August 2002

The NEBLINE, August 2002

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Science is a part of our everyday lives. It’s everywhere and for everyone! 4-H School Enrichment offers six science-based projects to students and teachers in Lancaster County. Science helps us gather facts, think critically and make the right decision. We learn to use our senses to obtain information about ourselves and the world around us. We can communicate with one another. We predict the future by using past observations. We investigate, interpret and make conclusions, then evaluate. These steps are all part of the science process. It’s science in action!

Elementary grades are a good time for capturing children’s interest in science. Lancaster County youth development programs and 4-H School Enrichment are doing their part to educate students in science. In school year 2001-2002, 18,514 Lancaster County science. In school year 2001-2002, 18,514 Lancaster County students participated in 4-H School Enrichment science programs.

**GARBOLGY** welcomes second graders to the world of trash and the three R’s: Reduce, Reuse, Recycle. Youngsters develop an increased awareness of garbage—where it comes from and where it goes, the problems it presents and possible solutions. Students make a dump and then a landfill. What is the difference? Do you know? They learn about littering, composting, packaging. They make paper and complete a recycling science project.

As a core subject in the science curriculum of the Lincoln Public Schools, all second graders are mandated to learn the lessons taught in Garbology and are tested on knowledge gained from the program. The hands-on/heads-on activities in this curriculum meet the National and Nebraska Learning Standards of Excellence.

“This is fun,” said Jake from Lakeview Elementary. “I like to smash the cans I recycle. They’re made into new cans, you know.”

Students from Elliott Elementary have learned how worms can eat their garbage. “We put special worms called red wrigglers in this box and they eat our lettuce, banana peels and other stuff. Then they poop or make stuff called castings and we can use this to help our plants grow,” explained Amanda.

Yes indeed! About 1,000 red wrigglers can eat up to three to five pounds of kitchen scraps a week. The castings can be added to potting or garden soil for richer plantings. These youngsters are learning about a new way to compost called VERMICOMPOSTING.

“If you’ve been in a third grade classroom lately, you’ve probably heard about hatching baby chicks. EMBRYOLOGY was voted the favorite thing we did in third grade. The miracle of life unfolds as students study life cycles. Youngsters and teachers are responsible for the care of fertile eggs throughout the 21-day incubation period, then the baby chicks hatch.”

“We’re pretty excited when those chicks hatch. This is a tremendous character building unit — teaching responsibility and so on. We hardly get anything else done these few weeks,” said a teacher at St. Joseph’s Catholic School.

Embryology is a core subject in the science program of the Lincoln Public Schools and meets the National and Nebraska Learning Standards of Excellence. Students are tested on information gained in this project.

NEP/4-H School Enrichment Participants Eat Healthier

“I am going to wash my hands longer and start eating healthier meals and handle my food more carefully,” signed, Your Germ Buster Friend, Drew. This is just one example of the many positive changes which Lincoln Public School (LPS) students are making as a result of the NUTRITION EDUCATION PROGRAM (NEP)/4-H SCHOOL ENRICHMENT program, designed for income-eligible schools.

With funding from the USDA Food Stamp Nutrition Education Program, Lancaster County NEP staff developed teacher

see NEP on page 11

CHARACTER COUNTS is a project of the Josephson Institute of Ethics which teaches youth ages 4-18 the Six Pillars of Character: trustworthiness, respect, responsibility, fairness, caring and citizenship. In Nebraska, Character Counts! was initiated by the state’s 4-H program in 1996 and is coordinated through cooperative extension in many instances. In 1999, Character Counts! was set to Nebraska state standards for schools.

Currently, more than 45 public and private schools in Lancaster County have implemented Character Counts!

see CHARACTER COUNTS! on page 11
An Easy Way To Dry Flowers

Flowers blooming in your garden may be dried for use in arrangements later this year. The easiest method is to air dry plants by hanging bunches upside down in a dark, dry, well ventilated area, such as a closet or attic. Select flowers that are near their peak of maturity.

Remove unnecessary foliage and gather the flowers by their stems into small bunches. Wrap a rubber band around the end of the stems and with the last loop, attach the stems to a hanger. The drying process is complete in three to five weeks.

Annual flowers suitable for hanging drying include celosia (Celosia cristata or plumosa), larkspur (Consolida ambigua), strawflower (Helichrysum bracteatum), statice (Limonium sinuatum) and blue salvia (Salvia farinacea).

Try the following perennials: yarrow (Achillea spp.), ornamental onion (Allium spp.), delphinium (Delphinium x cultorum), German statice (Goniolimon talaricum), baby’s breath (Gypsophila paniculata), coral bells (Huchera sanguinea), lavender (Lavandula angustifolia), liatris (Liatris pyconostachya), sea lavender (Limonium latifolium), Chinese lanterns (Physalis alkekengi) and rose (Rosa spp.).

Wildflowers are also popular to dry. Try milkweed (Asclepias syriaca), shepherd’s purse (Capsella bursa-pastoris), Queen Anne’s lace (Daucus carota), dock (Rumex acetosa), goldenrod (Solidago spp.) and cattails (Typha spp.).

Do not be afraid to experiment with flowers not listed here. Be creative and have fun with this project. (MJF)

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**Perennials with Colorful Foliage**

Perennials are clump-forming perennials that possess distinctive white or silver spots on their foliage. Lysimachia clavata (Lamb’s ears), sea holly (Eryngium giganteum) and geranium (Geranium spp.) are some of the best choices.

**Flower of the Week**

Coral bells (Heuchera sanguinea) are fleshy-leaved perennials that have attractive colorful foliage. Sedums are low-growing, drought-tolerant perennials that are found in a wide variety of colors and textures. Lamb’s ears (Stachys byzantina) are a favorite for their white, fuzzy foliage.

**Recommended Perennials with Colorful Foliage**

- **Lamb’s ears (Stachys byzantina)**: This hardy perennial has silver-gray leaves in a clump that remains attractive throughout the growing season. They perform best in full sun and well-drained soils.
- **Heuchera sanguinea** (Coral bells): The leaves of this perennial change color with the seasons, ranging from green to variegated shades of red and pink. They are adaptable to most garden conditions.
- **Sedum spathulifolium** (Stonecrop): This hardy perennial has rosettes of succulent leaves that turn red and purple in fall. It is easy to grow and tolerate most garden conditions.

**Recommended Annuals with Colorful Foliage**

- **Lambs ear (Stachys byzantina)**: This hardy perennial has fuzzy, woolly gray leaves that remain attractive throughout the growing season. They perform best in full sun and well-drained soils.
- **Heuchera sanguinea** (Coral bells): The leaves of this perennial change color with the seasons, ranging from green to variegated shades of red and pink. They are adaptable to most garden conditions.
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Stinging Wasps and Bees

Most stinging wasps and bees are beneficial and should not be destroyed unless they are a direct threat to humans. Many bees are important pollinators while wasps, like yellow jackets, are also efficient predators. But, despite their many benefits, there are times when these insects pose a hazard and must be controlled.

Most stings occur during late summer and fall when stinging insects are most active, follow these tips:
- do not leave foods in open containers on the decks of your home.
- put food scraps in sealed trash receptacles.
- pick up fruits that have fallen to the ground from fruit trees.
- avoid wearing brightly colored clothing or highly scented cosmetic products.

If you have to treat a nest, it is generally NOT advisable to attempt control of stinging insects during the daytime — the adults are active and may attack in defense of the nest. Treat at night.

You may be able to apply an insecticide yourself. However, if you are allergic to bees and wasps, or if you are fearful, please hire a pest control professional. If you decide to do the job yourself, wear protective clothing and safety equipment.

Handling insect intruders in homes and automobiles: In your home, wait until the bat is active, then make it uncomfortable to fly by making loud noises or by lighting a candle. If you have to treatments, a sticky tape can be used to tape the Mustang to the inside of the house. Another method consists of using a tube (such as one from a roll of paper towels). Seal one end and leave the other open. Slowly move the tube into a horizontal position next to the bat, and often the bat will crawl inside in an attempt to hide. People have come to admire the beneficial and interesting nature of bats. A single bat can eat up to 3,000 insects in one night. By building and putting up a “bat house” in your yard, you can attract these interesting mammals to help control nuisance insects all summer long. To maximize your chances of attracting them, place your bat house 12-15 feet above the ground, and firmly attach it to the side of a building or a convenient tree. Sites near water are better. Shelter your bat house from prevailing winds but place it in a sunny exposure. Paint the roof on your bat house black so it will absorb heat in the winter. Plans for a bat house can be found at: http://lancaster.unl.edu/enviro/pest/pub.htm (SC)

Pesticides in Schools

Barb Ogg
Extension Educator

Do you know whether pesticides are used in the schools your kids or grandchil- dren attend? Do you know who applies pesticides? Or, more importantly, whether every person has the training necessary to apply pesticides safely?

The most common pesticide used in and around schools include insecticides used for insect pests, rodenticides used for mice and rodents, herbicides used for weed control on school grounds and on athletic fields.

Right now, there are no laws governing the application of pesticides in and around Nebraska’s schools. Unless the pesticide applicator works for a commercial pest control company, a person who applies pesticides in schools is not required to have any special training or be certified by the State of Nebraska. Because of recent increased concern about the exposure of children to pesticides, legislators at the state and national level are focusing their attention on this gap in pesticide regulation.

Some states have already passed legislation to promote the use Integrated Pest Management (IPM) tactics in schools. The intent of “IPM in Schools” legislation is to promote least- toxic methods and minimize exposure to students, teachers and others who spend much time in schools. Some states also require schools to notify parents when pesticides will be used on school grounds. Legislation will likely be introduced in Nebraska during the 2003 session.

There is a collaborative effort underway to encourage adoption of IPM in Nebraska’s schools. A survey of school administrators is being developed to look at current pesticide use and policies of Nebraska’s schools. An administrators’ guidebook will be developed to help school administrators make decisions about pest control in and around their schools.

Partners include University of Nebraska Cooperative Extension, Nebraska Department of Agriculture, Nebraska Department of Education, Nebraska Department of Health and Human Services, Nebraska Association of School Boards, Nebraska State Education Association, Nebraska Council of School Administrators and Nebraska State Senator Don Preister.

For more information about this effort, contact Clyde Ogg, UNL pesticide extension educator, at 472-1632. (BPO)

Bat Sightings Increase in August

In August, people call the extension office after finding misplaced bats inside their home. These bats are nearly always inexperienced “babies” that haven’t yet learned how to use their sonar-like echolocation system to navigate skillfully in the darkness. If a bat acciden- tally gets into your home, it soon realizes it is in the wrong place, but cannot find its way outside. If you find a bat in your home, DON’T PANIC. To remove a bat, only open the doors and windows that allow access to the outside. Wait for the bat to follow the fresh air. Bats usually rest during daytime. Therefore, if you want the bat to leave a room of its own accord, wait until nighttime and make sure the room is dark enough for the bat to realize it is night. Artificial lights will only confuse the bat’s instinct.

If the first method is unsuccessful, try to capture the bat and release it outdoors. Wear gloves. The bat can be netted or captured in a small box or can. Place the container over the bat, then carefully slide a piece of cardboard under it, ensuring you do not leave any space for the bat to fly away. These are fragile creatures and, therefore, should be handled with care.

Another method consists of using a tube (such as one from a roll of paper towels). Seal one end and leave the other open. Slowly move the tube into a horizontal position next to the bat, and often the bat will crawl inside in an attempt to hide. People have come to admire the beneficial and interesting nature of bats. A single bat can eat up to 3,000 insects in one night. By building and putting up a “bat house” in your yard, you can attract these interesting mammals to help control nuisance insects all summer long. To maximize your chances of attracting them, place your bat house 12-15 feet above the ground, and firmly attach it to the side of a building or a convenient tree. Sites near water are better. Shelter your bat house from prevailing winds but place it in a sunny exposure. Paint the roof on your bat house black so it will absorb heat in the winter. Plans for a bat house can be found at: http://lancaster.unl.edu/enviro/pest事实表/265-95.htm (BPO)
Farm Bill Informational Sessions Scheduled

A series of four informational sessions have been scheduled in Lancaster County to help farm land owners and farm operators understand the provisions in the Farm Security and Rural Investment Act of 2002. There are several new twists in the new bill. The new support system has three parts, Loans, Direct Payments, and Counter-Cyclical Payments. Greg Chewak, CEO of the Lancaster FSA office will explain how these will be administered. Extension Educator Tom Dorn will demonstrate computer software that has been developed by the University of Nebraska to aid with making decisions on irrigation, in addition to the loan applications. Written guidelines. To learn more about these guidelines, please go to http://www.ianr.unl.edu/pubs/irrigation/g602.htm. (TD)

Deadline Approaches to Terminate Oral Farm Leases

Generally, the turnover rate for rental land is very small in Nebraska, averaging about eight percent. This reflects the high level of communication between landlords and tenants, as well as the high regard most landowners have for the ability of their tenant to produce top yields while being a careful steward of the land. Only in a few cases does a landlord terminate a lease because of poor management practices.

Oral (unwritten) leases are legally presumed to be year-to-year leases. A year-to-year lease has no fixed time period and is automatically renewed for another year unless the lease specifically states that notice of termination is required. Unless it contains a water management clause, the lease automatically terminates at the end of the lease period. The tenant generally has no right to have a written lease renewed unless the lease contains a renewal clause.

If a tenant “holds over” by not leaving after a written lease has ended, the tenant is legally considered to be a trespasser whom the landlord may remove by going to court. If the landowner does not remove the tenant, however, a year-to-year lease is automatically established by implication. If a holdover tenant begins to work and incurs expenses for the next year’s rental land, or the tenant is working on the land for any other reason, the landlord may consider terminating the lease by giving written notice of lease termination.

The most common legal issue associated with oral farm leases is how a lease may legally be terminated. For year-to-year leases and holdover leases, six months advance notice must be given to legally terminate the lease. However, the lease date (the date from which the six months is calculated) is different.

Oral year-to-year lease termination. For year-to-year leases, the Nebraska Supreme Court has ruled that the lease year begins on March 1. Notice to a tenant to vacate under an oral year-to-year lease (legally referred to as a “notice to quit”) must be given six months in advance of the end of the lease, or no later than August 31.

Holdover lease termination. On holdover leases, the lease date is established by when the lease began in the original written lease rather than automatically being March 1. If the original written lease began Jan. 1, the notice to quit from the landlord to the holdover tenant would have to be given at least six months in advance of the end of the lease, or no later than August 31.

To make a lease termination process go smoothly, follow these tips:

• Usually a tenant will know about the termination of a rental contract before the see FARM LEASES on page 11

Predicting the Last Irrigation

One of the important decisions irrigators must make this year is when to shut down the irrigation system for the season. Ideally, you will want to stop irrigating far enough ahead of maturity so the crop will extract as much moisture from the soil as possible, without hurting yield. This makes maximum use of the moisture present in the root zone, minimizes the amount of water pumped and gives you the driest possible soil at harvest which is best. The winter wheat can minimize expense and leave the soil in good shape for crop maturity without reducing grain yield. We, therefore, can assume we have a four foot root zone, we have about seven inches total available water holding capacity in the root zone. Research has shown that 60 % of the available moisture in the root zone can be depleted at crop maturity without reducing grain yield. We, therefore, can utilize about 4.2 inches of the available moisture without hurting yield.

Having discussed the above, we can now predict the day when a full profile on a silty clay loam soil would carry the various crops through to maturity. For a medium season corn, the target date would be when about one half of the corn kernels have dent. For grain sorghum, it would occur about one week after the soft dough stage. For soybeans, it would be at, or just before the full seed fill stage.

If you use these guidelines, be certain your soil is at field capacity in the top four feet on the target date. If not, you will need to continue to irrigate until you have applied enough water to have filled the profile. For example, if the soil would have held another 1.5 inches on the target date, it will take a total of 1.5 inches of rainfall plus irrigation, in addition to the available soil moisture to finish out the crop.

Predicting the date of the last irrigation is an important water management decision. You can minimize expense and leave your soil in good shape for harvest without harming yields by following these simple guidelines. To learn more about predicting the last irrigation, ask for NebGuide GR2-602 or point your browser to http://www.ianr.unl.edu/pubs/irrigation/g652.htm. (TD)

Latest U.S. Drought Monitor Map

As of July 30, Lancaster County is in Severe Drought conditions with most of Nebraska in Extreme or Exceptional Drought. The best time for fall seeding alfalfa in eastern Nebraska is during the month of August, given adequate soil moisture is available. As this article goes to press, the outlook for adequate soil moisture is dim. If we do get rain to build soil moisture, don’t wait too long to plant. The latest alfalfa should be seeded in the fall is Sept. 10 in Lancaster County. If planting cannot be completed by that time, it is best to wait for another season. Alfalfa seed needs to be planted 1/4 to 1/2 inch deep in fine textured soils and 3/4 inch deep in sandy soils for best germination. Regardless of seeding time, it is critical that alfalfa be planted into a firm seed bed. If you leave footprints over 1/2 inch deep when walking across the seedbed, the soil is too loose. Harrowing with the spikes set or walking with a roller will firm seedbeds provided there is some moisture in the soil. Tillage dries the soil and creates a loose seedbed. If the untilled soil surface is already smooth, no-till planters have been very successful in establishing a good stand of alfalfa.

Before seeding alfalfa, whether you plant in May or fall, do a complete soil test. Apply incorporate lime and phosphorus fertilizer, if needed, after the soil test is done. Apply one good extension publication is NebGuide G-652, “Seeding and Renovating Alfalfa.” It can be picked up at the extension office or accessed on-line at: http://www.drought.unl.edu/dm/g652.htm. (TD)

Photo courtesy of K-State Research and Extension
Designing a Low Maintenance Landscape

Most acreage owners prefer a landscape that requires minimal maintenance. To accomplish this goal, planning is required. Planning begins with a thorough study of problem areas, desirable areas, site conditions and finally a study of the user’s needs. This will lead to identifying the uses of functions of the public, private and service areas of the yard.

There are particular conditions in a landscape that relate specifically to maintenance.

One is the topography, otherwise known as the rise and fall of the land. A high maintenance situation exists where a steep slope requires moving.

Alternatives to mowing include planting a groundcover that doesn’t require mowing. Another alternative might be installing terraces and retaining walls.

Soil type and drainage are other important factors relating to maintenance. A complete soil test will indicate your soil type, pH, and nutrient levels. Selecting plant material adapted for your soil will save on maintenance.

Climate and microclimate are other important site conditions to consider. Selecting plants hardy for your area will reduce maintenance needs. Microclimates include those areas unusually wet or dry, shady or sunny.

Choose plants adapted for these specific situations. Plants should be selected based on their ability to fill your design requirements rather than price.

Select those species of plants that grow to the desired height and spread. It doesn’t make sense to plant a shrub that is going to overgrow its location in a few short years. Plant spacing is determined by the individual plant. However, plants look their best when allowed to mature into their natural shape.

At first plants properly spaced may look too small for the area, but given a little time, they will fill in nicely. Additionally, plants that are properly selected and spaced should have no need for drastic pruning to keep them in line.

Structural features in the landscape such as sidewalks, patios, decks, fences and steps should also be selected with maintenance in mind.

A concrete patio or walkway should be maintenance free for 10 to 15 years, if properly installed. Asphalt should be sealed about every two years to keep the edges from breaking. Wooden structures requiring paint may need a fresh coat every few years. Redwood, cedar, or pressure-treated wood should have a life span of about 20 years. Brick set on sand may need resetting every three to five years, where brick set in mortar should last 20 to 30 years. When considering various landscape and construction materials, compare the initial cost and maintenance to long-term cost and durability.

Other features of low maintenance landscapes include:

• the use of planting beds rather than isolated plantings. It is much easier to move around a bed with a continuous edge rather than around individual plants.

Structural features can be a part of a successful landscape. The use of a mulch around the base of plants aids plant growth and often eliminates hand trimming. The proper installation of edging materials such as plastic or steel will save maintenance by keeping mulch in and lawn out. It too should be hand trimming. Construction materials such as patio pavers or stepping stones are better choices for high traffic areas that won’t allow the successful growth of grass or other groundcovers. There is no such thing as a landscape that takes care of itself. However, proper planning, selection and construction of landscape plants and structures will reduce the amount of time a landscape requires to look its best.

Free Disease Testing for Backyard Poultry Flocks

University of the Nebraska Cooperative Extension service now has a full-time diagnostic poultry veterinarian, Dr. Grasso Ebako, who is part of the Department of Veterinary and Biomedical Sciences.

Among other duties, Dr. Ebako has received a grant from the Nebraska Poultry Industries to do poultry diseases surveillance in the state of Nebraska, focusing on backyard poultry farms. More than a dozen diseases are monitored, including West Nile Virus and Avian Influenza.

Because some backyard flocks do not vaccinate their birds, they are a serious threat to the entire poultry industry in the state, says Dr. Ebako. The grant pays for Dr. Ebako to make farm visits and take blood and fecal samples for testing. He also educates and emphasizes the importance of:

• disease prevention

• disease control

• biosecurity measures

• bioterrorism measures.

These services would normally cost more than $300.

People with backyard poultry flocks are set up an appointment by calling 472-1434.

New Pesticide Disposal Instructions

The EPA Pesticide Registration Notice 2001-6 has set new disposal instructions for empty and partially filled non-ammonial, residential/household use pesticide products. The new instructions are printed on the labels and are as follows:

Pressurized Containers

a) Do not puncture or incinerate.

b) If empty: Place in trash or offer for recycling, if available.

c) If partially filled: Call your local solid waste agency for disposal instructions.

Non-Pressurized Containers

a) If empty: Do not reuse this container. Place in trash or offer for recycling if available.

b) If partially filled: Call your local solid waste agency for disposal instructions.

In Lancaster County, the agency for disposal instructions is the Lincoln-Lancaster County Health Department. Visit its Web site at www.ci.lincoln.ne.us/city/health or call 441-8000. (DJ)

NU Landscape Connections – A Showcase Event

Festival of Color and Gardener’s Gala have combined to form one event. The new program name is: NU Landscape Connections. It will be held on Sept. 14, from 9 a.m. to 3 p.m. on the University of Nebraska East Campus. This event is free to the public.

NU Landscape Connections will allow a sharing of resources among university programs while allowing the university to showcase its academic programs, research, award-winning campus landscapes and scientific expertise.

The theme and focus of this program builds on a strong partnership connection of Nebraska’s people to the university and includes:

• a deeper appreciation of our universal connection to nature and plants;

• better understanding of the connection between science, design and functionality of beautiful outdoor environments as are showcased at the University of Nebraska - Lincoln Botanical Garden and Arboretum (UNLBGA);

• cooperation among UNL units to broaden sensitivity to the sustainability and environmental friendliness of built landscapes;

• and perhaps most important, a greater awareness of Nebraska’s urban and rural landscape richness.

Additional event attractions include:

• Tours: Maxwell Arboretum, Larson Tractor Museum

• Design: principles, percep- tions, natural landscaping

• Ornamentals: grasses, shrubs, trees, perennials

• Maintenance: soil, turf, pruning, flower beds

• Wildlife: butterflies, birds, snakes, bats

• Ponds: site, equipment, plants, algae, fish

• Azah: growing organic tools, flower arranging.

• Vendors, children’s activities and much more!

The event is sponsored by the UNLBGA, Landscape Services, the Friends of Maxwell Arboretum and the UNL Institute of Agricultural and Natural Resources, including Nebraska Statewide Arboretum, Department of Agronomy/Horticulture and Division of Cooperative Extension.

For more information, call 472-2679. (DJ)

Other August/September UNL Programs and Events of Interest

Aug. 22 “The Art of Nature: The Nature of Avian Art.” Dr. Paul A. Jonsgard, Prof. of Environmental Sciences, Nebraska Union, 14th & R St., 7:40 p.m. Call 472-2679 to pre-register.

In the Institute's (NCI) 5 A Day Program. The goal of 5 A Day is to

Enjoy this Caesar salad recipe from the National Cancer Institute’s (NCI) 5 A Day Program. The goal of 5 A Day is to increase fruit and vegetable consumption in the United States to 5 to 9 servings every day. Eating fruits and vegetables can improve your health and reduce the risk of cancer and other diseases, including heart disease, hypertension, diabetes, and macular degeneration.

This recipe was created by TV cooking personality and cookbook author, Graham Kerr. For more recipes and health promotion tips from NCI, check: www.5aday.gov

Mighty Caesar

Croutons
2 cups whole wheat bread cubes
Oil or Vegetable oil

Dressing
3/4 cup plain low-fat yogurt
2 teaspoons Dijon mustard
1-1/2 tablespoons balsamic vinegar
1 to 2 cloves garlic, chopped

Salad
8 cups cut or torn romaine lettuce
1/4 cup grated or shaved Parmesan cheese

(Connect for Better Nutrition
www.5aday.gov

It’s time to get colorful, says the National Cancer Institute (NCI). With seasonal fruits and vegetables, you can produce stands and farmers markets, it’s the perfect time to give your diet a bright and vivid multi-hued boost. Color your daily diet with bright oranges (carrots, mandarin oranges, sweet potatoes and mango), deep reds (tomatoes, cherries and strawberries), dark greens (broccoli, asparagus and kale), beautiful blues and purples (blueberries, eggplant and plums), and accent it with sunshine yellow (squash, pineapple and corn).

“Here’s the rule to live by when filling up your plate,” advises Gloria Stables, M.S., R.D., director of the NCI’s 5 A Day Program: “Sample the spectrum. The more reds, oranges, greens, yellows, and blues you see on the plate, the more health promoting properties you are getting from your fruit and vegetable choices.”

As Stables points out, aesthetics aren’t the only reason to eat the rainbow of colors. Nutrition research shows that colorful fruits and vegetables contain essential vitamins, minerals and phytochemicals that help prevent diseases such as cancer, promote health and help you feel great.

Here are the specifics…

Reds
When you add deep reds or bright pinks to your daily diet, you are also adding a powerful antioxidant called lycopene. Lycopene is found in tomatoes, red and pink grapefruit, watermelon and guava. A diet rich in lycopene has been suggested to reduce the risk of select cancers, including prostate cancer.

Greens
Your mom said, “Eat your greens.” The National Cancer Institute says, “Eat your greens.” You probably tell your family “Eat your greens.” But do you know why this color is so essential to your diet? Not only do these vegetables look great and taste wonderful, but they are rich in the phytochemicals that keep you healthy. For example, the carotenoids — lutein and zeaxanthin — that are found in spinach, collards, kale and broccoli have antioxidant properties that protect your eyes by keeping your retina strong. Also, research shows that green cruciferous vegetables (like cabbage, Brussels sprouts, cauliflower, kale and turnips) may reduce the risk of cancerous tumors!

Oranges
Orange, the color of a blazing sun, is a must-have in your diet. Rich in the phytochemicals and vegetables like sweet potatoes, mangos, carrots, and apricots, include beta carotene. This carotenoid is a natural antioxidant and enhances your immune system. In addition to being a powerful health-protector, the orange group is rich in Vitamin C and Vitamin E. Folate, most often found in leafy greens, is also found in oranges and see SPECTRUM on page II

Sample the Spectrum
Color Your Diet With Summer Fruits and Vegetables

Have You Checked the FOOD Web Site Lately?

We’ve added several items to the Lancaster Extension Food Web site based on calls to our office. Here are some of the things available:

- Directions for canning and freezing foods:
  http://lancaster.unl.edu/food/foodpres.htm
- Follow the links in UNL Lancaster County Extension’s July/August “Food Reflections” online newsletter for tips and recipes for enjoying 5 A Day (or more!) of fruits and vegetables.
  To view the newsletter, scroll to the YELLOW “Hot Topics” box and click on “Follow These Links to 5 A Day Adventures” at http://lancaster.unl.edu/food

Those Delicious, Nutritious Snacks!

A snack is a part of a child’s day. They provide needed energy and nutrients. It often is a long time between lunch and supper/dinner.

Cooperative Extension from the University of Kansas State and Iowa State University offers these four tips for healthy snacking:

- Choose snacks low in sugar, salt and fat.
- Avoid snacking close to meals, so children will be hungry for their lunch and dinner.
- Choose snack foods from the five food groups: grain, vegetable, fruit, dairy and protein.
- Avoid expensive pre-packaged snack foods that fall into the fats, oils and sweets category.

During the past school year, nearly 600 first grade students attending Lincoln Public Schools experienced first hand the fun of learning about healthy eating and making snacks nutritious. They learned a snack should contain foods from two different food groups, such as half an apple (fruit group) and a graham cracker (grain group). An activity that teaches this concept, and can be used both at home and in school, is to have a variety of snack pictures from the five food groups and have children put them in pairs. Each pair should represent two different food groups to make a complete “snack.”

This summer, turn your ordinary snack

Yummy Bugs

2 round or oval crackers
1 tbsp. peanut butter
6 to 8 pretzel sticks
2 raisins

1) Wash hands.
2) Spread the peanut butter on one cracker.
3) Press the pretzel sticks into the peanut butter. 3 or 4 on each side.
4) Put the raisins in the peanut butter, on one end.
5) Place the other cracker on top.

Makes 1 serving
I hope everyone is enjoying their summer in spite of too much heat and too little rain.

As I reflect back on this summer, I can honestly say I am a survivor. I have survived graduation, lots of company, 10 hour work days so I could take time off for “oodles” of ball games, excessive heat and humidity and even another birthday.

However, as I write this, I have only worked eight hours today, the weather is cooler and breezy and I have nothing marked on my calendar. Ah...the good life!

I was in Grand Island at a ball game on July 15. I missed the Sizzling Summer Sampler. I have heard from several people it was a success. They enjoyed the style show, the food, as usual got an A+. Sixty-five people attended.

The Family Community Education (FCE) Convention is coming up Sept. 19–20. Be sure to mark your calendar for Sept. 23, our next council meeting. You’ll get a report from Joy, Ann and Donna on the convention.

It’s almost time for FCE clubs to reorganize. While you’re sitting in the air-conditioning hoping for rain, also be thinking of ways to bring more members into the FCE organization.

The colder the water, the more difficult it is to get clothes clean. Greasy soil is more difficult to remove in lower temperatures and laundry detergents are less effective in cold water. For best results, use a warm wash cycle and use cold water for rinsing.

The Power of Stories

LaDeane Jha
Extension Educator

An orphan boy sat on a great stone mending an arrow. And the stone spoke, “Shall I tell you stories? The boy said, “What are stories?” The stone answered, “All things that happened in the world before this.” From the stone came all the stories that people of the Seneca Nation tell one another — A Seneca Indian Tale

Stories are the basis of all cultures and it is speculated they are so enduring because they have served a vital purpose over time. Most stories are passed on orally and have existed as (1) a form of entertainment; (2) a means to educate; and (3) a way to transmit culture from generation to generation. Family stories are a way to communicate beliefs, attitudes, feelings, customs and traditions among generations. Appreciation of the past, pride in your present family and a rich legacy for the future are results of telling family stories.

How are Family Stories Generated?

One of my favorite childhood memories is sitting in a room crowded with family relatives and listening to an uncle regale us with story after story about growing up as part of my grandparents family. He was a storyteller, a master of oral communication.

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For more information contact the office at 441-7180 and ask for a Character Counts! brochure. (LJ)

American Character Week
Sept. 6–17
For more information about American Character Week, visit www.charactercounts.org/acw

CHARACTER COUNTS! Corner

When your children return to school in the next few weeks, most of them will be exposed to character education as a regular part of their school day. Children will be encouraged to be TRUSTWORTHY, Responsible, CARING, Fair, Caring and Good citizens. This message will be taught, modeled, enforced and advocated. Youth will have opportunities to practice each of the six Pillars and your help in reinforcing those core, universal values is important to your child’s character development. If you would like more information contact the office at 441-7180 and ask for a Character Counts! brochure. (LJ)
4-H & Youth

4-H Scholarships Available

The Lancaster County 4-H program offers a variety of scholarships to active senior 4-H members in Lancaster County. The following lists the scholarships available for the 2003 school year. To obtain an application for any of these scholarships, please contact the Lancaster County Extension office or call Deanna Karmazin at 441-7180. (DK)

- **County Fair Scholarships**
  - One $200 scholarship is awarded to a current 4-H'er who attends Raymond Central High School.
  - One $200 scholarship is awarded to a current high school senior who is active in 4-H.
  - One $200 scholarship is awarded to a current high school student who is active in 4-H.
  - One $200 scholarship is awarded to a current high school junior who is active in 4-H.

- **Teen Council Scholarships**
  - Awards eight $300 scholarships to any interested persons are invited and encouraged to attend these meetings. They are held the third Saturday of each month at 7 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. This is your chance to voice your opinions and make changes to the fair book. If you are unable to attend and would like to share your opinions, please call Deanna at 441-7180. (DK)

Lancaster Extension Education Center, 444 Cherrycreek Road.

- **Fair’s Over, Now What? — Parent and Leader Training**
  - 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 completions, selection and club reorganization will be covered. See you Tuesday, Sept. 24, 9:30 a.m. or 7 p.m. (TK)

- **Teen Council** — two scholarships to a current 4-H'er who is active in Teen Council and helps with at least one major fair fundraiser during their senior year.

- **Lawn Scholarship** — one $200 scholarship is awarded to a current 4-H'er who attends Raymond Central High School.

- **Horse LBTS**
  - 2002 4-H State Horse Exposition

The 2002 State 4-H Horse Exposition in Grand Island is behind us and I think most exhibitors and their families would agree it was a great experience, as usual. Lancaster County Hippology Team, which consisted of Terra Steinhauser, Victoria Kirlhoff and Katie Larson, were reserve champions in the Hippology Contest. Lancaster County had 34 exhibitors who brought back 16 purple ribbons, 34 blue, 26 red and six white. Purple ribbon winners were Rachel Braunsroth (Advanced Western Horsemanship); Sierra Fredrick (Junior Western Horsemanship); Tiffany Kirilloff and Kalie Larson, were reserve champions in the Hippology Contest. 4-H clubs and other individuals to contribute the last $2,000 toward the purchase. If your 4-H club or if you as an individual can contribute to this effort, please send your contribution to Nebraska 4-H Foundation 25th Anniversary Fund, Attention: Kelly Krambeck, 21520 W. Hwy 31, Gretna, NE 68028. (LJ)

- **Horse LBTS**
  - Time to Re-Organize

When the county fair ends, we clean up and begin to think about what we’ll do differently next year for our 4-H horse program. After working at the 4-H Horse Expo in Grand Island last month, my thoughts are of how nice it would be to have Lancaster County represented at next year’s Expo with judging, horse bowl and hippol- ogy teams. So expect to hear from me in the near future as I begin soliciting names of interested exhibitors from club leaders. My other initial thought is we need to increase participation of adults and youth at our monthly Horse VIPS Committee meet- ings. As we get busy in the spring we tend to assume everything in 4-H will be taken care of as usual. We have expanded the fair by at least one set of classes in each of the past three years, while at the same time the number of volunteers have steadily declined. If the attendance trend continues, one of our first priorities will be to noticeably decrease the size of the county fair horse show in the future so it can be planned and managed by a smaller number of volunteers. All inter- ested persons are invited and encouraged to attend these meetings. They are held the second Wednesday of each month at 7 p.m. at the Lancaster Extension Education Center (unless the location is otherwise posted). We strongly encourage club leaders and/or at least one representative of each club to be present monthly. We also love seeing all those people who have helped and run the show for years with no connection to a particular club; just a sincere interest in the 4-H horse program.

Lastly, please go out of your way to notice and sincerely thank those youth and adults who have been active and involved in coordinating and planning 4-H horse activi- ties for so many years. We couldn’t present such a wonderful program without them.

- **Horse LBTS**
  - Celebrate 25 Years of 4-H Camp in Gretna

The Eastern Nebraska 4-H Center is celebrating its 25th year in providing kids with lasting memories and life skills. As part of the celebration, campers and other supporting organizations and individuals have raised several thousand dollars toward the purchase of a much needed camp lawnmower. The Camp Board is now asking you if you would like to contribute to Nebraska 4-H Foundation 25th Anniversary Fund, Attention: Kelly Krambeck, 21520 W. Hwy 31, Gretna, NE 68028. (LJ)

- **Horse LBTS**
  - Many of their 4-H projects are the same, including Entomology, Citizen Safety, and Tennis, as well as sewing and cooking projects. They are also active in their schools and community. They perform in their school choir and orchestras. Every year they enter the School Science Fair. They volun- teer in the commu- nity, sometimes as 4-H representa- tives, and are library volunteers for the summer reading program. At the end of each year they hope to go into business together, selling beaded jewelry and other crafts items they have made. 4-H has given Terra and Hannah many opportunities to further their education and their character, and to become close friends. They plan to continue their friendship and 4-H involve- ment for many years.

- **Horse LBTS**
  - 4-H Friends Sing at Saltdogs

The Lincoln Saltdogs in July.

Congratulations to all exhibitors!
Trip of a Lifetime

Taryn Overton
4-H Member

Friendship, good times, education and laughter. All are true of the Citizenship Washington Focus (CWF) trip. Everyone had such a good time! Thirty-two teens, five sponsors and one bus driver departed on June 10, not to return for 15 days. We traveled by bus to Chicago; Ontario, Canada; Niagara Falls; Corning, New York; New York City; Philadelphia; Valley Forge; Gettysburg; Washington, DC; Mount Vernon; Monticello and the Indianapolis Speedway. We also drove through the Appalachian, Pocono, Allegheny and the Blue Ridge Mountains, which was a real plus. They were beautiful! By the end of the trip, we had all developed new friendships because we had so much time to chat on the bus. Movies, cards and hairstyling helped pass the time, too.

This was the trip of a lifetime. How else could you possibly visit so many places and learn so much? Luckily, we had step-on tour guides at many of our destinations. The guides shared great facts we’d never have gotten just touring on our own.

Our bus driver, Larry, always had a story or joke to keep us entertained. He was always planning a surprise, but we were never able to guess any of them. The guides also shared stories of their own experiences, which was very helpful when trying to picture the places we were visiting.

It’s great to learn by doing. Each day we traveled into the city to tour important sites like the Capitol, the Smithsonian, the Holocaust Museum, Arlington Cemetery and all of the memorials. Wednesdays, at the Nebraska breakfast, we were excited to meet all five of our Congressmen and Senators.

Sometimes we walked around as one big group. Then we’d have to count off like toddlers to make sure no one had wandered off. We even got all 37 of us safely on and off the metro! Wow, was that a chore! Other times we got to follow our own interests in small groups.

Hey, not everything was serious, though. At the 4-H talent show we did a “synchronized swimming” routine (on a dry stage) that was good for lots of laughs. We also had a fun day of games that involved getting dirty and wet.

This trip was a great opportunity to have fun while learning about citizenship and our country’s history. We’re looking forward to picture-swapping and reminiscing at a reunion in the near future. When it’s your turn, go for it!

The Liberty Bell in Philadelphia was one of the stops on the way to D.C.

The Nebraska State Fair

Partial 4-H Schedule

For complete 4-H schedule visit online at http://4h.unl.edu/fair/2002-03/schedule.htm

Aug. 24 10 a.m. 4-H Exhibit Hall Open (new hours 10 a.m.–9 p.m. on weekdays and 9 a.m.–9 p.m. weekends including Labor Day)
10 a.m. Presentations, Youth Complex Demo Rooms
7 p.m. Dairy Goat Showmanship
Aug. 25 8 a.m. Dairy Goat Show
Aug. 31 8 a.m. Presentation continued
10 a.m. Shopping in Style Show, Devaney Sports Center
2 p.m. Fashion Show, Devaney Sports Center
3 p.m. Sheep Lead Show
5 p.m. Breeding Sheep Show
7:30 p.m. Sheep Showmanship
Sept. 1 8 a.m. Presentations continued
8 a.m. Market Steer and Heifer Show
8 a.m. Sheep Show
8 p.m. Swine Showmanship
Sept. 2 8 a.m. Presentations continued thru morning
8 a.m. Dairy Cattle Show
8 a.m. Breeding Heifer Show, followed by Market Finals
8 a.m. Breeding Gilts, followed by Market Barrows
9 a.m. Music Contest, Open Air Auditorium

4-H Alumni Reunion Aug. 31

Connect and reconnect with 4-H friends at the 4-H Alumni Reunion and Breakfast held Saturday, Aug. 31, 8–11 a.m. at the Nebraska State Fair in the indoor arena attached to the 4-H Exhibit Hall! The event is in honor of the 4-H Centennial.

The breakfast will feature pancakes and sausage. You’ll find entertainment for the whole family, 4-H memorabilia, a chance to recognize four- and five-generation 4-H families, and honored 4-H alumni.

Check out the 4-H Vintage Fashion Show at 11–1:30 p.m. in the Open-air Auditorium. Everyone is invited to the FREE Ice Cream Social with 4-H Clover Mint flavor developed by NU’s Dairy Store. Ice Cream Social is at the 4-H Exhibit Hall from 3 p.m. until the ice cream runs out! Tickets are $5 in advance at local Cooperative Extension offices. There is no charge for children age 5 and under. People purchasing their tickets by Aug. 20 will receive half-off the State Fair gate fee on Aug. 31. Breakfast tickets will be sold at the door for $7.

Questions? Contact Trish Spencer at 472-9016.

Community Service Corner

State Fair Volunteers Needed!

4-H EXHIBIT HALL — Volunteers are needed in EVERY area of 4-H-related activities and events at the fair. People interested in helping can contact Janet Fox at 472-9582.

4-H HOME ENVIRONMENT AREAS — Volunteers are needed in foods, home environment, clothing and child development areas on Aug. 21, Aug. 22, Sept. 2 (evening) and Sept. 3. Please contact Angie Rushman at 472-9582.

4-H ALUMNI REUNION — If you’re planning to attend the 4-H Alumni Reunion and Breakfast, please consider volunteering and helping to make this event extra special. Call Trish Spencer at 472-9016.

4-H CYBER FAIR — The Cyber Fair Committee would like to have at least 20 youth volunteers this year as well as volunteers who speak Spanish. Visit Web site: http://shl.unl.edu/cyberfair.

STATE FAIR VOLUNTEER PROGRAM — The Nebraska State Fair is in the process of creating a volunteer program. Interested? Questions? Contact Connie Deckert, Volunteer Coordinator, at 473-4104 or e-mail cdeckert@statefair.org.

Bid On Nebraska’s Limited Edition 4-H Garfield Print

Purchase a limited edition Garfield print and help Nebraska 4-H at the same time! In honor of the national centennial, Garfield creator and 4-H alum Jim Davis has created an acrylic Garfield print on canvas, which has been made into 54 high-quality, signed prints. One print is being auctioned off each week on e-bay through Nov. 23. Each week, one state 4-H Foundation receives half of the selling price (highest bid) of the print. Nebraska’s week to receive half of the proceeds is Sept. 1-7. Bidding is open to anyone 18 years and older; the minimum opening bid is $250. View the print at: www.4-hmall.org/garfieldprint.htm

The Liberty Bell in Philadelphia was one of the stops on the way to D.C.
Lancaster Extension Embarks on New Neighborhoods Project

Why NWT?

Neighbors Working Together (NWT) is about neighborhood leadership. Strong neighborhoods nurture families and ultimately strengthen the larger community.

Neighbors Working Together creates a supportive network for leadership and collaboration across neighborhoods adjacent to the University of Nebraska. The project works to strengthen relationships between the university and those neighborhoods through improved communications and cooperation.

Program Objectives

Through monthly meetings, neighborhood workshops, leadership training, needs assessments and collaboration with other groups, Neighbors Working Together:

- Offers university technical assistance, training based on needs identified by the neighborhood.
- Facilitates ways for neighborhood to collaborate and share resources, information, and ideas.
- Helps neighborhoods identify emerging leaders and develop a dynamic capacity to lead effectively.
- Encourages neighborhood and university commitment to community-based action.
- Improves relationships between the University of Nebraska-Lincoln and adjacent neighborhoods.

Neighbors Working Together (NWT) is one of four initiatives in the Community Outreach Partnership Center’s (COPC) program, a federally funded grant through the U.S. Department of Housing and Urban Development. For more information on NWT, contact: Extension Educator Dr. LaDeane R. Jha or Graduate Assistant William Manzi Freitas at UNL Cooperative Extension in Lancaster County, 444 Cherycreek Road, Suite 1, Lincoln NE 68528. Phone: 441-7180.

2002 Nebraska Pioneer Farm Awards

Farm families whose land has been owned by the same family for 100 years or more were recognized at the 47th Annual Nebraska Pioneer Farm Ceremony during the 2002 Lancaster County Fair. Sponsors of the Knight of Columbus Foundation and the Nebraska Association of Fair Managers, the program has honored nearly 6,000 families in 93 Nebraska counties at various county fairs.

Honorees received an engraved plaque and a gatepost marker as permanent recognition of this milestone.

This year’s Lancaster County honorees are:

- Melvin and Linda Deinert, Lincoln (family farm located west of Lincoln)
- Harold and Verna Deinert, Lincoln (family farm located west of Lincoln)
- Donald Gropp, Crete (family farm located near Sprague)
- • Stephen and Georgia Kratschmar, Raymond
- • Ronald and Linda Meyer, Hallam
- • Brad Moser, Hallam
- • Ray and Marian Mulder, Firth
- • J. Steve Nordstrom, Waverly
- • Marcelene Rolofson and Orpha Faye Holland, Lincoln (family farm located near Raymond)
- • Gladys Wright, Phoenix, AZ (family farm located near Waverly)

An annual project of the University of Nebraska-Lincoln, the Nebraska Pioneer Farm Awards recognize farm families who have owned their farming operations for at least 100 years.

An award is presented to one farm family for each Nebraska county. Those farm families were honored at the Nebraska State Fair in Grand Island and at the Lancaster County Fair. The Pioneer Farm Awards are presented by the University of Nebraska-Lincoln, the Lancaster County Community Foundation and the Nebraska Association of Fair Managers.

How to Nominate a Farm Family

In order to be considered for the Pioneer Farm Award, the farm family must be a minimum of 100 years old, own the same farm for the last 100 years and live on the farm. Nominations may be submitted on the Lancaster County Fair web site: www.LNKfair.com or by contacting the Lancaster County Extension office at 441-7180.

Lancaster Extension Engineer Dr. LaDeane R. Jha explains, “We are looking for long-term family farms that have been passed on from generation to generation. These farms have a history that goes back to the beginning of the state.”

The Nebraska Pioneer Farm Award is a celebration of the past, present and future of Nebraska agriculture. It is an opportunity to recognize and thank the people who have been instrumental in the development and growth of the industry.

For more information on the Pioneer Farm Award, contact Extension Educator Dr. LaDeane R. Jha or Graduate Assistant William Manzi Freitas at UNL Cooperative Extension in Lancaster County, 444 Cherycreek Road, Suite 1, Lincoln NE 68528. Phone: 441-7180.

Lead Is a Hazard, Especially for Kids

A primary reason for elevated blood lead level is lead-based paint from older homes. Most homes built before 1960 contain leaded paint. Some homes built as recently as 1978 may also contain lead paint. This paint could be on window frames, walls, the outside of homes or other surfaces.

Lead may also be found in soil around the home or in drinking water. Lead-contaminated soil is a problem when children play outdoors or when soil is tracked inside the home. Soils may be contaminated by flakes, peeling or chalking lead-based paint that follows the “drip line” of the house.

Moist or wet city water does not naturally contain lead. Water usually picks up lead inside your home from household plumbing made with lead materials. Boiling the water will not reduce the amount of lead.

Lead paint in good condition is not usually a problem except in places where painted surfaces rub against each other and create dust. For example, when you open a window, the painted surfaces rub against each other. If your home has lead-based paint, press a person with special training for correcting lead problems if you are doing remodeling or paint flaking. It is best not to remove lead paint yourself. Sanding or scraping generates large amounts of lead dust which can cause health problems if not done correctly. Precautions can be taken to protect children from lead poisoning.

Keep areas where children play as dust-free and clean as possible.

see LEAD on page 11

Community & Home Living

STAFF HIGHLIGHTS

Pollution-Prevention Interns Assist Lincoln Businesses

Several area businesses this summer have received no-cost assistance to reduce pollution and potentially save money.

The assistance was offered over 11 weeks this summer by Beth Fry and Gabriel Hodill, summer interns working out of the Lancaster County Cooperative Extension. After completing a University of Nebraska-Lincoln civil engineering course, “Pollution Prevention Principles and Practice,” the Interns shared information about new technologies and products to participating business owners, as well as assessed their work situations and provide them with tailored reports on how to conserve resources.

Information about the business was confidential.

Gabriel Hodill, from Columbia, Missouri, is a senior in Biological-Environmental Engineering at the University of Missouri-Columbia. Beth Fry, from Omaha, Nebraska, is a junior in Biological Systems Engineering at the University of Nebraska-Lincoln. Gabriel and Beth enjoyed being able to increase environmental awareness by speaking to several civic groups within the community this summer.

Waste awareness often comes only after someone has had the time and inclination to study the situation and point out more efficient ways of doing things, said Bruce Dvorak, a UNL engineering associate professor and intern adviser. The internship provided this opportunity. The interns worked with businesses such as a farm cooperatives, dry cleaners, print shops, auto repair shops and more. If all 229 Nebraska businesses that participated in the program had followed all intern recommendations, Dvorak said, each year they could potentially save as much as $29.2 million, divert 21.2 million pounds of solid waste from the landfill and avoid generating 32,000 gallons of hazardous material.

Participating business owners, the interns brought information about “Partners in Pollution Control and Prevention 1997).”

The VIP program was sponsored by The University of Nebraska-Lincoln, the Nebraska Department of Environmental Quality and the Environmental Protection Agency Region VII. For more information about the program, contact Dvorak at 472-2431. (GH/BF)

Arlene Hanna, extension associate in 4-H/Youth Development, and earth wellness festival (ewf) were recognized at the annual Ventures in Partnerships (VIP) Kickoff on Aug. 15.

ewf is a yearlong school curriculum with a one-day festival offering 5th graders hands-on experiences to discover the interdependencies of land, water, air and living resources.

Arlene’s leadership in the 4-H School Enrichment program and ewf were highlighted as she received an award for volunteering over 1,000 hours in Lincoln Public Schools (LPS). ewf received a special honor for achieving over 5,000 volunteer hours during the past school year. “It is a pleasure to associate with Ventures in Partnerships and the Lincoln Public Schools,” Arlene said. “4-H School Enrichment and ewf educate around 18,500 youth annually in five different programs. We are honored to be a part of the core curriculum of the Lincoln Public Schools.”

The VIP program was established to foster cooperation between LPS and area businesses and organizations.
FARM LEASES

continued from page 5

deadline, but notification still needs to be done formally and legally. The landlord needs to provide the tenant or she has sent the tenant a notice of termination. This notice should be a registered letter written by an attorney. Be sure the notice arrives by August 31 and have proof that it was sent.

• An attorney should be involved in all stages of the termination process. It's easy to make a mistake and something done wrong won't stand up in court if an attorney is not involved.

• A tenant should never let a rental agreement reach termination through default. Keep the line of communication open and visit with the landlord regularly.

• If the tenant disagrees with the termination, he or she should visit with the landlord to see what can be done or the reason for the termination.

This article was taken from a University of Nebraska article by Karl E. Pfister, who has reviewed this article for correctness. (371)

LEAD

continued from page 10

• Leave-based paint undis- turbed if it is in good condi-

• Keep lead dust out of the home by using door mats to wipe feet before entering.

• If you work in a situation that involves lead, you may un-

• Eat a balanced diet, rich in calcium and iron.

• Lead poisoning is prevent-

SPECTRUM

continued from page 6

vegetables and is a vitamin B that may help prevent some birth defects. With a chemical make-

Yellows

Bright yellow have many of the same perks as the orange groups: high in essential vitamins and carotenoids. Pineapple, for example, is rich with Vitamin C, magnesium, and the natural enzyme, bromelain. Bromelain is great for digestion and reduce bloating. Additionally, corn and peppers are high in iron. Yellow fruits and vegetables belong to many different families, but they all share the common bond of health enhancing and great taste.

Blues/Purples

Blues and purples not only add beautiful shades of tranquil-

Savor the Spectrum of the Season

This is not a single-color season. When it comes to your health, you'll fare best with a multi-colored diet. By putting something of every color on your plate or in your lunch bag, you are more likely to eat at least 5 servings of fruits and veg-

STORIES

continued from page 7

master storyteller and even though he may have embellished some details, told, we all grew up with a sense of what it was like for our father’s family to celebrate with life and conquest adversity. Stories he told us are still retold at family gatherings and reunions. Not all stories come from an oral tradition. My father was not quite the storyteller my uncle was. He had a rich book of stories from his boyhood that all of us enjoy and gain insights from. He had received a book of collected histories of my mothers family. It is full of wonderful family stories that will be read and re-read, told and re-told to future generations.

The Magic of Stories

To find out what “magic” storytelling is to your family members, you might try one of the following activities suggested by Barbara Brahm, Extension Educator in Hancock County. Try these at a family gathering or at the dinner table. Family Treasure: Find a family collective to give a younger member of the family, but don’t give it away without giving its special story. Present it in front of the family members so all will understand the significance of the gift. Happenings: On individual slips of paper, write such things as the funniest thing ever to happen to the family, the most embarrassing, the weirdest, the scariest, etc. Then give each person a few minutes to explain the stories behind the state-

Porch Gatherings: Invite family, friends or neighbors to sit on the porch, deck, patio or under a shady tree and share lemonade and big old-fashioned cookies. Share of read stories and reminiscence about the past. The Magic of Stories: Sit in a circle every day. Encourage family members to begin a journal of “everyday happenings” and share their feelings and thoughts, because someday someone in the future will want to know “how it was.”

Cultural Insights: Celebrating Holidays

Boshra Rida
Extension Volunteer In Service To America

Many Arabic countries observe and celebrate common days as holidays. Friday is the most common day observed and may not vary in length. Some countries allow for a day and a half to three days at a time. Children six-months to six-years of age must stay by their mothers. All other children need to be accompanied by a responsible adult.

Leaves

The second common holiday is the first day of the Islamic Year, which is a lunar year. It is the day when the Prophet Mohammed and his followers migrated from Mecca to Medina safely. In Iraq the tenth day of Muarram, the first month, is ob-

Stoners

Lancaster County education experience sponsored by ten Lancaster County education resource agencies. Youngsters explore, create and discuss the relationships and interde- pendence of land, water, air and living resources, identify the human impact on our planet, and recognize how they can enrich the world around them.

The earth wellness festival is an educational experience sponsored by the National and Nebraska Learning Standards of Excellence. The water and wetlands section of the curriculum is a core subject in the science curriculum of the Lincoln Public Schools.

As you can see, 4-H youth development programs offer educational opportunities in science for youngsters in Lancaster County. Watch for your student’s participation in 4-H School Enrichment. It’s science in action!
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