TINY TASTES Can Total BIG CALORIES Over the Holiday Season

Alice Henneman, MS, RDN
UNL Extension Educator

THE EXTRA CALORIES sometimes sneak up on us over the winter holidays. They don’t always arrive in the form of large portions of calorie-laden food. Rather, they may tiptoe in through many tiny tastes throughout the day.

Let’s look at “Holly Day’s” food diary for one day and view how those “tiny tastes” can add up. Calories are approximate and will vary, depending on brand, recipe, exact serving size, etc.

TOTAL TASTING CALORIES FOR THE DAY

635

If comparable types of “tiny tastes” are continued throughout the holidays, it might be possible to gain as much as a pound a week! On average, an additional 3,500 calories above your body’s needs can lead to a weight gain of a pound. On the flip side, cutting back on just 100 extra calories per day can lead to a weight loss of 10 pounds per year.

Maybe the tiny taste isn’t so small after all.

TASTE 1
Oops! I broke that cookie removing it from the baking sheet. I’ll just eat the half that didn’t get all crumbled up. I deserve it for getting up early to bake these cookies before heading to work.
Approx. 30 calories

TASTE 2
Someone brought holiday candy to work today! I’ll just have one small piece of the peanut brittle.
Approx. 80 calories

TASTE 3
It’s mid-afternoon and I still haven’t eaten lunch. I need to pick up a few things at the grocery store before I swing through a fast food place for a quick bite. The grocery store is offering food samples – I’ll just eat a little cracker with spread to tide me over until I get to lunch.
Approx. 40 calories

TASTE 4
The fast food place is giving out 1/4 cup samples of its special flavored holiday coffee. I can’t pass that up!
Approx. 20 calories

TASTE 5
Still a couple of hours to go at work before I head to the holiday dinner tonight. I think I’ll check out the break room to see if any more goodies have shown up. Some chocolate-covered cherries have appeared! Chocolate is good for you, right? I’ll just have one.
Approx. 60 calories

TASTE 6
It’s a great dinner party, but maybe I shouldn’t stand near the snack table before the meal starts. I’m now dipping my third chip.
Approx. 75 calories

TASTE 7
Who can pass up old-fashioned eggnog? I’ll just have a half cup.
Approx. 200 calories

TASTE 8
There are just a couple of tablespoons of candied sweet potatoes left. Someone should enjoy them — it might as well be me!
Approx. 60 calories

TASTE 9
The nice thing about helping dish up dessert is you can take a little “preview” taste — using a separate tasting spoon, of course! One heaping tablespoon of candy cane ice cream coming right up!
Approx. 70 calories

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Quick, 5-Ingredient Recipes

Alice Henneman, MS, RDN
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Five is frequently the magic number for ingredients we want in a recipe. As the holiday season gets busier, it’s important we don’t neglect healthy eating. Following are three recipes that taste great and can be made quickly!

ORANGE & SWEET POTATO PORK CHOPS

This recipe is a great source of protein and the sweet potatoes add important vitamin A. Thanks to the orange and cinnamon flavoring, you may be able to skip the salt entirely. Once you’ve assembled this main dish, you’re free to do something else while it is baking. Read the paper, take a walk, put in a load of wash or just relax! I had company the night I prepared this and it was easy to toss in an extra pork chop and add another sweet potato.

(Makes 2 servings)

2 pork chops
1 sweet potato (peeled)
1/2 orange (sliced)
1 dash cinnamon
1 dash salt (optional)
1 dash black pepper (optional)

Preheat oven to 350°F. In a medium skillet, brown pork chops in a small amount of oil. Cut sweet potato into 1/2-inch slices. Place meat and sweet potato slices in a baking dish and top with orange slices; sprinkle with seasonings. Cover and bake for 1 hour until meat is tender. Pork is safely cooked when it has been heated to 145°F, followed by a 3 minute rest.

Alice’s Notes: In assembling this dish, I put the sweet potatoes on the bottom, followed by a sprinkling of cinnamon. Next, the pork which lent flavor to the potatoes on the bottom, followed by a sprinkling of cinnamon. Pork is safely cooked when it has been heated to 145°F, followed by a 3 minute rest.

Nutrition Facts: Calories, 270; Calories from Fat, 100; Total Fat, 11g; Saturated Fat, 4g; Trans Fat, 0g; Cholesterol, 63mg; Sodium, 582mg; Total Carbohydrate, 17g; Dietary Fiber, 8g; Sugars, 6g; Protein, 19g.

Source: Adapted slightly from Simply Seniors Cookbook, Utah State University Extension Family Nutrition Program, Utah State University Extension.

MICROWAVE MEXICAN OMELET

I usually make scrambled eggs as my omlettes turn out looking like scrambled eggs, anyway. However, this omlette recipe from the American Egg Board is definitely different. Above is a photo of how it turned out the first time I made it. I definitely will be making it again. I only had regular cheese (versus a Mexican cheese blend) in my fridge and it turned out great this way also! Mexican-style ingredients spice up this quick and easy microwave omelette. (This recipe is brought to you by America’s egg farmers. For more recipes and nutritional information, go to www.incredibleegg.org.)

(Prep Time: 1 minute • Cook Time: 2:1/2 minutes • Servings: 1-2 servings)

2 eggs
2 tablespoons water
1 teaspoon butter
Shredded Mexican cheese blend

Chunky salsa

1. Beat eggs and water in small bowl until blended.
2. Microwave butter in 9-inch glass pie plate on high until melted, about 30 seconds. Tilt plate to coat bottom evenly. Pour egg mixture into hot pie plate. Cover tightly with plastic wrap, leaving a small vent. Microwave on high 1 3/4 to 2 minutes. Do not stir.
3. When top is thickened and no visible liquid egg remains, season with salt and pepper, if desired. Place half of the cheese on one half of the omlette. Fold omlette in half with turner, sprinkle with remaining cheese. Microwave on high 10 seconds or until cheese melts. Serve with salsa.

Insider Info: The secret of success — a tight cover is essential to achieve a tender, easily rolled or folded omlette in the microwave. It makes stirring unnecessary, and it traps steam, which promotes even cooking. Microwave ovens vary. Cook times may need to be adjusted.

Source: www.incredibleegg.org/recipes/recipe/microwave-mexican-omelette

PUMPKIN ICE CREAM PIE

This frozen ice cream pumpkin pie recipe is quick to make, can be prepared in advance, and adds some extra vitamin A and calcium to your meal!

(Makes 8 servings)

1 can (15 to 16 ounce) pure pumpkin puree
1/4 cup sugar
1 1/2 to 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** 1 9-inch prepared graham cracker pie crust

Whipped topping, if desired

Mix the pumpkin, sugar and spice until well blended. Quickly mix pumpkin mixture with the softened ice cream. Pour into crust and freeze, uncovered, until firm — a couple of hours. When pie is frozen, cover with plastic wrap and then cover with freezer-safe foil or plastic bag and squish out the air. Thaw pie slightly at room temperature (about 5-10 minutes) before serving. Top with whipped topping, if desired.

*If you don’t have pumpkin pie spice, for each teaspoon of pumpkin pie spice, you can substitute a combination of 1/2 teaspoon ground cinnamon 1/4 teaspoon ground ginger 1/8 teaspoon ground nutmeg 1/8 teaspoon ground cloves

Note: If you’re missing either the nutmeg OR the cloves, you can increase the amount of the other spice to 1/4 teaspoon.

**Soften ice cream by placing the container in the refrigerator for about 15-20 minutes. Avoid repeat freezing and refreezing ice cream as it gets icy.
With Kids and Divorce There’s More Than a “Day” in Holiday

For most of us, the best childhood memories center on special family times like vaca-
tions and holidays. The traditions we build are often the most cherished memories that remind us what “family” means.

How do children of divorce experience these holiday occa-
sions? Holidays may provoke intense emotional reactions — especially in the first year after the divorce. Parents play a role in how children experience holidays and special days such as birthdays. There are some things parents can keep in mind to help ease the difficulty of holidays.

Parents need to decide well in advance of the holiday or occasion where the child will be and what type of schedule is expected. It may please the parents to have their children be part of all of the family festivities, but if it means an unrealistic amount of travel and excitement, parents must re-think the plan. Older children will want to help decide how they spend their day, and if reasonable, parents should try to make it work.

When dividing the holidays, parents should explore every possibility. Examine what the most significant aspects of the holiday are for the parents and children and see what makes sense for both children and parents alternate holidays, or have the children spend the “eve” in one home and the “day” in another. Especially during the first year, children often feel the intense pain of not being able to spend holidays with both parents together.

Here are some additional guidelines for holiday plans:
1. Examine your family tradi-
tions. This may be a good time to start new traditions or alter ones no longer working for your new family. If you will be alone for part of the holiday, be sure to make plans that involve other people.
2. Plan ahead as far as possible and let your children know what the plan is in advance.
3. Remember there is more than a “day” in holiday. In fact, most occasions are little seasons unto themselves with multiple events for celebration. Celebrate the different facets of the holiday.
4. Consider occasionally splitting the children so one parent isn’t alone. Some children enjoy “special” alone time with a parent.
5. It is workable for the whole family to be together? If parents are getting along well, children enjoy having everyone together on some special occasions.
6. Allow discussion of memories of past holidays. Invite children to talk about how they feel. You may not be able to “fix” it, but at least you have an under-
standing of their feelings.
7. Don’t let competition between parents become an undue burden for the kids. Trying to outdo each other with gifts and activities results in over-
indulged children and parents who are angry with each other.
8. Spend time with your children. Children pick up their ideas from their parents, so be sure you are sending the message you want them to understand about the meaning of the holiday.

Author: Minniell Tallis is a family relations specialist with the University of Maryland Extension Service Regional Center, Andover.

Co-Parenting for Successful Kids Classes

University of Nebraska–Lincoln Extension offers “Co-Parenting for Successful Kids” classes to help sepa-
rating and divorcing parents develop plans for respectful, responsive and responsible co-
parenting. These research-
based classes meet Nebraska court-mandated requirements.
The class is offered on-site locations across Nebraska and online. Cost is $50.

Since 1999, 13,257 parents
23,862 children have participated.
This year, a six-month follow-up survey indicated over 90 percent of class participants are using strate-
gies they learned in the class to keep their child(ren) out of the middle of the conflict with the other parent.

One online class partici-
pant said, “I wish the course was mandated before having kids. Very effective and common sense materials!” In Lincoln, classes are taught at the Lancaster Extension Education Center, 444 Cherrycreek Road, on the following Thursdays:
• Dec. 4, 9 a.m.–12:30 p.m.
• Jan. 8, 9:30 a.m.–1 p.m.
• March 12, 12:30–4 p.m.
• April 9, 9:30 a.m.–1 p.m.
• May 14, 12:30–4 p.m.
• June 25, 9:30 a.m.–1 p.m.
• Aug. 13, 12:30–4 p.m.
• Oct. 8, 9:30 a.m.–1 p.m.
• Oct. 29, 12:30–4 p.m.
• Dec. 3, 9:30 a.m.–1 p.m.
For more information about the statewide on-site and online classes, go to http://extension.unl.edu/divorce or call 855-308-8037. To register for classes in Lancaster County, call 402-441-7180.

Q: How often should my furnace filter be changed? 
To request and schedule a
To request and schedule a
A: Change furnace filters should be check frequently. When to change them depends on the type of filter and family life style. Households with smokers or pets should change filters monthly. Carl and dog hair can clog furnace and air conditioner filters. If you use the one-inch pleated filters, which are usually less expensive, it is recommended to change them monthly. The efficiency (three-inch) filters should be changed every three months as they collect a large percentage of all allergen, dust particles, etc. The non-disposable washable filters should be cleaned every month.

The best rule of thumb is to check the filter monthly and change as needed, due to the season and family life style.

“Ask Lorene” by email: Attn: Lorene Bartos, UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528, email lorenbartos1@unl.edu; or phone 402-441-7180.

Family Recycles Day, Nov. 15

America Recycles Day, Nov. 15
America Recycles Day, which takes place annually on and around Nov. 15, recognizes the benefits of recycling while providing an educational platform that helps raise awareness about the value of reducing, reusing and recycling — every day — throughout the year.

This year’s America Recycles Day theme, “I Want To Be Recycled,” helps to educate people about the importance of recycling to our economy and environment and helps to motivate occasional recyclers to become everyday recyclers.

Register to participate or pledge to recycle today at AmericaRecyclesDay.org. Local organizers can schedule events in their communities and gain access to valuable resources to plan, promote and host an event. Events can be scheduled any time during the fall, but should be held as close to Nov. 15 as possible.

An initiative of Keep America Beautiful, America Recycles Day is the only nationally-recognized day dedicated to promoting and celebrating recycling in the United States.

AARP Driver Safety Program, Nov. 14

An AARP Smart Driver™ Course will be presented in Lincoln as a one 4-hour session on Friday, Nov. 14, 9 a.m.–1 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. A certified AARP instructor will teach the driving refresher course. This is a new, research-based Smart Driver class for older adults, exten-
sively revised from previous versions. Sign up for the class by calling 402-441-7180.

Those attending are encouraged to arrive a few minutes early to complete check-in and registrations procedures. Cost is $15 for AARP members and $20 for non-members, payable at the door. Payment by check or cash (the exact amount is helpful) is required — credit/debit cards are not accepted. All participants must bring their driver’s license and ID card.

In this class you will learn driving strategies which encourage confidence and safe driving, including:
1. defensive driving techniques, 
2. new traffic laws and rules of the road, 
3. how to deal with aggressive drivers, 
4. techniques to safely handle driving situations, such as left turns, right-of-ways, and blind spots, 
5. how to make the best use of safety features found in most automobiles.

There is no test. Course participants may be eligible to receive a discount on insurance from some companies — consult your insurance agent for more information. To request and receive further information about the course, call 1-888-227-7669 or go to www.aarpsafety.org.

7 Super Things Parents & Caregivers Can Do

1. Talk often with your children from the day they are born.
2. Hug them, hold them and respond to their needs and interests.
3. Listen carefully as your children communicate with you.
4. Read aloud to your children every day, even when they are babies. Play and sing with them often.
5. Say “yes” and “I love you” as much as you say “no” and “don’t.”
6. Ensure a safe, orderly and predictable environment, wherever they are.
7. Set limits on their behavior and discipline them calmly, not harshly.
Source: Early Development Network Babin Can’t Wait

UNL Speakers Bureau in 20th Year

Looking for a speaker for your organization, club or classroom? The University of Nebraska–Lincoln’s Speakers Bureau is comprised of a diverse selection of faculty and staff who can speak with authority and passion on a wide range of topics, from social networking to Nebraska’s grape and wine industry to tornadoes ... and much more.

Now in its 20th year, the Speakers Bureau has become one of UNL’s most visible and successful outreach programs, and has engaged Nebraskans via guest lectures at civic organizations, book clubs, churches, public schools and community gatherings. To request a speaker and topics, go to www.speakersbureau.unl.edu. To request and schedule a speaker, call 402-472-0008 or submit the online form.
Stem Borers Challenge Soybean Farmers

Paul Hay
UNL Extension in Gage County
Extension Educator

Soybean stem borers or Decetes stem borers are expanding their territory in Nebraska again this year. They are moving north and east from their first appearance in Nebraska in Jefferson and Thayer Counties a few years ago. This year stem borers can be found in much of Saline County, southwest Lancaster and western Gage County. The interesting thing is that producers may not know if borers are present unless serious storms delay harvest and result in plant breakage and harvest losses.

The Decetes stem borer is a small, grayish, longhorned beetle which lays its eggs in soybean petioles. Larvae tunnel down the petiole and into the stem, causing the entire leaf to wilt and die. Dead, wilted and drying leaves above the normal senescence zone at the bottom of the plant can help identify stem borer infestations, but dead leaves are mostly down in the plant canopy and are often overlooked. Bored stalks reveal reddish interior discoloration when split. As soybean plants reach maturity, larvae girdle the stalk at the base of the normal senescence zone. This serves as a feeding site for the larvae to tunnel into the plant stems, resulting in lodging if harvest is delayed more than four days. The larval feeding reduces biomass yields, depending on the level of damage. Stems become weak and may lead to late season outbreaks of other arthropod pests such as spider mites, bean leaf beetles, stink bugs or soybean aphids by eliminating natural enemies which help suppress these arthropod pests.

Dr. Robert Wright and graduate student, Paul Hay, are studying stem borers in Gage County as part of the Nebraska Soybean Board’s research grant. Last year’s studies at UNL’s South Central Ag Lab near Clay Center found peak Decetes emergence occurred in early July with emergence continuing through the end of July. Studies in commercial soybean fields in south central Nebraska showed peak numbers (more than three beetles per 20 sweeps) around July 8–15, with adults detectable through early August. Seasonal occurrence in south central Nebraska appears to be somewhat later this year than 2013.

Dr. Wright would like information from farmers who attempted control of stem borers. Contact Paul Hay at UNL Extension in Gage County, 402-223-1384, if you treated some fields. Paul will interview you to collect the data. Dr. Wright needs wind storms in early October 2013 resulted in light to very significant damage from Daykin to Milford, Neb. Losses ranged from 1–2 bushels per acre to over 7 bushels per acre.

Our best recommendations at this point are to scout fields and harvest positive fields early in harvest season. Pay close attention to early planted and early maturing varieties as they tend to have more problems and be aware of fields where you have had problems in the past. Previous research has not established an economic threshold for this insect. Research by Phil Sloderbeck and Larry Buschmann at Kansas State University’s Southwest Research and Extension Center, Garden City, Kansas was published in the Journal of Insect Science. They evaluated application of Warrior insecticide in nine replicated on-farm studies over a three-year period. Applications were timed to correspond with the peak density of Decetes in soybeans and a second treatment was made 14 days later. They monitored adult densities and end of season percent of plants with larval tunneling. The results varied from year to year. The dual treatments resulted in 74 percent, 88 percent and 89 percent adult control in the treated fields. The resultant tunneling reductions in the fields were 0 percent, 59 percent, and 75 percent. The yield impacts in the fields were all less than one percent, hardly a paying proposition.

Insecticide applications to control Decetes may not improve grower profits, and may lead to late season outbreaks of other pests such as spider mites, bean leaf beetles, stink bugs or soybean aphids by eliminating natural enemies which help suppress these arthropod pests.

Upcoming Green Industry Conferences

NEBRASKA TURFGRASS CONFERENCE JANUARY 6–8 NEBRASKA TURFGRASS ASSOCIATION Location: Embassy Suites Omaha-La Vista/Hotel & Conference Center, La Vista, NE 402-472-8973 • www.nebraskaturfgrass.com/events/nebraska-turf-conference

GREAT PLAINS GROWERS CONFERENCE JANUARY 8–10 A CONFERENCE FOR BEGINNING & SEASONED GROWERS Hosted by Extension Services, Vegetable Growers’ Associations of MO, KS, NE, IA & SD, and the Mid-America Fruit Grower’s Association Location: Missouri Western State University, St. Joseph, MO The conference will focus on a wide range of topics for both fruit and/or vegetable growers including:
• Jan. 8 workshops: High Tunnels, Honey Bees, Tree Fruit, Berries, Soil & Irrigation, Retail Farm to Market
• Jan. 9–10 general tracks: Organic Production, Tree/Small Fruits, Conventional Vegetables IPM, Cut Flowers, Beekeeping, Food Safety/GAPS, Agroforestry, Technology, Marketing Contact Buchanan County Extension Office 816-279-1691 • www.greatplainsgrowersconference.org

NEBRASKA GREAT PLAINS CONFERENCE JANUARY 20–21 NEBRASKA ARBORISTS ASSOCIATION AND NEBRASKA NURSERY & LANDSCAPE ASSOCIATION Location: Ramada Plaza Omaha Convention Center 402-476-3865 • www.narborists.org • www.nnla.org

Be a Master Gardener! 2015 Training for New Master Gardener Volunteers in Lancaster County Begins in February. Please Join us!

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

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

Stem borers and lodging in soybean fields. Two soybean petioles – the top one has been bored by a young larva. The larva then moves to the stem and continues development there.
Gardening Resolutions

Mary Jane Frogge
UNL Extension Associate

- Before the successes and failures of the last year’s growing season fade from memory or get pushed aside by the anticipation of another gardening year, why not take a moment to come up with resolutions and good intentions into resolutions for the coming year.
- I resolve to:
  - Buy a list of needed seeds and plants before I start browsing through the seed catalogs.
  - Limit the size of vegetable and flower gardens to what I can care for properly.
  - Plan my vegetable garden carefully and follow the plan closely so I can rotate crops and make good use of all available space.
  - Plant cool season crops early and again in mid to late summer for a fall harvest.
  - Harvest crops at their peak of quality and maturity. No more giant zucchini or tough beans.
  - Try to produce as soon as possible after harvest to maintain high quality.
  - Check plants regularly for insect or disease problems and do a better job of controlling them.
  - If available, try biological or cultural controls first, rather than chemicals to control pest problems.

Managing Pantry Insects

Soni Cochran
UNL Extension Associate

- During the holiday season, people love to bake cookies and other desserts. With all of the flour, nuts and other grain ingredients purchased and used during the holidays, we get plenty of calls about insects infesting food products. People who feed the birds, squirrels or buy pet food, are also susceptible to a variety of pests that infest these products.
- So what do you do? Preventing an infestation is key. Focus your prevention efforts on inspection and storage of products. Insecticides are not recommended.

Pantry Pest Prevention Tips
- Buy food in packages you can use up within a couple of months. The longer a food product sits on the shelf, the more likely it could become infested with pantry pests. Use older packages of food before newer ones. Use opened packages before unopened ones.
- Inspect food packages before buying. Make sure the packaging isn’t damaged and the seals are intact.
- Store food products and food products in insect-proof containers: screw-top glass, heavy plastic or metal containers with airtight seals. This prevents pests from getting in and it also prevents pests from a list of out if you accidentally bring home an insect-infested product from the store. Cardboard, paper, wax or plastic wrappings do not prevent insect infestations.
- Mulch earlier to control weeds.
- Persist in weed control efforts all summer to prevent weeds from going to seed and adding to next year’s problems.
- Put tomato cages in place at planting time.
- Plant native trees, shrubs, perennials and other landscape plants according to a landscape plan, selecting less problem prone plants whenever possible to minimize or eliminate the need for pesticides, pruning and other maintenance.
- Plant more native plants for pollinators and remove invasive species.
- Plant tree(s) in areas where they have room to grow near power lines. Call diggers hotline before you dig the planting hole.
- Set timers for irrigation system and adjust during the growing season. No more running the irrigation system while it is raining.
- Place landscape prunings, grass clippings and other plant matter in a compost pile. Turn the compost pile weekly.
- Set up a priority system for lawn and garden pests so gardening and landscape maintenance continue to be a pleasant experience rather than an overwhelming list of chores.

Check fruits, vegetables, corns and tubers that you have in storage. Sort out any that show signs of rot and dispose of them. Minimize traffic on a frozen lawn to reduce winter damage. Inspect trees and shrubs for bagworm capsules. Remove and destroy them to reduce next year’s pest population.
- Start reviewing your garden notes to help with next year’s plans.
- Clean power tools of all plant material and dirt. Replace worn spark plugs. Use all necessary parts and sharpen blades. Store all tools in their proper place indoors, never outdoors where they will rust over the winter.
- Remove all mummified fruit from fruit trees and rakes up and destroy those on the ground. Also, rake and dispose of apple and cherry leaves. Good sanitation practices reduce insects and diseases the following season.
- Be sure not to store apples or pears with vegetables. The fruits give off ethylene gas which speeds up the breakdown of vegetables and will cause them to develop off-flavors.
- African violets do well when potted in small pots. A good general rule is to use a pot one-third the diameter of the plant. Encourage African violets to bloom by giving them plenty of light. They can be in a south window during dark winter months. They bloom beautifully under fluorescent lights.
- Clean and fix all hand tools. Repaint handles or identification marks that have faded over the summer. Sharpen all blades and remove any rust.
- After the ground freezes, mulch small fruit plants such as strawberries. One inch of straw or leaves is ideal for strawberries.
- Order seed catalogs now for garden planning in January. For variety, consider companies that specialize in old and rare varieties or wild flowers.
- Bring out the bird feeders and stock them with bird seed for the birds. Remember to provide fresh water for them too.
- Place Christmas trees away from fireplaces, radiators, heat vents and anything else that could dry the needles. Keep your Christmas tree water well until the time it is brought home until it is discarded.

Garden Guide
Things to Do This Month

Winter Wildlife Projects

Soni Cochran
UNL Extension Associate

- Winter is a terrific time to work on projects to help you attract wildlife next spring. Do you want to attract more songbirds? How about bats to help keep down insects like mosquitoes? You can encourage important pollinators by building a birdhouse, insect hotel or nesting box for solitary bees and other landscape plants according to a landscape plan. Enlist your family members to help plan a butterfly-friendly/bee garden using a combination of native plants and more.
- If you have a friend or family member who loves wildlife, consider the gift of a bird house, feeder or bird bath. Encourage native solitary bees with the gift of a bee nesting block or box. Gift certificates to your local nursery would make great stocking stuffers. Field guides, journaling notebooks and a set of binoculars are great gifts any time of year.
- University of Nebraska–Lincoln Extension has a number of resources to help you encourage beneficial wildlife to your backyard. Here are just a few available at http://lancaster.unl.edu/pest or at the Extension office:
  - “Backyard Wildlife: Feeding Birds” (NebGuide G1029)
  - “Backyard Wildlife: Birdhouses & Shelves” (NebGuide G1165)
  - “Landscape Plants for Wildlife” (NebGuide G1572)
  - “Bat House Construction & Installation” (NebGuide G1575)
  - “Wildflower Gardening” (NebGuide G1183)
  - “Attracting Pollinators to Your Landscape” (NebGuide G754)

INSECTICIDES
- Don’t use any insecticides to control pests in the pantry areas. Washing the shelves with detergent, bleach, ammonia or disinfectants also won’t have any effect on pantry pests since they lay their eggs in food. Your best bet is to remove infested items and thoroughly vacuum.
- To prevent reinfection, store your food products in insect-proof containers. You can also keep dry food products in the refrigerator or freezer, if you have room.
- If insects continue to appear, go through your stored items again. Check other rooms in the home for possible sources of infestation. Tree seeds blown into ventilators or around windows may attract and serve as a breeding site for these pests. Some beetles can infest many products including feathers, silk, wool, hide, lint, dead insects and more. Don’t forget to check decorative arrangements used for the holi-
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4-H Seeks New Council Members

Serving on Lancaster County 4-H Council is a great opportunity to support 4-H, help provide leadership and work with a great group of people! Lancaster County 4-H Council is composed of youth (9th grade or higher) and adults working together in the interest of promoting activities of Lancaster County 4-H. Meetings are held the first Tuesday of each month at 7 p.m. at the Lancaster Extension Education Center. Terms are three years for adults and two years for youth. Each may serve two terms. For more information, contact Tracy at 402-441-7180.

Kari Price

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

A volunteer for seven years, Kari is a parent volunteer with the Star City Llama/Alpaca 4-H club and helps with llama/alpaca shows at the Lancaster County Super Fair and Nebraska State Fair. A member of 4-H Council, she helps with the food booth and chicken dinner fundraisers at county fair, as well as 4-H events such as Kick Off and Achievement Celebration. In addition, Kari has taught and assisted with workshops at Clover College.

“I like being a 4-H volunteer because the possibilities in 4-H are literally endless,” says Kari. “They have every club you could ever imagine and if they don’t have it, then they allow you the platform to start one. It has also allowed me to meet a lot of great people I would have never come across had it not been for 4-H. My favorite experience as a 4-H volunteer would be teaching several different classes at Clover College. It is only two hours out of your day, but it comes back 10 fold. How could you not love seeing the kids smiling faces after completing their project. They get so excited and they can’t wait to show it off to everyone that walks by.”

Lancaster County 4-H thanks Kari for donating her time and talents. Volunteers like her are indeed the heart of 4-H!
2014 Horse Awards

The 2014 4-H Horse Awards Night was held Oct. 2. The evening recognized top achievements at the Lancaster County Super Fair and other accomplishments throughout the past year. 4-H volunteer Jeff Rawlinson was Master of Ceremonies. Rock ‘n Riders 4-H Club distributed programs, Esprit de Corps 4-H Club led the Pledge of Allegiance and 4-H Pledge, and Lucky Lopers 4-H Club distributed snacks. Kate Cooper edited the Highlights Reel. Here are some of the winners. Additional winners and photos are online at http:// lancefair.unl.edu/4h. Congratulations to all Lancaster County 4-H horsemen for their achievements in 2014!

HORSEMANSHIP ADVANCEMENT LEVELS

The Nebraska 4-H Horse Project advancement levels are designed to serve as guides for instruction and evaluation of each members' progress. The correct handling of horses is emphasized from the beginning levels to the Lancaster level. Sixteen seven 4-H levels have achieved new horsemanship levels this year. Each level is a huge accomplishment.


Level I — Nicole Ackland, Felicity Bowers, Katie Cook, Eva Erickson, Haley Fast, Sidney Frosstad, Bailey Hampton, Lindsay Herrick, Alex Napolitano, Nicole Pickering, Mackenzie Robles, Clare Sideser, Emma Jo Whaley and Zory Williams

Level II — Clara Bradbury, Elle Bump, Emily Burnside, Emily Cashmere, Ashley Clegg, Ethan Erdkamp, Katelyn Erdkamp, Makena Fintel, Kenzie Hayes, Mya Higgins, Aubrey Kellly, Jenna Mohrmann, Alex Napolitano, Ally Quinn, Clare Sideser, Mazzin Snyder, Julia Soukup, Lydia Teegerstrom, Hadley Teut, Cash Wilbeck and Sierra Wilson

Level III — Christy Cooper, Kate Cooper, Megan Danley, Megan Hansen, Aubrey Hayes, Audrey Hessinger, Grace Kim, Kenzie Mayer and Madison Sobekka

Level IV — Anna Hessinger and Jadin Vogler

HORSE INCENTIVE AWARDS

4-Hers logged the hours they spent working with or learning about horses. The more hours invested, the more valuable the reward! This year, 34 4-Hers participated. The Incentive Awards are sponsored by the Lancaster County 4-H Horse Volunteers in Program Service (VIPS) Committee.

Bronze Incentive Award (100 hours or points) — Michaela Bump, Anna Cashmere, Cayson Hessinksett, Sarina Kyn, Jordan Lesback, Kailey Mettym, Sidney Schleuger and Shayna Severson

Silver Incentive Award (150 hours or points) — Nicole Ackland, Brooke Bennett, Elle Bump, Amy Cashmere, Ashley Clegg, Caidell Davis, Cally Dotter, Dan Di Rhal, Ethan Erdkamp, Haley Fast, Aubrey Hayes, Kenzie Mayer, Ruby Molini, Nicole Pickering, Harper Rosenstiel, Grace Spaulding, Chloe Stander, Alexi Starner, Lydia Teegerstrom, Hadley Teut, Avery Tonings, Stella Uterwaal and Cash Wilbeck

Gold Incentive Award (366 hours or points, and completed horse record book) — Chloe Brinson, Kate Cooper, Caitlin Davis, Katelyn Erdkamp, Megan Hansen, Kenzie Hayes, Kelsey Koch, Emma Soudrogroth, Aussia Stander, Bethany Wachter and Jeni Wilson

JUDGING CONTEST 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 have reasons. Buckles sponsored by the Glenn Umberger family.

Elementary Division — Ellie Bump (Champion), Maureen Saghrou (Reserve Champion), Myia Higgins (3rd place), Kenzy Hayes (4th place), Julia Soukup (5th place), Grace Spaulding (6th place), Jocelyn Cobb (7th place), Sydney Schleuger (8th place), Zoey Williams (9th place) and Clara Bradbury (10th place)

Junior Division — Nicole Pickering (Champion), Sosuna Romman (Reserve Champion), Madison Sobekka (3rd place), Aubrey Hayes (4th place), Kenzie Mayer (5th place), Aussia Stander (6th place), Clare Ehrlebe (7th place), Ally Quinn (8th place), Ashley Clegg (9th place) and Porsha Miller (10th place)

Senior Division — Nicole McConnell (Champion), Kate Rawlinson (Reserve Champion), Bailey Peterman (3rd place), Christy Cooper (4th place), Anna Hessinger (5th place), Bethany Albers-O’Brien (6th place), Aubrey Bradbury (7th place) and Bryanna Loudon (8th place)

HORSE COURSE CHALLENGE RESULTS

The Horse Course Challenge is a Lancaster County Super Fair 4-H contest. Study material is based on the online horse course.

Elementary Division (everyone who took the test received a purple ribbon!) — Chloe Standre (Champion), Sidney Schleuger (Reserve Champion), Ellie Bump (3rd place), Trinity Behary (4th place), Emmi Deaumont (5th place), Kenzy Hayes (purple), Katherine Moyer (purple), Sophie Polk (purple), Grace Spaulding (purple) and Taylor Woods (purple)

Junior Division — Ashley Clegg (Champion), Kate Cooper (Reserve Champion), Aussa Stander (3rd place), Madeline Polk (4th place), Aubrey Hayes (5th place), Madeline Polk (6th place), Felicity Bowers (blue), Megan Danley (blue), Sarina Kyn (blue), Nicole Pickering (blue) and Bethany Wachter (blue)

Senior Division — Kate Rawlinson (Champion), Brooke Bennett (Reserve Champion), Jeni Wilson (3rd place), Nicole Ackland (red), Chloe Brinson (red), Christy Cooper (red) and Caitlin Davis (red)

ALL-AROUND BARRELS

Franklyn Manning Award (for fastest time in the Lancaster County Super Fair 4-H Barrel racing competition — Nicole Finkner (second year in a row!)

ALL-AROUND TRAIL

Dick and Cookie Conner Top Trail Award (for all-around champion of the Lancaster County Super Fair 4-H Trail obstacle class — Bailey Peterson (second year in a row!)

ALL-AROUND RANCH HORSE

Three age division awards for Lancaster County Super Fair All-Around Ranch Horse are sponsored by Olive Creek Acres Performance Horses — Brian and Shannon Vogler.

Elementary — Hadley Teut (horse “Grime”)

Junior — Jadin Vogler (horse “Kenai Pepo”)

Senior — Bailey Vogler (horse “Stud”) .

ALL-AROUND COWBOY/COWGIRL

Three age division awards for Lancaster County Super Fair All-Around Cowboy/Cowgirl are sponsored by Pro Performance Equine — Dr. Adam Gengenbaugh, Dana and Pam Wolfe, and the Nebraska Roping Horse Association.

Elementary — Hadley Teut

Junior — Jadin Vogler

Senior — Bailey Vogler

ALL-AROUND CHAMPION

Wilhelmine Wittstruck Memorial Award for All-Around Champion — Madison Sobekka (second year in a row!)

Horse Incentive Awards - Silver Level

Horse Incentive Awards - Bronze Level

Horsemanship Advancement Levels II
Extension Educator Gary C. Bergman is retiring after nearly 20 years with University of Nebraska–Lincoln Extension in Lancaster County. The public is invited to Gary’s retirement reception on Wednesday, Nov. 5, 3:30–5:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.

As unit leader, Gary provided leadership for Extension’s programs in Lancaster County. Locally, Extension is a partnership between UNL and Lancaster County. Through the years, Gary worked with the Lancaster County Commissioners and UNL Southeast District Director to link UNL and county staff, budgets and resources into one team.

Gary networked with the Extension board, community leaders, stakeholders, program partners and elected officials to identify program needs. He hired, trained and supervised staff — helping develop and evaluate programs. He also secured funds and resources for programs such as solid waste education (including Garbology school enrichment), Embryology school enrichment and a million dollar childhood obesity grant (nutrition school enrichment). A strong advocate for positive youth development, 4-H reached over 20,000 Lancaster County youth annually during Gary’s tenure. He chaired the committee that developed the Nebraska Diamond Clover Recognition Program and served on building committee for the Lancaster Event Center.

In addition, Gary oversaw and promoted the Lancaster Extension Education Center’s facilities which include conference rooms used by non-profit and governmental organizations. A servant leader, Gary empowered Extension staff to succeed as individuals while fostering teamwork. He led by example and often gave hands-on help, especially with the 4-H program. He continuously encouraged and provided resources for Extension’s use of new technologies to engage the public.

On behalf of the Extension staff, we will miss Gary’s leadership and contributions. He takes to heart the land-grant university system’s mission of public service to the university. The following UNL Extension in Lancaster County staff were recognized:

- Lorene Bartos, Extension Educator — 45 years of service
- Mary Abbott, Extension Associate — 15 years of service
- Tom Dorn, Extension Associate — 10 years of service
- Barb Ogg, Extension Educator

Gary received the Nebraska Diamond Clover Award and Scholarship Applications Due to Extension

Ag Society Annual Meeting, Dec. 18

The Lancaster County Agriculture Society’s Annual Meeting will be held Thursday, Dec. 18 at the Lancaster Event Center, 84th & Havelock, in the Lancaster Room.

Voting will take place 5:30–6:30 p.m. for three positions on Lancaster Agriculture Society Board (three year terms). Any registered voter in Lancaster County may vote.

Any Lancaster County resident interested in running for a position on the board must submit a short biography by Nov. 20 in order to be placed on the ballot. Send the biography to: ATTN: Trudy Felley, LCAS Secretary; Lancaster Event Center; P.O. Box 29167, Lincoln, NE 68529.

The Annual Meeting, starting at 6:30 p.m., is an opportunity for the public to learn more about the "relaunching" of the Lancaster Extension Center. The regular monthly meeting of the Ag Society will follow the annual meeting.

2014 UNL Service Awards

Recently, University of Nebraska–Lincoln staff reaching an anniversary year of employment were honored for their years of service to the university. The following UNL Extension in Lancaster County staff were recognized:

- Lorene Bartos, Extension Educator — 45 years of service
- Mary Abbott, Extension Associate — 15 years of service
- Tom Dorn, Extension Associate — 10 years of service
- Donna Root-Willeford, Extension Associate — 10 years of service

Thirty-nine members of the UNL faculty received emeritus honors during the 2014 Employee Service Awards ceremony, including two former UNL Extension in Lancaster County staff. Emeritus status is the rank awarded by UNL Administration to an employee at the time of retirement in recognition of substantial service rendered to the University in teaching, research, extension, or administration in a professional field.

- Tom Dorn, Extension Educator
- Barb Ogg, Extension Educator

Henneman Wins National Photography Award

At the National Extension Association of Family & Consumer Sciences (NEAFCS) national conference held September in Kentucky, UNL Extension Educator Alice Henneman received 1st place national winner in the Communication – Photography award for her salmon and dill sauce photo (pictured). The photography award is designed to recognize the use of photography to tell an Extension story or communicate an educational message. Henneman’s photo of the Dill Cucumber Sauce recipe was used several places on the Internet to promote a healthy, quick-to-prepare recipe, including:

- Used on a http://food.unl.edu page
- Printed on a Pinterest Board

At the NEAFCS conference, Alice also presented two sessions and a poster session. Extension Educators Maureen Burson and Gail Brand co-presented a session, “Lessons Learned from Adapting On-site Classes to Online – Co-Parenting for Successful Kids.”

Public Invited to Reception Nov. 5

The public is invited to a reception on November 20 in order to be placed on the ballot. Send the biography to: ATTN: Trudy Felley, LCAS Secretary; Lancaster Event Center; P.O. Box 29167, Lincoln, NE 68529.

The Annual Meeting, starting at 6:30 p.m., is an opportunity for the public to learn more about the “relaunching” of the Lancaster Extension Center. The regular monthly meeting of the Ag Society will follow the annual meeting. Regular monthly meetings are held the third Thursday of every month.