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NEBLINE, October 2014

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The NEBLINE

University of Nebraska–Lincoln Extension in Lancaster County

Smart Snacking

Karen Wobig
UNL Extension Educator

Q: Is snacking OK?

A: Yes!

Q: It's 3:30 p.m. and you are starting to feel a little hungry. Should you:

a) cut a banana in half and spread peanut butter on it.

b) open a bag of baked chips and keep it at your desk, munching when hungry.

c) not eat anything, knowing you'll be eating dinner at 5:30 p.m.

A: (a) eat half of a banana with peanut butter.

A snack is defined as a small amount of food eaten between meals (*Merriam-Webster.com*). According to the University of Nebraska–Lincoln Extension's Nutrition Education Program (NEP), snacking can be an important part of a healthy diet. The key is to plan and choose snacks full of nutrients our bodies need, instead of snacks full of extra calories, sugar and fat.

Snacks can prevent you from overeating at meals. Incorporating snacks into your daily diet can provide nutrients that otherwise would be missing from your day. An example would be having carrot sticks and cottage cheese for a snack if you did not have a milk product or veggie with your lunch.

When choosing snacks, read the label. Choose nutrient dense foods versus empty calorie foods.

The USDA gives the following tips to make your snacks an important part of your healthy diet:

Variety is Important

Try eating different snacks each day.

Avoid Snacking Just to Snack

Only eat a snack when you are hungry. If you are eating because you are bored, tired or stressed, try taking a walk, calling a friend or playing with your kids.

Pay Attention to What and How Much You are Eating

Portion out snacks before you start eating. For example, take out a serving of crackers and put the box back in the cupboard.

Snack Wisely

A healthy goal is to choose foods from two of the five food groups. (*See snack ideas below.*)

Plan Your Snacks

When making your grocery list, think about healthy ready-to-eat snacks like fruits or vegetables you can buy to eat at home or on the go. When you get home from the store, a good idea is to prepare the foods, such as washing and cutting up celery, so it is ready to grab and eat for your snack.

Keep Your Children in Mind

Snacks help children get the nutrients they need. Help them make good snack choices by setting a good example. They learn from watching you.

Eat healthy and your kids will too.

Be sure to watch out for choking hazards in young children. Avoid giving young children hard or difficult-to-chew foods such as raw carrots and other crunchy vegetables, peanuts and popcorn. Modify the shape and texture of firm foods, such as cutting grapes into quarters and hot dogs into fine sticks rather than round slices.

Have Special Snack Areas

Set aside a special area in the refrigerator and cupboard/drawer to keep healthy snacks. This will help you and your children find them quickly and easily. When you open the door, seeing the healthy snack eye level and "ready-to-eat" will entice you to choose those foods.

Children can help make many snacks, such as "Zebra Cups" (recipe below).

SNACKING CROSSWORD

See related crossword puzzle, "Smart Snacking," on back page of this issue!

Quick and Easy Snack Ideas

JUICY SNACKS

- oranges
- tangerines
- grapefruit
- plums
- peaches
- apricots
- pears
- strawberries
- raspberries
- blueberries
- grapes
- cantaloupe
- honeydew
- watermelon
- pineapple
- apples
- tomatoes
- fruit juice popsicles

CRISPY SNACKS

- carrot sticks
- celery sticks
- green pepper sticks
- cucumber strips
- jicama strips
- radishes
- cauliflower
- broccoli
- cabbage

CRUNCHY SNACKS

- peanuts (school-age and older)
- walnuts (school-age and older)
- sunflower seeds (school-age and older)
- popcorn (school-age and older)
- enriched cereals
- baked tortilla chips
- pretzels

TUMMY-FILLING SNACKS

- yogurt — plain, with dried or fresh fruit and cereal added
- cottage cheese — plain, with cinnamon or with fruit such as pineapple or mango
- enriched cereals — with milk and fruit
- whole grain bread and crackers — toasted, with cottage cheese, cheese or fruit
- hard boiled eggs — with 100% fruit juice

ZEBRA CUPS

(Makes 8 servings)

2 cups low-fat milk

1 (1 ounce) package instant chocolate sugar-free pudding

2 cups low-fat vanilla yogurt

2 bananas, chopped

1/2 cup chocolate crispy rice cereal or crushed chocolate graham crackers

1. In a medium bowl, pour 2 cups milk and chocolate pudding mix. Beat with whisk or fork for about 2 minutes. Set aside.
2. Place 2 tablespoons of chopped bananas on bottom of 8 or 9 ounce clear cups.
3. In each cup, pour 1/4 cup of chocolate pudding over bananas. Then pour 1/4 cup of vanilla yogurt over the chocolate pudding.
4. Top with 1 tablespoon chocolate cereal or graham crackers.

FUN FACT:
Every zebra has a unique stripe pattern just like human fingerprints.

Adapted from Nutrition Education Program's "The Junior Chef's Cookbook"

BLACK BEAN SALSA

(Makes 16 servings)

1 mango, peeled and cut in cubes or frozen mango chunks

1 (15 ounce) can black beans, drained and rinsed

1 (11 ounce) can whole kernel corn with peppers, drained

1/2 cup cut-up fresh cilantro

2 tablespoons lime juice

1 teaspoon garlic powder

1/4 teaspoon ground cumin

1. Combine all ingredients in a medium bowl.
2. Serve with baked pita chips (recipe below).

BAKED PITA CHIPS

Pita bread, split and cut into wedges

Olive oil spray

Garlic powder

Oregano and Parmesan cheese (optional)

1. Spray pita wedges with olive oil spray.
2. Sprinkle with garlic powder, oregano and Parmesan cheese.
3. Bake 5–8 minutes at 350°F.

From Nutrition Education Program in Lancaster County



CONNECT WITH US

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IN THIS ISSUE

Food & Health 2
Family Living..... 3
Farm & Acreage..... 4
Horticulture 5
Pests & Wildlife 5
4-H & Youth..... 6–7

Know how. Know now.

So Many Ways to Connect to UNL Extension’s Food Resources

Alice Henneman, MS, RDN
UNL Extension Educator

Most of us do it at least three times a day — EAT! Food is a major part of our lives.

University of Nebraska–Lincoln Extension’s Food Team is comprised of specialists, educators and assistants statewide who provide educational programing on nutrition, food safety and physical activity. Extension’s resources are research-based and practical for use in people’s daily lives.

Many of the Food Team’s resources are easy to connect with — and share — through its centralized website, social media and apps.

WEBSITE, BLOGS, E-NEWSLETTERS
<http://food.unl.edu>



Continuously updated, the Food website offers information in six overall areas:

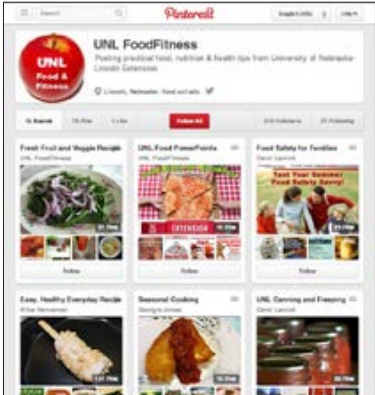
- Food & Nutrition
- Health & Fitness
- Food Safety
- Home Food Preservation
- Buy Fresh Buy Local Nebraska
- Youth / 4-H

The website includes several e-newsletters, PowerPoints, videos, handouts, recipes, a food calendar, links to blogs, and much more! It’s easy to subscribe to the newsletters and/or blogs.

PINTEREST
www.pinterest.com/UNLfoodfitness

UNL Food & Fitness Pinterest posts practical food, nutrition and health tips. Boards include:

- Food Safety for Families
- Easy, Healthy Everyday Recipes
- Canning and Freezing
- Seasonal Cooking



FACEBOOK
www.facebook.com/UNLExtensionFoodAndFitness

UNL Extension’s Facebook Food and Fitness Page posts timely tips and delicious, nutritious recipes.

TWITTER
<https://twitter.com/UNLfoodfitness>

@UNLfoodfitness tweets practical health & wellness tips.

APPS
http://food.unl.edu/fnh/fnh_apps

Apps developed for iPhone and iPad (available through the Apple Store) include:

- Grow It Know It (free)
- Snack Planet (free)
- 4-Day Throw Away (99¢)



Here’s an example recipe from UNL Extension’s Food website at <http://food.unl.edu>.

WALNUT TRAIL MIX

- 2 cups California walnut halves**
- 1 cup unsalted pumpkin seeds**
- 1 cup dried cranberries**
- 1 cup chopped dried apricots**
- 1 cup banana chips**
- 1/2 cup goji or acai berries (optional)**



1. Pre-heat oven to 350°F. Arrange walnuts in a single layer on a large rimmed baking sheet.
2. Bake in the center of oven until fragrant and toasted, about 8–10 minutes.
3. Let cool. In a large container, combine toasted walnuts with pumpkin seeds, dried cranberries, apricots, banana chips and acai berries (if using). Store in an airtight container for up to 5 days.

Source: California Walnut Commission. For more walnut recipes, visit www.walnuts.org

- Alice Henneman’s Tips:
- If your store doesn’t carry all these types of dried fruits, use more of one of the other dried fruits or substitute a different dried fruit.
 - Sunflower seeds may be substituted for pumpkin seeds.

Free Class

Quick, Tasty, Healthy, 5-Ingredient Recipes

Tuesday, Oct. 28, 6:30–8 p.m.

Bryan Medical Center East
Plaza Conference Center, 1600 S. 48th St.

Pre-registration is required by calling 402-481-8886

Alice Henneman, registered dietitian nutritionist and UNL Extension Educator, will share tips, recipes and an extensive handout for making quick, delicious and nutritious 5-ingredient dishes. Five is the magic number for ingredients we want in a recipe. Whether we’re making a main dish, soup, salad, sandwich or side dish, our eyes begin to glaze over as the number of ingredients goes beyond five. Learn to cook delicious dinners in less time (and for less money!) than it takes to eat out. You probably already have, or can easily stock up on, most of the staples, so there’s little shopping for extra ingredients.

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Lancaster Extension Education Center Conference Facilities
444 Cherrycreek Road, Lincoln

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The NEBLINE

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Halloween Safety Tips

Trick or Treating is fun for families. While having fun out in the neighborhood, safety is important. The CDC (Center for Disease Control and Prevention) offers these tips:

- Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- Fasten reflective tape to costumes and bags to help drivers see you.
- Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.
- Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.
- Look both ways before crossing the street. Use established crosswalks wherever possible.

- Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.
- Wear well-fitting masks, costumes and shoes to avoid blocked vision, trips and falls.
- Enter homes only if you're with a trusted adult. Only visit well-lit houses. Don't stop at dark houses.
- Never accept rides from strangers.
- Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

Follow these tips to help make the festivities fun and safe for everyone:

- Provide healthier treats for trick-or-treaters such as low-calorie treats and drinks. For party guests, offer a variety of fruits, vegetables and cheeses.

- Use party games and trick-or-treat time as an opportunity for kids to get their daily dose of 60 minutes of physical activity.
- Be sure walking areas and stairs are well-lit and free of obstacles that could result in falls.
- Keep candle-lit jack-o'-lanterns and luminaries away from doorsteps, walkways, landings and curtains. Place them on sturdy tables, keep them out of the reach of pets or small children and never leave them unattended.
- Remind drivers to watch out for trick-or-treaters and to drive safely.

Enjoy Halloween activities with your family and friends. When choosing treats, consider giving healthy snacks or items such as pencils, stickers, small toys, etc.

Family Cell Phone Rules

It's decided; your child has a cell phone. So, what happens next? My suggestion is this — time for a family meeting to set ground rules. Sit down together and go over how and when the phone will be used. Will there be some whining? Maybe. Will it make a difference? Yes.

Limits are a good place to start. Depending upon your family phone plan, the minutes may be set or unlimited. Even if you have unlimited minutes, do you want your child on the phone all the time? Talk about what happens when he exceeds the set number of minutes or texts. Who will pay for it? Does she know how to keep track?

Are there times and places the phone needs to be turned off? Examples might be: classroom, meals, bedtime, restaurants, worship services, while driving (teens).

Now here's the kicker — you need to follow the same limits. Kids see how their parents use cell phones and will mimic the behavior.

- If I want my grandchildren to carry on a conversation during a meal, I have to silence my phone when I ask them to do the same.
- When I'm driving and my children or grandchildren are with me, I must ignore calls and texts or pull off the road to

respond.

- I can't send texts or post messages after bedtime if I support a rule of "no after hours" phone use.

Think role model! Teaching your child how to use a cell phone is now as basic as teaching him how to make a bed. Perhaps not too exciting but ground rules will help prevent continuous conflict.

What are some of the rules you have in your family around cell phones?

Source: Donna Donald, Iowa State University, Extension Family Life Specialist

Tips for Time Management

Have the demands for your time increased? Guess what — we still have the same 24-hours each day to complete tasks we have on a list or in our minds. Does housework and upkeep seem to be stressful at time? Stop, take a look at how you and your family use the 24-hours. What are the demands on your family's time? They probably fall into the categories of personal, couple, family, home/yard/car, job, friends, and community.

Home/Yard/Car Time

— This may not be the first item on your priority list but it is one which consumes much of the family time. What are the main daily tasks around the home? Divide these tasks among family members. Children can learn to do many of the day-to-day tasks. If there are still tasks to be done perhaps you can hire someone occasionally, if it is financially feasible. Develop and use a flexible cleaning schedule, so every chore eventually gets done. Do regular maintenance on your car and home so problems and repairs don't pile up and take extra time and money. Simplify landscaping.

Family Time — How much time does your family actually

spend together? Try to have a least one meal as a family each day. Plan menus together. Have a weekly family meeting to coordinate calendars and plan events and activities. Plan "one-on-one" time with each family member.

Personal Time

— Work to balance your time between work, family, play, rest and relaxation. Learn to say "NO" effectively. You will find or make time to do the things you really want to do. Find time by getting up a half-hour earlier or going to bed a little later than other family members. Make some "ME" time.

Job Time — Arrive at work earlier or leave later to find important quality time. Keep only one calendar — include both work and family obligations. Remember to block out time for your priority activities, personal as well as job. Review



the next day's work before you leave for the day. Plan for "transition" time, this may include running errands, picking up children from daycare or the unexpected task needing to be done on the way home.

Community Time

— Community involvement is important for everyone. When deciding how to be involved and what volunteer activities to participate in ask yourself. "Do I enjoy this activity?" "Does this activity help you meet personal goals?" If you answer "yes" then you will find time to be involved.

Friend Time

— Schedule time with friends. This will help you maintain a balance between work and play.

Stop — take a deep breath — look at the demands you put on your time. These may change from time to time between home, family, job and community demands. Set priorities. Take time to enjoy your family, home and friends.



ASK LORENE

FAMILY LIVING TIPS

Lorene Bartos, UNL Extension Educator

Q: How do I clean my flat screens (TV or computer) without using harsh chemicals?

A: First read the manufactures instructions for care of the screen. It may also be cleaned with a soft lint-free cloth such as a microfiber cloth and water. Wring the cloth out and wipe the screen.

"Ask Lorene" by mail: Attn. Lorene Bartos, UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528; email lbartos1@unl.edu; or phone 402-441-7180.

Wanted: Craft and Hobby Entrepreneurs in Nebraska

Holiday shopping will soon be happening in Nebraska. Much of this will occur in weekend craft and hobby shows across the state. The majority of the items are made by local crafters working from their home.

UNL Extension Educator Anita Hall is coordinating educational opportunities for this growing segment of entrepreneurs. The initial task is to develop a list serve

to receive educational emails related to the business of marketing and selling crafts and hobbies.

If you are a self-employed Nebraskan involved in the craft and hobby business and would like to be a part of this listserve, please email your contact information to ahall1@unl.edu. This list serve is for educational use only by UNL Extension and will not be shared.

AARP Driver Safety Program, Nov. 14



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

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

license and AARP members are required to also bring their ID card and number.

In this class you will learn driving strategies which encourage confidence and safer driving, including:

- defensive driving techniques, new traffic laws and rules of the road,
- how to deal with aggressive drivers,
- techniques to safely handle driving situations, such as left turns, right-of-ways, and blind spots, and
- how to make the best use of safety features found in most automobiles.

There is no test. Course participants may be eligible to receive an insurance discount from some companies — consult your insurance agent for further details. For more information about the course, call 1-888-227-7669 or go to www.aarpdriversafety.org.

Freeze Effects on Forages



Troy Weitz, UNL Extension Educator in Custer County

Sorghum-sudan forage

Bruce Anderson

UNL Extension Specialist

When plants freeze, changes occur in their metabolism and composition that can poison livestock. But you can prevent problems.

Sorghum-related plants, like cane, sudangrass, shattercane and milo can be highly toxic for a few days after frost. Freezing breaks plant cell membranes. This breakage allows the chemicals that form prussic acid to mix together and release this poisonous compound rapidly. Livestock eating recently-frozen sorghum can get a sudden, high dose of prussic acid and potentially die. Fortunately, prussic acid soon turns into a gas and disappears into the air. So wait 3–5 days after a freeze before grazing sorghums; the chance of poisoning becomes much lower.

Freezing also slows down metabolism in all plants. This stress sometimes permits nitrates to accumulate in plants that are still growing, especially grasses like oats, millet and

sudangrass. This build-up usually isn't hazardous to grazing animals, but green chop or hay cut right after a freeze can be more dangerous.

Alfalfa reacts two ways to a hard freeze. When temperatures get down to 20°F — cold enough to wilt, nitrate levels can increase. So freezing makes alfalfa more likely to cause bloat for a few days after the frost. Then several days later, after plants begin to wilt or grow again, alfalfa becomes less likely to cause bloat. So waiting to graze alfalfa until well after a hard freeze is a good, safe management practice.

Frost causes important changes in forages so manage them carefully for safe feed.

FOR MORE INFORMATION

UNL Veterinary Extension has timely topics for producers, including "Prussic Acid Poisoning is a Concern After a Light Frost," online at <http://vbms.unl.edu/TimelyTopicsforProducers>.

Managing Resistant Weeds

Paul C. Hay, Extension Educator
UNL Extension in Gage County

Plants are adaptable to the environment and the conditions they grow up with. I remember when I first moved to Nebraska, my prowess in identifying trees had to be adjusted. The bark and general appearance of many tree species is different in Nebraska than in my home state of Michigan. The champion Nebraska sugar maple tree is located in Auburn. It is 56 feet tall. There are seven sugar maples in our front yard on the farm in Michigan which are 56 feet to the first limb. Any of those trees would make the Nebraska champion look minute.

Whenever we try to fool Mother Nature, she has a way of having the last word. The glyphosate-resistant weeds we are encountering are just the latest examples. Roundup-Ready corn and soybeans were the first glyphosate-resistant weeds (a crop is a weed when growing in other crops). Maretail or horseweed was the first to get our attention. That has been followed by giant ragweed, common ragweed, kochia, common waterhemp and palmer amaranth. Seed collected from Gage County fields as part of the University of Nebraska resistance testing program include maretail, giant



Glyphosate-resistant palmer amaranth has been confirmed in southern Lancaster County.

ragweed, common ragweed and common waterhemp. The results of these studies make it very clear that glyphosate (Roundup) used as high as 32 times the normal application rate do not achieve adequate control of these weed species. You cannot expect control from glyphosate regardless of the rate of application.

Resistance develops when we apply the same herbicide, with the same mode of action, repeatedly in a given field. Planting glyphosate-resistant soybeans and glyphosate-resistant corn in rotation gives a huge advantage to any resistant biotype to be successful in producing resistant seed. Even if the genetic resistant event is one in a million plants,

the weeds can rapidly bury the crop in weeds.

Weed control in glyphosate-tolerant crops was so easy we overused reliance on the method. Now we have to move forward to management systems which will cover the gaps. Crop rotation is very positive. Wheat grows in another season and has a quite different weed complex. We could also consider non-Roundup-Ready corn and soybeans. Some weeds will quickly reduce resistance levels because the resistant types are at a distinct disadvantage in vigor and seed production.

A new Mode of Action numbering system helps farmers and consulting agronomists mix and match herbicide programs to reduce and control resistant weeds. At the same time, match selections to crop rotation needs. Combining use of fall applications for winter annual weeds, like maretail, with spring burndown, early pre-plant and post-planting applications of herbicides helps add to diversity.

One thing is very clear in looking at the results of herbicide applications in research plots — the timing of applications is critical to control. We have gotten a bit soft, because glyphosate covered up a lot of our poor timing applications — that is a thing of the past.

Is Your Dog Prepared for Winter?

The winter season is approaching. Days are getting shorter, nights are getting longer and the temperature is falling. Although most dogs (especially northern breeds and other double-coated dogs) can tolerate cold weather better than us, we still need to take some precautions to guarantee their comfort during the cold season.

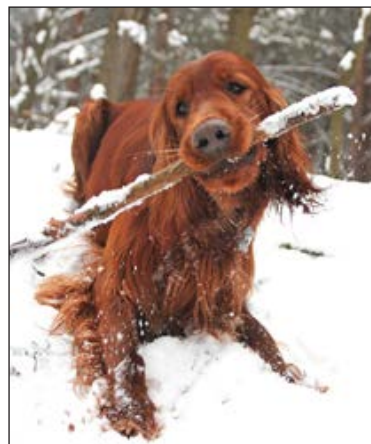
Below are some tips to help your dog throughout the winter.

Reinforce Housebreaking Training

Sometimes in winter, dogs make messes in the house instead of asking permission to go outside. Because of the cold and snow, many dogs, especially toy breeds, "forget" their training. If you are a pet owner with this problem, re-emphasize housebreaking training by taking your dog outside frequently; if possible, first thing in the morning, last thing at night and once in between. Do not wait for your dog to ask permission.

Provide Cold Protection

When taking your dog for a walk, make sure it is protected against the cold and snow. Smooth-coated dogs begin to chill when the temperature is below 45°F. If you observe your animal shivering, consider providing him with a dog coat. Salt or other chemicals are

e.gabi, <http://paraboy.com>

frequently used for de-icing roads and sidewalks during this time of the year. These de-icers can cause your dog's paw pads to become sore and even crack. Therefore, it is a good idea to wash your dog's feet with warm water to remove any residues and to dry them well after walks.

As a general rule, outdoor dogs become adapted to the climates they live in. Make sure you provide adequate food, water and shelter so they can get along well in the cold.

Provide a well-insulated doghouse. The house needs to be clean, dry and small enough to hold the dog's body heat but provide enough space for your dog to stand up, turn around and lie down effortlessly. Protect the house from wind, insulate the floor from the frozen ground, and place it in a sunny location.

Do not use blankets and linens as bedding because they trap moisture and become uncomfortable. Clean hay or

straw is a better choice for bedding. Smell the hay to make sure it is not moldy; it should smell like dried grass clippings.

If temperatures are extremely cold or you observe your animal shivering, take additional precautions to make sure your animal is comfortable and will not end up with hypothermia (body temperature below the normal temperature) or frostbite (the death of tissue in the extremities). In extreme weather it may be necessary to bring your outside dog indoors.

Watch Their Diet

Dogs require more to eat during cold weather to help keep their bodies warm. Also, increased eating is an instinctive behavior of survival adding an extra layer of fat in their bodies to better insulate and protect them against the cold.

An indoor dog does not need extra food because they tend to exercise less and they don't have to worry about environmental temperatures. Outdoor dogs may receive some extra food, but be careful, otherwise they will need an exercise and diet regimen to slim their waist when spring rolls around.

Dogs need fresh water available to them all day. Twice daily watering isn't enough. If your dog lives outside, consider using a heated water bowl.

Source: UNL Veterinary Extension website, <http://vbms.unl.edu/VetExtension>

Experience the Power of Red

An open house for prospective high school, transfer students, and guests

Sponsored by the College of Agricultural Sciences and Natural Resources

Saturday, Oct. 18

9 a.m.–2 p.m. • UNL's East Campus

- 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

To view the schedule or to register, go to <http://casnr.unl.edu/openhouse>

Please register by Oct. 10. No charge to attend.

402-472-4445

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Potatoes Turning Green

Whether store-bought or homegrown, potatoes will turn green when they are exposed to light. Most people know that they should not eat potatoes that have turned green, or at least cut away the affected portion. But it is not actually the green color that is the problem.

The green color comes from the pigment chlorophyll, produced as a response to light. The potato tuber that we eat is actually a modified stem structure that grows underground. The “eyes” of the potato tuber are buds, which will sprout into shoots.

Chlorophyll itself is not toxic; however, another response of the potato tuber to light exposure is increased production of a colorless alkaloid called solanine. The amount of solanine increases with the length of exposure and the intensity of light. Consuming a large quantity of solanine can cause illness, or even death in extreme cases. However, most people are not likely to eat enough of the affected tissue to cause illness, because of solanine’s bitter taste.

The highest concentration of solanine is in the skin of the potato; removing the green portion will also remove most of the toxin. Sprouts of the eyes are also high in solanine and should be removed before cooking.

Potatoes will turn green when growing too close to the soil surface, as well as when stored under lighted conditions.



Soni Cochran, UNL Extension in Lancaster County

Potatoes will turn green when growing too close to the soil surface. Green potatoes should not be eaten, or at least cut away the affected portion.



The recommendations to mound potato plants in the garden and store harvested potatoes in complete darkness will prevent

your potatoes from turning green.

Source: Purdue Extension



GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, UNL Extension Associate

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

Fall watering is important for trees and shrubs. Continue to water until the soil freezes.

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

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

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.

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.

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

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 year’s 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 year’s 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.

Tiny Bugs with a Big Bite!

Soni Cochran

UNL Extension Associate

Minute Pirate Bug

If you’ve been outdoors and felt a “pinch,” look down. Do you see a tiny black dot on your skin? It is most likely a minute pirate bug. We’ve lived with them all summer without a notice, but beginning late summer and throughout fall, these tiny bugs have the unpleasant behavior of biting humans!

The minute pirate bug, *Orius tricolor*, is about 1/8-inch long, oval to triangular in shape, somewhat flattened and has black with whitish markings on the back. Minute pirate bugs are beneficial predators. They feed on insect eggs and small insects including thrips, aphids and spider mites. They are also reportedly predators of corn earworm eggs in cornfields.

So why are their bites so painful and why humans? Minute pirate bugs feed by impaling their prey with their short blunt beak and suck out the juices. It isn’t clear why they bite humans. These bugs don’t feed on human blood or inject a venom or saliva. Some suggest humans are a target in fall because there just isn’t enough



Minute pirate bug (above: magnified) (right: approximate size)



Jim Kalisch, UNL Department of Entomology



Hackberry lace bug (above: magnified) (right: approximate size)



prey available for the minute pirate bugs. As for the painful bite, it is caused by their blunt beak which is very unforgiving!

People have different responses to the bites. Some people have no reaction while others have bites that swell like a mosquito bite and turn red. After biting, minute pirate bugs don’t fly away quickly. You’ll have plenty of opportunity to smash the tiny biter!

Control of minute pirate bugs is not recommended, nor is it practical. If you are being bitten, try applying baby oil or suntan oil liberally to the skin. The oil may prevent some bites by coating the bugs with oil. Repellents are generally not effective. Wearing dark clothing and covering up is helpful.

Hackberry Lace Bugs

If you have hackberry trees in your neighborhood, you are probably familiar with hackberry lace bugs. Hackberry lace bugs are about 1/8-inch long and have a lace-like appearance. Lace bugs feed by sucking juices from the leaves.

In fall, these bugs sometimes drop out of trees and onto people. They will give you a slightly painful bite. It is a nuisance bite and you won’t need medical treatment.

Control of hackberry lace bugs is not practical. Like with the minute pirate bugs, repellents also won’t be effective. Again, covering up when outdoors if the tiny bugs are biting is most helpful!

Now’s the Time to Do Some “Pest-Proofing!”

Cooler temperatures signal winter is on the way. By taking a few moments now to inspect your home, you may prevent animal and insect pests from using your home as a winter hideaway. Here’s what to look for:

- Make sure all cracks around the outside of your house are sealed. A mouse just needs a gap or crack the size of a dime to get into your home. To fill openings, use something strong like cement, mortar or caulk. Steel wool can be used as a temporary fix. Don’t try to stuff cracks with cloth rags.



1/4” hardware cloth.

- If you notice any holes or damage from rodents around your home, make repairs. Once you’ve made a repair, you can cover it with 1/4” hardware cloth

to prevent rodents from chewing through again.

- Inspect your doors, windows and window screens. They should fit tightly and be in good repair. Early fall is a good time to caulk around openings.
- Do your floor drains need screens? Does your chimney need a cap? If so, ask a professional to help you select the right screen and cap.
- Inspect where the utilities and air conditioning unit enters the house. Look closely around the dryer/stove vents. Make sure everything fits tightly and there are no gaps.
- Remove leaves and grass clippings from around your foundation. Clean out your window wells and cover them.

FOR MORE INFORMATION

Visit UNL Extension in Lancaster County’s webpages, “Insects, Spiders, Mice & More” at <http://lancaster.unl.edu/pest>.



HEART OF 4-H VOLUNTEER AWARD

Scott & Rita Sieck

Lancaster County 4-H is proud to announce Scott and Rita Sieck as winner of October's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Scott and Rita have helped with Lancaster County 4-H for three years, been 4-H leaders in Saline County for five years, and helped with FFA for about 10 years. Scott and Rita helped establish and grow the 4-H/FFA Meat Goat show at the

Lancaster County Super Fair. They are superintendents of the 4-H Meat Goat shows at the Lancaster and Saline County Fairs. Scott and Rita have also provided meat goats for the Lancaster County Super Fair 4-H/FFA Livestock Judging and Elite Showmanship contests, as well as Ak-Sar-Ben Livestock Judging Contests.

"We like being 4-H volunteers to witness development of character," say Scott and Rita. "Youth 'grow' as they participant in 4-H. The life lessons taught to 4-H'ers can be useful resources as they grow. Meat goats are our passion — observing the incorporation of something 'different' to be accepted as 'normal.'"

Lancaster County 4-H thanks Scott and Rita for donating their time and talents. Volunteers like them are indeed the heart of 4-H!



Horse Awards Night, Oct. 2

Come one and all! The annual Lancaster County 4-H Horse Awards Night will be Thursday, Oct. 2, 6:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Rd., Lincoln. The Horse VIPS Committee will provide snacks. Awards presentation includes Incentive Awards, Horsemanship Levels, Horse Course Challenge, All-Around Awards, Herdsmanship, Top County Fair Judging buckles and ribbons, and a few surprise awards! Come help celebrate the outstanding accomplishments of the 2014 Lancaster County 4-H horsemen!

4-H Rabbit Clinic, Oct. 18

A free 4-H Rabbit Clinic will be held Saturday, Oct. 18, 9 a.m.–12 noon at the Lancaster Extension Education Center, 444 Cherrycreek Road. It is a great opportunity to learn about the 4-H Rabbit Program, which is open to all youth ages 8–18.

No registration needed.

Sessions/demonstrations include:

- Feeding and care of a rabbit
- How to judge rabbits
- Breed ID & breeder's choice
- Showmanship
- Static exhibits
- Education resources

For more information, call Bob at 402-525-8263 or Marty at 402-441-7180

4-H Leader Training, Oct. 16

All 4-H leaders and volunteers helping with clubs and independent members are encouraged to attend the Fall 4-H Update on Thursday, Oct. 16 at the Lancaster Extension Education Center. Attend either the 9 a.m. or 6:30 p.m. update. Training will focus on static exhibits, leadership, opportunities for your 4-H members and more. This is a great opportunity to connect with other parents and leaders. You MUST preregister by Oct. 14 by calling 402-441-7180.

4-H Seeks New Council Members

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

4-H Award & Scholarships Due Dec. 31

Lancaster County 4-H award forms and college scholarship applications are due by Dec. 31. Recipients will be announced at the 4-H Achievement Celebration on Tuesday, Feb. 10, 2015.

Information and forms are at <http://go.unl.edu/4has> and the Extension office.

Awards

- Community Service Awards
- Nebraska 4-H Diamond Clover Program
- Nebraska 4-H Career Portfolios
- National Leadership Award

- Outstanding 4-H Member Award
- Meritorious Service Award
- Nebraska 4-H Clubs of Excellence

College Scholarships

For graduating high school seniors enrolled in 4-H.

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

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.

ABC Electric
AgSource Laboratories - Chris Ibsen
Allfely/Dorn Cattle
Ameritas
Arends Interiors Inc.
Aspen Builders – Bob Benes
Chet Axthelm Memorial
Bayer Crop Science - Steve Kampfe
Beatrice 77 Livestock Sales
Laurie Bellinghausen
Benes Consulting/Home Rentals (Omaha & Lincoln) – Mike Benes
Gary C. Bergman
Bobby Layne Orchestra/PlaMor Ballroom – Eugene Benes
Bridget & Dustin Bogle
Christopher & Sophia Bonifant
Theresa & David Bonifant
Brinson Family
John & Sue Bulling
Capital City Bit & Bridle 4-H Club
Capital City Horse & Pony Club
Brian & Alicia Carlson
DuWayne & Karen Carlson
Karen Case & Glen Umberger Family
Cattle Nutrition Services
Ellen Chapelle In Memory of Gordon Chapelle
Bill Chapman
Warren Cheney Family
Ron Clinch
Commercial Contractors - Jack Specht
Shirley Condon
Dick & Cookie Confer
Cornhusker Bank
Cornhusker Kennel Club
County Riders 4-H Club
Greg Crawford

Ben Cruickshank
Marty, Steve & Katie Cruickshank
Nick Cusick and IMSCORP
Dairy Joe's – Dave & Kathryn Pierce
Davey Tavern
Andy & Suzi Dearthmont
Keith & Renee Dey
Don Dierberger
Alice Doane In Memory of Ted Doane
Tom Dobbe
Ron & Nate Dowding
Dick Earl
East Campus Starrs
Espirit de Corps 4-H Club
Eyecare Specialities
Farm Bureau of Nebraska
Farm Bureau – Nicole Tichota
Farmers Cooperative (Firth)
Farmers Cooperative (Plymouth) – Dennis Kenning
Fazoli's
Fiala's Truck Repair
First State Bank – Jerry Lentfer
Michael, LeAnn & Emily Flanagan
Fremont Machine Inc. – David Benes
Melvin & Linda Gagner
Craig & Lori Gana
Paul & Sharon Gana
Gana Trucking
Douglas & Sheila Garrison
Adam Gengenbach, DVM
GFG Agriproducts
Blayne Glissman
Gossin Agency
Great Western Bank – Kevin Kock
Greater Lincoln Obedience Club
Grimm-Axthelm Memorial
Hancock Fabrics
Harmony Hill 4-H Club
John & Linda Harms
Deb Heidtbrink
Hillcrest Animal Clinic
Rod Hollman
Calvin & Diane Holthus
The Home Agency
Homestead Coffee and Eatery
Larry and Carol Hudkins
Hunter's Pride 4-H Club
Husker Auto Group – Lance Kohl
Husker Rehab
Mark & Dee Hutchins
Innovative Windows – Dick Mavis
Interstate Commodities – Roger Hansen

James and Soukup Dentistry
JB Antiques & Rentals/RV & Boat Storage – JoAnn Benes
JB Trucking and Excavating – John Benes
Jim's Diesel Repair
JK's Pumpkin Patch
Doug & Cheryl Johnson
Steve & Deanna Karmazin
Bruce Kempkes
Dennis Kenny
Kepler Family Chiropractic
Kiwanis - North East
Kiwanis - Lincoln Center
Gary & Diane Kubicek
KV Supply, LLC
Gordon & Nancy Kyhn
LaKaBrTyDe Farms
Lancaster County Agricultural Society (Fair Board)
Lancaster County 4-H Council
Lancaster County 4-H Dog VIPS Committee
Lancaster County 4-H Horse VIPS Committee
Lancaster County 4-H Livestock Booster Club
Lancaster County 4-H Rabbit VIPS Committee
Lancaster County 4-H Teen Council
Lancaster Event Center
Frank Lanik
Staci Lawson
Lienemann Family
Lincoln Women's Chamber of Commerce
Mike & Tracie Lloyd
Kent E. Lovelace, D.D.S.
Lowes
Lucky Lopers 4-H Club
Greg Luedtke Family
Glenda Mach
Don & Cleo Madden
Ken Majors
Doug Malone
Maytum Photography
Shayna Meyer
Meyer Automotive
Middle Cross Stables
Midwest Farmers Cooperative (Dorchester)
Midwest Farmer's Cooperative (Martell) – Jim Bauman
John & Nancy Moser
Tom Mueller
Harry Muhlbach

HL Muhlbach Construction
Clyde & Helen Naber
Nebraska Rope Horse Association
Ian Neeman
Cindy & Sierra Nelson
Dale & Lynette Nelson
Steven & Stephanie Nelson
Dave & Vicki Nielsen Family
Robin & David Nore
Gary & Diane Ossenkop
Otte Oil & Propane
Oxbow Animal Health (Murdock)
Duane Parrish
Dick Parrott
Larry Pershing
PetSmart
Brock & Chris Peters
Dean Petersen
Amanda Peterson
Erica Peterson
Greg & Lynda Peterson
Paula Peterson
Pitts Veterinary Hospital
Pizza Ranch
Poultry and Egg Division, Nebraska Department of Ag
Mary Powers
Praxair – Jeff Plager
Raising Cane's
Rick Rasby
Jeff & Jennifer Rawlinson
Peg Reutzel
Ronald Ringland
Rock N Riders 4-H Club
Ervin Rolofson
Bruce & Kendra Ronnau
Russ's Market (Coddington & West A)
Salt Creek Wranglers
Sam's Club
Cary & Becki Sandell
Dylan Schmidt Family
Urijah & Remy Schnell
Calvin Schrock
David Schubert Farms
Seitec Genetics – James Tietjen
Shirts 101
Brent & Shar Sieck
Sieck Show Cattle
Ruthelen Sittler
Jennifer Smith
Ron & Donna Snover
Chuck & Maralee Sobotka
Andrew & Emma Sondgeroth
Tina Sondgeroth

South Prairie Wranglers 4-H Club
Stewart & Kris Spath
Brian & Kay Stander
Calvin Sterns Family
Dale & Marilyn Stertz
Tim & Judy Stiefel
Leeza Struwe
Ron & Barb Suing
Super Saver (27th & Cornhusker)
Karol Swotek
Syngenta – Craig Nelson
Timeless Treasures on O St – Dan & Deb Benes
Topline Photography
Tractor Supply Company (North Store)
Tractor Supply Company (South Store)
Traci & Cheri Truax
Union Bank – Russell Ripa
United Country First State Realty – Amy Keetle
Virgil Implement/Titan Machinery
Brian & Shannon Vogler
Emil and Barbara Vokoun
Wachal Pet Health Center
Dawn Wagner
Ben Walbrecht Family
Walmart
Waverly Grange #369
Charles and Dorothy Weichert
Stacy & Jen Wilhelm
Jay & Brenda Wilkinson
Jim Wissel Memorial
Dwayne & Joan Wittstruck
Carol Wolf
Dana & Pam Wolfe
Women's Clinic of Lincoln, P.C.
Cindy Zimmer

We apologize for any inaccuracies. If you notice any corrections, please call 402-441-7180.

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.



Nebraska State Fair 4-H Results

Congratulations to the Lancaster County 4-H’ers who showcased their projects at the 2014 Nebraska State Fair! Here are the Lancaster County 4-H special award, Rainbow Ribbon Recognition, and purple ribbon recipients. Complete results are online at www.nebraska4hresults.com.



Alaina Agnew
Connor Anderson
Abigail Babcock

Eliana Babcock

Nathan Becker
Morgan Bodfield
Joli Brown

Michaela Bunz
Keren Carlson
Ashtyn Cooper

Cole Cooper

Sarah Cunningham
Makenzie Dehning
Allison Docter
Mary Dowd
Lannie Elstun
Laurel Frogge

Madeline Gabel
Nathaniel Gabel
Valerie Gabel
Kylie Gana

Sophie Gengenbach

Anne Greff

Peter Greff

Valerie Griess
Grant Gubbels
Ella Guerra
Bailee Gunnerson

Philip Hanigan
Kylie Hansen
Josh Harper
Abigail Haszard

Emma Haszard

Mackenzie Haszard

Tyler Hattan
Mercedes Heckert
Brett Heinrich

Jaclyn Heinrich
Nicole Hollander
Sarah Hollenbeck
Kayla Humphrey
Austin Hurt

Kyle Hurt
Joshua Hytrek

Ben Ingracia
Rose Ingracia

Cecilia Jaros
Mckenzie Kapperman

Molly Kasperek
Kaleb Kempkes

Karter Kinkaid
Emily Kuhl
Sydni Lienemann
Cashel Martin
Natalie Meckel

Cassie Meyer

Carol Nabity
Thori Nelson
Caleb Nielsen
Jared Nielsen
Jordan Nielsen
Taylor Nielsen
Emma Noel
Lily Noel

Elizabeth Norton
Riley Peterson

Zachary Pittman

Youth in Motion – Poster Scrapbook or Photo Display
Sketchbook Crossroads – Original Pencil or Chalk Drawing
Presentation Contest – Illustrated Presentation
Geospatial – GPS Notebook
Heritage – Other Family Exhibit
Decorate Your Duds –Garment Constructed from Original Design Fabric
Design Decision – Accessory – Textile – 2D
Sketchbook Crossroads –Home Accessory with Felted Wool
Tasty Tidbits – Foam Cake
Geospatial – GPS Notebook
Presentations – Illustrated Presentation
Design Decision – Accessory – Original made from Wood
Breeding Rabbits –Lionhead
Food Preservation – Dried Fruit
Food Preservation – Jelled Exhibit – 1 Jar
You’re The Chef – Loaf Quick Bread
Child Development – Poster Scrapbook made with Child
Forestry – Wood Display
Market Beef – Market Heifers
Breeding Sheep – Commercial Meat Breeds – Ewe Lambs
Sheep Senior Showmanship
Market Sheep – Crossbred Market Lambs
Breeding Sheep – Commercial Meat Breeds – Ewe Lambs
Sheep Intermediate Showmanship
Market Sheep – Crossbred Market Lambs
Quilt Quest – Exploring Quilts
Photography Unit II – Composition Display
Sheep Senior Showmanship
Judging Contests – Foods Event
You’re the Chef – Dinner Rolls
Horticulture – Any Other Herb
Horticulture – Sage
Horticulture – Thyme
Interview Judging Contest
Presentation Contest – Illustrated Presentation
Presentation Contest – Multimedia
Swine – Barrows
Swine Intermediate Showmanship
Design Decision – Furniture – Fabric Covered
Portfolio Pathways – Original Oil Painting
Food Preservation – Dried Herbs
Food Preservation – Pickled Exhibit – 1 Jar
Food Preservation – Jelled Exhibit – 1 Jar
Food Preservation – Pickled Exhibit – 1 Jar
Sketchbook Crossroads – Original Pencil or Chalk Drawing
EntrepreneurShip Investigation – Interview an Entrepreneur
Fire Safety – Fire Prevention Poster
Photography Unit II – Action Display or Exhibit Print
Breeding Rabbits – Netherland Dwarf
Photography Unit III – Manual Setting Exhibit Print
Design Decision – Accessory – Outdoor Living
Decorate Your Duds – Textile Arts Garment or Accessory
Clothing Level II – Dress
Clothing Level II – Make One – Buy One
Clothing Level II – Dress
Clothing Level II – Make One – Buy One
Floriculture – Rudbeckia – Black Eyed Susan
Floriculture – Sunflower
Heritage Level II – Member Scrapbook
Design Decision – Furniture – Wood Opaque Finish
Beef Intermediate Showmanship
Swine – Barrows
Swine Intermediate Showmanship
Heritage Level I – Family Genealogy History Notebook
Heritage Level II – Heritage Poster
Design Decision – Accessory – Orig made from Ceramic or Tile
Breeding Rabbits – Britannia Petite
Breeding Rabbits – Florida White
Breeding Rabbits – Holland Lop
Breeding Rabbits – Mini Rex
Rabbit Senior Showmanship
Breeding Rabbits – Holland Lop
Heritage Level I – Family Genealogy History Notebook
Heritage Level I – Historical Illustration
Heritage Level I – History Book Review
Presentations Contest – Illustrated Presentation
Portfolio Pathways – Original Acrylic Painting
Portfolion Pathways – Original Watercolor Painting
Decorate Your Duds – Embellished Garment with Original Design
Citizenship – Public Adventure Poster
Fast Foods – Cost Comparison Exhibit
Tasty Tidbits – Unique Baked Product
Sewing For You – Make One – Buy One
Dairy Cattle – Ayrshires Sr Calf
Dairy Cattle – Ayrshires Summer Yearling
Dairy Cattle – Ayrshires Spring Yearling
Dairy Cattle – Ayrshires Sr 2 Yr Old
Design Decision – Bedcover
Woodworking – Nailing it Together
Beef Senior Showmanship
Clothing Level II – Pants or Shorts Outfit
Photography Unit III – Challenging Exhibit Print
Photography Unit III – Manual Setting Exhibit Print
Dairy Cattle – Showmanship Ages 10–13
Dairy Cattle – Crossbred Jr 2 Yr Old
Dairy Cattle – Crossbred Interm Calf
Design Decision – Accessory – Original made from Wood
Foodworks – Family Food Traditions
Tasty Tidbits – Foam Cake
Decorate Your Duds – Textile Clothing Accessory
Swine Intermediate Showmanship
Field Crops – Corn
Food Preservation – Jelled Exhibit – 1 Jar
Food Preservation – Jelled Exhibit – 1 Jar
Horticulture – Sweet (non–bell) Peppers
Decorate Your Duds – Textile Clothing Accessory
Child Development – Toy Made for Preschooler
Decorate Your Duds – Upcycled Garment
Tasty Tidbits – Healthy Baked Product
Tasty Tidbits – Unique Baked Product
Floriculture – Sunflower

SPECIAL AWARDS

QUILT QUEST
Sarah Cunningham – Outstanding Exhibit in “Exploring Quilts”

FOODS EVENT
Mary Dowd & Sophia Swanson (team) – 3rd Place Senior team

PRESENTATIONS CONTEST
Rose Ingracia – Outstanding Illustrated Presentation (one of top 7)
Abigail Babcock – Outstanding Illustrated Presentation (one of top 7)

INTERVIEW JUDGING CONTEST
Madeline Gabel – 3rd place individual
Kylee Plager – 5th place individual

HORTICULTURE CONTEST
Abigail Babcock, Emma Noel and Mary Dowd (team) – 3rd place overall Senior
Abigail Babcock – Senior 6th place individual
Emma Noel – Senior 8th place individual
Lily Noel – Intermediate 7th place individual

TREE IDENTIFICATION CONTEST
Joshua Dowd – Intermediate 7th place individual

RABBITS
Austin Hurt – 3rd place Senior Showmanship; Best of Breed – Britannia Petite
Kyle Hurt – Best Opposite of Breed – Holland Lop
Morgan Bodfield – Best of Breed – Lionhead

SHEEP
Jackson Settles – Reserve Champion Suffolk
Cole Cooper – Reserve Champion Commercial Meat Breeds
Madelyn Scott – Champion Senior Showmanship
Riley Scott – 3rd place Intermediate Sheep Showmanship

SWINE
Kylie Gana – Champion Division I Barrow
DAIRY CATTLE
Cassie Meyer – Reserve Champion Showmanship Ages 10–13; Grand Champion Crossbred

RAINBOW RIBBON RECOGNITION

Rainbow Recognition awards recognizes unique and outstanding items in the 4-H Exhibit Hall.

James Griess – Aerospace - Rocket - Skill Level 4
Abigail Haszard – Clothing Level II - Make One-Buy One
Lily Noel – Horticulture - Sweet (non-bell) Peppers
Renae Sieck – Sewing For You - Dress or Formal
Anna Sump – Design Decision - Furniture-Recycled or Remade
Sheridan Switek – Sewing For You - Make One-Buy One
Steven Weitz – Aerospace - Display - Lift Off Project
Eliana Babcock Geospatial – GPS Notebook
Laurel Frogge Horticulture – Thyme

PHOTOGRAPHY SPECIAL SELECTIONS

These photos were selected for a special display UNL Extension and CASNR Dean’s offices

Philip Hanigan – “Flower Power” category
Sophie Polk – “Furry Friends” category
Haley Thompson – “Animal Science” category

CLOTHING SPECIAL SELECTIONS

Items selected from top winners in 4-H Clothing, Home Environment and Quilt Quest areas will be on display at the Robert Hillestand Textile Gallery on the UNL East Campus, Oct. 20–Nov. 8.

Sheridan Switek – Quilt Quest

Kylee Plager

Claire Polk
Lucy Polk
Madelaine Polk
Sophie Polk

Carley Rubenking
Jacob Rushman
Dani Schreiber
Liz Schreiber

Eliese Schwinck

Madelyn Scott

Riley Scott

Jackson Settles

Kaylee Shafer
Renae Sieck

Skylar Sterns
Anna Sump

John Sump
Livia Swanson

Sophia Swanson

John Switek
Haley Thompson

Judson Tietjen
John Times
Mariana Times

Eric Jr Vander Woude

Tyler Vander Woude
Leah Vorderstrasse
Sarah Vorderstrasse
Caitlyn Walbrecht
Max Wanser

Riley Weitz

Steven Weitz

Brianna Wemhoff

Jenna White

Haley Zabel

Tailoring – Coat
Interview Judging Contest
Horticulture – Vegetable or Herb Garden Poster
Forestry – Leaf Display
Forestry – Leaf Display
Photography Unit II – Career Exhibit Print
Heirloom Treasures Family Keepsakes – Furniture
Forestry – Leaf Display
Decorate Your Duds – Textile Arts Garment or Accessory
Floriculture – Sunflower
Decorate Your Duds – Textile Clothing Accessory
Decorate Your Duds – Textile Clothing Accessory
Breeding Meat Goats – Doe Kids
Heritage Level I – Member Scrapbook
Design Decision – Accessory – Recycled Item
Sheep Senior Showmanship
Market Sheep – Crossbred Market Lambs
Breeding Sheep – Commercial Meat Breeds – Ewe Lambs
Sheep Intermediate Showmanship
Market Sheep – Crossbred Market Lambs
Market Sheep – Hampshire Market Lambs
Swine – Barrows
Swine Intermediate Showmanship
Market Sheep – Hampshire Market Lambs
Market Sheep – Suffolk Market Lambs
Geospatial – GPS Notebook
Breeding Beef – Other Breeds Yearlings March/April
Beef Senior Showmanship
Decorate Your Duds – Textile Clothing Accessory
Sewing For You – Dress or Formal
Market Beef – Crossbred Steers
Citizenship – Care Package Display
Design Decision – Furniture – Recycled or Remade
Youth in Motion – Activity Bag
Youth in Motion – Activity Bag
Youth in Motion – Healthy Snack
Youth in Motion – Healthy Snack Recipe File
Decorate Your Duds – Embellished Garment with Original Design
Portfolio Pathways – Original Acrylic Painting
Youth in Motion – Healthy Snack Recipe File
Judging Contests –Foods Event
Design Decision – Accessory – Original Made from Wood
Photography Unit II – Composition Display
Photography Unit II – Composition Exhibit Print
Poultry – American
Photography Unit II – Composition Display
Photography Unit II – Career Exhibit Print
Sewing For You – Dress or Formal
Photography Unit II – Action Display or Exhibit Print
Youth in Motion – Healthy Snack
Youth in Motion – Healthy Snack
Food Preservation – Vegetables or Meat Exhibit – 1 Jar
Tasty Tidbits – Creative Mixes
Breeding Beef – Maine Anjou Yearlings March/April
Citizenship – Oral Citizenship Essay
Citizenship – Written Citizenship Essay
Heritage Level I – Family Genealogy History Notebook
Fire Safety – Fire Safety Poster
Youth in Motion – Healthy Snack Recipe File
Conservation & Wildlife – Wildlife Knowledge Check
Aerospace – Display – Lift Off Project
Tasty Tidbits – Creative Mixes
Tasty Tidbits – Healthy Baked Product
Child Development – Family Involvement Entry
Tasty Tidbits – Unique Baked Product
Fashion Show – Sewing For You



EXTENSION CALENDAR

All events will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln, unless otherwise noted.

September

- 22 **Stepping On Workshop** 1–3 p.m.
23 **Guardian/Conservator Training** 1:30–4:30 p.m.
25–28 **Ak-Sar-Ben 4-H Stock Show**, CenturyLink Center, Omaha
27 **Composting Demonstration**, *Pioneers Park Nature Center's backyard composting demonstration area* 10 a.m.
29 **Stepping On Workshop** 1–3 p.m.

October

- 2 **4-H Horse Awards Night**..... 6:30 p.m.
5–11 **National 4-H Week**
6 **Stepping On Workshop** 1–3 p.m.
7 **Composting Workshop**, *Charles H. Gere Library* 6 p.m.
7 **4-H Council Meeting** 7 p.m.
9 **4-H Kick Off** 6 p.m.
11 **Composting Demonstration**, *Pioneers Park Nature Center's backyard composting demonstration area* 10 a.m.
12 **4-H Teen Council Meeting** 3 p.m.
13 **Stepping On Workshop** 1–3 p.m.
14 **Composting Workshop**, *Anderson Library* 6 p.m.
16 **4-H Leader Training** 9 a.m. & 6:30 p.m.
17 **Extension Board Meeting**..... 8 a.m.
19 **4-H Rabbit Clinic** 9 a.m.–12 noon
20 **Stepping On Workshop** 1–3 p.m.
21 **Guardian/Conservator Training** 5:30–8:30 p.m.
23 **Co-Parenting for Successful Kids Class** 9 a.m.–12:30 p.m.

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

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. For more information, call Tracy Anderson at 402-441-7180.

The Egg Basket

A newly formed poultry 4-H club, The Egg Basket usually meets on the fourth Tuesday of every month. For more information, call Diane at 402-217-9302 or Bridget at 402-432-5064.

Rabbit Clubs

Two 4-H clubs help youth 8–18 learn all about rabbits! For information about Rabbits R Us club, call leader Mark Hurt at 402-488-0722. For information about South Prairie Wranglers' rabbit club, call leader Laurie Bellinghausen at 402-420-2264.

Paws & Pals

The Paws & Pals 4-H club is open to youth ages 8–18 interested in training their dog in obedience and agility. Meets Tuesday nights. For more information, contact leader Stephanie Wachter at 402-466-2442.

Household Pets

The Household Pets 4-H club is for youth ages 8–18 and their small animals! For more information, call 402-441-7180.

Star City Llama

The Star City Llama and Alpaca 4-H club is open to any youth 8–18. You can borrow or lease a llama or alpaca. Contact Cole Meador at 402-441-7180.

“Horseless” Horse

For youth 8–18 who love horses but don't have a horse. For more information, call leader Peg at 402-421-8187.

Smart Snacking Crossword

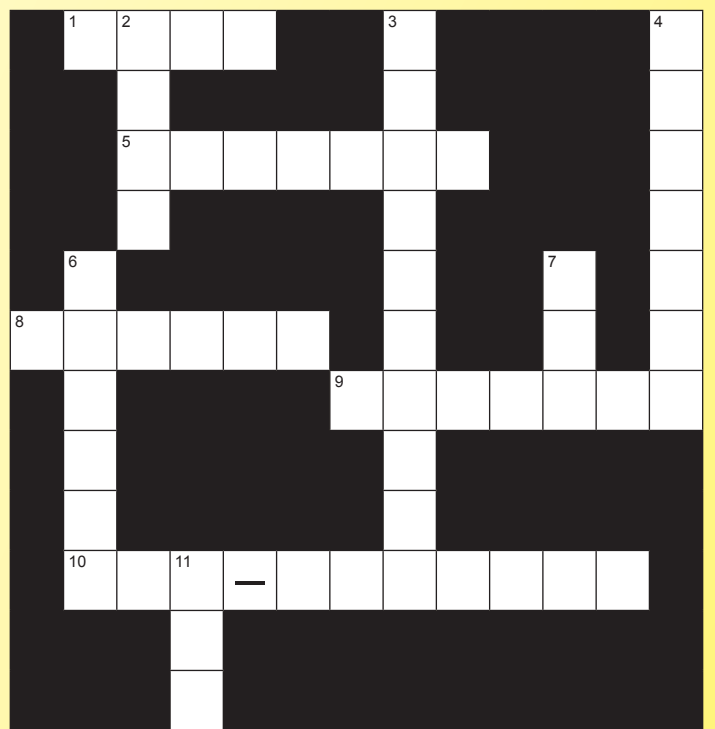
Test your snack knowledge by completing this crossword puzzle. See related article on front page of this issue.

ACROSS

- This milk contains the lowest amount of fat.
- You can buy these nuts shelled, unshelled, whole or chopped. They are high in unsaturated fats (the healthy fats) so enjoy in moderation.
- This smart snack is in the milk group and is full of calcium. It comes in many different flavors.
- This vegetable can be four different colors and is shaped like a bell.
- When drinking juice, you want it to be _____% juice.

DOWN

- This fruit is fuzzy and brown on the outside and green on the inside.
- This fruit is green on the outside and red on the inside. It has lots of seeds and is very juicy.
- This fruit is made from dried grapes.
- This is a vegetable nutritionally, but many argue it could be considered a fruit. It is red, juicy and packed with vitamins A and C.
- Try to eat your healthy snack at least _____hour(s) before your next meal.
- This protein-packed food is yellow and white and has a shell you remove before you eat it.



Answers below

TSC Paper Clover Fundraiser for 4-H, Oct. 8–19

Tractor Supply Company's fall 2014 Paper Clover Fundraiser is scheduled for Oct. 8–19. During the spring fundraiser, TSC and Del's stores nationwide raised \$787,769 to support 4-H youth programs. Donations at the two Lincoln TSC stores brought in \$389 for Lancaster County 4-H. Invite friends and family to support 4-H by donating \$1 at check out when they are done shopping. 100 percent of each dollar goes to the 4-H. 70 percent of all funds collected support local and state 4-H programs.

Public Notice

The Lancaster County Board of Commissioners seek community members to serve on the Lancaster County Extension Board. Vacancies will be filled with three year appointments beginning in January 2015.

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, 2014.

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 online at www.lincoln.ne.gov/cnty/commiss/boardapp.pdf.

The 4-H youth development program is open to all youth ages 5–18



4-H Kick Off

Thursday, Oct. 9, 6 p.m.

Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln

Find Out How
Youth Ages 5–18
Can Join 4-H!

Adults Are
Needed to Help
Start Clubs!



Nebraska UNIVERSITY OF
Lincoln EXTENSION

NATIONAL
4-H WEEK
★ OCTOBER 5-11, 2014 ★

4-H is a learn-by-doing program with many exciting projects to choose from. Youth learn practical skills and develop life skills!

402-441-7180 • <http://lancaster.unl.edu/4h>

Answers to Crossword

ACROSS
1. skim
2. kiwi
3. watermelon
4. raisins
5. walnuts
6. tomato
7. one
8. yogurt
9. peppers
10. one-hundred
11. egg