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The NEBLINE, November-December 2013

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Family and Couple Strengths

Getting Connected, Staying Connected

Maureen Burson
UNL Extension Educator

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

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

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

Dr. John DeFrain, University of Nebraska–Lincoln Extension Family and Community Development Specialist Emeriti and colleagues¹ have conducted research over the past 35 years involving 28,000 family members in 38 countries. Their research accentuates the positive to show clearly and simply how happy couple and family relationships are created and maintained over time.

The findings indicate six key family strengths:

- **Appreciation and affection for each other.** Genuinely felt, and expressed regularly.
- **Commitment to the family.** Work and other priorities are not allowed to take too much time away from family interaction. The family is highly valued by its members, and individuals are faithful to each other.
- **Positive communication.** Family members enjoy talking with each other and listening to each other. The interactions are open, honest, straightforward and pleasant.
- **Enjoyable time together.** Similarly, family members like to be with each other and spend a considerable amount of time enjoying each other's company. They are good friends.
- **Spiritual well-being and shared values.** Family members share a sense of hope, optimism, faith, safety and happiness together. Their home is a sanctuary and their relationships bring them comfort. Spiritual well-being can

be seen as the caring center within each individual that promotes sharing, love and compassion.

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

Dr. Cody Hollist's Research Indicates Happier Couples are Healthier

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

The study examines marriages of 1,681 people over a 20 year span, the longest time frame yet for observing how marital happiness impacts physical health. Published in June's *Journal of Marriage and Family*, Hollist and colleagues² looked only at participants who remained married to the same person in order to pinpoint the health effects of marital quality over time. They broke the group into early life and midlife at year one so they could see if marital happiness affected young couples differently than midlife couples. The participants reported on the happiness they felt in their marriage as well as the problems they experienced in their marriage.

Some of the findings:

- A strong connection between good health and marital quality for both age groups
- For young couples — their happiness in the marriage had a greater affect on their health than the problems they



"Enjoyable time together" is one of six key family strengths. See page 5 of this issue for a sampling of ways Nebraska parents enjoy time with their children.

experience. Focusing on marital happiness (or as another researchers calls it, marital friendship) is important for health.

- For midlife couples — their problems were a greater predictor of health than happiness. Paying attention to how well they resolve problems is critical for improvements in health.

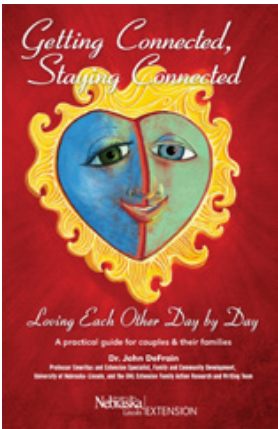
Hollist says, "For young couples, time should be spent building friendship and shared connection."

Practical Application

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

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

- **Book** — *Getting Connected, Staying Connected — Loving Each Other Day by Day* (EB4), is a practical guide for couples and their families. The 244-page book is available on UNL Marketplace at <http://marketplace.unl.edu/extension/eb4.html>. Cost is \$18.95 for paperback and \$28.95 for hardcover. The book is a sequel to the 2006 *Family Treasures — Creating Strong Families* (EB1), which is available at <http://go.unl.edu/igr>. Cost is \$17.95 for paperback and \$6 for e-book.
- **NebGuides** — "Getting Connected, Staying Connected," explores the



attributes and experiences of strong families. The series of 20 NebGuides are available free online at <http://go.unl.edu/880> (under Family Life).

Focusing on the strength of relationships rather than the structure of the family is an integrated part of UNL Extension programs such as Co-Parenting for Successful Kids (for families experiencing custody and

divorce), Guardianship Training (newly appointed guardians and conservators), child development professional staff development, and education through technology outreach.

¹ David Olson, University of Minnesota, and Linda Skogrand, Utah State University

² Richard B. Miller of Brigham Young University, lead author, based upon Alan Booth, Penn State effort involving detailed surveys.

Article adapted from the following sources:

- UNL Extension NebGuide, "Getting Connected Staying Connected: The World Couples and Families Live in Today: The Truth About Marriage and Family" <http://ianrpubs.unl.edu/live/g2123/build/g2123.pdf>
- "Study: Happy marriages mean healthier spouses" <http://news.unl.edu/newsrooms/unltoday/article/study-happy-marriages-mean-healthier-spouses>

UNL Extension NebGuide "Getting Connected, Staying Connected: How Couples Can Ensure a Meaningful and Happy Life Together" is excerpted on page 10 of this issue.

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To go to our home page on your smart phone, scan this code with a QR reader app.

Fruit Trees Offer Backyard Bounty

Vaughn Hammond
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Nebraska — the fruit production hub of the Midwest? Today Nebraska is famous for its bountiful production of grain and livestock, but in the late 1800s and early 1900s, Nebraska was a nationally recognized fruit-producing state. Nebraska’s move toward fruit production began in the mid-1850s as pioneers crossed the Missouri River at Brownville on the Brownville Ferry. Many settlers homesteaded near the crossing in Nemaha County located in southeast Nebraska.

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

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

The face of Nebraska’s fruit industry began to change with Prohibition, the Great Depression and the Armistice Day freeze on Nov. 11, 1940. During the late 1930s into 1940 Nebraska experienced a prolonged drought. The growing season of 1940, was very warm and dry, and the first freeze normally experienced in October never came. Light rain began to fall, nourishing the fall-canopied trees, the rain fell heavier and the fruit trees pulled in the moisture. Temperatures dropped overnight from the 60s to below zero causing the trunks of the trees to rupture as the water inside them froze. Hundreds of acres of commercial orchards, as well as, countless smaller plantings of fruit crops were destroyed. Between cleanup costs and the economic times, few trees were replaced and orchards were converted to row crops.

Today, Nebraskans are showing renewed interest in planting a few fruit trees in their yards or on acreages. Many remember the day when their grandparents grew the fruit they ate directly off the tree or canned for later use.

Planting Fruit Trees

There are many considerations to make when preparing to plant fruit trees. One of the most important tasks lies in the planning. Fruit trees are long-term endeavors, and it’s important to fully understand the growing requirements for them to produce at their fullest. Start the planning process with a site analysis. Factors to consider include soil characteristic, the amount of sunlight the area receives, soil and air drainage, competition from other plants and available space.

Performing a soil test is a critical



High density dwarf apple trees a few months after planting.



Mature dwarf apple trees supported by trellis to compensate for the fruit load.

step that needs to take place early in the planning process. A soil test will determine the pH, fertility levels and amount of organic matter present in the soil. Guidelines for taking a soil sample to be used for testing can be found in the UNL Extension NebGuide “Guidelines for Soil Sampling” (G1740) online at www.ianrpubs.unl.edu/sendIt/g1740.pdf. Since fruit crops are deeper rooted than many agronomic crops, the soil sample should be taken to the depth of 12 inches rather than the more commonly recommended eight inches. It’s important to do this early in the planning to make any amendments that may be needed.

Most fruit crops require full sun for optimum production. Full sun is classified as at least six hours of direct sunlight daily, preferably during midday for most fruit crops. Both soil drainage and air drainage also are important factors to consider. Heavy clay soils that retain water can lead to reduced vigor and death. Reduced air flow can lead to a buildup of cold air which can result in bud loss and, in extreme cases, even plant death.

Once it has been determined the site is suitable for growing fruit, it’s time to begin the fun part, which is choosing what to plant. The options are almost too many because of all the types of fruit and the varieties found within each type that can be grown in Nebraska. Apples, peaches, pears, Asian pears, plums, apricots and tart cherries all are tree fruits that can be grown.

Several factors must be taken into account when choosing what to plant. Is the variety adapted to our growing zones? (Nebraska falls into zones 4 and 5.) Will the mature size fit into the site? Is the variety self-fruitful or is a pollinator required?

Mature size may be the most important factor to consider. Mature fruit tree size is classified as standard, semi-dwarf or dwarf. Tree size can be dictated by either genetics or by grafting. Grafting is essentially splicing two types of trees together — two types of apples, for example. The rootstock is the portion of the tree that contains the roots and the scion wood is the portion that is “spliced” onto the rootstock and becomes the upper portion of the tree. The scion takes on certain characteristics of the rootstock. The rootstock can dictate the mature size of the tree.

A standard tree will have no size modification and may reach a size inappropriate for the site. Semi-dwarf trees reach a height of 8–15 feet. Dwarf trees range from five to eight feet tall and ultra-dwarfs and dwarf types need to be supported because they are capable of producing a crop that will be too heavy for the tree to physically support without the help of a stake or specially-designed trellis for multiple trees.

Fruit trees are classified as either



Individual dwarf apple trees supported by stakes.

self-fruitful and not requiring a pollinator, or self-unfruitful and requiring a pollinator. Even if a variety is classified as self-pollinating, it’s a good practice to plant a second genetically different variety that will act as a pollinator. Using a pollinator on a self-pollinating variety will maximize the pollination and result in a superior yield. Fruit trees are classified as either early, mid- or late-season bloomers. Be sure to match the blooming period of the pollinator and the tree to be pollinated. Ideally, the bloom period should be the same. A mid-season blooming pollinator can be used to pollinate either an early- or late-season variety with varying success. An early and a late-season pairing would generally not result in successful cross pollination.

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

Apples

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

Here are three disease-resistant apple varieties suitable for Nebraska:

- **Liberty** — is classified as a high-quality “dessert apple.” It’s resistant to apple scab, cedar apple rust, fire blight and mildew. Liberty is an annual producer ripening in Mid-September; zones 3-7.
- **Freedom** — is a multipurpose apple suitable for both eating and cooking. It is resistant to apple scab and moderately resistant to mildew, fire blight and cedar apple rust. Freedom ripens in late September; it is an excellent keeper and will store until January under proper conditions; zones 3-9.
- **Enterprise** — has excellent fruit quality and shows immunity to apple scab with high resistance to fire blight and cedar apple rust, as well as moderate resistance to powdery mildew. It ripens mid-October and is a good keeper; zones 4–8.

Peaches

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

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

see FRUIT TREES on next page

Select Outdoor Yard Lights for Security and Energy Savings

Shawn Shouse
Iowa State University Extension
Agricultural Engineer

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

How Much Light?

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

Higher light intensity may be desired in areas of high activity or near building entrances.

What Type of Light Fixture?

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

What Type of Lamp?

Lamp efficiency is one factor to consider and is measured in lumens of

light per watt of electric consumption, vary widely. Some lamps are slow to start or to reach full intensity.

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

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

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

For general yard lighting that will stay on for extended hours, high pressure sodium is often the lamp of choice, followed closely by metal halide. Payback period on replacing a mercury

vapor fixture with a smaller, more efficient high pressure sodium fixture can be as short as 2–4 years.

What Controls are Needed?

Many yard light fixtures come pre-wired with a photocontroller that will turn the lamp on at dusk and off at dawn. Extra energy can be saved by using a controller that can additionally turn the lamp off for the latter portion of the overnight hours. Called “half night” or “selectable time” photocontrollers, these devices save energy and reduce unwanted light pollution.

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

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



This light fixture has a photocontroller and motion sensor control. Shown with halogen floodlights.

Information for this article was gathered from these good resources:

- “Outdoor Lighting,” by Scott Sanford, University of Wisconsin, www.uwex.edu/energy/lighting_OL.html
- “Energy-Efficient Agricultural Lighting,” by Scott Sanford, University of Wisconsin, <http://learningstore.uwex.edu/pdf/A3784-14.pdf>
- “Living On Acreages: What You Need to Know,” (MWPS-50), order from the ISU Extension Online Store at www.extension.iastate.edu/store

FRUIT TREES

continued from previous page

- It’s a good producer of firm fruit and is resistant to leaf spot; zones 5–8.
- **Loring** — produces medium-size fruit with yellow flesh. It’s a freestone, vigorous grower that usually doesn’t require thinning. It has excellent fruit quality; zones 5–8

Plums

- Plums are classified as European, Damson or Japanese. All three types can be grown successfully in Nebraska, depending on the variety. European varieties are good fresh and for canning while Damson are more tart and more suitable for cooking. Japanese varieties are susceptible to Nebraska spring frosts and will not produce fruit consistently, but are of very good quality and worth a try. The majority of plums require a second variety for pollination.
- **Stanley** — is European and produces blue-skinned fruit suitable for eating and cooking. It’s late blooming and is a heavy producer. The oblong fruit ripens in mid-September; zones 4–9.
 - **Castleton** — is European with blue-skinned fruit that is classified as a dessert plum. It’s a good producer, ripening in late August to early September; zones 5–9.
 - **Shiro** — is a Japanese type with yellow skin and white flesh. Very sweet, it ripens in late July to early August; zones 5–8.

Pears

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

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

- **Bartlett** — is considered the standard for pears. Very productive with large, juicy fruit suitable for eating or canning, it ripens in late August and is best if picked mature but green, and ripened off the tree. It’s somewhat self-fertile but yields better using a separate pollinating variety; zones 4–9.
- **Anjou** — is a green pear with a slightly yellow tinge when ripe. This tree bears large fruit that stores well. It will cross pollinate with Bartlett; zones 4–9.
- **Comice** — is a dessert pear, with large fruit that ripens yellow with a tinge of red. It can be self-fruitful but yields better with cross pollination; zones 4–9.

Apricots

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

- **Hargrand** — is very hardy and blooms mid- to late-April, this variety

produces large freestone fruit with good flavor. It has very good disease resistance and is self-fruitful; zones 4–7.

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

Tart Cherries

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

Tart Cherries are considered self-fruitful, so a second variety is not needed for pollination, although a second variety can be beneficial. If a pollinator is used, it’s important to know a tart cherry and a sweet cherry will not cross pollinate.

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

- **Montmorency** — is considered the standard for tart cherries. It is very productive, bearing firm medium-size, bright red fruit. The tree blooms in early May and fruit ripens in July; zones 4–9.
- **Balaton** — blooms and yields 6 to 10 feet tall. It has small, deep red fruit with red flesh; zones 3–8.

Prepare Horses for Winter



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

As winter approaches, horses need a different kind of care to stay in good condition while they fight the cold weather.

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

Nutrition requirements also change in winter. It’s important to maintain a condition score of 6–7. A horse in this condition has enough fat across its flank, neck, ribs and down its topline that it would be necessary to push a little to feel the bones.

The nutritional value of winter pasture grass also is slim so horses should be fed some type of hay — round bales, square bales, grass hay or alfalfa — as well as salt and mineral. Stalled horses’ nutritional requirements don’t change much from summer, but be sure they have enough hay to generate body heat and maintain their weight. Horses should always have an open, unfrozen water source.

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

As the number of daylight hours decreases, horses’ coats grow thicker because amounts of light affect hair growth. If the horses are on a lighting program, take them off far enough in advance so their coats can grow thicker. People who continue to show their horses in winter should keep horses inside and on a 16 hour per day lighting program from 6 a.m.–10 p.m.

Horses wintered outside need a shelter to block the wind. A shelter could be as simple as a thick shelterbelt or a three-sided shed with an opening that points away from primary winds.

Also, continue to deworm horses every 60 days and vaccinate them for rabies if there is a rabies problem in the area.

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

Dr. Krishona Martinson, University of Minnesota Extension



Alice Henneman, MS, RD, UNL Extension Educator

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

Lazy Day Beef & Vegetable Soup

(Makes 6 to 8 servings)



Alice Henneman, UNL Extension in Lancaster County

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

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

Nutrition information per serving, 1/6 of recipe: 365 calories; 11 g fat (3 g saturated fat; 3 g monounsaturated fat); 80 mg cholesterol; 796 mg sodium; 31 g carbohydrate; 5.2 g fiber; 35 g protein; 4.7 mg niacin; 0.3 mg vitamin B6; 2.3 mcg vitamin B12; 4.5 mg iron; 28.7 mcg selenium; 6.2 mg zinc; 103.2 mg choline.

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

Nutrition information per serving, 1/8 of recipe: 273 calories; 8 g fat (2 g saturated fat; 3 g monounsaturated fat); 60 mg.

Source: Recipe courtesy of The Beef Checkoff www.BeeFITsWhatsForDinner.com

Slow Cooker Safety

- Follow these basic safety rules when using a slow cooker:
- Wash your hands before, during and after food preparation.
 - Always start with a clean slow cooker, utensils and work surface.
 - Always thaw meat and poultry in the refrigerator before cooking in the slow cooker. This will ensure complete cooking.
 - Cut meat into pieces to ensure thorough cooking. Large pieces of meat are not recommended for slow cookers because they do not cook quickly enough to avoid bacterial growth.
 - If you cut up meats or vegetables ahead of cooking, refrigerate these perishable foods until you are ready to use them.
 - Because vegetables cook slower than meat and poultry, place the vegetables in the slow cooker first. Place the meat on top of the vegetables and top with liquid, such as broth, water or a sauce.
 - For easy cleanup and care of your slow cooker, spray inside of the cooker with nonstick cooking spray before using it. Slow cooker liners also ease cleanup.
 - Fill the slow cooker no less than half full and no more than two-thirds full. Cooking too little or too much food in the



Alice Henneman, UNL Extension in Lancaster County

Spraying a slow cooker with nonstick cooking spray before using it makes cleaning easier.



Because vegetables cook slower than poultry and meat, place them in the slow cooker first.

- slow cooker can affect cooking time and quality.
- If possible, set your slow cooker on high for the first hour, then turn the heat setting to low to finish cooking. Keep the lid in place. Removing the lid slows cooking time.
 - If you are not home during the entire slow-cooking process and the power goes out, throw away food even if it looks done. If you are home during the cooking process, finish cooking

- the ingredients by some other means, such as on an outdoor grill. If the food was completely cooked before the power went out, the food will remain safe for up to two hours.
- Measure the temperature of your foods before eating them. Follow the recommended safe internal temperatures below:
 - 145°F – Fish, beef, steaks, roasts
 - 160°F – Pork, ground beef, egg dishes
 - 165°F – Turkey, chicken, casseroles

Handle Leftovers Safely

Using a slow cooker often results in leftovers. For safety reasons, do not store leftovers in a deep container (such as the slow cooker). Instead, refrigerate leftovers in shallow containers (with the food no more than 2 to 3 inches deep). Do not reheat leftovers in your slow cooker. Instead, reheat leftovers on the stove or in the microwave or oven until the internal temperature reaches 165°F. When the food has reached 165°F, it may be placed in the slow cooker on low to keep it warm during serving.

Source: Courtesy of North Dakota State University Extension Service — www.ndsu.edu/eatsmart Authors: Julie Garden-Robinson, Ph.D., R.D, L.R.D., Food and Nutrition Specialist and Kendra Otto, Program Assistant

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.

Holiday Meals on a Budget



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

Dana Root-Willeford
UNL Extension Associate

Holidays are upon us and this year we can be ready for them! During the holidays we typically go above and beyond. Unfortunately, all the spirit of giving means it's easy to go over

budget. It doesn't have to be that way. Even though it can be a challenge on the budget to do up a nice, home-cooked meal, we can still be strategic about our planning and cooking with some helpful tips.

First things first, don't wait until the last minute to start thinking about and shopping for the big day. Plan your menu early. Making a list, looking through grocery ads and clipping coupons will help you get most or all of what you need on sale. Planning in advance will also help you stock your pantry ahead of time.

Look through your pantry.

The key here is to be resourceful and use your imagination. Instead of using a recipe that requires you to purchase all ingredients, you can be creative in preparing dishes with what you already have on hand.

Make dishes ahead and freeze for the holiday. This will help save time in the kitchen, and save money by avoiding last minute food shopping.

Lastly, make the most of your leftovers! Freeze extras for a later day, or use leftovers to prepare another meal. Remember to use up refrigerated leftovers within four days!

White Turkey Chili

(12 1-cup servings)

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 1 cup chopped celery
- 2 cans (15.5 oz) Great Northern beans, drained
- 2 cans (15.5 oz) white hominy
- 1 can (4 oz) chopped green chilies
- 4 cups cooked turkey, chopped
- 4 cups turkey or chicken broth
- 1 teaspoon ground cumin
- Shredded cheese of your choice for topping

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

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's View – Marian's Message

Marian Storm
FCE Council Chair

Where has the year gone? It's time to set the clock back one hour on Nov. 3. It gets dark so much earlier and makes the



evening longer. Nov. 11 is Veteran's Day. Be sure and fly your flag.

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



Before long we will be in the Holiday mode.

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never have enough."

How Nebraska Parents Enjoy Time With Their Children

Maureen Burson
Extension Educator

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

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

Meals

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

School and Extracurricular

- Coming home to a "gift" on the first day of school.
- Shopping together for school supplies.
- Attending every performance and award ceremony to celebrate my children's successes.
- Attending sporting events and playing sports together.
- Coaching my children's sports teams.



Indoor Activities

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

Outdoor Activities

- Playing ball in the yard.
- Walking in the neighborhood.

- Playing barefoot in the sand together.
- Going on nature hikes and look for bugs and snakes.
- Reading in the park.
- Riding bikes.
- Camping trips.
- Fishing at grandpa's pond.
- Making snowmen and snow forts in the winter time.

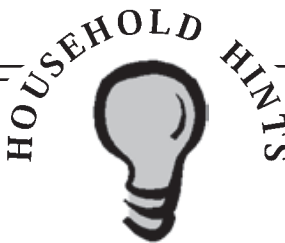
Holidays

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



Other Activities

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



Lorene Bartos, UNL Extension Educator

Keep Kitchen and Bathroom Clean During Guest Season

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

Kitchen:

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

Bathroom:

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

Holiday Gifts Needed for ExCITE/Headstart

A good community service project for the holidays is helping the less fortunate by providing gifts for the ExCITE/Headstart programs. This program is in need of over 500 gifts for children birth to 5-years old. Literacy is being emphasized again this year, so books and items to encourage reading are suggested (such as puppets, puzzles, small toys, etc. relating to story books). The goal is to give each child a book. Gifts should be unwrapped and recommended cost is up to \$5. Bring gifts to the Extension office by Dec. 2. For more information, contact Lorene Bartos at 402-441-7180. This is an excellent project for 4-H, FCE and other community clubs. Individuals are welcome to participate.

AARP Driver Safety Course, Nov. 20

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



AARP members must bring their membership card with their ID number as well as their driver's license. Payment by check is required — charge/credit cards are not accepted, nor is cash. In this class, you will learn:

- defensive driving techniques, new traffic laws and rules of the road,
- how to deal with aggressive drivers,
- techniques to handle driving situations such as left turns, rights-of-way and blind spots, and
- how to use anti-lock brakes, air bags and seat belts and other safety features.

There is no test. Course participants may be eligible to receive an insurance discount from some companies — consult your insurance agent for further details. For more information about the course, go to www.aarpdriversafety.org or call 1-888-227-7669.

Holiday Spending Tips

Impulsive and overspending can be very hard on a family's financial situation. Be a wise shopper and a smart spender and enjoy the holiday shopping season knowing you made the right financial decisions. Some money management tips for any time, but especially for the holiday season are:

Keep track of holiday spending. Especially if you are using credit cards and accounts to delay bills. One idea is to wrap a paper around each credit cards and note what is purchased, the date and amount. This also works well with debit cards. Try keeping a "running"

total figure so you'll know at a glance what's owed on a particular account. Another idea is to use a small notebook to help you keep tabs on your credit and debit use.

Decide before you go shopping what you can afford to spend. Discuss with the family the financial situation. Talk about money limits and what the total amount needs to cover.

Use "cheap money" sparingly. Payment accounts which let you wait until February or March before payments begin may be an incentive for you to spend more than you can afford.

Payment time in February and March always come faster than expected.

Consider gifts of service. Give coupons for babysitting, a meal, house-cleaning, lawn moving or other such tasks.

Watch for sales and take a chance on items which normally go on sale just before the holidays. Sometimes by waiting for the last minute sales you can save a bundle. Watch for sales or special buys year round to find just the right gifts for teachers, special friends and family.

Allergies and Indoor Pests

Barb Ogg
UNL Extension Educator

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

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

Dust Mites

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

Clean surfaces weekly with a damp cloth and HEPA filter vacuum. To reduce dust mite levels, keep humidity levels at 30-50 percent. It can be helpful to have an air conditioner or dehumidifier to keep humidity levels low. Hard surfaced floors that don't collect dust are helpful. Specially-made mattress encasements can be installed on mattresses and help reduce dust mites in bedrooms.

Cockroaches

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

Mice

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

Mold

Fix all leaky faucets and pipes and eliminate collections of water around the outside of the house. Use a dehumidifier in the basement ... empty and clean dehumidifier regularly to prevent molds.

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

Small Flies in the Home

Barb Ogg
UNL Extension Educator

Some folks call the Extension office about “gnats,” but to an entomologist, a gnat is a small fly. All flies and gnats (very small flies) have two wings which places them in the order Diptera.

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

Control involves location and elimination of breeding sites. Insecticides are rarely helpful.

The most common small fly infestations found indoors are:

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

Drain Flies (Psychodidae)

These grayish-brown flies often hover over the sink or bathtub drain. Under magnification, they look similar to tiny moths, which gives this group one of its common names, moth flies. Drain fly



Drain flies (above: magnified) (right: approximate size)

larvae develop by feeding on fungi and organic matter living in the gelatinous gunk which gradually builds up in drain pipes. Adult flies emerge from the drain, mate and the female fly goes back down the drain to lay eggs. The most common breeding site is the drain, but infestations can also begin when there are broken or leaking pipes, a sink overflow or from a grungy garbage disposal.

Control: Drain flies are usually eliminated by removing the gelatinous slime on the inside of the pipes. Drain cleaners are good for clogs, but might not do a good job of cleaning pipes and removing the slimy gunk. Pouring boiling water down the drain may loosen the gelatinous slime, but the surest way to clean the drain pipe is to clean it manually with a plumber's snake or wire brush. In addition, check pipes to make sure they are not leaking. If the flies seem to be above the garbage disposal, clean it, referring to the manufacturer's directions.

Fruit Flies (Drosophilidae)

Drosophila melanogaster, the common fruit fly, is yellowish-brown and has orange or red eyes. Fruit flies are often observed hovering around



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

overly-ripe fruit left on the counter. They may also breed in overly-ripe or rotting tomatoes, onions and potatoes. Check the bottom of garbage cans for seeped liquid. These flies can also breed in soft drink or beer recycling areas. Fruit flies sometimes are a problem in bakeries and breweries, as they are attracted to carbon dioxide, given off by yeast dough and fermenting liquids.

People complain about fruit flies more often in late summer and early fall, infesting overripe or rotting fruit and vegetables in home gardens. They are small enough to pass through ordinary window screen.



Spotted winged fruit fly male (above: magnified) (right: approximate size)

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

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

Phorid Flies (Phoridae)

All flies tend to breed in disgusting places, but phorid flies are more disgusting than most. These flies breed in sewage water from leaky pipes or drains. Often these drains are underneath toilets or garbage disposals. Because of where they breed, phorid flies are considered to be a public health threat.

Phorid flies are about the same size as fruit flies and also yellowish brown, but they do not have red eyes. Adult flies have the odd habit of running along a horizontal surface, stopping and then running again before they take off, which is why they are also nicknamed scuttle



Phorid fly (above: magnified) (right: approximate size). They have two heavily sclerotized veins on the leading edge of each wing.

flies. The key feature of phorid flies is the wing venation which is unique. They have two heavily sclerotized veins on the leading edge of each wing.

Control: Because many of these infestations are associated with leaky pipes and drains, a plumber is often needed to check pipes for leaks and make repairs. Many plumbers use specialized cameras to detect leaks or drains. One difficult situation is when phorid flies are breeding in the soil around a leaky floor drain. The soil around the leaking drain may need to be removed before the infestation can be resolved.

Fungus Gnats (Fungivoridae and Sciaridae)

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



Fungus gnat (above: magnified) (right: approximate size)

Fungus gnats are more common in the fall and winter because plant growth slows, but many people continue their frequent watering schedule. Wet soil increases soil fungi and fungus gnat development. House plants taken outdoors during the summer are often infested with fungus gnats when they are brought indoors.

Control: The best management practice for controlling fungus gnats is to allow the top one to two inches of soil to dry thoroughly between watering. Remove decomposing plant materials on or in the soil. Don't allow water to sit in saucers under plants. Do not bring plants indoors if soil is infested. Purchase and use only sterile potting soil. According to Whitney Cranshaw, Colorado State University, 1/4-inch potato slices can be used to detect fungus gnat larvae in the soil of potted plants. Insert potato slices into the soil surface. Within a couple days, the larvae will move into the potato slices. Turn the potato slices over to find them.

Insecticides can supplement the cultural control of reduced watering. To control emerging adults, apply pyrethroid insecticides to the soil surface at 2- to 3-day intervals for 3 to 4 weeks.

Christmas Tree Selection and Care



Scotch pine

Good quality artificial trees are time-saving, clean, safe and attractive. Yet, for many individuals even the best quality artificial tree lacks the beauty, charm and style of a real tree.

A few decisions should be made before going out to buy a Christmas tree. Decide where you are going to place the tree in the home. Also, decide on the size (height and width) of the tree you want.

Christmas trees may be purchased from cut-your-own tree farms or as cut trees in commercial lots. Tree species commonly available at tree farms and commercial lots include Scotch pine, white pine, Fraser fir, balsam fir, Douglas fir, white spruce and blue spruce. Trees cut and purchased at cut-your-own tree farms are obviously fresh. A list of tree farms in your area can be found at the Nebraska Christmas Tree Growers Association. www.nebraskachristmastreegrowers.com.

Carefully check trees at a commercial tree lot to insure the freshness of previously-cut trees. Freshness can be determined with a few simple tests. Gently run your hand over a branch. The needles on a fresh tree will be pliable. Those on a dry tree will be brittle. Another test is to lift the tree by the trunk and lightly bounce the base on the ground. Heavy needle drop indicates a dry tree. A fresh tree will drop only a few needles.

When looking for a tree, select one that has a straight trunk. A tree with a straight trunk will be much easier to set upright in the stand. Check the diameter of the trunk to make sure it will fit in your tree stand. A tree with a bare side may be fine if you intend to place it in a corner or against a wall.

Once home, place the tree in a cool, sheltered location if you do not intend to set it up immediately. A garage or shed is often a suitable storage site. Put the base of the tree in a bucket of water. Saw off one inch of wood at the bottom of the trunk before bringing the tree in the house. A fresh cut will help increase water uptake. Place and secure the tree in its stand and fill the reservoir with water. Check the water supply as least once a day and add water as needed. Promptly remove the tree when it begins to dry and drop needles.

Source: Iowa State University



Eastern white pine



Fraser fir



Balsam fir



Douglas-fir



White spruce



Blue spruce

UNL Grassland Studies Fall Seminar Series

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

- **Nov. 11 — “Why Certified Seed?”** Steve Knox, secretary/manager, Nebraska Crop

- Improvement Association
- **Nov. 18 — “Learning from the 2012 Niobrara Fire,”** David Wedin, professor, School of Natural Resources, UNL, and 2013 UNL/TNC/NET Summer Interns
- **Nov. 25 — “Buffalograss Defense Response to Blissus Occiduus Feeding, Chinch Bug Salivary Gland Morphology and the Role of Saliva in Mediating Plant Insect Interactions,”** Crystal Ramm, graduate student,

- Department of Entomology, UNL
- **Dec. 2 — “Silvopastures: A Cause of Range Wars or Peace in the Valley,”** Richard Straight, technology transfer lead, USDA National Agroforestry Center
- **Dec. 9 — “Importance of Pollinator Habitat and How it Fits in a Grassland Ecosystem,”** Pete Berthelsen, director of habitat partnerships, Pheasants Forever Inc., and Quail Forever

NRD Conservation Tree Program

Each year, Nebraska’s Natural Resources Districts (NRDs) sell tree and shrub seedlings for windbreaks, erosion control, wildlife habitat and other conservation purposes.

Each NRD runs its own tree planting program. You must contact your local NRD to order seedlings. Their forestry staff can help you with a planting plan and offer suggestions on which species would be best suited to your needs.

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

The southeast corner of Lancaster County is part of the Nemaha NRD, 448 N. 12th St., Tecumseh, NE 68450; 402-335-3316, www.nemahanrd.org.

Source: Nebraska’s Natural Resources Districts



Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

Minimize traffic on a frozen lawn to reduce winter damage.

Inspect trees and shrubs for bagworm capsules. Remove and destroy them to reduce next year’s pest population.

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

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

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

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

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

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

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

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

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

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

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

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

November

Steward & Kris Spath

Lancaster County 4-H is proud to announce Steward & Kris Spath as co-winners of November's "Heart of 4-H Award" in recognition of outstanding volunteer service.

The Spaths have volunteered for Lancaster County 4-H for 12 years in a variety of ways:

- Both have helped with the Stevens Creek Stars 4-H club, helped with setup for the county fair, provided livestock for judging contest practice, provided sheep for young 4-H'ers to have an animal project, and donated to the Youth Livestock Premium Auction.
- Kris has been ringman at the county fair 4-H/FFA sheep show, tabulated results for the Livestock Judging Contest, was announcer for this year's county fair Elite Showmanship Contest and provided transportation for youth to attend livestock judging contests in Kearney.
- Steward has assisted with moving livestock animals to the arena for the Livestock Judging Contest.

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

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



Nominate your favorite 4-H volunteer by submitting the form available online at <http://lancaster.unl.edu/4h> or at the Extension office. Nominations of co-volunteers welcome.

December

Maralee Sobotka

Lancaster County 4-H is proud to announce Maralee Sobotka as winner of December's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Leader of the Salt Valley 4-H horse club, Maralee has volunteered for eight years. Prior to being a leader, she helped with the EquiRiders club. At the Lancaster County Super Fair, Maralee and the Salt Valley club are superintendents of the 4-H Western Horse Show-2 and have helped at the 4-H food booth. Maralee is also a member of the Horse Volunteers in Program Service (VIPS) Committee. She also helped with fundraising for the Lancaster County judging team to attend the 4-H & FFA Western Nationals in Denver last January.

Maralee says, "There have been so many great experiences as a volunteer. The faces on the kids when we won the state horse judging competition and got to participate at nationals was amazing, but so was the experience of sportsmanship one member showed when winning a competition and realizing she broke pattern and giving up her trophy. Watching the kids grow reflecting the values of 4-H is so rewarding."

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



4th & 5th Grade Lock-In, Jan. 17-18

All 4th and 5th graders are invited to 4-H Teen Council's annual overnight Lock-In, which will be held Friday, Jan. 17, 8 p.m.-Saturday, Jan. 18, 8 a.m. More information will be in the January NEBLINE.

Correction

Some additions to the Nebraska State Fair 4-H Results:

- Madelyn Scott earned champion Sheep Intermediate Showmanship
- Allison Docter was part of the Lancaster County Large Group which earned 2nd place in Sheep Herdsmanship

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.

4-H Award & Scholarship Forms Due Dec. 31

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



HELPFUL RESOURCE

A handout, "Overview of 4-H Recognition," is available online and at the extension office.

Awards

If you have questions about awards, contact Tracy at tanderson14@unl.edu or 402-441-7180.

Community Service Awards — all Lancaster County 4-H members are eligible to apply for this award which is based on the number of hours of community service through 4-H. Do not include community service projects done through school, church, or other organizations. There will be two categories: Five winners in the 14 years of age and over category and 10 winners in the 13 and under.

National Leadership Award (formerly I Dare You) — The award recognizes youth ages 15-18 who strive to be their personal best and make a positive difference in their schools, youth groups, 4-H clubs and communities. Anyone can make nominations.

Outstanding 4-H Member Award — presented to an individual 14 years of age or older who has excelled in their involvement with the 4-H program. The basis for selection appraises the variety and depth of 4-H activities. Anyone can make nominations.

Meritorious Service Award — presented to individuals or organizations who have exhibited consistent and strong support of the Lancaster County 4-H program. 4-H members are not eligible. Anyone can make nominations.



Nebraska 4-H Diamond Clover Program — recognizes the accomplishments of 4-H'ers ages 8-18. Youth can progress from Level 1 up to Level 6. At the beginning of the 4-H year, youth choose goals from a provided list and at the end of the 4-H year, fill out a report which documents their accomplishments.*

Nebraska 4-H Career Portfolios — are a record of a 4-H'ers career. Portfolios include a listing of personal growth and leadership experiences related to the knowledge learned, skills gained and community service/volunteer activities experienced through 4-H.*

Nebraska 4-H Club of Excellence — 4-H clubs which meet criteria outlined by the state 4-H office are recognized as a "Club of Excellence." Some of the criteria includes: choose/elect youth officers, have one club project (related to curriculum) which they do together, and complete one community service project. Forms are to be filled out by club leaders.*

*Lancaster County deadline for these statewide awards is Dec. 31

College Scholarships

For graduating high school seniors enrolled in the Lancaster County 4-H program. If you have questions about scholarships, contact Cole at cmeador2@unl.edu or 402-441-7180.

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

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

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

Lane Community 4-H Scholarship — one \$200 scholarship to a Lancaster County 4-H member attending Raymond Central High School.

Nebraska Association of Fair Managers Martha & Don Romeo Scholarship — two \$500 scholarships to Nebraska 4-H'ers. Each applicant must have exhibited his/her projects in a county fair or at the State Fair within the last four years. Lancaster County 4-H selects county finalist. Note: Deadline is Dec. 1.

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

Nebraska Association of County Extension Boards — two scholarships to UNL College of Agricultural Sciences and Natural Resources or College of Education and Human Sciences. Note: Deadline is March 15.

Note: Deadline for Lancaster County 4-H Council camp scholarships is May 1 — preference given to applications submitted by March 1.



HORSE BITS

2013 Horse Awards

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

HORSEMANSHIP ADVANCEMENT LEVELS

The Nebraska 4-H Horse Project advancement levels are designed to serve as guides for instruction and evaluation of each members' progress. The correct handling of horses is emphasized from the beginning level to the most advanced level. 64 Lancaster County 4-H'ers achieved 74 new horsemanship levels this year. Four horsemanship levels were recognized: Walk/Trot, Level I, Level II and Level III! Each level is a huge accomplishment.

Walk Trot — Nicole Ackland, Felicity Bowers, Anna Cooper, Haley Fast, Bailey Hampton, Carmen Hillhouse, Matti Larsen, Carly Malone, Kali Maytum, Alex Napolitano, Nicole Pickering, Noah Pomajzl, Mackenzie Robles, Tyre Sampson, Lanie Schluetter, Kelsie Shriver, Grace Spaulding, Alesandra Wahnee, Gracie Wahnee, Emma Jo Whaley, Zoey Williams

Level I — Lillie Beach, Trinity Bohaty, Clara Bradbury, Madi Brandt, Ellie Bunz, Emily Burnside, Anne Cashmere, Emily Cashmere, Ashley Clegg, Christy Cooper, Kate Cooper, Jennifer Daharsh, Megan Danley, Emmi Dearmont, Ethan Erdkamp, Katelyn Erdkamp, Ella Gerlach, Miya Higgins, Brianna Kroeger, Harper Lawson, Lizzy Long, Marlee Moss, Katherine Moyer, Andrew Moylan, Aislyn Mumgaard, Paige Nissen, Sierra Sander, Lydia Teegerstrom, Chloe Stander, Alexa Starner, Cadi Wilbeck, Emma Wilson

Level II — Madi Brandt, Emily Cashmere, Christy Cooper, Kate Cooper, Megan Danley, Ella Gerlach, Brianna Kroeger, Kristen Loudon, Cassie Meyer, Jenna Mohrmann, Andrew Moylan, Paige Nissen, Madison Sobotka, Emma Sondgeroth, Aussia Stander, Bethany Wachter, Emma Wilson

Level III — Chloe Brinson, Jordan Lebsack, Nicole McConnell, Haylie Pointer

HORSE INCENTIVE AWARDS

4-H'ers logged the hours they spent working with or learning about horses. The more hours invested, the more valuable the reward! This year, 54 4-H'ers participated. The Incentive Awards are sponsored by the Lancaster County 4-H Horse Volunteers in Program Service (VIPS) Committee.

Bronze (minimum of 100 hours or points) — Brooke Bennett, Ellie Bunz, Karli Consbruck, Jennifer Daharsh, Ethan Erdkamp, Bailey Hampton, Alie Hausmann, Cyanne Heusinkvelt, Sarina Kyhn, Matti Larsen, Kali Maytum, Aislyn Mumgaard, Grace Spaulding, Ali Wahnee, Gracie Wahnee, Olivia Wheeler

Silver (minimum of 183 hours or points) — Nicole Ackland, Brittany Albers, Chloe Brinson, Christy Cooper, Kate Cooper, Caidell Davis, Caitlin Davis, Dani Drbal, Katelyn Erdkamp, Emily Flanagan, Justine Gall, Megan Hansen, Grace Kim, Jordan Lebsack, Tony Masinelli, Sierra Nelson, Spencer Peters, Bailey Peterson, Nicole Pickering, Aussia Stander, Chloe Stander, Lydia Teegerstrom, Bailey Vogler, Jadin Vogler, Erika Warner, Jena Wilson, Cadi Wilbeck, Emmaly Wright

Gold (minimum of 366 hours or points, and completed horse record book) — Ashley Clegg, Haley Fast, Aubrey Hayes, Kenzy Hayes, Kenzie Mayer, Bailee Sobotka, Madison Sobotka, Emma Sondgeroth, Bethany Wachter

JUDGING AWARDS

The Horse Judging Contest at the Lancaster County Super Fair emphasizes how much 4-H members know about horses as they judge four or more classes of horses. Senior division participants also give oral reasons. Buckles sponsored by Glenn Umberger's family.

Elementary Division — Clara Bradbury (1st place), Joshua Ronnau (2nd place), Aussia Stander (3rd place), Ally Quinn (4th place), Ellie Bunz (5th place), Miya Higgins (6th place), Alyssa Loudon (7th place), Madi Brandt (8th place), Kenzy Hayes (9th place), Emmi Dearmont (10th place)

Junior Division — Jacob Ronnau (1st place), Madison Sobotka (1st place), Ashley Clegg (2nd place), Kenzie Mayer (3rd place), Aubrey Hayes (4th place), Bryanna Loudon (5th place), Ashley Bradbury (6th place), Nicole McConnell (7th place), Sarina Kyhn (8th place), Elizabeth Robinett (9th place)

Senior Division — Bailey Sobotka (1st place), Sierra Nelson (2nd place), Anna Heusinger (3rd place), Brittany Albers (4th place), Haylie Pointer (5th place), Caitlin Davis (6th place), Ashley Densberger (7th place), Allison Densberger (8th place), Erika Warner (9th place), Spencer Peters (10th place)

HORSE COURSE CHALLENGE RESULTS

The Horse Course Challenge is a Lancaster County Super Fair 4-H contest. Study material is based on the online horse course.

Elementary Division (everyone who took the test received a purple ribbon!) — Aussia Stander (1st place), Chloe Stander (2nd place), Katherine Moyer (3rd place), Madeline Polk (4th place), Emmi Dearmont (5th place), Ellie Bunz (purple), Kieran Burkey (purple), Kenzy Hayes (purple), Sidney Schlesiger (purple)

Junior Division (everyone who took the test received a purple ribbon!) — Ashley Clegg (1st place), Lucy Polk (2nd place), Haley Fast (3rd place), Nicole Ackland (4th place), Elizabeth Robinett (5th place), Dani Drbal (purple ribbon), Aubrey Hayes (purple), Cassie Meyer (purple), Nicole Pickering (purple), Alyia Whitehall (purple)

Senior Division — Justine Gall (1st place), Megan Luedtke (2nd place), Brooke Bennett (3rd place), Ivy Dearmont (4th place), Erika Warner (blue ribbon), Taylor Woods (blue ribbon)

ALL-AROUND BARRELS

Franklyn Manning Family Trophy for fastest time in the Lancaster County Super Fair 4-H Barrel racing competition — Nicole Finkner (her time was 17.370)

ALL-AROUND TRAIL

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

ALL-AROUND RANCH HORSE

Three age division awards for Lancaster County Super Fair All-Around Ranch Horse are sponsored by Brian and Shannon Vogler.

Elementary — Hadley Teut (horse "Katie")

Junior — Elizabeth Robinett (horse "Sassy Sadie")

Senior — Haylie Pointer (horse "Doc's Real Playboy")

ALL-AROUND COWBOY/COWGIRL

Three age division awards for Lancaster County Super Fair All-Around Cowboy/Cowgirl are sponsored by the Nebraska Roping Association and Strode Welding.

Elementary — Adam Smith

Junior — Jadin Vogler

Senior — Kenzie Wolfe

ALL-AROUND CHAMPION

Wilhelmina Wittstruck Memorial Award for Lancaster County Super Fair All-Around 4-H Champion Individual — Madison Sobotka



Special guest Tim Miles, Head Coach of Nebraska Men's Basketball, spoke to 4-H families about following your dreams and focusing on NBA — your "Next Best Action."



Horse Incentive Awards - Bronze Level



Horse Incentive Awards - Silver Level



Horse Incentive Awards - Gold Level



The Franklyn Manning Family Trophy for All-Around Barrels



Dick and Cookie Confer presented the Award for All-Around Trail



All-Around Cowboy/Cowgirl awards



All-Around Ranch Horse awards — Brian Vogler made the leather nosebands on the halters



Dwayne Wittstruck presented the Wilhelmina Wittstruck Memorial Award for All-Around Champion

EXTENSION NEWS

Two Staff Members Win National Awards

At the National Extension Association for Family and Consumer Sciences (NEAFCS) 2013 Annual Session in September, two University of Nebraska–Lincoln Extension in Lancaster County staff received national awards.

Maureen Burson, Extension Educator:
• **Continued Excellence Award – Nebraska Winner**

- for continuing excellence during her 28-year UNL Extension career. She has served as state president, president-elect, and chair of several committees. This award recognizes NEAFCS members who have been actively involved in professional improvement programs, the promotion of professional development of others, and leadership.
- **Public Relations — Marketing Package (team award)** for Co-Parenting for Successful Kids onsite and online classes. Marketing efforts included: 1) targeted marketing to attorneys, district judges and court clerks, and 2) general public marketing through multiple print materials, news articles, and online promotion. This award is for outstanding marketing package promoting a class, program or pertinent Family & Consumer Sciences issues.

Alice Henneman, Extension Educator:

- **Communications — Internet Education Technology Award, 2nd place national winner (team award)** for a monthly food theme calendar online at <http://food.unl.edu/web/fnh/seasonal-ideas>. The calendar provides resources, tips, and recipes for selected national food and health themed days, weeks and months. This award encourages excellence in communications in Internet education technology including a web-based program, web pages or website.



(L–R) Maureen Burson, Alice Henneman

How Couples Can Ensure a Meaningful and Happy Life Together

The following is excerpted from University of Nebraska–Lincoln Extension NebGuide “Getting Connected, Staying Connected: How Couples Can Ensure a Meaningful and Happy Life Together” (G2143) written by a team of UNL Extension Educators. The entire NebGuide is online at www.ianrpubs.unl.edu/sendIt/g2143.pdf.

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

Strong families and happy couples look for something positive and focus on it. For thousands of years, people have seen hard times as being both dangerous and difficult, but also full of opportunity. In a period of crisis in their life, they look for something positive and hold onto it. Counselors call this reframing the situation. People seek to look at the situation in a different light, from a different angle, through a different lens.

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

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

Strong families and happy couples listen to each other and talk with each other. When hard times come, couples need to open up and share their thoughts and feelings. Nothing good can happen until people really start talking and listening to each other. Problems can’t be fixed until they are openly discussed. And, counselors often comment that, “Anything mentionable is manageable.” Meaning that if you can find the courage to talk about something, you can find

the strength and ingenuity to deal with it.

Strong families and happy couples keep things in perspective. One young man, Allan, gained this perspective from his grandfather, whom he remembered as a very kind old gentleman. “If Grandpa John could get through all of these things and still be a kind and smiling man, I certainly can.”

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

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

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

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

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

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

disasters that we are sometimes forced to confront, we must learn to simply, “Let go, let God.”

Strong families and happy couples are prepared in advance for the challenges in life. The best preparation we know of is to grow and nurture healthy couple and family relationships. As parents, nurturing the couple relationship as well as the family relationship becomes a model for the children to follow as they grow up in the family. Parent strategies include caring for one another in the family and commitment toward family members, especially in difficult times. Modeling behaviors strengthen couple and family bonds in both challenging and calm times, and are examples that children can draw from to prepare them for handling challenges in their own adult relationships.

Strong families and happy couples know how to laugh and they know how to cry. An observation of strong families is that they are fun-loving. Couples and families who enjoy life together enjoy a good laugh. They don’t laugh at each other or at other people. Putdowns and sarcasm are not demonstrations of a person’s good sense of humor; rather, they are evidence of anger and bitterness. People in healthy relationships laugh with each other about life’s crazy twists and turns. And they are not afraid of tears, which cleanse the body of stress-related biochemicals, giving a person a feeling of genuine relief.

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

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

Strong families and happy couples realize that suffering can be a catalyst for positive growth. Crisis, by definition, is a turning point.

Strong families and happy couples identify spiritually with the grand procession of life. Strong couples and families are well aware that as individuals, we are very small, really quite insignificant, in the grand scheme of things. But we are all connected — the past, the present, and the future — to something much bigger and more important: to life itself.

Co-Parenting for Successful Kids Online and Onsite Classes

University of Nebraska–Lincoln Extension “Co-Parenting for Successful Kids” classes for parents experiencing divorce, separation, and custody are offered online and at onsite locations statewide.

These research-based classes meet Nebraska court-mandated requirements. Cost is \$50. Scholarships are available for income-eligible participants.

Online participants may take the class in one approximately three hour setting or break it up into segments. They have 30 days to complete the course. To register for the online class, go to <http://go.unl.edu/coparenting>.

Onsite classes are held in Lincoln at the Lancaster Extension Education Center, 444 Cherrycreek Road. Pre-registration is required.



Upcoming dates are:

- Nov. 21, 9–12:30 p.m.
- Dec. 12, 9–12:30 p.m.
- Jan. 9, 9–12:30 p.m.
- Feb. 13, 9–12:30 p.m.
- March 13, 12:30–4 p.m.
- May 8, 9–12:30 p.m.
- June 26, 12:30–4 p.m.
- Aug. 14, 9–12:30 p.m.
- Sept. 11, 12:30–4 p.m.
- Oct. 23, 9–12:30 p.m.
- Dec. 4, 9–12:30 p.m.

For more information or to register for an onsite class, call 402-441-7180 or go to www.extension.unl.edu/divorce.

EXTENSION CALENDAR

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

October

- 21 4-H Horse VIPS Committee Meeting 7 p.m.
- 24 4-H Leader Training

November

- 5 4-H Council Meeting..... 7 p.m.
- 7 Slow Cooker Soups, Bryan Medical Center East, Plaza Conference Center, 1600 S. 48th St.7–8:30 p.m.
- 8 Extension Board Meeting..... 8 a.m.
- 10 4-H Teen Council Meeting 3 p.m.
- 19 Guardian/Conservator Training 1:30–4:30 p.m.
- 20 AARP Driver Safety Program9 a.m.–1 p.m.
- 21 Co-Parenting for Successful Kids 9 a.m.–12:30 p.m.

December

- 8 4-H Teen Council Meeting 3 p.m.
- 10 Guardian/Conservator Training 1:30–4:30 p.m.
- 12 Co-Parenting for Successful Kids 9 a.m.–12:30 p.m.
- 13 Extension Board Meeting..... 8 a.m.
- 31 4-H Award and Scholarship Applications Due to Extension

Nebraska Lecture on Anti-Bullying, Nov. 7

“Creating a Kinder World: Empowering Youth to End Bullying,” is the subject of the fall Nebraska Lecture on Thursday, Nov. 7 at 3:30 p.m. in the Nebraska Union auditorium, 1400 R St., Lincoln. The lecture is free and a reception will follow. Live webcast will be available. University of Nebraska–Lincoln educational psychologist Susan Swearer will discuss her research on the complex personal, social and cultural factors underlying bullying, and

how to develop prevention and intervention approaches that empower youth to make positive choices. A national expert on the issue, Swearer presented her research at a 2011 White House bullying prevention conference and currently serves on the research board of the Born This Way Foundation founded by pop singer Lady Gaga and her mother, Cynthia Germanotta. Swearer’s lecture, part of The Nebraska Lectures: Chancellor’s Distinguished Lecture Series, is

sponsored by the UNL Research Council, Office of the Chancellor and the Office of Research and Economic Development, in partnership with the Osher Lifelong Learning Institute. For more information or to view the live webcast, go to <http://research.unl.edu/nebraskalectures>. An archived video of this presentation will be available approximately one week after the event for later viewing.

Connect, Learn and Share! UNL Extension in Lancaster County



<http://go.unl.edu/media>



OPEN HOUSE EVENTS

FOR MORE INFORMATION OR TO REGISTER: [ADMISSIONS.UNL.EDU/VISIT](http://admissions.unl.edu/visit)

EXCITED FOR COLLEGE?

Red Letter Days are for you to get a sneak peek at college life here at the University of Nebraska–Lincoln during your senior year of high school.

HUSKER WEEKDAYS

This is Nebraska’s most versatile half-day campus visit option. You can schedule a visit for any weekday and select Saturdays throughout the year.



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Lancaster Extension Education Center Conference Facilities
444 Cherrycreek Road, Lincoln



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Ak-Sar-Ben 4-H Expo Results

The 86th Ak-Sar-Ben 4-H Stock Show was held in September at the CenturyLink Center in Omaha. The Ak-Sar-Ben 4-H Horse Show was held in September at the Lancaster Event Center in Lincoln. More than 2,000 4-H families from an eight state area participate in this all 4-H Expo. Categories of this 4-H only competition are dairy, feeder calf & breeding beef, market beef, market broilers, meat goats, market lamb, market swine, rabbit, dairy steer, and horse. Below are the Lancaster County 4-H purple ribbon winners (rabbit results not available as of press time). Complete results are at www.rivercityrodeo.com.

McKenzie Beach	Horse - Sr Pole Bending (Champion)
	Horse - Sr Barrels
	Horse - Sr Western Horsemanship
Morgan Chipps	Horse - Sr English Showmanship
Cole Cooper	Market Lamb
	Market Lamb - Showmanship
Peyton Goracke	Feeder Calf Steer - Overall (Reserve Champion)
	Feeder Calf Steer
Anna Heusinger	Horse - Sr Pole Bending
	Horse - Sr English Pleasure (Reserve Champion)
Grace Kim	Horse - Sr English Equitation (Reserve Champion)
Nicole McConnell	Horse - Jr Western Horsemanship
Cassie Meyer	Dairy
Kate Rawlinson	Horse - Premiere Exhibitor (Champion)
Madelyn Scott	Market Lamb - Showmanship (3rd overall)
	2 Market Lambs
Riley Scott	Market Lamb - Showmanship (5th overall)
	2 Market Lambs



Ak-Sar-Ben photo



Ak-Sar-Ben photo



Ak-Sar-Ben photo



Upcoming Green Industry Conferences

NEBRASKA TURFGRASS CONFERENCE

JANUARY 7-9

NEBRASKA TURFGRASS ASSOCIATION

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

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



GREAT PLAINS GROWERS CONFERENCE

JANUARY 9-11

A CONFERENCE FOR BEGINNING & SEASONED GROWERS

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

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

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

- Jan. 9 workshops: High Tunnels, Honey Bees, Fruit, Soil & Irrigation
- Jan. 10-11 general tracks: Organic Production, Urban Horticulture and Gardens, Tree/Small Fruits, Conventional Vegetables IPM, Cut Flowers, Beginning Beekeeping, Food Safety/GAPS

Contact Buchanan County Extension Office

816-279-1691 • www.greatplainsgrowers.org



NEBRASKA GREAT PLAINS CONFERENCE

JANUARY 16-17

NEBRASKA ARBORISTS ASSOCIATION AND

NEBRASKA NURSERY & LANDSCAPE ASSOCIATION

Location: Cornhusker Hotel, Lincoln, NE

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



Gardening at Lunch Webinar Series

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



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

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

For more information, contact Nicole Stoner at nstoner2@unl.edu or 402-223-1384.

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

Be a Master Gardener!

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



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

Nebraska
Master
Gardener
"Helping People Grow..."

For more information about becoming a Master Gardener, contact: Mary Jane Frogge, UNL Extension in Lancaster County 402-441-7180