June 2001

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Grilling It Safely!

Alice Henneman
Extension Educator, NU
Lancaster County Extension

d of our summer travels and
camp. We take to the road in cars or
takes about 24 hours to thaw 5
bacteria will begin to grow. It
Never defrost on the counter—
microwave. Frozen foods do not
chase or freeze them.
steaks, within 4 days of pur-
poultry immediately upon
than one hour during warm
temperature there is too hot and
put them in the trunk. The
Department the next time you
Lancaster County Health
family. Don’t let a food-borne

After the return of warm
weather, it’s time for gathering
around the grill and enjoying
weather, it’s time for gathering
safety rules can save a vacation
advice could make the difference

Plan Ahead...
If you are traveling longer than
30 minutes with perishable
food, place it in a cooler with
ice or frozen gel packs. When
transporting foods ahead of

First, some general rules,
common-sense food
reminds everyone that some

1. Keep meat and poultry
separately from cooked foods, or
raw meat and poultry wrapped
partially filled. Be sure to keep

2. Refrigerate meat and

3. When eating away from home,
pack disposable wipes for

4. Completely thaw meat and
poultry in the refrigerator or
just prior to cooking in a
microwave. Frozen foods do not
grill evenly and may be unsafe.
Never defrost on the counter—
bacteria will begin to grow. It
takes about 24 hours to thaw 5
pounds of meat in the
refrigerator.

4. Place raw meat and
poultry on it. Microorganisms before placing
cooked foods, or foods meant to
be eaten raw such as fruits and
vegetables.

5. Cooking is the key to

6. The prime cause of food-borne illness.

7. Did you know that you can determine
how clean a plate is by observing
the bacterial count? A clean plate
has a bacterial count of 10
per gram of food.

8. Brush or sprinkle sauces/spices on the
surface of cooked burgers. It is too
hot and the food is not cold
enough. Washing hands after
cooking is vital. Wash your hands
with hot, soapy water for
20 seconds before handling food.

9. Transport

10. Cooking is the key to

11. Cook ground beef
patties until brown in the
middle and still be
undercooked. Help

12. Adding sauces or spices
to meat may make it look brown
before it is done. Brush or

13. Discard any food left
out for more than two hours or
one hour if the temperature is above
90 degrees F. When in doubt,
throw it out!

14. Use a separate clean

15. Use a separate clean

16. Use a separate clean

17. Use a separate clean

18. Use a separate clean

19. Use a separate clean

20. Use a separate clean

21. Use a separate clean

Handling Food Safely on the Road

V-A-C-A-T-I-O-N! Oh,
with the return of warm
weather, it’s time for gathering
around the grill and enjoying
good times with friends and
family. Don’t let a food-borne
illness spoil your fun. Follow
these checkpoints for safe
grilling from Alice Henneman,
NU Lancaster County Extension
and Joyce Jensen, Lincoln-
Lancaster County Health
Department the next time you
fire up the grill.

1. When shopping, choose
meat and poultry last, and don’t
put them in the trunk. The
temperature there is too hot and
bacteria will grow rapidly.

2. Don’t leave meat out for longer
than one hour during warm
weather. If meat sets out too
long, bacteria can produce
toxins that can cause illness and
stay active even during cooking.

3. Marinate meat and
poultry in the refrigerator. Sauce
can be brushed on these foods while
cooking, but never use the same
sauce after cooking that has
touched the raw product.

4. Make ground beef patties
about 1/2 inch thick by 4 inches
in diameter (4 oz. or 4 patties
per pound). This helps assure they
to cook thoroughly and evenly. The
National Cattlemen’s Beef
Association (NCBA) advises
patties this size will take 11 to 13
minutes to cook to a safe
temperature of 160 degrees F based
on beef that has been removed
directly from the refrigerator;
that over 10 minutes to
brown in the middle.

5. To promote safe food
handling, use separate knives
for raw and cooked foods. Cross-
contamination can occur
between them and the risk of
foodborne illness is increased.

6. Use a separate clean

7. Avoid eating on the road or to cook at
beach house or other vacation
locations other than one that is
partially filled. Be sure to keep
raw meat and poultry wrapped
separately from cooked foods, or
foods meant to be eaten raw such as
fruits. 

8. Washing hands with hot, soapy water for
20 seconds before handling food.

9. Wash your hands
immediately before
handling meals as we travel this
summer.

10. Keep meat and poultry
from the grill and
cooking guides for gas

11. Cook ground beef
patties until brown in the
middle and still be
undercooked. Help

12. Adding sauces or spices
to meat may make it look brown
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13. Discard any food left
out for more than two hours or
one hour if the temperature is above
90 degrees F. When in doubt,
throw it out!
Horticulture

Watch for Squash Vine Borer

The squash vine borer is one of the most serious pests affecting squash and pumpkin vines. Injury is caused by the caterpillars boring into the tender, lower stems of the vines or bushes causing them to suddenly wilt a few weeks later.

Spray now to prevent loss of this year’s squash and pumpkin plants, since the adults deposit eggs on the young stems and leaves. These plants all have, brightly colored blooms. In a shadier site in the landscape, group together cowslip, cranesbill, dog-tooth violet, toad lily and turtlehead. The flowers on these plants have cool color shades that blend well together.

Once your new garden is completely filled up, pick a picnic lunch and visit the zoo in your own backyard. Enjoy yourself, but don’t sit next to the goatsbeard! (MJM)

The number of days between flowering and harvest for many vegetable crops offers a way of predicting harvest dates and explaining low yields or poor quality. The following predictions are only approximate because flowering can vary with weather conditions and different variety types.

Clip and save this for reference through out the gardening season. Here are some approximate numbers of days between flowering and harvest for a few of the common vegetables grown in Nebraska. (MJM)

<table>
<thead>
<tr>
<th>Common Name</th>
<th>Scientific Name</th>
<th>Height</th>
<th>Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snap beans 10-14</td>
<td>Peoples (green stage)</td>
<td>45-55</td>
<td>sun</td>
</tr>
<tr>
<td>Cucumbers (slicing) 15-18</td>
<td>Peoples (red stage 60-70)</td>
<td></td>
<td>sun-part sun</td>
</tr>
<tr>
<td>Cucumbers (pickling) 4-8</td>
<td>Pumpkin 80-110</td>
<td></td>
<td>sun-part sun</td>
</tr>
<tr>
<td>Muskmelon 40-45</td>
<td>Zucchini squash 4-5</td>
<td></td>
<td>sun-part sun</td>
</tr>
<tr>
<td>Edible podded peas 7-14</td>
<td>Winter squash 60-70</td>
<td></td>
<td>sun-part sun</td>
</tr>
<tr>
<td>Hulled peas 14-20</td>
<td>Tomatoes (red ripe) 45-50</td>
<td></td>
<td>sun-part sun</td>
</tr>
<tr>
<td>Sweet Corn 18-23</td>
<td>(from 50% silking)</td>
<td></td>
<td>sun-part sun</td>
</tr>
</tbody>
</table>

Days Between Flowering and Harvest of Vegetables

During the day, most people are hard at work and don’t have time to enjoy their gardens. Evenings may be the only time you get a chance to sit back and relax. What could be more relaxing at the end of a long day than a fragrant, luminous garden?

Gardens designed for evening enjoyment are called moon gardens. Plants used in moon gardens have one or more of the following characteristics: evening bloom, fragrance, and white flowers or foliage.

Plants that bloom in the late afternoon or early evening enjoy fragrant flowers provide aromatherapy at the end of a hard day. Illuminated only by moonlight or pale flowers, and foliage add an celestial quality to a garden. Several night-blooming flowers ideal for a moon garden are listed below. Night blooming flowers rely on a strong fragrance, rather than bright colors, to attract pollinators. Other plants possibilities for a moon garden include artemesia, lamb’s ear, fragrant roses, dusty miller, and white flowered annuals and perennials.

Moonflower (Ipomoea alba) — This fragrant flowering vine has large heart shaped leaves. Showy flowers open in the evening and last until the next morning. Moonflowers have a sweet fragrance and can be up to five to six inches across. Closely related to morning glory, this quick growing annual may climb to 15 feet. Although it takes a little time and warmer soil conditions to become established, it is every bit as vigorous as the morning glory.

Four o’clocks (Mirabilis jalapa) — This flower is appropriately named. Its blossoms open in late afternoon, scenting the air with a sweet fragrance before closing the next morning. Plants grow to three-feet tall with a bushy habit and blossom continuously from late spring through fall. The 1-inch trumpet-shaped flowers come in shades of red, yellow, white, or rose.

Yucca (Yucca filamentosa) — Flowers of this spiky perennial are open all day but at night the droopy blossoms lift and release a soupy smell. Yucca is a broad leaved ever-green that forms a low cluster of long, pointed leaves. During the growing season, a long stalk will grow to six feet tall and produce large numbers of white bell shaped flowers. Once established it may be difficult to thin. Yucca is hardy in zones 4 to 9.

Flowering tobacco (Nicoti- ana alata) — Nicotiana is an annual plant that produces fragrant, tubular flowers that open in evening. Flowers are borne on drooping branches and come in pink, purple, red, white, and yellow. Plants grow in any garden soil and prefer full sun to partial shade. (MJM)

Zoo Garden

A traditional family outing when I was a little one was going to the zoo. We would pack a picnic lunch and spend the day riding the train and looking at the animals. The petting farm was always a favorite stop. Once, when I was about three, I was happily petting a baby goat. Suddenly I realized, to my great distress, another little goat was behind me chewing on the hem of my cute sailor dress. Needless to say, I was not happy about it.

Gardens can create their own zoo in the landscape. There is a variety of annual and perennial flowers that resemble animal names. You will not have to worry about these residents escaping or chewing on your clothing.

For a sunny site consider planting butterfly flower, oxeye, monkey flower, cockswail and toad flax. These plants all have, brightly colored blooms. In a shadier site in the landscape, group together cowslip, cranesbill, dog-tooth violet, toad lily and turtlehead. The flowers on these plants have cool color shades that blend well together.

To listen to a NUFACTS information center phone, then enter a three-digit number listed all the NUFACTS message topics. (MJM)

Night Blooming Flowers Offer Evening Enjoyment

For a sunny site consider planting butterfly flower, oxeye, monkey flower, cockswail and toad flax. These plants all have, brightly colored blooms. In a shadier site in the landscape, group together cowslip, cranesbill, dog-tooth violet, toad lily and turtlehead. The flowers on these plants have cool color shades that blend well together.

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Rearing caterpillars can be an interesting past time and one way to attract a diversity of insects for a collection. It is also inexpensive and good learning experience for kids who enjoy nature.

Butterflies and moth larvae are hard to keep alive as few good places are known for food plants can make the task easier. Different swallowtail caterpillars eat parsley, dill, carrot and parsnip greens. Look for monarch caterpillars on milkweed plants. Many large moth caterpillars like larvae of species of moths, will produce large amounts of frass (insect droppings). Carefully look above plants for leaf damage and larval leaves and the caterpillar. A list of plants where you may find butterfly larvae are listed below.

Before removing the larva from the plant, make sure you have access to plenty of fresh food plant for it to eat because the caterpillars may feed for several days to a week or more. If this is not available, make sure its prop- erty, be sure to ask before you pick leaves from plants. It may be against the law to pick leaves from plants in state and national parks and preserves. Ask first.

You will need an aquarium or large jar or bucket with a lid. Perforate the lid or use a wide mouth jar ring with a screen. Some people use wide mouthed jars or large wide mouthed jar with a screen or large wide mouthed jar with a screen.

To rear several larvae.

- Place a piece of plastic over it to increase humidity. Make sure mold does not become established in this environment.
- Place the cut ends in narrow mouthed bottles of water. Always place the cut ends in narrow mouthed bottles of water. Always
- The tiny chigger moves quickly with your naked eye. Chiggers are found among weeds and thick vegetation where there is moisture and shade. Parks, roadside ditches, tall grass areas, “fishing holes,” and more are great locations to come in contact with chiggers. The tiny chigger moves quickly on the ground and crawls onto feet or legs. Once it is on your body, it moves until it finds a somewhat confined area. You can expect these bites around your socks, under belts, the crotch/waistline especially under elastic bands. Some chiggers can get to your upper body and under your armpits.

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- Chiggers can be transferred with a twig that the chrysalis is attached to and then tape or wire it onto the lid or shoul- der of the jar. Sometimes you can just lean the twig against the inside of the jar, but make sure there is enough room for the butterfly to hang upside down from the chrysalis and spread its wings.

- One day may pass before a larva is ready to be removed from the rearing container. You can break off the twig that the chrysalis is attached to and then tape or wire it onto the lid or shoulder of the jar. Sometimes you can just lean the twig against the inside of the jar, but make sure there is enough room for the butterfly to hang upside down from the chrysalis and spread its wings.

- Breaking a chrysalis off the twig will probably kill the butterfly inside it.

- Some larvae may have branched spines that can sting. Hairy larvae such as the woolly bears, which have long straight hairs, are harmless. Single spines are not a problem. Do not handle the container or disturb larvae when they are molting.

- Larvae of most butterflies and moths are harmless. Some larvae react to being touched by rearing up one end of the body, and some may expose odoriferous glands, which are harmless to humans. Both actions are intended to repel predators. Newly hatched larvae can be transferred with a small paint brush. Adults have delicate wings that can be damaged by handling.

- Some larvae may have branched spines that can sting. Hairy larvae such as the woolly bears, which have long straight hairs, are harmless. Single spines are not a problem. Do not handle the container or disturb larvae when they are molting.

- They are very susceptible to damage during this vulnerable time. The same applies to the larva when it is becoming a pupa. Make sure the holes in the water container are not too big. Lepidoptera larvae are not particularly wary and young larvae may wander down the stem and drown.

- Sometimes caterpillars will be parasitized before you collect them. They may feed and pupate in your rearing container, but, the parasite—usually flies or wasps—may emerge instead of a butterfly or moth. Parasitism is very common in nature and shows how important biological control is in controlling insect populations. To make sure you will end up with a butterfly or moth, you may want to collect and rear several larvae.

- For more information about how to attract butterflies of your yard, refer to NebGuide 1183, “Butterfly Gardening,” available at extension offices throughout Nebraska.

Cloth with rubber band

- The adults are completely harmless—they don’t bite. The tiny larval stage is parasitic on many animals including rodents, birds, pets, domestic animals, and humans. You won’t be able to see the chigger with your naked eye.

- Chiggers are found among weeds and thick vegetation where there is moisture and shade. Parks, roadside ditches, tall grass areas, “fishing holes,” and more are great locations to come in contact with chiggers. The tiny chigger moves quickly on the ground and crawls onto feet or legs. Once it is on your body, it moves until it finds a somewhat confined area. You can expect these bites around your socks, under belts, the crotch/waistline especially under elastic bands. Some chiggers can get to your upper body and under your armpits.

- Chiggers become active in June and look for them to be a part of your Fourth of July activities. By mid-late August, chiggers are becoming adults so they are less of a problem by late summer/fall.

- Chiggers do not burrow into the skin but pierce it. They inject a fluid that keeps the blood from clotting. This fluid causes changes in the reaction you have to the bite. In the “old days,” my mom put clear fingernail polish on the welts to “kill the chigger.” Unfortunately, this did nothing more than make me smell like nail polish (the stinging odor of polish did feel good on my itchy bites). By the time the welt appears, the chigger is long gone. It has dropped to the ground, fully fed and waiting to develop into a larger non- parasitic nymph stage. Today, you recommend you avoid the nail polish and use over-the-counter lotions and ointments to get relief from the chigger bites.

- It takes several hours for chiggers to settle down to bite. If you are in chigger-infested areas, such as swimming or bathing areas, avoid exposure can help wash chiggers off your body and prevent further bites. Make sure you wash your clothing so you don’t get reinfested.

- If you are going out into chigger-infested areas, use an insect repellent containing “DEET” (diethyltoluamide). Put the repellent on your socks, shoes, pant cuffs, ankles, legs, and around the waist.

- If you would like more information on chiggers and their control around homes and landscape, call the extension office at 441-7180 and request a free copy of the fact sheet “Itchy Chiggers.” You can also find more information on our website at http://lancaster.unl.edu

Some Common Butterfly Larval Plant Foods:

- Alfalfa – Medicago sativa
- Anise – Dolichos biflorus
- Birch – Betula spp.
- Broccoli – Brassica spp.
- Butterfly Weed – Asclepias tuberosa
- Cabbage – Brassica spp.
- Cherry – Prunus spp.
- Chervil – Anthriscus sylvestris
- Clover – Mellilotus spp., Trifolium spp.
- Common Sunflower – Helianthus annuus
- Cucumber – Cucumis sativus
- Dill – Anethum graveolens
- Dill – Anethum graveolens
- Dill – Anethum graveolens
- Cottonwood – Populus deltoides
- Prunus americana
- Willow – Salix spp.
- Petrich Pea – Cassia fascicularis
- Prugue Clover – Trifolium sp.
- Queen Anne’s Lace – Daucus carota
- Red Cedar – Juniperus virginiana
- Snapdragons – Antirrhinum majus
- Sweet Sweat – Foeniculum vulgare
- Thistle – Cirsium spp.
- Wild Plum – Prunus americana
- Willow – Salix spp.
- Partridge Pea – Centaurea cyanus
- Painted Clover – Trifolium sp.
- Purslane – Portulaca oleracea
- Queen Anne’s Lace – Daucus carota
- Red Cedar – Juniperus virginiana
- Snapdragons – Antirrhinum majus
- Sweet Sweat – Foeniculum vulgare
- Thistle – Cirsium spp.
- Wild Plum – Prunus americana
- Willow – Salix spp.
- Patches – Cassia fascicularis
- Prugue Clover – Trifolium sp.
- Queen Anne’s Lace – Daucus carota
- Red Cedar – Juniperus virginiana
- Snapdragons – Antirrhinum majus
- Sweet Sweat – Foeniculum vulgare
- Thistle – Cirsium spp.
- Wild Plum – Prunus americana
- Willow – Salix spp.
access to farm operations, have an area that is a good distance from the livestock and feed.

Livestock
- When purchasing livestock, determine the health history of the animal and the source herd. Test on the recommendations of your veterinarian. Keep records of all livestock movement onto the farm.
- Segregate new additions as well as returning animals (show animals, custom raised heifers, etc.) from home herd for 21 to 30 days. Implement strict health monitoring procedures for segregated animals.
- Vaccinate and maintain vaccination program for incoming and resident animals. Consult with your veterinarian on a farm-specific program.
- Minimize non-resident animal contact.
- Prevent contact with other livestock (fence line, transport vehicles, sale barns, shows, etc.).
- Control non-resident stray dogs and cats.
- Implement management practices to limit direct contact with wildlife, including deer, waterfowl, and birds.
- Implement control measures for birds and rodents. Pay particular attention to livestock feed.
- Implement an integrated pest management program for control of insects and parasites. Maneuver
- Protect against maneuver entrance to the farm vehicles and equipment, or runoff from neighboring animal premises.
- Avoid use of manure (poultry, cattle, or other live stock) or manure products and municipal waste from off premise unless products are certified pathogen free.

Feed
- If purchased feed may be a potential source of disease organisms and chemical contaminants.
- Purchase feed from sources using quality-control measures to minimize the risk of fecal, organic, or chemical contamination.
- Ensure that purchased feeds do not contain protein derived from ruminant tissues.
- Even though many of these measures are already being practiced on livestock operations and many of the other measures may seem extreme, the owner/ operator of the livestock operation has the responsibility to decide which of these measures should be and can be practiced. As previously mentioned, bio-security should be practiced on every level.

Every year, about one million plastic agricultural pesticide containers are used in Nebraska. This amounts to about three-quarters of a million pounds of plastic that is disposed of. Plastic lasts for centuries when buried in a landfill. This shortens the life of the landfill and increases the resources that were used to manufacture the containers in the first place.

Lancaster County Extension will be coordinating a program again this year which gives producers a chance to contribute to the health of the environment by recycling these containers. The Lancaster County program will be coordinating 19 sites in an eleven-county area in southeast Nebraska in 2001. At each collection site, pesticide containers will be collected for a targeted individual to make sure that they have been properly rinsed. Only white and yellow 2 1/2 gallon or smaller pesticide containers with the labels and caps removed, will be accepted. Five gallon containers are included.

Yard and garden pesticide containers are brown and cannot be washed with the white and yellow containers. Oil bottles and antifreeze jugs are unacceptable.

After inspection, the containers are stored until sufficient quantities have been gathered to be in a chimney. Each agribusiness firm cooperating in this project has agreed to move these trailers and set them up in preparation for the recycling day they will be hosting. The businesses also pay a small fee to cover the costs of providing the technical assistance during collection days. This project would not be possible without their support.

All 2001 public collection days have been scheduled on Fridays (see the schedule below). Some sites will accept containers at different times.

2001 Pesticide Container Recycling Program

All public collections will run from 9 a.m. to 3 p.m.

Collection Site Date Location Agribusiness
Farmers Cooperative Company July 29 Waverly Jim McGill 786-2665
Farmers Cooperative Company July 29 Benet Dave Stelsey 782-2296
Firth Co-op - Princeton July 20 Princeton Ron Preston -Bal Moats 791-5837
Southeast Nebraska Co-op July 27 Filley Brad Hovy 882-3883
Farmers Cooperative Company July 13 Firth Robert Zeiger 729-2380
Farmers Cooperative Company August 10 Odell Ernie Hroch 658-3615
Farmers Cooperative Company August 17 Wilber Steve Mills 821-2351

Otto Oil & Propane September 14 Wahoo Dan Otte 443-3568

Multiple-Day Sites

Agribusines Business Date Location Agribusiness Location
Farmers Union Co-op May-August RR2, Ashland Jerry Newsham 944-2436
Frontier Co-op May-August Gretna Loren Katt 332-3315
Frontier Co-op May-August David City Marv Hilger 367-3319
West Central Cooperative May-August Myrtle Brian Reid 624-2073
Otto Oil & Chemical -May-August Wahoo Ron Preston - Bill Moates 443-3568
Lancaster County Extension April-November Tom Dorn 441-7180
Cherry creek Road - Lincoln

Prepare Equipment for Storage

With all the rain this spring, and the need to rush to get crops planted, it is likely that some tillage practices deemed not urgent at the time may have been put off. Now that planting is finally under way, it is time to clean up, lubricate, and prepare equipment for long-term storage. A little time spent in these activities now can save much hassle, expense, and perhaps prevent trouble down on the field.

Planters
- Are a big investment and are only used a short time each year when planting. They should be protected from rust and corrosion when not in use. Planters should have all seed removed from the seed boxes. Soil insecticide boxes should be emptied and hosed out. Seed openers, depth gauges, and furrow openers should have all dirt removed; and either painted or greased to prevent rust. Bearings should be greased and chains should be sprayed with a light oil (WD-40) to prevent rust. Starter fertilizer squeeze pumps should be rinsed, drained, and the tension should be released prior to storage. Monial plastics should be cleaned, removing dirt and seed treatments. Monitor control boxes removed and stored in a cool, dry place that is free of rodents.

Keep an eye on the planter inside, if possible, to protect your investment.

Sprayers should be thoroughly rinsed and the rinse water disposed of on a registered crop or site before spraying herbicides and before putting the sprayer away for long periods of time. Proper rinsing may include pre-rinsing with a material which acts as a solvent for the herbicide, then rinsing again with an agent to remove the solvent. Water-soluble herbicides can be removed by repeated rinsing with water.

Oil-soluble herbicides (those which form emulsions with water) are the most difficult to remove. Kerosene and fuel oils can be used to help dissolve oil-soluble herbicides. Enough fuel oil should be used to operate the pump and to splash onto interior tank surfaces. After the oil rinse, a second rinse with water containing detergent will help remove the oil from the sprayer.

Hormone type herbicides require extra precautions. Herbicides, such as Barvel, or 2,4-D were used, fill the tank with water and ammonio. Add one quart of household ammonium to 25 gallons of water. (Approved tank cleaner can be used instead of ammonio as specified on the product label.) Pump enough solution through the hose and nozzles to fill these
Shock Chlorination of Domestic Water Supplies

Unlike public water supplies that are regularly tested to ensure the water is safe to drink, individuals or families using private water supplies are responsible for testing for contamination. If test results indicate bacterial contamination is occurring, shock chlorination is the most widely suggested method of treatment. Shock chlorination is a strong one-time introduction of a chlorine solution into the entire water distribution system (well, pump, distribution pipeline, hot water heater, etc.).

Shock chlorination is recommended:

• when lab results indicate a presence of bacteria;
• upon completion of a new well;
• when the distribution system is opened for repairs or maintenance;
• following contamination by floodwater; or
• to control iron and sulfur bacteria.

Shock chlorination is recommended in these circumstances to ensure bacterial contamination is controlled.


Squash Vine Borer

The squash vine borer, Melitita satyriformis, is a common clearing moth, which primarily attacks summer squash, winter squash, and pumpkins. The adult resembles wasps, and are approximately half inch long and have yellow and black striped abdomens. The first pair of wings is green metallic; the back pair is clear.

In mid- to late June the squash vine borer adults emerge from cocoons in the ground. The adult borer lays flat, brown eggs singly at the base of susceptible vine plants. Approximately one week later, the eggs hatch and larvae bore into the stems to feed. They feed through the center of the stem, blocking the flow of water to the rest of the plant. In late June the larvae exit the stems and burrow one- to two-inches into the soil to pupate until the following summer.

The first symptom of borers is wilting. Holes observed near the base of the wilting plant may be filled with moist greenish or orange sawdust-like material. The base may become mushy or rot over time.

Controlling squash vine borers is a challenge. Start by selecting unsuscceptible winter squash varieties, such as Butternut, Royal Acorn, Table Queen, and improved Green Hubbard, and the following summer squash: Early Golden Bush Scallop, Early Prolific Straightneck, Early Summer Crookneck, and Summer Cheese. Do a repeat in seven to ten days. The last effort to remove borers is labor intensive. As soon as you detect wilt, use a sharp knife to cut slits into the affected stem. Carefully until you locate the borer and kill it with the tip of your knife, then mound moist soil over the cut area. New roots may grow along the cut stem. Promptly pull out and destroy any plants killed by squash vine borers. (DJ)
Nutrition and Osteoporosis - Part 2

Food & Fitness

Alice Henneman, MS, RD, Extension Educator
Linda Bockner, PhD, RD, University of Nebraska Extension Nutrition Specialist

June is National Dairy Month. Here is the second of a two-part series on what you can do to help prevent or treat osteoporosis with a special emphasis on the role of dairy products.

While dietary calcium and vitamin D are important in helping prevent or treat osteoporosis, the following dietary concerns also come into play.  

1. Food is Best Source. Most experts agree tree nuts is the best source of calcium as there may be other factors found in calcium food sources that also affect use by the body.

2. Total Calcium Load at One Time. Your body can best handle about 500 mg of calcium at one time, whether from food or supplements. Consult your GP about your total calcium food supplies throughout the day rather than all at one time.

3. Fiber. Excessive fiber can interfere with calcium absorption. Dr. Miriam Nelson (author, Strong Women, Strong Bones) advises the fiber occurring in food is probably not a problem. But, if you’re skipping extra fiber on food, such as bran on cereal, that might affect calcium absorption.

4. Caffeine. Nelson advises consuming under 400 milligrams of caffeine daily. A 6 ounce cup of coffee has about 100 milligrams of caffeine—the actual amount would depend on brewing time, etc. Excessive caffeine can increase urinary excretion of calcium. Tea, soft drinks, and various medications also contain caffeine. To check the amount of caffeine in foods, search the USDA Nutrient Database (caffeine is the last entry at the end of each nutrient report at www.nal.usda.gov/fnic/foodcomp/index.html)

5. Excessive Sodium. Excessive sodium can increase urinary calcium excretion. Go easy on the salt shaker; taste before you salt. Limit the number of high salt foods. The Food and Nutrition Board recommends sodium be limited to 2,400 mg daily. The Nutrition Facts panel on foods gives the sodium content of a food.

6) Alcohol. Consuming more than seven alcoholic drinks per week is associated with an increased risk of low bone density and of falls and fractures, according to Nelson. Obviously, you shouldn’t drink seven drinks in all at the same day.

7) Oxalic Acid. This acid, present in certain foods, such as spinach, can interfere with store-bought calcium, and gradually increase the serving size.

2) Combine Dairy Foods with Other Foods. Eat dairy foods in combination with a meal or solid foods.

Dairy products are one of nature’s most concentrated dietary sources of calcium. But you may not like milk or dairy products. Here are 10 easy tips for including more milk products in your diet without ever drinking a glass of milk. (Source: Dairy Council of Nebraska.) For more dairy food recipe ideas, check out one of the books sponsored by the National Dairy Council: www.familyfoodzone.com

1) Make oatmeal with milk.

2) Make pasta with milk instead of water (But watch how much coffeeinated caffeine you drink!)  

3) Make soups such as tomato, chowders, and cream-type soups with milk instead of water.  

4) Add powdered milk to foods. One tablespoon is equal to 50 milligrams of calcium.

5) Make instant hot cocoa with milk instead of water. Or, when using packets of hot chocolate, add 1/3 cup of powdered milk which is equivalent to a cup of milk.

6) Serve milk-based desserts such as puddings, custard, and ice cream frequently.  

7) Enjoy a cup of hot chocolate instead of coffee. An 8-ounce serving of chocolate milk has only 2 to 7 milligrams of calcium. Six ounces of coffee has about 100 milligrams of caffeine. Also, milk chocolate provides, on average, only 60% more serving than unflavored milk.

8) Use plain or flavored yogurt as a dressing for fruit salads. For example: Try Key lime yogurt as a dressing over fruit. Lemon yogurt works with waldorf salads (typically made with apples and such ingredients as raisins or grapes, celery, and walnuts).

9) Top baked potatoes with fruit. For example: Add a dollop of a fruit sauce on some snipped fresh chives or dried chives.  

10) Enjoy smoothies for snacks. TIP: blend small frozen fruit pieces (berries work especially well) with milk or yogurt. Use about a cup of milk or yogurt; then add 1/2 to 1 cup frozen fruit and blend until smooth and of

Food & Fitness

Enjoy Nebraska Foods!

 Alice Henneman, MD, Extension Educator

During National Dairy Month and throughout the year, enjoy this easy-to-make lowfat salad dressing made with yogurt and blue cheese.

Garlicky Blue Cheese Salad Dressing


1/2 cup nonfat plain yogurt
2 tablespoons nonfat mayonnaise
2 tablespoons skim milk
1 tablespoon plus 1 teaspoon blue cheese
2 cloves garlic, minced
Ground black pepper to taste

Whisk all ingredients until well combined. Makes about 3/4 cup dressing. Serves 6 (2 tablespoons each), with 21 calories and less than 1 gram fat per serving.

AICR suggests the following salad combination as one possibility for serving with this dressing: Bibb or Boston lettuce with watercress tossed in, shredded carrots, cherry tomatoes, purple onion rings, and crumbled hard boiled egg. (AH)

Clean Hands Campaign

Have fun using “glo-germ” to teach handwashing to youth and adults. Receiver handouts for your group and a copy of 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 minutes, depending on the size and age of your group. (AH)

See NUTRITION on page 11

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The Importance of Fathers in Children’s Lives

The role of fathers is an important duty which should not be neglected. Fathers have a great impact on their child’s lives. Children look up to their fathers as role models and sources of stability and security. Research indicates an authoritative (warm, yet firm) parenting style is an effective way to build solid relationships with children. Fathers may not want to spoil their image as a playmate with their children, but discipline is very important to develop good character.

Fathers reap the benefits of being involved early on with their children. Attachment bonds are important for father and infant to develop. This creates a sense of belonging and trust in the infant. Involvement with children early in life encourages involvement in the future. Fathers can show interest in their children’s lives in several ways: giving advice and direction, basic supervision, and attending school or club activities. Showing an interest in children’s lives communicates to the child “I care about you.”

There are negative effects on children of all ages if fathers are not involved. Research shows teenagers who are not involved with their fathers are more likely to be violent, to engage in high-risk behaviors, and to commit crimes. Teenage girls with little or no father involvement are more likely to be sexually promiscuous. Academic performance may decline. A healthy and active relationship with father and child limits high-risk behavior due to increased emotional well-being and increased supervision. (SS)

CHARACTER COUNTS! Corner

Family Nights and Character

Good character building starts in the family. When parents value good character, it becomes important to their children’s values as well. An idea that encourages family interaction and character building is a “Family Night.” On these nights, the family engages in activities that stimulate interaction and character building is a “family night.” On these nights, the family engages in activities that stimulate interaction and develop good character. A good pillar to start with is Trustworthiness and a fun activity for this pillar is the “trust walk.”

Advance preparation: Set up an obstacle course with furniture, toys, etc. The course can be set up inside the home or outdoors. Divide family members into pairs. One person is blindfolded and their partner is the guide. The guide can turn the blindfolded person around once or twice, then take the person through the obstacle course assisting them by explaining the course. When the blindfolded person has successfully completed the course, partners trade places and repeat the activity.

At the end of the activity, discuss questions like:

* What did the guide do that helped you trust/distrust him or her?
* Did the guide let you down?
* Did you want to peek? Why?
* How is this activity like real life?
* What can you do to be trusted by others?

**CHARACTER COUNTS!**

Family Living

by Lorene Bartos, Extension Educator

Acrylic furniture is highly polished and resistant to many stains, but it is easily scratched. Wash acrylic with a mild detergent, such as a hand dishwashing detergent, and water. Use a soft cloth. Rinse with water and blot dry with a soft cloth (not paper towel), use a damp cloth or chamois and wipe gently. (LB)

Summertime Reading!

The ability to read effectively may be the single most important key that enables all children to find success. Summer time is a wonderful time to nurture the love of reading and to encourage youths to set aside time each day for an adventure through books. Make the library as important a place to be as the local swimming pool or ball field during the long lazy days of summer.

Families can encourage reading in several simple ways:

Read to and with your children for 30 minutes every day.

Have lots of children’s books in your home and visit the library every week. Help children get their own library card and let them pick out their own books.

Join the Lincoln City Libraries Summer Reading Program, “Reading Road Trip USA” or participate in other special programs they host such as “Read Aloud Please!” a group program for first through third graders and their parents or other adult reading partners, and a special Reading Together Group for Young Adults (middle school), (Call the Lincoln City Libraries Youth Services Department at 441-8566 for more information.)

Suggest reading as a free-
time activity and set an example yourself.

Set up a reading area in your home.

Read and write with your children in their native language. Practicing their first language will help your children learn to read and write English.

Ask children to describe events in their lives. Giving detailed descriptions and telling complete stories also helps children learn how stories are written and what the stories they read mean.

Restrict television and computer time.

Sizzling Summer Sampler

Tuesday, July 10
6 to 9 p.m.
Supper at 6 p.m.

Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln

Learnshops:Fun with Fashion by Doris Cook, Purse Revue
Accessories & Clothing

At the Produce Aisle by Randy Bohaty, B & R Stores, Inc.
SweetShirt Savvy by Nancy Sutton and Lois Ulman

Plan to attend and invite a friend!

Cost: $10.00
Make checks payable to FCE Council.

Send reservations & check by July 5th to:
Joy Kruse, 850 Odams, Lincoln, NE 68521

Mark your calendar today! Join the fun and fellowship.

Clarice's Column

Clarice Steffens
FCE Council Chair

Another busy summer season has arrived! After our endless winter, spring and summer are much appreciated! Now is the time to enjoy quality time in the outdoors—gardenning, walking, reading a good book, taking a nap—whatever sounds good to you.

Summer brings us to another Council meeting. This one will be held at the home of Twyla Lidolph (call me if you need directions for getting there) at 7 p.m. on Monday, June 25. Twyla will also present the program—Sewing, Etc.—so be assured you will get some sewing tips, and in addition, she will share some of the other hobbies she is enjoying in retirement. The 2001 scholarship recipient, Kenda O’Brum, has also been invited to attend this meeting. The hosts for the evening will be Home Service, Gateway Gourmet, and Salt Creek Circle Clubs.

The Sizzling Summer Sampler is scheduled for July 10, 6 to 9 p.m. We have planned a great dinner as well as three interesting learnshops. Our presenters will be Doris Cook of the Purse Revue Accessories and Clothing, and Nancy Sutton and Lois Ulman. This evening is planned for members and their guests.

You should have already received the information about the Bakeless Bake Sale. Remember, these funds will be used to finance our scholarship fund, so whatever help you can give will be greatly appreciated. As you know, we had several very good applicants this year and our committee had a difficult task selecting the awardee. We hope this interest will continue.

Don’t forget the State Convention in Kearney, August 16 and 17. Registration should be made by June 30. If you did not receive a registration form and are interested in attending, please call Pam at 441-7180.

Well, I don’t know what outdoor activity you decided on, but I’m ready for a good book and a comfy chair on the deck. Enjoy your summer!

The Nebraska Woman’s Club
by John C. Grover

The role of fathers is an important duty which should not be neglected. Fathers have a great impact on their child’s lives. Children look up to their fathers as role models and sources of stability and security. Research indicates an authoritative (warm, yet firm) parenting style is an effective way to build solid relationships with children. Fathers may not want to spoil their image as a playmate with their children, but discipline is very important to develop good character.

Fathers reap the benefits of being involved early on with their children. Attachment bonds are important for father and infant to develop. This creates a sense of belonging and trust in the infant. Involvement with children early in life encourages involvement in the future. Fathers can show interest in their children’s lives in several ways: giving advice and direction, basic supervision, and attending school or club activities. Showing an interest in children’s lives communicates to the child “I care about you.”

There are negative effects on children of all ages if fathers are not involved. Research shows teenage boys who are not involved with their fathers are more likely to be violent, to engage in high-risk behaviors, and to commit crimes. Teenage girls with little or no father involvement are more likely to be sexually promiscuous. Academic performance may decline. A healthy and active relationship with father and child limits high-risk behavior due to increased emotional well-being and increased supervision. (SS)
County Fair Contests and Interview Judging

Family & Consumer Science Judging Workshop and Contest

Come to the Family & Consumer Science workshop Wednesday, June 13, 1-2:30 p.m. Learn judging techniques and decision-making skills for the July 18, Family & Consumer Science Judging Contest. (TK)

Attention: All FUN-seekers!

Do you like to have FUN with kids? Are you interested in helping with the 2001 Lancaster County Fair? We have just the thing for you. We need volunteers to help with FAIR FUN DAY, to be held on Friday, August 3. Volunteers will take school-age children through different FUN activities around the fairgrounds. Please call 441-7180 to sign up. (JC)

Demonstration Workshop and Contest

The demonstration workshop is Wednesday, June 13 at 2:30 p.m. 4-H members can learn what a demonstration is and how to present at the demonstration contest on July 20 at 1 p.m. or on August 1 at 5 p.m. If your demonstration is ready, present it and receive help if needed. (TK)

Table Setting Contest

The 2001 Table Setting Contest will be held July 12, 2001, at 5:30 p.m. at the Lancaster Event Center. The contest gives you a chance to choose a theme category (holiday, formal, picnic, birthday, or casual), plan a menu, centerpiece, and place setting to coordinate with your theme. Each 4-H member will have a five minute interview with the judge. A table setting contest booklet and information sheet is available from the office. (LB)

• A handout on “How to Exhibit at the Fair” is available at the extension office. (TK)

Table Setting Contest

Thursday, July 12, 5:30 p.m. at the Lancaster Event Center. This contest gives you a chance to choose a theme category (holiday, formal, picnic, birthday, or casual), plan a menu, center-piece, and place setting to coordinate with your theme. Each 4-H member will have a five minute interview with the judge. A table setting contest booklet and information sheet is available from the office. (LB)

Family & Consumer Science Judging Contest

Wednesday, July 18, 1 p.m., registration at 12:45 p.m. 4-H members will use their decision making skills in the junior division (8-11 years old) or senior division (12 years old and older as of January 1, 2001). See related article for topics and resources. (LB)

• Demonstrations The demonstration contest is one of the best ways to share your expertise and ideas with others. Demonstrations can be done as an individual or as a team. There will be two demonstration contests: Friday, July 20, 1 p.m. at the Lancaster Extension Education Center and Wednesday, August 1, 5 p.m. at the county fair. See page 7-8 of the fair book for categories. (TK)

Style Revue

Style Revue Judging Wednesday, July 25, First Lutheran Church, 1551 South 70th Street. Style revue forms are available from the office. (LB)

Public show, Tuesday, July 31, 7 p.m. at the Lancaster Event Center. The public is invited to the style revue to see the 4-H members show off their outfits. (LB)

Bicycle Safety

Saturday, August 4, 9 a.m. at the county fair. 4-H members do not need to be enrolled in the bicycle project to enter this contest. Check the fair book for contest rules. (TK)

Interview Judging

Tuesday, July 31, refer to pages 4-5 of the fair book for project areas that will have interview judging. Sign up for a five-minute time slot by calling the extension office. If you have more than one item in a project area, sign up for five minutes per item. Talk to the judge about your fair exhibits by sharing the trials and lessons of your exhibits. Interview judging is a great way for 4-H members to learn what the judge looks for and how to improve their skills. (LB)

Camping:

4-H and FFA families who would like to camp on the fairgrounds will need to pre-register at the extension office by July 6. The cost of camping will be $7.00/nigh for campers and $2.50 a night for tents. These fees help cover hook up and clean up costs. (LB)

Animal Bedding Fees:

No outside bedding will be allowed onto the Event Center premises. Bedding fees are as follows: beef ($5/head), llama, horse ($5/stall), sheep, swine, goats ($3/pen), chicken and rabbits ($2.5/head). Fees will be due July 6 with county fair entries. Checks need to be made out to Lancaster County Agricultural Society. (LB)

Camping:

It will be held on Thursday, June 28 beginning at 9:30 a.m. The morning workshops will help you:

• Develop consumer skills that will enable you to make the most of your clothing dollar.
• Practice your modeling skills (4-H members enrolled in these projects can model an outfit at the county fair and those enrolled in Shopping in Style and Attention Shoppers! 4-H projects and is also open to those who sew.)

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Putting It All Together

Want to learn the latest in fashion styles? Want to learn how to choose the best new outfit for the lowest price? How does a trip to the mall sound? This workshop will be for 4-H'ers interested in the Shopping in Style and Attention Shoppers! 4-H projects and is also open to those who sew. It will be held on Thursday, June 28 beginning at 9:30 a.m. The morning workshops will help you:

• Develop consumer skills that will enable you to make the most of your clothing dollar.
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Congratulations!

Tracy Kulm and Deanna Karmazin have recently been promoted to "Extension Associates."
Livestock Behavior Clinic

The Great Plains Livestock Behavior Clinic coordinated by the University of Nebraska and Nebraska Southeast Community College will be held June 13, 9 a.m.-3:30 p.m. on the Beatrice Campus. The cost of the clinic is $5 per person.

The clinic will cover the following topics: What is Livestock behavior, cattle, sheep, hog and horse behavior?

If you are interested in going, please send your $5 payment to Deanna Karmazin, 444 Cherrycreek Rd., Lincoln, NE 68528. If enough youth and adults are interested in going, I will provide transportation. (DK)
Developing a New Comprehensive Plan

**Program Objectives.**
The City of Lincoln and Lancaster County are putting together a NEW Comprehensive Plan for the City and County. This year’s long process will result in a draft Comprehensive Plan document by the end of the calendar year 2001.

**What is a Comprehensive Plan?**
A “Comprehensive Plan” is a community’s common vision of what it wants to be like in the future. Such plans typically look 20 to 25 years into the future.

Comprehensive Plans deal mostly with the physical characteristics of a city or county. They contain the dreams and plans a community needs to guide future development. These plans illustrate where tomorrow’s homes, schools, parks, shopping areas, employment centers, and other uses will be located. They often show natural and environmental areas that a community may want to preserve or enhance for its children and grandchildren.

Comprehensive Plans present the street improvements that will be needed by future generations to help move people and goods about the community. Comprehensive Plans are also used to determine where public utilities, such as facilities for supplying drinking water or treating wastewater.

**What’s in a Comprehensive Plan?**
Comprehensive Plans typically include these elements:

- **Statement of goals**
- **Estimates of residents and workers**
- **Descriptions of future land uses**
- **Forecasts of housing needs**
- **Programs for street improvement**
- **Locations for schools and parks**
- **Future sites for community facilities**
- **Plans for public utilities**

**Why is the Comprehensive Plan Important to Me?**
The Comprehensive Plan is important for many reasons. First, it provides the basis for the community to agree on a shared vision of what it wants its future to be. Secondly, the Comprehensive Plan serves to protect you and your family’s long-term health, safety and welfare through carefully planning land uses and needed services.

The Comprehensive Plan is used extensively by both the private and public sectors. Private investment in homes and businesses rely upon the Plan to know where public services they will be located in the future. Governments use the Comprehensive Plan to guide decisions on where to put public dollars for roads, parks, schools, libraries, and utilities.

**Doesn’t the City and County Already Have a Comprehensive Plan?**
Yes. The City of Lincoln first adopted a Comprehensive Plan in 1952. The City of Lincoln and Lancaster County have had a combined Comprehensive Plan since 1968. The current City-County Comprehensive Plan was adopted in 1994.

The process we are now doing will examine all elements of the Plan. This process will result in the preparation of an entirely new plan for the City and County by the end of the calendar year 2001.

**How to Stay Involved**
The members of the Comprehensive Plan Committee want you to stay informed about their activities and to hear your ideas about the future of the City and County. Options for this include:

- Attending the Committee’s meetings.
- Mailing your written comments to the Committee.
- Submitting your ideas through email to the Planning Department at plan@ci.lincoln.ne.us.
- Participating in one of the “Comprehensive Plan Community Workshops” held periodically through the City and County.
- Calling the Plan’s “comment line” at 441-9744 and leaving your comments.
- Using one of the Plan’s pre-paid mailers—can be obtained by calling 441-7491.
- Visiting your ideas to the City-County Planning Department at 441-6377.

### Upcoming Working Committee Meetings—Your opportunity to become involved and informed.

**Start time for all public meetings is 7:30 a.m.**

- **June 22 Classroom A & B, Police Department**
- **July 13 Mayor’s Conference Room**
- **July 27 Mayor’s Conference Room**
- **August 17 Mayor’s Conference Room**
- **September 7 Room 113, County-City Building**
- **September 21 Mayor’s Conference Room**

- October 5 Room 113, County-City Building
- October 19 Mayor’s Conference Room
- November 2 Classroom A & B, Police Department
- November 16 Mayor’s Conference Room
- November 30 Mayor’s Conference Room
- December 14 Mayor’s Conference Room (GB)

“Service Awards” Represent 50 Years!

Virginia Penning and Arlene Hanna were recently recognized for their outstanding service to the University of Nebraska. Combined they represent 50 years of dedication. Virginia (35 years) and Arlene (15 years). Both have been honored by UNL for the quality of work they provide. Virginia, Nutrition Education Program secretary, has received the “IANR Outstanding Employee Award” four times. Arlene, an extension associate, has been recognized as Nebraska Cooperative Extension Association’s “Outstanding Extension Assistant.”

Spermer wins 2001 First Lady’s Outstanding Community Service Award

Susanne Spermer receives her community service award from Nebraska First Lady Stephanie Johanns. As an AmeriCorps*VISTA member, Susanne has supported numerous educational efforts for youth throughout the community. Through these efforts she has had direct involvement with over 1000 youth. Susanne enjoys helping youth build assets they need to succeed. (LJ)
A purple loosestrife exchange program has been developed in cooperation with nurseries and garden centers. The details of the program and the current list of participating nurseries and garden centers are on the Nebraska Weed Control Association web page www.neweed.org. and the Lancaster County Weed Control Authority interenet site www.ci.lincoln.ne.us/envy/weeds.

What is Purple Loosestrife?

Purple loosestrife is a tall, woody perennial that invades wetlands. It contributes to habitat loss by out competing native vegetation. Purple loosestrife is a noxious weed and a endangered species by the state of Nebraska. Purple loosestrife is a noxious weed under the Nebraska Noxious Weed Control Act.

Strong Bones, taken from the Massachusetts Osteoporosis Awareness Program, sums it all up “Support your bones. They support you.”

Calcium Carbonate. This supplement requires acid to dissolve and for efficient absorption. As we age, we may not produce as much stomach acid between meals. It’s usually recommended a person take calcium carbonate at mealtime when the stomach produces more acid.

2) Calcium Citrate. This supplement tends to be more expensive than calcium carbonate but doesn’t produce stomach acid for absorption. It may be taken any time; however, your health care provider may recommend a specific time for you.

3) Vitamin D. Choose a calcium supplement with vitamin D unless you’re already getting vitamin D from other sources. Consider the recommended Daily Value for vitamin D for your age group. Avoid going over a combined total of 50 micrograms (2,000 IU) from all calcium supplements, vitamin/mineral supplements and foods during the day.

4) Total Calcium Load at One Time. Your body can best handle about 500 mg of calcium at one time, whether from food or supplements. Consume your calcium supplements and calcium foods throughout the day rather than all at one time.

5) Time of Day. If you take just one supplement, it’s probably best to take it in the evening, according to Miriam Nelson. Nelson recommends taking calcium carbonate at dinner time and calcium citrate before bed. This may enhance absorption and utilization.

6) Absorption. If your brand doesn’t say it has met USP (United States Pharmacopeia) standards, you may want to give it the vitamin D3 test. (NOTE: Applying for this symbol is voluntary at this time, so there may be many good products that don’t carry it.) Put a tablet in a cup of vinegar and stir every 5 minutes. It should dissolve in 30 minutes. If it doesn’t dissolve, the calcium tablet probably won’t dissolve in your stomach, either. Chewable and liquid forms should dissolve well—they’re already broken down.

7) Increase Amount Slowly. The National Osteoporosis Foundation (NOF) recommends you increase the amount of calcium supplements slowly, starting with 500 mg a day for a week and then gradually adding more. Some types can cause side effects such as gas or constipation for some people. Increasing fluids and fiber-rich foods (fruits, vegetables, whole grains) may help. If you still have problems, switch to another form of calcium.

8) Check for Interactions. NOF advises checking with your physician or pharmacist about possible interactions with other prescriptions and over-the-counter drugs you’re taking. For example, calcium supplements may reduce the absorption of the antibiotic tetracycline. If you take a medication on an empty stomach, don’t take it with a calcium supplement because it could affect the absorption.

9) Food is Still Important. Nelson advises high calcium foods also contain other nutrients that are important in the diet. She recommends you don’t all your calcium from calcium fortified orange juice and candies.

Putting it All Together

To apply this information on calcium and vitamin D:

1) List the foods/supplements and the serving sizes you ate yesterday or in a typical day.

2) Determine the % DV of calcium and vitamin D they provided, based on the label.

3) Adjust the % DV if you consumed a serving size of food different from the amount listed on the label.

4) Total your amounts and compare your score to the recommended % DV for your age group.

5) In assessing your diet, also consider the other dietary choices and supplement usage guidelines that influence your bones. Before leaving the topic, remember weight-bearing exercise, adopting a healthy lifestyle with no smoking or excessive alcohol use, and getting recommended bone density tests and medications when appropriate are other important steps in preventing osteoporosis.

If you would like your water tested, have a well to be decommissioned, or would like further information about the project, please contact the Norris FFA at 402-791-0001 extension number 3269 or the Lancaster County Extension Office at 402-441-7180.

While we enjoy a tremendous water supply, the supply of clean, safe water can be threatened by harmful bacteria. Great care is needed to keep our water safe thus maintaining a safe, unpolluted water source for future generations. (GB)
FEEDBACK The Nebraska Cooperative Extension Service
Lancaster County
The NEBLINE is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Rd., Suite A, Lincoln, Nebraska, 68528-1507. Contact the extension office, (402) 441-7180 or lancaster.unl.edu for more information.

Gary C. Bergman, Extension Educator–Unit Leader, gbergman1@unl.edu

NOTICE: All programs and events listed in this newsletter will be held at the Lancaster Extension Education Center unless noted otherwise. Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County.

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COMPOSTING HOTLINE ........................................ 441-7139
NEBRASKA INFORMATION CENTER ....................... 441-7188
EXTENSION OFFICE E-MAIL .................................... lancaster@unl.edu
WORLD WIDE WEB ADDRESS ................................ lancaster.unl.edu

OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday

June
14-4 H Rabbit VIPS Meeting .................................................. 7 p.m.
14-4 H Cat Club .................................................................. 7 p.m.
15 Beef, Swine, Dairy Cattle, Goat, Llama, Rabbit & Sheep JD’s Due
17 Countyymena Arena Grand Opening Horse Show, Event Center .................. 1 p.m.
19-22 Clover College
19-22 District 4-H Horse Shows-West
21 Fair Board Meeting ......................................................... 7:30 p.m.
25 FCE Council Meeting, 5010 Sugar Creek Road
26-29 District 4-H Horse Shows-East
26-4 H Pet Pals Club Meeting ............................................. 7 p.m.
27-29 ExpoVisions
July
6 County and State Fair entries due
10 Sizzling Summer Sampler ............................................. 6 p.m.
11-4 H Horse VIPS Committee Meeting, Event Center ..... 7 p.m.
12-4 H Table Setting Contest .............................................. 5:30 p.m.-Event Center
12-4 H Rabbit VIPS Committee Meeting, Event Center ..... 7 p.m.
13 Extension Board
15-19 4-H State Horse Expo, Grand Island Fonder Park
18 4-H Family Consumer Science Judging Contest .............. 1 p.m.
18-4 H Horticulture Contest, .............................................. 10 a.m.-noon
20 4-H Demonstration Contest ........................................... 1 p.m.
21 Superintendents Meeting, Event Center ....................... 7 p.m.
24-4 H Horse Pre-briefing, Event Center, Pavilion ............ 6:30 p.m.
25-4 H Style Revue Judging–First Lutheran Church-1551 S. 70th
26 Food Booth Training .................................................... 6:30 p.m.-Event Center
31 Style Revue Public Show ............................................... 7 p.m.-Event Center

Insects, Spiders, Mice and More
Use the office web site to get the information you need on pests and wildlife found in and around homes in Lancaster County. You have access to reliable information 24 hours a day/seven days a week. Visit http://lancaster.unl.edu/enviro/pestbug.htm

ants
ants
aquatic insects
ants
beavers
beavers
bees and wasp
bees and wasp
birds
birds
centipedes and millipedes
cockroaches
cockroaches
earthworms
earthworms
fabric pests
fabric pests
flies
flies
flies, gnats, and mosquitoes
grasshoppers
grasshoppers
insects as food
insects as food

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EQUIPMENT

parts completely. Then fill the tank, close and let it stand for 24 hours before spraying out and rinsing again with water. Activated charcoal can be used after the preliminary rinsing to decontaminate the sprayer. A three percent suspension absorbs the 2,4-D. Agitate the suspension for two to three minutes and drain, then rinse thoroughly with clean water. Following some of the newer post-emergent herbicides that are used in very low amounts (ounces) per acre, the tank should be flushed with clean water, then flushed two times with the water plus household ammonia mixture described above, and finally rinsed a fourth time with clean water. Flush through boom and hoses, allow to sit for 15 minutes with agitation, then drain. Finally clean all nozzles, screens, and strainers before storing the sprayer. Fill the pump with a good rust-inhibiting automotive antifreeze or remove it, drain, and fill it with oil and store in a heated area, if possible. Store the remainder of the sprayer out of direct sunlight, if possible, to reduce ultra-violet deterioration of rubber hoses and other components. (TD) all livestock operations not only when there is a Foot and Mouth Disease (FMD) scare, but all of the time. If all of the livestock operations in the United States had proper bio-security measures, FMD, Peste des Petits Ruminants, and many other livestock diseases would not be as threatening because producers would be confident in their ability to secure their animals. For more information on bio-security for livestock operations, please contact Lance Cummins-Brown, extension educator, by phone at 441-7180 or by e-mail at lbartos1@unl.edu.