August 2001

The NEBLINE, August 2001

Follow this and additional works at: http://digitalcommons.unl.edu/neblines
Part of the Agriculture Commons

http://digitalcommons.unl.edu/neblines/2
Science – It’s For Everyone!

Do you know that science is a part of your everyday life? When you see that flowers don’t grow when it snows, That all kittens need a wind that blows, Some birds are red, some blue, some brown, And for a wheel to roll, it must be round!

That’s science and it is everywhere and for everyone!

Arlene Hanna
Extension Associate

Science helps us gather facts, think critically and make the right decision. We learn to use our senses to obtain information about ourselves and the world around us. We can communicate with one another. We predict the future by using past observations. We investigate, interpret and make conclusions, then evaluate. These steps are all part of the science process.

Elementary grades are a good time for capturing children’s interest in science. Lancaster County youth development programs and 4-H School Enrichment are doing their part to educate students in science. Each year, over 15,000 Lancaster County youngsters participate in the following science programs:

- ELEMENTARY grades are a good time for capturing children’s interest in science. Lancaster County youth development programs and 4-H School Enrichment are doing their part to educate students in science. Each year, over 15,000 Lancaster County youngsters participate in the following science programs:

- Smelly stuff—trash—things that can be added to potting or garden soil for richer plantings. Students from all over Lancaster County are indeed, learning a new way to compost VERMICOMPOSTING.

- Soft and furry with very large appetites! Things that go “cheep” in the night. The miracle of life unfolds in EMBRYOLOGY as third graders study life cycles. Students and teachers are responsible for the care of fertile eggs throughout the twenty-one day incubation period, then, baby chicks are hatched right in the classroom. This curriculum is revised and set to the National and Nebraska Science Standards.

- “I recycle because of my children. They have taught me loads of things. I am in real trouble if I throw away a pop can,” laughs the mother of a Rousseau student.

- Worms that eat garbage? It’s true! About 1,000 red wigglers can eat up to three to five pounds of kitchen scraps a week. Then they’ll give you worm castings that can be added to potting or garden soil for richer plantings. Students from all over Lancaster County are indeed, learning a new way to compost VERMICOMPOSTING.

- BLUE SKY BELOW MY FEET links space technology to the everyday interest of fourth grade students. By using features from the space shuttle program as working models, youngsters learn how forces, fibers and food affect their daily lives on earth and astronauts while in space. Youth learn about gravity, taste space food while in space. Youth learn about gravity, taste space food while in space. Youth learn about gravity, taste space food while in space. Youth learn about gravity, taste space food while in space. Youth learn about gravity, taste space food while in space.

- HEALTHY ME! WHAT’S ON YOUR PLATE? CLEAN HANDS DETECTIVE! These are just a few enrichment opportunities that the Nutrition Education Program offers to selected schools and grade levels in Lancaster County. Karen Wobig, Extension Assistant and presenter of these programs reflects, “It is exciting to hear what students have learned about healthy eating...they are able to tell me all the steps for proper hand washing, including the 20-second rule for scrubbing with soap.”

As you can see, Lancaster County youth development programs are offering educational opportunities for our youngsters. If you wish to encourage children’s study of science out-of-school, you can participate in the growing number of informal science activities at zoos, museums, nature centers, national parks and community organizations such as 4-H clubs. Watch for your student’s participation in 4-H School Enrichment. It’s science for everyone!!
The weeping fig, another Ficus, probably has the greatest potential for becoming a satisfactory indoor tree. As the plant matures it branches freely and develops a spreading, tree-like form similar to outdoor landscape trees.

Rapid changes in a weeping fig’s environment often causes leaves to drop. Some leaf drop occurs normally after the plant is established, so it is important to be consistent in your treatment of the plant. Washing foliage regularly with a damp cloth will maintain good plant health. Citrus plants (orange, lemon, lime) are helpful.

Fruits and Vegetables

While some fruits and vegetables show unmistakable signs, the proper time to harvest many crops require a little more knowledge and experience. Guidelines for harvesting various fruits and vegetables are listed below.

PEACH—Ground color is the best guide for maturity. Harvest when ground color or the color of the fruit’s skin changes from green to yellow. Do not harvest the areas that have turned red, because it is not a reliable index of maturity.

PEAR—Harvest when the ground color changes from dark green to a yellowish green and before the fruit is tree ripe. An additional guide may be when the fruit separates from the twig with an upward twist of the fruit and when the lenticels (spots on fruit surface), which are green on immature fruit, becomes brown.

RASPBERRY—Harvest when the fruit is full color and separates easily from the center.

 TOMATO—For peak quality, harvest 4 to 6 days after fruits are fully colored. They will lose firmness if overripe.

EGGPLANT—Harvest when the fruit is firm and a glossy purple to black in color and 3 to 5 inches in diameter.

MUSKMELON—The fruit of muskmelon or cantaloupe are mature when the stem slips from the melon with slight pressure. The melon is not ripe if the stem has to be forcibly separated from the fruit. Other indicators of maturity are based on touch, aroma, and the flower end of the melon, the end opposite the stem, should be slightly soft. The skin between the netting will turn from green to yellow. A ripe melon will produce a strong musky aroma.

WATERMELON—Harvest when the melon is full sized and the underside of the melon turns from a greenish white to a yellowish green. Wait until the melon is heavy for at least five years are broc- colis, cabbage, cauliflower, cucumber, kohlrabi, lettuce, pumpkin, radish and squash.

The most important storage factor is low moisture content. Most seeds readily absorb water if stored in a damp environment. In a proper planting environment, this will lead to germination and growth. In storage this leads to molding and rot. Store seeds at a relative humidity of less than 65 percent. Seed life can be further extended by placing seeds in a sealed container. This reduces the oxygen content and creates a near anerobic atmosphere. The best containers for seed storage are rugged plastic bags or glass jars with tight fitting lids. To avoid identification problems, leave seeds in their original packets or envelopes. Containers may be kept in a refrigerator or in any cool, dark, dry place. (MIF)
At the extension office, we are sometimes asked to help solve a problem that has no good solution. A couple questions about cicadas have fit into this category.

The first was from a lady who had moved to Lincoln from a very large metropolitan area back east. She wanted to know what to spray on her trees to get rid of the screaming cicadas because they were interfering with her sleep. She had never heard cicadas before she moved to Lincoln and the noise was driving her nuts.

The other call was from a student representing a theoretical group scheduled to give a play on East Campus during the evening. If he so desires!

"Controlling Beaver Damage"

"Toppled by these nighttime mom’s riverside fruit tree gets instance, how about when world’s answer to the buzz saw."

we call beaver are the animal we might even look forward to it audience could hear the play.

They wanted to know how to the time their play was to begin the actors discovered that the
trees and fly from tree to tree.) We
don’t recommend cutting down
trees. Therefore, you can see that

for females, it is likely to lose
is competing with other males

is vibrated a pair of
produce noise. The noise is
produced by the action of muscles

in the raising of young or the
singly." For some of us, it

amazing how much noise each
cicada can make. When you
have several trees in your yard,
with a half-dozen singing males

as an insect pest prob-
lems. Some remedies are available
including exclusion, taste rep-
lents, habitat manipulation and
trapping.

Perimeter fences with the bottom portion buried will discourage the beaver. Sometimes these can be placed at the water's edge rather than around the plants to be protected. Wire mesh cylinders and even alkyd paint mixed with sand will discourage beaver from gnawing individual trees. You can even use color coordinated paint and plants!

Flooding is an additional problem to felling and gnawing. A pond owner can place large perforated plastic tubes with wire cages around them to keep water below flooding level. These are designed so beaver do not attempt to stop the water that enters them.

Lastly, body grip and leg
hold traps as well as snares are used by professional damage
control personnel or trappers to remove all or most beaver from an area. Depending upon the situation, trapping may be either the first or last method used in controlling damage caused by beaver.

The NebGuide “Controlling Beaver Damage” can be found at the publications page of the University of Nebraska’s Institute for Agriculture and Natural Resources web site located at http://www.ianr.unl.edu/. For hard copies ask for GOI-1143-A at the Lancaster County Extension Office.
Safety Should Always Come First

Farming is one of the most dangerous occupations in the state of Nebraska. Youth and adults need to be careful and cautious when operating, maintaining, or moving equipment and machinery not only in the field, but also around the farmstead and buildings. Working with animals can also be very dangerous as there are many injuries very commonly caused by animals. Dave Morgan, the University of Nebraska Safety Specialist, has several tips for staying safe while working on the farm.

Be especially careful when children are around:
- Before moving vehicles, equipment, or animals walk around and make sure children aren’t nearby.
- Establish safe play areas for older children, which lesson the likelihood of being suffocated when playing in the grain or being trampled when moving animals.
- Don’t let kids ride in tractors or combines unless the equipment has a bubble seat and seatbelt. Also don’t allow small children in animal pens unsupervised.
- Auger and machinery entanglement is common among 5 to 10-year-olds, so teach them not to approach operating machinery.
- To avoid overturns, older children should be taught safe operation skills. These children should be instructed on animal behavior and proper animal handling techniques. Reinforce safety practices often.

Encourage other adults to stay safe:
- About 25 percent of adult victims aren’t discovered for more than two hours after an accident occurs. Carry a cellular phone or two-way radio, and keep time and date recorders in the vehicle. Consider purchasing co-workers’ work schedules and intended locations.
- Always call 911 before attempting to rescue someone. Never enter confined spaces without proper ventilation, a

unless the lease contains a renewal clause. If a tenant continues farming the land by mutual consent after the end of a written lease, the tenant may opt to terminate a lease. The timing and actions necessary to terminate a lease is dependent on whether the lease is written or oral. Oral leases are generally preferable to a verbal lease because it provides a written record of the lease provisions. In addition, the March-to-February lease year for year-to-year leases may not be appropriate for fall-planted crops. For more information about farm lease termination, talk to an attorney or refer to NF 91-42 Farm Lease Termination by Dr. David Aiken, Extension Water and Agricultural Law Specialist. This publication is available only from the University of Nebraska - IANR website at: http://www.ianr.unl.edu/pubs/farmgmt/ fntm. Source NF 91-42. (TD)

**WINTER SQUASH**
Squash are mature the skin is firm and glossy. A thumbnail will not easily penetrate a mature fruit. The portion of the squash resting on the ground will be cream in orange in color. **PUMPKINS**
Pumpkins when they are fully colored and skinned have enough resistant to enough puncture by thumb. Harvest before killing frost.

**SWEET POTATO-Harvest in late fall after first frost. (MIF)
Some Words on Water

Concern about water quality often leads to questions such as “What is in my water?” or “Is my drinking water safe?”

All water from natural sources contains dissolved substances. These substances are often called contaminants, especially when the amounts present are at possibly harmful levels. At low concentrations, many do not cause known harmful effects and may, in fact, be beneficial. Research has shown some substances may be harmful only when present at high enough concentrations.

The only way to know if the water you use for drinking and cooking contains potentially harmful substances is to have it tested. This testing determines what substances are present and their concentration levels. In most cases, testing a private water supply is a decision made by the water user. Testing a private water supply is not required by current regulations except in cases where state licensing may be required for a specific activity. The table below lists problems found in water supplies, as well as the appropriate tests to request. This table should be used as a guideline only. Consult an expert if you suspect any contaminant which could present an immediate or long-term health risk.

**Problems found in water supplies and appropriate tests to request.**

<table>
<thead>
<tr>
<th>Problem or Concern</th>
<th>Appearance</th>
<th>Tests to Consider</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frosby, foamy</td>
<td>N/A</td>
<td>Coliform bacteria, iron</td>
</tr>
<tr>
<td>Black flakes</td>
<td>N/A</td>
<td>Manganese, copper</td>
</tr>
<tr>
<td>Brown, yellow or reddish</td>
<td>N/A</td>
<td>Fluoride, Hydrogen sulfide</td>
</tr>
<tr>
<td>Has Odor and/or Tastes Like:</td>
<td>N/A</td>
<td>Detergents, manganese, iron</td>
</tr>
<tr>
<td>Rotten egg</td>
<td>N/A</td>
<td>Hydrogen sulfide</td>
</tr>
<tr>
<td>Metallic</td>
<td>N/A</td>
<td>pH, iron, zinc, copper, lead</td>
</tr>
<tr>
<td>Saltie</td>
<td>N/A</td>
<td>Total dissolved solids, chromium, sulfur, sulfates</td>
</tr>
<tr>
<td>Septic, musky or earthy</td>
<td>N/A</td>
<td>Coliform bacteria, iron</td>
</tr>
<tr>
<td>Soap</td>
<td>N/A</td>
<td>Surfaceactants, detergents</td>
</tr>
<tr>
<td>Sulfide or oil</td>
<td>N/A</td>
<td>Hydrocarbon scan, volatile organic chemicals (VOCs)</td>
</tr>
<tr>
<td>Causes The Following on Fixtures or Clothing:</td>
<td>N/A</td>
<td>Iron, Manganese, Copper</td>
</tr>
<tr>
<td>Red or brown stains</td>
<td>N/A</td>
<td>Copper bacteria</td>
</tr>
<tr>
<td>Black/listed</td>
<td>N/A</td>
<td>Hydrocarbons, VOCs</td>
</tr>
<tr>
<td>Green or blue stains</td>
<td>N/A</td>
<td>Coliform bacteria</td>
</tr>
<tr>
<td>Reddish-brown slime</td>
<td>N/A</td>
<td>Hardness</td>
</tr>
<tr>
<td>White deposits, soap scum</td>
<td>N/A</td>
<td>Fluoride</td>
</tr>
<tr>
<td>For Use And/Or Has Symptoms of:</td>
<td>N/A</td>
<td>Nitrates</td>
</tr>
<tr>
<td>Private water supply used for children with developing teeth buds or decalcification of children’s teeth curry</td>
<td>N/A</td>
<td>Hydrocarbon scan, VOCs, Coliform bacteria, sulfates, Giardia</td>
</tr>
<tr>
<td>Water supply used for infant less six months old, pregnant or nursing woman or child with a genetically impaired enzyme system</td>
<td>N/A</td>
<td>Manganese, Copper</td>
</tr>
<tr>
<td>Family or children become ill</td>
<td>N/A</td>
<td>Hydrocarbon scan, VOCs, Coliform bacteria, sulfates, Giardia</td>
</tr>
<tr>
<td>If Suspect or Observe:</td>
<td>N/A</td>
<td>Manganese, Copper</td>
</tr>
<tr>
<td>Leaking fuel tank</td>
<td>N/A</td>
<td>Hydrocarbon scan, VOCs, Coliform bacteria</td>
</tr>
<tr>
<td>Salt</td>
<td>N/A</td>
<td>Manganese, Copper</td>
</tr>
<tr>
<td>Landfills</td>
<td>N/A</td>
<td>Hydrocarbon scan, VOCs, Coliform bacteria, sulfates, Giardia</td>
</tr>
<tr>
<td>Sludge utilization</td>
<td>N/A</td>
<td>Manganese, Copper</td>
</tr>
<tr>
<td>Irrigate agricultural use</td>
<td>N/A</td>
<td>Hydrocarbon scan, VOCs, Coliform bacteria, sulfates, Giardia</td>
</tr>
<tr>
<td>Septic system failure</td>
<td>N/A</td>
<td>Manganese, Copper</td>
</tr>
<tr>
<td>Causes Corrosion:</td>
<td>N/A</td>
<td>Hydrocarbon scan, VOCs, Coliform bacteria, sulfates, Giardia</td>
</tr>
<tr>
<td>Pitting, deposits</td>
<td>N/A</td>
<td>Manganese, Copper</td>
</tr>
</tbody>
</table>

Table adapted from Mancel, Karen; (1986) AEX-314 Water Testing, Ohio State University Cooperative Extension; and Mengel, David B and C Janssen; (1990) WQ4 Water Quality, Purdue University Cooperative Extension.

Drinking Water Q&A

**Q. How do I know what is in my drinking water?**

A. In 1999 you should have received a new communication from your public water utility. The Consumer Confidence Report (CCR) is a new requirement of the revised federal Safe Drinking Water Act. If you live in a large community, you probably received the report in the mail. If you live in a smaller community, the report might have been published in the local newspaper. You will get another CCR from your public water utility this year. Take time to study it. It will provide information so you, the water consumer, will know and understand what is in your drinking water. Among other things, the CCR will identify the source of your drinking water, the treatment used, any contaminants that have been identified in the water, and what the potential health effects of those contaminants are.

**Q. Can I tell if my drinking water is OK by looking at it, tasting it, or smelling it?**

A. No. In many cases, chemicals or microbes that could make water unsafe to drink cannot be seen, tasted, or smelled. The only way to know if water you use for drinking and cooking contains potentially harmful substances is to have it tested. All public water supplies are required by the federal Safe Drinking Water Act and Nebraska law to be tested on a scheduled basis for potentially harmful contaminations. Testing a private water supply is not required by current regulations. Owners of private water supplies are responsible to themselves for having their water supply tested to ensure it is safe.

**Q. Water often looks cloudy when first taken from a faucet and then it clears up. Why does this happen and is the water safe to drink?**

A. The cloudy water is caused by tiny air bubbles in the water. After a while, the bubbles rise to the top and are gone. The air bubbles do not make the water unsafe to drink.

**Q. How do I know if my drinking water is contaminated?**

A. The cloudy water is caused by tiny air bubbles in the water. After a while, the bubbles rise to the top and are gone. The air bubbles do not make the water unsafe to drink.
Home Canning Concerns

It’s canning time again! If you’re new to canning or would like a refresher course, here are some “Major Canning Sins” that are potentially deadly from Charlotte P. Brennan, RN, PhD, Utah State University Extension Food Safety specialist:

WHAT: Making up your own canning recipe. WHY UNSAFE: Without scientific testing, you will not know how long the product needs to be processed to be safe.

WHAT: Not making altitude adjustments. WHY UNSAFE: Product could be under-processed.

WHAT: Cooling pressure. WHY UNSAFE: Product could be under-processed.

WHAT: Letting food cool. WHY UNSAFE: Processed food.

WHAT: Failure to acidify. WHY UNSAFE: The extra vegetables to salsas. WHY UNSAFE: the extra vegetables dilute the acidity and can result in botulism poisoning.

WHAT: Using oven instead of water bath for processing. WHY UNSAFE: The product will be under processed since air is not as good a conductor of heat as water of steam. The jars also may blow up.

WHAT: Not making altitude adjustments. WHY UNSAFE: Since boiling temperatures are lower at higher altitudes, the products will be undercooked. (NOTE: The altitude in Lancaster County ranges from 1,200 to 1,700 feet and you’ll need to follow the recommended altitude adjustments given in your canning book for this level.)

WHAT: Not venting pressure cooker first. WHY UNSAFE: Lack of venting can result in air pockets which will not reach as high a temperature.

WHAT: Failure to acidify canned tomatoes. WHY UNSAFE: Not all tomatoes have an acidity balance to make the product safe. Some are limier than others. A test of the pH level (using litmus paper, a pH meter, or other method) is needed to determine if the pH of your tomatoes is high enough to ensure safe canning.

WHAT: Not making altitude adjustments. WHY UNSAFE: Product could be under-processed.

WHAT: Not venting pressure cooker first. WHY UNSAFE: Calculations as determined by altitude adjustments. WHY UNSAFE: The product will be under processed since air is not as good a conductor of heat as water of steam. The jars also may blow up.

WHAT: Using oven instead of water bath for processing. WHY UNSAFE: The product will be under processed since air is not as good a conductor of heat as water of steam. The jars also may blow up.

WHAT: Not making altitude adjustments. WHY UNSAFE: Since boiling temperatures are lower at higher altitudes, the products will be undercooked. (NOTE: The altitude in Lancaster County ranges from 1,200 to 1,700 feet and you’ll need to follow the recommended altitude adjustments given in your canning book for this level.)

WHAT: Not venting pressure cooker first. WHY UNSAFE: Lack of venting can result in air pockets which will not reach as high a temperature.

WHAT: Failure to acidify canned tomatoes. WHY UNSAFE: Not all tomatoes have an adequate acid level. This can result in botulism poisoning.

WHAT: Cooking pressure cannot under running water. WHY UNSAFE: Calculations as to cooking time includes the residual heat during the normal cool-down period as part of the heat process. Hurrying this process will result in under processed food.

WHAT: Letting food cool before processing in the recipes that call for “hot pack.” WHY UNSAFE: The heat curves are based on the food being hot at the beginning of the pressure process. Product could be under-processed.

Fabulous 5-Layer Dip

Serves 4

1 (16 oz.) can non-fat refried beans
2 mashed avocados sprinkled with lime juice
1/2 cups non-fat sour cream
3 tablespoons drained, chopped mild green chili peppers
8 diced plum tomatoes

Using a 13x9x2 glass baking dish or pan, layer the ingredients in order from beans to tomatoes. Dig in with baked tortilla chips.

Serves 4

It was the night of the school’s annual “Heritage Feast” and an 11-year-old boy proudly brought his family’s food contribution to the table. He was exceptionally thrilled to present this, as he had made it himself. He had just completed a nutrition education program in his elementary school which taught him how to make the snack and why healthy eating is so important.

During the 2000-2001 school year, 1,486 Lincoln Public School (LPS) youth from limited resource area schools participated in the Cooperative Extension Nutrition Education Program’s (NEP) school food enrichment series. Over 50 LPS teachers checked out nutrition kits developed by NEP staff to enhance their teaching of the LPS health curriculum on nutrition. Students learned about the Food Guide Pyramid, healthy snacks, nutrients important for overall health, planning balanced meals, food safety issues, and hand washing.

“This ain’t no ordinary cookie, this is a nutritious cookie.” “I’m going to make these for my family.” “I plan to do babysitting and have a day care some day and I want to know about making foods that are healthy for them, so now I have a healthy snack I can use.” These are some of the comments heard from students after their food preparation experience of measuring and mixing ingredients to create their own snack.

All classrooms using the kit began with the hand washing component and ended with the food preparation.

After learning about the importance of nutrient rich foods compared to empty calorie foods, a fifth grade classroom decided to make their Valentine’s Day “party” food a little healthier than just candy. The class divided into five groups, each representing one of the five major food groups. Each group brought foods that would fit in that category. The teacher indicated they had quite a “healthy feast” and “learned a lot about food preparation and manners.”

A group of first grade students showed their knowledge of the Food Guide Pyramid by bringing in food products during the school’s food drive. The teacher explained that the youth had decided to bring in items that would make up a “balanced” meal. When all foods were gathered the students organized them into meals representing the five food groups. First grader said, “We want to help other families eat good food.”

These examples are representative of how Lincoln Public School children are learning to take care of their bodies by choosing healthy foods. The partnership between Lancaster County Extension and Lincoln Public Schools has provided students with over 600 hours of nutrition education. Students receiving this education will have the opportunity to develop life-long healthy eating habits. (KW)

Clean Hands Campaign

Have fun using “glo-germs” to teach handwashing to youth and adults. Receive handouts for your group and a copy of reproduction-ready handwashing activities. Call Alice Henneman (441-7180) to schedule a time to check out the Clean Hands Kit and receive your materials. Kit must be checked out and returned within the same week. Available on a first come, first served, basis. This activity can be used with any number and takes about 20 to 30 minutes, depending on the size and age of your group. (AH)
Clarice's Column

Clarice Steffens
FCE Council Chair

The Sizzling Summer Sampler and the county fair have come and gone. FCE State Convention is coming up and local schools will be in session in the next few days. You know what that means, don’t you! Once again the summer has passed by quickly and fall activities will soon be in full swing.

FCE fall activities will soon be upon us too. The next Council meeting is scheduled for September 24 at 7 p.m. hosted by the Busy Bees, Helpful Homemakers and Tuesday Tinkers. This meeting will be at the Lancaster County Extension Center.

Plans for Achievement Day are well underway. This will be October 23 at 6:30 p.m. and hosted by the Belleville, Emerald, Woodkickers and dollmakers clubs. The guest speaker will be Kathy Peters, dollmaker, from Seward. Thank you to all the FCE members and guests who attended the Sizzling Summer Sampler.

Approximately 70 people enjoyed the food, learnings and just being together. Our presenters were great.

The September council meeting is scheduled for Monday, September 24, 7 p.m. and will be presented by Lorene Bartos, extension educator.

This lesson is designed to educate people about indoor air quality and the many asthma triggers in a home.

FCE Leader Training

The FCE leader training lesson, “Indoor Air Quality: Know the Asthma Triggers” is scheduled for Tuesday, September 25, 1 p.m. and will be presented by Lorene Bartos, extension educator.

This lesson is designed to educate everyone about indoor air quality and the many asthma triggers in a home.

FCE Reorganizational Packets

Family and Community Education (FCE) club reorganizational packets will be ready for club presidents to pick up after state convention, about August 25, at the extension office. It will include the dues information, forms, dues and dues information. Information on the packet has October due dates. It is time to look forward and plan an exciting and educational year for FCE. If you have questions, call Lorene or Pam at 441-7180. (LB)

FCE Reorganizational Packets

Family and Community Education (FCE) club reorganizational packets will be ready for club presidents to pick up after state convention, about August 25, at the extension office. It will include the dues information forms, dues and dues information. Information on the packet has October due dates. It is time to look forward and plan an exciting and educational year for FCE. If you have questions, call Lorene or Pam at 441-7180. (LB)

September FCE Council Meeting

The September council meeting is scheduled for Monday, September 24, 7 p.m. The business meeting will follow the program by dollmaker Kathy Peters. If you have dolls or memories of dolls to share, please bring your stories and dolls to the meeting. All FCE members are invited to attend. Winners of the writing an debate contest will be recognized. (LB)

Helping Youth Prevent Teen Pregnancy (Part II)

LaDeane Jha
Extension Educator

The National Campaign to Prevent Teen Pregnancy did an extensive review of recent research and held interviews with experts in the field to ascertain what parents might be able to do to reduce the risk of kids becoming pregnant before they're grown up. From the research they developed ten tips for parents. Last month we told about who is responsible for your teens between the time they are dismissed from school and when a parent gets home. Are they engaged in useful activities? Are there adults in charge? Supervising and monitoring your kids’ whereabouts doesn’t make you a nag. It makes you a parent.

Tip Four: Know your children’s friends and their families. It is easier to enforce a curfew that all your child’s friends share rather than one that makes him or her different—even if your views don’t match those of other parents, hold fast to your convictions. Welcome your children’s friends into your home and talk to them openly.

Tip Five: Encourage early, frequent, and steady dating. Group activities among young people are fine and often fun, but allowing teens to begin steady, one-on-one dating much before age 16 can lead to trouble. Let your child know about your concerns and talk about this throughout childhood.

Tip Six: Take a strong stand against your daughter dating a boy significantly older than she is. And don’t allow your son to go out of town _____ _____________________

Tip Seven: Help your teenag- ers to have options for the future that are more attractive than early pregnancy and parenthood. The chances your children will delay sex, pregnancy, and parenthood are significantly increased if their futures appear bright. Explain how becoming pregnant—or causing pregnancy—can derail the best plans.

Tip Eight: Let your kids know you value education highly. Encourage your children to take school seriously and set high expectations about school perfor- mance. School failure is often the first sign of trouble that can end in teenage parenthood. Limit the

FCE Council Chair

by Lorene Bartos, Extension Educator

Repeated exposure of a garment to perspiration and body oils can cause a permanent yellow discoloration and an odor; and perspiration can eventually cause silk fibers to deteriorate. In addition, it can react with fabric dyes or sizing, making the stain even more difficult to remove. People who perspire heavily should clean their clothes often and may want to consider wearing garment shields. Clothes that are worn frequently should also be cleaned frequently to avoid stains caused by perspiration and body oils. (LB)

At Which Age?

Here’s a fun activity you might try with your preteens or teenagers. As a parent indicate at what age you would allow your child—if ever—to do the following activities. As a teen, indicate what you think and why. Then sit down as a family and compare lists. You might be surprised at what you find out. It is important during this activity to listen to your children’s ideas and try not to be judgmental. Are there items you might be willing to negotiate? What are family values that are not negotiable?

ACTIVITY AGE WHY THAT AGE?
1. Wear makeup
2. Have a credit card
3. Work part-time during the school year
4. Drink alcohol for the first time
5. Get her or his ears pierced
6. Buy a car
7. Go on a group date
8. Go steady (date someone exclusively)
9. Go on an individual date
10. Stay out until midnight on weekends
11. Not have a curfew
12. Rent a hotel room
13. Have a boy/girl party
14. Open a checking account
15. Choose her or his own clothes
16. Stay home alone when parents go out of town
17. Cook an entire family meal
18. Take a weekend camping trip with peers
19. Go to an R-rated movie
20. Go out of state with a friend’s family

Adapted from: “Building Assets Together” by Jolene L. Ruchelkeparin

CHARACTER COUNTS! Corner

The rewards of respect

Hal Urban, a noted educator and advocate of character education emphasizes the positive aspects of showing respect rather than the “should” or “have to” approach we sometimes take. He offers the following list of rewards for treating others the way we would like them to treat us:

• We develop effective social skills and habits.
• We make other people feel good.
• We earn a good reputation.
• We establish good relationships.
• We are treated better by other people.
• We improve our feelings of self-worth.
• We build a solid reputation.

As Hal says, “Good people build their lives on a foundation of respect.” (LJ)

Adapted from: “Life’s Greatest Lessons Or 20 Things I Want My Kids to Know” by Hal Urban

See YOUTH on page 11
Fair Review Meeting
All beef, sheep, swine, goat, dairy, llamas, and dog 4-H and FFA families are encouraged to attend the fair review meeting, Monday, August 20 at 7 p.m. We will discuss what worked well for the fair this year and what we can do to make it even better for next year. If you have any questions, please call Deanna at 441-7180. (DK)

Fair’s Over, Now What? Parent and Leader Meeting
Leaders, parents, and interested volunteers are invited to attend this 4-H training. Discover how to finish the current 4-H year and how to prepare for the next 4-H year. Awards, project completions/selection, and club reorganization will be covered. See you there Tuesday, September 25, 9:30 a.m. or 7 p.m. (TK)

4-H Schedule — 2001 Nebraska State Fair

**Wednesday, August 22**
10 a.m. Enter all Exhibit Hall exhibits
3 p.m. Begin judging Exhibit Hall exhibits
3 p.m. Deadline for entry of Exhibit Hall exhibits

**Thursday, August 23**
8 a.m. Judging Exhibit Hall exhibits

**Friday, August 24**
8 a.m. 4-H Exhibit Hall open to public for exhibit viewing

**Saturday, August 25**
8 a.m. 4-H Exhibit Hall open to public for exhibit viewing
9 a.m. Keeping Families First, 4-H Exhibit Hall Arena
9:30 a.m. Dog Judging Contest registration, Pershing Auditorium, off fairground
9:30 a.m. Cat Show check-in and vet check until 10:15 a.m., Youth Complex Demo Rooms
10 a.m. Dog Show, Pershing Auditorium, off fairgrounds
10 a.m. Presentations, Youth Complex Demo Rooms
10:30 a.m. Cat Show begins, dismissed at conclusion of the show
1 p.m. Dairy goat check-in until 2 p.m.
1 p.m. 4-H Discovery Center, 4-H Exhibit Hall
7 p.m. Dairy Goat Showmanship, Open Class Swine, Sheep Goat Barn

**Sunday, August 26**
8 a.m. Dairy Goat Show, Open Class Swine, Sheep Goat Barn
11 a.m. 4-H Vegetable Sale, 4-H Exhibit Hall
1 p.m. 4-H Discovery Center, 4-H Exhibit Hall

**Thursday, August 30**
10 p.m. 4-H Discovery Center, 4-H Exhibit Hall

**Friday, August 31**
10 a.m. 4-H Discovery Center, 4-H Exhibit Hall
10 a.m. Beef, sheep, swine, dairy stalls available
1 p.m. Poultry cages available
1 p.m. State 4-H Public Speaking Competition, Youth Complex Demo Rooms
4:30 p.m. Check-in breeding sheep until 5 p.m.
5 p.m. Weigh market lambs until 7 p.m.
6:30 p.m. Check breeding beef/weight & tag market beef until 10 p.m.
8 p.m. Poultry must be in place, Lancaster Building

**Saturday, September 1**
7:30 a.m. Check breeding beef/weight & tag market beef
8 a.m. Check-in breeding sheep until 9 a.m.
8 a.m. Weigh market lambs
8 a.m. Deadline for arrival of market lambs and breeding sheep
8 a.m. Presentations, Youth Complex Demo Rooms
8 a.m. Tree Identification Contest, East Campus Home Economics Building
8:30 a.m. Weed and Grass Identification Contest, East Campus Union
9 a.m. Judging 4-H Poultry Show, Lancaster Building
9 a.m. Premier exhibitor activities for beef, dairy, sheep, and swine as sched- uled until 3 p.m.
10 a.m. 4-H Fashion Show, Bob Devaney Sports Center
10 a.m. 4-H Discovery Center, 4-H Exhibit Hall
10 a.m. Horticulture Judging Contest, East Campus Union
10 a.m. All market sheep will be weighed after this time
10 a.m. Check-in of dairy cattle begins
10 a.m. Information cards to enter the 4-H Sheep Showmanship Contest due in 4-H Livestock Office
10 a.m. Beef and swine exhibits must be in place
10:30 a.m. No beef cattle will be checked, weighed or tagged after this time
11 a.m. Dairy cattle must be in place

**Premier Animal Science Events**
Nine youth from Lancaster County participated in the state livestock judging, meats judging, and general livestock quiz bowl contests during the Premier Animal Science Events held at the University of Nebraska, June 25–26.
Participants pictured are: (back row left to right) Zach Morton, Steve Landon, Connie Lemke & Kirstin Lifteystrand; (front row left to right) Ryan Cheney, Bryce Lemke, Brad Cheney & Justin Bauman. Not pictured, Emily Veburg. (DK)

**4-H Bulletin Board**
Teen Council will meet Sunday, September 9, 3–5 p.m. All teens are welcome to join the fun.
Horse Bits

Schoneweis Going to NBHA World Show

One of our Lancaster County 4-H’ers, 15-year-old Ashley Schoneweis, will be competing in the NBNA World Show in Jackson, Mississippi, to be held in August. In July, she and her horse, Chargetoonight, competed in the NBHA National Championship in Wichita, Kansas and won the 18 and under class by recording times of 14.902 and 14.601. This is the first time the national championship has even been won by someone from Nebraska! Way to go and good luck, Ashley! (EK)

District Horse Shows

Lancaster County had 54 exhibitors show at three different district horse shows, including the one we hosted at Capital City Horse & Pony Club on June 27. Forty of those went on to the State Horse Exposition in Grand Island July 15-20.

Winning trophies in their classes were:

- Terra Steinhauser - Champion Junior Western Pleasure
- Sara Messick - Reserve Champion Senior English Horsemanship, Reserve Champion Senior Pole Bending
- Megan Miller - Champion Senior Western Pleasure
- Josh Blum - Reserve Champion Senior Western Horsemanship, Champion Senior Pole Bending, Champion Senior Barrel Racing
- Kyle Ryan - 2nd Reserve Champion Senior Western Horsemanship
- Martina Dey - Champion Junior Reining
- Trent Schaffer - Champion Junior Pole Bending
- Ashley Schoneweis - Champion Junior Barrel Racing
- Jessica Frink - Reserve Champion Senior Barrel Racing

In all, our district show exhibitors received 24 purple ribbons, 38 blue, 44 red and one white. Congratulations to all who showed.

A huge thanks goes to the Capital City Horse & Pony Club whose board and members got the arena ready for the district show on short notice. (EK)

Attention Environmentalists!!!

The Lincoln Center Kiwanis Club is looking for a few environmentally-minded 4-H’ers interested in helping with our annual roadside clean-up project. The Kiwanis Agriculture and Environment Committee hosts a trash pickup every year in the spring and fall. This involves wearing a cool orange vest and picking up the trash along a one-mile stretch of the Homestead Expressway (Highway 77) between West Van Dorn and West A streets. This fall’s clean-up is scheduled for Saturday, August 18, 8 to 10 a.m. Everyone meets at Yankee Doodles on 640 Prospector Court, we split into small work groups and the fun begins. Once we finish, we compare biggest/weirdest/mostest trash stories over refreshments and snacks.

If you are interested in joining members from the Lincoln Center Kiwanis Club on the morning of August 18, please contact Peg Koehn at 481-5780 (day) or 421-6386 (evening). We’ll save a vest for you! (LB)

Scholarships Available

Several scholarships are available to 4-H members graduating in 2001. Application forms can be obtained at the extension office. Application deadline is October 29, 2001. For more information, call Lorene at 441-7180. (LB)

2001 AK-SAR-BEN YOUTH EXHIBITION
September 19–23
Omaha, Nebraska
FFI: 402-441-7180 or www.aksarben.org

4-H Open House

I’m interested in 4-H!

Return to University of Nebraska Cooperative Extension in Lancaster County, 444 Cherry Creek Road, Suite A, Lincoln, NE 68528-1507. A 4-H representative will contact you. Please call 441-7180 for more information.

Name ____________________________________________
Gender Female Male
Date of Birth ____________________________
Address _______________________________________________________________________________________
Zip __________________________
Telephone ____________________________________ Grade in school ______________ School ____________
Daytime Telephone ____________________________

Check project area of interest:

- Dogs
- Rabbits
- Home Environment
- Child Care
- Foods
- Clothing
- Cats
- Other Household Pets
- Woodworking
- Model Rockets
- Flowers/Gardening
- Livestock
- Horses
- Safety
- Shooting Sports
- Photography
- Are you interested in becoming a 4-H volunteer? Check your interest:
- Club Leader
- Project Assistant

Learn more about the 4-H program!

For Adults & Children (5 years and older)

4-H Open House
- Are you interested in 4-H?
- Return to University of Nebraska Cooperative Extension in Lancaster County, 444 Cherry Creek Road, Suite A, Lincoln, NE 68528-1507.
- A 4-H representative will contact you. Please call 441-7180 for more information.
- Name ____________________________________________
- Gender Female Male
- Date of Birth ____________________________
- Address _______________________________________________________________________________________
- Zip __________________________
- Telephone ____________________________________ Grade in school ______________ School ____________
- Daytime Telephone ____________________________

Check project area of interest:

- Dogs
- Rabbits
- Home Environment
- Child Care
- Foods
- Clothing
- Cats
- Other Household Pets
- Woodworking
- Model Rockets
- Flowers/Gardening
- Livestock
- Horses
- Safety
- Shooting Sports
- Photography
- Are you interested in becoming a 4-H volunteer? Check your interest:
- Club Leader
- Project Assistant

Learn more about the 4-H program!

For Adults & Children (5 years and older)
Community Residents Recognized During the Lancaster County Fair

Sief Mahagob
Extension Community Coordinator

Lincoln is a primary relocation site for new refugees and is becoming increasingly diverse. Sief Mahagob is from Sudan and represents a family of people who have come from his country. One of Sief’s roles with Lancaster County Extension will be to provide curriculum for new residents in our community. He starts with a description of his native land.

There are many Sudanese in the Lincoln/Omaha area, with about four thousand in Lincoln, and five thousand in Omaha. The majority of them are Nuer, Dinka, and Nuba Mountain people. Most of these come from Southern Sudan. There are also some who come from the northern opposition parties. Sudan is always spoken of as one nation comprised of four different countries: north, south, east and west. Each one is seen as completely different from the others.

POPULATION
Sudan has approximately 34.5 million people from as many as 400 different ethnic groups. The largest are Arabic-speaking Muslims. In the south, more than 100 different languages are spoken, and most follow indigenous beliefs or have become Christians.

EDUCATION
Currently, all curricula follow a strict Islamic model in the Arabic language. In Southern Sudan, education was formerly offered in English. At this time, because of war, government neglect, lack of supplies and trained teachers, few schools remain open, and two generations of Southern Sudanese children have not received education.

HEALTH CARE
Although medical care in Sudan is in principle, free, there are not many trained professionals, clinics, hospitals, or medicines. Traditional healing arts continue to be practiced. Health care in the south is basically nonexistent, and very few people have access to clean water.

ECONOMY
Four out of five Sudanese make their living either farming, raising livestock, or both. In southern Sudan, food production is the single activity that absorbs the energy of the people. Women tend to the farming and domestic chores, while males hold responsibility for grazing and herding. The civil war has destroyed much of the economy in the south and caused significant loss of people, cattle, and crops. Rubidostine subsistence is all that exists in the south.

SUDAN IN CONFLICT
Since independence in 1956, Sudan has been at war with itself. There was a brief peace in the 1970’s until the early 1980’s. The USCR (United States Commissioner for Refugees) states the root causes of the conflict are multiple and should not be oversimplified. There is racial tension between black southerners and Arab northerners. Northern governments force southern rebel forces. There has always been inter-tribal conflict in the south, and the north has fomented more conflict by providing arms. The south has continually struggled for autonomy from the north.

The conflict has been incredibly complex and lengthy. All sides have been known to commit violations such as conscripting child soldiers, raiding and attacking civilian populations. People are ambushed as they flee, there seems to be “no safe place.” Most sources agree, however, the government and its allies bear the largest responsibility for the continual suffering.

SUDANESE IN REFUGE
For the Sudanese, the flight for safety has been continual as many have had to flee from one region or one country to another. Most who will be resettled in the United States are Dinka, Nuer or people of the Nuba Mountains. Many will be coming from either Egypt or Kenya. In Kenya, there are an estimated 66,000 in Kakuma Camp alone. There are also thousands of Sudanese refugees under UNHCR (United Nations High Commissioner for Refugees) protection in Egypt.

“Susan hosts the largest dispersed population in the world and has produced one of every nine of the world’s uprooted people. At the end of 1999, more than four million Sudanese remained internally displaced, and some 420,000 Sudanese refugees were living in neighboring countries (Uganda, Ethiopia, Kenya, Congo-Kinshasa, Central African Republic, Chad, and Egypt). More than two million Sudanese have come home to the country’s civil war, including one in every five Sudanese, according to estimates.”

—USCR Refugee Reports, Spring/Summer 2000

SUDANESE IN RESettlement
In the fall of 2000 and throughout 2001, approximately 3,600 Sudanese youth and young adults (majority Dinka) from Kakuma will be resettled across the U.S. As many as 30,000 – 40,000 children originally fled on foot to Ethiopia in the late 1980’s—a journey that took as long as four months. In 1991-92, they were forcibly returned to Sudan, then traveled on foot to northern Kenya. Those who survived the arduous trek have spent at least seven years in Kakuma.

In many ways, life in the camp has been like any other African village, with the youth living in clusters that serve a family-like function. It should be noted most are male, but there is a small number of females. Since they have lived apart from families for most of their lives, the unaccompanied minors and young adults have not taken part in many of the traditional southern Sudanese cultural traditions (e.g., scarification, owning cattle, learning domestic skills from mothers).

Education has been an important part of refugee assistance in Kakuma. In 2000, more than 30 schools serving more than 33,000 students. Child welfare workers note the Sudanese youth generally have very high expectations about education, which is seen as a “recovery strategy”—a way to take back control over their lives.

An Invitation for Elementary Educators and Community Partners

WHAT: Character Education: A Conference for Elementary Educators and Community Partners

WHERE: Beatrice High School, Beatrice, Nebraska

WHEN: Thursday, October 25, 8:45 a.m.–3:15 p.m.

WHO: For all elementary educators and community partners—parents, volunteers, businesses

COST: $20 includes lunch and materials

FEATURING: Nationally known keynote speakers, Don Peslis, David Brooks, and Susan Sheridan and breakout sessions.

Registration information will be sent to all LPS and county schools and will be available at the Extension Office after August 20. If you have questions, give LaDeane a call at 441-7180. (LJ)
The Nebraska Coop Extension website, “Congress provided for a university in every state that would educate citizens in the agricultural and mechanical fields. These colleges are known today as “land-grant universities.”

2. What are the 3 branches of the mission of a land-grant institution? Teaching, Research, Outreach (Extension)

3. What legislation established land-grant institutions and in what year? The Morrill Act in 1862

4. What year was the University of Nebraska established? 1869 (Two years after Nebraska became a state.)

5. Once land-grant institutions were established, what legislation established their research function? What year was it passed? The Hatch Act in 1887

6. What was the name of the legislation that established Cooperative Extension, and in what year was it passed? The Smith-Lever Act of 1914

7. The University of Nebraska Cooperative Extension has its mission summed up in one phrase—what is it? Putting Knowledge to Work (Their slogan is “Helping People Put Knowledge to Work.”)

8. What are the four sources of funding for Cooperative Extension? State funds, federal funds, county funds, grants/contracts/fees

9. The publications produced by the University of Nebraska Cooperative Extension to get information the public are called what? NebGuides

10. Nebraska has how many counties? Nebraska has 93 counties and 83 county or multiple-county offices.
A special thanks to all the participants and volunteers who made the 2001 Lancaster County Fair a success! And a special thanks to the Ag Society for making this year’s fair a success! Participants and visitors alike enjoyed the fair, 4-H’er’s and other volunteers put in long hours making displays, setting up concession stands, and preparing the new facilities. Poultry was shown in the main building, but construction of the Poultry Building was behind schedule, and poultry exhibitors look forward to next year when they will be in air conditioning! Because the events were all held in one building, many participants were able to take in other events and exhibits they didn’t normally have time to in previous years because of the distance between buildings. Participants in the horse events enjoyed the fact that the barns were much closer to the arena. A special thanks to all the participants, families, judges, superintendents, VIPS committees, 4-H Council, and the Ag Society for making this year’s County Fair a success!

In order to best serve our subscribers, this form will appear in every issue of The NEBLINE. You can use this form to:
1. Change your address or order a subscription (please print)
2. Submit general comments and/or story ideas

Send this form to:
University of Nebraska
Cooperative Extension in Lancaster County
444 Cherry creek Road • Suite A, Lincoln, Nebraska 68528-1507