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The NEBLINE, November-December 2009

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The NEBLINE

Nov./Dec. 2009

**20th
Anniversary
Issue!**

444 Cherrycreek Rd., Suite A, Lincoln, NE 68528 • (402) 441-7180 • <http://lancaster.unl.edu>

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4-H SCHOLARSHIPS
More than \$5,000 in college scholarships are available to Lancaster County 4-H'ers! Applications are due Jan. 2

—see page 8

4-H AWARDS
Lancaster County 4-H awards a variety of honors to members, volunteers and supporters. Applications are due Jan. 2

—see page 8

Middle School Youth on a “Nutrition Mission”

Karen Wobig
UNL Extension Educator

Empowering youth with the knowledge of how to lead healthy lifestyles — including good nutrition — carries into their adulthood. The outcome can result in fewer health issues and lower health care costs.

For several years, University of Nebraska–Lincoln Extension in Lancaster County Nutrition Education Program (NEP) has offered 4-H School Enrichment nutrition kits for grades K–5 to income-eligible elementary schools. Developed by NEP staff, these supplemental kits of hands-on educational experiences are designed to enhance the Lincoln Public Schools (LPS) health curriculum.

Since 2000, 27,057 students have participated in NEP's school enrichment program and teachers have recorded 15,235 hours of teaching nutrition using the kits. During these nine years, the USDA Supplemental Nutrition Assistance Program (formerly Food Stamps) has matched the value of teacher hours, bringing more than \$600,000 into the Lincoln community.

With the goal of providing continuity for youth nutrition education, NEP staff recently developed curriculum and nutrition kits for grades 6–8 titled “Nutrition: Mission Possible.” Kit materials include:

- Teacher curriculum
- Experiments
- Interactive games
- Video
- Posters
- Worksheets and handouts

Family and Consumer Science (FCS) or Health teachers at qualifying middle schools can request a kit, which is delivered *see NUTRITION MISSION on next page*



The Nutrition Education Program (NEP) school enrichment kit for grades 6–8, titled “Nutrition: Mission Possible,” contains curriculum and materials to teach hands-on, nutrition educational experiences.



Extension Associate Zainab Rida (far right) coordinates NEP's school enrichment program for middle schools, and gives presentations and healthy snack demonstrations in classrooms.

The recipes below are demonstrated in middle school classrooms.

MyPyramid Pizza Snacks

- Whole Wheat English Muffins** (1/2 a muffin per person)
- Pizza Sauce** (1 tablespoon per person)
- Shredded Mozzarella Cheese** (1–2 tablespoons per person)
- Turkey Pepperoni slices** (2–3 per person)
- Crushed Pineapple** (1 teaspoon per person)
- Chopped Green Pepper** (1–2 teaspoons per person)



Preheat the oven to the broiler setting.

Put each ingredient into a separate bowl or container and line up on a table with measuring spoons in each bowl or container.

Start with a half of an English muffin and then move down the table and create an individual pizza — in an assembly line fashion — in the order above.

Bake in the oven under the broiler for 3–5 minutes, or until cheese is melted and golden brown. (Watch the pizzas towards the back of the oven — they tend to brown faster and can burn; rotate the baking sheet mid-way, if needed.)

Black Bean Salsa

- 1 can (15 ounces) black beans, rinsed and drained**
- 1 can (11 ounces) whole kernel corn with peppers, drained**
- 1 medium mango, peeled and seeded, or frozen mango chunks, cut in cubes**
- 1/4 to 1/2 cup cut up fresh cilantro**
- 2 tablespoons lime juice**
- 1 teaspoon garlic powder**
- 1/4 teaspoon ground cumin**



In a medium bowl, combine all ingredients. Serve with Baked Pita Chips

Baked Pita Chips

- 1 large pita bread, split and cut into wedges** (4 wedges = 1/2 slice of pita bread)
- Olive oil spray**
- Garlic powder**
- Oregano**
- Parmesan cheese (optional)**

Spray pita wedges with olive oil spray. Sprinkle with garlic powder, oregano and parmesan cheese. Bake 8–10 minutes at 350°F.

Roasts – Easy to Make for the Holidays and Any Other Time, Too!

Sit-down dinners and special occasions aren’t only about turkey! There are many other types of roasts that become the stars of the dinner table. Use these guidelines to “make the most of your roast”...safely.

Cooking Your Roast

Roasting is the recommended method for cooking tender meats.

To roast, meat is placed on a rack in a shallow, uncovered pan and is cooked by the indirect, dry heat of an oven. To keep the meat tender and minimize shrinkage due to the evaporation of moisture, an oven temperature of 325°F should be used.

- Boned and rolled meat require more cooking time per pound than bone-in cuts because it takes longer for the heat to penetrate through the solid meat. Rolled, tenderized or scored cuts of meat should be cooked to 160°F.
- USDA does not recommend cooking meat and poultry at oven temperatures lower than 325°F. This can cause food to remain in the “Danger Zone” (temperatures 40–140°F) too long, allowing bacteria to multiply rapidly.



USDA Food Safety and Inspection Service

Watch Temperatures Closely

Fat content (or a lack of it) affects the cooking times of a variety of meats — so keep a close eye on your roast to avoid overcooking, and use a food thermometer. Remember — regardless of the size of the roast, it still must be cooked to a safe internal temperature. **Use a food thermometer to assure a safe temperature!**

Source: Adapted from “Kitchen Companion: Your Safe Food Handbook,” USDA Food Safety and Inspection Service at http://www.fsis.usda.gov/PDF/Kitchen_Companion.pdf



Roasting Chart

Meat	Oven Temperature	Timing (Approximate)	Safe Minimum Internal Temperature
BEEF, FRESH			
rib roast, bone in — 4 to 6 pounds	325°F	23 to 25 minutes per lb.	145°F
rib roast, boneless, rolled — 4 to 6 pounds	325°F	28 to 33 minutes per lb.	145°F
round or rump roast — 2½ to 4 pounds	325°F	30 to 35 minutes per lb.	145°F
tenderloin, whole — 4 to 6 pounds	425°F	45 to 60 minutes total	145°F
LAMB, FRESH			
leg, bone in — 5 to 7 pounds	325°F	20 to 25 minutes per lb.	145°F
leg, bone in — 7 to 9 pounds	325°F	15 to 20 minutes per lb.	145°F
leg, boneless, rolled — 4 to 7 pounds	325°F	25 to 30 minutes per lb.	145°F
VEAL, FRESH			
shoulder roast, boneless — 3 to 5 pounds	325°F	35 to 40 minutes per lb.	145°F
leg rump or round roast, boneless — 3 to 5 pounds	325°F	35 to 40 minutes per lb.	145°F
CHICKEN, FRESH			
whole roasting hen — 5 to 7 pounds	350°F	2 to 2¼ hours	165°F
breast, halves, bone-in — 6 to 8 ounces	350°F	30 to 40 minutes	165°F
breast, halves, boneless — 4 ounces	350°F	20 to 30 minutes	165°F
legs or thighs — 4 to 8 ounces	350°F	40 to 50 minutes	165°F
PORK, FRESH (Tip: When cooked to safe temperatures, fresh pork may still be pink inside – but it will be safe.)			
loin roast, bone-in or boneless — 2 to 5 pounds	325°F	20 to 30 minutes per lb.	160°F
crown roast — 4 to 6 pounds	325°F	20 to 30 minutes per lb.	160°F
tenderloin — ½ to 1½ pounds	425°F	20 to 30 minutes total	160°F
HAM, SMOKED			
fresh, cook-before-eating, bone-in — whole, 10 to 14 pounds	325°F	18 to 20 minutes per lb.	160°F
fresh, cook-before-eating, bone-in — half, 5 to 7 pounds	325°F	22 to 25 minutes per lb.	160°F
fully cooked, bone-in — whole, 10 to 14 pounds	325°F	15 to 18 minutes per lb.	140°F
fully cooked, bone-in — half, 5 to 7 pounds	325°F	18 to 24 minutes per lb.	140°F
fully cooked, spiral cut, whole or half — 7 to 9 pounds	325°F	10 to 18 minutes per lb.	140°F
country, dried, whole or half	Soak 4 to 12 hours in refrigerator. Cover with water, then boil 20 to 25 minutes per pound. Drain, glaze and brown at 400°F for 15 minutes.		

For reasons of personal preference, consumers may choose to cook meats and poultry to higher temperatures.

Turkey Roasting Chart: Approximate Times

Fresh or Thawed Turkey — Set oven at 325°F — Cook to 165°F Internal Temperature

Size of Turkey	Unstuffed	Stuffed
4 to 6 pounds (breast)	1½ to 2¼ hours	Not usually applicable
6 to 8 pounds (breast)	2¼ to 3¼ hours	2½ to 3½ hours
8 to 12 pounds	2¾ to 3 hours	3 to 3½ hours
12 to 14 pounds	3 to 3¾ hours	3½ to 4 hours
14 to 18 pounds	3¾ to 4¼ hours	4 to 4¼ hours
18 to 20 pounds	4¼ to 4½ hours	4¼ to 4¾ hours
20 to 24 pounds	4½ to 5 hours	4¾ to 5¼ hours

Nutrition Mission

continued from page 1

at the beginning of the school year and remains with the teacher throughout the year. Teachers have the option of having NEP staff present an interactive nutrition lesson on topics such as MyPyramid or portion/distortion. At the conclusion of a class session, NEP staff lead a healthy snack demonstration which students help prepare and then sample.

The 2008–09 school year was the initial year for NEP’s middle school enrichment program. All five qualifying LPS middle schools requested kits, serving 64 classrooms and reaching 1,381 students. Teachers recorded 683 hours of classroom instruction time, averaging 11 hours/classroom of direct nutrition education.

One teacher says, “The nutrition kits provided by extension have supplemented the curriculum that I teach in 6th, 7th and 8th grade Family and Consumer Science. The lessons are very well written and many contain visual demonstrations that help students grasp the concept. The NEP staff members are very knowledgeable and



Zainab Rida presents interactive lessons on topics such as MyPyramid (pictured) or portion/distortion.

work well with the students. The students especially enjoy the food items which they get to sample. Recently, a staff member made nutritious pizzas with my 6th grade students. I asked a student what she liked best about the pizza. Her reply was ‘everything.’ Pineapple and green peppers were included in the toppings. These may not be typical toppings for students, but they were accepted and sampled by everyone.”

In one seventh grade classroom, two boys really had to

be encouraged to try the Black Bean Salsa with mango (see recipe page 1), but after they did, both said they were going to make it with their families.

After making pizza, a sixth grade student said, “This is very good. Is it *really* healthy?”

Maintaining a healthy diet in the middle school years is truly a mission, but certainly not impossible. Teaching, encouraging and providing healthy foods during these years is indeed, “Nutrition: Mission Possible.”

FREE Program

“Cook It Quick, Healthy, Delicious...and Cheap!”

Thursday, Nov. 5, 7–8:30 p.m.

Plaza Conference Center, BryanLGH Medical Center East, 1600 South 48th St., Lincoln

Learn how to make better tasting, healthier meals in less time and for about half the money of eating out or buying fast food! Plus, save when shopping at the supermarket.

Alice Henneman, extension educator and registered dietitian with University of Nebraska–Lincoln Extension in Lancaster County, will give you tips how to prepare quick, healthy, delicious...and cheap foods!

You’ll receive an extensive 47-page booklet giving tips and recipes.

Register by calling BryanLGH at 481-8886

Door Prizes!

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's View — Bonnie's Bits

Bonnie Krueger
FCE Council Chair

Hope everyone is ready to turn your clocks back and don't forget to check the batteries in your smoke and carbon monoxide detectors.

Nov. 11 is Veteran's Day formerly Armistice Day and the anniversary of World War I. Here in the United States it is celebrated as a National holiday and has been observed annually on this day since 1978.

Soon it will be Thanksgiving, November 26. We have lots of symbols for



our Thanksgiving.

- Turkey is an separable part of Thanksgiving.
- Cranberry sauce is turkeys favorite feast partner.
- Corn was a part of the first Thanksgiving feast and still popular.

- Beans were regarded as a third of the Indians three sisters.
- Pumpkins are a Thanksgiving favorite, just couldn't do without pumpkin pie.
- Cornucopia the horn shaped basket filled with fruit and goodies.



Have a Happy Thanksgiving with all these symbols and thank God for all we have. Blessings to all our veterans near and far.

We all had a great time at the State FCE Conference even with the long and windy ride thru the sandhills to Aims worth. Had lots of fun when we got there. Thank you to our hostess for a wonderful conference. Get your calendars out and mark Sept. 17-19, 2010 at Community College Park, Grand Island for the 2010 State Conference. Go to the Islands for a fun time.

FCE News & Events

Achievement Night, Oct. 26

The 2009 FCE Achievement Night will be Monday, Oct. 26, starting with dessert at 6:30 p.m. The musical program will be presented by the "Kramer Sisters." Everyone is asked to bring canned food or paper products for the annual FCE Food Bank Campaign. Clubs and members will be recognized for years of membership. If you plan to attend, call the extension office at 441-7180 and leave your name at the front desk.

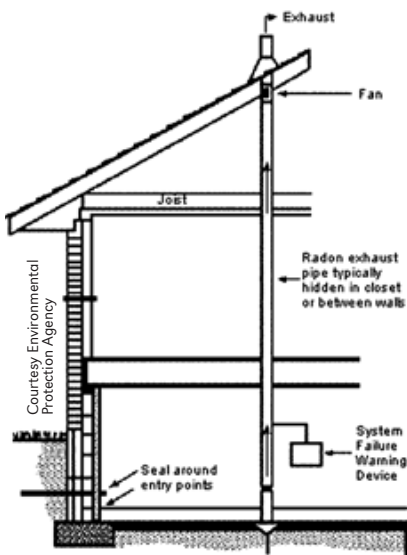
Radon—A Health Hazard

Have you tested your home for radon? If you are building a new home, check with your builder to see the proper precautions are being taken to prevent radon in your home. This is a good time to check the radon level in your home.

Radon is a naturally occurring, invisible, odorless gas that is harmlessly dispersed in outdoor air, but when trapped in buildings, can be harmful at elevated levels. The science on radon has been formidable over the years, but never before have we had such overwhelming scientific consensus and robust data to support the exposure to elevated levels of radon causes lung cancer in humans.

Air pressure inside your home is usually lower than pressure in the soil around your house's foundation. Because of the difference in pressure, your house acts like a vacuum, drawing radon in through foundation cracks and other openings.

Testing homes for elevated levels of radon is simple and inexpensive. And, if discovered, radon problems can be fixed. Radon test kits meeting EPA guidelines are available at local hardware stores, home improvement stores, some supermarkets, other retail outlets or directly from a laboratory. Many are priced under \$25. Testing your home for radon is as simple as opening a package, placing a radon detector in a designated area, and, after the prescribed number of days, sealing the detector back in the package and mailing it to a lab.



Typical radon mitigation system.

Short-term detectors (such as charcoal canisters) are used for two to seven days. They provide quick screening measurements indicating potential radon problems. Short-term detectors should be placed in the lowest lived-in level of the house, preferably during winter.

Long-term detectors (such as alpha track detectors) are left in place for three months to one year. They provide the advantage of averaging seasonal variations associated with radon levels. Long-term detectors generally are placed in main living areas.

Radon is measured in picocuries per liter of air (pCi/L), a measurement of radioactivity. The U.S. EPA and the Centers for Disease Control and Prevention recommend homes with radon levels 4 pCi/L, or greater, be fixed.

Radon problems can be fixed by qualified contractors for a cost similar to many

common home repairs such as painting or having a new water heater installed (anywhere from \$500 to about \$2,500).

A variety of methods can be used to reduce radon in homes. Sealing cracks and other openings in the foundation is a basic part of most approaches to radon reduction. EPA does not recommend the use of sealing and caulking alone to reduce radon because, by itself, sealing has not been shown to lower radon levels significantly or consistently. In most cases, systems with pipes and fans are used to reduce radon. Such systems are called a sub-slab depressurization. These systems prevent radon gas from entering the home from below the concrete floor and the foundation. Similar systems can also be installed in homes with crawl spaces. Radon reduction contractors may use other methods that may also work in your home, depending on its design and other factors.

Information on testing your home for radon and how to get a test kit is also available by calling 1-800-SOS-RADON or the State Radon Office at 471-0594.

FOR MORE INFORMATION

University of Nebraska-Lincoln Extension NebGuide G-1404 "Radon in Nebraska Homes" is available online at <http://www.ianrpubs.unl.edu/sendlt/g1404.pdf> and at the extension office (send a self-addressed stamped envelope to Radon: 444 Cherrycreek Road, Suite A, Lincoln, NE 68528-1507 and request NebGuide G-1404).



by Lorene Bartos, UNL Extension Educator

Get a Handle on Holiday Cleaning

Try these tips for making cleaning easier.

- Put **mats and throw rugs** at all entryways. This will help prevent dirt from being tracked into your home.
- If your pets prefer the furniture to the floor, cover their favorite upholstered pieces with attractive, **washable throws** that can be whisked out of sight when guests arrive.
- Keep a complete set of your favorite **cleaning supplies on each floor of the house**. They'll always be within easy reach for touch-up cleaning.
- Put a container of **pop-up disposable wipes** next to every bathroom and powder room sink. Encourage family members to use them every time they turn the tap water off.
- Invest in a few **small, hand-held vacuums** (cordless or with a charger) and leave them in strategic places around your home. They are perfect for quick pickups and light vacuuming.
- **Flushable bathroom wipes** are good for touching up surfaces between deeper cleanings.

Computer Cleaning — Hotspots for Germs

Think about all the surfaces you touch in your home — railings, door handles, papers and more. Washing your hands probably isn't what you do before using the computer. Instead, you probably grab a cup of coffee and turn on your computer. If you power up before you clean up, all the germs and bacteria that commuted with you are transferred from your hands to your computer. Ugh! And then, if other family members sit down at the computer, you've got all the germs that tagged along with them, too.

Before you begin, remember the two golden rules of computer cleaning:

Be sure the computer is off before you clean any part of it — keyboard, monitor screen, mouse, printer or housings.

Never spray cleaner directly onto any part of the computer. Spray it onto a cloth, and then gently wipe.

- **Keyboard:** Clean the keys with a cleaning wipe or a cloth sprayed with an all-purpose cleaner. Make this the first thing you do every morning before you turn on the computer. To remove the dirt, dust and other debris that gets caught between the keys, turn it upside down and shake gently to dislodge the particles. An air duster is also

a great aid in removing all these bits and pieces lodged inside the keyboard.

- **Mouse:** It's also a good idea to clean the mouse before the start of the workday. Use a cleaning wipe or a cloth sprayed with an all-purpose cleaner.
- **Monitor:** Use a microfiber cloth, either dry or dampened with clean water, or a product specially formulated for computer screens. If you use anything else, you run the risk of damaging the screen. Clean the monitor several times a week, as a dirty monitor can cause eyestrain.
- **Surrounding surfaces (including computer housings and desktops):** Since there are probably coffee and food stains lurking amidst the dust, use an all-purpose cleaner with a disinfectant.
- **Printer:** Consider how often you push the button on the printer and how seldom you think about cleaning it!
- And don't forget the **telephone:** Even if you're the only one using it, it's still transmission central for germs and bacteria that cause ear, nose and eye infections. Clean it daily using a hard-surface disinfectant cleaner or a wipe.

Source: Soap & Detergent Association

Food Entrepreneur Seminar, Jan. 11

The University of Nebraska-Lincoln Food Processing Center is offering a one-day seminar for all individuals interested in exploring the idea of starting a food manufacturing business. The "From Recipe to Reality" seminar will be offered on Jan. 11, 2010. Pre-registration is required and space is limited. Registration deadline is Dec. 18. Contact Jill Gifford at 472-2819 or jgifford1@unl.edu for an information packet.

Flexible Cash Lease Provisions

Farmers face numerous business risks related to agricultural production, including commodity prices, input prices, technology, legal issues and interpersonal communications. One of the greatest expenses in an operation is often land rent and leasing fees; however, flexible cash lease provisions offer a means to, both manage business risks, while at the same time offering opportunity to improve farm profitability.

Flexible cash lease provisions are not new to Nebraska or agricultural production. A 1996 research study from The Ohio State University showed even then, 8% of cash leases contained some form of flexible provision. Similar studies have shown producers using flexible

leases have improved the net profit of their operations, better managed land input costs and improved their understanding of land economics. Land owners using flexible cash lease provisions have reported a marked improvement in understanding of land economics and improved returns, particularly in bumper crop years.

Flexible leases are becoming so popular, the most recently adopted USDA Farm Bill includes favorable modifications to the very definition of a cash lease. So ask yourself, as a producer or land owner, can your agricultural business operation afford not to use flexible cash lease provisions?

—UNL Extension Educator Tim Lemmons

Flexible Lease Workshop, Dec. 16

In response to an overwhelming request for additional training in flexible lease preparation and use, University of Nebraska-Lincoln Extension will be holding a workshop, “Managing Risk and Making Money with Flexible Cash Lease Provisions” on Wednesday, Dec. 16, 1–4 pm at the Lancaster Extension Education Center, 444

Cherry Creek Road. Fee of \$10 per person covers materials and presentation fees. Pre-registration with payment is required. For more information, call 441-7180.

Past participants have indicated they wished they had their landlord or tenant with them, so use this as an opportunity to build a stronger business relationship and come together.

Thistle Control Still Possible This Fall — but Hurry

Did you have thistles this year? If so, walk out in the infected areas this week and look for thistle seedlings. Most thistle seedlings this fall will be small, in a flat, rosette growth form and they are very sensitive now to certain herbicides. Spray this fall if air temperatures are above 50° F and thistles will not be a big problem next year.

Several herbicides are effective and recommended for thistle control. Bruce Anderson thinks the most effective is a newer herbicide called Milestone. Milestone is a general-use pesticide so does not require a pesticide applicator license. Two other very effective herbicides are Tordon 22K and Grazon. But be careful with Tordon and Grazon, since they also can kill woody plants, including trees you might want to keep. Both Tordon 22K and Grazon are restricted-use herbicides. To buy and/or



Musk thistle rosette



Musk thistle rosette

apply these products requires a private pesticide applicator or commercial pesticide applicator — ag plant license. 2,4-D also works well while it's warm (temperatures in the upper 50's) but you will get better thistle control by using a little less 2,4-D and adding a small amount of dicamba (Banvel, Clarity or Sterling) to the mix.

Other herbicides also help control thistles in pastures — like Redeem, Ally and Curtail. No matter which weed killer you use, be sure to read and

follow label instructions and be sure to spray soon while the plants are still growing.

Next year, avoid over-grazing your pastures so your grass stands get thicker and compete with any new thistle seedlings that germinate in spring or during the summer.

Give some thought now to thistle control during October and November. Your pastures can be cleaner next spring.

Source: Bruce Anderson

Use Season-Long Records to Assess Pumping Plant Performance

Tom Dorn
UNL Extension Educator

Irrigation season is over for 2009. Now is a good time to analyze the performance of your pumping plant before you lose your receipts for energy purchased and records of water pumped. Poor pump performance can be caused by poor pump design for the current pumping conditions, pumps with excessive wear or are not properly adjusted, and/or inefficient power units. If you

determine your pumping plant is below par by running a season-long pumping plant analysis, you will have plenty of time to consider your options and schedule a well driller to make necessary repairs or replace worn or mismatched components before next irrigation season.

UNL Extension Educator Tom Dorn, developed an Excel worksheet named Long_Term_Pump.xls. It is available on the Web at no cost. This worksheet can be found on the Irrigation page of the UNL Extension in Lancaster County Web site at <http://lancaster.unl.edu/ag/crops/irrigate.shtml> under the heading “What Can Be Done About Irrigation Energy Bills.” The user can run the worksheet online in most Internet browsers or save it to their computer and open it with Microsoft Excel.

Information necessary to run an analysis includes: the type of energy used for pumping, the price per unit of energy (\$/Gallon, \$/kWh), the type of water meter installed, and the beginning and ending water meter readings. If there is no water meter, the user selects “no meter” and estimates the acres irrigated and the gross inches of water applied. The user then reports the estimated average pumping water level and the average system pressure over the season. Finally the user reports the total fuel (energy)

Estimate Pumping Plant Performance Rating and Potential Energy Savings From Your Records				
Developed by Tom Dorn, UNL Extension Educator				
Revised 8/25/2008				
Note: You may change values in blue cells and drop down menus only. Instructions and examples are available on tabs at the bottom of the sheet.				
Step 1: Select energy type:				
Chosen:	Diesel, Electricity, Gasoline, Hot Gas, NG Therm, or Propane	Unit:	gpc	Energy Units
Step 2: Input energy price per unit in cell B12				
Energy \$/unit				
Step 3: Select Water meter installation units				
Chosen:	Gallons, Acres, Acre-ft, or No meter	Unit:	Beginning	Ending
Step 4: Type beginning reading in D15 and ending reading in E17				
Please input the following:				
Step 5: Pumping water level		Feet		
Step 6: Pressure at the discharge head		PSI		
Step 7: Total fuel used for test period				
Results				
Acres of water pumped (from water meter readings)		0.0	ac-ft/inches	
Water horsepower hours (whp-h) for test period		0.0	whp-h	
Estimated performance of this pumping plant		0.00	whp-h per unit of fuel	
Performance rating, % of the NPC			Percent	
Potential Fuel Savings over test period		0		
Potential Fuel Cost Savings over test period				
Based on 75% pump efficiency				
Hot Gas is priced SAEF assumed \$25.00/Gallon fuel, (\$25.000 \$/GAL)				
NG Therm is priced by the Therm (\$60.000 \$/Therm)				
3 phase electric motor assumed to be 80% efficient				
UNL Extension, 1000 University of Nebraska-Lincoln, 700 West 17th Street, Lincoln, NE 68503				

An Excel worksheet is available free online to help analyze the performance rating of a pumping plant.

consumption for the season.

The worksheet does all of the calculations necessary to analyze the performance rating of the pumping plant and reports the performance rating as a percentage of the Nebraska Pumping Plant Performance Criteria and estimates the potential savings if a sub-par pumping plant were brought up to the criteria.

With high energy prices, it is vitally important for irrigators to identify those pumping plants with low efficiencies so you can take corrective action before the 2010 irrigation season. This handy performance calculator makes it easy to spot pumping plants that may require some attention so they can be repaired or redesigned to match the current pumping conditions. Locating and correcting inefficient pumping plants can literally save thousands of dollars per year in energy costs.



Scrap Tire Collection Nov. 7 & 8 7 a.m.–8 p.m.

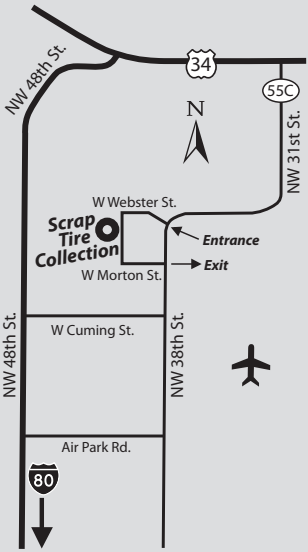
New Location!

NW 38th & W Webster St. on Airport Authority Property, Air Park/Arnold Heights area, Lincoln (signs will be posted)

Will accept tires of all shapes and sizes with no limit, free of charge!

We cannot accept tires from dealers, outside the state or with rims.

For more information, call 476-3590



Hosted by: Community of Emerald, NE
Funded by: Department of Environmental Quality

Diversity is the Key to Attracting Wildlife

Soni Cochran
UNL Extension Associate

Whether you live on an acreage, farm or in the city, diversity is key to attracting wildlife. Here are some tips:

- Plant many different types of grasses, forbs, shrubs and trees. Try to include as many native plants as possible.
- Select a diverse range of varieties of each type of plant. Look for ways to include plants which would help provide year-round food and shelter for birds and animals.
- Include many sources of water. In rural areas, include ponds, streams and wetlands as sources of water for wildlife. Near homes and in urban areas, create a backyard pond or small water feature, add bird baths. In winter, you can keep water open by using small heaters especially designed for ponds and bird baths. Be sure to place water

sources in both open and hidden locations. Be creative — look for “natural” sources for water.

- Many animals prefer “the edge” where two different types of habitats meet. Learn about animals found in your area and what kinds of habitats they prefer. Use this information to create as much of an “edge effect” as you can on your property.

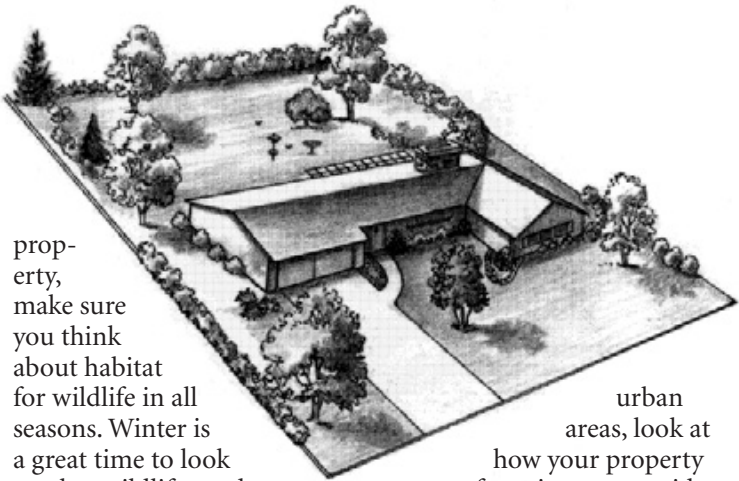
Getting Started — Make Your Plan

- Find out what species of wildlife are native to your area.
- Decide which of the native wildlife you’d like to encourage and learn as much as possible about the requirements those animals need to survive.
- Take a look at your property and make short- and long-term plans for improving your habitat for wildlife.
- When you examine your

property, make sure you think about habitat for wildlife in all seasons. Winter is a great time to look at what wildlife needs may be.

Design Guidelines

- Select native plants providing cover and food.
- Plant a variety of plant types and intersperse them.
- Plant to create protected areas to encourage nesting of desirable birds.
- In rural areas, plant in a way that forms corridors or connections between different larger habitat plantings. In



urban areas, look at how your property may form its own corridor between a neighbor’s yard, park or greenspace.

- Promote and plant woodland, grassland, riparian and wetland habitats. Even in urban areas, you can create smaller versions of these habitats with a little creativity.
- Remember the “Edge Effect.” When you create a habitat, put it right next to a different type of habitat to help form an “edge” which many wild animals prefer.

For Enjoyable Viewing

- Place bird feeders and bird baths or other water features near your home where wildlife can be easily viewed.
- After it snows, talk a walk outdoors and look for different tracks in the snow. These tracks will give you a clue to the types of animals visiting your property and the trails they are using.

FOR MORE INFORMATION

- University of Nebraska–Lincoln Extension publications on Wildlife & Planting for Habitat are available at the extension office or on the Web <http://www.ianrpubs.unl.edu/epublic/pages>
- UNL Acreage Owners Guide online at <http://lanaster.unl.edu/acreageguide>
- The Cornell Lab of Ornithology Web site, “All About Birds” at <http://allaboutbirds.org>

Provide Basic Needs to Attract Birds



Ron Johnson
Former UNL Wildlife Specialist

Attracting birds to acreages or backyards can be a fun and educational experience for the whole family.

There are several steps to take in order to provide the needs of birds and attract them to homes. Birds need food, shelter, water and space. Food can be seeds, fruits or insects.

Birdfeeders near homes bring the color and beauty of birds up close and personal. Use fresh seeds that birds like, such as a mixture of 50 percent of small, black oil-type sunflower seeds, 35 percent white proso millet and 15 percent finely cracked corn. Add suet, or hard beef fat, for winter energy and as a special treat for woodpeckers, chickadees, nuthatches and other insect eaters. Keep feeders clean to help keep birds healthy.

Water in a birdbath, small backyard pool or pond attracts birds where they can be seen and supplies water needed for drinking and bathing. As with bird feeders, keep the water fresh and the bath clean. Birdbaths can be especially important to birds during the winter months. Although some birds may at times get water from snow,

the snow is chilling and generally not the best. Birdbath heaters and heated birdbaths come in all varieties and have an element that is thermostatically controlled to keep the water temperature above freezing. Heated pedestal birdbaths have an extension cord running up out of sight through the center of the pedestal while mounted birdbaths have the cord tucked under the bowl.

Space needs vary among birds but usually more space means more birds will be attracted. Many birds observed in backyards do fairly well with the moderate amount of space provided in a backyard setting. Others need more wide-open spaces. Acreages can provide both. Large grasslands will attract grassland birds such as meadowlarks, dickcissels, grasshopper sparrows and others, especially if other grassland fields are nearby. If there are larger grassland or woodland areas on the acreage or nearby, be aware of the positive benefits for birds that associate with these habitat types. Wetland areas are special habitats that many interesting birds need. Ring-necked pheasants find protective cover in wetland vegetation, especially during cold winter snows.

Relocating Problem Wild Animals

Not as Humane as Most People Think

Sometimes live trapping seems like the best alternative when dealing with a wildlife problem, especially if you’re inside the city limits. After the offending animal is captured, driving it outside the city limits and releasing it, seems more humane than other management practices. After all, the animal is still alive and it will survive just fine, even better, in a rural setting. But, according to wildlife experts, this type of wildlife relocation isn’t a good solution.

First, relocation is usually ineffective because a new animal of the same species will often replace the one which was relocated. This is a basic principle of ecology.

A second problem with relocation is most animals do not survive relocation. Animals that are relocated must fight for new territories and the new animals are often injured or killed in the process. They don’t know where the food or shelter is located and are likely to be preyed upon.

And finally, relocation of animals to new territories disrupts the wildlife already living there. It can also spread diseases among wildlife populations.

Those really concerned with preserving and protecting wildlife need to recognize that coexisting with wildlife is not always convenient.

It may require an alteration of habits or an investment of time, energy or perhaps even money. A good place to begin is by doing some proactive problem prevention. Feed pets indoors, tightly cover garbage cans and other unnatural food sources, seal-up potential denning sites within your home. Do not deliberately feed pest animals, like squirrels. For these efforts to be successful, you may need to convince your neighbors to do the same thing.

It is against Nebraska law to release an animal more than 100 yards from where it is trapped, unless you have written permission or a permit from the Nebraska Game and Parks Commission (NGPC). This law includes squirrels, opossums, raccoons, skunks, rabbits and even snakes. This 100 yards allows a homeowner trap a squirrel living in his attic, seal up the entry point and release the squirrel. Wildlife management professionals have obtained NGPC permits to allow them to legally trap and remove pest animals.

Sources: Sam Wilson, Nebraska Game and Parks Commission. For more information about this law, contact him at 471-0641 or sam.wilson@nebraska.gov.

Audubon Society of Portland, OR.

UNL Researcher Seeks Alfalfa Fields to Study Pocket Gophers

Stephen Vantassel, UNL wildlife project coordinator, is finishing up a research project to determine the most efficient trapping method for controlling pocket gophers. He is looking for area farmers willing to give him permission to trap pocket gophers on their non-irrigated alfalfa fields.

To be included in the study, fields must have pocket gophers present and have had no pocket gopher control measures (of any kind) for at least one year. The study site must be accessible by a vehicle. Stephen is looking for fields (ten acres minimum) within a 1-1/2 hour drive of Lincoln. If you would be willing to help with this study, please contact him at 472-8961.

Evergreen Colors for Winter



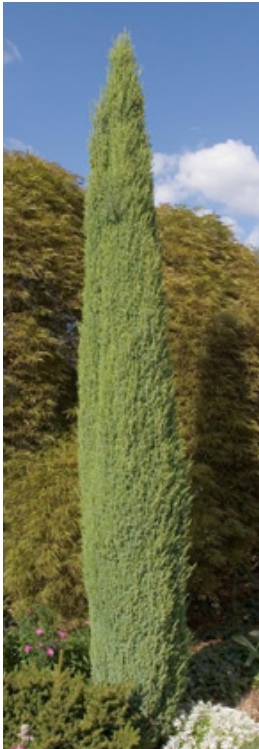
Dwarf Serbian spruce
Scientific name: Picea omorika 'nana'



Blue Rug Creeping Juniper
Scientific name: Juniperus horizontalis 'Wiltonii'



Dwarf Japanese Garden Juniper
Scientific name: Juniperus procumbens 'Nana'



Compressa Common Juniper
Scientific name: Juniperus communis 'Compressa'



Weeping White Spruce
Scientific name: Picea glauca 'Pendula'

Don Janssen
UNL Extension Educator

At this time of year, many of our landscapes lack interest, especially when it comes to color. Conifers fill a great void in this area because they aren't restricted to just green. Several varieties of spruce, juniper and arbovitae possess colored foliage. These conifers differ in their ability to tolerate extremes in growing conditions. Many are cold tolerant, but are unable to withstand extreme heat. Others are heat tolerant, but unable to take colder growing conditions. Make sure the conifer you select is appropriate for your site.

Most prefer well-drained soils with a neutral to slightly acid pH. While most conifers prefer full sun, many can tolerate partial shade. Exceptions to this are golden or light-colored conifers and blue-needled cultivars. Golden or light-colored conifers prefer a site with bright,

filtered light. Too much sun can severely burn and damage the needles ruining the plant. Blue-needled conifers grow best in full sun.

In most cases, nature doesn't create bad color combinations, however in some instances, we do. An effective way to use colored conifers is to select a monochromatic or single color scheme, such as using all blue-toned plant material. Monochromatic plantings create a restful atmosphere.

More striking effects can be created by selecting contrasting colors. Conifers with gold or yellow foliage planted with purple foliated or flowering plants is an attractive combination. Other attractive combinations include orange flowers with blue colored conifers, or red flowers with green foliage. Other color combinations are attractive as well. Instead of choosing bright green foliage for use with blue conifers, select green-gray foliage instead. This gives the blue area some life.

However, if only a few blue conifers are being used, the blue color jumps out when placed against a green background.

A green background for yellow plants has the same effect, creating very attractive plantings. Yellow conifers also look good when combined with gray-green or blue-green foliage varieties. An attractive natural color combination is possible when purple and green foliage is combined. To brighten up an area, use green with white or silver-leaved plants. Bi-colored conifers function best when used as accents, massed in large beds or even woven as a band of color through other perennials or shrubs.

The size and form of colored conifers varies with the genus, species and cultivar. They range from low ground covers to medium- or large-sized shrubs to trees. Several fall into the "dwarf" category, because their rate of growth is slow. The most common forms are rounded

or upright and broad.

Bi-color plants to consider for our area include Juniperus communis 'Compressa', Juniperus communis 'Pencil Point' or Picea omorika 'Nana'. Blue varieties include Juniperus communis 'Berkshire', Juniperus horizontalis 'Wiltonii', Juniperus procumbens 'Nana', Picea glauca 'Pendula' and Pinus strobus 'Macopin'. A good plum colored conifer is Juniperus horizontalis 'Glomerata'. A white selection is Tsuga canadensis 'Gentsch White'.

Colored conifers are assets to the landscape year-round. They are a permanent feature compared to flowers, so it is important to take the time necessary to select the proper variety for your location.

Fall Vegetable Garden Clean Up

Before putting all your gardening tools away for the year, take an afternoon this fall and clean up the vegetable garden. Removing garden debris, including dead plant material and rotted vegetables, will help to reduce disease and insect problems next year. The time spent now cleaning up the garden, will be well worth it next summer.

Before beginning your garden clean up, sit down and make notes of this year's garden layout and what did or didn't work. This will make planning a rotation schedule for next year's garden easier. Also note particular insect or disease problems encountered this year and which vegetable cultivars you tried.

Next, tomato cages, stakes, trellises and other support materials should be pulled out of the garden, cleaned and placed in storage for winter.

Remove from the garden any plants that have had insect or disease problems. Also collect any fall fruits or vegetables, including dried up "mummies." Many insects overwinter in the garden in last season's dead plant material. Similarly, diseased plant material remaining in the garden will serve as a source of fungal spores to



re-infect next year's vegetables. Don't add these to the compost pile. Compost piles usually will not reach a high enough temperature to kill all pathogens, like fungal spores or bacteria. Instead, discard or burn these plant residues.

Crop residues from healthy plants, such as roots, leaves and stems, are a valuable source of organic matter and will break down to improve the texture of garden soil. Plants that have not had pest problems can be cut up and put in the compost pile or turned into the soil for added organic matter. Organic mulches, such as straw or grass clippings, can be tilled into the soil.

The leaves from your trees are an excellent source of organic matter for the vegetable garden. After

raking the leaves, scatter them over the vegetable garden and till them in. You can use your mower to remove the leaves from your lawn and then add them to the vegetable garden. Since mowing chops the leaves into smaller pieces, they will break down faster once added to the soil of your vegetable garden.

Winter Burn and Winter Drying Common Injury to Trees

Dennis Adams
Forester, Nebraska Forest Service

Winter burn and winter drying are two common injuries to trees caused by weather.

Winter burn refers to the browning of the needles on coniferous trees during the winter months. It is caused by rapid temperature changes, particularly on the south sides of trees where there is more exposure to the sun. Rapid temperature changes, which occur most often during sunset and sunrise, damage or kill needle tissues. Injured trees will usually recover if damage is not too severe as new growth from healthy buds cover damaged areas.

Winter drying damages both evergreens and deciduous trees. The actual damage occurs in late winter or early spring, but the symptoms may not show up until growth begins in the spring. Winter drying is caused by the dessication of foliage and twigs by warm, dry winds, when water conduction is restricted by freezing of plant tissues or by frozen soil. All trees transpire, or lose water, even during the winter months. Sometimes this loss is greater than the roots can replace and drying damage results. Minor damage results in reddening or browning of foliage, which may later recover. Symptoms of more severe injury includes browning and subsequent death of branch tips or entire branches. The side of the tree facing prevailing winds is most susceptible to winter drying.

Often, a combination of winter burn and winter drying will occur, occasionally complicated by drought. If damage is severe enough, affected branches may die.



Winter burn (freeze damage) on conifers.



Sometimes, the entire tree may be killed.

Little can be done to control weather, but a few precautions can be taken to reduce the possibility of damage:

- Chose species which are hardy and best adapted to the area.
- Plant in well-drained, deep soils.
- Plant where trees may be protected from winds and sun.
- Water trees thoroughly in the fall and during the winter when water can be taken from the soil.
- Mulch around trees to prevent deep freezing.
- Maintain a fertile, well-aerated soil to encourage deep root growth.

Gifts for the Gardener

Mary Jane Frogge
UNL Extension Associate

Need an original or unique gift idea? Here are some gift suggestions for the gardener in the family or someone who just appreciates the outdoors.

Holiday plants are always a welcome gift to any home. They add color and holiday accents to interior surroundings. The traditional red poinsettias are popular, as are the newer flower colors of pink, blue, white and yellow. Other possibilities are Christmas cactus, red gloxinia and kalanchoe.

The outdoor gardener might like to receive a certain tool to make the job of spring gardening easier. Soil working tools like rakes, hoes and spades may be difficult to wrap and still be a surprise, but they are always welcome. Pruning tools, like hand shears and small saws, are easier to wrap and may be needed later this winter.

Do not overlook the possibility of a gardening magazine or plant book as a gift. Many larger book stores have well stocked sections on these and related topics. Garden centers and nurseries offer a variety of titles on individual plants as well as cultural practices. Someone with a new home might like a book on plant selection and landscaping, while people with a well established garden and landscape might better use information on maintenance and pruning practices.

Children love to garden and be outside too. Child size tools and gloves are available for them to use. Other items to consider are children's gardening books, flower press, garden box, worm composting bin, stepping stone kit and seeds of their favorite vegetables or flowers to plant in a garden just for them.

If you have a non-gardening friend or relative you want to introduce to gardening, consider a total package with plant, container and growing media, along with a book on plant care. Gardening kits are available too. A unique gift would be a Bonsai rock garden or a culinary herb garden kit.

There are many gift ideas for people who like to spend their time at the many state parks in the area. To make their adventure more enjoyable consider giving them a 2010 state park car pass to get into the park, a compass and identification books on wild flowers, birds, insects, butterflies, trees, tracks or mammals. Other useful items would include binoculars to look for things far away, pocket magnifier to see small things close up, sports or explorer's watch, water bottle for refreshment, disposable camera, hiking boots, sun screen and insect repellent.

Gifts for people who appreciate the outdoors in their own back yard might like bird feeders with birdseed or a compost bin. Water features have also become very popular. Consider giving a water garden kit with a fountain. Other gifts might be a bird bath, bird or bat house, butterfly raise/release kit, outdoor thermometer, rain gauge, wild flower or native grass seed.

Some people may just wish to sit back, relax and enjoy the outdoors. Gifts for them may include a porch swing, garden bench, hammock and a subscription to NEBRASKAland magazine.



Poinsettias



Christmas cactus



Gloxinia



Kalanchoe

Center for Grassland Studies Fall Seminar Series

The 15th annual fall seminar series offered by the University of Nebraska–Lincoln's Center for Grassland Studies will feature faculty and guest lecturers. The seminars are free and open to the public. They are held most Mondays during the fall semester, 3–4 p.m., at the Nebraska East Union on East Campus — see kiosks for location.

- Oct. 26 **"Seed Production of Native Grasses"**
Dave Stock, Owner, Stock Seed Farms
- Nov. 9 **"Nebraska Invasive Species Project: Monitoring, Mapping, Risk and Management"**
Karie Decker, Coordinator, Invasive Species Project at the Nebraska Cooperative Fish and Wildlife Research Unit based at UNL
- Nov. 16 **"Differential Responses of Western Chinch Bugs to Neonicotinyl Insecticides"**
Mitchell Stamm, Graduate Student, Department of Entomology, UNL
- Nov. 23 **"Role of Peroxidase in the Defense Response of Buffalograss to the Western Chinch Bug"**
Anh Hoang, Graduate Student, Department of Entomology, UNL
- Nov. 30 **"Functional and Demographic Tradeoffs Among Tree Species"**
Sabrina Russo, Assistant Professor, School of Biological Sciences, UNL
- Dec. 7 **"Eastern Red Cedar: Ecophysiology and Ramifications of Its Invasion on Ecosystem Processes in Nebraska"**
Tala Awada, Associate Professor, School of Natural Resources, UNL

The schedule is subject to revision. Any changes will be noted on the Fall 2009 seminar listing at <http://www.grassland.unl.edu>

Garden Guide

THINGS TO DO THIS MONTH
By Mary Jane Frogge, UNL Extension Associate

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.

Check fruits, vegetables, corms and tubers that you have in storage. Sort out any that show signs of rot and dispose of them.

Clean power tools of all plant material and dirt. Replace worn spark plugs, oil all necessary parts and sharpen blades. Store all tools in their proper place indoors, never outdoors where they will rust over the winter.

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.

Remove all mummified fruit from fruit trees and rake up and destroy those on the ground. Also, rake and dispose of apple and cherry leaves. Good sanitation practices reduce reinfestation of insects and diseases the following season.

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 well watered from the time it is brought home until it is discarded.

Minimize traffic on a frozen lawn to reduce winter damage. House plants with large leaves and smooth foliage such as philodendrons, dracaena and rubber plant, benefit if their leaves are washed with a damp cloth to remove dust.

Sign Up for Free E-mail Horticulture Newsletter

HortUpdate is a FREE e-mail newsletter from the University of Nebraska–Lincoln Extension which provides timely information to the lawn and landscape industry. This e-mail includes current lawn and landscape problems with control recommendations and a seasonal 'To Do' list. To subscribe, go to <http://extensionhorticulture.unl.edu>





November

Danetta Jensen

Lancaster County 4-H is proud to announce Danetta Jensen as winner of November's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Danetta has been a parent volunteer for seven years. She is now leader of the newly reorganized Star City Llama & Alpaca 4-H club, which she helped rebuild. While the 4-H Llama show at the Lancaster County Fair was on hiatus for two years, Danetta helped present llama demonstrations. Last year, she was a superintendent of the returned and expanded 4-H Llama/Alpaca show at the county fair. (Alpacas are a recent addition to the club and county fair show.) Danetta and members of the club helped at the recent 4-H Kick Off.

"I enjoy working with the youth and watching their confidence in themselves grow as they achieve their goals," she says. "I enjoy watching the excitement of the 4-H'ers when their animal accepts an obstacle and maneuvers it willingly."

Danetta is a board member for the Nebraska Llama Association and she has been an assistant Girl Scout leader for six years.

Congratulations to Danetta. Volunteers like her are indeed the heart of 4-H!



Livestock & Dog County Fair Review, Nov. 10

All Livestock exhibitors in the areas of beef, sheep, swine, goat, dairy, llama and dog are invited to attend the County Fair Livestock Review Meeting on Tuesday, Nov. 10, 7 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. As the 2010 Super Fair approaches, we need to be prepared. At this meeting we'll make decisions on many topics including, the new schedule, stalling maps and Fair Book changes. We will have a committee introduce the new plans to organize a livestock premium auction. We need several people working together to get the Super Fair off on the right foot. This is your time to be heard, so please attend! Please RSVP to Deanna by Nov. 6 (call 441-7180 or e-mail dkarmazin2@unl.edu).

Project Completion Certificates Available

If a 4-H member completed a project this past 4-H year, please give your member a project completion certificate. Certificates are available from the extension office at no cost.

4-H CWF Poinsettia Sales

Lancaster County 4-H Citizen Washington Focus (CWF) youth will be selling poinsettias to aid in travel expenses for their leadership tour to Washington D.C. this coming summer.

The poinsettias come in 4 colors: Red, White, Pink and Marble which is a cream and pink combination. They also come in two sizes: 6- and 8-inch foiled containers. The 6-inch containers include one plant with 5-9 blooms and the 8-inch container will have three plants with over 15 blooms.

The cost of the poinsettias are \$12 for the 6-inch and \$20 for the 8-inch. These are locally grown plants and are big, beautiful and extremely healthy. All orders need to be to Deanna Karmazin by Nov. 9 and will be delivered Thursday, Dec. 3.

Checks can be made out to Lancaster County 4-H - CWF.

Sew Cool in School Web Site

Butterick and McCall's patterns launched Sew Cool in School, a program offering specially priced patterns, free materials and other supplies. Go to www.sewcoolinschool.com, enter code (211505), the zip code (68528) and make your selections.

All 4-H Volunteers Must Submit Screening Form in 2009

ALL 4-H volunteers in the Southeast District counties who work with youth MUST submit a "Youth Protection 4-H Volunteer Screening" form in 2009 if they have not already done so. Even if you have completed this form prior to 2009, please resubmit it. The form is online at <http://4h.unl.edu/pdf/4Hf104.pdf> and at the extension office. Mail completed form to the State 4-H Office address listed on the form. Deadline is Dec. 30.

4-H Clubs of Excellence Forms Due Jan. 2

Leaders: Don't forget to complete your Nebraska 4-H Club of Excellence form! All leaders received a form in their October reorganizational packet, and forms are also online. All clubs meeting the requirements and sending in the form will be recognized at Achievement Night and will receive a Nebraska 4-H Club of Excellence certificate. Seals will be awarded in subsequent years. Forms are due to the office by Jan. 2. Contact Tracy at 441-7180 if you have questions.

December

Mindy Leach

Lancaster County 4-H is proud to announce Mindy Leach as winner of December's "Heart of 4-H Award" in recognition of outstanding volunteer service.

When Mindy finished her last year as a 4-H member about four years ago, she became co-leader of the Ropes & Riggins 4-H Club. Her mother Natalie Leach is also co-leader. Mindy has been a main clinician at horse showmanship clinics and she has helped at group level testings.

Renee Heusinger, on behalf of Ropes & Riggins, nominated Mindy for the award, writing, "She continually gives of herself and her time. She is selfless, positive, always encouraging, kind and very knowledgeable."

Mindy says, "4-H is a great opportunity to get involved with local youth and help them learn about riding and showing horses. The 4-H program is excellent and is something I am proud to be involved with. My favorite experience as a 4-H volunteer is watching the members of my club learn lessons that will not only help them in their horse shows, but also in all aspects of life. I really enjoy being there to help them and have fun with them."

Mindy is a student at the University of Nebraska-Lincoln and president of the UNL Equestrian Team. In 2007, she was an intern for Extension Horse Specialist Kathy Anderson and Mindy helped organize the statewide 4-H Horse Stampede.

Congratulations to Mindy. Volunteers like her are indeed the heart of 4-H!



4-H Award & Scholarship Forms Due Jan. 2

Lancaster County 4-H award forms and college scholarship applications are due by Jan. 2. Recipients will be announced at Lancaster County Achievement Night on Thursday, Jan. 28, 2010 at the Lancaster Extension Education Center. Forms are available at <http://lancaster.unl.edu/4h> and the extension office. The online forms are provided as fill-in pdfs, which anyone with Adobe Reader 7 or 8 can fill in, save and print.

Awards

Community Service Awards — all Lancaster County 4-H members are eligible to apply for this award which is based on the number of hours of community service through 4-H. There will be two categories: 14 years of age & over and 13 & under.

I Dare You Leadership Award — The award recognizes juniors and seniors who strive to be their personal best and make a positive difference in their schools, youth groups, 4-H clubs and communities. Anyone can make nominations.

Outstanding 4-H Member Award — presented to an individual 14 years of age or older who has excelled in their involvement with the 4-H program. The basis for selection appraises the variety and depth of 4-H activities. Anyone can make nominations.

Meritorious Service Award — presented to individuals or organizations who have exhibited consistent and strong support of the Lancaster County 4-H program. 4-H members are not eligible. Anyone can make nominations.

Nebraska 4-H Diamond Clover Program — recognizes the accomplishments of 4-H'ers ages 8-18. Youth can progress from Level 1 up to Level 6. At the beginning of the 4-H year, youth choose goals from a provided list and at the end of the 4-H year, fill out a report which documents their accomplishments.*

Nebraska 4-H Career Portfolios — are a record of a 4-H'ers career. Portfolios include a listing of personal growth and leadership experiences related to the knowledge learned, skills gained and community service/volunteer activities experienced through 4-H.*

College Scholarships

For graduating high school seniors enrolled in the Lancaster County 4-H program

4-H Council — six \$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 4-H'ers who are active in 4-H Teen Council.

Lincoln Center Kiwanis — two \$1,000 scholarships to active Lancaster County 4-H'ers.

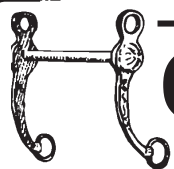
Nebraska Association of Fair Managers — \$500 statewide scholarships: **Martha & Don Romeo Scholarship** to two 4-H'ers and **Staats Custom Awards** to one 4-H and/or FFA senior. Each applicant must have exhibited his/her projects in a County Fair or at the State Fair within the last four years. Lancaster 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 <http://4h.unl.edu> for more information. *Deadline is March 1.*

Note: Deadline for Lancaster County 4-H camp scholarships is May 1 — preference given to applications submitted by March 1.

*Lancaster County deadline for these statewide awards is Jan. 2

Nominate your favorite 4-H volunteer by submitting the form available online at <http://lancaster.unl.edu> or at the extension office. Nominations of co-volunteers welcome.



HORSE BITS

Horse Awards Night

The 2009 4-H Horse Awards Night was held Oct. 1. The evening recognized top achievements at the Lancaster County Fair and other events throughout the past year. 4-H volunteer Kala Ball 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

Walk-Trot Level — Ethan Ang, Caidell Davis, Mikayla Garner, Hailey Hula, Sarah Melton, Sarah Peeks, Lucy Polk, Sheldon Riggs, Jessica Scheve, Madison Sobotka, Jay Stander and Hannah Turner

Level I — Michael Anderson, Aubrey Baldwin, Bayley Brake, Emma Bueling, Mikaela Carstens, Ashley Colburn, Tasha Double, Jamie Hansen, Rachel Hansen, Mia Hermanson, Ashley Holm, Allie Kallhoff, Eunhye Kim, Katharine Kramer, Bryanna Loudon, Victoria Malina, Apassia McBride, Nicole McConnell, Katie Miller, Maddie Neukirch, Elizabeth Norton, Haylie Pointer, Cassi Pomajzl, Abigail Raasch, Michelle Rohman, Madison Sobotka, Gwyneth Talley, Mikayla Whaley, Alyia Whitehall, Paige Wilson, Jenna Wolfe, Emmaly Wright and Emma Zoller

Level II — Vanessa Butterfield, Morgan Chipps, Allison Densberger, Tasha Double, Kitty Duncan, Skyler Kinney, Kelsie Koch, Mattison Merritt, Sierra Nelson, Lena Ostransky, Shane Ostransky, Bailey Peterson, Kate Rawlinson, Sydney Scow, Gwyneth Talley, Bailey Vogler, Heather Welch, Jena Wilson and Kenzie Wolfe

Level III — Brittany Albers, Josie Ang, Elise Edgar, Bailey Heidtbrink, Katie Lloyd, Maggie Moore, Samantha Moore, Kate Rawlinson and Hannah Ronnau

Horse Incentive Awards

4-H'ers logged the hours they spent working with or learning about horses. The more hours invested, the more valuable the reward! Last year we had a total of 72 4-Hers participate. This year, 100 4-Hers participated!!

Bronze Level (minimum of 100 hours) — Brooke Bennett, Ellie Blake, Jacob Chipps, Amanda Christiansen, Ashley Colburn, Kathleen Duncan, Lynsey Erickson, Nicole Finkner, Katharine Kramer, Victoria Malina, Kenzie Mayer, Nicole McConnell, Logan McDonald, Maggie Moore, Hayden Moss, Elizabeth Norton, Shane Ostransky, Spencer Peters, Kylie Rezac, Jacob Ronnau, Jay Stander, Bethany Wachter, Mikayla Whaley, Emmaly Wright

Silver Level (minimum of 183 hours) — Ashley Anderson, Michael Anderson, Ethan Ang, Josie Ang, Aubrey Baldwin, Chelsea Beach, McKenzie Beach, Chloe Brinson, Mikaela Carstens, Morgan Chipps, Alex Christen, Maura Christen, Danae Christiansen, Hannah Coffman, Caitlin Davis, Elli Dearthmont, Ivy Dearthmont, Allison Densberger, Tasha Double, Elise Edgar, Elizabeth Frobish, Mikayla Garner, Courtney Goering, Aiden Graybill, Danielle Hardesty, Abbie Heusinger, Alyssa Heusinger, Anna Heusinger, Audrey Heusinger, Cailyn Heye, Elsa Johnson, Eunhye Kim, Skyler Kinney, Kelsie Koch, Kelsey Lange, Jordon Lebsack, Bryanna Loudon, Maria Luedtke, Megan Luedtke, Mattison Merritt, McKenzie Merritt, Sammy Moore, Nicole Oestmann, Lena Ostransky, Sarah Peeks, Bailee Peters, Cara Peters, Cory Peters, Bailey Peterson, Cassi Pomajzl, Blake Preston, Brooke Preston, Hannah Ronnau, Hannah Scow, Sydney Scow, Madison Sobotka, Bailey Vogler, Jadin Vogler, Erika Warner, Ashley Wiegand, Jena Wilson, Alexis Wolfe, Jenna Wolfe, Mackenzie Wolfe

Gold Level (minimum of 366 hours and completed horse record book) — Brittany Albers, Ashley Bradbury, Vanessa Butterfield, Ashley Densberger, Katlyn Kimmen, Apassia McBride, Sierra Nelson, Kate Rawlinson, Jess Smith, Bailee Sobotka, Heather Welch, Paige Wilson

Herdsmanship & Decoration Awards

Top Herdsmanship - Small Club — Flying Hoofs 4-H Club

Top Herdsmanship - Mid-Size Club — Viken Riders 4-H Club

Top Herdsmanship - Large Club — Western Pride 4-H Club

Best Fair Decorations - Small Club — Star Spangled Saddles 4-H Club

Best Fair Decorations - Large Club — Rough Riders 4-H Club

Judging Awards

The Horse Judging Contest at the Lancaster County 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.

Top Ten Judging Elementary Division — Jessica Jordon (1st place), Vanessa Butterfield, Bailee Sobotka, Apassia McBride, Mikayla Whaley, Sierra Nelson, Mattison Merritt, Emmaly Wright, Jenna Wolfe and Heather Welch

Top Ten Judging Junior Division — Shane Ostransky (1st place), Nicole Finker, Hannah Ronnau, Britney Albers, Elli Dearthmont, Bailey Peterson, Allison Densberger, Bailey Heidtbrink, Sydney Scow and Anna Heusinger

Top Ten Judging Senior Division — Hannah Scow (1st place), Abbie Heusinger, Alyssa Heusinger, Chelsea Beach, Hannah Coffman, Ben Leach, Samantha Moore, Blake Preston, Ian Schuster and Candace Lahners

Horse Course Challenge Results

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

Top 10 Horse Course Challenge Elementary Division — Emily Clarke (Grand Champion), Bailee Sobotka (Reserve Champion), Morgan Chipps, Mia Hermanson, Sarah Peeks, Mikayla Whaley, Heather Welch, Samantha Stephens, Allison Kallhoff and Spencer Peters

Top 8 Horse Course Challenge Junior/Senior Division — Maria Luedtke (Champion), Elli Dearthmont (Reserve Champion), Megan Luedtke (Reserve Champion), Brooke Bennett, Cory Peters, Erika Warner, Kate Rawlinson and Hannah Ronnau

All-Around Trail

Dick and Cookie Confer Top Trail Award for all-around champion of the Lancaster County Fair 4-H Trail obstacle class — Michael Anderson.

All-Around Barrels

Franklyn Manning Family Trophy for fastest time in the Lancaster County Fair 4-H Barrel racing competition — McKenzie Beach.

All-Around Cowboy/Cowgirl

Three age division awards for Lancaster County Fair All-Around Cowboy/Cowgirl are sponsored by Lonsum Pine Farm/Myron Ang Family.

Elementary Division — Vanessa Butterfield

Junior Division — Josie Ang

Senior Division — Chelsea Beach

Wittstruck All-Around Champion

Wilhelmina Wittstruck Memorial Award for Lancaster County Fair All-Around 4-H Champion Individual — McKenzie Beach



Horse Incentive Awards - Bronze Level



Horse Incentive Awards - Silver Level



Horse Incentive Awards - Gold Level



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



The Franklyn Manning Family Trophy for All-Around Barrels was presented by Kala Ball



Myron and Joni Ang presented the All-Around Cowboy/Cowgirl Awards



Dwayne Wittstruck presented the Wilhelmina Wittstruck Memorial Award for All-Around Champion

EXTENSION NEWS

National Extension Association Awards

Two UNL Extension in Lancaster County staff received national awards at the recent National Extension Association of Family and Consumer Sciences (NEAFCS) annual meeting.

- **Maureen Burson** received the Distinguished Service Award for her outstanding contributions to UNL the past 24 years. The award recognizes members for leadership, educational program efforts and professional development.
- **Alice Henneman** received 1st Place Educational Technology Communications Award for her "Supermarket Savings: 16 Tips that Total BIG Bucks" PowerPoint and related materials. The award encourages excellence in communication through computer programs, web pages or computer generated presentations.



Extension Educators Maureen Burson and Alice Henneman

2009 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:

- Extension Educator **Lorene Bartos** — 40 years of service
- Extension Associate **Mary Abbott** — 10 years of service
- Extension Educator **Karen Wobig** — 10 years of service
- Extension Assistant **Dana Willeford** — 5 years of service

STRENGTHENING FAMILY TREASURES Daughter/Mother Camp

A retreat designed for 5th & 6th grade girls and their mothers (or grandmothers or other adult females)

**Friday, Feb. 19, 5 p.m. to
Saturday, Feb. 20, 5 p.m.**

Give the greatest gift to your daughter — your time! This camp is 2 days and 1 night of fun, educational and confidence-building activities. As middle school approaches, this is an opportunity to:

- Enhance effective communication including expressing emotions.
- Learn more about body image and sexuality.
- Explore techniques to handle peer pressure and stress.
- Discuss the importance of individual family values.

Cost includes meals, snacks and lodging at Carol Joy Holling Center. Fee is \$125 per pair (4 people per room) or \$165 (2 people per



room) — each room has two double beds. Carol Joy Holling is located at the end of Ranch Road off Highway 66 between Interstate 80 and Ashland.

Co-sponsored by UNL Extension, Sheridan Lutheran Church and Camp Carol Joy Holling.

For more information or a registration form, go to <http://lancaster.unl.edu/family> or call Extension Educator Maureen Burson at 441-7180.

4-H Odyssey Course is Designed for Team Building Groups Can Set Up a Team Development Day

The three Nebraska 4-H camp locations have long offered T.R.U.S.T. challenge courses which have been incorporated into youth camps, adult/family programs, group conferences, retreats and special events. Now, the Eastern Nebraska 4-H Center near Gretna also features a world-class high ropes challenge course named the Odyssey Course!

Unlike traditional courses, the unique design of the Odyssey Course allows teams to complete challenges 20–35 feet in the air as the group moves between elements and accomplishes goals together.

Funded by Nebraska 4-H Foundation

The Odyssey Course was funded by the Nebraska 4-H Foundation in recognition of their 50th anniversary. Nebraska 4-H Foundation Executive Director Kirk Jamison says, "The foundation funded the course to help keep the Eastern Nebraska 4-H Center a state-of-the-art facility and to offer Nebraskans the next generation in challenge course design. A trip to the Odyssey Course is a tremendous learning opportunity and may fit programming for youth groups as well as adult organizations and business groups."

Established in 1958, Nebraska 4-H Foundation raises funds to support the University of Nebraska–Lincoln Extension Youth Development program.

4-H Youth Camps

This past summer, the Odyssey Course was introduced in the 4-H summer camp "Discovery - Boldly Bound & Beyond" for youth ages 11–15.

Youth wanting to experience the Odyssey Course can watch for future camps featuring the course.

Team Development Days

The Odyssey Course is available to businesses, organizations, sports teams or any groups for a "Team Development Day." Groups can range from as few as four to as many as 40 people. Your organization can choose from a full day (6-7 hours) or half day (3-4 hours).

The course provides an intense teambuilding experience which highlights the objectives of cooperation, trust, communication and adventure. Programs can be customized to desired outcomes such as:

- More confidence and trust between team members.
- Problem solving and practical knowledge of how the team works best.



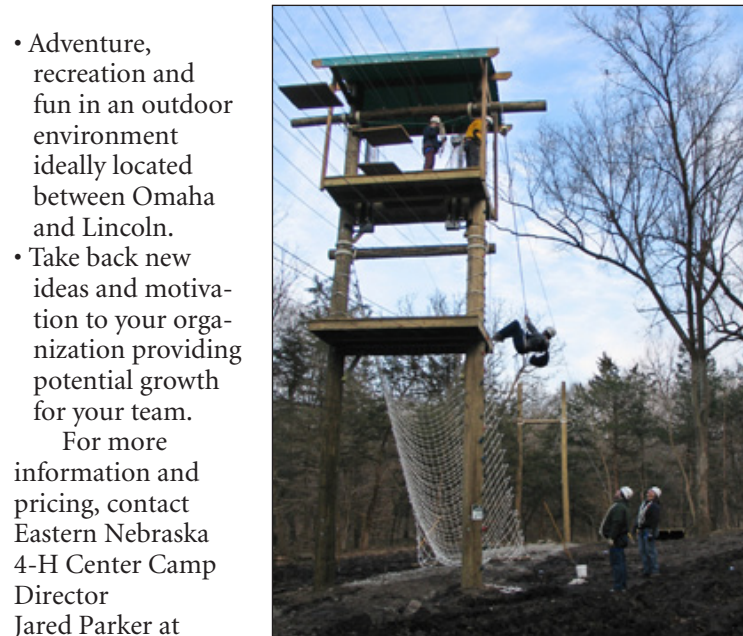
The Odyssey Course is the only one of its kind in Nebraska.



One of the team building challenges is an element called "walk the planks," which are 20 feet in the air.



The course builds group cooperation, trust and communication.



Even the climb to the zip line is an adventure.

- Adventure, recreation and fun in an outdoor environment ideally located between Omaha and Lincoln.
- Take back new ideas and motivation to your organization providing potential growth for your team.

For more information and pricing, contact Eastern Nebraska 4-H Center Camp Director Jared Parker at jparker5@unl.edu or (402) 332-4496.

EXTENSION CALENDAR

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

October

- 22 **4-H Leader Training** 9:30 a.m. & 6:30 p.m.
26 **Family & Community Education (FCE) Achievement Night** . 6:30 p.m.
27 **Guardian/Conservator Training** 5:30–8:30 p.m.

November

- 3 **4-H Council Meeting** 7 p.m.
5 **Cook It Quick, Healthy, Delicious...and Cheap!** *Plaza Conference Center, BryanLGH Medical Center East, 1600 South 48th Street* . . . 7–8:30 p.m.
8 **4-H Teen Council Meeting** 3 p.m.
10 **4-H Livestock & Dog County Fair Review** 7 p.m.
13 **Extension Board Meeting** 8 a.m.
17 **Guardian/Conservator Training** 1:30–4:30 p.m.
19 **Parents Forever** 5:30–9 p.m.

December

- 1 **4-H Council Meeting** 7 p.m.
11 **Extension Board Meeting** 8 a.m.
13 **4-H Teen Council Meeting** 3 p.m.
15 **Guardian/Conservator Training** 1:30–4:30 p.m.
16 **"Managing Risk and Making Money with Flexible Cash Lease Provisions" Workshop** 1–4 p.m.
17 **Parents Forever** 5:30–9 p.m.

Lancaster Ag Society Seeks Nominations for Hall of Fame

At the 2010 Super Fair, the Lancaster County Agricultural Society will be unveiling a new Ag Society Hall of Fame located at the Lancaster Event Center. This wall will be used to formally recognize those individuals who have dedicated time and effort to the Lancaster County Agricultural Society beyond the normal volunteer hours and have made significant contributions to the establishment, development, advancement or improvement of the Lancaster County Fair. If you know of a person who is deserving of this honor, please nominate them. Nomination forms and more information can be requested by calling the Lancaster Event Center at 441-6545. Nomination forms will be due by May 1, 2010.

National Association Seeking 4-H Stories

The National Association of Extension 4-H Agents (NAE4-HA) needs your help! They are collecting stories for a book from the entire 4-H family including members, volunteers, agents/educators, state staff, donors, family members and others. Stories not chosen will be saved for future use.

Here's what the NAE4-HA is looking for:

- Stories from all 50 states sharing positive personal experiences on the value of 4-H, activities/events, funny situations, etc.
- Stories about 4-H folks who have inspired, motivated and made a difference in the lives of others
- Stories should include information about the setting/situation and approximate time frame and must include your name, address and contact information
- At least three double spaced pages

Send your story as an e-mail attachment to dtabler@umd.edu. NAE4-HA will collect stories through Dec. 1 or until they've received at least 100 stories. For more information, go to <http://fyi.uwex.edu/waukeshaco4h/files/2009/06/4hstoriesbrochure.doc>

Holiday Gifts Needed for LPS Headstart

A good community service project for the holidays is helping the less fortunate by providing gifts for the Lincoln Public Schools Headstart Program. This program is in need of over 500 gifts for children birth to 5-years old. Literacy is being emphasized again this year, so books and items to encourage reading are suggested (such as puppets, puzzles, small toys, etc. relating to story books). The goal is to give each child a book. **Gifts should be unwrapped** and recommended cost is up to \$5. Bring gifts to the extension office by Dec. 1. For more information, contact Lorene at 441-7180. This is an excellent project for 4-H, FCE and other community clubs. Individuals are welcome to participate.



Public Notice

The Lancaster County Board of Commissioners seek members of the community to serve on the Lancaster County Extension Board. The vacancies will be filled with terms beginning in January 2010.

Extension Board members represent and assist University of Nebraska–Lincoln Extension staff in Lancaster County with priority issue areas including Agricultural Profitability and Sustainability; Children, 4-H, Youth and Families; Food Safety, Health and Wellness, Strengthening Nebraska Communities, and Water Quality and Environment. The Board meets monthly (usually the second Friday of the month at 8 a.m.).

Registered Lancaster County voters interested in serving a three-year term should complete an application for an appointment by Nov. 1, 2009. Additional information and an application can be obtained from UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528-1507 or phone 441-7180. Applications are also available on the Internet at www.lincoln.ne.gov/cnty/commiss/boardapp.pdf

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University of Nebraska–Lincoln Extension in Lancaster County

444 Cherrycreek Road, Suite A
Lincoln, NE 68528-1507

(402) 441-7180

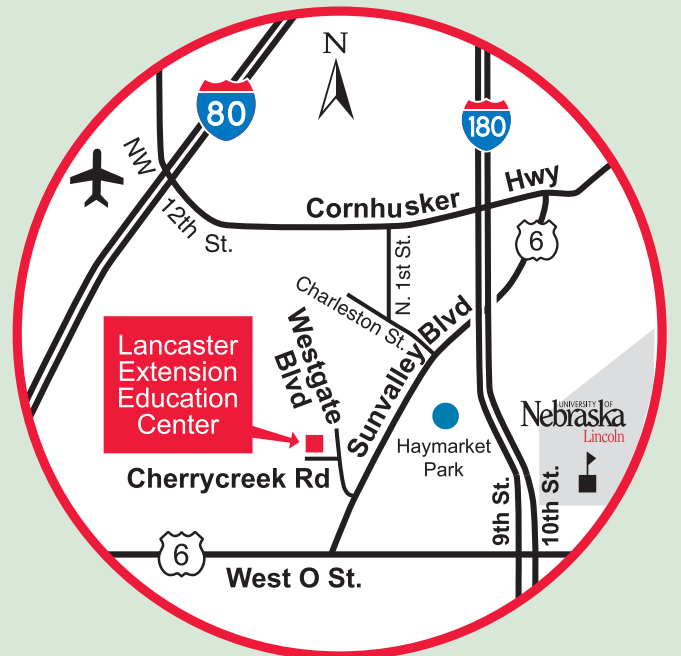
<http://lancaster.unl.edu>

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Lancaster Extension Education Center Conference Facilities
444 Cherrycreek Road, Lincoln



UNL Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture. We assure reasonable accommodation under the Americans with Disabilities Act; for assistance contact UNL Extension in Lancaster County at 441-7180.

Extension Educator & Unit Leader

Gary C. Bergman

Extension Educators

Lorene Bartos
Maureen Burson
Tom Dorn
Alice Henneman
Don Janssen
Barb Ogg
Karen Wobig

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THE NEBLINE

THE NEBLINE is published monthly (except December) and mailed to more than 11,000 households in Lancaster County.

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Termite School Increases Hands-on Training Opportunities For Applicators

Barb Ogg
UNL Extension Educator

Eradication of termites from structures takes skill and knowledge about termites, how structures are constructed and how treatments must be safely applied to eradicate termite infestations. Because termite treatments are expensive, property owners expect competent termite technicians to solve their termite problem.

Every year since 2005, UNL Extension has offered a two-day termite school to provide in-depth training for applicators. This training is unique because the hands-on activities take place at a house with a real termite infestation.

This year's training on Sept. 24-25 was at a home in Martell. The homeowners noticed termite mud tubes in early spring near the furnace in the basement and called the extension office for information about termites. In exchange for letting us use their house for training, we offered to solve their termite problem (at no cost to them). We chose their house because termite activity was visible and it was an interesting house from a teaching perspective.

Program participants learned about novel inspection equipment, house inspection techniques and what locations are most vulnerable to termite

attack. Participants calculated the amount of termiticide needed and discussed how different parts of the house should be treated, in accordance with label directions. Both barrier and bait treatments were covered, along with borate (green) treatments. Personal and environmental safety was also an important theme throughout the two-day program. Attendants received a respirator, gloves and safety goggles.

Forty participants attended this year's workshop. This has become a regional program with applicators from Nebraska, Kansas, Missouri and Iowa attending.

One participant commented, "The training was excellent. I feel better prepared to move forward and offer treatments to my customers."

This annual program has been a collaboration between UNL Extension, Nebraska Department of Agriculture (NDA) and industry representatives. Presentations were given by Dennis Ferraro, Clyde Ogg, Barb Ogg (UNL Extension), Tim Husen (UNL Department of Entomology), Buzz Vance and Clayton Haman (NDA). This year's industry presentations were given by Jim Dotson (Bayer Environmental Sciences), Brian Mount (FMC Corp), Bob Davis and Jared Harris (BASF), Jack Watkins (Dow AgroSciences) and Eric Ham (Nisus Corporation).



In February 2009, homeowners noticed termite mud tubes emerging from a crack in the basement floor.



During Clyde Ogg's pesticide safety demonstration, workshop participants received a respirator and a fit test.



Dennis Ferraro (left) taught proper sub-slab termiticide application techniques.



Participants had a chance to practice injecting liquid for a perimeter application.

Can You Guess It?



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

Did you guess it from the October NEBLINE?
The answer was American Bittersweet

4-H'er Recalls State Horse Show Experience

Editor's Note: As part of the requirements to attain the highest level awarded in the Lancaster County 4-H Horse Incentive Program, 4-H members must complete and hand in a "Light Horse Project" record book. The following story is from Kate Rawlinson's record book. Kate is 12 years old and is a member of the Esprit de Corps 4-H Club.

Kate Rawlinson
Lancaster County 4-H member

It was one of those hot July mornings that you felt like you were riding through micro-waved syrup. It had been a long haul from home in Lincoln to the state horse show in Grand Island. Head tilted back and eyes closed, I was inhaling the scent of summer, the hot, sticky, dry scent of summer. Sailor and I were walking along. He was always patient when I fumbled with the two reins on my Pelham bridle. Today was no different. Even after the long trailer ride, Sailor was flexible, supple and raring to go.

"Final call, Hunter Hack." My eyes popped open and I looked at Sailor. Hunter Hack was not supposed to start until

9:30, yet the final call came to us at 9:00. My head spun a mile a minute as I hurriedly got dressed and ready. Sailor stood patiently by me, commanding my brain to relax. It was really some magic power of his. Soon I was ready, and I felt cool, calm and collected. It was the feeling of melted butter; soft and squishy. While walking toward the in-gate, I mentally prepared myself for a 2-foot course, like that of the county fair. When I walked onto the course, my mouth dropped, eyes popped, brain exploded and stomach flip-flopped. This was no mediocre 2-foot course. This was the real deal. This course was 2 feet and 6 inches. Six inches does not seem like a lot from the binoculars in the grandstands, but it does when you are hurtling toward it on a 12-hundred-pound land mammal.

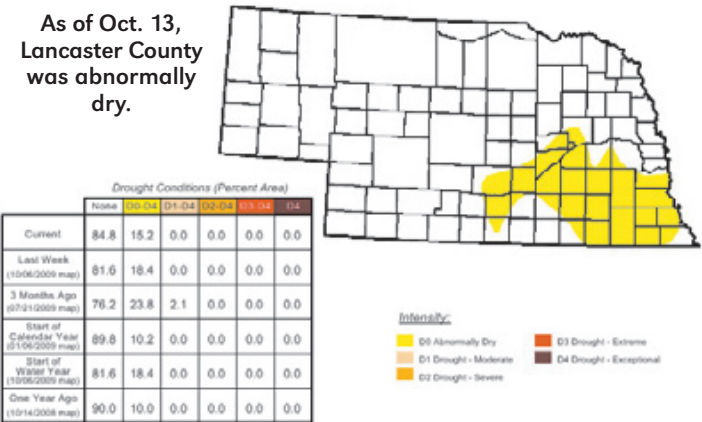
True to his nature, Sailor launched over it like the angel he was born to be. I felt so bad not knowing what to do or how to do it. This class was up to Sailor, almost. We would have won if it was completely up to him, but it was not. I had a part in this ordeal too; I was supposed to steer. After our second jump, I was too busy

rejoicing that my butt was in the saddle and not planted in the freshly plowed dirt that I completely forgot to back up after I stopped. I came out feeling like such an idiot. After the flat class, we stood in a line of experienced horses and riders who all did superbly. We ended up with a red because remembering your pattern is a pretty big deal. (Who would have thought?) But I was proud and discouraged all at the same time. I was discouraged because I had let my horse down. After all the great things he did for me, I could not even show him off to the best of my ability. However, I had a reason for being proud, too. I could have gotten a white. I could have been in an ambulance instead of on my beloved horse's back, accepting the ribbon he won. I could have given up like the 13 other entrants who scratched. But no. I did not fall, and I did not give up. I believed in the horse I love, and our trust is worth more than any ribbon I will ever win. And, we will be right back there next year. Not falling, not quitting, but believing in each other.

4-H Horse Award Night
Results are on p. 9.

U.S. Drought Monitor Map

As of Oct. 13,
Lancaster County
was abnormally
dry.



For the most recent map, visit <http://www.drought.unl.edu/dm>

Source: National Drought Mitigation Center, University of Nebraska-Lincoln