

University of Nebraska - Lincoln

DigitalCommons@University of Nebraska - Lincoln

The NEBLINE Newsletter Archive from UNL
Extension in Lancaster County

Extension

10-2017

NEBLINE, October 2017

Follow this and additional works at: <https://digitalcommons.unl.edu/neblines>



Part of the [Agricultural Education Commons](#)

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in The NEBLINE Newsletter Archive from UNL Extension in Lancaster County by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

Nebraska Extension in Lancaster County
444 Cherrycreek Road, Suite A
Lincoln, Nebraska 68528-1578

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

http://lancaster.unl.edu

Email: lancaster@unl.edu • Fax: 402-441-7148

**Join us on Twitter, Facebook, YouTube, Flickr and
Pinterest at <http://lancaster.unl.edu/media>**

Lancaster Extension Education Center Conference Facilities
444 Cherrycreek Road, Lincoln



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

Nebraska Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.

We assure reasonable accommodation under the Americans with Disabilities Act; for assistance call 402-441-7180.

UNIT LEADER & EXTENSION EDUCATOR

Karen Wobig

ADMINISTRATIVE AIDE

Jenny DeBuhr

EXTENSION EDUCATORS

Tracy Anderson, Sarah Browning, Jaci Foged, Emily Gratopp,
Jody Green, Alyssa Havlovic, Alice Henneman, Kristen Houska,
Meghan Sittler, Tyler Williams

EXTENSION ASSOCIATES

Soni Cochran, Mary Jane Frogge, Kristin Geisert, Dana Hardy,
Cole Meador, Jim Wies

EXTENSION ASSISTANTS

Cally Blake, Kyleah Bowder, Nicole Busboom, Brie Frickenstein,
Meredith Hein, Teri Hlava, Vicki Jedlicka, Sam Perea,
Kate Pulec, Brock Shuler

BIOSOLIDS COORDINATOR

David Smith

SUPPORT STAFF

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

NEBLINE

The NEBLINE is published monthly (except December).
Mailed to nearly 11,000 households in Lancaster County
and can be read online at <http://lancaster.unl.edu/nebline>.

Copyright ©2017

Photo on front page flag and page headers by PRANGE Aerial Photography

NEBLINE articles may be reprinted without special permission if the source is acknowledged as "Nebraska Extension in Lancaster County NEBLINE." If the article contains a byline, please include the author's name and title.

Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the University of Nebraska–Lincoln is implied.

The Nebraska Library Commission's Talking Book and Braille Service records the NEBLINE for individuals with a visual or physical condition or a reading disability which limits use of regular print. For more information, go to www.nlc.nebraska.gov/tbbs or call 402-471-4038 or 800-742-7691.

Email Notifications

Sign up at <http://lancaster.unl.edu/nebline> to be notified by email when the NEBLINE is posted online.

Mail Subscriptions

Subscriptions to the NEBLINE via mail are free to Lancaster County residents. There is an annual \$5 mailing and handling fee to addresses in zip codes other than 683—, 684—, 685—, 68003, 68017 and 68065.

☐ Order subscription ☐ Change of address

Name

Address

City Zip

Phone

We will only use your phone number in case there is a problem with your mailing address.

Where's the Beef? Frozen Make-Ahead Crumbled Beef

Alice Henneman, MS, RDN
Extension Educator

Did you know:

- 63 percent of in-home beef meals include ground beef.
- Nebraska has four times as many cattle as people.
- Agriculture is the #1 industry in Nebraska and cattle production represents the largest segment of the industry.

Here are some recipes and tips I gave out at a recent presentation on quick and healthy meals using frozen ground beef "crumbles."

Frozen Make-Ahead Crumbled Beef — Basic Recipe

1. Use 1 pound of 90 percent lean or higher ground beef to make one batch of make-ahead crumbled beef. 16 ounces (1 pound) of raw ground beef yields about 12 ounces fully cooked ground beef crumbles.
2. Brown no more than



Photos Alice Henneman, Nebraska Extension in Lancaster County

1 pound of ground beef at a time in a large skillet. As ground beef browns, some meat juices are released. If you overload the skillet, moisture is trapped and meat is steamed rather than browned.

3. Brown beef with one chopped medium onion as so many recipes call for both beef and onions. The onion also has antioxidant properties and slows flavor changes. Do not add salt now as it may hasten undesirable flavor changes. Add the salt when you use the crumbles in a recipe.

4. Brown lean ground beef in large nonstick skillet over medium heat 8–10 minutes or until beef is not pink, breaking beef up into 3/4-inch crumbles. Remove beef with slotted spoon.

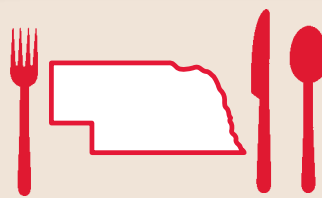
Storage

1. Cool and refrigerate beef crumbles promptly in shallow containers. Containers may be placed in the refrigerator before beef has cooled entirely. Loosely cover refrigerated container until beef has cooled completely.

2. Promptly transfer the cooled beef crumbles to a plastic "freezer," NOT "storage" bag. Eliminate air pockets. Label and date package, including amount of beef or number of servings.

3. Speed freezing and hasten thawing by freezing crumbles in a thinner, flattened shape in freezer bag. Do not stack packages — the quality will be better if the beef freezes faster. A rounded shape takes longer to thaw through to the middle. Flattened packages also will stack better in your freezer. Place on a flat surface — such as a metal pan or cookie sheet — until frozen. Then, remove and stack.

4. Use frozen beef crumbles within 2–3 months for best flavor and quality. Freeze at 0°F or lower.



HEALTHY EATING

ENJOY NEBRASKA FOODS!

Alice Henneman, MS, RDN, Extension Educator

CHILI WITH BEEF AND BEANS

(4 servings)

Once you've made this "recipe" ... you'll never need to look at it again. Just keep cans of kidney beans and diced tomatoes on hand and you're ready to go!

1/2 batch of frozen make-ahead crumbled beef made with onion (need not be thawed — if the beef crumbles package is flattened when frozen, it's easy to break off about half the meat in the package for this recipe).

1 can (15.5 ounces) regular or no-salt-added kidney beans

1 can (14.5 ounces) regular or no-salt-added diced tomatoes

1-1/2 tablespoons chili powder or to taste

Shredded cheese (optional)



Mix all ingredients in a saucepan. Cover, simmer for 20 minutes to heat throughout and blend flavors. Stir occasionally. Add a little water, if needed, to thin broth. Top with shredded cheese, if desired.

Tip: Freeze extra chili with beef and beans (suggested freezer storage time: 1–2 months for best quality). Freeze in a freezer bag in the amount you wish to serve. Flatten the freezer bag and press out the air. Spread out in your freezer in single layers on a flat surface, until frozen. Then, stack together. To reheat: Remove chili from freezer bag and reheat in a covered saucepan over low to medium heat until chili is heated throughout (165°F); stir occasionally. OR reheat, covered, in your microwave in a microwave safe container; stir occasionally.

PASTA WITH MEAT SAUCE

2 garlic cloves, minced

Extra virgin olive oil

1 can (28-ounces) of crushed tomatoes

1/2 to 1 batch of frozen make-ahead crumbled beef, thawed

1. Sauté the garlic in a couple tablespoons of olive oil over medium heat in a large saucepan until it turns golden brown.

2. Add the tomatoes and the beef crumbles and continue heating over medium heat. Turn heat down once the mixture starts to simmer. Continue heating 10–15 minutes for flavors to blend. Meanwhile, prepare your pasta according to package directions.



Tip: "Heat" up mixture by adding a dash of red pepper flakes. Add a teaspoon, or to taste, of Italian seasoning for added flavor. Eat any extra pasta sauce in 3–4 days or freeze and use in 2–3 months for best flavor.

Cover Crop Grazing Partnerships

Tyler Williams
Extension Educator

Using cattle to graze cover crops may be one way to offset some of the costs, but planning, pricing and finding a tenant may be challenging. Many cover crops are planted after wheat harvest, seed corn harvest or even soybean harvest, so there is often early fall and early spring growth available for grazing, even if this isn't your initial goal.

In order to successfully establish and grow cover crops in a corn-soybean rotation, it takes planning and preparation months to years in advance. If you are just now thinking about doing this, you are probably too late.

Grazing Partnerships

If you don't own your own cattle, the big question is what to charge for the grazing of your cover crops. There is not a one-size-fits-all price, but there are multiple considerations to get you to a comfortable number. Grazing cover crops is very different than grazing corn stalks, so many of those agreements and price points may not work.

If you want to have a partnership for growing and grazing cover crops (and yes, it is definitely a partnership), here are several considerations to be agreed upon before making the deal:

- How, when and what types of cover crops will be planted, as well as terminated?
- Who will pay for the cost of seed, planting/drilling, fertilizer and



termination?

- Are there Environmental Quality Incentive Program (EQIP) funds available and who gets those?
- Who is responsible for fence, water, salt/mineral and daily care during the grazing period?
- Is the goal for fall or spring grazing?
- When is the start date, how long are cattle to be on the field and when is the target end date?
- What is the appropriate stocking rate?
- How much ground cover should be left after grazing?
- Real time decisions: What if forage needs to be mechanically harvested? What if weather prevents grazing (too dry or too wet), who makes the call and who pays for what?

You also want to consider how growing or grazing cover crops may alter your insurance coverage for the following cash crop or liability for the livestock. There are many more considerations, such as herbicide programs, cattle supplements, etc., which need to be dealt with by the appropriate party.

Lease Considerations

When considering a pricing arrangement, it can be done multiple ways. Pricing can be based on a per-head-per-month basis or on a per-acre basis. In both cases, considerations need to be made regarding what to do if the cover crops do not grow or if weather conditions limit grazing. Another option is to pay on the amount of weight gained, if using growing cattle.

If the cropland owner is new to growing cover crops, it may make sense for the cattle owner to pay for all or most of the cost of the cover crops and the establishment, with rights to graze in return.

According to the 2017 Iowa State Custom Farming Survey, the cost of custom drilling small grains is about \$15-\$20 per acre. Obviously, costs could vary considerably, especially if using your own equipment. The cost of seed would vary based on species and quantity, and you may also want to consider cost of fertilizer when determining total costs.

If the cropland owner is already growing cover crops, it probably makes the most sense for the cropland owner to continue paying for these expenses and simply make an agreement based on a per-head-per-month lease or a per acre lease. Both parties will still want to have a conversation on type of cover crop species grown and the grazing plan, since this will directly impact the cattle owner as well.

Regardless of the arrangement, pricing should take into account the costs and returns to both parties (although

many returns on cover crops are unknown or unrealized for years), time commitment and risk for losses. It is also very important to consider the cost of other potential forage sources for the cattle, i.e. the "competition" for cover crop grazing.

In many cases, cover crop grazing may be during the transition of pasture grazing, cornstalk grazing or confined feeding, so one number may not be the answer, especially since forage value/quality may be much different.

Crop Residue Exchange Website

A new site is now available for people who are looking for crop residues to purchase or graze, or if you have crop residue for sale or looking for someone to graze. The site is titled "Crop Residue Exchange" and can be found at <https://cropresidueexchange.unl.edu>

After establishing a log-in account, farmers can list cropland available for grazing by drawing out the plot of land available using an interactive map and entering in basic information about the type of residue, fencing situation, water availability, and dates available. They also provide their preferred contact information.

Livestock producers can log in and search the database for cropland available for grazing within radius of a given location of interest.

Source: Jay Parsons, Associate Professor, University of Nebraska-Lincoln

Floodwater and Stormwater

continued from page 1

tested for potential contaminants prior to resuming using the water.

Stormwater runoff, unlike floods, can be more easily and consistently managed to protect drinking water wells. A good practice is to take a moment to watch how stormwater runoff flows away from a home or across a driveway or yard during and immediately after rains. If it is running into the vicinity of a well or is accumulating near the well it needs to be redirected to prevent it from entering the area.



Photo: Jan Hyngstrom

Private water well caps and casings should be checked regularly for cracks which could introduce containments.

Some easy and largely cost-effective methods to better manage or redirect runoff include:

- Changing the length or direction of your downspouts.
 - Installing a rain barrel to collect rain-water for reuse.
 - Using gravel, pavers or rock for walkways instead of concrete.
 - Adding mulch or different types of grasses or landscaping can help slow, retain or redirect stormwater runoff.
- Pollutants available for runoff to

"grab" and carry with can be reduced by:

- Applying pesticides or fertilizers according to label directions and not within 24-hours of forecasted rain.
- Preventing oils or other automotive fluids from being dumped on the ground.
- Sweeping grass clippings and other yard wastes off paved surfaces and away from runoff routes.
- Removing pet waste from the yard.

Preventing potential impact from stormwater runoff also includes inspecting the well regularly to identify any cracks in the cap or casing. If runoff has pooled near the well over time or if any cracks are noticed, a water quality test should be performed to ensure the water is free of potentially harmful contaminants.

Flood Insurance

Flooding is the most common natural disaster in the U.S. The Federal Emergency Management Agency (FEMA) has determined even 1-inch of floodwater can cause over \$20,000 in damage. Structures within the 100-year floodplain are at the highest risk for flood damage.

Any structure such as a home or business which falls within the 100-year floodplain, and is being purchased or built with a federally backed loan from any financial institution, is required to have flood insurance.

The City of Lincoln Watershed Management program has an interactive floodplain map, information on flood insurance and other resources at www.lincoln.ne.gov/city/pworks/watershed/flood

New Hazardous Materials Collection Center Open



The City of Lincoln recently opened a new Hazardous Materials Collection Center at 5101 N. 48th Street. The permanent facility for the disposal of hazardous materials will serve Lincoln and Lancaster County residents as well as qualifying small businesses, such as home-based operations, nonprofits, churches, and others who produce less than 220 pounds of hazardous waste per month.

The Hazardous Materials Collection Center will accept household hazardous waste by appointment only on the first Wednesday and the third Saturday of each month. The first collection date will be Wednesday, Oct. 4. Residents can schedule appointments at <http://lincoln.ne.gov> (keyword: household) or by calling 402-441-8021. Residents will be asked to identify the types and amounts of waste they plan to bring. Small businesses can call 402-441-8002 to see if they qualify for disposal services.

With the opening of the new facility, fewer household hazardous waste mobile collection events will be offered. The new Hazardous Materials Collection Center will accept the same materials collected at the mobile events:

- Adhesives
- Bleach cleaners
- Brake fluid
- Compact bulbs (CFLs)

- Drain/oven cleaners
- Flea/tick products
- Fluorescent tubes
- Furniture stripper
- Glues
- Grease removers
- Herbicides
- Insecticides
- Insect sprays
- Lighter fluid
- Mercury thermometers
- Mercury thermostats
- Mixed gasoline
- Mothballs
- Oil-based paint
- Oil-based stains
- Old gasoline
- Paint thinner
- Pesticides
- Pool chemicals
- Power steering fluid
- Small capacitors
- Small propane cylinders
- Solvent-based polishes
- Spot removers
- Torch fuel
- Transmission fluid
- Turpentine
- Upholstery cleaners
- Wood preservatives

The Hazardous Materials Collection Center does not accept latex paint, motor oil, fertilizers, gas grill cylinders, medicines and pharmaceutical waste, electronics and batteries.

Brown Recluse Spiders: Misidentified, Misdiagnosed and Misunderstood

Jody Green

Extension Educator

Spiders are not insects, but arachnids. They have two body parts (carapace and abdomen), eight legs, produce silk and contain venom. The thought and sight of spiders create anxiety and fear in many people, but there is an exceptional level of fear reserved for brown recluse spiders.

Identification

Brown recluse spiders are surprisingly plain, lackluster spiders. Adults are no longer than 1/2-inch in length (not including the legs), with long, slender legs. They are uniformly a light brown color, with a dark brown violin-shape on the carapace. The entire body is covered with hairs, but there are no spines, patterns, stripes, bands or spots on either the abdomen or legs.

Most spiders have eight eyes, but the brown recluse spider has six, arranged in



A brown recluse spider on a finger.



Photos: Jody Green, Nebraska Extension in Lancaster County

Brown recluse spiders can be identified by the arrangement of their six eyes.

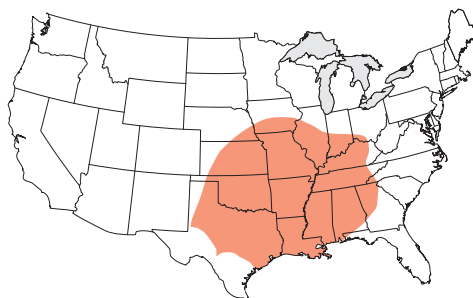
three pairs. This is true even as juveniles, when there is no violin-shaped marking. Many brown-recluse lookalikes can be deciphered by the eye pattern.

Distribution

Southeast Nebraska is close to the northern most range of the brown recluse spider. They are most concentrated in Missouri and Arkansas, between the Rockies and Appalachian mountains. They are not very good at dispersing and require human movement for introductions into new areas.

Behavior, Habitat, Food

Brown recluse spiders are as their name implies: shy, non-aggressive, secluded and avoider of conflict. They are found in seldom-disturbed areas such as attics, crawlspaces, cellars, woodpiles, basements, garages, closets, in cardboard



Distribution of brown recluse spiders.

boxes with clothing, shoes and other stored items. Instead of using silk, they wander nocturnally, capturing crickets, springtails, cockroaches, firebrats and other soft-bodied insects.

Spider Bites

Brown recluse spiders possess a type of venom, called a cytotoxin, which can be medically important to humans. This toxin has the potential to inflict injury to the victim and be dangerous to the very young, old and immunocompromised if bitten. However, spider bites are quite rare and only 10 percent of bites ever need medical attention.

Doctors commonly misdiagnose mysterious wounds and painful sores as spider bites, overlooking approximately 40 different conditions (i.e. bacterial, viral or fungal infections, drug reaction, insect bites, tick-borne illnesses, poison ivy, chemical burn, skin cancer, etc.). There are typically no witnesses or spider body (dead or alive) to confirm a wound was the result of a spider bite.

Spiders do not require a blood meal

to survive or lay eggs, unlike blood-feeding pests. There is no benefit for them to bite humans, so they avoid using their venom except as defense. In the instances when bites were confirmed, spiders were trapped in clothing, bedding or shoes and contact was made.

Integrated Pest Management

Spiders are difficult to control with chemicals alone because they are able to avoid contact with treated surfaces. They can also go long periods of time without feeding, so by the time they do leave their hiding areas, the chemical may have little toxicity left.

Non-chemical measures of control include the following: reduce clutter in and around the building, eliminate cardboard as storage containers, pull bed away from the wall, remove bed skirt and blanket touching the floor, shake clothes and shoes before wearing, look before reaching into storage containers, vacuum frequently and use of sticky traps to trap wanderers.

Summary

It is important to understand spiders are a part of the food web and spying an occasional spider is just an indication there are prey items nearby. If a brown recluse spider is found in the building where you work, play or live, stay calm. Take the necessary precautions to avoid bites. If you have been bitten by a spider, catch it (dead or alive) and take it to your local Extension office to have it identified.

Harness the Insect-Eating Goodness of Bats With a Bat House

Soni Cochran,

Extension Associate

Every year, we get many calls on bats found in and around homes in the Lancaster County area. Bats are not rodents. They are the only mammals capable of true flight. Bats are nocturnal and you rarely see them during the day unless they've been disturbed or you happen to notice their droppings.

All of the bats in Nebraska are insectivores. This means they only feed on insects like mosquitoes and moths. One little brown bat (*Myotis lucifugus*) can eat 600–1,200 mosquito-sized insects every hour — better than any “bug zapping” device.

The little brown bat and big brown bat (*Eptesicus fuscus*) are two bats found in our area that live in colonies. Colonies can range in size from 10 to 200 individuals. Little brown bat maternity colonies can have as many as 300,000 bats. In addition to natural roost sites (hollow trees, among foliage, caves and more), these bats can also be found in attics, barns, belfries, schools, businesses and around other structures.

As temperatures cool and insects become harder to find, bats migrate to hibernation sites. Some species of bats in Nebraska move north and east to the Ohio Valley to hibernate. The exact temperature needed for successful hibernation varies by bat species. If hibernating bats are disturbed and wake too often during hibernation, they won't have enough fat resources to survive the winter and starve.

Purchasing or Building a Bat House

If you already have bats in your area, you'll have better luck attracting residents

to a bat house. To see if you have bats, watch outdoor lights at night to see if bats are zipping in and out feeding on insects attracted by the light. Of course you'll want to do this when the weather warms next spring and summer.

I know I have bats by watching the sky at dusk. Just as the birds are heading to their night roost, and the sky is light enough to see but the sun has set, my neighbors and I stand outside and watch the bats as they quickly maneuver in the sky to catch insects.

Several designs are available for bat houses. You may be able to find a bat house suitable for the bats in our area at one of our local lawn and garden or wildlife specialty stores. Or, you can build a bat house! There are many design plans available. Check out the Nebraska Extension NebGuide, “Bat House Construction and Installation” (G1575) available at <http://lancaster.unl.edu/pest/bats.shtml> or from your local Nebraska Extension office.

Placing Your Bat House

If possible, place your bat house within 1/4 mile of standing water. A stream or pond will provide water for the bats and habitat for the insects they prey on.

It doesn't make much sense to erect a bat house where insecticides are used; so you'll have better success placing the house where insecticides are not used, or the use is limited.

Install the bat house at least 12 feet above the ground and give the bats a minimum of 20–30 feet of clear flight space around the house. You also want the area with the bat house to have minimal human disturbance. It doesn't really matter if the bat house is installed on a pole or on a building, as long as there is a large landing zone.



Soni Cochran, Nebraska Extension in Lancaster County

This bat house is mounted on a pole at least 12 feet high with plenty of clear flight space.

Place the bat house on the south, southeast or southwest side where it will be exposed to more than seven hours of sunlight each day. Bat houses should be painted or stained a dark or medium shade of water-based, exterior paint or stain to help trap the heat from the sun.

Male bats will occupy cooler houses, but females need the heat to keep their nurseries warm for their pups (baby bats). Avoid placing a bat house on a tree trunk. Not only will the leaves of the tree reduce the amount of sunlight getting to the house, but the bats are vulnerable to climbing predators like raccoons and house cats.

We've also had cases where people have put bat houses on their homes and then have had problems with bat bugs and other parasites when the bats leave to hibernate. Something for you to think

about before mounting your bat house on your home.

To reduce accidental encounters with bats that have fallen out of the bat house to the ground, place fencing or ornamental plantings around the base of the bat house mounting pole or site. This helps limit exposure of people and pets to any bats that may have fallen.

As with any bat encounter, there is the rare risk of exposure to rabies. Keep all pets current on their vaccinations and teach children to never handle bats. Bat bites are very difficult to see. As always, if you suspect there has been a bite, seek medical attention immediately. If the bat involved in the exposure is still on the ground and not flying, capture it so it can be tested for rabies.

White-Nosed Syndrome

The number of bats across North America is in decline due to a recently-discovered fungal disease called white-nosed syndrome (WNS). WNS causes bats to lose valuable energy reserves and die during hibernation. Nebraska is the 30th state to confirm the presence of white-nose syndrome. WNS has killed more than 6 million bats since 2006.

The disease is highly contagious among bats, but does not affect humans. Care should be taken to disinfect tools and equipment between handling bat houses, exploring caves or frequenting other bat hibernacula.

If WNS is suspected, do not touch the bats. Report finding sick or dead bats to Nebraska Game and Parks, 402-471-0641.

Why So Many Weeds?

Mary Jane Frogge
Extension Associate

Gardeners often ask why they have so many weeds. The answer is quite simple, we plant them!

Weed seeds can blow in, wash in with surface water, or be introduced with the application of soils amendments, like manure. Birds and other wildlife also distribute weed seeds. However, the majority of weeds come from weeds we allow to go to seed.

If your lawn is weak or has thin areas, it cannot out compete weeds. You need to take steps to make your lawn more vigorous and mow at a taller mowing height.

A common pigweed plant, with its long reddish taproot, produces 35,000 seeds per plant. Pokeweed seeds can remain viable in the seed bank for up to 40 years. Dandelion typically produces 15,000 seeds per plant.

So do not let weeds go to seed. A gardener who does not let weeds go to seed will have significantly fewer weeds each year.

Each time the garden is cultivated or tilled, a new crop of weed seeds are brought to the surface and are ready to germinate. To suppress weed germination, avoid unnecessary tilling.

Application of a mulch, like grass clippings, also helps suppress weed seed germination. Pre-emergent used in early May will help control annual weeds in the lawn and perennial beds.



Dandelion is a common weed in lawns, typically producing 15,000 seeds per plant.



Weeds allowed to go to seed in gardens add to the seed bank in soil.

Soni Cochran, Nebraska Extension in Lancaster County

Vicki Jedlicka, Nebraska Extension in Lancaster County



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.

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

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.

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 1-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 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.

Cure pumpkins, butternut and hubbard squash at temperatures between 70–80°F for two or three weeks immediately after harvest. After curing, store them in a dry place at 55–60°F.

Disaster Preparedness for Families

Jaci Foged
Extension Educator

Remember back in 1997 when Halloween was canceled in locations in eastern Nebraska due to a fall snowstorm? Canceling Halloween may not have been a true “disaster” as much for the adults as it was for the children who look forward to an evening of trick-or-treating. The real disaster that weekend occurred when tree branches (which still had most of their leaves) became heavy with ice and snow and snapped during the night. This caused further damage to property and power outages throughout Lincoln for up to eight days.

Do you have a plan for your home in case something like this would happen again? What would you do if you had no power for eight days? How would you prepare food? How would you keep your children warm?

I know the value of being prepared whether it be for taking a test, teaching a class or packing for a vacation. I make lists, check them twice and am packed and ready to go a minimum of two days in advance. Thank goodness I packed my hospital bag six weeks before my due date as I went into labor five weeks early!

Why should it be any different when it comes to being

prepared for an emergency?

Our job as parents is to ensure the safety and well-being of our children. We can do this by putting a plan in place and collecting basic necessities for our family members, including our pets.

I have some easy steps to help prepare your family for a disaster. Remember, a disaster could be one of many (snowstorm, fire, tornado, earthquake, flood, etc.).

Create an Emergency Kit

Create an emergency kit with supplies for at least 72 hours for each person and pet in your home. Be sure to include children in packing. The kit should be convenient and portable.

- Water = one gallon per person per day.
- Three day supply of non-perishable food and a can opener — think of food which does not need cooked.
- A hand crank, battery powered NOAA weather radio with tone alerts and extra batteries.
- A flashlight and extra batteries.
- Cell phone charger. Consider buying an external battery for cell phones.
- First aid kit.
- Basic needs such as clothing, personal items, prescription

medicine, contacts or glasses, toys, etc.

- Emergency blankets.
- Work gloves.
- Copies of your vital records, phone numbers and address book.

Practice Family Drills

Those of us with little kids should be practicing family drills so your children and you feel confident about what to do. My suggestion would be to practice on the first day of each season — or more often.

Walk your child through what to do in case of an emergency. How do you get outside (doors, windows and other exits), where do you meet, who can you call, etc. Actively participating in a drill will make it easier for your child to remember in the event of an emergency.

Follow the drill with a

BUILD A KIT

Include enough food, water, and medical supplies for your needs in your emergency kit to last for at least 72 hours.

Ad Ready

READY.GOV/MYPLAN

marriage certificates, passports, insurance information, etc.).

After a Disaster

It is a good idea to know how to support our young children after a disaster as well. For more information on how to help preschoolers manage their emotions after a disaster, read NebGuide “How to Help Preschoolers Manage Their Emotions After a Disaster” (G2261) available at the Extension office or online at <http://extensionpublications.unl.edu/assets/pdf/g2261.pdf>

Additional resources:

- Federal Emergency Management Agency’s “Coping with Disaster” online at www.fema.gov/coping-disaster
- Ready Campaign’s “Helping Children Cope” online at www.ready.gov/kids/parents/coping

Upcoming Learning Child Trainings

Nebraska Extension teaches several early childhood development classes for childcare providers. Listed are upcoming classes held at the Lancaster Extension Education Center, 444 Cherrycreek Road (unless location otherwise noted). For additional information or to sign up, contact Jaci Foged at jfoged2@unl.edu or 402-441-7180.

Nutrition & Physical Activity Self-Assessment for Childcare (NAP SACC)

— Tuesday, Nov. 7 and Tuesday, Nov. 14, 12:30–3:30 p.m. (must attend both dates). Free. Register by Nov. 1 at <http://go.unl.edu/novnapsacc>



HEART OF 4-H VOLUNTEER AWARD

Kate Rawlinson

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

Kate has volunteered with 4-H for more than five years, starting when she was still a member. She is co-leader of the Esprit de Corps 4-H horse club, helps the club superintendent the 4-H Dressage Show at the Lancaster County Super Fair and is a tester at horsemanship advancement level testings. She also coaches horse hippology and quiz bowl teams competing at the state 4-H Stampede. The hippology team she coached in 2016 earned first place at the 4-H/FFA Western National Roundup in Denver.

"I love being a part of 4-H's journeys and using my experience to help them create their own successes," says Kate. "Many great 4-H volunteers helped me on my path to many successes and I love to be able to say I did the same for someone else. I love watching a difficult horse transform after a lot of hard work, but my favorite experience was taking my first hippology team to Denver and bring home a national title!"

She is a senior at the University of Nebraska-Lincoln majoring in veterinary science, and just applied for vet school.

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



Household Pets Fest, Sept. 30

A 4-H Household Pets Fest will be held Saturday, Sept. 30, 9 a.m.–12 noon at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Open to all youth ages 8 & up and their families. No registration is necessary. Cost is \$2 per family (includes three free raffle tickets). Bring your small critter or just come for info and fun! For more information, call Kate Pulec at 402-441-7180.

4-H Rabbit Clinic, Oct. 21

A free 4-H Rabbit Clinic will be held Saturday, Oct. 21, 9 a.m.–12 noon at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. This is a great opportunity to learn about the 4-H rabbit program. For more information, call Kate Pulec at 402-441-7180.

4-H Paper Basket Workshop, Nov. 4

4-H youth ages 8 and up are invited to a workshop to construct a woven paper basket using recycled newspapers on Saturday, Nov. 4 from 9 a.m.–12 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No cost to attend. Register by Oct. 27 by calling 402-441-7180. Bring a needle nose wire cutter for cutting wire. All other supplies will be provided.

All Lancaster County 4-H Volunteers Must be Rescreened in 2017

Every four years, all Nebraska 4-H volunteers must be rescreened through the 4-H Youth Protection Volunteer Screening. This year, 2017, is the year our district must be rescreened.

The form is available at the Extension office or online at <http://lancaster.unl.edu/4h/club>. Volunteers will need to verify their identity by completing section A (have a notary public sign, then mail the form to Kim Novotny, State 4-H Office, 114 Ag Hall, Lincoln, NE 68583) or section B (have an Extension staff member sign). Must show photo ID for either option.

The screening ensures a safe, positive and nurturing environment for all youth involved with the Nebraska Youth Development program. If you have questions, please contact the Extension office at 402-441-7180.

4-H Horse Awards Night, Oct. 5

The annual Lancaster County 4-H Horse Awards Night will be Thursday, Oct. 5, 6:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. The Horse VIPS Committee will provide snacks. Awards presentation includes Incentive Awards, Horsemanship Levels, All-Around Awards, Herdsmanship, Top Judging buckles and ribbons, and a few surprise awards! Come help celebrate the outstanding accomplishments of the 2017 Lancaster County 4-H Equestrians!

4-H Leader Training, Oct. 26

All 4-H leaders and volunteers helping with clubs and independent members are encouraged to attend the Fall 4-H Update on Thursday, Oct. 26 at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. 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. 24 by calling 402-441-7180.

4-H Thanks Sponsors

Lancaster County 4-H would like to thank all of the businesses, organizations and individuals who sponsored 4-H events, activities, programs and trophies during the 2016–2017 4-H year. This support enhances the educational experience of the 4-H youth.

Anonymous
Acre Management
Adams Animal Care
Ag Source Laboratories
Deborah Arends
Arends Interiors Inc.
Matt & Connie Arnold
Artisan Custom Builders
Kat Baum
Beatrice 77 Livestock Sales
Belmont Veterinary Center
Gary Bergman
Don Bermel & Wayne Sump Memorial
The Bike Shed
Bison, Inc.
Bluestem Miniature Horse Club
Bluestem Valley Farms
Paula Brandt
Bulling Farms
Capitol City Ford & Mustang Club
Capital City Horse & Pony Club
Carlson Family
Cattlemen's Nutrition Services
Ellen Chapelle Memorial
Warren Cheney Family
Ron Clinch
Shirley Condon
Mike & Kath Conroy
Dick & Cookie Confer
Crawford Family Shorthorns
Steve & Marty Cruickshank

Dearmont Family
Don Dierberger Family
Alice & the late Ted Doane
Lynn & Carleen Dowding
Ron Dowding Family
Dowding Shorthorns
East Campus Starrs
Eileen's Colossal Cookies
Farm Credit Services of America
Farmers Cooperative –
Dorchester
Farmers Cooperative – Martell
Branch – Jim Bauman
First State Bank
Fitch Trucking, Inc.
Five Alarm Farm
FMC
Four Winds Farms
Frink Family
Gagner Construction
Gagner, Melvin & Linda
Gana Trucking
Paul & Sharon Gana
Gana/Nisley Show Cattle
Garr Creek Farms, Dave & Vicki
Nielsen
Douglas & Sheila Garrison
Blayne Glissman Family
Gossin Agency
Grimm-Axthelm Memorial
Patricia Heather
Lyle & Teresa Hespen
Heidtbrink Feeds – Larry & Deb
Heidtbrink
John Heineman
Heinrich Cattle
Joel & Renee Heusinger
Hillcrest Animal Clinic
Rod Hollman
In Memory of Eileen Holly
Holthus Family
The Home Agency
Huber Family – Hopeful Farm
Hoppers
Larry & Carol Hudkins
Hunter's Pride 4-H Club
Husker Auto Group

Husker Rehab
HyVee (5020 N. 27th St.)
J. Bar C. Stables – Jim & Cindy
Bauman
Jimmy Johns
Jeff & Anne Johnson Family
Marc Kaschke
Amanda Kaiser
Steve & Deanna Karmazin Family
Bruce Kempkes Family
David Kirby
Kiwanis – Northeast
Kiwanis – Lincoln Center
Kubicek Club Lambs
LaKaBrTyDe Farms
Lancaster County 4-H Council
Lancaster County 4-H Dog VIPS
Committee
Lancaster County 4-H Horse VIPS
Committee
Lancaster County 4-H Livestock
Booster Club
Lancaster County 4-H Rabbit
VIPS Committee
Lancaster County 4-H Teen
Council
Lancaster County Agricultural
Society (Fair Board)
Lancaster Event Center
Pat & Frank Lanik
Lienemann Cattle Company
Daryl Lies
Lincoln Housing Authority
Lincoln Women's Chamber of
Commerce
Michael & Dana Lockee
Lonowski Family
Ken Majors
McClelland Family
McDonald's (5327 Cornhusker
Hwy.)
Cole & Kylea Meador
Midwest Farmers Cooperative
Nancy & John Moser Family
Mueller Farms
Muhlbach Construction
NCORE Group, LLC
Nebraska 4-H Foundation

Nebraska Animal Medical Center
Nebraska Army National Guard
– Col. Eric Teegerstrom
Nebraska Dressage Association
Nebraska Farm Bureau
Steven & Stephanie Nelson
Nore Acres
Norris FFA
Oldemeyer Family
Olive Creek Performance Horses
– Brian & Shannon Vogler
Diane Ossenkop
Oxbow Enterprises, Inc.
Duane Parrish Family
Parrott & Walbrecht Cattle
Larry Pershing
Edwin Peterson Memorial
Erica Peterson
Tom Peterson Family
Pick-A-Pig 4-H Club
Pitts Veterinary Hospital
Cathleen Plager
Powell Family
Tim Powers Memorial
Lyle & Sheila Purdum
R & J Angus
Rainbow Ends
Raising Cane's
Rick Rasby Family
Rawlinson Herd
Raymond Grange #391
William & Barbara Rishel
Rock Creek Ranchers 4-H Club
Bruce & Kendra Ronnau
In Memory of Ross
Russ's Market (Coddington)
S & L Stables
Salt Creek Wranglers
Sampson Construction
Cary & Becki Sandell Family
Leanna Schlesiger
Urijah & Remy Schnell
Schoetterger Orthodontics
Calvin & Rochelle Schrock Family
David Schubert
Schlautman Farms
Seitec Genetics – James Tietjen

Sieck Show Cattle
Travis & Tina Sondgeroth
South Prairie 4-H Club
SP Group, P.C.
Straight Arrow Performance
Horses – Chelsea Harders
Dale & Marilyn Stertz
Ron & Barb Suing
Super Saver (Fallbrook Store)
T & T Ranch
Judy & Ryan Terwilliger
Tractor Supply (North Store)
Tractor Supply (South Store)
Triple RRR Farms
United Country Real Estate –
Amy Keetle
In Memory of Emil Vokoun
Wachal Pet Health Center
Wahoo Livestock
Walbrecht Family
Waverly Grange #369
Wether-Ewe Farm – Doug &
Cheryl Johnson
Charles Wiechert Family
Wilhelm Auto Repair
Wilkinson Sheep Farm
Jay & Brenda Wilkinson
Jim Wissel Memorial
Dwayne & Joan Wittstruck
Karen Wobig
Lyle & Ann Woerth
Dana & Pamela Wolfe
Women's Clinic of Lincoln

*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 2017 Nebraska State Fair! Here are the Lancaster County 4-H youth winners of purple ribbons, special awards and Rainbow Ribbon Recognition. Complete results are online at www.nebraska4hresults.com



Abigail Babcock	Knitting – Level 3 Knitted Clothing or Home Environment Item Crochet – Level 2 Crocheted Clothing or Home Environment Item
Ellie Babcock	Presentations – Illustrated Presentation Fashion Show – Constructed STEAM Clothing 3 Garment Beyond The Needle – Fashion Accessory Design Decision – Accessory-Textile-3D Quilt Quest – Premiere Quilt – Long Arm Quilted – Computerized Design Decision – Accessory-Recycled/Upcycled Item for the home
Samuel Babcock	ESI: EntrepreneurShip Investigation – Interview an Entrepreneur Tasty Tidbits – Biscuits Presentations – Illustrated Presentation– Special Topic Nebraska Agriculture – Food Preparation
Mindy Bartels Clare Bauman	Tasty Tidbits – Unique Baked Product Presentations – Premier Presenter Contest Heritage – Level I: Beginning – 4-H Member Scrapbook Shopping in Style – Best Buy for Your Buck Ages 10–13 Quilt Quest – Computer Exploration STEAM Clothing 2– Simply Sewing – Upcycled Garment Human Development – Language and Literacy Development
Lilian Bogle	Breeding Meat Goat – Commercial Doe Kids Breeding Meat Goat – Commercial Yearling Does
Samuel Bogle	Breeding Meat Goat – Commercial Yearling Does Design Decision – Furniture–Wood Opaque Finish Fast Foods! – Foods Recipe File Conservation & Wildlife – Wildlife Essay
Kate Borcharding Paige Borcharding Kaylee Boysen Joli Brown Michaela Bunz	Human Development – Babysitting Kit Horticulture – Bell Peppers Food Preservation – 3 Jars – Pickled Exhibit Food Preservation – 1 Jar – Tomato Exhibit Quilt Quest – Level 1 Quilted Exhibit–Small Market Beef – Crossbred Steers Market Sheep – Crossbred Market Lambs
Isabel Buss Cole Cooper	Design Decision – Furniture–Wood Clear Finish Market Meat Goat Senior Meat Goat Showmanship Market Meat Goat
Caidell Davis Andrew Dilley	Quilt Quest – Premiere Quilt – Long Arm Quilted – Non Computer Photography Unit II – Lighting Display or Exhibit Print Human Development – Babysitting Kit Horticulture – Sage Horticulture – Jalapeno Peppers
Ethan Gabel	Food Preservation – 1 Jar – Vegetables or Meat Exhibit Robotics – Kit Labeled Robot Food Preservation – 3 Jars – Jelled Exhibit
Morgan Gabel	Food Preservation – 1 Jar – Pickled Exhibit Food Preservation – 1 Jar – Vegetables or Meat Exhibit Floriculture – Flower Garden History Interview
Nathaniel Gabel Sophie Gengenbach	Design Decision – Bedcover Food Preservation – 1 Jar – Jelled Exhibit Photography Unit III – Nebraska Exhibit Print Sketchbook Crossroads – Original Ink Drawing
Valerie Griess	Human Development – Family Involvement Entry Human Development – Activity with a Younger Child My Financial Future – Beginner/Intermediate – SMART Financial Goals
Alyson Gubbels	Breeding Rabbits – Dwarf Hotot Breeding Rabbits – Flemish Giant Breeding Rabbits – Mini Rex Breeding Rabbits – Flemish Giant Senior Rabbit Showmanship Design Decision – Solar, Wind or Other Energy Alternative for the Home
Ella Guerra	Fashion Show – Constructed STEAM Clothing 3 Garment Shopping in Style – Revive Your Wardrobe Human Development – Math Human Development – Babysitting Kit My Financial Future – Beginner/Intermediate – SMART Financial Goals
Bailee Gunnerson	Safety – First Aid Kit Swine – Market Gilts Swine – Market Barrows Senior Swine Showmanship Human Development – Babysitting Kit Foodworks – Specialty Bread Sketchbook Crossroads – Original Pencil or Chalk Drawing
Chloe Hammond	Horticulture – Red Tomatoes Horticulture – Salad Tomatoes Tasty Tidbits – Biscuits Beyond The Needle – Fashion Accessory Presentations – Premier Presenter Contest Tasty Tidbits – Creative Mixes You’re The Chef – Specialty Rolls Intermediate Swine Showmanship
Kylie Hansen	Swine – Market Barrows STEAM Clothing 2– Simply Sewing – Top Design Decision – Accessory–Original Floral Design Fast Foods! – Coffee Cake Tasty Tidbits – Creative Mixes Tasty Tidbits – Creative Mixes Photography Unit II – Composition Display/Exhibit Print
Brett Heinrich Jaclyn Heinrich	Poultry – Geese Foodworks – Family Food Traditions Design Decision – Accessory - Textile - 2D Swine – Market Gilts Swine Carcass Contest
Ella Henriksen	Horticulture – Hot (Non–Jalapeno) Peppers Floriculture – Petunia Foodworks – Family Food Traditions Floriculture – Petunia Field Crops – Corn
Rose Ingracia Emily Janak	
Rose Jaros Noah Jelinek Lillian Johnson	
Nicole Keetle Olivia Kerrigan Carman Kinkaid Sara Kreikemeier Mattie Kucera Jonah Lanik Samuel Lanik	
Diamond LeBlanc Cashel Martin	
Connor Nielsen	
Caleb Nielsen	
Jared Nielsen	
Taylor Nielsen	

SPECIAL AWARDS

PRESENTATIONS CONTEST
Ellie Babcock - Top Illustrated Presentation
Samuel Babcock 1st for Illustrated Presentations
- Special Topic Nebraska Agriculture - Food Preparation

HORTICULTURE CONTESTS
Ellie Babcock Judging Contests - Tree ID - Senior Team - 4th Place
Nathan Gabel - 4th Tree ID Judging Contest - Senior Team
Madelaine Polk - Judging Contest - Tree ID - Senior Team - 4th Place

VIDEO CAT SHOWMANSHIP CONTEST
Lorrallee Schroeder - Senior Champion

DOG
Emely Troy - Dog Obedience - Novice - Reserve Champion

RABBIT
Bailee Gunnerson - Flemish Giant - Best of Breed and Best Opposite

BEEF
Caitlyn Walbrecht - Foundation Simmental - Grand Champion and Reserve
Supreme Champion Breeding Heifer

SWINE
Jaclyn Heinrich - Premier Exhibitor Contest - 3rd Place

SHEEP
Cole Cooper – Hampshire Market Lamb - Champion
Cole Cooper – Senior Sheep Showmanship - Champion

QUILT QUEST
Ellie Babcock Premier Quilt Class Winner – long arm quilted – computerized



Cole Cooper earned champion Senior Sheep Showmanship and champion Hampshire market lamb



Caitlyn Walbrecht’s grand champion foundation Simmental was named the reserve supreme champion breeding heifer.

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 Hillestad Textile Gallery Celebration of Youth on the UNL East Campus, Sept. 11–30.

Ellie Babcock — Quilt Quest - park bench quilt
Sarah Dilley — Home Environment - rubber band poodle

PHOTOGRAPHY SPECIAL SELECTIONS

Emmi Dearthmont — photograph of chicken close-up selected for UNL Animal Science Department
Laurel Frogge — photograph of horse selected for UNL Animal Science Department
Clara Johnson — photograph of cat selected for UNL Animal Science Department
Sophia Polk — photograph of ice on blue spruce selected for UNL CASNR and Extension Dean’s Offices

RAINBOW RIBBON RECOGNITION

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

Samuel Babcock — Human Development - Math
Samuel Bogle — Design Decision - Furniture - Recycled/Remade
Khloe Cuttlers — Tasty Tidbits - Unique Baked Product
Sarah Dilley — Design Decision - Accessory - 3D
Payton Filing — Human Development - Family Involvement Entry
Samantha Hagaman — Heritage - Level 1 - Beginning - Heritage Poster or Flat Exhibit
Kylie Hansen — Floriculture - Foliage Potted Plant
Caleb Nielsen - Horticulture - Red Tomatoes
Lily Noel - Horticulture - Basil
Lilly Riedel — Human Development - Social Emotional Development
Anna Sump — Heritage - Level 1: Beginning - 4-H Member Scrapbook
Riley Weitz — Safety - Careers in Safety

Emma Noel	Food Preservation – Dried Herbs Horticulture – Any Other Herb
Lily Noel	Food Preservation – 1 Jar – Tomato Exhibit Food Preservation – 1 Jar – Fruit Exhibit Food Preservation – Dried Herbs
Riley Peterson	Safety – First Aid Kit Beyond The Needle – Embellished Garment with Original Design Fashion Show – Constructed STEAM Clothing 3 Garment Horticulture – Yellow Onions Human Development – Babysitting Kit Poultry – Feather Legged Class Poultry – Single Comb Clean Legged
Emily Pillard Morgan Pillard Brianna Pittman Zachary Pittman	Floriculture – Educational Flower Garden Poster Entomology – Macrophotography Food Preservation – 1 Jar – Fruit Exhibit Food Preservation – Dried Fruit Forestry – Leaf Display Food Preservation – 1 Jar – Pickled Exhibit Forestry – Leaf Display Food Preservation – Dried Vegetables Presentations – Illustrated Presentation Photography Unit II – Composition Display/Exhibit Print Heritage – Level I: Beginning – 4-H Member Scrapbook Shopping in Style – Best Buy for Your Buck Ages 10–13 STEAM Clothing 2– Simply Sewing – Bottom Computers – Create a Website/Blog or App Market Beef – Crossbred Steers You’re The Chef – Loaf Quick Bread Conservation & Wildlife – Mammal Display Food Preservation – Dried Herbs Food Preservation – 1 Jar – Tomato Exhibit Sketchbook Crossroads – Art Exhibit Beyond The Needle – Fashion Accessory Foundation Simmental Breeding Heifer Senior Beef Showmanship Human Development – Health and Physical Development Human Development – Health and Physical Development Woodworking Article – Nailing it Together Fast Foods! – Coffee Cake Heritage – Level II: Advanced – Special Events Scrapbook Floriculture – Rose Tasty Tidbits – Creative Mixes
Catherine Polk	
Claire Polk	
Madelaine Polk Sophia Polk	
Phillip Rushman Danielle Schreiber Elises Schwinck	
Parker Smith Skylar Sterns John Sump	
Livia Swanson	
Emma Timmer Julianne Tvrdy Caitlyn Walbrecht	
Addison Wanser Kamryn Wanser Steven Weitz Jenna White	
Cecilia Yallaly	



EXTENSION CALENDAR

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

September

- 23–24 AKSARBEN 4-H Horse Show**, Nebraska State Fair Grounds – Thompson Foods 4-H Arena (Fonner Park), Grand Island
- 28 Early Learning Guideline (ELG) Health and Physical Part 2 for Childcare Providers** **6–9 p.m.**
- Sept. 28–Oct 1 AKSARBEN 4-H Stock Show**, Nebraska State Fair Grounds (Fonner Park), Grand Island
- 30 4-H Household Pets Fest** **9 a.m.–12 noon**

October

- 1–7 National 4-H Week**
- 1 4-H Council Golf Tournament Fundraiser**, Woodlands Hills Golf Course, Eagle, **1 p.m.**
- 3 4-H Council Meeting**..... **6 p.m.**
- 5 4-H Horse Awards Night** **6:30 p.m.**
- 8 4-H Teen Council Meeting** **3 p.m.**
- 10 4-H Information Night**..... **6 p.m.**
- 12 Co-Parenting for Successful Kids Class**..... **9 a.m.–12:30 p.m.**
- 13 Extension Board Meeting** **8 a.m.**
- 16 Pesticide Applicator NDA Walk-in “Testing Only” Session** **9 a.m.–2 p.m.**
- 21 4-H Rabbit Clinic**..... **9 a.m.–12 noon.**
- 21 Composting Demonstration**, Pioneer Park Nature Center’s Backyard Composting Demonstration Area **10 a.m.**
- 26 4-H Leader & Volunteer Training** **9 a.m. & 6:30 p.m.**

NEW 4-H Council Alumni Scholarship

Lancaster County 4-H Council is happy to announce they are sponsoring a new \$500 4-H alumni scholarship. Scholarship eligibility requirements include:

- Must be a Lancaster County 4-H alumni at least one year post high school.
- Must be at least 19 years of age or older at time of application.
- Currently enrolled in accredited college, university or community college.
- Grade point average (GPA) must be 2.5 or higher.
- Continued involvement in the 4-H program in Lancaster County as a leader or volunteer.

Application form is available at <http://go.unl.edu/4has> and at the Extension office. Deadline is Sept. 30.

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 6 p.m. at the Lancaster Extension Education Center. Terms are three years for adults and two years for youth. Each may serve two terms. If interested, please complete the “Lancaster County 4-H Council Application for New Members” available online at <http://lanaster.unl.edu/4h/council.shtml> and at the Extension office.

Make It With Wool Contest, Nov. 18

The 2017 Nebraska Make It With Wool Contest will be Saturday, Nov. 18 at 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Wearable garments in sewing, knitting, spinning and weaving of wool fabric comprised of at least 60% wool fiber may be entered.

Participants may be youth or adults and model their creations for judges. There is also a “Made for Others” category. Entry forms, wool samples, registration and wool testing fees are due Oct. 15 to Andrea Nisley, P.O. Box 757, Lexington, NE 68850. For more information, go to www.nationalmakeitwithwool.com or call 308-324-5501.

Deadline For Extension Board Applications, Nov. 1

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 2018.

Extension Board members advocate for and assist Extension staff in focus areas such as: 4-H youth development; beef systems; community environment; community vitality; 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 Extension Board application by Nov. 1. Additional information and an application can be obtained from: Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528 or by calling 402-441-7180. Applications are also online at <http://lanaster.unl.edu/lanaster-county-extension-board>

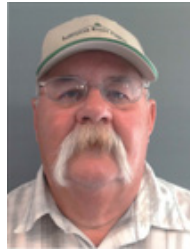
Ag Society Hall of Fame 2017 Awards

The Lancaster County Agriculture Society Hall of Fame Award, established in 2009, formally recognizes individuals who have dedicated time and effort to the Lancaster County Agriculture Society beyond the normal volunteer and who have made significant contributions to the establishment, development, advancement or improvement of the Lancaster County Fair.

RON SNOVER began his involvement as a 4-H club leader in 1980, later becoming active in the 4-H Council, 4-H Booster Club and held various leadership positions including 4-H Swine Superintendent. He was elected to the Lancaster County Agriculture Society in 1991. He served several years as Vice President and President of the Ag Society. During Phase 1 construction of the current Lancaster Event Center, he served as Building Chairman. From 2006–2013, he was hired as Managing Director, oversaw

the Phase 2 expansion and was instrumental in the growth the Lancaster Event Center experienced after its completion.

JIM COUNTRYMAN became involved with the Lancaster County Agricultural Society after the death of his daughter, Amy, and was honored to have the arena in Pavilion 4 named after her. He was elected to the Ag Society Board in 1999 and served as Treasurer from 2000 through 2003. While on the board, he was a member of the Finance Committee, Executive Committee and the Fair Planning Committee, including leading the printing of the fair books. Jim also served as Secretary on the Fairgrounds Joint Public Agency, which administered the 2000 Lancaster Event Center’s Phase 1 Bond Issue. Jim’s business experience, hard work and financial contributions helped make a difference during the formative years of the Lancaster Event Center.



4-H Information Night Tues., Oct. 10 • 6pm

Lancaster Extension Education Center
444 Cherrycreek Rd., Lincoln

See animals
such as rabbits
and llamas

Free
hot dogs!

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

Adults – Help Youth
Grow By Volunteering!

4-H is America’s largest youth development organization — empowering nearly six million young people across the U.S. with the skills to lead for a lifetime. 4-H’ers are 4 times more likely to give back to their communities, 2 times more likely to make healthier choices and 2 times more likely to participate in Science, Technology, Engineering and Math (STEM) activities!¹

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

¹Read about the “4-H Study of Positive Youth Development” at <http://4-h.org/about/research>

Part of
National
4-H Week
Oct. 1–7

4-H Council Golf Tournament Fundraiser



Sunday, Oct. 1

Woodland Hills Golf Course
6000 Woodland Hills Drive, Eagle, Neb.

4-Person Scramble

1 p.m. shotgun start
Cost is \$80 per person/\$320 per team

Includes:

- Pin prizes
- 18 holes, cart and range balls
- Snacks and one meal
- Random flight prizes of \$160 each
- Beverage cart available
- Raffle prizes

For reservations, call Woodland Hills
at 402-475-4653.

\$100 hole sponsorships. For hole, other sponsorships or prize donations, contact Mitch Sump at 402-432-1031 or mitchsump1996@gmail.com, or Jerry Morris at 402-261-9861 or packmn69@yahoo.com

Tournament sponsor: The Duffers Golf League