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Human Diseases and Wildlife: Implications for Nebraska

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Extension Educator
&
Wayne Kramer
Medic Entomologist,
Nebraska Department of
Health and Human Services

Serious diseases having a wildlife connec-
tion, Lyme disease and hantavirus, and West Nile virus are more and more frequently in the news. What is the current status of these diseases in Nebraska? Wayne Kramer is Nebraska’s lead investigator of these vector-borne diseases.

This article discusses how these diseases may potentially impact Nebraska. Lyme Disease: Lyme disease is the most reported vector-borne disease in the U.S. It is caused by a bacterium, Borrelia burgdorferi, and was first identified in Lyme, Connecticut in 1982, although it likely has been present in the U.S. since the 1800’s. It is a chronic debilitating disease, but rarely fatal. More than 16,000 cases of Lyme disease were reported in the U.S. in both 1999 and 1998, and the greatest number of cases continues to occur in northeastern, mid-
Atlantic, and northeastern states (Minnesota and Wisconsin). A distinctive, expanding circular rash is the first early symptom of the disease and occurs in 60 to 80 percent of all cases. Lyme disease is maintained in nature in a cycle involving rodents (scapularis), the deer tick, and associated reservoir hosts (white-footed mice and white-
tailed deer). In 1996, a related bacterium, Borrelia lonestari, was isolated from the lone star tick, Amblyo-
num americanum, which has a distribution in the southern U.S. including Nebraska. This fact may help us better understand the current status of Lyme disease in Nebraska. A rela-
tively small number of cases of Lyme disease have been reported in Nebraska (84 for the period 1990 to 1999) despite the fact that the only known competent vector of Borrelia burgdorferi, the deer tick (I. scapularis), has not been found here. The majority of the Lyme disease-like illnesses that are being reported and counted as classic Lyme disease in Ne-
braska may, in fact, be caused by B. lonestari. Also, most cases of the Lyme-like disease were contracted in the south-
eastern part of the state which overlaps the lone star tick geographical distribution—good epidemiological evidence this tick may be the vector.

There is a human vaccine currently being marketed for Lyme disease, but it is not recommended for Nebraska residents. Because the risk of Lyme disease is very low in Nebraska and because vaccines have a high degree of specificity, it is thought the vaccine would not protect persons against B. lonestari.

Ehrlichiosis: The lone star tick is also known to transmit another bacterial agent, Ehrlichia chaffeensis, which causes human monocytic ehrlichiosis (HME). This bacteria was first described in 1986, and one case has been reported in Nebraska. The spectrum of human disease ranges from an illness that is very mild to a severe, life threatening, or fatal disease. The disease may be confused clinically with Rocky Mountain spotted fever. The wildlife reservoir for this disease is also the white-tailed deer.

Hantavirus Pulmonary Syndrome (HPS): HPS is a deadly respiratory condition caused by a virus named the Sin Nombre virus. It is carried by a rodent, primarily the deer mouse (genus Peromyscus). HPS was first identified in 1993 in the Four Corners region of the southwest after several individuals died, but the disease has been documented as far back as 1959! It is a rare disease—as of February 2001, 279 cases were confirmed in 31 states. Cases are concentrated in western states although cases have been documented as far east as Rhode Island and New York. Only one case of HPS has been documented in Nebraska (1999), even though surveys of rodent populations show that the Sin Nombre virus is endemic in deer mouse populations throughout Nebraska. In a number of surveys, between four and 20 percent of collected rodents carried the Sin Nombre virus.

There is no insect vector for hantavirus. The risk associated with this disease is solely dependent on factors that promote rodent populations and the frequency of human activi-
ties in infested areas. Rodents are completely unaffected by the disease and do not get sick or die, but serve as a reservoir and can infect other rodents. The virus is shed by rodents in the urine and feces and may remain viable in the environ-
ment for some period of time.

The risk to humans occurs when individuals inhale infec-
tious virus particles. Many human exposures have come from contaminated buildings, occupying previously vacant cabins, cleaning barns and other outbuildings, but other sources of exposure have been associ-
ated with agricultural activities such as planting and harvesting field crops. Hikers and campers may also encounter the virus.

Because there is always a risk, even though it is small, precautions should be taken to prevent exposure to the virus. Wearing a properly fitted respirator with a HEPA filter will provide protection by effectively filtering out the tiny virus particles which may be airborne. Paper dust masks do not provide effective protection. When dealing with rodent-infested areas, one must first reduce rodent populations, ventilate the area before cleaning, and then use wet cleaning techniques (see Cleaning Up After Rodents page 3). These steps will reduce the risk from inhaling infectious virus particles.

West Nile Virus: West Nile encephalitis, thought to be first introduced into New York City in 1999, was found in states by the end of 1999. In 2000, it expanded further outward from the New York City metro area to 12 states. The virus circulates in nature in a mosquito-bird cycle and the disease is known in humans and horses. Although, most bird species are not affected by the virus, a small number of bird species are amplifying. The most susceptible birds belong to the family Corvidae (crows, ravens, jays), and it is possible that dead crows (Corvids) which were later positive for West Nile virus has been a useful surveillance tool to monitor the expanding range of this virus on the east coast. The dead crows are more likely to be single crows, rather than a large flock, which is more likely to indicate mortality from a toxic sub-
stance, like a pesticide. Most people who are infected with the West Nile virus do not get sick or experience a mild illness (fever, headache, body aches) and fully recover. For some individuals, particularly the elderly, West Nile virus can cause encephali-
tis and cause permanent neurological damage to the brain and can be fatal. Symptom include a severe headache, muscle weakness, high fever, stiff neck, confusion, and loss of consciousness (coma).

What is the likelihood that the West Nile virus will get to Nebraska? Based on the expansion of the disease from 1999 to 2000, a good guess is that the disease could reach Nebraska in two to five years. Present laws are complicated because each geographical area has its own complement of mosquito species that may or may not be good vectors.

If you find dead crows, you are urged to call Wayne Kramer (402) 471-0506. To be useful for analysis, the crows must be

Sin Nombre Virus or Hantavirus Image courtesy Cynthia Goldman, Sherri Zilk, and Laura Ellman Infectious Disease Pathology Activity, DVRD, SCID, CDC

Personnel at the Lancaster County Extension Office, have the expertise to identify tick species. During the summer of 2000, we were surprised to identify several deer ticks. However, each of these ticks were brought back to Nebraska by folks traveling in the eastern part of the U.S. If so, you are vacationing in areas where deer ticks occur, check yourselves carefully for the presence of ticks. If the populations are very high, consider using the DEET insect repellent or the DEET in this issue...

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Nebraska Department of Health and Human Services Extension Educator
&
Wayne Kramer
Medic Entomologist,
Nebraska Department of
Health and Human Services

Infectious Disease Pathology

Hantavirus Pulmonary Syndrome

West Nile Virus

Deer Mouse

Rodent Infestation

Sin Nombre Virus

Hantavirus

Acreage Insights

Food & Fitness

Family Living

4-H & Youth

Community Focus

Horticulture

Environmental Focus

Farm Views
Plants a Tree

Good trees generally grow slowly, so they should be the first plants to be placed on the property. Trees are the basis of good design, and so their location has more influence than that of any other plant. Trees provide shade during the summer, protection from winter winds, and protection from the noise of nearby street traffic, screening from the outside and elimination of undesirable vistas, and they add a sense of security and comfort. Trees can be used to modify heat and cold, as well as, to complement and develop natural beauty.

When trees are used near architectural structures, they can bridge the gap between the buildings and the ground on which they stand. Trees also can divert ants, hide unwanted views, balance sloping ground, and provide accent and a center of interest. Probably no other natural feature can provide such a changing array of interest throughout the whole year. The lush, tender green of the early spring blends into the development of leaves and foliage to a rich, harmonizing mass of green. In the spring, flowers of certain trees have an inspiring quality and are followed by the fruit and seed production. These multiple forms of growth are truly forms of nature. As trees mature, other qualities become evident. The differences in branching systems become more pronounced. Texture and color in bark give year-round interest. Autumn color in some species makes worthwhile a whole year of waiting to see their glowing hues.

During extended winter periods, trees stand dramatically silhouetted against sky, earth, and buildings.

Most large growing trees should be planted at least 30 feet from the house, depending on the shape of the tree. Small trees should be at least 15 to 20 feet apart. To help you select a tree for your landscape, ask for fact sheet, Landscape Trees for Lancaster County, FS-282.

Annual Vines in the Landscape

Annual flowering vines are useful for many locations around the home landscape. They add new interest to the yard area when grown on a fence, lattice, arbor or trellis. Annual vines climb by twining around a support or by clinging with tendrils. They grow rapidly to form an attractive mass of foliage and flowers.

Pods, blooms, and other fruits are often decorative and edible. Vines should be planted at least 30 feet apart. They can be grown on fence, lattice or trellis. They can bridge the gap between the sky, earth, and buildings.

Annual flowering vines should be given year-round interest. Autumn color in some species makes worthwhile a whole year of waiting to see their glowing hues.

Annual flowering vines are available in white and shades of blue, pink, purple and red. The flowers are four inches across and are borne freely on vines which may grow to a height of 12 to 15 feet tall. Morning glories grow best on a well drained soil in a warm sunny location. Morning glory is one of the most colorful vines you can plant. Brilliant flowers are a honey-orange blossom scent. These vines will grow to 6 to 8 feet tall in full sun. Guards have rather inconspicuous flowers, but produce colorful fruit which are ornamental on the vine during late summer. The fruit may be dried for fall and winter arrangements (MM).

Summer Patch of Turfgrass

Summer patch is a persistent and devastating disease of turf. The fungus resides in the soil and when the grass plants become stressed it attacks the leaves, roots, and crowns.

If summer patch was a problem in the lawn last year, it is likely to occur again this summer. Chemical control is most effective when fungicides are applied as a preventative rather than curative treatments. Make the first application no later than early May, and repeat if needed. Treatment after mid-August is usually not needed. Follow these control measures to keep your turf healthy. Keep the turf deeply watered to avoid drought stress.

Avoid fertilizing with excess nitrogen in early spring and during the hot summer months. Reduce compaction of the soil by aerating in early fall or mid-spring. Keep the lawn mowed to the recommended height. Since, the fungus can easily overwinter in excess thatch, keep the thatch layer to a minimum. If you consider starting a new lawn, use varieties that offer some resistance to summer patch. (MM)

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When trees are used near architectural structures, they can bridge the gap between the buildings and the ground on which they stand. Trees also can divert ants, hide unwanted views, balance sloping ground, and provide accent and a center of interest.
Termite Workshop on May 22

A workshop for homeowners “Everything Homeowners Should Know About Termites and Termite Control” will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Tuesday, May 22, 6:30 - 9:30 p.m. These workshops are designed to help homeowners understand termites, termite control options, and become more informed consumers. Highlights include:

- Termite biology and behavior: - why termites live and how they get into your house
- Preventing termite damage
- Inspecting your home
- Understanding treatments: differences between bait and barrier treatment approaches
- Understand the termiteicide label: why it is important for homeowners to read the label

Presenters will include: Barb Ogg, extension educator, Lancaster County, Dennis Ferraro, extension educator, Douglas/Sarpy County, Clyde Ogg, pesticide education specialist, UNL, Tim Creger, pesticide program manager, Nebraska Department of Agriculture.

This workshop will also be held in Columbus (May 10), Omaha (May 15), Auburn (May 17), and Hastings (May 24). Cost of these workshops is $20 and includes reference materials. Call the Lancaster County Extension Office for more information, 441-7180 (BPO)

Household Hazardous Waste Collections for 2001

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday, April 21</td>
<td>Lincoln-Lancaster County Health Department (LLCHD) 3140 &quot;N&quot; Street, south parking lot 9 a.m. to 3 p.m.</td>
<td>Saturday, May 19</td>
<td>Goodyear Tire and Rubber Company 4021 North 56 Street 9 a.m. to 3 p.m.</td>
</tr>
<tr>
<td>Friday, May 18</td>
<td>Hickman, Second and Main 3 to 6 p.m.</td>
<td>Saturday, June 23</td>
<td>State Fair Park, parking lot, northwest of Ag Hall Includes latex paint exchange* 9 a.m. to 3 p.m.</td>
</tr>
<tr>
<td>Saturday, August 10</td>
<td>Union College, parking lot, 52 and Cooper Streets three blocks south of 52 and Calvert Streets 3 to 7 p.m.</td>
<td>Saturday, August 11</td>
<td>Nebraska Wesleyan University parking lot, 56 and Huntington 9 a.m. to 3 p.m.</td>
</tr>
<tr>
<td>Saturday, September 22</td>
<td>Pfizer Animal Health 601 West Cornhusker Highway 9 a.m. to 3 p.m.</td>
<td>Saturday, November 3</td>
<td>State Fair Park (site to be posted) 9 a.m. to 3 p.m.</td>
</tr>
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Household Hazardous Waste Collections take:
Heavy Metals—Wastes containing liquid mercury such as thermometers and thermometers. Solvents—Mineral spirits, turpentine, paint strippers and thinners, oil-based paints, varnishes, stains, polishes, and waxes. Pesticides—Weed killers, garden sprays, wood preservatives, roach powder, rat poisons, etc. (includes EPA-banned chemicals listed below which should not be used, such as DDT, chlordane, 2,4,5-T, pentachlorophenol, silvex, and PCP). Items Containing PCB’s—Ballasts from old fluorescent fixtures and capacitors from old appliances including radios, motors, and televisions. Please keep products in the original container and keep the label intact. If the label is already destroyed or unreadable, label the products to the best of your knowledge. Open, leaking, or rusted containers should be placed in a clear plastic bag during transport to a collection. Please, do not mix chemicals!

Please Do NOT Bring —
- Latex paint*
- Fertilizers
- Fluorescent bulbs (recycle)
- Antifreeze (recycle)
- Medicines
- Used oil (recycle)
- Batteries (recycle)
- Explosives and ammunition
- General household trash or business waste

If you have questions on how to dispose of these items, call the Lincoln-Lancaster County Health Department at 441-8040 or refer to the article “Where Wastes Should Go in Lancaster County” in the March 2001 Nebline, page 3.

*The latex paint exchange only occurs on June 23. Only good, usable latex paint is accepted. Please bring only containers that are at least half full. Call LLCHD for information about properly disposing of unusable latex paint. (BPO)

Safely Clean up After Rodents

Eliminating rodents from your home/cabin or other dwelling will decrease your risk for Hantavirus Pulmonary Syndrome. Follow these standards for removal and cleanup guidelines:
- Set spring traps that will kill mice.
- Use rubber gloves and spray the nest or dead rodent with a household disinfectant solution or three tablespoons of bleach in one gallon of water. Other disinfectants can also be used as directed. Let the area soak thoroughly 10 to 15 minutes.
- Remove the nest or rodent using a long-handled shovel or rubber gloves.
- Double bag the rodent or nest securely with plastic bags and dispose of them in the trash. Persons in rural areas may bury the waste two to three feet deep.
- Clean up the rodent area and traps by spraying with disinfectant solution. Let the area soak for 10 to 15 minutes. While still wearing gloves, wipe up the area with paper towels or rags.
- Double bag all paper towels, rags, and gloves used in the cleanup. Dispose of them in a tightly covered trash container.
- Wash your hands with soap and water after completing the cleanup.
- After the rodents are removed, floors, countertops, cabinets and other surfaces should be cleaned with a solution of three tablespoons of household bleach in one gallon of water, or by a commercial disinfectant. Do not sweep floors with a broom, or vacuum, until area has been disinfected.
- Rugs can be steam cleaned; dirt floors should be sprayed with a disinfectant solution.

Source: Nebraska Department of Health and Human Services http://www.hhs.state.ne.us/epi/epiindex.htm (BPO)

Cans for Books

Midland Recycling and A & J Recycling wish to honor National School Library Media Month and Environmental Awareness Days with Cans for Books.

- Aluminum Cans—All families, friends, neighbors, and businesses should collect aluminum cans to recycle for school libraries.
- A & J Recycling—B. Bring the cans to A & J Recycling between April 16 and May 18.
- Each visit, fill out an entry card to designate the school library and student at the school you wish to support.
- C. Cash for Cans—Midland Recycling will donate $0.03/pound to the designated school library and you will receive market price for your aluminum cans! (Or, you may choose to donate the cash payment to the library too!)

Bonus: Midland Recycling will donate one special $500 award to the school library with the highest dollar donation per capita.

Midland Recycling will present a $50 Lee Bookellers gift certificate and an environmental award to the student credited with the most aluminum cans recycled.

Money and award will be presented by Midland Recycling on May 24.

For more information, contact: Mike Foster or Ken Cooper, Midland Recycling—476-8502; Marty Franti, Lincoln Public Schools Recycling Coordinator—436-1061; or Donna Ewoldt, Director, Lincoln Public Schools Media Services—436-1627. (ALR)
Test Soils for Nitrates; Adjust Application Rate Accordingly

A positive outcome of last year’s heat and drought appears to be an increased rate of soil mineralization, potentially increasing the amount of soil nitrogen readily available to plants. Nitrogen is a key nutrient used to describe the conversion of organic forms of nutrients, which are not available to the plant, to inorganic forms that the plant can use.

University of Nebraska Cooperative Extension technologists working on the Wellhead Area Protection Project (WAPP), an irrigation and nutrient management demonstration funded by the Nebraska Department of Environmental Quality, the Upper Big Blue NRD and the Little Blue NRD, are finding increased soil residual nitrate-nitrogen in soil samples from demonstration fields. Crop consent and soil testing labs in central Nebraska also have reported increased residual soil nitrate-nitrogen levels.

Many of the fields showed levels of residual nitrate-nitrogen twice as high as last year, and some were four times as high. These increases, however, are not necessarily typical of Nebraska as a whole. The nitrate levels in soil samples were taken from farmers by farmers from across the state varied widely. Levels ranged from 13 pounds per acre to 240 pounds per acre of nitrate-nitrogen available for the 2001 crop. These values further reinforce the need for accurate soil testing when calculating nitrogen credits and the need for purchased nitrogen.

Soil Testing
For most soils, the soil sample should be taken down to three feet, unless crop-rooting depth is limited due to soil conditions such as coarse sand or poor water table. In these cases, a minimum depth of two feet may be appropriate. Once the residual nitrate-nitrogen content of the field is known, a nitrogen credit can be determined. The following example is based on results from a WAPP demonstration site in south central Nebraska. The residual nitrate-nitrogen in a three-foot soil sample, indicated there was 100 pounds of nitrogen per acre already available for crop use. If anhydrous ammonia costs are estimated at $325 per ton, the residual nitrate-nitrogen is worth $19.90 per acre. Following University of Nebraska soil sampling guidelines, the projected cost for nitrate-nitrogen soil lab analysis will be approximately $2 per acre less than what many farmers apply. At today’s prices, the soil nitrate-nitrogen could add up to more than $10 per acre. Using a realistic yield goal is part of the recommendations. Using a five-year average plus five percent. Our research shows that many farmers use a very high nitrogen rate and fail to reach the yield goal 50 percent of the time. NU recommendations indicate adjusting 75 to 80 percent of what was previously applied, may actually be the most profitable option, especially at today’s nitrogen prices.

When nitrogen sources fluctuate, nitrogen use can be increased or reduced accordingly. What is the best practice? If corn is $2 per bushel and nitrogen is less than $0.13 per pound or $210 per ton of anhydrous ammonia, it is profitable to add 50 pounds of nitrogen to NU’s recommended rate. However, when anhydrous ammonia prices rise above $0.22 per pound or $364 per ton, it is profitable to reduce the recommended rate by 50 percent. This doesn’t include application costs.

Soil Test
For more information on taking and submitting soil samples and for soil sample boxes and information sheets, contact your local cooperative extension office or the University of Nebraska Soil and Plant Analysis Laboratory. Mail samples to 139 Kinnear Hall, University of Nebraska, Lincoln, NE 68503-0916. The NU lab can also be reached by phone at (402) 472-1571; fax: (402) 472-1396; or by email at SNAP@unl.edu.

Tips for Quality Samples
Soil test results are only as good as the sample. Follow are a few tips for getting the most accurate results.

1. Take samples a depth of at least three feet. 2. Composite five to ten soil cores when testing for nitrogen. The sample should not represent more than 20 acres. 3. Separate samples dead furrows, allskals, spots, furrows or other fields that have been limed or managed differently. 4. Air dry samples for at least 24 hours before sending them to the lab. Spread them thin on a tin foil, paper, plastic, being careful not to contaminate the sample. 5. Wrap each sample securely for mailing and place it in a sealed box available from your local cooperative extension office. Be sure to include an envelope with the fee and complete sample information sheet.

Reduce Nitrogen and Maintain Yields; Multi-plot Research Results Show the Thresholds

In the last year’s drought stressed pastures heavily last year, early removal of spring growth this year could leave you nitrogen to NU’s recommended rate. However, when anhydrous ammonia prices rise above $0.22 per pound or $364 per ton, it is profitable to reduce the recommended rate by 50 percent. This doesn’t include application costs.

When using data from 35 nitrogen demonstrations on sandy soils, average yields were 156 bushels per acre when the total nitrogen applied was 50 pounds less per acre than recommended. At the recommended rate, yields were 162 bushels, and at 50 pounds more than recommended yields were 165 bushels. Other researchers have found similar results in other areas of the state. Many of these demonstration sites were on irrigated fields which may have had high nitrate levels. If your field situation is different, adjust the recommended rate.

Reports indicate anhydrous ammonia supplies are limited and the cost of nitrogen, if available, will be near the point where reducing nitrogen by 50 pounds per acre from the recommended rate will be profitable. If prices rise to $0.30 per pound of nitrogen, use 75 percent of the university’s recommendation for nitrogen, monitor the crop and add more nitrogen by side-dressing if deficiency symptoms appear. (TD)

For more information, see the following NU cooperative extension NExtGuide, Fertilizer Suggestions for Corn, G74-174. Using data from 35 nitro- gen demonstrations on sandy soils, average yields were 156 bushels per acre when the total nitrogen applied was 50 pounds less per acre than recommended. At the recommended rate, yields were 162 bushels, and at 50 pounds more than recommended yields were 165 bushels. Other researchers have found similar results in other areas of the state. Many of these demonstration sites were on irrigated fields which may have had high nitrate levels. If your field situation is different, adjust the recommended rate.

Farming Conservatively Following Drought Year

When spring finally arrives, most pastures will green up like normal. But don’t let that first growth fool you. Below ground, many plants still are suffering from the effects of last year’s drought. During normal years, over half of the roots in grass plants die and need to be replaced. Drought reduces root growth, thus lowering the plant’s ability to replace dead roots. Grazing drought-stressed roots, especially heavy defoliation, simply heavy defoliation, simply he severely worsens the situation.

Deep, healthy roots are needed to absorb nutrients and moisture from soil and to initiate new growth after

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Diazinon Phase-Out Beginning

In a December 5, 2000 news release, EPA announced an agreement to phase-out diazinon, one of the most widely used insecticides in the United States, for indoor uses, beginning it March 2001, and for all lawn, garden, and turf uses by December, 2003. Carol M. Browner, EPA Administrator said, “The action we are taking today is another major step toward ensuring that all Americans can enjoy greater safety from exposure to harmful pesticides. This action will significantly eliminate the vast majority of organophosphate insecticide products in and around the home, and by implementing this phase-out, it will help encourage consumers to move to safer pest control practices.”

Diazinon is the most widely used insecticide by homeowners on lawns, and is one of the most widely used insecticide ingredients for application around the home and in gardens. The agreement reached with the manufacturers, Syngenta and Makhteshim Agan, will eliminate 75 percent of the use which amounts to more than 30 million pounds of the insecticide used annually. EPA is taking this action under the Food Quality Protection Act, signed into law in 1996. Since then, EPA has targeted around 20 different uses on around 20 different uses on around 20 different uses.

• For indoor household use, EPA canceled on March, 2001, and all retail sales will stop by December, 2002.
• For all lawn, garden, and turf uses, manufacturing stops in June, 2003; all sales and distribution to retailers ends in August, 2003. Further, the company has voluntarily committed to product recovery program in 2004 to complete the phase-out of the product.
• Additionally, as part of the phase-out, for all lawn, garden, and turf uses, the agreement ratifies the manufacturing amounts. Specifically, for 2002, there will be a 25 percent decrease in production; and for 2003, there will be a 50 percent decrease in production.
• Also, the agreement begins the process to cancel around 20 different uses on food coops.

Organophosphates affect the nervous system. The effects from diazinon (and other organophosphates) vary depending on the dose, but symptoms from over-exposure can include nausea, headaches, vomiting, diarrhea, and general weakness. Today’s action also represents an important step for the environment.

How to Drive a Staple

The tension on fence wires can cause a lot of stress on staples. If staples are the wrong size or driven incorrectly, they can pull out and cause other problems.

Staples for high tensile fences should be longer than staples used for conventional barbed and woven wire fences. Use galvanized nine gauge staples 1 3/4 inches long. Tests conducted by U.S. Steel show that 1 3/4 inch staples hammer-driven into wood posts have 50 percent more resistance to pull-out than 1 1/2 inch, nine gauge staples driven into the same posts.

Staples on high tensile fences should never be driven the all the way in. Enough room must be left so that the wire can move freely. This way the strain from wire contraction during cold weather (or slack from expansion during hot weather) and strain from stock running into or leaving on the fence will be distributed over the entire fence. Driving staples all the way into the fence increases friction and will result in shorter wire life. It also makes it difficult to tension the fence uniformly on long runs, and results in fences less able to absorb heavy livestock pressure.

A lot of potential strain on staples can be avoided by setting posts in a straight line. If a post is slightly out of line, do not use the staple to pull the wire to the post. Instead, pull the wire against the post before driving the staple. Staples should be strung on the outside of corners. The problem of friction from wires rubbing against posts can be avoided by slapping a staple over the driven staple between the wire and the post (Figure 1).

Wire should be strung on the livestock side of permanent fences. This way if livestock lean on the fence, it will not put strain on the staples.

With the exception of curves or corners where wire is passing around the post, staples should not be driven vertically (with the staple points parallel to the grain of the post). This tends to separate the grain and reduces the staples holding power. Rotating staples 20 to 30 degrees off vertical can increase their holding power. Wipe on posts in low spots will put upward strain on staples. Wire on posts in high areas will put downward strain on staples. A few simple techniques can increase the amount of up or down strain a staple can handle. For minor dips, drive staples in at an upward angle (Figure 2). For rises, drive staples in at a downward angle.

The second method consists of driving a staple parallel to the wire. On dip posts the staple is driven above the wire so that the wire pushes up on the staple. A second staple is then driven over both the wire and the first staple (Figure 3). The procedure is identical for rise posts except the first staple is driven below the fence wire. (DJ)

Composting Workshops and Demonstrations for 2001

Workshops (All workshops scheduled from 7-9 p.m.)

Recreation Centers
April
Belmont (1224 Jadson) 17
Calvert (4300 Stockwell) 19
Irving (2010 Van Dorn) 24
Eastendary (6130 Adams) 26
Air Park West (3720 NW 46) 28

September

Irving (2010 Van Dorn) 24
Eastendary (6130 Adams) 26
Air Park West (3720 NW 46) 28

Composting Demonstrations (50th and Cobly)
Third Saturday of each month from April through October.
Time – 8:30 a.m. (DJ)

Anderson’s Post Driver

“The setting of fence posts is a wearisome and laborious business, whether holes are dug for their reception or they are driven by repeated blows of the beetle. The device herewith illustrated greatly reduces the labor and facilitates the operation. A very few blows with this device will suffice to drive a post sufficiently deep into the hardest soil.” – From the Scientific American, 1867.

The iron bound hardwood hammer, weighing about 100 pounds, is lifted by a crank and then released by means of a slip clutch. Mounted on a wagon, the small pile driver could easily be pulled to each new post location. John Anderson, of Waukesha, Wisconsin, patented the post driver on Feb 27, 1866. (DJ)

Aerate Lawn to Improve Air Flow

Aerating a lawn can improve air flow in the sensitive root-zone area. The most common and effective aeration technique is core aeration. Core aeration is less damaging to a lawn and more beneficial than power raking for improving air movement and relieving soil compaction. This method, also known as plugging, increases oxygen movement into the root zone and promotes the microbes that help to break down thatch. Leave cores on the lawn for best results: as they disintegrate and filter back into the holes, loose soil will be mixed with organic matter to improve water and nutrient-holding capacity of the soil.

Turfgrass aeration should be performed only early in a good growth period. This is usually early spring or early fall for cool-season grasses. Proper timing allows the turf plenty of time to recover from mechanical injury associated with aeration.

SOURCE: Koch Gaussion, Ph.D., turf specialist, NUI/ANR (DJ)

Lincoln Iris Society

The Lincoln Iris Society is looking for youths age 12 through 15 years for their sponsored youth program. If you love to garden and would like to know more about growing and hybridizing beautiful flowers you may be just who they are looking for. For more information call 423-7172 ask for Opal Wulf.

Acreage Insights

DIP RISE

Figure 1. Figure 2. Picture 1. Picture 2.

Figure 3.
Cook with Kids!

The Nutrition Education Program continues to be a programming partner with Lincoln Action Program’s HeadStart. One of the goals of HeadStart is to enhance parent-child interactions through various activities. To ensure quality family time, make it a priority to cook together. The following is a list of advantages when families spend time together in the kitchen!

• Children who have learned to prepare nutritious foods are more likely to choose such foods when they are looking for “something to eat.” When those skills are used to help prepare something for the family, the child feels important.

• The child develops skills that will always be beneficial to him/her.

• There is an opportunity to increase their understanding of numbers, letters and most important, nutrition.

• Cooking helps children develop small muscle coordination.

• Group cooking gives children practice in sharing and cooperating as a team.

The Food and Drug Administration has authorized use of health claims about the role of soy protein in reducing the risk of coronary heart disease (CHD) on labeling of foods containing soy protein. This is based on the FDA’s conclusion that these foods, when included in a diet low in saturated fat and cholesterol, may reduce the risk of CHD by lowering blood cholesterol levels.

HeadStart professionals integrate food preparation with children into daily learning.

Excessive Juice Can Be Unhealthy for Young Children

The benefits of 100 percent fruit juice also can cause weight gain and tooth decay.

Serve juice as a snack or as part of a meal, but don’t serve it too close to dinnertime because it dulls the appetite. Kids who drink too much juice may not eat the foods needed for growth and development. Too much juice also can cause weight gain in toddlers and cause diarrhea.

Serving size and age of your group. (AH)

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• Group cooking gives children practice in sharing and cooperating as a team.
This report highlights the progress of noxious weed control in Lancaster County over the past decade. The County Commissioners serve as the County Weed Control Authority. The Nebraska Noxious Weed Control Act requires the authority to employ a weed superintendent to administer a coordinated countywide noxious weed program. The superintendent is to inspect all properties to determine if there are violations to Act and rules. The Act states, “It is the duty of each person who owns or controls land to effectively control noxious weeds on such land.”

The goal of the authority has been to encourage cooperation and voluntary compliance of both public and private landowners. A strong awareness and inspection program was implemented.

The Extent and Trend in Noxious Weed Acres

The above chart represents annual estimates of acres of noxious weeds. The amount of noxious weeds that were found during inspections was the major factor in these estimates. The first four years of this period indicated a 28 percent (8,000 acre) increase in infestations. This increase was the result of more infestations being found as a result of the increased number of inspections and favorable weather conditions that resulted in increasing amounts of the weed seed bank to germinate.

The last seven years had a 43 percent (almost 15,000 acre) decrease, but 1999 did not follow this downward trend due to the excellent weather conditions for germination of noxious weeds. The overall decrease was the result of the cooperation and response of the public land managers and private landowners.

Of the noxious weeds, 94 percent are musk thistle. Leafy spurge accounts for about 1,000 acres or 5 percent. Plumeless thistle and Canada thistle together are about 1 percent of the acres.

Inspection Program

Almost all of the inspections are done on sites that have past infestation information. Only about 100 sites are inspected as a result of a complaint. All sites that had an infestation the previous two years are inspected along with all complaint sites. Following is the history of the musk thistle sites inspected, number of inspections, and infestations found.

Over 3,000 sites were inspected, in 1993, requiring over 4,300 inspections with 1,681 violations. The current inspection workload has been reduced almost 50 percent. The number of infestations has dropped and more and more landowners are providing control without having to be reminded or having a legal notice sent.

Musk Thistle Control

Over 90 percent of the musk thistle infestations found were controlled in all years except 1991 and 1998 when there was 83 percent and 88 percent control respectively. Five years had over 95 percent control. Of all the infestations in 1994, 98 percent were controlled. The number of infestations requiring control by the authority has dropped from 406 in 1992 to 152 in 2000.

Landowners have responded to the awareness program very well. The percent of owner control has not dropped with the continual reduction in the number of legal notices issued. Of the notifications made in 1991, 79 percent were legal notices that resulted in 73 percent owner control. Only 23 percent of the notifications were made by legal notice in 2000 with 84 percent of the owners providing control of their infestations. There is an increased use of personal contacts, cards for trace infestations and reminder letters instead of legal notices. (RS)
Controlling Canada Thistle in Urban Areas

There is an increased emphasis on natural areas in and around urban settings for drain-age ways, green space, parks, residential landscaping etc. Urban residents move to the urban areas from suburban and rural areas. There are some basic concepts that need to be understood in managing natural areas in urban areas.

Natural areas are subject to invading plants including noxious weeds. Existing undesirable invading plants and noxious weeds need to be identified and controlled. These plants along with any new invading plants will require an ongoing effort.

All natural areas need to be maintained to a desirable complement of vegetation and to be neighbor friendly. Some invasive plants such as rough bindweed and many problem and tall mature plants may cause safety problems such as line of site obstruction for motorists or a possible fire hazard. The Type of Vegetation

An inventory should be made of the site. This should include a listing of the current predominant vegetation. Identify areas that are poorly vegetated that may be bare or have mostly weed vegetation. Determine the soil mapping units for the site from the Soil Survey. Weed Map Data Layer

Canada thistle is a deep-rooted perennial that begins to spring growth each year as a cluster of leaves close to the ground (rosette) and has the typical prickly leaves characteristic of the thistles. If the plant is allowed to mature, it reaches a height of two to four feet, and has lavender blossoms similar in appearance to dandelion blossoms, but half again as large. Mowing or pulling is not effective because they grow again from vegetative buds on the roots. The roots can extend into the ground 10 feet or more, so cultivation in gardens and flower beds will not help to control this weed. In fact, cultivation can worsen a Canada thistle problem because when roots are cut into pieces, pieces one-half inch long can produce new plants from the countless vegetative buds in the root system. These areas will require many, many years to be made of the site. This should include a listing of the current predominant vegetation. Identify areas that are poorly vegetated that may be bare or have mostly weed vegetation. Determine the soil mapping units for the site from the Soil Survey.

A weed program in a county with both significant rural and urban areas has several challenges that are not present in a rural only county. More people mean more landowners. More landowners do not increase the acres of noxious weed infestations but does increase the number of infestations to be dealt with. As urban residents move to the country, more people need to be aware of the reasons for control, and the responsibilities to control noxious weeds. It requires a program that has strong awareness efforts and has a system of reasons for control, and the responsibilities to control noxious weeds. It requires a program that has strong awareness efforts and has a system of control.

To manage Canada thistle, use herbicides that will not only kill foliage, but will also move down into the root system to kill the root buds. One herbicide is glyphosate (i.e. RoundupTM, KleensoTM and Mirago™). Glyphosate is relatively safe for both humans and the environment. It leeks down quickly in the soil, and does not leach through soil into groundwater. Because it is a non-selective herbicide, it will kill any plant it touches, including desirable species like grass and trees, so apply it very carefully touching only the plants you wish to control. One method is to dip a sponge secured on the end of a stick into a container of the premixed herbicide and selectively apply to each plant. You will need to apply this twice a year, once in early summer and again in fall to catch plants that have been produced by seed or rootstock. How Many Plants?

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Purple Loosestrife Named a Noxious Weed

Purple loosestrife (Lythrum salicaria L. and Lythrum vernatum L., including any cultivars and hybrids) became the seventh Nebraska noxious weed on January 1, 2001. Identification

The key identifiers of this plant are six bright purple, wrinkled petals, the stem is square and woody and the leaves are opposite. Where Found: Lythrum has been used as an ornamental planting throughout Lincoln. A limited survey in Lincoln last summer spotted 12 wild infestations along drainage ways. These infestations most likely started from seeds from ornamental plantings. Infestations also have been observed at Salt Plains or exposed small pond south of Lincoln. The largest infestations in the state are along the Niobrara River, Platte River in Central Nebraska, and along the Missouri River above Gavins Point Dam. Infestations are now appearing along the Platte and Missouri Rivers all the way to Omaha.

Problem

Purple loosestrife is native to Europe and Asia. After being introduced to North America, it managed to escape the specialized insects and diseases that keep it in check in its native lands. Free from these natural controls, purple loosestrife gained a competitive edge over our native wetland plants. This advantage, along with prolific seed production and a large, hardy growth, has allowed purple loosestrife to invade many of our wetlands to the near total exclusion of most other vegetation; it literally shades everything else out.

Spread

Purple loosestrife spreads primarily by seed, but can also spread from broken-off stems that root themselves in moist soil. Purple loosestrife plants produce over 100,000 seeds a year. These tiny seeds can remain viable in the soil for many years. Although most fall within a few yards of the parent plant, water, animals, boats, construction equipment, and humans can transport seeds long distances. Any sunny wetland is susceptible to purple loosestrife invasion. But disturbances such as water drawdowns, damaged vegetation, and even lightly grazed areas greatly accelerate the process by providing the substrate and sunlight needed for germination. A loosestrife invasion usually begins with a few pioneering plants. These first plants may not spread for several years as they build up a large seed bank in the soil. When the right disturbance occurs, the loosestrife spread rapidly and can eventually take over the entire wetland.

Preventing Further Spread

Prevention is the best way to stop the purple loosestrife invasion. The Lancaster Weed Control Authority recommends the following steps to prevent its further spread:

1. Be on the lookout for pioneering plants or rooted small colonies, especially in areas otherwise free of purple loosestrife. Remove pioneering plants immediately.
2. Rinse off equipment, boats and trailers, clothing, and footwear used in infested areas before moving into uninfested areas.
3. Remove and destroy purple loosestrife planted in gardens and lawns. It is illegal to cultivate purple loosestrife in Nebraska as of January 1, 2001. Although purple loosestrife in gardens may seem harmless, its seeds eventually will spread to nearby moisture rich soil. Some plant producers claim to have sterile varieties of purple loosestrife. Research has shown, however, that all cultivars are capable of producing seeds if they cross-pollinate with another loosestrife plant. And get the entire root. Roots left behind will resprout. Older plants are generally too big for pulling and are difficult to dig up. Avoid excessive soil disturbance. If this is unavoidable, consider chemical methods. Handle plants prior to the onset of seed production (which begins in early August), or cut and bag the seed heads to avoid spreading seeds. Removed plant parts should be bagged and placed in proper container for garbage pickup. Don’t throw them in your compost pile.

Herbicide Application

Currently glyphosate is effective for killing loosestrife. It comes in two forms: 1) “Roundup” and other glyphosate products for use on dry sites, and 2) “Rodeo” for use on wet or standing water. Glyphosate must be applied in late July or August to be most effective. It can be sprayed on sterile foliage in a one percent solution. Glyphosate is a nonselective herbicide, however, and will kill any green foliage it comes in contact with. Aquatic labeled 2,4-D is a broadband specific herbicide that doesn’t harm grasses, sedges, cattails, rushes, reeds, etc. and is labeled for over water use. (RS)

Purple Loosestrife Exchange Program

A purple loosestrife exchange program has been developed in cooperation with nurseries and garden centers. The final details of the program and current list of the participating nurseries and garden centers will be published in the Nebraska and on the Authority WebPages www.ci.lincoln.ne.us/entry/weeds/

How does the plant exchange work?

The goal of the Purple Loosestrife Plant Exchange program is to get purple loosestrife and ornamental Lythrum out of flower gardens and reduce the potential for further spread.

Steps

1. Homeowner contacts a County Weed Control Authority office for verification of removal, receives a discount coupon, and then takes the coupon to a participating nursery or garden center.
2. Nursery or garden center with a drop-off site.
3. Bring any Lythrum variety, roots and all, to a participating nursery or garden center with a drop-off site.
4. Receive a 25 percent discount on eligible plants up to the number of lythrum plants removed or number established by the nursery or garden center.

Disposal of purple loosestrife

To further prevent spread from the plants once they are dug up, we suggest the following:
1. Place the plants into a double black garbage bag (Never use clear bags).
2. Put the bags for garbage pickup and burial in a landfill, or
3. Contact your County Weed Control Authority on other disposal methods.
4. Put the bags to be participating nursery or garden center with a drop-off site.

Do not compost any part of these plants. (RS)

THISTLE

Broadleaf herbicides, which contain triclopyr, dicamba, or clopyralid, are quite effective and can be used to control Canada thistle in lawns. Frontline™ is one product that contains both of these herbicides. Each of these ingredients controls a broad spectrum of weeds and together they form a very effective control measure. Millennium Ultra™ is another effective herbicide that contains 2,4-D, clopyralid, and dicamba. Another option is Trimec™ which contains dicamba. Some of these herbicides may only be available to a commercial law service. Because Canada thistle grows in both the spring and summer, it is best to plan on both spring and fall control. Multi-year control is necessary. (RS)

PROGRAM

As of 2001, state law bans distribution, planting, or the sale, offering for sale, or sale of lythrum or purple loosestrife. There are no exceptions for sterile varieties. Sale violations are considered to be a violation of the Plant Registration Act, Nebraska Revised Code § 37-3806. Sale violations also have been observed at several nurseries and garden centers. The final details of the program and current list of the participating nurseries and garden centers will be published in the Nebraska and on the Authority WebPages www.ci.lincoln.ne.us/entry/weeds/...
Leafy spurge is a very difficult plant to control because of its extensive root system. The bud stage, when the plant is leafy, is the best time to apply herbicide. Leafy spurge control. These are the best times for the herbicide to be taken into the roots to kill the plant. Many of the infestations in the country are quite small. It has been a problem for landowners with small infestations to purchase herbicides in small quantities. They are Plateau, OASIS and glyphosate products.

Plateau is a fairly new product on the market. It translocates into the root system very well and has been quite effective in reducing the density of leafy spurge stands. But as in the case with other herbicides, follow-up monitoring and applications are needed. Plateau may be used on pastures, CRP roadsides, and other noncrop areas. It is rainfast one hour after application. Apply at the rate of 8 to 12 ounces per acre.

It must be mixed with two parts of methylated seed oil per acre. It is not a restricted use herbicide. Plateau is now available in Eco-Paks, which contain water-soluble packets that will cover two acres (at the eight ounce rate) when dissolved with water prior to application. This safe and easy to use offers more accurate application of Plateau™ while utilizing only the amount needed. Any co-op should be able to get the Eco-Pak for you. They are available at Stock and Seed Farms at 2800 South Road, Murdock, NE 68407.

OASIS is a pesticide with the same active ingredient as Plateau plus 2.4-D. It is also to be applied at the 8-12 ounce rate per acre. It is available in one-gallon containers and will cover four acres (at the eight ounce rate). OASIS should be used on roadsides and other noncrop areas.

A two percent solution of Roundup or other glyphosate products may be used as a spot treatment. Avoid contact with any other plants. Always read and follow label directions before applying any herbicide. (RS)

Of the seven Nebraska noxious weeds, the most prevalent in Lancaster County is musk thistle. There are limited areas of plumeless thistles and those infestations appear not to be increasing. Early spring is the best time to control musk and plumeless thistles. Both are perennial plants germinating in the fall appearing as a rosette form of growth in the spring. At this time new seedlings can also be seen emerging. These two noxious weeds are easiest to control when in rosette and seedling stages of growth. They can be hand dug, spraying roots at least two inches below the soil surface. This is also the best time to use herbicides for effective control. roundup is not the preferred herbicide to use. The plants grow in rosette form, increasing in size while building up sufficient nutrients for seed production. When bolting starts (flower stem is formed), the plants are more difficult to kill with herbicides. Once flowering has begun, the choice of herbicides is quite limited. Even though the plant may be sprayed, viable seeds may still be produced and dispersed, if not controlled. It is, therefore, best to use effective control measures before bolting and flowering occurs. Areas where musk and plumeless thistles have been known to grow in past years should be continuously inspected prior to and following control efforts. Many times plants are missed during previous control measures and new seedlings may have emerged. If plants were left to seed, these seeds are usually dropped at the site where seeds can remain viable eight to ten years before germination occurs. Thistles are opportunistic, preferring to grow where there is little or no competition. Over-grazing pastures and rangeland invites infestations of undesirable plants. Waste areas and poorly maintained natural areas are highly susceptible to thistle invasion.

The following table shows options for control by land use and stage of growth. (RS)

---

**Table: Leafy Spurge Control**

<table>
<thead>
<tr>
<th>Stage</th>
<th>Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Seedling</td>
<td>Hand dig, remove dead plant material</td>
</tr>
<tr>
<td>Seedling</td>
<td>Hand dig, spray roots at least two inches below the soil surface</td>
</tr>
<tr>
<td>Rosette</td>
<td>Hand dig, spray roots at least two inches below the soil surface</td>
</tr>
</tbody>
</table>

**Notes:** Reinspect and treat any missed plants.

**BOLTING AND FLOWERING**

<table>
<thead>
<tr>
<th>Stage</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Bolting</td>
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</tr>
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**Notes:** Reinspect and treat any missed plants.
Spring into Fun Family Activities

With Spring right around the corner, children will be anxious to spend more of their free time outside. After this winter, even 60 degrees will feel like a heat wave. Both children and adults are beginning to look forward to breathing lots of fresh air after spending most of the winter indoors. As Spring arrives, families can prepare with a variety of fun family activities to enjoy outdoors. The newness of the season helps families to reduce stress, focus attention on the road and make the time spent outdoors enjoyable for the entire family.

The teen use of tobacco products in Nebraska is worrisome, and some extension is joining forces with other agencies to discourage early use. Research has shown that most smokers began smoking by the age of 19 and nicotine is considered one of the number one entrance into other substance abuse. Adolescents between the ages of 17 and 19 who smoke daily are 15 times more likely to use illicit drugs than their peers. The earlier youth begin using tobacco, the more likely they will continue use into adulthood.

As part of a two-day leadership program “Leading with Character Counts!” middle school youth were encouraged to use the six pillars of character to resist the temptation to smoke. Respect yourself by respecting what you put in your body, exhibit responsible behavior by using self-restraint and pursuing excellence, care about those around you, set standards for others, earn trust by following parent’s admonitions to refrain from tobacco use, and show citizenship by following rules and laws about underage smoking. All of these are just a few of the ideas solicited from youth about how to apply the pillars.

All participants in the program view a highly provocative video, “Smoking, Truth or Dare.” Comments from youth include: “That is the best movie I have ever seen. I’ll never want to smoke!”, “I can believe how smoking affects the way you look...I don’t really want to look like that,” and “I don’t want a hairy tongue.”

The young school age children enjoy running, jumping, and throwing. They also enjoy activities such as racing in relays or playing “red light, green light.” This age child may enjoy a nature walk where they can use their senses to observe things around them. Middle school age children use more complex physical skills. They enjoy team sports such as baseball, soccer, and basketball.

Parents and family members can promote a tobacco-free norm by establishing a hard-line disapproval of tobacco use. Even parents who smoke can express their regrets about becoming addicted to nicotine. It is important to develop clear policies of abstinence to include in the family’s parenting expectations, a supportive atmosphere, and natural consequences for rule-breaking.

Parents, and family members, can promote a tobacco-free environment by being a role model. Even parents who smoke can express their regret about becoming addicted to nicotine. It is important to develop clear policies of abstinence to include in the family’s parenting expectations, a supportive atmosphere, and natural consequences for rule-breaking.

Thoughts from youth are included: “That is the best movie I have ever seen. I’ll never want to smoke!”; “I can believe how smoking affects the way you look...I don’t really want to look like that;” and “I don’t want a hairy tongue.”

Building stronger families worldwide will be the focus of the “Building Family Strengths International Symposium,” May 8-10, at the Clifford Hardin Center for Continuing Education on the UNL campus.

Have Your Children Had Their Shots? National Infant Immunization Week April 22-28

For immunization information contact the Lincoln/Lancaster County Health Department, 441-6247. (LB)

CHARACTER COUNTS! Corner

The third of four characteristics in the series of being a trustworthy person is integrity. This simply means you walk your talk. If you share your values or beliefs with someone, be true to what you say and don’t do things that contradict them. Are you not showing integrity? Integrity is standing behind what you believe. It’s being yourself and showing commitment, courage, and strength by doing the right thing no matter what you lose in the process. Giving into something you know is wrong and pretending to be someone you’re not will show others you can’t be trusted. People of integrity are highly respected and valued in families and business communities. A person of integrity is often seen as an honest person and a leader. It’s important for parents to show they value integrity. Their children will learn they are dependable, stand behind what they believe in and are trustworthy. A final thought for integrity is to protect and promote the interests of people and organizations that are important to you. (SS)

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4-H Leader Training
Want to learn new and innovative ideas for your 4-H club? Then plan to attend the 4-H leader training Monday, April 30 at 9-30 a.m. or 7 p.m. 4-H leaders who recently attended the State Volunteer Forum will share information, tips, and ideas they learned at the forum. Bring your 4-H parents and volunteers! (TK)

Music Contest
Join the fun and enter the 4-H Music Contest! Your club can sing and/or dance at this exciting 4-H event. The 2001 Music Contest will be held Sunday, April 29, 2 p.m. at Dowses Middle School Auditorium. Stop by the office or call Tracy for a registration form and for more information. Rules can also be found in last year’s fair book. All registration forms are due to the office by Friday, April 20. (TK)

ExpoVisions 2001
ExpoVisions 2001 is scheduled for June 27-29. The event, for teens 15 and older, will begin with registration from 12:30-1:30 p.m. on Wednesday and conclude with a Celebration Luncheon at the Wick Alumni Center, ending at 2:30 p.m. on Friday. Highlights for this year include: a message from Diane Mendenhall, Director of UNL's National Championship Volleyball Team; a live performance of “My Fair Lady” at the Star's Dinner Theater; tours of the UNL Campus; and a variety of subject-matter based workshops. Cost for this year’s event will be $130. The registration deadline is June 13. Early registration is encouraged as space is limited. For more information, pick up your packet from the Lancaster County extension office. (TK)

District/State Horse Show Entries
The 2001 District 4-H Horse shows are scheduled for the weeks of June 19-22 (West), and June 26-29 (East). Lancaster County will host the June 27th district show at the Amy Countryman Arena at the Lancaster Event Center. There should be ample opportunity for anyone who may wish to help out at the district show, so if you’re available and interested, please let me or your club leader know.

The pre-district horse show will be held at the same location on June 9 and will be run in district format, so if you’d like a chance to “have a district horse show experience” before the district horse show, mark June 9th on your calendar.

Entry forms for the 2001 4-H District/State Horse Exposition will be due in the extension office by May 18. (No late entries accepted.) On the same date, all district/state level testing must have been completed and all horse I.D.‘s must be submitted.

Campus Encounters Of The Clothing Kind
The department of Textiles, Clothing & Design will host Campus Encounters of the Clothing Kind, a college campus experience for Nebraska 4-H members, July 11-13. The camp is open to 4-H members, ages 14-18, who have completed Clothing Level II. This year, the focus will be on creativity. Activities will include a field trip to Bellevue to the Pendleton Woolens factory and factory store. Workshops will focus on techniques for sewing with wool, surface design on wool, and weaving with wool scraps. Participants will create wool ensembles which will be presented in a fashion show July 13 in the Home Economics building at 2 p.m.

The application deadline is May 8, and enrollment is limited, so apply early. Admission will be on a first-come first-serve basis. The registration fee is $125 and includes housing, transportation, all meals and snacks, and the yard of wool fabric. Contact Tracy for more information. (TK)

Pork Quality Assurance Training Dates
All new 4-H’ers enrolled in the swine project and youth who were certified in 1999 must attend one PQA training before July 1. Our local trainings will be held on May 15 at 7 p.m. and June 9 at 9 a.m. at the Lancaster Extension Education Center. Deanna will also set up individual appointments if one of these dates doesn’t work with your schedule. For more information, please contact Deanna at 441-7180. (TK)

Hancock Fabric is putting on a 4-H sewing seminar on Saturday, May 12th from 1-4 p.m. Meet with sewing experts to learn “tricks of the trade.” We will be covering topics such as fast and easy collars, proper pressing, selecting the right interfacing, decorate your duds, rippers, perfect pillows and challenging fabrics. If you have started your project and have questions, bring it along. Lots of great ideas awaits you! Hancock’s is located in East Park Plaza across from Gateway Mall. Questions? Call 464-3935. (TK)

Come To The Record Book Workshop
Saturday, April 28, 9:30 a.m.
Do 4-H record books confuse you? Would you like to learn some record book “how-to’s”? Did you know you can complete your record books on the computer? Attend this workshop and discover answers to your record book questions, tips to make your record books shine, and how to successfully complete them. (TK/DK)

Table Setting Contest
The 2001 Table Setting Contest will be held July 12, 2001, at 5:30 p.m. at the Lancaster Event Center, 4100 N. 84th Lincoln. Registration is due July 6. For more information, contact Tracy at 441-7180. (TK)

4-H & Youth

Music Contest
Join the fun and enter the 4-H Music Contest! Your club can sing and/or dance at this exciting 4-H event. The 2001 Music Contest will be held Sunday, April 29, 2 p.m. at Dowses Middle School Auditorium. Stop by the office or call Tracy for a registration form and for more information. Rules can also be found in last year’s fair book. All registration forms are due to the office by Friday, April 20. (TK)

Performance Lamb Tagging
The performance lamb tagging and weigh-in will be Saturday, May 12, 9-11:30 a.m. in the North Pavilion at the Event Center. Any 4-H member planning to exhibit in the market lamb performance class must have their lambs weighed this day. All animals must be tagged by June 15. If you have any questions, please call Deanna at 441-7180. (DK)

Kiwanis Karnival-New Location
The Kiwanis Karnival has moved to the Grandstand Building, still at the State Fair Park. 4-H families are invited to attend the carnival Saturday, April 21, 7-9 p.m. Karnival games will entertain the youth and bingo for the adults. Plan some family time and have a fun free evening. For more information, call Lorene at 441-7180. (DK)

HORSE BITS
Club Leaders
• Please remember to check your mail boxes at the extension office. Quite often this is the only method used to distribute certain materials. Please check or have one of your club members check the box at least monthly.
• If you have an e-mail address, please call or e-mail me with it, that way I can distribute much more information quickly and efficiently. Let’s use the technology if we have it! My e-mail address is ekraft1@unl.edu.

Market Boiler Entries Due
Market broiler entries for the Lancaster County fair are due in the extension office by May 16. Entries must purchase at least 25 birds for a total of $24.45. The chicks will arrive on Thursday, June 14. (DK)

Come To The Record Book Workshop
Saturday, April 28, 9:30 a.m.
Do 4-H record books confuse you? Would you like to learn some record book “how-to’s”? Did you know you can complete your record books on the computer? Attend this workshop and discover answers to your record book questions, tips to make your record books shine, and how to successfully complete them. (TK/DK)

All animal I.D.’s are due into the extension office by Thursday, June 15. (DK)

Campus Encounters Of The Clothing Kind
The department of Textiles, Clothing & Design will host Campus Encounters of the Clothing Kind, a college campus experience for Nebraska 4-H members, July 11-13. The camp is open to 4-H members, ages 14-18, who have completed Clothing Level II. This year, the focus will be on creativity. Activities will include a field trip to Bellevue to the Pendleton Woolens factory and factory store. Workshops will focus on techniques for sewing with wool, surface design on wool, and weaving with wool scraps. Participants will create wool ensembles which will be presented in a fashion show July 13 in the Home Economics building at 2 p.m.

The application deadline is May 8, and enrollment is limited, so apply early. Admission will be on a first-come first-serve basis. The registration fee is $125 and includes housing, transportation, all meals and snacks, and the yard of wool fabric. Contact Tracy for more information. (TK)
**4-H Clover College**

Here’s a great opportunity for 4-H’ers to learn about a variety of topics by participating in these “hands-on” workshops. To register, include the registration form (one person per form) listing the classes you wish to enroll in and return with the full fee. Registrations must be received by June 15. They will be handled on a “first come” basis and will only be accepted upon receipt of fees. Telephone registration will not be accepted. You may register by mailing your registration form and check or money order (made payable to Lancaster County Extension) to: Lancaster County Cooperative Extension, 444 Cherry Creek Road, Lincoln, NE 68528-1507.

Early registration is recommended. If you have questions, need additional forms or need to know if space is available, contact Tracy at 441-7180.

**ALL FEES ARE NON-REFUNDABLE unless a class is filled to capacity or canceled.**

Youth attending workshops that overlap the lunch period may bring a sack lunch. No other food will be available unless otherwise stated in the workshop description.

### Four-day Workshops

<table>
<thead>
<tr>
<th>Workshops</th>
<th>Age Range</th>
<th>Class Size</th>
<th>Time</th>
<th>Instructor</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. Rockets, Countdown to Familly Fun</strong></td>
<td>8-12</td>
<td>15 maximum</td>
<td>8:00-12:00</td>
<td>Lorene Bartos, Extension Educator</td>
<td></td>
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<tr>
<td><strong>2. Clover Kids 4-day Camp</strong></td>
<td>8-12</td>
<td>10 maximum</td>
<td>8:00-12:00</td>
<td>Lorene Bartos, Extension Educator</td>
<td></td>
</tr>
<tr>
<td><strong>3. Outdoors, Small Animals, and More</strong></td>
<td>8-12</td>
<td>10 maximum</td>
<td>1:00-3:00</td>
<td>Lorene Bartos, Extension Educator</td>
<td></td>
</tr>
<tr>
<td><strong>4. Quilted Flags</strong></td>
<td>8-12</td>
<td>10 maximum</td>
<td>1:00-3:00</td>
<td>Lorene Bartos, Extension Educator</td>
<td></td>
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### Weekend Workshops

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<thead>
<tr>
<th>Workshops</th>
<th>Age Range</th>
<th>Class Size</th>
<th>Time</th>
<th>Instructor</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>5. Insect Collecting for Beginners</strong></td>
<td>8-12</td>
<td>10 maximum</td>
<td>1:00-3:00</td>
<td>Lorene Bartos, Extension Educator</td>
<td></td>
</tr>
<tr>
<td><strong>6. 4-H Cloverbuds 4-day Camp</strong></td>
<td>8-12</td>
<td>10 maximum</td>
<td>8:00-12:00</td>
<td>Lorene Bartos, Extension Educator</td>
<td></td>
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<tr>
<td><strong>7. Fun with Fleece</strong></td>
<td>8-12</td>
<td>15 maximum</td>
<td>8:00-12:00</td>
<td>Lorene Bartos, Extension Educator</td>
<td></td>
</tr>
<tr>
<td><strong>8. Mason Honey Bees</strong></td>
<td>8-12</td>
<td>8 maximum</td>
<td>10:00-2:00</td>
<td>Lorene Bartos, Extension Educator</td>
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<tr>
<th>Workshops</th>
<th>Age Range</th>
<th>Class Size</th>
<th>Time</th>
<th>Instructor</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>9. Style Revue and Color Analysis</strong></td>
<td>8-12</td>
<td>10 maximum</td>
<td>1:00-3:00</td>
<td>Lorene Bartos, Extension Educator</td>
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<tr>
<td><strong>10. Gardening for Beginners</strong></td>
<td>8-12</td>
<td>10 maximum</td>
<td>1:00-3:00</td>
<td>Lorene Bartos, Extension Educator</td>
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<tr>
<td><strong>11. Fun in the Kitchen</strong></td>
<td>8-12</td>
<td>10 maximum</td>
<td>1:00-3:00</td>
<td>Lorene Bartos, Extension Educator</td>
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<tr>
<td><strong>12. Cloverbuds 4-day Camp</strong></td>
<td>8-12</td>
<td>10 maximum</td>
<td>8:00-12:00</td>
<td>Lorene Bartos, Extension Educator</td>
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<tr>
<td><strong>13. Fun in the Kitchen</strong></td>
<td>8-12</td>
<td>10 maximum</td>
<td>8:00-12:00</td>
<td>Lorene Bartos, Extension Educator</td>
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<tr>
<td><strong>14. Outdoor Cooking</strong></td>
<td>8-12</td>
<td>10 maximum</td>
<td>8:00-12:00</td>
<td>Lorene Bartos, Extension Educator</td>
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<tr>
<td><strong>15. Digital Photography</strong></td>
<td>8-12</td>
<td>10 maximum</td>
<td>8:00-12:00</td>
<td>Lorene Bartos, Extension Educator</td>
<td></td>
</tr>
<tr>
<td><strong>16. Pick it-smush it-eat it.</strong></td>
<td>8-12</td>
<td>8 maximum</td>
<td>10:00-1:00</td>
<td>Lorene Bartos, Extension Educator</td>
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### Art Workshops

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<thead>
<tr>
<th>Workshops</th>
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<th>Instructor</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td><strong>17. Insect Collecting for Beginners</strong></td>
<td>8-12</td>
<td>10 maximum</td>
<td>1:00-3:00</td>
<td>Lorene Bartos, Extension Educator</td>
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<tr>
<td><strong>18. Insect Collecting for Beginners</strong></td>
<td>8-12</td>
<td>10 maximum</td>
<td>1:00-3:00</td>
<td>Lorene Bartos, Extension Educator</td>
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<tr>
<td><strong>19. Insect Collecting for Beginners</strong></td>
<td>8-12</td>
<td>10 maximum</td>
<td>1:00-3:00</td>
<td>Lorene Bartos, Extension Educator</td>
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### Photography Workshops

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<thead>
<tr>
<th>Workshops</th>
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<th>Instructor</th>
<th>Notes</th>
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<tbody>
<tr>
<td><strong>20. 4-H Cloverbuds 4-day Camp</strong></td>
<td>8-12</td>
<td>10 maximum</td>
<td>8:00-12:00</td>
<td>Lorene Bartos, Extension Educator</td>
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<tr>
<td><strong>21. 4-H Cloverbuds 4-day Camp</strong></td>
<td>8-12</td>
<td>10 maximum</td>
<td>8:00-12:00</td>
<td>Lorene Bartos, Extension Educator</td>
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<tr>
<td><strong>22. 4-H Cloverbuds 4-day Camp</strong></td>
<td>8-12</td>
<td>10 maximum</td>
<td>8:00-12:00</td>
<td>Lorene Bartos, Extension Educator</td>
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### Science Workshops

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<tr>
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<th>Instructor</th>
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<tbody>
<tr>
<td><strong>23. 4-H Cloverbuds 4-day Camp</strong></td>
<td>8-12</td>
<td>10 maximum</td>
<td>8:00-12:00</td>
<td>Lorene Bartos, Extension Educator</td>
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<tr>
<td><strong>24. 4-H Cloverbuds 4-day Camp</strong></td>
<td>8-12</td>
<td>10 maximum</td>
<td>8:00-12:00</td>
<td>Lorene Bartos, Extension Educator</td>
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<tr>
<td><strong>25. 4-H Cloverbuds 4-day Camp</strong></td>
<td>8-12</td>
<td>10 maximum</td>
<td>8:00-12:00</td>
<td>Lorene Bartos, Extension Educator</td>
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### Horticulture Workshops

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<th>Instructor</th>
<th>Notes</th>
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<tbody>
<tr>
<td><strong>26. 4-H Cloverbuds 4-day Camp</strong></td>
<td>8-12</td>
<td>10 maximum</td>
<td>8:00-12:00</td>
<td>Lorene Bartos, Extension Educator</td>
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<tr>
<td><strong>27. 4-H Cloverbuds 4-day Camp</strong></td>
<td>8-12</td>
<td>10 maximum</td>
<td>8:00-12:00</td>
<td>Lorene Bartos, Extension Educator</td>
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<tr>
<td><strong>28. 4-H Cloverbuds 4-day Camp</strong></td>
<td>8-12</td>
<td>10 maximum</td>
<td>8:00-12:00</td>
<td>Lorene Bartos, Extension Educator</td>
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### 4-H & Youth

<table>
<thead>
<tr>
<th>Workshops</th>
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<th>Time</th>
<th>Instructor</th>
<th>Notes</th>
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<tbody>
<tr>
<td><strong>29. 4-H Cloverbuds 4-day Camp</strong></td>
<td>8-12</td>
<td>10 maximum</td>
<td>8:00-12:00</td>
<td>Lorene Bartos, Extension Educator</td>
<td></td>
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<tr>
<td><strong>30. 4-H Cloverbuds 4-day Camp</strong></td>
<td>8-12</td>
<td>10 maximum</td>
<td>8:00-12:00</td>
<td>Lorene Bartos, Extension Educator</td>
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<tr>
<td><strong>31. 4-H Cloverbuds 4-day Camp</strong></td>
<td>8-12</td>
<td>10 maximum</td>
<td>8:00-12:00</td>
<td>Lorene Bartos, Extension Educator</td>
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</table>

### Registration Form

**2001 Clover College**

All classes meet at Lancaster Cooperative Extension, 444 Cherry Creek Rd, Lincoln. Registration Form (one person per form) ALL FEES MUST BE PAID IN FULL UPON REGISTRATION.

**Name:**

**Parent Name(s):**

**Mailing Address:**

**City State Zip Code:**

**Daytime Phone Number:**

**Home Phone Number:**

**Special Needs:**

I WANT TO ENROL IN THE FOLLOWING SUMMER PROGRAMS:

<table>
<thead>
<tr>
<th>NUMBER</th>
<th>TITLE</th>
<th>FEE</th>
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</tbody>
</table>

**Total Amount Paid:**

**1. Check/money orders should be made payable to Lancaster County Extension.**

**2. Bring this form and registration fees, or mail along with check or money order, to Lancaster County Extension located at 444 Cherry Creek Road, Lincoln, NE 68528-1507.**

**3. Registrations must be received by June 15, 2001.**

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**SWAP Wants You!**

**Storm Water Awareness Program**

Volunteers are needed to:

- attach curb markers with the message “No Dumping—Drains to Creek” to all 15,000 city storm drains,
- volunteer between April and October of each year,
- commit to a minimum 4-hour time commitment,
- distribute door hangers explaining how to avoid non-point source pollution,
- protect our earth’s water.

Remember, water quality is directly affected by what is going down storm drains.

Contact: Harry Heaver
Keep Lincoln & Lancaster County Beautiful
(402) 441-8035
Hheaver@ci.lincoln.ne.us
Recently Released 2000 Census of Population Communicates Area Growth and Diversity.

Diversity is transforming our nation. We are no longer a country reflecting the culture of people of white European descent. Understanding diversity enriches our lives. Individually we become enlightened, gathering new insights and outlooks. Organizations and groups that understand and embrace diversity enjoy added morale and productivity. Businessmen who appreciate diversity gain the “competitive edge” in today’s global economy. Communities also thrive by tapping into the varied talents, perspectives of a diverse population.

Diversity is many things including:

- ethnicity and culture—language, customs, and sense of identity.
- beliefs—an individuals religion and philosophy on life.
- family—size, traditions, values, and social economic standing.
- biological—which determines gender, body shape and size, color of eyes, skin and hair.
- geographical—where one was born and raised in a region of the world or even a city and neighborhood.
- experiences—everyone is a product of his or her experiences from school, community, work, and relationship with others.

Diversity should be celebrated! Pride should be taken in our own uniqueness. We should welcome the unique qualities of others and grow to appreciate similarities as well as differences.

Appreciating diversity enriches the world. (GB)

Cultural Differences

LaDeane Jha
Extension Educator

The 2000 census has confirmed what many of us knew. Lincoln is more culturally diverse than ever before and is being enriched in many interesting and unforeseen ways. New immigrants and other newcomers bring a spirit of entrepreneurship, enthusiasm, fresh approaches, and fascinating new festivals, clothing, religions, and languages to Lincoln.

Each new group that calls Lincoln home brings with it some cultural differences. What does that mean? Cultural differences usually include: language and communication, appearance and dress, time and time-consciousness, rewards and recognition, food and eating, roles and responsibilities, values and norms, sense of self and space, mental processes and learning styles, beliefs, values, and attitudes. Becoming more aware of cultural norms is key to accepting and celebrating the differences among us. Being unaware can create issues in the workplace, school and in social situations. We sometimes make incorrect assumptions about cultures based on incomplete or erroneous information. Often we have an expectation that others will conform to our cultural norms and many of us have biases against the unfamiliar. Language problems can lead to miscommunication and misinterpretation. In addition, our traditional American values sometimes are in conflict with those of other cultures.

Whenever we find ourselves being irritated when we encounter cultural differences, it’s a good idea to look deeper and to understand the cultural programming that may underlie them. A multi-cultural personal:

- Is actively interested in learning about other cultures.
- Recognizes the boundaries of culture within all of us.
- Accepts every culture for its own internal coherence and integrity.
- Continues to develop and grow through interactions with the differences of others.
- Recognizes, legitimizes, accepts, and appreciates the fundamental differences of people of different cultures.
- Goes beyond the mere recognition and appreciation of differences.
- Is genuinely open to new experiences, variations, and changes.
- Actively incorporates components of those experiences into his/her identity.

Non-English Speaking Families

Non-English speaking families move to Lincoln, Nebraska for a variety of reasons. Imagine the challenges of beginning a new life in Nebraska after fleeing persecution, poverty and/or war in your home country. Catholic Social Services, Lincoln Action Program, and WIC are just a few of the programs that have provided volunteers to interpretters, space and clients for NEP. Ongoing Nutrition Education Programs are presented at the Good Neighbor Center, Hispanic Center, Asian Center, Urban Indian Center, Salvation Army, and the Malone Center. Each of these agencies have been vital links to non-English speaking families. Karen Wobig, extension assistant, enjoys learning from students as she provides hands-on learning experiences for students at Elliott Schools.

For more information, please contact:

Georgia L. Stevens, Ph.D.
Extension Family and Community Specialist for Diversity
Professor, Family and Consumer Sciences College of Human Resources and Family Sciences
Institute of Agriculture and Natural Resources
e-mail: gsstevens1@unl.edu
phone: 402-472-5518

See FAMILIES on page 12
National Volunteer Week April 22-28

A special thank you to all the volunteers. Over 400 volunteers lead 4-H clubs, assist with activities, workshops and programs, serve as fair superintendents and VIPS committee members.

4-H Leaders-Poem

Somewhere between the sternness of a parent and comradeship of a pal is that mysterious creature we call a 4-H Leader.

These leaders come in all shapes and sizes, and may be male or female. But they all have one thing in common—a gluttonous twinkle in their eyes! 4-H Leaders are found everywhere—at judging contests, fairs, square dances, and talent shows. They always are preparing for, sitting through, participating in, or recuperating from a meeting of some kind.

They are tireless consumers of muffins, expert at taking knots out of thread, perfectionists, and spend hours on the telephone. 4-H Leader is many things—an artist making a float for the Fourth of July, a doctor prescribing for an underfed calf, a counselor at camp, a lawyer filling out reports, and a shoulder to cry on when that dress just won’t fit. Nobody else is so early to rise and so late to get home at night. Nobody else has so much fun with so many boys and girls. We sometimes forget them, but we can’t do without them. They receive no salary, but we can never repay them.

They are angels in aprons, saints in straw hats. Their only reward is the love of the kids and the respect of the community. But when they look around at the skills they’ve taught, and the youth they’ve built, there’s an inner voice from somewhere that says, “Well done.”

They are angels in aprons, saints in straw hats. Their only reward is the love of the kids and the respect of the community. But when they look around at the skills they’ve taught, and the youth they’ve built, there’s an inner voice from somewhere that says, “Well done.”

Thanks again. Lancaster County has a successful 4-H program because of you. (LB)

LABOR continued from page 4

attract and retain the best employees? There are many different options available, and most do not involve a large increase in expenses for the operation. These solutions can be as simple or as advanced as you want, but there are some basic things that must be done to have any chance at attracting and retaining the right people.

Be competitive! Wages are a must, but benefits and hours may also need to be examined to determine your ability to attract employees. A rule of thumb, if you would not work in that job for that amount of money, why would you expect anyone else to?

Be creative! I realize that almost all will not be able to pay top dollar for employees, and I’m not suggesting that you should, but since most producers are small and have very few laws governing their employment practices, they can be creative in the development of compensation, benefit, and time packages. One example frequently practiced is the use of the existing house for the employee and their family.

Finally, be a courteous communicator! Treat your employees the same way you would like to be treated if you were working for someone else. I know this may seem simple, but if you are not doing something correctly, tell them in a non-confrontational way. I believe employer-employee conflicts cause more people to leave agricultural jobs than wages. Plans are being made for programming labor management, including programs on wage issues, hiring, compensa-
tion, and motivation. If you are interested in programming or other information on agricultural labor management, please contact Lance Cummins-Brown, extension educator, at 402-441-7180 or e-mail him at lbrown4@unl.edu. (LJ)

Barrel Decorating Contest Have A Barrel of Fun in 2001 Sunday, June 10 4-7 p.m.

Lancaster Event Center 84th & Havelock

Get your club, family or committee together, pack a picnic lunch and join other Lancaster County families in the paint a trash barrel activity. Decorate your barrel with a county fair theme. All paint will be supplied. Bring your favorite brush and creative ideas and join the fun.

Call 441-7180 to reserve a barrel

Dinner will be at 6 p.m.

Barrel decorating will be judged and prizes awarded by the Lancaster County Agricultural Society. (LB)

How To Exhibit At The County Fair

New leaders, experienced leaders, 4-H members, and parents are invited to “How To Exhibit” leader training. Thursday, May 24, 9:30 a.m. and 7 p.m. at the Lancaster Extension Education Center. Learn how to put an entry tag on an exhibit, which to take the model rocket exhibit, and other exhibit information which will prepare you for the 2001 Lancaster County Fair. (TK)

Keep Kids Busy, But Know When Enough is Enough

Start slowly is good advice for any parent. Most children should only tackle one new thing a at a time and see how they manage time requirements, setting priorities, and making home management time on their plates.

Other activities can be added later. Although it is important for children to follow through with commitments, dropping activities may be an option for some children before they explore something else. Parents who allow children to explore a variety of interests encourage them to define their own special gifts and talents.

Those who are adults, need time to relax. Unstructured time gives children the opportunity to choose how to spend their time. In turn, they develop a sense of self-direction and learn how to make their own choices. They learn how to be comfortable with who they are.

Age of the child is an important factor. For example, piano teachers generally agree a 3- or 8-year old child is ready for piano lessons. But if these children read fairly well and can easily transfer reading skills to the piano, they can start swimming lessons at an earlier age.

Parents are cautioned about trying to live out your own dreams through their children. Children who see a parent pursuing their own interests and hobbies, and modeling the skills of self-discipline and integration that they want their children to gain, are more likely to practice those skills themselves. (LJ)

Far for children, the blending of two families may not be an easy process and adjusting to new relationships takes time. Although the adults have fallen in love and have decided to live together, the children may not desire the stepfamily situation. Parents need realistic expectations about children’s periods of adjustment.

Merging families creates many differences. There may be new children in a household, children may change names, roles may be different, and often children are expected to adjust to the use of stepfamily terms. Parents may also need to be examined through their children. Children who see a parent pursuing their own interests and hobbies, and modeling the skills of self-discipline and integration that they want their children to gain, are more likely to practice those skills themselves. (LJ)

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The NEBLINE newsletter is published monthly by the University of Nebraska Cooperative Extension in Lancaster County. 444 Cherrycreek Rd., Suite A, Lincoln, Nebraska 68528-1507. Contact the extension office, (402) 441-7180 or lancaster.unl.edu for more information.

DISEASES

recently dead and in reasonably good condition. The West Nile virus cannot spread directly from birds to people. However, dead birds should not be handled with bare hands. Use gloves to place the dead bird in a double plastic bag. Will the state be ready for all the testing and monitoring if the West Nile encephalitis gets to Nebraska? The CDC has granted $90,000 to the Nebraska Department of Health and Human Services to develop the laboratory testing procedures that will be needed. Diseases that have a wildlife connection are not new, but increased human activities where wildlife are abundant have increased the risk of contracting Lyme disease and HPS. As people increasingly spend time outdoors, exposure to these diseases will continue. On the other hand, West Nile encephalitis is a new disease in North America being introduced into the United States via infected wildlife or mosquitoes from Africa, Eastern Europe, or West Asia. This may be an unfortunate consequence of increased international activities and trade. These diseases and recent livestock diseases in the news (foot and mouth disease and mad cow disease) remind us how small the world really is.

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April 21
Kwans Carnaval-Grandstand Building, State Fair Park 7 p.m.

April 22-28
National Volunteer Week

April 28
4-H Llama Club Meeting-State Fair Park 11 a.m.

April 28
4-H Record Workshop 9:30-11 a.m.

April 29
4-H Music Contest-Dawes School 2 p.m.

May 1

4-H Council 7 p.m.

May 11
Extension Board Meeting 8 a.m.

May 12
Performance Lamb Tagging-Lancaster Extension Center 9-11:30 a.m.

May 15
Pork Quality Assurance Training 7 p.m.

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