10-2009

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.

The garden has helped residents and provide opportunities for them 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.

Resident Lorrie W. says, “I’ve learned that a garden is a lot like life, the more you put into 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 reliefer.”

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 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 a lot more than just fresh food. It means a fresh start on each new day. Lois K. says, “It’s a place 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.

Children at the city mission also enjoy 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 learning 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

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4-H KICK OFF
Tuesday, Oct. 6
6 p.m.
Learn how to help form a new club! —see back page

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How to Reduce Energy Cost for Grain Drying

Tom Dorn
UNL Extension Educator

With energy prices up dramatically in recent years, many grain producing farmers are asking how to reduce the cost of drying grain. One of the first things one may discuss some methods to reduce energy cost for grain drying and present some management techniques that result in maintaining grain quality.

It is important to use the least cost method of drying corn to get the grain dry naturally in the field for as long as possible. Given good drying conditions (low humidity, wind, and warm temperatures), 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, with an airflow of the cubic foot per minute per bushel (cfm/bu). Producers with grain drying facilities usually hedge their bets and protect against the possibility of adverse weather later in the fall and start early 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. The time needed to dry to a given moisture for a function of the initial and final moisture content of the grain, the type of grain, the airflow rate in the bin (cubic feet per minute per bushel, cfm/bu), and the air properties (temperature, relative humidity, and initial humidity level).

In deep-bed drying systems (in-bin drying, the air is vertically passed through the grain from the bottom of the bin and is exhausted back to the top of the bin. As the air moves through the grain, the moisture evaporates from the outside of the kernels into the airstream. Eventually, the moisture content of the grain on the surface of the grain (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 and no more drying can take place. The moisture content of the grain (cubic feet per minute from) the drying zone remains unchanged or may be slightly wetted by the saturated air passing by. The drying zone moves through the grain in the direction of airflow.

Natural Air Drying

Natural air drying uses unheated air to dry grain. It can take several days to several weeks to dry a bin of corn using natural air. Nevertheless, natural air drying can be the most economical method and usually results in the highest quality grain of any of the mechanical drying methods. 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 air temperature recommendation above when the bin is full, the bin should be partially filled with additional grain. The shallower grain depth results in less static pressure for the same airflow rate, which translates into more airflow output (cfm) from the fan. Since the moisture content of the grain is usually lower in the few inches below in the bin, you are pushing more cfm through the shallower layers, thus significantly increasing cfm/bu. For information on reducing grain moisture using natural air, see the Sept. 8, 2006 Crop Watch article Reduce Grain Depth to Save Time: Energy When Drying Grains, http://cropwatch.unl.edu/archives/2006/Crop21/ 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 leaving the grain mass less saturated. Considering the long drying times associated with natural air drying, continuous stirring can also lead to significant damage to the grain and results in increased wear to the stirring device.

If a stirring device is installed, the stirring should be done 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 somewhat over-dried by the time the stirring device reaches the top of the bin, a final stirring just before the drying zone is puffed through the grain 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 water. 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, which means it can pick up more moisture from the grain per unit air volume passing through. When adding supplemental heat, the relationship between temperature and relative humidity is not linear. Table 1 presents the effect on the relative humidity when adding supplemental heat. All values shown in the table assume the relative humidity and relative humidity is not linear. Table 1 presents the effect on the relative humidity after adding supplemental heat. All values shown in the table assume the relative humidity and relative humidity is not linear. Table 1 presents the effect on the relative humidity after adding supplemental heat.

One of the limiting factors that affect the efficiency of high-capacity systems is the rate the relative moisture can migrate from the interior of the kernels to the surface where it can evaporate into the environment. The smaller the airflow rate and the higher the air mass the relative limiting factor is 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 grain mass much less saturated compared to deep-bed, in-bin drying systems. In deep-bed drying systems, the grain mass has a higher energy cost per point of moisture removed per bushel. Some high-capacity dryers recover some energy by warming the exhaust air and recycling it back into the drying chamber air stream or by re-circulating the heat 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 dryeration. Dryeration is the term given to a system where hot, high-speed air is used in a high-speed dryer and then directed into a high-speed dryer even more energy intensive. There are two methods where it is allowed to temper for four to six hours before starting the fan for drying. If 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 move to the grain surface to be cooled in the tempering period. This method of grain drying increases the throughput of the high-speed dryer 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 in-bin (heated) air and in-bin air is called combination drying. With combination drying, you “take the edge off” the high moisture corn by drying the grain to 20–22 percent moisture with the high-tem, high-speed dryer and then move the grain hot to a bin where the aerating fan can push at least two cfm/bu of unheated air through the grain mass to complete the process. This cools the high-moisture grain and decreases the load on the high-speed dryer even more than the use of air. With the energy cost for heating the fuel is the highest energy cost source. If you have more than one bin completely drying and initially cooling your corn in the high-speed dryer and then move the bins equipped with mesh floors and high-capacity aerators, either drying or combination drying can result in faster throughput, higher-quality grain and lower energy cost.

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

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Relative Humidity</th>
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<tbody>
<tr>
<td>50</td>
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<tr>
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<tr>
<td>130</td>
<td>6</td>
</tr>
<tr>
<td>140</td>
<td>4</td>
</tr>
</tbody>
</table>

Assumptions: Elevation: 1,000 ft. 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 depth and airflow rates are vastly different in high speed, high-capacity dryers as opposed to deep-bed, in-bin drying systems. Air temperatures of 100 or more degrees F are typical in high-capacity dryers. Column widths of grain being dried exceed 20 feet (6 meters) in batch or continuous flow dryers as opposed to feet (3 meters) in in-bin drying systems. Airflow rates of 50–100 cfm/bu are common in high speed dryers as opposed to 1.25-2.5 cfm/bu for deep-bed, in-bin systems.

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Tree Planting for Success

Justin Evertson
Nebraska Statewide Arbor Team

Proper planting is critical for the establishment of healthy, thriving trees. The following planting guidelines have been developed to help new trees get off to a successful start. The recommendations are based on nationally recognized standards as well as experience compiled by the Nebraska Statewide Arbor Team and the Nebraska Forest Service. The recommendations assume an appropriate tree has been selected for the planting site and the site is suitable for planting.

Digging
Dig a saucer-shaped hole wider than the root system but no deeper than the root mass. Most holes do not need to be deeper than about one shovel’s depth (10-14 inches). The bottom of the hole should be firm enough to prevent the tree from settling deeper after planting. Using an auger is not recommended since trees often settle too deep and the sides of the holes become glazed. If using an auger, don’t drill deeper than needed and loosen the sides of the hole.

Planting
Plant so that the base of the trunk is at original ground level or slightly higher. The first lateral roots should end up just under the soil surface (1-2 inches deep) and the trunk should flare visibly at ground level.

• Always locate the first main lateral roots and remove any excess soil above them before setting the plant in the hole. The first main roots are often several inches below the top of the container or root ball.
• All graft unions should be visible above the soil line.
• Remove all pots and containers before planting.
• For balled and burlap (B&B) stock, try to remove the wire basket and burlap before setting the tree in the hole. If maintaining the integrity of the soil ball is important, then remove the bottom part of the burlap and wire basket before setting the plant in the hole and then remove the remaining burlap and wire basket after stabilizing the tree in the hole. Remember to check for and remove any excess soil at the top of the root ball before planting.
• Loosen and break up roots before backfilling (especially important for potted trees). It may be necessary to cut larger roots that cannot be straightened to prevent girdling, but this should be done with caution.
• Re-plant with slightly curved or girdled root systems.
• For potted trees, try to remove as much of the root system as growing medium as possible before planting to help achieve good soil-root contact. During backfilling, place a hose in the hole to help this effort.

Backfilling
Backfill with the original soil dug from the hole. Large clods and soil chunks should be broken up as much as possible. Adding water during backfilling can help remove air pockets and better moisten the roots.

Mulching
Mulch individual trees with a 2-4 inch layer of wood mulch extending from the trunk to at least the drip line of the tree. Where possible, mulch trees and other plantings together in masses to help separate from surrounding turf. Don’t pile the mulch deeply over roots or against the base of the trunk and don’t mulch with rock or use plastic weed barriers under the mulch.

Staking and Bracing
Brace the tree if it might dislodge or blow over (trees with most trees typically benefit from staking). Some way should be allowed in the tree after staking. Use as broad a felt-like material to attach the bracing to the trunk to help prevent rubbing injuries. Do not brace with wire, rope or wire through hose. Remove staking within one year.

Once the tree is planted, there’s still work to do. Here are some tips on post-planting care:

Watering
After planting, keep the root zone moist but not water-logged. In general, a newly planted tree should receive about 1 inch of moisture per week, including rainwater, during the first growing season. Check the root zone for moisture—don’t just guess. Many trees are lost to either under- or over-watering. Containerized trees often need more watering than bare-root or B&B stock, because the porous growing medium they are potted in drains out more quickly.

Fertilizing
If the right tree was selected for the planting site, fertilizer is generally not needed. If fertilizer is desired, use only a slow-release, low-nitrogen fertilizer applied to the soil surface after planting. Never add fertilizer to the planting hole since it can damage newly transplanted roots. In addition, excess nitrogen in the soil can cause newly transplanted trees to grow too fast.

• Address major soil problems before planting. Adding organic matter to the planting site before planting can be very beneficial for poor, inorganic and/or compacted soils.

Pruning
At planting time, prune only to remove dead or damaged branches and to correct structural defects. Never cut back healthy branches or trim the tree to try to “balance” the top with the roots. The tree will benefit from having as many food-producing leaves left on as possible. Also, try to leave lower branches on a tree for as long as possible after planting. Lower branches help protect the trunk from cracking, sunscald and animal damage and they aid in developing good trunk taper. If needed, limb the tree up gradually over a matter of several years after planting. Monitor the tree when young and prune, sparingly but properly, to prevent structural defects.

Successful Composting

Don Jansen
UNL Extension Educator

Leaves falling from trees along with vegetable and bedding plants dying off as the season cools 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 plant materials 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 wringing out sponge. If kept too wet, compost piles encourage anaerobic bacteria and start to smell. It’s too dry, the pile “just sits there.”

Assure adequate air by designing a system which turns the pile frequently. Turning helps mix the materials well and also 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.

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## Black Bean & Rice Salad

### Instructions:
1. In a mixing bowl, stir together onion, red or green pepper, 1/4 teaspoon pepper, 1/2 teaspoon salt, 1/4 cup rice vinegar or white wine vinegar or lemon juice.
2. Dressing:
   - 1 can (15 ounce) drained and rinsed black beans
   - 1/2 cup chopped green or red bell pepper
   - 1/2 cup chopped onion
3. Pour dressing over bean mixture and stir to mix evenly. Chill for 1-1/2 hours.

### Master Mix
(15 servings)
- 4 cups all-purpose flour
- 4 cups whole wheat flour
- 1-1/3 cups non-fat dry milk
- 4 cups whole wheat flour*

### Casserole Sauce Mix
2 cups nonfat dry milk
3/4 cup cornstarch
1/4 cup instant chicken bouillon powder
2 tablespoons dried onion flakes
1/2 teaspoon salt
1 teaspoon dried basil, crushed (optional)
1 teaspoon dried thyme (optional)

### Pancakes
3 cups Master Mix
1-1/2 cups milk
1 egg
- Combine milk, egg and Master Mix. Stir until the flour is moistened. Batter will look lumpy. Spoon batter into greased muffin pans. Bake in oven for 20–25 minutes.

### Muffins
2 cups Master Mix
2 tablespoons sugar
2-1/4 cups milk
1 egg, beaten
- Preheat oven to 425°F. Add sugar to Master Mix and mix well. Mix milk and beaten egg. Add to mix. Stir until the flour is moistened. Better slow look lumpy. Spoon batter into greased muffin pan, fill 2/3 full. Bake in oven for 20–25 minutes.

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**By Alice Henneman, MS, RD, UNL Extension Educator**

**Black Bean & Rice Salad**

Serving size: 1 cup; Yield: 3 servings

1/2 cup chopped onion
1/2 cup chopped green or red bell pepper
1 cup cooked and cooled brown or white rice
1 can (15 ounce) drained and rinsed black beans

1 teaspoon dried, crushed thyme (optional)
1/2 teaspoon pepper
2 tablespoons dried onion flakes
3/4 cup cornstarch

Casserole Sauce Mix

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

### Pancakes
3 cups Master Mix
1-1/2 cups milk
1 egg

### Muffins
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2-1/4 cups milk
1 egg, beaten

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Helping limited-resource families learn to prepare nutritious and safe foods with stretching their food dollars.

*NEP Handout 1 BL7. *

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### Biscuits
2 cups Master Mix
2-1/3 cups milk
- Preheat oven to 425°F. Stir Master Mix and milk with fork for 25 strokes. Spoon dough onto greased baking sheet, let large bowl per biscuit. Bake for 10 to 12 minutes or until golden brown.

### Slow Cookers and Food Safety

Opening the front door on a cold winter evening and being greeted by the inviting smell of beef stew or chicken noodle soup wafting from a slow cooker can be a diner’s dream come true. But winter is not the only time a slow cooker is useful. In the summer, using this small electrical appliance can avoid introducing heat from a hot oven. At any time of year, a slow cooker can make life a little more comfortable, especially when planning ahead, you save time later. And it takes less electricity to use a slow cooker rather than an oven.

**Is A Slow Cooker Safe?**

Yes, the slow cooker, a countertop electrical appliance, cooks foods slowly at a low temperature between 170°F and 280°F. The low heat helps less expensive, leaner cuts of meat become tender and shrink less. The direct heat from the pot, lengthy cooking and steam created within the tightly-covered container combine to destroy bacteria and make the slow cooker a safe process for cooking foods.

**Safe Beginnings**

Begin with a clean cooker, clean utensils and a clean work area. Wash hands before and during food preparation. Keep perishable foods refrigerated until preparation time. If you cut up meat and vegetables in advance, store them separately in the refrigerator. The slow cooker may take several hours to reach a safe, bacteria-killing temperature. Slow refrigeration assures bacteria, which multiply rapidly at room temperature, won’t get a “head start” during the first few hours of cooking.

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### References:
- 2 cups nonfat dry milk
- 3/4 cup cornstarch
- 1/4 cup instant chicken bouillon powder
- 2 tablespoons dried onion flakes
- 1/2 teaspoon salt
- 1 teaspoon dried basil, crushed (optional)
- 1 teaspoon dried thyme (optional)

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1 teaspoon dried, crushed thyme (optional)
1/2 teaspoon pepper
2 tablespoons dried onion flakes
3/4 cup cornstarch

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- 1/2 teaspoon salt
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1 egg

### Muffins
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2-1/4 cups milk
1 egg, beaten

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Helping limited-resource families learn to prepare nutritious and safe foods with stretching their food dollars.

*NEP Handout 1 BL7. *
**Slow Cookers**

continued from previous page

**Thaw Ingredients**

Always thaw meat or poultry before putting it into a slow cooker. Choose foods that don’t freeze dry, such as soups, stews or clear soups, in a slow cooker meal, prepare according to manufacturer’s instructions.

**Use the Right Amount of Food**

Fill cooker no less than half full and no more than two-thirds full. Vegetables cook slower than meat and poultry in a slow cooker so if using them, put the vegetables in first. Then add the meat and desired amount of liquid such as broth, wine or barbecue sauce. Keep the lid in place, removing only to stir the food or check for doneness.

**Settings**

Most cookers have two or more settings. Foods take different times to cook depending on the setting used. Certainly, foods will cook faster on high than on low. However, for all day cooking or for less-tender cuts, you may want to use the low setting.

If possible, turn the cooker on the highest setting for the first hour of cooking time and then low or the setting called for in your recipe. However, it’s safe to cook foods on low for the entire time — if you’re leaving for work, for example, and preparation time is limited.

While food is cooking and once it’s done, food is safe as long as the cooker is operating.

**Power Out**

If you are not at home during the entire slow cooking process and the power went out, you can often salvage the food even if it looks done.

If you are at home, finish cooking the ingredients immediately by some other means: on a gas stove, in the outdoor grill or at a hour where the power is on.

When you are at home, and if the food was completely cooked before the power went out, the food should remain safe up to two hours in the cooker with the power off.

**Handling Leftovers**

Store leftovers in shallow covered containers and refrigerate within two hours of cooking or cooking will be compromised. Reheating leftovers in a slow cooker is not recommended. Cooked food should be refrigerated in the stove, in microwave, or in a conventional oven until it reaches 165°F. Then the hot food can be placed in a preheated slow cooker to keep it hot for serving — at least 140°F as measured with a food thermometer.


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**FCE News & Events**

**Council Meeting Sept. 28**

The September FCE Council meeting will be Monday, Sept. 27, 7 p.m. at the Lancaster Extension Education Center. Attendee Andrew Loudon will present the program on Estates, Wills, Trusts and Medicare.

The business meeting, including election of officers, will follow the program. All FCE members are invited to attend.

**Reorganizational Packets**

Presidents of FCE clubs can pick up their packet to reorganize for 2010. There are October deadlines within the packet. If you have questions, call Lorene or Pam at 441-7180. It is important to look forward and plan an exciting and educational year for FCE.

**Achievement Night, Oct. 26**

The 2009 FCE Achievement Night will be Monday, Oct. 26 at the Lancaster Extension Education Center, starting with dessert at 6:30 p.m. Everyone is asked to bring canned food or paper products for the annual FCE Food Bank. Campaigns and clubs will be recognized for years of membership. If you plan to attend, call the extension office at 441-7180 and leave your name at the front desk.

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American bittersweet

(Mary Jane Frogge, UNL Extension Associate)

American bittersweet (Celastrus scandens) is an easy-to-grow vine famous for a striking display of seedpods and berries each fall. Often used in wreaths or decorative displays, this ornamental vine adds value and interest to the garden all year long. Chinese bittersweet (Celastrus orbiculatus), is considered an invasive plant and not recommended for planting in landscapes.

American bittersweet is a deciduous, perennial vine native to North America. Often found growing over fences or climbing up trees, their typical habitat includes rocky upland woodlands and along shady riverbanks of the central and eastern United States. This vine has smooth, 2 to 4 inch long green leaves. The vine produces tiny greenish-white flowers in June and in early fall, orange-yellow seed husks peel back to reveal scarlet-colored fruit. Bittersweet fruits are not safe for human consumption, but when left on the vine, they provide a much appreciated source of late winter food for many birds and small animals.

Fall is a good time to plant American bittersweet. If mulched and protected over winter during its first year, bittersweet will remain maintenance free for most of its long life.

To get the vine to produce brightly colored berries, you will need to plant both sexes of the vine within close proximity of one another. When purchasing plants from a nursery, be sure the sex of the vines are properly identified. The female vines produce the berries, but the sexes are impossible to tell apart until the plants are mature. One male plant will easily produce enough pollen for 6 to 8 female plants and bees are the main pollinators. It will take several years for the vines to produce fruit.

Bittersweet can be bought from a nursery or propagated from seeds or cuttings. Seed sown in the spring need to be placed in containers of moist sand or peat and kept in the refrigerator at 34 to 41°F for 3 to 4 months to break dormancy. Bittersweet vines grow well in both full sun and shade, although the plant may not produce fruit. These vines are not particularly fussy about soil quality and pests seldom bother them. Because of their climbing habit, bittersweet needs a sturdy support, either an upright trellis or a lattice. Do not let it climb up a tree, however, because the thinning of these vines could easily girdle the trunk. Year-round light pruning will keep plants tidy and help reign in their size. Pruning can be done in late winter or early spring.

American bittersweet is ready to harvest when you see the first orange capsules of the fruit split open to reveal the orange-red fruit inside. Cut stems to the length you desire and tie them into small bundles. Hang the bundles to dry in a warm, dark room. As the fruit dries, more unopened capsules will split open to reveal the fruits inside. Once dried, the vines make an attractive botanical display that will last for several years.

Source: Ellen Brown, Garden Columnist

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. Here are suggestions to help you store your vegetables properly.

**Carrots**: Trim carrot tops to one inch. Layer unwashed carrots in a container of moist sand. Carrots can be stored in a cool place, 35 to 40°F for 4 to 5 months.

**Onions**: Store cured onions in a dry location at 35 to 40°F.

**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.

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

**Turnips**: Trim turnip tops 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 ripen winter squash for 10 days at 80 to 85°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 insure you will have good quality produce to enjoy in the months ahead.

FOR MORE INFORMATION
UNL Extension Horticulture Newsletter G1264 “Storing Fresh Fruits and Vegetables” available at the extension office or online at http://www.imrpubs.unl.edu/sendit/g1264.pdf

Drying Gourds

Mary Jane Frogge, UNL Extension Associate

Drying gourds may be a bit of a wait, but knowing 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 or chicken wire fencing. Make sure they do not touch the extension office or online at http://extension.horticulture.unl.edu

**THINGS TO DO THIS MONTH**

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**Gardening Guide**

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**Sign Up for Free E-mail Horticulture Newsletter**

HortUpdate is a FREE e-mail newsletter from the University of Nebraska-Lincoln Extension which 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://extension.horticulture.unl.edu

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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 are active throughout the summer, but become more obvious by late summer when they become larger.

Mantids found in Nebraska include the Carolina mantid (Stagmomantis carolina), a native species, and the Chinese mantid (Tenodera aridifolia sinensis). The larger Chinese mantid has been in North America since 1869 when it was introduced to control insect pests. The Chinese mantid is the species often sold through nurseries and garden catalogs.

The praying mantis is named for its prominent forelegs, which are bent and held together at an angle that looks like it is praying. But, these forelegs are dangerously equipped with sharp spines for grasping their prey. Typically brown or green, mantids are well camouflaged on the plants among which they live. They sit motionless, patiently waiting for their prey to wander close enough to be snared. The mantid strikes quickly — about 1/10th of a second — you may not be able to see it happen. Watching the mantis feed is not for the faint-hearted...the mantis usually eats its prey while it’s still alive and it starts eating the head first.

Mantids do not discriminate in their choice of food. They feed on moths, crickets, grasshoppers, flies and other insects. They may even eat other mantids. The most famous example of this is the notorious mating behavior of the adult female, which sometimes eats her mate after mating. This cannibalistic behavior is not common and occurs only if the female is starved.

After mating, the female will lay eggs on branches, siding or rock. The eggs are laid inside a “boam” liquid called an ootheca, that hardens and looks a little like a “packing peanut.” Inside this protective egg case, eggs are incubated and survive freezing temperatures. In the springtime, eggs hatch and nymphs emerge, looking like tiny, wingless versions of their parents. Often, their first meal is a sibling. Nymphs will molt six to nine times, before becoming an adult. Most mantid species produce winged adults. Males are more likely to fly than females.

Some insect enthusiasts suggest keeping mantids as pets, which can be an interesting thing to do. It can also be a lot of work, especially obtaining large numbers of tiny insects for the tiniest mantids to eat. Because of their predatory behavior, mantids must be housed individually. Information about rearing mantids is readily found by searching the Internet.

**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 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.
- Matte painted to reduce its visibility. Secure roof vents with quarter-inch hardware cloth. Paint the mesh to match the color of the vent to reduce its visibility. Secure roof vents with professionally manufactured stainless-steel screens.

In a building, damage by squirrels is usually easy to identify. Signs include droppings, gnawed holes, leaves, twigs, shells, eggs, nuts, shredded insulation or nesting materials inside an attic.

Property owners frequently hear scurrying in the ceiling shortly after dark and before dawn. Acorns that are crushed, usually, that hardens and looks a little like a “packing peanut.” The eggs are laid inside a “boam” liquid called an ootheca, that hardens and looks a little like a “packing peanut.” Inside this protective egg case, eggs are incubated and survive freezing temperatures. In the springtime, eggs hatch and nymphs emerge, looking like tiny, wingless versions of their parents. Often, their first meal is a sibling. Nymphs will molt six to nine times, before becoming an adult. Most mantid species produce winged adults. Males are more likely to fly than females.

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**Problem Squirrels in Buildings**

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**Squirrel hole is a classic sign.** Try darkening rooms to encourage squirrels to move towards the light coming from the opening where they entered the building. If needed, create barricades to keep the squirrel moving towards the opening.

If you can’t guide the squirrel safely back outdoors, live traps and lethal traps are available for capturing squirrels. Any squirrel caught in a live trap must be released within 100 yards of the site where they were captured.

In rural areas, problem squirrels can also be safely removed by shooting. In urban areas, ordinances prevent the discharging of firearms because of the obvious dangers to property, people and other animals.

**Nebraska Laws Related to Tree Squirrels**

- Fox and gray squirrels are classified as small game animals and can be taken by individuals with a small game hunting permit during hunting season. Letters of authorization to shoot or trap tree squirrels out of season can be issued for damage situations in Nebraska because of the limited range and low numbers.

- Municipal laws usually are more restrictive than state laws regarding the control of tree squirrels. Some communities forbid the use of lethal traps within their jurisdiction.

- Following Nebraska laws carefully if you plan to trap squirrels and always check for necessary permits. Avoid trapping between April and May to reduce the risk of orphaning squirrels. Any squirrels caught in a live trap must be released within 100 yards of the site where they were captured.

- Southern flying squirrels are fully protected as a threatened species in Nebraska because of the limited range and low numbers.

- Squirrels must be released within 100 yards of the capture site or they can be euthanized if taken under the authority of Wildlife Damage Control Permit. The permits may be obtained from a local representative of the Nebraska Game and Parks Commission or by calling 471-0641.

Source: Prevent Squirrels from Coming into a Habitat by Stephen Vaultan, UNL Wildlife Damage Project Coordinator; Scott Hygnstrom, UNL Wildlife Damage Extension Specialist; Dennis Fergus, UNL, Extension Educator; Acreage offers acreage and ada
The Cusick-Rawlinson heart of 4-H!

and grow! We’ve also loved meeting so many nice 4-H families

love 4-H programs and volunteers are necessary to continue

Council and on the Horse VIPS Committee (she is currently

in 4-H Council,

who wrote, “She

Susan Frobish,

was nominated

volunteer

of 4-H Award”

October’s “Heart

Rawlinson

Jennifer Cusick-

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4-H Trail Ride Near Halsey, Oct. 10–11

Nebraska can ride horseback through some of Nebraska’s most scenic

4-H Leader Training, Oct. 22

All 4-H leaders and 4-H volunteers helping with clubs are encouraged to attend the fall

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, intensive 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 Deanna Karmazin at 441-7180.

Horse Awards Night, Oct. 1

The annual Lancaster County 4-H Horse Awards Night will be Thursday, Oct. 1, 7:00 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!

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.

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• plan, set up and facilitate the annual

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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 T een Council members:

• participate in several community service activities

• organize the Ice Cream Social and Cookie

• plan, set up and facilitate the annual

4th & 5th grade Lock-In (pictured below)

Eating Contest at the Lancaster County Fair

3 4-H clubs invite new members

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

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The Lancaster 4-H Teen Council is a leadership organization for youth in grades

4-H Experience: 4-H for kids 9-14;

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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.rivercityroundup.org.

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

Special Awards
Justin Harper — Dairy Cattle - Jersey Reserve Junior Champion
Austin Hurt — Rabbits - Mini Rex Best Opposite
Rachel Hurt — Rabbits - Rex Best Opposite
Koral Gunnerson — 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 Clausen (also received 2nd place individual), Grace Farley (also received 4th place individual) and Kyle Pedersen (also received 5th place individual).

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 14 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’ers 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.

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.

College Scholarships
For graduating high school seniors enrolled in the Lancaster County 4-H program
4-H Council — six $500 scholarships to active Lancaster 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 Kiwanis — two $1,000 scholarships to active Lancaster County 4-H’ers.

Nebraska Association of Fair Managers — $500 statewide scholarships: Martha & Don Romeo Scholarship to two 4-H’ers and Staats 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 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.

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.


State PSA winners with Joe Gangwish of KRVN.

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

4-H Council — four 4-H’ers are encouraged to participate in three contests:
• a piggy bank painting
• 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 Imanning1@unl.edu. For more information, call Leanne Manning at (402) 821-2151.

*Lancaster County deadline for these statewide awards is Jan. 2

4-H Contests
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 14 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’ers 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.

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.

College Scholarships
For graduating high school seniors enrolled in the Lancaster County 4-H program
4-H Council — six $500 scholarships to active Lancaster 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 Kiwanis — two $1,000 scholarships to active Lancaster County 4-H’ers.

Nebraska Association of Fair Managers — $500 statewide scholarships: Marth...
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 places members 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 community 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 interest area 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 has also been 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 the environment, ecology, agriculture, photography, 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 program which features chicks hatching in classrooms. Sarah will also help with composting workshops in the community and an extension garden project at the People’s City Mission Garden.

2009–2010 Speakers

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<td>Nebraska’s Water Resources: Past, Present and Future</td>
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<td>MICHAEL HOFF</td>
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<td>WES PETERSON</td>
<td>The Idea of Poverty What’s Up With the Doha Development Round (DDR)? Why is Agricultural Policy so Hard to Change?</td>
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<td>PAUL READ</td>
<td>Grape Expectations: Nebraska’s Developing Grape and Wine Industry Gardens of the World</td>
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<td>JOHN RUPNOW</td>
<td>History and Agents of Agriterrorism It Must Have Been Something I Ate: Issues in Food Safety Guru or Gourmet: The Science of Food</td>
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<td>SANDRA STOCKALL</td>
<td>Wow, That Felt Great! Communication is a Contact Sport</td>
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<tr>
<td>CHRIS TIMM</td>
<td>Developing a Top Internship Program Using the Web to Effectively Recruit College Students</td>
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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 5,000 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 reduce poverty and food stamps compliance.

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 the Lincoln-Lancaster County Health Department at (402) 441-8040.

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 411-7180. This is an excellent project for 4-H, FCE and other community clubs. Individuals are welcome to participate.

Encountering China

The EN Thompson Forum is a cooperative project of the Esperian Foundation, the Lied Center for Performing Arts and the University of Nebraska–Lincoln.

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. http://enthompson.unl.edu Available live on the Web at www.unl.edu, Lincoln cable channel 21 or channel 5, NETSAT 104, ULN campus channel 8 and ULN KINU radio 90.3 FM.

Enth Thompson Forum on World Issues

Tuesday, October 6, 2009, 7 p.m.

CHINA: FRAGILE SUPERPOWER
Dr. Susan Shirk
Thursday, November 12, 2009, 7 p.m.

CHINA IN AFRICA: THE NEW SCRAMBLE?
Richard Behar
Tuesday, January 26, 2010, 7 p.m.

CHINA RISING: GOOD OR BAD NEWS FOR U.S. WORKERS, CONSUMERS AND INVESTORS?
Chuck Hagel and T.B.A.
Late February/early March, 2010, 7 p.m.

CHINA ROAD: A JOURNEY INTO THE FUTURE OF A RISING POWER
Rob Gifford
Thursday, April 1, 2010, 7 p.m.
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 NeblNe?

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.

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

For more information, visit http://4h.unl.edu