NEBLINE, November/December 2015
Step 1. Cool Foods “slightly” at room temperature before refrigeration

It is not necessary for a food to be completely cool before it is refrigerated. To help food cool slightly before refrigeration:

• Place a shallow container of food on a cooling rack to allow air to circulate all around the pan for about 20 to 30 minutes.
• Limit depth of food to 2 inches.

Step 2. Complete cooling of foods in the refrigerator

Cool foods to refrigerator temperature before bagging them for your freezer. It is OK to refrigerate foods while they’re still warm. LOOSSELY cover food upon refrigeration. This allows heat to escape and protects the food from accidental contamination from other foods during freezing.

Step 3. Pack foods into freezer bags

Use “freezer” bags, not “storage” bags for storing food in the freezer. Freezer bags are thicker than storage bags and will keep the food fresh longer. Speed freezing and hasten thawing by freezing foods in a thin, flattened shape in freezer bags. A rounded shape takes longer to thaw through to the middle. Flatter packages also will stack better in your freezer.

Step 4. Label foods

To avoid mystery meats and other foods of unknown age and possibly origin, label foods using freezer tape, gummed freezer labels or permanent marking pens/crayons. Include:

- name of food;
- packaging date;
- number of servings or amounts;
- additional helpful information, such as form of food (sliced, chopped, etc.), any special ingredients.

Step 5. Put in freezer

It is helpful to place filled freezer bags on a flat surface in your freezer, such as a metal pan. Do not stack freezer bags until frozen so they will freeze faster. After they are frozen solid, the bags may be removed from the pan and stored, stacked, directly on the freezer shelf. Or turn them on their edge and store them vertically. This is an especially good idea when freezing liquid foods, such as soups and stews.

Step 6. Thaw and cook frozen foods

DO NOT thaw perishable foods at room temperature. If perishable foods are left at room temperature too long, bacteria may grow and produce heat-resistant toxins that can cause food-borne illness. Cooking may not be able to destroy these toxins.

It’s best to plan ahead for slow, safe thawing in the refrigerator. Up to 5 pounds of food should thaw in about 24 hours. If there is the possibility a thawing package might leak, you may want to thaw it on a plate or a pan.

If food is thawed in the microwave, finish reheat it right away. Unlike food thawed in a refrigerator, microwave-thawed foods reach temperatures that encourage bacterial growth. Cook immediately to kill any bacteria that may have developed and to prevent further bacterial growth.

• Food may be transferred from a freezer bag to a microwave safe container for thawing in the microwave.

If the freezer bag manufacturer says it is OK to thaw foods directly in their freezer bag, follow manufacturer’s directions for such things as venting, recommended heat settings, types of foods suitable for microwave thawing, etc. for the specific bag. Also, follow manufacturer’s directions for your microwave.

• While you may be able to satisfactorily defrost some food in the microwave (check manufacturer’s directions), DO NOT cook the food in the freezer bag — unlike recommended by the freezer bag manufacturer. At the higher temperatures used in the microwave cooking process, it is possible for the plastic to reach melting temperatures.

ON NEXT PAGE

• Foods that do not freeze well
- Recipe for pictured lentil soup (if you have leftover holiday ham, toss chunks of it into this soup as you heat it)
Foods That Do Not Freeze Well

<table>
<thead>
<tr>
<th>FOODS</th>
<th>USUAL USE</th>
<th>CONDITION AFTER THAWING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cabbage*, celery, cress*, cucumbers*, endive, lettuce, parsley, radishes</td>
<td>As raw salad</td>
<td>Lime, water-logged, quickly oxidized color, aroma and flavor</td>
</tr>
<tr>
<td>Irish potatoes, baked or boiled</td>
<td>In soups, salads, sauces or with butter</td>
<td>Soft, crumbly, water-logged, mealy</td>
</tr>
<tr>
<td>Cooked macaroni, spaghetti or rice</td>
<td>When frozen alone for later use</td>
<td>Mushy, tastes warmed over</td>
</tr>
<tr>
<td>Egg whites, cooked</td>
<td>In salads, creamed foods, sandwiches, sauces, gravy or desserts</td>
<td>Soft, tough, rubbery, spongy</td>
</tr>
<tr>
<td>Meringue</td>
<td>In desserts</td>
<td>Soft, tough, rubbery, spongy</td>
</tr>
<tr>
<td>ICings made from egg whites</td>
<td>Cakes, cookies</td>
<td>Frothy, weeps</td>
</tr>
<tr>
<td>Cream or custard fillings</td>
<td>Pies, baked goods</td>
<td>Separates, watery, lumpy</td>
</tr>
<tr>
<td>Milk sauces</td>
<td>For casseroles or gravies</td>
<td>May curdle or separate</td>
</tr>
<tr>
<td>Sour cream</td>
<td>As topping, in salads</td>
<td>Separates, watery</td>
</tr>
<tr>
<td>Cheese or crumb toppings</td>
<td>On casseroles</td>
<td>Soggy</td>
</tr>
<tr>
<td>Mayonnaise or salad dressing</td>
<td>On sandwiches (not in sandwiches)</td>
<td>Separates</td>
</tr>
<tr>
<td>Gelatin</td>
<td>In salads or desserts</td>
<td>Weeps</td>
</tr>
<tr>
<td>Fruit jelly</td>
<td>Sandwiches</td>
<td>May soak bread</td>
</tr>
<tr>
<td>Fried foods</td>
<td></td>
<td></td>
</tr>
<tr>
<td>All except French fried potatoes and onion rings</td>
<td></td>
<td>Lose crispiness, become soggy</td>
</tr>
</tbody>
</table>

Effect of Freezing on Spices and Seasonings

- Pepper, cloves, garlic, green pepper, imitation vanilla and some herbs tend to get strong and bitter.
- Onion and paprika change flavor during freezing.
- Celery seasonings become stronger.
- Curry develops a musty off-flavor.
- Salt loses flavor and has the tendency to increaseRandycidity of any item containing fat.
- When using seasonings and spices, season lightly before freezing, and add additional seasonings when reheating or serving.


SLOW COOKER LENTIL SOUP

6 cups water
1/4 cup parsley (chopped fresh, or 2 tablespoons dried parsley), optional
2 teaspoons beef bouillon (or 2 cubes beef bouillon)
1-1/2 cups lentils (dry)
2 carrots (medium, sliced)
1 onion (medium, chopped)
2 celery stalks (sliced)

Mix all ingredients together in slow cooker. Cook on LOW for 8-10 hours or HIGH for 4-5 hours. Serve hot with crackers or bread.


Alicia’s Tips:
- I omitted adding the parsley to the soup while it was cooking. Rather, I added fresh parsley as garnish when serving the soup.
- For added flavor, I added 1/2 teaspoon dried thyme and 2 finely chopped garlic cloves along with the other ingredients.
- I used a 4-quart slow cooker to cook the soup.
- To lower the sodium level of this soup, use low or reduced sodium beef bouillon cubes or powder. Or, substitute 2 cups of low sodium broth for 2 of the cups of water.
- Unlike dry beans, dry lentils do not need to be soaked before they are cooked.

Healthy Eating

ENJOY NEBRASKA FOODS!

Alice Henneman, MS, RDN, Extension Educator
**How to Take Care of Your Child if They Are Sick to Their Stomach**

Jaci Foged
Extension Educator, Seward County

1. Snuggle with mommy and daddy — Your child will be most comfortable in the comfort of your arms, in your home, surrounded with their belongings. Make it a priority to get your child home or keep them home if they are ill. Keep them home for at least 24 hours after they have stopped vomiting. If the diarrhea has stopped or they are fever free without medicine, then please do not take them out of the house. They will spread the illness to others as it is highly contagious. A couple of additional thoughts:
   - If your child is running a low grade fever try to skip the medicine. Medicine can upset the stomach further.
   - If your child is constipated — WASH YOUR HANDS and have your child wash their hands. These types of illnesses are spread by fecal to oral. Gross, but that is what happens. Wash hands with warm soapy water for at least 20 seconds every time you use the restroom, before and after meals and any other time you can! This advice is from the mouth of babies — and their mom, who has had plenty of experience with the stomach bug.

2. Wear your PJ's all day and make a bed on the sofa — Your little ones are going to want to be close to you, but should be kept comfortable too. Plenty of rest will help your child to get some much needed rest.

3. Drink Pedialyte — The biggest danger with stomach illness is dehydration. Offer plenty of fluids. Pedialyte and water are your best bet with other foods being a second best choice because it replaces important electrolytes (salt and minerals) lost during diarrhea and vomiting. Sports drinks boast electrolyte replacement, but is not recommended for younger children. Do not offer milk, orange juice or drinks with caffeine. These beverages could upset your child's tummy more than it already is.

4. Have a toy to snuggle with — Most parents cannot stay away from their child when they are ill. They will want to be close to you, but can take to want to be close to you, but can be kept comfortable too. Plenty of rest will help your child to get some much needed rest.

5. Have mommy rub your back — It is virtually impossible that you will not feel like running around the block if they are laying there. I also know they will not want to have siblings or friends running around the house playing and causing loud noise if their stomach is crummy. Keep the noise level down. This will make it easier for your child to get some much needed rest.

6. Be calm — I am fairly sure your little one will not feel so calm if the block is running around the house playing and causing loud noise if their stomach is crummy. Keep the noise level down. This will make it easier for your child to get some much needed rest.

7. Keep a bowl next to you — Joely Disagreed with this one stating seeing the bowl made her tummy rumble. The bottom line is, if you don't want to clean up the sofa, floor, car or other area your child may be when they get sick, provide a small trash can or bowl and let them know what to do with it should the need arise.

8. Have a child sit on your lap as they may be too ill to sit up by themselves. If your child is constipated, move them off of the couch and asked if they can sit on your lap.

9. Watch the kids — Keep an eye on all of the kids when they are eating or running water, and rub them together for at least 20 seconds. Consider wearing a diaper with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

10. Wash your hands — Wash up-to-date. This advice is from the middle of the conflict with the other parent.

In Lincoln, classes are taught at the Lancaster Extension Education Center, 444 Cherrywood Road, on the following dates:
   - Dec. 3, 9:30 a.m.–1 p.m.
   - Jan. 14, 9 a.m.–12:30 p.m.

In Omaha, classes are taught at the UNL Extension Building, 6800 California St., on the following dates:
   - Feb. 11, 9 a.m.–12:30 p.m.
   - Mar. 10, 9 a.m.–12:30 p.m.
   - April 14, 9 a.m.–12:30 p.m.
   - May 12, 9 a.m.–12:30 p.m.
   - June 9, 9 a.m.–12:30 p.m.
   - July 14, 9 a.m.–12:30 p.m.
   - Aug. 11, 9 a.m.–12:30 p.m.
   - Sept. 8, 9 a.m.–12:30 p.m.
   - Oct. 13, 9 a.m.–12:30 p.m.
   - Dec. 8, 9 a.m.–12:30 p.m.

For more information about the statewide on-site and online classes, go to http://child.unl.edu/divorce or call 855-308-8037. To register for classes in Lancaster County, call 402-441-7180.
UNL Animal Science
Open House
University of Nebraska—Lincoln Department of Animal Science will host an Open House for youth and their families on Monday, Oct. 26, 6–8 p.m., at the Animal Science Commons on East Campus. Events include:
• information about careers with companion animals, horses and livestock,
• demonstrations and hands-on events,
• meet faculty and students,
• meet with representatives of student organizations, and
• tours of the Animal Science Building.

Upcoming Green Industry Conferences

The UNL Food Processing Center has announced the 2016 “Recipe to Reality” seminar dates: Jan. 16, April 2, June 11, Aug. 13 and Oct. 8. The one-day seminar informs attendees of the issues to be considered when starting a food business. Topics include market research, product development, food safety, regulatory issues, packaging, legal and insurance issues, pricing, promotion and sales. Pre-registration is required. For more information, go to http://fc.unl.edu or contact Jill Good at 402-472-2819.

Will El Niño Make an Impact This Winter?

Tyler Williams
Extension Educator

The big weather story this summer and fall has been the development of an El Niño in the Pacific Ocean (see figure 1).

In short, an El Niño refers to the large-scale ocean-atmosphere climate phenomenon linked to warm sea-surface temperatures in the central and eastern Pacific. El Niño is not just the warm sea-surface temperatures, but the secondary, atmospheric impacts from the abnormally warm waters. The warm ocean waters enhance convection over the equatorial Pacific, which alters the upper-atmospheric circulation pattern and can have global impacts.

This global circulation pattern during an El Niño can be quite complex, but I heard an analogy that compares the impact of an El Niño to the impact of a construction project in your town. Think how this construction zone can alter the flow of traffic in your town and your neighborhood, with people being re-routed and side roads getting more traffic. Not every neighborhood will be affected equally and you may see more traffic at certain times of the day. This is similar to the impact from an El Niño, where the warm ocean waters alter the upper air circulation pattern; however, the spatial and temporal changes of this pattern are difficult to predict.

There is a lot more to be said about the atmospheric physics behind an El Niño; however, we want to focus on the impact it might have in the central U.S. The Climate Prediction Center (CPC) provides monthly and seasonal outlooks, and they often use typical El Niño patterns to aid in the forecast. The overall impact in the winter during an El Niño (see figure 2) has above normal temperatures and below normal precipitation in the northern states with below normal temperatures and above normal precipitation in the southern states. As you all know, Nebraska lies in the transition zone between the northern and southern states, thus the long-term predictability using these patterns is low in the middle part of the U.S.

This El Niño is much different than previous El Niños, so we don’t know how the interaction with the moisture in the south and warm temperatures in the north will play out. In Nebraska, there seems to be a stronger signal for above normal temperatures in an El Niño winter, which does add some confidence in seeing warmer-than-average temperatures for the season. The precipitation pattern this summer and fall has been a continued flow of moisture from the south/southwest U.S. into our area. If this continues, we could see the enhanced moisture from the El Niño make it further north into Nebraska this winter. This would most likely lead to above normal precipitation and would possibly decrease the average temperature below what we might see during an El Niño. Right now, the winter outlooks from the CPC have increased odds for above normal precipitation for the southern and central plains, and above normal temperatures for Nebraska and areas further north.

The current El Niño will have an impact on the North American winter. We just don’t know exactly how it will look for Nebraska. We will still have our stretches of very cold temperatures and abnormally warm days, but the increased odds for above normal precipitation may be the main story. No two El Niños are alike and neither are their impacts.

Be a Master Gardener!

2016 Training for New Master Gardener Volunteers in Lancaster County Begins in February. Please Join us!

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

For more information about becoming a Master Gardener, contact: Mary Jane Frogge, UNL Extension in Lancaster County 402-441-7180 or visit http://lancaster.unl.edu/mastergardener to apply online.

NEBRASKA TURFGRASS CONFERENCE
JANUARY 12 – 14, 2016
NEBRASKA TURFGRASS ASSOCIATION
Location: Embassy Suites Omaha-La Vista/Hotel & Conference Center, La Vista, NE
402-472-5351 • www.nebraskaturfgrass.com/events/nebraska-turf-conference

GREAT PLAINS GROWERS CONFERENCE
JANUARY 7 – 9, 2016
A CONFERENCE FOR BEGINNING & SEASONED GROWERS Hosted by Extension Services, Vegetable Growers’ Associations of MO, KS, NE, IA & SD, and the Mid-America Fruit Grower’s Association
Location: Missouri Western State University, St. Joseph, MO
The conference will focus on a wide range of topics for both fruit and vegetable growers including:
• Jan. 7 workshops: Greenhouse & Hydroponic Production, Tree Fruit, Cover Crops, Soil Health, Honeybees, Scaling Up
• Jan. 8-9 general tracks: Tree/Small Fruit, Conventional & Organic Production, Vegetable IPM, Alternative Crops, Cut Flowers, Food Safety/GAPs
Contact Buchanan County Extension Office
816-279-1691 • www.greatplainsgrowersconference.org

NEBRASKA GREAT PLAINS CONFERENCE
JANUARY 18 – 19, 2016
NEBRASKA ARBORISTS ASSOCIATION AND NEBRASKA NURSERY & LANDSCAPE ASSOCIATION Location: Ramada Plaza Omaha Convention Center 402-476-3865 • www.nearborists.org • www.nnla.org

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**Kids Fun Winter Gardening Projects**

Mary Jane Frogge  
*Extension Associate*

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**BEE HOUSE**  
— Make a solitary bee nest bundle. Collect hollow stems from the yard, like infected birds may act different than healthy birds. It may sit quietly in one spot in your yard even if you walk up to it. You may see the bird try to scratch its eyes against its own foot or perch. Some of the infected birds recover while others die from starvation, exposure or are captured by predators. Current evidence suggests infected birds that survive are not immune to the disease and could get it again. House Finches are not the only wild birds infected by this disease. It has also been found in American Goldfinch, Evening Grosbeaks, Pine Grosbeaks and Purple Finch.

*What can you do?*  
* Space your feeders widely to discourage crowding.  
* Use nonporous plastic, metal or glass feeders that are easy to clean.  
* If you use platform feeders, keep them clean and only put out enough seed birds can eat in a day or two.  
* Clean your feeders regularly with a 10% bleach solution (1 part bleach and 9 parts water), rinse well on cleaning around food openings and where birds come in contact with the feeder. Allow your feeders to dry completely before rehanging them. If you can, move the feeders to another set of your yard.  
* Rake the area underneath your feeder regularly to remove dropping and bird seed.  
* In winter, you can shovel fresh snow over the seed.  

If you have any diseased birds, take their feeders down and clean them with the 10% bleach solution. It would be a good idea to remove feeders for a few days so sick birds leave the area.

People have sometimes asked if there was something they could do to help the sick birds. It is important not to add medications to any bird seed or bird baths under any circumstances. There’s no way to know if medications will help the birds. And if you put them in bird baths to help treat the birds may contribute to the disease spread by allowing infected birds to survive longer. If you find any dead birds, bury them or wrap them in plastic bags and place them in the trash. Be sure to wear gloves and wash your hands, clothes and boots/shoes after handling bird seed or bird feed. Do not eat any shiny dirty feeders. This infection poses no known health threat to humans or other mammals. Researchers are trying to learn more about the transmission, genetics and development of this disease.

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**FAIRY GARDEN — Start with a container — any size or type. Be creative. Select several small scale plants like ferns, wooly thyme, Irish moss, baby’s tears, sedum or fairy vine. Use small tile pieces or small, flat river stones to make a walkway. Add a tiny fence, miniature bench, trellis or bridge. You can make this garden as simple or elaborate as you want.**

**NATURE JOURNAL**  
— All you need is paper and a pen. Look out your window or if it is nice, go outside to your backyard, neighborhood park or write outdoor space. Sit down and look around. What do you see? Make a list or draw a picture of what you see. Write down what you are feeling and your thoughts. Write a poem. There is no one way or right way to make a nature journal. This journal is about what you see. When winter is over, take it with you on all your outdoor adventures.

**FEED THE BIRDS — Roll pieces of your butter, then birdseed, to make simple bird feeders. Keep a record of all the species of birds that come to the feeder.**

**PLANT PEOPLE — Draw or paint faces on clay pots, then fill with seed. Plant grass seeds, water and watch the “hair” grow. Use safety scissors to trim the grass.**

**WINDOWWALL GARDENS — When frigid winds make it too cold for birds to fly, try growing a windowwall garden. All you need is a sunny location, seeds and a few containers of soil. Herbs, like basil, are an excellent choice for windowsill.**

**FARMERS MARKET — Start with a container — any size or type. Be creative. Select several small scale plants like ferns, wooly thyme, Irish moss, baby’s tears, sedum or fairy vine. Use small tile pieces or small, flat river stones to make a walkway. Add a tiny fence, miniature bench, trellis or bridge. You can make this garden as simple or elaborate as you want.**

**GROW A TREE — Start an avocado seed in water by inserting three toothpicks through the seed, half way down the side. Fill a small glass or canning jar with avocado seed in the glass so the toothpicks rest on the brim and the base of the avocado rests in the water.**

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**GARDEN GUIDE — THINGS TO DO THIS MONTH**

Mary Jane Frogge  
*Extension Associate*

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

Start reviewing your garden notes to help with next year’s plans. Clean and fix all hand tools. Repaint handles or identification marks that have faded over the summer. Sharpen all blades and remove any rust.

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

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

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

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

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**Help Prevent the Spread of Disease at Bird Feeders**

Soni Cochran  
*Extension Associate*

When birds are concentrated in a small area, the risk of diseases birds spreading a disease increases. Think about your backyard bird feeding stations. Birds will come and crowd around where the seed is provided. A common bird at our feeders in southeastern Nebraska is the House Finch. New research suggests these birds spend large amounts of time at feeders and are able to spread diseases like House Finch eye disease which is the House Finch. New feeders in southeastern Nebraska are provided.

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**Protect Plants in Winter With Fencing**

Soni Cochran  
*Extension Associate*

Now’s the time to protect newly-planted or young trees, shrubs and perennial plants from rabbits and voles. Cottontail rabbits are plentiful in southeastern Nebraska and once the snow covers the ground, they’ll be looking for food. Voles are small rodents that resemble mice, but are stouter. Sometimes they are called “meadow mice.” To protect your plants, you’ll want to use fencing like hardware cloth. Choose a mesh no greater than 1/4 inch. You can buy hardware cloth at lawn and garden centers, lumber and hardware stores.

Make a cylinder of hardware cloth to go around the base of your plants. Bend the bottom six inches of the fencing outwards in an “L” shape (right angle). Dig a hole and bury the bent fence under at least an inch of soil to keep animals from digging. Your cylinders should be 3–4 feet tall. If you are trying to protect your plants from deer, you may need to go higher. Keep in mind, rabbits will stand on snow banks to feed on plants so if you are planting where snow drifts, the cylinders may need to be even taller.

If you have many newly-planted trees and shrubs, you may be better off trying to fence off the entire area from rabbits using something like chicken wire instead of using individual cylinders. This would be less expensive and less work. Keep in mind voles will still be able to get through chicken wire and could get to your plants.
Outgoing 4-H Council Members

The October 6-H Council meeting marked the final meeting for several outgoing 4-H Council members. Austin Hurt served four years, including one as vice president. Bailey Johnson served four years, including one as vice president. Ann Pickrel served six years, including two as president. Jacob Pickrel served four years. Kylee Plager served four years, including one as vice president and one as secretary. Lancaster County 4-H thanks them for their leadership!

Ak-Sar-Ben 4-H Results

The 88th annual Ak-Sar-Ben 4-H Stock Show was held in September at the CenturyLink Center in Omaha. Currently the largest 4-H Stock Show in the United States, 4-H members from Colorado, Illinois, Iowa, Kansas, Minnesota, Missouri, North Dakota, Nebraska, South Dakota and Wyoming participated. The Ak-Sar-Ben 4-H Horse Show was held in September at the Lancaster Event Center in Lincoln. Below are the Lancaster County 4-H purple ribbon winners (rabbit results not available as of press time). Complete results are available at www.akbarsrbenvideo.com.

Ashlyn Cooper Market Beef Showmanship (3rd Place) Market Beef
Cole Cooper Market Lamb
Kylie Gana Market Swine
Isabella Gerlach Horse – Junior Western Pleasure (3rd Place)
Aubrey Hayes Horse – Junior English Equitation (Res. Champion)
Brett Heinrich Swine
Jadyn Heinrich Market Swine Showmanship (3rd Place) Market Swine
Grace Kim Horse – Senior English Showmanship (Champion) Horse – Senior English Equitation
Cassie Meyer Horse – Junior Ranch Horse Pleasure (Champion) Horse – Junior Western Horsemanship (3rd Place) Dairy
Madelyn Scott Market Lamb Showmanship Market Goat
Riley Scott Market Lamb
Allison Wallbrecht Breeding Beef Showmanship
Caitlyn Wallbrecht Maintainer Breeding Heifer (Champion) Supreme Champion Breeding Heifer (4th Place)
Heather Welch Senior English Pleasure

4-H Awards & Scholarships

Lancaster County 4-H award forms and college scholarship applications are due Dec. 31. Recipients will be announced at Lancaster County Achievement Celebration on Tuesday, Feb. 9, 2016. Forms are available at http://go.unl.edu/4has and the Extension office.

Awards

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

Community Service Awards — based on number of hours of community service through 4-H

National Leadership Award — recognizes youth ages 15-18 who strive to be their personal best

Outstanding 4-H Member Award — an individual 14 years of age or older who has excelled in their involvement with the 4-H program

Meritorious Service Award — individual or organization who has strongly supported 4-H

Nebraska 4-H Diamond Clover Program — recognizes the accomplishments of 4-Hers ages 8-18, youth can progress from Level 1-6

Nebraska 4-H Career Portfolios — a record of a 4-Her's career

Nebraska 4-H Club of Excellence — meet criteria outlined by the state 4-H office

College Scholarships

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

4-H Council — twelve $700 scholarships

4-H Teen Council — two $300 scholarships

Lincoln Center Kiwanis — one $1,000 scholarship

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2015 Nebraska 4-H Foundation Scholarships

— one $200 scholarship to a 4-H'er attending Raymond Central High School

Nebraska Association of Fair Managers

Martha & Don Romeo Scholarship — Note: Deadline extended to March 15

Nebraska 4-H Foundation Scholarships

— Information will be posted at www.ne4hfoundation.org — deadline is March 15

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 Cherry Creek Road, Lincoln. Open to all youth and families. Sessions include feeding and care of a rabbit, how to judge rabbits and showmanship. For more information, call Marty at 402-441-7180.

4th & 5th Grade Lock-In

All 4th and 5th graders are invited to 4-H Teen Council’s annual overnight Lock-In, which will be held Friday, Jan. 15, 8 p.m.–Saturday, Jan. 16, 8 a.m. This year’s theme will be related to “seasons.” More information will be in the January 4-H News.

Sherry Wolf Drbal

Lancaster County 4-H is proud to announce Sherry Wolf Drbal as winner of November’s “Heart of 4-H Award” in recognition of outstanding volunteer service.

A volunteer for four years, Sherry co-leads the Hunter’s Pride 4-H horse club. She helps the club co-superintend the Hunter and Hunter Hack Jumpers 4-H horse shows at the Lancaster County Super Fair. Last year, the club hosted two jumping clinics.

Each summer, Sherry organizes a one-week horse day camp for Hunter’s Pride members. She is also on the Horse Volunteers in Program Service (VIPS) committee.

“I like being a 4-H volunteer because it is so amazing to watch the children progress in their horsemanship abilities and become confident and independent individuals,” says Sherry. “I so enjoy watching riders progress from barely getting in and out of the arena for a class, to becoming independent with their own horse, and then helping younger riders. I love to see the older members mentoring younger or newer members and sharing the information they have learned. I am awed by the dedication and commitment of 4-H volunteers and Extension staff to these kids, and want to support the effort. My favorite experiences as a 4-H volunteer are summer camp and the county fair!

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

Nate Dowding

Lancaster County 4-H is proud to announce Nate Dowding as winner of December’s “Heart of 4-H Award” in recognition of outstanding volunteer service.

A volunteer for four years, Nate goes above and beyond as an operations manager at the Lancaster Event Center to help set up for 4-H events held at the facility. There are four full days of 4-H events at the Lancaster County Super Fair and 4-H events throughout the year, such as clinics and shows.

Nate works with the rest of the operations team at the Lancaster Event Center to set up for events (for example: assembling livestock pens, getting tables and display cases from storage, rolling out carpet, setting up sound systems, ordering bedding, etc.). Nate helps during events as additional needs arise.

Cole Meador, extension assistant, says, “Nate never hesitates to gather those last minute things which allow for shows to go on. He is a problem solver and the reason events run smoothly.”

Marty Cruickshank, extension associate, says, “It takes a huge cooperative effort to organize and run the Lancaster County Super Fair. Nate is key in helping the fair run smoothly.”

Nate says, “I feel that I have a good working relationship with the 4-H staff. Even though the fair is stressful and a lot of work, we still have time to joke around and have a good time.”

Lancaster County 4-H thanks Nate for donating his time and talents. People like him are indeed the heart of 4-H!
The 2015 4-H Horse Awards Night, held Oct. 1, recognized top achievements at the Lancaster County Super Fair and other accomplishments throughout the past year. 4-H volunteer Jeff Rawlinson was Master of Ceremonies. The Mini Titans 4-H Club distributed programs and led the Pledge of Allegiance and 4-H Pledge. Additional photos are online at www.fllickr.com/photos/unlextlanco/albums. Congratulations to all Lancaster County 4-H horsemen in their achievements in 2015!

SPECIAL RECOGNITION

Shining Star Awards — Michaela Bunz, Arayza Cramer, Samantha Fox, Kali Maytum, Chase McInteer, Porshe Miller, Kate Rawlinson and Cayrin Smith

Share Your Shine Awards — Aubrey Hayes, Baidle Sobolka, Bailey Vogler and Jena Wilson

I Do My Own Stunts Award — Emily Cashmere

Special Sportsmanship Award — Sidney Froistad by the Prairie Star 4-H Club

HORSEMANSHIP ADVANCEMENT LEVELS

The Nebraska 4-H Horse Project advancement levels are designed to serve as guides for instruction and evaluation of each member’s progress. Correct handling of horses is emphasized from the beginning level to the most advanced level. This year, 57 Lancaster County 4-H’ers achieved new horsemanship levels. Each level is a huge accomplishment.

HORSE INCENTIVE AWARDS

4-H’ers logged the hours they spent working with or learning about horses. The more hours invested, the more valuable the reward! This year, 42 4-H’ers participated. The Incentive Awards are sponsored by the Lancaster County 4-H Horse Volunteers in Program Service (VIPS) Committee.

Bronze (minimum of 100 hours or points) — Mackenzie Robbins
Silk (minimum of 183 hours or points) — Anna Cashmere, Emily Cashmere, Melina Cobb, Christy Cooper, Caddi Davis, Danni Drbal, Kate Erdkamp, Bailey Hampton, Mia Hermanson, Jordan Jessbach, Aubrey Lawson, Kali Maytum, Aly Quinn, Cally Robinson, Harper Rosenstiel, Sidney Schlegier, Maddie Schmell, Corryn Smith and Bryce Teut

JUDGING CONTEST AWARDS

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

Elementary Division — Cadie Wilbeck (Champion), Cally Dorff (Reserve Champion), Julia Soukup (3rd), Chloe Wilbeck (4th), Maureen Sugiose (5th), Harper Rosentiel (6th)

Junior Division — Lauren Kelley (Champion), Kristen Harrison (Reserve Champion), Madeline Polk (3rd), Madison Sobolka (4th), Kate Cooper (5th), Caddi Davis (6th), Katherine Moyer (7th) and Aysia Stander (8th)

Senior Division — Anna Heusinger (Champion), Kate Erdkamp (Reserve Champion), Lucy Polk (3rd), Kathryn Eggehoff (4th), Christy Cooper (5th), Emily Burmside (6th) and Jadin Vogler (7th)

STALL DECORATIONS

Clubs and independent members take pride in decorating their stall areas at the Lancaster County Super Fair. Each stall area is judged on the following: neatness, cleanliness, horse, and overall appeal.

Large Club Champion — Prairie Star (leader Jennifer Rawlinson)
Large Club Reserve Champion — Esprit De Corps (leader Jennifer Rawlinson)
Small Club Champion — Denim N Dist (leader Linda Sondergloth)
Small Club Reserve Champion — Buckles and Bling (co-leaders Karen Cooper and Pam Davis)

ALL-AROUND BARRELS

Franklyn Manning Award for fastest time in the Lancaster County Super Fair 4-H Barrel racing competition — Anna Heusinger

ALL-AROUND TRAIL

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

ALL-AROUND RANCH HORSE

Age division awards for All-Around Ranch Horse at the Lancaster County Super Fair are sponsored by Olive Creek Performance Horses – Brian and Shannon Vogler. Brian Vogler made leather, horse-breed collars for the winners. Elementary — Hadley Teut (horse “Bunny”); Senior — Jadin Vogler (horse “Kenaal”)

ALL-AROUND COWBOY/COWGIRL

There are age division awards for All-Around Cowboy/Cowgirl at the Lancaster County Super Fair sponsored by Pro Performance Equine – Dr. Adam Gengenbach, Dana and Pam Wolfe, and the Nebraska Roping Horse Association. Elementary — Bryce Teut, Junior — Kate Cooper, Senior — Bailey Vogler

HIGH SCORE DRESSAGE RIDER

Nebraska Dressage Association High Score Dressage Rider — high score in the 4-H Dressage Show at the Lancaster County Super Fair, sponsored by Hunter’s Pride 4-H Club — Cally Dorff (Champion) and Melissa Carlson (Reserve Champion)

ALL-AROUND JUMPING

Lowell Boomer All-Around High Point Jumping Award for the all-around champion in the 4-H jumping classes at the Lancaster County Super Fair — Abby Baack

ALL-AROUND MINIATURE HORSE

Wilhelmina Wittstruck Memorial Award for Lancaster County Super Fair All-Around 4-H Champion Individual — Clara Bradbury
EXTENSION NEWS

Two New Nutrition Staff

Cally Blake (left) and Meredith Hein (right) teaching a lesson at Mahoney Manor about the importance of a healthy breakfast.

Nebraska Extension in Lancaster County recently hired two new staff members for the Nutrition Education Program (NEP).

Cally Blake began working as an Extension Assistant for the Supplemental Nutrition Assistance Program Education (SNAP-Ed) in December 2014. Cally coordinates NEP’s School Enrichment program for 1st, 4th and 5th grades. NEP works with qualifying Lincoln Public Schools to deliver nutrition kits containing materials for hands-on educational experiences to classrooms. Cally presents hands-on cooking demonstrations and food preparation activities in those classrooms as well. She is originally from Allen, Neb., and graduated from Wayne State College in May 2014 with a Bachelor’s of Science in Family and Consumer Sciences: Foods and Nutrition.

Meredith Hein began working as an Extension Assistant for the Supplemental Nutrition Assistance Program Education (SNAP-Ed) in September 2015. She will be working with limited-resource adults and seniors. Meredith will teach nutrition and food safety lessons for a variety of programs including CenterPointe, People’s City Mission, Veteran’s Transitional Housing and Lincoln Housing Authority senior sites. Meredith grew up in Lincoln. She graduated from Concordia University in May 2015 with a Bachelor of Science in Exercise Science and a Bachelor of Arts in Community Health. She also played four years of collegiate soccer at Concordia.

EXTENSION CALENDAR

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

October
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

November
3 4-H Council Meeting .................................................. 7 p.m.
8 4-H Council Meeting ................................................... 3 p.m.
13 Extension Board Meeting ........................................... 8 a.m.
17 Guardian/Conservator Training ................................. 1:30–4:30 p.m.

December
1 4-H Council Meeting .................................................. 7 p.m.
3 Co-Parenting for Successful Kids Class ....................... 9:30 a.m.–1 p.m.
8 Extension/Conservator Training ................................. 1:30–3:30 p.m.
9 Extension Board Meeting ........................................... 8 a.m.
13 4-H Teen Council Meeting ......................................... 3 p.m.
31 All 4-H Award and Scholarship Applications Due to Extension

Specialty 4-H Clubs Invite New Members

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

4-H Teen Council
The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7–12. Meetings are held on the second Sunday of each month at 3 p.m. at the Lancaster Extension Education Center. For more information, call Tracy Anderson at 402-441-7180.

New Sewing Club
A new sewing club is forming! Learn the basics of sewing and more! Open to all youth ages 8–18. For more information, contact leader Shari Sear at ssear6@hotmail.com or 402-440-5651.

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

Rabbits R Us club usually meets on the last Monday of each month (evenings). For more information, contact leader Shari Sear at ssear6@hotmail.com or 402-440-5651.

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