Avoid Guessing About

Holiday Food Safety

Compiled by Alice Henneman, MS, RD UNL Extension Educator

During the coming holidays, thoughts turn to family, food, and finding enough time to fit everything in! Food safety may take a back seat as we take short cuts, prepare foods ahead, cook late into the night, and host numerous holiday feasts.

Before you cook the turkey, set up the buffet, or start making holiday goodies, see how you do on this holiday food safety quiz, based on information from the USDA and the Food and Drug Administration.

Approximately, how long should you allow for thawing a frozen turkey in the refrigerator?

a. 24 hours per each 1–2 pounds of turkey
b. 24 hours per each 4–5 pounds of turkey
c. 24 hours per each 6–7 pounds of turkey

Answer: b. Place the frozen bird in its original wrapper in the refrigerator (40°F or below). Allow approximately 24 hours per each 4–5 pounds of turkey. A thawed turkey can remain in the refrigerator for 1–2 days.

THAWING TIME IN THE REFRIGERATOR

<table>
<thead>
<tr>
<th>Size of Turkey</th>
<th>Number of Days</th>
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<tbody>
<tr>
<td>4–12 pounds</td>
<td>1–3 days</td>
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<tr>
<td>12–16 pounds</td>
<td>3–4 days</td>
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<td>16–20 pounds</td>
<td>4–5 days</td>
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<tr>
<td>20–24 pounds</td>
<td>5–6 days</td>
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COOKING TIME — UNSTUFFED

<table>
<thead>
<tr>
<th>Size of Turkey</th>
<th>Estimated Time to Reach 165°F</th>
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<tbody>
<tr>
<td>8–12 pounds</td>
<td>2½–3 hours</td>
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<tr>
<td>12–14 pounds</td>
<td>3–3½ hours</td>
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<td>14–18 pounds</td>
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<td>18–20 pounds</td>
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<td>20–24 pounds</td>
<td>4½–5½ hours</td>
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COOKING TIME — STUFFED

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</tbody>
</table>

What is a safe internal temperature for cooking a whole turkey?

a. 145°F
b. 155°F
c. 165°F

d. None of the above

e. All of the above

Answer: c. Use a food thermometer to check the internal temperature of the turkey. A whole turkey is safe cooked to a minimum internal temperature of 165°F throughout the bird. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. If you have stuffed your turkey, the center of the stuffing must also reach 165°F.

The stuffing should reach 165°F, whether cooked inside the bird or in a separate dish.

Let turkey stand 20 minutes after removing it from the oven. Remove any stuffing and carve the turkey.

Which of the following are important practices to follow if stuffing a turkey?

a. Do not mix wet and dry ingredients for a stuffing until just before stuffing the bird
b. Stuff the turkey loosely
c. Cook a stuffed turkey immediately
d. Use a food thermometer
e. b, c, and d
f. All of the above

Answer: c. Cooking a home-stuffed turkey is riskier than cooking one not stuffed. Even if the turkey itself has reached the safe minimum internal temperature of 165°F as measured in the innermost part of the thigh, the wing and the thickest part of the breast, the stuffing may not have reached a temperature high enough to destroy bacteria that may be present.

Stuff it safely with these suggestions from USDA:

1. Prepare Stuffing Safely — If you plan to prepare stuffing using raw meat, poultry, or shellfish, you should cook these ingredients before stuffing the turkey to reduce the risk of foodborne illness from bacteria that may be found in raw ingredients. The wet ingredients for stuffing can be prepared ahead of time and refrigerated. However, do not mix wet and dry ingredients until just before spooning the stuffing mixture into the turkey cavity.

2. Stuff Loosely — Do not cool the stuffing. Spoon it directly into the turkey cavity right after preparation. Stuff the turkey loosely — about 1/3 cup of stuffing per pound. The stuffing should be moist, not dry, because heat destroys bacteria more rapidly in a moist environment. Do not stuff turkeys to be grilled, smoked, fried, or microwaved.

3. Cook Immediately — Immediately place the stuffed, raw turkey in an oven set no lower than 325°F.

4. Use a Food Thermometer — For safety and doneness, check the internal temperature of the turkey and stuffing with a food thermometer. If the temperature of the turkey and the center of the stuffing have not reached a safe minimum internal temperature of 165°F, further cooking see FOOD SAFETY on next page.

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4-H HORSE AWARDS NIGHT

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To go to our home page on your smart phone, scan this code with a QR reader app.
**Food & Fitness**

**Partnership for Food Safety Education.**

buying a carton of pre-prepared eggnog, try this recipe from the

http://lancaster.unl.edu

The

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

**Holiday Egg nog**

(Yield: 2 quarts)

1 quart of 2% milk
6 eggs
1/4 teaspoon salt
1/2 cup sugar
1 teaspoon vanilla
1 cup whipping cream, whipped
ground nutmeg

Note: And no, a dash of rum won’t make it safe. Adding alcohol cannot be relied upon to kill bacteria.

Heat milk in a large saucepan until hot (do not boil or scald). While milk is heating, beat together eggs and salt in a large bowl, gradually adding the sugar. Gradually add the hot milk mixture to the egg mixture while continually stirring. Transfer the mixture back to the large saucepan and cook on medium-low heat. Stir constantly with a whisk until the mixture thickens and just coats a spoon. The food thermometer should read 160°F. Stir in vanilla. Cool quickly by setting pan in a bowl of ice or cold water and stirring for about 10 minutes. Cover and refrigerate until thoroughly chilled, several hours or overnight. Pour into a bowl or pitcher. Fold in whipped cream. Then dust with ground nutmeg and enjoy!

Calories: 133 per 1/2 cup. Cholesterol: 120 mg. per 1/2 cup

**Holiday Food Safety from preceding page will be required. Do not remove the stuffing from the turkey before it reaches 165°F because the undercooked stuffing could contaminate the cooked meat. Continue to cook the turkey until the stuffing is safe and the stuffing and carving.

5. Let It Rest — Let the cooked turkey stand 20 minutes before removing the stuffing and carving.

6. Refrigerate Promptly — Remove the cooked turkey and stuffing within 2 hours after cooking. Place leftovers in shallow containers and use within 3–4 days. Reheat leftovers to a safe minimum internal temperature of 165°F.

What is the longest that perishable food should sit out at room temperature on a buffet table?

a. 2 hours
b. 3 hours
c. 4 hours

Answer: a. Foods should not sit at room temperature for more than two hours. Keep track of how long foods have been sitting on the buffet table and discard anything there two hours or more.

Divide cooked foods into shallow containers with the refrigerator or freezer until serving. This encourages rapid, even cooling. Reheat hot foods to 165°F. Arrange and serve food on several small platters rather than on one large platter. Keep the rest of the food hot in the oven (set at 200–250°F) or cold in the refrigerator until serving time. This way food will be held at a safe temperature for a longer period of time.

REPLACE empty platters rather than adding fresh food to a dish that already had food in it. Many people’s hands may have been taking food from the dish, which has been sitting out at room temperature.

Hold hot foods at 140°F or warmer. On the buffet table you can keep hot foods hot with chafing dishes, slow cookers, and warming trays. Cold foods should be held at 40°F or colder. Keep cold foods by nesting dishes in bowls of ice. Otherwise, use small serving trays and replace them.

Will adding alcohol to eggnog made with raw eggs kill any bacteria present?

a. Yes! Cheers! b. Don’t count on it!

Answer. b. Some people think adding rum, whiskey, or other alcohol to the recipe will make the eggnog safe," says Nancy Bufano, Food Technologist, Center for Food Safety and Applied Nutrition, FDA. “But, if contaminated unpasteurized eggs are used in eggnog, you can’t count on the alcohol in the drink to kill all of the bacteria — that’s not likely to happen.”

Bufano adds, “At the FDA, we advise consumers to start with a cooked egg base for eggnog. This is especially important if you are serving people at high risk for foodborne infections: young children and pregnant women (non-alcoholic eggnog), older adults, and those with weakened immune systems.” (Source: http://www.foodsafety.gov/blog/blog_12.html) See recipe at left for a cooked egg based eggnog recipe.

**FOR MORE INFORMATION**

For more holiday food safety tips, go to http://go.unl.edu/holidayfood.

References:

- Let’s Talk Turkey
- Thanksgiving in the Heartland
- Holiday Food Safety
- Let’s Talk Turkey
- Holiday Food Safety
- Serving Soup Safely
- Food Protection and Food Safety
- 24 HOURS to cool to a safe temperature. To speed cooling, transfer soup to shallow containers, making sure soup is no more than two inches deep. Refrigerate promptly: You may place loosely covered foods in the refrigerator while still warm. Cover when cool. When reheating soup, reheat it until its hot throughout, at least 165°F.
President’s View — Irene’s Items

Irene Colborn
FCE Council Chair

Well, this year’s state convention is over and we all owe many thanks to Lorene Bartos, our Extension Educator, who did a great job with the facilities and leadership. To Pam Branson, who did much of the behind the scenes paperwork and was very helpful at every turn. To Joy Kruse, who stepped up and said she would be chair. And it all came together better than I could have imagined. We had many good comments on the evaluations sheets. November brings Thanksgiving. This year, as always, I have much to be thankful for. I read a book about the orphan train children and found a passage in there I want to share. “We give thanks for His gifts of home, family, friends, and bountiful harvest, for the beautiful area in which we live, for minds to think, hearts to love, hands to serve, strength to work, leisure to rest and enjoy. For faithfulness in illness and adversity as well as in prosperity and health.” That pretty much says it all.

FCE News & Events
Statewide FCE Convention Hosted by Lancaster County FCE Council a Success

Lorene Bartos
UNL Extension Educator

“A Galaxy of Stars” shone as 77 FCE members from across the state met for its 75th Annual Leadership Conference. The Lancaster County FCE Council and members hosted the event Sept. 22–24. The conference began with a luncheon at the Governor’s Mansion and then a tour of the State Capitol or the UNL Quilt Museum, Tractor Museum, and Dairy Store.

Thursday evening members were welcomed to a tailgate party at the Lancaster Extension Education Center. Conference Chairman Joy Kruse welcomed everyone to Lancaster County. Jeff Maud, of the Lincoln Convention and Visitors Bureau welcomed the group to Lincoln. Diane Mendenhall, Executive Director of the Nebraska Alumni Association, gave the keynote address, “Believing in Star Power.”

Marge Dudley, State FCE President introduced the State Board.

The business meeting was held Friday morning. Officers for the new year were elected: President, Cathy Mckown; Vice President, Verda Umland; Secretary, Dawn Smatny; and Treasurer, Patricia Fear.

The Awards luncheon recognized six FCE members for 50 years of service: Beth Birnstihl, UNL Extension FCE liaison, spoke about YOUTH are Our Future STARS. Sue and Arlen Brown, co-owners of Calico Cottage in Hastings gave a fun presentation, “When My Husband Takes Over My Sewing Room.” They showed many of their quilts they have both made.

Participants took part in a workshop of their choice including: ‘Jelly Rolls, Cakes and Donuts - No Recipes Needed’ by Sue Brown; ‘Candy Bar Bouquets’ by Sara Jane Schroeder; and ‘No Sew Fleece Scarf’ by Jan Rullifson and Marian Storm, Lancaster County FCE members.

The evening banquet was decorated with stars and recognized the State Board Alumni and First-Time attendees. The Heart of FCE awards were presented. Tracy Foreman, Aging Partners Health and Wellness, encouraged everyone to “laugh with her presentation ‘Laughing Matter.’”

The memorial service Saturday morning remembered the deceased members from the past year. Marge Dudley and Patricia Fear presented a lovely memorial service. A 75th anniversary skit was presented by the State Board.

Fayrene Hamouz, Associate Professor Hospitality, Restaurant and Tourism Management, presented “Layers, Construction, and Destruction.” Everyone enjoyed sampling the appetizers that were constructed.

The Conference concluded with lunch on Saturday. Dylan & Company, three students entertained with a variety of songs remembered by many of the members. Marcela Lopez, National Make It with Wool Winner attending UNL shared “What 4-H Has Done for Me.” Installation of officer concluded the conference.

North Platte members invite everyone to Ride the Rails and come to North Platte in 2012.

Holidays with Extended Family

Holiday time is often a fun time in the home. Getting ready for the holidays and keeping everything in order can be a challenge. Try these simple tips to keep organized during the holidays and anytime of the year.

• Use a paper towel holder to store ribbon on. It is handy to get to and you will have a variety of ribbon at your finger tips. Tape the ends of the ribbon when you are done and it will be ready for the next time.

• Use hangers to hang gift bags/skirts/pants/hangers work well for holding tissue and wrapping paper. It stays straight and unwrinkled.

• Use empty tissue boxes for storing plastic bags. Put them in the box and store in a place where you can pull out easily.

• Candle votive cups have a variety of uses. They will store little items such as paper clips, cotton swabs, and even work well as toothpick holder.

Be creative and organized during the year and especially during the holiday season.

See more photos online at http://lancaster.unl.edu/home/fce
Managing Large Grain Bins

Tom Dorn
UNL Extension Educator

Many farmers are building much larger grain bins than was commonly done 30 years ago. A typical on-farm grain bin traditionally was 27–36 feet in diameter and would hold 18–22 feet of grain depth. Now it is common on many farms to build 42–48 foot diameter bins that can hold 28–32 feet of grain depth. These large bins work well for storing dry grain when equipped with aeration fans capable of pushing 0.3 cubic feet of air per minute per bushel (cfm/bu) of grain in the bin (0.3 cfm/bu) to push natural (unheated) air through the grain to regulate grain temperature. When the static pressure is less than three inches of water, axial flow fans will produce more airflow than a centrifugal fan with the same horsepower. The calculated static pressure for this scenario is 2.4 inches of water so an axial flow fan is a better choice in this case.

Many fan manufacturers produce a 10 horsepower axial-flow fan capable of producing 0.3 cfm/bu in a 48-foot diameter bin with 30 feet of corn depth.

Using a 48-foot diameter bin for drying corn is a much different situation. The minimum airflow recommended for drying corn in Nebraska is 1.0 cfm/bu. A 48-foot diameter bin with 30 feet of grain depth would require three 40–hp centrifugal fans on separate transition ducts to produce 1.0 cfm/bu airflow.

Static pressure is affected by two parameters, the grain depth and airflow (cfm/bu). At a given grain depth and airflow, the diameter of the bin does not affect the static pressure. There are some management changes you could make to reduce the initial cost of the grain bin and associated equipment. These changes will also reduce operating costs for years to come.

Reducing grain depth can reduce horsepower requirements significantly. If the grain depth loaded into the bin were reduced to 25 feet, two 40 hp centrifugal fans would produce 1.0 cfm/bu in this bin.

If the grain depth were reduced to 18 feet, one 40 hp centrifugal fan would produce 1.0 cfm/bu in this 48-foot diameter bin.

Note: Since the airflow remains the same for all three scenarios, the time it takes to dry would be the same in all three scenarios.

Note: Two fans are able to dry 83 percent as much grain per batch as three fans, and one fan is able to dry 60 percent as much grain per batch as three fans.

If, when purchasing a new bin, a farmer is willing to dry smaller batches of grain at a time, one third or even two thirds of the expense for fans, transition ducts, control boxes, and wiring can be saved, and operating costs will be affected as well.

For each fan eliminated, the electricity consumption for fan operation drops 33 percent. Reducing grain depth from 30 feet to 25 feet not only eliminates a fan and associated equipment, it reduces electricity consumption 33 percent as well. Likewise, reducing grain depth to from 30 feet to 18 feet reduces electricity consumption by 67 percent.

Don’t Forget to Winterize Your Underground Sprinkler System

Tom Dorn
UNL Extension Educator

Many rural homeowners have invested in underground lawn sprinkler systems. Spending an hour or so to winterize your system in the fall can save many hours of work and considerable expense next spring.

The most important action you can take in the fall is to drain the system so you don’t get ice damage to the pipes and valves. Begin by locating the water shut-off valve for the sprinkler system in your basement and turn off the water at that point. Next, set the irrigation timer so the first set is on. This will relieve water pressure in the plumbing for the system. To get water to drain out of a pipe, you must allow air into the pipe, as anyone who has held their thumb on the end of a soda straw can attest.

You can let air into the sprinkler system by opening the small valves (petcocks) on the vacuum relief valve assembly on the side of the house. Cycle through each irrigation set, allowing several minutes for all the water to drain through the lowest petcock(s) in the set. If you don’t have access to an air compressor, turn off the irrigation controller and close the petcocks to prevent dirt or insects from getting into the plumbing.

For most installations, the procedure above is sufficient to eliminate damage from freezing. To be extra safe, one can attach an air compressor or portable air supply tank to the plumbing at the lower petcock valve on the vacuum breaker assembly. With about 65 PSI in the air tank, turn on the first irrigation set and open the air supply valve. You will see water trapped in low spots in the system blowing out of the sprinklers. With a new charge of air in the tank, start the next irrigation set on the controller and open the air supply valve. Repeat for each irrigation set. After blowing the water out of all irrigation sets, disconnect the air supply and close the petcock. Turn off or unplug the irrigation controller.

To let air into lawn sprinkler systems, open the small valves (petcocks) on the vacuum relief valve assembly (shown at left), or be extra safe, attach an air compressor to the lower petcock valve (shown at right).

Increases in Land Values and Cash Rents

Analyzed for East and Southeast Nebraska for the Period 2006–2011

Comparing the statewide average land prices for the 2006 to 2011 period, dryland cropland with no irrigation potential increased an average of 70% in the last five years. Dryland cropland with potential for irrigation development had the highest percentage increase of all classifications of cropland, averaging 105% increase over 2006 prices. Center pivot irrigated land had the second highest percentage gain with 102% increase over 2006 prices. Cash rents increased from 46% to 91% over 2006 prices.

The table below shows the average land values and average cash rental prices for the East and Southeast NASS reporting districts as reported in the land price and cash rent surveys published in mid-March in the Cornhusker Economics Newsletter each year.

**EAST DISTRICT**:

- **Dryland (No Irrigation Potential)**
  - 2006: $2275
  - 2011: $102
  - % Change: 76%

- **Dryland (Irrigation Potential)**
  - 2006: $2642
  - 2011: $102
  - % Change: 78%

- **Gravity Irrigated**
  - 2006: $2953
  - 2011: $144
  - % Change: 80%

- **Center Pivot**
  - 2006: $3253
  - 2011: $157
  - % Change: 74%

**SOUTHEAST DISTRICT**:

- **Dryland (No Irrigation Potential)**
  - 2006: $1563
  - 2011: $83
  - % Change: 71%

- **Dryland (Irrigation Potential)**
  - 2006: $1854
  - 2011: $83
  - % Change: 71%

- **Gravity Irrigated**
  - 2006: $2400
  - 2011: $137
  - % Change: 72%

- **Center Pivot**
  - 2006: $2743
  - 2011: $152
  - % Change: 69%

**STATEWIDE**

- **Dryland (No Irrigation Potential)**
  - 2006: $1088
  - 2011: $70
  - % Change: 46%

- **Dryland (Irrigation Potential)**
  - 2006: $1556
  - 2011: $105
  - % Change: 91%

- **Gravity Irrigated**
  - 2006: $2202
  - 2011: $85
  - % Change: 90%

- **Center Pivot**
  - 2006: $2152
  - 2011: $102
  - % Change: 46%
Preparing for Winter Storm Emergencies

As Nebraskans, we take winter storm warnings in stride but severe storms can often disrupt your usual routine. Winter storms can leave you without power or prevent you from getting to the grocery store.

Planning ahead for winter weather can eliminate a major source of stress for you, your family, or others you care for, such as an elderly relative or neighbor.

Planning ahead for winter storm emergencies can range from a well-organized seven-day emergency food supply to just keeping a few basic items on hand. Regardless of the complexity of your emergency preparations, keeping food safe is an important consideration.

Always keep meat, poultry, fish, and eggs refrigerated at or below 40°F and frozen food at or below 0°F. This may be challenging if there is no power! Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature. Once the power goes off, the refrigerator will keep food safely cold for about four hours if it’s unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it’s half full) if the door remains closed.

Be prepared by stocking food ahead of time to store food at or below 4°F and frozen food at or below 0°F. This may be challenging if there is no power! Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature. Once the power goes off, the refrigerator will keep food safely cold for about four hours if it’s unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it’s half full) if the door remains closed. Be prepared by stocking up on staples which don’t need to be refrigerated. Either they are precooked and can be used cold, or only require the addition of hot water. Here are some examples to keep on hand:

- Water — one gallon per person per day
- Ready-to-eat canned foods — vegetables, fruits, beans, meat, fish, poultry, past
- Soups, canned
- Smoked or dried meats — e.g., commercial beef jerky
- Dried fruits and vegetables, raisins, fruit leather
- Juices — (vegetable and fruit) bottled, canned, or powdered
- Milk — powdered, canned, or evaporated
- Staples like sugar, instant potatoes and rice, coffee, tea, cocoa mix
- Ready-to-eat cereals — instant hot cereals
- High energy foods — peanut butter, nuts, trail mix, and granola bars
- Crackers, cookies, candy, chocolate bars, soft drinks, other snacks
- Ready-to-use baby formula for infants
- Pet food
- Manual can opener

Consider what you can do ahead of time to store food safely in an emergency. For example, keep an insulated cooler on hand to keep food cold if the power is out for more than four hours. Keep frozen gel packs or blocks of ice in your freezer and use these to keep perishable food cold in the cooler.

Upcoming Green Industry Conferences

GREAT PLAINS GROWERS CONFERENCE JANUARY 5–7
A CONFERENCE FOR BEGINNING & SEASONED GROWERS Hosted by Extension Services, Vegetable Growers’ Associations of MO, KS, NE, IA & SD, and the Mid-America Fruit Grower’s Association
Location: Missouri Western State University, St. Joseph, MO
The conference will focus on a wide range of topics for bath fruit and/or vegetable growers including:
Contact Buchanan County Extension Office
(816) 279-1691 • email cookkm@missouri.edu • www.greatplainsgrowers.org

NEBRASKA GREEN EXPO JANUARY 23–25
NEBRASKA TURFGRASS ASSOCIATION AND NEBRASKA NURSERY AND LANDSCAPE ASSOCIATION
Location: Mid-American Center, Council Bluffs, IA (402) 472-8937 • www.nebraskaturfgrass.com/conference.htm

GREAT PLAINS TREES CONFERENCE FEBRUARY 6–7
NEBRASKA ARBORISTS ASSOCIATION
Location: Lid Lodge, Nebraska City, NE (402) 476-3865 • www.nearborists.org

Be a Master Gardener! 2012 Training for New Master Gardener Volunteers in Lancaster County Begins in February. Please Join Us!

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

For more information about becoming a Master Gardener, contact: Mary Jane Frogge, UNL Extension in Lancaster County (402) 441-7180

Urban Agriculture

Conservation Buffers

What are conservation buffers? A conservation buffer is a narrow strip of land consisting of a permanent vegetation type, such as grass, trees, shrubs, or a combination of the three, planted along the edge of a stream or pond. The benefits of these buffers are multiple and can have a positive impact on your property. Listed below are several of the advantages associated with conservation buffers.

- Reduce the risk of water contamination by catching pesticides and fertilizers before they can wash into streams and ponds.
- Provide the habitat needed by wildlife and aquatic animals and plants.
- Provide a safety zone between the field and the edge of a stream to keep equipment and operators away from the edge of steep embankments.
- Eliminate farm ing of wet areas along streams and ponds that are often difficult to manage profitably.
- Eliminate flooding of a meandering stream that can lead to many short crop rows.
- Provide an area for alternative crop production.

The USDA Farm Service Agency (FSA) offers an annual rental payment for establishing permanent vegetation types, such as grass, trees, shrubs, or a combination of the three, planted along the edge of a stream or pond. The benefits of these buffers are multiple and can have a positive impact on your property. Listed below are several of the advantages associated with conservation buffers.

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The USDA Farm Service Agency (FSA) offers an annual rental payment for establishing permanent vegetation types, such as grass, trees, shrubs, or a combination of the three, planted along the edge of a stream or pond. The benefits of these buffers are multiple and can have a positive impact on your property. Listed below are several of the advantages associated with conservation buffers.

- Reduce the risk of water contamination by catching pesticides and fertilizers before they can wash into streams and ponds.
- Provide the habitat needed by wildlife and aquatic animals and plants.
- Provide a safety zone between the field and the edge of a stream to keep equipment and operators away from the edge of steep embankments.
- Eliminate farming of wet areas along streams and ponds that are often difficult to manage profitably.
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Late Fall and Winter Care for Perennials

Many perennials are better left standing over the winter than cutting them down. There are several reasons for this. In addition to many of the perennials having attractive foliage and/or seed heads, they offer food resources for birds. Many birds find the seeds of perennials particularly tasty. The stems of perennials also offer a place for some birds to hide during the winter. With some marginally-hardy perennials, leaving the stems up for the winter aids in overwintering. The foliage helps to insulate the crown. Mums seem to benefit a great deal from this practice. Another rule of thumb for deciduous plants is that if the perennial is a late riser in the spring, the stems will help to mark the spot and prevent any accidental digging in the area that might harm the underground portion of the plant.

Cutting back perennials in the fall may be something you wouldn’t do especially if you were bothered by foliage diseases. Removing the old foliage would be a positive step in this case, as it helps to reduce the amount of inoculum present to reinfect next year’s foliage. Removing foliage can also be pure of aesthetics.

In winter, many perennials have attractive foliage and/or seed heads (such as this coneflower seed heads) and offer food resources for birds (such as this American Goldfinch).

Some gardeners like to see standing perennials in the winter and others don’t. When perennials are cut down, do so after they have gone dormant. This is usually after the plants have experienced several hard frosts. Cut the plants down to within 2-3 inches of the crown. Cutting too close can result in winter injury on some perennials due to the fact the buds for next year’s growth are right at the surface or higher, and not below the soil line.

Source: University of Illinois Extension

Storage of Tender Perennials

Mary Jane Frogge
UNL Extension Associate

Perennials are not winter hardy in Nebraska, but with a little help, they can survive for many years. Tender perennials are those plants that move from the ground in the fall and winter over in a frost free location. You do not have to store only the bulb, corm, or tuber are stored. New growth occurs from these structures after replanting next spring. Popular perennials considered tender in Nebraska include gladiolus, elephant ear, canna, dahlias, tuberous begonias, and caladiums.

It is best to dig tender perennials just before a hard or killing frost. If left until after a frost, the foliage will be killed and the storage organ will need to dig within a few days to prevent rot causing organisms from entering through the damaged stem. Corm producing plants such as gladiolus can be stored successfully. Dig carefully to prevent damaging the corm. Brush off remaining soil. Allow the corms to dry and care for several weeks in a dry location with good air circulation. After drying, cut off the foliage and discard the shriveled remains. Gladiolus new corn is produced each year on top of the old one. Store the corms in an open box or onion bags at temperatures between 45-50°F. Dahlias produce tuberous roots. To store them over the winter, trim back the foliage of the plant to within a few inches after the first light frost. Dig carefully to avoid injury. With some soil attached, pack the roots between 2-3 inch layer of vermiculite, sawdust, or wood shavings. Store at 45-50°F. Check frequently to remove those that shriveled or rot. The tubers of tuberous begonias and elephant’s ear should be dug before a hard frost. Cut the tops back and allow 6 inches of stem to remain. Dry for 2-3 weeks in a frost-free location, shake off the soil and remove the dried stem. Pack in peat moss, vermiculite, sawdust, or wood shavings and store at 45-55°F. Celosia Cockscomb and tubers should be cured for a week in a warm location and stored in packing material at a temperature around 60°F. Canna rhizomes should be dug after the foliage has been killed by a frost. Cut the stems back to about 4 inches above the soil. Dig the rhizomes and dry in a frost free location for about two weeks. Place the roots in shallow boxes; they do not require continuous moisture. Store at 45-50°F.

The storage organs of most tender perennials multiply quite quickly in the garden. It is important to leave them intact until spring. Any injury incurred prior to storage will increase the chances for rot to occur. In the spring cut the rhizomes and tubers apart making sure at least one or two dormant buds are present on each section. Share the extras with relatives, neighbors, and friends.

Tender perennials home owners have in storing these tender perennials is finding a location with the correct temperature. Many of us no longer have an unheated basement in which to store the tender perennials adequately. Normal interior temperatures can be too warm. Most garages, even though attired, will be too cold for survival. If this is your situation, do the best you can with what you have available.
Birds are here. In the U.S., fall is the time of year when flocks of birds start feeding on seeds. Unfortunately, the improper use of insecticides for bed bugs can lead to adverse health outcomes. Bed bug control often involves the application of insecticides to home interiors, and this can result in secondary infections. The psychological consequences of infestations include insomnia, anxiety, stress, and social isolation. The high cost of control presents a financial burden, especially for low-income families.

In the U.S., most over-the-counter (OTC) products available for pest control contain pyrethrins, permethrins, and/or pyrethroids. Studies have shown that nearly 90% of bed bug infestations are resistant to pyrethrins and pyrethroids. This means these OTC products do not kill bed bugs very well, even after they sit on a surface for months old. Even if they are used the way the label says, bed bugs are unlikely to die sleeping, and during the night, as needed.

A person sprayed an OTC pyrethroid aerosol to her sheets, slept on them and developed a rash on her face.

Other Unfortunate and Unsafe Practices

Reports of other unfortunate bed bugs treatments include:
- Apartment tenant was using self-extermiate bed bugs and sprayed the couch with rubbing alcohol while smoking a cigarette and the couch caught fire.
- A pest control company, attempting a thermal treatment, used six propane heaters and one of the six heaters malfunctioned and ignited carpet in a living room.

What About Essential Oils and Other Alternative Treatments?

The EPA allows products containing active ingredients on their “25B list” to make pesticidal claims, produce a pesticide label without EPA approval, and market them without any efficacy or safety testing. The active ingredients in this list are considered “safe,” so the EPA has relaxed its requirements for pesticide safety testing and label language approvals. To see what active ingredients are on see UNSAFE PESTICIDE APPLICATIONS on page 11.

Birds prefer reasonably fresh, attractive to finches when fresh, ground-feeding birds including quail, doves, juncos, sparrows, towhees, and more. These tiny black seeds are preferred food of American goldfinch, house finch and more. These birds are attracted by the seeds mold and attract rodents.

Types of Seed

Black-oil sunflower seeds: If you decide on just one seed, choose this one! Black-oil sunflower seeds have high energy content and the thin shells make it easier to open for even smaller birds. This seed is preferred by many birds found in our area including chickadees, siskins, juncos, native sparrows, cardinals, blue jays, doves, grosbeaks, and more.

You can also buy hulled sunflower seeds (outer shells removed). Hulled seeds have less waste but may be more expensive. You won’t have all the spent shells under your feeder to clean up either if that is an issue.

White proso millet: Millet is a favorite food of many ground-feeding birds including quail, doves, juncos, sparrows, towhees, and more.

Niger (Nyger, Niger) Thistle Seed: These tiny black seeds are the preferred food of American goldfinch, house finch and more. This seed is ideal in adverse cold weather years. Be sure to use a tube feeder especially designed for thistle seed. Birds may not eat until you don’t waste it on the ground.

Safflower: This white seed is suggested especially if you are having problems with some birds and squirrels at your feeders. Cardinals, doves, chickadees, nuthatch and some finch will consume safflower but undesir-able birds like grackles and starlings won’t eat it. I did notice if you mix this seed in with other preferred seeds, birds just sort it out until it kicks it to the ground. Thankfully, ground feeding birds like doves will find it there.

Seed Combinations

Here’s a seed combination which will attract a wide range of desirable backyard birds in our area:
- 50% black-oil sunflower seeds
- 35% white proso millet
- 15% finny cracked corn

Birds are drawn to feeders during the winter. Your feeders in place now, but it is too late to get started. Don’t worry if you don’t have many birds feeding at your feeders right now.

Robins

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Livestock Better Fair Meeting, Nov. 10

All Lancaster County livestock project 4-H’ers, FFA members, families, and volunteers are invited to the Better Fair Meeting on Thursday, Nov. 10 at 6:30 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road. This is an opportunity to discuss changes for the 2012 Lancaster County Super Stock show. Please bring any changes, concerns, or positive suggestions that will make the show better! If you cannot come but would like to send your comments, email Cole at cmeador2@unl.edu.

Family & Consumer Science Resource for 4-H Clubs

Are you interested in having hands-on projects brought to your club? A UNL Family & Consumer Science major and former 4-H'er would like to work with 4-H clubs in the area of foods and nutrition and child development. For more information, call Tracy at (402) 441-7180.

Assisted Living Home Looking for 4-H'ers to Do Projects

Are you looking for a community service project? An assisted living home would like 4-H’ers to come and do hands-on projects with their residents. Call Tracy at (402) 441-7180 for more information.

Northeast Community College Livestock Classic, Nov. 25–26

Northeast Community College is once again putting on a steer and heifer show for 4-H and FFA members on Nov. 25–26 at the NECC Ag Complex in Norfolk. Pre-registration deadline is Nov. 18. Breeding heifer show will be Nov. 25 at 10:30 a.m. Market animal show will be Nov. 26 at 10 a.m. Cash prizes for supreme breeding heifers and market animals. If you have any questions or want a show bill, contact Cole Meador at cmeador2@unl.edu or (402) 441-7180.

Lancaster County 4-H Award forms and college scholarship applications are due by Dec. 31. Recipients will be announced at Lancaster County Achievement Night on Feb. 2, 2012. Forms are available at http://lancaster.unl.edu/4h/Programs/award.shtml and the extension office. Most online forms are provided as fill-in pdfs, which anyone with Adobe Reader can fill in, save, and print.

College Scholarships

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

4-H Council — $500 scholarships to active Lancaster County 4-H members who have excelled in their involvement with the 4-H program.

4-H Teen Council — two $250 scholarships to Lancaster County 4-H’ers who are active in 4-H Teen Council.

Lincoln Center Kiwanis — one $1,000 scholarship to an active Lancaster County 4-H'er.

Lancaster County 4-H Scholarships — one $500 scholarship to Lancaster County 4-H member attending Raymond Central High School.

Nebraska Association of Fair Managers — $500 statewide scholarships: Martho & Dan Romeo Scholarship to two 4-H'ers and States Custom Awards to one 4-H'er and/or FFA senior. Each applicant must have exhibited his/her projects in a county fair or at the State Fair within the last four years. Lancaster County 4-H selects county finalists. Note: Deadline is Dec. 1.

Nebraska 4-H Scholarships — there are several statewide Nebraska 4-H scholarships. Go to www.ne4hfoundation.org/scholarships.htm for more information. Deadline is March 1.

Lancaster County 4-H Council camp scholarships are May 1 — preference given to applications submitted by March 1.

November

Marian Hanigan

Lancaster County 4-H is proud to announce Marian Hanigan as winner of November’s “Heart of 4-H Award” in recognition of outstanding volunteer service. Marian started volunteering with 4-H when she was a Lancaster County 4-H member and active in 4-H Council and 4-H Teen Council. She started the Heart to 4-H club four years ago when she was a senior in high school. The Heart to Heart club was recognized as a Nebraska 4-H Club of Excellence in 2009 and 2010. She has also taught workshops at Clover College and volunteered at the Lancaster County Super Fair. Marian says, “I like being a 4-H volunteer because through 4-H, I have had many of the important life skills I use everyday. I learned to cook, sew, give presentations, run meetings, organize events and projects, etc. I gained a curiosity to try new things and how to deal with failures and events not going the way I planned. I gained self confidence and a sense of accomplishment with many of the projects I completed. As I grew older, I wanted to share the lessons 4-H had taught me with others. I’ve been blessed to see the talented 4-H’ers in my group grow up and see the skills they’ve gained along the way. I am thankful for the amazing 4-H volunteers who helped and inspired me during my eight years as a 4-H member.”

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

December

Katie Cruickshank

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

Katie has volunteered with 4-H for four years as leader of the Star Spangled Saddles 4-H Club, the superintendent of the 4-H English Horse Show at the Lancaster County Fair, and she also helped with horsemanship level testings and started the Lucky Lopers 4-H horse club this year. Lancaster County 4-H thanks Katie for donating her time and talents. Volunteers like her are indeed the heart of 4-H!
The 2011 4-H Horse Awards Night was held Oct. 6. The evening recognized top achievements at the Lancaster County Super Fair and other events throughout the past year. 4-H volunteer Jeff Rawlinson was Master of Ceremonies. Here are some of the winners. Additional winners and photos are online at http://lancaster.unl.edu/4h.

4-H Horse Project Advancement Levels


Level IV — Josie Ang, Abby Heusinger, Kaitlyn Hurdle, Kate Rawlinson, Hannah Ronnau.

Horse Incentive Awards

The 4-H’ers logged the hours they spent working with or learning about horses. The more hours invested, the more valuable the reward! This year, 82 4-H’ers participated.

Bronze (minimum of 100 hours) — Ethan Ang, Ellie Blake, Trinity Bohaty, Tanner Clagett, Cadell Davis, Dev Davis, Abby Eilers, Mia Hermannson, Alyssa Heisinger, Ellie Hula, Travis Hula, Bradland Jones, Sara Kyhn, Ben Luedtke, Elizabeth Norton, Spencer Peters, Olivia Wheeler, Alivia Whitehall.


Gold (minimum of 366 hours and completed horse record book) — Brooke Bennett, Vanessa Butterfield, Marissa Carlson, Ashley Densberger, Kathleen Duncan, Emily Flansbine, Elizabeth Frobish, Justine Gall, Kaytlin Hurdle, Aubrey Kelley, Eunhuy Kim, Kaylthn Kimmen, Bryanna Louden, Sierra Nelson, Sarah Peeks, Kate Rawlinson, Hannah Ronnau, Bailey Sobotka, Madison Sobotka, Bailey Vogler.

Super Fair Herdsmanship & Decoration Awards

Top Herdsmanship - Small Club — Viken Babyker.

Top Herdsmanship - Large Club — Western Pride.

Best Decorations — Harmony Hill.

Decorations - 1st place Independent Member — Nicole Finkner.

Decorations - 2nd Place Independent Member — Makenniz Mayer.

Judging Awards

The Horse Judging Contest at the Lancaster County Super Fair emphasizes how much 4-H members know about horses as they judge four or more classes of horses. Senior division participants also give oral reasons.

Elementary Division — Jacob Ronnau (Champion), Madison Sobotka (Reserve Champion), Lauren Kelley, Hailey Hula, Josie Ang, Abbie Heusinger, Ethan Ang, Kaitlyn Hurdle, Bailey Vogler, Brianna Kroeger, Kaitlyn Miller.

Junior Division — Bailey Peterson (Champion), Josie Ang (Reserve Champion), Sydney Scow, Anna Heisinger, Aiden Graybull, Ivy Deaumont, Mikaela Carstens, Kate Rawlinson, Kaitlyn Duncan, Bailey Sobotka.

Senior Division — Hannah Ronnau (Champion), Eili Deaumont (Reserve Champion), Megan Ludtke, Aiden Graybull, Erika Warner, Ian Schuster, Brittany Albers, Ashley Densberger, Blake Preston, Abby Heusinger.

Horse Course Challenge Results

The Horse Course Challenge is a 4-H Lancaster County Super Fair 4-H contest.

Elementary Division — Lucy Polk (Champion), Bethany Wachter (Reserve Champion), Jenna Wolfe, Ashley Clegg, Sarina Kyhn, Abigail Clarke, Madalaine Polk, Kristin Louden, Hailey Hula, Dani Debil.

Junior Division — Izzy Price, Rachel Royal, Jaden Emke, Jaden Emke (Reserve Champion), Aiden Graybull (Reserve Champion), Alexis Wolfe, Bailey Sobotka, Ivy Deaumont, Emily Clarke, Josie Ang, Spencer Peters, Sarah Peeks, Mikayla Whaley.

Senior Division — Eili Deaumont (Champion), Hannah Ronnau (Reserve Champion), Megan Ludtke, Brooke Bennett, Ian Schuster, Erika Warner, Nicole Finkner, Bailey Heidbrink, Bailey Pointer, Ben Ludtke.

Dick and Cookie Confer presented the Dick and Cookie Confer Award for All-Around Trail.

Horse Incentive Awards - Bronze Level

The Franklyn Manning Family Trophy for All-Around BARRELS was presented by Lonsum Pine Farm/Myron Ang Family.

The Frankie Wittstruck Memorial Award for All-Around Champion was presented by Dwayne Wittstruck.

The Wahlmeiner Wittstruck Memorial Award for All-Around Champion was presented by Wonderland Farms.

All-Around Cowboy/Cowgirl Awards sponsored by Lonsum Pine Farm/Myron Ang Family.
Keep Holidays Light and Bright
Tips to Lower Stress

Four Extension Staff Awarded at YWCA’s Tribute to Women

By Tracy Kulm

In September, the YWCA Lincoln honored 125 “sassy” women in the community during its annual Tribute to Women reception. For the past 30 years, the YWCA Lincoln has celebrated outstanding women who work to make a difference in the lives of others in the community. In honor of the YWCA Lincoln’s 125th anniversary, 125 women were honored in three categories: 25 Legacy Awards, “25 under 25,” and 75 Outstanding Women.

Three UNL Extension in Lancaster County staff were recognized in the Outstanding Women category:

- Extension Educator Lorene Bartos
- Extension Associate Tracy (Kulm) Anderson
- Extension Associate Marty Cruickshank.

Harmony Hill 4-H club leader Peg Fairfield-Busby was also recognized in the Outstanding Women category. Harmony Hill is a horseless horse club.

Congratulations to these women who strive to make a difference in the lives of others!

Control Your Holiday Credit Card Debt

The holidays should be a joyful time for you and your family. But for many families, it’s tough to find the extra cash for holiday expenses. Using your credit card can solve the problem, but can create other problems.

Most families don’t plan to run up high balances on their credit cards during the holidays — it just happens. Nearly one-third of adults say they spent more than they planned on holiday gifts. Most spent $100 to $500 more than they planned. It is hard to pay off extra $500-$1000 credit cards after the holidays.

Ways to Control Your Spending

Start by making a written plan for holiday spending and gift giving. Think about how much you can afford to spend on gifts, decorations, holiday meals, travel, and presents for others.

Set a spending limit for gifts for each person. Include limits on other items in your spending plan. Start looking for bargains early. If it’s been a tough year for you, think of ways to cut costs such as buying gifts that you usually spend. Talk with friends and family about not exchanging gifts, drawing names so you use fewer gifts, or setting dollar limits on gifts.

If you need or want to use a credit card for holiday spending, if you use only cash, leave your credit cards at home. You won’t be tempted. If you write checks, be sure to record each in your register and figure the balance before writing another check. Stay within your limit!

Most families don’t plan to run up high balances on their credit cards during the holidays — it just happens.

If you need or want to use a credit card, pick just one to use for your holiday spending. If you use only cash, leave your credit cards at home. You won’t be tempted. If you write checks, be sure to record each in your register and figure the balance before writing another check. Stay within your limit!

Ways to Cut Holiday Costs

- Make gifts by hand or give gift certificates promising your time or talents. Have friends or family over for dessert rather than for a meal. Make your own decorations. The gift each one remembers most is usually one that involved putting time and thought, not large amounts of money.
- Credit Card Offers

During the holidays, your credit card company may offer you deals. Don’t be tempted to take these offers since you’ll pay more in interest.

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

Usable Latex Paint Exchanges

A usable latex paint exchange will be held at the EcoStores Nebraska at 530 West P Street. Call (402) 477-3606 for details.

Keep Holidays Light and Bright
Tips to Lower Stress

Weren’t the holidays fun last year or did stress overtake the fun? The holiday season should be one of joy and merriment, not stress. A big stress for families is trying to equally distribute time among each set of family members and dealing with the expectations of the larger family dynamics. Familiar eating and sleeping habits become disrupted, but may not work for a new family.

As new families begin, it’s important to decide what the new holiday traditions will be because traditions are what many parents and children look for when the holidays come. Start new traditions, maintain old traditions, or mix it up and do both, if possible. New families should ultimately decide what is best for all. Figure it out before the holiday by talking to family members to avoid erupting feelings and emotions during the holiday.

Keep things simple. Don’t fall into the trap of feeling like 10 varieties of cookies are needed. Just make one or two varieties this year, then make different varieties the next year, and so on.

Give children a role during the holidays. Let them help plan the party or help clean in preparation for the festivities. Children have a tendency to push children back in order to get things done, and when that happens, kids want more attention. Include them so they feel important and a part of the action. This way they are getting attention from the parents because they are doing what the parents are doing.

Also, let the children be involved in getting and giving the gifts. Sometimes gifts are better if they have meaning behind them instead of just being an item. Children can make cookies and give them as gifts while you put in a picture and put it in a frame for grandma. These are sure ways to save money that may mean more to grandma than a new sweater.

Schedules during the holidays shouldn’t be jam-packed with school programs, work parties, family gatherings, and neighborhood parties. Too many activities in such a short amount of time can be burdensome on parents, but especially for children. Adults handle increased activity better than children, so it’s important for younger families to remember the limits of their schedule. It’s better to miss a neighborhood party than to have children and be frustrated through that night and into the next day.

Keep children on their regular eating and sleeping habits to level their temper. Limit the amount of sugar they consume each day and particularly before bedtime, since too much sugar will either cause them to be hyper, or act out of character.

Lack of sleep for children causes them to be irritable, which causes the parents to have more stress. It’s important for children to get a good amount of sleep. Finally, keep expectations real. Make a budget for the holiday presents, stick to it and shop early to prevent over-spending and panicking because what’s on the list is unavailable.

Find out what children would like to receive, but also help them understand what’s in their best interest, so they may not get everything they ask for. Stop shopping when everything on the list is purchased. Shopping after list items are crossed off enables parents to see things they think their children need when really, they don’t. Keep in the budget for holiday spending will help lower the stress level for parents.

Source: Gail Brand, Family Extension Educator, UNL Extension

Household Hazardous Waste Collection

There is only one Household Hazardous Waste Collection left in 2011. These collections are for households only. Only residents of Lincoln and Lancaster County can participate in these 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 PCB’s (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, electronic TVs, propane cylinders, tires, used oil, batteries, antifreeze, or ammunition.

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

Friday, Nov. 18 • 9 a.m.–1 p.m.
Appointment Only. Call (402) 441-8084

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Saturday, Nov. 12 • 9 a.m.–2 p.m.

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If you need or want to use a credit card for holiday spending, if you use only cash, leave your credit cards at home. You won’t be tempted. If you write checks, be sure to record each in your register and figure the balance before writing another check. Stay within your limit!

Most families don’t plan to run up high balances on their credit cards during the holidays — it just happens.

If you need or want to use a credit card, pick just one to use for your holiday spending. It’s easier to control spending with one card. Write your spending limit on an envelope and put it in your wallet. When you use your credit card, write the amount on the envelope and subtract it from your limit. Put the receipt in the envelope. When you’ve reached your limit, stop using your credit card!

Try to separate shopping trips from spending trips. Make one trip to compare prices and value but don’t take your checkbook or credit cards. When you’ve decided what you can afford to buy, go back to make the purchases.

Ways to Cut Holiday Costs

- Make gifts by hand or give gift certificates promising your time or talents. Have friends or family over for dessert rather than for a meal. Make your own decorations. The gift each one remembers most is usually one that involved putting time and thought, not large amounts of money.
- Credit Card Offers

During the holidays, your credit card company may offer you deals to let you skip your minimum payments for two or three months. Or, it may invite you to pay back only the minimum or even reduce your minimum payment. Don’t be tempted to take these offers since you’ll pay more in interest.

Stick to Your Plan

The best gifts are those that do not burden you with debt into the next year.

Source: Susan Taylor, Consumer and Family Economics Educator, University of Illinois
Connect, Learn, and Share! UNL Extension in Lancaster and Lancaster County 4-H

Learn from the same trusted professors who teach on campus, and advance your career at the University of Nebraska Online Worldwide. NUonline.com

http://lancaster.unl.edu/media

Lancaster Livestock Judging Team Does Well at Ak-Sar-Ben, Headed to Nationals

Congratulations to Taylor Johnson, Rachel Johnson, Grant Rathje, and Chandler Kramer for a job well done at the 2011 Ak-Sar-Ben 4-H Livestock Judging contest. The beef team placed third at the contest. This was an excellent preparation for the national contest in Kentucky this November. Good luck!

Unsafe Pesticide Applications

continued from page 7

The 258 list, go to http://www.epa.gov/oppbppd1/bipesticides/ registods/258_list.htm.

Most of the active ingredients on the 258 list are plant-based oils. Many do have some insecticidal activity, but none of them have a residual effect. This means once applied, the activity doesn't last more than a few hours at most. These products are “contact” insecticides, which means you spray the insect directly to kill it.

Because these products, as well as the OTC pyrethroid products have little residual activity, they are not very effective at reducing bed bug populations. When people use these ineffective products, bed bug populations continue to increase, resulting in repeated insecticide use and greater exposure and health consequences.

Sources: National Pesticide Information Center, Environmental Protection Agency.

Make It With Wool

Deadline Oct. 29

The Make It With Wool contest offers youth and adults the opportunity to promote the beauty and versatility of wool fabric and yarn. Personal creations in sewing, knitting, crocheting, spinning and weaving of wool fabric, yarn is encouraged. Categories are: Preteen, Junior, Senior, Adult, and Made for Other Home Accessories.

The District III contest will be held in Lincoln on Saturday, Nov. 19. Entry deadline is Oct. 29. For more information, call Tracy at (402) 471-7180.

Crops Website for Youth

UNL Extension has a new website for youth interested in crop and plant science at http://cropswatch.unl.edu/youth. The website is divided into four main sections:

- crop and plant science facts
- activities for youth,
- 4-H & FFA projects
- teaching activities & resources.

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.nlcc.nebraska.gov/tbbs or call (402) 471-4038 or (800) 742-7691.
Over 40 Sites in Nebraska Participated in 4-H National Science Experiment

The University of Nebraska–Lincoln Extension 4-H Youth Development Program is open to all youth ages 3–14. Through learning-by-doing, youth gain practical skills and develop life skills. Families are encouraged to help organize a new club — which is a lot easier than you may think! Starting a 4-H club now gives plenty of time for members to work on projects for next year’s county and state fairs.

Club Organization

Clubs range from 5 to 60 members, and are led (or co-led) by club leaders — often club members’ parents. Parents are encouraged to attend meetings. Volunteers are the heart of 4-H. Adult leaders partner with youth members to complete projects. Members are the heart of 4-H. Adult leaders partner with youth members to complete projects. Club leaders — Also known as organizational leaders, club leaders coordinate meeting times and agendas. They also are responsible for club enrollment information.

Project leaders — Clubs may or may not have project leaders who provide leadership for specific projects.

Parent Volunteers — Also known as assistant leaders, provide valuable guidance to youth.

Club officers — Youth members choose officers to run their meetings.

Hands-on Projects

Nebraska 4-H has numerous hands-on projects. Age-appropriate project manuals are written by experts. Most project manuals have accompanying leader guides. In most clubs, members complete several projects a year. Some 4-H clubs focus on one particular project area, such as rabbits. Many youth exhibit their projects at the county and state fairs.

4-H Staff Guidance

4-H staff provides guidance and resources to club leaders. Here’s a look at Lancaster County 4-H staff and their areas of responsibilities:

• Tracy Anderson manages the 4-H livestock and dog project areas.
• Marty Cruickshank manages the 4-H horse, rabbit, and poultry project areas.
• Teri Hlava coordinates the 4-H afterschool program.
• Mary Jane Frogge runs the horticulture and conservation project areas.
• Gary C. Bergman oversees the Lancaster County 4-H program.

Other Resources

Resource materials available to leaders include:

• Regularly-scheduled leader trainings
• The 4-H News monthly newsletter
• 4-H pages
• Lancaster County 4-H Web site at http://lancaster.unl.edu/4h
• Nebraska 4-H Web site at http://4h.unl.edu
• Mailings to club leaders
• Connect via Facebook, Twitter, and YouTube
• County and State Fair can provide numerous ideas and inspirations for projects!

To Get Started

If you would like to help start a 4-H club, call Lancaster County 4-H at (402) 441-7180.

Help Start a 4-H Club — It’s Easy!

The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7–12. Officers for 2011–2012 will be: Lexi Trumbley (President), Sadie Hammond (Vice President), Emily Sterndeh (Secretary), Jaime Stephenson (Treasurer), and Maddie Gabel and Kylee Plager (Historians).

4-H Teen Council Elects Officers

The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7–12. Officers for 2011–2012 will be: Lexi Trumbley (President), Sadie Hammond (Vice President), Emily Sterndeh (Secretary), Jaime Stephenson (Treasurer), and Maddie Gabel and Kylee Plager (Historians).

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, golf 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
There is no charge to attend this event

Did you guess it? Find out at http://lancaster.unl.edu

The answer was: the pocked feet of a Polyphemus Caterpillar

Can You Guess It?

Acreage Insights

•  Gary C. Bergman oversees the Lancaster County 4-H program.
• Cole Meador manages the 4-H livestock and dog project areas.
• Marty Cruickshank manages the 4-H horse, rabbit, and poultry project areas.
• Teri Hlava coordinates the 4-H afterschool program.
• Mary Jane Frogge runs the horticulture and conservation project areas.

Helping acreage owners manage their rural living environment.