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The NEBLINE®

University of Nebraska Lincoln

University of Nebraska Cooperative Extension in Lancaster County

"Helping Nebraskans enhance their lives through research-based education."

October 2004
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LANCASTER COUNTY 4-H'ERS AT STATE FAIR

See page 7 for listing and photos of Lancaster County 4-H'ers who earned top honors at the Nebraska State Fair.

Discover 4-H, Discover You!

Vicki Jedlicka
Publication and Media Assistant

4-H offers a wide variety of opportunities for you to discover your world, your community and yourself. YOU make your own choices and set your own goals!

The University of Nebraska Cooperative Extension 4-H youth development program is open to all youth ages 5–19.

There are no fees to join Lancaster County 4-H. There may be minimal fees for some activities, projects and clubs.

Projects

4-H is a learn-by-doing program with more than 150 projects from which to choose. Project manuals are developed by University of Nebraska Cooperative Extension faculty and staff, as well as by the national 4-H Cooperative Curriculum System.

In addition to teaching practical skills, 4-H develops life skills such as thinking critically, solving problems, respecting self and communicating.

Clover Kids

4-H'ers age 5 to 7 are "Clover Kids." Clover Kids work on introductory level projects and exhibit noncompetitively at the County Fair.

County Fair

Many 4-H'ers exhibit their projects at the Lancaster County Fair. This is a chance to showcase your work! Judges give feedback on your projects and award ribbons based on merit. Premium monies are awarded according to exhibit class and ribbon placing.

Now is the time to join 4-H so you can start working on projects to enter in next year's County Fair!

Leadership Opportunities

4-H offers a wide variety of leadership opportunities through club officers 4-H Council, 4-H Teen Council, Citizen Washington Focus (CWF), awards and scholarships. Teens can use 4-H to explore future career interests.

Alyssa Fiala (age 16) says, "4-H Teen Council taught me to be a leader at an early age. Also, 4-H Council and CWF have taught me to work well with mature adults. Overall, 4-H has prepared me for life in every aspect"

I have always had an interest in entomology. I became a 4-H member so that I could learn more about entomology. I have continued to expand and perfect my collection and have won several purple ribbons at the county and state fairs. Now, I am the entomology project leader for my club and I plan to continue studying entomology in college.

—Lancaster County 4-H member, Joel Keralis (age 17)

Five Ways to Join 4-H!

Join an Existing 4-H Club

Lancaster County has more than 100 4-H clubs which range from 2 to 61 members. Each club is led by a club leader (often a club member's parent). Members choose their own club officers and set up their own meeting schedule. Parents are encouraged to attend meetings.

In traditional 4-H clubs, members complete several projects a year. There are also nontraditional 4-H clubs which focus on one particular area, such as small pets, rabbits or chess. 4-H'ers may belong to more than one club.

Help Form a New 4-H Club

Currently, there are more youth wanting to be in 4-H clubs than there are clubs. Families are encouraged to help organize a new club — which is a lot easier than you may think! 4-H staff provides guidance and resource materials.

Butterflies and Bugs was one 4-H club started last year. Organizational leader Leeza Moyer says, "Starting a new 4-H club is an easy and fun adventure! There is minimal paperwork for each child and adult volunteer to fill out. All you really have to do is find a couple of families and put together the group. Additional families can join as they see how much fun 4-H is! This is how our group has grown. We are fortunate to have so many new friends that have come through 4-H!"

Be an Independent Member

With family schedules becoming increasingly busy, more and more youth are becoming independent 4-H members. This means you don't belong to a club but work on 4-H projects on your own.

Deb DeWald, mother of independent member Cody (age 10), says, "Being an independent member works well with our lifestyle. We are involved in the areas that we are interested in, receive all the rewards of being a 4-H family but do not have the time commitments of attending meetings. It is such a great experience not only for the kids to be involved in the program, but for the family as well."

Participate in 4-H Activities

Many 4-H activities are open to all youth (need not be enrolled in 4-H). Some of these are:

- 4-H Clover College which is four days of workshops each June
- 5th & 6th Grade Lock-In presented each January by the 4-H Teen Council
- 4-H Kids Discovery Agricultural Zone at the Lancaster County Fair
- Nebraska 4-H summer camps (with camps located near Gretna, Halsey & Alma)
- Big Red Summer Academic camps on University of Nebraska campus

Through School Enrichment

4-H School Enrichment programs have been a part of Nebraska 4-H since 1974 and focus primarily on science. Many public, private and home schools in Lancaster County have implemented 4-H

see JOIN 4-H on page 11

Choose Your Project(s)!

There are more than 150 4-H projects to choose from in the areas of:

- Bicycles
- Cats
- Chess
- Child Development
- Clothing
- Computers
- Conservation & Wildlife
- Dogs
- Electricity
- Entomology
- Flowers/Gardening
- Foods
- Forestry
- Home Environment
- Horses
- Household Pets
- Leather Craftsmanship
- Livestock (beef, dairy, swine, sheep, goats, llamas)
- Photography
- Poultry
- Rabbits
- Rocketry
- Shooting Sports
- Small Engines
- Theater Arts
- Woodworking

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CHANGE SERVICE REQUESTED

Lancaster County 4-H Council
University of Nebraska
Cooperative Extension in Lancaster County
444 Cherrycreek Road • Suite A
Lincoln, Nebraska 68528-1507

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Nebraska Wild Fruit and Nut Jam Oct. 2

A first-ever Nebraska Wild Fruit and Nut Jam will celebrate foods made with Nebraska-grown fruits and nuts. The food-focused event is Saturday, Oct. 2, 10 a.m. to 5 p.m. at the University of Nebraska Kimmel Education and Research Center in Nebraska City.

Participants can spend a few relaxing hours or the day at the center learning about the many healthy products and dishes made from fruits and nuts and how to grow them in their backyard, acreage or farm.

The event will demonstrate the economic potential of locally-produced fruits and nuts, and a number of chefs and food-related businesses that use Nebraska-grown fruits and nuts in cuisines and products will be there.

Activities include: cooking demonstrations by skilled chefs; black walnut, pecan and chestnut producer booths; nut cracking and roasting demonstrations; fruit and nut product tasting and sales; baked goods made with fruits and nuts; specialty forest product displays and samples; Nebraska beekeepers and their products; UNL Dairy Store, featuring samples of fruit and nut ice creams; fresh roasted chestnut samples; Nebraska wine tasting; hazelnut product tasting; wood carvers and turners demonstrations and sales; children's activities; hazelnut coffee and musical entertainment.

Training and demonstrations include: tree planting, tree grafting, viticulture, edible landscaping, guided tours of the Kimmel vineyard and fruit orchards, Arbor Day Farm hazelnut tours, cooking with nuts and using woody stems in floral designs.

The celebration is open to the public and all ages are welcome. The Kimmel Orchard is located on Old Highway 75, a mile west of Nebraska City. The free event is sponsored by the Kimmel Education & Research Center, Sustainable Agriculture Research & Education and the School of Natural Resources. (MJF)

Ten Rules for Planting Trees

Tree planting is an ancient art, but the methods have changed over time to reflect the latest and best arboricultural and forestry research. It is vitally important to remember where trees live in nature. In the natural forest there are no sidewalks, automatic sprinklers, streets, parking lots, tall buildings or other man made objects.

These guidelines are the most current practices recommended for proper tree planting. It is tough being a tree in Nebraska, but following these procedures will provide a planted tree the best means of surviving and growing to maturity.

Selecting the right tree for the right place can avoid problems such as this tree growing against a sidewalk.

1. Selection is important — Select the right tree for the right place. Many serious problems can be avoided by proper selection decisions.

2. Pre-planting care — Keep planting stock in shaded location and well-watered. Do not get rough with the planting ball or container. If you have to hold a plant over, make sure it is moist and shaded. When shipping trees it is important to have them covered to avoid heavy loss of water through transpiration. Keep in mind when trees are transplanted from the nursery 90 to 95 percent of the root system is left behind.

3. On site and prior to planting remove all wires, labels, cords and anything else attached to the plant.

4. Hole size and shape have become a very important factor. Do not skimp on the width of the planting hole. Plant slightly above nursery level. Place the plant on solid ground — not fill dirt. Be careful of drainage. One sure way to check is to fill the hole with water and come back in 24 hours. If the water has not drained out, make alternate plans.

5. Remove ALL containers from the root ball prior to planting...even peat pots should not be left intact. Wire baskets and burlap should be rolled back into the hole at least 12 inches below planting depth after the tree has been set into the hole. It is best if wire baskets can be removed completely.

6. Backfill with loosened soil. Research shows amendments are not necessary. When dealing with difficult sites some judgments may have to be made.

7. No need to fertilize at planting time. Remove only damaged or rubbing branches. Food production by the leaves is vitally important. Cutting back restricts leaf area and therefore food production.

8. Water the plant thoroughly then two to three times per week for the first season.

9. Mulch around the tree. This is important!! Natural composted mulch is best. Do not use plastic sheeting. Two to four inches of mulch is ideal. Critters will infest mulch levels any deeper. Mulch should cover the ground to the drip line if possible and should not be placed against the trunk.

10. Stake only when necessary. If the tree is staked, allow for some movement but take care not to injure the bark. Staking is useful more for protection against people. Remove stakes after one year.

Source: Nebraska Forest Service Community Forestry Program. (MJF)

Garden Guide

Things to do this month

Plant spring flowering bulbs.

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

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.

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 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 years pest problem.

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

Direct Seeding Hardwood Tree Species

Direct seeding, planting seeds rather than seedlings, is becoming a widely accepted method of reforestation. The primary advantage of direct seeding is its lower cost. Another advantage is that it allows tree roots to develop naturally, without the disturbance caused by cutting roots and removing seedlings growing in a nursery. Anyone practicing care and patience will have satisfactory results with direct seeding.

The most common time for direct seeding is in the fall. Spring seeding is possible if seeds are stored in an appropriate manner. If you are new to direct seeding, you are encouraged to start with fall seeding and gain valuable experience before trying spring seeding. As soon as seeds begin to drop from trees, you can begin to direct seed the nuts. The relative flexibility of timing direct seeding is a major advantage of the practice. You can plant when you are not busy with other farm or acreage operations or when the soil conditions are just right.

Seed can be obtained commercially or by collecting it on your own. If you buy seeds from a supplier, make sure the seeds are from a site as close to your land as possible. A rule of thumb is to only use seeds from within 150 miles of your property. Species like oaks and walnuts drop their seed in the fall and should be collected as soon as possible after the seed drops. If seeds are allowed to dry out (dessicate) the seed will not be viable. Care and diligence should be taken to ensure seeds are collected, temporarily stored and seeded in a timely manner. Allow the seed to breath in collection containers. Burlap or mesh bags work well. Do not close the tops of the bags. Immediately after collection, immerse acorns in water for 24 hours to rehydrate the seeds. Do not pile walnuts as they will begin to "heat up" and destroy the seed. Store all seeds in a cool dark place until planting.

As a rule of thumb, the seed should be placed in a hole or row approximately twice the diameter of the seed. Seeds can be planted by hand, with a tree planter, a nut seeder or broadcast. Each technique will work successfully if proper care is taken to ensure the seed is placed in an appropriate seed bed. Spacing requirements will be based on the desired mature stand that you want to obtain. Leave enough space between rows to accommodate application of herbicides or mowing. Seeds that have been broadcast seeded and disked in will limit the opportunity to control unwanted vegetation. However, many people prefer the aesthetic attributes of stands that have been broadcast seeded as they more closely resemble natural forest stands. Experience has shown that approximately 1 out of every 4 acorns planted will result in a tree growing after ten years. (DJ)

Storing Sweet Potatoes

Harvest sweet potatoes after a light frost kills the vines. Do not delay harvest after the vines die back, the tubers will not increase in size and may begin to rot. Do not wash the sweet potatoes after you dig them. Place them in a basket or slated crate where there is good air movement.

Store sweet potatoes in a warm, dark place to cure. Ideally the temperature should be 85 to 90° F with 85 to 90 percent humidity. The curing process helps to heal cuts and bruises. It also helps to change the starch in the root to sugar. This increases the sweetness of the potato. Sweet potatoes will take about 5 to 7 days to cure.

After they are cured, store the sweet potatoes in a cool place, preferably where the temperature will be maintained at 60° F. If possible, choose a place with high humidity. The temperature should not be allowed to drop below 50° F because if the potatoes suffer cold damage, they will rot. Never store sweet potatoes in the refrigerator. If sweet potatoes are stored properly, they will keep for several months. (MJF)

Watch for Deer When Driving, Especially at Dawn and Dusk

The white-tailed deer is found throughout North America and is abundant in southeastern Nebraska. This deer is named for its most distinctive feature — the white "flag" under its tail you can see as the deer bounds away from you.

White-tailed deer are important game animals. The amount of money spent on white-tail hunting activities in Nebraska is near $7-8 million each year. In addition, many landowners, outdoor enthusiasts and photographers enjoy the aesthetic value of the deer.

Despite their economic and aesthetic impacts, deer have a variety of negative impacts including damage to crops and personal property. Again this year, many people will experience one of those negative impacts — a close encounter with a deer and a vehicle. These collisions are costly and can be life-threatening. As you drive through Nebraska, be aware of deer movement and activities.

Fall is the height of the deer breeding season. Deer begin to travel more especially as crops are harvested and they begin their mating activities. Breeding occurs from mid-October to about January. The peek activity is in November. It isn't a surprise that this is the time when most deer-vehicle collisions occur.

To Reduce Your Chances of Hitting Deer

- **Pay more attention to the road and roadside and intentionally look for deer.** Be especially alert at dawn and dusk, the peak movement times for deer and when visibility is low.
- **Watch for deer-crossing signs.** It is easy to take these signs for granted especially if we've driven by them several times without spotting a deer. Deer signs are posted where deer-vehicle collisions have repeatedly occurred, and near woods, parks, streams and creeks. When you see a deer-crossing sign, be especially aware and drive cautiously. But, don't always count on signs to warn you of deer activity, many deer-vehicle encounters occur where signs are not posted.
- **Follow the law — wear safety belts and drive at safe, sensible speeds for conditions.** Statistics show that most people injured or killed in deer-related collisions were not wearing seat belts.
- **When driving at night, use high beams when there's no traffic coming from the opposite direction.** High beams will illuminate the eyes of a deer on or near the roadway, giving you more reaction time.
- **If you see one deer along a road or highway, expect others are nearby or going to follow.** Deer usually travel in groups. When one deer crosses the road, there may be others about to cross. Slow down and watch for others to dart into the road.
- **If deer are grazing or standing near the highway, slow down and stay alert.** Deer can be unpredictable and may be startled by headlights, horns sounding and fast-moving traffic.
- **The most serious accidents occur when drivers lose control of their vehicles trying to avoid an animal.** If a deer bolts into the road and you can't stop, don't swerve out of your lane or take any unsafe evasive actions. It is usually safer to strike the deer than another object such as a tree or another vehicle.
- **Motorcyclists must be especially cautious this time of year.** Fatality rates are higher in deer-motorcycle accidents than in deer-car crashes. If you hit a deer, report the crash to local law enforcement.

Sources: Nebraska Game & Parks Commission; Kansas Highway Patrol

Head Lice Resources You Can Trust

Now that kids are back in school, it's time for parents to start regularly doing head checks for head lice. If all parents would routinely inspect their children, many infestations could be wiped out before lice have the chance to spread to other family members, friends and classmates.

UNL Cooperative Extension in Lancaster County has developed resources in multiple formats to help families identify head lice, understand infestations, and control lice safely.

Publications

The Lancaster County Extension office, located at 444 Cherrycreek Road, Suite A, Lincoln, has the following handouts:

- ***Head Lice Management*** (educational resource #18) — provides a comprehensive overview on managing head lice, including identification, biology, inspection, treatment options, how to use a lice comb, and preventing reinfestations.
- ***Quick Guide to Removing Head Lice Safely*** (available in English, Spanish and Arabic) (educational resource #18) — summarizes how to identify and safely remove head lice.

Video

An award-winning, eight-minute video was developed by UNL Cooperative Extension in Lancaster County and Nebraska Health and Human Service System:

- ***Removing Head Lice Safely*** (available in English, Spanish and Arabic) — demonstrates how to inspect for head lice and nits, how to use a lice comb, and discusses treatment options.

The video is available at many schools, is being aired on Lincoln cable access (see side bar), can be viewed free online, and is available for purchase from Lancaster County Extension for $13.

Head Lice Video On Cable Access Sundays & Thursdays

The award-winning videotape "Removing Head Lice Safely," is currently airing on Lincoln's cable access channel, 5 City TV. Watch for it on Sundays at 11:30 a.m. and Thursdays 6:30 p.m.

Internet

Lancaster County Extension has made its head lice information available online 24-hours a day/seven days a week because parents often need this information on weekends and at night.

The following "Head Lice Resources You Can Trust are online at lancaster.unl.edu/enviro/pest/lice.htm:

- ***Head Lice Management***
- ***Quick Guide to Removing Head Lice Safely***
- ***Removing Head Lice Safely*** — eight-minute video viewable with RealPlayer
- **Photo Album**
- **Frequently Asked Questions**

Since January 2000, the Web site has been accessed more than 295,000 times — more than 5,300 times per month. People in 30 states and eight countries have used the information. Feedback has shown:

- 95 percent were more confident, making informed decisions about managing lice.
- 100 percent would use the Web site information as a step toward managing head lice.
- 96 percent would share the information with others (child care providers, schools, patients, co-workers, friends and family).

Nebraska Water Facts

- About 65 percent of the High Plains Aquifer (also called the Ogallala Aquifer) lies beneath Nebraska and contains about two billion acre-feet of water. This is equal to about 25 years of the state's average annual stream-flow or about 700 times the average amount of water in its surface water reservoirs.
- Nebraska has nearly 2,000 natural lakes in the Sandhills.
- Nebraska has more than 5,000 wetlands, including many saline sites and more than 1,000 reservoirs and sandpit lakes.
- Nebraska ranks 10 nationally in number of stream miles, including its major river systems and ranks 16 nationally in total wetland acres.

Source: Water Current, Summer 2004, UNL Water Center (BPO)

The Hazards of Biting Fleas

One day in late August, Patty (not her real name) called the Lancaster County Extension Office with the following story:

Her friend, a real cat lover, has several cats. When she (her friend) finds a flea when grooming her cats, she puts the flea between her teeth and "pops" it. Patty was pretty grossed out by this behavior and wondered if there are diseases that could be transmitted this way. She wanted ammunition to convince her friend to stop this disgusting method of killing her cats' fleas.

After consulting a medical entomology text, I told Patty that fleas are the intermediate host of the helminth, the double-pored dog tapeworm, *Dipylidium caninum*. This tapeworm normally develops in the digestive tract of dogs, cats and wild carnivores, but can also occur in humans. And, ingesting fleas is the way this tapeworm is introduced into the digestive tract. Patty's friend is at risk of contracting tapeworms, if she doesn't already have them.

I told Patty, a safer method of killing the fleas is to drop them in a small bowl of soapy water and flush them. Or, even better, there are several flea medications that can be prescribed by a veterinarian. These medications are effective and much less hazardous than "popping" fleas between one's teeth.

This is a true story...one so bizarre no one could possibly make it up. (BPO)

Upcoming Household Hazardous Waste Collections

Residents of Lancaster County can bring household hazardous wastes to the following collection sites.

Saturday, Oct. 9 • 9 a.m.–1 p.m.
Lincoln-Lancaster County Health Department
3140 N Street, south parking lot

Saturday, Nov. 6 • 9 a.m.–1 p.m
State Fair Park, 4-H Youth Complex

Items you can bring for disposal:

- HEAVY METALS: items containing mercury such as thermometers and fluorescent bulbs.
- SOLVENTS: mineral spirits, turpentine, paint strippers and thinners, oil-based paints, varnishes, stains, polishes, waxes.
- PESTICIDES: weed killers, garden sprays, wood preservatives, pet flea and tick products, roach powder, rat poisons. You may also bring banned products, like DDT, chlordane, 2,4,5-T, pentachlorophenol, silvex.
- PCB'S: Ballasts from old fluorescent fixtures, small capacitors from old appliances, including radios, motors and televisions.

Leave products in their original container and keep the label intact. If the label is destroyed or unreadable, label the products to the best of your knowledge. Open, leaking or rusted containers should be placed in a clear plastic bag during transport. Do not mix chemicals.

Do not bring latex paint, medicines, explosives, fertilizers or general household trash. Used oil, antifreeze and batteries should be recycled.

For more specific information, call the Lincoln-Lancaster County Health Department at
441-8040

Prepare Bins and Equipment Before Harvest

As we approach harvest, grain bin preparation is a timely subject. Remember, grain harvested in Nebraska is essentially insect-free, but can become infested by storage insects, which originate in or around the bin or in contaminated equipment such as combines and grain augers. Following are some tips on how to prepare bins and equipment to ensure insect problems are minimized.

Grain Stocks

First, be sure to store sound, clean, dry grain. It may be advisable to screen out broken grains, trash and fines to increase the quality of the final storage product. Also, the elimination of trash will enhance fumigation, should this procedure be required later.

If purchasing old crop grain for storage with newly harvested grain, be sure to watch for insects in the incoming grain. If infested grain is purchased for livestock feed, store it away from the new crop and feed it as soon as possible. Grain stocks may be rotated, or moved and a grain protectant applied at the time of turning.

Cleanup

Since stored grain insects can invade new grain from infested harvesting and handling equipment (combines, augers, etc.), cleanup is essential. Carefully remove all traces of old grain from combines, truck beds, grain carts, augers and any other equipment used for harvesting, transporting and handling grain. Even small amounts of moldy or insect-infested grain left in equipment can contaminate a bin of new grain.

Then clean grain bins thoroughly, disposing of spilled, cracked and broken grain and grain flour, along with the insects feeding on such material.

A simple broom and a vacuum cleaner are essential pieces of equipment in cleaning grain bins.

"How clean is clean enough?" is a question many producers ask. A good rule of thumb to follow when cleaning bins and equipment is: If you can tell what was stored or handled last season by looking in the auger, bin or combine, it is not clean enough to prevent re-contamination of the new crop.

Grain spilled near the bin attracts insects and draws mice and rats. Clean up and dispose of any spilled grain several weeks prior to harvest.

Bin Repairs

Make sure that the bin is insect and rodent-proofed by plugging holes, sealing bins, caulking and making general repairs. If rats have tunneled under foundations, use baits or traps to reduce or eliminate them.

Landscaping

Around the bins, be sure to remove old equipment, junk and clutter to reduce attractiveness to insects and rodents. Mow around the bin site to remove tall grass and weeds to reduce the potential for insect and rodent infestation.

Landscaping should be maintained well away from grain storage facilities. Leave a four foot wide strip of bare gravel around the perimeter of storage bins.

If necessary, re-grade the site so that water readily drains away from bin foundations. One cannot always wait for the soil to dry before loading or unloading grain from bin sites. Make certain that travel lanes have enough rock or gravel to bear the weight of heavy trucks and grain carts.

Grain Moisture and Temperature

Stored grain insects cannot live on extremely dry grain (less than 10 percent), however it is impractical to reduce grain moisture much below minimum moisture levels necessary for long-term storage. Insect activity and reproduction are favored, however, by high grain moisture (14 percent or more), especially when condensation and molds occur and fermentation raises temperature in the grain mass. A bin of 19 percent moisture corn with a starting temperature of 75º F can lose a full market grade in about five days if the aeration system shuts down, allowing the grain to heat and deteriorate. Electrical system maintenance before harvest can prevent costly downtime. Spoilage and internal heating allow insects to remain active even in winter.

Through proper management of aeration, one can manipulate grain temperature. Since insects are "cold-blooded," they are not active much below 55º F and grain cooling can be particularly important in reducing insect reproduction. Condensation of moisture in the grain mass is prevented by slow cooling and gradual reduction of the gradient between the grain mass temperature and the outside (ambient) temperature.

Electrical Components

Wiring for fans and other electrical components should be inspected for corrosion and cracked, frayed or broken insulation. Exposed wiring should be run through waterproof, dust-tight conduit. Avoid kinking the conduit, and make sure all connections are secure.

Mice often nest in control boxes where they are protected from predators. They can strip insulation from wires for nest material and their urine sometimes causes corrosion on relays and other electrical components. If rodent damage is found, clean and repair or replace damaged wiring, relays and other electrical equipment. Then seal over knock-outs and other openings that may permit rodent entry.

Fans, heaters, transitions and ducts should be checked for corrosion and other damage. Remove any accumulated dust and dirt that may reduce operating efficiency and be sure all connections are tight to prevent air leaks that can reduce operating efficiency.

Residual Treatments

Once empty bins have been thoroughly cleaned, a residual treatment may be applied to bin surfaces to protect incoming grain from insect infestation. Follow label instructions carefully. The following materials can be used to treat bin surfaces: **silicon dioxide** (Cringe, INSECTO), **silica gel + pyrethrins** (PRESCRIPTION TREATMENT/TRI-DIE SILICA & PYRETHRUM DUST), **cyfluthrin** (STORCIDE), **malathion** (Prentox 50) or **diatomaceous earth** (AGRISOLUTIONS DEI). Note: pyrethrins would provide a relatively short residual and malathion is not effective for some stored grain insects due to resistance. **Methoxychlor** is no longer labeled as a residual spray in stored grain facilities in Nebraska. For bins with false floors, which are inaccessible for cleaning, **chloropicrin**, a bin "clean-out" fumigant, is legal to use, prior to binning the grain. Other fumigants that could be used on empty bins would be **magnesium phosphide** and **methyl bromide**. Caution! Fumigants are dangerous, restricted-use pesticides and may require gas monitoring devices and respirator protection for the applicator. It is highly recommended fumigation be done by a commercial pesticide applicator who has been trained and EPA/NDA-certified in safe fumigant handling and application techniques.

Refer to current labels for specific details and instructions. (TD)

Johnswort Article

Note: The article on St. Johnswort that appeared in the September 2004 NEBINE is now available as an in-house educational resource. It is available at the Extension office or online at http://lancaster.unl.edu/ag/Factsheets/309.htm (TD)

"Grapes" is October Rural Living Clinic

The University of Nebraska Cooperative Extension is presenting a series of seminars entitled "Acreage Insights — Rural Living Clinics" to help acreage owners manage their rural living environment. "Grapes" is the eighth in the series, to be held Oct. 23, from 9 to 11 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road.

The selection of grape varieties, equipment needed, wildlife control, fencing, and the marketing of grapes will be the primary focus of this program. Participants will gain a greater understanding of the grape enterprise and wine industry by attending this session.

Pre-registration is $10 per person and must be received three working-days before the program. Late registration is $15 per person. For more information, visit the Acreage & Small Farm Insights Web site at acreage.unl.edu or contact Sarah Browning at (402) 727-2775.

Acreage Insights
Rural Living Clinics

Add Lime This Fall for Next Spring's Alfalfa

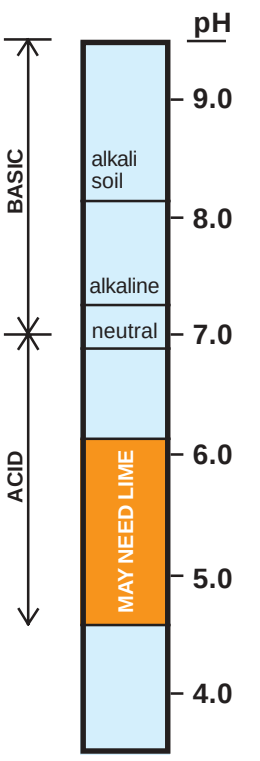
Do you have problems establishing alfalfa? Dr. Bruce Anderson, Extension Forage Specialist says the solution might be to apply lime if your soil pH is low.

Every year, some alfalfa growers experience slow growing seedlings as a result of a low soil pH. Most often, the farmer didn't take a soil test prior to planting the alfalfa to check pH. Sometimes, a soil test was taken, but the farmer disregarded the advice to apply adequate lime to bring the pH up to a level where the alfalfa would be productive and, either applied less lime, or no lime at all prior to planting alfalfa.

Alfalfa grows best in soils with a neutral pH of about seven. When soils are acidic, with pH 6.2 or lower, alfalfa plants do not grow as well. At a low pH, alfalfa roots are less able to absorb nutrients from soil. The nodules on alfalfa roots that convert nitrogen from the air into nitrogen the plants can use, have difficulty forming and working effectively in acidic soils.

Soils that have been tilled and fertilized with nitrogen for a number of years, will become more acidic over time. Some crops, especially legumes like soybeans and alfalfa, are affected more by low pH than others. Eventually, the pH of the soil will drop to levels that affect the availability of many essential nutrients in the soil and will affect the yield potential of all crops. Soils need lime to solve this problem. Some folks still resist liming even when their own soil pH is down as low as 5.5 or even below five.

It takes some time for lime to neutralize high acidity. So lime should be applied at least four months ahead of planting alfalfa. Which means if you expect to seed a new field of alfalfa next spring, add lime, if needed, this fall to give it time to work. Lime does cost money, but it's much less costly then having a stand failure or several years of low alfalfa yields. (TD)



Finding Forgotten Food

Alice Henneman, MS, RD
Extension Educator

Perhaps you've purchased something only to find there already was a container in the back of a storage area. Or, felt like you were on an archaeological excavation as you sorted through the items forgotten in the back of a storage space. Take a turn for the better by using a turntable. Here are some possible examples; once you start, you may think of many more.

Use a **smaller turntable** for foods such as:
- refrigerated mayonnaise, mustard, pickles, nut butters, etc.
- boxes and cans of tea in the cupboard.

Use a **larger turntable** in locations such as:
- in the refrigerator for storing bigger items such as whole grain flours.
- underneath the kitchen sink for accessing cleaning products.

Smaller turntable in refrigerator

Larger turntable in refrigerator

Larger turntable under sink

TIPS:
- Only place turntables on solid refrigerator shelves versus open shelving.
- Measure the **width** and **depth** of your shelf space.
- Consider purchasing the type of turntables that have a rubber-type nonskid top surface. Foods are less likely to spin off or tip over when the table is turned.
- Test the turntable in the space available BEFORE removing the label and throwing away the box and receipt!

Camp Abbott: a Summer Success

NEP Nutrition Education Program
for Limited Resource Families
Hilary A. Catron
Extension Assistant
& Mardel Meinke
Extension Associate

Camp Abbott participants react to tasting "sour" as they learn about the four tastes — sweet, sour, bitter, and salty — during MASH week.

This summer, Nutrition Education Program staff taught nutrition lessons at Camp Abbott, a nine-week youth enrichment program sponsored by the Capitol Sports Foundation and The Ethel S. Abbott Sports Complex. More than 280 youth in grades 3-7 participated. The camp promotes academics and athletics in a fun learning environment.

Nutrition sessions were designed around the weekly themes of Camp Abbott and included hands-on activities, games and healthy snacks. For example, during Shark Week, class participants discussed plant and animal sources of protein, ran an egg relay, and enjoyed peanut butter shark bites.

The fossils found around Camp Abbott during Dinosaur Week led to a discussion about the importance of getting enough calcium every day. The "Most-to-Least" calcium game had participants rank different foods based on the amount of calcium they contained. Participants really *dug* their dinosaur dirt cup snacks (recipe below).

"The Tuesday nutrition programs were among their favorite activities," said Camp Abbott Program Director Brent Martin.

Evaluations gathered at each lesson indicated that almost all of the Camp Abbott participants were going to try to make healthier food choices. One student said, "I am going to try to drink less pop," and "I am going to try to drink more milk." Many also said they were going to try to make some of the healthy snacks at home.

Dinosaur Dirt Cups

1-1/2 tablespoons Vanilla Instant Pudding Mix
1/3 cup very cold milk
2 tablespoons crushed chocolate graham crackers
1 gummy worm

1. Place instant pudding in cup.
2. Add milk.
3. Stir until pudding is dissolved.
4. Let pudding stand until thick.
5. Place gummy worm in pudding.
6. Cover with graham crackers (dirt)

Cooking Tools Class Oct. 26

Explore the world of affordable, easy-to-use cooking tools at a one-night class "Cooking Tools for Guys and Gals" on Oct. 26 from 6:30 to 8 p.m. at the Southeast Community College (SCC) Continuing Education Center, 301 S. 68th Street Place, Lincoln. Cost is $6. Call 437-2700 for registration information.

The class is geared for those who want a tasty, affordable meal without much fuss and mess — perfect for those just starting out, singles, college students and those on a budget. Class will include sampling, demonstration and discussion. Dessert will be served.

The class is co-sponsored by SCC and University of Nebraska Cooperative Extension in Lancaster County Extension, and presented by Extension Educator and registered dietitian Alice Henneman.

Healthy Eating
Enjoy Nebraska Foods!

Alice Henneman, RD, Extension Educator

October is a month of food celebrations. Here are two that feature foods popular with Nebraskans.

National Popcorn Poppin' Month

Popcorn is a good choice for healthy eating. It contains fiber, providing roughage the body needs in the daily diet. Popcorn is low in calories — only 31 to 55 calories in one cup of unbuttered, and when lightly buttered, one cup still only has 133 calories.

Here are some popcorn ideas for another special time in October — Halloween.

Healthy Halloween Party Foods

1. BONY FINGERS — fill clear plastic gloves (the type designed for wearing in the kitchen when preparing food) with popcorn. Tie the end with orange and black ribbon.

2. HALLOWEEN PARTY POPCORN — combine your choice of the following ingredients. By mixing Halloween candy with popcorn, you cut back on the total amount of candy offered. Serve with a scoop from a large bowl. Or, fill a self-closing sandwich bag with popcorn for each child.
- popcorn
- candy corn
- nuts
- raisins and other dried fruit
- gummy worms
- orange/black "m&m's" or jelly beans

3. GHOSTS — wrap a small popcorn ball in plastic wrap. Place wrapped ball in the middle of a large, sturdy white napkin. Tie the napkin together over the popcorn ball with white string, so the ends of the napkin hang out to form the body. Draw on a scary face with a black marker.

National Pork Month

Through changes in feeding and breeding techniques, today's pork has 31 percent less fat than 20 years ago with many cuts as lean as skinless chicken. Here's a pork recipe from the National Pork Board (www.otherwhitemeat.com) that includes another Nebraska grown food, Great Northern Beans.

Speedy Pork Cassoulet

(Serves 4)

1 tablespoon vegetable oil
2 medium onions, chopped
2 cloves garlic, crushed
3 boneless pork chops, cut into 3/4-inch cubes
2 cans (15-ounce) Great Northern beans, rinsed and drained
3/4 cup chicken broth
1/3 cup chopped sun-dried tomatoes packed in oil, drained
1 teaspoon dried rosemary, crushed
1 teaspoon dried thyme, crushed
1/4 teaspoon salt
1/4 teaspoon black pepper
1/4 cup chopped parsley
1/4 cup seasoned breadcrumbs

Heat oil in a deep saucepan over medium-high heat. Cook and stir onions and garlic until tender but not brown. Add pork, cook and stir for 2-3 minutes or until lightly browned. Stir in beans, broth, tomatoes, rosemary, thyme, salt and pepper. Bring to boiling; reduce heat, cover and simmer 10 minutes or just until pork is tender, stirring occasionally. Spoon cassoulet into individual soup bowls. Sprinkle each serving with parsley and breadcrumbs.

Tips:
- Check on the label, Web site or manufacturer how long the sun dried tomatoes in oil will keep if you plan to hold them — opened in the refrigerator — longer than a few days. Other uses for sun dried tomatoes packed in oil include: mixed with pasta, potato and macaroni salads, served on crackers with cream cheese, mixed with mashed potatoes. NOTE: the olive oil will harden after it is refrigerated but will liquify again at room temperature.
- To freeze extra sun-dried tomatoes in oil, use the "plop method" — like when making baby food. Drop by tablespoons on a sheet of waxed or parchment paper or plastic wrap on a metal baking sheet or pan. Freeze until solid and transfer to a freezer bag. Use individual "plops" as needed. For best flavor, use within a few months. Label the date put in the freezer. NOTE: Occasionally when aluminum foil comes in contact with a highly acidic food, small harmless pinholes are formed in the foil. For this reason, it's not recommended to place "plops" on aluminum foil.
- Extra chicken broth may be frozen in ice cube trays and transferred to freezer bags as needed.
- If you don't have seasoned bread crumbs, sprinkle with a few crushed crackers.

LANCASTER COUNTY FAIR

Results of People's Choice 4-H Awards

While the 4-H youth development program emphasizes learning practical skills as well as life skills — 4-H (and learning) is also fun! In the 1st annual People's Choice 4-H Awards held at the 2004 Lancaster County Fair, 4-H families and the general public voted on some of the more playful and whimsical aspects of county fair projects. Here are the results!

PLANT OR VEGGIE THAT LOOKS MOST LIKE A PERSON
Cucumbers grown by Jeremy Bradford Morgan

YUMMIEST LOOKING FOOD ITEM
Baklava made by Evan Kucera

GOAT WITH SILLIEST TABLE MANNERS
Oberhasli goat exhibited by Will Keech

GROSSEST BUG IN AN ENTOMOLOGY DISPLAY
Huge, brown beetle exhibited by Joel Keralis

POSTER OR PHOTO WITH MOST PIZZAZZ
Photo of fireworks by Amanda Peterson

HORSE WITH MOST MAGNIFICENT MANE
"Blazin' Cinnaburst" owned by Kyle O'Donnell

MOST RELAXED SWINE
Hampshire owned by Kyle Doeschot

CUDDLIEST RABBIT
"King" the Mini-Lop exhibited by Elizabeth Harris

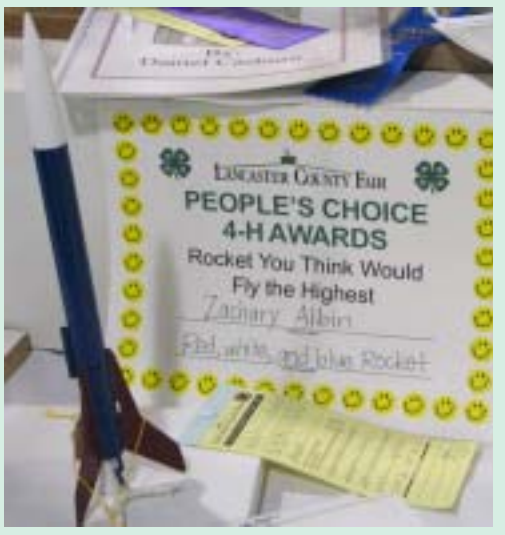
NOISIEST ROOSTER
Australorp exhibited by Victoria Norton

Photo courtesy of Vantage Imaging

LLAMA WITH THE MOST BEAUTIFUL EYES
"Kikaida" exhibited by Marshal Rutledge

CRAZIEST CLOTHING ARTICLE
Flapper dress by Alyssa Fiala

FRIENDLIEST SHEEP
"Smokey" owned by Christian/Evan Kucera



ROCKET YOU THINK WOULD FLY THE HIGHEST
Red/white/blue rocket by Zachary Albin

DAIRY COW YOU THINK WOULD GIVE THE MOST MILK
"Tessy" exhibited by Melissa Rawe
(Note: ironically, people chose a breeding beef cow, not a dairy cow!)

Not pictured —

BEEF COW WITH MOST UNUSUAL HAIR PATTERN OR MARKINGS
"Bronco" owned by Bryce Doeschot

Lancaster County 4-H'ers Earn Top Honors at State Fair

Congratulations to all the Lancaster County 4-H'ers who exhibited at the 2004 Nebraska State Fair! Complete results are online at 4h.unl.edu/programs/statefair/results. The following received top honors or special recognition* at the State Fair:

Sarah Anthony — Rainbow Ribbon Recognition in Furnishings on a Shoestring - Low Cost Furniture
Ian Badeer — Photography Unit III Action Exhibit one of 48 exhibit prints chosen to be displayed at the UNL Cooperative Extension Dean's Office on East Campus during the upcoming year; and Rainbow Ribbon Recognition in Photography Unit III, Digital Photography Exhibit Print
Noelle Badeer — top speaker in Public Service Announcements - Senior Division with "4-H Theatrics" (receiving a $250 University of Nebraska scholarship and $50 savings bond provided by Nebraska Rural Radio Network); and alternate in Speech - Senior Division with "My Life in the 4-H Pledge" (receiving a $100 savings bond donated by Ted & Alice Doane, and a $50 savings bond provided by Nebraska Rural Radio Network)
Karen Clinch — Rainbow Ribbon Recognition in Photography Unit III, Nebraska Theme
Elizabeth Grimes — on Lancaster County team which received 3rd place in Tree Identification Contest; and Rainbow Ribbon Recognition in Floriculture - Petunia
Emily Henshaw — Champion in Oberhasli Dairy Goat - Over 4 Years Milking (receiving a $40 cash award donated by McDonald's); and Champion in Oberhasli Dairy Goat - 5–8 Months (receiving a $40 cash award donated by McDonald's)
Sarah Kosch — Rainbow Ribbon Recognition in You're the Chef - White Bread
Faith Lamb — Rainbow Ribbon Recognition in Aerospace - Rocket Unit 2
Kyle Pedersen — on Lancaster County team which received 3rd place in Tree Identification Contest; and Rainbow Ribbon Recognition in Meals - Cornbread
Nicole Pedersen — 4th place in Horticulture Judging Contest (qualifying to go to the National 4-H Horticulture Contest); on Lancaster County team which received 3rd place in Tree Identification Contest; and Rainbow Ribbon Recognition in Foodworks - Specialty Bread
Amanda Peterson — Rainbow Ribbon Recognition in Photography Unit III - Digital Photography Exhibit Print
Melissa Rawe — Reserve Champion in Dairy Cattle - Champion Holstein; and Reserve Champion in Dairy Cattle - Senior Holstein Champion
Hannah Spencer — top "Outstanding Multimedia Presentation Award" in Multimedia Presentations with her presentation, "Backyard Habitat" (receiving a $50 savings bond provided by Farm Credit Services of America)
Sara Werner — Rainbow Ribbon Recognition in Heirloom Treasures/Family Keepsakes - Trunks

**Rainbow Ribbon Recognition is used to draw attention to the unique items. These may or may not be top placing items, but have used special details.*

Emily Henshaw received Senior Champion and Junior Champion with her Oberhasli Dairy Goats

Nicole Pedersen placed 4th in the state 4-H Horticulture Judging Contest, qualifying to go to the National 4-H Horticulture Contest held during the National Junior Horticulture Association national convention on Oct. 8–11 at Milwaukee, Wis.

Noelle Badeer (left) was top speaker in Public Service Announcements and alternate in the Speech Contest. She is pictured with Rex Messersmith, KRVN representative.

Ian Badeer's action photography will be on display at the UNL Cooperative Extension Dean's Office on East Campus.

Hannah Spencer had the top Multimedia Presentation, which was a new category this year.

HORSE BITS

Lancaster 4-H'ers Excel at State Expo

Lancaster County 4-H horse exhibitors did well at the Nebraska State 4-H Horse Exposition held at Fonner Park in Grand Island. Below are those receiving top honors. Full results are online at 4h.unl.edu/horseshow. Congratulations to all!

Katy Cockerill — Champion in Pony Pleasure with her horse Chief Without a Tribe
Melissa Raisch — Reserve Champion in 2 Year Old Mares with Miss Drifter Creek
Robyn Shannon — Champion in Elementary Dressage; Champion in Advanced English Equitation; and Reserve Champion in Hunter Hack with Skeets Bandit
Fredrick Sierra — Champion in Showmanship 15 & Up and Reserve Champion in English Pleasure 15 & Up with Potential Expense
Terra Steinhauser — Champion in 2 Year Old Geldings and Reserve Champion in 2 Year Old Snaffle Bit Western Pleasure with Senor Cinco de Mayo
Nicole Zuhlke — Champion in Pole Bending with Docs Ropper Cash

Katy Cockerill (center) received one of four Grand Island Saddle Club Scholarships to University of Nebraska.

Robyn Shannon won Champion in Elementary Dressage; Champion in Advanced English Equitation; and Reserve Champion in Hunter Hack

(From left to right) Coach Kala Ball, Cassie Krueger, Joanna Duhachek, Morgan Marshall and Mindy Leach

Judging Team Going to Nationals

For the second year in a row, the Lancaster County Horse Judging Team qualified to represent Nebraska at the national judging contest as part of the All American Quarter Horse Youth Congress and Intercollegiate Judging Contest held Oct. 15 & 16 in Columbus Ohio. Members of this year's team are: Cassie Krueger, Joanna Duhachek, Morgan Marshall and Mindy Leach, coached by Kala Ball.

Horse Awards Night Sept. 28

A pot luck dinner will be held Tuesday, Sept. 28 at 7 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Please bring a meat dish and either a salad or dessert and your own table service. Drinks will be provided. One of the awards will be the 2004 Wittstuck Award which is an annual award given to the Lancaster County 4-H Horse Show All Around Champion. Other awards are All-Around Trail, All-Around Barrel, Herdsmanship, top County Fair judging buckles will be handed out and 2004 Incentive Awards.

Community Service Corner

Yankee Hill Kids Visit Rest Home

The Yankee Hill Kids 4-H Club recently visited Lakeview Rest Home in Firth, bringing some of their pet dogs to visit the residents. Pictured are: (from left) Shelby Leiker, Isaac Leiker and Darlyne Meinberg with the Leikers' puppy, Dolly.

— Submitted by Andrew Keralis

Shooting Stars in Ceresco Days Parade

Members of the Shooting Stars 4-H Club recently participated in the kiddie parade during Ceresco Days. Pictured are: Jack, Austin (future member and brother to Jack) their mom, Marie, and my two sons Jared and Cody (who's becoming a member this fall). Two of our other families couldn't make the parade. The kids had a lot of fun! They made the poster and the shirts they had made earlier in the year.

— Submitted by Mary Stapert

We want to report your club's community service projects in upcoming Neblines. Submit to Vicki at extension office or vjedlicka2@unl.edu.

Shooting Sports Reorganizational Meeting Oct. 12

Mark your calendars for a reorganizational meeting on Tuesday, Oct. 12, 7 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Rd, for the BB/air rifle, trapshooting and smallbore rifle disciplines of the Lancaster County Shooting Sports 4-H club. Both current members and those interested in joining are invited to attend. Total registration fee to join 4-H Shooting Sports 4-H club is $8, insurance included. (TK)

Charter Club Applications Due Oct. 31

Leaders: don't forget to complete your 4-H Charter Club application! All leaders received an application form in their September reorganization packet. Initially, all clubs meeting the requirements and sending in the application form will be recognized at Achievement Night and will receive a Charter Certificate. Seals will be awarded in subsequent years. Applications are due to the office by Friday, Oct. 31. Contact the office if you have questions. (TK)

Reminder to Pick Up Fair Projects

There are still county and state fair projects, comment sheets and ribbons that need to be picked up at the Lancaster County Extension Office. If you have not done so yet, please pick up your items. (TK)

National 4-H Week Oct. 3–9

"Celebrate 4-H Online!"

Lancaster County 4-H Web site
lancaster.unl.edu/4h
has up-to-date information on: 4-H calendar, news, spotlights, showbills, County Fair information, Egg Cam and links.

4-H e-mail announcements
are sent monthly to Lancaster County 4-H members & leaders.
To sign up for these announcements, e-mail your e-mail address to kevasco2@unl.edu

Citizenship Washington Focus Organizing for 2008 Trip to D.C.

Lancaster County 4-H Citizenship Washington Focus (CWF) is now taking applicants for the June 2008 trip to Washington D.C.! CWF organizes a trip every three years, raising money for the trip during the off years.

On an ambitious 15-day itinerary, CWF travels by bus to D.C., exploring our nation's history along the way. The group spends five days at the National 4-H Conference Center near Washington D.C. where they hold mock congressional sessions and learn how bills become law. Tours of D.C. include the Capitol building, the Smithsonians and all of the memorials.

If you will be the age of 15-18 as of June 1, 2008 and are interested in joining an adventure of a lifetime, please call Deanna Karmazin at 441-7180. A space can be held with a deposit of $100. For more information, contact Deanna or go to lancaster.unl.edu/4h. *This is open to the first 50 respondents only!*

CITIZENSHIP WASHINGTON FOCUS
Better Citizens Today, Better Leaders Tomorrow

October

Heart of 4-H Award

Cindy Fiala

Lancaster County 4-H is proud to announce Cindy Fiala as winner of October's "Heart of 4-H Award" in recognition of outstanding volunteer service. Cindy has been a 4-H volunteer for more than 10 years: as fundraising chairman for Citizenship Washington Focus group for eight years; sewing project leader for the Clovers & Company club for five years; 4-H Council member for five years (serving on the scholarship, grievance and food booth committees); instructor for Clover College; volunteer for County Fair 4-H clothing areas for several years; and volunteer at 4-H Exhibit Hall during Nebraska State Fair.

"I like being a 4-H volunteer because it brings back many memories of my nine years in 4-H," says Cindy. "I feel very strongly about the impact 4-H has on our youth as they become our leaders of tomorrow.

"My favorite experience was the two years I attended the State 4-H Volunteer Leader Forum. It is so much fun networking ideas with other volunteers from across the state and I came home even more excited about the whole 4-H program," she adds.

Cindy lives in Lincoln with her husband Jerry. She runs her own home-based business, "Cindy's Cakes." Their four daughters were all enrolled in 4-H through their high school years — youngest daughter Alyssa is a current 4-H member and also serves on 4-H Council. In addition to 4-H, Cindy has volunteered also at St. Joseph's church (Holiday Fair) and at Pius X High School (music, theatre and speech events — currently a co-coordinator of the Parent Volunteer Program).

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

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

4-H Thanks More County Fair Sponsors

Lancaster County 4-H would like to thank more of the businesses and individuals that sponsored 4-H events, activities, programs and trophies at this year's county fair. These are in addition to those listed in the August issue of THE NEBLINE.

Animal Care Clinic, Drs. Buller & Anderson
Belmont Veterinary Clinic
Brinson Bunnies/Lindsay Brinson & Kaye Thurston
Robert and Sandra Dresser
Eagle State Bank
Linda and Richard Hanigan — Happy Birthday Dorothy
Terry L. Harris
Ted and Tammy Hill
Jaci Maahs
Tanner Maahs
Justin McCrarey
Pitts Veterinary Clinic
Harlan and Vicki Waak
Welp Hatchery

4-H Award Nominations Due Oct. 31

LAST CHANCE

Nominations are needed for the following awards. Application forms are available at the extension office.

4-H Meritorious Service — presented to individuals or organizations which have exhibited consistent and strong support of the 4-H program. 4-H members are not eligible.

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

I Dare You Youth Leadership Award — awarded on behalf of the American Youth Foundation (AYF) to high school juniors or seniors who strive to achieve their personal best and make a positive difference in their community. Two 4-H members will be selected from Lancaster County. Lancaster County 4-H Council provides award recipients with a hardbound copy of William H. Danforth's book, *I Dare You!* Winners also receive a $300 scholarship to attend one of AYF's national 7-day Leadership Conferences. (TK)

4-H Scholarships Due Oct. 31

The Lancaster County 4-H program offers a variety of scholarships. Deadline is Oct. 31.

Information and applications are available at the extension office or online at lancaster.unl.edu/4h. If you have questions, contact Deanna Karmazin at 441-7180.

COLLEGE

The following college scholarships for the 2005–06 school year are available to high school seniors active in 4-H:

4-H Council—awards six $500 scholarships.

Lincoln Center Kiwanis—awards two $2,000 scholarships.

Teen Council—awards two scholarships to 4-H'ers who are active in Teen Council and help with at least one major fundraiser.

Lane Scholarship—awards one $200 scholarship to a 4-H'er attending Raymond Central High School.

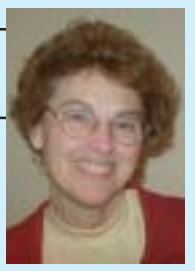
4-H CAMP

New this year is a scholarship for attending 4-H summer camp(s):

Joyce Vahle Memorial Scholarship—awards one $100 scholarship to a youth age 8–14. Applicants should currently be, or have been, enrolled in at least one sewing project.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Janet's Jargon



Janet Broer
FCE Council Chair

I'm told each year a vast number of Americans move to a different address. This year you can include me in that great number, also. Each day brings a new surprise to my life in what I call an "exciting trauma." I look forward to the excitement of replacing some of the old furnishings, like the end table grandkids scratched and stained, with new and more stylish pieces. But the trauma hits when I think of times 35 years ago (and no power hand tools) when Erich and I labored most every evening to frame walls, finish woodwork, plant trees, etc. However, what I excelled in most over all of these years was collecting "stuff." And now some of my best moments are the freedom feelings I get when ridding myself of "stuff!" Enough of me and now a few reminders for all of you.

Sept. 27 is our Council meeting at 12:45 p.m. with a salad luncheon. Susan Seacrest of the Groundwater Foundation will be the guest speaker.

Achievement Night will be Oct. 18 at 6:30 p.m. Kathy Kuna will present the program entitled "Rhinestones Aren't Just for Evening Anymore."

Please remember to bring canned food items for the Food Bank to either of these meetings.

Dues and re-organizational papers should be turned in by October. The FCE State Convention at Schuyler runs Oct. 3–5 and anyone may attend the sessions; they are always interesting.

I'll plan to see you at these upcoming events, hopefully my move will be history by then.

FCE News & Events

Re-Organizational Packets

Presidents of Family and Community Education (FCE) Clubs can now pick up their packet to reorganize for 2005. There are October deadlines within the packet. If you have questions, call Lorene or Pam at 441-7180. It is time to look forward and plan an exciting and educational year for FCE. (LB)

FCE Council Meeting Sept. 27

The September FCE Council meeting will be Monday, Sept. 27, 12:45 p.m. This will be a salad luncheon. Each attendee is asked to bring a salad. Following the luncheon the Groundwater Foundation staff will present a program "Protecting Nebraska's Unseen Treasure" about Nebraska's groundwater resources and what you and your community can do to protect and conserve it. The business meeting will follow the program. Call Pam at 441-7180 if you plan to attend. All FCE members are invited. (LB)

Leader Training Sept. 28

"Aging Friendly Communities" will be the FCE and community leader training lesson for October presented by Lorene Bartos, extension educator. The lesson will be Tuesday, Sept. 28, 1 p.m. Many Nebraska communities today find their largest population segments are over 65 years of age. This demographic trend is likely to continue as the baby-boom population ages and many local economics will find retaining and even attracting stable senior populations and may explore ways in which communities can benefit from "aging friendly." If you are not an FCE member, call Pam at 441-7180 so informational packets can be prepared. (LB)

Achievement Meeting, Oct. 18

The 2004 FCE Achievement Night will be Monday, Oct. 18, starting with dessert at 6:30 p.m. Everyone is asked to bring canned food or a donation for the food bank for FCE's annual collection. The program "Rhinestones Aren't Just for Evening Anymore" will be presented by Kathy Kuna. She will show her collection and share information about rhinestones. Attendees can bring or wear their rhinestone jewelry. Members will be recognized for years of membership. Call Pam at 441-7180 if you plan to attend. (LB)

Indoor Air Quality During Winter

With colder weather your windows are shut, and the house is closed up tight. Most of your time is spent indoors. In many cases, the old saying of "going outdoors to get some fresh air" is really pretty accurate.

There are many sources inside the home that create air pollution. While pollution from one source by itself may not pose a great risk, the effects of several sources over time may create health concerns. Effects from indoor pollution can include respiratory problems and headaches, as well as severe diseases.

According to the U.S. Environmental Protection Agency, indoor pollution is created from sources that release gases or particles into the air. These sources include building materials, asbestos insulation, wet or damp carpet, furnaces/fireplaces and household cleaning products.

If too little outdoor air enters a home, pollutants can build up to levels that can pose health problems. Many of today's homes are designed and constructed to minimize leakage of air into the home. Unless mechanical means of ventilation are used, these homes may have very polluted indoor air. Even homes that are considered leaky, may not have much ventilation under certain environmental conditions.

There are three basic strategies that can be used to improve air quality in the home. These are source control, ventilation improvements and the use of air cleaners.

Source control — This involves the elimination of individual sources of pollution and reduction of their emissions. Specific sources of pollution that can be controlled include radon, carbon monoxide, formaldehyde and biological contaminants like bacteria, molds, animal dander and pollen.

Ventilation improvements — Another approach to lowering the concentrations of indoor air pollutants in your home is to increase the amount of outdoor air coming indoors. This can be done as easily as slightly opening windows or operating window or attic fans when weather permits. Local bathroom or kitchen fans that exhaust outdoors remove contaminants directly from the room and increase the outdoor air ventilation rate. Advanced designs of new homes are starting to feature mechanical systems that bring outdoor air into the home. Some of these include energy-efficient heat recovery systems.

Air cleaners — There are many types and sizes of air cleaners, ranging from relatively inexpensive to sophisticated whole house systems. Air cleaners remove mostly solid particles and generally are not designed to remove gaseous pollutants. A cleaner that has a high efficiency rate, but a low air circulation rate, will not be effective; nor will a cleaner with a high volume of air movement, but a low cleaning efficiency. (LB)

HOUSEHOLD HINTS

by Lorene Bartos, Extension Educator

De-clutter Closets for Winter

The first thing to do to make room in your closet for your winter and holiday wardrobe is to pack up those fall clothes. Before doing so, launder any items that need cleaning — following the care label instructions.

To add space in your closet, screen it for items you no longer wear. Consider donating these items to charity. Create separate hanging sections of suits, dresses, jackets and shirts. Or, if possible, consider moving formal holiday wear to a guest closet. Group each garment by length, so there's no dead space.

Other space-saving ideas include: Fold and display sweaters, sweatshirts and knit skirts on a shelf. Hangers may distort their shape. For easy access, hang ties and belts on racks. Use racks for shoes and keep shoes worn less, in their boxes.

Halloween Trick or Treat Tips

For a safe Halloween trick or treat an adult should always accompany young children. Before leaving, determine the route you will be taking. Children should visit only those homes they are familiar with and avoid dark or dimly lit homes.

Dusk is a dangerous time to be walking along streets, remind children to cross only at corners and look both ways before crossing. Children need to stay on the sidewalk — not the road or street.

Buy or design the child's costume so the child can walk easily without tripping. Costumes should be lightweight and fit properly. Costumes used at night should be light colored and have on some type of reflective material.

Wigs and beards should be properly attached so they don't obscure children's vision.

Children should wear comfortable shoes — not clumsy floppy clown shoes or mom's high heels.

Parents should inspect all Halloween treats before children eat them, and when in doubt, throw it out!

Consider treats other than candy, such as small toys, cereal bars, snack crackers, cookies, sugar-free gum, raisins, juice boxes, etc. Individually wrapped items are best.

Keep Jack-O-Lanterns in a safe, steady place and always put out the flame before bedtime.

Have a happy and safe Halloween. (LB)

Holiday Gifts Needed

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 this year, so books and items to encourage reading are suggested. Books have been requested this year. Other gifts will be used with the books. Items, such as puppets, activity books, puzzles, small toys, etc. relating to the story would be fun for the children. The goal is to give each child a book. **Gifts should be unwrapped** and recommended cost is up to $5. Bring gifts to the extension office by Dec. 1. For more information, contact Lorene at 441-7180. This is an excellent project for 4-H, FCE and other community clubs. Individuals are welcome to participate.

CHARACTER COUNTS! CORNER

Citizenship

The duties, rights, conduct and responsibilities of the citizen of a state.

- Be a good citizen and a good neighbor.
- Care about and pursue the common good.
- Be a volunteer — help your school and community be better, cleaner and safer.
- Protect the environment by conserving resources, reducing pollution and cleaning up after yourself.
- Participate in making things better by voicing your opinion, voting, serving on committees, reporting wrongdoing and paying taxes. (LB)

TRUSTWORTHINESS • RESPECT • RESPONSIBILITY • FAIRNESS • CARING • CITIZENSHIP
Six Pillars of Character
JOSEPHSON INSTITUTE OF ETHICS
CHARACTER COUNTS!SM

UNL SPEAKERS BUREAU

Free Speech from the University of Nebraska

The University of Nebraska-Lincoln Speakers Bureau begins its tenth year this fall with 18 speakers and 40 topics from which to choose. This free service connects faculty and other university experts with Nebraska citizens through service organizations, schools and other groups who want knowledgeable, interesting speakers on a variety of topics. To receive a brochure that fully describes each speaker's topics or to book a speaker, contact Barbara Bowers at 472-8396 or go to (www.unl.edu/pr/speakers).

The 2004-2005 members of the Speakers Bureau are as follows:

Charlyne Berens, *associate professor, College of Journalism and Communications*
"The Nebraska Legislature: Still Progressive After All These Years," "Free Speech for Me – And Also for Thee," and "The Media Today"

Patrice Berger, *professor of History and Director, University Honors Program*
"Europe: 2003," "Europe: 1939" and "University of Nebraska-Lincoln in the 21st Century"

Donald F. Costello, *senior lecturer, Computer Science and Engineering*
"Information Technology – Yesterday, Today and Tomorrow," "In an Age of Just-in-time Teaching and Learning, What is Worth Knowing?" and "The University and the Business Community Together in the Development of Information Technology for Nebraska"

Robert F. Diffendal, Jr., *professor emeritus, Conservation and Survey Division*
"Lewis and Clark: The Geology of the Great Plains 1804-1806" and "Some Changes in China: 1970-2004"

Dennis Leblanc, *associate athletic director, Academic and Student Services*
"National Classroom Champions"

Peter Levitov, *associate dean, UNL International Affairs and Immigration Attorney, NU Central Administration*
"International Students in the United States"

Karen S. Miller, *registered dietitian and nutrition educator, University Health Center & Campus Recreation*
"Childhood Obesity: What's a Parent to Do?," "Fad Diet Myths and Facts: If it Sounds Too Good to be True, It Probably Is" and "Diet or Dying to be Thin: What Everyone Needs to Know about Eating Disorders"

Giacomo M. Oliva, *dean, Hixson-Lied College of Fine and Performing Arts*
"American Ragtime and the Music Business in the Early 20th Century"

Wes Peterson, *professor, Agricultural Economics*
"Hunger and Economic Development in Low Income Countries," "Globalization and the World Trade Organization" and "Building Democracy in the Former Yugoslavia"

Thomas O. Powers, *associate professor, Plant Pathology*
"DNA Diagnostics" and "Biological Invaders"

Paul E. Read, *professor, Horticulture and Viticulture*
"Grape Expectations: Nebraska's Developing Grape and Wine Industry" and "Gardens of the World"

Joy S. Ritchie, *professor of English and Director of Women's Studies*
"Intellectual Habits of Highly Successful Students: Learning to Transgress," "Women and Equality: Are We There Yet?" and "Wagging Tongues and Silent Scribblers: The Flowering of Women Writers and Speakers"

Larry Routh, *director, Career Services*
"Recruiting Today's Graduates"

John Rupnow, *professor, Food Science and Technology*
"History and Agents of Agroterrorism" and "Gourmet or Guru: The Science of Food"

Richard Sincovec, *Henson professor and chair, Computer Science and Engineering*
"High Impact Computing: The Excitement and the Opportunities" and "Computing and Informatics: The Future Impact"

Sandra K. Stockall, *4-H and youth specialist, West Central Research & Extension Center*
"Did Your Grandma Teach You That?" and "People Skills for Leaders"

Robert R. Tovado, *colonel and commander, Air Force Reserve Officer Training Corps*
"Should We Defend America?"

Dara Troutman, *assistant general manager, Communications and Government Affairs, NET, University of Nebraska Television*
"Nifty at Fifty" and "The ABCs of DTV"

Lincoln is Gathering Place for Refugees from Around the World

Helen Mitrofanova
Extension Educator

According to the United Nations, a refugee is a person who flees their home country due to a "well-founded fear of being persecuted for reasons of race, religion, nationality, membership of particular social group or political opinion." Refugees are forced from their countries by war, civil conflict, political strife or gross human rights abuses. There are an estimated 36 million refugees in the world today. This is a dramatic increase since the mid-1970's when there were less than 3 million refugees worldwide. The end of the Cold War and the end of communist/social regimes as well as changes in politics led to a huge increase in the number of refugees.

There are ten traditional countries of resettlement: Australia, Canada, Denmark, Finland, the Netherlands, New Zealand, Norway, Sweden, Switzerland and the United States. Of these, the U.S. accepts more refugees for resettlement than all the other countries combined.

Refugees in the U.S.

As stated by U.S. Citizenship & Immigration Services, for the 2004 fiscal year, the United States anticipates to admit 70,000 refugees and immigrants from six geographic regions: Africa, East Asia, Europe, Central Asia, Latin America/Caribbean, Near East/South Asia. There are 15 states in which the vast majority of all refugees resettled in the United States: California, New York, Washington, Florida, Texas, Minnesota, Georgia, Illinois, Michigan, Missouri, Pennsylvania, Arizona, Virginia, Massachusetts and Ohio.

Though refugees are not usually able to choose precisely where in the U. S. they would like to resettle, resettlement agencies try as much as possible to place refugees in areas in which there are pre-existing ethnic communities. For instance, Florida resettled more Cubans than all other states combined. New York resettled the largest number of refugees from the former USSR, Sierra Leone and Liberia, whereas, California resettled large numbers of Vietnamese and Iranians. The largest number of arrivals from Iraq was resettled in Michigan. Many Somali and Ethiopian refugees were resettled in Minnesota, and the largest number of Sudanese refugees arrived in Texas.

Refugees in Lincoln

In the 1980's, immigration of refugee population began to increase in Lincoln and Lancaster County. Lincoln has resettled almost 5,500 refugees since 1983. According to the Asian Community Center, Lancaster County is the nation's 18th largest resettlement area for Asian refugees and immigrants. Moreover, Nebraska has become fifth in refugee resettlement per capita when compared with states of similar population, and half of the state's refugees for the last 18 years resided in Lincoln.

Mary Pipher in her book, "*The Middle of Everywhere: The World's Refugees Come to Our Town*," tells the story of how Lincoln, Nebraska becomes a gathering place for refugees from all parts of the world. Nebraska, sometimes described as the "middle of nowhere," is increasingly becoming a "cultural crossroad." Our new community members come to Lincoln from over 40 different countries, bringing new ethnicities, cultures and religions. Lincoln became a home for Afghani, Vietnamese, Bosnian, Mexican, Russian, Ukrainian, Tajikistan, Kurdish, Sudanese, Chinese and many other refugees and immigrants. Mary Pipher says, "We are becoming a richer curry of peoples."

Growth and influx of recent immigrants have notable impact on Lincoln communities. Refugees and immigrants are breathing new life into urban communities by establishing businesses and revitalizing neighborhoods. Asian and Latino stores, markets and restaurants have brought new economic vitality to some neglected areas. As a result of these ethnical enclaves, Lincoln residents can find a good falafel sandwich or chrysanthemum vegetable drink as well as fresh Mexican food.

Community development organizations must be responsive to their changing neighborhoods. These organizations have a profound impact on integrating refugees and immigrants into American life stream. Community development agencies are in a key position to connect newcomers not only to long-term housing, but also to education, business development, jobs and leadership opportunities through strategic partnerships and planning.

Source: New Americans Task Force, www.newamericanstaskforce.org; Bureau of U.S. Citizenship & Immigration Services, www.ins.usdoj.gov; IRSA: Immigration & Refugee Services of America, www.refugeesusa.gov

Lincoln Agencies Which Assist Refugees and Immigrants

Lincoln Action Program	471-4515
Lincoln Literacy Council	476-7323
F.I.R.S.T. Project, Inc.	488-6760
Cedars Northbridge Community Center	437-8999
Hispanic Center	474-3950
Southeast Community College	437-2722
Faces of the Middle East	474-6223
Lincoln Interfaith Council	474-3017
Good Neighbor Community Center	477-4173
Catholic Social Services	474-1600
Planned Parenthood	441-3332
Asian Community and Cultural Center	477-3446
African Multicultural Community Center	477-6926

Group Considering Eastern European Community Center

In the past decade Lincoln has welcomed many families from the former Union of Soviet Socialist Republics and Yugoslavia. The collapse of the former governments in those two countries brought confusion and turmoil. Many people became refugees and were forced to leave their homelands.

Lincoln has many refugees arriving from Russia, Ukraine, Bosnia, Kosovo, Belarus and other Eastern European countries. Many of these new residents of Lincoln are meeting to consider the formation of a community center to serve the needs of these new populations.

Lincoln has a Hispanic Center, an Asian Center, Faces of the Middle East for newly arrived Arabic people and an African Multicultural Center. It seems logical a center should be formed to serve the new arrival of the Eastern Europeans.

A center would help new arrivals make the transition to living in Lincoln. It would assist with employment issues, understanding Lincoln's medical system, finding adequate housing, finding legal or social service assistance, making financial decisions and assisting in other areas that may be confusing.

An Eastern European Community Center could also help preserve traditions and cultures from these countries. Many worry about their traditions being lost and educating their children about their cultures. A center would also be a source of education to other citizens of Lincoln about the cultures of our neighbors.

If you need more information about this initiative or want to be a part of the group, please contact Yelena Mitrofanova at (402) 441-7180 or e-mail: ymitrofanova2@unl.edu

Source: Marvin Almy, Lincoln Literacy Council (YM)

EXTENSION CALENDAR

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

SEPTEMBER

21 Composting Workshop, *Calvert Rec. Center, 4500 Stockwell* . . . . . 6:30 p.m.
21–26 AkSarBen 4-H Livestock Exposition, *Qwest Center, Omaha*
22 "Healthy One Dish Dinners for 1, 2, 4 or More" class, *BryanLGH Medical Center East, Plaza Conference Center* . . . . . 7–8:30 p.m.
23 "Fair's Over, Now What?" 4-H Parent & Leader Training . 9:30 a.m. & 7 p.m.
21 Composting Workshop, *Easterday Rec. Center, 6130 Adams* . . . . . 6:30 p.m.
25 Acreage Insights: Rural Living Clinics — "Windbreak Design & Maintenance" . . . . . 9–11 a.m.
27 Family & Community Education (FCE) Council Meeting . . . . . 12:45 p.m.
28 "Aging Friendly Communities" FCE and community leader training lesson . . . . . 1 p.m.
28 Composting Workshop, *Irving Rec. Center, 2010 Van Dorn* . . . . . 6:30 p.m.
28 4-H Horse Awards Ceremony . . . . . 7 p.m.

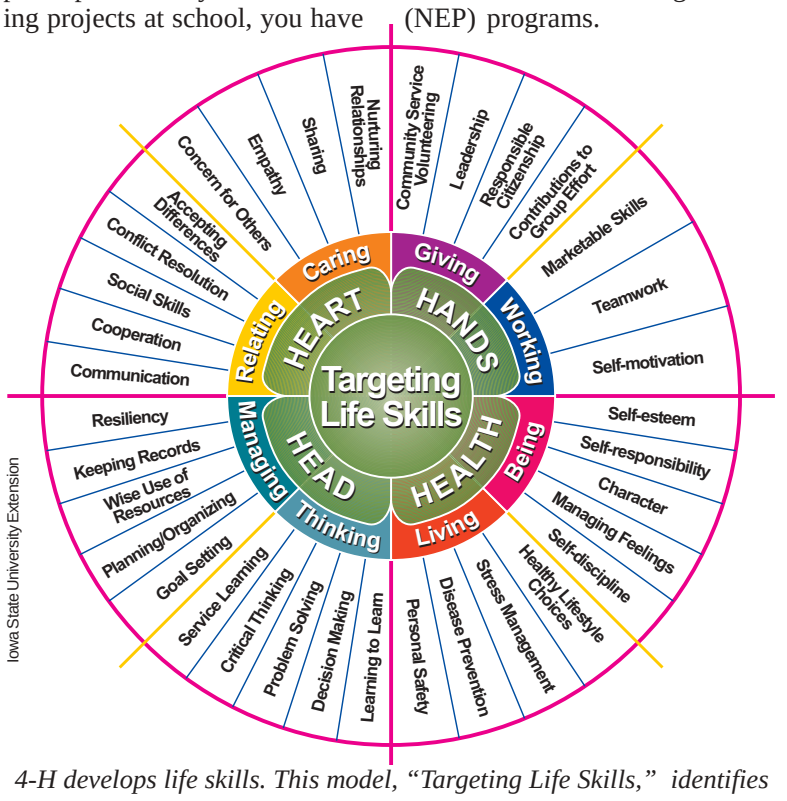
OCTOBER

2 Nebraska Wild Fruit and Nut Jam, *University of Nebraska Kimmel Education and Research Center in Nebraska City* . . . . 10 a.m.–5 p.m.
5 4-H Council Meeting . . . . . 7 p.m.
3–9 National 4-H Week
8 Extension Board Meeting . . . . . 8 a.m.
9 Nebraska School Aged Care Alliance Conference . . . . . 8:30 a.m.–3:30 p.m.
10 Dine Out for 4-H/CWF, *Don & Millie's, 5200 S. 56th Street* . . . 11 a.m.–4 p.m.
10 4-H Teen Council Meeting . . . . . 3 p.m.
12 4-H Shooting Sports Reorganizational Meeting . . . . . 7 p.m.
16 Composting Demonstration, *City Yard Waster Composting Demonstration Site, 50th & Colby* . . . . . 8:30 a.m.
18 Family & Community Education (FCE) Council Achievement Night . . 6:30 p.m.
23 Acreage Insights: Rural Living Clinics — "Grapes" . . . . . 9–11 a.m.
26 "Cooking Tools for Guys and Gals", *Southeast Community College Continuing Education Center, 301 S. 68th Street Place* . . *6:30–8 p.m.*
31 Deadline for 4-H Scholarships and Award Nominations

JOIN 4-H

continued from page 1

School Enrichment programs in their classrooms. If you have participated in any of the following projects at school, you have participated in 4-H: Embryology, Garbology, Vermi-composting, Blue Sky Below My Feet, 4-H Water Riches, **earth wellness festival**, Ag Awareness Festival, Nutrition Education Program (NEP) programs.



Iowa State University Extension

4-H develops life skills. This model, "Targeting Life Skills," identifies and divides skills on the basis of the four H's from the 4-H Clover.

School Aged Care Alliance Conference Oct. 9

The sixth annual Nebraska School Aged Care Alliance (NeSACA) Conference will be held Oct. 9, 8:30 a.m. to 3:30 p.m. at the Lancaster Extension Education Center. NeSACA is a professional support network promoting programs for children and youth in their out-of-school time.

This year's conference is entitled "Champions for Children" and will feature presentations on working with special needs children, making your work day fun, managing stress and much more. Fee is $40 and includes a one year NeSACA membership and a variety of helpful resources. To register, please contact Margaret Stander at 441-7949 or Marvie Sullivan at 471-9274. (LB)

2004 Make It Yourself with Wool Contest

The object of the contest is to promote the beauty and versatility of wool fabric and yarn. To encourage personal creations in sewing, knitting, crocheting, spinning and weaving of wool fabric, yarn and to recognize creative skills.

In January 2004 at the National Contest in Sacramento, CA, Nebraska walked away with two winners. Laura Kusek of Albion was the National Junior winner with 30 contestants in her division and Andrea Hammon of Spencer was the Butterick/Vogue Patterns winner with 60 contestants in her division.

Again this year, we are promoting the category of "Made for Others" at the district and state levels. The ages are as follows:

- Preteen, 12 and under
- Junior, 13–16
- Senior, 17–24
- Adult, 25 and over

You may enter any district contest. Dates, location and directors are as follows:

District I, Oct. 16 in Scottsbluff. Contact: Rosalene Tollman, (308) 665-2415 or Doris Rush, (308) 635-0156

District II, Oct. 9 in Holdrege. Contact: Sandy Erickson, (308) 263-4721 or Terri Uden, (308) 784-2455

District III, Nov. 6 in Lincoln. Contact: Pam Schlickbernd, 372-3658 or Lara Grundman, 264-4825

For further information, contact the Nebraska State Director, Alice Doane, 17705 Bluff Road, Waverly, NE 68462; (402) 786-3555. Lancaster County Extension has information and entry forms.

The NEBLINE

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Composting Hotline: 441-7139

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Lobby Phone: 441-7170

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Changing Leaf Colors Signal Beginning And End Of Seasons

Every year at this time, Mother Nature produces the brilliant fall color display on many of our native and planted species of trees and shrubs. As summer turns into fall, leaves turn red, orange and yellow before finally fluttering to the ground.

Some people credit Jack Frost with this annual painting of the landscape, but frost does not fully explain why leaves change color since some leaves change before the first frost.

Native Americans believed leaves changed because celestial hunters had slain the Great Bear — his blood dripping on the forest and changing many trees to red. They believed other trees turned yellow because of fat spattering out of the kettle as the hunters cooked their meat.

However, fall coloration is the result of chemical processes, which take place in the tree during preparation for winter. Weather and the pigments contained in the cells of the leaf are factors that influence fall color.

There are four types of pigments: chlorophyll A and B, carotene and xanthophyll. The chlorophyll are either green or blue-green. Carotene and xanthophyll are yellow. During the summer, the chlorophyll, which use photosynthesis to make food for the tree, dominate the other pigments and the leaves appear green. Chlorophyll is constantly being broken down during the summer, but it is just as constantly being replaced in the summer.

In the fall, when days begin to shorten, production for new chlorophyll diminishes, but the breakdown of old chlorophyll continues. Soon, all the chlorophyll is gone, and the leaf is essentially dead. Leftover food in the leaf is sent to the body of the tree for storage. All that remains in the cell cavities of the leaf is a watery substance containing a few oil globules, waste products and possibly yellow pigments. If yellow pigments are characteristics of the species, they are present all summer long, but only become visible when the overpowering chlorophyll dissipates. They produce the yellow coloring so familiar in autumn foliage.

Reds and purples are produced when more food is manufactured in the leaf than can readily be transported back to the tree for storage. When this occurs, excess food in the form of sugars may chemically react with other substances in the leaf to produce other pigments called anthocyanins. Anthocyanins account for the reds and purples, though some trees develop more anthocyanin than others.

Weather affects leaf color in many ways. Cool nights slow down chlorophyll synthesis and accelerate the breakdown of the green pigments. This allows the yellow colors of the carotene and xanthophyll to stand out. Bright, sunny days increase the rate of photosynthesis and result in excess sugars needed to produce anthocyanins or red pigments. Warm, rainy autumns generally produce dull colors. Below freezing temperatures may kill leaf tissues and prevent any colors from forming.

Red coloring in autumn foliages is produced when more food is manufactured in the leaf than can be transported back to the tree.

Each tree or shrub develops its own fall coloration depending on the proportions of yellow and red pigments present. Differences also occur within a single species. Soil also can influence fall coloration. Soils high in nitrogen seldom produce brilliant fall colors because surplus sugars combine with nitrogen to form proteins and vegetative growth.

Yellow fall leaves are most common. Trees that exhibit good yellow fall coloration include cottonwood, ash, basswood, honeylocust, elm, hickory and silver maple. Red fall color is common in red maple, pin and red oak, amur maple, dogwood and smooth sumac. Purple coloration is less common. White ash, gray dogwood and some viburnums develop a purplish cast.

Some trees, such as sugar maple, contain all pigments and create spectacular mixtures of orange, red and yellow. Other trees contain no red or yellow pigments and merely turn brown as the chlorophyll disappears from the leaves.

SOURCE: Dennis Adams, forester, NU/IANR (DJ)

Survive Rural Road Hazards

Farm equipment often clogs up the normal flow of traffic on rural roads.

Roads crowded with large equipment pose a hazard to drivers, many of whom don't expect the delays.

To cope, farmers and drivers alike must take safety precautions and use common sense when evaluating potentially dangerous driving situations.

When farmers need to move large and often cumbersome equipment, they should do so during full daylight hours when visibility is good. Supplemental lighting and reflective tape help drivers recognize the outline and size of machinery. If farmers must move their equipment when it's dark, they should use marker and road lights instead of field lights.

Unless absolutely certain, drivers can get around them, farmers shouldn't signal for them to pass. In addition, farmers should never encourage a driver to do something illegal, such as pass on a hill or in a no-passing zone.

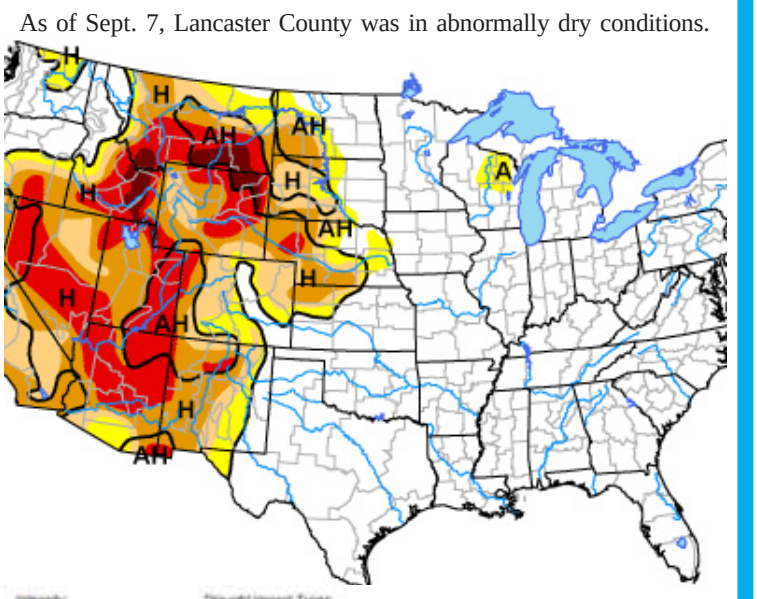
For people driving regular vehicles, slowing down is crucial. Slower speeds allow drivers to recognize what's ahead and estimate the speed and size of farm equipment. Drivers often underestimate how fast they're approaching farm equipment when they're overtaking it from behind.

Drivers should work with farmers when they try to move to the side of the road to allow them to pass. If the shoulder of the road is soft or has been washed out, farmers can't always get over far enough to the side. Patience and caution create a safe driving environment.

SOURCE: David Morgan, safety engineer (DJ)

Latest U.S. Drought Monitor Map

As of Sept. 7, Lancaster County was in abnormally dry conditions.



For the most recent map, visit www.drought.unl.edu/dm

Source: National Drought Mitigation Center, University of Nebraska

Can You Guess It?

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

Did you guess it from the August NEBLINE?
The answer was a watermelon cut in the shape of a pig.

WATERWHEEL

What is Bottled Water?

Note: This is part of a series of articles related to rural water issues.

Bottled water is defined as water that is sealed in food grade bottles and intended for human consumption. There are several types of bottled water, depending on the type of water provided and the source of the water. This publication will address the type of bottled water most often used to replace tap water. Some bottled water is carbonated and is called sparkling water. This water has a "fizz" that is usually created by carbon dioxide gas. Water without the added carbonation is still water. Ordinary tap water and most bottled water found in larger containers are examples of still water. Bottled still water is the type of water most often used to replace tap water.

Water has varying levels of dissolved minerals. The mineral content is expressed as the Total Dissolved Solids (TDS) in the water. Bottled water sold as mineral water usually has a higher TDS content than tap water since people want and expect mineral salts in their mineral water. Distilled or demineralized water has been treated to remove nearly all minerals that occur naturally in the water, making the water taste flat. Natural water is unmodified by mineral addition or deletion. Groundwater will contain the minerals dissolved as the water moves through soil and rock materials. Natural bottled water or mineral water are the types most often used to replace tap water.

Bottled water can come from a variety of sources including groundwater from a well, water from a protected spring, or water from a public water supply. Groundwater comes from an aquifer, an underground zone of saturated sand, gravel or rock that yields significant quantities of water. In most cases a well is drilled in the ground and cased, and the water is pumped out. Spring water flows naturally to the surface from an underground formation. The source of water for a public water supply can be groundwater, surface water or a combination. Bottled water from all of the sources mentioned above is used to replace tap water. (DJ)

Nebraska State Fair 4-H Results

The following 4-H'ers from Lincoln earned purple ribbons for their exhibits at the 2004 Nebraska State Fair. Complete results are online at 4h.unl.edu/programs/statefair/results

RRR = Rainbow Ribbon Recognition for special details

Aerospace
Rocket - level 2: Andrew Casburn (age 11), Daniel Casburn (age 8), Faith Lamb (age 9); Rocket - level 3: Andrew Casburn (age 11)
Banners
Cool Clovers 4-H Club
Citizenship
4-H Club Exhibit: Clovers & Company 4-H Club; Service Items: Marie Spomer (age 16); Public Adventure Poster: Joy Sweazy (age 11); Patriotic or Cultural Fine Arts: Jamie Whisler (age 16), Ben Zelt (age 11)
Discover Me...Discover You
History Interview: Marie Spomer (age 16)
Dog
Obedience - Novice: Kasandra Almanza (age 10), Julie Lantis (age 17); Obedience - Division B: Niki McKinstry (age 11); Showmanship - Intermediate: Cody McKinstry (age 13)
Child Development
Toy made for Baby: Carly Belz (age 12); Toy made for Preschooler: Carly Belz (age 12), Helen Creger (age 10), Marian Hanigan (age 14); Poster/Scrapbook made with Child: Marielle Saathoff (age 10)
Clothing
Decorate Your Duds - Embellished Garment: Grace Farley (age 13), Karis Parker (age 13), Annaliese Saathoff (age 8); Decorate Your Duds - Garment constructed from Original Design Fabric: Marielle Saathoff (age 10); Shopping In Style - Purchased Garment: Carly Belz (age 12), Karen Clinch (age 16), Whitney Davis (age 15), Nicole Pedersen (age 15); Make One-Buy One: Christina Mayer (age 12); Recycled Garment: Nicole Pedersen (age 15); Clothing Level II - Dress/Skirted Outfit: Karis Parker (age 13); Sewing For You - Dress: Monica Fujan (age 16); Crochet - Crochet 2: Christina Mayer (age 12)
Conservation & Wildlife
Wildlife Diorama: Carmen Claesson (age 11), Monica Claesson (age 9); Wildlife Essay: Ellen Roundey (age 11), Rachel Roundey (age 13); Wildlife Values Scrapbook: Koral Gunnerson (age 9), Miranda Gunnerson (age 8); Homes for Wildlife - Houses: Eli Dull (age 11), Zachary Dull (age 9), Hannah Spencer (age 12); Homes for Wildlife - Houses: Eli Dull (age 11), Zachary Dull (age 9), Hannah Spencer (age 12); Other Natural Resources - Design Your Own Exhibit/Exploring Your Environment Series: Grace Farley (age 13)
Dairy Goat
Oberhasli - Under 5 months: Emily Henshaw (age 15); Oberhasli - 5-8 Months: Emily Henshaw (age 15) Champion; Oberhasli - Over 4 Years Milking: Emily Henshaw (age 15) Champion; Oberhasli - Mother/Daughter: Emily Henshaw (age 15); Oberhasli - Herd: Emily Henshaw (age 15); Saanen - 5-8 Months: Emily Henshaw (age 15); Best Dressed Goat: Emily Henshaw (age 15)
Engineering
Wood Science - Woodworking Article: Marian Hanigan (age 14)
Entomology
Third Year Display: Joel Keralis (age 16)
Forestry
Tree Identification - Leaf Display: Ann Dearmont (age 11); Tree Identification - Design Your Own Exhibit: Nicole Pedersen (age 15)
Fashion Show
Sewing For You Speciality Wear: Alyssa Fiala (age 15); Shopping In Style: Whitney Davis (age 15)
Foods
Six Easy Bites - Cookies: Hannah Chubbuck (age 8); Foodworks - Specialty Bread: Christine Miller (age 13), Nicole Pedersen (age 15) RRR; Meals! - Coffee Cake: Grace Farley (age 13), Terra Garay (age 12), Hannah Spencer (age 12); Meals! - Cornbread: Kyle Pedersen (age 12) RRR; Tasty Tidbits - Biscuits: Cassandra Gabel (age 11); Tasty Tidbits - Unfrosted One Layer Cake: Andrew Keralis (age 14), Leah Keralis (age 12), Abbie McElroy (age 10)
You're the Chef - Dinner Rolls: Kaley Cook (age 12), Rebekka Erks (age 13); You're the Chef - Quick Bread: Elizabeth Kosch (age 12), Sarah Kosch (age 14) RRR; You're the Chef - Whole Wheat/Mixed Grain Bread: Karis Parker (age 13); You're the Chef - Invented Snack: Carly Belz (age 12); Food Preservation - Canned Fruit - 1 Jar: Rebekka Erks (age 13); Food Preservation - Pickled - 1 Jar: Rebekka Erks (age 13); Food Preservation - Jelled - 1 Jar: Emily Henshaw (age 15); Food Preservation - Jelled - 3 Jars: Emily Henshaw (age 15); Food Preservation - Dried Fruit/Fruit Leather: Christina Mayer (age 12); Food Preservation - Dried Vegetables: Christina Mayer (age 12); Food Preservation - Dried Herbs: Cassandra Spellmeyer (age 12)
Home Environment
Celebrate Arts - Carbon/Ink: Elizabeth Kalisch (age 16); Celebrate Arts - Clay: Trevor Craig (age 10); Celebrate Arts - Glass: Jamie Whisler (age 16); Celebrate Arts - Pigment/Water Color: Trevor Craig (age 10); Celebrate Arts - Mixed Media: Nikki Beecher (age 14); Design Decisions - Fabric Accessory: Marie Spomer (age 16); Design Decisions - Recycled/Remade: Laura Cassel (age 16); Design Decisions - Window Covering: Karen Clinch (age 16); Furnishings on a Shoestring - Low Cost Furniture: Sarah Anthony (age 14) RRR
Horticulture
Hot Peppers (non-jalapeno): Jennifer Hoffman (age 8); Dill: Rebekka Erks (age 13); Any Other Herb: Chloe Finke (age 11); Celosia: Jennifer Hoffman (age 8); Chrysanthemum: Nicole Pedersen (age 15); Marigold: John Hoffman (age 10); Rose: Cherise Matz (age 13); Other Perennial: Jennifer Hoffman (age 8); Flowering Potted Plant: Kyle Pedersen (age 12); Foliage Potted Plant: Rebekka Erks (age 13)
Photography
Unit II - Framing & Leading Line: Grace Farley (age 13); Unit II - Digital Photography: Laura Cassel (age 16), Andrew Keralis (age 14); Unit II - Nebraska Themes: Grace Farley (age 13), Nathan Smith (age 13); Unit II - Patterns & Textures: Andrew Keralis (age 14); Unit III - Framing & Leading Line: Tosha Mathers (age 18), Kyla Ronhovde (age 15); Unit III - Formal Portrait: Kyla Ronhovde (age 15); Unit III - Nebraska Theme: Kyle Pedersen (age 12)
Presentations
Using Posters: Andrew Burson (age 15), Nicole Pedersen (age 15); Multimedia Presentation: Hannah Spencer (age 12) received top "Outstanding Multimedia Presentation Award"
Safety
Disaster Kit: Hannah Beiermann (age 9), Brad Morgan (age 14); Fire Safety Drawing: Andrew Keralis (age 14); Fire Prevention Poster: Andrew Keralis (age 14)
Swine
Division 2 Class 5: Colby Talcott (age 11)
Veterinary Science
Small Animal/Pet Exhibit: Nicole Pedersen (age 15)