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NEBLINE, October 2015

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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 monoto-
nous 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, thor-
oughly, 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/1KDhN8E>

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

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. 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 (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 ¹ (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

¹One 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.

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>

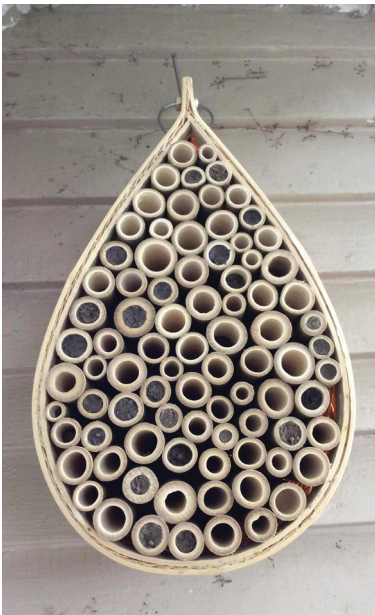
Pollinator Habitats

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.



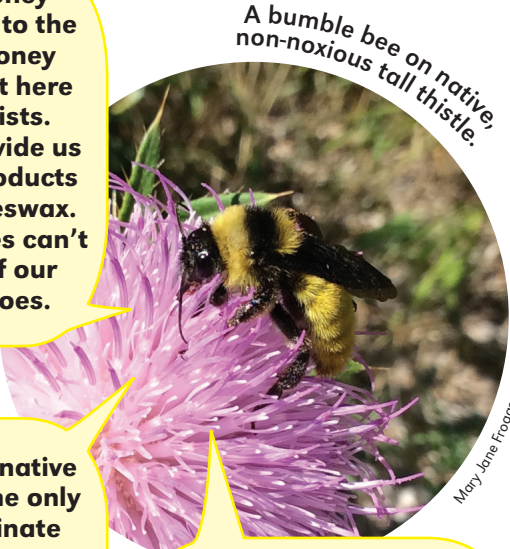
Soni Cochran



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.

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.



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 Borcharding	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 Borcharding 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.