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### NEBLINE, October 2015

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# We All Benefit From Pollinator Habitats



A pollinator island is a grouping of plants which are beneficial to pollinators.

Soni Cochran and Mary Jane Frogge  
*Extension Associates*

The last few years, there have been many news stories about the demise of the honey bee around the world. Honey bees get a lot of press but it is our native bees that are even more threatened. There are many reasons why we've seen declines in populations including loss and degradation of habitat, disease and pesticide use.

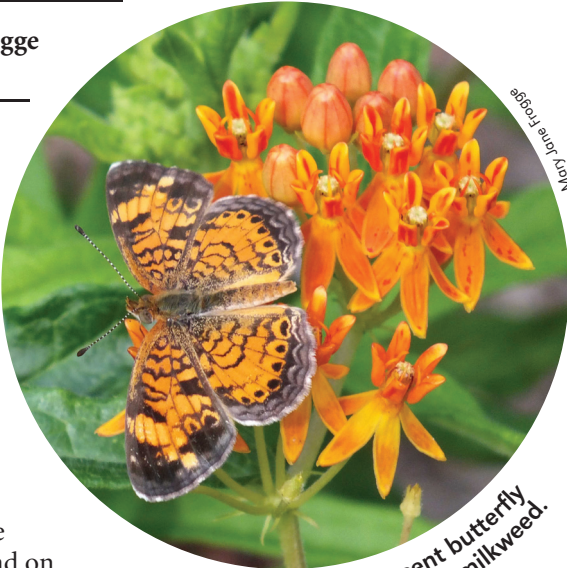
Consider this, eastern Nebraska was primarily prairie, but now, 99 percent of the prairie habitat is gone in our area. This impacts many of the native insects and wildlife who depend on the prairie habitat. Our concept of the ideal lawn is also not helping our native pollinators. Urban areas with dense, weed-free lawns, lack of suitable flowering plants, trees and shrubs and paved areas create vast deserts for pollinators.

So why do we even need to care about a few bees and butterflies? Every three bites of food or drink we consume has a direct association with a pollinator. Without pollinators, many plants could not reproduce impacting our food supply and the health of our environment. Native bees are vital to our ecosystems, the agricultural industry and ultimately, the health of communities.

### What You Can Do

Everyone can help encourage pollinator-friendly habitats. You can start big or small! Choose a place in your landscape to create a pollinator island. Fill it with a variety of plants suited to your area and preferred by pollinators. You'll be amazed at how many bees and butterflies will use this as a stopover. If you want to encourage butterflies and moths, plant food plants for all their life stages. For a list of plants to help you get started, see page 5 of this issue. Even if you own the smallest

*see POLLINATOR HABITATS on page 5*



A crescent butterfly on butterfly milkweed.



A monarch caterpillar on swamp milkweed.



4-H youth who attended "Habitat Discovery" workshop at Clover College helped place native plants in the habitat.

## Extension's Pollinator Habitat Now in Second Year

Two years ago, Nebraska Extension in Lancaster County staff developed an area to encourage native pollinators. The Cherry Creek Pollinator Habitat is located directly north of the Extension office at 444 Cherrycreek Road. It was an under utilized space that had been severely eroded as water drained from the building. This is the second full summer for the habitat. During this time, we've seen the habitat grow and change. We've had amazing opportunities to observe the habitat and promote pollinator habitats to both youth and adults.

### What's New?

Two new educational signs have been installed to provide visitors with information on the types of insects they may see and to help learn more

about plants in the habitat. There's also information on what you can do to help protect pollinators around your home and property.

Metal plant labels are placed throughout the habitat to identify plants. We now have over 40 native perennials established. Herbs, annuals, flowers, perennials and trees round out the diverse collection of plants. It's important to include food plants for all stages of insects, and to have flowers blooming April through October.

Water features have been added to give beneficial bees and wasp drinking stations. Small frogs, birds and even the occasional opossum has been seen taking advantage of these water sources.

Our bee nesting box structure was really "busy" this year! Nearly every

*see EXTENSION'S HABITAT on page 5*



Two educational pollinator signs were installed in the habitat this spring.



Most of the bees using this nesting box are native leaf cutter bees (notice the cut leaves stuffed in the openings).

## CONNECT WITH US

Nebraska Extension in Lancaster County  
444 Cherrycreek Road, Suite A  
Lincoln, NE 68528  
402-441-7180  
<http://lancaster.unl.edu>



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

**<http://lancaster.unl.edu>**  
Email: [lancaster@unl.edu](mailto:lancaster@unl.edu) • Fax: 402-441-7148

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**UNIT LEADER & EXTENSION EDUCATOR**  
Karen Wobig

**ADMINISTRATIVE AIDE**  
Jenny DeBuhr

**EXTENSION EDUCATORS**  
Lorene Bartos, Sarah Browning, Maureen Burson,  
Alice Henneman, Tyler Williams

**EXTENSION ASSOCIATES**  
Tracy Anderson, Soni Cochran, Marty Cruickshank,  
Mary Jane Frogge, Kristen Houska, Mardel Meinke,  
Dana Root-Willeford

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Cally Blake, Teri Hlava, Vicki Jedlicka, Cole Meador,  
Emily Gratopp, Meredith Hein, Jessica Meuleners, Jim Wies

**BIOSOLIDS COORDINATOR**  
David Smith

**SUPPORT STAFF**  
Pam Branson, Deanna Covault, Karen Evasco, Konnie Robertson,  
Chris Rosenthal, Karen Wedding

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# The Power of One Dietary Change in Losing Weight

## 5 Easy Ways to Eat 100 Less Calories Per Day

Alice Henneman, MS, RDN  
Extension Educator

What do 10 pounds of fat look like? For a rough estimate, imagine 40 sticks of butter or margarine or 10 1-pound cans of vegetable shortening.

Looks like a lot — yet how many of us add this much weight in a year without realizing it until our pants fit a little tighter or our belt runs out of notches?

Sometimes, we're too hard on ourselves when we're trying to lose weight. We eat some pretty awful-tasting foods, forgo getting together with friends if food is involved or take the joy out of eating through a monotonous and limited diet.

While people have lost hundreds of pounds through some of these methods, it's often the same 10 pounds over and over again!

It takes an excess of about 3,500 calories to gain a pound. Break that into smaller bites and 100 extra calories a day can put on about 10 pounds a year. The good news is LOSING 10 pounds can be as easy as eating 100 calories LESS each day for a year.

ONE dietary change may be all it takes. Here are some simple changes, involving just ONE food; each will decrease your daily intake by about 100 calories. The amounts of calories saved are approximate; check nutrition facts labels on specific foods for exact amounts.

As a general rule, experts recommend a slow and steady weight loss of 1/2 to 2 pounds per week. It's difficult to obtain adequate nutrients if you



The same amount of cereal looks like more in a smaller bowl.

consume less than 1,200 calories per day. It's beneficial for most people to increase their activity level AND eat less.

### 1. Modify Your Milk.

Instead of drinking two cups of whole milk, switch to two cups of 1% lowfat milk or skim milk. The nutrients are comparable.

**2. Downsize Your Drink.** If you've been drinking a 20-ounce container of a regular soft drink, switch to a 12-ounce container size. Or, better yet, drink a cold glass of water, perhaps with a slice of lemon!

**3. "Dress, Don't 'Drown' Your Salad."** *Cook's Illustrated* magazine advises 1/4 cup of vinaigrette should be enough to dress 2 quarts (8 cups) of loosely packed salad, an amount they suggest for 4 servings. That means each 2-cup serving of salad greens should have about 1 tablespoon of dressing on it.

TIP: Dressing slides off damp salad greens and collects in the bottom of the salad bowl. You'll get more flavor with less dressing if salad greens are washed and thoroughly dried.

Bagged lettuce that is pre-washed and labeled "ready to eat" should be dry enough as is.

If you need to wash salad greens, the easiest way to dry them is in a salad spinner. Pack lightly to avoid overcrowding and bruising the greens. After spinning, pat off any remaining moisture with clean paper towels. If you don't have a spinner, pat greens dry, thoroughly, with clean paper towels or a clean kitchen towel.

**4. Size up Your Cereal Bowl.** Check the portion size you're pouring in relation to the size cited on the box; decide if you're pouring more calories than desired. Try eating from a smaller bowl to aid in portion control.

### 5. Count Your Cookies.

A single medium-sized cookie easily can have about 100 calories. Often we pop two or more into our mouths before we realize it. If you feel you're not getting enough "crunch" by limiting yourself to one cookie, try eating an apple instead — the calories are similar.

## Make-Ahead Freezer Meals

Thursday, Nov. 19,  
6:30–8 p.m.

Bryan Health East  
Campus,  
Plaza Conference Center,  
1600 S. 48 St.

**Presented by**  
**Alice Henneman,**  
**Extension Educator**

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



USA Rice Federation

## HEALTHY EATING

### ENJOY NEBRASKA FOODS!

Alice Henneman, MS, RDN, Extension Educator

### ROASTED CAULIFLOWER

(Makes 4 generous servings)

- 1 cauliflower head
- 2 tablespoons olive oil, preferably extra-virgin
- 1/4 teaspoon salt
- 1/4 teaspoon pepper



Preheat oven to 450°F. Remove outer leaves of cauliflower. Cut florets off the stem. Wash and drain. Combine oil, salt and pepper in a large bowl. Toss the cauliflower florets in the oil mixture. Spread cauliflower on a large, rimmed baking sheet. Roast cauliflower for 15–20 minutes until the cauliflower starts to soften and begins to brown. Stir cauliflower and return to oven and continue to roast until cauliflower is tender, about 5–10 minutes longer.

Source: Adapted slightly from University of Maryland Extension. Food Supplement Nutrition Education Program at <http://1.usa.gov/1KdN8E>

# Using Sensory Activities to Teach Wonder and Discovery

Beginning in infancy, children in child care build their knowledge of the world around them through scientific exploration. “Wonder, investigation and discovery” are three words to describe science in young children. Parents can encourage and aid developing science knowledge in many simple ways. In order to promote sensory awareness in children, parents may have to overcome the tendency to think about the world instead of experiencing it. We need to become toddlers again and discover wonder in every raindrop, in every leaf, in every passing butterfly. Emphasize sensory experience. Encourage children to see, taste, smell, hear and feel. Avoid distracting them with questions while they are involved in sensory exploration. If they

start to talk, gently turn their attention back to what they are seeing, tasting, smelling, hearing or feeling. Point out some things are dangerous to sniff or taste. Following the experience, encourage children to think and talk about what they discovered. Use a rich, descriptive vocabulary to describe their experiences. Introduce words they can use to describe what they see, taste, smell, hear and feel. Keep in mind, though, words are poor substitutes for experience. Discovering the natural world through teachable moments. Take advantage of unplanned experiences to involve children in sensory exploration. When you go for walks, encourage children to explore within safe and reasonable limits. What is under the nearby rock? How do the leaves smell? How

does the bark from different trees feel? Stop for a moment and listen. Can they hear the trees shifting in the wind, the birds overhead, the sounds of the city in the distance? Show children how to become involved in sense-pleasure play without altering or destroying the environment. Do not tear bark off a tree, pull up wild flowers or remove rocks. Return everything; destroy nothing. Sensory exploration involves letting go to become fully involved, then pulling back slightly to reflect on the experience. Children love to explore the world around them. Parents can help with science learning through hands-on activities that encourage them to learn from their senses. Source: eXtension, www.extension.org

## Cleaning Reusable Bags

Reusable bags are an eco-friendly alternative to plastic bags for carting your grub home from the farmer’s market, grocery store or big box store. You can help prevent bacteria, yeasts and mold from growing on your bags and cross-contaminating your food by washing and storing the bags safely between each use. Here’s how...

**Clean**

- Wash bags after each use, following care instructions. See the fabric care label or the table below for more details.

- Wipe insulated bags with a disinfecting or sanitizing cloth, especially along the seams.

**Separate**

- Use separate bags for raw meats, seafood and produce. Label bags to avoid confusion.
- Keep bags for non-food items like cleaners, books, sports gear, etc. separate from food bags.

**Store**

- After washing, make sure the bags are dry before storing.
- Don’t store your bags in your car trunk. This is a dark, warm


and often humid environment that promotes bacteria growth.

- Help prevent bag bacteria by storing your bags at home in a cool, dry environment where air can circulate.

**When in doubt, wash your bags! If bags are worn and dirty, throw them out!**

Note: Screen printing on some bags may bleed when washed. Wash with cold water for the first few washings.

Source: American Cleaning Institute



### ASK LORENE

FAMILY LIVING TIPS

Lorene Bartos, Extension Educator

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**Question: With school starting and so many activities taking place — removing stains can be a challenge. What steps do I take to remove stains?**

**Answer:** Find out what the stain is. Some stains can be set with the wrong treatment. When in doubt, rinse or soak in cold water before laundering or applying a stain remover. Check colorfastness. If unsure whether a treatment will harm the fabric or color, apply the recommended stain remover to a hidden part of the garment, such as the seam allowance. Rinse out and let dry. If the color of the fabric is not damaged, proceed with the treatment. Act quickly. The faster you treat a stain, the more likely it is to come out. Soak the stain. This can loosen heavy soils. Soak whites separately from colors. Soak colors that bleed separately or with fabrics or a like color. Follow label directions for the presoak. Pretreat tough stains. This is treating and sometimes completely removing individual spots and stains prior to laundering. Some common methods are using a prewash soil and stain remover or applying a gently rubbing of a liquid detergent, or a paste of water and granular detergent. Never place a stained fabric in the dryer. This may permanently set the stain. Be patient. This can mean repeating a treatment over and over again. Always read care labels and follow the instruction for laundering a item.

## Make It With Wool Contest

The 2015 State Make It With Wool Contest will be Saturday, Nov. 21 at the Lancaster Extension Education Center beginning at 9 a.m. Public fashion show is at 1 p.m. Entry forms, fees and wool samples are due Oct. 15 to: Andrea Nisley, P.O. Box 757, Lexington NE 68850. The Make It With Wool contest offers youth and adults the opportunity to promote the beauty and versatility of wool fabric and yarn. Personal creations in sewing, knitting and crocheting with wool fabrics and yarns are encouraged. Contestants must select, construct and model their own garments. All entries must be made with 100 percent wool or wool blend (minimum 60 percent wool or specialty wool fiber) for each fashion fabric or yarn used. Categories are: Preteen, Junior, Senior, Adult and Made for Others. Information and entry forms are available at [www.makeitwithwool.com](http://www.makeitwithwool.com). For more information, contact the Nebraska State Director Alice Doane at 402-786-3555.

Woven or Nonwoven Polypropylene	Nylon or Polyester	Bamboo or Hemp	Cotton	Insulated Bags
				
A form of plastic that can be made from recycled plastic containers. Machine wash (gentle cycle with soap and cold water) or hand wash in soap and water. Line dry.	A durable, petroleum product. Hand wash in warm water and soap. Turn inside out and line dry.	Made of biodegradable, natural fibers. Hand or machine wash (gentle cycle) with mild laundry detergent. Machine or line dry.	Made of biodegradable, natural fiber. Machine wash with hot water and laundry detergent. Machine or line dry.	Insulated polyester fiber and coated thermal film keep foods/drinks cold or hot. Hand wash in warm water and soap or wipe with disinfecting or anti-bacterial wipes, especially along seams. Line dry.

Nebraska Extension’s Learning Child team of specialists and educators recently expanded the Early Childhood Development website, <http://child.unl.edu>. The website provides research-based information, resources and strategies to help parents, grandparents, child care professionals, preschool teachers, early elementary teachers and other adults to support the holistic development of children ages newborn to 8.

THE LEARNING CHILD

## Household Hazardous Waste Collections

These collections are for households only. Only residents of Lincoln and Lancaster County can bring items to collections.

SOME ITEMS YOU CAN BRING FOR DISPOSAL: Thermometers, thermostats containing mercury, bleach cleaners, glues, oil-based paint, paint thinner, furniture stripper, oil-based stains, old gasoline, transmission fluid, pesticides, small propane cylinders. You can dispose of compact fluorescent light bulbs at these waste collections.

DO NOT BRING latex paint, fertilizers, medicines/pharmaceuticals, electronics & computers, large propane cylinders, tires, used oil, batteries, antifreeze or ammunition.

For more information or if you have questions how to recycle or dispose of items not accepted, call the Lincoln-Lancaster County Health Department at 402-441-8021 or go to [www.lincoln.ne.gov](http://www.lincoln.ne.gov) (keyword: household).

Saturday, Sept. 26 • 9 a.m.–1 p.m.  
Lincoln Industries: 600 W. E St.

Saturday, Oct. 24 • 9 a.m.–1 p.m.  
Woods Park: S. 31st & J St.

Friday, Nov. 13  
Appointment Only: Call 402-441-8021 to schedule

Latex paint is not accepted at Household Hazardous Waste Collections. Usable latex paint can be taken to EcoStores Nebraska paint exchanges Sept. 26 at 530 W. P St., 402-477-3606.

# Grazing Corn Residue



Vicki Jedicke

Grazing corn residue at the recommended stocking rate does not reduce corn or soybean yields in irrigated fields the following year.

**Tyler Williams**  
*Extension Educator*

Grazing corn residue can be a win-win for both cattle and crop producers. Nebraska has an abundance of crop residue available for late fall and winter grazing, which may provide a cost-effective and convenient feed source for cattle producers. There are some corn fields that should not be grazed due to topography, landscape or corn yield, but there aren't many of those in Nebraska. For crop producers, residue grazing may provide some extra income and remove some excess residue, but some producers are concerned that grazing and, therefore, residue removal and compaction, will have a negative effect on subsequent grain yields.

Research conducted at UNL has shown that grazing corn residue at the recommended stocking rate (see Table 1) does not reduce corn or soybean yields in irrigated fields the following year. A 16-year (1997-2013) study on corn and soybean

yields from a field managed in an annual corn-soybean rotation at Mead, Neb. showed no effects on crop yields due to grazing. Winter and spring grazing treatments were conducted on ridge-till, conventional till and no-till field operations. Overall, grazing improved soybean yields over ungrazed treatments, including significant improvement in yield in no-till grazed over no-till ungrazed treatments. There was no effect on corn yields the second year after grazing when compared to the ungrazed treatments. This provides a great opportunity for livestock and crop producers to work together and enhance both operations.

### What Are Stalks Worth?

With the increase in pasture rent over the past couple years, many are wondering what that means for the value of grazing

Table 1. UNL recommended stocking rates for grazing gestating cows or growing calves on corn residue

Corn Yield bu/ac	Animal Unit Month <sup>1</sup> (AUM)/ac	No. of 1200 lb cows per ac for 30 days	No. of grazing days if stocked at one 1200 lb cow/ac	No. of 600 lb calves per acre for 30 days	No. of grazing days if stocked at two 600 lb calves/ac
100	1.1	0.9	28	2.2	33
125	1.4	1.2	36	2.8	42
150	1.7	1.4	43	3.3	50
175	2.0	1.7	50	3.9	58
200	2.3	1.9	57	4.4	67
225	2.6	2.1	64	5.0	75
250	2.8	2.4	71	5.6	83

<sup>1</sup>One Animal Unit Month (AUM) is the amount of forage required to sustain a 1,000-pound cow or equivalent for one month. It has been determined that a 1,000-pound cow will consume 702 pounds of dry matter monthly.

crop residues. The owner of the field may consider the cost of nutrients and organic matter removed from the field, the cost of waiting to begin post-harvest field operations and scattering weed seeds. On the other hand, pasturing cornstalks can reduce volunteer corn problems and eliminate the need to shred stalks, and almost all nutrients are returned to the soil in the manure. Research has shown that essentially little to no organic matter or nutrient losses should be attributed to cows grazing the residue, if the current weight is maintained. The grazing of corn stalks actually provides an overall economic benefit to the landowner from grazing, even without the value of renting the stalks.

There is not a single recommended rental rate due to the variability in fencing and care arrangements, location, value

of alternative feed, "supply and demand," etc. The *Cornstalk Grazing Cow-Q-Lator* found at <http://westcentral.unl.edu/agecon3> can help calculate the value of cornstalks based on feed availability, nutrition, transportation and animal care. In many cases, the costs for transportation and care are nearly as much or more than the cost for renting the stalks.

The value of the crop residue can be estimated on an acre or head-per-day basis. Estimating the value per acre is easier, but weather variability often changes the ideal grazing period, thus limiting the value paid for the grazing. Renting crop residue on a head-per-day basis can reduce the renter's uncertainty since the rental period can be adjusted based on weather conditions. It is recommended to take the target per-acre price and calculate the head-per-day cost based on the

recommended stock rates found in Table 1.

A survey released from Iowa State in August 2015 shows the average rental price was \$7-\$12 per acre in western Iowa for cornstalk grazing. Using the *Cow-Q-Lator*, we can calculate this on a head-per-day basis. Based on the recommended stocking rate, grazing 100 acres with 100 head of 1,200 lb cows at 150 bu/ac corn yield, you can graze for 43 days at 50 percent stalk harvest efficiency. The cost per day would range from \$0.16-\$0.28 per head per day (see Figure 1).

The costs for transportation and daily care to the renter are not included in the value and can't be ignored when deciding the value of grazing the corn stalks. Price could also be adjusted based on value of the alternative feed source and local rental rates.

Figure 1. 
$$\text{Cost per acre} \times \text{number of acres rented} \div \text{number of head} \div \text{number of days grazed} = \text{cost per head per day}$$
$$\$7 \text{ [or } \$12] \times 100 \text{ acres} \div 100 \text{ head} \div 43 \text{ days} = \$0.16 \text{ (or } \$0.28) \text{ per head per day}$$



Mulch should be applied in a 3"-4" layer.



Avoid a volcano shaped mound which would hold moisture against the bark of the tree.

# Much Ado About Winter Mulch

**Sarah Browning**  
*Extension Educator*

Every gardener knows mulch is beneficial for their trees, shrubs and ornamental plantings, right? But how accurate is your knowledge of mulch? Test yourself by answering the following true or false questions.

**Question #1 — Mulch is applied in the fall to keep the plant and the underlying ground warm.**

**Question #2 — Plants that die during the winter are killed by cold temperatures.**

**Question #3 — A one-inch layer of mulch is adequate for winter protection of most plants.**

**Answer #1** is false. Mulch is applied in late fall to moderate soil temperatures and prevent soil temperature fluctuations during the winter. Plants can better tolerate soil that is continually cold or frozen, rather than soil that fluctuates up and down in temperature throughout the winter.

If mulch is applied too soon in late summer when soil temperatures are still warm, it will keep the underlying soil warm and could possibly delay the hardening-off process in landscape plants. This makes them more susceptible to damage from early winter freezing temperatures.

Mulch should not be applied in fall until the ground has cooled. Wait until after several hard freezes have occurred, with temperatures dipping into the 20s. All trees, shrubs and perennials planted this summer, or divided in fall, would benefit from an application of winter mulch.

A layer of mulch about three inches thick is best. Good organic mulches include wood or bark chips, shredded bark, pine straw, evergreen boughs, clean straw or ground corncobs. Ideally mulch should not compact too easily. Tightly compacted mulch can obstruct water and air movement in the soil, which often happens when green grass clippings are used, and may result in poor water

drainage and increased disease development, such as crown or root rots.

**Answer #2** is false. Newly planted trees, shrubs and perennials damaged or killed during winter usually are not injured directly by cold temperatures, but indirectly by frost heaving or desiccation. Frost heaving occurs when soil alternately freezes and thaws, resulting in damage to the dormant crown and root system. Frost heaving is reduced in plantings where an application of winter mulch is made, through its ability to reduce swings in soil temperatures.

Winter desiccation is a common type of winter injury that occurs when the amount of water lost by the foliage exceeds the amount picked up by the roots. Mulch holds moisture in the soil, minimizing the effects of dry winter conditions.

**Answer #3** is false. Winter mulch should be applied at a depth of 3-4 inches. With fine organic mulches, such as compost or shredded leaves,

maintain a 3-inch layer. For coarse materials, like wood chips, maintain a 4-inch layer. Remember a 4-inch layer will compact to 3 inches.

However, don't exceed this recommended thickness or pile mulch up around the base of trees. Excessively deep mulch provides excellently protected habitat for voles, which may eat the bark off your young trees in winter, and will hold moisture against the bark of your tree, which may lead to bark death.

In time, excess mulch often results in root growth into the mulch layer. Plants rooted in the mulch layer are more likely to experience winter and drought injury than those growing in soil, due to the poor water-holding capacity of loose, non-compacted mulch.

### FOR MORE INFORMATION

Nebraska Extension publication "Mulching the Landscape," (EC1274) available at the Extension office and online <http://go.unl.edu/mulch>

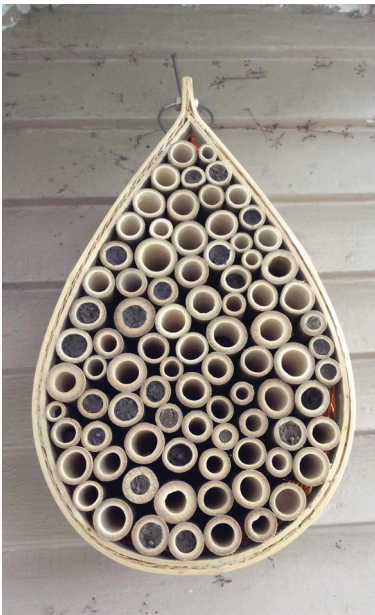
Pollinator Habitats

continued from page 1  
yard in town, you can still help to protect pollinators by planting native plants, leaving a bit of bare ground and use pollinator-friendly practices by limiting pesticides. Resist the urge to clean up your garden right away this fall. Leave some debris for overwintering pollinators.

We can all add pollinator-friendly features to our landscape like a bee nest box or insect hotel. These can be big or small, plain or artistic, simple or complicated. The key is to use the right-size holes to attract nesting by solitary bees found in your area. To learn how to make a bee nest box or insect hotel, visit <http://lanaster.unl.edu/pest/bees.shtml> for directions.

Communities are also getting involved in protecting the health of pollinators. This spring, Waverly, Nebraska made a decision to not spray dandelions in the spring to help protect pollinators. Instead, they will be treating in the fall when the impact won't be as great.

It's easy to help make a difference. Any steps you take, big or small, to help protect pollinators in your landscape, is a step in the right direction.



Mary Jane Frogge

You can purchase nest boxes for solitary native bees (pictured with holes mudded shut by mason bees) ...

...or have fun building your own! Drill 1/4"-3/8" diameter holes 3"-5" deep. Do not drill completely through the wood.



Soni Cochran



A live habitat web cam has recorded wildlife, such as deer (upper right corner), in the pollinator habitat area.

Did you know honey bees aren't native to the United States. Honey bees were brought here by English colonists. Honeybees do provide us with important products like honey and beeswax. However, these bees can't pollinate some of our crops like tomatoes.

Did you know our native bumblebees are the only bees able to pollinate tomatoes? Greenhouses even enlist the help of bumblebees to help pollinate tomatoes grown commercially.



Mary Jane Frogge

A recent study showed that four of America's bumble bee species have declined by nearly 96%. Shrinking habitat is one of the primary factors for their decline.

Extension's Habitat

continued from page 1  
opening was filled and we even had grass carrying wasp using the nesting blocks. Most of the bees using the structure are native leaf cutter bees.

There is a live Web cam on the habitat viewable day and night. We had some interesting views of snow storms covering the habitat with a blanket of white, the flooding that occurred in Lincoln this past May, raccoons raiding bird feeders, wild turkeys and even a doe and fawn resting in the habitat area. You can view the live cam at <http://lanaster.unl.edu/pest/bees.shtml> and archived still shots [www.flickr.com/photos/unlxtlanco/collections/72157633474612381](http://www.flickr.com/photos/unlxtlanco/collections/72157633474612381).

Keep up With the Buzz!

You are invited to come out and explore the Cherry Creek Habitat, follow the Buzz at Cherry Creek Blog at <http://go.unl.edu/buzzatcherrycreek>, watch the live Web cam at <http://lanaster.unl.edu/pest/bees.shtml>.



Mary Jane Frogge

Bird feeders were added last winter to feed birds.

**FOR MORE INFORMATION**  
Nebraska Extension resources on attracting pollinators are online at <http://lanaster.unl.edu/pest/bees.shtml>.

Plants for Pollinators

Mary Jane Frogge  
Extension Associate

Consider adding plants to your landscape that will benefit pollinators. It is important to

have a variety of plants blooming the whole growing season, April through October. These native plants have pollen and nectar sources for native pollinators. Many of our favorite garden perennials are great for pollina-

tors. It is fine to include them too, even if they are not native. Do not forget food plants for butterfly caterpillars. Herbs are perfect for pollinator gardens. And remember, no pesticides.

HERBS	Basil	<i>Ocimum basilicum</i>	flowers for bees, bumble bees and butterflies
	Borage	<i>Borago officinalis</i>	flowers for bees and butterflies, food for butterfly larva
	Dill	<i>Anethum graveolens</i>	food for swallowtail butterfly larva
	Garden thyme	<i>Thymus vulgaris</i>	flowers for bees and butterflies
	Oregano	<i>Origanum vulgare</i>	flowers for bees, wasp and butterflies
ANNUAL AND BIENNIAL FLOWERS	Parsley	<i>Petroselinum crispum</i>	food for swallowtail butterfly larva
	Blue salvia	<i>Salvia farinacea</i>	flowers for bees, bumble bees and butterflies
	Cosmos	<i>Cosmos</i> spp.	flowers for bees and butterflies
	Hollyhock, single	<i>Alcea rosea</i>	flowers for bumble bees
	Mexican giant hyssop	<i>Agastache Mexicana</i>	flowers for bumble bees and butterflies
NATIVE PERENNIALS	Rocket larkspur	<i>Consolia ajacis</i>	flowers for bumble bees and butterflies
	Sweet alyssum	<i>Lobularia maritima</i>	food for monarch butterfly larva
	Sunflower	<i>Helianthus</i> spp.	flowers for bees and butterflies, food for butterfly larva
	Zinnia	<i>Zinnia</i> spp.	flowers for butterflies
	Common milkweed	<i>Asclepias syriaca</i>	food for monarch butterfly larva
	Dotted gayfeather	<i>Liatris punctate</i>	flowers for bees, bumble bees and butterflies
	Hoary vervain	<i>Verbena stricta</i>	flowers for bees, bumble bees and butterflies
	Large Beardtongue	<i>Penstemon grandifloras</i>	flowers for bees, bumble bees and butterflies
	Pasque flower	<i>Anemone patens</i>	flowers for bees, early bloomer
	Pitcher sage	<i>Salvia azurea</i>	flowers for bees, bumble bees and butterflies
GARDEN PERENNIALS	Prairie ragwort	<i>Senecio plattensis</i>	flowers for bees and butterflies
	Prairie aster	<i>Aster turbinellus</i>	flowers for bees, bumble bees and butterflies
	Purple coneflower	<i>Echinacea purpurea</i>	flowers for bees, bumble bees and butterflies
	Rough gayfeather	<i>Liatris aspera</i>	flowers for bees, bumble bees and butterflies
	Swamp milkweed	<i>Asclepias incarnate</i>	food for monarch butterfly larva
	Bee balm	<i>Monarda didyma</i>	flowers for bees, bumble bees and butterflies
	Black-eyed Susan	<i>Rudbeckia hirta</i>	flowers for bees and butterflies
	Blanket flower	<i>Gaillardia aristata</i>	flowers for bees and butterflies
	Blue False Indigo	<i>Baptisia australis</i>	flowers for bumble bees
	Butterfly milkweed	<i>Asclepias tuberosa</i>	food for monarch butterfly larva
	Coreopsis	<i>Coreopsis</i> spp.	flowers for bees and butterflies
	Hosta	<i>Hosta</i> ssp.	flowers for bumble bees
	New England Aster	<i>Aster novae-angliae</i>	flowers for bees, bumble bees and butterflies
	Speedwell, blue & pink	<i>Veronica spicata</i>	flowers for bees, bumble bees
	Tall Sedum	<i>Sedum spectabile</i>	flowers for bees and butterflies

# GARDEN GUIDE

## THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

Fall watering is important for trees and shrubs. Continue to water until the soil freezes.

Pick bagworms from evergreen shrubs. This will eliminate the spring hatch from over wintered eggs.

Remove leaves from lawn to reduce lawn problems. Compost or shred and use them for mulch.

Dig and bring in cannas, dahlias and gladiolus. Dry, clean and store in a cool location free from frost.

Plant spring flowering bulbs such as tulips, daffodils and crocus.

Cut down stems and foliage of herbaceous perennials after two or three hard frosts and when leaves begin to brown.

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

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

Fall is the time to control broadleaf weeds in the lawn, such as white clover, dandelion and ground ivy.

Make a note of any particularly productive or unsatisfactory varieties of vegetables that you planted this year. Such information can be very useful when planning next year's garden.

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

Fall is an excellent time for taking soil samples in your lawn and garden. Soil tests will measure the pH of the soil, organic matter content and the levels of some of the major elements required for plant growth, such as phosphorus and potassium.



## HEART OF 4-H VOLUNTEER AWARD

### Cathy Babcock

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

A volunteer for five years, Cathy co-leads the Shamtastic Clovers 4-H Club, which is a Nebraska 4-H Club of Excellence. She has also taught Clover College classes and helped at crochet workshops. Cathy volunteers with her club at the 4-H food booth at the Lancaster County Super Fair.

"I enjoy the opportunity to be involved in 4-H as a family," she says. "I'm also thankful for the time other 4-H volunteers have invested in my kids. When I'm teaching a new skill, I love that moment when the kids start talking about how they're going to use that skill to make all sorts of things for everyone they know. It's always fun to hear their enthusiasm. 4-H was a big part of my life growing up, as it was for my Dad. I love that my kids have the opportunity to experience it as well — third generation 4-H'ers!"

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



### 4-H Horse Awards Night, Oct. 1

The annual Lancaster County 4-H Horse Awards Night will be Thursday, Oct. 1, 6:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Rd., Lincoln. The Horse VIPS Committee will provide snacks. Come help celebrate the outstanding accomplishments of the 2015 Lancaster County 4-H horsemen!

### Rabbit Clinic, Oct. 31

A free 4-H Rabbit Clinic will be held Saturday, Oct. 31, 9 a.m.–12 noon at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Open to all youth and families. This is a great opportunity to learn about the 4-H Rabbit Program which is open to all youth ages 8–18. Sessions include feeding and care of a rabbit, how to judge rabbits and showmanship. For more information, call Marty at 402-441-7180.

### TSC Paper Clover Campaign Oct. 7–18

The Fall 2015 4-H Paper Clover Campaign will take place Oct. 7–18. Shoppers at both Lincoln Tractor Supply Company stores will have the opportunity to support 4-H by purchasing paper clovers for a \$1 or more at checkout. All funds raised will be donated to 4-H.

### 4-H Leader Training, Oct. 22

All 4-H leaders and volunteers helping with clubs and independent members are encouraged to attend the Fall 4-H Update on Thursday, Oct. 22 at the Lancaster Extension Education Center. Attend either the 9 a.m. or 6:30 p.m. update. Training will focus on 4-H Club organization, static exhibits, leadership, opportunities for your 4-H members and more. This is a great opportunity to connect with other parents and leaders. You MUST preregister by Oct. 20 by calling 402-441-7180.

### 4-H Seeks New Council Members

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

**4-H Kick Off**  
Thurs., Oct. 15 • 6 p.m.  
Lancaster Extension Education Center  
444 Cherrycreek Rd., Lincoln

**Find Out How Youth Ages 5–18 Can Join 4-H!** | **Adults — Help Youth Grow By Volunteering!**

## 4-H Thanks Sponsors

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

Acre Management LLC  
Ag Source Laboratories  
AllFlex – Andy Dorn  
Ameritas  
Ameritas – Teresa Hespen  
Deborah Arends  
Arends Interiors Inc.  
AVN Partners  
Jim & Cindy Bauman  
Beach Construction/David and Tonya Beach Family  
Beatrice 77 Livestock Sales  
Shari Becker  
Laurie Bellinghausen  
Gary Bergman  
Big Iron – Con & Marla Mueller  
Bluestem Miniature Horse Club  
Bluestem Valley Farms  
Theresa and David Bonifant  
Kim Bowen, Aubrey and Kenzy  
Janelle and Douglas Bruning  
Buckles and Bling 4-H Club  
Bulling Farms  
Capital City Horse and Pony Club  
Capitol City Ford and Mustang Club  
Duwayne & Karen Carlson  
Karen Case and The Glen Umberger Family  
Cattlemen's Nutrition Services  
The Egg Basket 4-H Club  
Ellen Chapelle Family  
Bill Chapman Family  
Warren Cheney Family  
Chet Axthelm Memorial Cup  
City of Lincoln Public Works and Utilities Solid Waste Management Division  
Ron Clinch

Shirley Condon  
Dick and Cookie Confer  
Mike and Kath Conroy  
The Consbruck Family  
Country Riders 4-H Club  
Crawford Family Shorthorns  
Crete Lumber  
Ben Cruickshank  
Katie Cruickshank  
Steve and Marty Cruickshank  
Nick Cusick and IMSCORP  
Suzanne and Andy Dearthmont  
Keith and Renee Dey  
Diamond T Livestock  
Carol Dicks  
Don Dierberger Family  
Alice Doane  
Ted Doane Hampshires  
Ron Dowding Family  
Dowding Shorthorns  
The Drbal Family  
Dick Earl  
Earl May  
East Campus Starrs  
Espirit De Corps 4-H Club  
Eyecare Specialties P.C. of Lincoln  
Maddie Falkner  
Family Health Care Center  
Farm Credit Services of America  
Farmer's Co-op Firth  
Farmer's Cooperative - Dorchester  
Farmer's Cooperative Co.  
Farmer's Cooperative Co. Martell Branch  
Fiala Truck Repair  
First State Bank  
Fitch Trucking, Inc.  
Flying Hoof's 4-H Club  
Four Winds Farms  
Brandy Friedrichsen  
Gagner Construction  
Melvin & Linda Gagner  
Paul & Sharon Gana  
Gana Trucking  
Gana/Nisley Show Cattle  
Garr Creek Farms – Dave Nielsen  
The Garrison Family  
Blayne Glissman Family  
Gossin Agency  
Barb Green  
Shari and Kaiya Green  
Grimm-Axthelm Memorial  
Haltered Hearts 4-H Club

Hancock Fabrics  
Harmony Hill 4-H Club  
The Harry A. Koch Co. – Jack Specht  
Patricia Heather  
Hannah Hefaker  
Heidtbrink Feeds  
Hillcrest Animal Clinic  
HL Muhlbach Construction  
Rod Hollman  
Holthus Family  
The Home Agency  
Hopeful Farm Hoppers/The Huber Family  
Fred and Julie Hoppe  
Commissioner Larry & Senator Carol Hudkins  
The Mike Hula Family  
Hunter's Pride 4-H Club  
Husker Auto Group  
Husker Rehab & Wellness Centers  
Hy-Vee (5020 N. 27th St.)  
James and Soukup Dentistry  
JH Transport, LLC/Heather Loftus-Micek  
Jimmy John's/Tammy and Brent Bunz  
Kammalop Supply  
Steve & Deanna Karmazin Family  
Bruce Kempkes Family  
Kiwanis – North East  
Kiwanis – Lincoln Center  
Anne and Doug Klute  
Becky Kramer  
Kubicek Club Lambs  
KV Supply  
LaKaBrTyDe Farms  
Lancaster County Agricultural Society (Fair Board)  
Lancaster County 4-H Council  
Lancaster County 4-H Dog VIPS Committee  
Lancaster County 4-H Horse VIPS Committee  
Lancaster County 4-H Livestock Booster Club  
Lancaster County 4-H Rabbit VIPS Committee  
Lancaster County Teen Council  
Lancaster Event Center  
Lancaster Farm Bureau  
Frank Lanik  
Staci Lawson  
John Lebsack Family  
Lienemann Cattle Company  
Lincoln Housing Authority

Lincoln Women's Chamber of Commerce  
Mike and Tracie Lloyd  
Lucky Lopers 4-H Club  
Greg, Lynda and Bailey Peterson  
Don and Cleo Madden  
Maytum Photography/Mike and Tami Maytum  
McDonald's (5327 Cornhusker Hwy)  
Cole Meador  
Jesse Metcalf  
Cassie Meyer  
Shayna Meyer  
Middle Cross Stables  
Midwest Farmers Coop  
Midwest JJ's Investments, Inc.  
Lilly Misciskia  
Angela Mittan  
Monsanto – Gene Sedivy  
K. Moran  
Nancy and John Moser Family  
Mueller Farms  
Clyde & Helen Naber  
Nebraska 4-H Foundation  
Nebraska Army National Guard  
Nebraska Dressage Association  
Nebraska Pork Producers  
Nebraska Rope Horse Association  
Ian Neemann  
Kirby, Cindy and Sierra Nelson  
Steven & Stephanie Nelson  
Nickel Enterprises, Inc.  
Nore Acres  
Norris FFA  
On the Hill Ag – Brett Burheide  
Diane Ossenkop  
Oxbow Animal Health  
Duane Parrish Family  
Parrott & Walbrecht Cattle  
Larry Pershing  
Amanda Peterson  
Edwin Peterson Memorial  
Erica Peterson  
Tom Peterson Family  
Deloris Pittman  
Pitts Veterinary Hospital  
Pizza Ranch  
Cathy Plager  
Platte Valley Equipment, LLC  
Poultry and Egg Division, Nebraska Department of Ag

Tim Powers Memorial  
Prairie Star 4-H Club  
Precision Feed Technologies, LLC  
ProPerformance Equine/Adam Gengenbach, DVM  
R & J Angus  
Jeff and Loretta Rademacker  
Rainbow Ends  
Raising Cane's  
Rick, Tammy, Nick and Andra Rasby  
Jeff and Jennifer Rawlinson  
The Rawlinson Herd  
Raymond Grange #391  
Barbara Robertson  
Rock 'N Rider 4-H Club  
Rock Creek Ranchers  
Bruce and Kendra Ronnau  
In Memory of Ross  
Russ's Market (Coddington Store)  
Salt Creek Wranglers  
Salt Valley 4-H Club  
Joe, Ellie and Tylre Sampson  
Sampson Construction Co., Inc.  
Sam's Club, North  
Sam's Club, South  
Cary & Becki Sandell & Family  
Rick and Dorothy Schmidt  
Urijah & Remy Schnell  
Schoettger Orthodontics  
Calvin and Rochelle Schrock and family  
David Schubert  
Lynette Schuster  
Seitec Genetics – James Tietjen  
Cassie Sell  
Andrea Seufferer  
Sieck Show Cattle  
Ron & Donna Snover  
Chuck and Maralee Sobotka, Bailee and Madison  
Tina and Travis Sondgeroth  
South Prairie Wrangler's 4-H Club  
Stewart & Kris Spath Family  
Dale & Marilyn Stertz  
Leeza Struwe  
Ron and Barb Suing  
Super Saver (56th & Hwy 2)  
Super Saver (Fallbrook Store)  
Karol Swotek  
Syngenta  
Eric and Lynette Teegerstrom

Top Line Photography – Emily Bontrager and Becky Hutchins  
Triple RRR Farms  
Tractor Supply Company (North Store)  
Tractor Supply Company (South Store)  
T & T Seed Express, Inc.  
George Tuck  
Union Bank- Russ Ripa  
United Country Real Estate – Amy Keetle  
UNL Horse Fund  
Vo-Acres Dairy  
Brian and Shannon Vogler  
Emil Vokoun Memorial  
Wachal Pet Health Center  
Wahoo Livestock Commission  
Walbrecht Family  
Walmart (3400 N. 85th St.)  
Walmart (4700 N. 27th St.)  
Walmart (8700 Andermatt Dr.)  
Waverly Grange #369  
Wether-Ewe Farm – Doug & Cheryl Johnson  
Charles Wiechert Family  
Wilhelm Auto Repair/Stacey and Jennifer Wilhelm  
Jay & Brenda Wilkinson  
Wilkinson Sheep Farm  
Richard and Karen Wilson  
Jim Wissel Memorial  
Dwayne and Joan Wittstruck  
Karen Wobig  
Dana and Pamela Wolfe  
Women's Clinic of Lincoln, P.C.  
The Woods Family  
Cindy Zimmer

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

## Thank You to Volunteers

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



# Nebraska State Fair 4-H Results

Congratulations to the Lancaster County 4-H’ers who showcased their projects at the 2015 Nebraska State Fair! Here are the Lancaster County 4-H special award, Rainbow Ribbon Recognition, and purple ribbon recipients. Complete results are online at [www.nebraska4hresults.com](http://www.nebraska4hresults.com).



Abby Babcock	Heritage Level II – Story or Historical Illustration Presentations – FilmFest Crochet Level 3 – Crocheted Clothing or Home Environment Item Knitting Level 2 – Knitted Clothing Steam Clothing 2 – Clothing Portfolio
Ellie Babcock	Beyond the Needle – Garment Constructed from Original Designed Fabric Knitting Level 2 – Knitted Clothing Knitting Level 3 – Knitted Clothing You’re the Chef – Dinner Rolls Foodworks – Double Crust Fruit Pie Foodworks – Double Crust Fruit Pie Fast Foods – Coffee Cake Breeding Rabbits – Lionhead Citizenship II – This Is Who I Am Poem Human Development – Growing in Communities Scrapbook or Poster Fast Foods – Recipe File Fast Foods – Recipe File Foodworks – Specialty Pastry Heritage Level 1 – Other Family Exhibits Market Sheep – Crossbred Market Sheep – Hampshire Heritage Level 1 – Other Family Exhibits Citizenship II – This Is Who I Am Poem Photography Unit III – Challenging Exhibit Print Portfolio Pathways – Original Watercolor Painting Conservation & Wildlife – Wildlife Diorama You’re the Chef – Specialty Rolls Food Preservation – Fruit Exhibit – 1 jar Floriculture – Gomphrena Angus Breeding Beef – Angus Yearlings March/April Senior Beef Showmanship Senior Swine Showmanship
Emma Baumfalk Nathan Becker Titus Bell Morgan Bodfield Katie Borchering	Design Decision – Window Covering Citizenship II – Historical Figure Biography Food Preservation – Jelled Exhibit – 1 Jar Food Preservation – Tomato Exhibit – 1 Jar Food Preservation – Vegetables or Meat Exhibit – 1 Jar Food Preservation – Tomato Exhibit – 1 Jar Human Development – Activity with A Younger Child You’re the Chef – Loaf Quick Bread Human Development – Activity with A Younger Child Breeding Rabbits – Flemish Giant Rabbits – Netherland Dwarf Photography Unit III – Advanced Lighting Exhibit Print Photography Unit III – Challenging Exhibit Print Photography Unit III – Manual Setting Exhibit Print Beyond The Needle – Textile Arts Garment or Accessory Design Decision – Accessory – Outdoor Living Human Development – Toy, game or activity made for Preschooler Floriculture – Foliage Potted Plant Horticulture – Beets & Snap Beans You’re The Chef – Dinner Rolls You’re The Chef – Specialty Rolls Heritage Level II – 4-H Member Scrapbook Sketchbook Crossroads – Original Pencil or Chalk Drawing Senior Swine Showmanship Market Swine Commercial Breeding Beef – Heifer Intermediate Beef Showmanship Market Swine Intermediate Swine Showmanship Tasty Tidbits – Creative Mixes Tasty Tidbits – Unique Baked Product Senior Rabbit Showmanship Breeding Rabbits – Florida White Portfolio Pathways – Original Acrylic Painting Sketchbook Crossroads – Original Pencil or Chalk Drawing Foodworks – Double Crust Fruit Pie You’re the Chef – Loaf Quick Bread Tasty Tidbits – Creative Mixes Tasty Tidbits – Unique Baked Product Dairy Cattle – Ayrshires Fall Yearling Dairy Cattle – Ayrshires – Jr 3 Yr Old Dairy Cattle – Ayrshires – Spring Heifer Dairy Cattle – Ayrshires – Summer Yearling Steam Clothing 2 – Romper or Jumpsuit You’re The Chef – Leaf Quick Bread Portfolio Pathways – Home Accessory with Any Printing Technique Design Decision – Accessory – Orig. Floral Design Steam Clothing 2 – Bottom Dairy Cattle – Crossbred Spring Heifer Dairy Cattle – Milking Shorthorn – Fall Heifer Dairy Cattle – Milking Shorthorn – Jr 3 Year Old Dairy Cattle – Milking Shorthorn – Sr 2 Year Old Dairy Cattle – Milking Shorthorn – Summer Yearling Dairy Cattle – Spring Yearling Dairy Cattle – Summer Yearling Steam Clothing 3 – Upcycled Garment Heritage Level 1 – Local History Scrapbook or Notebook Sketchbook Crossroads – Original Pencil or Chalk Drawing Steam Clothing 2 – Bottom Floriculture – Rose Floriculture – Marigold Design Decision – Accessory – Original made from Wood Food Preservation – Fruit Exhibit – 1 Jar Food Preservation – Jelled Exhibit – 3 Jars Food Preservation – Fruit Exhibit – 3 Jars Design Decision – Accessory for the Home – Recycled Item or Upcycled Item Design Decision – Furniture – Wood Opaque Finish Steam Clothing 2 – Dress Steam Clothing 2 – Top Tasty Tidbits – Healthy Baked Product
Paige Borchering Wade Carlson Anna Cooper Cole Cooper	
Jessica Craft Lily Craig	
Sarah Cunningham Herman Dolezal Mary Dowd Laurel Frogge Kylie Gana	
Sophie Gengenbach Anne Greff	
Peter Greff Alyson Gubbels	
Sydney Gubbels Bailee Gunnerson	
Philip Hanigan	
Kylie Hansen	
Monica Hanus	
Tyler Hattan Mercedes Heckert Jaclyn Heinrich	
Brett Heinrich	
Ella Hendricksen Zander Hraban Austin Hurt Kyle Hurt Rose Ingracia	
Grant Johnson Brittany Kapperman	
Kaleb Kempkes	
Carman Kinkaid Brooke Kreikemeier Megan Lange Emma Lanik Cashel Martin Ben Meyer	
Cassie Meyer	
Alyse Monismith Thomas Neal Thorine Nelson Caleb Nielsen	
Jared Nielsen Emma Noel	
Lily Noel Riley Peterson	

## SPECIAL AWARDS

**PRESENTATIONS CONTEST**  
Abby Babcock – Outstanding 4-H FilmFest Presenter  
Rose Ingracia – Premier Presenter Contest

**TOP VET SCIENCE – LARGE ANIMAL DISPLAY**  
Anna Sump (poster)

**INTERVIEW CONTEST**  
Taylor Nielsen – 5th place  
Nathan Becker – purple ribbon

**HORTICULTURE CONTESTS**  
Abby Babcock – Senior 6th place individual  
Ellie Babcock – Intermediate 7th place individual

**BEEF**  
Ashtyn Cooper – 1st place Market Beef – Crossbred Steers

**SWINE**  
Jaclyn Heinrich – 3rd place Senior Swine Showmanship

**SHEEP**  
Cole Cooper – 2nd place Intermediate Sheep Showmanship  
Madelyn Scott – 2nd place Market Sheep – Crossbred Market Lambs  
Riley Scott – 1st place Intermediate Sheep Showmanship

**PHOTOGRAPHY SPECIAL SELECTIONS**  
Emmi Dearmont – (photo of rooster) selected for display in Animal Science Department  
Philip Hanigan – (photo of sunflower) selected for display in CASNR and Extension Dean’s Office

## CLOTHING SPECIAL SELECTIONS

Items selected from top winners in 4-H Clothing, Home Environment and Quilt Quest areas will be on display at the Robert Hillestand Textile Gallery Celebration of Youth on the UNL East Campus, Oct. 12–Nov. 14.

Ellie Babcock – Beyond the Needle – Garment Constructed from Original Designed Fabric

## RAINBOW RIBBON RECOGNITION

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

Ellie Babcock – Quilt Quest – Premiere Quilt  
Ellie Babcock – Quilt Quest – Quilt Designs Other Than Fabric  
Ellie Babcock – Crochet – Level 2 Crocheted Clothing  
Julia Cooper – Portfolio Pathways – Original Watercolor Painting  
Lily Craig – Sketchbook Crossroads – Home Accessory Clay Sculpture  
Laurel Frogge – Floriculture – Rose  
Laurel Frogge – Floriculture – Other Annual or Biennial  
Kayla Humphrey – Steam Clothing 2 – Dress  
Emma Lanik – Beyond the Needle – Textile Arts Garment or Accessory  
Caleb Nielsen – Floriculture – Petunia  
Kylee Plager – Steam Clothing 3 – Pants or Shorts Combination  
Anna Sump – Veterinary Science – Large Animal Display  
John Sump – Tasty Tidbits – Unique Baked Product  
Riley Weitz – Forestry – Leaf Display  
Riley Weitz – Fast Foods – Coffee Cake

Emily Pillard  
Zachary Pittman  
Claire Polk

Lucy Polk

Madelaine Polk  
Sophia Polk

Jacob Rushman  
Mary Lily Russman  
Sidney Schlesiger

Janna Schmidt  
Micah Scholl  
Madelyn Scott

Riley Scott

Jackson Settles

Taygon Shaw

Renae Sieck  
Logan Spatz  
Taylor Spatz  
Skylar Sterns  
Anna Sump

John Sump

Livia Swanson  
Sophia Swanson

John Tines  
Mariana Tines  
Anthony Vinton  
Leah Vorderstrasse  
Sarah Vorderstrasse

Allison Walbrecht

Caitlyn Walbrecht  
Addison Wanser  
Riley Weitz  
Jenna White  
Haley Zabel

Fashion Show – Steam Clothing 3  
Breeding Rabbits – Mini Lop  
Food Preservation – Dried Fruit  
Food Preservation – Fruit Leather  
Food Preservation – Dried Vegetables  
Forestry – Leaf Display  
Food Preservation – Jelled Exhibit – 1 Jar  
Forestry – Leaf Display  
Conservation & Wildlife – Mammal Display  
Conservation & Wildlife – Wildlife Arts  
Forestry – Leaf Display  
Horticulture – Vegetable or Herb Garden Poster  
Floriculture – Other Perennial  
Design Decision – Accessory – Original made from Wood  
Dog Obedience – Novice  
Dog Agility – Level 2  
Dog Showmanship – Intermediate  
Tasty Tidbits – Foam Cake  
Senior Swine Showmanship  
Market Sheep – Crossbred  
Meat Goat – Market Goats  
Breeding Sheep – Commercial Ewe Lambs  
Intermediate Sheep Showmanship  
Breeding Sheep – Commercial Ewe  
Market Sheep – Hampshire  
Market Sheep – Crossbred  
Senior Sheep Showmanship  
Market Sheep – Crossbred  
Photography Unit III – Manual Setting Exhibit Print  
Conservation & Wildlife – Wildlife Arts  
Steam Clothing 3 – Dress or Formal  
Horticulture – Green Summer Squash  
Steam Clothing 2 – Romper or Jumpsuit  
Market Beef – Heifers  
General Foods – Physical Activity and Health Poster, Scrapbook or Photo Display  
You’re The Chef – Dinner Rolls  
Citizenship – Care Package Display  
Heritage Level 1 – 4-H Member Scrapbook  
Design Decision – Accessory for the Home – Recycled Item or Upcycled Item  
Tasty Tidbits – Biscuits  
Food Preservation – Jelled Exhibit – 1 Jar  
Food Preservation – Jelled Exhibit – 3 Jars  
Wood Science – Woodworking Article – Nailing it Together  
Fashion Show – Steam Clothing 3  
Entomology – Special Interest Entomology Display  
Food Preservation – Pickled Exhibit – 1 Jar  
Design Decision – Accessory – Textile – 3D  
Food Preservation – Pickled Exhibit – 1 Jar  
Food Preservation – Tomato Exhibit – 1 Jar  
You’re The Chef – Specialty Rolls  
Commercial Breeding Beef – Heifer  
Intermediate Beef Showmanship  
Breeding Beef – Mainetainer Yearlings  
Design Decision – Furniture – Wood Opaque Finish  
Citizenship – Game  
Fire Safety – Fire Prevention Poster  
Fashion Show – Steam Clothing 3



Ellie Babcock’s skirt sewn from fabric woven on a loom will be on exhibit at the Robert Hillestand Textile Gallery Celebration of Youth



# EXTENSION CALENDAR

All events will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln, unless otherwise noted.

## September

21 **Stepping On Workshop**..... 1–3 p.m.  
24–27 **Ak-Sar-Ben 4-H Stock Show**, *CenturyLink Center*  
28 **Stepping On Workshop**..... 1–3 p.m.

## October

1 **4-H Horse Awards Night** ..... 6:30 p.m.  
4–10 **National 4-H Week**  
5 **Stepping On Workshop**..... 1–3 p.m.  
6 **Guardian/Conservator Training**..... 5:30–8:30 p.m.  
8 **Co-Parenting for Successful Kids Class** ..... 12:30–4 p.m.  
9 **Extension Board Meeting** ..... 8 a.m.  
6 **4-H Council Meeting**..... 7 p.m.  
11 **4-H Teen Council Meeting** ..... 3 p.m.  
12 **Stepping On Workshop**..... 1–3 p.m.  
15 **4-H Kick Off**..... 6 p.m.  
17 **Composting Demonstration**, *Pioneers Park Nature Center's backyard composting demonstration area*..... 10 a.m.  
19 **Stepping On Workshop**..... 1–3 p.m.  
22 **4-H Leader Training** ..... 9 a.m. and 6:30 p.m.  
26 **Stepping On Workshop**..... 1–3 p.m.  
31 **4-H Rabbit Clinic**..... 9 a.m.–12 noon

## Lorene Bartos Retires Public Invited to Reception Oct. 21

Extension Educator Lorene Bartos is retiring after 42 years in Nebraska Extension and 46 years with University of Nebraska–Lincoln. Her last day will be Oct. 30.

**The public is invited to Lorene's retirement celebration on Wednesday, Oct. 21, 2:30–5 p.m. with a formal presentation at 3 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.**

If you would like to submit a letter or card to be included in a book of letters for Lorene, please send by Oct. 16 to: Attn Karen Wedding, Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln NE 68528.

Lorene earned her bachelor's degree in Home Economics Education & Extension and master's degree in Human Development & the Family at UNL. She worked at the University Museum–Morrill Hall for four years as office assistant/receptionist.

In 1973, she began her career at Nebraska Extension in Lancaster County. While her role has evolved over the years, she has always selflessly served others with a “can do” attitude.

- 4-H Aide (1973–1976)
- Extension Assistant – 4-H (1976–1991)
- Extension Assistant – Home Economics (1991–1993)
- Extension Educator (1993 to present) with program focus in 4-H, Environment of the Home and Family

Lorene has helped with 4-H and/or Open Class activities at the Lancaster County Fair and Nebraska State Fair every year since 1973, including currently serving as an assistant superintendent of 4-H Foods at State Fair.

She helped start the 4-H Embryology program in local schools in 1976, in which 3rd



**Lorene Bartos training RentWise Network instructors how to present a lesson on care of the home (April 2015).**

graders witness chicks hatching in classrooms.

For many years, Lorene coordinated Extension clubs (later known as Family & Community Education Clubs), teaching how-to lessons for homemakers.

Lorene has written a weekly “Homewise” column for the *Lincoln Journal Star* since 1995.

She partners with many community organizations to teach educational programs, such as Community Action Partnership of Lancaster &

Saunders Counties and Lincoln Housing Authority to teach RentWise classes to low-income renters. She helps present an annual Child Care Conference for early childhood professionals.

Lorene has served on many boards such as Wastecap, Volunteer Partners, Earth Wellness Festival, Eastern Nebraska 4-H Camp and Community Action Policy Council for Early Head Start & Head Start (vice chair); and coalitions such as Community Organizations Active in Disaster Coalition, Safe Kids Lincoln-

Lancaster County - Home Safety Task Force, Lincoln Immunization Vaccination Effort Coalition (chair), Lancaster Prevention Coalition Partners for Success and Nebraska RentWise Coalition. She partnered with the City of Lincoln to develop a Shop SMART (Save Money and Reduce Trash) educational program. She partnered with the Lincoln-Lancaster County Health Department to help with outreach and education for the Household Hazardous Waste Collections, Toxics Reduction Program, Safe Homes for Seniors Service and more.

Lorene was a member of Nebraska Cooperative Extension Association (NCEA) (has served as Vice President and Treasurer), National Extension Association of Family and Consumer Science (NEAFCS) (served as Nebraska affiliate president in 2011), National Association of Extension 4-H Agents (NAE4-HA) and Epsilon Sigma Phi (ESP).

Throughout her career, Lorene has earned many awards, including:

- 1986 Program Excellence Award — NCEA 4-H Section
- 1991 National Distinguished Service Award — NAE4-HA
- 2003 National Meritorious Service Award — NAE4-HA
- 2003 Outstanding Service Award — NCEA
- 2008 National Distinguished Service Award — NEAFCS
- 2011 Hall of Fame Award — Lancaster County Ag Society
- 2012 4-H Meritorious Service Award — Lancaster County 4-H
- 2012 National Continued Excellence Award — NEAFCS

An active member of Lincoln Center Kiwanis, American Legion Auxiliary and Eight & Forty organizations, Lorene volunteers with many community events such as Cornhusker Girls State.

On behalf of Extension staff, we will miss Lorene's hard work and dedication to helping whenever she was asked and wherever she could. Best wishes and happy retirement, Lorene!

## EXTENSION NEWS

### Mardel Meinke Retires



**Mardel Meinke (right) teaching a lesson on food safety, with a fruit pizza healthy snack, to residents of Elizabeth Stabler Retirement Home.**

Extension Associate Mardel Meinke is retiring after 20 years in Extension. Her last day will be Oct. 15. She has worked at Nebraska Extension in Lancaster County's Nutrition Education Program (NEP) since 2000. Mardel has taught nutrition to numerous adult groups and individuals, including People's Health Center, People's City Mission, CenterPointe, Educare of Lincoln and Elizabeth Stabler.

If you would like to submit a letter or card to be included in a book of letters for Mardel, please send by Oct. 9 to: Attn Jessica Meuleners, Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln NE 68528.

After graduating from the University of Nebraska–Lincoln in 1972, she worked as a Home Extension Agent-At Large and finished her Master's degree in Home Economics and Adult Education. Mardel worked at Lincoln County Extension (North Platte) for two years and then Lancaster County Extension for 2-1/2 years. Her position ended, so she worked for the Nebraska Energy Office, Minnegasco and then Family Service Lincoln.

She has been an active member of Nebraska Cooperative Extension Association (NCEA) and the National Extension Association of Family and Consumer Sciences (NEAFCS). She received NEAFCS's Distinguished Service Award – Nebraska Winner in 2012.

Best wishes and happy retirement, Mardel!

### Kristen Houska Promoted

Kristen Houska was recently promoted from Extension Assistant to Extension Associate. She has worked with the Nutrition Education Program (NEP) in Lancaster County since 2010 and her responsibilities include coordinating the school enrichment nutrition kits for kindergarten, 2nd & 3rd grades.

**Kristen Houska teaching proper handwashing to kindergartners at Brownell Elementary School. Students rub glow lotion on their hands, wash their hands and use an ultraviolet light to see where they didn't clean.**



## Public Notice

**The Lancaster County Board of Commissioners seek community members to serve on the Lancaster County Extension Board. Vacancies will be filled with three year appointments beginning in January 2016.**

**Extension Board members assist Extension staff in focus areas such as: 4-H youth development; beef systems; community environment; community vitality initiative; innovative cropping & water systems; food, nutrition & health; and the learning child. The board meets monthly (usually the second Friday of the month at 8 a.m.).**

**Registered Lancaster County voters interested in serving should complete an application for appointment by Nov. 1, 2015. Additional information and an application can be obtained from: Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528-1507 or by calling 402-441-7180. Applications are also online at [www.lincoln.ne.gov/cnty/commiss/boardapp.pdf](http://www.lincoln.ne.gov/cnty/commiss/boardapp.pdf).**