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The NEBLINE, January 2002

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Salt Valley Clean Lakes Project Benefits Area Lakes

Corey Brubaker
Extension Educator

The Salt Valley Clean Lakes Project was initiated in 1993 in response to a 1990 Clean Lakes Study conducted by the Lower Platte South Natural Resources District in cooperation with the Nebraska Department of Environmental Quality (NDEQ), which found that nonpoint source pollution was impairing water quality in area lakes.

The Salt Valley Clean Lakes Project provided a staff person whose primary responsibility was to implement the following objectives:

- Increase public awareness of nonpoint source pollution and its impact on area lakes.
- Encourage landowners in the watersheds above these lakes to adopt additional conservation and management practices that would reduce nonpoint source pollution.

Two watersheds had been completed since the project was initiated, one above Wildwood Lake in northwestern Lancaster County and one above Holmes Lake. A third project in the watershed above Olive Creek Lake in southwestern Lancaster County is nearing completion and a community-based planning process was started last summer to develop a watershed management plan for the watershed above Wagon Train Lake. A similar process is planned for the watershed above Yankee Hill Lake sometime this year. In addition to those watersheds, smaller projects have also been completed in the watersheds above Branched Oak Lake, Pawnee Lake and Meadowlark Lake.

THE WILDWOOD LAKE WATERSHED PROJECT was started in 1991 and completed in 1997. The primary focus of the project was to work with individual landowners in the watershed to encourage them to install conservation measures to reduce sediment loading to the lake. By the time funding for the project expired, 16 landowners in the watershed had completed 22 different conservation projects at a total cost of more than $231,000. As a result of their efforts, sediment loading to Wildwood Lake was reduced by 30 percent.

THE HOLMES LAKE SUB-WATERSHED PROJECT was started in 1995 and completed in 1999. The primary focus of the Holmes Lake Project was the construction of an eight-acre wetland complex along Antelope Creek just upstream from the lake and the renovation of an existing wetland/sediment trap. The projects were completed in 1996 at a total cost of $444,172. Studies conducted by the NDEQ in 1996 and 1997 indicated that the wetland complex was effective at removing total suspended solids, total and dissolved phosphorus, kjeldahl nitrogen, and nitrate/nitrite nitrogen. In addition, the studies found that median concentrations of fecal coliform bacteria were 50 percent lower below the wetland complex than above while median concentrations of fecal streptococcus bacteria were 39 percent lower below the wetland.

THE OLIVE CREEK LAKE WATERSHED Project was initiated in 1998 and is similar in focus and scope to the Wildwood Lake Project. To date, eight landowners in the watershed have completed 11 conservation projects at a total cost of $119,636. In addition, at least three more projects have been approved for cost share assistance and should be completed this spring.

The Salt Valley Clean Lakes Project was a cooperative project involving the University of Nebraska Cooperative Extension, the Lower Platte South Natural Resources District, the Nebraska Department of Environmental Quality and the U.S. Environmental Protection Agency (EPA). It was funded by a Section 319 grant from EPA through the Nebraska Department of Environmental Quality. Other cooperating partners included the USDA Natural Resources Conservation Service, the USDA Farm Service Agency, the U.S. Army Corps of Engineers, the Nebraska Game and Parks Commission, the Nebraska Department of Natural Resources, the Departments of Biological Systems Engineering and Forestry, Fisheries and Wildlife at the University of Nebraska, the Lincoln-Lancaster County Health Department and the City of Lincoln Parks and Recreation Department.

PIONEERS BLVD.

This in-lake sediment and nutrient trap was installed above Wildwood Lake in December 1993 and provided a model for similar structures in Olive Creek Lake and Wagon Train Lake.
Wood For Your Fireplace

A popular source of additional heating for many homeowners and apartment dwellers is the burning of wood. Sitting around the fireplace to enjoy a relaxing evening at home is another benefit of burning wood in your fireplace.

To do this safely and effectively, keep these things in mind: ash, burn, hitch, hickory, oak, sugar maple, apple, honey LOC UT and osage orange are considered as excellent woods as they produce few sparks, no heavy, annoying smoke, and are the previously mentioned factors. The second-best group of woods include silver maple, walnut, hackberry and fruit woods other than apple. These are considered good to use, but generate less heat than the first group.

The third group should be considered as the last resort, while the first group should be encouraged. Firewood is sold in a number of ways. If you buy a cord, the size of the pile will be four feet by four feet by eight feet (128 cubic). Retailers of firewood may also sell by the face. A cord face being defined as a pile of wood four feet by eight feet by the length of a stick. The length of the stick may be anything from 12 inches to 20 inches. A rick or a run is another term used, which is a third of a cord or a pile of wood four feet by one ton by 16 inches. If you buy a pick-up load, you could mean almost anything. One must estimate how much they are getting by measuring the number of cubic feet of wood being delivered.

Large logs should be split to average diameter size of six inches, this will be a fair size and satisfactory from the user's standpoint. Whether you purchase a cord, face cord, rick, run or pick-up load, you would be well advised to purchase wood in smaller pieces. Larger pieces stick with more in a given volume and would take up more space. (MF)

Recognizing Living, Hazardous Trees

Most people realize dead trees should be removed as soon as they are detected, however, living trees also can be a threat to the home and property. A living hazardous tree may have one or more defects which weaken or reduce its structural integrity and gives it an increased potential for failure, i.e., the potential to fall. This potentially deadly combination of defective trees with areas where people or their property stop and congregate are all too common in our suburban and residential landscape. Tree managers or home owners must be aware of and identify and then correct hazardous situations caused by trees.

Trees are complex and highly adaptable organisms. Knowing how trees are constructed, function and respond to wounding can help home owners understand the eventual aging process and ultimately insure the safety of people who work and play near them.

Trees have massive stems that hold and elevate the leaves. The stem is also the transport system for moving materials from the root to the leaves and back again. Tree stem must grow every year. Each spring and summer a new growth of wood covers last year’s tree. If a tree cannot grow every year, it will decline and die. A cross section of a tree trunk has many layers. The outside of the tree is the bark which protects the tree. The inner bark or phloem tissue is alive and involved in transporting manufactured in the leaves to lower, aboveground portions of the tree. The layer between the bark and wood is called the cambium. The cambium provides wood to the inside and bark tissues to the outside.

Annual growth in cambium results in an increase in stem diameter. In addition, the cambium is the site that responds to injury. Inside the cambium is annual rings of wood. The large pores or xylem in each annual ring (xylem) are dead, but are still capable of transporting water to the leaves. Nearly all of the volume of wood is xylem and these wooden tissues become unsound for any reason, such as internal decay, then most of the structural support for the tree will be compromised. The tree will remain alive, however, because the living cells near the cambium will continue to grow, laying down new phloem and xylem tissues. The result is a relatively healthy-looking tree with a functional portion, but one that lacks sufficient structural strength from wood to support itself, particularly during extreme weather events.

A tree’s structural support is most important during high winds or when snow and ice have accumulated on branches. For example, accumulations of ice can increase the branch weight of trees by 30 times or more. This additional weight may not pose a problem for relatively young trees, however, as trees grow old, they are less able to compartmentalize or seal-off injured portions of the tree and decay is more common. In addition, older trees have a greater tendency to shed branches due to unavoidable decline in wood quality.

Besides age, growth rate and ability to respond to injury will influence a tree’s functional life span. Fast growing trees like silver maple, poplar and willow allocate a relatively small portion of internal resources to building compartments that keep pests and decay from spreading. Instead, they rely upon a rapid rate of growth to outdistance invading pathogens. But as they age, their rate of growth slows, and significant decay and structural failure become likely. On the other hand, trees like oak grow slowly and allocate a significant proportion of resources to defense. These trees compartmentalize wounds, and in general, are long-lived and less likely to fail.

There are four ways that living trees become structurally unsound:

1. Internal decay in the trunk and large branches
2. Cankers and canker-rots
3. Cut roots and root decay
4. Poor branch attachment

Internal Decay

Growing in living trees is the end result of many complex interactions between the tree and several groups of fungi and bacteria. Many of these microorganism are opportunistic and enter through wounds. Healthy and vigorous trees have adequate defense systems that limit the spread of decay caused by these pathogens, however, older trees or those in poor health are more likely to have damaged roots, and extensive colonized decay often result. Once decayed tissue takes over a large volume of the trunk, the tree will be unable to support its own weight and may fail, any time (even though failure is most likely to failure during periods of high wind). Here are the warning signs:

• Large, wide wounds or cavities
• Presence of fungal fruiting bodies or conks
• Bleeding (oozing sap) through the bark
• Presence of carpenter ants, termites, nesting holes and bee holes
• Loose, cracking bark
• Overall poor appearance, slow growth, leaf and branch die-back

Cankers and Canker-rots

Cankers, localized dead areas on the bark caused by bark-inhabiting microorganism, also can lead to structural instability in a tree. Cankers on the trunk and branches are inherently weak spots and trunk and branch failure may occur at old cankers. Canker-rots occur when microorganisms attack and decompose the tissue beneath the canker and adjacent bark tissues. Most canker-rots do not lead to tree failure because of the combined effect of dead bark which makes the trunk and the tree (from the canker) and loss of internal support (from the decayed wood). Canker-rots are very hazardous and should be removed as soon as possible.

Cut Roots and Root Decay

Anything that alters or compromises the structural support provided by any part of the root system decreases the stability of the tree. Two major culprits that jeopardize the integrity of roots are (1) root-rotting pathogens that attack weakened trees or enter through wounds and cause root decay and (2) the severing or cutting of the wood portion of the root system. In addition, soil erosion, drought, gas leaks, cutting the grade around trees, flooding, soil compaction or poor drainage may all cause root decay and the severe or cutting of the wood portion of nearby trees. Large, heavy
New Arsenic Standards Won’t Affect Lancaster Public Water Supplies

The EPA has established an enforceable Maximum Contaminant Level (MCL) of 10 ppb for arsenic for public water systems to be 10 parts per billion. The standard had been at 50 parts per billion, since 1942. This new arsenic standard may affect up to 78 public water systems in Nebraska, but none of them are in Lancaster County.

Under the Bush administration, EPA delayed the effective date of the January 2001 arsenic rule to allow additional reviews of the arsenic rule to be conducted. Reports on the science, cost of compliance, and benefits analyses were released in October 2001. The arsenic in most Nebraska water supplies comes from the aquifer from which the water is pumped, although arsenic can be found in some pesticide residues and is a by-product of water, glass making and coal mining. Health risks include cancer and vascular disorders. Reducing arsenic from 50 to 10 parts per billion to 10 parts per billion will prevent: 19 to 25 cases of lung cancer, 12 to 23 cases of bladder cancer per year, preventing 5 to 8 deaths from this cancer. 19 to 30 cases of lung cancer, preventing 16 to 22 deaths from this cancer. Numerous cases of other non-cancerous diseases such as diabetes and heart disease. There are thousands of private wells in Lancaster County that service rural citizens. Extension recommends domestic well users test their wells for arsenic if they live close to a community that has a high arsenic concentration. Even if your well isn’t close to high arsenic areas and you are concerned, it is still relatively inexpensive to have your water tested.

Source: Sharon R. Skipper, UNL extension educator.

Keeping Backyard Birds Safe

Use these guidelines to prevent the occurrence and spread of disease, including finch eye disease, at your feeders.

• Give birds plenty of space. Provide a number of feeders and place the feeders at different heights and distances so birds don’t crowd themselves. Large platform feeders are probably best for spreading out birds, but banana-shapped hopper feeders, which protect the seeds from the weather, also work well.

• Make feeders safe. If you suspect a bird at your feeder may have eye disease, avoid using a tubular or other feeders that make birds reach their head or tubular or other feeders that have eye disease, avoid using a suspect a bird at your feeder may observe. The disease. This approach probably will be most effective during cold weather. The disease can be difficult to control and will be most effective during cold weather and when other feeding stations are not close by. Because birds use a variety of food sources, removing the feeders will not affect other birds except during severe winter extremes such as several days below zero. Finally, spread the word. Talk to your neighbors who feed birds so they can be aware and take precautions. Birds move among feeders in the neighborhood so if you and your neighbors work together, you will have the most effective prevention program concerning bird bath and feeder management.

Source: House Finch “Eye” Disease, NF97-355. This publication and many others on bird feeding and backyard wildlife are available at no charge from the extension office. Stop by the Lancaster County Extension office to pick up a copy.

For more information about rodent or insect control; contact the extension office at 441-7180.

Environmental Focus

Discover a New Hobby!

Beginning Beekeeping Workshop

March 18 and 19, 6:30-9:30 p.m. Cost: $20
Call Barb Ogg at 441-7180 for more information.

Considering Ultrasonic Pest Control Devices? Save Your Money

A number of gadgets are being marketed to folks who want an easier and safer way to manage pests around the home. These ultrasonic devices are marketed through mail order companies, home shopping cable channels, in gardening magazines and are readily being sold on the Internet. Ultrasonic devices claim to use high-ultra sound frequency waves to chase away birds, bats, rodents and arthropod pests like fleas, cockroaches, silverfish and even spiders. Most of them are designed to plug into an electrical outlet, but there are battery-operated models that are designed as a flea-repellent collar and pocket-sized cards for outdoor lovers to carry around with them to repel mosquitoes. They range from cheap ($6-99) to very expensive ($699.00).

The consensus of researchers who have actually investigated ultrasonic devices is that these products do not effectively repel or eliminate pests from homes. In fact, in the 1980’s, the Federal Trade Commission (FTC) charged several companies with false advertising and required them to make refunds to consumers. My guess is it is a matter of time and the FTC will go after the makers of these other devices also.

The advice, “If it seems too good to be true, it probably isn’t true” fits here. There are plenty of non-toxic or low toxic methods to keep pests outside, but they take a bit more time and effort than plugging an ineffective device into an electrical outlet. These include: Mouse control: • Seal cracks and crevices larger than 1/4-inch. • Eliminate weedy growth or vegetation near the house. Mice live in these locations. • Use traps and/or glueboards inside the house at the earliest signs of mice.

Glue boards are one of the easiest trapping methods for invading insects and they are cheap, too. The cheapest are often sold for rodent control, but they readily catch insects that crawl on the floor. There are two types of glue boards. The first is the “fly” type that has a shallow depression filled with a very sticky substance. The second type is the “stronger” glue boards—basically a thin piece of cardboard with a sticky layer on it. The board traps are more effective for both rodents and insects—and they are often cheaper than the trap type.

In addition to being inexpensive, sticky traps are completely non-toxic. The biggest problem is when pets or kids get into the sticky substance can be removed with vegetable oil, but it will be messy.

For more information about rodent or insect control, contact the extension office at 441-7180.
Check Condition of Stored Grain

The amount of time required for an aeration cooling cycle depends on the airflow rate. The cooling time can be estimated by dividing 15 by the airflow rate. For example, 75 hours is needed with an airflow rate of 0.2 cfm/bu*. Check grain temperature at several locations to determine when the cooling front has been pushed completely through the grain. Grain temperature changes about 50 times faster than the moisture content, so the air’s relative humidity is of little concern during grain cooling. Once grain has been cooled to below 50 degrees F, the fan could be run intermittently to prevent rewetting. When not running the aeration system, remember to close roof hatches to prevent rain and snow from getting into the bin. Cover the fan whenever it’s not running to prevent problems caused by the winter’s effect. One that can draw in moist air at the bottom of the bin and up through the grain. (TD)

Testing Feed and Balancing Ration Saves Money

Feed is the largest expense of the beef cow/calf operation. The condition of the feed is the most important because moisture content is a measure of the amount of protein. If producers must dilute the concentration of all feed, it must be the most economical source. Whether soybean meal, liquid protein sources, protein blocks or higher protein alfalfa would be the most economical source of supplemental protein to add to the ration to meet the animal’s nutritional needs. Testing for protein content also can help determine how the feed can be fed if it is to be used as a protein source in the ration. For example, protein doesn’t have to be fed every day. If it would fit the herd’s needs at five pounds a day for 100 cows, that would be 500 pounds of needed protein. If a 1,000 pound bale of hay was put out every other day, the protein need would be achieved. (TD)

SOURCES: Paul Hay, extension educator, Gage County, NUANR; Rick Rasby, Ph.D., beef specialist, NUANR.

* cfm/bu = Cubic feet of air per minute per bushel of grain in the bin. The airflow rate produced by a fan is a function of the fan design and the back pressure (vacuum) the fan must overcome. The back pressure is a function of the air delivery system, the type of grain and depth of grain in the bin. Once the airflow rate is known, the airflow can be determined from performance data for the fan. The cubic feet of air per minute produced by the fan, divided by the total bushels in the bin, results in cfm/bu.

Fertilizing Crop Land With Biosolids

An Educational Workshop about Lincoln’s Biosolids Program

Feb. 28, 3:30–8:30 p.m.
Lancaster Extension Education Center,
447 Cherry creek Road, Lincoln

Meet at 3:30 p.m. at the Lancaster Extension Education Center and travel to the Theresa Street Wastewater Facility at 4 p.m. for a tour. Educational program is back at the Lancaster Extension Education Center from 6–8:30 p.m.

Please preregister for this workshop by Feb. 25 with Karen Wedding by calling 441-7180.

At this biosolids workshop you will learn:
• how wastewater is processed and made safe for application.
• how regulations determine application rates and locations.
• how GPS and GIS technology is used in Lincoln’s Biosolids Program.
• how you can reduce your out-of-pocket fertilizer costs.
• biosolids improves soil tilth, especially on poor or eroded soil.
• biosolids increases organic matter and water holding capacity.
• biosolids typically increases crop yields for several years after just one application.

Farm Management Web Page Added

If farming is the equivalent of running a manufacturing business, crop and livestock production is equivalent to the factory and farm management is equivalent to the “front office.” People need ready access to farm management information. In recognition of this need, a farm management page has been added to the Lancaster County Extension, Ag & Acreage website and a new button has been added to the navigation bar.

This site features information from the University of Nebraska and other mid-western land-grant universities on leasing arrangements, estate planning, risk management, marketing, crop and livestock budgeting and taking best advantage of the farm program.

To access the Ag & Acreage web page, point your browser to:
www.lancaster.unl.edu/ag

There you will find the Nebraska Production Agriculture Web site along with the navigation for quick access to markets, weather, crops, livestock and farm management information plus access to the extension events calendar. (TD)
Since the septic tank is such an essential part of a sewage system, it is worth remembering all points about the "care and feeding" of that part of the onsite sewage system. 

• A "starter" is not needed for bacterial action to begin in a septic system. Bacteria are present in the materials deposited into the tank and will thrive under the growing conditions present.

• If you feel that an additive is needed, be aware that some may do great harm. Additives that advertise to "eliminate" tank cleaning may cause the sludge layer to fluff up and be washed out into the drainfield, plugging soil pores. Some additives, particularly degreasers, may contain carcinogens (cancer-causing compounds) or suspected carcinogens that will flow into the ground water along with the water from the soil treatment unit.

• Send all sewage into the septic tank. Never let laundry or other wash water drain directly into the drainfield, since soap or detergent can plug the soil pores, causing failure.

• Normal amounts of household waste, such as food, trash, drain cleaners, and other household chemicals can be used and won't stop the bacterial action in the septic tank. But don't use excessive amounts of any household product - use one. Do not dump cleaning water for latex paint brushes and cans into the house sewer. These materials won't decompose and will fill the septic tank and block the system. To use a five-gallon toilet flush to get rid of a cigarette butt is also very wasteful of water. Keep an ash tray in the bathroom, if necessary.

• Avoid dumping grease down the drain. Grease, fats, and oil can plug sewer pipes or build up in the septic tank and plug the inlet. Keep a separate container for waste grease and throw it out with the garbage.

• If you must use a garbage disposal, you will likely need to remove septic tank solids every few years. Discarding this garbage will likely find its way out of the septic tank and plug up any downstream systems, such as the drainfield. Your garbage disposal will not compost, incinerate or deposit the materials in the garbage that will ultimately end up at your septic tank, so it is advised to "Save money by using a compost". (DJ)

Your home may be improved if you use inexpensive detergents and use loading washers and suds savers. By doing so, you can save yourself the mess, money and aggravation frozen pipes cause. Here are a few simple steps to protect your home or apartment:

- Be sure that there are no leaking faucets or fixtures. Routinely check the float valve on all toilets to be sure it isn't sticking and the water isn't running constantly. It doesn't take long for the water from a leaking toilet or a faucet to add up. A cup of water leaking at a toilet every minute doesn't seem like much but by the time it hits 90 gallons a day, you can be sure that there is no water flowing into the sewer when all water-using appliances are supposed to be off.

- To properly clean a septic tank, the manhole cover or the sewer cover must be removed. This is only the way to be sure that all the solids that have been pumped out. A septic tank cannot be cleaned adequately by pumping out liquids through a four inch inspection pipe. Doing so often results in some of the slurry coming out but the tank will be filled with sewage. Be sure that the tank is opened when it is cleaned. At this time the baffles should be inspected and replaced if necessary.

- Charge wastes from a properly operating water softern will not harm septic action, but the additional water must be treated and disposed of by the drainfield. If the seconferer overloads the sewage system, this waste water can be discharged to the ground surface since it contains no pathogens. But it must be discharged in a location where it will not be a nuisance or damage valuable grass or plants.

- Using too much soap or detergent can cause problems with the septic system. It is difficult to estimate how dirty a load of laundry is, and most people use far less cleaning power than is needed. If there are lots of socks in your laundry try to use a combination of only three or four sets. If the older machines that use the washing fluids, cut back on the amount of detergent for the next similar load. It is generally a good idea to use inexpensive detergents which may contain excessive amounts of fuller or carmer. Some of these fillers are monomale- nile clay, which is used to seal the tank, and if the jet is used up, it will break down at the building insurance company.

- Shake the jar and if the tissue breaks up easily, the product is suitable for the septic tank. High strength tissues are not suitable. As long as the tissue breaks up easily, color has no effect on the septic tank. Many components of these tissues have high wet strength. 

- Clean your septic tank. About once every 40 years, the system reaches its daily capacity, be conservative with your use of water. Most of the water that flows into the drain must go through the daily absorption unit. Following are some ways to save water that should cause little hardship in anyone's standard of living:

• Be sure there are no leaking faucets or fixtures. Routinely check the float valve on all toilets to be sure it isn’t sticking and the water isn’t running constantly. It doesn’t take long for the water from a leaking toilet or a faucet to add up. A cup of water leaking at a toilet every minute doesn’t seem like much but by the time it hits 90 gallons a day, you can be sure that there is no water flowing into the sewer when all water-using appliances are supposed to be off.

- Installing a water meter is a sure way to know how much water you are using and how much the water use will be reduced by doing certain things. A water meter for a home should cost from $50 to $100 plus installation. 

- The most effective way to reduce the sewage flow from a house is to install toilet wastes, which usually account for about 40 percent of the sewage load. Many toilets use five to six gallons per flush. Some of the so-called low-water-using toilets can be used to wrap pipes. Be sure to use products approved by an independent testing organization, such as Underwriters Laboratories Inc., and only for the intended use (exterior or interior).

- Closely follow all manufacturer’s installation and operating instructions. Seal leaks that allow cold air inside, near where pipes are located. Look for air leaks around electrical wiring, dryer vents and pipes. Use caulk or insulation to keep the cold out and the heat in. With severe wind chill, a tiny opening can let in enough cold air to cause a pipe to freeze and burst.

- Disconnect garden hoses and, if practical, use an indoor valve to shut off and drain water from pipes leading to outside faucets. This reduces the chance of freezing in the short span of pipe just inside the house.

A trickle of hot and cold water might be all it takes to keep your pipes from freezing. Let warm water drip overnight, preferably from a faucet on an exterior wall.

Open cabinet doors to allow heat to get to uninsulated pipes under sinks and appliances near exterior walls. If you’re away, set the thermostat to a temperature no lower than 55 degrees.

Ask a friend or neighbor to check on your house. Be sure it’s warm enough to prevent freezing, or shut off and drain the water system. Be aware that if you have a fire protection sprinkler system in your house, it can be damaged when you shut off the water.

If your pipes freeze, don’t take chances on your faucets and nothing comes out, leave the faucets turned on and call a plumber. If you detect that your water pipes have frozen and burst, turn off the water at the main shut-off valve to house; leave the water faucets turned on. (Make sure everyone in your family knows where the water shut-off valve is and how to open and close it.)

Never let a faucet run with a torch or other open flame. Water damage is preferable to fire damage.

Overloaded electric cords are also a source of home fires. Many household extension cords are not heavy enough to run devices like power tools and portable heaters. Read the label carefully (amperage) to see what current (amperage) that the cord can carry. Also make sure that the plug is properly placed under carpets or rugs that can trap heat and cause the cord to overheat.

Being aware of potential fire hazards and working some effective prevention into your home are your best lines of defense against deadly home fires. (DJ)
Food & Fitness

One Diet You Just Can’t Fail

Alice Henneman, MS, RD
Extension Educator

Does it seem like you just can’t make any diet plan “stick.” As you start out the new year, remember the saying: “Success is getting up one more time than you fall down!” Try learning from each experience what DID and what DIDN’T work for you. Then, continually adjust your diet, doing the things that worked, until you have a plan that best fits you. Here’s an example:

SITUATION: Ima Snacker attempts to stop nibbling on high fat, high sugar snacks at work. The pounds are creeping up!

ATTEMPT 1
Ima went cold turkey and completely avoided all snacks at work. Result: Ima got hungry by mid-afternoon and ate a doughnut. She decided since the diet was blown she’d go ahead and have a cookie, too... and wash it all down with a soft drink!

ATTEMPT 2
Ima brought a banana from home to eat as an afternoon snack. Result: She got called out of the office in the afternoon and didn’t eat the banana. Ima went on vacation the next day. Upon return to work a week later, she was greeted by the smell of rotten banana!

ATTEMPT 3
Ima brought a less perishable snack — a low fat, whole grain cereal bar — to work. Result: The cereal bar worked just fine; but, she forgot to bring something the next day. Back to the doughnuts! Ima felt frustrat ed and ate two!

ATTEMPT 4
Ima brought enough non-perishable snacks to last a few weeks — individual packages of dried fruit, cartons of juice, low fat crackers, etc. Result: She had a healthy snack each day for a couple of weeks. Then, she worked late and didn’t get around to buying more snacks to replenish her supply. Back to the doughnuts — however, she just ate one this time. And, she cut back on dessert at supper that night.

ATTEMPT 5
Ima purchased more snacks a few days before the current supply ran out. Result: SUCCESS! Plus, Ima learned a doughnut now and then as part of a balanced diet can fit in just fine!

Though Ima Snacker’s story is fictional, the process she used of learning from her experiences is real. Getting up one more time than we fall down can help us fine-tune a successful — and satisfying — diet plan.

Sometimes success comes through evolution, trying one thing and another until — Eureka! We’ve got it!

One Diet You Just Can’t Fail

A 12-ounce can of tomato juice contains:

• 0 fat
• 0 mg cholesterol
• 0 mg sodium

— Karen Wobig

Seniors Rewarded with Feast

Throughout this past year, residents of three Lincoln Housing Authority senior residential sites enjoyed nutrition classes taught by the Nutrition Education Program. Seniors sometimes find it difficult to prepare well-balanced meals when fixing food only for themselves. As a year end reward for attending classes, they were all invited to a holiday feast. The foods chosen represented all the five food groups and showed a variety of colors. Seniors enjoyed a well-balanced meal and much social interaction.

The monthly classes emphasized healthy eating by incorporating all the food groups, so they will receive nutrient-dense foods on a daily basis. Some of the points emphasized during the year were:

• making single serving size portions of foods and how to freeze the left over ingredients;
• getting five servings of fruits and vegetables each day;
• the variety of grain group foods and the importance of having 6 servings each day;
• how to get calcium that’s so important for aging bones; and
• water is a nutrient, too!

Tips on using up foods in your refrigerator and freezing leftovers in individual size servings were discussed often. For example, when making the vegetable pizza (see recipe at left), after cutting up the vegetables you need for the recipe, mix together and freeze the left-over ingredients; after cooking the vegetable pizza, many kinds of vegetables such as red and yellow peppers, green broccoli, white cauliflower, orange carrots, etc. can be used.

The nutrition educators fine-tune a successful — and satisfying — diet plan.

Seniors from Mahoney, Burke and Crossroads enjoy a holiday feast hosted by the Nutrition Education Program.

Making foods colorful and more appetizing was also discussed throughout the year. To enhance the aroma to get that great smell of the veggie pizza, many kinds of vegetables such as red and yellow peppers, green broccoli, white cauliflower, orange carrots, etc. can be used.

Seniors were encouraged to occasionally invite others to eat with them after they have made something special has been reinforced this year. Not only does this encourage social interaction, but it prevents having a lot of leftover food.

Some of the recipes prepared and sampled by the seniors are included in this month’s Healthy Eating recipes (at left).

For more nutrition and food safety information, check our FOOD Web Site at:

www.lancaster.unl.edu/food

Rated “Among the Best” (see page 12).
Family Community Education (FCE) Council Meeting

The January FCE Council meeting will be Monday, Jan. 28 at 9 a.m. This lesson will look at acquiring communications that bring family members closer together and offer some time with old and new friends. Everyone is welcome. Council meeting. This is an opportunity for you to enjoy the incoming officers and we have been a good experience for all FCE members interested in attending should pre-register by calling Pam at 441-7180 a week before the lesson so materials can be prepared. (LB)

LaDee Jha
Extension Educator

The past year was one of economic uncertainty and confusion for many. Some families have seen a drop or even a loss of income and others are living from retirement funds and other investments. For many families the undesirable effects of a cut in income can be minimized by following three basic survival skills: substitute, conserve and utilize existing resources. By managing resources better, many people realize their situation is not as bad as it seems.

Economizing is a principle that means allotting personal and family resources where they will do the most good. It does not necessarily mean to buy less of an item—it might even imply purchasing more. For example, suppose you decide to increase family income by looking for a different job. A successful job search may require certain clothing or a skill you do not have. It may be worth your while to learn one of these skills. However, if you spend more in one area you must decrease spending in other areas.

SUBSTITUTE — Find substitutions. Eat at home rather than out. Cook from basics rather than using convenience foods. Rent rather than buy costly equipment you seldom use. Most important, develop the habit of thinking, “What can I substitute that would do the job for less?”

CONSERVE — Avoid waste. Keep your family healthy and your skills and possessions in good condition. Try to get the most use or satisfaction out of each trip in the car, each use of the oven, each load in the washing machine, each dollar invested in clothing. Continually ask yourself, “How can I make the resources you already have bigger? How can I use it more efficiently?”

UTILIZE — Find new uses for resources you already have. Could you rent out a room in your home? Could you car pool? If you bake, sew, tend your own small children or clean your own house, could you expand these into income-producing activities? Think to yourself, “What talents, time or other resources do we have as family members that could be put to use in a new, more productive manner?”

Want to get off to a good start in 2002? How about re-discovering your ability to play? “Take a Joy Break” from whatever stress-producing activity you are currently engaged in and give yourself permission to play,” says Cynthia Schuster of Ohio State University. She suggests you take a piece of paper and divide it into four vertical columns. Mark each column as follows:

1) Joy Breaks, Less than 5 minutes
2) Joy Breaks, Up to 30 minutes
3) Joy Breaks, Up to 2 days
4) Joy Breaks, 2 days or longer

Now come up with a list of ideas of fun things you enjoy doing. When you’ve depleted your list of ideas, put them in the appropriate columns on the chart. If you are like the majority of individuals who complete this activity, your ideas probably fit into the last two columns. You have few ideas about how to have small doses of fun. Challenge yourself to think “outside the box” and realize fun comes in various size doses. Try some of these ideas for shorter joy breaks.

• Read the comics of funny newspapers to start your day.
• Read your horoscope. If you don’t like what it says, write your own.
• Do an anonymous good deed....just because.
• Spoil yourself a little. Buy something you’ve always wanted even though you don’t need it.
• Curt up and read something of no educational value whatsoever.
• Go to an afternoon movie.
• Daydream.
• Take an evening “stroll” instead of a “power walk.”

Make it a habit to add “joy breaks” throughout your calendar, and then notice the significant improvement in energy, enthusiasm, flexibility, teamwork and productivity.


Helping Your Child be a Good Sport

Have you ever walked away from a sporting event completely disgusted by the way some parents behave? Is it any wonder some children have difficulty with the concept of good sportsmanship? The following are some ways in which parents can help children enjoy good sports.

Make Good Money Choices

Every day we make choices about how to spend money. Too often these decisions are made without planning. A spending plan or budget for your household is essential. They will help you live within your income, spend your money wisely, and reach personal goals.

These steps can help you make good money choices.

1) Set your monthly and yearly financial goals.
2) Determine your monthly income.
3) Add all of your fixed expenses and the monthly portion of your yearly expenses. This is the amount you are obligated to spend in one month.
4) Subtract the amount you are obligated to spend in one month from your monthly income. This is the amount you have left for flexible expenses.
5) Add your fixed expenses and your monthly portion of your yearly expenses. This is the amount you should not be greater than your monthly income.
6) Keep track of what you actually spend on flexible items. Avoid spending more than you planned. (LB)

Joy Breaks

Family Living

by Lorene Bartos, Extension Educator

After the holidays, take a few simple steps to keep your linens in fine shape for years to come. Always clean linens before storing to prevent stains and creases from setting. Do not store anything on top of handcrafted toys and spinning insects. To store linens without unsightly creasing, roll them around empty paper towel or wrapping paper tubes or hang them on hangers in the closet. (LB)

家庭生活

Clarice’s Column

Clarice Steffens
FCE Council Chair

Have you remembered to write 2002 on your checks this month? Seems we just got used to writing 2001 and it was gone! I’ve always heard time goes by more quickly as you grow older and now I really believe that! Two thousand one was a very eventful year 2002 and will, no doubt, be the same. Let’s hope for a more peaceful 2002! The January Council meeting will be held Jan. 28 at noon. Lunch will be provided by the incoming officers and we will be making a surprise craft. The new officers will be installed.

The cost of the lunch and craft supplies will be $7.50 and reservations should be made by Jan. 20 by calling Pam at the extension office, 441-7180. The remaining Council meetings for the year will be March 25, June 24 and Sept. 23.

The Sizzling Summer Sampler has been tentatively set for July 15 and Achievement Night is scheduled for Oct. 21.

LaDee Jha
Extension Educator

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6) Keep track of what you actually spend on flexible items. Avoid spending more than you planned. (LB)
The 2002 Nebraska State 4-H Volunteer Forum will be held Feb. 15–16 in Grand Island. This forum is a conference developed by a committee of 4-H volunteers from across the state. Network with other 4-H leaders, exchange successful 4-H programs among 4-H leaders and be introduced to new areas and projects. There will be numerous workshops offering hands-on learning experiences and new ideas and programs designed to enhance your club. Contact Tracy at 441-7180 for more information. (TK)

Training

All 4-H members are encouraged to attend! Everyone will discover how to conduct a meeting and use parliamentary procedure. 4-H members will also have an opportunity to participate in a training. (TK/DK)

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4-H Volunteer Forum

Mark your calendars now for the upcoming 4-H Club Officer Training. All 4-H members are encouraged to attend! Everyone will discover how to conduct a meeting and use parliamentary procedure. 4-H members will also have an opportunity to participate in a mock meeting Sunday, March 3, 6:30-8 p.m. 444 Cherry creek Road, Lincoln. (TK/DK)

4-H Club Officer Training

Insect control: West Nile virus is suspected to make its way to Nebraska by spring of 2002, and the University of Nebraska’s Veterinary Diagnostic Center is gearing up to track the virus.

West Nile is a mosquito-borne virus that has existed for many years in the Middle East, West Asia and Africa. It was first reported in the United States in 1999, spread along the East Coast in 2000 and made its way to the Midwest this year, with cases documented in Wisconsin, Iowa and Missouri. The virus can infect people, birds and some mammals, including horses. Most people who are infected don’t become ill. When symptoms occur, they range from those of a mild flu to encephalitis in severe cases. Less than one percent of severe cases are fatal, according to U.S. Centers for Disease Control and Prevention information.

“One of the main reasons we are concerned about West Nile virus is because it is an exotic disease,” said David Steffen, Institute of Agriculture and Natural Resources veterinarian and director of NU’s Veterinary Diagnostic Center. “It’s important for us to track this disease as it spreads across the continent, and to alert the public and to minimize the risk of infection. If we know where the virus is, we can try to help minimize its impact by vaccinating horses and by mosquito control.”

Often, the first sign of West Nile virus in a region is unusual bird die-offs, particularly crows. Crows and blue jays are unusually susceptible to the virus and crows may feed on other birds that have died, Steffen said. Other birds, such as sparrows, replicate virus and spread infection but will not become ill.

“We have run a few negative tests this year for West Nile virus but we expect to see many more potential cases in the spring when mosquitoes become active again,” he said. The Veterinary Diagnostic Center has purchased equipment to safely handle infected birds and to run tests which identify viral genetic material without requiring scientists to handle live virus.

West Nile virus does not affect most livestock species except horses. Dogs and cats are rarely infected.

“One quite a few horses have been infected as the virus has spread across the country,” Steffen said. “Many equine infections are subclinical, but there is a 40 percent death rate in clinically infected horses.”

Steffen recommends that horse owners have their horses vaccinated against West Nile virus.

“Since there have been 55 diagnosed cases in humans in New York, and seven of those people died,” Steffen said. “In 2000, there were 21 human cases of West Nile virus in the United States and two deaths, according to the CDC. “So people who fall into one of the risk categories, elderly or immuno-suppressed, will want to reduce their exposure to mosquitoes by wearing repellent and long sleeves.”

“Horses and humans are dead-end carriers of the disease, he said, meaning the infection is not contagious when present in those species.”

Nebraska residents can help the center monitor the progress of the virus by reporting dead birds to the Nebraska Game and Parks Commission or local public health authorities.

“Nebraska Game and Parks will assist in safely getting the dead birds to the Veterinary Diagnostic Center for testing,” Steffen said. “If it is necessary for someone to handle a dead bird, they should use gloves, put the bird into a plastic bag and handle it as little as possible.”

Reporting bird mortality will help public health monitors identify infection hot spots which can be sprayed to reduce mosquito numbers and minimize the risk to humans.

“This is not something to be scared of but something to be aware of,” Steffen said. “Because the virus is new, we may see more cases this first year. But once it spreads, there will be more natural immunity and fewer cases in the future.” (EK)
Lancaster Conversation on Youth Development Jan. 31

Youth and adults who want to contribute to an effort to collect the nation’s best ideas in youth development can join the Lancaster Conversation on Youth Development in the 21st Century on Thursday, Jan. 31 from 7-9 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Rd., Lincoln.

As part of its centennial celebration, 4-H is leading conversations in all 3,067 counties of our nation. In the Local Conversation, youth and adults are being asked to describe what youth need to achieve success in their lives. This will be the first time any organization has developed a series of recommendations starting at the ground floor — where everyone lives — working its way up to one national report.

The Local Conversations will lead to State Conversations, and then, on Feb. 28-March 3, the National Conversation will take place in Washington, D.C., presenting a national report to President Bush and the Congress.

For more information about the Lancaster Conversation, call 441-7180.

Old 4-H Exhibits Sought

Exhibits of 4-H alumni projects, photographs, stories, scrapbooks, clothing and other memorabilia will be displayed at 4-H Centennial events throughout the year, including the Centennial Celebration on Feb. 5.

If you have old 4-H items or stories to share, please call Ellen or Arlene at 441-7180.

We need your help to celebrate 100 years of 4-H!

February 3–9 is “4-H Centennial Week”

Nebraska Gov. Mike Johanns and City of Lincoln Mayor Don Wesely have proclaimed the week of Feb. 3–9 as “4-H Centennial Week.”

Lancaster County 4-H will have a Centennial Celebration on Feb. 5 (see information at right). For more information on celebrating the 4-H Centennial, see suggestions at right or visit http://4h.unl.edu/centennial.htm.

4-H Achievement Night Feb. 5

4-H What’s It All About/Achievement Night will be held Tuesday, Feb. 5 at 7 p.m.

4-H members will be recognized for their achievements. County awards, Outstanding 4-H Members, I Dare You and Meritorious Service awards will be presented. There will be presentations and displays of activities that have taken place throughout the year. Come see a demonstration, dance and song groups, judging, speeches and more!

This is an opportunity for all clubs, new or established, to see what opportunities 4-H has to offer and how members, leaders, and parents can participate.

Hors d’oeuvres will be served from 5:30-7 p.m. (Tk)

Garfield cookie jar door prize!

Garfield button door prize!

Make a Power of Youth Pledge

The Power of Youth Pledge Campaign is one of 4-H’s gifts to the nation in honor of its Centennial. 4-H participants in all 3,067 counties in America are pledging hours of combined community service and leadership hours.

You can pledge to help an elderly neighbor rake their yard or pledge to organize a statewide project to collect food for the hungry.

Sign up today online at www.4hcentennial.org/powerofyouth/main.asp.

Send an E-Postcard

You can send a 4-H e-postcard at www.4hcentennial.org/getinvolved/postcards/create_postcard.asp to a friend or family member.

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The Nebraska

Illegal Dumping Costs You Money

2002 Master Conservationist Award Nominations due April 1

Sponsored by the Omaha World-Herald and the University of Nebraska Institute of Agriculture and Natural Resources, the Master Conservationist program was established in 1983 to recognize those who have excelled in soil and water conservation. Award categories include production agriculture, residential, community and youth.

For guidelines, applications or more information, contact Dick Fleming, Institute of Agricultural & Natural Resources at 472-8742 or email rfleming1@unl.edu.

Award recipients will be recognized during a special presentation at the Nebraska Association of Resource Districts annual banquet Sept. 23, at the Kearney Holiday Inn, and will be featured in the Omaha World-Herald on Sept. 22.

Deadline for nominations is April 1. (GB)

Non-Game Wildlife Funds Crucial to Conservation

Nebraska Game and Parks Commission needs your help in conserving non-game wildlife. Protecting this precious component of the state's wildlife is a shared responsibility. Federal dollars demand spending 10 times or more of what we currently can afford.

Non-game species include the majority of the state's birds, mammals, reptiles, amphibians and fish—those species not commonly hunted, trapped or fished. Insects, invertebrates such as mussels and plants also fall under the non-game category. By law, revenue from hunting and fishing licenses—more of what we currently can afford—cannot be spent directly on non-game.

This makes the Non-Game & Endangered Species Conservation Fund the state's primary source of funding for monitoring, studying and conserving such spectacular species as the whooping crane, peregrine falcon, bald eagle, swift fox, river otter, Western prairie fringed orchid and blowout penstemon.

The Fund also supports tracking the distribution and abundance of over 550 species that are rare, threatened or endangered in Nebraska. Whooping cranes, peregrine falcons, bald eagles, black-footed ferrets and various birds such as the short-grass prairie birds, pheasants and sharp-tailed grouse are funded by this critical monitoring, and the future for these species in Nebraska.

Leadership of the Conservation and the short-grass prairies of western Nebraska, in partnership with the Rocky Mountain Bird Observatory, focusing on mountain plovers, ferruginous hawks, burrowing owls and longspurs. This program also includes outreach to private landowners to promote management practices that benefit grassland birds.

The Lincoln-Lancaster County Health Department coordinates an educational campaign to educate the public on how to report illegal dumping sites in Lancaster County. This information is forwarded to a licensed waste hauler who has been contracted to clean up illegally dumped items. To report an illegal dumping in progress or a suspected vehicle, or if you have information on an illegal dumping, call the Sheriff's non-emergency number at 441-6500.

Illegal Dumping, Clean-up Referrals in Lancaster County

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Report Illegal Dumpers 441-6500

Emilia Gonzalez-Clements, Interim Director of the Hispanic Community Center. She is also an applied anthropologist with her own consulting company.

STAFF HIGHLIGHTS

Lancaster County Extension Welcomes New Board Members

The Lancaster County Board of Commissioners recently appointed two new members to the Lancaster Extension Board:

Emilia Gonzalez-Clements, Interim Director of the Hispanic Community Center. She is also an applied anthropologist with her own consulting company.

Dean C. Lesoing of rural Hickman, farmer, diarman and auctioneer. Dean is a graduate of the University of Nebraska, College of Agriculture and Nebraska LEAD Program fellowship recipient.

Extension board members assist the county extension staff in establishing and accomplishing extension education program goals and objectives. They work in partnership with University of Nebraska Cooperative Extension on priority issue areas of:

- Agriculture Profitability and Sustainability
- Children, Youth and Families
- Food Safety, Health and Wellness
- Strengthening Communities
- Water Quality and Environment

Current extension board members reappointed to three year terms were Debra Arends and Gaylen Suhr of Lincoln. (GB)

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HAZARDOUS TREES continued from page 2

equipment used around trees oftenseveresor inj ursa large portion of the root system. Without the supportofthe root systemsystem, the tree is structurally weakened and the probability offailure increases as the amount ofinjuredrootsexcreases. Trees that have lost 50 percent or more of their root systems during construction should be removed.

Poor Branch Attachment
To have a strong attachment, a branch should be between 40 and 50 percent smaller (40 to 50 percent smaller) than the trunk or limb from which it arises. If the branch and trunk are close to the same size, their attachment may be weak and breakage may occur. Competing leaders and upright-growing branches with acute angles of attachment also are areas of potential weakness. Some tree species such as horned chestnut, silver maple, and tree willow are more likely to have root damage. These species should be examined carefully when they are young so that nutritional flaws can be corrected.

Reducing the Risk
Early detection of tree defects can prevent tree failures and potential damage to property and injury to people and pets. Reducing the risk associated with hazardous trees may take one or more of the following steps: • Remove the target — While homes or power lines cannot be moved, sometimes picnic tables, cars, landscape features, play areas, etc. can be relocated to prevent them from being crushed by a falling tree. • Remove the tree — Some hazardous trees are best removed from the landscape. Remember, "when in doubt, take it out!" • Remove competing leaders — Removing defective branches might alleviate a hazardous situation. Faults and defects suspected of being hazardous should be examined by a certified arborist. If it is found that the branch or trunk is carrying more of a power line, contact your local utility. (MIF)

CONIFER DISEASES continued from page 2

Sphaerotheca pin blight is most common on Austrian and ponderosa pines but also occurs on Scots, mugho and red pines. The most obvious symptom of ttip blight is stained, brown growth on short conifer needles. In the fall, small black fruiting struc- tures of the fungus usually can be found on some needles. Small black fruiting structures also appear on scales of infected cones. The annual destruction of buds and gradually causes tree decline. There are a number of fungicides that can be tried to prevent and control needle diseases: • Promote good air circulation by adequate spacing and weed control. • Remove tree vigor through good cultural practices such as mulching and watering as needed. • Do not shear trees when foliage is wet. • Do not plant Austrian pine. • Do not plant susceptible species next to infected trees. • If symptoms appear fungicides applied in the spring will protect the newly emerging growth. For Dothistroma needle blight, apply Bordeaux mixture or other copper-containing fungicides in mid-May and four to six weeks later. For Sphaerotheca tip blight, apply sulfurthionate-methyl benomyl, Bordeaux mixture or copper fungicides when buds start to swell, one week later, then two to three weeks later. (DJ)

SEPTIC TANK CARE continued from page 5

treatment system is reaching its maximum capacity, try to spread the washing out during the week to avoid overloading the system on a single day. • Birds that live near a shower can use lots of water. "Set yourself in the shower with a shower head full of five gallons per minute for 10 to 15 minutes daily and try again in 20 minutes. Shower heads that limit the flow to 1.5 or two gallons per minute should be installed and should be used. Filling the tub not quite so full and limiting the length of showers, will result in appreciable water savings. • Is the water from the faucet cold enough to drink? How long do you let it run to cool down? Keep a container of drinking water in the refrigerat or. Then it won’t be necessary to run water from your faucets in order to get cold water. • There may be other ways to conserve water that you can think of in your home. The main idea is to consider water as a valuable resource and not to waste it. Following a few simple rules like not using too much water and that deposing mate rials in the septic tank that bacteria can’t decompose, should help to make a septic system trouble-free for many years. But don’t forget the septic tank does need to be cleaned out when too many solids build up. Septic tanks need tender, loving care, too! (DJ)

NON-GAME FUNDS continued from page 10

strongholds in Nebraska’s grasslands. • the publishing of Nebraska’s Breeding Bird Atlas, an effort to map, in detail for the first time, all of Nebraska’s breeding birds. Non-game funds have also been used to build conservation partnerships and heighten environmental awareness among Nebraskans. The Non-game Bird Conservation and Education Program, a partnership between NGCP and the University of Nebraska, is dedicated to increasing the awareness, appreciation and stewardship of Nebraska’s birds through education, recreation and conser vation.

The Tern and Plover Conservation Partnership brings private industry together with wildlife managers and educators to address the challenges of endangered species management in a non-confrontational manner. The group partners with Audubon of America, Audubon of Colorado, the Nature Conservancy and the University of Nebraska to protect and restore the nesting habitat of shorebirds. Some of the efforts funded by non-game money include: • Set the dress for the task. Wear clothing in layers to allow better evaporation of perspiration. Wear shoes, boots or overshoes with rubber soles (not leather or hard composition). • Use a lightweight shovel made of fiberglass that has a Teflon coating. If the aluminum shovel doesn’t have that feature, then try to find a chlorine-free cooking oil. Don’t try to keep snow on the shovel. Lightening the load by tossing the extra snow to your left will help you conserve energy.

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 engi neering at the University of Ne braska–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 list, plus she’s finishing a master’s degree at NU to become even more of an expert on water and civil engineering.

There is No Place Like Nebraska.

The Nebraska Wildlife Directory, containing results of surveys of species next to infected trees. The foliage is wet.

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Pesticide use also trims the time and effort expended to move snow. While they are great labor savers, snowblowers are, by design, aggressive and dangerous machines. They all operate on the theory of passing the snow through a high-speed impeller to throw it a consid erable distance and out of the way. These impellers and the augers that sometimes draw snow into the impeller will cut and even remove fingers when moving. The most common and severe injuries associated with snowblowers are finger cuts and amputations. Experts list these precautions for snowblower operation: • Never allow children to operate a snow thrower. Make sure all operators have had proper instruction and have read the operator’s manual. • Stop the engine before cleaning or inspecting the controls or any reason. Clear the area of all debris before you begin snow removal. Some machines can throw rocks up to 75 feet. • When clearing a gravel area, don’t try to remove all the snow. Set the blades about an inch above the gravel. • Shut off equipment before making repairs or mechanical adjustments. Clean off excess slush prior to storage. • Remove the key as a safeguard against unauthorized use. If the system doesn’t have a key ignition, remove the spark plug wire from the plug. • Stop the machine if the accidents involving snow removal equipment happen to first-time users. Watch and learn equipment for the first time each winter. Take time to review the safety information and you can reduce your risk of personal injury. (DJ)

Safely Moving Snow

GOOD SPORT continued from page 7

positive aspects of their per formance that should never make fun of or yell at a child for something done when participating in an activity. Parents should applaud the efforts of all players—no matter who wins. Support and treat the child as you would a friend. When talking to a child’s coach, parents should be respectful and non-confrontational. They should decide on the decisions and calls the umpire or referee makes. Because of the stress involved in irrational things, sets a bad example that children observe—irrational things, sets a bad example that children observe. — Remov- ing defective branches might alleviate a hazardous situation. Faults and defects suspected of being hazardous should be examined by a certified arborist. If it is found that the branch or trunk is carrying more of a power line, contact your local utility. (MIF)

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• Do not plant susceptible species next to infected trees.
• If symptoms appear fungicides applied in the spring will protect the newly emerging growth.

For Dothistroma needle blight, apply Bordeaux mixture or other copper-containing fungicides in mid-May and four to six weeks later. For Sphaerotheca tip blight, apply sulfurthionate-methyl benomyl, Bordeaux mixture or copper fungicides when buds start to swell, one week later, then two to three weeks later. (DJ)

In tight spaces and for meticulous results, the shovel is still the best tool for moving snow. The most disadvantage of this disadvantage is that it is hard work in a harsh environment. The most common serious health threat related to shoveling is heart failure due to overexertion. Men are more likely to suffer heart attacks than women. A less serious, but more common problem, is strained muscles and soreness. When shoveling snow, safety experts recommend these commonsense guidelines regardless of your physical condition: • Dress for the task. Wear clothing in layers to allow better evaporation of perspiration. Wear shoes, boots or overshoes with rubber soles (not leather or hard composition). • Use a lightweight shovel made of fiberglass that has a Teflon coating. If the aluminum shovel doesn’t have that feature, then try to find a chlorine-free cooking oil. Don’t try to keep snow on the shovel. Lightening the load by tossing the extra snow to your left will help you conserve energy. Men are more likely to suffer heart attacks than women. A less serious, but more common problem, is strained muscles and soreness. When shoveling snow, safety experts recommend these commonsense guidelines regardless of your physical condition: • Dress for the task. Wear clothing in layers to allow better evaporation of perspiration. Wear shoes, boots or overshoes with rubber soles (not leather or hard composition). • Use a lightweight shovel made of fiberglass that has a Teflon coating. If the aluminum shovel doesn’t have that feature, then try to find a chlorine-free cooking oil. Don’t try to keep snow on the shovel. Lightening the load by tossing the extra snow to your left will help you conserve energy.
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All programs and events listed in this newsletter will be held (unless noted otherwise) at:
Lancaster Extension Education Center
444 Cherrycreek Rd., Rooms A–C (event rooms posted)
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Return to:
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January 2002

Extension Calendar

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

JANUARY
Jan. 15 4-H Citizenship Washington Focus (CFW) Meeting 7 p.m.
Jan. 17 Fair Board Meeting (Lancaster Event Center) 7:30 p.m.
Jan. 23 4-H Chess Club Meeting 7 p.m.
Jan. 28 Family Community Education (FCE) Council Meeting 12 noon
Jan. 29 Family Community Education (FCE) Leader Training Lesson: “Positive Communication in Families” 1 p.m.
Jan. 31 Lancaster Conversation on Youth Development in the 21st Century 7 p.m.

FEBRUARY
Feb. 3-9 4-H CENTENNIAL WEEK
Feb. 5 4-H Centennial Celebration 5:30 p.m.
Feb. 5 4-H What’s It All About/Achievement Night 7 p.m.
Feb. 6 4-H Council Meeting
Feb. 7 Commerical PAT-Recertification 9 a.m.–5 p.m.
Feb. 7 Commerical PAT-Recertification 9 a.m.–5 p.m.
Feb. 8 Extension Board Meeting 8 a.m.
Feb. 9 4-H Cattle Weigh-In (Lancaster Event Center) 8-11 a.m.
Feb. 9-11 Horsin’ Around Clinic (East Campus)
Feb. 10 4-H Ambassador Meeting 2 p.m.
Feb. 10 4-H Teen Council Meeting 3–5 p.m.
Feb. 11 4-H Speech Workshop 6–7:30 p.m.
Feb. 12 4-H Pet Pals Club Meeting 6:45 p.m.
Feb. 12 4-H Cat Club Meeting 7 p.m.
Feb. 13 4-H Horse VIPS Meeting 7 p.m.
Feb. 14 4-H Rabbit VIPS Meeting 7 p.m.
Feb. 15-16 4-H Volunteer Forum (Grand Island)
Feb. 16 Private PAT-Recertification 8:30–11:30 a.m.

Lancaster Extension Food Safety & Nutrition Site “Among the Best”

Created to help the public quickly sort and find information they can trust, Tufts University Nutrition Navigator (www.nutritionnavigator.tufts.edu) is the first online rating guide that evaluates nutrition Web sites based on accuracy, depth and usefulness of information. The University of Nebraska Cooperative Extension in Lancaster County’s Food Safety and Nutrition Web site at www.lancaster.unl.edu/food scored 22 points out of a possible 25 points to earn an “Among The Best” rating. The criteria were developed by a prestigious advisory board of U.S. and Canadian nutrition experts. “University of Nebraska Cooperative Extension in Lancaster County is a leader in the electronic nutrition information arena,” said Jeannie Goldberg, director of the Center on Nutrition Communication at the Tufts University School of Nutrition Science and Policy. “Among The Best” ratings are only awarded to Web sites that serve as outstanding resources and maintain a high level of integrity in nutrition reporting.”

Lancaster County’s Food Safety and Nutrition Web site features a “Cook It Quick” section; archives of “Food Reflections,” an e-mail newsletter; and links to Food Safety and/or Nutrition online publications and Web sites. “We are proud to be recognized by the Tufts University Nutrition Navigator,” said Alice Henneman, Lancaster County extension educator. “Representing the best of nutrition Web sites on the Internet raises our commitment to provide reliable, timely information.”

Lancaster Extension Conversation on Youth Development in the 21st Century

Thursday, Jan. 31 • 7–9 p.m.
Lancaster Extension Education Center, 444 Cherry Creek Rd., Lincoln.

• Refreshments • 4-H Clover Mint Ice Cream • Door Prizes
Please call 441-7180 to RSVP by Friday, Jan. 25.
Discussion topics will then be mailed to you.