May 2001

The NEBLINE, May 2001

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specific enzyme or other type of protein. A plant has about 100,000 different genes to control all of its functions. Although every gene is found in every cell of a plant, only a subset of genes are active, or “turned on” at a particular time in a particular cell. Some genes are expressed all of the time. Some are only expressed for a short time in the development of a cell. Some genes are turned on at a high level, and some are turned on at a low level. Certain mechanisms within the gene regulate the specific information contained on the plant’s genes that are “turned on” and that information to construct proteins. Proteins are made up of smaller building blocks called amino acids. There are relatively few amino acids but there are thousands of different proteins, each different protein having made up of amino acids that are put together in a certain sequence. It might be easier to understand how only four nucleotides can encode the entire genetic code from words made from those 26 letters when put together in various combinations. Through processes at work within certain structures in the plant’s cells, amino acids are produced and stored in the cytoplasm (interior space) of the cell. Amino acids in the cytoplasm are available for protein construction. Meanwhile other mechanisms are reading the genetic code on the DNA and transferring the information to special structures in the cell called ribosomes where the proteins will be assembled. Using the genetic coding as the template, amino acids are gathered from the cytoplasm and strung together in a precise order, making proteins.

Protein into corn plants. Each plant would then be able to produce its own protection against attack by corn borer, corn earworm, and similar insects. This was seen as a huge advantage and a much safer and more environmentally friendly alternative to the practice of spraying corn plants with insecticides for corn borer control. Not only does the use of insecticide carry with it some risk of pollution and some risk of exposure to the pesticide by farmers and agricultural workers, but insecticides usually kill a fairly broad spectrum of insects, both harmful and beneficial. Insecticide sprays only provide short-term protection because the insects are designed to break down in the environment over the course of a few days to a week or so, whereas a genetically engineered plant would produce the Bt Cry protein over the full growing season. The Bt gene has been incorporated into corn plants through genetic engineering. The concerns over StarLink™ corn and other Bt corn varieties results from the discovery and use of

Corn Genetic Engineering - 101

StarLink Corn—What Is All the Fuss About?

Many years ago, scientists discovered that a naturally occurring soil bacteria called Bacillus thuringiensis (Bt) contained a gene that makes a crystalline (Cry) protein that when ingested by insects from the insect order Lepidoptera, would bind to sites in the midgut of the insect and kill it. This protein was quite specific. It was toxic to that specific order of insect and was not toxic to other types of insects nor was it toxic to animals (mammals or birds or fish). Formulations containing Bt bacteria spores, or the Cry protein extracted from Bt bacteria, have been sold and used by commercial vegetable growers and home gardeners for many years as an environmentally friendly and non-toxic method to control cabbage loopers, corn borer, and related pests. Humans and other mammals are not affected by Bt because the Cry protein is very quickly broken down by the acidic environment of the human stomach and, therefore, does not pose a threat. Scientists and plant breeders saw the potential benefit of incorporating the gene that codes for the production of the Cry protein into corn plants. Each plant would then be able to produce its own protection against attack by corn borer, corn earworm, and similar insects. This was seen as a huge advantage and a much safer and more environmentally friendly alternative to the practice of spraying corn plants with insecticides for corn borer control. Not only does the use of insecticide carry with it some risk of pollution and some risk of exposure to the pesticide by farmers and agricultural workers, but insecticides usually kill a fairly broad spectrum of insects, both harmful and beneficial. Insecticide sprays only provide short-term protection because the insects are designed to break down in the environment over the course of a few days to a week or so, whereas a genetically engineered plant would produce the Bt Cry protein over the full growing season. The Bt gene has been incorporated into corn plants through genetic engineering. The concerns over StarLink™ corn and other Bt corn varieties results from the discovery and use of
Mulches

Mulches in the home landscape not only conserve moisture, modify soil temperature, and control weeds but also may be used to make landscapes more attractive and usable. Many types of material, organic or inorganic, may be used as mulch.

Organic mulches may break down in one season or less, or persist for several seasons. Those that persist for more than one growing season are more useful around perennial plants. Inorganic mulches such as gravel, crushed stone or some manufactured products are not as beneficial to plants as the organic mulches, such as wood chips, bark, compost, grass clippings, or shredded leaves.

Though not generally considered mulches, some low growing ground cover plants produce many of the same beneficial effects as mulch. Mulches should not be considered as fertilizer. Most of them release some nutrients as they decompose, but the fertilizer value is very small compared to the physical effects. Where mulches are needed, use them for the mulch value and add fertilizer, as needed. (MIM)

Perennials with Unique Flowers

For the perennial border, try Pancrass (Scabiosa atropurpurea). For the perennial border, try Pancrass (Scabiosa atropurpurea). For the perennial border, try Pancrass (Scabiosa atropurpurea). For the perennial border, try Pancrass (Scabiosa atropurpurea).

Selections Winners for 2001

Each All-America Rose Selections (AARS) winner was evaluated for 15 traits including disease resistance, hardness, color and novelty in gardens across the United States for two years. Only truly exceptional varieties were awarded AARS honors. The three winners for 2001 were judged to be the best overall.

Gleam of the Sun, Named after its grandparent, the Sun rose, the world’s most renowned, has some big shoes to fill. Sure to become a focal point of any garden, this variety exhibits a light tea fragrance completing a package that stands out in any garden as well.

Sun Sprinkles is only the fifth miniature ever to win AARS honors and the first since 1993. Its blazing, yellow blooms add life to any landscape. A shining example of disease resistance.

Sprinkles produces bright yellow blooms set against a backdrop of petite, dark green, glossy foliage. Its high, pointed oval buds spiral open to reveal two-inch double yellow blooms with a moderate spicy fragrance with overtones of musk. "Upright and sunSprinkles will grow 18 to 24 inches tall. Miniatures are among the first groups to bloom, rose classes, ideal for lining walkways, in growing containers, accenting formal rose beds.

Brilliant tangerine orange blooms engulf Marmalade Skies from six months to a full two to three months. Marmalade Skies blooms in late spring to early summer. As the primary color, it is a stellar addition to any existing rose bed. (MIM)

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It’s Springtime: Watch for Signs of Termites

Barb Ogg
Extension Educator

When you are doing chores around the house this spring, keep an eye out for signs of termites. Termites actively increase during the springtime as temperatures warm up.

Like all insects, termites are cold-blooded animals and activity slows greatly when temperatures are cold. Unless they enter a structure below the frost line, termites are less active during the winter. However, hungry termites are looking for food—which could be your house. Be on the lookout for:

—Mud tubes. To keep from becoming dehydrated, termites build and travel through these mud tubes that are about the size of a pencil. If you break the tubes open, you may find light-colored worker termites. These innocent-looking insects are the ones that take small bites out of your house. Watch for mud tubes on the side of foundations, inside basement walls, and where wood is close to the soil. Check for mud tubes if you are doing repair work; homeowners sometimes find mud tubes in wall voids while doing remodeling projects.

—Swarming termites. In the spring, some of the termites in a healthy colony develop wings and fly off to start new colonies. Swarming termites are dark brown to black, have two pairs of nearly equal-sized wings, and are weak flyers. Termites that swarm into the house will usually be penetrated with a screwdriver or an icepick, revealing mud tubes lining the damaged wood. Tapping damaged wood with the handle of a screwdriver may produce a “hollow” sound.

—Pinholes in drywall or wallpaper. Termites in the wall void sometimes chew through drywall to search for new sources of wood. When they reach the light and dry air, they stop and plug the tiny hole with mud.

Places to particularly look for termite activity include wooden constructions in basement and crawl spaces, wood sills, joists, support posts, basement window frames, and wood that should you do if you find termite activity? Do NOT PANIC! Termites damage wood slowly; it takes from three to eight years for significant damage to result from a termite infestation in Nebraska.

Many people want to treat the termite infestation themselves to save money. But because of the expertise needed to treat properly, homeowners should work with a termite control professional.

Do not be pressured into making a quick decision about purchasing a termite control service; the time spent gathering information can save you hundreds, even thousands of dollars and will help you make more informed decisions.

To become more informed about termites, come to a workshop, “Everything Homeowners Need to Know about Termites and Termite Control.” University Extension Educators, Barb Ogg, Dennis Ferraro and Pesticide Education Specialist, Clyde Ogg, will discuss termite biology and behavior, home inspection tips, differences between barrier and bait treatments, and how treatments should be done for best termite control. Tim Creger, pesticide program manager of the Nebraska Department of Agriculture will discuss why it is important for homeowners to read and understand termitecide labels.

This workshop will be held at the following five Nebraska locations:

- May 10, Columbus, Agriculture Park Exhibit Hall, 822 15th Street; 6:30 - 9:30 p.m.
- May 15, Omaha, Douglas County Extension Office; 8015 W. Center; 6:30 - 9:30 p.m.
- May 17, Auburn, 4-H Building; 7 - 10 p.m.
- May 22, Lincoln, Lancaster Extension Education Center, 444 Cherry Creek Road; 6:30 - 9:30 p.m.
- May 24, Hastings, Adams County Fairgrounds, Activities Building, North Conference Room; 6:30 - 9:30 p.m.

There is a $20 registration fee for this workshop. In addition to training, participants will receive up-to-date reference materials. (BPO)

Environmental Focus

Don’t Confuse Winged Termites With Ants

To the untrained eye, winged termites look a little like winged ants. To add to the confusion, termites and ants both swarm during the springtime. If you see a critter that you are unsure of, bring it to the Lancaster County Extension Office weekdays from 8 a.m. to 4:30 p.m. our diagnostic services are free, and we can provide management tips for just about any pest problem that you bring to us. For those of you who have brought specimens to our office in the past, we have a new diagnostic lab with more space. We have a new digital microscope that will allow us to capture microscopic images for use on our webpage and the future NebLine articles. We hope that this state-of-the-art equipment and better facilities will help us serve you better. (BPO)

We Love the Birds, But Sometimes They Drive Us Crazy!

Springtime is when birds are preoccupied with mating, nest building, and rearing young. Along with these activities, some species have a variety of behaviors that seem to be odd, annoying, or even frightening.

“Why are woodpeckers beating on my house?”
“I have birds repeatedly banging into my window. Why are they doing this? Will they hurt themselves?”

“Swallows have been trying to build a mud nest above our door. How do we discourage them?”

“Grackles are putting droppings in my bird bath (swimming pool). Why?”

“Blue jays and swallows have been attacking our cat and have swooped down on us! Why are they doing this? How can we protect ourselves from these dive-bombing birds?”

“My children found a baby bird that fell from a nest. Will the parents abandon the bird now that we’ve touched it?”

Call the extension office at 441-7180 to get your free copy of Springtime Bird FAQ’s (Fact sheet 266) for answers to all these bird behavior questions. Or visit us on-line at http:// lancaster.unl.edu/enviro/pest/bug.htm (SC)

Reminder!!
Household Hazardous Waste Collection for Lancaster County Residents

Friday, May 18, Hickman, Second and Main; 3-6 p.m.

Saturday, May 19, Goodyear Tire and Rubber, 4021 N. 56 Street; 9 a.m.-3 p.m.

Questions? Contact the Lincoln-Lancaster County Health Department (441-8040), (BPO)

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/pest/bug.htm (SC)
BSE (Mad Cow) and Foot & Mouth Disease, Ending the Confusion!!!

The media, public, and even animal producers have demonstrated a great deal of confusion between Bovine Spongiform Encephalopathy (BSE) which is known as “Mad Cow Disease” and Foot & Mouth Disease. The following table will compare and contrast the difference between these diseases and attempt to clarify some issues that seem to hinder understanding and prevention of these animal diseases.

<table>
<thead>
<tr>
<th>Question</th>
<th>BSE (Mad Cow)</th>
<th>Foot &amp; Mouth Disease (FMD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is it a threat to humans?</td>
<td>There is a possible link between BSE in animals and variant-Creutzfeldt-Jakob Disease (vCJD), in humans; vCJD can be fatal.</td>
<td>NO, FMD does not impact human health or food safety.</td>
</tr>
<tr>
<td>Is it a threat to animals?</td>
<td>BSE is eventually fatal to animals.</td>
<td>The disease is not commonly fatal, but causes extreme production losses in affected herds.</td>
</tr>
<tr>
<td>How is it treated?</td>
<td>There is no treatment for BSE except through slaughter of the animal and examination of their brain.</td>
<td>There is a vaccine, but it’s limited supply, an inability of scientists and veterinarians to differ between the disease and the vaccine, and meat export restrictions make slaughter the most viable option.</td>
</tr>
<tr>
<td>Is it in the U.S.A.?</td>
<td>NEVER. BSE has never been found in the United States or North America.</td>
<td>The last outbreak of FMD in the United States was in 1929. Since that time it has remained a foreign animal disease. The disease occurs regularly in some countries in Africa, the Middle East, and South America.</td>
</tr>
<tr>
<td>What is being done to prevent these diseases arrival in the U.S.?</td>
<td>The United States has taken active steps to prevent the introduction of infected cattle or contaminated feeds by banning animal importation from BSE infected countries. It is also illegal in the United States to feed cattle rendered products containing ruminant-derived proteins.</td>
<td>The United States continuously maintains an active program to prevent the introduction of FMD into the U.S. cattle herd. These efforts have been strengthened since the outbreak in Europe. The USDA has added additional staff to increase surveillance at international airports, and livestock producers are asked to limit travel to foreign countries and limit foreign visitors on their operations.</td>
</tr>
</tbody>
</table>

For more information on BSE and FMD, please contact Lance Cummins-Brown, extension educator, at 402-441-7180 or e-mail him at lbrown4@unl.edu (LCB)

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Controlling Volunteer StarLink™ corn

While Aventis has pulled the genetically modified hybrid, StarLink™, from the market and is no longer available for planting, the potential for志愿 StarLink™ corn

Soybean is an ideal row crop to grow where volunteer StarLink™ corn is a problem because: 1) several very effective herbicides are available for volunteer corn (including StarLink™ control in soybean), and 2) volunteer corn is readily spotted in soybean and escapes can be manually removed, if necessary. While not recommended, if corn is grown in fields which were exposed to StarLink™ in 2000, make certain the crop does not reach human food channels.

### Cultural Practices

No-till and ridge-till seedbeds. A ridge-till system which uses a “ridge-clearing” device can move most of the volunteer corn kernels from the ridge (new corn row) and deposit them between the rows where the resulting volunteer corn can be controlled with a cultivator. The ridge-clearing device must be adjusted to scrape surface soil (at least one inch) off the ridge in order to effectively move corn kernels to the inter-row area.

Both no-till and ridge-till reduce volunteer corn establishment, reducing the task of controlling the remaining volunteer corn. Chemical Control Volunteer corn often occurs in clumps as a result of ears remaining from the previous crop. Effectiveness of soil-applied herbicides in high density clumps is reduced due to “competition” between individual plants for the herbicide. Post emergence herbicide effectiveness is reduced in high plant density clumps of corn because one plant sheds another resulting in inadequate herbicide coverage. As a result, complete control of volunteer corn is unlikely from a single application of post emergence herbicide. A follow up operation will be required to control survivors. This article will not cover the specifics of individual herbicides. Consult product labels for application rates, additives, volunteer corn growth stages, and crop rotation restrictions.

### Soybean

Several herbicides can effectively control volunteer StarLink™ corn. Pursuit + Scepter applied post emergence will suppress volunteer StarLink™ corn. Best results occur if applications are made when the volunteer corn is 6 to 12 inches tall. Soil applied Command, Scepter and Trifluralin would provide some suppression of volunteer StarLink™ but are not nearly as effective as the post emergence herbicides mentioned.

### Corn

A majority of government agencies raises the tolerance level for the StarLink™ trait in corn for human food, it is not realistic to expect to achieve sufficient control of volunteer StarLink™ corn in fields exposed to StarLink™ in 2000. If the tolerance level for the StarLink™ trait is increased (a

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Farm Views
Healthy Tomatoes Result of Planning, Care

Caring for tomato plants doesn’t end with planting. Fertilizing is key to raising healthy tomato plants. During planting, use up to two or three pounds of high-phosphorus fertilizer per 100 square feet of land. Continue to add a teaspoon of fertilizer once or twice a month, depending on the soil’s fertility, which can be determined by a soil analysis. Be careful not to over-fertilize, because too much fertilizer results in more foliage than fruit.

Although it’s a chore many people put off, tomato cages should be set up while plants are small. Inexpensive cages can be made from concrete reinforcing wire, available at home centers or lumber yards. Tie the wires in rolls 50- to 150-feet long and five-feet wide so the cages are tall enough for large determinate tomato cultivars. Using heavy-duty wire cutters, cut the wire five-feet long to make cages approximately 18 inches in diameter. Form a circle with a wire and bend the ends to hold the cage together. Although the cage rests quickly, the wire is sturdy and may last 30 years or more. Two electric fence posts, driven through the wire and pounded into the ground will hold the cages steady in almost any Nebraska wind.

To prevent the branches from growing out the openings in the cage, wrap nylon tulle, available at fabric stores, around the cage and fasten with clothes pins. This forces the plant to grow upward, and by doing so, one can’t have to reposition the branches, which often causes breakage. Once the plant has filled most of the cage, remove the netting and store for another year. The next growing season, the new gardeners prefer to stake their tomato plants instead of using cages. Stakes should be placed before planting or soon after, to avoid damaging the roots of the tomato plants. Place the stake 4 inches from the plant and the planter to it, using a nylon stocking or soft cord. Make sure the tie is placed under a leaflet branch to avoid damaging the plant.

Place mulch around the plant to maintain uniform moisture, which is critical to preventing blossom end rot. The mulch also prevents soil-borne diseases and reduces weed growth and water loss. Fungicides also help keep diseases at bay. To increase growth and prevent against late and early blight, apply fungicide every 10 to 14 days. Proper watering is critical. Most plants need one to two inches of water per week depending on the soil type, plant size, and the weather. Soaker hoses keep the foliage dry and prevent fungus-carrying soil from splashing onto the leaves. Soil moisture must be distributed evenly to prevent the blossoms from rotting. Fertilize young vines. Wire sizes commonly used to mark the bed line, but is not necessary. Kill all weeds and turf where the bed will be made, which can be done manually or with herbicides.

When creating the bed, it’s best to rototill the bed area to a depth of eight to 12 inches and then add topsoil and organic matter to the desired height. Incorporate 25 percent organic matter to 75 percent topsoil. Pile the soil higher than ultimately desired to allow for settling. Install any underground or drip irrigation at this point as well.

Layer mulch on top of the bed after planting, making sure the mulch is lower than the edge of the bed to prevent washing over. Stone, brick, wood, and plastic landscape edger are popular options to provide an edge for the bed.

SOURCE: Anne Streich, coordinator, Horticulture Outreach Programs, NUAIRN. (DJ)

Trellis Construction

Grapevines can be supported and trained to a variety of structures. In the home garden, structures range from the decorative trellis to the conventional trellis.

Construction of a grape trellis is similar to constructing a farm fence. First, you must be able to determine which is the tallest of the vines. Typically, the trellis consists of one, two, or three wires stretched tightly and secured to firmly set posts.

End posts serve as the anchor points as well as wire supports. End posts are generally eight-feet long, with a diameter of four inches, set approximately two-feet deep in the soil. They may be braced in several ways. A common method is to set an extrapost within a few feet of the end post. A heavy piece of wood or another post makes a good brace between the two end posts.

Line posts are also eight-feet long, but with a diameter of three inches. They are set about two feet into the ground and spaced about 24 feet apart. In the spring, you may need to brace the post about six inches above ground level, if they aren’t strong enough. Sharpen the blades to a cleaner cut surface that will fit the lawn. They don’t contribute to the summer.

Second, mow at the high rate during winter. This allows the grass to grow upward, and by doing so, forces the plant to grow. After the ground thaws, raise the cut during summer. Mow lower in the spring. While these strategies can be used to decrease the growth of crabgrass, to develop. If you want an early spring green lawn, cut the grass short for the first two mowing cycles. Then cut the grass at its normal height, two inches for bluegrass and three inches for fescue, to control crabgrass and other weeds. The biggest problem with this first strategy is forgetting to raise the mowing height again. Low mowing too far into spring can result in a weaker root system in the summer.

Second, mow at the high end of the recommended range for a lawn species throughout the growing season. This will promote a deep root system. The downside to this approach is turf density isn’t stimulated. Mowing lower, even if only in April and October, can make a big difference in turf development.

While these strategies can produce attractive turf, don’t overlook basic mowing principles. Follow the one-third rule: never more than one-third of the turf’s leaf material at one time. Mow lawns at least once a week in high growth periods like April, May, and October. Sharp mower blades make for a cleaner cut surface that will both heal faster and be more aesthetically pleasing. Sharpen mower blades every ten hours of use, or one to three times a season.

Next, recycle grass clippings. It’s an easy way to promote healthy turfgrass without generating landfill waste.

Lawn clippings can return valuable nutrients and organic material to the turfgrass system. Much of the nitrogen taken up by turfgrass plants goes to make new shoot material, and ends up in mowed clippings. Removing these clippings permanently removes the nitrogen from the system.

Recycling doesn’t reduce a lawn’s fertilizer requirement, but up to 25 percent more fertilizer is required to get similar growth responses. Clippings decompose quickly and evenly into the lawn. They don’t contribute to thatch buildup, as was previously thought. Just remember to follow the one third rule to make recycling most effective.

SOURCE: Roch Gausson, Ph.D., turf specialist, NUAIRN. (DJ)

Acreage Insights

Strategic Mowing Helps Lawns Grow Healthfully

Although it’s a chore many people put off, mowing properly is a simple thing homeowners can do to maintain a healthy, beautiful lawn.

First, cut grass to a lower height in spring and fall, and raise the cut during summer. Mowing lower in the spring allows for soil warming, promotes early growth and stimulates turf density. Raising the height just before and during summer enhances stress resistance. Mowing lower again in the fall promotes lawn density.

Closer mowing allows grass to green up faster in the spring. More sunlight can reach lower areas of the lawn to stimulate growth, and dead foliage leftover from winter can be easily removed. The green growth underneath becomes exposed and the lawn appears greener sooner.

However, continuing to mow short through the spring might encourage weeds, like crabgrass, to develop. If you want an early spring green lawn, cut the grass short for the first two mowing cycles. Then cut the grass at its normal height, two inches for bluegrass and three inches for fescue, to control crabgrass and other weeds. The biggest problem with this first strategy is forgetting to raise the mowing height again. Low mowing too far into spring can result in a weaker root system in the summer.

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SOURCE: Roch Gausson, Ph.D., turf specialist, NUAIRN. (DJ)
**May is National Egg Month**

The month of May is “National Egg Month,” and Nebraska joined the celebration when Governor Johanns proclaimed “May is Egg Month” in Nebraska. Here’s a quick and easy egg recipe for you to enjoy.

**Eggs** are no longer considered a major dietary risk factor for heart disease. The American Heart Association (AHA) recently released its new dietary guidelines with the first significant changes in its policies in four years. Based on accumulated data from decades of research, AHA replaced its previous recommendation to limit egg yolks consumption to three per week with the following statement: Individuals may choose to eat one egg yolk daily, if they limit their total cholesterol intake.” AHA also notes eggs are “fairly low in saturated fat and total egg” and “egg whites have no fat and no cholesterol.”

The egg industry is an important part of Nebraska agriculture. Nebraska’s laying hen population of approximately 10 million birds produces over 2.5 billion eggs annually. Nebraska ranks eighth in the nation in commercial egg production and is also a leading state nationally in the production of further processed egg products.

By adding up the % DV for calcium, all nutrients and supplements, you can learn whether you reach your goal each day. Also, it’s easy to compare the different values of different products by looking at the % DV.

The following information on the dietary aspects of osteoporosis is the same for information for general healthy eating and should not be considered a substitute for seeking dietary advice from your healthcare provider. For additional information about diet and calcium, other factors influencing bone health, two excellent resources are the National Osteoporosis Foundation Web site (http://www.nof.org) and the book, Strong Bones, by Miriam Nelson, Ph.D. (NOTE: The information in Nelson’s book is applicable to men as well as women.)

**Using Food & Supplement Labels to Assess Calcium Intake**

Calcium, the major component of bones, is one of the nutrients most frequently mentioned in relation to osteoporosis. We can use the product label to learn how much calcium is in packaged foods and in vitamin/mineral supplements. The Food and Drug Administration (FDA) uses the term “Percent Daily Value” (% DV) to describe the amount of calcium a food or supplement provides in relation to the general U.S. population’s daily needs.

SOURCE: Based on comments made by a 70+ year old woman with osteoporosis.

Ten years ago, Americans may have osteoporosis and another 18 million have low bone mass, placing them at increased risk of osteoporosis, according to the National Osteoporosis Foundation (NOF). Osteoporosis often is called the “silent disease” because bone loss occurs without symptoms. The first signs of osteoporosis may be a fracture that occurs as a result of a weakened bone. A sudden straw can break a bone all by itself and a tug turns a break into a fracture.

Eighty percent of those affected by osteoporosis are women. A woman’s risk of an osteoporosis-related hip fracture equals her combined risk of breast, ovarian, and uterine cancer. Overall, one in two women and one in eight men over age 50 will have an osteoporosis-related fracture. On average, 24 percent of hip fracture patients age 50 and over die during the year following their fracture according to NOF.”

A Gallup poll of women with osteoporosis showed few took preventive action and 9- out-of-10 wish they had known how to take preventive measures (SOURCE: NOF news release, May, 2000).

The following information was developed for individuals of both sexes. Women may be more affected for all countries due to differing dietary patterns and environmental factors.

The 100% DV level for calcium equals 1,000 milligrams (mg). The % DV on the “Nutrition Facts” panel of a food label or the “Supplement Facts” section of a vitamin/mineral supplement tells how much calcium one serving provides in relation to 1,000 mg. For example: If a food or supplement provides 200 mg of calcium per serving, the label would show a 20% DV for calcium (200/1,000 x 100%).

The serving size on the “Nutrition Facts” panel of foods is based on what people typically eat—it is not a recommended amount. The serving size is given at the top of the panel.

To determine your calcium intake from a specific food or supplement, identify the serving size and the % DV on the label. For example, suppose the serving listed is 1/2 cup chopped broccoli is 1/2 cup and this amount provides 4% of the calcium DV. If you eat TWICE this amount, or 1 cup, you will consume 8% of your daily calcium need.

**Nutrition Education Program**

for Limited Resource Families

**Andrea Oehlerich Extension Assistant**

Other class topics include: parenting, Star Tran (bussing in Lincoln), tenant rights, budgeting, and self-esteem. With two sessions complete and another in the works, this program has proved to be a success.

**Calcium and Vitamin D Intakes**

Recommended Daily Intakes

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Calcium (mg)</th>
<th>Vitamin D (IU)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth - 6 months</td>
<td>210 mg (21% DV)</td>
<td>200 IU vitamin D (50% DV)</td>
</tr>
<tr>
<td>6 months - 1 year</td>
<td>270 mg calcium (27% DV)</td>
<td>200 IU vitamin D (50% DV)</td>
</tr>
<tr>
<td>1 - 3 years</td>
<td>500 mg calcium (50% DV)</td>
<td>200 IU vitamin D (50% DV)</td>
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<td>4 - 8 years</td>
<td>800 mg calcium (80% DV)</td>
<td>200 IU vitamin D (50% DV)</td>
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<tr>
<td>9 - 18 years</td>
<td>1,000 mg calcium (100% DV)</td>
<td>200 IU vitamin D (50% DV)</td>
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<tr>
<td>19 - 50 years</td>
<td>1,200 mg calcium (120% DV)</td>
<td>200 IU vitamin D (50% DV)</td>
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<td>51 - 70 years</td>
<td>1,200 mg calcium (120% DV)</td>
<td>400 IU vitamin D (100% DV)</td>
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<td>71 or older</td>
<td>1,200 mg calcium (120% DV)</td>
<td>800 IU vitamin D (200% DV)</td>
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**See Nutrition on page 11**
Clarice's Column

Clarice Steffens  
FCE Council Chair

Recently the newspaper listed a number of ways to keep you from growing old. One of the many ways is “You decide to participate in as many activities as you can get around to it.” Well, I did procrastinate, but I am getting around to writing this article. Maybe I’m not quite as old as I think I am! Incidentally, many of the other ways are right on target!

On March 26th the FCE Council met and several decisions were made. Our county project Council met and several decisions

4 Steps for Kids

“4 Steps for Kids”, a national initiative of the National Highway Traffic Safety Administration reminds parents to protect child passengers as they grow. 1. Rear-facing child safety seats—from birth to at least 20 pounds and at least one year of age. The harness straps should be at or below shoulder level. For babies who are under one year and up to 20 pounds, a rear-facing seat should be at or below shoulder level. 2. Forward-facing seat—if a child is at least 20 pounds and at least one year old to about 40 pounds and about age four. The harness straps should be at or above shoulder level. Most convertible, forward-facing seats require use of the top-slot for forward-facing seats. 3. Booster seat—if the child is over 40 pound up to 80 pounds and under four feet, nine inches tall. Belt-positioning booster seat must be used with both lap and shoulder belts. Never use a booster seat with a lap belt only. Make sure the lap belt fits low and tight to avoid abdominal injuries. 4. Forward-facing seat belt—if a child is over 80 pounds and at least four feet, nine inches tall. If a child can sit with their back straight against the vehicle seat back cushion, with their knees bent over the vehicle’s edge without slouching, they can be moved out of the booster seat into the regular seat.

Additional Hints:
• Have your child safety seats inspected by a certified child safety seat technician. The following two locations in Lincoln offer such inspections:
  - Russellwood Chrysler Plymouth, 3535 S 90th St, Lincoln, phone: 402-489-7156, or Lincoln Dodge, 1235 West O Street, Lincoln, phone 402-477-1777. As a courtesy, call ahead to make sure a technician is available.
  - Never place a child in the front seat of a vehicle equipped with an air bag. All children age 12 and under should be properly restrained in the back seat.
• Old-fashioned child safety seats should not be used unless you are certain there have never been in a crash. If you are reusing a seat, make sure it is less than six years old, make sure you have all the pieces (including instructions) and make sure the seat has been checked for recalls.

Information based on material from the National Highway Traffic Safety Administration. (LJ)

Preparing Kids for Summer Camp

LaDeane Jha  
Extension Educators

Making s’mores around a campfire, telling ghost stories at night during a scary thunder-storm, finding a snake, getting dirty, conquering fears, finding new friends, complaining about camp food, making new experien-
ce. Summer camp is more than a country vacation for kids according to psychologist, Bruce Muchnick. The benefits to both child and parent are many. A good camp experience can give children a chance to develop life skills and critical thinking. Some of the benefits include:
• Time away from parents, school, and their neighborhoods. Separation is necessary and can be a healthy experience to be independent in a safe environ-
m ent.
• Greater self-sufficiency and confidence by doing things without parental help.  
• A knowledge of how to cooperate and make decisions. The children learn the art of give and take by living and playing with new people.
• Adventure that comes from trying new things, especially new

CHARACTER COUNTS! Corner  
Loyalty

The four part series of being a trustworthy person is concluded this month with the characteristic of loyalty. There are many forms of loyalty such as commitment to family, pride in your school, being faithful to a spouse. All of these relationships seem to say, “you can depend on me, I’ll be here.” Ways to show loyalty to people you care about include keeping private information private and being careful with embarrassing or harmful information which could hurt other people. Loyal people show strength of character by being committed to their families, their workplaces, or causes that are important to them. People who show loyalty can be counted on and are trustworthy. They are assets in almost any place in communities. They realize how destructive it can be to talk behind other people’s backs, gossip, or spread rumors. Loyal people protect who and what are important to them. (SS)

AmeriCorps and VISTA at Work in Your Community

AmeriCorps and VISTA are at work in your community. VISTA stands for Volunteers In Service to America. For the last four years, Cooperative Extension in Lancaster County has sponsored a VISTA. The VISTA volunteer commits to a year of service in a community and receives a modest living allowance. At the end of their year, they may select a year-end cash stipend or a monetary educa-
tional award. VISTA is a full-time commitment. The exten-
sion office financially supports the VISTA with office space, mileage, and other expenses such as any relevant training.

VISTA in extension identify needs in the community and find ways to solve them. They are also given the opportunity to work with various programs in exten-
sion. The primary focus of the collaboration between VISTA and Cooperative Extension is to serve new audiences. Suzanne Spomer, VISTA, has been with extension since 1999.

Suzanne currently supervises two youth leadership programs, a 4-H club and a tutoring group. The programs enable youth to develop life skills and critical thinking. She also assists with

Family Living

by Lorene Bartos, Extension Educator

To clean small areas like countertops, spray or gel products are convenient and easy to use. To clean larger areas, like floors or walls, powders or liquids mixed in a pail of water are more effective.

To prevent streak marks when cleaning large vertical areas (walls, etc.), start at the bottom and work up. Overlap areas as you clean and use a circular motion. (LB)

AmeriCorps

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- FCE News -

Sizzling Summer Sampler  

sponsored by the FCE Council  
For FCE members and guests

Tuesday, July 10  
Dinner — 6 p.m.

Learnshops — Approximately 7 p.m.

Watch the June Newsletter for details  
Cost: $10.00

Send reservations to:  
Joy Kruse
850 Adams Street, Lincoln, NE 68521

Mark your calendar and join the fun!

Preparing Kids for Summer Camp

LaDeane Jha  
Extension Educators

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How To Exhibit At The County Fair

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

Putting It All Together

A day for 4-H’ers enrolled in or interested in Shopping in Style and Attention Shoppers. Sharpen your consumer decision-making skills and learn how to make a complete outfit by mixing and matching. The workshop will include choosing accessories, shopping (visiting the mall), and modeling. Thursday, June 28, 9:30-3 p.m. call 441-7180 to register. (LB)

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)

Expovisions 2001

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

Family & Consumer Science Judging Workshop and Contest

Come to the Family & Consumer Science workshop Wednesday, June 13 from 1-2:30 p.m. Learn judging techniques and decision-making skills for the July 18, Family & Consumer Science Judging Contest. (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, 4100 N. 84th, Lincoln. Registration is due June 29. For more information, contact Tracy at 441-7180. (TK)
4-H Clover College

Here’s a great opportunity for 4-H’ers to learn about a variety of topics by participating in these “hands-on” workshops.

To register, complete the registration form (one person per form) listing the classes you wish to enroll in and return with the form. Registrations must be received by June 15. They will be handled on a “first come, first served” basis and will only be accepted upon receipt of fees. Telephone registration will not be accepted. You may register by mailing your registration form and check or money order (made payable to Lancaster County Extension) to: Lancaster County Cooperative Extension, 444 Cherrycreek Road, Lincoln, NE 68528-1507.

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

ALL FEES ARE NON-REFUNDABLE unless a class is filled to capacity or canceled. With attending workshops that overlap, the lunch period may bring a sack lunch. No other food will be available unless otherwise stated in the workshop description. (TK)

Four-day Workshops

All four-day workshops will be held on: Tuesday, June 19 - Friday, June 22.

1. Rockets... Countdown to Family Fun
   How to’s on rocket building. Participants are required to purchase their own rockets.
   TIME: 1:00-10:00 a.m. EACH DAY
   FEE: None
   INSTRUCTOR: Ron Suin, 4-H volunteer

2. Clover Kids 4-day Day Camp
   Clover Kids will participate in several hands-on activities while learning about animals, food fun, science, the outdoors, and more.
   TIME: 8:00-10:00 a.m. EACH DAY
   FEE: $10.00
   INSTRUCTOR: Lorene Bartos, Extension Educator
   CLASS SIZE: 10 maximum
   AGES: 5-7

3. Outdoors, Small Animals, and More
   Make a bird feeder, learn about habitats for household pets, and acquire tips for small animal care.
   TIME: 12:45-2:45 p.m. EACH DAY
   FEE: $4.00
   INSTRUCTOR: Shelley Condon, 4-H volunteer
   CLASS SIZE: 10 maximum
   AGES: 8 and up

4. Quilted Flags
   Learn about the processes of quitting and make a quilted flag. Participants need to bring the following: (all fabric needs to be 100% cotton, prewashed, and ironed) 1/4 yard white or off white on cream (or similar fabric color), 1/4 yard navy print OR blue scraps large enough to make 12 2” squares, 1/4 yard each of 2 or more different red prints. Also needed: straight pins, fabric scissors, seam ripper, cream thread, sewing machine.
   TIME: 9:00-5:00 p.m. EACH DAY
   FEE: $7.50
   CLASS SIZE: 6
   AGES: 8 and up
   MUST have completed Clothing Level 1 project book.
   INSTRUCTOR: Kim Bock, 4-H volunteer

5. Insect Collecting for Beginners
   Youth will learn the most common insect orders and make their own starter collection. They will learn how to collect insects and will make their own kill jar.
   Youth will chase insects with aerial nets and collect aquatic insects so should come dressed to enjoy the outdoors!
   TIME: 9:00-5:00 p.m. EACH DAY
   FEE: $15 (some supplies included)
   CLASS SIZE: 20 maximum
   AGES: 8 -12
   INSTRUCTOR: Barb Ogg, Extension Educator

One and Two-day Workshops

These workshops will be held for two hours each, one or two days only. Check for day and time.

6. Home Alone
   This workshop is for school-age children who spend time alone during the day or after school without adult supervision.
   TIME: Tuesday, June 19 and Wednesday, June 20
   TIME: 8:00-10:00 a.m.
   FEE: $2.00
   CLASS SIZE: 15 maximum
   AGES: 8-12
   INSTRUCTOR: Lorene Bartos, Extension Educator

7. Funtivities
   Youth will learn that experimenting with science and technology can be fun. Throughout the workshop youth will do many fun and exciting hands-on science experiments. If you would like to discover and explore new things, this is for you!
   DATE: Tuesday, June 19
   TIME: 10:15-12:15 p.m.
   FEE: $3.00
   CLASS SIZE: 10 maximum
   AGES: 8 and up
   INSTRUCTOR: Deanna Karmazin, Extension Assistant

8. Money, Money, Money
   Learn the basics of banking and how to spend and save wisely. Participants will leave the workshop with science and technology can be fun. Throughout the workshop youth will do many fun and exciting hands-on science experiments. If you would like to discover and explore new things, this is for you!
   TIME: Tuesday, June 19
   TIME: 10:15-12:15 p.m.
   FEE: None
   INSTRUCTOR: First Federal
   INSTRUCTOR: Lori Warner, Marketing Manager for The Popcorn Card

9. Style Revue and Color Analysis
   Learn new styling procedures and practice your modeling technique. Color consultant Jackie Zimmerman will also present a color workshop where individual color analysis (warm and cool colors) will be offered.
   TIME: Tuesday, June 19
   TIME: 10:15-12:15 p.m.
   FEE: None
   CLASS SIZE: No limit
   AGES: 8 and up

10. Getting Set for the Table Setting Contest
   Have a great time learning everything you need to know to participate in the table setting contest. Come early with a planned table for the fair.
   DATE: Friday, June 22
   TIME: 10:15-12:15 p.m.
   FEE: $5.00

2001 Clover College

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

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<th>Name</th>
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I WANT TO ENROLL IN THE FOLLOWING SUMMER PROGRAMS:

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TOTAL AMOUNT PAID $  

1. Checks/money orders should be made payable to Lancaster County Extension.
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15. Digital Photography
   Learn what makes digital photography different from film photography.
   DATE: Thursday, June 19
   TIME: 12:45-2:45 p.m.
   FEE: $4.00

CLASS SIZE: 10 maximum
AGES: 8 and up
Must be familiar with fundamental operation of a camera.
INSTRUCTOR: Jen Wies, Communications Assistant

16. Pick it-smush it-eat it.
   Did you know that nearly all agricultural products must be processed in some way? Do you use them? During this workshop we will process wheat into bread and cream into butter. We will also taste many agricultural products in their raw forms and in different stages of processing.
   DATE: Friday, June 22
   TIME: 12:45-2:45 p.m.
   FEE: $3.00

CLASS SIZE: 15 maximum
AGES: 8 and up
INSTRUCTOR: Deanna Karmazin, Extension Assistant

17. Be Water Wise
   Learn more about this valuable natural resource and why it is important to conserve and protect it. Participants will participate in a variety of demonstrations and kid-friendly experiments.
   DATE: Friday, June 22
   TIME: 12:45-2:45 p.m.
   FEE: $5.00

CLASS SIZE: 10 maximum
AGES: 8 & up
INSTRUCTOR: Corey Brubaker, Extension Educator

18. Wonderscope: Rainforest Ecologist
   Have you ever wanted to travel to or learn more about a tropical rainforest? If you have, come to this session and learn about the plants and animals that live in a tropical rainforest through hands-on activities, an exciting hands-on workshop, and ideas developed by the leading rainforest scientist in the United States.
   DATE: Friday, June 22
   TIME: 12:45-2:45 p.m.
   FEE: $5.00

CLASS SIZE: 15 maximum
AGES: 8 & up
INSTRUCTOR: David Smith, Extension Education for Joni Cohran, Extension Associate

Livestock Behavior Clinic

The Great Plains Livestock Behavior Clinic coordinated by the University of Nebraska and Nebraska Southeastern Community College will be held July 13, 9 a.m. 3:30 p.m. on the Beatrice Campus. The cost of the camp is $55 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)
Deadline Approaching for Fellowship Applications

The Lancaster Extension Office encourages qualified area residents to consider applying for a Nebraska LEAD (Leadership, Education/Action Development) Program Fellowship. Designed to strengthen leadership skills and knowledge; the two-year program focuses in areas of economics, government, communications, international trade, politics, business, labor, environment, finance, and industry. Annually, up to 30 individuals will be selected from production agriculture and agribusiness. Selected fellows participate in 12 three-day seminars, a 10-day national study/travel seminar and a two to three-week international study/travel seminar. The program is structured so participants can usually continue a regular working routine over the length of the two-year program.

In its 21st year, the program is operated by the Nebraska Agricultural Leadership Council, Inc., a nonprofit organization, in cooperation with Nebraska colleges, universities, business, industry, and individuals throughout the state.

Applications are due June 15 and are available from the Nebraska LEAD Program, Room 318 Biochemistry Hall, University of Nebraska, Lincoln, Nebraska 68583-0763 or additional information can be obtained by phone 472-6810. General information is available on the web at www.ianr.unl.edu/lead/ (GB)

Lancaster County...

- rectangular in shape, extending 24 miles from east to west and 36 miles from north to south
- covers 545,856 acres of land and features 4,800 acres of surface water in areas larger than 40 acres
- its highest elevation is about 1,520 feet in the extreme northern part of the county or about 5 miles northwest of Agnew and in the extreme southwestern part of the county about 4 miles south of Kramer
- the lowest elevation is 1,080 feet in the northeastern part where Salt Creek leaves the county (GB)

Have you ever wondered why your concrete garage floor has a severe crack, why some basements have constant water problems, or why a number of Lancaster County properties have a sewage lagoon system? The soil survey of Lancaster County is a valuable information resource for land use purposes. It contains information about soil behavior and points out certain soil limitations and hazards that impact land uses. It can answer many questions about land in Lancaster County.

Being knowledgeable about local soils can help save you considerable frustration, needless mistakes, and expense. Landowners interested in food and fiber production can determine soil production potential and required management requirements. For those interested in a land purchase, the soil survey can assist buyers to quickly determine if a property is suitable for an intended use. Great differences in soil properties can occur within short distances. Some soils are seasonally wet or subject to flooding. Some soils may be too unstable for use as a foundation or road bed. Other soils are unsuited for basements and septic tank absorption fields. Side stepping this kind of information reduces decision-making ability and often leads to costly and unhappy situations. The Soil Survey of Lancaster County contains a wealth of information. Including general background information, it provides detailed soil maps of the county. It further lists and explains soil properties and classifications for land use purposes. In addition, the soil survey features an environmental planning guide for trees, potential for wildlife habitat, building site development, sanitary facilities information, water management table, engineering index properties, and physical and chemical properties of soils.

The Soil Survey of Lancaster County is a publication of the National Cooperative Soil Survey, a joint effort of the United States Department of Agriculture, other federal agencies, University of Nebraska, Conservation and Survey Division and local agencies. The last publication was issued in 1980 and available copies are now limited.

The Lancaster County Extension Office maintains this publication and can assist with questions related to its use. (GB)

Soil Survey of Lancaster County, Nebraska is a Valuable Reference

Grantsmanship Training Program Offered June 25-29

The Lancaster County Extension Office will host The Grantsmanship Center’s renowned Grantsmanship Training Program June 25-29. The five-day program is the most widely attended program in nonprofit history. Introduced in 1972 and continuously updated, this workshop takes participants step-by-step through all the stages of planning programs, locating funding sources, and writing grant proposals.

The program will show how to locate grant support from foundations, corporations, and government funding sources. It also covers the latest developments in online grant information systems and the Internet.

The core of the training is the hands-on work developing proposal elements that pertain to ones own agency or organization’s programs. At the same time, participants gain insight into government funding sources. It also covers the latest developments in online grant information systems and the Internet.

Finally, in a small working group, participants prepare a complete grant proposal, identifying potential funding sources and presenting it to the class for a review. (GB)

Farm/Home Plat Map and Directories are Available

New farm/home plat map and directories are available for purchase at the Lancaster County Extension Office. They are published by Farm and Home Publishers, LTD of Belmond, Iowa. Price for the directory is $19.50 (includes tax). They are available for pick-up at the reception desk during office hours. (GB)
What To Do About Swearing.

It may seem despite your best efforts to teach your children to express themselves without resorting to bad language, they are fighting a losing battle. These days explicit expletives are everywhere; many adults are using profanity as part of everyday conversations; and kids hear them on the street, on television and radio, and at the movies.

If you want your children to avoid using unsavory vocabulary, you must first educate them as to the negativity of such words. Instruct them at an early age that profanity is not only offensive, but also improper. As preschoolers become fluent, they notice what they say and how they say it makes an impression on those around them, especially adults. Words give little kids power and are often used to elicit attention. If骂ed at as such, they are apt to use these words in the future by doing whatever they believe will get them the same reaction. Parents must take this into account.

Some common foods. Check actual food labels for a more exact amount. These amounts vary, check product label. Vegetarian Group • Broccoli with cheese; 1/2 cup = 20% DV • Collards; 1/2 cup = 20% DV • Turnip greens; 2 cups = 15% DV Fruit Group • Orange juice; calcium- fortified; 1 cup = 50% DV Milk Group • Yogurt; 8 oz = 35% • Milk; whole, 2%; skim; 1 cup = 18% DV • Cheese; 1 oz = 20% DV • Milk padding; 1/2 cup = 10% DV • Frozen yogurt; 1/2 cup = 10% DV • Ice cream; 1/2 cup = 6% DV Soy milk, calcium-fortified; 1 cup = 30% DV Meat & Bean Group • Tofu with calcium sulfate; 3 oz = 0.5% DV • Baked beans with sauce; 1/2 cup = 8% DV • Pork & beans with sauce; 1/2 cup = 6% DV The main dietary sources of vitamin D are fortified milk (400 IU per quart), some fortified cereals, cold saltwater fish (for example: salmon, halibut, herring, tuna, oysters and shrimp) and some calcium and vitamin/mineral supplements. Also, vitamin D can be manufactured in your skin following direct exposure to sunlight. The amount varies according to time of day, season, and latitude. (AH)

GENETIC continued from page 1

The FDA did approve StarLink™ corn for release, but with very stringent constraints on its eventual use. It was not to be sold to processors for use in corn-based products eaten directly. More evidence was gathered that its safety for human consumption. It could be used in the field and it could be used in feedlot plants.

Cross-contamination of StarLink™ corn, with other corn types of the same crop in the grain handling industry and contamination resulting from pollen drift from StarLink™ fields onto neighboring corn fields, has resulted in cancellation of FDA approval for StarLink™ corn. Testing kits have been developed to check corn samples for the presence of the StarLink™ gene, even when that contamination is present in very low concentrations. Processors are now routinely testing corn going into products for human consumption.

For information on controlling volunteer StarLink™ corn, see the Farm News page in this issue of the NebLine.

NUTRITION continued from page 6

• Ready-to-eat cereal, cornflakes; 1 serving size varies, check product label.

two different genes, both of which code for crystalline proteins that control corn borer but which act differently and have different rates of break- down in mammalian digestion systems. In the case of StarLink™, the Bt proteins encoded by Cry9c(6) while the StarLink™ event (which is used in all other commercial crops) is controlled by Bt hybrids) used a coding region event (which is used in all other transgenic crops. (LJ)

For information on control- ling volunteer StarLink™ corn, see the Farm News page in this issue of the NebLine.

GENETIC continued from page 1

The FDA did approve StarLink™ corn for release, but with very stringent constraints on its eventual use. It was not to be sold to processors for use in corn-based products eaten directly. More evidence was gathered that its safety for human consumption. It could be used in the field and it could be used in feedlot plants.

Cross-contamination of StarLink™ corn, with other corn types of the same crop in the grain handling industry and contamination resulting from pollen drift from StarLink™ fields onto neighboring corn fields, has resulted in cancellation of FDA approval for StarLink™ corn. Testing kits have been developed to check corn samples for the presence of the StarLink™ gene, even when that contamination is present in very low concentrations. Processors are now routinely testing corn going into products for human consumption.

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CAMP
continued from page 7

times they face with uncomfortable situations the better.
A few questions to ask
What are all the expenses
What is the ratio of counselors to campers?
Often the camp supply
Does the camp supply
bedding or does your child bring
of spending money for a camper
to bring?
how often is it
open? Is there a suggested amount
money for a camper
to bring?

to bring?
What is the ratio of counselors to campers? Often
to eight campers. Is the camp
equipped to handle any special
needs for your child?
and accident insurance available or
does your current family policy
provide the coverage? What about transportation?
Camp? Do they have a camp store, for
example, and how often is it
open? Is there a suggested amount
money for a camper
to bring?

CAMP
continued from page 7

other existing programs such as
"Strengthening Families," a
program in which adults and
and youth attend sessions to learn to
both love and set limits. The
VISTA program enables volun
teers to gain experience, serve
their community, and network
with others. The sponsoring organization benefits from the
dedication and talents of the
VISTA. (SS)

Scholarships being Offered
$500 dollar scholarships will be awarded to the top individual in each state judging
and identification contest that has over 25 participants. A $250 scholarship will also be awarded to each
team member of the Champion General Livestock and Horse Quiz bowl teams.
Livestock Judging Evaluation Camp UNL
June 11 Horse I.D. Deadline
June 6-8 Livestock Judging Evaluation Camp UNL
June 1 Family Consumer Science Workshop
June 25-26 UNL/PASE Livestock Judging
June 27 District Horse Show-Lancaster Event Center

Without seeking qualified applicants for 4-H Council youth (9th grade or above in fall of 2001) and adult
positions in the following geographic areas:
Northwest—adult and youth
Southwest—youth
Lincoln city limits—two youth and one adult
Lancaster County at large—one youth
Interested applicants need to contact Lorene for further information and an application form.
(LB)