The NEBLINE, October 2011

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What is Your Energy IQ?

How Many of These Can You Answer Correctly?

1. What temperature should your thermostat be set at in the summer?
2. What temperature should your thermostat be set at in the winter?
3. Adjusting the thermostat when you leave for less than four hours saves energy.
4. Changing from incandescent to compact florescent bulbs will save energy.
5. Furnace filters should be changed once a month or as needed.
6. What temperature should a hot water heater be set?
7. Foam gaskets should be installed behind outlet and switch plates on exterior walls.
8. Caulking around doors and windows reduce air leaks.
10. Adjust blinds, drapes, and shades to save energy.
11. How much water is wasted when the faucet drips?
12. Run the dishwasher when it is full.
13. Clean lint from the dryer after every load.
14. Which type of water should be used for rinsing clothes?
15. Adapters/chargers continue to use energy when they are not actually charging.
16. Ceiling fans can be adjusted with the change of seasons.

Answers:

1. 78–80°F
2. 68–72°F — For every degree you lower the thermostat during heating season, you’ll save between 1–3% of your heating bill. Make it easier with a programmable thermostat, widely available for as little as $50, and the average family will save $180 a year with one. Suggested temperature setting in the summer time is 78–80°F, in the winter 68–72°F.
3. Probably not — When leaving the home for more that four hours, energy is saved by adjusting the thermostat. Installing a programmable thermostat makes this task easier.
4. Yes — ENERGY STAR qualified bulbs use 75% less energy and last up to 10 times longer. When changing light bulbs, energy usage will be reduced. Be sure to select the correct wattage bulb when switching to CFLs. There are certain bulbs that need to be used for dimmer switches, ceiling fans, and three-way switches.
5. Yes — Change furnace filters monthly or when needed. Dirty filters restrict airflow and increase energy demand.
6. 60°F — Lowering the temperature of the hot water heater to 120°F (or lower) can reduce your water heating costs by 6–10%. This is midway between “low” and “medium” setting.
7. Yes — Installing foam gaskets reduced air leakage.
8. Yes — Simple leaks can sap home energy efficiency by 5–30% a year, according to the U.S. Department of Energy. Caulking and weatherstriping doors and windows can save energy in the home. The average U.S. household spends $1,800 on utility bills for heating, hot water, and electricity. Most can cut energy consumption — and cost — by as much as 25% by caulking, adding insulation, and taking other simple conservation measures.
9. Yes — ENERGY STAR labels mean the product meeting the energy efficiency guidelines set by the U.S. EPA and U.S. Department of Energy for the product line. The EnergyGuide label indicates the approximate annual operating costs for each model and a scale that can be used for comparing models.
10. Yes — Use blinds, lined draperies, or curtains and shades to reduce heat loss and gain through windows. Keep heat out during the summer and let it in during the winter.
11. Yes — One drip of water from a faucet can waste up to 48 gallons of water a week.
12. Yes — When using the dishwasher make sure it is a full load. Use the air or energy drying cycle.
13. Yes — When drying clothes, cleaning the lint screen after every load or even during the drying with heavy items such as towels. Never overload the dryer — drying takes longer and uses more energy. Line-dry items if possible.
14. Cold — Use cold water for rinsing. Use warm or cold water for washing most clothes. Hot water can be used for very soiled clothes, whites, and diapers. Set the washing machine for the size load you are washing. Always read washing instructions for the machine, clothing, and detergents.
15. Yes — Chargers use energy when plugged into outlets even when they are not charging. All chargers should be unplugged from the outlet when the phone, etc. is removed.
16. Yes. Ceiling fans help to reduce the use of energy. Counterclockwise rotation produces cooling breezes while switching to clockwise makes the warmest bulb pooled near the ceiling is circulated back into the living space — cutting your heating costs as much as 10%!

Energy Challenge

What can each person do to reduce energy usage in their home? Many simple steps can be taken each day to reduce energy. Make a challenge with your family and set some short-term goals to reduce energy in your home. Energy challenge ideas:

- Do an energy audit of your home. Some utility companies provide this service.
- Install and use dimmer switches.
- Unplug chargers when not charging phone, laptop, etc.
- Reduce water usage when taking a bath, shower, or brushing teeth.
- Change out incandescent bulbs with compact florescent bulbs when replacing bulbs.
- Completely shut down computers, printers, radios, TVs, etc. when not in use.
- Set the thermostat up or down a couple degrees depending on the season.
- Don’t rinse dishes before putting them in the dishwasher. Scrape off food.

Energy usage is affected not only by what we use, but in the preparation and transportation of the product. The way electricity and gas is produced and how it is transported adds to the cost of energy. The packaging of products that are used in the home also add to the costs. It is important to be a wise shopper.

Lorene Bartos
UNL Extension Educator

www.energystar.gov

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JOIN 4-H!

Discover 4-H at Kick Off
Tuesday, Oct. 4

—see page 12
Ammonium—Nitrate Security Program

Tom Dorn
UNL Extension Educator

Ammonium-nitrate, sometimes referred to as AN, 34-0-0, has been used for decades as a source of nitrogen for crops. Unlike products containing Urea, ammonium-nitrate can be spread on the soil surface with no mechanical incorporation because of potential nitrate losses. This makes ammonium-nitrate an especially popular choice for no-till crop farming and for use on pastures where no tillage is done. The fertilizer is spread on the soil surface and eventually incorporated into the soil by rainfall or irrigation.

Ammonium-nitrate has a dark side as well. The 1995 Oklahoma City bomber used ammonium nitrate as a portion of the ingredients in his bomb and, more recently, the terrorist in Finland used the same components in his bomb that killed several people.

In a news release, Secretary of Homeland Security, Janet Napolitano, announced the publication of the Department of Homeland Security’s (DHS) Notice of Proposed Rulemaking (NPRM) on the Federal Register for the creation of the Ammonium—Nitrate Security Program — part of the department’s ongoing efforts to secure potentially dangerous chemicals and ensure the chemicals do not fall into the hands of those who could cause harm.

In cooperation with the Bureau of Alcohol, Tobacco, Firearms, and Explosives, DHS has also cosponsored the “America’s Security Begins With You” Program, which encourages ammonium nitrate suppliers to report suspicious activity. This complements the National Suspicious Activity Reporting Initiative, which provides vendors with the means to report suspicious transactions to law enforcement. The official news release can be found at http://www.dhs.gov/news/releases/20110802-napolitano-ammonium-nitrate-security-program-

Tom Dorn reported “As it’s proposed, the “Ammonium—Nitrate Security Program” would require those who purchase, sell or transfer at least 25 pounds of the chemical to the U.S. to register with the government so that they may be screened against U.S. terror watch lists. Read more at http://www.foxnews.com/us/2011/08/02/us-to-propose-ammonium-nitrate-regulations

How to Calculate What a Load Would Weigh if it Had Different Moisture Content

Step 1. Convert the dry-matter weight to the wet basis weight at the desired moisture content.

The correction from dry-matter content back to the agreed upon moisture content is computed by dividing the dry-matter weight of the load of hay by the dry-matter content at the desired moisture content.

In this case, it is assumed the buyer will pay for 15% moisture hay. The dry-matter content would be 1 – 0.15 = 0.85 (85%) dry matter.

18,000 lb DM ÷ 0.85 DM = 21,176 lb of hay at 15% moisture

Example 2: Grain

A farmer delivers a 30,000 lb load of corn to the local cattle feedlot. The corn tests 17.5% moisture. The feedlot will pay $5.60 per bushel, corrected to 15.5% moisture (based on 56 lb of 15.5% moisture corn = 1 bushel). What should the farmer be paid?

Step 1. Compute the percent dry matter (DM) of the load in question.

100% - 17.5% moisture = 82.5% DM
30,000 lb ÷ 0.825 DM = 37,450 lb DM of corn
Assuming 56 lb per bushel, 29,289 lb ÷ 56 lb/bushel = 523 bushels of corn

Grain Drying 101

Tom Dorn
UNL Extension Educator

If you’re one of the producers trying to dry down their crop, you’ll want to check these tips and reminders to ensure quality grain storage.

Which Bins Should Be Unloaded First?

1. High moisture grain
2. Grain that’s peaked — unloading enough to level
3. Grain dried in a high speed dryer
4. Older grain
5. Dirty grain — grain with a lot of fines
If feeding grain, unload some grain from all bins first, removing fines and peaked grain before leveled, clean grain.

The airflow achieved by a given fan depends on the static pressure it must overcome.

Deeper grain depths or higher airflow rates require higher static pressures.

Rule of Thumb:
• Doubling the grain depth requires about 10 times the horsepower in the fan to maintain constant airflow.
• Doubling airflow at a constant depth requires over 5 times the horsepower.

Actions:
• Keep grain depth shallow. Build larger diameter rather than taller bins. Only partially fill bins during drying when you need higher airflow rates.
• Push the temperature front throughout the entire mass of the grain before discontinuing aeration.

If you discontinue aeration before the front is pushed all the way through the grain mass, you can have horizontal zones of spoiled grain due to moisture condensation where the two zones meet.

With a Given Airflow, How Long Will It Take to Pass a Cooling Front?

Rule of Thumb:
In the time it takes to push a temperature front through a grain bin is 15 divided by the cfm/bu.
• If the airflow is 1 cfm/bu, it will take 15 hours.
• If the airflow is 0.5 cfm/bu, it will take 30 hours.
• If the airflow is 0.2 cfm/bu, it will take 75 hours.

Actions:
• Provide 1 square foot of vent opening for each 1,000 cfm of airflow.

Cover fan opening after fan operation is stopped for the winter. This prevents moisture in the grain from condensing on the cold steel mesh bottom of the bin when the cold air fills the empty, plenum space. Wet grain on the bottom of the bin can spoil when warmer air temperatures return.

Which Is Better — Airflow From The Bottom Up Or Top Down?

Both work, the advantage of pushing from the bottom is it is easier to monitor the drying and temperature fronts. The advantage of top down is you won’t get condensation on a bin roof on a cold day.

Which Type Of Fan Should I Buy?

Axial fans deliver more cfm per horsepower when static pressure is lower than 4 inches. Centrifugal fans deliver more cfm per horsepower when static pressure is higher than 4 inches.

Where is the breaking point between axial flow and centrifugal? This depends on both the grain depth and the airflow (cfm/bu).

Four inches of static pressure is required for the following:
• 1.0 cfm/bu and 20 feet deep
• 1.25 cfm and about 17 feet
• 1.5 cfm and about 15 feet
• 2.0 cfm and about 13 feet

Axial flow fans generally cost less per unit of horsepower. Centrifugal fans are quieter.

Stirring System Management — How Much Is Too Much?

Don’t turn on the stirring system too soon. Running it when grain depth is less than about 5 feet can result in erratic behavior of the down augers and may damage the bin walls.

When Using Natural Air:
If you have a stirring system installed in a bin dried by natural air,
• Run the stirring system while filling to loosen the pack factor from grain dropping long distances from the loading auger or if a mechanical spreader is used to level the grain and distribute fines.

Then shut the stirring system off and allow the stirring front to grow and move through the grain mass.

Natural air drying takes a long time. Running the stirring system the whole time results in mechanical grain damage and shortens the life of the motors and down augers.

Research has shown continuous stirring can actually lengthen drying time in natural air systems because stirring destroys the drying front and the air leaves the grain mass less saturated.

Run the stirring system a couple of rounds just before discontinuing fan operation for the winter to mix the drier grain on the bottom of the bin with the higher moisture grain on top.

When Using Heated Air:
When drying grain with heated air, especially when the added heat is more than 20 degrees above the temperature you are stirring the temperature throughout the drying process to keep the grain mass mixed and reduce the amount of over dried grain on the bottom of the bin.
Renovating Your Windbreak and Purchasing Tree Seedlings

Sarah Browning, UNL Extension Educator

Diseases, insects, and age have taken a toll on many rural windbreaks throughout Nebraska, resulting in needed renovation or replacement. Older windbreaks may also have crowded or stunted trees. So renovation may entail thinning trees to increase health and vigor, or removing rows of dead/dying trees and replanting with new seedlings. Fall is a good time to step back, and re-evaluate the design, tree selection, and site conditions of your windbreak.

Generally, foresters discourage the removal of entire windbreaks that may be in various stages of decline. Most old windbreaks can be renovated to maintain or enhance their effectiveness in protecting humans, livestock, crops, and buildings. Locations where the shelterbelts were planted, two or three years ago, are generally still the best sites for a windbreak to be located.

Windbreaks that are planted to enhance wildlife, provide snow protection for humans and livestock, or provide wind protection to dwellings in both winter and summer, prevent soil erosion with windbreak plantings from fields, reduce water runoff from agricultural lands, or provide additional benefits for years to come. They are available at http://www.iandrp.snl.edu. Find the publications by typing keywords, browse the publication number into the search box.

- How Windbreaks Work (EC1763)
- Trees of Nebraska (EC1774)
- Windbreak Design (G1304)

The minimum order is 100 tree or shrub seedlings, sold in bundles of 25. Plants cost $0.70 cents each, for a total of $74.90 for a minimum order, including tax. For more information or to download a tree request form, go to http://www.unl skype.com/ and under Permits & Forms click on “Order Tree Seedlings.”

- Select insect and/or disease resistant plants whenever possible.
- Don’t be too quick to buy the cheapest seedlings; they may not be the best value in the long run.
- The quality, size, and condition of your tree or shrub seedlings affects plant performance during the establishment period. Look for conifer seedlings at least 8–12 inches tall, with a good, healthy root system. Use trees that are bare-root or have been grown in a container production system that encourages a dense, fibrous root system such as the Root-maker or grow-bag production systems. Container-grown plants are usually larger and cost more, but may be worth the extra cost in areas where establishment is difficult. Avoid plants with matted, circling roots.

For windbreak establishment, quality bare-root stock is satisfactory and cost effective. Survive the environmental extremes of your site.

- Select insect and/or disease resistant plants whenever possible.
- Don’t be too quick to buy the cheapest seedlings; they may not be the best value in the long run.
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- Usually, for windbreak establishment, quality bare-root stock is satisfactory and cost effective. Bare-root deciduous tree and shrub seedlings should be 12–24 inches tall, with full, healthy root systems, and at least a one-quarter inch diameter just above the root collar (the point where the roots meet the stem). Bare-root seedlings must be handled carefully to ensure good survivability and performance.

Purchasing Tree Seedlings through Lower Platte South NRD

- Deciduous trees – Bar, Northern Red, and Swamp White Oak; Cottonwood; Black Cherry; Black Walnut; Northern Catalpa; Pecan; and Silver Maple
- Shrubs – American Plum, Hazelnut; Redosier Dogwood, Silver Buffaloberry, Chokecherry, Snowberry, Common Lilac; Amur Maple; Centennial Cotonose; and Skunkbush Sumac

At your request, your local NRD Forester will make a free planning visit to your site, help design the new windbreak, and suggest species of trees best for your site conditions. Many NRD offices offer, at a minimal cost, additional services associated with tree planting, such as machine planting for large orders.

Piping Rock

- Prevailing Wind

Typical windbreak profile

Be in Tune to Points of Hidden Hazards on Machinery

Sharry Nielsen
UNL Extension Educator

Harvest season is in full swing in Nebraska, and with it comes unique concerns for those on the acreage or farm. Machinery is the life line to getting work completed on both farms and acreages. But, machinery carries many “hidden hazards,” that is, dangers that may not be obvious when you first think of the machine.

To keep you and your family members safe around machinery, make it a number one rule on your acreage that children play in a safe place away from any point of hazard. Secondly, be sure anyone who is working with machinery replace shields and guards after making repairs.

- Points of hidden hazards are classified as:
  - Shear Points exist wherever the edges of two moving parts move across each other. Machines cannot think, so they don’t know the difference between crop material and your fingers or legs. Shear points can be found on augers, rotary mowers, cutter heads, and others.
  - Crush Points are found where two objects move toward each other or one object moves toward a stationary object. Injuries at crush points often involve a second person. Front end loaders, combines, tractors, truck frames and other machinery have crush points.
  - Pinch Points are any place where a person can be caught between two moving parts or a moving part and a stationary part, similar to crushing points. If you have ever slammed a finger in a door, or gotten a pant leg or finger caught in a bicycle chain, you know what a pinch point can do. Pinch points can be found on just about every piece of machinery, large or small, and on every agricultural application.
  - Cutting Points exist where two moving edges slide across each other or a single edge slides across a stationary edge. A machine does not have to be moving for a person to be injured at a cutting point. The edges are very sharp so they can cut grain, grass, or hay. Mowers, combine headers, and forage choppers all have cutting points.
  - Wrap Points are where part of the machine is spinning at a high speed. A frayed shirt, loose clothing, or long hair can be caught or wrapped in these points, causing severe injury. A Power Take Off (PTO) is the major cause of wrap point injuries.
  - Pull-in Points exist where a machine pulls material into the machine for further processing. Injuries from pull-in points often occur as someone is trying to remove material from the machine or trying to feed the machine by hand while it is running. It is imperative to shut off a machine before trying to remove stuck material. Pull-in points are found on hay bales, grain grinders, harvesters, and feed rolls, as well as, other machines.

Be aware of the hazards on the machinery on your acreage. Use preventive measures to be sure children and pets are not caught in these dangerous points. Talk with your kids about safe play areas where they can be out of harm’s way. Turn off all machines before working on them, and replace any shields or guards once the repair is completed. Remember, people do not have a quick enough reaction time to fight a machine. Avoid being caught in points of hidden hazards.

Preparation and Use of Fresh Pumpkin Puree

**PUMPKIN ICE CREAM PIE**
*(Makes 8 servings)*

- 1 can (15 to 16 oz) or 2 cups pure pumpkin purée
- 1/4 cup sugar
- 1 1/2 teaspoons pumpkin pie spice, depending on how spicy a flavor you enjoy*
- 1 quart (4 cups) of a lower fat vanilla ice cream or frozen yogurt, softened

* If you don’t have pumpkin pie spice, for each teaspoon of topping, if desired.

Mix the pumpkin, sugar, and spice until the mixture is smooth like ice cream. Pour into a greased pie crust and freeze, uncovered, for 1 hour. When pie is frozen, cover with plastic wrap and then cover with freezer-quality foil or place in a freezer bag and squish out the air. Thaw pie slightly at room temperature (about 5–10 minutes) before serving. Top with light whipped cream, if desired.

**Boiled Fresh Pumpkin:**

Boil the pumpkin in half and cut out the seeds and strings. Cover a baking sheet with tin foil. Brush melted butter on the cut edges of the pumpkin and place the sides cut-side down on the cookie sheet. Cook approximately one hour or until pumpkin is soft. Cool. Remove the pumpkin skin and cut into pieces and blend or put through a food processor until the mixture is smooth like canned pumpkin.

**Baked Fresh Pumpkin:**

Preheat oven to 350°F. Cut the pumpkin in half and clean out the seeds and strings. Cover a baking sheet with tin foil. Brush melted butter on the cut edges of the pumpkin and place the sides cut-side down on the cookie sheet. Cook approximately one hour or until pumpkin is soft. Cool. Remove the pumpkin skin and cut into pieces and blend or put through a food processor until the mixture is smooth like canned pumpkin.

**Easy Recipe for Fall Treats with Nutmeg and Cloves.**

1/8 teaspoon ground cloves
1/4 teaspoon ground ginger
1/2 teaspoon ground cinnamon
*  If you don’t have pumpkin pie spice, for EACH TEASPOON of topping, if desired.

**Microwaved Fresh Pumpkin:**

Remove the seeds and strings. Cube with the rind on and place cubes in a microwave safe bowl and cover loosely with paper towels or plastic wrap. Cook on medium until soft. Check every 5 minutes as microwave times vary. Once cubes are cooled, peel off the rind. Blend or process until smooth just as in the other methods.

Alice Henneman, MS, RD, UNL Extension Educator

The University of Nebraska–Lincoln Food Processing Center offers on-campus classes for individuals interested in exploring the idea of starting a food manufacturing business. The one-day From Recipe to Reality seminar is the first step in developing a food business. It is specifically designed to provide entrepreneurs with an understanding of the key issues they will need to consider when starting a food business.

**From Recipe to Reality**

The seminar provides an overview of the many issues involved in developing a food manufacturing business. Seminar topics address important questions every entrepreneur should consider:

- Market research and selection
- Product and process development
- Food regulatory issues and agencies
- Packaging and labeling
- Pricing and cost analysis
- Product introduction and sales
- Promotional material package
- Food safety and sanitation
- Business structure

The next seminar will be Saturday, Oct. 22 in Lincoln. Pre-registration is required and space is limited. Registration deadline is Oct. 10. Contact Jill Gifford at (402) 472-2819 or jgifford@unl.edu for an information packet.

Alice Henneman, MS, RD, UNL Extension Educator

**Enjoy Nebraska Foods!**

This easy recipe is quick to make, can be prepared in advance, and even adds extra vegetables to your meal!

**Healthy Eating**

HEALTHY EATING

Save Time, Money, and Energy by Cooking with Homemade Master Mixes

Thursday, Nov. 10, 7–8:30 p.m.
Plaza Conference Center, BryanLGH Medical Center East, 1600 South 48 Street, Lincoln

Learn how to prepare “master mixes” for future use, featuring common household ingredients. Homemade master mixes can include basic baking mixes (pancakes, muffins, cookies), sauce mixes, seasoning mixes, rice mixes, salad dressing mixes, meat sauce mixes, and many more.

Alice Henneman, registered dietitian and University of Nebraska–Lincoln Extension Educator, will share tips and recipes for making your own master mixes for quick, delicious, and nutritious meals. Some of the master mixes also will make great holiday gifts! Participants will receive an extensive handout of the tips and recipes shared during the presentation.

Pre-registration required by calling (402) 481-8886.

Halloween, like many other holidays, is largely focused around sweets. This makes it a little harder on parents who are trying to promote a healthy lifestyle within their family. So this year, instead of giving out candy, try to focus on healthier treats that are just as fun for your kids and other trick or treaters. These items could include granola bars, fruit leathers, 100% juice boxes, sugar-free gum/candy, or snack packs of pretzels, crackers, trail mix, raisins, etc.

Unfortunately, some of these items could cost more than candy, so watch for sales. With the high volume of children many households see at their doorstep on Halloween, low-cost treats are often desirable. There are numerous Halloween toys that can be given away in place of candy. These items can be found for a reasonable price at local dollar stores or party stores.

Non-candy Halloween treats less expensive than most candy include:

- Stickers
- Spider rings
- Temporary tattoos
- Glow-in-the-dark bouncy balls
- Pencils
- These non-candy items may be viewed as a special treat not only because they are different from the child’s multiple pieces of candy, but also because they engage the child in an activity and can be a source of entertainment! Other ways to promote a healthy lifestyle by your family at Halloween are to:

- Feed your child a nutritious meal before they go trick-or-treating so they are not hungry while collecting candy.
- Encourage your children to wait until they get home from trick-or-treating to start eating their candy (parents should inspect treats before children eat them).
- Limit the number of treats your child can have each day (let your children know ahead of time the limits and reasons for those limits).
- Keep the candy out of reach so your child has to ask for the candy (if they remember).
- Have your child eat the treat along with something nutritious, such as a glass of milk or apple slices.
- Use the candy for craft projects, such as a haunted house similar to a gingerbread house.

By following these trick or treating tips, your family is sure to have a happy and nutritious Halloween!
President’s View

Irene’s Items

A reminder that the September Council Meeting has been changed to Monday, Oct. 3. By then the State Conference will be over and perhaps we can address any pros or cons. Oct. 17 will be Achievement Night. We have a program being presented by Karla Cross from Friend. The title of her presentation is “The Mysterious Friendship Quilt.” Please plan to attend and bring a friend. I would like each club to bring information about their club’s activities. October is also Halloween.

Teach Young Children Social-Emotional Skills

Children go to school to learn, but parents and caregivers should be teaching their children social-emotional skills long before they enter pre-school. Social-emotional skills are skills that help children know how to behave in social settings, and how to express and handle emotion. For children to succeed in school, children need to know how to follow directions. To learn this skill, start with something simple like “Take your plate and put it in the dishwasher.” Repetition helps with learning instruction. Another example is playing a game because they must follow the rules.

Children must know how to pay attention in a classroom. Reading a book or performing a game activity for extended periods of time helps children gradually understand the importance of sharing. Instead of saying, “We need to share,” and grabbing a toy away from the child, adults need to explain why they must share and set a good example by doing it themselves. Children also must learn how to solve problems with words instead of getting angry. A child who screams and yells does not know how to express his or her emotion in a healthy way. Instead of immediately taking children for losing their temper, ask them what they could have done instead of getting angry. Then have them practice the right behavior.

For younger children, teaching can be done with praise. Children need about five positive interactions to every negative interaction to keep on learning. Do not just scold them for doing wrong; praise them for doing something right. However, if a child has a negative behavior, such as biting or kicking, he or she will need 13 positive interactions for every negative interaction to change the behavior.

At the core of teaching children social-emotional skills is parents and caregivers building relationships with their children. Autistic children may have trouble interacting with children by spending time with them and paying attention to them. Talk and listen to your child and get to know his or her likes and dislikes. Laugh and joke with them. Give them chances to make decisions, such as which shirt they want to wear to school, to help them understand the importance of making their own decisions.

Parents and caregivers should keep in mind children need time to learn, so adults must provide patient reminders and explanations repeatedly over a period of time. Adults must consistently model good and healthy behavior for the children. In the end, children cannot be expected to behave like adults because they are still kids.

When children learn they can learn age-appropriate social-emotional skills that help them make friends, work well with others, and succeed in school.

Halloween is the first holiday to celebrate there are some simple safety tips to keep it a safe event.

When Preparing for Trick or Treating Always:

• Make sure the area to the front of the home is clear and free from toys, etc.
• Turn on the light to invite children to your home.
• Make sure pets are under control as you greet the visitors.
• Give safe treats. Be creative and give children items other than candy.

When Choosing Costumes:

• Choose light colored clothing.
• Decorate or trim costumes with reflective tape.
• Make sure costumes are not too large for children.
• If wearing a mask, make sure it is a safe mask.
• Make sure the face can be seen.
• Take a flashlight.
• Take a phone with you.
• Stay on sidewalks and streets.
• Always say thank you for the treat.

Holiday Safety Tips

Halloween Safety Tips

Halloween is a time to have fun, but safety should also be important. Here are some tips to keep your family safe during this holiday:

• Make sure the area to the front of the home is clear and free from toys, etc.
• Turn on the light to invite children to your home.
• Make sure pets are under control as you greet the visitors.
• Give safe treats. Be creative and give children items other than candy.
• Make sure the face can be seen.
• Take a flashlight.
• Take a phone with you.
• Stay on sidewalks and streets.
• Always say thank you for the treat.

Holiday Gifts Needed for LPS Headstart

A good community service project for the holidays is helping the less fortunate by providing gifts for the Lincoln Public Schools Headstart Program. This program is in need of over 500 gifts for children birth to 5-years old. Literacy is being emphasized again this year, so books and items to encourage reading are suggested (such as puppets, puzzles, small toys, etc.) when relating to story books. The goal is to give each child a book. Gifts should be unwrapped and recommended cost is up to $5. Bring gifts to the mission office by Dec. 1. For more information, contact Lorene Bartos at (402) 441-7180.
Low Maintenance Trees

Mary Jane Frogge
UNL Extension Associate

Many of us have been forced to remove damaged trees due to summer storms or flooding issues. The next task is to select a tree to replace the one you lost. When replacing those unsalvageable trees, you may want to consider a low maintenance tree. These are trees that need minimal pruning, have minor insect or disease problems, have a slower growth rate and add value to your landscape. Consider selecting one of the trees on this list. After these trees become established, they will beautify your landscape for years to come.

<table>
<thead>
<tr>
<th>Name</th>
<th>Mature Height</th>
<th>Crown Spread</th>
<th>Growth Rate</th>
<th>Mature Form</th>
<th>Fall Color</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amur Cork Tree</td>
<td>20-30 ft.</td>
<td>15-25 ft.</td>
<td>medium</td>
<td>round</td>
<td>yellow brown</td>
</tr>
<tr>
<td>Amur Maackia</td>
<td>20-30 ft.</td>
<td>20-30 ft.</td>
<td>slow</td>
<td>round</td>
<td>green</td>
</tr>
<tr>
<td>Gingko</td>
<td>40-60 ft.</td>
<td>30-40 ft.</td>
<td>slow</td>
<td>oval</td>
<td>yellow</td>
</tr>
<tr>
<td>Goldenrain Tree</td>
<td>20-25 ft.</td>
<td>25-30 ft.</td>
<td>slow</td>
<td>round</td>
<td>brown</td>
</tr>
<tr>
<td>Hackberry</td>
<td>30-70 ft.</td>
<td>30-40 ft.</td>
<td>slow</td>
<td>vase</td>
<td>yellow</td>
</tr>
<tr>
<td>Hophornbeam, American</td>
<td>25-40 ft.</td>
<td>25-30 ft.</td>
<td>slow</td>
<td>oval</td>
<td>yellow</td>
</tr>
<tr>
<td>Hornbeam, European</td>
<td>40-60 ft.</td>
<td>30-40 ft.</td>
<td>medium-slow</td>
<td>oval</td>
<td>yellow</td>
</tr>
<tr>
<td>Japanese Tree Lilac</td>
<td>20-25 ft.</td>
<td>15-25 ft.</td>
<td>medium</td>
<td>vase</td>
<td>green</td>
</tr>
<tr>
<td>Magnolia, Saucer</td>
<td>20-30 ft.</td>
<td>20-30 ft.</td>
<td>medium</td>
<td>round</td>
<td>yellow brown</td>
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<tr>
<td>Magnolia, Star</td>
<td>15-20 ft.</td>
<td>10-15 ft.</td>
<td>slow</td>
<td>oval round</td>
<td>yellow to bronze</td>
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<tr>
<td>Maple, Amur</td>
<td>15-20 ft.</td>
<td>10-15 ft.</td>
<td>medium</td>
<td>round</td>
<td>scarlet</td>
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<tr>
<td>Maple, Black</td>
<td>30-70 ft.</td>
<td>40-50 ft.</td>
<td>slow</td>
<td>round</td>
<td>yellow</td>
</tr>
<tr>
<td>Maple, Norway</td>
<td>40-50 ft.</td>
<td>30-40 ft.</td>
<td>medium</td>
<td>oval round</td>
<td>yellow to orange</td>
</tr>
<tr>
<td>Maple, Sugar</td>
<td>50-70 ft.</td>
<td>40-60 ft.</td>
<td>slow</td>
<td>oval round</td>
<td>yellow to red</td>
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<tr>
<td>Maple, Tatarian</td>
<td>15-20 ft.</td>
<td>15-20 ft.</td>
<td>medium</td>
<td>slow round</td>
<td>yellow red</td>
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<tr>
<td>Oak, Bur</td>
<td>50-70 ft.</td>
<td>50-70 ft.</td>
<td>slow</td>
<td>oval</td>
<td>yellow brown</td>
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<tr>
<td>Oak, Shingle</td>
<td>50-60 ft.</td>
<td>50-60 ft.</td>
<td>medium-slow</td>
<td>oval round</td>
<td>yellow to red</td>
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<tr>
<td>Oak, Swamp White</td>
<td>40-60 ft.</td>
<td>40-60 ft.</td>
<td>medium</td>
<td>oval brown</td>
<td>yellow</td>
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<tr>
<td>Oak, White</td>
<td>50-70 ft.</td>
<td>30-50 ft.</td>
<td>slow</td>
<td>round</td>
<td>purplish</td>
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<tr>
<td>Smoketree, Common</td>
<td>10-15 ft.</td>
<td>10-15 ft.</td>
<td>medium</td>
<td>round</td>
<td>red-purple</td>
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<tr>
<td>Witchhazel, Common</td>
<td>15-30 ft.</td>
<td>20-25 ft.</td>
<td>medium</td>
<td>oval</td>
<td>yellow</td>
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</tbody>
</table>

EVERGREEN

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<tr>
<th>Name</th>
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</thead>
<tbody>
<tr>
<td>Douglas-fir</td>
<td>40-80 ft.</td>
<td>12-20 ft.</td>
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<td>pyramid</td>
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</tr>
<tr>
<td>Spruce, Black Hills</td>
<td>20-40 ft.</td>
<td>15-20 ft.</td>
<td>medium-slow</td>
<td>pyramid</td>
<td>—</td>
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<tr>
<td>Spruce, White</td>
<td>40-60 ft.</td>
<td>10-20 ft.</td>
<td>medium</td>
<td>pyramid</td>
<td>—</td>
</tr>
</tbody>
</table>

Garden Guide
THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

Plant spring flowering bulbs such as tulip, daffodil, and crocus.

Cut down stems and foliage of herbaceous perennials after two or three hard frosts and when leaves begin to brown. Fall is the time to control broadleaf weeds in the lawn, such as white clover, dandelion, and ground ivy.

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

After several hard frosts add mulch to your perennial flower garden. A one inch layer of straw or chopped leaves will help conserve soil moisture and protect the root system. When deciding on new trees or shrubs to plant around your home, remember to select varieties that will fit the location when they are at their mature height. This will greatly reduce pruning and other maintenance in the future.

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.

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

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. Use dried herbs to make fragrant wreaths and dried flower arrangements.

Clean up the orchard and small fruit plantings. Sanitation is essential for good maintenance. Dried fruits or mummies carry disease organisms through the winter to attack next years crop.

Nut trees are a fine addition to the home landscape. They may accent the house, provide shade in the summer and even become a food source. Christmas carolers need special care now to get its beautiful flowers this December. Buds will form at 50–60°F, or if the plant is exposed to at least 13 hours of complete darkness each night.

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.

Fall is the time to control broadleaf weeds in the lawn, such as white clover, dandelion, and ground ivy. Fall is exposed to at least 13 hours of complete darkness each night.
Mouse Trapping 101

Barb Ogg
UNL Extension Educator

The house mouse (Mus musculus) is a common pest outdoors and indoors in homes and farms. In the fall, mice come indoors seeking warmth because, unlike other animals, they do not have the ability to hibernate.

The presence of droppings inside your home is an early sign that the mice are active and will probably be the first sign of a new mouse infestation. Occasionally, you may see a mouse running across the floor. This could be an early invader, one that hasn’t found a good place to hide.

What Types of Traps?

Snap traps are the simplest, cheapest (i.e., reusable), and very effective when properly set and worked. Because they are set to catch the mouse, they are not recommended for use around pets or children.

Glue traps are easy to handle and monitor, but they are more expensive than snap traps and can be ineffective. Some animal welfare groups consider glue traps to be an inhumane method of rodent control. If the mouse is not captured cleanly, the mouse may crawl away with the trap. There are two types of glue traps sold for mouse control.

1. Location, location, location. Good trap placement is the key to catching mice.

2. Install lots of traps. Mice usually travel along vertical structures by using them to “feel” their way. If you place traps in the center of the room or a drawer, you will hardly ever catch a mouse but may save the trap against the wall so the mouse will encounter it.

3. How to place the trap.

   a. Near all appliances that produce heat. Examples are: refrigerator, freezer, dishwasher, water heater, and stove.

   b. In high activity areas, where droppings have been found.

   c. Near all appliances that produce heat. Examples are: refrigerator, freezer, dishwasher, water heater, and stove.

   d. Glue traps work best in areas where mice are active. Place them near all appliances that produce heat. Examples are: refrigerator, freezer, dishwasher, water heater, and stove.

   e. Glue traps are useless in areas where mice pop up. The second is the glue “tray” with the rim of the tray filled with glue. According to experts (i.e., reusables that have been checked frequently, and emptied, and reset. Multiple catch traps are often used in garages and outbuildings.

   f. For quickest trapping, here are some suggestions:

   1. As you get ready to start feeding, explore your feeder area. You can either make or purchase bird feeders. Here are some common feeder styles:

   a. Tray (platform) feeders: I love platform feeders because the birds are easy to enjoy from every angle. These feeders are very simple, open feeders used by ground-feeding birds like doves, juncos, sparrows, cardinals, and others. Your platform feeder should have an edge on it so birds can’t kick or throw seed to the ground. The feeder should also have drain holes or a screen bottom to help with drainage. It is best to use smaller amounts of seed in these feeders since it is exposed to the weather. Platform feeders with an added roof encourage more birds to use the seed dry. You can mount your platform feeder on a post, hang from a tree, or even use it as a feeder in a hollow log.

   b. Hopper feeders: We use these in our office to attract birds in their area. The hopper can also be used by the birds at night. The food is kept drier and needs less filling. Hopper feeders are used by a whole variety of birds. You can find hopper feeders in your area like cardinals, blue jays, juncos, house finch, gold finch, and many more. There are commercial hopper available feeders that have seed bins automatically if a squirrel or heavier bird, like a starling, tries to use the feeder.

   c. Tube feeders: We’ve all seen these in the stores. Tube feeders are great to use if you are having a problem with nuisance birds. Nicer thistle seed is very attractive to finches and other small birds, but you’ll need to use a special Tube Feeder. Small “sock feeders” filled with things like sunflower heart or sunflower, you can just purchase. You can just buy the net “sock” and hang it from a tree or pole in your yard.

   d. Suet Cakes: We saw out feed cakes in a large plastic bag in the freezer until we were ready to use them. When we make the suet cakes, we just pressed the suet cakes into the logs to refill them for the birds. Make sure you hang your suet out of reach of your pets.

   e. Frits: We stored our suet cakes in a large plastic bag in the freezer until we were ready to use them. When we make the suet cakes, we just pressed the suet cakes into the logs to refill them for the birds. Make sure you hang your suet out of reach of your pets.

   f. You can use peanut butter, cornmeal, and other ingredients to make a suet log for your backyard birds. These will work on those elusive female who is building a nest. Contrary to popular opinion, chickadees and nuthatches (or any other small birds) don’t need to have a suet cake or a suet log nearby. Mice will hoard it and save it for later when they hibernate.

   g. If you are thinking about feeding birds, Nebraska is a great place to start! Nearly 400 bird species can be found in our state, and of those, 200 nest in Nebraska. Twenty or more species commonly visit backyard feeders in our area. It’s important to do some research before you run out to buy a bird feeder and bird food. What types of birds do you want to attract? What types of seed do they like? Where’s the best place to put your feeders? Do you have a spot where you can use one?

   h. By learning about the types of birds in our area and what they like to eat, you will have a better chance of attracting them to your feeders. To learn more about the birds in Nebraska, check out the Nebraska Extension NebGuide “Backyard Wildlife: Feeding Birds” (http://lancaster.unl.edu).
4-H Leader Training, Oct. 20

All 4-H leaders and 4-H volunteers helping with clubs are encouraged to attend the Fall 4-H Leader Training on Oct. 20. Attend either the 9:30 a.m. or the 6:30 p.m. update at the Lancaster Extension Education Center. Meetings will focus on static exhibits, leadership opportunities for your 4-H members, and more. Also, get tips and ideas for your club through sharing with other 4-H volunteers, RSVP by calling (402) 441-7180 by Oct. 18.

Lancaster County 4-H Seeks New Council Members

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 1st Tuesday of each month at 7 p.m. at the Lancaster Extension Education Center. Individuals interested in serving on the 4-H Council should contact Tracy at (402) 441-7180 for more information and an application. Terms are three years for adults and two years for youth.

Jodi Cooper

Jodi Cooper is proud to announce Jodi Cooper as winner of September’s “Heart of 4-H Award” in recognition of outstanding volunteer service. Jodi has volunteered with Lancaster County 4-H for three years as leader of Jolly Ranchers, a livestock club. The club has helped host shows, fairs, zoos, food drives, and had a float in local parades. Jodi has also helped host open class livestock shows at the Lancaster County Fair. Jodi previously volunteered with 4-H in Indiana for 10 years.

“I like being a 4-H volunteer because it allows me to be involved with something that our families can all do together,” Jodi says. “No matter what we are involved in, 4-H, it is always fun in the end. My favorite experience as a 4-H volunteer is seeing the improvement and desire in the kids. As they grow and learn, one on one with more responsibility, I have a huge sense of accomplishment and pride knowing they worked hard.”

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

Earlier this year, Kay Coffey, Administrative Aide II at UNL Extension in Lancaster County, was recognized for 10 years of service to Lancaster County.

2011–2012 Speakers

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<td>CHRISTIAN BINEK</td>
<td>Physics Between High School and High Tech Magnetic Thin Films: From Basic Research to Spintronics Magnetic Refrigeration</td>
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<td>DONALD C. COSTELLO</td>
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<td>KENNETH DEWEY</td>
<td>Severe Storms '01 VORTEX2: The Largest Ever Storm Chase and Tornado Research Effort North to Alaska and Across the Canadian Arctic: A Photographic Journey</td>
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<td>ROBERT F. DIFFENDAL, JR.</td>
<td>Pre-Columbian Civilizations of the American Southwest Some Geological Features of New Mexico in the Art of Georgia O'Keeffe More than a Dusting from Time to Time: The Impact of Volcanic Ash Falls on Nebraska in the Past and Possibilities for the Future</td>
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<td>STEPHEN DUCHARME</td>
<td>Nanoscale Science and Technology Can a Photon Wave?</td>
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<td>MICHAEL HOFF</td>
<td>Pirates and Romans Along the Cilician Coast of Ancient Turkey Athens Under Roman Domination Ancient Roman Religion and Nebraska Football</td>
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<td>ROGER M. HOY</td>
<td>The Nebraska Tractor Testing Lab: Past, Present, and Future</td>
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<td>GARY KEBBEL</td>
<td>How to Use Social Networking like Twitter, Facebook, or Fourquares as Reporting Tools The Changing News Ecosystem Reaching Youth: If it’s Not on a Cell Phone, It Doesn’t Exist</td>
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<td>MEG LAUERMAN</td>
<td>Research, Recruitment, and the Big Ten Conference: An Overview of What’s New at the University of Nebraska-Lincoln</td>
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<td>PETER LEVITOV</td>
<td>International Students in the United States</td>
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<td>For Good or For Ill: The Return of Nation Building U.S. Power in the Networked Era Partners in Peace: Nongovernmental Organizations in Peace Building</td>
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<td>TAPAN PATHAK</td>
<td>Current and Future Global Climate Change: What it Means for Nebraska?</td>
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<td>A New Age of Colonialism? Land and Resource Deals in Low-Income Countries The 2012 Farm Bill: Prospects for Reform The Implications of Increased Regional and Bilateral Trade Agreements for World Trade</td>
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<tr>
<td>PAUL E. READ</td>
<td>Grape Expectations: Nebraska’s Developing Grape and Wine Industry Gardens of the World</td>
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<tr>
<td>JOHN W. RICHMOND</td>
<td>Does Music Make You Smarter? It Depends on What You Mean!</td>
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Experience the Power of Red
An open house for high school students and their families
Sponsored by the College of Agricultural Sciences and Natural Resources
Saturday, Nov. 12
9 a.m.–2 p.m. • Nebraska East Union
• Learn more about how we prepare students for careers in everything from animals to plants, soil to climate, gait to business, mechanization to leadership, food to forensic science
• Meet current students, faculty and staff
• Experience East Campus
• Register for a scholarship and other cool prizes
To register or more information, (800) 742-8800, ext. 2541 or go to http://casnr.unl.edu/openhouse
Registration deadline: Nov. 4

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

SOME ITEMS YOU CAN BRING FOR DISPOSAL: Thermometers, thermostats containing mercury, solvents, oil-based paint, paint thinner, stripper and stain, old gasoline, transmission fluid, pesticides, (even banned products like DDT), items containing PCBS (ballasts from fluorescent fixtures and capacitors from old appliances). You can dispose of compact fluorescent light bulbs at these waste collections.

DO NOT bring latex paint, electronics, TVs, propane cylinders, tires, used oil, batteries, anthrax, or ammunition.

For more information, call the Lincoln-Lancaster County Health Department at 402-441-8021.

Saturday, Sept. 24 • 9 a.m.–1 p.m. Lincoln Industries, 600 West E Street
Saturday Oct. 15 • 9 a.m.–1 p.m. Woods Park (31 and J Streets)
Friday, Nov. 18 • 9 a.m.–1 p.m. Appointment Only. Call (402) 441-8084

Usable Latex Paint Exchanges
Two usable latex paint exchanges will be held at the EcoStores Nebraska at 530 West P Street. Call (402) 447-3606 for details.

Saturday, Sept. 24 • 9 a.m.–2 p.m.
Saturday, Nov. 12 • 9 a.m.–2 p.m.

The Nebline
The Nebline is published monthly (except December). Mailed to more than 12,000 households in Lancaster County and can be read online at http://lancaster.unl.edu/nebline. The Nebline Library’s “Take Back” Book and Brochure Service records the Nebline for individuals with a visual or physical condition or a reading disability who limits use of regular print. For more information, go to www.nlc.nebraska.gov/tbbs or call (402) 441-4038 or (800) 742-7691.

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

Extension is a Division of the Institute of Agriculture and Natural Resources of the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture. The University of Nebraska-Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture. 

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Join us on YouTube, Twitter, and Facebook http://lancaster.unl.edu/media

Lancaster Extension Education Center Conference Facilities
444 Cherry Creek Road, Lincoln
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 Leadership Organization

The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7–12. Meetings are held the second Sunday of each month at 3 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.
- 4-H Teen Council members: plan, set up, and facilitate the annual 4th & 5th grade Lock-In • participate in several community service activities • plan, set up, and facilitate the annual 4th & 5th grade Lock-In • are involved in other leadership activities

Future Veterinarians of Nebraska

Do you love animals — everything from hamsters to horses? How about fish, lizards and birds? Interested in becoming a veterinarian? Then this 4-H club is for you!
What you will learn:
- life science and physical science • animals from the inside out • the jobs of a veterinarian

Activities include speakers, fieldtrips, research papers, art, community service, and fund-raising for animals.
Open to all youth ages 8–18. Weekly meetings are Thursdays, 6–7:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Rd, Lincoln.
For more information, contact Stephanie Wachter at (402) 466-2442.

University of Nebraska–Lincoln 4-H Youth Development program is open to all youth ages 5–18
Learn about 4-H!

4-H Kick Off

Tuesday, Oct. 4
6 p.m.
Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln

Come Find Out How to Join 4-H!
- Help form a new 4-H club
- Be an independent member
- Join an existing 4-H club (limited availability)
- Participate in 4-H activities such as camps

4-H’ers will share completed projects!

4-H is a community of young people across America who are learning leadership, citizenship and life skills.

(402) 441-7180 • lancaster.unl.edu/4h