September 2001

The NEBLINE, September 2001

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4-H Centennial—1902-2002

In the beginning . . .

In the late 1890’s and into the early 1900’s, 4-H programs began throughout the country in response to young people and their need for a better agricultural education. Boys and girls clubs were established to meet this need. This community club model engaged youth through “learning by doing”. Most states organized clubs outside of schools with parents serving as volunteer leaders and educators providing appropriate educational materials.

No one individual is credited with originating the 4-H program, but rather the program was founded through collective efforts of several individuals over the course of a few years. In 1907 or 1908, the first emblem used nationally was designed by O.H. Benson as a three-leaf clover. It stood for head, heart, and hands. In 1911, Benson suggested that the fourth H should be hustle and the 4-H design was adopted. Later O.B. Martin suggested that health replace hustle. The design was adopted. Later O.B. Martin suggested that health replace hustle. The 4-H emblem has stood for head, heart, hands, and health ever since.

By 1912, 73,000 boys and 23,000 girls were enrolled in club work.

Passage of the Smith-Lever Act of 1914, established the Cooperative Extension Service of which 4-H is a part. The act provides public financial support for extension programs. In 1921, the National Committee on Boy’s and Girl’s Club Work was formed, which coordinated private support on behalf of 4-H type programs. In 1921, the National Committee on Boy’s and Girl’s Club Work was formed, which coordinated private support on behalf of 4-H type programs.

The decade of 1913-1922 included World War I and its impact on the lives of all Americans. Young people in club work contributed to the war effort through food production and conservation, canning demonstrations and other efforts. Wartime incentives probably introduced club work to more youth and adults than did anything else up to that time.

In 1918, the first use of the term “4-H Club” in a federal document appeared in a document by Gertrude L. Warren. By 1920, in addition to the organization of clubs for boys and girls, the system of volunteer leadership evolved and became well established. The clover symbol of the club movement had become familiar by the 1920’s. Volunteer leaders were considered to be essential to the success of 4-H, and training of these leaders a top priority. Following World War I, 4-H focused on organizing including requirements for a standard club, roles of local 4-H leaders, project experiences, growth of county farm bureaus, and other county extension organizations contributing to the management of club work.

Between 1923 and 1932, 4-H crossed

See 4-H CENTENNIAL on page 12

4-H Centennial Quiz

1) In the 1890s, what county was home to the first boys’ and girls’ clubs in Nebraska?
   A. Red Willow
   B. York
   C. Sarpy
   D. Pierce

2) Even before 1910, young people competed in what activity at the Nebraska State Fair?
   A. Woodworking
   B. Small Engines
   C. Corn growing
   D. Photography

3) What state is credited with creating the 4-H emblem in 1908?
   A. Maryland
   B. Wisconsin
   C. Kansas
   D. Iowa

4) Where was the first organized Boys’ and Girls’ Camp held in Nebraska in 1912?
   A. Nebraska State 4-H Camp in Halsey
   B. Chadron State Park
   C. State Fair Grounds
   D. Eastern Nebraska 4-H Center

5) What year was Nebraska’s first campsite, the State 4-H Camp at Halsey, dedicated?
   A. 1912
   B. 1930
   C. 1926
   D. 1988

6) What was the result of the Smith-Lever Act of 1914?
   A. Establishment of the Cooperative Extension Service of which 4-H is a part.
   B. Boys’ and girls’ clubs officially became known as “4-H Clubs.”
   C. All school-age youth had to participate in a boys’ or girls’ club.
   D. The clover became the official symbol.

7) 4-H’s school enrichment programs were established in the 1960’s. What topics do they currently address? (There may be more than one correct answer.)
   A. Embryology
   B. Garbology
   C. Blue Sky Below My Feet (space travel)
   D. Nutrition, Fitness and Youth

8) How many youth were enrolled in Nebraska 4-H in the year 2000?
   A. 25,000
   B. 60,000
   C. 100,000
   D. 125,000

9) What year will National 4-H celebrate its 100th birthday?
   A. 2001
   B. 2002
   C. 2003
   D. 2004

10) Nebraska 4-H currently participates in exchange programs with the following countries: (There may be more than one correct answer.)
    A. Russia
    B. Armenia
    C. Japan
    D. Ukraine

Answers on page 12

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4-H CENTENNIAL — pages 8-9

Community Focus — page 10

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Poison Ivy

Anyone who has ever experienced the blisters, swelling, and extreme itching from an unfortunate encounter with poison ivy, learns quickly to avoid it whenever possible. It grows in non-cultivated sites, such as along stream banks, roadways, railroad tracks, fence rows, and woodlands. It can even make an appearance in your ornamental shrub or perennial borders. Therefore, knowing how to identify and control it are the best defenses against accidental contact.

Poison ivy (Rhus radicans) is by its characteristic compound leaf consisting of three leaflets. The leaflets are two to four inches long, dull or glossy green with pointed tips. The middle leaflet is generally larger than the two lateral margins of the leaflets are variable, appearing irregularly toothed, lobed, or smooth. The leaves are positioned alternately on the stems.

Contrary to popular belief, poison ivy is not a non-poisonous vine often mistaken for poison ivy, has five leaflets radiating from one point of attachment.

Poison ivy can be found in one of three forms: as an upright woody shrub, a trailing shrub running along the ground, or a woody vine. The vine is usually seen growing on trees or other objects for support. The yellowish-green flowers occur in compact clusters in leaf axils, and are produced in May in Illinois. The waxy, berry-like fruit is grayish-white, with distinct lines marking the outer surface. The fruits are about three-sixteenths of an inch in diameter.

There are three methods that can be effective in eradicating poison ivy in ornamental beds. They include hand pulling or grubbing; severing the vine and then treating the regrowth with an herbicide; or applying an herbicide to individual leaflets.

Hand pulling is most successful when the soil is moist. The roots can be dug and pulled out in long pieces. Care should be taken to remove the entire root because the plant can resprout from sections of root left in the ground. Avoid skin contact by wearing gloves while you work and washing clothing and gloves immediately after.

The washing machine should be rinsed thoroughly afterward to eliminate the possibility of contaminating other clothing. Vines growing on trees can be difficult to pull out of the ground because their roots may be entangled with the tree’s roots. Sever the vine at the base and carefully pull it out of the tree. Glyphosate (Roundup or Kleenup Grass & Weed Killer), a non-selective, translocated herbicide, can be applied to the new shoots that will soon emerge from the base of the old plant. This herbicide is most effective if applied to actively growing young shoots. Poison ivy is difficult to control even with herbicides. You may not receive complete control from a single application but at least you have contained the infection. Other herbicide brands or formulations may be found at your local garden center. Be sure to read the label to ensure that poison ivy is listed on the label, then follow the manufacturer’s directions.

When poison ivy is found in the midst of your prized ornamental plants, special care should be taken to eliminate it. Paint the individual leaflets with a non-selective herbicide like glyphosate to avoid harming desirable plants.

The blistering rash caused by poison ivy is the direct result of contact with the oily toxicant, known as urushiol. Urushiol is found in the plant’s phloem ducts in leaf axils, and are found throughout the plant, including the roots, stems, bark, leaflets and certain flower parts. The plant has to be crushed, broken, or in some way injured to release the resin. Once urushiol is released, it can find its way to your skin by direct contact with the plant and then spread by touching other parts of the body. Because the sticky, oily substance is easily transmitted, there are indirect ways to contact it, for instance: the fur of the family pet, garden tools, garden gloves, clothing, golf balls or other objects that have come in contact with an injured plant.

Contrary to popular belief, the rash from poison ivy cannot be transmitted from touching the oozing blisters.

If you know you have contacted poison ivy, wash the area as soon as possible with soap and cool water. Warm water may cause the oozing to penetrate the skin faster. Because urushiol can penetrate in a matter of minutes, you may still get a rash, but at least you have contained the infected area. A visible reaction, redness and swelling may be apparent within 12 to 24 hours. Contact your family physician or pharmacist for recommendations for effective non-prescription medication.

One additional caution is that people can contract a rash by exposure to smoke of burning poison ivy; be careful not to burn wood with the poison ivy vine attached to it. Take extreme caution to avoid inhaling smoke or contact of smoke with skin and clothing. (MIF)

Norfolk Island Pine

The Norfolk Island pine is an evergreen plant suitable for a houseplant. It can be used in a variety of decorative ways. In its native habitat, it can grow to a height of 220 feet with a trunk up to 10 feet in diameter. As a small plant, it is very uniform with branches parallel to the ground. These branches have rows of soft, bright green, half inch long needles that taper to a fine point.

The Norfolk Island pine is a long lasting houseplant that grows 3 to 6 inches a year. A large Norfolk Island pine makes an excellent display in entrance halls or foyers, and presents a good first impression of the home or office. Smaller plants are handsome attractions for coffee tables, desks, and end tables. Norfolk Island pines grow well in indirect sunlight. Night temperatures of 50 to 55 degrees Fahrenheit and day temperatures of 60 to 72 degrees are optimal for plant growth. However, the Norfolk Island pine will tolerate temperatures between 45 and 85 degrees.

The soil should be kept only lightly moistened. This plant does not require as much water as most common houseplants. It cannot tolerate soggy or saturated soil. Norfolk Island pines do not require much fertilizer. Use any complete houseplant fertilizer and follow the manufacturer’s recommendations. These pines need to be repotted every three to four years to allow for growth. (MIF)
Tiny Flies In the House? Find the Source

There are several types of tiny flies — people commonly refer to them as “gnats” — that are sometimes found inside the home. Many of these flies are more than just one or two indicators that there is a breeding population at hand.

Immature flies are known as maggots. Most fly maggots require a source of food (often decaying organic matter) that is moist or wet. Fly species may have specific food preferences. Knowing what type of fly you have can help you find the source — the key to solving the problem.

Fruit Flies

Fruit flies are among the smallest of flies found in homes. They usually are a light brown color and have bright red eyes. Fruit flies often are found hovering around overly ripe fruit that is the food source of the fruit fly maggots. Fermenting materials, such as leftover beer or soft drinks, also are a favorite food. Populations tend to be greatest in late summer and early fall as they infest fruits during the harvest season.

Control: Discard overripe fruit, and rinse out bottles and cans before recycling to eliminate common breeding sites. Fruit flies are common outdoors and are so tiny that they may come indoors through screens. Make a fruit fly trap with a glass jar, a plastic bag, rubber band and a little fruit juice or beer (see the diagram).

Phorid flies

Phorid flies are also called “humpbacked” flies because of the extreme humpbacked appearance just behind the head. They are often confused with fruit flies, which do not have humped eyes. These flies have the peculiar habit of running rapidly along surfaces instead of immediately flying when disturbed. Phorid flies breed in any moist decaying organic matter, especially when it is infested. Garbage disposals, rotting meat and vegetables, dirty mop buckets, faulty septic tanks and animal feces may be the source of phorid flies.

Control: The first step to solve this problem is by cleaning the drain. Unfortunately, some household products are meant to dissolve clogs — not clean pipes. Bleach and hot water will not kill fly larvae breeding in the pipes. A "snake" or a stiff brush along with industrial strength drain cleaner will be most useful. Never pour insecticides down the drain.

Fungus Gnats

Fungus gnats are small, dark-colored flies most often found collecting around window boxes and other areas that have standing water and hopping across the soil surface of a plant. High organic matter plants like mushrooms and organic fertilizers, such as fish emulsion, encourage fungus gnat development. Over watering, a common problem during fall and winter, will increase fungus and fungus gnats.

Drain Flies

There are a couple types of small flies that emerge from drains of sinks and seem to hover over the sink area. One type looks like a very tiny moth; the other is a tiny dark-colored fly. Phorid flies may also breed in drains. Most of the time, the infestation is in the tip of the gnat line that leads from the drain or from a garbage disposal, but flies can also be produced where there is a problem with broken or leaking pipes.

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Simple Fruit Fly Trap

Materials needed: jar, plastic bag, beer, rubber band

1. Pour approximately 1/4 cup beer into jar.
2. Place plastic bag over mouth of jar with one corner reaching down into the beer.
3. Poke a small hole (no more than 1/8” diameter) in center of bag with a pencil.
4. Secure bag around rim with rubber band of plastic bag.
5. Place trap out-of-reach of children, pets.

Fruit flies will be attracted by the fermenting beer from their way through the tiny hole in the bottom of the funnel, and not be able to find their way out.

Fruit flies need a source of food and water. The key to solving this problem is to eliminate the source — the key to solving the problem.

Drain flies are attracted by the running water. Control: Seal drain with cheese cloth or rubber band of plastic bag used for fruit trap.

Dust Flies

Dust flies are attracted by the moisture and dust in the air. Control: Seal the source of moisture and dust, and keep the area clean.

Flies breeding in mushrooms and other organic plant materials. This reduces the amount of fungi where fungus gnats breed. Where fungus gnats are a problem, insecticides can supplement the cultural control of reduced watering.

Most of these tiny flies are very common outdoors and can easily enter the house through window screens. Inside, the right conditions start an infestation. Insecticides are usually not needed and will seldom solve the problem if the source of the infestation isn’t found and corrected. (BPO)

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gnat development. Fungus gnats can reproduce on indoor plants and cause little if any damage. They also occur outdoors where they breed in mushrooms and other decaying plant materials.

Control: To control fungus gnats, correct the conditions of the breeding area. Allow the soil to dry thoroughly between watering and eliminate decomposing plant materials. This reduces the amount of fungi where fungus gnats breed. Where fungus gnats are a problem, insecticides can supplement the cultural control of reduced watering.

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The Kids are Back in School — So are Head Lice . . .

Sonni Cochran
Extension Associate

You thought you had everything under control — soccer schedules, music lessons, school supplies, lunches, new shoes and socks. Did you plan for head lice? As we head back into the new school year, there are some steps you can take to help reduce the incidence of head lice in your home.

Prevention:

1) Inspection: Check your child’s scalp at least once a week for evidence of head lice. By the time a child starts scratching his/her head, he/she may have had lice for 30-35 days.

2) Control: To control head lice, comb your child’s hair weekly using a nit comb to detect nits and remove them.

3) Re-infestation: If your child has lice, make sure the entire family is treated.

4) Sharing: If you know someone has lice, notify the school and share this information with other families.

5) School: Make it a routine practice to check your child’s school for lice.

Environmental Focus

Fall Household Hazardous Waste Collections

Saturday, Sept. 22 • 9:00 a.m.–3:00 p.m.

Pfizer Inc, 601 W. Cornhusker Hwy, Lincoln

Saturday, Nov. 3 • 9:00 a.m.–3:00 p.m.

State Fair Park, 4-H Youth Complex, Lincoln

Items that you can bring for disposal:

Heavy metals: items containing mercury such as thermometers and thermostats.

Cosmetics: most mineral spirits, turpentine, paint strippers and thinners, oil-based paints, varnishes, stains, polishes and waxes.

Pesticides: weed killers, garden sprays, wood preservatives, roach powder, rat poisons. You may also bring EPA registered insecticides, roach powder, rat poisons.

PCBs: Ballasts from old fluorescent fixtures and capacitors are often found in old appliances including televisions. If you dispose of these products in your original container and keep the label intact. Open, leaking or rusted containers should be placed in a clear plastic bag during transport. Do not mix these chemicals.

Do not bring:

Latex paint, medicines, explosives or ammunition, fertilizers, used oil, general household trash, antifreeze or batteries.

Questions? Call the Lincoln-Lancaster County Health Department at 441-8040. (BPO)
Nitrogen Fertilizer Sources

Anhydrous ammonia is produced commercially by reacting nitrogen gas from the atmosphere, in the presence of a catalyst, with steam and methane (natural gas). All other commercial nitrogen fertilizers are derived from anhydrous ammonia. Because natural gas is used to produce anhydrous ammonia and therefore all commercial nitrogen fertilizers, high energy prices result in high prices for nitrogen fertilizer.

Natural sources also contribute to plant-available nitrogen. The conversion of nitrogen gas to plant available forms occurs naturally in the root nodules of leguminous plants. A small amount of nitrogen is converted to reactive forms in thunderstorms, which then convert to plant-available forms in the soil. Finally, microbial breakdown of plant residues and animal waste also contributes to the plant-available nitrogen in the soil. Both man made and naturally occurring forms of nitrogen are acted upon by microbial and chemical processes in the soil which change the chemical composition of the nitrogen. This process is known as the nitrogen cycle. Producers should be aware of the potential fate of any nitrogen source, including potential loss of nitrogen to the atmosphere or to leaching below the root zone under certain conditions.

For more information on nitrogen fertilizers and their fate in the soil, ask for Lancaster County in-house fact-sheet “Nitrogen Sources” by Extension Educator, Tom Dorn. Ask for publication number 288-01.(TD)

Prepare Grain Bins and Equipment Before Harvest

With harvest rapidly approaching, now is the time to prepare grain bins and harvest- ing equipment to help ensure that grain going into storage will remain in good condition. Don’t wait until the middle of harvest to discover that a bin foundation is severely cracked, or find even later that insects from grain left in the combine last fall have become a problem in a bin of new grain.

Harvesting Equipment

Remove all traces of old grain from combines, truck beds, grain carts, augers, and any other equipment used for transporting, and handling grain. Even small amounts of moldy or insect-infested grain left in equipment can contaminate a bin of new grain.

Site

Check the bin site, and remove any items or debris that would interfere with safe, unobstructed movement around the bin. Remove any spilled grain and the site to reduce the chances of insect or rodent infestation. If necessary, re-grade the site so that water readily drains away from bin foundations.

Electrical

Wiring for fans and other electrical components should be inspected for corrosion and cracked, frayed, or broken insulation. Exposed wiring should be run through water-proof, dust-tight conduit. Avoid kinking the conduit, and make sure all connections are secure. Check control boxes for rodent damage. If rodent damage is found, clean and repair or replace damaged wiring, relays, and other components and seal over openings that allowed rodent entry. An aeration system breakdown with a bin of high moisture corn can become a serious problem in only a few days, depending on the moisture and temperature of the grain. Preventive maintenance now can prevent downtime during harvest.

Aeration Systems

Check fans, heaters, transitions, and ducts for corrosion and damage. Remove any accumulated dust and dirt that will reduce the operating efficiency. Be sure that all connections are tight.

Bins

Inspect bins and foundations for structural problems. Inspect the bin roof and sides, inside and out, for leaks, loose or sheared bolts, corrosion, etc. Check the roof vents and access hatch, and caulk any cracks where flashing meets the roof line. Be sure the access ladder is complete and securely fastened to the bin. Replace or any deteriorated components.

Ensure that the bins are clean. Remove any old grain, bolts, screws, and other debris. Never put new grain on top of old. Don’t forget to clean bins not being used for storage this year as these can be a source of insects that will migrate to other bins.

If long term storage (over 10 months) is anticipated, consider treating the cleaned bin with a protective insecticide at least two weeks before adding any grain. Apply the spray to the point of runoff to as many interior surfaces as possible, especially joints, seams, cracks, ledges, and corners. Also spray outside the bin at the foundation and near doors, vents, ducts, and fans. Malathion, meth- oxychlor, Tempo, Reldan (stored sorghum only), or diatomaceous earth can be used for treating bin surfaces. Methoxychlor and Tempo should not be applied directly to the grain. As with all pesticides, read and follow product label instructions for handling, dilution, mixing, and application directions. Note: Do not spray bins where soybeans will be stored. Stored soybeans rarely experience insect problems and few insecticides labeled for use on soybeans.

It is generally impossible to thoroughly clean in perforated drying floors. Although by removing the floor, leaks, or shoring up an extension pipe and grain vacuum, much of the accumulated debris can be removed. The bin should then be fumigated with chloroprolin. (Chloroprin® is a “Restricted Use” product sold under several brand names and requires gas sampling before and respirator protection.)

Stored grain represents a major investment. Precaution taken before grain is put into the bin can pay dividends later by helping to assure that quality is maintained. (TD)

Disclaimer: Use of brand names is for clarity only and not intended as an endorsement of one product over another. Read and follow product label directions.

Sources: David P. Shelton, Extension Agricultural Engineer; David D. Jones, Associate Professor, Biological Systems Engineering; and Keith J. Jarv, Extension Assistant, Integrated Pest Management

Crop Residues: An Economical Source of Feed

As fall approaches livestock producers must make plans for feeding their livestock during the late fall and winter months. One economical and often under utilized source of feed is grain crop residues. To determine if crop residues are an appropriate feedstuff to use in your operation, there are many factors you must consider.

1) Location – For fields of crop residues to be used effectively, the location of the field(s) should be within a reasonable distance from where you typically house your animals during late fall and winter months.

2) Shelter and Fencing – As is the case anywhere you raise livestock, there must be adequate shelter and proper fencing. Without these two necessities you are risking the health of your animals.

3) Water availability – Probably the most important factor when deciding on an appropriate field to graze is the availability of water for the animals. Fields without a reliable source of water, or that do not have easy access to transport water to the animals, should not be used.

If fields meet these basic criteria, you will still want to consider some other factors such as the amount of forage available to the animals, weather conditions (such as drought and frost), crop production practices, animals to be placed on the crop residue, and the cost to rent (if applicable) before making a final decision. If a field(s) of crop residue can meet the needs of your livestock operation, do not be afraid to incorporate this economical and readily available source of feed into your livestock nutrition management program. For more information on grazing crop residues, you can access the University of Nebraska Cooperative Extension NetGuide “Grazing Crop Residues” on the web at www.ianr.unl.edu/pubs/efef/ec278.htm by contacting Lance Cummins-Brown, extension educator, at the Lancaster County Extension Office. (LCB)
Nebraska Forest Service Ends Tree Distribution Program

Seventy-six years of history came to an end this past spring when the Nebraska Forest Service (NFS) decided to end the “tree distribution” program. The first distribution of seedlings came in 1926 under the old congressional authority of the Clarke-McNary act. By 1934, the total number of trees distributed in the first year was 33,900. By mid-early fall is the best time to rejuvenate lawns. By mid-early fall is the best time to do it now as once-a-year chore. (DJ)

Livestock Buildings

Selecting a building that is right for your farm livestock should include meeting all your personal needs in addition to your livestock’s needs. Providing adequate housing for your animals, including proper ventilation and space, is essential and will ensure they are getting the housing they need to remain healthy and productive. There are several factors you must consider when choosing a building that is right for you. First, you must consider what you intend to use the building for, if it be a barn for it be a barn or stall to keep a few horses. The animal species will greatly affect the number of animals you can house in the facility. Each animal should have an adequate amount of resting space to make sure it is comfortable, an adequate amount of feed access, and free access to clean, fresh water.

Ventilation and air quality are also critical when planning livestock housing. Many facilities may require ventilation fans to move an adequate amount of air within the facility. It can be very critical you do not overlook the ventilation factor as animals residing in a poorly ventilated area will be at greater risk of sickness and disease.

Special architectural requirements for the building, such as wider doors to get large equipment through, should also be considered when choosing your livestock building. Knowing how you will clean livestock waste from the facility before it is built.

Finally, when you are selecting a building, you may decide where you want to locate it and if you are planning any major site renovations in the next few years. This could make a big impact on any future projects you have planned. (DJ)

Water Quicksies for September

Water-saving showers use about 2.5 gallons per minute at a water pressure of 80 pounds per square inch compared to traditional showers that use up to 10 gallons per minute. Water pressure affects shower flow. With low water pressure, select a low-flow shower head that delivers the water needed at low pressure. Some showers have special controls to reduce sudden burst of hot water that may occur when hot water using appliances are turned on.

Demand-initiated water softening equipment regenerates soft water in response to the demand for treated water rather than on a set timed schedule. The need for regeneration is determined by measuring gallons of water used, or by measuring the change in electrical conductivity of the resin bed, or by sensing a change in water hardness. These units can save water by eliminating unnecessary regeneration cycles. Making decisions about water and energy saving equipment means talking with consumer information, talking with the professionals, considering the existing water and appliance system and the household needs.

For more information on these devices, or additional ways to save water, ask for the University of Nebraska Cooporative Extension NebFact NF97-338, “Making Decisions: Household Water Saving Equipment and Practices.”

NFS to End Tree Distribution

The Nebraska Forest Service will not be operating a tree distribution program, the professional foresters will continue to be available to landowners, NRCS, and other government agencies in Nebraska.

Since conservation tree and shrub planting remains a high priority need across Nebraska, the Natural Resources Districts (NRD) managers have formed a committee to develop options for the 23 NRD’s. One option is to develop a working relationship directly with the United States Forest Service and purchase seedling from the Bessey Nursery in Halsey.

Though many details have yet to be determined and there are many unknowns at this time, most Natural Resources Districts intend to have tree planting programs available for the spring of 2002. (DJ)

Fall Fertilizing is Best for Lawns

If fertilizing your lawn is a once-a-year chore, do it now as early fall is the best time to rejuvenate lawns. By mid-September, most lawn abilities to use nutrients peaks, and they’re craving a “meal.” Nitrogen helps grass develop a thicker stand and healthy root system, which increases its ability to withstand pests and stress.

Lawns also benefit from a second application in October, which should be applied just before the last mowing. Add a third application in April or May. A well-developed root system is essential during the hottest, driest weeks of summer. Many lawn owners can save money on fertilizer by keeping grass clippings on the lawn after mowing. Clippings can cut to lawn’s nitrogen needs by 25 percent each year, and may eliminate the need to apply phosphorus and potassium. If mowing frequently, don’t remove more than a third of the turf’s height each time. (DJ)

Fall Dandelion Treatment

To avoid yellow dandelion spoiling the beauty of your emerald green lawn next summer, spray them now.

Mid-September through October is the best time to treat dandelions because they’re actively growing and storing food for winter. At this stage, herbicide applications kill the top growth and the weed’s deep tap root. Spray dandelions with a liquid herbicide that contains MCP, dicamba, 2,4-D or a mixture of those chemicals. Check the label before purchasing or applying. Chemicals affect each type of grass differently, so make sure to use one suitable for the lawn. Combining herbicide and broadleaf herbicide spray also are effective for tall fescue or Kentucky bluegrass lawns.

The treatment will be more effective under these conditions: Dandelions must be actively growing. If necessary, water them for a week to encourage growth.

Soil moisture should be plentiful because drought-stricken dandelions are less sensitive to sprays.

Weeds shouldn’t receive water for at least 24 hours after the application.

Dandelions shouldn’t be mowed for several days before or after application.

Temperatures should be between 50 and 80 degrees F and wind speeds should be less than 5 mph. (DJ)

There’s Nothing Fishy About This Nebraska Grad’s Work.

Deb Ohlinger doesn’t fish, but she is a best friend to those who do. She is a civil engineer who is helping to restore Nebraska lakes—she got her feet wet on lake projects while completing her degree in biological systems engineering at the University of Nebraska-Lincoln.

Thanks to Deb’s work, a few of Nebraska’s lakes have less sediment in the water, better access to deeper waters and improved fish habitat.

Wagon Train Lake near Hickman and Summit Lake near Tekamah are two on her professional projects list, plus she’s finishing a master’s degree at NU to become even more of an expert on water and civil engineering.
Autumn Fruit Salad

2 tablespoons honey
2 tablespoons lemon juice
2 Granny Smith apples, cubed
2 red pears, cubed
1/2 cup dried apricots, sliced into thin strips
3-ounce containers low-fat spiced apple or vanilla yogurt

In a medium bowl, whisk together honey and lemon juice. Add fruit and toss well. For each person, spoon a half container of yogurt into a small bowl and top with a 1/2 cup fruit. Serve.

Serves 6

Nutritional Analysis: Calories: 206 Kcal, Fat: 1.9 g, Cholesterol: 0 mg, Fiber: 3.4 g, Sodium: 76 mg, % Calories from Fat: 8%

Feeding Baby during the First Year

Alice Henneman, MS, RD
Extension Educator
Kendra Schmit, RD
Extension Assistant-NEF

If you grow as rapidly as a newborn, and you currently weigh 130 pounds, you’d tip the scales at almost four hundred pounds in just a year! Babies triple their birth weight the first year. Assuring that infants receive adequate nutrients during their first year is not only important, it is very important for growth and development! Whether you’re cooking for your own baby or tending to the babiesitting for others, here are some tips to follow:

- Whenever possible, breast milk is best during the first year of life.
- If breastfeeding isn’t possible, an infant formula is an acceptable choice.
- Specialized formulas are available if an infant is allergic to regular infant formulas. The baby’s pediatrician can advise on the best choice.
- Proper formula dilution, mixing and serving are very important, follow directions carefully.
- Avoid serving regular cow’s milk until infants are one year old. Before then, infants may experience an allergic reaction. When you begin serving regular cow’s milk, serve whole milk. It’s usually recommended that children drink whole milk until age 2 for proper development. Don’t switch to a lower fat milk until the baby’s doctor recommends this switch.
- Do not serve cereal mixed with formula from a bottle.

Whenever possible, breast milk is best during the first year of life.

There’s no proof that this practice helps babies sleep better. Plus, there is a possibility of choking when served cereal from a bottle.
- Always hold a baby when bottle feeding. Babies who are put to bed with a bottle are more likely to have cavities and there is a possibility of choking.
- It’s best for parents to check with their physician before starting infants on solids. Not all babies are ready to begin eating solids at the same time.
- The American Academy of Pediatrics recommends breast feeding until infants are six months old. Thereafter, breast milk or a prepared infant formula be the only nutrient fed to infants until 4 to 6 months of age.
- Do not serve infants honey during the first year of life. It may contain the type of bacteria that can cause botulism in infants. Botulism can cause death.
- Infants may be allergic to egg whites; wait until about 12 months before offering this food. They may be able to tolerate egg yolks around 8 months. Follow guidelines given by your pediatrician.
- Serve up to 100 percent juice in small quantities so it doesn’t interfere with the infant’s eating other nutritious foods. The American Academy of Pediatrics recommends giving juice only to infants who are approximately 6 months old or older and who can drink from a cup. The Academy of Pediatrics recommends offering no more than a total of 4 to 6 ounces of juice a day to infants.
- When introducing new foods, try only one at a time. And wait about a week before trying another new food so you can tell if there are any allergic reactions to it.
- Iron-fortified rice cereal is usually the first cereal offered as babies are least likely to be allergic to it. It’s frequently recommended to continue giving rice cereal through the first year of life.

Healthy Eating

Enjoy Nebraska Foods!

Alice Henneman, RD, LMNT, Extension Educator

National 5 A Day for Better Health is celebrated during September. The 5 A Day program, jointly sponsored by the Produce for Better Health Foundation (PBHF) and the National Cancer Institute, promotes eating a combined total of 5 or more fruits and vegetables daily. Here’s a recipe, courtesy of PBHF to get you on your way to 5 A Day. For more information, check these Web sites: www.5aday.gov and www.5aday.com

10 Tips Spell F-O-O-D S-A-F-E-T-Y Success

September is National Food Safety Education Month™, one of the initiatives supported by the National Food Safety Initiative. One of the goals of the month is to “educate the public to handle and prepare food properly at home, where food safety is equally important—whether cooking from scratch or serving take-out meals and restaurant food.”

Alice Henneman, MS, RD
Extension Educator
Joyce Jensen, REHS
Lincoln/Lancaster County Health Department

Do you know the most important thing you can do to keep from getting sick?

HINT: It only takes about 20 seconds.

HINT: Almost everyone can do it.

HINT: It’s not expensive.

According to the Centers for Disease Control, the answer is “WASH YOUR HANDS.”

Clean hands—and clean cooking utensils and surfaces—are your first defense against food-borne illness.

Like washing your hands, most of the things you can do to help prevent a food-borne illness are really easy. Here are 10 simple food safety tips, that together spell F-O-O-D S-A-F-E-T-Y.

F = Fight bacteria by washing your hands often. Wash for about 20 seconds with hot, soapy water before fixing or eating foods and after using the bathroom, changing diapers, handling pets, coughing or blowing your nose.
- O = Only thaw perishable food in the refrigerator or microwave. Never defrost food on the kitchen counter. Cook food immediately after thawing in a microwave. Order perishable takeouts so they’re delivered shortly before serving. Whether takeout or prepared at home, avoid letting foods such as meat, poultry, seafood, dairy products, eggs, cut and/or peeled foods and vegetables sit at room temperature longer than two hours.
- A = Avoid cross-contamination. Wash cutting boards, knives and other utensils in the dishwasher or with hot soapy water and rinse with hot water after they have come in contact with raw meat, poultry and seafood, and before using them for the second time. Avoid placing cooked food on a plate that held these raw foods.
- D = Dry raw vegetables and meats (veal, lamb, and pork) to an internal temperature of 160 degrees F and ground poultry to 165 degrees F. Beef, veal, lamb, and pork steaks and roasts may be cooked to 145 degrees F medium rare and to 160 degrees F for medium. Whole poultry should be cooked to 180 degrees F as measured in the thigh breast meat to 170 degrees F. All cuts of pork should reach 160 degrees F. Thoroughly cook fish until it is opaque and flakes with a fork.
- E = Eat foods that you know are safe. Most of the bacteria that commonly cause food-borne illness can’t be seen, smelled or tasted. Take time to judge what’s safe.
- S = Set your refrigerator thermometer to 40 degrees F and your freezer to 0 degrees F to help stop the growth of harmful bacteria from growing. Keep an appliance thermometer in your refrigerator to monitor temperatures.
- A = Avoid foods that are sold cold, leftover meats and eggs in the refrigerator. For maximum safety, cool leftovers and unused perishable foods delivered shortly before offering this food. They may be able to tolerate egg yolks around 8 months. Follow guidelines given by your pediatrician.
- T = Take the temperature of perishable foods such as meats, poultry and seafood to assure bacteria are destroyed. Cook ham, hamburger and other ground meats (veal, lamb, and pork) to an internal temperature of 160 degrees F and ground poultry to 165 degrees F. Beef, veal, lamb, and pork steaks and roasts may be cooked to 145 degrees F for medium rare and to 160 degrees F for medium. Whole poultry should be cooked to 180 degrees F as measured in the thigh breast meat to 170 degrees F. All cuts of pork should reach 160 degrees F. Thoroughly cook fish until it is opaque and flakes with a fork.
- Y = Your refrigerator should be cooled firm to avoid possible food-borne illness from salmonellosis. Store fresh eggs in their original carton and use within three weeks for best quality. Use hard-cooked eggs within one week—do NOT return them to the egg carton for storage. Refrigerate them in a clean container.

Fridge Quiz

Put your knowledge of proper refrigeration to the test (AM)

1. Should hot food be placed directly into a refrigerator? YES or NO
2. Refrigeration prevents bacterial growth. TRUE or FALSE
3. At what temperature should you set your refrigerator? __ degrees F

Answers:
1. Yes, but divide large quantities of food into small containers for quicker cooling.
2. False, Refrigeration only slows, but does not prevent the growth of harmful bacteria.
3. 40 degrees F to (c) prevent the growth of food-borne illness

Quiz

Fight BAC™

Keep an appliance thermometer in your refrigerator and check the temperature regularly.

Source: Adapted from materials provided by the Partnership for Food Safety Education.
Clarice’s Column

Clarice Steffens
FCE Council Chair

It’s a Monday morning—I’ve completed my walk (a great morning for that), had breakfast and read the paper. The walk should have cleared some cobwebs from my brain, the breakfast satisfied the hunger, and the newspaper horoscope tells me I should “start to organize the activities of the week.” The first activity I need to organize this week is this article, so here goes!

I’ve just read the Family Community Education (FCE) State Convention in Kearney. Approximately 170 women attended activities beginning on Thursday at the Archway and continuing on Friday with a jam-packed day of meetings at the Holiday Inn. Those attending included Nebraska’s Harriet Steenson, National FCE President, Dee Rudolph, National Treasurer, Connie Larrington, the National Central Region, Public Policy Representative and Marlene Olson of Columbus, the Nebraska State President. We learned of a new statewide project, HOPE, Helping Other People Everyday. Several people from Lancaster County attended and we will share our comments and observations at the September next council meeting will be September 24, 7 p.m. at the extension office. The hosts will be Busy Bees, Helpful Homemakers and Tuesday Tinkers. I hope many of you will attend. Achievement Day will be October 23 at 7 p.m. Please mark your calendar for this event. Kathy Peters will be the guest speaker.

It is time to collect items for the Food Bank. This is our county project and items can be brought to the September Council meeting or to Achievement Day. Let’s all participate and make this a successful project.

It’s also time to reorganize our clubs for 2002. Packets are ready and should be picked up soon as some information needs to be returned in October. You will notice minor changes in the 2002 membership form.

This year’s State Convention were “Leading with Vision.” “Looking to FCE” and “We Can Do It.” Let’s keep this in mind as we reorganize for 2002 and all do our part to make our organization a more vital group.

Children Who are Ready to Read and Learn

As parents, the most important thing we can do is read to our children early and often. Reading is the path to success in school and life. When children learn to love books, they learn to love learning.

—First Lady Laura Bush

Going to school for the first time or even returning to school after a summer of fun, is an exciting time for children. Parents play a vital role in preparing children for learning to read and to learn. The following are some suggestions parents might use as they help their children be ready to read and learn.

• Talk with infants and young children before they learn to read. Talk with and listen to your child as you play and do daily activities together.

• Set aside a reading time every day (30 minutes is ideal) and read to your child no matter what the age of your child. Help your child learn new words and their meanings as you read.

• Take children to the library and let them choose books to read at home.

Create a special place in your home for children to draw, read, and write. Keep books and other reading materials where your child can reach them.

• Suggest reading as a free-time activity. Set a good example by reading in front of your child.

• Restrict the amount and kind of TV your child watches.

• Read favorite books over and over again.

• Read stories with rhyming words and lines that repeat.

• Invite the child to join in on these parts.

• Discuss new words. For example, “This big house is called a palace. Who do you think lives in a palace?”

• Stop and ask about the pictures and about what is happening in the story.

• Read from a variety of children’s books, including fairy tales, song books, poems, and information books.

Reading is at the heart of all learning. Children who can’t read well have difficulty learning. (LJ)

Based on information from Partnership for Family Involvement in Education.

LaDeana Jha
Extension Educator

Look at the Big Picture

The “big picture” has much more to do with the way families look at things. One family sees it as a problem, another sees the situation as a challenge. The way you look at a situation influences how you react and handle stress.

In fact, your outlook may be more important than the events themselves in determining how able you are to handle difficult times effectively. Emphasize the opportunity. Don’t fight change—deal with it. Look for ways to make it work to your advantage. Be realistic about what to expect. Don’t expect the worst—it often doesn’t happen. But don’t have unreasonable high expectations either. Optimists not only feel better about themselves and their lives, but actually manage their lives better whatever happens.

Concentrate only on events you can control. Pouring effort into events that are beyond your control will take that time is needed elsewhere. Part of controlling events is planning. (LJ)

“Big Picture” on page 11

FCE Leader Training Lessons for 2002

All leader training lessons will be presented at 1 p.m.

• January 7—Talk to Your Child
• January 29—Am I Fit?
• February 26—Knowing communities of character at Work
• March 26—Nutrition and Osteoporosis
• April 25—Isn’t the Only Thing You Will Save

Study lessons available include:

• Long Term Care: Options, Costs and Preparation
• Parents Again: Grandparents Becoming “Grand” Parents
• Servant Leadership
• Telemedicine: The Future is Here
• When a Loved One or Dear Friend Dies (LB)

Children’s Column

September Family Community Education (FCE) Council Meeting

The September Council meeting is scheduled for Monday, September 24, 7 p.m. The business meeting will follow the program being planned by the Busy Bees, Helpful Homemakers and Tuesday Tinkers FCE Clubs. All FCE members are invited to attend. (LB)

FCE Leader Training

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

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

Anyone interested is invited to attend. Non-FCE members should preregister by calling 441-7180, so materials can be prepared. (LB)

FCE Reorganizational Packets

Presidents of Family and Community Education (FCE) clubs: If you have not picked up your reorganizational packets please do so soon. It includes the dues information for your club treasurers which has a due date of October 1. There are other October deadlines within the packet. It is time to look forward and plan an exciting and educational year for FCE. If you have questions, call Lorene or Pam at 441-7180. (LB)

FCE Leader Training Lessons for 2002

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• January 29—Am I fit for Families
• February 26—Growing communities of Character at Work
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Study lessons available include:

• Long Term Care: Options, Costs and Preparation
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• Servant Leadership
• Telemedicine: The Future is Here
• When a Loved One or Dear Friend Dies (LB)

LaDeana Jha
Extension Educator

When stresses build up in families, it’s important to step back and look at the “big picture.” Resources such as cars, a house, tools, clothes, and money are important and they may help people solve some of their problems. However, it is usually personal, family, and community resources that help sustain us when families feel stress.

The “big picture” has much more to do with the way families look at things. One family sees it as a problem, another sees the situation as a challenge. The way you look at a situation influences how you react and handle stress.

In fact, your outlook may be more important than the events themselves in determining how able you are to handle difficult times effectively. Emphasize the opportunity. Don’t fight change—deal with it. Look for ways to make it work to your advantage. Be realistic about what to expect. Don’t expect the worst—it often doesn’t happen. But don’t have unreasonable high expectations either. Optimists not only feel better about themselves and their lives, but actually manage their lives better whatever happens.

Concentrate only on events you can control. Pouring effort into events that are beyond your control will take that time is needed elsewhere. Part of controlling events is planning. (LJ)
Leaders, parents, and interested volunteers are invited to attend this 4-H training. Discover how to finish the current 4-H year and how to prepare for the next 4-H year. Awards, project completion/selection, and club reorganization will be covered. See you there Tuesday, September 25, 9:30 a.m. or 7 p.m. (TK)

Award Nominations

Nominations are needed for the following awards by October 31. Application forms are available at the extension office.

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.

Outstanding 4-H Member—presented to an individual who has given leadership 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.

I Dare You Youth Leadership Award—presented to junior or senior high school 4-H members who have demonstrated personal integrity, lead well-rounded lives, and possess a willingness to assume responsibility. They do not need to currently hold leadership positions, but should be recognized by their peers and adults who work with them, as emerging leaders. Two 4-H members will be selected from Lancaster County. (LB)

On Tuesday, August 7, the Lancaster County 4-H Horse VIP's Committee sponsored a potluck dinner to celebrate the achievements of horse exhibitors during the year. Franklyn Manning, VIP's Committee Chair, was master of ceremonies. During the ceremony, awards were given to top exhibitors in several categories of this year's County Fair.

Winner of the Wittstruck Award, sponsored by Dwayne and Joan Wittstruck and given annually to the top horse exhibitor, was Liz Judds. Liz received purple ribbons in the six classes she chose to use for the award; English Pleasure, Working Pleasure, Western Pleasure, Western Horsemanship, Trail, and Showmanship.

The overall Confer Trail Award, sponsored by Dick Confer, was given to Megan Miller. Megan received a nearly perfect score on her trail ride. The winner of this year's Manning Barrel Award was Amberlee Schoneweis. Amberlee rode her pattern in Junior Barrels in a time of 16.540.

Top ten winners in the horse judging contest were: Elementary: Samantha Cajka (1st Place), Tanya O'Donnell, Nicole Schaffer, Elizabeth Harris, Taylor Holliday, Molly Shrauder, Bethany Zimbelman, Shanna Blanchard, Jessica Harris, and Ethan Essink.


Senior: Morgan Snyder (1st Place), Teresa Perri, Kelly Heath, Lindsay Schoneweis, Pat Smith, Anna Wishart, Beth Steck, Vanessa Wishart, Kim Zaleski, and Laura Olson.

A special thank you goes out to Linda Smith and Tim Marshall who were superintendent and assistant superintendent of the county fair horse show for the last two years. Their hard work and constant attention kept the horse show on schedule and running as if everything had been exactly the way it was supposed to be! We had a great year. And to the individual superintendents of each show, thanks. (EK)

HORSE BITS

4-H Achievement Night Award Winners for Horse Exhibitors

4-H & Youth

The 4-H SMALLBORE CLUB will start up September 16, 2002 at the Lincoln Parks and Recreation Shooting Range at 10 a.m. and Military at 4 p.m. This club will include basic marksmanship and safety skills, and is geared toward competing in NRA and USA shooting matches. We can have a total of ten members. Previous shooting sport club members will be given preference in joining the smallbore club, but anyone with a serious intent on learning shooting skills is encouraged to join. Members must be 12 to 17 years old by January 1, 2002. Target rifles, targets, and safety equipment is provided. Standard target ammunition is provided at cost. Club dues will be set to pay for range time. If you have any questions and meeting dates, call Bill Dutton at 486-4649. (LB)

Club meeting dates: September 16, 23, 30 October 7, 14, 21, 30 November 4, 18, 25 December 2, 9, 16 January 6, 13, 20, 27 February 3, 10, 17, 24 March 3, 10, 17, 24 April 7, 14, 21, 28

4-H BB GUN CLASSES will meet at the Lancaster Building at State Fair Park 7-9 p.m. on Tuesdays, September 25, October 9 and 23, November 5 and 26. Five sessions will cover basic gun safety, marksmanship, four position shooting, target scoring, and rules. This class is intended for the novice marksman-8-12 years old and has little or no prior training. Students will need to bring CLEAR SHOOTING GLASSES or wear their regular prescription glasses to the first session. They need to wear comfortable clothes and wear low shoes (no hiking boots). BB guns will be provided for the sessions, but if the student wishes they may pur-chase a Daisy 499 from the company. Do not bring guns other than the 499 to the class. All guns brought into the building must be in a case. Membership in the Lancaster County 4-H Shooting Sports Club is required for insurance and memberships are available for $8 at the door. Questions contact Gene Veberg at 421-7274, email Eveburg@msn.com or gene@fortoutpost.com. (LB)

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 January 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 is limited, with preference given to South-east Nebraska entries. Deadline for registration is ABSOLUTELY January 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 Veberg email Eveburg@msn.com or gene@fortoutpost.com. Watch for details on the Lancaster County 4-H website. (LB)
Needed: 4-H Ambassadors

4-H members who will be in grades 9–12 in the fall, are eligible to apply. Ambassadors will be selected through an application and interview process. Two positions are open.

4-H Ambassadors:
• Promote 4-H through PSA’s and displays.
• Serve as master/mistress of ceremonies at events.
• Develop marketing skills through selling ads for the fair flyer.
• Provide leadership for 4-H activities.

To apply, send a letter stating why you would like to be an ambassador and a resume of your 4-H, school, and community activities to Lorene Bartos, University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528-1507. Call Lorene if you have questions. (LB)

2001 Ak-Sar-Ben Youth Exhibition Schedule of Events

Wednesday, Sept. 19
8:30-9:30 a.m. Check-in horse entries
9:30–11:30 a.m. Indoor Arena open for practice
10 a.m.–4 p.m. HORSE SHOW – Indoor Arena
 • Jr. Western Horsemanship
 • Finals Junior Western Horsemanship
 • Senior Western Horsemanship
 • Finals Senior Western Horsemanship
 • Junior & Senior Pony Pleasure (combined)
 • Junior Western Pleasure
 • Finals Junior Western Pleasure
 • Senior Western Pleasure
 • Finals Senior Western Pleasure
 • Advanced Western Horsemanship
 • Advanced Western Pleasure
 • Two-Year Old Stallion & Bit Western Pleasure
 • Three-Year Old Stallion & Bit Western Pleasure
 • Premier horse exhibitor activities, as scheduled

4 p.m. Livestock Barn Open for Feeder Calves, Breeding Heifers
South parking lot available to horse exhibitors
Cattle tie outs first available
7 p.m. Ak-Sar-Ben Rodeo
Present Wolf Brothers Buckles

Thursday, Sept. 20
7–11 a.m. Check-in breeding beef
8–9:30 a.m. Check-in horse entries
8:30–9:30 a.m. Arena open for warm-up and practice
10 a.m.–5 p.m. Horse show–Indoor Arena
 • Junior English Equitation
 • Senior English Equitation
 • Junior English Pleasure
 • Senior English Pleasure
 • Advanced English Equitation
 • Advanced English Pleasure
 • Hunter Hack
 • Junior Reining
 • Senior Reining
 • Junior Pole Bending
 • Senior Pole Bending
 • Junior Barrel Racing
 • Senior Barrel Racing
9:30 a.m.–2:15 p.m. – School tours
10 a.m. Breeding beef must be on grounds

It’s Time to Reorganize!

Leaders, watch your mail for club reorganization packet for the upcoming 4-H year. You should receive it by the end of September. (TK)

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 October 29, 2001. For more information, call Lorene at 441-7180. (LB)

Awards Book Evaluation – We need your help!
We are looking for parents and leaders to help evaluate the current Awards Books incentive program. New ideas and creative input are needed during this Thursday, September 27, 7 p.m. meeting at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. If you have input but cannot attend this meeting, please contact Tracy or Deanna at 441-7180. (TK/DK)

2 Year 4-H Leaders

Angie Barrett
Ben Barrett
Julie Beasley
Marleen Bellinger
C Brady
Heidi Brauning
Nancy Castillo
Nancy Connot
Take Connot
Linda Deinert
Denise Embree
Cindy Fiala
Geri Fink
Marna Fuchser
Kris Gram
David Grimes
Susan Hahn
Pam Harrison
Beth Hartman
Shelby Holliday
Micki Himmel
Jill Johnson
Wendy Jordan
Melanie Kellogg
Moona Loos
Mary Menter
Randy Miller
Mary Nieson
Deb O’Hanlon
Rita Overton
Paula Peterson
Wendy Poettker
Shannon Reifsneider
Los Ronhofe
Bill Rukhamp
Peggy Russell
Leah Spencer
Suzanne Spomer

Janet Squires
Donna Stading-Smith
Joy Stahr
Mark Taylor
Cindy Thompson
Julie Thomson
Ken Timmerman
Becky Vahle
Karen Waddelow
Diane Weibelhaus
5 Year 4-H Leaders
Karen Waddelow
Linda Amsbaugh
Karen Armstrong
Penny Austin
Kathleen Conroy
Janet Fox
Kathy Friebe
Heidi Goodenlauf
Karen Hunt
Cheryl LeGrande
Chris Lodes
Cindy Mathers
Nancy Price
Geri Ripa
Robert Sandhorst
Marcia Willet

10 Year 4-H Leaders
Russell Anderson
Wayne Heather
Clem Madison
Holly Wittstock
Delana Stickney

15 Year 4-H Leaders
Annette Hall
Deb Heidelbrunt

20 Year 4-H Leaders
Ron Dowling
Marilyn Schepers

The Folsom Children’s Zoo is beginning a new program to provide a supervised day care program for children 6 to 10 years of age during Nebraska home football games. The program will be run much like other “Zoo Camp” experiences and will take advantage of the experienced staff and the expertise of the zoo educational staff. Care will be provided 90 minutes before the game until 90 minutes after the game for all home games except TCU and Oklahoma. For the Notre Dame game it will be an overnight experience. The cost is $35 ($65 for the overnight) and registrations are required 8 days in advance. Zoo members receive a 10% discount. Register at www.lincolnzoo.org or call 402-475-7641. (LB)
New Staff At Extension Office

Jaimie Merryman has recently joined Lancaster County Extension office as a Clerk Typist II. Jaimie will be providing staff support to educator staff working in the areas of agriculture and pest management. Jaimie will also be the primary contact for certified pesticide applicator inquiries and scheduling of the Lancaster Extension Education Center rooms. (GB)

Vicki Jedlicka, Extension Assistant, recently joined the Lancaster County office. Vicki’s responsibilities include media development and publication resources. She also assumes publishing duties for the UNL Newsletter. Welcome to the office, Vicki! (SC)

Free Speech—From the University of Nebraska

There may be no such thing as a free lunch, but the University of Nebraska—Lincoln’s Speakers Bureau can offer you a Free Speech. They asked me if I would make a presentation of topics ranging from gummy worms to jazz, lawn care to nutrition, evolution to cosmic rays. And every speaker is provided free of charge.

The Speakers Bureau makes it easy to keep your mind, and your pockets, full. Now in its seventh season, the bureau is one of the university’s most visible and successful efforts to share its resources with the state’s citizens. When your organization needs an entertaining, informative and intriguing topic presented by an expert, think of us first. Call (402) 472-8396 or e-mail speakers2@unl.edu to schedule a speaker. They will do their best to accommodate your request.

Speakers are available through April 25, 2002. Availability of speakers is limited during December and early January.

Listed below are sample presentations. Other topics are also available through the Speakers Bureau. Please inquire for a complete listing.

James D. Carr, Professor of Chemistry
Atrazine in the Platte River and Lincoln Wellfield
Since 1989, James Carr’s research group has developed methods for measuring atrazine and other herbicides in the Platte River, its tributaries, wells in the Lincoln wellfield, rainfall, and other environmental water and air samples. Techniques and results of these measurements and their implications will be discussed in the presentation.

Thomas Elmo Clemente, Assistant Professor of Agronomy and Plant Science Initiative
Agricultural Biotechnology
Thomas Clemente will provide an overview of plant genetic engineering methods (the ability to introduce a gene from an unrelated organism into a plant cell for expression of a novel trait) and a look at what products are in the pipeline.

Robert F. Diffendal, Jr., Research Geologist Conserva- tion & Survey Division
The Land Before Time: High Plains Aquifer
Over the last 17 million years, Nebraska’s geology has evolved to create the High Plains (Ogallala) Regional Aquifer, a rich source of groundwater that irrigates our crops and supplies our cities, homes, farms and factories.

Judy D. Driskell, Professor of Nutritional Science and Dietetics
“Should I Take This Vitamin?”
Judy Driskell, a registered dietician, will discuss in this presentation who should take dietary supplements, at what dosages supplements are most effective and beneficial to ones health, and the importance of vitamins and minerals for healthy living.

Deanna Baxter Eversoll, Director of University and Community Partnerships and UNL Sage Program
Boosters: What Lies Ahead?
In this presentation, Deanna Baxter Eversoll will explore the changes made by the so-called Booster generation. Communities in Nebraska and across the nation will be changed by the choices these boosters make.

Glenn J. Hoffman, Professor and Head of Department of Biological Systems Engineering
Bringing Engineering to Life
Through the application of basic and engineering sciences, biological systems engineers employ the latest biotechnology to enhance biological systems. From developing medical devices and vaccines and food products to the creation of products that we may see more of in the future such as Soy Smacks lip balm and Biodrip soy-based lubricating oil. Glenn Hoffman will present examples to how faculty and students make engineering lively while applying it to solve or enhance living systems.

Alan C. Kamil, Professor of Biological Sciences
How the Theory of Evolution Began
Kamil and guest presenter Charles R. Darwin will discuss the observations and ideas that compelled Darwin to his conclusions and illuminate the genesis of the Theory of Evolution.

Lyn Kathleen, Professor of Political Science
Balancing the Good Life with Tax Relief
Taxes and spending issues are central to most public policy debates. Changes in demographic, the economy and federal policies all pose challenges to citizens about what and who they will tax and what government services will be provided. Lyn Kathleen will present an interactive survey to outline the issues and let the audience determine which perspective they support.

Tom Workman, communications coordinator of NU Directions, or Linda Major, Project Director of NU Directions
Responsoble Hospitality: Its Role in Curbing Collegiate High-Risk Drinking
Lincoln faces the unique challenge of catering to a large young adult population. In Major or Workman’s presentation, the impact of responsible practices and promotions by liquor license holders is discussed.

N. Brito Mutanayagam, Associate Dean and Professor College of Architecture and Extension Educator Cooperative Extension
Learning Environments for the Future
The 21st century has brought a variety of opportunites and challenges that affect the future of post-secondary and higher education. Mutanayagam will explore innovative new learning environments that respond to the needs of adult learners and multiple learning styles.

Terrance P. Riarnd, Professor of Agronomy and Horticulture
Quality Lawn, Minimal Effort
“An ideal lawn with minimal effort and inputs” sounds impossible, but it isn’t. Terrance Riarnd is a turfgrass plant breeder. He focuses on the practices required to have a good looking lawn such as what a lawn careker MUST do and what isn’t really necessary. He also will discuss ways to reduce to costs and water use as well as how to be friendly to the environment.

Gregory Snow, Associate Professor of Physics and Astronomy
Students Track ‘Little Pieces of Stars’
All around us at any given moment, protons and nuclei of light atoms are bombarding and striking Earth from all directions. Students in Nebraska high schools are detecting, counting and tracking these particles through a cosmic ray detection project that lets these high school students be involved in real, ongoing research. Students will learn more about this innovative, nationally known project by the High Energy Physics group at UNL.

Georgianna Whipple, Recruiting Specialist, Food Science and Technology
Let Your Taste Buds Blossom
Tastes are commonly categorized in 15 different families such as camphor, aromatic fruit, menthols, anise, sting and burnt to aromatics and pheromones. Georgianna Whipple will discuss how our taste buds work and give the audience a chance to participate in a taste perception test demonstration. (GB)

Community Focus

“Public Notice”
The Lancaster County Board of Commissioners seek members of the community to serve on the Lancaster County Extension Board. Several current extension board members are retiring. There are currently no vacancies on the Lancaster County Extension Board. Potential members of the community to serve on the Lancaster County Extension Board are encouraged to request information and submit their names no later than November 1, 2001. Additional information and materials are available from your county extension agent or the county extension office. (GB)
Helping a Loved One Work Through Anger

LaDeane Jha
Extension Educator

Reducing the anger of your loved one will prevent him/her from being caught in an “anger trap” and more able to keep the situation in perspective. The best way to reduce anger is NOT to say to “relax” or “calm down” — this will tend to increase anger arousal. Instead do something to relax the other person such as: Getting her/him to sit down or stop the present activity. Offering a drink of water or a non-cafﬁned drink.

Moving from the anger environment into another environment (kitchen into the living room). Suggesting a ten minute time-out.

Listening to anger is much more than letting your spouse blow off steam. It involves making a concentrated eﬀort to understand what the anger is all about. Some specifics to help you listen include:

Do not interrupt. This escalates the situation and communicates you are not listening. Be aware of your body language. Use good eye contact and body language. Summarize in your own words what you think your spouse is saying. Be sure to acknowledge the “right” to feel the way he/she does. Ask if you have understood correctly. If the angry person says you don’t understand, explain you are trying to understand. Ask for some examples that will help clarify the issue.

Ask what can be done to resolve the situation. Try to establish positive and workable solutions to the problems.

Responding with “you shouldn’t feel that way” escalates a problem. If you can’t ﬁnd a solution to the problem you still need to validate their feeling. If the anger becomes abusive to you or others in the household, ask for assistance.

The “Right Stuff”
The “Right Stuff” is a comprehensive health campaign for middle school youth and their parents. The focus is on promoting healthy lifestyles and making positive choices. This evening program engages parents and youth and empowers them to open the doors of communication when discussing tough issues.

Three learning opportunities are offered during the evening — relationships, media literacy, and living a healthy lifestyle. It is free and features exhibits of community resources and a light snack.

To attend, please register by completing the registration form below and mailing to:

Don Siffring, Lincoln/Lancaster County Health Department
3140 N Street
Lincoln, NE 68510

Attention all teachers! You are invited to attend

4-H School Enrichment Staff Development

• October 2, 2001, 4:15 p.m.; Blue Sky Below My Feet
• October 9, 2001, 4:15 p.m.; Garbology
• October 10, 2001, 4:15 p.m.; Water Riches
to learn about these programs for use in your classrooms.

Trainings will be held at Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln
4-H CENTENNIAL continued from page 1
In 1924, club work had
America's premier youth development organization. 4-H hopes to commemorate this event through conversations that will bring together our nation's youth leaders and communities to create youth development strategies for the future. 4-H members are still well rooted in the historic base of rural America, but to the surprise of many-more than 35% of today’s membership is urban youth. The unique capacity of 4-H to embrace both youth development experts and hundreds of thousands of American youth makes possible the promise of youth who are confident, capable and caring citizens.
In the year 2000, there were

How Can I Celebrate?
Some ideas for club leaders are:
• Compile a history of your 4-H club.
• Compile a list of all leaders of your 4-H club. You could try to obtain addresses and years of involvement.
• Compile a list of all current and former members of your club. Again, you could try to obtain addresses and years of involvement.
• Prepare a club directory with names, addresses, and phone numbers.
• Invite former leaders and members to visit your club meeting.
• Identify past award winners from your club.
• Recognize past award winners at your club’s awards night.
• Interview former leaders and participants to find out about 4-H when they were active.
• Create a time capsule.
• Visit the UNL Dairy Store and sample the new ice cream flavor—4-H Clover Mint!
• In honor of the Centennial, the State 4-H Office is compiling an alumni directory. Alumni are being asked to complete a registration form and return it to their local county extension office or the State 4-H Office (for a copy; please call 441-7180). Or you may complete the form online at

Quiz Answers
From page 1
1) B – York
2) C – Corn growing
3) C – State Fair Grounds
4) – Iowa
5) Bonos: Guerna and Republi
can City or Harlan County Reserv
6) A – Cooperative Extension
7) E – 300 (actual number is 129, 9)
8) B – 2002
9) All answers are correct.
10) Award programs.
11) A student from Russia is li
in Sydney; a student from Armenia is in McCook.
12) A – Cooperative Extens
6) – B – CEF
7) The 4-H emblem was patented.
8) D – 129,000 (actual number is 129, 000) (actual number is 129, 000)
9) B – 2002
10) Extension Educator – Unit Leader, University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Rd., Suite A, Lincoln, Nebraska, 68528-1501
11) Extension Educator, 4-H CENTENNIAL
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19) Name _______________________________________________
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