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Students Prepare for Careers at UNL College of Ag and Natural Resources

Jessica Bauman
UNL Student and Extension Intern

Choosing a college to attend is not always an easy decision for students. In addition, choosing a major field of study and possible career can be overwhelming.

Many former Lancaster County 4-H members have chosen to attend the College of Agricultural Sciences and Natural Resources (CASNR) at University of Nebraska-Lincoln (UNL) as part of their career paths.

Aaron Naber

Aaron Naber recently graduated from CASNR with a Bachelor of Science degree in Agricultural Sciences and a minor in Agricultural Leadership.

He grew up on a farm near Boca and was a long-time member of Lancaster County 4-H. In 2001, he was part of the 4-H Livestock Judging Team which attended nationals.

He chose to pursue a major in Animal Science because of his strong agricultural background and his love for animals. He said having a minor in Agricultural Leadership, “gave me some diversity and allowed me to improve on my communication skills.”

Many employers are looking for these skills when searching for new employees.

Aaron is working on his masters in the area of Meat Science. In the future, Aaron would like a job working with personnel relations throughout the meat industry.

Sara Morrissey

Sara Morrissey is a CASNR junior majoring in Food Science and Technology.

Raised in Lincoln, she found ways to become involved with agriculture and its related fields through 4-H and the Lancaster County Fair. Horses have always been a strong interest of hers.

In Food Science and Technology, Sara can perform research that will help students prepare for a job. She would like to further continue her education by attaining a PhD in Food Microbiology so she could perform research in the future.

Advice to Prospective Students

When asked what advice they would give prospective students on choosing a major, both Aaron and Sara agree “keeping an open mind” is most important. Explore all your options and pay attention to your strengths and hobbies. These steps will help make your college decisions easier and you will be more satisfied with the choices you have made.

Check Out UNL and CASNR

UNL ADMISSIONS
- 472-2023 • http://www.admissions.unl.edu

CASNR
- Recruitment contact: Laura Frey at 472-4445 or 1-800-742-8800 (ext. 2541)
- Career Services contact: Jill Brown at 472-8273
- http://casnr.unl.edu

CAMPUS VISITS (call ahead to schedule)
- Red Letter Days – All-day, open house program for high school seniors and their families. When registering, you can indicate an interest in CASNR. Upcoming dates are Oct. 3, Oct. 10, Oct. 31, Nov. 7, Nov. 11, Dec. 2, Dec. 5 and Feb. 20 (from 8 a.m. to 3:30 p.m.)
- CASNR Day – Half-day open house focusing on what CASNR offers – Nov. 5
- Personalized daily visits are available most weekdays at 9 a.m. and 1 p.m. Some Saturday visits are available.

CASNR’s “Ensuring Your Future Guarantee”

The agricultural industry is very important to Nebraska as well as the rest of the world. Located on UNL East Campus, the College of Agricultural Sciences and Natural Resources offers 23 majors and two pre-professional programs to help students prepare for careers in agriculture or natural resources.

Laura Frey, college relations director, can help potential students discover what CASNR can offer them. “Our college has a variety of majors for just about everyone,” said Frey. “Not only does our college offer a breadth of learning opportunities both in the classroom and out, but we also offer a variety of scholarships, as well as provide students with the ability to grow personally and professionally.”

CASNR takes great pride in educating and preparing its students. CASNR’s outstanding faculty advisors provide one-on-one guidance and mentorship. Career Services can help students explore career choices and prepare for a job.

CASNR has an “Ensuring Your Future Guarantee” – if students follow guidelines for academics, involvement and experiential learning, CASNR guarantees they will have a job offer within six months of graduation. Statistics from UNL show that nearly 96 percent of CASNR graduates receive job offers within six months after graduation.

Graduates of CASNR have gotten jobs in the private sector, with the government and at various universities — locally and internationally! Recent examples include: Grain Merchandiser, Research Soil Scientist, Sales Representative, Agronomist, Birdkeeper & Aquarist, Product Stability Analyst, Landscape Designer and Veterinary Technician. Jill Brown of Career Services for CASNR says, “We feel that the career opportunities are literally endless with a degree from CASNR, and our graduates are living examples of this.”
Drying Gourds

Harvest gourds when the vine and stem dries and begins to turn brown. Be sure to complete your harvest before the first hard frost. Immature gourds will not cure correctly, so only harvest mature fruits.

After harvest, wash the fruit in a mild bleach solution and dry off with a soft cloth. Discard any bruised, diseased or damaged fruit. To speed up the process, place gourds on slatted trays or chicken wire fencing. Make sure they do not touch each other and are located in a warm, dry, well-ventilated location.

Curing can take one to six months, depending on the type of gourds. The outer skin hardens in one to two weeks, but the fruit will continue drying at least an additional month. Poke a small hole in the blossom end of the fruit to quicken internal drying. Occasionally turn the gourds to dry off any mud or damaged fruit. To dry, place gourds on slatted trays or chicken wire fencing. Make sure they do not touch each other and are located in a warm, dry, well-ventilated location.

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Drying Gourds

Horticulture

Deep Watering Trees in Fall can Prevent Winter Drying Injury

By Mary Jane Frogge, UNL Extension Associate

Symptoms of winter injury appear the following spring and summer, making some think a tree is suddenly dead. Winter injury actually the damage was done several months before.

During drought conditions during the fall may mean serious injury to trees if it continues into winter. Trees should be thoroughly watered in the fall to help prevent winter drying injuries. Fall watering is especially important when soil moisture is adequate, but when soil moisture is lacking, fall watering may be critical to help a tree survive the rigors of winter.

All trees lose water during normal metabolic processes. During the growing season when trees are in full foliage, large amounts of water are lost through their leaves. Even during winter months when the leaves are gone and photosynthetic processes have stopped, trees lose water to a lesser extent from exposed bark, twigs and buds.

However, sometimes the loss of moisture exceeds the amount of water the roots can absorb from dry, frozen soil. Tissue drying is the result of the tree being unable to replace lost water. Winter drying injury occurs most frequently during warm, dry, windy conditions. This is especially true of ornamental trees because they lose more water through their foliage.

During the drying process, only a few dead twigs or entire branches may die depending on severity of the case. In milder cases, the entire tree may die. The side of the tree facing the prevailing wind is most susceptible. Light brown, dry-appearing needles are typical of winter injury on evergreen trees. This type of injury usually is temporary and most evergreens recover rapidly as the growing season progresses.

Usually large, well-established trees can tolerate temporary droughts without injury, but young trees are more susceptible to drought injury. They do not have the extensive root system to draw moisture from the soil and need supplemental water during dry conditions.

In some cases, relying on a lawn sprinkler is not enough. Trees should be deep watered to a depth of two to three feet before the ground freezes. A watering basin two to three inches deep around the trunk, constructed around the base of a young tree will hold water until it can soak into the soil.

The loss of trees from winter drying is unnecessary and costly, not only in monetary terms, but in intangible values such as shade, protection and beauty. If drought conditions continue, deep watering trees this fall may mean the difference between live and dead trees next spring.

Source: Dennis Adams, University of Nebraska-Lincoln Extension

Glabiola Fall Care

Glabiolas are an easy and very showy flower to add to the garden. They also make excellent cut flowers with a long vase-life. However, gladiolums are not winter hardy in Nebraska and must be dug each fall.

The corms are ready for digging about six weeks after they have bloomed. By this time the foliage should be yellowing and dying back. However, if the tops are still healthy leave the corms in the ground until the foliage begins to die back or until just before a hard freeze. This will give the plants the longest time possible for the corms to grow and increase in size, resulting in bigger flower stalks the following year. If the foliage begins to die back dig the corms as soon as possible to prevent disease problems while the corms are in the ground.

Cut the corms when the soil is dry. This will make digging and cleaning of the corms much easier. Carefully loosen the soil with a spade or spading fork, dig carefully and sort them immediately by variety.

Shake off soil and cut the tops off just above the corms.

Place the corms in a fast-draining mix at a temperature of 50–60° F. Place them in a dry location during the winter. Curing fresh dug corms for 4–5 months. Do not cure acorn squash in a paper bag labeled. Keep the corms separated and in a dry location during the winter. Curing fresh dug corms for 35–40 days. Do not cure acorn squash in a paper bag labeled. Keep the corms separated and in a dry location during the winter. Curing fresh dug corms for 35–40 days. Do not cure acorn squash in a paper bag labeled. Keep the corms separated and in a dry location during the winter. Curing fresh dug corms for 35–40 days. Do not cure acorn squash in a paper bag labeled. Keep the corms separated and in a dry location during the winter. Curing fresh dug corms for 35–40 days. Do not cure acorn squash in a paper bag labeled. Keep the corms separated and in a dry location during the winter. Curing fresh dug corms for 35–40 days. Do not cure acorn squash in a paper bag labeled. Keep the corms separated and in a dry location during the winter. Curing fresh dug corms for 35–40 days. Do not cure acorn squash in a paper bag labeled. Keep the corms separated and in a dry location during the winter. Curing fresh dug corms for 35–40 days. Do not cure acorn squash in a paper bag labeled. Keep the corms separated and in a dry location during the winter. Curing fresh dug corms for 35–40 days. Do not cure acorn squash in a paper bag labeled. Keep the corms separated and in a dry location during the winter. Curing fresh dug corms for 35–40 days. Do not cure acorn squash in a paper bag labeled. Keep the corms separated and in a dry location during the winter. Curing fresh dug corms for 35–40 days. Do not cure acorn squash in a paper bag labeled. Keep the corms separated and in a dry location during the winter. Curing fresh dug corms for 35–40 days. Do not cure acorn squash in a paper bag labeled. Keep the corms separated and in a dry location during the winter. Curing fresh dug corms for 35–40 days. Do not cure acorn squash in a paper bag labeled. Keep the corms separated and in a dry location during the winter. Curing fresh dug corms for 35–40 days. Do not cure acorn squash in a paper bag labeled. Keep the corms separated and in a dry location during the winter. Curing fresh dug corms for 35–40 days. Do not cure acorn squash in a paper bag labeled. Keep the corms separated and in a dry location during the winter. Curing fresh dug corms for 35–40 days. Do not cure acorn squash in a paper bag labeled. Keep the corms separated and in a dry location during the winter. Curing fresh dug corms for 35–40 days. Do not cure acorn squash in a paper bag labeled. Keep the corms separated and in a dry location during the winter. Curing fresh dug corms for 35–40 days. Do not cure acorn squash in a paper bag labeled. Keep the corms separated and in a dry location during the winter. Curing fresh dug corms for 35–40 days. Do not cure acorn squash in a paper bag labeled. Keep the corms separated and in a dry location during the winter. Curing fresh dug corms for 35–40 days. Do not cure acorn squash in a paper bag labeled. Keep the corms separated and in a dry location during the winter. Curing fresh dug corms for 35–40 days. Do not cure acorn squash in a paper bag labeled. Keep the corms separated and in a dry location during the winter. Curing fresh dug corms for 35–40 days. Do not cure acorn squash in a paper bag labeled. Keep the corms separated and in a dry location during the winter. Curing fresh dug corms for 35–40 days. Do not cure acorn squash in a paper bag labeled. Keep the corms separated and in a dry location during the winter. Curing fresh dug corms for 35–40 days. Do not cure acorn squash in a paper bag labeled. Keep the corms separated and in a dry location during the winter. Curing fresh dug corms for 35–40 days. Do not cure acorn squash in a paper bag labeled. Keep the corms separated and in a dry location during the winter. Curing fresh dug corms for 35–40 days. Do not cure acorn squash in a paper bag labeled. Keep the corms separated and in a dry location during the winter. Curing fresh dug corms for

Storing Vegetables

Mary Jane Frogge, UNL Extension Associate

After a successful garden season, you may have vegetables you would like to store until you are ready to use them during the winter. Here are some suggestions to help you store your vegetables properly.

To store alliums: Trim off tips to one-inch. Layer unwashed carrots in a container of moist sand. Carrots can be stored in a cool place, 35–40° F for 4–5 months.

Onions: Store cured onions in a dry location at 35–40° F. Potatoes: Cure fresh dug potatoes 1–2 weeks in a dark, dry location at 50–60° F. Store cured potatoes in a dark location at 40°F for 5 to 6 months.

Sweet Potatoes: Cure fresh dug sweet potatoes at 80–85°F for 10 days. Store cured sweet potatoes in a dark location at 55–60°F for 4–6 months.

Turnips: Trim turnip tops to one-inch. Layer the tops in a container of moist sand. Turnips can be stored in a cool place, 35–40°F for 4–5 months.

Winter squash: Cure ripe winter squash for 10 days at 80–85°F and high humidity. Store mature, cured winter squash in a dry location at 55°F for 2–6 months. Acorn squash will keep well in a dry place at 45°F for 35–40 days. Do not cure acorn squash in a paper bag labeled.

Storing your vegetables properly will insure you have good quality produce to enjoy in the months ahead.

FOR MORE INFORMATION
UNL Extension NatGuide G558-2 “Growing Gladiolus” available at the extension office or online at http://lareпублиcations.unl.edu/horticulture/gladiolus.htm

Storing Fresh Fruits and Vegetables” available at the extension office or online at http://larepublications.unl.edu/horticulture/g852.htm

For more information go to http://ianrpubs.unl.edu/ for a list of all UNL publications.
Patient Question: How Can I Reduce Energy Costs When Drying Grain?

Heated Air Drying

One can significantly reduce drying time by adding heat to the air used for drying grain. Heating air does not reduce the relative humidity of the air in the bin, and it does reduce the amount of water vapor the air can hold (i.e., its moisture content). Therefore, heated air has the potential to pick up even more moisture per unit volume passing through the grain than unheated (natural) air.

When adding supplemental heat, the relative humidity of the air drops by one-half for each 20°F rise in temperature. For example, natural air at 60°F and 50% relative humidity will have a relative humidity of 25% if heated to 80°F. Adding another 20°F to raise the temperature to 100°F cuts the relative humidity by about half again and results in a drop to 13.5%. The third 20°F rise to 120°F lowers the relative humidity by about half again to 7%. The fourth 20°F rise to a drying temperature of 140°F will cut the humidity to the point at which the grain is over-dried, a final stirring to equalize the moisture content of the grain mass and avoid over-drying at the bottom of the bin.

Layer Drying

If a producer has several bins equipped with drying fans and is able to switch over from filling one bin to another in a reasonably short time, filling and drying several bins in layers could reduce drying time and energy consumption by 20–35% as compared to completely filling each bin in turn before beginning to fill the others.

Aeration fans operate on a static pressure (measured in inches of water) versus air output (cfm) curve. Static pressure increases with greater depths of grain in the bin and with higher airflow (cfm) per bushel, and the static pressure must overcome the friction of the grain. &

Since drying time is a function of the airflow per bushel (cfm/bu), both factors work in our favor when drying in layers as opposed to starting with a full bin — whether using natural or heated air in-bin drying.

For example, consider the advantages of filling and drying in four layers as opposed to the usual practice of filling the entire bin from the start. The first layer will have far greater total airflow moving through only one-fourth as many bushels. This cuts the drying time substantially, and the second drying time advantage continues as the second and third layers are added, with diminishing returns as the final layer is approached. Layer drying results in much shorter total drying time for the bin of grain and a big reduction in energy consumption.

Stirring devices should not be used in layer drying systems until the final layer of grain is added. Long distances to the layer drying bin can be supported with high static pressure fans that can produce unpredictable behavior that could damage the stirring device or the bin sidewalls. Once the final layer has been added, consider blending the wet and dry grain with the stirring device then use unheated air to help equalize the moisture content of the moist kernels to those that are likely over-dry due to the heated air drying.

HIGH SPEED–HIGH CAPACITY DRYERS

High speed batch or continuous flow dryers have the highest bushel capacity per hour of any systems mentioned in this article. Temperature, grain bed depth and airflow rates are vastly different in high speed, high-capacity dryers compared to deep-bed, in-bin drying systems. Air temperatures of 120 to 140°F are typical in high capacity dryers. Column widths of grain being dried are measured in inches (10 to 20 inches) in batch or continuous flow dryers as opposed to feet (4 to 20 feet) for in-bin drying systems. Airflow rates of 50 to 100 cfm/bu are common in high speed dryers as opposed to 1.25 to 2.5 cfm/bu for deep bed in-bin systems.

There are two limiting factors that affect the efficiency of high capacity systems. The first limiting factor is the rate moisture can migrate from the interior of the kernels to the surface where it can evaporate into the air stream. The second limiting factor in the short contact time the air stream has with the grain. High volumes of very hot and dry air moving through shallow beds of grain result in the air leaving the grain mass much less saturated compared to deep-bed, in-bin drying systems. This is reflected in higher energy cost per unit of moisture removed per bushel as compared to in-bin drying systems. High speed dryers recover some energy by channeling the air used to cool the grain back into the drying chamber and re-circulating a high percentage of the previously heated air back through the grain mass.

Table 1. Comparison of total energy consumption and cost vs. drying time for three drying scenarios.

<table>
<thead>
<tr>
<th>Air temperature</th>
<th>kWh</th>
<th>cost</th>
<th>Gal. LPG</th>
<th>$/Gal. LPG</th>
<th>Drying time, hr</th>
<th>Total cost for energy</th>
<th>% Time-% cost (vs. natural air drying)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Natural air 60°F &amp; 50% relative humidity</td>
<td>3.073</td>
<td>$246</td>
<td>0</td>
<td>$0.00</td>
<td>94.6</td>
<td>$246</td>
<td>100%–100%</td>
</tr>
<tr>
<td>Heated to 80°F</td>
<td>1,279</td>
<td>$102</td>
<td>191</td>
<td>$239</td>
<td>39.4</td>
<td>$341</td>
<td>42%–139%</td>
</tr>
<tr>
<td>Heated to 95°F</td>
<td>952</td>
<td>$76</td>
<td>280</td>
<td>$351</td>
<td>29.3</td>
<td>$427</td>
<td>31%–174%</td>
</tr>
</tbody>
</table>

Assumptions: Fan = 25hp centrifugal. Grain = Corn, Initial = 20.5% – Final = 15.5% moisture. Bin diameter = 30 feet, Grain depth = 8 feet. Bushels per batch = 4,500 bushels. Electrical: 3.25 kWh per hour for fan operation at $0.08/kWh = $0.22 per hour. Propane: $1.25/gallon, 90,000 BTU per gallon.

Many of us have had more moisture to surmount than can be handled in just a couple of years. After years of drought and low productivity, this extra growth is more than welcome. But as we approach the end of the growing season, it’s time to grow some green leaves and try to completely graze off every green blade.

Do you have pastures dominated by cool-season grasses, such as bromegrass, bluegrass or wheatgrasses or maybe needlegrasses? Recent rain and cooler temperatures should have these grasses some good growth in September. It’s tempting to keep cattle on these nice green pastures as long as possible to use all this growth. But if these same pastures suffered much drought stress the past couple years, the recovery may be somewhat over-dried, a final stirring to equalize the moisture content of the grain mass and avoid over-drying at the bottom of the bin.

Avoid Pasture Damage During Fall Grazing

In-Bin Drying

As stated, natural air uses unheated air to dry the grain. The time required to push a drying zone through a bin increases as the grain gets drier. This can be several days to several weeks, depending on the initial and final moisture content of the grain. Grain drying time per bushel decreases as the grain pressure increases with greater depths of grain in the bin and with higher airflow (cfm) per bushel. The higher the static pressure the fan can push through the grain.

Since drying time is a function of the airflow per bushel (cfm/bu), both factors work in our favor when drying in layers as opposed to starting with a full bin — whether using natural or heated air in-bin drying.

For example, consider the advantages of filling and drying in four layers as opposed to the usual practice of filling the entire bin from the start. The first layer will have far greater total airflow moving through only one-fourth as many bushels. This cuts the drying time substantially, and the second drying time advantage continues as the second and third layers are added, with diminishing returns as the final layer is approached. Layer drying results in much shorter total drying time for the bin of grain and a big reduction in energy consumption.

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One-Dish Rosemary Chicken and White Beans

(Makes 4 servings)

2 teaspoons olive oil
1½ teaspoons dried rosemary
½ teaspoon salt
½ teaspoon black pepper
8 skinless and boneless chicken thighs (about 1 pound)
1 (14.5-ounce) can stewed tomatoes, undrained
1 (15-ounce) can navy beans, rinsed and drained
½ cup pitted kalamata olives, chopped

Heat olive oil in a large skillet over medium-high heat. Combine rosemary, salt and pepper; sprinkle over one side of chicken. Place chicken in pan with seasoned side down, cook 3 minutes. Reduce heat to medium and turn chicken. Add tomatoes and beans; cover and simmer 10 minutes or until chicken is done. Stir in olives.

NUTRITION FACTS. Serving Size: 2 rights and ½ cup bean mixture. Amount per serving: calories, 316; calories from fat, 23; total fat, 8.1 g; cholesterol, 94 mg; sodium, 978 mg; total carbohydrates 30.2 g; dietary fiber, 6.8 g; sugars, not applicable; protein, 31.2 g.

SOURCE: Courtesy of the Idaho Bean Commission, P.O. Box 2556, Boise, ID 83707. For more information about cooking with beans, visit http://www.idabeans.org

ALICE'S TIPS:
• To lower the sodium, use a no-salt-added bean and omit the ¼ teaspoon of salt.
• Sprinkle the seasonings on the side of the chicken thighs that will be the “presentation” side when this dish is served. Note: The seasoned side will first be placed down in the pan, then turned and become the presentation side after it is browned.
• Olives combine well with white beans and only add about 10 calories per olive!
• You can use an instant-read thermometer to test if the chicken is done. The recommended temperature for chicken thighs is 170°F.

Breakfast Power

“Fast & Healthy Everyday Desserts” – part of BryanLGH Medical Center’s “Eating Well” series — will be presented Tues-

Tuesday, Nov. 15 from 7-8:30 p.m.

at the Plaza Conference Center.

BryanLGH Medical Center East,

1600 S. 48th Street in Lincoln.

Alice Henneman, registered dietitian and UNL Extension Educator, will show you how to quickly make “everyday desserts” for a sweet and healthy ending to meals!

Participants will receive an extensive hand-out which includes tips and recipes.

No cost to attend.

Register by calling BryanLGH at 481-8886.

When students pack up for college, they make sure to take along the basics — TV, laptop, MP3 player and cell phone. Most students, however, don’t know there are food safety consider-

ations that need to be taken into account when cooking with these appliances.

“Students face many rigorous challenges while studying for a college education and they must eat on the go whenever and wherever it is convenient,” said USDA Under Secretary for Food Safety Dr. Richard Raymond. “But when it comes to safely preparing meals, many college kids simply don’t know what it takes to make the grade in food safety and far too many could end up with a foodborne illness.”

USDA’s Food Safety and Inspection Service offers tips to students and consumers on how to prevent foodborne illness.

The USDA Meat and Poultry Hotline regularly responds to calls from students with questions about how to safely cook and prepare foods while away at school.

Here is a sampling of those questions.

Q. Several slices of pizza have been kept out overnight, is the pizza still safe to eat?

A. No. Perishable food should never be away from refrigeration more than two hours. This is true even if there are no meat products on the pizza. Foodborne bacteria that may be present on these foods grow faster at temperatures between 40–140°F and can double every 20 minutes.

Q. I frequently send “care packages” to my son at college. What other foods besides cookies, crackers and candy can I mail?

A. Shelf-stable, microwavable entrees are one option. These foods are not frozen and will stay fresh with refrigeration for about 18 months. Canned meats and fish as well as dried meat and poultry, such as beef and turkey jerky, are safe to mail. Bacteria can’t grow in foods preserved by removing moisture.

Q. My daughter’s college is only a four-hour drive away, so she comes home often. What can I do to help her take back leftovers for her to take back to school?

A. For a four-hour drive, food must be handled properly to keep it safe from spoilage and pathogenic bacteria. Leftovers should be placed into shallow containers and cooled in the refrigerator prior to the trip. Pack the food in an insulated cooler packed with several inches of ice or frozen gel packs. The temperature inside these containers should be at or below 40°F. Return the food to the refrigerator as soon as possible.

Food Safety 101: USDA Offers Tips for College Students

USDA’s Meat and Poultry Hotline, in conjunction with the Partnership for Food Safety Education’s Fight BAC® campaign, advises all consumers to keep these four basic tips in mind when cooking and preparing foods:

• Clean. Wash hands and surfaces often.

• Separate. Separate raw meat, poultry and egg prod-

ucts from cooked foods to avoid cross-contamination.

• Cook. Raw meat, poultry and egg products should be cooked thoroughly. Use a food thermometer to ensure foods have reached a high enough temperature to kill any harmful bacteria that might be present.

• Chill. Refrigerate promptly.

These four basic tips are a crucial role in you and your child’s health. Parents and kids often skip the meal altogether due to the lack of time or other commitments.

Unfortunately, the United States has seen a steady increase in the number of children who eat breakfast. The Centers for Disease Control and Prevention estimate the percentage of young people who eat breakfast decreases with age — 92% of children ages 6–11 reported eating breakfast regularly while only 75–78 percent of adolescents age 12–19 reported eating breakfast on a regular basis.

According to the American Dietetic Association, kids who regularly eat breakfast tend to perform better in school, score higher on tests, keep their weight under control, attend school more frequently and make fewer trips to the school nurse complaining of tummy aches. They often behave bet-

ter, too.

So when you’re in a hurry, wake up your family’s appetite with quick breakfast options, like:

• Instant oatmeal with milk and dried fruit.

• Breakfast tortilla. Sprinkle cheese over a tortilla, fold in half and microwave for 20 seconds. Top with salsa.

• A cup of yogurt mixed with whole grain cereal.

• Leftover veggie pizza with a garlic dip.

If your child still doesn’t have time for breakfast, check to see if their school offers a breakfast program. Remember, kids who see their parents eat breakfast are more likely to eat breakfast, too. Model the importance of breakfast and help them have a great day of learning.

Healthy Desserts Presentation, Nov. 15

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Carbon Monoxide
Carbon monoxide (CO) is a lethal gas produced whenever fuels such as gas, oil, kerosene, wood or charcoal are burned. Hundreds of people die every year from carbon monoxide poisoning.

To prevent carbon monoxide poisoning — have your heating equipment inspected and serviced by a trained professional every year, even if the door is open; and don’t use a gasoline-powered engine in an enclosed space.

Asthma Triggers
Asthma is a disease that makes it difficult to breathe during an attack. In severe cases, it can be life-threatening and calls for immediate medical treatment. Asthma attacks are set off by “triggers.” These are different for different people.

For some asthma sufferers, triggers can be cold air, exercise or emotional upsets. Others triggers can be things like pollen, dust, mold, particles from furry animals. Cockroaches and dust mites can cause a large number of attacks. Other important triggers are tobacco smoke and combination products. A donation is important to vacuum carpet frequently.

Carpet can contain dust, mold, dust mites, lead and other pollutants. Careful carpet cleaning chemicals (follow label instructions). If wet methods are used on carpet, use fans as needed so carpet dries out within a day or so.

Dust — can be controlled by a regular program of housekeeping. High performance vacuum cleaners (using a damp mop or dustrag) is a good method to control dust. Never clean carpet dust into the air, it is best to schedule cleaning when children will not be in the facility.

Pets — it is best not to have furry pets. If present, try to keep them out of areas where children spend a lot of time. Keep pets out of carpeted areas. Keep pets out of the kitchen.

Roaches need food and water to grow. Be careful to store food in tight contain- ments. Keep counter tops and kitchen surfaces promptly. Fix plumbing leaks promptly and get rid of water leaks and spills. Do not allow open containers of water to stand around. Control moisture problems.

Dust mites — are found mostly in bedding. They can live in mattresses, box springs, or pillows. They secrete proteins that are the new friendships you develop.

Even though Lake Creek will host our annual Achievement Day on Monday, Oct. 17 at 6:30 p.m., Robert Ripley will present a slide presenta- tion entitled “Restoration at ‘Your’ State Capitol.” I hope many club members and friends attend both of these excellent pro- grams. These are open to the public and attendees are welcome to come.

Nature is gorgeous at this colorful season of mold exposure — people who are sensitive to mold may experience stuffy noses, irritated eyes, wheezing, skin irrita- tion, difficulty breathing and/or shortness of breath. People with weakened immune systems or chronic lung diseases, such as obstructive lung disease, may develop mold infections in their lungs.

Roaches — you may see cockroaches, roaches — are found in schools and commercial buildings. They are especially effective on walls and ceiling. They are liquids, they are good for pretreating spots and stains. They have been used on carpet, wood, and people who have received an organ transplant are more susceptible to mold infections. Vacation cleaners are best. Use a stiff brush on rough surfaces to remove mold growth.

Small stuffed animals can be removed from the home. This includes stuffed animals, plush padding, upholstery, wallpaper, drywall, floor and ceiling tiles, insulation, wood, leather, paper, wood and food. If the area to be cleaned is more than 10 square feet, consult the U.S. Environmen- tal Protection Agency (EPA) guide titled Mold Remediation. "A Brief Guide to Mold and Moisture in Your Home," online at http://www.epa.gov/mold/mold_ remediation.pdf.


Liquid laundry deter- gents are especially effective on food, great on floors. Mon- thly, they are liquids, they are good for pretreating spots and stains. Powdered deter- gents are especially effective for lifting out clay and ground-in dirt, they are usually ideal for chil- dren’s play clothes. They can also be used to pretreat, by making a paste of detergent and water.
Prevent Winter Rabbit Damage

Cottontail rabbits do most of their damage in winter and early spring. In winter, they gnaw tender bark off young trees and shrubs and eat the green, inner bark. If we have a cold winter and/or a lot of snow cover, you can expect damage from rabbits.

Do not think fences and privacy fences do not keep rabbits out of your yard. However, it is relatively easy to add a rabbit fence to your existing fence structure.

Newly planted trees and shrubs can also be protected with fencing. For individual plants a fence is the best all-round protection. Hardware cloth and chicken wire are suitable materials and can keep out all sizes of rabbits.

FOR MORE INFORMATION
UNL Extension NebGuide 1526-A
“Prevention and Control of Rabbit Damage”
available at the extension office or online at http://anrpubs.unl.edu/wildlife/g1526.htm

Fall Household Hazardous Waste Collections

Residents of Lincoln and Lancaster County can bring household hazardous wastes to the following collection sites. These collections are for household only; not for businesses.

Friday, Sep. 23, 3-7 p.m.
Shepherd of the Hills Church
6901 Panama Road, Hickman

Saturday, Sep. 24, 9 a.m.-1 p.m.
Goodyear Tire & Rubber Co.
4021 North 56 Street

Saturday, Oct. 22, 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, dry-cleaning fluids, etc.
- PESTICIDES: weed killers, garden sprays, wood preservatives, roach, ant, bug, roaches, etc.
- ITEMS CONTAINING PCB’S: Ballasts from old fluorescent fixtures, small capacitors from old appliances including radios, motors and televisions.

Items you cannot bring for disposal:

- Polyurethane foam, blue foam insulation, polyurethane varnishes, adhesives, etc.
- Meat or any food products.
- Gasoline, oil, paint, furniture polish.
- Batteries.
- Chemicals and liquids not in the approved containers.

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

Late Summer Biting Bugs

Barb Ogg
UNL Extension Educator

Itch Mites

Last month I wrote about the impending oak gall mite problem. We are hearing from people who have gotten itch mite bites. If you live in neighborhoods with abundant pin oak trees, you are at risk of bites. If you missed this article, you can find it online at http://lancaster.unl.edu/2005/sep05/page03.pdf

There are other biting bugs that show up in the late summer. 

Minute Pirate Bugs

During the late summer, small insects known as minute pirate bugs cause painful bites that seem out of proportion with their size. The minute pirate bug is about 1/5-inch long, oval and white in color. It is recognized by the black spots on its head.

The minute pirate bug is small, oval, flattened with black and white markings. (Shown highly magnified.)

Ladybugs Make Their Presence Known

Soni Cochran
UNL Extension Associate

Last October, my neighborhood was overwhelmed with ladybugs. On warm, sunny days, it wasn’t unusual to see hundreds of these orange and black beetles flying in the yard and running on the house. They flew into our hair, dropped down our clothing and if one landed on your arm, it gave you a nasty little “pinch.” Any that came into the house would buzz around light fixtures at night until they eventually died by window sills.

Ladybugs are helpful insects. They are important predators of severe pests like aphids. But for the past few years, one species of lady bug has also become a fall pest. As the weather changes, Multicolored Asian Lady Beetles (a type of lady bug) begin moving from fields to search out overwintering sites.

Multicolored Asian Lady Beetles are attracted to sunny sides of buildings where they gather in large numbers. They are attracted to buildings with contrasting features. For example, a brick home with white trim or a house painted white with brick trim shadows them. Once around a home, the ladybugs try to squeeze in between cracks and crevices, around siding, windows, doors, attic vents and under the roof. Older homes and structures in poor repair are most vulnerable.

In a protected place, they’ll snuggle together to wait out the winter until spring. On bright sunny winter days, they may warm up enough to start moving around. Don’t be surprised if some end up indoors even in January. Once inside, they fly toward lights and windows where they eventually die. They then become food for predators and feed on insect eggs and other insects. They feed by impaling their prey with their short blunt beak and sucking the juices.

Minute pirate bugs are found throughout the summer in fields, woodlands, gardens and landscape disturbed by man. In late summer, they begin the unpleasant behavior of biting humans. They do not feed on blood or inject a venom or saliva. People differ in their response to pirate bug bites. Some people have no reaction to the bite, but others have bites that swell like a mosquito bite or turn red. Because the bite is noticeable and the pirate bug doesn’t fly quickly, the victim is usually able to successfully smash the offending insect. Control of minute pirate bugs is not practical. Repellents are generally not effective, although some people have found applying baby oil or sun oil liberally to the skin may prevent some bites by coating the pirate bugs with oil.

Hackberry Lace Bugs

People who have hackberry trees in their neighborhood are familiar with hackberry lace bugs in the late summer. Hackberry lace bugs sometimes fall out of trees, land on people and bite, which, although painful, is a minor nuisance. No medical treatment is necessary. The tops of the lace bug’s front wings, head and thorax are membranous, composed of many raised ridges which give a lace-like appearance, providing its common name. There are many species of lace bugs associated with specific trees. The hackberry lace bug is about 1/8-inch long. Lace bugs feed by sucking juices from the leaves and cause bleeding of hackberry leaves. Lace bugs are more of an aesthetic problem on trees, rather than causing damage. Control is not practical.

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Items you can bring for disposal:

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- PESTICIDES: weed killers, garden sprays, wood preservatives, roach, ant, bug, roaches, etc.
- ITEMS CONTAINING PCB’S: Ballasts from old fluorescent fixtures, small capacitors from old appliances including radios, motors and televisions.

Items you cannot bring for disposal:

- Polyurethane foam, blue foam insulation, polyurethane varnishes, adhesives, etc.
- Meat or any food products.
- Gasoline, oil, paint, furniture polish.
- Batteries.
- Chemicals and liquids not in the approved containers.

For more specific information, call the Lincoln-Lancaster County Health Department at 441-8040.
Still Time to Control Musk Thistles

Musk thistles are relatively cold tolerant and continue to actively grow into November. Studies conducted at area universities in the Fall showed that 2,4-D applied after several nights of below 32° F degree temperatures still gave good control of musk thistles. The trend-line for this test indicated musk thistle control began to decline rapidly in November after more than 11 days of below freezing temperatures.

Increasing the rate from one quart to 2 quarts of 2,4-D per acre did not significantly improve musk thistle control. In most situations it would be advantageous to combine lower rates of 2,4-D in combination with Tordon 22K, Ally or Banvel for more consistent results or a broader spectrum of weed control.

Since we have had a decent Fall so far, the thistles will still be very susceptible to the chemicals.

—Don Janssen, ULN Extension Educator

Illegal Water Wells Must be Decommissioned

At one time, the term “abandoned wells” was used to refer to wells that were not being used and were in a state of disrepair. Today, the term “illegal wells” is used instead, which is actually the legal term for such wells.

Illegal water wells are in all 93 Nebraska counties. They penetrate all principal aquifers and vary considerably in construction and depth. Illegal wells represent a serious threat to human health and safety and to the overall quality of the state’s groundwater resources.

Threat to Groundwater

Groundwater normally is provided with some protection by a natural filter of soil, sand and gravel. Illegal and improperly constructed water wells are holes in that filter.

In addition, illegal wells allow surface runoff to flow directly down to the water-bearing zones, often carrying organic wastes, microbiological contaminants, fertilizers and other chemicals such as pesticides and petroleum products into the groundwater. Small mammals and reptiles can fall into the water wells, further adding to the bacteriological contamination problem.

After contaminants enter the groundwater supply they could enter the natural groundwater flow and may show up in public or private wells used to provide drinking water.

Once groundwater is contaminated, it is difficult, if not impossible to clean up, and the process is always expensive. In addition, illegal wells are a safety hazard to humans and animals. A child can easily fall into a large diameter illegal well.

The Law

All illegal water wells must be decommissioned following requirements found in Title 178, Chapter 12, Regulations Governing Water Well Construction, Pump Installation and Water Well Decommissioning Standards of the Nebraska Health and Human Services System.

Decommissioning Process

Water well decommissioning must be carried out or supervised by an individual with a valid Nebraska Water Well Standards and Contractors’ license.

A license may be issued to a water well contractor, water well drilling supervisors, pump installation contractor or pump installation supervisor.

The only exception is that an individual may decommission a driven sand-point well if it is on land owned by him or her and used by him or her for farming, ranching or agricultural purposes or is at his or her place of residence.

The Nebraska Health and Human Services System maintains a list of individuals with a valid license. Information can be obtained by contacting them at 471-0546.

The decommissioning process will include removal of well equipment, disinfection, filling and sealing, capping and reporting. The price for decommissioning a well will depend on several factors including accessibility, construction technique and materials, depth and condition. Financial resources to help defray the cost of well decommissioning may be available from the Natural Resources District (NRD) serving your area.

In Fall, musk thistle is in the rosette stage (pictured), which is easier to control than later stages.

Scrap Tire Collection Sept. 24 & 25

Individuals will have an opportunity to get rid of scrap tires that may have accumulated around your place. Tires (without the wheels) will be accepted Sept. 24 & 25 from 9 a.m. to 9 p.m. at the Shoemakers Trunk Stop, 48th and West O Street, Lincoln. Please have a count of the number of tires you are dropping off. Sorry, this opportunity is open to individuals only — the grant specially prohibits tire dealers.

This program is funded through a grant from the Nebraska Department of Environmental Quality and hosted by the Emerald Sanitary Improvement District Number 6. For more information, call 476-3590.

Tree and Landscape Maintenance Workshop Sept. 29

The Nebraska Statewide Arboretum, the Nebraska Forest Service and University of Nebraska-Lincoln Extension are cooperating to conduct a series of tree and landscape maintenance workshops across the state, including one at the UNL Agricultural Research Center near Mead on Sept. 29 from 8:30 a.m. to 4:30 p.m. Registration begins at 8 a.m.

The workshops are geared for anyone who helps plant or care for trees and important green spaces such as parks, school grounds, college campuses, fairgrounds, golf courses, cemeteries, acreages, etc. Professional CEUs offered for Certified Arborists, Turf Care Professionals & Park and Recreation Professionals.

The workshops will provide the latest information on such topics as weed identification and control, disease management basics, tree and shrub pruning, maintenance of landscape beds, effective mulching, and tips for growing trees and turf in harmony. The workshops will include indoor classroom sessions, outdoor tours and hands-on demonstrations.

Cost includes lunch and educational materials: $35 if received by Sept. 16, $50 after. For more information or registration form, call 472-2971 or go to http://arboretum.unl.edu.

Upcoming Acreage Insights Clinics

The University of Nebraska–Lincoln Extension is presenting a series of seminars entitled “Acreage Insights — Rural Living Clinics” to help acreage owners manage their rural living environment.

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 or to register, contact extension at 441-7180 or go to the Acreage & Small Farm Insights Web site at http://acreage.unl.edu.

Grapes • Oct. 13

“Grapes” will be held Thursday, Oct. 13 from 7:9 p.m. at the Lancaster Extension Education Center, 444 Cherryview Road in Lincoln. Steve Gamet, ULN Viticulture Technician, will discuss topics such as variety selection, the types of fencing and equipment needed for grapes, the economics of grape production, insect, disease and wildlife control for grapes, and the marketing of grapes to wineries. Steve will also answer your questions regarding grape production.

Woody Florals • Nov. 10

“Wood Florals” will be held Saturday, Nov. 10 from 7-9 p.m. Can you really make a profit with these plants? Yes, you can! Join us for this presentation by the Nebraska Woody Florals group to learn the basics of this acreage enterprise, including plant species, planting and growing requirements, and harvesting techniques. Marketing and sources of plant material will also be discussed.

Forestry Field Day Sept. 24

“Planting Trees — Making the Good Life Better” is the theme for Forestry Field Day 2005, which will be held Saturday, Sept. 24 from 9:30 a.m. to 2:30 p.m. at the Homing State Demonstration Forest near Plattsmouth.

Admission to Homing State Demonstration Forest and all Forestry Field Day activities is free. No pre-registration is required.

Homing State Demonstration Forest is located two miles south of Plattsmouth on Homing Road. Signs will direct the way from I-80 Highways 73 and 75/74.

The 2005 program features five concurrent sessions in which professional foresters and other tree workers will demonstrate and discuss proper tree planting techniques. Added attractions include educational booths and exhibits, portable sawmill demonstrations, and portable post peeler demonstrations. Professional foresters will be available to answer questions on tree planting and control, disease management, basic tree and shrub pruning, maintenance of landscape beds, effective mulching, and tips for growing trees and turf in harmony.

The workshops will include indoor classroom sessions, outdoor tours and hands-on demonstrations.

Cost includes lunch and educational materials: $35 if received by Sept. 16, $50 after. For more information or registration form, call 472-2971 or go to http://arboretum.unl.edu.
4-H & Youth

Career Portfolios Replace Awards Books
Training on Oct. 27

As many of you know the old 4-H awards book has been replaced by a new 4-H Career Portfolio. By January 1, 2008 all 4-Hers applying for awards will have to be converted to the new system. To aid in this process, we are offering a training to teach you how and why to fill out the Career Portfolio. This training will take place Thursday, Oct. 27 at 7 p.m. at the Lancaster Extension Education Center.

We encourage everyone to attend. We have many talented people in our county that should be recognized on the State and National level. If you have any questions regarding the new 4-H Career Portfolio or the training contact Deanna or Tracy at 441-7180.

“Fair’s Over, Now What?” Volunteer
Training, Sept. 29

Leaders, parents and interested volunteers are invited to attend this 4-H training Thursday, Sept. 29, 9:30 a.m. or 7 p.m. Discover how to complete the current 4-H enrollment and to prepare for the next 4-1F year. Awards, project completion/separation and club reorganization will be covered. Bring your questions and ideas! You must RSVP by calling 441-7180 prior to Monday, Sept. 26.

4-H Teen Council Invites New Members,
Next Meeting Oct. 9

The Lancaster County 4-H Teen Council is a leadership organization for youth in grades 7-12. Meetings are held the second Monday of each month at 3 p.m. at the Lancaster Extension Education Center. The next meeting is Oct. 9. Call Tracy at 441-7180 for more information or to join.

Health Program

Health messeges will be posted online at the 4-H Teen Council newsletter. Michael Farley is heading up a service opportunity to install new playgrounds. Volunteers and plant donations will be needed in December. If you can help, please call Spencer or Denise Farley at 488-7457 for more information.

4-H Trap Team Wins 1st Place in Senior–Novice Class at SCTP Nationals

The Lancaster County 4-H Trap Team competed in the National Scholastic Clay Target Program (SCTP) shoot in Vandalia, Ohio on Aug. 9. The team placed 1st in the Senior Novice category — breaking 1,089 clays out of 1,125 total. The team consists of Nathan Thompson (Captain), Seth Davison, Justin Davison, Tyler Thompson, and Mike Veburg. This was Lancaster County’s first team to shoot at the SCTP competitions. Next year the team will be in the Senior Advanced category.

In June, the team qualified for the national shoot by placing 1st in the Novice category at the State SCTP shoot in Donnharp, Neb. —Submitted by Mike Veburg

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 http://lancaster.unl.edu/4h. If you have questions, contact Deanna Karmazin at 441-7180.

COLLEGE
The following college scholarships for the 2006-07 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-Hers who are active in Teen Council and help with at least one major fundraiser.
Lance Scholarship—awards one $200 scholarship to an active 4-Her attending Raymond Central High School.

4-H Kamp
The following scholarship goes toward 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.
State Fair Results
Congratulations to the Lancaster County 4-H members who showcased their talents at the Nebraska State Fair this year! The following are the Top Award recipients. Rainbow Ribbon Recognition is given to unique which have used special details — these may or may not be top placing items. Complete results are online at http://4h.unl.edu.

Top Awards

**FLORICULTURE**
- Kyle Pedersen — Top Rose
- Reid Reifschneider — 1st place

**DOGS**
- Renae Reifschneider — Beginning Dog Showmanship Champion
- Lindsey Shelter — 3rd place

**DAIRY CATTLE**
- Alexs Spath — Special Dairy Production Award - Milk and Protein

DAIRY GOATS
- Emily Henshaw — Alpine Junior Champion; Oberhasli Senior Champion; Saanen Junior Champion

Rainbow Ribbon Recognition
- Ian Badger — Photography Unit III - Formal Portrait
- Hannah Beirman — Child Development - Toy made for Preschooler
- Chelsea Bellinger — Foodworks - Double Crust Fruit Pie
- Laura Cassel — Celebrate Arts - Mixed Media
- Grace Farley — Aerospace - Rocket-Skill level 2
- Spencer Farley — Aerospace - Rocket-Skill level 2
- Emily Henshaw — Floriculture - S pubkey
- Andrew Kerals — Photography Unit II - Framing & Leading Line
- Kyle Pedersen — Floriculture - Rose
- Erika Peterson — Heritage - Other Family Exhibits
- Abbey Spencer — Fast Foods - Coffee Cake

Horticulture Contest

**TREE IDENTIFICATION**
- Lancaster County Team — 2nd place
- Individual Placings
  - Carmen Claassen — 5th place
  - Kyle Pedersen — 10th place

**HORTICULTURE JUDGING**
- Intermediate Division
  - Kyle Pedersen — 4th place
  - Brittany Walker — 10th place

Presentations Contest
- Abigail Gabel — Outstanding Presentation Award
- Andrew Burson — Excellence Award

4-H Horse Awards Night, Oct. 4
The annual Lancaster County 4-H Horse Awards Night will be Tuesday, Oct. 4 at 7 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road in Lincoln. Evening includes a potluck dinner. Awards presentation includes the Wttrick All-Around Champion, All-Around Trail, All-Around Barrels, Herdsmanship, top County Fair Judging and Incentive Awards.

Please bring a meat dish and either a salad or dessert and your own table service. Drinks will be provided. Join us as we reflect on the accomplishments of the 2005 Lancaster 4-H Horse Program through a slide show, awards, entertain- ment, good food and great company.

Combined Training Event, Oct. 22
The Sevillians 4-H Club and Legacy Equestrian Center are hosting a “Fling Into Fall” Com- bined Training event at Wranglers showground, 4300 S. Coddington Ave., Lincoln. The event will take place on Saturday, Oct. 22 beginning at 8 a.m. This event is intended to provide a safe, fun introduction to the Com- bined Training format. 3-day event, in one a-day format — there is a dressage phase, a cross-country jumping phase and then show jumping (these will be very baby jumps, although you can expect some pumpkins and flow- ers along the way). There will be a Tadpole, Baby- Green and Pre-Novice division with riders further divided into junior and adults.

Come on out and show support for Combined Training in Nebraska. For more information or entry forms, contact Sherry Parsons at SherryP@neb. rr.com. Entry forms can also be obtained from the extension office. Closing date on entries is Oct. 12.

Karen Rutt
Lancaster County 4-H is proud to announce Karen Rutt as win- ners of October’s “Heart of 4-H Award” in recogni- tion of outstanding volunteer service. Karen was nomi- nated for the award by Jo Fujin who said, “Karen has been a strong supporter of 4-H in Lancaster County for many years. She truly exhibits the ‘heart of 4-H.’”

Karen has volunteered for Lancaster County 4-H in many capacities over the past 12 years:
- Organizational leader of the Fantastic 4-H Club for five years
- 4-H Council member and treasurer for six years, serving on food booth and committee committees.
- Co-superintendent of Clothing areas at County Fair
- Co-superintendent of Table Setting Contest at County Fair
- Co-superintendent of Style Revue Contest at County Fair
- Helped with 4-H Teen Council and annual Teen Dance
- Sponsor on 2005 Citizenship Washington Focus trip to D.C.

In addition, Karen has volunteered in the 4-H areas at the Nebraska State Fair for seven years.

“I like being a 4-H volunteer because I get to work with children of all ages and I get to work with other great volun- teers,” said Karen. “My favorite experience is seeing the faces of the children when they talk to the judges or just showing off what they made to their friends and family. I also enjoy seeing kids from different schools all becoming friends.”

Karen lives in Lincoln with her husband Robert. Their children, Jami and Jaci, are 4-H alumni (Jami was a 4-H intern this summer). Karen grew up in a 4-H family in Scotts- bluff showing sheep, hogs, beef, clothing, food and craft proj- ects. Her parents were 4-H leaders and served on 4-H Council and local Fair Board.

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

4-H Strategic Plan Survey
Share Your Opinion!
Nebraska 4-H is in the process of developing goals for the next five years. Please give your feedback about what’s important to you by filling out an online survey. Lancaster County 4-H’ers are encouraged to share their input at http://4h.unl.edu. The survey takes about 10 minutes to complete. If you have questions, call State 4-H at 472-2805.
Grants for Public Tree and Landscaping Projects

Tree planting and landscape enhancements for public spaces can get a boost from a grant program coordinated by the Nebraska Statewide Arboretum and Nebraska Forest Service.

The Nebraska Community Enhancement Program funds tree planting and landscaping that improves the state’s transportation corridors including public streets, highways, entryways and trails. This can involve parks, schools, fairgrounds, college campuses, libraries, court houses, hospitals, welcome signs and other public properties.

“The funding assistance is meant to help communities develop landscapes that reflect and enhance the beauty of Nebraska,” said Sue Kohles, special projects coordinator for Nebraska Statewide Arboretum.

The Community Enhancement Program is funded by the Transportation Enhancement Program of the Nebraska Department of Roads. It is a 20 percent matching grant program with a maximum funding award of $20,000 per project. The application deadline is Nov. 14; funding awards will be announced by January 2006.

One of the goals of Nebraska Statewide Arboretum and the grant program is to create long-term, sustainable projects that include diverse plants and encourage environmentally sound landscape practices, Kohles said.

“We hope that these projects not only improve the landscape of Nebraska roadways, but also provide an example for others and contribute to the health and viability of Nebraska communities,” she said.

The Nebraska Statewide Arboretum and Nebraska Forest Service, both headquartered at the University of Nebraska–Lincoln, have worked together for more than 20 years to improve Nebraska’s community forests. During that time, they have distributed in excess of $6 million to more than 800 projects in more than 220 Nebraska communities.

For applications or more information, go online to arboretum.unl.edu or contact Kohles at 472-2971.
Reverse Mortgages Seminar, Oct. 20

A free seminar, “Dispelling the Myth of Reverse Mortgages,” will be held Thursday, Oct. 20, 8 a.m. to 1 p.m. at Savannah Pines, 3900 Pine Lake Road, Lincoln. If you have ever thought any of the following were true, this seminar is for you:

• Myth #1: The lender will take ownership of the home.
• Myth #2: A senior’s Social Security or Medicare payments will be affected.
• Myth #3: The reverse mortgage in the process of cooling the grain because the moisture deep inside the kernels has had time to redistribute during the tempering period. This method of drying increases the capacity of the dryer and results in higher quality grain with fewer stress cracks than drying followed by rapid cooling. Another intermediate system using both the high temperature dryer and in-bin aeration is called combination drying. With combination drying, “you take the edge off” high moisture corn by drying to 20-22% with the high temp-high speed dryer and then the grain is moved hot to a bin where the aeration fan can push at least two cfm/bu of heated air through the grain mass to complete drying and to cool the grain. This cut down the load on the high temp dryer even more than drying. It also cuts the energy cost if the heating fuel is the higher cost energy source. As stated in the lead paragraph, the grain drying method chosen often is a trade-off between time and money. The bottlenecks for many farming operations at harvest is time. However, when energy costs are escalating at the current rate, perhaps it is time to consider spending some time to save energy cost.

Drying Grain

Drying Grain continued from page 3

High air temperatures and uneven moisture content within the kernel result in a much higher incidence of stress cracks in the kernels. Stress cracks created in the dryer result in a much higher percentage of broken kernels upon subsequent grain handling as compared to in-bin drying. A variation using high capacity dryers is known as dryeration. Dryeration is the name given to a system where hot grain is removed from the dryer a point or two above desired storage moisture then transferred to a bin where it is allowed to temper for four to six hours before starting the fan for final drying and cooling. The final one or two points of moisture are easily removed.

School of Natural Resources

“Some students I’ve met in the School are a diverse group I could be happy around. The professors have done a wonderful job. They’re accessible, and easy to get along with. They give really good lectures and challenge you to think. They’re so good at what they do, I think they’re underappreciated.”

Michael Sillien, rangelfeeder student major

Interested in a career where you can address pressing issues in natural resources and the environment? A degree in natural resources major prepares you for exciting and diverse careers such as scientist, naturalist, resource manager, teacher, environmental assessor, planner, consultant, business owner and many more.

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The Nebleine

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Science Bucks Commonly Held Belief About Why Leaves Fall

Shorter days, not frost or low temperatures, is the main reason trees lose their leaves each fall.

As day length shortens in the fall, chemical changes take place in the leaf stalk. Where the leaf stalk and twig join, conducting vessels, which transport food and water between the leaf and other parts of the tree, become blocked. Then an abscission layer forms. The substance binding the two parts together breaks down and the leaf is easily separated from the tree by falling rain or wind.

Leaf drop is governed by Mother Nature and each tree species responds differently. For instance, black walnut and green ash are among the first to drop their leaves. However, oak, linden and maple trees commonly hold their leaves late into fall. Some trees, such as red oak and pin oak, may retain their leaves all winter even though the leaves are dry and dead.

Trees kept warm artificially will still lose their leaves as day length shortens. However, trees lighted artificially, for time periods corresponding to summer day length, will retain their leaves long after temperatures have dropped to wintry levels.

No one knows for sure why seasonal behavior is more a response to light than to other environmental conditions. Perhaps the reason is simply that most seasonal changes, such as temperature or rainfall, may vary from year to year, while the hours of daylight are not governed by climatic factors. Day length is the result of the regular movement of the earth around the sun and does not vary from year to year.

Source: Dennis Adams, forestier. NUEAR

Pine Wilt Symptoms Appearing Around Lincoln

When a pine dies suddenly, especially a Scots pine, pine wilt is a leading suspect. Pine wilt is caused by the pine wood nematode which is moved from infested to non-infested pine trees by the pine sawyer beetle.

The most noticeable symptoms appear in mid to late summer when the greatest need for moisture is required, and blocked by the nematodes in the resin canals. In a matter of six to eight weeks the tree becomes a dull green, to yellow, and finally brown.

Currently, no chemicals are available to control the nematode or the beetle.

To limit the spread of pine wilt to nearby healthy trees, diseased trees must be removed and destroyed before the beetles emerge from the wood. Pine sawyers are inactive in winter, so if you find dead trees after October 1, they do not need immediate removal, but they must be removed and burned, buried, or chipped by May 1.

For more information about pine wilt, go to http://lancaster.unl.edu.

Danielle Fenster’s Photo Selected by 4-H Foundation

Lancaster County 4-H member Danielle Fenster’s photograph “Bronco Rider” was one of 15 photographs chosen by the trustees of the Nebraska 4-H Foundation for promotion in the upcoming year. In past years, the foundation has published a calendar and photo note cards.

Nebraska 4-H Foundation is a private sector partner of University of Nebraska–Lincoln Extension 4-H, dedicated to seeking and managing contributions that will best meet the needs and advance the interests of Nebraska 4-H Club work and maintain 4-H camps and centers for instructive and recreational purposes. For more information, go to http://4h.unl.edu/foundation.

Public Asked to Vote on Egg Artistry Contest Entries

Eleven Nebraska artists have submitted entries in the 12th annual egg artistry contest sponsored by the Poultry and Egg Division of the Nebraska Department of Agriculture. The public can view the eggs and vote for their favorite at the University of Nebraska State Museum (Morrill Hall) on the UNL City Campus (144 & U Streets) in Lincoln. The eggs will be on display until Oct. 3. Museum hours are:

- Mondays through Saturdays from 9:30 a.m. to 4:30 p.m., and Sundays from 1:30 p.m. to 4:30 p.m.
- You may also view and vote on the contestants’ eggs on the Nebraska Department of Agriculture’s Web site at http://www.nebraskapoultry.org/photos/egg/06contest.htm.
- Eggs are to be judged based on the best depiction of the state of Nebraska. The winning egg will be taken by the American Egg Board, along with other state submissions, to Washington, D.C. to be on display at the White House during Easter, 2006. A Nebraska artist will have his or her work viewed by the President of the United States and White House visitors.
- For more information about the egg artistry display, contact Mary Torell at the Poultry and Egg Division at 472-0752.

Can You Guess It?

The answer was Pyemotes itch mites feeding on oak leaf gall maggots.

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

Did you guess it from the September Newsletter?

“Make It Yourself with Wool” Entries Due Oct. 31

The 2005 “Make It Yourself with Wool” will feature one state contest instead of district competitions. It will be held Nov. 18-19 at UNL East Campus. Garments must be made of wool fabric (or blends made with a minimum of 60 percent wool). Entry fee is $5 for Pre-Teens and $10 for Juniors, Seniors and Adults. Entry forms are due Oct. 31. For an entry form and more information contact Tracy at 441-7180.

U.S. Drought Monitor Map

As of Sept. 6, Lancaster County was in moderate drought conditions.

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