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What is Your Energy IQ?

Lorene Bartos
UNL Extension Educator

What affects the energy usage in the home? Can you as a consumer change your daily habits to reduce energy usage? The answer is a simple "YES!" Let's check your energy IQ.



photo gallery, www.energystar.gov

How Many of These Can You Answer Correctly?

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



Answers:

1. 78–80°F
2. 68–72°F — For every degree you lower the thermostat during heating season, you'll save between 1–3% of your heating bill. Make it easier with a programmable thermostat, widely available for as little as \$50, and the average family will save \$180 a year with one. Suggested temperature setting in the summer time is 78–80°F, in the winter 68–72°F.
3. Probably not — When leaving the home for more than four hours, energy is saved by adjusting the thermostat. Installing a programmable thermostat makes this task easier.
4. Yes — ENERGY STAR qualified bulbs use 75% less energy and last up to 10 times longer. By changing to CFL's (Compact Florescent bulbs) when changing light bulbs, energy usage will be reduced. Be sure to select the correct wattage bulb when switching to CFL's. There are certain



Programmable thermostats make it easier to adjust temperature.

- bulbs that need to be used for dimmer switches, ceiling fans, and three-way switches.
5. Yes — Change furnace filters monthly or when needed




**Dirty furnace filters
increase energy demand.**

- Dirty filters restrict airflow and increase energy demand.
6. 120°F — Lowering the temperature of the hot water heater to 120°F (or lower) can reduce your water heating costs by 6–10%. This is midway between “low” and “medium” setting.
7. Yes — Installing foam gaskets reduced air leakage.
8. Yes — Simple leaks can sap home energy efficiency by 5–30% a year, according to the U.S. Department of Energy. Caulking and weatherstripping doors and windows can save energy in the home. The average U.S. household spends \$1,900 on utility bills for heating, hot water, and electricity. Most can cut energy consumption — and cost — by as much as 25% by caulking, adding

insulation, and taking other simple conservation measures.

9. Yes — ENERGY STAR labels mean the product meeting the energy efficiency guidelines set by the U.S. EPA and U.S. Department of Energy for the product line. The EnergyGuide label indicates the approximate

- label indicates the approximate annual operating costs for each model and a scale that can be used for comparing models.
10. Yes — Use blinds, lined draperies, or curtains and shades to reduce heat loss and gain through windows. Keep heat out during the summer and let it in during the winter.
 11. Yes — One drip of water from a faucet can waste up to 48 gallons of water a week.
 12. Yes — When using the dishwasher make sure it is a full load. Use the air or energy saving dry cycle.
 13. Yes — When drying clothes, cleaning the lint screen after every load or even during the drying with heavy items such as
- 
- Clothes dry when the screen is



Clothes dry faster when the dryer lint screen is clean.

Energy Challenge


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

Energy challenge ideas:

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

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

towels. Never overload the dryer — drying takes longer and uses more energy. Line-dry items if possible.

14. Cold — Use cold water for rinsing. Use warm or cold water for washing most clothes. Hot water can be used for very soiled clothes, whites, and diapers. Set the washing machine for the size load you are washing. Always read washing instructions for the machine, clothing, and detergents. Use cold water detergent when washing in cold water.
15. Yes. Chargers use energy when plugged into outlets even when they are not charging. All chargers should be unplugged from the outlet when the phone, etc. is removed.
16. Yes. Ceiling fans help to reduce the use of energy. Counterclockwise rotation produces cooling breezes while switching to clockwise makes it warmer: air pooled near the ceiling is circulated back into the living space — cutting your heating costs as much as 10%!
- 
- faster
your lint
clean.**

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JOIN 4-H!
Discover 4-H
at Kick Off
Tuesday, Oct. 4
—see page 12



Ammonium–Nitrate Security Program

Tom Dorn
UNL Extension Educator

Ammonium-nitrate, sometimes referred to as 34-0-0, has been used for decades as a source of nitrogen for crops. Unlike products containing Urea, ammonium-nitrate can be spread on the soil surface with no mechanical incorporation without potential losses. This makes ammonium-nitrate an especially popular choice for no-till crop farming and for use on pastures where no tillage is done. The fertilizer is spread on the soil surface and eventually incorporated into the soil by rainfall or irrigation. Ammonium-nitrate has a dark side as well. The 1995 Oklahoma City bomber used ammonium nitrate as a portion of the ingredients in his bomb and, more recently, the terrorist in Finland used the same components in his bomb that killed several people.

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

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

Fox news reported “As it’s proposed, the “Ammonium-Nitrate Security Program” would require those who purchase, sell or transfer at least 25 pounds of the chemical in the U.S. to register with the government so that they may be screened against U.S. terror watch lists.” Read more at <http://www.foxnews.com/us/2011/08/02/us-to-propose-ammonium-nitrate-regulations/#ixzz1VOQt8oAP>

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

Tom Dorn
UNL Extension Educator

Overview

Calculating pay weight requires a two-step mathematical operation.
Step 1. Find the dry-matter weight of the product in question by **multiplying** the gross weight by the percentage dry-matter in the product.
Step 2. Find the wet-basis weight by **dividing** the dry-matter weight of the product by the percentage dry-matter content in the final product.

Example 1: Forage

Assume a cattle producer is negotiating to buy a load of freshly baled, second-cutting hay. The moisture content of the hay is 25%. The gross weight of the load is 24,000 lb. The buyer is only willing to pay for hay at 15% moisture, knowing the freshly baled hay will continue to lose moisture and would weigh less if he were able to buy it later on.

Step 1. Find the dry-matter content of the load of hay.
The dry-matter content is calculated by subtracting the moisture percentage of the product from 100%. Since the moisture content is 25%, the product contains 75% dry matter.
The dry-matter weight of the load of hay is found by **multiplying** the gross weight of the load of hay by the dry-matter content converted to a decimal equivalent. (75% = 0.75)
The dry-matter (DM) content of the hay is:
24,000 lb x 0.75 = 18,000 lb DM

Step 2. Convert the dry-matter weight to the wet basis weight at the desired moisture content.
The correction from dry-matter content back to the agreed upon moisture content is computed by **dividing** the dry-matter weight of the load of hay by the dry-matter content at the desired moisture content.
In this case, it is assumed the buyer will pay for 15% moisture hay. The dry-matter content would be 1 – 0.15 = 0.85 (85%) dry matter.
18,000 lb DM ÷ 0.85 DM = 21,176 lb of hay at 15% moisture

Example 2: Grain

A farmer delivers a 30,000 lb load of corn to the local cattle feedlot. The corn tests 17.5% moisture. The feedlot will pay \$6.50 per bushel, corrected to 15.5% moisture (based on 56 lb of 15.5% moisture corn = 1 bushel). What should the farmer be paid?
Step 1. Compute the percent dry matter (DM) of the load in question.
100% – 17.5% moisture = 82.5% DM
30,000 lb x 0.825 DM = 24,750 lb DM
Step 2. Convert dry-matter weight to the weight at the desired moisture content.
1 – 15.5 = 0.845 DM
24,750 lb DM ÷ 0.845 DM = 29,289 lb of corn at 15.5% moisture
Assuming 56 lb per bushel, 29,289 lb ÷ 56 lb/bushel = 523 bushels of corn
523 bushels x \$6.50/bushel = \$3,400

Grain Drying 101 — Guidelines and Tips

Tom Dorn
UNL Extension Educator

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

Which Bins Should be Unloaded First?

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

The airflow achieved by a given fan depends on the static pressure it must overcome. Deeper grain depths or higher airflow rates require higher static pressures.

Rule of Thumb:

- Doubling the grain depth requires about 10 times the horsepower in the fan to maintain constant airflow.
- Doubling airflow at a constant depth requires over 5 times the horsepower.

Actions:

- Keep grain depth shallow. Build larger diameter rather than taller bins. Only partially fill bins during drying when you need higher airflow rates.
- Push the temperature front all the way through the grain before discontinuing aeration. If you discontinue aeration

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

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

Rule of Thumb:

- The time it takes to push a temperature front through a grain bin is 15 divided by the cfm/bu.
- If the airflow is 1 cfm/bu, it will take 15 hours.
 - If the airflow is 0.5 cfm/bu, it will take 30 hours.
 - If the airflow is 0.2 cfm/bu, it will take 75 hours.

Actions:

- Provide 1 square foot of vent opening for each 1,000 cfm of airflow.
- Cover fan opening after fan operation is stopped for the winter. This prevents moisture in the grain from condensing on the cold steel mesh bottom of the bin when the cold air fills the empty, plenum space. Wet grain on the bottom of the bin can spoil when warmer air temperatures return.

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

Both work, the advantage of pushing from the bottom is it is easier to monitor the drying and temperature fronts. The

advantage of top down is you won’t get condensation on a bin roof on a cold day.

Which Type Of Fan Should I Buy?

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

Where is the breaking point between axial flow and centrifugal? This depends on both the grain depth and the airflow (cfm/bu). Four inches of static pressure is required for the following:

- 1.0 cfm/bu and 20 feet deep
- 1.25 cfm and about 17 feet
- 1.5 cfm and about 15.5 feet
- 2.0 cfm and about 13 feet

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

Stirring System Management — How Much is Too Much?

Don’t turn on the stirring system too soon. Running it when grain depth is less than about 5 feet can result in erratic behavior of the down augers and may damage bin walls.
When Using Natural Air:
If you have a stirring system installed in a bin dried by natural air,
• Run the stirring system while filling to loosen the pack factor from grain dropping long distances from the loading auger or if a mechanical spreader is used to level the grain and distribute fines.



Then shut the stirring system off and allow a drying front to form and move through the grain mass.
• Natural air drying takes a long time. Running the stirring system the whole time results in mechanical grain damage and shortens the life of the motors and down augers.
• Research has shown continuous stirring can actually lengthen drying time in natural air systems because stirring destroys the drying front and the air leaves the grain mass less saturated.
• Run the stirring system a couple of rounds just before discontinuing fan operation for the winter to mix the drier grain on the bottom of the bin with the higher moisture grain on top.
When Using Heated Air:
When drying grain with heated air, especially when the added heat is more than 20 degrees, run the stirring system throughout the drying process to keep the grain mass mixed and reduce the amount of over dried grain on the bottom of the bin.

Renovating Your Windbreak and Purchasing Tree Seedlings

Sarah Browning,
UNL Extension Educator

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

Generally, foresters discourage the removal of entire windbreaks that may be in various stages of decline. Most old windbreaks can be renovated to maintain or enhance their effectiveness in protecting humans, livestock, crops, and buildings. Locations where the shelterbelts were planted, 25 or more years ago, are generally still the best sites for a windbreak to be located.

Windbreaks are planted to enhance wildlife, provide snow protection for humans and livestock, provide wind protection to dwellings in both winter and summer, prevent soil erosion by wind from farm fields, reduce water runoff from agricultural lands, or provide additional income. When renovating a windbreak, the final redesigned tree stand should meet the objectives determined for your individual site.

Several great University of Nebraska–Lincoln Extension publications are available providing guidance to renovate and redesign your windbreak, getting it back into a healthy condition that provides benefits for years to come. They are available at <http://www.ianrpubs.unl.edu>. Find the publications by typing ‘windbreak’ or the publication number into the search box.

- How Windbreaks Work (EC1763)
- Field Windbreaks (EC1778)
- Trees of Nebraska (EC1774)
- Windbreak Design (G1304)

- Windbreak Establishment (G1764)
- Windbreak Renovation (EC1777)
- Windbreaks and Wildlife (EC1771)
- Windbreaks for Fruit and Vegetable Crops (G1779)
- Windbreaks for Livestock Operations (EC1776)
- Windbreaks for Rural Living (EC1767)
- Windbreaks for Snow Management (EC1770)
- Windbreaks in Sustainable Agricultural Systems, (EC1772)
- Windbreak Management (EC1768)
- Drip Irrigation Design and Management Considerations for Windbreaks (G1739)
- Care of Newly Planted Trees (G1195)

Deciding on plant species and purchasing plants is the next critical step in the establishment of a windbreak. This is your best opportunity to avoid plant species susceptible to insect or disease problems.

- Key points to keep in mind when purchasing tree seedlings include:
- Purchase your stock from a reliable source. In Lancaster County, bare-root windbreak tree seedlings are available through the Lower Platte South Natural Resource District office (see sidebar below).
 - Bare-root tree and shrub seedlings can also be purchased from some nurseries. Your seedlings should come from nurseries using locally-collected seed or seed from Northern origins. This helps ensure plants are well adapted to local growing conditions.
 - Choose plant material suitable for your soils and can that

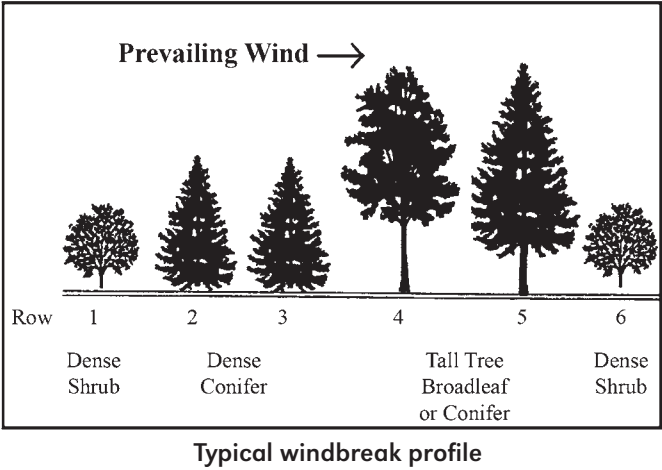


For windbreak establishment, quality bare-root stock is satisfactory and cost effective.

- survive the environmental extremes of your site.
- Select insect and/or disease resistant plants whenever possible.
 - Don't be too quick to buy the cheapest seedlings; they may not be the best value in the long run.

The quality, size, and condition of your tree or shrub seedlings affects plant performance during the establishment period. Look for conifer seedlings at least 8–12 inches tall, with a good, healthy root system. Use trees that are bare-root or have been grown in a container production system that encourages a dense, fibrous root system such as the Root-maker or grow-bag production systems. Container-grown plants are usually larger and cost more, but may be worth the extra cost in areas where establishment is difficult. Avoid plants with matted, circling roots.

Usually, for windbreak establishment, quality bare-root stock is satisfactory and cost effective. Bare-root deciduous tree and shrub seedlings should be 12–24 inches tall, with full, healthy root systems, and at least a one-quarter inch diameter just above the root collar (the point where the roots meet the stem). Bare-root seedlings must be handled carefully to ensure good survivability and performance.



Purchasing Tree Seedlings through Lower Platte South NRD

The minimum order is 100 tree or shrub seedlings, sold in bundles of 25. Plants cost \$0.70 cents each, for a total of \$74.90 for a minimum order, including tax.

Early November is the time they begin taking orders for windbreak seedlings to be delivered next spring. You must pick up your tree seedlings when they arrive at the NRD office in spring.

For more information or to download a tree request form, go to <http://www.lpsnrd.org> and under Permits & Forms, click on 'Order Tree Seedlings.'

Plant species commonly available through the NRD offices include the following:

- **Evergreen trees** – Austrian, Eastern White, Southwestern White, Ponderosa, and Jack Pine; Eastern Red Cedar; Colorado Blue, and Norway Spruce

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

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

Be in Tune to Points of Hidden Hazards on Machinery

Sharry Nielsen
UNL Extension Educator

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

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

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

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

Source: Progressive Agriculture Foundation Safety Day Manual, Chapter “Hidden Hazards,” Lesson 3.



Alice Henneman, MS, RD, UNL Extension Educator

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

PUMPKIN ICE CREAM PIE

(Makes 8 servings)

- 1 can (15 to 16 oz) or 2 cups pure pumpkin purée
- 1/4 cup sugar
- 1-1/2 – 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
- Light whipped topping, if desired

Mix the pumpkin, sugar, and spice until well blended. Quickly mix pumpkin mixture with the softened ice cream. Pour into crumb crust and freeze, uncovered, until firm — a couple of hours. When pie is frozen, cover with plastic wrap and then cover with freezer-quality foil or place in a freezer bag and squish out the air. Thaw pie slightly at room temperature (about 5–10 minutes) before serving. Top with light whipped 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 to 20 minutes. Avoid repeatedly softening and refreezing ice cream as it gets icy.

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

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

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

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

Preregistration required by calling (402) 481-8886.



Preparing Fresh Pumpkin Purée to be Used in Recipes

Alice Henneman, MS, RD,
UNL Extension Educator

Pumpkin, an excellent source of vitamin A, can be used in nearly any recipe calling for winter squash. Homemade pumpkin purée can be used in pies, breads, and desserts and also in soups and stews, or in place of mashed potatoes in shepherd's pie.

The best pumpkins for cooking are not the large, bright ones popular for making jack-o-lanterns. Rather, smaller pumpkins are more flavorful and far less stringy. Choose pumpkins with a hard rind and that are heavy in relation to their size.

Here are some directions from Julie Albrecht, PhD, UNL Extension Food Specialist.

Baked Fresh Pumpkin: Preheat oven to 350°F. Cut the pumpkin in half and clean out

the seeds and strings. Cover a baking sheet with tin foil. Brush melted butter on the cut edges of the pumpkin and place the sides

or put through a food processor until the mixture is smooth like canned pumpkin.

Boiled Fresh Pumpkin:

Remove the seeds and strings. Peel and cut the pumpkin into chunks and place them in a large pan. Bring to a light boil. Cook until tender.

Cool. As with the baked method, blend or food process the pumpkin until smooth.

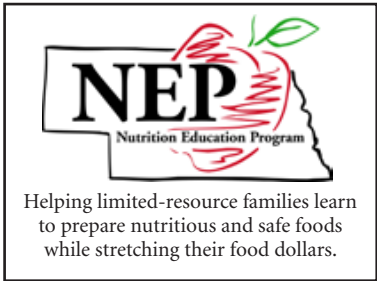
Microwaved Fresh Pumpkin:

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



cut-side down on the cookie sheet. Cook approximately one hour or until pumpkin is soft. Cool. Remove the pumpkin skin and cut into pieces and blend

Healthy Halloween Treats



Kristen Neth
UNL Extension Assistant
Krista Godfrey
UNL Dietetic Intern

Halloween, like many other holidays, is largely focused around sweets. This makes it a little harder on parents who are trying to promote a healthy lifestyle within their family.

So this year, instead of giving out candy, try to focus on healthier treats that are just as fun for your kids and other trick or treaters. These items could include granola bars, fruit leathers, 100%

juice boxes, sugar-free gum/candy, or snack packs of pretzels, crackers, trail mix, raisins, etc. Unfortunately, some of these items could cost more than candy, so watch for sales.

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

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

- Stickers
- Spider rings
- Temporary tattoos
- Glow-in-the-dark bouncy balls
- Pencils

These non-candy items may be viewed as a special treat not only because they are different from the child's multiple pieces of candy, but also because they engage the child in an activity and can be a source

of continuing entertainment!

Other ways to promote a healthy lifestyle with your family at Halloween are to:

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

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



UNL Food Entrepreneur Assistance Program Seminar, Oct. 22

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

starting a food business.

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

- Market research and selection
- Product and process development
- Food regulatory issues and agencies

- Packaging and labeling
- Pricing and cost analysis
- Product introduction and sales
- Promotional material package
- Food safety and sanitation
- Business structure

The next seminar will be Saturday, Oct. 22 in Lincoln. Pre-registration is required and space is limited. Registration deadline is Oct. 10. Contact Jill Gifford at (402) 472-2819 or jgifford1@unl.edu for an information packet.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's View — Irene's Items

Irene Colborn
FCE Council Chair

A reminder that the September Council Meeting has been changed to Monday, Oct. 3. By then the State Conference will be over and perhaps we can address any pros or cons.

Oct. 17 will be Achievement night. We have



a program being presented by Karla Cross from Friend. The title of her presentation is "The Mysterious Friendship Quilt." Please plan to attend and bring a friend. I would like each club to bring information about their club's activities.

October is also Halloween.



It has always been a big thing for celebration in our family. Bob used to put on a costume and sit on the front porch to scare the kids that came for "Tricks or Treats."

"Life isn't about how you survived the storm, it's about how you danced in the rain." I thought this appropriate since I was famous for Hurricane Irene.

FCE News & Events

FCE Leader Training Canceled

The Sept. 28 leader training, "Legally Secure Your Financial Future — Organize, Communicate, Prepare" has been CANCELLED.

FCE Council Meeting

Change in date: The September FCE Council meeting will be Monday, Oct. 3, 1 p.m. at the Lancaster Extension Education Center. Red Cross will present the program. Salt Creek Circle Club will host the meeting.

Achievement Night, Oct. 17

The 2011 FCE Achievement Night will be Monday, Oct. 17 at the Lancaster Extension Education Center, starting with dessert at 6:30 p.m. 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. The program will be given by Karla Cross from Friend

about "The Mysterious Friendship Quilt." If you plan to attend, call the extension office at (402) 441-7180 and leave your name at the front desk.

Re-organizational Packets

Presidents of FCE clubs can pick up their packets to reorganize for 2012. There are October deadlines within the packet. If you have questions, call Lorene or Pam at (402) 441-7180.

Teach Young Children Social-Emotional Skills

Children go to school to learn, but parents and caregivers should be teaching their children social-emotional skills long before the kids get to pre-school. Social-emotional skills are skills that help children know how to behave in social settings, and how to express and handle emotion.

For children to succeed in school, children need to know how to follow directions. To learn this skill, start with something simple like "Take your plate and put it in the dishwasher." Repetition helps with learning instruction. Another example is playing a game because they must follow the rules.

Children must know how to pay attention in a classroom. Reading a book or performing one activity for extended periods of time helps children gradually increase their attention span. As children are expanding their attention span, adults may have to help children. For example, adults could show children many different ways of stacking blocks and encourage them as they play with the blocks.

Another crucial skill is knowing how to share and take turns, which helps them be considerate of others. Parents and caregivers must guide children through this process so children

understand the importance of sharing. Instead of saying, "We need to share," and grabbing a toy away from the child, adults need to explain why they must share and set a good example by doing it themselves.

Children must also learn how to solve problems with words instead of getting angry. A child who screams and yells does not know how to express his or her emotion in a healthy way. Instead of immediately scolding children for losing their temper, ask them what they could have done instead of getting angry. Then have them practice the right behavior.

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

interactions for every negative interaction to change the behavior.

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

Parents and caregivers should keep in mind children need time to learn, so adults must provide patient reminders and explanations repeatedly over a period of time. Adults must consistently model good and healthy behavior for the children.

In the end, children cannot be expected to behave like adults because they are still kids.

What is important is they learn age-appropriate social-emotional skills that help them make friends, work well with others, and succeed in school.

Source: Gail Brand,
UNL Extension
Educator



Lorene Bartos, UNL Extension Educator

Carbon Monoxide Safety

Keep your home free of dangerous pollutants like carbon monoxide by regular inspection of all combustion equipment, like furnaces, boilers, and water heaters. Protect your family by installing a carbon monoxide detector. Check and clean the chimney when using wood burning stoves and fireplaces.

Halloween Safety Tips

Holiday time is just around the corner. With October comes the fall weather, the changing of colors, and of course Halloween. This is a fun time for children and their families. Being safe should be at the top of the list of things to consider, whether you are at home or out in the community.

Creating a fun atmosphere with decorations and parties adds to the excitement of the events. While this is all fine there are some things that should be kept in mind when preparing for the holidays.

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

When Preparing for Trick or Treaters Always:

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

When Choosing Costumes:

- Choose light colored clothing.
- Decorate or trim costumes with reflective tape.
- Make sure costumes are not too long or too big so children trip and fall while walking.
- Natural painted mask are best as they don't restrict breathing or vision.

- If wearing a mask, make sure it fits securely and allows full vision.

Trick or Treating Tips:

- Young children should have adult with them.
- Never go alone. Have at least one person with you.
- Plan a route and let your family know where you are going and how long you may be gone.
- Go only to homes that look inviting and have their lights on.
- Never go inside a home.
- Always say thank you for the treats.
- Stay on sidewalks and driveways.
- Watch when crossing the street. Use crosswalks and corners.
- Take a phone with you.
- Take a flashlight.
- Always look through candy and items before eating them. It is best to wait until you are home before eating any candy.
- Be respectful of peoples property. Don't cut across lawns, gardens or flower beds.
- Go out in the late afternoon or early evening.
- Always use common sense when out. If a situation looks risky avoid it. Never talk to or accept anything from strangers on the street. Stay in areas you know.

Remember safety is important if you are to have a fun Halloween night. Talk with your children about these safety tips.

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 Bartos at (402) 441-7180. This is an excellent project for 4-H, FCE and other community clubs. Individuals are welcome to participate.



Composting Workshops and Demonstration

Learn how to be successful with composting by attending a composting workshop or demonstration sponsored by University of Nebraska–Lincoln Extension in Lancaster County and the City of Lincoln Recycling Office.

Composting Workshops are held at various locations:

- Tuesday, Oct. 4, 6:30 p.m. — Charles H. Gere Library, 2400 S. 56th St., Lincoln
- Tuesday, Oct. 11, 6:30 p.m. — Anderson Library, 3635 Touzalin Ave., Lincoln

Composting Demonstrations are presented at the Pioneers Park Nature Center’s backyard composting demonstration area. These demonstrations will show you how to be successful with backyard composting. You will see three types of composting bins and how to use them. At each composting demonstration two lucky participants will win either a composting thermometer or bin. Demonstrations will be held:

- Saturday, Sept. 24, 10 a.m.
- Saturday, Oct. 22, 10 a.m.



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

Plant spring flowering bulbs such as tulips, daffodils, and crocus.

Cut down stems and foliage of herbaceous perennials after two or three hard frosts and when leaves begin to brown.

Fall is the time to control broadleaf weeds in the lawn, such as white clover, dandelion, and ground ivy.

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

After several hard frosts add mulch to your perennial flower garden. A one inch layer of straw or chopped leaves will help conserve soil moisture and protect the root system.

When deciding on new trees or shrubs to plant around your home, remember to select varieties that will fit the location when they are at their mature height. This will greatly reduce pruning and other maintenance in the future.

Pick bagworms from evergreen shrubs. This will eliminate the spring hatch from over wintered eggs.

Remove leaves from lawn to reduce lawn problems. Compost or shred and use them for mulch.

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

Remove any diseased or insect infested plant material from your garden, it may harbor over wintering stages of disease or insect pests. If you leave this plant material in your garden, you are leaving diseases and insects which will begin to reproduce again next spring and add to next years pest problem.

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

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

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

Nut trees are a fine addition to the home landscape. They may accent the house, provide shade in the summer and even become a food source.

Christmas cactus need special care now to get its beautiful flowers this December. Buds will form at 50–60°F, or if the plant is exposed to at least 13 hours of complete darkness each night.

Fall is an excellent time for taking soil samples in your lawn and garden. Soil tests will measure the pH of the soil, organic matter content and the levels of some of the major elements required for plant growth, such as phosphorus and potassium.

Low Maintenance Trees

Mary Jane Frogge
UNL Extension Associate

Many of us have been forced to remove damaged trees due to summer storms or flooding

issues. The next task is to select a tree to replace the one you lost. When replacing those unsal-vageable trees, you may want to consider a low maintenance tree. These are trees that need minimal pruning, have minor

insect or disease problems, have a slower growth rate and add value to your landscape. Consider selecting one of the trees on this list. After these trees become established, they will beautify your landscape for years to come.

Name	Mature Height	Crown Spread	Growth Rate	Mature Form	Fall Color
DECIDUOUS					
Amur Cork Tree	20–30 ft.	15–25 ft.	medium	round	yellow-brown
Amur Maackia	20–30 ft.	20–30 ft.	slow	round	green
Ginkgo	40–60 ft.	30–40 ft.	slow	oval	yellow
Goldenrain Tree	20–25 ft.	25–30 ft.	slow	round	brown
Hackberry	50–70 ft.	30–40 ft.	slow	vase	yellow
Hophornbeam, American	25–40 ft.	25–30 ft.	slow	oval	yellow
Hornbeam, European	40–60 ft.	30–40 ft.	medium-slow	oval	yellow
Japanese Tree Lilac	20–25 ft.	15–25 ft.	medium	vase	green
Magnolia, Saucer	20–30 ft.	20–30 ft.	medium	round	yellow brown
Magnolia, Star	15–20 ft.	10–15 ft.	slow	oval to round	yellow to bronze
Maple, Amur	15–20 ft.	10–15 ft.	medium	round	scarlet
Maple, Black	50–70 ft.	40–50 ft.	slow	round	yellow
Maple, Norway	40–50 ft.	30–40 ft.	medium	oval to round	yellow to orange
Maple, Sugar	50–70 ft.	40–60 ft.	slow	oval to round	yellow to red
Maple, Tatarian	15–20 ft.	15–20 ft.	medium-slow	round	yellow-red
Oak, Bur	50–70 ft.	50–70 ft.	slow	oval	yellow-brown
Oak, Shingle	50–60 ft.	50–60 ft.	medium-slow	round	yellow to red
Oak, Swamp White	40–60 ft.	20–40 ft.	medium	oval	yellow brown
Oak, White	50–70 ft.	30–50 ft.	slow	round	purplish
Smoketree, Common	10–15 ft.	10–15 ft.	medium	round	red-purple
Witchhazel, Common	15–30 ft.	20–25 ft.	medium	oval	yellow
EVERGREEN					
Douglas-fir	40–80 ft.	12–20 ft.	medium	pyramid	—
Spruce, Black Hills	20–40 ft.	15–20 ft.	medium-slow	pyramid	—
Spruce, White	40–60 ft.	10–20 ft.	medium	pyramid	—



Amur Cork Tree



Tatarian Maple



Norway Maple (fall color)



Bur oak



Star Magnolia



Ginkgo



Goldenrain Tree (with fruits)



Shingle Oak



Saucer Magnolia



Amur Maple (fall color)



Swamp White Oak



European Hornbeam



Common Smoketree



Douglas-fir



Black Hills Spruce

Mouse Trapping 101

Barb Ogg
UNL Extension Educator

The house mouse (*Mus musculus*) is a common pest outdoors around homes and farms. In the fall, mice come indoors seeking warmth because, unlike other animals, they do not have the ability to hibernate. A mouse living in a warm place indoors will need less food and have a greater chance of surviving the cold winter months, than one living outside.

Some people do not want to kill mice, but these people may not understand the health and safety implications of living with them. Mice are incontinent and dribble urine everywhere they travel. (This disgusting habit is very useful to mice because it helps them locate hiding places, even ones from earlier infestations.) Mice contaminate food-preparation surfaces with their feces, which can contain *salmonella* bacteria and food poisoning. Gnawing causes damage to structures and electrical wiring and may be the cause of fires and failure of appliances.

Signs of Mice

The presence of droppings indicates areas where mice are active and will probably be the first sign of a mouse infestation. Occasionally, you may see a mouse during the daytime; this could be an early invader, one that hasn't found a good place



Mouse droppings in cupboard.

to hide yet. As soon as you see the first sign of mice, you should begin mouse control. Waiting and hoping they will go away will not work ... in fact, the longer you wait, the greater the mouse problem you will have. Trapping is the best method of mouse control inside homes. Understanding a few basics will help you more quickly get rid of the mice.

What Types of Traps?

Snap traps are the simplest, cheapest (i.e., reusable) and are very effective when placed correctly. If you are worried about kids and pets messing with a trap in a specific location, you might want to use a covered trap, like the Ultra Set trap™ made by D-Con. These covered traps will be more expensive, but have the added advantage in being able to set by simply pressing lever on the outside of the trap housing. Mice can also be removed without touching the carcass.

Glue traps are easy to handle and monitor, but they are more expensive than snap traps and cannot be reused. Some animal welfare groups consider glue traps to be an inhuman

method of rodent control. If the mouse is not captured cleanly, the mouse may crawl away with the trap.

There are two types of glue traps sold for mouse control. The first is the glue "board" trap, a flat piece of cardboard covered by a thin layer of glue. The second is the glue "tray" trap, which is a shallow plastic tray filled with glue. According to Bobby Corrigan, a nationally-known rodent expert, the best type of glue board is the glue board trap because the mouse does not have to step up onto the tray platform. In his research, Corrigan has also found glue traps are less effective at catching mice than snap traps.

Multiple catch traps (Ketch-All®, or Tin Cat®) are useful in areas where mice populations are high because many mice can be caught in the same trap each night. These are live traps, but mice will die quickly (a day or two) of starvation once caught so they do need to be checked frequently, and emptied, and reset. Multiple catch traps are best used in garages and outbuildings.

For quickest trapping, here are some suggestions:

- 1. Location, location, location.** Good trap placement is essential to catching mice. Place traps:
 - in high activity areas, where droppings have been found or where you have seen mice.
 - near all appliances that produce heat. Examples are:

- furnace, water heater, refrigerator, freezer, dishwasher, and stove.
 - cluttered places near where mice are nesting.
- 2. Install lots of traps.** A dozen traps is not too many to set in your house to catch a single mouse. Because a snap trap can only catch one mouse each night, buy and use more traps than you think you need. Snap traps are cheap.
 - 3. Offer many bait choices.** Different mice might be attracted to different types of food. Divide the traps and bait with peanut butter, thin slices of hot dog, bacon, or gumdrops. You may need to tie some of these baits to the trigger. My favorite bait to use is a small piece of a vanilla-scented caramel. This will work on those elusive mice that lick peanut butter off the trap without releasing it. Dental floss or a cotton ball will be attractive to a female who is building a nest. Contrary to popular opinion, cheese isn't really a very good bait ... only mice in the cartoons seem to like it.
 - 4. How to place the trap.** Mice usually travel along vertical structures by using their whiskers to "feel" their way. If you place traps in the center of the room or a drawer, you will hardly ever catch mice. Instead, place the trap against the wall so the mouse will encounter it



A piece of caramel can be effective mice bait. Place traps with bait pedal next to the wall.

when it travels. The bait pedal should be placed next to the wall to prevent the mouse from jumping backward to avoid the kill bar. Another method is to place two traps along a wall with the bait pedal facing opposite ways, so mice will encounter it from either direction.

Why Don't We Recommend Poisons Inside the Home?

When food is abundant, mice will hoard it and save it for hard times. Sometimes they move it from one location to another or may drop it. Because of this behavior, poisoned pellets and other baits are frequently moved from one location to another, and there is potential exposure to humans and pets.

If poisons must be used, experts recommend bait blocks, rather than pellets. Another problem with baits, is mice often die in nesting areas or wall voids and produce unpleasant smells. Many people believe poisoned mice are thirsty and will leave the structure to find water, but this old wives' tale isn't true.

Give Bird Feeding a Try This Year

Soni Cochran
UNL Extension Associate

If you love to feed birds, you aren't alone. Annually, over 65 million Americans feed birds, spending over \$50 million a year on bird food and feeders. This enjoyable pastime can be enjoyed by naturalists of all ages whether you live in the city, country, apartment, or single-family home.

If you are thinking about feeding birds, Nebraska is a great place to start! Nearly 400 bird species can be found in our state, and of those, 200 nest in Nebraska. Twenty or more bird species commonly visit backyard feeders in our area.

It's important to do some research before you run out to buy a bird feeder and bird food. What types of birds do you want to attract? What types of seed do they like? Where's the best place to put your feeders? Do you have a water source nearby?

By learning about the types of birds in our area and what they need to survive, you'll have a better chance of attracting them to your feeders. To learn more, check out UNL Extension NebGuide "Backyard Wildlife: Feeding Birds" (G2003) available online at <http://lancaster.unl.edu/pest/birds.shtml> and at your local Nebraska extension office. There

are also books and field guides in our local libraries and book stores. If you live near Lincoln, take the family to Pioneers Park Nature Center and visit their bird feeding stations. You may also want to make a visit to one of the bird feeding specialty stores in the area.

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

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

Hopper feeders: We use one of these at our office to attract birds in the area. The hopper bins dispense seed as the birds eat it. The food is

kept drier and needs less filling. Hopper feeders are used by a variety of birds found in our area like cardinals, blue jays, juncos, house finch, gold finch, and more. There are commercial hopper feeders available that close the seed bin automatically if a squirrel or heavier bird, like a starling, tries to use the feeder.

Tube feeders: We've all seen these in the stores. Tube feeders are great to use if you want to attract gold finch and other smaller birds. These are tube-shaped feeders with little feeding ports or openings running up and down the sides. The birds sit near these ports and feed. Many tube feeders allow you to convert the port size for special seeds like tiny niger seeds. Metal ports offer protection from squirrel damage. You can also find tube feeders encased with a wire frame to help keep pesky squirrels and larger birds from damaging your tube feeder.

Basket and log feeders: These simple feeders are handy for birds that feed on suet, fruits and nuts. You can re-use an onion or orange net bag or purchase wire cages and baskets. Our family made suet log feeders. These simple feeders involved boring 1-1 1/2-inch openings into small logs, then adding an eye hook to hang the log from trees. We packed suet

into the openings and just kept refilling as needed. Woodpeckers, nuthatches, and chickadees prefer suet and will readily come to suet feeders.

For most Nebraska birds, a mix of 50% black-oil sunflower seed, 25% cracked corn, and 25% white millet is a desirable mixture. Cardinals and doves will also eat safflower seed. Many birds, like starlings do not like safflower, so it is a good seed to use if you are having a problem with nuisance birds. Niger thistle seed is very attractive to finches and other small birds, but you'll

need to use a special Tube Feeder. Small "sock feeders" filled with thistle seed are also commercially available. You just purchase the net "sock" and hang it from a tree or pole in your yard.

Suet is a nutritious food for downy woodpeckers, flickers, nuthatches, chickadees, brown creepers, and more. Commercial no-melt suet preparations can be used throughout the year. You can find blocks of this suet where bird seed is sold. You can also make your own.

Make Your Own Suet Cakes

3 cups melted suet (available at your meat counter or butcher shop)
3 cups yellow cornmeal
1 cup chunky-style peanut butter

Melt suet in a pan and add the cornmeal and peanut butter. Bird seeds, raisins, rolled oats, unsalted nutmeats, dehydrated egg, apple bits, brown sugar, honey, or syrup can be added. Add or subtract ingredients depending on what you have handy, but avoid anything with rich seasonings.

Pour the suet mixture into cupcake papers in a muffin tin to harden. Remove the papers, and the cakes are ready for the birds.

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

Source: UNL Extension's NebGuide "Backyard Wildlife: Feeding Birds" (G2003)

October

Jodi Cooper

Lancaster County 4-H is proud to announce Jodi Cooper as winner of September's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Jodi has volunteered with Lancaster County 4-H for three years as leader of Jolly Ranchers, a livestock club. The club has helped with petting zoos, food drives, and had a float in local parades. Jodi has also helped with 4-H and open class livestock shows at the Lancaster County Super Fair. She previously volunteered with 4-H in Indiana for 10 years.

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

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

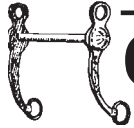


4-H Leader Training, Oct. 20

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

Lancaster County 4-H Seeks New Council Members

4-H Council is composed of youth (9th grade or higher) and adults working together in the interest of promoting activities of Lancaster County 4-H. Meetings are held the first Tuesday of each month at 7 p.m. at the Lancaster Extension Education Center. Individuals interested in serving on the 4-H Council are encouraged to contact Tracy at (402) 441-7180 for more information and an application. Terms are three years for adults and two years for youth.



HORSE BITS

Final 2011 Group Testing, Oct. 1

There will be one final 2011 group testing for 4-H horsemanship levels on Saturday, Oct. 1. The testing will begin at 8 a.m. at the Lancaster Event Center - Amy Countryman Arena. Anyone wishing to test, please contact Marty at (402) 441-7180 or mcruickshank2@unl.edu by Friday, Sept. 16. If you are testing, you will receive a letter the week of Sept. 26 with your "guesstimated" ride time.

Horse Awards Night, Oct. 6

The annual Lancaster County 4-H Horse Awards Night will be held Thursday, Oct. 6, 7 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Rd., Lincoln. Join us and help celebrate the outstanding accomplishments of the 2011 4-H Horse Year! Awards include: Level Testing Certificates, Top Sportsmanship Awards, Incentive Awards, Wittstruck All-Around Champion, All-Around Cowboy/Cowgirl, All-Around Trail, All-Around Barrels, Herdsmanship, Judging, Horse Course Challenge, Best Fair Decorations, and some surprise awards! Please bring a favorite finger food to share. It could be hors d'oeuvres, bars, or cookies. Hope to see everyone there!



4-H Thanks Sponsors

Lancaster County 4-H would like to thank all of the businesses, organizations and individuals that sponsored 4-H events, activities, programs and trophies throughout the past year. This support enhances the educational experience of the 4-H youth.

4-H Teen Council
4-H Council
4N Angus
Ace Rent To Own
Ag Processing Inc. (AGP)
Jim & Joyce Agena
Alflex Inc - Andy Dorn
American Family Insurance - Ken Hesser
Ameritas
Animal Haven Pet Hospital
Anonymous
Arends Interiors Inc
The Auctioneers - Beatrice 77 Livestock
Aurora Coop
Chet Axthelm Memorial Cup
Jim & Cindy Bauman
Tom & Laurie Bellinghausen
Gary C. Bergman
Bluestem Valley Farms
Kim Bowen
In Memory of Lisa Bradbury - Marty Cruickshank
Brester Construction
Capital City Bit & Bridle 4-H Club
Capital City Horse and Pony Club
Cargill - Gary Dunkel
DuWayne & Karen Carlson
Cattlemen's Nutrition Services
In Memory of Gordon Chapelle
Circle D Ranch
Mitzi & Jeff Coffman
Condon Family
Dick & Cookie Confer
Conroy Family
Copple Chevrolet
Country Riders 4-H Club
Crawford Family Shorthorns
Crete Lumber
Cross Dillion Tire
Jeff Daharsh Family
Matthew & Pamela Davis
Andy & Suzi Dearthmont
Martha & Jake DeNell
Pete & Deb DeWald Family
Scott Dictation

Don Dierberger Family
Diode Communications
DJTJ Angus
Ted & Alice Doane
Dowding Shorthorns
Rick & Kelly Duncan
Brian & Kerri Duran
In Memory of Earl - Katie Cruickshank
Dick Earl
East Campus Starrs
Education Quest Foundation
Gregg & Lisa Eggerling
Abby Eilers
Don & Carolyn Eveland
Express Stop
Family Healthcare Care Center, a Division of Womens Clinic
Farm Credit Services of America
Farmers Cooperative - Dorchester
Farmers Cooperative - Firth
Farmers Cooperative - Jeff Jensby
Farmers Cooperative - Ron Velder
Farmers Cooperative Co. - Martell Branch - Jim Bauman
Farmers Cooperative Co. - Waverly
Fiala Truck Repair
First State Bank - Jerry Lentfer
Fitch Trucking, Inc
Fort Western
Four Winds Farms
David Frattalone
Gagner Construction
Gana/Nisley Show Cattle
Gana Trucking
Garr Creek Farms, David Nielsen
Blayne Glissman Family
Gossin Agency
Robert & Shari Green
Grimm-Axthelm Memorial
Haes Contracting
Randy Hampton Photography
Hancock Fabrics
Harmony Hill 4-H Club
Hausman Construction
Heidtbrink Feeds
Shari & Kevin Heidtbrink
Joel & Renee Heusinger
High Noon Feed
Hillcrest Animal Clinic
Dick Hollman Angus
Rod Hollman
Wayne, Joyce & Eric Holthus Family
The Home Agency
Hope Rehab Equipment Co. - Jake & Martha DeNell
Hopeful Farm, Michelle & Jeffrey Huber
The Horse Sitters
Fred Howlett

Huber & Sons
Larry & Senator Carol Hudkins
Husker Auto Group
Husker Rehabilitation
Mark & Dee Hutchins
Inland Truck Parts
JEO Consulting
John Henry's Plumbing
John's Plumbing
Mitchell, Jill Braeland & Gracen Jones
K2 Construction
Douglas & Joan Kaiser
In Memory of Val Kaputska - Cindy & Sierra Nelson
Steve & Deanna Karmazin Family
Kinery Construction
Kiwanis - North East
Kiwanis - Lincoln Center
Jim & Becky Kruger
Kubicek Club Lambs
KV Vet Supply
In Memory of Lady Star Bright, Happy Retirement - Becky Brinson
LaKaBrTyDe Farms
Lancaster County Agricultural Society (Fair Board)
Lancaster County Extension Board
Lancaster County Farm Bureau
Lancaster County Livestock Booster 4-H Club
Lancaster Event Center
Langemeier Club Lambs
Lienemann Cattle Co.
Rodney Liljestrand
Tyce Lilienthal
Lincoln Equestrian Center
Lincoln Women's Chamber of Commerce
Lonsumpine Farm, Myron & Joni Ang Family
Greg & Ruth Luedtke
Don & Cleo Madden
Ken Majors
Cole Meador
Merritt Quarter Horses
Mirage Arabians Ltd
In Memory of Moonshadow - the Drbal Family
Morrison Farms, Ron & Jean Morrison
John & Nancy Moser Family
Mueller Farms
HL Muhlbach Construction
Clyde & Helen Naber
Nebraska 4-H Foundation
Nebraska AgRelations Council
Nebraska Animal Medical Center
Nebraska Dining - Noodles
Nebraska Horse Council

Abbey & Courtney Neeman
Ian Neeman
Steven & Stephanie Nelson
NMC Cat
Robin & David Nore
Norris FFA
Northern Lights Hy-Vee
Oak Creek Plants & Flowers
Gary & Diane Ossenkop
Otte Oil and Propane
Otto Construction
Oxbow Animal Health
Parrish Family
Parrott & Walbrecht Cattle
Pepsi-Cola of Lincoln
Larry Pershing
Mike & Patty Peters
Pioneer Hi-Bred International - Brett Whison
Pitts Veterinary Hospital
Planet Water
Platte Valley Equipment - Wahoo
Poultry and Egg Division, Nebraska Department of Ag
Tim Powers Memorial
Jerry, Jamie & Jacey Prange
Sheila & Lyle Purdum
R & J Angus
Rainbow Ends
Sheri Ramirez
Randys Donuts
Rick, Tammy, Nick, and Andra Rasby
Jeff & Jennifer Rawlinson
Raymond Grange #391
Rezac Contracting
Rock Creek Ranchers 4-H Club
Kendra & Bruce Ronnau
Salt Creek Wranglers
Samson Construction
Cary & Becki Sandell Family
Calvin & Rochelle Schrock and Family
Chris & Tracy Scow
In memory of Allen D. Sieck
Silver Spurs 4-H Club
Lyle & Alice Sitler
Babe Smejdir
Ron & Donna Snover
Maralee & Chuck Sobotka
South Prairie Wranglers 4-H Club
Stewart & Kris Spath Family
Dani & Dylan Spatz
Stanley Black & Decker
Anne & Steve Stephens
Dale & Marilyn Stertz
Still Waters Ranch
Ron & Barb Suing
Brian & Sheila Sutter
Syngenta
T & T Seed Express

Tractor Supply Co.
Thomas & Lorena Tracy
Triple H Rabbitry, Mark & Eva Hurt
Triple RRR Farms
Alene Truax
Shayna Truax
Tracy & Cheri Truax
In Memory of Glenn Umberger - the Glenn Umberger Family
UNICO Group, Inc.
Union Bank & Trust Ag Loans
United Way of Lincoln
Viken Acres - Virginia & Ken Prey
Virgl Implement - Wahoo
Vision Underground
Joan Vlasin
Vo-Acres Dairy
Voice Newspaper
Wachal Pet Health Center
Warren Cheney Family
Waverly Grange #369
In Memory of Wee Amigos - Jim & Joyce Agena
Western Pride 4-H Club
Wether-Ewe Farm - Doug & Cheryl Johnson
Whispering Pines Pet Cremation Services - Nancy & Gordon Kyhn
Charles Wiechert Family
Wilhelm Services Inc
Jay & Brenda Wilkinson
Wilkinson Sheep Farm
Lori Williams
Phil Willnerd
Windstream Communications
Dwayne & Joan Wittstruck
Carol Wolf
Dana & Pam Wolfe
Brian Wolford
Womens Clinic of Lincoln - Dr. Swanson & Dr. Maly

We apologize for any inaccuracies. If you notice any corrections, please call us at (402) 441-7180 and we will include the information in next month's Nebline.



Thank You to Volunteers

University of Nebraska—Lincoln Extension in Lancaster County thanks all of the people who donate their time and talents to help enrich the lives of the youth in the Lancaster County 4-H youth development program.



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 (usually held in February). Forms are available at <http://lancaster.unl.edu/4h/Programs/award.shtml> and the extension office.

Awards

- Community Service Awards
- Nebraska 4-H Diamond Clover Program
- Nebraska 4-H Career Portfolios
- I Dare You Leadership Award
- Outstanding 4-H Member Award
- Meritorious Service Award

College Scholarships

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

- 4-H Council
- 4-H Teen Council
- Lincoln Center Kiwanis
- Nebraska Association of Fair Managers
- Nebraska 4-H Scholarships
- Nebraska Association of County Extension Boards

4-H’ERS IN THE NEWS

Rachel Pickrel Receives EducationQuest Scholarship

Former Lancaster County 4-H member Rachel Pickrel was one of 13 Nebraskans to receive an



EducationQuest Foundation “Reaching Your Potential Scholarship.” The \$6,000 scholarship can be renewed for up to five years, making the complete scholarship worth \$30,000 toward her education.

Rachel is attending Nebraska Wesleyan University in Lincoln majoring in music education and minoring in theater.

Her mother, Ann Pickrel says, “Without any of her scholarships it would have made it more difficult for her to attend college.”

Rachel also received a 4-H Council \$500 scholarship and 4-H Teen Council \$250 scholarship this year.

Lee Kreimer Receives 4-H Foundation Scholarship

The Nebraska 4-H Foundation awards scholarships to outstanding 4-H’ers each year. This year, Lancaster County 4-H member Lee Kreimer was one of four Orscheln \$1,000 scholarship award winners.

Nebraska State Fair 4-H Results

Congratulations to the Lancaster County 4-H’ers who showcased their talents at the 2011 Nebraska State Fair! Here are the Lancaster County 4-H special award, Rainbow Ribbon Recognition, and purple ribbon recipients (as available at press time). Complete results are online at <http://4h.unl.edu/nebraskastatefair4hinformation>.



PURPLE RIBBON PLACINGS

Daniel Albin
Abigail Babcock

Eliana Babcock

Autumn Badeer

Nathan Becker

Chera Brown
Garrett Brown

Glenn Catt
Honorita Clarke
Lydia Clarke

Ashtyn Cooper

Morgan Cuttlers
Kelsey Daberkow

Caitlin Davis
Helen Dowd

Mary Dowd
Samantha Essman

Thaddeus Fonck
Ellen Friesen
Maddie Gabel
Nathan Gabel

Valerie Gabel
Kylie Gana

Jonathan Gerdes
Anne Greff

Peter Greff

James Griess
Natalie Griess
Koral Gunnerson
Anna Hamm
Lucas Hansen
Ben Harms
Abigail Haszard
Mackenzie Haszard
Tyler Hattan

Jaclyn Heinrich

Nicole Heinrich
Rachel Hollenbeck
Sarah Hollenbeck
Miranda Horning
Kayla Humphrey
Austin Hurt

Kyle Hurt

Rose Ingracia
Rhett Jordon
Mckenzie Kapperman

Molly Kasperek

Codie Kraus
Brooke Kreikemeier
Jordyn Languis
Emma Lanik

Aerospace — Wooden Fin Rocket - Skill Level 2
Crochet — Crochet 2
Forestry — Leaf Display
Forestry — Leaf Display
Six Easy Bites — Muffins
ESI: Entrepreneur Ship Investigation — Interview an Entrepreneur
Child Development — Babysitting Kit
YOUTH In Motion — Activity Bag
You’re the Chef — Dinner Rolls
Safety — Safety Scrapbook
Child Development — Toy made for Preschooler
Decorate Your Duds — Textile Clothing Accessory
Design Decisions — 3 Dimensional Surface Accessory for Bedroom
Design Decisions — Recycled/Remade Article for the Home
Aerospace — Wooden Fin Rocket - Skill Level 2
Food Preservation — Fruit Leather
Food Preservation — Dried Fruit
Safety — First Aid Kit
Market Sheep — Class 23 Natural Color Division
Market Sheep — Class 37 Crossbred Division
Tasty Tidbits — Biscuits
Sketchbook Crossroads — Home Accessory w/Felted Wool
Foodworks — Double Crust Fruit Pie
Foodworks — Cultural Foods Exhibit
Safety — Disaster Kit
Crochet — Crochet 3
Foodworks — Cultural Foods Exhibit
Food Preservation — Fruit Exhibit - 1 Jar
Design Decisions — Framed Picture
Design Decisions — Wall Hanging for Bedroom
Aerospace — Rocket - Skill Level 2
Decorate Your Duds — Textile Clothing Accessory
Presentations — Using Audio Visual
Horticulture — Okra
Horticulture — Hot (non-jalapeno) Peppers
Horticulture — Yellow Summer Squash
Shorthorn Breeding Beef — Yearlings Mar/Apr
Swine — Barrows
Swine — Barrows
Child Development — Family Involvement Entry
Food Preservation — Fruit Exhibit - 1 Jar
Food Preservation — Vegetables or Meat Exhibit - 1 Jar
Food Preservation — Jelled Exhibit - 1 Jar
ESI: Entrepreneur Ship Investigation — Interview an Entrepreneur
Citizenship — Written Citizenship Essay
General Clothing — Make One Buy One
Food Preservation — Fruit Exhibit - 1 Jar
Horticulture — Eggplant
Wood Science — Woodworking Article/Finishing Up
YOUTH In Motion — Healthy Snack
Floriculture — Rose
Entomology — Special Interest Entomology Display
Safety — First Aid Kit
Photography Unit II — Nebraska Theme Exhibit Print
Floriculture — Rudbeckia/Black-Eyed Susan
Floriculture — Other Perennial
Heritage - Level I — 4-H Member Scrapbook
Heritage - Level I — Special Events Scrapbook
Design Decisions — Wood Furniture Opaque Finish
Design Decisions — 3 Dimensional Surface Accessory for Bedroom
Market Beef — Class 4 Division I British - Hereford Steers
Market Beef — Class 11 Division III Crossbred Steers
Design Decisions — Fabric Accessory
Heritage - Level II — Heritage Poster
Photography Unit II — Lighting Display or Exhibit Print
Child Development — Toy made for Grade Schooler
Design Decisions — Fabric Accessory
Food Preservation — Vegetables or Meat Exhibit - 1 Jar
Rabbit — Rabbit Showmanship
Rabbit — American Fuzzy Lop
Rabbit — Dutch
Rabbit — Holland Lop
Rabbit — Rex
Rabbit — Rex
Floriculture — Marigold
Presentations — Using Audio Visual
Market Sheep — Class 26 Crossbred Division
Citizenship — Public Adventure Poster
Child Development — Poster/Scrapbook made with Child
Child Development — Toy made for Grade Schooler
General Clothing — Make One Buy One
Design Decisions — 3 Dimensional Surface Accessory for Living/Dining
Food Preservation — Jelled Exhibit - 1 Jar
Angus Breeding Beef — Angus Yearlings July/Aug
You’re the Chef — Loaf Quick Bread
Presentations — Using Posters
Citizenship — Public Adventure Scrapbook
Child Development — Poster/Scrapbook made w/Child

SPECIAL AWARDS

Kyle Hurt — Rex Rabbit, Best of Breed, Best Opposite; Champagne D’Argent, Best of Breed
Cassie Meyer — Champion, Dog Agility Level 2-A
Carlie Reinke — Top Outstanding Exhibit, Quilt Designs other than Fabric
Madelyn Scott — Sheep Showmanship, 2nd Place

CONTEST TOP PLACINGS

Molly Noel — Horticulture Contest, Sr. Division, 5th place
Ann Greff— Horticulture Contest, Sr. Division, 7th place
Mary Dowd — Tree Identification Contest, Intermediate Division, 6th place
Jessica Stephenson — Tree Identification Contest, Sr. Division 7th place
Jordyn Languis/Addison Wanser — a top four Poster Presentation
Justin Harper — Dairy Judging Contest, Jr./Intermediate Individual, 5th place

RAINBOW RIBBON RECOGNITION

Used to draw attention to the unique items. These may or may not be top placing items, but have used special details.

Anne Greff — Fruit Exhibit - 1 jar • Jelled Exhibit - 1 Jar • Interview an Entrepreneur
Peter Greff — Make One Buy One
Koral Gunnerson — Rose
Rachel Hollenbeck — Heritage Poster
Zachary Luedtke — Wood Furniture Clear Finish
Carol Nabity — Recycled/Remade Furniture
Madeline Polk — Heritage Poster
Carlie Reineke — Quilt Designs Other Than Fabric • 3 Dimensional Surface Accessory for Living/Dining

Photographs Selected to be Displayed in UNL Extension and College of Agricultural Sciences & Natural Resources Deans Offices
Ben Harms; Sarah Hollenbeck; Erica Peterson

Taylon Lieneman
Megan Luedtke

Zachary Luedtke
Natalie Meckel
Cassie Meyer
Carol Nabity

Justine Nelson
Lena Nelson
Thori Nelson
Caleb Nielsen
Jared Nielsen
Emma Noel

Lily Noel

Molly Noel

Elizabeth Norton
Rebecca Norton
Erica Peterson

Madeline Polk
Carlie Reineke

Paige Roach

Jacob Robertson

Jacob Rushman

Courtney Sandell
Emily Sandell

Sierra Sander
Caitlyn Schmidt
Madelyn Scott

Brandon Sieck

Renae Sieck

Emily Steinbach

Abby Stephens
Jaime Stephenson
Jessica Stephenson

Sheridan Swotek

Eric Jr Vander Woude
Tyler Vander Woude

Hannah Vorderstrasse
Leah Vorderstrasse
Anna Vosicky
Addison Wanser

Erika Warner
Jenna White
Martha Wilkinson
Haley Zabel

Alyssa Zimmer

Beef - General — Class 1 Market Beef Showmanship
Design Decisions — 3 Dimensional Surface Accessory for Living/Dining

Design Decisions — Wood Furniture Clear Finish
Photography Unit III — Portrait Exhibit Print
Dog Agility — Level 2 - A
Design Decisions — 3 Dimensional Surface Accessory for Bedroom

Design Decisions — Recycled/Remade Furniture
Beef - General — Division 1A Breeding Beef Showmanship
Conservation & Wildlife — Wildlife Diorama
Conservation & Wildlife — Wildlife Diorama
You’re the Chef — Loaf Quick Bread
You’re the Chef — Dinner Rolls
Food Preservation — Dried Herbs
Food Preservation — Tomato Exhibit - 1 Jar
Horticulture — Other Vegetable
Food Preservation — Dried Herbs
Horticulture — Hot (non-jalapeno) Peppers
Food Preservation — Pickled Exhibit - 1 Jar
Food Preservation — Pickled Exhibit - 3 Jars
Clothing Level II — Dress or Nightshirt/Lounge Wear
Clothing Level II — Dress or Nightshirt/Lounge Wear
Heritage - Level II — Framed Family Photos
Photography Unit III — Challenging Exhibit Print
Heritage - Level I — Heritage Poster
Quilt Quest — Quilt Designs Other Than Fabric
Design Decisions — Wall Hanging for Bedroom
Design Decisions — 3 Dimensional Surface Accessory for Living/Dining

Citizenship — Care Package Display
Citizenship — Public Adventure Scrapbook
Photography Unit II — Composition Exhibit Print
Tasty Tidbits — Creative Mixes
Beef - General — Division 2C Beef Breeding Showmanship
Commercial Breeding Beef — Commercial Breeding Heifer Class 2

Presentations — Premier Presenter Contest
Decorate Your Duds — Embellished Garment w/Orig Design
Decorate Your Duds — Textile Clothing Accessory
Design Decisions — Outdoor Living Accessory
Floriculture — Marigold
Floriculture — Chrysanthemum
Floriculture — Other Perennial
Heritage - Level I — Family Traditions Exhibit
Heritage - Level I — Family Traditions Exhibit
Decorate Your Duds — Embellished Garment w/Orig Design

You’re the Chef — Loaf Quick Bread
Home Building Blocks — Needlework Item
Sheep - General Sheep Showmanship - Class 4
Market Sheep — Class 6 Hampshire Division
Market Sheep — Class 29 Crossbred Division
Market Sheep — Class 38 Crossbred Division
Breeding Sheep - Commercial Meat Breeds - Ewe Lambs
Tasty Tidbits — Biscuits
Tasty Tidbits — Foam Cake
Crochet — Crochet 2
Fashion Show — Clothing Level 2
Shopping In Style Fashion Show — Model Purchased Outfit
Beef - General — Division 1B Breeding Beef Showmanship
Chianina Breeding Beef — Chianina Yearlings Mar/Apr
Heritage - Level I — Family Genealogy/History Notebook
Presentations — Using Audio Visual
Sewing For You — Skirted Outfit
General Clothing — Make One Buy One
Heirloom Treasures/Family Keepsakes — Furniture
YOUTH In Motion — Activity Bag
Safety — Disaster Kit
Child Development — Babysitting Kit
Fashion Show — Clothing Level 2
General Clothing — Make One Buy One
Design Decisions — 3 Dimensional Surface Accessory for Living/Dining

Sketchbook Crossroads — Home Accessory Clay Sculpture
YOUTH In Motion — Healthy Snack Recipe File
YOUTH In Motion — Healthy Snack
Child Development — Poster/Scrapbook made with Child
Child Development — Toy made for Toddler
Child Development — Poster/Scrapbook made with Child
Six Easy Bites — Cookies
Food Preservation — Pickled Exhibit - 1 Jar
Food Preservation — Pickled Exhibit - 1 Jar
Clothing Level II — Dress or Nightshirt/Lounge Wear
Presentations — Using Posters
Decorate Your Duds — Embellished Garment w/Orig Design

You’re the Chef — Whole Wheat/Mixed Grain Bread
Photography Unit III — Portrait Exhibit Print
Heritage - Level I — Special Events Scrapbook
Fast Foods! — Coffee Cake
Fashion Show — Sewing For You
You’re the Chef - Dinner Rolls
Child Development — Toy made for Toddler
Rabbit — Holland Lop
Rabbit — Mini Rex
Rabbit — Mini Rex

EXTENSION NEWS

2011 UNL Service Awards



UNL Extension in Lancaster County employee Virginia Piening (right) was recently recognized for 45 years of service (pictured with UNL Chancellor Harvey Perlman).

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:

- **Virginia Piening**, Staff Secretary II — 45 years of service
- **Julie Rasmussen**, Extension Associate — 15 years of service
- **Sarah Browning**, Extension Educator — 10 years of service

Lancaster County Years of Service Recognition

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

Notice
Sun Valley and West O Driver’s License Facility Has Added Vehicle Registration Renewals

The Driver’s License Facility at 555 West O Street is now able to complete vehicle registration renewals, including disbursement of new license plates. This does not include vehicle title work of any type, or specialty plates. Sheriff’s Office vehicle inspections will continue to be completed at the 46th and R Street Facility. Hours of operation at the West O location for registration renewals are Monday–



Friday, 7:30 a.m.–4:30 p.m. County Treasurer Andy Stebbing stated, “We simply worked with Beverly Neth, Betty Johnson, and the State of Nebraska Department of Motor Vehicles to facilitate this location to better serve the citizens of Lincoln and Lancaster County.”

Public Notice

The Lancaster County Board of Commissioners seeks community members to serve on the Lancaster County Extension Board. Vacancies will be filled with three-year appointments beginning in January 2012. Extension Board members assist extension staff in focus areas such as animal agriculture, crops, environment, 4-H youth development, entrepreneurship, food and nutrition. The board meets monthly (usually the second Friday of the month at 8 a.m.) Registered Lancaster County voters interested in serving should complete an application for appointment by Nov. 1, 2011. Additional information and an application can be obtained from UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528-1507 or by calling (402) 441-7180. Applications are also available on the Internet at www.lincoln.ne.gov/cnty/commiss/boardapp.pdf.

FREE SPEECH
UNL Speakers Bureau in 17th Year

The University of Nebraska-Lincoln Speakers Bureau is in its 17th year this fall with 21 speakers and several topics from which to choose. This free service connects faculty and other university experts with Nebraska citizens through service organiza-



tions, schools, and other groups who want knowledgeable, interesting speakers on a variety of topics. The 2011–2012 Speakers Bureau features speakers available on a year-round basis, as well as during the academic year only. This website,

www.speakersbureau.unl.edu, provides access to each speaker’s topic information with a form to submit to book a speaker for your event. For more information, contact Barbara Bowers, Speakers Bureau Coordinator, in the Office of University Communications by calling (402) 472-0088 or emailing speakers2@unl.edu

2011–2012 Speakers

Speaker	Speech Topics
SYLVANA AIRAN Assistant Director of Housing, Business Contracts & Student Services	My Life Growing Up in Pakistan
PATRICE BERGER Professor of History & Director of University Honors Program	Europe: 2010 Europe: 1939 University of Nebraska–Lincoln in the 21st Century
CHRISTIAN BINEK Associate Professor, Physics & Astronomy	Physics Between High School and High Tech Magnetic Thin Films: From Basic Research to Spintronics Magnetic Refrigeration
DONALD C. COSTELLO Lecturer, Computer Science and Engineering	Information Technology — Yesterday, Today, and Tomorrow Computer Games The Birth, Death, and Resurrection of Computers in Banking
KENNETH DEWEY Professor of Applied Climate Sciences, School of Natural Resources	Severe Storms 101 VORTEX2: The Largest Ever Storm Chase and Tornado Research Effort North to Alaska and Across the Canadian Arctic: A Photographic Journey
ROBERT F. DIFFENDAL, JR. Professor Emeritus, Conservation & Survey	Pre-Columbian Civilizations of the American Southwest Some Geological Features of New Mexico in the Art of Georgia O’Keeffe More than a Dusting from Time to Time: The Impact of Volcanic Ash Falls on Nebraska in the Past and Possibilities for the Future
STEPHEN DUCHARME Professor & Vice Chair, Department of Physics & Astronomy, Nebraska Center for Materials & Nanoscience	Nanoscale Science and Technology Can a Photon Wave?
MICHAEL HOFF Professor of Art History	Pirates and Romans Along the Cilician Coast of Ancient Turkey Athens Under Roman Domination Ancient Roman Religion and Nebraska Football
ROGER M. HOY Professor, Biological Systems Engineering & Director, Nebraska Tractor Testing Laboratory	The Nebraska Tractor Testing Lab: Past, Present, and Future
GARY KEBBEL Dean of the College of Journalism and Mass Communications	How to Use Social Networking like Twitter, Facebook, or Foursquare as Reporting Tools The Changing News Ecosystem Reaching Youth: If it’s Not on a Cell Phone, it Doesn’t Exist
MEG LAUERMAN Director, University Communications	Research, Recruitment, and the Big Ten Conference: An Overview of What’s New at the University of Nebraska-Lincoln
PETER LEVITOV UNL International Affairs & Immigration Attorney, NU Central Administration	International Students in the United States
PATRICE C. MCMAHON Associate Professor, Political Science	For Good or For Ill: The Return of Nation Building U.S. Power in the Networked Era Partners in Peace: Nongovernmental Organizations in Peace Building
TAPAN PATHAK Extension Educator for Climate Variability, School of Natural Resources	Current and Future Global Climate Change: What it Means for Nebraska?
WES PETERSON Professor, Agricultural Economics	A New Age of Colonialism? Land and Resource Deals in Low-Income Countries The 2012 Farm Bill: Prospects for Reform The Implications of Increased Regional and Bilateral Trade Agreements for World Trade
PAUL E. READ Professor, Horticulture and Viticulture	Grape Expectations: Nebraska’s Developing Grape and Wine Industry Gardens of the World
JOHN W. RICHMOND Professor and Director of the UNL School of Music	Does Music Make You Smarter? It Depends on What You Mean! Thinking About Common Dimensions of Aesthetic and Religious Experience Finding the Next Mozart! Music Composition Education in the 21st Century
KELLI K. SMITH Assistant Director, Career Services	Developing a Top Internship Program How to Effectively Recruit College Students
GREGORY SNOW Associate Dean of Research, College of Arts & Sciences	Did a Giant Asteroid Kill the Dinosaurs? E=mc ² : The Most Famous Scientific Formula
SANDRA K. STOCKALL Professor Emeritus, University of Nebraska Extension	Wow, That Felt Great! Communication is a Contact Sport
WILLIAM G. THOMAS Professor, Department of History	Railroads and the Making of Modern America Teaching with Technology: New Approaches to the Humanities Classroom Thinking about the Civil War and Slavery in America

EXTENSION CALENDAR

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

September

- 22–24 State Family & Community Education (FCE) Leadership Conference “Galaxy of Stars”**
- 22–25 Ak-Sar-Ben 4-H Stock Show, CenturyLink Center, Omaha**
- 24 Composting Demonstration, Pioneers Park Nature Center’s**
backyard composting demonstration area **10 a.m.**
- 26 Sign-Up Deadline for Oct. 1st 4-H Horse Level Testing**
- 28 Webinar: Putting the Garden to Bed, online only..... 12:05–12:55 p.m.**

October

- 1 4-H Horse Level Testing, Lancaster Event Center - Amy Countryman**
Arena **8 a.m.**
- 3 Family & Community Education (FCE) Council Meeting 1 p.m.**
- 4 4-H Kick Off 6 p.m.**
- 4 Composting Workshop, Charles H. Gere Library, 2400 S. 56th St.... 6:30 p.m.**
- 2–8 National 4-H Week**
- 6 4-H Horse Awards Night 7 p.m.**
- 9 4-H Teen Council Meeting 3 p.m.**
- 11 Composting Workshop, Anderson Library, 3635 Touzalin Ave.....6:30 p.m.**
- 14 Extension Board Meeting..... 8 a.m.**
- 13 Parents Forever Class 9 a.m.–12:30 / 5:30–9 p.m.**
- 17 Family & Community Education (FCE) Achievement Night.....6:30 p.m.**
- 18 Guardian/Conservator Training 5:30–8:30 p.m.**
- 20 4-H Leader Training9:30 a.m. / 6:30 p.m.**
- 22 Composting Demonstration, Pioneers Park Nature Center’s**
backyard composting demonstration area **10 a.m.**

Make It With Wool Deadline Oct. 29

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

The District III contest will be held in Lincoln on Saturday, Nov. 19. Entry deadline is Oct. 29. For more information, call Tracy at (402) 441-7180.

NEBLINE SUBSCRIBERS:



Are you receiving
duplicate issues?

If so, please let us know
at (402) 441-7180 or
lancaster@unl.edu

THE NEBLINE
ONLINE
lancaster.unl.edu/nebline



Sign up to be notified by email when
THE NEBLINE is posted online.

Experience the Power of Red

An open house for high school students and their families
Sponsored by the College of Agricultural Sciences and Natural Resources

Saturday, Nov. 12
9 a.m.–2 p.m. • Nebraska East Union

- Learn more about how we prepare students for careers in everything from animals to plants, soil to climate, golf to business, mechanization to leadership, food to forensic science
- Meet current students, faculty and staff
- Experience East Campus
- Register for a scholarship and other cool prizes

To register or more information, **(800) 742-8800, ext. 2541**
or go to **<http://casnr.unl.edu/openhouse>**
Registration deadline: Nov. 4

UNIVERSITY OF
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Lincoln



Household Hazardous Waste Collections

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

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

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

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

Saturday, Sept. 24 • 9 a.m.–1 p.m.
Lincoln Industries, 600 West E Street

Saturday Oct. 15 • 9 a.m.–1 p.m.
Woods Park (31 and J Streets)

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

Usable Latex Paint Exchanges

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

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

UNIVERSITY OF
Nebraska
Lincoln

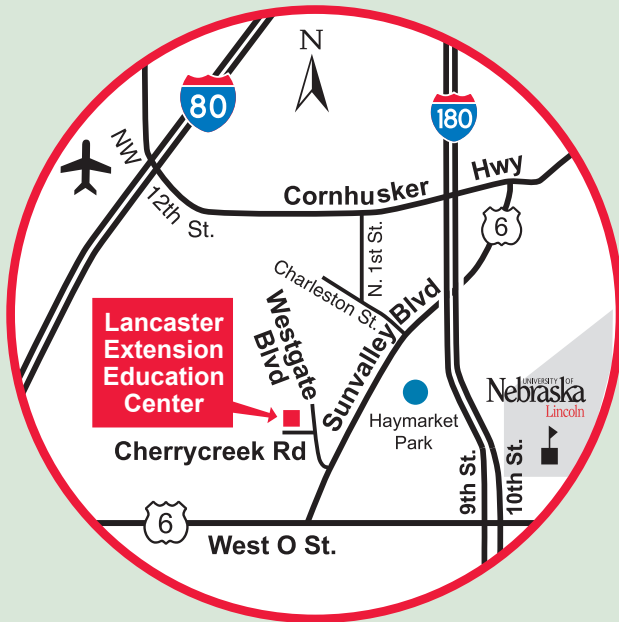
EXTENSION

University of Nebraska–Lincoln Extension
in Lancaster County
444 Cherrycreek Rd., Ste. A, Lincoln, NE 68528-1507
(402) 441-7180

<http://lancaster.unl.edu>
Email: lancaster@unl.edu • Fax: (402) 441-7148

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

Lancaster Extension Education Center Conference Facilities
444 Cherrycreek Road, Lincoln



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

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

We assure reasonable accommodation under the Americans with Disabilities Act; for assistance contact UNL Extension in Lancaster County at (402) 441-7180.

EXTENSION EDUCATOR & UNIT LEADER
Gary C. Bergman

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4-H COMMUNITY SERVICE CORNER



Teen Council Cranestorm

The Lancaster County 4-H Teen Council met on Sunday, Sept. 11 and participated in a community service project, Cranestorm. The Brain Injury Association of Nebraska is launching a project called “Cranestorm — Wishes in Flight.” The goal of this project is to fold and collect 36,000 origami cranes, one for every Nebraskan living with a disability due to brain injury. In Japanese culture the crane symbolizes honor, loyalty, and world peace. Cranes will be collected from 9/11 through 11/11 (Veteran’s Day). They will be displayed in the state capital during Brain Injury Awareness Week, March 4–10. To learn more about participating in this community service project, go <http://biane.org>.

Friends 4 Ever Yarn Bombing!

When Friends 4 Ever 4-H club leader Roberta Sandhorst learned about “yarn bombing,” it gave her an idea. In their book entitled *Yarn Bombing*, authors Mandy Moore and Leanne Prain explain the practice as creating stunning works of art out of yarn and then “donating” them to public spaces.



The club members liked the idea of beautifying the chain link fence at the recently established Witherbee Park (46th and O streets) and decided to adopt it as a community service project. Working through the winter the girls crocheted 30–40 flowers, stems, and leaves. In Spring, the group installed their artistic creations, using zip ties to secure the pieces to the fence. The yarn projects are all still attached! “We did a crochet project the year before, so this just became an extension of that,” Roberta said. “The girls were really proud to see the fruits of their labor on display in the neighborhood.”

Source: The Witherbee Buzz, *Witherbee Neighborhood Association* newsletter.

Specialty 4-H Clubs Invite New Members

Current 4-H members and those interested in joining 4-H are invited to join these clubs!

4-H Teen Council Leadership Organization



The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7–12. Meetings are held the second Sunday of each month at 3 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. 4-H Teen Council members:

- participate in several community service activities
- plan, set up, and facilitate the annual 4th & 5th grade Lock-In
- are involved in other leadership activities

The next meeting will be Sunday, Oct. 9 at 3 p.m. For more information, call Tracy Anderson at (402) 441-7180.

Household Pets

Want to learn more about your pet? Or get acquainted with new ones? Join the 4-H Household Pets club for youth ages 8–18 and their small animals! Hamsters, gerbils, guinea pigs, mice, snakes, turtles,



fish, reptiles, amphibians, caged birds, and any animal small enough to put in your pocket is invited. The club meets monthly. Open to all youth ages 8–18. For more information, call (402) 441-7180.

Rabbits R Us

If you like rabbits, hop to it! The Rabbits R Us 4-H club helps youth learn all about rabbits! They usually meet on the last Monday of each month (evenings). Open to all youth ages 8–18. For more information, contact leader Lyndsay Maahs at (402) 560-1063.

Star City Llamas

Do you want to learn about llamas and alpacas? This club focuses on the care and maintenance of these animals, and is heavily involved in community service projects. 4-H’ers take their llamas to parades, nursing homes, and schools to educate the public. The club also teaches youth entrepreneurship skills by creating products from the wool and marketing them. You do not



have to own a llama or alpaca, you can borrow or lease one. Open to all youth ages 8–18. For more information, contact Cole Meador at (402) 441-7180.

Future Veterinarians of Nebraska

Do you love animals — everything from hamsters to horses? How about fish, lizards and birds? Interested in becoming a veterinarian? Then this 4-H club is for you!

What you will learn:

- life science and physical science
- animals from the inside out
- the jobs of a veterinarian

Activities include speakers, fieldtrips, research papers, art, community service, and fundraising for animals.

Open to all youth ages 8–18. Weekly meetings are Thursdays, 6–7:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Rd., Lincoln.

For more information, contact Stephanie Wachter at (402) 466-2442.

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

Nebraska
Lincoln EXTENSION

Learn
about 4-H!



4-H Kick Off

Tuesday, Oct. 4

Q & A!

6 p.m.

Prizes!

Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln

Come Find Out How to Join 4-H!

- ◆ Help form a new 4-H club
- ◆ Be an independent member
- ◆ Join an existing 4-H club (limited availability)
- ◆ Participate in 4-H activities such as camps



4-H’ers will share
completed projects!

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



(402) 441-7180 • lanaster.unl.edu/4h



NATIONAL 4-H WEEK
OCTOBER 2-8, 2011

4-H youth are a living, breathing, culture-changing Revolution for doing the right thing, breaking through obstacles and pushing our country forward by making a measurable difference right where they live.

Celebrate the uncommon commitment of 4-H’ers during National 4-H Week, and recognize the confidence, passion and practical skills that prepare them to step up to the challenges of our complex, changing world.

Learn how you can Join the Revolution of Responsibility at 4-H.org.

4-H is the youth development program of our nation’s Cooperative Extension System.
JOIN THE REVOLUTION OF RESPONSIBILITY

Contact your local 4-H office to learn more.

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