed can hold about 1/2 of a full cord, or 64 cubic feet, when loaded even with the top of the bed. Small pickups hold much less. Random loading will decrease this amount further. A randomly piled stack or pickup load of wood will contain more air and less wood than one neatly stacked. Crooked, small diameter, and knotty or branchy pieces also reduce the amount of wood in a pile.

Buying Firewood

Species, volume, dryness and need for splitting should be considered when buying firewood. Before buying firewood, it's important to learn the basics to become an informed buyer, but knowing your dealer is the best way to ensure that you are getting the best firewood value for your money.

Sources:
• Mike Kuhns and Tom Schmidt, University of Nebraska–Lincoln Extension NebGuide, "Heating With Wood I. Species Characteristics and Volumes," <http://digitalcommons.unl.edu/cgi/viewcontent.cgi?article=1858&context=extensionhist>
• Mike Kuhns and Tom Schmidt, Utah State University Cooperative Extension, "Heating With Wood I. Species Characteristics and Volumes," <http://forestry.usu.edu/htm/forest-products/wood-heating>.

Don't Create a Firewood Haven for Rodents and Insects

Sarah Browning
UNL Extension Educator

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

Prevent Rodent Problems

Where and how you stack the wood is the key. Mice and rats will readily take shelter in firewood if conditions are right. If the woodpile is located some distance from the house, so rodents have to cross a wide expanse of open lawn, they're likely either to stay near the woodpile or move on. If the wood is stacked next to the house, however, it enables them to search in perfect safety for an opening through which they can squeeze into your house. It doesn't have to be a very big opening — a mouse can squeeze through a hole 1/4 inch in diameter, and a rat needs only a 1/2 inch hole. Both rats and mice can climb any surface rough enough to give them a toehold, so openings need not be at or below ground level to give them entrance. Provide rodents with a sheltered woodpile right next to the house, and they'll be able to take as much time as necessary to find an entryway. Provide them with a supply of food, too, and your rodent problem can get serious very quickly. Food can be in the form of easily accessible garbage, a poorly managed compost pile, wild bird food in flimsy containers, crop residues in the vegetable garden or dog food. The worst place for firewood storage is right next to the house, and the next worst place is next to the dog pen. Spilled and leftover food, and the dog's water dish provide rodents all they need in addition to shelter.

Keep the Insects Outside

You may unwittingly bring insects inside along with firewood. Wood is the natural home for carpenter ants, termites, wood-boring beetles and countless other insects and spiders. Except for carpenter ants and termites, which can seriously damage your home, most of these insects are more nuisance than threat. But as long as wood is properly handled and stored, insect emergence in the home can be avoided. If wood is kept below 50°F, insects living in it will remain dormant. However, if it's taken indoors and allowed to warm up, insect activity resumes and they may emerge in the home. The best way to avoid invasion is to store the wood outside in the cold until it's ready to be burned. Bring in only a small amount of wood at a time, the amount of wood you'll use in a day or two. Any wood containing big black carpenter ants or termites should be taken back outside and burned. Other insects brought out of firewood by the warmth inside your home are a nuisance rather than an emergency and can be collected with a vacuum cleaner. Store wood away from the house and under a cover, such as in a woodshed, unheated garage, utility building or under a sheet of plastic or sheet metal roofing to keep it dry. Leave an air space between the wood and covering.

FIREWOOD CHARACTERISTICS

Species	Weight (lb/cord)		Heat per Cord (Million BTUs)	% of Green Ash	Ease of Splitting	Smoke	Sparks	Coals	Fragrance	Overall Quality
	Green	Dry								
Apple	4850	3888	27.0	135	Medium	Low	Few	Good	Excellent	Excellent
Ash, Green	4184	2880	20.0	100	Easy	Low	Few	Good	Slight	Excellent
Alder		2540	17.5		Easy		Moderate	Good	Slight	
Ash, White	3952	3472	24.2	121	Medium	Low	Few	Good	Slight	Excellent
Basswood (Linden)	4404	1984	13.8	69	Easy	Medium	Few	Poor	Good	Fair
Birch	4312	2992	20.8	104	Medium	Medium	Few	Good	Slight	Fair
Boxelder	3589	2632	18.3	92	Difficult	Medium	Few	Poor	Slight	Fair
Buckeye, Horsechestnut	4210	1984	13.8	69	Medium	Low	Few	Poor	Slight	Fair
Catalpa	4560	2360	16.4	82	Difficult	Medium	Few	Good	Bad	Fair
Cedar, Red		2060	13.0		Easy	Low	Many	Poor	slight	Fair
Cherry	3696	2928	20.4	102	Easy	Low	Few	Excellent	Excellent	Good
Coffeetree, Kentucky	3872	3112	21.6	108	Medium	Low	Few	Good	Good	Good
Cottonwood	4640	2272	15.8	79	Easy	Medium	Few	Good	Slight	Fair
Dogwood		4230	High		Difficult		Few	Fair		
Douglas-fir	3319	2970	20.7	103	Easy	High	Few	Fair	Slight	Good
Elm, American	4456	2872	20.0	100	Difficult	Medium	Few	Excellent	Good	Fair
Elm, Siberian	3800	3020	20.9	105	Difficult	Medium	Few	Good	Fair	Fair
Fir, White	3585	2104	14.6	73	Easy	Medium	Few	Poor	Slight	Fair
Hackberry	3984	3048	21.2	106	Easy	Low	Few	Good	Slight	Good
Hemlock		2700	19.3		Easy		Many	Poor	Good	
Honeylocust	4640	3832	26.7	133	Easy	Low	Few	Excellent	Slight	Excellent
Juniper, Rocky Mountain	3535	3150	21.8	109	Medium	Medium	Many	Poor	Excellent	Fair
Locust, Black	4616	4016	27.9	140	Difficult	Low	Few	Excellent	Slight	Excellent
Maple, Other	4685	3680	25.5	128	Easy	Low	Few	Excellent	Good	Excellent
Maple, Silver	3904	2752	19.0	95	Medium	Low	Few	Excellent	Good	Fair
Mulberry	4712	3712	25.8	129	Easy	Medium	Many	Excellent	Good	Excellent
Oak, Bur	4960	3768	26.2	131	Easy	Low	Few	Excellent	Good	Excellent
Oak, Red	4888	3528	24.6	123	Medium	Low	Few	Excellent	Good	Excellent
Oak, White	5573	4200	29.1	146	Medium	Low	Few	Excellent	Good	Excellent
Osage-orange	5120	4728	32.9	165	Easy	Low	Many	Excellent	Excellent	Excellent
Pine, Ponderosa	3600	2336	16.2	81	Easy	Medium	Many	Fair	Good	Fair
Pine, Lodgepole		2610	21.1		Easy		Many	Fair	Good	Fair
Pine, White		2250	15.9		Easy		Moderate	Poor	Good	
Poplar		2080	Low		Easy		Many	Fair	Bitter	
Redcedar, Eastern	2950	2632	18.2	91	Medium	Medium	Many	Poor	Excellent	Fair
Spruce	2800	2240	15.5	78	Easy	Medium	Many	Poor	Slight	Fair
Sycamore	5096	2808	19.5	98	Difficult	Medium	Few	Good	Slight	Good
Walnut, Black	4584	3192	22.2	111	Easy	Low	Few	Good	Good	Excellent
Willow	4320	2540	17.6	88	Easy	Low	Few	Poor	Slight	Poor



Alice Henneman, MS, RD, UNL Extension Educator

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

Create Your Own Popcorn Bar

Yield: Varies

Freshly popped popcorn to suit the size of your munching bunch

TOPPING OPTIONS:
Popcorn salt & pepper
Assorted herbs & spices

Nuts (pine nuts, peanuts, slivered almonds, pumpkin seeds, etc.)

Cheese crackers

Pretzel sticks

Dried fruit (raisins, cranberries, apricots, etc.)

Grated cheese

Chocolate chips

Cinnamon, brown sugar, nutmeg



Popcorn Board

Stovetop Popping: To pop popcorn on a stovetop, cover the bottom of a 3- to 4-quart pan with a thin layer of vegetable oil (don't use butter, it will burn). Place 3 kernels of popcorn in the pan, cover with a loose lid that allows steam to escape and heat. When the kernels pop, pour in enough popcorn to cover the bottom of the pan, one kernel deep, cover the pan and shake to evenly spread the oil. When the popping begins to slow to a few seconds apart, remove the pan from the stovetop. The heated oil will still pop the remaining kernels.

Assembly: Set out a large bowl of popcorn. Put smaller bowls with various popcorn fixings around the big bowl of popcorn. Let each person fill a small container with popcorn and top or mix with their desired flavorings.

Source: Popcorn Board at www.popcorn.org

Slow Cooker SOUPS

Free Class



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

If you don't already own a slow cooker, you'll want to purchase one after this class! You'll especially like it for making hearty soups during the upcoming colder days.

Slow cooker soups offer several advantages:

- main dish soup meals can easily be made in advance
- soups can safely cook away while you're gone from the house
- once soups are assembled, you have only one cooking process to think about
- they work great for meals when the exact time of eating is unknown
- flavors blend wonderfully as the ingredients simmer together throughout the day
- clean-up at mealtime is simpler
- less expensive and often less tender meats become deliciously tender during the cooking process
- they are an energy efficient method of cooking
- a wonderful aroma fills your house

Alice Henneman, registered dietitian and UNL Extension Educator, will share tips, recipes and an extensive handout for making quick, delicious, and nutritious slow cooker soups.

October Food Days, Weeks and Months

Alice Henneman
UNL Extension Educator

October is full of national food days, weeks and months. Each month, UNL Nebraska Extension posts tips, recipes and resources for that day at <http://food.unl.edu/web/fnh/seasonal-ideas>. Here are some highlights for October. Check the online calendar for more links to more information for each of these days.

National Food Days

Child Health Day

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

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

Oatmeal Day (Oct. 29)

— Oatmeal has many nutritional benefits, and it is a great way to start your morning. Eating a bowl of oatmeal can help reduce blood cholesterol levels, high blood pressure and obesity.

Here are three ideas to boost the nutrition further:

- Make oatmeal with calcium-rich milk instead of water. Follow the same directions given for water, just use milk instead.
- Kick the nutrition up another



MD Anderson Cancer Center

Oct. 29 is national oatmeal day

notch by serving oatmeal with antioxidant-rich berries, either fresh or frozen. Quickly thaw frozen berries and cool the oatmeal at same time by tossing the berries directly into each dish of hot oatmeal.

- Sprinkle oatmeal with cinnamon for sweetness and possible health benefits. Cinnamon is one of the sweeter spices and adds flavor without calories. With a dusting of cinnamon, a smaller amount or perhaps none at all of caloric sweeteners may be needed.

National Food Weeks

National School Lunch Week (Oct. 14–18, 2013)

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

National Food Months

Pasta Month —

Choose MyPlate recommends you fill about 1/4 of your plate with grains, of which half are whole

grains. In selecting pasta, experiment with pastas made totally or partially with whole grains.

Did you know — certain pasta shapes work better in various pasta dishes than others? The National Pasta Association (www.ilovepasta.org) recommends: When making delicious pasta dishes, be sure to choose a pasta shape and sauce that complement each other. Thin, delicate pastas like angel hair or thin spaghetti, should be served with light, thin sauces. Thicker pasta shapes,



National Pasta Association

October is national pasta month

like fettuccine, work well with heavier sauces. Pasta shapes with holes or ridges, like mostaccioli or radiatore, are perfect for chunkier sauces.

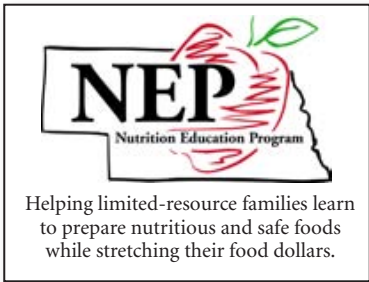
Eat Better, Eat Together Month — Eating family meals together leads to more nutritious meals and improved communication between children and adults.

Here are some tips from UNL Extension's Nutrition Education Program for “Keys to enjoyable family mealtimes:”

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

see FOOD MONTHS on next page

\$tretch Your Food Dollar With Peas, Beans and Corn



Mardel Meinke
UNL Extension Associate

Are peas, beans and corn the most popular vegetables served at your house? They are enjoyed by many as frozen or canned all year or fresh in the summer. Frozen and canned are equivalent to fresh in nutrition and very economical. We have a huge choice of vegetables to provide the 2-1/2 cups of vegetables recommended daily by the USDA for a healthy diet. Vegetables should make up about one-fourth of our plate, adding color, texture and flavor. The

vitamins, minerals and phytochemicals (plant chemicals) they provide are very important to our health.

The best way to cook most vegetables is in the microwave at full power, covered. This method steams them, retaining the maximum nutrients. If cooking from frozen or canned, there is enough moisture to create steam. With fresh veggies, add a tablespoon or two of water to your microwave-safe dish and cook to desired doneness.

Let's look at some tasty new ways to prepare them. **Simple is best**, so look in your refrigerator and cupboards for ingredients.

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

mushrooms, bacon bits, slivered almonds, peppers, hominy, parsley, Parmesan cheese or tomatoes, to name just a few. For flavor, add lemon, basil, salad dressing, chicken stock, soy sauce, veggie dip or low-sodium cream soups. Combine peas and potatoes in white sauce or try snow peas (peas with edible pods).

Green Beans — All of the above ideas would also work with cooking fresh, frozen or canned beans. Another idea is to add red or yellow bell peppers or fruit, such as grapes, strawberries or mandarin oranges for a little sweetness.

Corn — Try adding color with peppers, tomatoes, basil, parsley or mixing corn with other veggies, such as broccoli. Onion and garlic sauteed in a little vegetable oil or cooked in the microwave are great flavor enhancers with any vegetable.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's View – Marian's Message

Marian Storm
FCE Council Chair

Fall is a beautiful time of the year with all the colors. Time to plant fall bulbs and rake leaves. I plan to plant



some tulips and hope the squirrels will not dig them up. Monday, Oct. 21 is FCE Achievement Day. Please bring a salad and join us for lunch at 12:30 p.m. We will



also give our scholarship out that day.

Thursday, Oct. 31 is Halloween. Enjoy the little goblins as they come for trick or treats.

"Happiness is where we find it, but rarely where we seek it."

FCE News & Events

Achievement Day, Oct. 21

The FCE Achievement Day will be a salad luncheon Monday, Oct. 21, 12:30 p.m. at the Lancaster Extension Education Center.

Following the luncheon, Keith Fickenschier, director of operations with Lancaster Manor, will present a personal perspective on "You're Having a Stroke."

Awards for years of membership will be presented

after the program. We will also recognize our scholarship winner.

Please bring a salad with the recipe to share. All FCE members are encouraged to attend. Call Pam, 402-441-7180, to register.



Lorene Bartos, UNL Extension Educator

Doing Laundry the Safe Way

- Always close the laundry detergent container, box, bottle or flexible pouch immediately after use.
- Keep laundry products out of the reach of children and pets.
- Remember to keep products in their original container and immediately put them in a secure place after use.
- Read and follow all recommended instructions on the laundry product label prior to use.
- Knowing what to do if an accident occurs is important. Make it a point to keep the Poison Control Center phone number handy (1-800-222-1222).
- Clean up any spills, and immediately wash your hands and any items used to dispense or measure products.
- Questions about laundry products? Call the manufacturer using the toll free number on the product label, or visit their website for more information.

Parents and Homework: Helpful or Harmful?

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

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

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

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

What You Can Do

Parents can help children develop good study habits if they:

- Take an active interest in their children's homework by finding out what assignments are, talking with them about assignments and looking over completed work.
- Set aside a regular time that works for your child and your family. Help your children manage their time and get organized so homework isn't done just before bed or at the last minute.
- Pick a place that has enough



room to work and lighting to see — it doesn't have to be fancy!

- Reduce distractions by turning off the TV. This could be a "quiet time" for others in your household, and a time when adults can set an example by reading or working on things like balancing the checkbook.
- Be willing to help (like taking them to the library or getting materials they might need).
- Find out about teachers' homework policy and talk with them if you are concerned, or if you just want to give them feedback.
- Provide support and encouragement, especially when they are frustrated.

How You Help Matters!

Homework can be frustrating for students and for parents as well. Researchers have found *how* parents help children, especially those who are struggling with schoolwork, can determine whether homework helps or hurts children's learning and motivation in school. Here are some suggestions on HOW to help with homework.

Let children take the lead — support their independence and self-reliance and be less controlling and intrusive. Dr. Eva Pomerantz at the University of Illinois has found when parents are control-

ling, struggling children actually begin to do more poorly in school. Being controlling means:

- doing assigned work for children,
- "taking over" and telling children what to do or how to do it, or
- using threats or punishment.

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

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

- giving help without being asked,
- checking homework without being asked, or
- frequently reminding them to do homework.

Stay positive.

Dr. Pomerantz has also found when parents can manage to stay positive while helping with homework that may be frustrating, children are more likely to be persistent and more motivated in school. According to Dr. Pomerantz, "Being able to put frustration aside and focus on what is enjoyable about the work is key to promoting children's motivation in school. When the work itself is not enjoyable — for example, there is a lot of boring repetition — parents might focus on the positives of working together."

Source: Aaron Ebata, Ph.D., University of Illinois at Urbana-Campaign, 2012

Halloween Safety

With witches, goblins and super-heroes descending on neighborhoods across America, the American Red Cross offers parents some safety tips to help prepare their children for a safe and enjoyable trick-or-treat holiday. Halloween should be filled with surprise and enjoyment, and following some common sense practices can keep events safer and more fun.

- Walk, slither and sneak on sidewalks, not in the street.
- Look both ways before crossing the street to check for cars, trucks and low-flying brooms.
- Cross the street only at corners.
- Don't hide or cross the street between parked cars.
- Wear light-colored or reflective-type clothing so you are



more visible. (And remember to put reflective tape on bikes, skateboards and brooms, too!)

- Plan your route and share it with your family. If possible, have an adult go with you.
- Carry a flashlight to light your way.
- Keep away from open fires and candles.

(Costumes can be extremely flammable.)

- Visit homes that have the porch light on.
- Accept your treats at the door and never go into a stranger's house.
- Use face paint rather than masks or things that will cover your eyes.
- Be cautious of animals and strangers.
- Have a grown-up inspect your treats before eating. And don't eat candy if the package is already opened. Small, hard pieces of candy are a choking hazard for young children.

Source: American National Red Cross.

Food Months

continued from previous page

- Make mealtime timely — kids need time to sit down and eat their food, but it does not have to take a long time. Sitting for too long can lead to irritability and decrease mealtime enjoyment.
- Meals do not have to be fancy — meals for the family do not have to involve a lot of preparation and time. They can be pre-made meals or simple recipes such as grilled cheese, apple slices and tomato soup.
- Plan ahead to save time — for example, cook double the amount of meat you need on Monday night, so you can use the extra precooked meat for Tuesday's meal.
- Be a good example — your children are more likely to eat a variety of healthy foods if they see you doing it first. Try to include food from each of

the five food groups.

Popcorn Popping Month

— Did you know popcorn counts as a whole grain? Choose MyPlate recommends getting at least half of your grains from whole grains. One serving of whole grains equals three cups of popcorn.

Eating popcorn is a great way to increase your intake of whole grains and your daily fiber intake. Be careful when adding toppings like butter and salt because it can turn into an unhealthy snack. Try to make popcorn with little or no added salt or butter.

Pork Month — Eating pork is a great way to get protein and many important nutrients into your diet. Visit www.porkbeinspired.com for recipes that fall into four categories: health conscious, kid-friendly, leftover meal ideas and quick and easy meals.

Spiders: The “Eyes” Have It!

Barb Ogg
UNL Extension Educator

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

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

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

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

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

Spiders with Six Eyes

Dysderidae: Woodlouse Hunters (*Dysdera crocata*). Dysderids have six eyes, arranged in a semicircle. Woodlouse hunters have very large chelicerae (with fangs at the tip), which can pierce the armor of pill bugs, sow bugs and beetles, their favorite prey.



Dysderidae: Woodlouse Hunter



Sicariidae: Brown Recluse



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

Sicariidae: Recluse Spiders.

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

Spiders with Eight Eyes

Salticidae: Jumping Spiders.

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

Lycosidae: Wolf Spiders. Wolf spiders are often described as “big, hairy

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

Agelenidae: Grass Spiders.

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

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

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

Gnaphosidae: Ground Spiders.

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

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

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

Pholcidae: Cellar Spiders.

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



Salticidae: Jumping Spider



Lycosidae: Wolf Spider



Agelenidae: Grass Spider (aka Funnel Web Spider)



Clubionidae: Yellow Sac Spider



Gnaphosidae: Ground Spider — Parson Spider



Thomisidae: Crab Spider — Goldenrod Spider



Araneidae: Orb Weaver



Pholcidae: Long-Bodied Cellar Spider



Growing Hardy Bulbs



Crocus



Daffodils



Hyacinths

Mary Jane Frogge
UNL Extension Associate

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

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

Crocus, thought by many to be a bulb, is actually a corm. This is a mass of fleshy tissue with a bud on the top surface. This tissue disintegrates as the stored food is used to produce

roots and shoots; a new corm forms on top. Bulbs and corms are living structures and require careful handling even while in a dormant state.

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

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

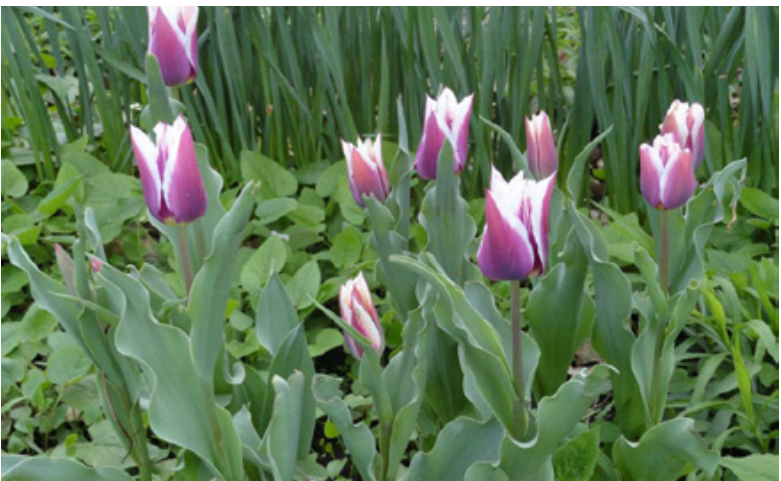
Bulbs can be obtained from many sources in the fall. The best time to plant hardy bulbs is October. Choose a planting site in full sun.

Work soil 12 inches deep and incorporate 3 lb of a complete fertilizer, such as a 5-10-10 per 100 square feet as you are preparing the soil.

Planting depths will depend

on the bulb. Plant hyacinths 6 inches deep; tulips 6-8 inches and daffodils 6-8 inches deep. Smaller bulbs, like crocus, are planted shallower at 2 inches. Large bulbs should be spaced 4-6 inches apart; small bulbs 1-2 inches. For a greater effect, plant in clumps or irregular masses rather than singly. Once planted, water the bulbs well and add 1-2 inches of mulch.

When bulb foliage has emerged 1-2 inches in the spring, remove excess mulch and pull any weeds. Water is needed especially during bud and foliage growth. If rainfall is insufficient, apply additional water. As bulbs finish blooming, remove faded blooms to eliminate seed set which reduces bulb growth. Maintain foliage for 6 weeks for good bulb growth and to guarantee bloom the following season. Allow foliage to die down naturally. Foliage can be removed when it is yellowed, fallen over and comes loose when slightly pulled.



Tulips

Watering in Fall Can Prevent Tree Death

Symptoms of winter injury appear the following spring and summer, making some think a tree is suddenly dying when actually the damage was done several months before.

Drought conditions during the fall may mean serious injury to trees if it continues into winter.

Trees should be thoroughly watered in the fall to help prevent winter drying injury. Fall watering may not be necessary when soil moisture is adequate, but when soil moisture is lacking, fall watering may be critical to help a tree survive the rigors of winter.

All trees lose water during normal metabolic processes. During the growing season when trees are in full foliage, large amounts of water are lost through their leaves. Even during winter months when the leaves are gone and photosynthetic processes have stopped, trees



Watering trees in fall can help keep them healthy.

lose water to a lesser extent from exposed bark, twigs and buds.

However, sometimes the loss of moisture exceeds the amount of water the roots can absorb from dry, frozen soil. Tissue drying is the result of the tree being unable to replace lost water. Winter drying injury occurs most frequently during

warm, dry, windy conditions. This especially is true of evergreen trees because they lose much more water through their foliage.

Damaged trees may exhibit only a few dead twigs or entire branches may die depending on severity of the injury. In very severe cases, the entire tree may die. The side of the tree facing the prevailing winds is most susceptible. Light brown, dry-appearing needles are typical of winter injury on evergreen trees. This type of injury usually is temporary and most evergreens

recover rapidly as the growing season progresses.

Usually large, well-established trees can tolerate temporary droughts without injury, but young trees are more susceptible to drought injury. They do not have the extensive root system to draw moisture from the soil and need supplemental water during dry conditions.

In some cases, relying on a lawn sprinkler is not enough. Trees should be deep watered to a depth of about 2-3 feet before the ground freezes. A watering basin 2-3 inches deep and 3-4 feet in diameter, constructed around the base of a young tree will hold water until it can percolate into the soil.

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

Source: Dennis Adams, University of Nebraska Forester

Garden Guide THINGS TO DO THIS MONTH By Mary Jane Frogge, UNL Extension Associate

- Cut down stems and foliage of herbaceous perennials after two or three hard frosts and when leaves begin to brown.
- Dig and bring in cannas, dahlias and gladiolus. Dry, clean and store in a cool location free from frost.
- After several hard frosts, add mulch to your perennial flower garden. A one inch layer of straw or chopped leaves will help conserve soil moisture and protect the root system.
- When deciding on new trees or shrubs to plant around your home, remember to select varieties that will fit the location when they are at their mature height. This will greatly reduce pruning and other maintenance in the future.
- Fall is the time to control broadleaf weeds in the lawn, such as white clover, dandelion and ground ivy.
- Pick bagworms from evergreen shrubs. This will eliminate the spring hatch from over-wintered eggs.
- Remove leaves from lawn to reduce lawn problems. Compost or shred and use them for mulch.
- Make a note of any particularly productive or unsatisfactory, varieties of vegetables you planted this year. Such information can be very useful when planning next year's garden.
- Remove any diseased or insect infested plant material from your garden, it may harbor over-wintering stages of disease or insect pests. If you leave this plant material in your garden, you are leaving diseases and insects which will begin to reproduce again next spring and add to next year's pest problem.
- Cure pumpkins, butternut and hubbard squash at temperatures between 70-80°F for 2-3 weeks immediately after harvest. After curing, store them in a dry place at 55-60°F.
- Use dried herbs to make fragrant wreaths and dried flower arrangements.
- Clean up the orchard and small fruit plantings. Sanitation is essential for good maintenance. Dried fruits or mummies carry disease organisms through the winter to attack next year's crop.
- Nut trees are a fine addition to the home landscape. They may accent the house, provide shade in the summer and even become a food source.

October

Nicole Schmidt

Lancaster County 4-H is proud to announce Nicole Schmidt as winner of October's "Heart of 4-H Award" in recognition of outstanding volunteer service.

A 4-H volunteer for eight years, Nicole is the leader of The Green Explorers 4-H club, and previously led The Zookeepers club for 4-H'ers ages 5-7. She has also helped in 4-H Council's food booth at the Lancaster County Super Fair.

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

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



Horse Awards Night, Oct. 1

Come One and All! The annual Lancaster County 4-H Horse Awards Night will be Tuesday, Oct. 1, 6:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. The Horse VIPS Committee will provide snacks. Awards presentation includes Incentive Awards, Horsemanship Levels, Horse Course Challenge, All-Around Awards, Herdsmanship, Stall Decorations, Top Super Fair Judging buckles and ribbons, and a few surprise awards! Come help celebrate the outstanding accomplishments of the 2013 Lancaster County 4-H horsemen!

4-H Leader Training, Oct. 24

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

4-H Rabbit Clinic
Saturday, Oct. 19

FREE 9 a.m.-12 noon

Lancaster Extension Education Center
444 Cherrycreek Road

No registration necessary.

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

SESSIONS/ DEMONSTRATIONS INCLUDE:

- Feeding and Care of a Rabbit
- How to Judge Rabbits
- Breed ID & Breeder's Choice
- Showmanship
- Static Exhibits
- Education Resources



For more information, call Marty at 402-441-7180

Sponsored by Lancaster County 4-H Rabbit VIPs Committee and UNL Extension in Lancaster County.

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
Alflex Inc - Andy Dorn
Ameritas
Arends Interiors, Inc.
Bester Construction
Bluestem Farms - Lyle & Alice Sittler
Beatrice 77 Livestock Sales
Gary C. Bergman
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Esprit de Corps 4-H Club
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Farmer's Cooperative (Firth)
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Husker Auto Group
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HyVee (Lenox Village - 70th and Pioneer)
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JK's Pumpkin Patch
K2 Construction
Kammalop Specialties (Abilene, Kansas)
Keystone Homes
Kiwanis - North East
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Gary Kubicek
KV Vet Supply
Lancaster County Agricultural Society (Fair Board)
Lancaster County Farm Bureau
Lancaster Event Center
Frank Lanik
Lincoln Women's Chamber of Commerce
Lancaster County 4-H Council
Lancaster County 4-H Dog VIPs Committee
Lancaster County 4-H Horse VIPs Committee
Lancaster County 4-H Livestock Booster Club
Lancaster County 4-H Rabbit VIPs Committee
Lancaster County 4-H Teen Council
Lower Platte South Natural Resources District
Meyer Automotive
Middle Cross Stables
Nebraska Animal Medical Center
Nebraska Game and Parks Commission
Nebraska Roping Horse Association
NMC Cat
Olsen Show Lambs
Orschlen Farm & Home
Otte Oil & Propane (Davey)
Otto Performance
Oxbow Animal Health (Murdock)
Mike and Patty Peters
Amanda Peterson
Erica Peterson
Pick A Pig 4-H Club
Pioneer Hi-Bred - Brett Whitson

Platte Valley Equipment
Poultry and Egg Division, Nebraska
Department of Ag
Purina Show Chow
Rabbits R Us 4-H Club
Raising Cane's
Jeff & Jennifer Rawlinson
Red Wheel Fundraiser - Kristen Helmerichs
Rezac Construction
Russ's Market (Coddington & West A)
Salt Valley 4-H Club
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Schoettger Orthodontics
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Stewart 7 - Kris Spath
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Jay & Brenda Wilkinson
Dwayne Wittstruck

We apologize for any inaccuracies. If you notice any corrections, please call 402-441-7180.

Thank You to Volunteers

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

4-H Award & Scholarship Forms Due Dec. 31

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

Awards

- Community Service Awards
- Nebraska 4-H Diamond Clover Program
- Nebraska 4-H Career Portfolios
- I Dare You Leadership Award

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

College Scholarships

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

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

All Lancaster County 4-H Volunteers Must be Rescreened in 2013

If you have not submitted a 4-H Youth Protection Volunteer Screening form this year, please do so before Dec. 31! Every four years, all Nebraska 4-H volunteers must be rescreened through the 4-H Youth Protection Volunteer Screening. This year, 2013, is the year our district must be rescreened. The form is available at the Extension office or online at <http://lancaster.unl.edu/4h/club>. 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.

Nebraska State Fair 4-H Results



Congratulations to the Lancaster County 4-H’ers who showcased their projects at the 2013 Nebraska State Fair! Here are the Lancaster County 4-H special award, Rainbow Ribbon Recognition, and purple ribbon recipients. Complete results are online at www.nebraska4hresults.com.

Daniel Albin Zachary Albin Abigail Babcock	Aerospace- Wooden Fin Rocket-Skill Level 2 Aerospace- Wooden Fin Rocket-Skill Level 2 4-H Heritage - Story or Historical Illustration Crochet 2 Forestry - Leaf Display 4-H Heritage - Family Genealogy History Notebook Crochet 2 Design Decisions - Accessory - Textile - 3D General Clothing - Textile Clothing Accessory Knitting 2 Forestry - Leaf Display Food Preservation - Dried Fruit Food Preservation - Fruit Leather Aerospace - Wooden Fin Rocket - Skill Level 2 Foodworks- Specialty Bread Field Crops - Career Interview Display Youth in Motion - Activity Bag Youth in Motion - Activity Bag Floriculture - Hanging Basket Floriculture - Flowering Potted Plant Heritage - Other History Exhibit Fast Foods - Recipe File Design Decisions - Accessory - Original made from Wood Design Decisions - Accessory - Textile - 3D Photography Unit III - Nebraska Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Decorate Your Duds - Embellished Garment w/Original Design Design Decisions - Accessory - Textile - 3D Decorate Your Duds - Embellished Garment w/Original Design Photography Unit III - Nebr Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Design Decisions - Accessory - Textile-3D Conservation and Wildlife - Wildlife Diorama Child Development - Toy made for Grade Schooler Beef - Other Breeds Yearlings May/June Market Sheep - Hampshire Market Lambs Breeding Sheep - Commercial Meat Breeds - Ewe Lambs Sheep Showmanship - Intermediate Market Sheep - Hampshire Market Lambs Market Sheep - Natural Color Market Lambs
Eliana Babcock	Forestry - Leaf Display
Emma Bales Nathan Becker	Food Preservation - Dried Fruit Food Preservation - Fruit Leather Aerospace - Wooden Fin Rocket - Skill Level 2 Foodworks- Specialty Bread Field Crops - Career Interview Display Youth in Motion - Activity Bag Youth in Motion - Activity Bag Floriculture - Hanging Basket Floriculture - Flowering Potted Plant Heritage - Other History Exhibit Fast Foods - Recipe File Design Decisions - Accessory - Original made from Wood Design Decisions - Accessory - Textile - 3D Photography Unit III - Nebraska Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Decorate Your Duds - Embellished Garment w/Original Design Design Decisions - Accessory - Textile - 3D Decorate Your Duds - Embellished Garment w/Original Design Photography Unit III - Nebr Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Design Decisions - Accessory - Textile-3D Conservation and Wildlife - Wildlife Diorama Child Development - Toy made for Grade Schooler Beef - Other Breeds Yearlings May/June Market Sheep - Hampshire Market Lambs Breeding Sheep - Commercial Meat Breeds - Ewe Lambs Sheep Showmanship - Intermediate Market Sheep - Hampshire Market Lambs Market Sheep - Natural Color Market Lambs
Payton Becwar Presley Becwar Garrett Beeck	Forestry - Leaf Display Food Preservation - Dried Fruit Food Preservation - Fruit Leather Aerospace - Wooden Fin Rocket - Skill Level 2 Foodworks- Specialty Bread Field Crops - Career Interview Display Youth in Motion - Activity Bag Youth in Motion - Activity Bag Floriculture - Hanging Basket Floriculture - Flowering Potted Plant Heritage - Other History Exhibit Fast Foods - Recipe File Design Decisions - Accessory - Original made from Wood Design Decisions - Accessory - Textile - 3D Photography Unit III - Nebraska Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Decorate Your Duds - Embellished Garment w/Original Design Design Decisions - Accessory - Textile - 3D Decorate Your Duds - Embellished Garment w/Original Design Photography Unit III - Nebr Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Design Decisions - Accessory - Textile-3D Conservation and Wildlife - Wildlife Diorama Child Development - Toy made for Grade Schooler Beef - Other Breeds Yearlings May/June Market Sheep - Hampshire Market Lambs Breeding Sheep - Commercial Meat Breeds - Ewe Lambs Sheep Showmanship - Intermediate Market Sheep - Hampshire Market Lambs Market Sheep - Natural Color Market Lambs
Chloe Bohaty Paige Borchering Corinne Bredthauer	Forestry - Leaf Display Food Preservation - Dried Fruit Food Preservation - Fruit Leather Aerospace - Wooden Fin Rocket - Skill Level 2 Foodworks- Specialty Bread Field Crops - Career Interview Display Youth in Motion - Activity Bag Youth in Motion - Activity Bag Floriculture - Hanging Basket Floriculture - Flowering Potted Plant Heritage - Other History Exhibit Fast Foods - Recipe File Design Decisions - Accessory - Original made from Wood Design Decisions - Accessory - Textile - 3D Photography Unit III - Nebraska Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Decorate Your Duds - Embellished Garment w/Original Design Design Decisions - Accessory - Textile - 3D Decorate Your Duds - Embellished Garment w/Original Design Photography Unit III - Nebr Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Design Decisions - Accessory - Textile-3D Conservation and Wildlife - Wildlife Diorama Child Development - Toy made for Grade Schooler Beef - Other Breeds Yearlings May/June Market Sheep - Hampshire Market Lambs Breeding Sheep - Commercial Meat Breeds - Ewe Lambs Sheep Showmanship - Intermediate Market Sheep - Hampshire Market Lambs Market Sheep - Natural Color Market Lambs
Chera Brown Emma Brown Isaiah Brown Joli Brown Paige Brown	Forestry - Leaf Display Food Preservation - Dried Fruit Food Preservation - Fruit Leather Aerospace - Wooden Fin Rocket - Skill Level 2 Foodworks- Specialty Bread Field Crops - Career Interview Display Youth in Motion - Activity Bag Youth in Motion - Activity Bag Floriculture - Hanging Basket Floriculture - Flowering Potted Plant Heritage - Other History Exhibit Fast Foods - Recipe File Design Decisions - Accessory - Original made from Wood Design Decisions - Accessory - Textile - 3D Photography Unit III - Nebraska Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Decorate Your Duds - Embellished Garment w/Original Design Design Decisions - Accessory - Textile - 3D Decorate Your Duds - Embellished Garment w/Original Design Photography Unit III - Nebr Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Design Decisions - Accessory - Textile-3D Conservation and Wildlife - Wildlife Diorama Child Development - Toy made for Grade Schooler Beef - Other Breeds Yearlings May/June Market Sheep - Hampshire Market Lambs Breeding Sheep - Commercial Meat Breeds - Ewe Lambs Sheep Showmanship - Intermediate Market Sheep - Hampshire Market Lambs Market Sheep - Natural Color Market Lambs
Patrick Brown Chera Brown Emma Brown Isaiah Brown Joli Brown Kali Burnham Keren Carlson Liz Christensen Ashtyn Cooper	Forestry - Leaf Display Food Preservation - Dried Fruit Food Preservation - Fruit Leather Aerospace - Wooden Fin Rocket - Skill Level 2 Foodworks- Specialty Bread Field Crops - Career Interview Display Youth in Motion - Activity Bag Youth in Motion - Activity Bag Floriculture - Hanging Basket Floriculture - Flowering Potted Plant Heritage - Other History Exhibit Fast Foods - Recipe File Design Decisions - Accessory - Original made from Wood Design Decisions - Accessory - Textile - 3D Photography Unit III - Nebraska Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Decorate Your Duds - Embellished Garment w/Original Design Design Decisions - Accessory - Textile - 3D Decorate Your Duds - Embellished Garment w/Original Design Photography Unit III - Nebr Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Design Decisions - Accessory - Textile-3D Conservation and Wildlife - Wildlife Diorama Child Development - Toy made for Grade Schooler Beef - Other Breeds Yearlings May/June Market Sheep - Hampshire Market Lambs Breeding Sheep - Commercial Meat Breeds - Ewe Lambs Sheep Showmanship - Intermediate Market Sheep - Hampshire Market Lambs Market Sheep - Natural Color Market Lambs
Cole Cooper	Forestry - Leaf Display Food Preservation - Dried Fruit Food Preservation - Fruit Leather Aerospace - Wooden Fin Rocket - Skill Level 2 Foodworks- Specialty Bread Field Crops - Career Interview Display Youth in Motion - Activity Bag Youth in Motion - Activity Bag Floriculture - Hanging Basket Floriculture - Flowering Potted Plant Heritage - Other History Exhibit Fast Foods - Recipe File Design Decisions - Accessory - Original made from Wood Design Decisions - Accessory - Textile - 3D Photography Unit III - Nebraska Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Decorate Your Duds - Embellished Garment w/Original Design Design Decisions - Accessory - Textile - 3D Decorate Your Duds - Embellished Garment w/Original Design Photography Unit III - Nebr Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Design Decisions - Accessory - Textile-3D Conservation and Wildlife - Wildlife Diorama Child Development - Toy made for Grade Schooler Beef - Other Breeds Yearlings May/June Market Sheep - Hampshire Market Lambs Breeding Sheep - Commercial Meat Breeds - Ewe Lambs Sheep Showmanship - Intermediate Market Sheep - Hampshire Market Lambs Market Sheep - Natural Color Market Lambs
Sarah Cunningham Morgan Cuttlers Caitlyn Davis Makenzie Dehning Grace Dowd Joshua Dowd Mary Dowd Lannie Elstun Hannah Esch Thaddeus Fonck Aubrey Franke Ellen Friesen Laurel Frogge Nathan Gabel	Forestry - Leaf Display Food Preservation - Dried Fruit Food Preservation - Fruit Leather Aerospace - Wooden Fin Rocket - Skill Level 2 Foodworks- Specialty Bread Field Crops - Career Interview Display Youth in Motion - Activity Bag Youth in Motion - Activity Bag Floriculture - Hanging Basket Floriculture - Flowering Potted Plant Heritage - Other History Exhibit Fast Foods - Recipe File Design Decisions - Accessory - Original made from Wood Design Decisions - Accessory - Textile - 3D Photography Unit III - Nebraska Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Decorate Your Duds - Embellished Garment w/Original Design Design Decisions - Accessory - Textile - 3D Decorate Your Duds - Embellished Garment w/Original Design Photography Unit III - Nebr Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Design Decisions - Accessory - Textile-3D Conservation and Wildlife - Wildlife Diorama Child Development - Toy made for Grade Schooler Beef - Other Breeds Yearlings May/June Market Sheep - Hampshire Market Lambs Breeding Sheep - Commercial Meat Breeds - Ewe Lambs Sheep Showmanship - Intermediate Market Sheep - Hampshire Market Lambs Market Sheep - Natural Color Market Lambs
Brianna Gable Kylie Gana	Forestry - Leaf Display Food Preservation - Dried Fruit Food Preservation - Fruit Leather Aerospace - Wooden Fin Rocket - Skill Level 2 Foodworks- Specialty Bread Field Crops - Career Interview Display Youth in Motion - Activity Bag Youth in Motion - Activity Bag Floriculture - Hanging Basket Floriculture - Flowering Potted Plant Heritage - Other History Exhibit Fast Foods - Recipe File Design Decisions - Accessory - Original made from Wood Design Decisions - Accessory - Textile - 3D Photography Unit III - Nebraska Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Decorate Your Duds - Embellished Garment w/Original Design Design Decisions - Accessory - Textile - 3D Decorate Your Duds - Embellished Garment w/Original Design Photography Unit III - Nebr Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Design Decisions - Accessory - Textile-3D Conservation and Wildlife - Wildlife Diorama Child Development - Toy made for Grade Schooler Beef - Other Breeds Yearlings May/June Market Sheep - Hampshire Market Lambs Breeding Sheep - Commercial Meat Breeds - Ewe Lambs Sheep Showmanship - Intermediate Market Sheep - Hampshire Market Lambs Market Sheep - Natural Color Market Lambs
Sophie Gengenbach Anne Greff Peter Greff	Forestry - Leaf Display Food Preservation - Dried Fruit Food Preservation - Fruit Leather Aerospace - Wooden Fin Rocket - Skill Level 2 Foodworks- Specialty Bread Field Crops - Career Interview Display Youth in Motion - Activity Bag Youth in Motion - Activity Bag Floriculture - Hanging Basket Floriculture - Flowering Potted Plant Heritage - Other History Exhibit Fast Foods - Recipe File Design Decisions - Accessory - Original made from Wood Design Decisions - Accessory - Textile - 3D Photography Unit III - Nebraska Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Decorate Your Duds - Embellished Garment w/Original Design Design Decisions - Accessory - Textile - 3D Decorate Your Duds - Embellished Garment w/Original Design Photography Unit III - Nebr Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Design Decisions - Accessory - Textile-3D Conservation and Wildlife - Wildlife Diorama Child Development - Toy made for Grade Schooler Beef - Other Breeds Yearlings May/June Market Sheep - Hampshire Market Lambs Breeding Sheep - Commercial Meat Breeds - Ewe Lambs Sheep Showmanship - Intermediate Market Sheep - Hampshire Market Lambs Market Sheep - Natural Color Market Lambs
James Griess Natalie Griess	Forestry - Leaf Display Food Preservation - Dried Fruit Food Preservation - Fruit Leather Aerospace - Wooden Fin Rocket - Skill Level 2 Foodworks- Specialty Bread Field Crops - Career Interview Display Youth in Motion - Activity Bag Youth in Motion - Activity Bag Floriculture - Hanging Basket Floriculture - Flowering Potted Plant Heritage - Other History Exhibit Fast Foods - Recipe File Design Decisions - Accessory - Original made from Wood Design Decisions - Accessory - Textile - 3D Photography Unit III - Nebraska Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Decorate Your Duds - Embellished Garment w/Original Design Design Decisions - Accessory - Textile - 3D Decorate Your Duds - Embellished Garment w/Original Design Photography Unit III - Nebr Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Design Decisions - Accessory - Textile-3D Conservation and Wildlife - Wildlife Diorama Child Development - Toy made for Grade Schooler Beef - Other Breeds Yearlings May/June Market Sheep - Hampshire Market Lambs Breeding Sheep - Commercial Meat Breeds - Ewe Lambs Sheep Showmanship - Intermediate Market Sheep - Hampshire Market Lambs Market Sheep - Natural Color Market Lambs
Valerie Griess Alyson Gubbels Grant Gubbels Sydney Gubbels	Forestry - Leaf Display Food Preservation - Dried Fruit Food Preservation - Fruit Leather Aerospace - Wooden Fin Rocket - Skill Level 2 Foodworks- Specialty Bread Field Crops - Career Interview Display Youth in Motion - Activity Bag Youth in Motion - Activity Bag Floriculture - Hanging Basket Floriculture - Flowering Potted Plant Heritage - Other History Exhibit Fast Foods - Recipe File Design Decisions - Accessory - Original made from Wood Design Decisions - Accessory - Textile - 3D Photography Unit III - Nebraska Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Decorate Your Duds - Embellished Garment w/Original Design Design Decisions - Accessory - Textile - 3D Decorate Your Duds - Embellished Garment w/Original Design Photography Unit III - Nebr Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Design Decisions - Accessory - Textile-3D Conservation and Wildlife - Wildlife Diorama Child Development - Toy made for Grade Schooler Beef - Other Breeds Yearlings May/June Market Sheep - Hampshire Market Lambs Breeding Sheep - Commercial Meat Breeds - Ewe Lambs Sheep Showmanship - Intermediate Market Sheep - Hampshire Market Lambs Market Sheep - Natural Color Market Lambs
Bailee Gunnerson	Forestry - Leaf Display Food Preservation - Dried Fruit Food Preservation - Fruit Leather Aerospace - Wooden Fin Rocket - Skill Level 2 Foodworks- Specialty Bread Field Crops - Career Interview Display Youth in Motion - Activity Bag Youth in Motion - Activity Bag Floriculture - Hanging Basket Floriculture - Flowering Potted Plant Heritage - Other History Exhibit Fast Foods - Recipe File Design Decisions - Accessory - Original made from Wood Design Decisions - Accessory - Textile - 3D Photography Unit III - Nebraska Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Decorate Your Duds - Embellished Garment w/Original Design Design Decisions - Accessory - Textile - 3D Decorate Your Duds - Embellished Garment w/Original Design Photography Unit III - Nebr Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Design Decisions - Accessory - Textile-3D Conservation and Wildlife - Wildlife Diorama Child Development - Toy made for Grade Schooler Beef - Other Breeds Yearlings May/June Market Sheep - Hampshire Market Lambs Breeding Sheep - Commercial Meat Breeds - Ewe Lambs Sheep Showmanship - Intermediate Market Sheep - Hampshire Market Lambs Market Sheep - Natural Color Market Lambs
Sadie Hammond	Forestry - Leaf Display Food Preservation - Dried Fruit Food Preservation - Fruit Leather Aerospace - Wooden Fin Rocket - Skill Level 2 Foodworks- Specialty Bread Field Crops - Career Interview Display Youth in Motion - Activity Bag Youth in Motion - Activity Bag Floriculture - Hanging Basket Floriculture - Flowering Potted Plant Heritage - Other History Exhibit Fast Foods - Recipe File Design Decisions - Accessory - Original made from Wood Design Decisions - Accessory - Textile - 3D Photography Unit III - Nebraska Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Decorate Your Duds - Embellished Garment w/Original Design Design Decisions - Accessory - Textile - 3D Decorate Your Duds - Embellished Garment w/Original Design Photography Unit III - Nebr Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Design Decisions - Accessory - Textile-3D Conservation and Wildlife - Wildlife Diorama Child Development - Toy made for Grade Schooler Beef - Other Breeds Yearlings May/June Market Sheep - Hampshire Market Lambs Breeding Sheep - Commercial Meat Breeds - Ewe Lambs Sheep Showmanship - Intermediate Market Sheep - Hampshire Market Lambs Market Sheep - Natural Color Market Lambs
Philip Hanigan Abigail Haszard	Forestry - Leaf Display Food Preservation - Dried Fruit Food Preservation - Fruit Leather Aerospace - Wooden Fin Rocket - Skill Level 2 Foodworks- Specialty Bread Field Crops - Career Interview Display Youth in Motion - Activity Bag Youth in Motion - Activity Bag Floriculture - Hanging Basket Floriculture - Flowering Potted Plant Heritage - Other History Exhibit Fast Foods - Recipe File Design Decisions - Accessory - Original made from Wood Design Decisions - Accessory - Textile - 3D Photography Unit III - Nebraska Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Decorate Your Duds - Embellished Garment w/Original Design Design Decisions - Accessory - Textile - 3D Decorate Your Duds - Embellished Garment w/Original Design Photography Unit III - Nebr Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Design Decisions - Accessory - Textile-3D Conservation and Wildlife - Wildlife Diorama Child Development - Toy made for Grade Schooler Beef - Other Breeds Yearlings May/June Market Sheep - Hampshire Market Lambs Breeding Sheep - Commercial Meat Breeds - Ewe Lambs Sheep Showmanship - Intermediate Market Sheep - Hampshire Market Lambs Market Sheep - Natural Color Market Lambs
Emma Haszard Tyler Hattan	Forestry - Leaf Display Food Preservation - Dried Fruit Food Preservation - Fruit Leather Aerospace - Wooden Fin Rocket - Skill Level 2 Foodworks- Specialty Bread Field Crops - Career Interview Display Youth in Motion - Activity Bag Youth in Motion - Activity Bag Floriculture - Hanging Basket Floriculture - Flowering Potted Plant Heritage - Other History Exhibit Fast Foods - Recipe File Design Decisions - Accessory - Original made from Wood Design Decisions - Accessory - Textile - 3D Photography Unit III - Nebraska Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Decorate Your Duds - Embellished Garment w/Original Design Design Decisions - Accessory - Textile - 3D Decorate Your Duds - Embellished Garment w/Original Design Photography Unit III - Nebr Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Design Decisions - Accessory - Textile-3D Conservation and Wildlife - Wildlife Diorama Child Development - Toy made for Grade Schooler Beef - Other Breeds Yearlings May/June Market Sheep - Hampshire Market Lambs Breeding Sheep - Commercial Meat Breeds - Ewe Lambs Sheep Showmanship - Intermediate Market Sheep - Hampshire Market Lambs Market Sheep - Natural Color Market Lambs
Brett Heinrich	Forestry - Leaf Display Food Preservation - Dried Fruit Food Preservation - Fruit Leather Aerospace - Wooden Fin Rocket - Skill Level 2 Foodworks- Specialty Bread Field Crops - Career Interview Display Youth in Motion - Activity Bag Youth in Motion - Activity Bag Floriculture - Hanging Basket Floriculture - Flowering Potted Plant Heritage - Other History Exhibit Fast Foods - Recipe File Design Decisions - Accessory - Original made from Wood Design Decisions - Accessory - Textile - 3D Photography Unit III - Nebraska Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Decorate Your Duds - Embellished Garment w/Original Design Design Decisions - Accessory - Textile - 3D Decorate Your Duds - Embellished Garment w/Original Design Photography Unit III - Nebr Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Design Decisions - Accessory - Textile-3D Conservation and Wildlife - Wildlife Diorama Child Development - Toy made for Grade Schooler Beef - Other Breeds Yearlings May/June Market Sheep - Hampshire Market Lambs Breeding Sheep - Commercial Meat Breeds - Ewe Lambs Sheep Showmanship - Intermediate Market Sheep - Hampshire Market Lambs Market Sheep - Natural Color Market Lambs
Jaclyn Heinrich	Forestry - Leaf Display Food Preservation - Dried Fruit Food Preservation - Fruit Leather Aerospace - Wooden Fin Rocket - Skill Level 2 Foodworks- Specialty Bread Field Crops - Career Interview Display Youth in Motion - Activity Bag Youth in Motion - Activity Bag Floriculture - Hanging Basket Floriculture - Flowering Potted Plant Heritage - Other History Exhibit Fast Foods - Recipe File Design Decisions - Accessory - Original made from Wood Design Decisions - Accessory - Textile - 3D Photography Unit III - Nebraska Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Decorate Your Duds - Embellished Garment w/Original Design Design Decisions - Accessory - Textile - 3D Decorate Your Duds - Embellished Garment w/Original Design Photography Unit III - Nebr Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Design Decisions - Accessory - Textile-3D Conservation and Wildlife - Wildlife Diorama Child Development - Toy made for Grade Schooler Beef - Other Breeds Yearlings May/June Market Sheep - Hampshire Market Lambs Breeding Sheep - Commercial Meat Breeds - Ewe Lambs Sheep Showmanship - Intermediate Market Sheep - Hampshire Market Lambs Market Sheep - Natural Color Market Lambs
Kayla Humphrey Austin Hurt	Forestry - Leaf Display Food Preservation - Dried Fruit Food Preservation - Fruit Leather Aerospace - Wooden Fin Rocket - Skill Level 2 Foodworks- Specialty Bread Field Crops - Career Interview Display Youth in Motion - Activity Bag Youth in Motion - Activity Bag Floriculture - Hanging Basket Floriculture - Flowering Potted Plant Heritage - Other History Exhibit Fast Foods - Recipe File Design Decisions - Accessory - Original made from Wood Design Decisions - Accessory - Textile - 3D Photography Unit III - Nebraska Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Decorate Your Duds - Embellished Garment w/Original Design Design Decisions - Accessory - Textile - 3D Decorate Your Duds - Embellished Garment w/Original Design Photography Unit III - Nebr Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Design Decisions - Accessory - Textile-3D Conservation and Wildlife - Wildlife Diorama Child Development - Toy made for Grade Schooler Beef - Other Breeds Yearlings May/June Market Sheep - Hampshire Market Lambs Breeding Sheep - Commercial Meat Breeds - Ewe Lambs Sheep Showmanship - Intermediate Market Sheep - Hampshire Market Lambs Market Sheep - Natural Color Market Lambs
Joshua Hytrek Rose Ingracia	Forestry - Leaf Display Food Preservation - Dried Fruit Food Preservation - Fruit Leather Aerospace - Wooden Fin Rocket - Skill Level 2 Foodworks- Specialty Bread Field Crops - Career Interview Display Youth in Motion - Activity Bag Youth in Motion - Activity Bag Floriculture - Hanging Basket Floriculture - Flowering Potted Plant Heritage - Other History Exhibit Fast Foods - Recipe File Design Decisions - Accessory - Original made from Wood Design Decisions - Accessory - Textile - 3D Photography Unit III - Nebraska Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Decorate Your Duds - Embellished Garment w/Original Design Design Decisions - Accessory - Textile - 3D Decorate Your Duds - Embellished Garment w/Original Design Photography Unit III - Nebr Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Design Decisions - Accessory - Textile-3D Conservation and Wildlife - Wildlife Diorama Child Development - Toy made for Grade Schooler Beef - Other Breeds Yearlings May/June Market Sheep - Hampshire Market Lambs Breeding Sheep - Commercial Meat Breeds - Ewe Lambs Sheep Showmanship - Intermediate Market Sheep - Hampshire Market Lambs Market Sheep - Natural Color Market Lambs
Rose Jaros Rhett Jordon	Forestry - Leaf Display Food Preservation - Dried Fruit Food Preservation - Fruit Leather Aerospace - Wooden Fin Rocket - Skill Level 2 Foodworks- Specialty Bread Field Crops - Career Interview Display Youth in Motion - Activity Bag Youth in Motion - Activity Bag Floriculture - Hanging Basket Floriculture - Flowering Potted Plant Heritage - Other History Exhibit Fast Foods - Recipe File Design Decisions - Accessory - Original made from Wood Design Decisions - Accessory - Textile - 3D Photography Unit III - Nebraska Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Decorate Your Duds - Embellished Garment w/Original Design Design Decisions - Accessory - Textile - 3D Decorate Your Duds - Embellished Garment w/Original Design Photography Unit III - Nebr Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Design Decisions - Accessory - Textile-3D Conservation and Wildlife - Wildlife Diorama Child Development - Toy made for Grade Schooler Beef - Other Breeds Yearlings May/June Market Sheep - Hampshire Market Lambs Breeding Sheep - Commercial Meat Breeds - Ewe Lambs Sheep Showmanship - Intermediate Market Sheep - Hampshire Market Lambs Market Sheep - Natural Color Market Lambs
Brittany Kapperman Carman Kinkaid Sariah Knopik	Forestry - Leaf Display Food Preservation - Dried Fruit Food Preservation - Fruit Leather Aerospace - Wooden Fin Rocket - Skill Level 2 Foodworks- Specialty Bread Field Crops - Career Interview Display Youth in Motion - Activity Bag Youth in Motion - Activity Bag Floriculture - Hanging Basket Floriculture - Flowering Potted Plant Heritage - Other History Exhibit Fast Foods - Recipe File Design Decisions - Accessory - Original made from Wood Design Decisions - Accessory - Textile - 3D Photography Unit III - Nebraska Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Decorate Your Duds - Embellished Garment w/Original Design Design Decisions - Accessory - Textile - 3D Decorate Your Duds - Embellished Garment w/Original Design Photography Unit III - Nebr Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Design Decisions - Accessory - Textile-3D Conservation and Wildlife - Wildlife Diorama Child Development - Toy made for Grade Schooler Beef - Other Breeds Yearlings May/June Market Sheep - Hampshire Market Lambs Breeding Sheep - Commercial Meat Breeds - Ewe Lambs Sheep Showmanship - Intermediate Market Sheep - Hampshire Market Lambs Market Sheep - Natural Color Market Lambs
Rachael Lange Emma Lanik Nicolette Larsen Skylar Lienemann Sarah Malina Natalie Meckel Cassie Meyer	Forestry - Leaf Display Food Preservation - Dried Fruit Food Preservation - Fruit Leather Aerospace - Wooden Fin Rocket - Skill Level 2 Foodworks- Specialty Bread Field Crops - Career Interview Display Youth in Motion - Activity Bag Youth in Motion - Activity Bag Floriculture - Hanging Basket Floriculture - Flowering Potted Plant Heritage - Other History Exhibit Fast Foods - Recipe File Design Decisions - Accessory - Original made from Wood Design Decisions - Accessory - Textile - 3D Photography Unit III - Nebraska Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Decorate Your Duds - Embellished Garment w/Original Design Design Decisions - Accessory - Textile - 3D Decorate Your Duds - Embellished Garment w/Original Design Photography Unit III - Nebr Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Design Decisions - Accessory - Textile-3D Conservation and Wildlife - Wildlife Diorama Child Development - Toy made for Grade Schooler Beef - Other Breeds Yearlings May/June Market Sheep - Hampshire Market Lambs Breeding Sheep - Commercial Meat Breeds - Ewe Lambs Sheep Showmanship - Intermediate Market Sheep - Hampshire Market Lambs Market Sheep - Natural Color Market Lambs
Emilee Mudge	Forestry - Leaf Display Food Preservation - Dried Fruit Food Preservation - Fruit Leather Aerospace - Wooden Fin Rocket - Skill Level 2 Foodworks- Specialty Bread Field Crops - Career Interview Display Youth in Motion - Activity Bag Youth in Motion - Activity Bag Floriculture - Hanging Basket Floriculture - Flowering Potted Plant Heritage - Other History Exhibit Fast Foods - Recipe File Design Decisions - Accessory - Original made from Wood Design Decisions - Accessory - Textile - 3D Photography Unit III - Nebraska Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Decorate Your Duds - Embellished Garment w/Original Design Design Decisions - Accessory - Textile - 3D Decorate Your Duds - Embellished Garment w/Original Design Photography Unit III - Nebr Photography Career Exhibit Print Design Decisions - Accessory - Original made from Ceramic/Tile Design Decisions - Accessory - Original made from Wood Design Decisions - Floor Covering Design Decisions - Accessory - Textile-3D Conservation and Wildlife - Wildlife Diorama Child Development - Toy made for Grade Schooler Beef - Other Breeds Yearlings May/June Market Sheep - Hampshire Market Lambs Breeding Sheep - Commercial Meat Breeds - Ewe Lambs Sheep Showmanship - Intermediate Market Sheep - Hampshire Market Lambs Market Sheep - Natural Color Market Lambs



ANIMAL SPECIAL AWARDS

Ashtyn Cooper, Cole Cooper, Emma Lanik, Madalyn Scott, Riley Scott, Jackson Settles (Lancaster County Large Group) — Sheep Herdsmanship - 2nd Place
Cole Cooper — Market Sheep - Grand Champion; Hampshire Market Lambs - Champion; Lamb Carcass - Champion
Hannah Esch — Market Heifer - Champion
Cassie Meyer — Dog Skill-A-Thon - Intermediate - 2nd Place
Caitlyn Walbrecht — Breeding Beef Commercial - Champion
Emma Whaley — Companion Animal Best of Show; Cat Class -1st Place

CONTEST SPECIAL AWARDS

Nathan Becker & Taylor Nielsen (team) — Presentations - Top Premier Presenter (one of top 3)
Abigail Babcock — Horticulture Contest - Senior - 9th place; Tree ID Contest - Senior - 9th Place
Ivy Dearthmont — Top Public Service Announcement Contest Winner (one of top 2)
Mary Dowd — Tree Identification Contest, Senior - 11th Place
Emma Noel — Horticulture Contest - Intermediate - 4th place
Lily Noel — Horticulture Contest - Intermediate - 1st place
Shelby Tachovsky — Top Quilted Exhibit - Level 1 (one of top 2)

RAINBOW RIBBON RECOGNITION

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

Daniel Albin — Aerospace - Wooden Fin Skill - Level 2
Abigail Babcock — Family Genealogy History Notebook
Eliana Babcock — Clothing - Yoyo Scarf
Thaddeus Fonck — Robotics - Build A Robot
Natalie Meckel — Photography
Lily Noel — Service Items
Kylee Plager — Wood Science - (nailing it together)
Grace Spaulding — Exploring Quilts; Family Genealogy History Notebook
Shelby Tachovsky — Quilt Quest - Quilted Exhibit - Large
Riley Weitz — Clothing - Recycled Top Apron

PHOTOGRAPHY SPECIAL SELECTIONS

These photos were selected for a special display UNL Extension and CASNR Dean’s offices

Chera Brown —“Youth in Nebraska” category
Brianna Gable — “Nebraska Agriculture” category
Natalie Griess — “Animal Science” category
Emma Lanik — “Nebraska Landscapes” category; “The Power of Red” category
Madison Sobotka — “Animal Science” category

CLOTHING SPECIAL SELECTIONS

Items selected from top winners in 4-H Clothing, Home Environment and Quilt Quest areas will be on display at the Robert Hillestand Textile Gallery on the UNL East Campus, Sept. 30–Oct. 25.

Kayla Humphrey — Clothing - Dye Painted Fabric Dress
Sadie Hammond — Fashion Show - Dress



Thori Nelson Caleb Nielsen	General Clothing - Recycled Accessory Clothing Level II - Pants or Shorts Outfit Floriculture - Marigold
Jared Nielsen Jordan Nielsen	Clothing Level II - Pants or Shorts Outfit Photography Unit II - Pants or Shorts Outfit Swine - Gilts
Taylor Nielsen Emma Noel	Presentations - Premier Presenter Contest Food Preservation - Pickled Exhibit - 1 jar Food Preservation - Tomato Exhibit - 3 jars Food Preservation - Tomato Exhibit - 1 jar Food Preservation - Dried Herbs Food Preservation - Fruit exhibit - 1 jar Horticulture - Thyme Food Preservation - Jelled Exhibit - 1 jar Food Preservation - Pickled Exhibit - 1 jar Food Preservation - Tomato Exhibit - 1 jar Rabbits - Rex Fashion Show - Sewing for You Wood Science - Woodworking Article (Nailing it Together)
Lucy Polk	Heritage - Level 1- Heritage Poster Forestry - Leaf Display Other Natural Resources - Design Your Own Exhibit Decorate Your Duds - Embellished Garment Using Technology Shopping in Style Fashion Show - Model Purchased Outfit
Sophie Polk Paige Roach	Design Decisions - Furniture-Wood Clear Finish Design Decisions - Accessory - Original Made from Wood Photography Unit II - Composition Display General Clothing - Textile Clothing Accessory Sheep Showmanship - Intermediate Market Sheep - Crossbred Market Lambs Market Sheep - Hampshire Market Lambs Breeding Sheep - Commercial Meat Breeds - Ewe Lambs Sheep Showmanship - Intermediate Market Sheep - Natural Color Market Lambs Market Sheep - Suffolk Market Lambs Sheep Showmanship - Intermediate Market Sheep - Natural Color Market Lambs Citizenship - 4-H Club Exhibit
Caitlyn Schmidt Dani Schreiber Liz Schreiber	Crochet 2 Public Speaking, Senior Photography Unit II - Action Display or Exhibit Print Clothing Level II - Dress Design Decisions - Accessory - Textile - 3D Heritage - Level 1 - Framed Family Photos Quilts - Exploring Quilts Tasty Tidbits - Unique Baked Product Tasty Tidbits - Unique Baked Product Youth in Motion - Healthy Snack Fashion Show - Sewing for You General Clothing - Recycled Garment Youth in Motion - Healthy Snack Recipe File Quilt Quest - Level 1 Quilted Exhibit - Large You’re the Chef - Dinner Rolls Beef - Commercial Breeding Heifter Market Beef - Market Heifers Beef Showmanship - Intermediate Citizenship - 4-H Cub Exhibit Citizenship - Public Adventure Poster Citizenship - Written Citizenship Essay Presentations - Illustrated Presentation General Clothing - Recycled Accessory Fast Foods - Food Technology Exhibit Youth in Motion - Poster Scrapbook or Photo Display
Madelyn Scott	Cat
Riley Scott	Beef - Simmental Breeding Beef Photography Unit II - Composition Exhibit Print
Jackson Settles	
Super Shamrocks Renae Sieck	
Madison Sobotka Taylor Spatz	
Grace Spaulding	
Abby Stephens Anna Sump Sophia Swanson Sheridan Swotek	
Shelby Tachovsky Leah Vorderstrasse Caitlyn Walbrecht	
Addison Wanser	
Max Wanser Riley Weitz	
Emma Whaley Austin Woltemath Taylor Yakel	

EXTENSION NEWS

2013 UNL Service Awards

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

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

Rural Futures Conference,
Nov. 3–5



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

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

Last year’s conference

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

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

Make It With Wool Contest

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

spinning, and weaving of wool fabric and yarn is encouraged. Categories are: Preteen, Junior, Senior, Adult and Made for Others. There will be no district competition, only a state contest held Saturday, Nov. 23 at the Lancaster Extension Education Center in Lincoln. Entry deadline is Nov. 1. For more information, call Tracy at 402-441-7180.

Public Notice

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

Extension Board members assist extension staff in focus areas such as animal agriculture, crops, environment, 4-H youth development, entrepreneurship, food and nutrition. The board meets monthly (usually the second Friday of the month at 8 a.m.).

Registered Lancaster County voters interested in serving should complete an application for appointment by Nov. 1, 2013.

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

UNL Speakers Bureau in 19th Year

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

The Speakers Bureau features speakers available on a year-round basis as well as during the academic year only. This website, www.speakersbureau.unl.edu, has descriptions of speakers and topics, as well as an online form to request a speaker for your event. For questions,

contact Speakers Bureau Coordinator Mitzi Lenz at 402-472-0088 or speakers2@unl.edu.

FREE
SPEECH(es)

UNIVERSITY OF NEBRASKA-LINCOLN
Speakers Bureau 2013–2014



Speaker	Speech Topics
SYLVANA AIRAN <i>Assistant Director of Housing, Business Contracts & Student Services</i>	My Life Growing Up in Pakistan
CHRISTIAN BINEK <i>Associate Professor, Physics & Astronomy</i>	Magnetic Refrigeration Magnetic Thin Films: From Basic Research to Spintronics Physics Between High School and High Tech
CHARLES BRAITHWAITE <i>Editor, Great Plains Quarterly, Sr. Lecturer, Dept. of Communication Studies</i>	African Americans on the Great Plains The Global Classroom: Using New Communication Technology to Improve Education Tribal Colleges: Culture and Higher Education on the Plains
DANIEL CLAES <i>Professor of Physics & Astronomy</i>	Comic Book Physics 101 Lesson 1: The origin of Superman and Clues to the Planet Krypton Lesson 2: Radiation – Origins of the Hulk, the X-men, and the Fantastic 4 Lesson 3: The Flash (the Fastest Man Alive) and the ‘SpeedForce’ Lesson 4: Physics Disassembled Lesson 5: Hard Takeoffs and Soft Landings Lesson 6: Solar Energy as the Source of Superpowers What the Heck is a Higgs Boson?! Are We Alone in the Universe? What Happened to the Faster-than-Light Neutrinos?
DONALD C. COSTELLO <i>Associate Professor Emeritus, Computer Science and Engineering</i>	The Bronx in the Middle of the Last Century Information Technology – Yesterday, Today and Tomorrow Robotics; Status Today, Impact Tomorrow Investment Versus Gambling in a Digital Economy
KENNETH DEWEY <i>Professor of Applied Climate Sciences, School of Natural Resources</i>	Chasing Icebergs North to Alaska and Across the Canadian Arctic: A Photographic Journey The Nebraska Weather Photos Website
ROBERT F. DIFFENDAL, JR. <i>Professor Emeritus, Conservation & Survey</i>	Pleasures and Perils of Owning Beach-Front Property Changes in China Since 1979 Geologic Development of Nebraska
STEPHEN DUCHARME <i>Professor & Vice Chair, Department of Physics & Astronomy, Nebraska Center for Materials & Nano Science</i>	Can a Photon Wave? Nanoscale Science and Technology
GALEN ERICKSON <i>Professor, Beef Feedlot Extension Specialist</i>	How Ethanol and Cattle are Good Together (i.e., alcohol and beef) What is the Real Impact of Feedlots on the Environment?
MICHAEL HOFF <i>Professor of Art History</i>	Ancient Roman Religion and Nebraska Football Athens Under Roman Domination Pirates and Romans Along the Cilician Coast of Ancient Turkey
ROGER M. HOY <i>Professor, Biological Systems Engineering & Director, Nebraska Tractor Testing Laboratory</i>	The Nebraska Tractor Testing Lab: Past, Present and Future
GARY KEBBEL <i>Professor, College of Journalism and Mass Communications</i>	How to Use Social Networking like Twitter or Facebook or Foursquare as Reporting Tools Reaching Youth: If it’s Not on a Cell Phone, it Doesn’t Exist The Changing News Ecosystem
MEG LAUERMAN <i>Director, University Communications</i>	Research, Recruitment and the Big Ten: An Overview of What’s New at the University of Nebraska–Lincoln
BRADLEY LUBBEN <i>Extension Assistant Professor and Policy Specialist</i>	Growing Agriculture to Meet Society’s Demands More Than Farm in the Farm Bill
PATRICE C. MCMAHON <i>Associate Professor, Political Science</i>	For Good or For Ill: The Return of Nation Building U.S. Power in the Networked Era Partners in Peace: Nongovernmental Organizations in Peace-Building
TAPAN PATHAK <i>Extension Educator for Climate Variability, School of Natural Resources</i>	Current and Future Global Climate Change: What it Means for Nebraska?
LISA PENNISI <i>Assistant Professor, School of Natural Resources</i>	Why Nebraska is a Great Tourist Destination The Benefits of Connecting Youth and Adults to Nature
WES PETERSON <i>Professor, Agricultural Economics</i>	The Future of Capitalism U.S. and Global Economic Inequality Is Africa Finally Poised for an Economic Take-off?
PAUL E. READ <i>Professor, Horticulture and Viticulture</i>	Gardens of the World Grape Expectations: Nebraska’s Developing Grape and Wine Industry
JOHN W. RICHMOND <i>Professor and Director of the UNL School of Music</i>	Does Music Make You Smarter? It Depends on What You Mean! Finding the Next Mozart! Music Composition Education in the 21st Century “Speaking the Universal Language” Without an Accent: UNL in Our Global Musical Village
KELLI K. SMITH <i>Assistant Director, Career Services</i>	Developing a Top Internship Program How to Effectively Recruit College Students
GREG SNOW <i>Professor of Physics and Astronomy</i>	Cosmic Rays from Outer Space-What Do We Know About Them? Did a Giant Asteroid Kill the Dinosaurs? High Energy Physics and the Discovery of the “God Particle”
SANDRA STOCKALL <i>Professor Emeritus, University of Nebraska Extension</i>	You Are Who You Are Because Wow, That Felt Great!
JOSEPH WEBER <i>Associate Professor, College of Journalism and Mass Communications</i>	Teaching Journalism in China: A Semester of Surprises

EXTENSION CALENDAR

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

September

- 21–22 **Ak-Sar-Ben 4-H Horse Show**, Lancaster Event Center
23 **Family & Community Education (FCE) Council Meeting** 1 p.m.
24 **Guardian/Conservator Training** 1:30–4:30 p.m.
25 **FCE & Community Leader Training Lesson, “Home Modifications for Aging in Place”** 1 p.m.
26 **Co-Parenting for Successful Kids** 9 a.m.–12:30 p.m.
26–29 **Ak-Sar-Ben 4-H Stock Show**, CenturyLink Center
28 **Composting Demonstration**, Pioneers Park Nature Center’s backyard composting demonstration area 10 a.m.

October

- 1 **4-H Council Meeting** 7 p.m.
1 **4-H Horse Awards Night** 6:30 p.m.
3 **4-H Kick Off** 6 p.m.
6–12 **National 4-H Week**
8 **Guardian/Conservator Training** 5:30–8:30 p.m.
9 **Composting Workshop**, Charles H. Gere Library, 2400 S. 56th St. .. 6:30 p.m.
10 **Co-Parenting for Successful Kids** 9 a.m.–12:30 p.m.
11 **Extension Board Meeting** 8 a.m.
12 **Composting Demonstration**, Pioneers Park Nature Center’s backyard composting demonstration area 10 a.m.
13 **4-H Teen Council Meeting** 3 p.m.
16 **Composting Workshop**, Anderson Library, 3635 Touzalin Ave. 6:30 p.m.
19 **4-H Rabbit Clinic** 9 a.m.–12 noon
19 **4-H Horse VIPS Committee Ranch/Roping Meeting** 6 p.m.
21 **4-H Horse VIPS Committee Meeting** 7 p.m.
24 **4-H Leader Training** 9:30 a.m./6:30 p.m.

Correction

Alyssa Zimmer earned champion Rabbit Intermediate Showmanship at the Lancaster County Super Fair.

UNL Companion Animals & Wildlife Career Days for High Schoolers

Would you like to find out more about careers related to companion animals (dogs, cats, rabbits, household pets) or wildlife? University of Nebraska–Lincoln’s Animal Science Department and School of Natural Resources will host Career Days on Oct. 2 & Dec. 4 for high school students. There will be exciting hands-on labs and a panel featuring individuals with careers in companion animals and wildlife. The Career Days are free and will run from 9 a.m.–3 p.m. Lunch will be provided. If you would like to attend, contact Alli Raymond at araymond2@unl.edu or 402-472-0204. Space is limited.

Experience the Power of Red

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

Sponsored by the College of Agricultural Sciences and Natural Resources

Saturday, Oct. 19

9 a.m.–2 p.m. • UNL’s East Campus

- Learn more about how we prepare students for careers in everything from animals to plants, soil to climate, golf to business, mechanization to leadership, food to forensic science
- Meet current students, faculty and staff

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

No charge to attend

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

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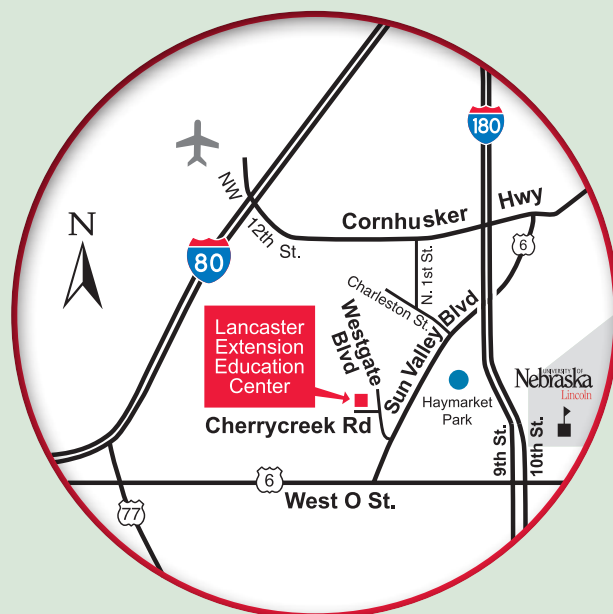
EXTENSION

UNL Extension in Lancaster County
444 Cherrycreek Road, Ste. A, Lincoln, NE 68528
402-441-7180

<http://lancaster.unl.edu>
Email: lancaster@unl.edu • Fax: 402-441-7148

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Lancaster Extension Education Center Conference Facilities
444 Cherrycreek Road, Lincoln



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We assure reasonable accommodation under the Americans with Disabilities Act; for assistance contact UNL Extension in Lancaster County at 402-441-7180.

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ADMINISTRATIVE AIDE

Jenny DeBuhr

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David Smith

SUPPORT STAFF

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MAKE A LASTING IMPACT.

NATIONAL 4-H WEEK
OCTOBER 6-12, 2013

Join the 4-H Alumni Community today at 4-h.org/alumni.

4-H is the youth development program of our nation's Cooperative Extension System.



HELP US GROW 4-H OUT HERE

SUPPORT YOUR LOCAL 4-H CLUBS.

\$1 PLEASE ADD ONE DOLLAR AT CHECKOUT

DONATE OCTOBER 9TH - OCTOBER 20TH

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

Specialty 4-H Clubs Invite New Members

Current 4-H members and those interested in joining 4-H are invited to join these clubs!



4-H Teen Council Leadership Organization

The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7-12. Meetings are held the second Sunday of each month at 3 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. 4-H Teen Council members:

- participate in several community service activities
- plan, set up and facilitate annual 4th & 5th grade Lock-In
- are involved in other leadership activities

For more information, call Tracy Anderson at 402-441-7180. The next meeting will be Sunday, Oct. 13.



Household Pets

Want to learn more about your pet? Or get acquainted with new ones? Join the 4-H Household Pets club for youth ages 8-18 and their small animals! Hamsters, gerbils,

guinea pigs, mice, snakes, turtles, fish, reptiles, amphibians, caged birds and any animal small enough to put in your pocket is invited. The club meets monthly. Open to all youth ages 8-18. For more information, call 402-441-7180.

Rabbits R Us and South Prairie Wranglers Rabbit Clubs

If you like rabbits, hop to it! Two Lancaster County 4-H clubs help youth learn all about rabbits! Open to all youth ages 8-18.

Rabbits R Us club usually meets on the last Monday of each month (evenings). For more information, contact leader Mark Hurt at 402-488-0722.

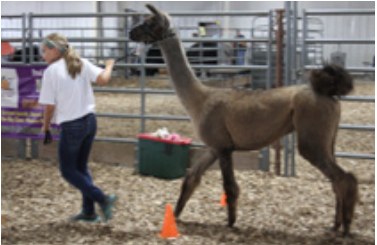
South Prairie Wranglers has a rabbit club. For more information, contact leader Laurie Bellinghausen at 402-420-2264.



Canine Companions

Are you interested in training your dog in obedience and agility? The Canine Companions 4-H dog club meets Tuesday nights 6-7 p.m. at the Greater Lincoln Obedience Club, 5740 Johanna Road, Lincoln. Meetings will resume Tuesday, Oct. 8. Monthly clinics will

cover various dog-related topics. Open to all youth ages 8-18. For more information, contact leader Stephanie Wachter at 402-466-2442.



Star City Llama and Alpaca

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

"Horseless" Horse Club

For youth who love horses but don't have a horse. Open to youth ages 8-18. Hands on experience on all aspects of horning around. Youth can participate fully in the 4-H Horse Program. For more information call leader Peg at 402-421-8187.

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

4-H Kick Off

Thursday, Oct. 3, 6 p.m.

Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln

Adults Are Needed to Help Organize Clubs!

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

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

402-441-7180 • <http://lanaster.unl.edu/4h>



4-H NEWS



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



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