October 2001

The NEBLINE, October 2001

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Character Education Counts

LaDeane R. Jha
Extension Educator

I had a conversation with a mother about speeding the other day — it was interesting. She said, “I can speed inside the city limits — only on the highway.” I replied, “So what you are telling me is that it is okay to choose when and where to obey certain rules or laws?” She answered with, “But, everyone else does it.” I then said, “Would you let your child get away with that rationalization?” “Well,” she said, “I really only do it when no one is around and the highway is clear.” Then she stopped and really realized what she had just said.

We often talk about the lack of character exhibited by our youth and wonder why they cheat, lie, and often show little respect for themselves or others. We bemoan the lack of sportsmanship and we worry about lack of caring. Maybe it is time to take a long hard look at ourselves.

For the past four years we have held “Leading With Character Counts” two-day workshops for seventh and eighth grade youth. As part of their two day experience we frequently ask the question, “How many of you think it is important to be honest?” Nearly every student immediately raises their hand. Then I pose the question, “If you could get into an amusement park for $10 less by lying about your age, world you?” An overwhelming majority of every class say that they would. Interesting discussions follow. One of the more disturbing rationales for lying is “My parents tell me to do it at restaurants and movie theaters, too.”

The teachers in Lancaster County have done a wonderful job of implementing Character education in their classrooms and are doing their best to make the pillars of trustworthiness, respect, responsibility, fairness, caring, and citizenship part of every thing that transpires at school.

Does a comprehensive character education program work? More and more evidence shows that it does. South Dakota has done an extensive teacher and student survey over a two year period and results are promising. For example, they found that as exposure to Character Counts! increased from 1 to more than 10 times, students who never let someone copy their work also increased (20 percent to 28 percent). Students who volunteered between 1 and 5 times in the last month increased as exposure to Character Counts! increased (41 percent to 58 percent). The students who told the truth, even though it might get them in trouble, increased from 20 percent to 37 percent as exposure to Character Counts! increased. Teachers say they have seen student improvements in their classrooms, in life skill development, and in decision making.

Character Counts! is not a quick-fix way of solving problems. All of us in the community must make integrity and perseverance our personal choice. Using a common language to describe character substantially increases the effectiveness of character-building programs by exposing young people to consistent and pervasive messages. It is a commitment to strengthen the moral fiber of young people with conscious, consistent, concrete and creative character development strategies.

As Teddy Roosevelt said, “To educate a person in the mind but not the morals is to educate a menace to society.”

Teaching Character by Example

“Eighteen items in the 12 item checklist line — canned goods are one item!”

“Five miles over the speed limit — the state patrol never picks anyone up until they’re really speeding.”

“They live in their home — people solicitors deserve no special consideration.”

“I love your fruit cake — I just don’t want to hurt Aunt Jenny’s feelings.”

Can you see or hear yourself in any of these situations? Tell ourselves we’re not really doing anything that they would be proud of, that we would be worthy of their respect, and that we would have done exactly the same thing.

What are our children learning? What messages are we sending? It is also the responsibility of the community, parents, coaches, and others to help teach and build character in today’s youth. How? Each of us can make a commitment to do the following:

TEACH — Kids are born knowing that honesty is better than dishonesty. Help kids realize that their character counts—that their success and happiness depends on what they are inside, not on what they have or how they look. Teach that people of character know the difference between right and wrong.

ENFORCE — Instill the “Six Pillars of Character” by rewarding good behavior (usually praise is enough) and by discouraging all instances of bad behavior by imposing fair, consistent consequences that prove that you are serious about character.

ADVOCATE — Continuously let people know where you stand on the issue of character. Be an advocate for character and don’t be neutral about the importance of character nor casual about improper conduct. Be clear and uncompromising that you want and expect your children to be trustworthy, respectful, responsible, fair, caring, and good citizens.

MODEL — Be careful and self-conscious about setting a good example in everything you say and do. Hold yourself to a high standard. Everything you do and don’t do, send a message about your values.
Garden Cleanup

Now that it is the end of the growing season, it is time to do the garden cleanup work. While this chore may seem like busy work to some, it is important to mention that disease and insect prevention is the purpose of this task. The hours and labor spent may be more than paid back by fewer problems in the next growing season.

The garden cleanup really has four parts: complete removal of old garden plants that have had disease or insects, searching and removal of all rotten or diseased fruits that may have fallen, turning back into the soil all crop residue from plants that have been harvested but did not die from diseases or pests, and mixing all organic mulches from garden areas where it is no longer needed. Trelisess and stakes that are no longer needed can be taken out, cleaned and stored for next year.

Some gardeners may leave this cleanup for the whole garden until the last fall vegetation has been harvested or worse yet, until just before next spring’s planting. It is a good idea to clean up each garden area when it is finished even though other parts of the garden are still producing fall crops. Crop residues from healthy plants are a valuable source of organic matter, which most of our soil needs. This soil is used for all portions of plants left over after harvest: stems, stubble, mulch and root residues. These materials can be cut up and put on your compost pile. (MFD)

Horticulture

Growing Hardy Bulbs

Hardy bulbs produce early blooms in flower gardens. Growing them successfully requires a knowledge of life cycle, cultural requirements and use. The term hardy refers to their ability to withstand low winter temperatures and bloom year after year.

Tender perennials are those plants that need to be dug from the soil in the fall and wintered over in a frost free location. You do not have to keep the entire plant, only the bulb, corn or tuber are stored. Growth occurs from these structures after replanting next spring.

Popular perennials considered tender in Nebraska include gladiolus, canna, dahlias, tuberous begonias and caladiums. Other lesser known tender perennials include the elephant’s ear and calla lilies. Survival of tender perennials requires more attention than simply digging the particular storage organ and storing it in a box in the basement. Specifc storage conditions must be met to successfully store the plants through the winter.

Dig tender perennials just before or soon after a killing frost. If they are dug after a frost, the foliage will be killed and the storage organ will need to be dug within a few days to prevent rot causing organisms from entering through the damaged stem.

Corms producing plants such as gladiolus can be stored successfully. Dig carefully to protect damaging the corm. Brush off remaining soil. Allow the corms to dry in a frost free location for several weeks in a dry location with good air circulation. After foggy weather, spray the corms and discard the shriveled remains of last year’s corm. A new corm is produced each year on top of the old one. Store the corms in an open box or onion bags at temperatures between 40 and 45 degrees F.

Dahlias produce tubers. To store them over the winter, trim back the foliage of the plant to within a few inches after the first light frost. Dig carefully to avoid injury. With some soil attached, pack the tubers between two and three inch layers of vermiculite, peat moss, sand, sawdust, or wood shavings. Store at 40 to 45 degrees. Check frequently to remove those that shrivel or rot.

The tubers of tuberous begonias and elephant’s ear and the rhizomes of calla lilies can be dug before the first frost. Cure the rhizomes by digging in a frost free location for about two weeks. Place the rhizomes in sand boxes; they do not require covering. Store at 45 to 50 degrees.

The storage organs of most tender perennials multiply quite quickly in the garden. It is important to leave them intact until spring. Any injury incurred prior to storage will increase the chances for rot to occur. In the spring cut the rhizomes and tubers apart making sure at least one or two dormant buds are present on each section. Share the extras with relatives, neighbors, and friends.

The major problem homeowners have in storing these tender perennials is finding a location with the correct temperature. Many of us no longer have an unheated basement or extra bedroom in which to store the tender perennials adequately. Normal interior temperatures can be too warm. Most garages, even though attached, will be too cold for survival. If this is your situation, do the best you can with what you have available or consider growing these plants as annuals instead of perennials. (MFD)

Fall Storage of Tender Bulbs, Corms and Tubers

Canna rhizomes should be dug about four inches above the ground after the foliage has been killed by a frost. Cut the stems back to about four inches above the ground, tie a label on each rhizome and put in a frost free location for about two weeks. Place the rhizomes in sand boxes; they do not require covering. Store at 45 to 50 degrees.

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If your children are in school or day care, they will probably be exposed to head lice at some time. Head lice are indiscriminate: your family is just as likely to end up with head lice as the Jones’ down the street.

What am I looking for?

Head lice are small; adults are usually 3 mm long and immature lice are even smaller. They can be grayish-white and are hard to see when on the scalp. Head lice cannot fly or hop, but they do crawl quickly through the hair.

Why Don’t Lice Treatments Seem to Work?

Head lice affects thousands of Nebraska children each year. Parents are frustrated with treatment options that do not seem to work. Why don’t these treatments work?

Some parents use lice treatments improperly by not following the label directions exactly. Other parents are reluctant to use insecticidal products and are using home remedies, like oils and mayonnaise. No studies have shown that these home remedies are effective against head lice.

Insecticidal treatments are generally effective, however, studies have shown that head lice may be developing some resistance to these products.

Resources

The Extension office has detailed information on head lice treatment, tips on prevention and reducing the chances of reinfections, and most important—directions on combing for head lice. Fact sheets in English and Spanish are available. The award-winning video, “Removing Head Lice Safely,” is currently being shown on SICYTV (Cable Channel 5 in Lincoln). Check your cable programming schedule. You can also access the video via your computer by visiting our office Web site at www.lancaster.unl.edu. You may want to check with your school nurses or day care administrator—they may have a copy of the video in their reference library. If you would like to purchase the video, contact the Extension office for more information.

Next Month’s NEBLINE: Combing for Head Lice—Essential for Success!

Osa-ge-orange trees can still be found in Nebraska. Otter State Park is known for this tree, bodark, is from the northeast, and is resistant to many pests and diseases. The wood is extremely hard, and is used for furniture, and archery bows. In fact, many archers consider the wood of the Osage-orange to be the world’s finest wood for bows. Another common name for this tree, bodark, is from the French bois d’arc mean “bow wood.” The wood has a bright yellow dye which can be extracted from the wood.

The fruit of the Osa-ge-orange is a nuisance in the home landscape and has little value. Hedge apples are not an important

Facts and Myths of Hedge Apples

This time of year, hedge apples—the fruit from the Osage-orange tree—are being sold at farmer’s markets, garden centers, and other locations. Many people have heard that these fruits can be used as an insect repellent, but the truth is that many people don’t know much else about this unusual tree and its fruit.

The Tree and Its Fruit

The Osage-orange is a small to medium-sized tree, having a short trunk and a rounded or irregular crown. The twigs are buff to orange-brown and are armed with one-half inch long spines. The stems exude a milky sap when cut. The Osage-orange is dioecious, meaning that male and female flowers are produced on separate trees. The small, green flowers appear in May or June. Female trees produce 3- to 5-inch diameter fruit which ripen in September or October and fall to the ground.

Native Habitat and Current Distribution

The Osage-orange is native to a small area in eastern Texas, southeastern Oklahoma, and southwestern Arkansas. This region is the home of the Osage Indians which gives the tree its common name. Settlers found that the Osage-orange trees planted easily, tolerated poor soils, extreme heat, and strong winds and had no serious insect or disease problems. It was widely planted in the Midwest as a living fence because, when pruned into a hedge, it provided an impenetrable barrier to livestock. The development of barbed wire curtailed its wide-spread planting, but many

 sightings of the Osage-orange tree are still being reported. It is known as a pest in several counties. This tree is most commonly found in the counties of Washington, Montgomery, and Posey. It is also found in Jackson, Jefferson, and parts of western Madison and Marion counties.

Uses of the Osa-ge-Orange

The wood is extremely hard, heavy, durable and shrinks or swells little compared to the wood of other trees. The wood is used for fence posts, treenails, furniture, and archery bows. In fact, many archers consider the wood of the Osa-ge-orange to be the world’s finest wood for bows. Another common name for this tree, bodark, is from the French bois d’arc mean “bow wood.” The wood has a bright yellow dye which can be extracted from the wood.

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Environmental Focus

Green Peace

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Insect Quiz

Match the Picture With the Common Name

A - Wireworm
B - Pillbug
C - Centipede
D - Millipede

Answers on page 11

SPIKE Apples

Hedge apples are berries which ripen in September or October. They are extremely tart and are not eaten fresh. However, they are used in preserves and jellies, and their juice is said to be excellent for making pickles. Hedge apples are also sometimes used to make wine.

NEBLINE Focus

This is the time of the year that mice move into buildings seeking shelter. The earliest sign could be the scurrying of a mouse across a room which startled the even the least squeamish of us. Mice in an unfamiliar environment are especially high because they haven’t yet found hiding places and establish the territory, which is the key to start control efforts! Mice are a lot easier to control before they get established.

Set several snap traps in the vicinity where you have seen the mouse or its droppings. Traps should be placed next to walls or in corners, especially in areas where droppings are found. Try baiting the trap with peanut butter, bacon is also good. Sometimes, a clever mouse will lick the peanut butter off the trigger without springing the trap. A small piece of bacon to the trap plate with thread will force the mouse to tug on it. Female mice look for nesting material. Try tying a cotton ball to the trigger such females.

Live traps can also be useful in catching mice, especially in barns or granaries where numbers are high. These traps don’t need to be baited, although they do need to be checked regularly, daily, if possible. Release captured mice far away from the building so they don’t return and get recaptured.

Sticky boards should be placed in conjunction with traps. Sometimes mice that lick the trap clean will get caught in the sticky trap. Toxic baits can also be used for rodent control although there are disadvantages of using bait to control rodents in homes. Offensive odors can result when mice die inside walls after feeding on a toxicant bait. These odors cannot be eliminated without removing the dead rodent, although the odor will dissipate over time. Dead animal carcasses may become infested with insects that may also infest the home, including several kinds of flies and carpet beetles. The larvae of carpet beetles may also damage leather, woolens, and other animal products inside the home.

To keep mice and other uninvited critters outside, caulk or fill cracks around windows and foundations that are one-fourth inch or greater. Mice can squeeze through spaces as small as the width of a pencil. (Caulking cracks will also help prevent insect invaders.) People who are extremely uncomfortable with do-it-yourself rodent control, can work with professional pest control companies who will exterminate rodents. (BPD)

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Website Features Diverse Agricultural Opportunities

The University of Nebraska Cooperative Extension Southeast District diversified agriculture team invites all individuals who are currently producing diverse agriculture products, or those interested in producing a diverse agricultural product, to explore its new website on Diverse Agricultural Opportunities in southeast Nebraska at http://southeast.unl.edu/DiverseAgr/index.htm.

Developed from the results of a survey conducted by extension educators in the southeast district, this site provides information on a few of the existing diverse agriculture producers in southeast Nebraska. At this site you can find information on producers who are currently producing pasture and or free range poultry, diverse ways to raise and market livestock, herb production, vegetable production and many other opportunities available to agriculture producers.

Each producer survey is listed on the website and provides information on the labor requirements, start-up costs, marketing techniques, skills needed to be successful, and the limitations of their unique operation.

Over time, the diversified agriculture team hopes to develop a list of upcoming events that diverse agriculture producers may want to attend, conduct educational programming on selecting diverse agricultural products and marketing techniques, and develop a home study course.

For more information on the Diverse Nebraska Agriculture website, please contact Lance Cummins-Brown, extension educator, at (402) 441-7180 or by e-mail at lbrown4@unl.edu (LCB)

Most Grain Needs Aeration for Safe Storage

Farmers store grain on the farm following harvest for a number of reasons. Many farmers find it more convenient to store their production until the press of harvest is past when they will have more time to haul the grain to market and to avoid long lines at the elevator. Farmers often can add value by drying their grain on the farm prior to delivery. Typically, local basis (the reduction in local market price compared to the futures market price) is greatest at harvest due to limited storage space and the labor crunch at the end of delaying delivery for a period of time, the local basis usually (but not always) improves, hopefully providing a net return to the farmer above his storage costs and interest expense.

Storing grain requires informed and active management. Improper storage can result in a lower quality product, loss of grain mass, and perhaps spoiled or moldy grain. The two most important factors in grain storage are the grain’s temperature and moisture content. A farmer has some control over temperature with aeration and careful attention. With higher airflow rates, he/she can remove moisture as well.

Why Aerate?

If corn goes into storage below 15 percent moisture and less than 50 degrees F it can be held for several months without aeration. Most years in eastern Nebraska, it is not possible to delay harvest until grain meets these criteria and therefore additional attention is required.

Above the threshold temperature and moisture content, stored grain will respire, (carbon dioxide in the grain combine with oxygen from the air releasing carbon dioxide, water and heat.) When grain respires, dry matter is lost. This dry matter is analogous to burning the grain in a fire (which also produces carbon dioxide and water ... and heat.) Left unchecked, a runaway reaction can occur in a mass of grain. The heat produced by the respiration process results

Lance Cummins-Brown
Extension Educator

I recently attended a University of Nebraska sponsored in-service training for extension personnel on corn ethanol production and the resulting by-products. My group of educators had the opportunity to tour two Nebraska ethanol plants and to talk to their employees. I learned a great deal at this training and have included parts of the information I have learned with you.

Here is a Top Ten List of Things I learned:

1) There are two different types of ethanol production currently underway in Nebraska. These are dry-milling and wet-milling and they are very different. Although they both produce ethanol, the by-products they produce are very different and the way they process the corn is very different.

2) Ethanol plants produce more than just ethanol at their plants. At the dry-milling plant, they produced 200 proof alcohol which is used for not only beverage alcohol and food and household products. They also produce wet and dry distiller grain. At the wet-milling plant, they produce two different types of corn syrup for human consumption, corn gluten feed, corn gluten meal, distiller grain, distiller grain. At the wet-milling plant, they produced 200 proof alcohol which is used for not only beverage alcohol and food and household products. They also produce wet and dry distiller grain. At the wet-milling plant, they produce two different types of corn syrup for human consumption, corn gluten feed, corn gluten meal, distiller grain, distiller grain.

Corn Ethanol and By-Products Add Value to Nebraska

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3) These plants use a tremendous amount of corn and produce a tremendous amount of feed for animals every year. Each plant processes approximately 34.4 deaths per year. It is estimated that the by-products alone contribute over 40 million dollars of additional agricultural revenue each year.

4) Distiller grains and corn gluten feed are two very different products which are produced. These are produced through improvement in torrefaction, and the price varies, but they may look similar.

5) Corn gluten meal is used almost exclusively in chicken and pet food diets, while corn gluten feed is fed almost exclusively to cattle.

6) The wet-milling plant we visited was the second largest user of electricity in Nebraska and board feedstock large enough to supply a city of 250,000 people.

7) It is estimated that the by-products alone contribute over 40 million dollars of additional agricultural revenue each year.

8) Quality control is very important. These products are being used for diverse products, but also for other purposes as well. It is estimated that the by-products alone contribute over 40 million dollars of additional agricultural revenue each year.

9) These plants are being developed for use in dairy, feed lots, and feed lots as feed for wet-milling plants was a major component of feedlot rations during the winter.

10) In my opinion these plants will continue to add value to the agriculture industry through increased demand for corn, increased farm revenues for farmers, increased feedstock, and an increased number of jobs in rural areas.

Sobering Farm Safety Statistics

Moving Hay Bales Can Be Dangerous

Bales can weigh up to 2,000 pounds. When taking bales out of storage or moving them to a front-end loader, farmers should always use a bale clamp to prevent bales from rolling down the arms of the loader and pins or crushing the operator. Baling is a dangerous job, but it is the most important when gathering and moving bales. Farmers should make sure they have sufficient weight added to the front of the tractor to ensure adequate traction for steering when using three-point hitch carriers. Added weight to the rear of the tractor may be necessary to maintain braking ability when using front-end loaders to handle large bales. When moving bales with a tractor, they should be carried as low as possible. Heavy loads can cause machinery to overturn easily.

Dave Morgan. There have been three deaths involving an ATV and four deaths involving a PTO, tractor ran into by truck when jack slipped while working on a tractor and implement, crushed the grain in a fire (which also kills the grain and grain combine with oxygen from the air releasing carbon dioxide, water and heat.) When grain respires, dry matter is lost. This dry matter is analogous to burning the grain in a fire (which also produces carbon dioxide and water ... and heat.) Left unchecked, a runaway reaction can occur in a mass of grain. The heat produced by the respiration process results

if tractor operators would have used a rollable ROPS. These products are being developed for use in dairy, feed lots, and feed lots as feed for wet-milling plants was a major component of feedlot rations during the winter.

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Different treatments of corn on ethanol by-products, their feed values and how to incorporate them into your livestock feeding plan please contact Lance Cummins-Brown, extension educator, at (402) 441-7180 or by e-mail at lbrown4@unl.edu.
**Riparian Areas for Wildlife**

Riparian areas are particularly valuable habitats for wildlife. This includes many of what are ordinarily thought of as “upland” species as well as wetland species. For example, many upland animals need access to rivers and streams for foraging and drinking, particularly in the winter when other water sources may be frozen over. The interaction between rivers, streams, and adjacent riparian land is especially high in ecological diversity and biological productivity because gravity is constantly moving energy and matter downstream. As the current and because so many animals spend their lives both in water and on land.

The high value of riparian areas as wildlife habitat is also due to the abundance of water combined with the convergence of many species along the edges and ecological transition zones between aquatic and terrestrial, aquatic/upland, wetland/upland and river channel/backwaters habitats. Interaction between rivers and riparian lands helps create and maintain a high level of habitat diversity.

Vegetation along the bank (whether living, decaying or dead, standing or fallen) plays a key role in the function of riparian areas as suitable wildlife habitat. Streamside vegetation provides food and shelter for many species. Wildlife foods (seeds, buds, fruits, berries, and nuts) are found in abundance within naturally vegetated riparian areas.

The shade, detritus and coarse woody debris provided by streamside forests are very important for healthy fisheries, which in turn is a key food for many wildlife species. Leaves, branches, even whole trees uprooted by the river or other natural forces can be a food and shelter for aquatic organisms and the many forms of terrestrial wildlife inhabiting riparian areas.

**Vegetation**

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Recently, I have noticed that in the press there have been some nutrition articles where the nutrition information was not necessarily factual. I also noticed many different ads on different nutrition or food supplements. This got me thinking. How do we help consumers not to leap before they know all the facts? At a recent USDA meeting, a speaker stated that consumers are very frustrated and confused about nutrition information. I can see why.

Last year American consumers spent billions of dollars on products that claimed quick and easy fixes. Consumers need to be leery of food and nutritional supplements that are promoted as cures or miracle foods. These products are being promoted based on hype, not fact. Consumers need to be cautious of claims that sound too good to be true because often times are they. Other words to watch out for are “secret,” “breakthrough,” or “magical.”

If you are unsure of a product, call your local extension office, your dietitian or family physician. There are three questions that might help you make a wise, informed decision.

1. Does the advice discount or ridicule qualified nutrition experts? If so, the message could be unreliable. Experts may disagree but they respect each other’s scientific work. Second, does the advice identify “good” foods and “bad” foods? No food alone is good or bad. It is what you choose for your total diet that counts. Third, are emotional appeals and testimonials used? People who are not experts often use these tactics to influence their potential consumers.

When it comes to the media you also need to think before you leap. When research is quoted in the media you need to remember that the news usually oversimplifies the research results.

The health benefits of apples and apple products were first recorded as early as medieval times, giving rise to the old English proverb, “An apple a day keeps the doctor away,” according to the U.S. Apple Association. Apples’ healthy attributes received considerable renewed interest recently, following the publication of several studies linking nutrients found in apples and apple products to an impressive range of health benefits.

Some recent research indicates apples may help reduce the risk of cancer and help promote heart health. Apples have no fat, cholesterol or sodium, and are an excellent source of fiber—five grams, more than most cereals!

Crispy Apple Coleslaw
2 cups cabbage, shredded
2 medium apples, cored and diced
1 (16 oz.) crushed pineapple (drained)
1/2 cup fat-free mayonnaise
Mix the cabbage, apples, and crushed pineapple with the mayonnaise in a large bowl. Refrigerate for at least one hour.

Makes 6 servings. Nutritional Analysis Per Serving: Calories, 73; Fat, 0 g; Cholesterol, 0 mg; Fiber, 2 g; Sodium, 256 mg; % calories from fat, 3%. Recipe provided by the New York Apple Association.

FREE Healthy Holiday Meals Workshop
If you’re cooking the family turkey dinner for the first time, or even if you’ve roasted many a bird, come and learn some new twists to the familiar dinner at “Turkey and Trimmings 101.”

From safer, better methods of preparing the holiday feast to learning make-ahead dishes, there truly is something for all cooks to the presentation.

Come, talk turkey — you may even win a free turkey! Alice Henneman, extension educator and registered dietitian and Mary Torell, home economist with the Poultry & Egg Division of the Nebraska Department of Agriculture will give this free program as part of BryanLGH’s “Eating Well” series, on Monday, Oct. 29, 7-8:30 p.m.

The program will be held at the Plaza Conference Center, BryanLGH Medical Center East, 1600 S. 48th St. To register, call BryanLGH at (402) 481-8886. (AHH)

If you’re cooking the family turkey dinner for the first time, or even if you’ve roasted many a bird, come and learn some new twists to the familiar dinner at “Turkey and Trimmings 101.”

From safer, better methods of preparing the holiday feast to learning make-ahead dishes, there truly is something for all cooks to the presentation.

Come, talk turkey — you may even win a free turkey! Alice Henneman, extension educator and registered dietitian and Mary Torell, home economist with the Poultry & Egg Division of the Nebraska Department of Agriculture will give this free program as part of BryanLGH’s “Eating Well” series, on Monday, Oct. 29, 7-8:30 p.m.

The program will be held at the Plaza Conference Center, BryanLGH Medical Center East, 1600 S. 48th St. To register, call BryanLGH at (402) 481-8886. (AHH)
Clarice’s Column

Clarice Steffens
FCE Council Chair

As this column begins to take form, it is just one week since the tragic events of Sept. 11 in New York City, Washington D.C. and a field in Pennsylvania. We have grieved for those who lost their lives, in their families and friends. We have all experienced a wide assortment of emotions. Unfortunately, most of our emotions were negative as anger, fear, despair, sadness, and disgust. Fortunately, we have also experienced the positive emotion of hope. We realize our lives are taking control, but now we try to return to some kind of “normal.” We also know that the next weeks, months, and years will test our patience, our courage, and our faith. May this positive emotion of hope help us through this trying time in our history. I am sure you have all been successful in reorganizing your FCE clubs. Please return all the required information from your packets as soon as possible. That information will help us when we organize our various committees and prepare the 2002 yearbook.

Please plan to attend the annual Achievement Day on Oct. 23 (FCE News below). Contrary to the information in the September NEBLINE, the meeting will begin at 6:30 p.m. Don’t forget to bring your donations for the Food Bank to Achievement Day. Needed food items include canned meats, dinners, fruits and vegetables. Other needs are soup, cooking oil, pasta, rice, dry milk, peanut butter, macaroni and cheese, tomato and spaghetti sauce, sugar, pudding, jello, juices, shampoo, toothpaste, laundry and bath soap and baby formula. See you all on Oct. 23.

What Kids Should Know About Money

LaDeane Jha
Extension Educator

On a recent visit with a five year old granddaughter, we engaged in a pretend game of shopping. It was great fun to see her mimic things she had seen her mother do on shopping trips and to confidently get her money to pay the clerk. Even at this early age she already had developed concepts about money and how it was spent. This is her first year to get an allowance. I was struck by the bank her parents had purchased for her. It was divided into three compartments—one the bank, one a store, and the other the church. She was given her allowance, one dollar, in dimes and confidently knew how many dimes she should put in each compartment. She saved five dimes, could spend the four she put in the store or save for something bigger and one was for church or for others in need. In a very tangible way, she was learning about budgeting and setting spending priorities.

Kids need to learn responsible use of money from an early age. They should follow age appropriate guidelines, by age, of things kids should know about money:

Age 3 – be able to identify coins and dollar bills by name.
Age 4 — know how many cents each coin is worth.
Age 5 — know basic coin equivalents and where money comes from.
Age 6 — make simple change; count large amounts of coins.
Age 7 — read price tags, look for sales.
Age 8 — realize they can earn money by doing extra jobs.

Successful Management of Stress and Crisis

LaDeane Jha
Extension Educator

John DeFrain, Extension Professor of Family and Community Development, University of Nebraska-Lincoln offers the following information on creating a strong family. He says that research on strong families across the country has found the world reveals useful approaches to dealing in a positive manner with stress and crisis in one’s life. Check the approaches your family uses.

We look for something positive, and focus on the positive element in a difficult situation. We pull together rather than apart. We don’t see the problem as an individual’s problem, but as a challenge for the whole family. We get help outside the much when we need it. Help from extended family members, supportive friends, neighbors, colleagues, members of our extended community, professionals in the community. It takes a whole village to resolve a crisis.

We create open channels of communication. Challenges are not when communication shuts down. We keep things in perspective. “These things, too, shall pass.” We adopt new roles in a flexible manner. Crisis often demands individuals learn new approaches to life and take on different responsibilities. We focus on what is most important, and minimize fragmentation. Without focus on the essentials the details can get us edgy, even hysterical.

We give up worrying, or put our cares in a box. Worrying usually causes people more misery than the actual event they are worrying about. Sometimes we can’t help worrying, so we worry down, or resolve to worry ten minutes a day and then forget it. The mind simply has to decide.

We eat well, exercise, love each other, and get adequate sleep. Often human beings forget that they are biological beings, not unlike kindergarteners. We all need a good lunch, and we need Living on Less

LaDeane Jha
Extension Educator

Recent losses in the stock market, more uncertainty about jobs and a slowing economy have people thinking about tightening their belts more than at any time in the past 10 years. A drop in, or loss of income, forces a change in family spending priorities.

For many families, the undesirable effects of a cut in income can be minimized by economizing. That is to say, making three basic survival skills — substitute, conserve, and utilize existing resources. Often, families find by having a positive attitude and economizing, they can “have and do more with less.”

The principle of economizing means allotting personal and family resources where they will do the most good. To economize does not necessarily mean to buy less of an item; it might even imply purchasing more. For example, suppose home baking or cooking or any other activity would pay for itself by either saving resources or producing income. In that case, increasing expenditures for needed supplies may be in order. Or, suppose you decide to increase your family’s income by finding a different job. A successful job search may require certain clothing or a skill you do not have, and may be the most productive use of your limited resources. Keep in mind, though, you must decrease spending more than equivalently in other areas if your income has dropped.

Economizing can be achieved by using a number of skills: substituting inexpensive items for more costly ones, conserving resources through wise use, and utilizing existing resources.

Family Community Education (FCE) Achievement Night

This year’s FCE Achievement Night will be Tuesday, Oct. 23 at 6:30 p.m. The evening will be hosted by the Belfield, Emerald, Evening Working Women and Girls Club. Dessert will be followed by a program by Kathy Peters, dollmaker. Members are invited to bring your dolls and doll stories for sharing. FCE clubs and members will be recognized for years of membership. Please call the office if your club has reached 5, 10, 15, etc., years as an organized club. FCE clubs are also asked to bring a display or report on the past year’s community service project. However, this is a celebration for all our members and to share 2001 club activities. Call 441-7180 to register. (LB)

Resources for Dealing with Tragedy

by Lorene Bartos, Extension Educator

Your choice of cleaning cloth can make a difference in the cleaning results. Choose a soft, cotton cloth or paper towel for cleaning glass surfaces. Cloths that have been laundered using fabric softener can leave a residue. Extra-absorbent paper towels can leave lint and film on glass surfaces.

Use a foam paintbrush instead of a cloth to clean small spaces between cabinets or under appliances. Soak the paintbrush in the cleaning solution and see how easy it is to get into those hard-to-reach areas.

September N EBLINE, the October 2001 edition, contained information on how to reorganize your FCE club if your club has reached 5, 10, 15, etc., years as an organized club. FCE clubs are also asked to bring a display or report on the past year’s community service project. However, this is a celebration for all our members and to share 2001 club activities. Call 441-7180 to register. (LB)

Character Counts! Corner

Caring

A caring person is:
• Compassionate and empathetic
• Kind, loving and considerate
• Thankful and expresses gratitude
• Forgiving of others

My most powerful impressions of the days following Sept. 11 have been caractère actions of care and demonstrated in all parts of the world. Concern for others that superseded concern for self was demonstrated over and over by you and others. In those days, kindness and love were expressed openly — in lines of people giving blood, support for the Red Cross, hospitality for strangers, notes to those in pain. In countless ways, both big and small, we demonstrated we are caring people. Through caring and giving we bring out the best in all of us. (LJ)

Character Counts Index for FCE:

- Caring
- Cooperation
- Critical Thinking
- Creativity
- Character Counts!
- Communication
- Critical Thinking
- Creativity
- Character Counts!
4-H CAN Fight Hunger

In an effort to fight hunger, Nebraska 4-H will be conducting a 4-H CAN Fight Hunger Campaign. The goal is collecting 4000 pounds of food. Collect donated food now until Jan. 5, 2002 and donate it to a charity of your 4-H club’s choice. You can also bring it to the extension office and we will donate it to the food pantry. Please report to Tracy the total weight of food collected, the number of youth and adult volunteers, the number of total volunteer hours, the agencies and/or groups who benefitted from the food drive, and any publicity the project received. Call Tracy at (402) 441-7180 for more information and for 4-H CAN Fight hunger promotional material. (TK)

November will be here before you know it. As you pick out those special market animals, keep in mind the Lancaster County Born and Raised contest that is held each year at the county fair to help promote Lancaster County beef. The contest is open to all market beef born and raised in Lancaster County. This calf can be one from your own herd or one you bought from someone else in the county. If the calf is purchased from a cattle breeder, all you have to do is have a copy of the bill of sale showing the origin of the calf. If the calf was home raised, a written statement that the calf was born and raised in Lancaster County needs to be turned in, signed by a parent or guardian. Entries for this contest are taken at check in at county fair. If you have any questions, call extension office at (402) 441-7180. (DK)

Lancaster 4-H’s Excel in 2001 State Fair!

Top Awards for Family and Consumer Sciences Contest Participants

Congratulations to the following individuals who were chosen to represent Lancaster County at the 2001 State Family and Consumer Sciences Contest. They exhibited knowledge edge and decision-making abilities in being chosen for this event.

Lauri Cassel was a Top 10 Individual in the Intermediate Division, receiving 7th place. 95 contestants participated in this division.

The Lancaster County Senior Division Team placed 7th out of 54 teams. This year Lancaster County had two Intermediate Division teams. Team 1 in the Intermediate Division Team was awarded 1st place out of 33 teams. Team 2 in the Intermediate Division was awarded 5th place out of 33 teams. (TK)

Lancaster County Born and Raised Beef

Connie Lemke — Waverly — Purple- Challenging Fabrics
Beki Fiala, Lincoln — Purple-Challenging Patterns
Monica Fajan, Lincoln — Purple-Clothing Level II
Michaela Ventecka, Lincoln — Blue-Clothing Level II
Laura Cassel, Lincoln — Blue-Clothing Level II

Livestock Ribbon Winners

Terri Bundy — Red-Dog Obedience/Open Obedience
Bradley Cherry — Purple-Sheep Showmanship, Purple-Market Lambs
Ryan Cherry — Purple-Dog Showmanship, Purple-Market Lambs-Ewe
Whitney Davis — Blue-Market Beef-Crossbred Steers & Market Heifer
Will Davis — Red-Market Beef-Angus Steers
Family Henshaw — Purple-Best Dressed Goat, Purple-Alpine 5-8 month old, 2 & 3 years-Milking Doe, Mother-daughter, Purple-Oberhasli-Under 2 years-Milking Doe, Purple-Saanan 5 to 8 months
Hanna Kroese — Purple-Dog Obedience-Beginning Novice-Division B
Kristin Ljisestrand — Red-Market Beef-Crossbred Steers
Chelsea Madden — Purple-DOGS-Dog Showmanship-Advanced Showmanship, Purple-Dog Obedience-Beginning-Novice-Division B
Tosha Mathers — Blue-Intermediate Dog Showmanship, Blue-Dog Obedience-Novice
Kris Muhlbach — Blue-Market Swine-Market Gilts & Barrow
Steve Muhlbach — Blue-Swine General-Showmanship, Blue-Market Swine-Market Barrows
Melanie Nisley — Purple-Beef Showmanship, Purple-Shorthorn Heifers-Yearling, Purple-Shorthorn Heifer
Amanda Peterson — Red-Market Beef-Crossbred Steers
Vincent Soucie — Blue-Dairy Cattle Showmanship, Purple-Holsteins-Dry Cow Any Age, Two Year Old, Four Year Old & Junior Holstein Dairy Heifer
Mitch Vaughn — Blue-Sheep Showmanship, Purple-Market Lambs-Ewe & Wether, Blue-Market Lambs-Ewe
Megan Wilkinson — Purple-Sheep Showmanship, Blue-Market Lambs-Ewe & Wether

State Fair 4-H Fashion Show Ribbon Winners

Connie Lemke—Waverly—Purple-Challenging Fabrics
Beki Fiala, Lincoln—Purple-Challenging Patterns
Monica Fajan, Lincoln—Purple-Clothing Level II
Michaela Ventecka, Lincoln—Blue-Clothing Level II
Laura Cassel, Lincoln—Blue-Clothing Level II

4-H Bulletin Board

• Teen Council will meet Sunday, Nov. 11, 3–5 p.m. (LB)
• 4-H Ambassadors will meet Sunday, Nov. 11, 2 p.m. (LB)

4-H CAN Fight Hunger

In an effort to fight hunger, Nebraska 4-H will be conducting a 4-H CAN Fight Hunger Campaign. The goal is collecting 4000 pounds of food. Collect donated food now until Jan. 5, 2002 and donate it to a charity of your 4-H club’s choice. You can also bring it to the extension office and we will donate it to the food pantry. Please report to Tracy the total weight of food collected, the number of youth and adult volunteers, the number of total volunteer hours, the agencies and/or groups who benefitted from the food drive, and any publicity the project received. Call Tracy at (402) 441-7180 for more information and for 4-H CAN Fight hunger promotional material. (TK)

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4-H Bulletin Board

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• 4-H Ambassadors will meet Sunday, Nov. 11, 2 p.m. (LB)
Community Service Opportunities

Make a Difference Day
Saturday, Oct. 27 is Make a Difference Day. A small act of kindness can make a difference to a person, family, or community in need. 4-H clubs can create and participate in activities that benefit their communities. Check out the Make a Difference Day website at www.usaweekend.com/diffday and find funding sources and ideas for projects. Remember to keep a record of your activity (with photos and quotes from participants). Please share your finished projects and activities with us. (TK)

Kiwanis Pancake Festival
Lincoln Center Kiwanis, a strong supporter of the 4-H program, is looking for help at their Pancake Festival, Thursday, Nov. 1, 4-8 p.m. For more information on helping anytime during those hours, call Lorene at (402) 441-7180.

Holiday Gifts
Holiday gifts needed. There is always a need for helping the less fortunate, especially around the holiday season. Lincoln Public School Headstart Program is in need of over 300 gifts for 3- and 4-year-old children. New, handmade or purchased items such as books, stuffed toys, dolls, cars, trucks, markers, puzzles, etc., are needed. If gifts are wrapped, please indicate what the item is, the cost ($3–$4 recommended) and if the gift is for a boy or a girl. Bring gifts to the extension office by Dec. 1. For more information, contact Lorene at (402) 441-7180. This is an excellent community service program for 4-H, Family Community Education (FCE) and other community clubs. Individuals may also participate. (LB)

Scholarships Available
Several scholarships are available to 4-H members graduating in 2002. Application forms can be obtained at the extension office. Application deadline is Oct. 31. For more information, call Lorene at (402) 441-7180. (LB)

Nominations Needed for the Following Awards by Oct. 31. Application forms are available at the extension office.

I Dare You Youth Leadership Award—presented to an individual who has excelled in their involvement with the 4-H program and are 14 years of age or older. The basis for selection appraises the variety and depth of 4-H activities.

Outstanding 4-H Member—presented to an individual who has excelled in their involvement with the 4-H program and are 14 years of age or older. The basis for selection appraises the variety and depth of 4-H activities.

Outstanding 4-H Meritorious Service—presented to individuals or organizations which have exhibited consistent and strong support of the 4-H program. 4-H members are not eligible.

4-H Meritorious Service—presented to an individual who has excelled in their involvement with the 4-H program and are 14 years of age or older. The basis for selection appraises the variety and depth of 4-H activities.

The AkSarBen Horse Show was held on Sept. 19 and 20 in Omaha. Participants included the Lancaster County 4-H BB/Air Rifle Team, which had three winners and one alternate for BB. This is a non-sanctioned event. USA shooting rules with modifications. Number of teams will be limited, with preference given to Southeast Nebraska entries. Details and registration forms will be mailed to all 4-H members. (TK)

Fall Rabbit Clinic
The Lancaster County 4-H Rabbit VIPS Committee will be having a Fall Rabbit Clinic on Saturday, Nov. 10 from 9 a.m. until 12 p.m. at the Lancaster Extension Education Center. We will cover care, feeding, and housing of rabbits. There will be breeders available to discuss the different breeds and what to look for when purchasing a rabbit, and we’ll go over the 4-H rabbit project and fair possibilities.

Players are welcome to attend. For more information, call (402) 441-7180 and ask for Ellen. (EK)

Join Pet Pals!
Want to learn more about your small pet or get acquainted with new ones? The Pet Pals 4-H Club is inviting new members to join — very small animals and their owners are welcome! Hamsters, guinea pigs, and mice! Any animal small enough to put in your pocket is invited. Snakes, turtles, fish, reptiles and amphibians of any kind can make the trip. And — caged birds of all kinds can join the group.

Make new friends and have lots and lots of fun!! Next meeting is Tuesday, Nov. 13, at 6:45 p.m. in the Lancaster Extension Education Center. ALH

Leaders, you should have received your reorganization packet for the upcoming 4-H year. Please return the needed information to the extension office. Thanks!! (TK)

2001 Teen Council Officers
President Jami Rutt
Vice President Bryce Lemke
Secretary Connie Lemke
Treasurer Emily Schroeder
Historian Rachel Rentschler
Megan Fry

Leadership Opportunities

If you have ever wanted to learn the basics of leather tooling so you could make items such as a coin purse, key fob, watch band, coasters, bookmarks, wallets, and belts? Due to increased interest in leather projects, the leather craft 4-H project is being reintroduced in Lancaster County at the county level only. After the first of the year, workshops to explain and instruct the skills and tools used in leather crafting will be held at the Lancaster Extension Education Center. Future News articles will provide more information or contact Tracy at (402) 441-7180. (TK)

BB/Air Rifle Team Competition Jan. 25
The BB/Air Rifle Division of the Lancaster County 4-H Shooting Sports Club in association with the Lincoln City Parks and Recreation Department is sponsoring a teams only competition on Jan. 25, 2002 at the Lancaster Building, State Fair Park. Teams will be three person and one alternate for BB. This is a non-sanctioned event. USA shooting rules with modifications. Number of teams will be limited, with preference given to Southeast Nebraska entries. Deadline for registration is absolutely Jan. 10, 2002. Medals will be given for the top three teams in each junior and senior divisions, medals for top scorers in each position for junior and senior divisions. Register or questions to Gene Veburg email E-Veburg@msn.com or gene@fortoutpost.com. Watch for details on the Lancaster County 4-H website, www.lancaster.unl.edu/4h. (LB)

Horse Bits
AkSarBen Horse Show
The AkSarBen Horse Show was held on Sept. 19 and 20 in Omaha. Participants included the Lancaster County 4-H BB/Air Rifle Team, which had three winners and one alternate for BB. This is a non-sanctioned event. USA shooting rules with modifications. Number of teams will be limited, with preference given to Southeast Nebraska entries. Details and registration forms will be mailed to all 4-H members. (TK)
Meet New Extension Staffer
Ali Alkhazraji

Ali Alkhazraji joined the Lancaster Cooperative Extension staff as an Americorps/VISTA Sept. 1. Ali is originally from Iraq, spent time in a refugee camp in Saudi Arabia, was first settled in Chicago and now resides in Lincoln. He and his wife have three children. In Iraq he was a secondary science teacher that was later revoked, spent time in a refugee camp in Saudi Arabia, was first settled in Chicago and now resides in Lincoln. He and his wife have three children. In Iraq he was a secondary science teacher and has been active since coming to Lincoln as an Arabic mentor for persons experiencing mental health issues and has served as a translator and interpreter for the Good Neighbor Community Center. He is a supporter of the Faces of the Middle East program and is a trained literacy volunteer. Ali will be working with the Character Counts! program and other youth projects during his year with Extension.

Community Invited to Address Comprehensive Plan Committee

Lincoln and Lancaster County again welcomes the community to share their ideas on the community’s future directly with the Comprehensive Plan Committee.

The Community Forum will be Tuesday, Oct. 16 at 5 p.m. in Hearing Room 112 at the City/County Building, 555 S. 10th St., Lincoln. The Comprehensive Plan encompasses more then just a map. The vision and assumptions also offer basic plans and ideas for the city and county.

The public is encouraged to bring their suggestions and reactions to the Committee. The Committee will be considering comments in advance of this meeting.

If you require any special accommodations, including, but not limited to, language interpretation, sign language, large print or braille, please contact our office seven days prior to the meeting at (402) 441-7491. Can’t make the forum? You can use the following ways to provide your ideas and comments to the Comprehensive Plan Committee:

• E-mail ideas and comments to plan@ci.lincoln.ne.us
• Visit the website at www.ci.lincoln.ne.us/city/plan
• Fax ideas and comments to (402) 441-6377
• Submit written comments to the Planning Department at 555 S. 10 St., Room 213, Lincoln, NE 68508.

Workshop on Building Relationships With Children in a New Culture


Dr. Tran My Duyet will present the workshop. Dr. Tran has written a number of books about marriage, family and education, and hosts two different radio programs in California, where he resides.

Since the early 1970’s, about 7,000 Asians have settled in Lincoln. Among them are about 4,000 Vietnamese.

Children frequently learn English more quickly than do parents and grandparents and are frequently put in roles as families access services, relate to the schools, and engage in community activities. The workshop will raise awareness about the challenges faced by refugee and immigrant families and provide information about

Grantsmanship Training Slated for 2002

The Grantsmanship Training Program will be offered in Lincoln next April 29 to May 1, 2002.

The program is an intensive, “hands-on” workshop covering all aspects of researching grants, writing grant proposals, and negotiating with funding sources.

It is designed for both novice and advanced grant seekers. Program participants are given follow-up services, including expert grant proposal reviews for a full year after training.

To maximize personal attention, groups will be limited. Tuition is $675 with a partial scholarship available for qualified applicants. For more information, registration, or to register as early as possible, contact The Grantsmanship Center directly at (800) 421-9512 or on the internet at www.tgci.com. (GB)

Education is Good Business
For This Nebraska Student

When Tanner Graham started college, he was already running his own business designing web sites. He has plans in the works for two more businesses, developed with help and inspiration provided by his University of Nebraska-Lincoln teachers in the College of Business Administration. A native of the Sandhills town of Ellsworth, Nebraska, Graham hopes to make a career out of helping grow new businesses that will fuel the economy, especially in rural areas.

A member of the Nebraska Rural Development Committee and the teen advisory board of Young Money magazine, Graham says turning good ideas into businesses is the backbone of building a strong economy.

What business is in your future?

There is No Place Like Nebraska.

The Grantsmanship Training Program will be offered in Lincoln next April 29-May 3.

STRESS continued from page 7

to play. We need to have our hair stroked, and we need a good nap. We create a life full of meaning and purpose. All people face severe crises in life. We will not be able to avoid these challenges. Rather, our aim can be to live a useful life of service to our community. This brings a richness and dignity to our lives, in spite of the troubles we endure.

We actively meet our challenges, head-on. Disaster in life does not go away when we look in another direction. But, it is also helpful sometimes to withdraw for a time and replenish ourselves.

We go with the flow to some degree. Sometimes we are relatively powerless in the face of crisis. At this point, it can be useful to simply “Let go, let God.”

We are prepared in advance for the challenges in life. Healthy family relationships are like an ample bank balance: If we have kept our relational accounts in order, we will be able to weather life’s most difficult storms. Together.

If you know how to laugh and we know how to cry, for both are essential if we are to maintain an emotional balance in life. We do not blame others for our fate, but work with others to build a more satisfying world for all.

We take life’s challenges one day at a time. In especially tight situations, we sometimes need to take things one hour at a time, or perhaps one minute at a time.

We realize suffering can be a catalyst for positive growth. Crisis, by definition, is a difficult time in our lives. But it also can be a turning point, planting the seeds for a satisfying and successful future. This is hard to internalize, but useful to remember.

We identify spiritually with the grand procession of life: Through good times and bad times we as individuals come and go, but life from whence we are all spring is eternal. There is something satisfying and soothing about that thought.

The above ideas were adapted from the book, Marriage and the Family: Diversity and Strengths, 3rd ed., by David H. Olson and John DeFrain.
COMPOSTING
continued from page 2

x 3. If any smaller, it will dry out too fast; any larger and there will be poor air movement and it will be difficult to turn the pile.

How can I avoid problems with unpleasant odors from the compost pile?
Odors may arise either from the addition of excessive amounts of wet plant materials like fruits or grass clippings, from over watering the pile or by not turning it frequently. A poorly composting pile periodically. A properly prepared and ade-
quately turned compost heap will generate little if any objection-
table odor. Good aeration, provided by regularly turning over the materials in the pile, is essential to prevent bad odor.

- Also, keep the compost damp but not watered to log a long way toward preventing unpleasant odors.

How long does it take to reach a finished product?
Generally, a compost pile that contains a good mixture of fine and coarse material, is turned regularly and kept moist, will be ready in about 2 to 4 months. A pile left unattended and material not shredded may take a year or longer to decompose. Files prepared in the late fall will not be very well decomposed by the spring. When the compost is finished, the pile will be about half its original size and have a pleasant, earthy smell.

- Of what value or use is the finished compost product?
Compost is used as an organic amendment to improve the physical, chemical, and biological properties of the soils. For example, adding compost to garden soil will increase the moisture holding ability of sandy soils and improve the drainage and aeration of heavy clay soils. Over time, yearly additions of compost will create desirable soil structure making the soil easier to work. (MF)

- Winter Rose Care

Roses must be protected against not only low winter temperatures, but also fluctuating temperatures and winter winds.

To prevent winter injury, keep your roses healthy during the growing season. Roses that have been prepared for disease control and have been properly nourished are more likely to escape winter injury than plants that have lost their leaves because of diseases or nutrient deficiencies.

Provide winter protection for the bud union of roses that have been grafted onto rootstocks.

Bush Roses
Most rose bushes are not hardy in northeastern areas and need to be protected from cold temperatures. Different types of insulators, such as plastic, mulch, cones, etc., can be used to protect rootstocks.

- Tie all the canes together to keep them from wind-blown and loosening the soil around the base of the bush. Or, you can make shorter canes to reduce wind whipping. However, do not cut the canes so short that they may not be killed by the may not be killed during the winter.

- After the ground has frozen in late fall, tie the canes to the wiggle eight inches of hay, straw, straw manure, leaves or similar material over the mound of canes. Hold the material in place by covering with some soil. These materials help to keep the soil temperature constant. It is important to apply straw or other materials only after the ground has frozen to prevent mouse invasion. You may also want to distribute some mouse bait around the bushes. For additional protection, place twiggy branches or evergreen boughs (from Christmas trees) over the top of the bushes. These branches help accumulate snow between the bushes, which may help reduce injury to the roots while still allowing for air circulation.

- Cover the protective materials (straw, soil, etc.) in spring as soon as danger of frost hazard (several degrees below freezing) has passed, but before new growth appears. If new growth has started in spring, remove the mulch in case of frost, so replace the protective covering whenever frost is predicted.


carefully remove the soil around the base of the bushes to avoid breaking off any roots that may still be alive. A few inches around the bases of plants to avoid breaking off any roots from mounded soil around the base of plants.

Hedge Apples
Hedge apples are produced by olive trees, but are called hedge apples because they have lost their leaves (four months.) At 20 percent moisture and 50 degrees F in the air, will have a shelf-life of 128 days. For more information on shelf-life, contact your local Cooperative Extension Service.

- Of what value or use is the finished compost product?
Compost is used as an organic amendment to improve the physical, chemical, and biological properties of the soils. For example, adding compost to garden soil will increase the moisture holding ability of sandy soils and improve the drainage and aeration of heavy clay soils. Over time, yearly additions of compost will create desirable soil structure making the soil easier to work. (MF)

- Winter Rose Care

Roses must be protected against not only low winter temperatures, but also fluctuating temperatures and winter winds.

To prevent winter injury, keep your roses healthy during the growing season. Roses that have been prepared for disease control and have been properly nourished are more likely to escape winter injury than plants that have lost their leaves because of diseases or nutrient deficiencies.

Provide winter protection for the bud union of roses that have been grafted onto rootstocks.

Bush Roses
Most rose bushes are not hardy in northeastern areas and need to be protected from cold temperatures. Different types of insulators, such as plastic, mulch, cones, etc., can be used to protect rootstocks.

- Tie all the canes together to keep them from wind-blown and loosening the soil around the base of the bush. Or, you can make shorter canes to reduce wind whipping. However, do not cut the canes so short that they may not be killed by the may not be killed during the winter.

- After the ground has frozen in late fall, tie the canes to the wiggle eight inches of hay, straw, straw manure, leaves or similar material over the mound of canes. Hold the material in place by covering with some soil. These materials help to keep the soil temperature constant. It is important to apply straw or other materials only after the ground has frozen to prevent mouse invasion. You may also want to distribute some mouse bait around the bushes. For additional protection, place twiggy branches or evergreen boughs (from Christmas trees) over the top of the bushes. These branches help accumulate snow between the bushes, which may help reduce injury to the roots while still allowing for air circulation.

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- Carefully remove the soil around the bases of canes after danger of severe frosts has passed, remove the soil cover and set the plants upright.

Climbing Roses
Climbing roses need extra protection in areas where the temperature regularly drops below zero. Lay the canes on the ground and cover with wire pins or notched stakes, and cover them with several inches of hay. In spring, remove the mulch after danger of severe frost has passed. (DJ)

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**NEBRASKA FEEDBACK**

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**Return to:** University of Nebraska Cooperative Extension in Lancaster County 444 Cherry Creek Rd., Suite A • Lincoln, Nebraska 68528-1507

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**Extension Calendar**

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

**OCTOBER**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td>Oct. 7-11</td>
<td>National 4-H Week</td>
<td>2 p.m.</td>
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<tr>
<td>Oct. 14</td>
<td>4-H Ambassador Meeting</td>
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<tr>
<td>Oct. 16</td>
<td>Comprehensive Plan Committee – Community Forum (City Council/</td>
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<td></td>
<td>County Commissioner, Hearing Room 112, 555 S. 10th St, Lincoln</td>
<td>5 p.m.</td>
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<tr>
<td>Oct. 18</td>
<td>The “Right Stuff” (Pound Middle School)</td>
<td>6:30–8:45 p.m.</td>
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<tr>
<td>Oct. 18</td>
<td>The “Right Stuff” (Caller Middle School)</td>
<td>6:30–8:45 p.m.</td>
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<tr>
<td>Oct. 19</td>
<td>Fair Board Meeting (Lancaster Event Center)</td>
<td>7:30 p.m.</td>
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<tr>
<td>Oct. 21–27</td>
<td>National Character Counts! Week</td>
<td></td>
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<tr>
<td>Oct. 22</td>
<td>Building Relationships With Children in a New Culture: Parenting</td>
<td></td>
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<td></td>
<td>Issues in Vietnamese Families presented by Tran My Duyet</td>
<td>8:30 a.m.–Noon</td>
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<tr>
<td>Oct. 23</td>
<td>Family Community Education (FCE) Achievement Night</td>
<td>6:30–p.m.</td>
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<tr>
<td>Oct. 25</td>
<td>Character Education Conference (Beatrice High School)</td>
<td>8:45–3:15 p.m.</td>
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<tr>
<td>Oct. 27</td>
<td>11th Annual National “Make a Difference Day”</td>
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<td>Oct. 29</td>
<td>“Turkey and Trimmings 101” Presentation (Plaza Conference Center,</td>
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<td></td>
<td>Bryanl,GH Medical Center East, 1600 S. 48th St., Lincoln</td>
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<tr>
<td>Oct. 30</td>
<td>Parents Forever (Northeast Family Center)</td>
<td>7–9 p.m.</td>
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<tr>
<td>Oct. 31</td>
<td>4-H Award Books Due</td>
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<td>Deadline for 4-H Scholarship Applications</td>
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<td></td>
<td>Deadline for 4-H Meritorious Service, Outstanding 4-H Member, and</td>
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<td></td>
<td>I Dare You Youth Leadership Award Nominations</td>
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</table>

**NOVEMBER**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td>Nov. 1</td>
<td>Deadline for Extension Board Applications (see article below)</td>
<td></td>
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<tr>
<td>Nov. 9</td>
<td>Extension Board Meeting</td>
<td>8 a.m.</td>
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<tr>
<td>Nov. 10</td>
<td>4-H Fall Rabbit Clinic</td>
<td>9 a.m.–Noon</td>
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<tr>
<td>Nov. 11</td>
<td>4-H Ambassador Meeting</td>
<td>2 p.m.</td>
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<tr>
<td>Nov. 16</td>
<td>4-H Teen Council</td>
<td>3–5 p.m.</td>
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<tr>
<td>Nov. 13</td>
<td>Parents Forever (Northeast Family Center)</td>
<td>5–9 p.m.</td>
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<tr>
<td></td>
<td>4-H Pet Pals Meeting</td>
<td>6:45 p.m.</td>
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**County Extension Board Seeks Members**

The Lancaster County Board of Commissioners seek members of the community to serve on the Lancaster County Extension Board. Several current extension board members will be completing their appointed terms this December. These vacancies will be filled with three-year terms beginning January 2002.

Parents Forever is a 4-hour educational program for parents about the impact of divorce on their children. Classes are currently scheduled at the Northeast Family Resource Center for Oct. 30 and Nov. 13. Both classes start at 5 p.m. and end at 9 p.m.

**Parents Forever Educational Program**

This program is a cooperative effort of UNL Cooperative Extension, Saint Elizabeth Regional Medical Center and the Mediaction Center. For more information or a registration form, call LaDeane at (402) 441-7180. (LJ)

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**Character Education Conference**

For Elementary Educators and Community Partners

**WHEN:** Thursday, Oct. 25 • 8:45 a.m.–3:15 p.m.

**WHERE:** Beatrice High School, 600 Orange Blvd, Beatrice, Neb.

**WHAT:** Presentations, exhibits, vendors, resource fair, networking, door prizes

**WHO SHOULD ATTEND:** Elementary teachers, counselors, administrators, parent organization members, community leaders.

**COST:** $20 per person

**FEATURING:** Don Peslis, Director, Center for Character Development Anderson University, B. David Brooks, Executive Chairman of the Board, The International Center for Ethics and Workforce Readiness

For more information or registration forms, contact LaDeane at 441-7180. (LJ)