10-1-2009

The NEBLINE, October 2009

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Extension Helps Establish a Garden at City Mission

David Smith
UNL Extension Technologist

Three years ago, University of Nebraska–Lincoln Extension in Lancaster County and the People’s City Mission formed a partnership to help create a garden for residents at the mission. These garden plots at the People’s City Mission are giving homeless men and women opportunities to grow more than fresh fruits, vegetables and herbs.

The garden provides many benefits. Working in the gardens, residents have a chance to have some control over their environment. They learn skills to help them nurture and care for the plants. The garden provides opportunities for residents to socialize in a positive setting. The city mission residents also enjoy the therapeutic solace of the garden, and sense of accomplishment when their hard work pays off with healthy foods. These skills may help them as they look for work in the community and move back into their own homes.

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Resident Lottie W., says, “I’ve learned that a garden is a lot like life, the more you put into it, the more you get out of it, and if you take care of it, it’s going to grow straight and tall, but if you don’t take care of it, it just gets unruly. It’s helped me find a lot of tranquility — living here at the city mission, it’s chaotic at times. Coming out here has been such a great stress reliever.”

When the garden was first envisioned, it was just a grassy plot of ground on city mission property. Extension provided the expertise, manpower, volunteers and networking to establish the garden area, provide the plants and teach residents to care for and harvest the garden crops.

Last year a grant from the Woods Foundation made it possible for the city mission to build a fence around the garden, extend water to the garden space, pay for supplies and support an employee to help in daily activities.

Other agencies also contribute — making this a community effort. The City of Lincoln delivers compost and wood chips each year. Lancaster County staff tills the soil with a tractor in the spring. During the growing season, Extension’s Master Gardener volunteers regularly visit the garden to help residents and provide expertise.

Valerie E. says, “My favorite part has been to be allowed to go against all the rules of gardening and just plant things the way I want to and experiment. This was my place to just plant and see what happens. For instance, okra, I had no idea that it was a top of the soil plant — I thought it was a rooted plant. I found that I could actually grow it a lot within my small area. I will always garden if I have a small spot to be able to do that. Gardening is being close to nature — it’s solitude, solace and meditation.”

This past year, over 30 men and women living at the city mission participated in gardening. They grew tomatoes, peppers, lettuce, herbs, melons, pumpkins, okra, beans, peas, cucumbers, beets, flowers, squash, radishes and spinach. Residents shared the produce with their families and some of the produce went to the city mission’s kitchen to be included in meals.

For the residents, the garden has meant much more than just fresh food. It means a fresh start on each new day. Lois K., says, “It’s a place where you can get away from the mission to a place where it’s quiet and be with your own thoughts and not have to hear anybody else.” Her favorite part of gardening has been “seeing what you can produce after the plants have grown and it’s just starting to come to fruition.”

Residents have 4 feet by 10 feet plots in the garden.

Nutrition Classes Focus on Produce from Garden

UNL Extension in Lancaster County Nutrition Education Program has taught classes at the People’s City Mission for nearly five years. This summer, the classes incorporated the garden experience with learning about healthy eating and stretching food dollars. The major focus was teaching about the health benefits of the vegetables growing in the garden and how to use them in recipes. At the end of each nutrition class series there was a “Cook and Lunch” celebration where the participants prepared foods using vegetables ready for picking. One class participant said, “I usually never eat vegetables, but this is good. I guess you just need to know how to fix them.”

—Dana Willeford, Extension Assistant
How to Reduce Energy Cost for Grain Drying

Tom Dorn
UNL Extension Educator

With energy prices up dramatically in recent months, grain producers are asking how to reduce the cost of drying grain. This article will first discuss some methods to reduce energy cost for grain drying and present some management techniques that result in maintaining grain quality.

It is generally agreed that the least cost method of drying corn is to let the grain dry naturally in the field as long as possible. Given good drying conditions (low humidity, wind, and temperature), corn can lose one-third to one-half point of moisture per day. At this drying rate, the corn would dry naturally in the field from 18–15 percent moisture in about the same amount of time as if the corn were harvested and dried in the bin using natural (unheated) air. Producers with grain drying facilities usually hedge their bets and protect against the possibility of adverse weather later in the fall and start harvesting and mechanically dry part or all of their grain.

Grain Drying 101

All mechanical grain drying systems use a fan to push air through the grain mass to complete the process. The temperature, grain bed depth and initial humidity level. In deep-bed drying systems (in-bin drying) the air is pushed through the top of the bin, while in high-speed batch or column dryers the air is pushed through the bottom of the bin. As the air moves through the grain, moisture evaporates from the grain, raising the temperature of the air and increasing the humidity. Eventually, the moisture content of the grain on the bottom of the bin (the first grain the air passes through) comes into equilibrium with the incoming air and no further drying takes place. The zone where moisture is evaporating into the air is called the drying zone. The bottom of the drying zone is the depth where the last bit of moisture is being evaporated from the grain into the airstream under the current air property conditions. The top of the drying zone is the point at which air passing through the grain has picked up all the moisture it can hold and no more drying can take place. The moisture content of the grain (cubic feet per minute per bushel, cfm/bu) and the air properties (temperature and humidity) determine the drying rate.

Natural Air Drying

Natural air drying uses unheated air to dry corn. It can take several days to several weeks to dry a bin of corn using natural air. Nevertheless, natural air drying can be the ideal drying method and usually results in the highest quality grain of any mechanical drying method. The minimum recommended airflow rate in Nebraska for in-bin natural air drying of corn is 1.0 cfm/bu for corn up to 18 percent moisture, 1.25 cfm/bu for corn up to 20 percent moisture and 1.5 cfm/bu up to 22 percent moisture. If the airflow rate is too small to allow the recommended above when the bin is full, the bin should be partially filled with any windrowable grain. The shallower grain depth results in less static pressure for the corn kernel to push the air, which translates into more airflow output (cfm) from the fan. Since the air can hold more moisture in fewer bubbles in the bin, you are pushing more cfm through the grain, and thus significantly increasing cfm/bu. For information on reducing grain drying airflow rates, see the Sept. 8, 2006 Crop Watch article Reduce Grain Depth to Save Time/Energy When Drying Grain, http://cropwatch.unl.edu/archives/2006/Crop211.bin.

Stirring System Management When Drying with Natural Air

Research has found stirring grain being dried with natural air actually prolongs the time required to dry the grain because it disrupts the drying zone, resulting in exhaust air leaving the grain mass less saturated. Considering the long drying times associated with natural drying, continuous stirring can also cause significant damage to the grain and results in inferior grain. See table to follow.

If a stirring device is installed at the top point of drying by natural (unheated) air, the stirring device should be run during the filling period to reduce the pack factor from the filling operation, to redistribute fines and to level the grain. Stirring should then be discontinued to allow a drying zone to develop in the grain. Since the bottom of the bin will be some what over-dried by the time the stirring device reaches the top of the bin, a final stirring just before the drying zone is pushed through the bin will help to equalize the moisture content of the grain in the bin.

Heated Air Drying

Weather reports use the term relative humidity when describing the degree of moisture saturation in the air given the current temperature and the temperature of the dew point. For example, if air is 37% relative humidity, it is holding 37% as much water vapor as it could hold at that temperature. The hotter the air temperature, the more water vapor the air can hold. When ambient air is heated, its relative humidity is reduced and it can pick up more moisture from the grain per unit volume air passing through the grain.

When adding supplemental heat, the relationship between temperature and relative humidity is not linear. Table 1 presents the effect on the relative humidity and water vapor content of the air is a constant 4.1 degrees F per unit pressure of air. This important point is the relative humidity drops by one-half for each 20 degrees F. In the case of 20–40 degrees F, for example, natural air at 60 degrees F and 50% relative humidity will have a relative humidity of 25% if heated to 80 degrees F. Adding another 20 degrees F to raise the temperature from 80 degrees F to 100 degrees F cuts the relative humidity by about half again and results in a drop to 13.5%. The third 20 degrees F rise to 120 degrees F results in half the relative humidity by about half again to 7.6%. The notable point is the second 20 degrees F increment of added heat results in half as much reduction in relative humidity (half of half) and the third increment results in only one-eighth as much reduction (half of half of half). To minimize energy cost for drying grain, keep the temperature rise to a minimal level. The biggest savings in drying time versus energy input for in-bin drying systems is achieved with the first 20–40 degrees F rise in air temperature.

Table 1. Effect on relative humidity of increasing the temperature of air.

<table>
<thead>
<tr>
<th>Air Temperature</th>
<th>Relative Humidity</th>
</tr>
</thead>
<tbody>
<tr>
<td>50</td>
<td>72</td>
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<tr>
<td>60</td>
<td>50</td>
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<tr>
<td>70</td>
<td>37</td>
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<td>110</td>
<td>10</td>
</tr>
<tr>
<td>120</td>
<td>7.6</td>
</tr>
<tr>
<td>130</td>
<td>4</td>
</tr>
</tbody>
</table>

Assumptions: Elevation 1,000 feet. Dew point 41.4 degrees F.

High Speed — High Capacity Dryers

High speed batch or continuous flow dryers have the highest bushel capacity per hour of any of the systems mentioned in this article. Temperature, grain bed depth and airflow rates are vastly different in high speed, high-capture dryers designed to deep-bed, in-bin drying systems. Air temperatures of 120–130 degrees F are typical in high-capacity dryers. Column widths of grain being dried are typically 120–200 inches in batch or continuous flow dryers as opposed to feet for in-bin drying systems. Airflow rates of 50–100 cfm/bu are common in high speed dryers, while 1.5–2.5 cfm/bu for deep-bed, in-bin systems.

There are two limiting factors that affect the efficiency of high-capacity systems. The first factor is the rate the moisture can migrate from the interior of the kernels to the surface where it can evaporate into the air. One such impact of this is the 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 grain mass much less saturated compared to deep-bed, in-bin drying systems. It is in the higher energy cost per point of moisture removed per bu of grain in high-capacity systems. Some high-capacity dryers recover some energy by capturing the heat from the air as it is cooled from the dryer into the drying chamber air stream or by recycling the heat recovery of the previously heated air back through the grain mass. High temperatures and uneven moisture content within the kernel result in a much higher incidence of stress cracks as compared to in-bin drying. Stress cracks created in the dryer result in a much higher percentage of broken kernels upon subsequent grain handling.

Drying

A variation using high-capacity dryers is known as drying. The name given to a system where high-speed dryers are used to bring grain to a high-speed dryer a point or two above desired storage moisture and then heat the grain where it is allowed to temper for four to six hours before starting the fan for finishing up. By the time the final one or two points of moisture are easily removed in the process of cooling the grain because the moisture deep inside the kernels has had time to adjust to the grain tempering. This method of grain drying increases the throughput of high-speed dryers and results in higher quality grain with fewer stress cracks than following by rapid cooling.

Combination Drying

Another intermediate system using both the high-temperature high-speed air and the air is called combination drying. With combination drying, you “take the edge off” the high-temp, high-speed dryer by moving the grain hot to a bin where the aeratin can push at least two cfm/bu of unheated air through the grain mass to complete the process. This cools the relatively hot grain and decreases the load on the high-speed dryer even more than a supplemental heat system. The added energy cost if the heating fuel is the highest cost energy source. If you are completely drying and initially cooling your corn in the high-speed dryer and then moving the bins equipped with mesh floors and high-capacity air fans, either drying or combination drying can result in faster throughput, higher-quality grain and lower energy cost.
Successful Composting

Don Jansen  
UNL Extension Educator

Leaves falling from trees along with vegetable and bedding plants dying off as the season closes means there can be lots of plant material accumulating around the yard. That means now is the ideal time for starting a compost pile.

Composting is not difficult. Composting offers more than just a way to get rid of plant material. Compost is an excellent way to improve yard and garden soils, in particular the clay soils which dominate our area. Composting is also an excellent project for kids.

Follow a few simple rules and the compost project should be a success. Start by constructing some type of bin to hold the materials.

Bins may be as simple as poultry wire fencing with a few stakes or elaborate constructed wood and wire bin systems. Piles need to be a minimum of about 3 cubic feet to function well. Bins also need to be constructed so air can reach the compost materials.

Mixing green and brown materials together is the basic rule to get the compost process going. Green materials, such as grass clippings or fresh green plant parts, supply nitrogen. Brown materials, such as dead leaves, are high in carbon. Mixing the two assures good conditions for microbes, which actually decompose the composting material. The smaller the particles are, the faster they will decompose. Shredding them before putting in the bin is helpful.

Moisture and air are also required for the composting process, and too much or too little of either one can cause problems. Compost materials should be about as moist as a wrung-out sponge. If kept too wet, compost piles encourage anaerobic bacteria and start to smell. If too dry, the pile “just sits there.”

Assure adequate air by designing a system to turn the pile frequently. Turning helps mix the materials well and is a good way to monitor progress of the bin. Tend to your compost pile often to keep the process moving. The finished compost product is worth the small amount of effort!

Fall Composting Workshops

Learn how to be successful with composting by attending a composting workshop sponsored by UNL Extension in Lancaster County and the City of Lincoln Recycling Office. No cost to attend. Composting workshops will be held:

- **Tuesday, Oct. 6, Gere Library, 2400 S. 56 St. 6:30 p.m.**
- **Wednesday, Oct. 7, Eiseley Library, 1530 Superior St., 6:30 p.m.**
- **Thursday, Oct. 8, Anderson Library, 3635 Touzalin Ave., 6:30 p.m.**
Black Bean & Rice Salad

Serving size: 1 cup; Yield: 3 servings

Alice’s Note: This is a great basic recipe; adjust the ingredients according to your preferences. For example, include fewer onions if you prefer. (I enjoy using a sweet onion in this recipe.) Instead of making a dressing, you might substitute 1/3 cup of your favorite oil and vinegar dressing I tossed in a cup of chopped tomatoes when I made this salad. If you cook your own beans, substitute 1-1/2 cups of beans for 1 can (15 ounce) of drained and rinsed black beans. This salad tastes equally good if made the day before!

1/2 cup chopped onion
1/2 cup chopped green or red bell pepper
3 tablespoons vegetable oil
1/4 teaspoon pepper
1/2 teaspoon salt
1 can (15 ounce) drained and rinsed black beans
1 cup cooked and cooled brown or white rice
1/2 cup chopped green or red bell pepper
1/2 cup chopped onion

Prepared homemade convenience foods allow you to control the final product and the nutritional value by limiting the fat, sodium, sugar and amount of additives. For example, one way to make those “convenience mixes” more nutritious is to use a mix called for in whole wheat flour. Here are some recipes for homemade convenience mixes. The recipe for cassette sauce mix can be substituted for canned condensed soup called for in many recipes and has less calories, fat and sodium. The cassette sauce mix can be stored in the refrigerator for six months.

Below are quick and easy recipes using the “Master Mix” recipe. Master Mix is an excellent way to save time. Master Mix can be stored in an airtight container at room temperature for two months or in the refrigerator or freezer for six months.

Black Bean & Rice Salad

By Alice Henneman, MS, RD, UNL Extension Educator

Emily Hulse
UNL Extension Assistant

I don’t know about you, but I am always looking for different ways to save money on my grocery bills. One of the ways I have tried to do this is to make various foods myself and pay less “convenience mixes.” A simple way to save money is by making your own mixes and even seasonings. It’s easy to do and then you have them on-hand, ready to be used at any time. In addition, preparing homemade convenience foods allows you to control the final product.

Casserole Sauce Mix

2 cups nonfat dry milk
3/4 cup cornstarch
1/4 cup instant chicken bouillon
2 tablespoons dried onion flakes
1/2 teaspoon pepper
1 teaspoon dried basil, crushed (optional)
1 tablespoon dried dried thyme (optional)

Combine all ingredients and store in an airtight container. To use as substitute for one can condensed soup, mix 1/3 cup of the dry mix with 1 1/4 cups water in a saucepan. Cook and stir until thickened.

Master Mix

4 cups all-purpose flour
4 cups whole wheat flour
1-1/3 cups non-fat dry milk
1-1/2 cups baking powder
Stir dry ingredients together until well mixed. For example, one way to make these “convenience mixes” more nutritious is to use a mix called for in whole wheat flour. Here are some recipes for homemade convenience mixes. The recipe for cassette sauce mix can be substituted for canned condensed soup called for in many recipes and has less calories, fat and sodium. The cassette sauce mix can be stored in the refrigerator for six months.

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3 cups Master Mix
1-1/2 cups milk
1 egg
Combine milk, egg and Master Mix. Stir until blended. Spoon batter onto greased hot griddle. Turn over when bubbles form on top of pancakes, cooking until second side has turned a golden brown color.

Muffins

2 cups Master Mix
2 tablespoons sugar
2/3 cup milk
1 egg, beaten

Pancakes

3 cups Master Mix
1-1/2 cups milk
1 egg
Combine milk, egg and Master Mix. Stir until blended. Spoon batters onto greased hot griddle. Turn over when bubbles form on top of pancakes, cooking until second side has turned golden brown color.
Vegetables cook slower than meat and should be reheated on the stove, in a conventional oven, or in the microwave.

**10 Tips for Parent-Teacher Conferences**

- Begin with positive comments about the child.
- Be open-minded to suggestions from the teacher.
- Take notes about what has been said.
- Ask your child if there is anything he/she would like you to discuss with the teacher.
- Not related to the purpose of the conference.
- Be open-minded to suggestions from the teacher.
- Don’t be too quick with a fix, the teacher would have already done it and there would not be the need for the phone call.
- Take time to think about the concern of the teacher and talk with your child about the issue.

**Tips for Getting Things Ready for Storage**

- **Clearing out the freezer:** Start by removing all items that are past their expiration dates or have freezer burns.
- **Cleaning and arranging the freezer:** Make sure the freezer door is closed tightly to prevent moisture from accumulating inside.
- **Organizing and labeling:** Use clear plastic containers and labels to keep track of what’s inside.
- **Storing food in the refrigerator:** Use airtight containers to prevent odors and bacteria from spreading.
- **Cleaning the refrigerator:** Wipe down surfaces with a solution of warm water and hand dishwashing liquid and a soft cloth.
- **Cleaning the refrigerator fans:** Use a duster or vacuum to remove dust and debris from the fans.
- **Checking the temperature:** Ensure the refrigerator is set to 35°F and the freezer to 0°F.
- **Replacing the lights:** Change light bulbs every six months to prevent burnout.

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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 and rot, so only harvest mature fruit. After harvest, wash the gourds in a mild bleach solution and dry off with a soft cloth. Discard any bruised, diseased or damaged fruit. To dry, place gourds on slatted trays where the sun does 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 gourd. The outer skin hardens in one to two weeks, while the internal drying takes at least an additional month. Poke a small hole in the blossom end of the gourd to quicken internal drying. Occasionally turn the fruits, month. Poke a small hole in the blossom end of the gourd and hear the seeds rattling, it is cured and ready to store. Gourds that are not hardened may still be quite damp inside, so store them in a warm location. Once cured, the gourd is safe to store in the garden. Store them in a dry place at 55 to 60°F. Once stored, gourds will keep well in a dry place at 55 to 60°F for 4 to 6 months. Turns: Trim turnips to one inch. Layer unwashed turnips in a container of moist sand. Turnips can be stored in a cool place, 35 to 40°F for 4 months. Potatoes: Cure fresh dug potatoes 1 to 2 weeks in a dark, dry location at 50 to 60°F. Store cured potatoes in a dark location at 40°F for 5 to 6 months. Turnips: Trim turnips to one inch. Layer unwashed turnips in a container of moist sand. Turnips can be stored in a cool place, 35 to 40°F for 4 to 5 months. Winter squash: Cure vine ripened winter squash for 10 days at 80°F and high humidity. Store mature, cured winter squash in a dry location at 55°F for 2 to 6 months. Acorn squash will keep well in a dry place at 45°F for 35 to 40 days. Do not cure acorn squashes before storing them. Storing your vegetables and fruit properly will ensure you will have good quality produce to enjoy in the months ahead. For more information contact your local UNL Extension office. The University of Nebraska-Lincoln Extension provides timely information to the lawn and landscape industry. This e-mail includes current lawn and landscape problems with control recommendations and a seasonal “To Do” list. To subscribe, go to http://extensionhorticulture.unl.edu.
Praying Mantids: Garden Carnivores

Barb Ogg
UNL Extension Educator

A praying mantis is a truly remarkable creature with a striking appearance and interesting habits. Mantids and their relatives, known as mantids, are some of the largest insects. They are found in North America, one Asian species, and 10-inches long. Mantids have excellent eyesight. Their large compound eyes can see movement up to 60 feet (18 meters) away and helps them estimate distances accurately.

• Mantids are the only insects able to turn their triangular-shaped heads 180 degrees (from side to side).

Like most other insects, female mantids are larger than males.

Squirrels can climb vertical diameters and will enlarge through holes 1.5 inches in diameter and will enlarge through holes 1.5 inches in diameter. A praying mantis is usually easy to identify. They feed on moths, crickets, grasshoppers, flies, and other insects. The most famous example of this is the notorious mating behavior of the adult male, who sometimes eats her mate after mating. This cannibalistic behavior is not common and occurs only if the female is starved.

Did You Know?
• There are about 1,800 praying mantis species worldwide. Only 20 species are found in North America.
• Mantids are some of the largest insects. One Asian species is 10-inches long.
• Praying mantids have hickory nuts. Their large compound eyes can see movement up to 60 feet (18 meters) away and helps them estimate distances accurately.
• Mantids are the only insects able to turn their triangular-shaped heads 180 degrees (from side to side).

Problem Squirrels in Buildings

In a building, damage by squirrels is usually easy to identify. Signs include droppings, gnawed holes, leaves, twigs, shells, nuts, and crumbs. Mantids are not as easily detected. Mantids must be housed individually. Information about rearing mantids is readily found by searching the Internet.

Squirrel hole is a classic sign.

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Specialty 4-H Clubs Invite New Members

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

4-H Teen Council Leadership Organization
The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7–12. Meetings are usually held the second Sunday of each month at 3 p.m. at the Lancaster Extension Education Center. As a Teen Council member:
• participate in several community service activities
• organize the Ice Cream Social and Cookie Eating Contest at the Lancaster County Fair
• plan, set up and facilitate the annual 4th & 5th grade Lock-In (pictured below)
• are involved in other leadership activities
Contact Tracy Kulm at 441-7180 for more information or to join!

Household Pets
Want to learn more about your pet? Or get acquainted with new ones? Join the 4-H Household Pets club for youth ages 8–18 and their small animals! Hamsters, gerbils, guinea pigs, mice, snakes, turtles, fish, reptiles, amphibians, caged birds and any animal small enough to put in your pocket is invited. The club meets monthly. For more information, call 441-7180.

Rabbits ’R Us
If you like rabbits, hop to it! The Rabbits ’R Us 4-H club helps youth learn all about rabbits! They usually meet on the last Monday of each month (evenings). They also run a dunk tank at the Lancaster County Fair to raise funds to promote 4-H and for county-wide service projects. For more information, contact leader Kirk Gunnerson at 470-0440.

Star City Llamas
Do you want to learn about llamas and alpacas? This club focuses on the care and maintenance of these animals, and is heavily involved in community service projects. 4-Hers take their llamas to parades, nursing homes and schools to educate the public. The club also teaches youth entrepreneurial skills by creating products from the wool and marketing them. You do not have to own a llama or alpaca, you can borrow or lease one. For more information, contact Deana Karmazin at 441-7180.

Livestock & Dog County Fair Review, Nov. 10
All beef, dairy, sheep, swine, goat, dog and llama 4-H famili es and volunteers are invited to a fair review session on Tuesday, Nov. 10, 7 p.m. at the Lancaster Extension Education Center. We will discuss the new plans for the 2010 Super Fair and will work together to come up with the new livestock show schedule. We will also be reviewing the Fair Book — changes and suggestions will be discussed at this time. Please RSVP to Deanna Karmazin by Nov. 6 (call 441-7180 or e-mail dkarmazin@unl.edu).

Make It With Wool Contest Deadline Oct. 24
The Make It With Wool contest offers both youth and adults the opportunity to promote the beauty and versatility of wool fabric and yarn. Personal creations in sewing, knitting, crocheting, spinning and weaving of wool fabric, yarn is encouraged. Categories and ages for this contest are: Pre-teen, 12 & under; Junior, 13–16; Senior, 17–24; Adult, 25 & over; Home Accessories (any age). The District III contest will be held in Lincoln on Saturday, Nov. 7, with registration beginning at 8:30 a.m. Entry deadline is Oct. 24. You may enter any district contest. For more information, call Tracy at 441-7180.

Washington D.C. Group Has Five Openings
Five more spots have opened up for the June 2010 4-H Citizenship Washington Focus (CWF) group. Any Lancaster County youth age 14–18 can join CWF, a summer citizenship program which culminates in a nine-day, inten sive trip to Washington D.C., and New York. Youth who sign up now are able to start earning funds through organized fund-raising. A $100 deposit is needed to reserve your spot. For more information, contact Deana Karmazin at 441-7180.

Horse Awards Night, Oct. 1
The annual Lancaster County 4-H Horse Awards Night will be Thursday, Oct. 1, 7 p.m. at the Lancaster Extension Education Center, 444 Cherry creek Rd. Awards presentation includes Incentive Awards, Horsemanship Levels, Horse Course Challenge, All-Around Awards, Herdsmanship, Top County Fair Judging buckles and ribbons and a few surprise awards!

The evening includes a pot luck dinner. Please bring a meat dish and either a salad or dessert and your own table service. Drinks will be provided. Come help celebrate the outstanding accomplishments of the 2009 Lancaster County 4-H Horsemen!

4-H Trail Ride Near Halsey, Oct. 10–11
Nebraskans can ride horseback through some of Nebraska’s most scenic country during the 2009 4-H Trail Ride at the Nebraska National Forest near Halsey Oct. 10–11. Registration deadline for the 11th annual ride is Sept. 25. The weekend includes four trail rides through the hills and trees, craft making, cowboy breakfast and a fund-raising auction. The Baker Family of Ord will provide a cowboy music and entertainment after the Saturday evening steak fry and inspirational services on Sunday morning.

Participants have several choices for lodging that include camping at the trail head, staying in cabins at the Nebraska 4-H Camp, camping in nearby campgrounds or staying in local motels. For the non-horseback riders, wagons pulled by teams are available. Wagon riders will enjoy riding through the woods and enjoying the trails.

Proceeds from the trail ride go to the Nebraska 4-H Foundation to help support many 4-H activities and events.

For more information and registration information, call Sinda Dux at (402) 472-1178 or Marty at 441-7180. Complete information can also be found online at http://www.nhefoundation.org/trailridebenefit.htm
Ak-Sar-Ben 4-H Youth Expo, Sept. 22–27

The 82nd Ak-Sar-Ben 4-H Youth Livestock Exposition will be held Sept. 22–27 at the Qwest Center in Omaha. More than 2,000 4-H families from an eight-state area participate in the Expo. Categories of this 4-H only competition are dairy, feeder calf & breeding beef, horse, market beef, market broilers, meat goats, market lamb, market swine and breeding swine. For more information, go to www.rivercityrounder.org.

Shows Broadcast Live on Internet

New this year, watch Ak-Sar-Ben’s livestock shows live online at www.dvauction.com. DV Auction is an Internet broadcasting company specializing in live real-time auction and special event broadcasts. Once you complete a free and easy registration process, you can see and hear what is happening.

Volunteer Forum, Oct. 1–4

The North Central Region 4-H Volunteer Forum will be held Oct. 1–4 at the downtown Holiday Inn in Lincoln. For a schedule, go to http://4h.unl.edu/volunteers/forum.htm

Money Smart Nebraska - 4-H Contests

Money Smart Week is a public awareness campaign designed to help consumers better manage their personal finances. A series of events is planned throughout Nebraska Nov. 9–15 with that goal in mind. Learn more at http://www.moneysmartnebraska.org

This year, 4-H'ers are encouraged to participate in three contests:

• a piggy bank pageant
• a Lil’ Green page
• developing a savings power point

Top entry in each contest receives a savings bond. Details for are found at http://4h.unl.edu/kids/moneysmart.html. Entries are due by Oct. 15 via e-mail to lanning@unl.edu. For more information, call Leanne Manning at (402) 821-2151.

Additional 4-H Sponsors

4N Angus - Lynette Nelson and Janet Ball should have been included in last issue’s list of 4-H sponsors.

Lancaster County 4-H thanks all of the businesses, organizations and individuals that sponsored 4-H events, activities, programs and trophies throughout the past year!

4-H Award & Scholarship Forms Due Jan. 2

Lancaster County 4-H award forms and college scholarship applications are due by Jan. 2. Recipients will be announced at Lancaster County Achievement Night (usually held in February). Forms are available at http://lancaster.unl.edu/4h and the extension office. The online forms are provided as fill-in pdfs, which anyone with Adobe Reader 7 or 8 can fill in, save and print.

Awards

Community Service Awards — all Lancaster County 4-H members are eligible to apply for this award which is based on the number of hours of community service through 4-H. There will be two categories. Five winners in the 14 years of age and over category and 10 winners in the 13 and under.

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

Outstanding 4-H Member Award — presented to an individual 13 years of age or older who has excelled in their involvement with the 4-H program. The basis for selection appraises the variety and depth of 4-H activities. Anyone can make nominations.

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

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

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

*Lancaster County deadens for those statewide awards is Jan. 2.

College Scholarships

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

4-H Council — six $500 scholarships to active Lancaster County 4-H members who have excelled in their involvement with the 4-H program.

4-H Teen Council — two $250 scholarships to 4-H’ers who are active in 4-H Teen Council.

Lincoln Center Kiwains — two $1,000 scholarships to active Lancaster County 4-H’ers

Nebraska Association of Fair Managers — $500 statewide scholarships: Marthe & Don Romeo Scholarship to two 4-H’ers and Stauts Custom Awards to one 4-H and/or FFA senior. Each applicant must have exhibited his/her projects in a County Fair or at the State Fair within the last four years.

Lancaster County 4-H Council selects county finalists. Note: Deadline is Dec. 1.

Nebraska 4-H Scholarships — there are several statewide Nebraska 4-H scholarships. Go to http://4h.unl.edu for more information. Deadline is March 1.

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

Nebraska State Fair Results

Congratulations to the Lancaster County 4-H members who showcased their talents at the Nebraska State Fair this year!

Below are the Lancaster County 4-H Special Award winners and Rainbow Ribbon Recognition recipients (as available at press time). Complete results are online at http://4h.unl.edu

Special Awards

Justin Harper — Dairy Cattle - Jersey Reserve Junior Champion
Austin Hurt — Rabbits - Mini Rex Best Opposite
Rachel Hurt — Rabbits - Rex Best Opposite
Koral Gumnesson — Rabbits - Rex Best of Breed
Kourtney Kempkes — Dairy Cattle – Ayrshires Senior Reserve Champion; Ayrshires Junior Champion; Ayrshires Reserve Breed Champion
Tess Klein — Dairy Showmanship 3rd place; Dairy Judging Contest Senior Individual 2nd Place; Dairy Cattle - Holstein Reserve Junior Champion
Jasi Maahs — Rabbits - Florida White Best Opposite; Satin Best of Breed Cory Peters — Dairy Judging Contest - Senior Individual 4th Place

4-H Horticulture Contest

Grace Farley — 3rd place

Tree Identification Contest

Lancaster County team — 1st place: Monica Claesson (also received 2nd place individual), Grace Farley (also received 4th place individual) and Kyle Pedersen (also received 5th place individual).

Public Service Announcement Contest

Jessica Stephenson — one of two statewide winners

Rainbow Ribbon Recognition

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.

Cool Clovers 4-H Club — Banner
Honoria Clarke — Dried Fruit
Allison Ediger — Woodworking Article/Finishing Up
Rebekka Erks — Red Potatoes
Briana Gaston — Disaster Kit
Anne Greff — Healthy Baked Product
Kyle Hurt — Pumpkin
Jasi Maahs — Wall Hanging for Living/Dining Room
Christa May — Specialty Pastry
Carlie Reineke — Floor Covering
Paige Roach — Purchased Garment

State PSA winners with Joe Gangwish of KRVN.

4-H Contests

4-H Horticulture Contest

Grace Farley — 3rd place

Tree Identification Contest

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4-H & Youth

October 2009

http://lancaster.unl.edu
AmeriCorps Member Joins Extension Staff

Sarah Bailey

Sarah Bailey joined the University of Nebraska-Lincoln Extension in Lancaster County staff on Sept. 1 as an AmeriCorps State and National member. AmeriCorps State and National members place in local organizations for one-year terms. Sarah’s position at extension is a part of the AmeriCorps Recovery-Go Green Initiative that aims to provide continued outreach and service focused on environmental issues.

Sarah is originally from Lincoln and grew up here attending Lincoln Public Schools. She recently attended the University of Nebraska–Lincoln and earned a Bachelor of Science degree in Biological Sciences with an emphasis in Environmental Studies. Her primary area of interest is in grassland ecology and plant/insect ecology. Over the past two summers Sarah has spent time in the field, researching how nutrients available in grassland ecosystems affect both plant and insect communities. She plans to continue her research interests in graduate school in the near future.

While attending UNL, Sarah also got involved in Roots & Shoots, a global organization through the Jane Goodall Institute, which focuses on community service-based projects that improve the environment. Activities the group pursued sparked Sarah’s interest in environmental education and community service projects. She has a strong interest in helping kids connect to nature and in providing others in the community with information on sustainable choices they can make.

During her year with extension, Sarah will be working on a number of different projects in the Lincoln community. Primarily, she will focus on after-school programs for both elementary and middle school students. She will plan, prepare and lead 4-H projects dealing with community service and global issues. Sarah will also assist with 4-H school enrichment programs such as Garbology and Trash to Treasure which teach kids about the importance of recycling, and the 4-H Embryology Garbology and Trash to Treasure which teach kids about the importance of recycling, and the 4-H Embryology

The University of Nebraska–Lincoln Speakers Bureau marks its 15th year this fall with 18 speakers and several 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. Some of the speakers are available on a year-round basis and others during the academic year only. The Web site www.speakersbureau.unl.edu provides access to each speaker’s topic information with a form to submit to book a speaker for your event. For more information or to book a speaker, go to www.speakersbureau.unl.edu or contact Barbara Fowers in the Office of University Communications at 472-0088.

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Tax Preparation Volunteers Needed

You can help make a real impact in your community through Volunteer Income Tax Assistance (VITA). VITA is a service where volunteers prepare federal and state income tax returns for low-to-moderate income individuals. Through the VITA program last year, over $200,000 Lincoln households received more than $5,042,944 in refunds, of which $1,760,120 was Earned Income Credit. Earned Income Credit is the largest poverty relief strategy created in the history of relief programs, helping to eliminate welfare and food stamps completely.

Many more taxpayers could be helped if we had more volunteers who could donate a few hours per week (usually 4–5) from Jan. 24 through April 15. The IRS provides free tax law and software training at various times in December and January. However, volunteer tax preparers will be expected to do some self-study of tax law, whether through the online course at the IRS Web site or through a course book which will be provided to them. New volunteer tax preparers are for household only; not for businesses. Only residents of Lincoln and Lancaster County can bring items to collections. For more information, call JoAnne Hranac at 441-7180.

Holiday Gifts Needed for LPS Start

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

Encountering China

Both an ancient civilization and a rising power, China presents some of the most complex questions facing the world today. Join the E.N. Thompson Forum on World Issues as we explore China from many perspectives.

Lied Center for Performing Arts, 301 N. 12th Street, Lincoln Free and open to the public. Visit http://entomphson.unl.edu

The E.N. Thompson Forum is a cooperative project of the Cooper Foundation, the Lied Center for Performing Arts and the University of Nebraska-Lincoln.

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(402) 441-7180

http://lancaster.unl.edu

E-mail: lancaster@unl.edu • Fax: 441-7184

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Lancaster Extension Education Center Conference Facilities 444 Cherry Creek Road, Lincoln

October
1 4-H Horse Awards Night
4–10 National 4-H Week
6 4-H Kick Off
6 Composting Workshop, Gene Library, 2400 S. 56 St.
7 Composting Workshop, Lied Center for Performing Arts, 1530 Superior St.
8 Composting Workshop, Anderson Library, 3635 Touzalin Ave.
8 Parents Forever
9 Extension Board Meeting
11 4-H Teen Council Meeting
12 4-H Leader Training...
...9:30 a.m. & 6:30 p.m.
14 4-H Horse Level Testing, Lancaster Event Center
16 Family & Community Education (FCE) Council Meeting

September
22 Family & Community Education (FCE) Leader Training “Design on a Dollar” 1:30–4:30 p.m.
22 Guardian/Conservator Training 8 a.m. – 5 p.m.
24–25 Termite Armbrister Training 8 a.m. – 5 p.m.
24–27 Ak-Sar-Ben 4-H Livestock Exposition, Qwest Center, Omaha
26 4-H Horse Level Testing, Lancaster Event Center 9 a.m.
28 Family & Community Education (FCE) Council Meeting 7 p.m.

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Lancaster Extension Education Center Conference Facilities 444 Cherry Creek Road, Lincoln
Experience the Power of Red
An open house for high school students and their families
Sponsored by the College of Agricultural Sciences and Natural Resources
Saturday, Oct. 10
9 a.m.–2 p.m. • Nebraska East Union

Can You Guess It?
Did you guess it? Find out at http://lancaster.unl.edu
Did you guess it from the September Nebline? Damage from Twig Grilloe

U.S. Drought Monitor Map
As of Sept. 8, Lancaster County was not in drought conditions.

Help Start a 4-H Club!
The University of Nebraska–Lincoln Extension 4-H Youth Development Program is open to all youth ages 5–18. Through learning-by-doing, youth gain practical skills and develop life skills. Currently, there are far 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! Starting a 4-H club now gives plenty of time for members to work on projects for next year’s county and state fairs.

Club Organization
Clubs range from 5 to 60 members and are led (or co-led) by club leaders — often club members’ parents. Parents are encouraged to attend meetings.
Volunteers are the heart of 4-H. Adult leaders partner with youth members to complete projects.
Club leaders — Also known as organizational leaders, club leaders coordinate meeting times and agendas. They also are responsible for club enrollment information.
Project leaders — Clubs may or may not have project leaders who provide leadership for specific projects.

Parent Volunteers — Also known as assistant leaders, provide valuable guidance to youth.
Club officers — Youth members choose officers to run their meetings.

Over 150 Projects
Nebraska 4-H has more than 150 project areas. Age-appropriate project manuals are written by university experts. Most project manuals have accompanying leader guides.
In most clubs, members complete several projects a year. Some 4-H clubs focus on one particular project area, such as rabbits. Many youth exhibit their projects at the county and state fairs.

4-H Staff Guidance
4-H staff provides guidance and resources to club leaders. Here’s a look at Lancaster County 4-H staff and their areas of responsibilities:
- Tracy Kuhn manages all non-animal project areas. This includes clothing, food, home environment, engineering and general areas.
- Deanna Karmazin runs the 4-H livestock and dog project areas.

Other Resources
Resource materials available to leaders include:
- Regularly-scheduled leader trainings
- The Nebline monthly newsletter 4-H pages
- Lancaster County 4-H Web site at http://lancaster.unl.edu
- Nebraska 4-H Web site at http://4h.unl.edu
- Mailings to club leaders
- County and State Fair can provide numerous ideas and inspirations for projects!

To Get Started
If you would like to help start a 4-H club, call Lancaster County 4-H at 441-7180.

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

4-H Kick Off
Tuesday, Oct. 6 6 p.m.
Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln

Part of National 4-H Week, Oct. 4–10
4-H is a learn-by-doing program with many exciting projects to choose from. Youth learn practical skills and develop life skills!