February 2001

The NEBLINE, February 2001
We’re Here When You May Need Us Most!  
http://lancaster.unl.edu

"It is 9 p.m. Friday night. I can’t remember where I put the information that tells me the details of a 4-H activity the kids are going to on Saturday morning."

"I go out to my front porch and find a package. It is my order from the garden catalog—bare root trees. Great—except it is Saturday afternoon and they’ve been on my porch since Thursday! Are they still OK? How do I take care of them?"

"We got up on Sunday morning to find out the refrigerator isn’t working. What food is safe to keep, what isn’t?"

What are you going to do? Where are you going to go? Who are you going to call? For most people, life doesn’t stop after office hours, during the weekend, or even over a holiday break. In fact, at our house, life is usually more hectic during those “off hours.” And, it always seems we need to find information or get help after the libraries, stores, and yes, even when the extension office is closed.

But did you know your extension office is available 24-hours a day/seven days a week? That’s right! University of Nebraska Cooperative Extension in Lancaster County has a Web site that makes it possible for you to access reliable, research-based information at your convenience. With resources like the internet at your fingertips, it is easy to find a lot of information. With the Web the choices seem to be unlimited—and overwhelming. There are millions of Web pages available right now and thousands of new pages added every day. How do you know what is accurate and trustworthy? How can you find what you need? You can count on your University of Nebraska Cooperative Extension in the Lancaster County Web site to offer accurate, researched-based information that you don’t have to sift through to make sure it is appropriate for your situation. (SC)

It’s a Hit!

Observing the significant increase in use of the internet as an educational tool, University of Nebraska Cooperative Extension in Lancaster County, http://lancaster.unl.edu, has expanded its presence on the World Wide Web. A searchable database, interactive forms, multimedia clips, and current, reliable information on a variety of topics make the site a favorite with clientele and colleagues. As a result, the site has experienced a dramatic increase in internet visitors.

To better illustrate this increase, the entire Web site “hit” statistics for May were compared for a three-year period. This comparison shows a 656 percent increase in user traffic.

To date, the University of Nebraska Cooperative Extension in Lancaster County Web site has received over 1,114,730 hits. (A “hit” is a count that is made when a person visits a web page on the site.)

Statistical information on the University of Nebraska Cooperative Extension Web site (http://lancaster.unl.edu) is maintained by Alfred Stark, at Communication Information Technology. (SC)

What Does the Future Hold for This Web Site?

We have plans for a new look with improved navigation (how you move through the site). You can also look forward to continued expansion of our Web site resources and tools that make your life a little easier.

For example: You may be able to sign your child up for a 4-H event on-line—at your convenience! Create an instant 4-H event Web site for your 4-H club! Take on-line study courses. Have more access to audio and video clips. The options are endless.

Most important, you will always be able to count on the University of Nebraska Cooperative Extension in Lancaster County, http://lancaster.unl.edu as a reliable on-line source for current, research-based information. So, bookmark it today for fast, convenient access. (SC)

In this issue...

Neblinel articles may be reprinted without special permission if the source is acknowledged as "University of Nebraska Cooperative Extension in Lancaster County Neblinel. If the article contains a byline, please include the author’s name and title.

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CHANGE SERVICE REQUESTED
Pruning Mature Deciduous Shrubs

Correct pruning is one of the most essential of all management practices for shrubs in the home landscape. Proper pruning will help keep shrubs vigorous, maintain them in proper shape and form for a desirable landscape effect, and add years to their useful life. Prune deciduous shrubs to maintain natural habit of growth, remove dead, diseased or broken branches; promote flower and fruit development; and encourage vigorous growth of plants. With most shrubs, the ideal time to prune is during the dormant season, before new growth begins. Spring flowering shrubs, such as forsythia and lilac, should be pruned shortly after flowering. 'Super Star' does not have this requirement so it is widely adaptable. If seedlings are drought tolerant, 'Margarita Rosita' will flower continuously for months if given minimal garden care.

Basil for Your Garden

Basil is one of the most popular herbs grown in the world. It is native to Asia and can be found growing wild in tropical and sub-tropical regions of the world. Basil has many uses, the most common of which is its culinary use. As a fresh herb, it is used to flavor foods such as vegetables, poultry, and fish. Basil can also be used dried.

Besides its edibility, basil is an aromatic herb and is often used in potpourri and sachets. As an ornamental in the flower garden, basil has allium foliage and flowers. Basil is a tender perennial grown as an annual. It can be grown easily from seed. Start seed indoors four or five weeks before the last frost date. It likes warm temperatures (about 75°F) for germination. Seed can also be sown directly in the ground outdoors after it has warmed in the spring. Plant basil outdoors after all danger of frost is past. Basil does not tolerate cold temperatures. Plant in full sun. Water regularly with an inch of water a week. Basil can also be propagated vegetatively through tip cuttings. Root cuttings in moist potting soil.

To harvest, remove terminal growth whenever four or five sets of true leaves can be left on the plant. This encourages bushier growth and increased yield. Harvest foliage, cut before flowering. After cutting, wash and pat leaves dry. Use immediately or store in perforated plastic bags in the refrigerator. When drying the leaves, harvest early in the day but after dew has dried. Spread leaves on screens or loosely bundle and air dry.

Basil is a member of the mint family.

Horticulture

2001 All America Selection

Margarita Rosita’ looks different from other portulacas as a young plant. It has a compact mound habit and looks like a rock garden or alpine plant. Large one inch semi-double rose flowers adorn the small three to four inch fleshy leaved plants. ‘Margarita Rosita’ needs a sunny garden spot or it too can reach to maturity spreading plant habit of about 12 to 14 inches. Heat and drought tolerant, ‘Margarita Rosita’ will flower continuously for months if given minimal garden care.

‘Profusion White’ captured the All America Selection (AAS) Gold Medal as a breeding breakthrough due to the ease of growing and length of the flowering season. This is the only white zinnia with two inch single daisy-like flowers and proven disease resistance. This plant resists powdery mildew, allowing ‘Profusion White’ to flower profusely in the fall when other zinnias deteriorate from mildew. ‘Profusion White’ plants fill flowerbeds, spreading 12 to 18 inches. ‘Profusion White’ plants can be planted weeks before the last frost and be thinned out rather than cut back. Prune to an outward facing bud or branch. This encourages bushier growth and increased yield. Harvest foliage, cut before flowering. After cutting, wash and pat leaves dry. Use immediately or store in perforated plastic bags in the refrigerator. When drying the leaves, harvest early in the day but after dew has dried. Spread leaves on screens or loosely bundle and air dry.

Basil outdoors after all danger of frost is past. Basil does not tolerate cold temperatures. Plant in full sun. Water regularly with an inch of water a week. Basil can also be propagated vegetatively through tip cuttings. Root cuttings in moist potting soil.

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See BASIL on page 12
We need your help!
Volunteers are needed for earth wellness festival on Thursday, March 22 at Southeast Community College in Lincoln. Approximately 3,000 fifth-graders participate in this annual event that involves students in creative and innovative environmental education activities.

- Friends-Neighbors-Co-workers-Students-4-H/FFA Members
- Each year, over 250 volunteers take part in earth wellness festival activities—people just like you:
  - high school students
  - college students/student teachers
  - business/industry employees
  - parents/grandparents
  - service club members
  - involved citizens

No experience is needed. Just a desire to help make a difference in our community.

As classroom escorts, bus greeters, presenter and registration assistants; volunteers are essential to the success of this event. You may choose to volunteer all day (8:30 a.m.-3:30 p.m.) or morning only (8:30 a.m.-noon). In return, you receive a festival t-shirt, a free lunch, an invite to our celebration party following the event and an opportunity to participate in a rewarding volunteer experience.

Please contact David at (402) 441-7180 for more information. For your convenience, you can register with David over the phone or email him at david89@unl.edu. (DS)

Editors' Comment
We have had positive feedback about Soni Cochran’s article, Number One Nuisance/Number One Clown in last month’s NebLine (January 2001). The following poem was written and sent to us by Deloris McKinney, Lincoln. Thanks, Deloris, for letting us share it with our readers! (BPO)

The Squirrel
Described in one word he is “frisky”
The chances that he takes are risky,
He runs with ease high in the air
On cable thin without a care.

His little circus on the wire
Ever performing higher and higher,
Balancing with a swish of his tail,
Lest any of his tricks would fail.

Always ready for a race,
As around the tree he’ll chase,
Heading up or heading down,
The animal kingdom’s crazy clown.

He runs with ease high in the air
The chances that he takes are risky,
Described in one word he is “frisky”
The Squirrel

Barb Ogg
Extension Educator

Rabbits are responsible for the loss of young trees each year. They especially damage trees and shrubs during the winter when there aren’t many other sources of food. One very effective method of preventing damage is the use of a mechanical guard that should be at least 18 inch high.

Making a mechanical guard is easy. All you need is 18 inch wide welded wire (i.e., hardware cloth), wire cutters, pliers and a few pieces of wire.

- Calculate the length of the welded wire by using the formula: \( L = \pi d \times \text{circumference} \text{ of wire} \times 12 \text{ inches} \)
- Roll or bend the welded wire around the trunk of the tree so that the edges overlap. Twist several small pieces of wire to hold the welded wire in place to prevent it from unravelling.
- Push the lower edges well into the ground. In the winter when the ground is frozen, you might need to pound several wire stakes (tent stakes would be ideal) into the ground to secure the guard.

Winter time is the best time of the year to catch rabbits with a live trap. (A trap won’t work as well in the spring or summer, because there is too much natural food.) The best type of trap is made of wood so use your carpentry skills and build a wooden box trap. Follow the directions below.

Finding bait is not a problem, even in the winter, because cob corn (dry ear corn) or dried apples make very good bait. Dried leafy alfalfa and clover are also good cold-weather baits.

Rabbits are harder to deal with once spring has arrived and garden produce is plentiful. A good garden fence is the simplest and least frustrating method of preventing rabbit damage.

For more information about rabbits, call the extension office and ask for NebGuide G00-1401, “Prevention and Control of Rabbit Damage.” (BPO)

Prevent Rabbit Damage to Trees and Shrubs

Rabbit Tracks

A cylinder of hardware cloth or other wire mesh can protect trees from rabbit damage.

After it snows, look for rabbit tracks near brush heaps, shrubs, or along fence lines. Place traps near these areas.
New EPA Regulations

On December 15 the EPA released two new proposals that may affect livestock producers on CAFO’s (Concentrated Animal Feeding Operation). Currently, CAFO’s are basically confinement operations consisting of 1000 or greater animals. (Animal Units [AU]) do not automatically equal the number of head of livestock in the operation. These regulations would be enforced by the National Organic Program (NOP) through applicants and would be enforced with a sampling plan developed by the program and the applicant. The following are the National Standards set by the National Organic Program.

1. **Handling standards**
   - Land application of manure – The land application of manure from certified organic operations must be done in a manner that protects the environment.
   - The amount of manure applied to the land must be consistent with the nutrient needs of the crop.
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2. **Elimination of the use of synthetic substances**
   - All synthetic substances must be excluded from organic production.
   - The use of synthetic substances is prohibited in organic production.
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3. ** Possibility of abolishing certain state permits and standards**
   - This would possibly allow states to adopt their own standards (and pay for) a new permit to certify they are following the Clean Water Act rules and regulations.

4. **Land application of manure**
   - The land application area will be included in the CAFO definition.
   - CAFO’s must be prepared to implement site-specific permits that identify the nutrients generated at the facility, amount of nutrients needed by the land, and the rates of manure application.
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These new regulations are proposed to take effect in 2003 and would be subject to public comment before final rules are established. The public comment period is expected to last for at least 60 days. However, the final rules will not be implemented until a later date. The public comment period is expected to last for at least 60 days. However, the final rules will not be implemented until a later date.
Egg Eating by Chickens

Top Ten List

1. To offset feed costs,
2. To meet a consumer need; many times we underestimate the animal’s intelligence and treat the beasts as nothing more than egg production machines; that is our biggest mistake.
3. To add value to a product.
4. Personal preference; many times we underutilize our most abundant natural resources; many times we underutilize our most abundant resources (i.e., grass and woodland).
5. A way for young people to develop a business; many alternative enterprises require low levels of capital investment.
6. To create a diverse diet for future generations; often, we don’t put all our eggs in one basket.
7. Reduce financial risk; many times we underinvest in our land.
8. To increase income; often, egg eating occurs primarily from a deficiency of calcium or vitamin D in the ration. Such deficiencies also contribute indirectly to egg eating by causing poor shell quality and broken eggs. If the flock is receiving a commercial layer ration, such deficiencies are rare. When a small flock owner mixes a commercial feed with scratch (i.e., cracked grains), they are diluting the previously complete diet. Under such circumstances, deficiencies may occur.
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Control Measures

If there is a problem with eggs going in a flock, the following control measures may help:
1. Gather eggs more frequently than once or twice per day.
2. Be sure plenty of nests are provided. Allow one regular nest type for each four layers or one square foot in a community type nest for each three to four layers.
3. Darken nests. Dark nests reduce eggbreakage and egg eating as well as the numbers of dirty eggs produced.
4. Feed small flock med milk for a few days after reducing egg eating.
5. Break an egg in a bowl and mix 1-2 teaspoons of ground pepper into it. Pour the mixture on the floor so the birds will eat it. The taste may reduce egg eating.

Lawn Care Management Focus of March Workshop

Get a headstart on planning lawn care and pest management at a half day, March 3 workshop at UNL’s East Campus Union. Attendees will get a better understanding of how to be more efficient and effective in maintaining their lawns. They’ll receive information on proper timing and application of pesticides to control weeds, diseases, and insects. We will give tips on correct irrigation practices, plant and grass species selections, and mowing and fertilizing basics. The workshop is 8 a.m. to noon. Presenters include UNL turfgrass specialists Rochel Gaussoin and Robert Shearman, plant pathologist John Watkins, entomologist Fred Baxedes, horticulturists Don Steinberger and Anne Streich and extension educator John Addison. Cost of $15 per person includes a light breakfast and coffee, and a copy of your program. To register, send a check to UNL Department of Agronomy and Horticulture at: Lawn Care Workshop, Department of Agronomy and Horticulture, 377 Plant Sciences, University of Nebraska, Lincoln, NE 68583-0724. For information, contact Streich at (402) 472-2811 or e-mail astreich2@unl.edu.

Acreage Insights

Top ten reasons to diversify with alternative agricultural and natural resources enterprises.

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5. A way for young people to develop a business; many alternative enterprises require low levels of capital investment.
6. To create a diverse diet for future generations; often, we don’t put all our eggs in one basket.
7. Reduce financial risk; many times we underinvest in our land.
8. To increase income; often, existing enterprises do not allow additional family members to enter the business.
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When planning flower beds, picture a stair step progression, taller plants in back and shorter plants in front so you can see taller cultivars may not be available except through seed catalogs.
— Compare prices between catalogs and local stores, and among catalogs.
— Compare not only prices, but the number of seeds per package. A 1-2 pound bag may have 10,000 seeds.
— Order seeds for vegetable growers, or those in your household will eat, or that you’d like to introduce to them. Some gardeners put pencil to paper and sketch their ideas out at this stage, others board the greenhouse and order what just seems right in their mind’s eye.
— Regardless of your personal style, the following tips will help you be a smarter seed shopper:
— Shop locally if you can, but realize that some special cultivars may not be available except through seed catalogs.
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It’s Garden Seed Catalog Time

For generations, Nebraskans have sat down during the dead of winter with seed catalogs, visions of spring dancing in their heads. These days, seed catalogs are arriving months earlier than when I was a kid. In those days, we had dozens of catalogs for holiday food, decorations, and toys. But in a gardening affinity’s household, seed catalogs rise like cream to the top of the weekend reading pile. The temptation to curl up with a cat, a cup of coffee, and a stack of seed catalogs is so strong it often prevails over a long list of post-holiday to-do’s.

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Healthy Eating

Apple Crumble

6 cups peeled, thinly sliced Granny Smith apples (about 4 large)
3/4 cup firmly packed light brown sugar, divided
2 tablespoons water
3 tablespoons thawed frozen apple juice concentrate, divided
2 teaspoons cornstarch
3/4 teaspoon ground cinnamon
2/3 cup regular oats, lightly toasted* (see *at end of recipe for toasting instructions)
1/2 cup All Bran with Extra Fiber cereal
1/4 cup whole-wheat flour
1/4 cup all-purpose flour
1 teaspoon ground cinnamon
2 tablespoons thawed frozen apple juice concentrate, and the canola oil in a food processor, and pulse until it is just blended. Sprinkle over the apple mixture.
Cover with aluminum foil and bake for 25 minutes. Uncover and bake for 15 minutes or until the fruit is tender and the topping is crisp. Serve warm or at room temperature.

Combine the apples, 1/4 cup brown sugar, water, 1 tablespoon

Nutritional Information:
Calories: 245
Energy Density: 1.8
Carbohydrate: 51 g
Fat: 6 g
Protein: 3 g
Fiber: 7 g

Apple Crumble

Free Nutrition and Osteoporosis Workshop

Extension educator and registered dietitian Alice Henneman will give a free presentation on “Nutrition and Osteoporosis,” as part of BryanLGH’s Women and Health Series, on Wednesday, February 28, 7 to 9 p.m. This free program will be held at the Plaza Conference Center, BryanLGH Medical Center East, 1600 South 48 Street. To register, call BryanLGH at 481-8886.

Henneman’s presentation will cover the recommended level of calcium for your age group, how to determine how much calcium you’re getting now and how to get the adequate amount. She will also discuss calcium supplements and other dietary factors that can affect bone health. (AH)

Feel Full on Fewer Calories: an Interview With Dr. Barbara Rolls About Volumetrics—Part 2

Helping of Holiday Traditions with NEP

Early Head Start Family Gathering at Lincoln Action Program. Eight families and staff enjoyed a delicious variety of foods including Swedish Fruit Soup, Mexican Bean Dip, German Stroganoff, Green Baklava, and Spinach Pie from Greece. The foods were prepared by Kendra Schmit, Sondra Phillips, and Patrice Brousard with the Nutrition Education Program and Del DeGianninis with Head Start. Kendra also provided Holiday Food Safety Education for the parents.

Every month, Early Head Start families are invited to attend Family Gatherings where they are served a nutritious meal, receive nutrition education, and experience hands-on family activities.

Lincoln Housing Authority Seniors

Lincoln Housing Authority has several residential senior sites in Lincoln. A traditional “Holiday Celebration” has been held each year as a culmination to year-long nutrition programs. Karen Wobig, extension assistant, provides the monthly programming and the entire NEP staff assisted with the planning, preparation, and serving of a traditional meal to almost 70 residents of Mahoney Manor and Burke Plaza. The menu reinforced the importance of incorporating all food groups when planning menus and the importance of serving nutrient-dense foods. Many residents expressed their appreciation for the food and fellowship since most live alone, cooking for themselves. Lincoln Housing Authority sponsored this educational program. (MM)

NOTE: Dr. Rolls gives an example of two washable washcloths that illustrate how to lower the energy density of a food. The first sandwich was made with 2 slices of whole-wheat bread, 2 slices (2 ounces) beef bologna, 1 slice (1 ounce) mild cheddar cheese, 1 piece lettuce, and 1 tablespoon regular mayonnaise. It had 625 calories.

The second sandwich used reduced-fat mayo, reduced-fat cheddar cheese and lean roast beef. It weighed the same as the first sandwich and had only 438 calories.

To get an even bigger sandwich, they added 2 slices tomatoes, 2 rings of green pepper and 1 table-

NOTE: This article is the second in a series of two washable washcloths that illustrate how to lower the energy density of a food. The first sandwich was made with 2 slices of whole-wheat bread, 2 slices (2 ounces) beef bologna, 1 slice (1 ounce) mild cheddar cheese, 1 piece lettuce, and 1 tablespoon regular mayonnaise. It had 625 calories.

In the Volumetrics sandwich, they cut the fat and then added water and fiber by increasing the vegetables. The second sandwich used reduced-fat mayo, reduced-fat cheddar cheese and lean roast beef. It weighed the same as the first sandwich and had only 438 calories.

AH: There any other tips you’d like to give readers who would like to try eating the Volumetrics way?

See INTERVIEW on page 11
**Clarice's Column**

Clarice Steffens  
FCE Council Chair

February, 2001—about time!  
January has to be the longest month of the year! Why couldn’t January have been the shortest month instead of February? I can’t even imagine spending January 28 and saying this is enough and start February. My main complaint (other than the fact that it is cold) with January is all the holiday decorations in the house have been put away and I immediately think I need something new for the house. Since my budget doesn’t allow for new furniture, I start moving furniture! Not only is that a lot of work, but I usually end up moving everything twice because the furniture usually looked better where it was in the first place. Oh well, it helped me get through January and even if it’s cold, February is shorter. Now, let’s get on with the rest of 2001! Mark these FCE dates on your calendar.

March 26—Council Meeting hosted by Gateway Communities, Home Service, and Salt Creek Circle.

June 25—Council Meeting hosted by Gateway Communities, Home Service, and Salt Creek Circle.

July 10—Sizzling Summer Sampler hosts will be Council Members and Council Officers.

September 24—Council meeting hosted by Busy Bees, Helpful Homemakers, and Teen Tips.

October 23—Achievement Night hosted by Emerald, Beltline, and Willing Workers.

Just a reminder—entries for the Heritage Skills Contest should be dropped off at the March Council Meeting. This year’s exhibits will be sculpture, fiber arts, ceramics, pottery, and porcelain. If you have questions about any of these categories, please call your club president or any county officers. Specifics of each category were distributed at the January Council Meeting. Hopefully, our talented members will enable Lancaster County to have an entry for each of these skills.

Volunteers will be needed for the earth wellness festival on March 22. Please consider helping out this year!

Don’t forget the March 26 Council meeting at 1 p.m. The program “Spring Planting Tips” will be presented by Don Janssen, Extension Educator.

Happy Valentine’s Day

FCE Leader Training Lessons

The March FCE leader training lesson will be given Tuesday, February 27, 1 p.m. Lori Warner, marketing manager with the Popcorn Board, and Lorene Bartos, extension educator, will present the lesson on Popcorn. This lesson will cover the nutrition, history, family fun activities, and other uses of popcorn. Quick and easy popcorn recipes will be shared.

Non-FCE members interested in attending should pre-register by calling Pam at 441-7180 a week before the lesson so materials can be prepared.

The April FCE leader training lesson will be given Tuesday, March 27, 1 p.m. Lorene Bartos, extension educator, will present the lesson “Family Storytelling.” This lesson will help participants understand the importance and value of stories and explore ways to pass the stories on to future generations. (LB)

Encouraging Children to Appreciate Multiculturalism

Exploring multiculturalism is a life-long event. Children begin discovering diversity early in their lives and it is the responsibility of parents, teachers, and community leaders to encourage appreciation of differences.

There are many ways to encourage children to appreciate diversity. For example, a variety of sites on the internet are appropriate for children to explore diversity issues. Parents and children can look up sites and discuss them together. Many websites list multicultural literature and school and local libraries; or family resource centers have a wide variety of multicultural books, magazines, and videos. Creative ways to encourage multicultural activity are playing games that introduce languages or items from another culture or have a multicultural “potluck” where everyone brings a food popular in another county.

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Adolescents

Adolescence is a time of challenge and change—for both teen and parent. Teens are at a stage in life where they face a multitude of pressing decisions—including those about friends, sex, drugs, alcohol, drinking, eating, weight, family roles, consumer choices, vocational choices, and friendship choices. The teen years are truly “high speed, high need” years. Adolescents are confronted with profound changes. The teen years are truly “high speed, high need” years. Adolescents are confronted with profound changes. The teen years are truly “high speed, high need” years. Adolescents are confronted with profound changes. The teen years are truly “high speed, high need” years. Adolescents are confronted with profound changes. The teen years are truly “high speed, high need” years. Adolescents are confronted with profound changes. The teen years are truly “high speed, high need” years. Adolescents are confronted with profound changes. The teen years are truly “high speed, high need” years. 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**Leadership in Action**

The annual 5th and 6th grade 4-H Lock-In was held January 12 and 13. This year’s lock-in was based on a jungle theme and 25 4-H Teen Council members organized the group of 50 5th and 6th graders into teams, led small and large group activities, provided guidance, and facilitated the event. Marilyn Schepers, 4-H Teen Council sponsor, and Tracy Kulm, extension assistant and Teen Council staff liaison, also assisted with the all night lock-in. (TK)

**Leadership in Action**

4-H Volunteer Forum

The Nebraska State 4-H Volunteer Forum will be held March 30 to 31, 2001 in Columbus. This forum is a conference developed by a committee of 4-H volunteers from across the state. Network with other 4-H leaders, exchange successful 4-H programs among 4-H leaders, and be introduced to new areas and projects. There will be numerous workshops, hands-on learning experiences, and new ideas and programs designed to enhance your club. Anyone interested in 4-H is welcome to attend. Scholarships are available through the 4-H Council. For more information, please contact Tracy at 441-7180. (TK)

**Leadership in Action**

Fair T-Shirt Design Contest

This year a joint 4-H/FFA design will be drawn up for an official livestock fair t-shirt. All 4-H and FFA members are encouraged to come up with a t-shirt design. Entries need to be into the 4-H office by March 1. The winning design will be placed on the t-shirt. For more information, please call Deanna at 441-7180.

**Leadership in Action**

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”?

**Leadership in Action**

Creating A Winner

**Leadership in Action**

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**Leadership in Action**

Join the 4-H Llama Program!

If you are interested in learning about llamas, join the Star City Llama Club. The club is reorganizing and looking for new members. If you are interested in the llama club, please call Deanna at 441-7180. (DK)

**Leadership in Action**

Kiwanis Karnival

Karnival time is here! The Kiwanis Karnival is a free family event sponsored by Lincoln Center Kiwanis and the 4-H Council. It is scheduled for Saturday, April 21, 7-9 p.m. at State Fair Park in the Lancaster Building. All 4-H families are invited to attend this fun and free activity. 4-H clubs or families are needed to provide carnival-type game booths for the evening. Each booth will have an area 4’ x 6’ to use. Prizes are provided. If your club or family would like to provide a booth, call the extension office to register by April 6. There will be bingo for the adults and treats for all. Plan now to attend this fun, family activity. For more information, call Lorene at 441-7180. (LB)

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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)

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HORSE BITS, February 2001

A roping clinic was held on Saturday, January 13 at the arena of Brad and Sue Frink. Approximately 25 youth of all ages attended the afternoon clinic. Presenters went over types of ropes, correct angles, and proper throwing techniques. As usual, the clinic was fun and hopefully will encourage more youth to try roping as a sport.

If anyone is interested in attending upcoming roping events or would like more information, call Larry Essink at The Fort (421-3678).

(Our thanks to The Fort for their continued support of our 4-H youth in sponsoring horse events.)

Nebraska Horse Expo

The Nebraska Horse Council will be hosting a Nebraska Horse Expo March 2, 12-9 p.m., and March 3-4, 8:30 a.m.-9 p.m., at the Lancaster Event Center, 84th and Havelock. The show will include a commercial trade show, educational seminars, and a variety of exhibitions. Nationally known clinicians Lynn Palm, Cleve Wells, and Bryan Neubert will be doing exhibitions of cutting, reining, polo, driving, hunt, dressage, and other disciplines.

A fee of $7.00 per day for adults or $18.00 for a three-day pass. Children 7 thru 15 is $4.00 per day or $10.00 for a three-day pass. Children 6 and under are free.

Proceeds from this event will be offered as grants for educational equestrian events, competitions, therapeutic riding, trail development, and for individual scholarships.

Horsin’ Around Horse Clinic

Remember to register for the Horsin’ Around Horse Clinic which will be on February 10 and 11, 9 a.m.-4:30 p.m. at the UNL Animal Science Complex. The featured trainer this year is Scott McCutchin who is a premier reining horse trainer. For information or registration form, please call Ellen at 441-7180.

The 4-H Horse VIPS Committee will pay entry fees for the first twenty-five 4-H youth interested in attending the Expo. Just call the extension office and leave a message for Ellen with your name, age, and whether you’d like to attend all three days or one day only.

Congratulations to the 4-H Livestock Judging Team

The Lancaster County 4-H Livestock Judging team placed 12th at the National Western Stock Show held in Denver, Colorado, January 6. The team consisted of Steve Landon; son of Bill and Cheryl Landon; Matt Hollman, son of Steve and Laura Hollman; Aaron Naber, son of Clyde and Helen Naber; and Bryce Lembke, son of Mark and Bonnie Lemke. Individual honors went to Matt Hollman who placed 17th in the overall beef division; Aaron Naber placed 11th in sheep and 22nd overall in reasons; and Steve Landon placed 26th overall in livestock placings. These honors were out of 102 participants.

The competition included ten classes of livestock with seven reason classes.

Framed!

This Place is a Zoo!

for 2001 will be Unit II—I’ve Been Framed!

2001 4-H Music Contest

Sunday, April 29, 2 p.m.

4-H & Youth

Dawes Middle School

5130 Colfax Avenue

Everyone is welcome to attend! Join the fun and watch talented 4-H members. (TK)

The Photography themes for 2001 will be Unit II—This Place is a Zoo! Unit III—I’ve Been Framed!

Plan on attending the 2001 4-H Speech Workshop. It will be held March 18 at the State Capitol. Registration will begin at 1:30 p.m. For more information about this contest, attend the speech workshop, call the office at 441-7180 or look at the rules in last year’s fairbook. Speech registrations are due into the extension office by Friday, March 9. (DK)
Free Tax Assistance

Free tax assistance will be available in Lincoln and other cities across Nebraska through the Volunteer Income Tax Assistance (VITA) program. Most libraries, senior centers, and community centers will be providing this free community service. In Lincoln, the YWCA, Salvation Army, Cristo Rey Center, and East Park Plaza Shopping Center will be participating in the VITA program. VITA will also be offering free electronic filing at some of the locations. This federally funded program is an excellent opportunity for free assistance with your federal and state tax questions and filing of returns.

Times and locations for the Volunteer Income Tax Assistance program are available through April 15 except where noted. (GB)

Nominations are being sought for the 2001 Lincoln-Lancaster County Environmental Awards. Lancaster County residents are encouraged to recognize local efforts to preserve and better the environment by nominating an individual, school, organization or business for an environmental award.

The awards recognize local efforts in the following categories:

Polution Prevention: Preventing pollution and waste from being created, emphasis on toxic reduction.

Waste Reduction and Recycling: Reduction in the amount of waste sent to the landfill.

Water Conservation: Reduction in water use through utilizing water conservation equipment or planting drought tolerant plants.

Cleanup/Beautification: Improvement in an area’s visual quality.

Residential/Commercial Development: Reducing waste during construction, utilizing drought tolerant landscaping, energy efficient and green building techniques.

Environmental Education/Awareness: New or unique efforts for providing or supporting environmental education programs; increasing awareness about local environmental issues.

Nomination forms are available by calling 441-8035. Nomination forms must be completed and returned by March 16, 2001. The date and location for the awards ceremony will be announced later. A reception with entertainment will be held in conjunction with the awards ceremony.

The Lincoln-Lancaster County Environmental Awards Program is a cooperative project of the Lincoln-Lancaster County Health Department and the Lincoln Public Works and Utilities Department. (GB)

Growing Right-or Just Growing?

As a country and a state, we are in an exciting period of physical growth and change. Change in cities and towns is inevitable, with growth occurring at a slow, constant rate in some areas and exponentially in others, and decline troubling many areas. The challenges are out-migration from them continues. The question of whether communities just grow, or grow right, is one that is triggering wide national attention and research.

The desire of communities to grow (and increase their tax base and economic viability) weighs heavy on the need to manage resources and limit the impact on the natural environment and agricultural base of the state can create what at times seems like a battlefield between urban and rural areas. This fringe zone is truly a landscape of dwelling unit types for their residents. This is not a new planning concept, but one that is gaining nationwide acceptance.

Limiting the further development of acreages in rural parts of the country was closer to the center. Omaha now stretches almost to the Platte River, Lincoln’s south edge is miles beyond South Street, and communities ranging in size from 50 to 500 see their urban boundaries stretching into surrounding farm land. The City of Lincoln recently completed a public opinion survey of planning and development issues as part of its process to revise the comprehensive plan. The results of that survey are revealing: of 22 possible planning objectives, the top four chosen by the respondents had to do with environmental focus. They included encouraging the city and county to plan growth to preserve the existing wetlands, streams, trees, wildlife habitat, and other natural resources; preserve the quality of rural life and highly productive agricultural land in the county; and maintain a system of parks and recreation.

See GROWING on page 11

Photography Contest

sponsored by

Best of Show, 1st, 2nd, 3rd, and Honorable Mention prizes by age groups of K-6, 7-12, and Adult.

**Best of Show winner is awarded $200**

All entries exhibited at the Senior Festival, Ag Hall, State Fairgrounds, Lincoln, NE, May 10, 9 a.m.-6 p.m.

For a registration and information packet, call (402)441-7022 (collect calls accepted). Deadline for submission is Saturday, April 14, 2001.

...so don’t delay...call today!!
How to Say NO

Don’t feel you have to give your answer right away. If you are uncertain about your re- answer, say, “I need some time to think it over. I’ll get back to you.”

Make sure your response is about you—not an implied criticism of the other person. Don’t convey annoyance you were asked. Just say, “I under-

EPA continued from page 4

The EPA is having a public comment period for the next 90 days on these proposed changes. I would encourage all animal producers to obtain a copy of these extended office hours. You can access the web at www.epa.gov/ownm/

INTERVIEW

continued from page 6

DR. ROLLS: We suggest that for a few days people keep track of all the food and drinks they eat. I think people need to identify where the problem foods might be. For example, if a person is not careful, they can sneak in the way to try and get people to eat healthy.

The EPA Office of Water in Kansas City at (913) 551-7418. You can also obtain more waste management information from the University of Nebraska Cooperative Extension’s Manure Matters Web site, www.manure.unl.edu (LCB)

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ADOLESCENTS

wise to communicate absolute support to the young teenager by saying—“I am going to love you, support you, and fulfill my responsibilities to you no matter what mistakes you make. You are my son/daughter and nothing can change that. I hope and trust you will do and feel the same toward your mother and me (or your father and me). So far, we are very proud of you and we will feel that way always.”

A few guidelines include: Give teenagers clear rules Do not overreact. Give lots of encouragement. Only battle over important matters—ignore the small stuff. Don’t treat teens like children.

Encourage independence (LJ)

PRIVACY

continued from page 7

5. Opt out of direct market- ing association members’ direct mail campaigns, telemarketing lists, and bulk e-mail servers. Call 1-888-567-8688 to remove your name from credit reporting bureau pre-screening programs.

7. Tear up or shred docu- ments containing your name, address, social security number, bank, or credit card account numbers before throwing them in the trash.

8. When using a cell phone, pay phone, or your lap top computer in public, be con- scious of anyone trying to overhear or see confidential information.

9. When traveling on business, do not put your address on your suitcase—just your phone number.

10. Call, write, or e-mail your elected representatives. Let them know privacy is important to you. (LJ)

LEAD Fellowship applications available for group XXI

Fellowship applications for Nebraska LEAD (Leadership Education/Action Development) Group XXI are available now to men and women involved in production agriculture or agribusiness.

Up to 30 individuals will be selected from production agriculture and agribusiness. Preference will be given to individuals ages 25 through 45 who have demonstrated leadership potential.

LEAD fellows also participate in a 10-day National Study/ Travel Seminar and a two to threeweek International Study/ Travel Seminar. Seminar themes include economics, foreign cultures, government, communications, international trade, politics, and environment. The industry.

The program is designed to prepare spokespersons, problem-solvers and decision makers for Nebraska and its agricultural industry. Now in its 21st year, the program is operated by the Nebraska Agricultural Leadership Council Inc., a nonprofit organization, in cooperation with Nebraska colleges and universities, business and industry and individuals themselves.

Applications are due by June 15 and are available from the Nebraska LEAD Program, Room 318 Biochemistry Hall, University of Nebraska at Lincoln, Nebraska 68583-0763 or by phoning the office at (402)472-6810 and requesting an applica- tion packet. General information about LEAD is available from the World Wide Web at http://www.ianr.unl.edu/lead (GB)
**BASIL**

continued from page 2

Family which is characterized by square stems. They belong in the genus Ocimum. Over 150 different species and varieties are available. These are some of the more common types of basil.

**Sweet Basil**
Most common type grown. White flowers. Bright green leaves, two to three inch long. Upright habit. Clove like scent.

**Purple Basil**
Grown for its ornamental foliage as well as culinary use. Light lavender flowers. Same size leaf as sweet basil. ‘Opal’, ‘Red Rubin’ and ‘Purple Ruffles’ are excellent selections. Lettuce Leaf Basil
Large, wide leaves. Flavor is less pronounced than other green basils. Common varieties include ‘Mammoth’ and ‘Green Ruffles.’

**Lemon Basil**
Lemon scent. White flowers and small green leaves. Great for tea and potpourri.

**Cinnamon Basil**
Cinnamon scent. Pink flowers, green leaves with purple stem. (MIM)

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**Extension Calendar**

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>February 15</td>
<td>Fair Board Meeting - Lancaster Event Center .................................. 7:30 p.m.</td>
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<tr>
<td>February 21</td>
<td>Food Grade Soybean Production ...................................................... 2:30 p.m.</td>
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<tr>
<td>February 24</td>
<td>4-H Officer Training Workshop ....................................................... 9:30-11 a.m.</td>
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<tr>
<td>February 26</td>
<td>Pet Pals Club Meeting ........................................................................ 7 p.m.</td>
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<tr>
<td>March 2-4</td>
<td>Nebraska Horse Expo. Event Center ..................................................</td>
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<tr>
<td>March 6</td>
<td>4-H Council Meeting .......................................................................... 7 p.m.</td>
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<tr>
<td>March 7</td>
<td>4-H Small Animal VIPS Meeting ....................................................... 7 p.m.</td>
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<tr>
<td>March 8</td>
<td>4-H Cat Club Meeting ......................................................................... 7 p.m.</td>
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<tr>
<td>March 9</td>
<td>4-H Rabbit VIPS Meeting .................................................................... 7 p.m.</td>
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<tr>
<td>March 11</td>
<td>Extension Board Meeting ..................................................................... 8 a.m.</td>
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<td>March 12</td>
<td>4-H Speech Contest Entries Due .......................................................</td>
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<tr>
<td>March 13</td>
<td>Initial Computerized Financial Record Keeping, call for brochure .......... 9:30 a.m. - 3:30 p.m., 4-H New Leader Training ........................................ 9:30 a.m. or 7 p.m.</td>
</tr>
<tr>
<td>March 14</td>
<td>4-H Horse VIPS Meeting ...................................................................... 7 p.m.</td>
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<tr>
<td>March 15</td>
<td>Fair Board Meeting-Event Center ..................................................... 7 p.m.</td>
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<tr>
<td>March 20</td>
<td>Advanced Computerized Financial Record Keeping, call for brochure ........ 9:30 a.m. - 3:30 p.m.</td>
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**Here’s a small sample of what we hear from folks who visit the University of Nebraska Cooperative Extension in Lancaster County web pages:**

“Hello, recently, my oldest daughter (age 9) had contracted head lice while in school. Your fact sheet on the web was by far the most informative and detail-oriented, and helped us immensely in our strategy to eradicate this pest. I like to make it a practice to compliment on a job well done, whatever the subject, and your fact sheet has more than earned my praise.”

“After being bitten by a spider on Sunday night, I began searching the web for identification purposes and came upon your excellent Web site. I found your information on spiders to be an exceptional tool in assisting me with my research.”

“I just wanted to thank Lancaster County Extension for writing the article on centipedes and millipedes, which was specific information I needed for my home. I will keep your Web address on hand for future reference.”

“Great food safety info for our rural church which often puts on church suppers and has only recently become aware of modern food safety standards.”

“I used the information for background in teaching my participants at senior mealsites, one to one meetings and classes.”

“I have found the food safety sections very interesting and useful. I have changed some of my food preparation practices as a result.” (SC)