3-1-2002

The NEBLINE, March 2002

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There’s No Place Like Home — lancaster.unl.edu

Soni Cochran
Extension Associate

Maybe you live in a downtown apartment, own a townhouse in a growing suburb or are restoring an older home in an historic neighborhood. Perhaps you own a new acreage or just moved back to the family farm. Wherever you call home, the University of Nebraska Cooperative Extension in Lancaster County Web site is your source for current, reliable information 24-hours a day/ seven days a week. What type of information will you find on the Lancaster County Web site? Let’s start with a visit to the Lancaster County Extension home page:

Home Page — www.lancaster.unl.edu: Your home to Lancaster County Extension is updated continually and highlights weekly news and announcements of interest to the community. You’ll find a search feature, calendar of events, contact information, program highlights, the weather and links to Universities of Nebraska Web sites. Sign up for the free Lancaster County Announcements Listserv to receive a weekly e-mail detailing new programs added to the Lancaster County Extension web site. By bookmarking this page, you’ll also have quick access to reliable resources in a variety of program areas, including:

Your Extension Office: Your home for Lancaster County Extension Web site. By bookmarking this page, you’ll also have quick access to reliable resources in a variety of program areas, including:

- **Family Living**: Upcoming programs are announced on this site. Parenting information sheets, family resources. Site also offers divorce education information and upcoming class schedule.
- **Home & Community**: Articles added weekly on issues affecting your home, personal property, community and family. This site also includes information on the Family and Community Education Club (FCE) program.

Gardening: Master Gardener diagnostic center and seasonal updates. “Nitty-Gritty Gardening” is a new section that features weekly articles.

Environment and Natural Resources: Information on the biosolids project, water quality, links to pest management, composting and youth programs.

Focus: "Nutrition and Osteoporosis". This site was recently named “Among the Best” from “Tutus University Nutrition Navigator — A Rating Guide to Nutrition Web Sites.

Young & Acreage: Acreage/small farms insights, production agriculture — markets, weather, livestock, crops, farm management and more. To keep you on top of the agricultural scene, sign up on-line to receive program notices via e-mail. This is a National Award Winning Web site.

Natural Resources: A new section that features weekly articles.

Safety: In-House Fact Sheets (NEP). The most common uses of the Internet are gathering information, e-mail and research. Least common are 2-1/2 million overall hits. In 2000, researchers at Michigan State University surveyed 1000 Michigan residents about their experiences using information technology focusing on the Internet. Almost 60 percent of the study participants claimed at least weekly use of the Internet. Most accessed the Internet from home (65.1 percent), followed by work (25.2 percent), homes of family or friends (5.1 percent), school (2.3 percent) and libraries (1.3 percent). Schools and libraries are important access points for information and the Internet especially for younger residents. Since this study focused on participants 18 and older, it did not reflect the use of schools and libraries by youth.

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Click on This

The University of Nebraska Cooperative Extension in Lancaster County Web site has grown substantially since 1998 when the first full year of statistics for the site were recorded. In 1998, the site recorded 99,518 total hits. In a very short three years, the site has increased its presence to over 2,000 web content pages and currently reporting nearly 2-1/2 million overall hits.

The most common uses of the Internet were gathering information, e-mail and research. Least common were...
Parsley

(Petroselinum crispum) a member of the carrot family, is more than a decorative green leaf on the side of a restaurant plate. In fact, it is one of the most nutritious of all herbs. An excellent source of vitamins A and C, parsley leaves are comprised of three leaflets on short stems, that branch in threes at the tips of eight inch long bare stalks. Leaves of common parsley are dark green with divided tips which curl tightly. Those of Italian parsley are a lighter green and more deeply divided and feathery, resembling celery foliage. A deeply divided and feathery, lighter green and more curl tightly. Those of common parsley are a half-inch deep. Parsley is very slow to germinate. After three or four weeks, when sprouts are a few inches tall and show their true first leaves, thin them to allow eight to ten inches of space between the remaining ones so they can grow freely.

Young parsley plants need regular watering until they become established. Spread one to two inches of mulch, such as grass clippings or chopped leaves on the soil around parsley plants as they are about six inches tall. This mulch helps the soil retain moisture and discourages weeds.

Begin harvesting parsley when it produces leaf stems with three segments. Harvest the larger leaves at the outside of the plant first, leaving the new, interior shoots to mature. Store freshly picked leaves in the refrigerator in a plastic bag for two weeks. Parsley also dries well. Store dried parsley in an air-tight jar for up to a year. (MJF)

Correct pruning is one of the most essential of all management practices for shrubs in the home landscape. Proper pruning will help keep shrubs vigorous, maintain the desired shape and form for a desirable landscape effect and add years to their usefulness.

Prune deciduous shrubs to maintain natural habit of growth; remove dead, diseased or broken branches; promote flower and fruit development; and encourage vigorous new growth on plants.

With most shrubs, the ideal time to prune is during the dormant season, before new growth begins. Spring flowering shrubs, such as forsythia and lilac, should be pruned shortly after flowering to avoid removing next year’s flower buds. Prune shrubs that bloom after the end of June in the winter or spring before new growth starts. These plants develop their flower buds during the spring growth period. Shrubs that bloom on current season’s growth include mock-Orchid, and Shastas. In general, most deciduous shrubs should be thinned out rather than sheared or cut back. Thinning out prevents excessive or unsightly branch formation at the top of the plant and maintains the natural habit of growth. Thinning is done by cutting off a branch where it is attached to the main stem. This method, the least conspicuous of all types of pruning, is best used on plants that are too dense. To develop branches that grow toward the outside of the plant, remove the inward growing branches and prune to an outward facing bud or branch. Prune branches at the point of attachment to another branch or back to a bud. Pruning just above a bud will promote a new diaphragm of the stem, and a new branch will develop from the bud. Shearing causes dense growth to develop at the ends of the branches. Such growth shades the rest of the plant, which gradually loses its lower foliage and becomes sparse and spindly looking. You can maintain plants at a given height and width for years by thinning out. This method of pruning is best done with hand pruning shears, not hedges.

Although Phlox ‘David’ is fairly resistant to powdery mildew, proper culture will aid in mildew prevention. Plants should be thinned to four to six stems to increase air circulation and to prevent a heavy mass of stems. Phlox should be watered at the base of the plant and not on the foliage.

Phlox paniculata is known as garden phlox or perennial phlox. It is a delight all for gardeners because it has a long bloom season. Many landscape designers call it the backbone of the summer border. ‘David’ can be used in both the formal garden and the informal garden as a cottage garden style or in a naturalized design. It provides great garden color and fragrance from July through September. If gardeners are looking for a greater choice for flower color, growth habit, mildew resistance and long season bloom, there is no better than Phlox ‘David’. (MJF)

Horticulture Workshops and Demonstrations

Learn how to turn yard waste (usually leaves) into a reusable organic matter which can be used to improve soil structure. Attend any of the composting workshops sponsored by the Lincoln Recyling Office and Lancaster County Extension and receive a FREE COMPOST BIN. For more information call 441-7180.

Workshops (7–8 p.m.)

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<thead>
<tr>
<th>Location</th>
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<th>Sept.</th>
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<tr>
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<td>Belvedere Recreation Ctr, 1234 Judson</td>
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<td>Calvert Recreation Ctr, 4500 Stockwell</td>
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<td>Easterday Recreation Ctr, 6130 Adams</td>
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Workshops with Hands-On Demonstrations (begin at 8:30 a.m.)

Backyard Composting Demonstration site at University Place Park, 50th & Colby — Third Saturday of each month from April through October.

Composting Workshops and Demonstrations

2002 Perennial Plant of the Year

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Get Your Bird Houses Ready Now

Providing bird houses and shelves can be a fun and rewarding part of a wildlife program. It doesn’t matter where you live—in an apartment, townhouse or single family dwelling in a town, a suburb or the country.

Materials

Bird houses and shelves can be made from a variety of materials including wood, PVC pipe or even gourds. Reusing scrap wood from other building projects will help you save money and reduce waste. Use galvanized or aluminum nails or screws because they don’t rust. Make sure that sharp points don’t protrude into the box cavity—these might injure the birds.

Paint

If you use durable, long-lasting cedar, you don’t need to paint the bird house or shelf. If you use less durable woods, exterior latex is recommended. If you choose a color, use natural tones such as light brown, gray or dull green. Martin houses are the exception since they are placed in open locations: paint these white to reflect heat. Do not paint the interior of the nest box or the entrance hole.

Drainage

Drill a few small holes in the floor. Leave 1/2 inch gaps under the eaves or drill several 1/4 to 5/16-inch holes along the top for ventilation.

Entances

Birds are pretty picky about the entrance hole size so measurements need to be exact. Avoid perches because birds don’t need them. In Nebraska, face the entrance hole in a southeasterly to northeasterly direction to prevent chilling cold spring rains from making the birds uncomfortable.

Sanitation

Nest boxes and shelves should be cleaned prior to each nesting season and after each brood.

Tips

• Think about the birds most likely to visit your backyard and decide what type of nest box or platform is best.

Resources

For more details, pick up the NebGuide Backyard Wildlife, Bird Houses and Shelves (G1427) from the extension office. You’ll find dimensions needed to build bird houses and shelves for local birds, as well as facts about the birds. This publication is part of a series of NebGuides featuring Backyard Wildlife: Feeding Birds (G3-669), Planting for Habitat (G3-671), Making It Come Alive (G3-672), Tips for Success (G97-1332) and To Feed a Hummingbird (G97-1331). Or, visit the Lancaster County Web site to access these publications on-line at www.lancaster.unl.edu (SC)

Carpenter Ants Active in Early Spring

Most years, carpenter ants are the most common of pests insects brought into the extension lab for identification. Because these ants sometimes live in the structural part of homes, they both be active inside, even when it is very cold outside. People start calling us about carpenter ants as early as January and February, but activity peaks in April.

Many people recognize the large, Black Carpenter Ant, Camponotus pennsylvanicus. It is the largest ant in Nebraska—workers can be 1 1/2 to 2 inches long. Winged carpenter ant females, the reproductive queens, can be even larger.

Another carpenter ant species, Camponotus ferrugineus, is much smaller and is completely black. Its thorax and legs are reddish brown. It is called the Rust-Colored Carpenter Ant to distinguish it from the black carpenter ant. The rust colored carpenter ant is active even earlier than the black species.

The presence of carpenter ants inside a house is a definite indicator there is an infestation inside the house. Both species commonly tunnel wood to start a colony. Sometimes the wood is wet or rotting—ants are attracted to the moisture and

Environmental Focus

Pest-Proof Your House

Fix Conducive Conditions

Barb Ogg

Extension Educator

Household pests generally come in from outside—either we bring them in or they wander in from outside. Recognizing conducive conditions that favor pests outdoors in the yard and eliminating them can reduce the likelihood of pests inside.

At the Urban Pest Management Conference, January 17-18, Bobby Corrigan, a nationally known pest control consultant, discussed some of the most common conducive conditions.

• Eliminating major entry points like garage doors and dryer vents. Mice enter through cracks only 1/4 inch wide and easily enter ill-fitting garage doors. If you can’t eliminate entry, then you should plan on some sort of regular rodent control, especially in the fall of the year. Because mice can crawl vertically, uncovered dryer vents are another easy way for them to get into the house. Crack under the door, kitchen and bathroom vents with heavy gauge 1/4 inch hardware cloth.

• Examine the outside of your house and make sure that trees and shrubs and vegetation do not touch the sides or roof. Prune dead limbs from trees.

• Millipedes, crickets and spiders. Termites feed on wood mulch, so you may want to use it sparingly next to the house. Any untreated wood that does not last is potential food for termites. This includes firewood, fences and landscape timbers.

For each pest, there are specific management recommendations based on the pest’s biology and habits. Most pests can be eliminated or at least reduced by using sound methods.

For more information, contact the Lancaster County Extension Office at 441-7180. Many recommendations can be found on our Web site at http://lancaster.unl.edu/enviro/pest/bug.htm.

Uses of CCA-Treated Wood Will Be Removed

On Feb. 12, the Environmental Protection Agency (EPA) announced a voluntary decision by the wood-treatment industry to remove treated lumber containing arsenic from consumer use. This action primarily includes wood that is treated with chromated copper arsenate, also known as CCA-treated wood. CCA-treated wood resists insect attack and decay for decades.

After Dec. 31, 2003, the wood-treatment industry will no longer be able to treat CCA wood intended for use in decks, picnic tables, landscaping timbers, residential fencing, play structures and similar uses. Wood treated prior to this date, however, can still be used in residential settings. Already-built structures containing CCA-treated wood are not affected by this decision.

The EPA has not concluded that CCA-treated wood poses any unreasonable risk to the public or the environment. But, because arsenic is a known human carcinogen, the EPA believes that reduction of exposure to arsenic is desirable. The EPA is expecting that the wood-treatment industry will cooperate and make available treated wood that does not contain arsenic.

Some of the following precautions should be followed to reduce exposure to arsenic in CCA-treated wood:

• Do not burn treated wood.

• Wash hands thoroughly after handling the black species.

• Food should not come into contact with treated wood.

If you have a deck or play set made of CCA-treated wood, you may want to apply a penetrating coating to exposed surfaces on a regular basis which may reduce migration of wood preservative chemicals from CCA-treated wood. Penetrating coatings include oil based, semitransparent stains.

Talk to your local hardware store about available coatings. (BPO)
Managing Grass Pastures in Eastern Nebraska

2002 Master Conservationist Award Nominations due April 1

Forage Species Selection

Forage grasses fall into two general classes, cool-season and warm-season. Each class of grass has distinctive growth characteristics and can provide forage under different growing conditions. Forage production if used in a rotational grazing system.

In Eastern Nebraska, cool-season grass pastures are the most common. Cool-season grasses begin growing in early spring and often produce 70 to 80 percent of their total annual forage production by July 1. They are largely unproductive during the hot summer months unless irrigated. If moisture is available in the fall, they grow again until freezing temperatures bring on dormancy. When planting a cool-season pasture, it is wise to plant a mixture of species as each has slightly different growth periods. This will extend the grazing time and prolong the productivity of the pasture. Legumes in the mix is also a good idea. One recommended cool-season grass mix is a combination of three pounds orchardgrass, four pounds smooth bromegrass, one pound Annual meadow grama, and one pound grazing-type alfalfa. For horse hay or pasture, include one to two pounds of Timothy in the mix.

Warm-season grasses start growing after the cool-season pastures in the spring than cool-season grasses and grow slowly until soil temperatures exceed 65 degrees F and air temperatures exceed 80 degrees F. As a result, in a pasture where cool-season pastures are used for forage, the spring is an ideal time to use switchgrass. In the spring, most warm-season grasses become dormant in September and provide no new forage production to fall grazing. Forage that is stockpiled for harvesting in the spring and fall can be used to help keep the grasses in immature growth stages thus preserving the grasses for use in the summer months. Forage that is stockpiled for harvesting in the spring and fall can be used to help keep the grasses in immature growth stages thus preserving the grasses for use in the summer months. Forage that is stockpiled for harvesting in the spring and fall can be used to help keep the grasses in immature growth stages thus preserving the grasses for use in the summer months.

Grazing Fescue Requires Care

Tall fescue is a great pasture grass and is becoming more abundant in pastures with better moisture. But it also can contain some toxins to livestock.

Tall fescue is a high yielding and persistent cool-season grass. Compared to other grasses, fescue grows in cooler weather. They are more frequent use in the winter grazing. Fescue has an important problem. If you learn how to use it while diminishing its problem, it can be a very valuable part of your grazing system. (TD)

The two primary nutrients of concern for pastures in

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Consider a Living Snow Fence for Next Winter

When you plant fruit trees or shade trees this spring, choose a cool, calm, overcast day. Keep the roots covered and don’t let them dry out. Soaking in water is not necessary except when the roots are overly dry. In that case, either return them for a root ball or attempt to revive them by soaking in water for no more than 24 hours. Remove broken or dead roots or branches, but do no other pruning.

Dig the planting hole as deep as the root system and at least one foot wider than the longest root or the root ball diameter. A wide hole is better than a deep one. You can improve the success of trees planted in poor soil by filling a larger planting area around each tree. Planting trees too deep can cause problems. Make sure the bottom of the planting hole is firm, then hold the tree in position with its crown an inch or two above the original planting depth. As you gradually fill the hole, move the plant up and down slightly to filter soil between the roots.

Do not pack the soil in the hole. Do not add peat moss, manure, compost, fertilizer or any other soil amendments. When the planting hole is three-fourths full, water well, then straighten or raise the plant if it sinks. Complete the backfill.

Apply a layer of organic mulch on the surface around each tree about three inches deep and three feet wide but about 12 inches away from the trunk. For larger trees, extend the mulch as far out as the branches spread.

Water no more than once a week with about two gallons of water per tree. Larger trees will need five gallons or more depending on tree size and soil type. When you plant trees this spring, do not apply fertilizer until late fall or early next spring. Research has shown that nitrogen fertilizer can inhibit regeneration of roots.

For more information, consult the NebGuide “Care of Newly Planted Trees,” G94-1195 available at your local county extension office (DJ). See BAT HOUSES on page 11.

Newest Ways to Plant Trees

Criteria for Successful Bat Houses

Design

All bat houses should be at least two feet tall, 14 inches or more wide, and have a three- to six-inch area extending below the entrance. Most houses have one to four roosting chambers. Roost partitions should be carefully spaced 3/4 to 1 inch apart. All partitions and landing areas should be roughened so insects can’t be scratched or covered with durable plastic screening (1/8 or 1/4 inch mesh). Include vents six inches from the bottoms of all houses to be used where average July high temperatures are 85 degrees F or above. Front vents are as long as a house and six inches wide. Rear vents are six inches tall by 1/2 inch wide.

Construction

A combination of exterior plywood and cedar is best. Do not use pressure-treated wood. Staples used must be exterior grade or galvanized. Caulk all seams, especially around the roof.

Wood Treatment

Paint the exterior with three coats of outdoor paint. Available observations suggest that color should be black where average high temperatures in July are 80-85 degrees F, dark colors (such as dark brown or gray) where they are 85-95 degrees F, medium or light colors where they are 95-100 degrees F and white where they exceed 100 degrees F. Much depends upon amount of sun exposure; adjust to darker colors for less sun.

Sun Exposure

Houses where high temperatures in July average 80 degrees F, or less, should receive at least ten hours of sun; more is better. At least six hours of direct daily sun is recommended for all bat houses where daily high temperatures in July average less than 100 degrees F.

Habitat

Most nursery colonies of bats choose roosts within 1/4 mile of water, preferably a stream, river or lake. Greatest bat house success has been achieved in areas of diverse habitat, especially where there is a mixture of differing agricultural and natural vegetation.

 Compared to traditional slatted fences that must be installed and maintained each year, a wildlife habitat is created. Tree and shrub plants for snow control provide homes and winter protection for wildlife.

Cost share programs may help pay for tree planting. The living snowfence will be eligible for the continuous Crop Rotation Payments that give an incentive bonus and 15-year rental payments for the tree acreage if planted on crop ground.

Contact your local county Natural Resource Conservation Service, Natural Resource District or cooperative extension if an area near you could benefit from a living snowfence.

Source: Steve Rasmussen, district and extension forester. 

• Snow storage becomes a replacement or attempt to eliminate blocked roads. 

• A wildlife habitat is created. 

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Source: Steve Rasmussen, district and extension forester.
Add a Little Spice (& Herbs) to Your Life!

Alice Henneman, MS, RD
Extension Educator

Part 2 of 2

Fat, Sugar and Salt Reduction Tips
Use herbs and spices to help you lower your amount of dietary fat, sugar and sodium.

REducing Fat: ...removing a tablespoon of fat removes about 100 calories—an amount which could represent a 10 pound weight loss in a year. The calories in herbs and spices are far less than in breadings, batters, gravies, sauces and fried foods, according to Ann A. Hertzler, PhD, RD, “Herbs and Spices,” Virginia Cooperative Extension.

REducing Sugar: Reduce or eliminate spices by using these sweet-tasting spices recommended by Hertzler: allspice, anise, cardamom, cinnamon, cloves, ginger, mace, nutmeg.

REducing Salt: Here are some tips when using spices and herbs to help you reduce the salt in foods: • Savory flavors, and flavors with “bite,” such as black pepper, garlic powder, curry powder, cumin, dill seeds, basil, ginger, coriander and onion, are the most effective in replacing the taste of salt, according to ASTA. • Use minced or powdered garlic and onion rather than their salt form. • Omit the salt when cooking pasta and flavor with basil, oregano, parsley or pepper. • Check labels to see if “salt” or “sodium” are listed among the ingredients.

Storage
AIR, LIGHT, MOISTURE and HEAT speed flavor and color loss of herbs and spices; • Store in a tightly covered container. • Store in a dark place away from sunlight. • Store away from moisture and prevent moisture from entering the container during use: Avoid storing near a dishwasher or sink. • Remove from container with a dry spoon. • Avoid sprinkling directly from container into a steaming pot to prevent steam moisture from entering the container. • Do not store above the stove, dishwasher, microwave or refrigerator, or near a sink or heating vent.

Deviled Delight
6 hard-cooked eggs
1 tablespoon Dijon-style mustard
1 tablespoon honey
1 tablespoon minced onions
1 tablespoon yellow mustard
1 tablespoon sweet pickles
1/2 tablespoon low-fat mayonnaise
Paprika, as needed for garnish

Peel the eggs and cut in half lengthwise. Remove yolks and set whites aside. Place hard-cooked yolks and the rest of the ingredients in a medium sized plastic bag, press out air. Seal the bag and mash the egg mixture until it is well blended. Push mixture toward one corner. Cut about 1/2 inch off the corner of the bag. Squeeze the bag gently and fill egg whites with yolk mixture. Garnish with paprika. Chill or serve immediately. (Makes 12 pieces)

NOTE: The fresher the egg, the harder it is to peel. Try to buy your eggs a week or two in advance and refrigerate them.

Easter Egg Food Safety Tips
Mary Torell
Public Information Officer
Nebraska Dept. of Agriculture, Poultry & Egg Division

Easter is a happy time, a time to celebrate the coming of spring and the new life that’s all around us in the flowers, trees, animals and birds. It’s an occasion for gifts and games, and many of these involve Easter eggs.

Eggs are handled a great deal more than usual around Easter, and there are some important safe handling methods to remember when you’re decorating, cooking or hiding those eggs: • Make sure you wash your hands thoroughly with hot soapy water and rinse them before handling the eggs when cooking, cooling, dyeing and hiding them. • Inspect the eggs before purchasing them, making sure they are not dirty or cracked. Dangerous bacteria may enter a cracked egg. • Store eggs in their original cartons in the refrigerator. • If you’re having an Easter egg hunt, consider hiding places carefully. Avoid areas where the eggs might come into contact with pets, wild animals, birds, reptiles, insects or lawn chemicals. Make sure you find all the eggs you’ve hidden and then refrigerate them. Discard cracked eggs.

Eggs ARE NOT out of refrigeration over two hours, they will be safe to eat. Make sure you find all the eggs you’ve hidden to eliminate the chances of animals eating spoiled eggs.

For more fun egg recipes, egg decorating tips, or information related to eggs and food safety, please contact Mary Torell at mtorell2@unl.edu or call 472-4792.

The NEPLINE
March 2002
Page 6

How Long to Keep Spices and Herbs
Follow these tips to help you use spices and herbs to bring out flavor and quality are best: • As a general rule, keep: 1 year for herbs or ground spices 2 years for whole spices • Buy a smaller container until you determine how fast you’ll use a particular herb or spice. • To test freshness: • If it smells strong and flavorful, it’s probably still potent. To smell whole spices, such as peppercorns and cinnamon sticks, crush or break them to release their aroma. • Initial storage will influence shelf life. • Label date of purchase on container with a permanent marking pen.

Chocolate and Health

Chocolates and saturated fats contain some saturated fats, studies have shown not all types of saturated fats have the same effect on blood cholesterol levels. For example, stearic acid is a saturated fat that makes up one-third of the fat in chocolate. Stearic acid does not raise blood cholesterol levels. In addition, oleic acid, a monounsaturated fat also found in olive oil, makes up one-third of the fat in chocolate.

Tips for refrigerator/freezer storage: • Refrigerate paprika, chili powder and red pepper for best color retention, especially in summer or hotter climates. • Herbs and spices can get wet if condensation forms when a cold container, from your refrigerator or freezer is left open in a humid kitchen.

Easter Egg Salad Week
Celebrate Egg Salad Week the week after Easter with some early in the month deviled eggs, egg salad sandwiches or a vegetable egg spread using hard-cooked eggs. When left in their shells, hard-cooked eggs will remain edible for one week. As long as the eggs are not out of refrigeration over two hours, they will be safe to eat. Enjoy the delicious and easy-to-make deviled eggs recipe below, and have the kids help out and join in the fun.

Recipe below, and have the kids help out and join in the fun.
Annual Report — 2001 in Review

The most significant change for the Lancaster County Noxious Weed Control Authority (NWCA) during 2001 was the addition of purple loosestrife as a noxious weed. This contributed to an increase of 481 more inspections during the year.

Inspection Activity
An average of 68 inspections was made each day over a seven-month weed season. There were 9,574 inspections made of 4,424 sites on 28,549 acres during the year. There were 3,840 violations found on 6,258 acres. This was 264 more violations than the previous year.

County Noxious Weed Control Program
There are seven weeds designated as noxious in Nebraska:
- Musk Thistle
- Canada Thistle
- Purple Loosestrife
- Plumeless Thistle
- Leafy Spurge
- Spotted Knapweed
- Diffuse Knapweed

All but the knapweeds are currently found in Lancaster County. The Noxious Weed Control Act requires landowners, both public and private, to control these weeds.

In Lancaster County last year, there were 2,083 violations found on 5,148 acres. The number of violations found by noxious weed is shown in the chart below. Of these sites, 1,511 were controlled by the 12 landowners. The authority controlled 53 sites shown in the chart below.

Annualized assessments for nonpayment.
Cash flow was $19,541. Of 38 violations on public streets and alleys, there were 264 more violations than the previous year.

Purple Loosestrife was added to Nebraska’s noxious weed list in 2001.

Good progress has been made in the first year after purple loosestrife was designated a noxious weed. A strong information effort was initiated along with the implementation of a plant-exchange program. Five nurseries participated in a program of providing a 25 percent discount for replacement plants for lythrum plants removed from flower gardens. An estimated 2,000 plants were removed as a result of the exchange program and inspections made.

Public Awareness
- A high voluntary compliance with the noxious weed control act and the weed abatement ordinance is dependent on landowner awareness and acceptance. Several approaches were used to improve the public awareness.
  - A weed awareness special insert to the April Lancaster County Cooperative Extension Service News: with a circulation of about 10,000.
  - The NWCA Web site at www.ci.lincoln.ne.us/cnty/weeds was maintained and updated. The Web site received over 25,000 hits in 2001.
  - Over 1,000 special mailings to were made to multiple violators, leafy spurge owners, homeowner associations, CRP contractors, nurseries and garden centers, public land managers and others.
  - An exhibit was prepared and displayed in the lobby of Lancaster Extension Education Center, at the Nebraska State Fair and other locations.

Program Management
A “Combined Weed Program Plan” was prepared, monthly reports submitted and then an annual report and program recommendations provided. Palm Pilots were used for field digital entry reducing office digital entry. The Musk Thistle locations are now available on the Web site. The possible special assessments were listed on Web site for viewing by title companies. This alerts them to outstanding bills. PalmPics were used in taking digital pictures to document violations.

Noxious Weed Control Authority
Mission and Goals
1. The education of the public concerning noxious weeds and to exercise the necessary authority to obtain effective control of noxious weeds county-wide and the education of the public concerning weed abatement and to exercise the necessary authority to cut and clear overgrown weeds and worthless vegetation in the city of Lincoln.
2. Make the landowners of Lancaster County aware of the legal requirements and benefits of controlling noxious weeds.
3. Make the citizens of Lincoln aware of legal requirements and benefits of cutting and clearing overgrown weeds and worthless vegetation.
4. Efficiently and effectively exercise authority when necessary to obtain acceptable noxious weed control.
5. Improve efficiency and effectiveness of operations through management techniques.

County Noxious Weed Control
Program 2001 Inspections

2001 Noxious Weed Violations by Kind

County Noxious Weed Control
Program 2001 Inspections
Purple Loosestrife Exchange Program

Purple Loosestrife is a tall, woody perennial that invades wetlands. It contributes to habitat loss by out competing native vegetation. Purple Loosestrife is a noxious weed under the Nebraska Noxious Weed Control Act. Garden varieties, sometimes called Lythrum, cross pollinate with escaped plants to produce viable seeds and may even produce seeds themselves. These seeds can spread to neighboring wetlands.

Why Certain Weeds Are Considered “Noxious”

Many of Nebraska’s worst weeds are not native — their origins can be traced back to Europe and Asia. Unfortunately, they flourished here in North America without the natural insects, animals, fungi and diseases that keep them under control in their homeland. Weeds can hitch-a-ride on your property, travelling via equipment, vehicles, hay, birds and other wildlife — even on your clothing. If soil is disturbed or cultivated, woodlands and shrubs removed or grasses overgrazed and in poor health, conditions are perfect for weeds to thrive and take over. Left unchecked and unmanaged, the problem will only get worse.

The goal of the Purple Loosestrife Exchange program is to get Purple Loosestrife and ornamental Lythrum out of flower gardens and reduce the potential for further spread. This program gives landowners an opportunity to replace their Purple Loosestrife plant with a discounted perennial. The discount is 25 percent off towards a perennial for each Lythrum plant that is removed (up to the number allowed by the nursery or garden center).

To receive the discount, landowners either:
• Contact Lancaster County Weed Control Authority office at 441-7817 for verification of removal and receive a discount coupon to take to a participating nursery or garden center.
• Bring any Lythrum variety, roots and all, to a participating nursery or garden center.

Disposal of Purple Loosestrife

Never compost Purple Loosestrife or Lythrum. To prevent further spread from the plants once they are dug up, we suggest landowners either:
• Double bag the plants in black garbage bags (never use clear bags) and put the bags in the garbage for pickup and burial in a landfill.
• Take the bags to a participating nursery or garden center with a drop-off site (see list below).

Participating Nurseries and Garden Centers

Lancaster County participating nurseries and garden centers which offer perennial discounts and have drop-off sites for Purple Loosestrife or Lythrum are:
• Campbell’s Nurseries, 7000 S 56, Lincoln
• Campbell’s Nurseries, 2342 S 40, Lincoln
• Earl May Nursery, 555 S 48, Lincoln
• Earl May Nursery, 71 & Otterbein
• Seeds of Life, 12400 Holdrege, Lincoln
• Williams Nursery, 1742 N 48 Street, Lincoln

The current listing of Nebraska-wide nurseries and garden centers that participate in the Purple Loosestrife Exchange Program can be found at www.neweed.org.

Livestock Grazing and Weed Prevention on Acreages and Pastures

A fairly common oversight on small farms and acreages is underestimating the forage needs of livestock and overestimating the productive capacity of grazing land. To maintain healthy livestock and forage production, you will need to develop a sustainable forage and feed plan. This involves calculating the forage your animals consume, the forage and hay production on your land and the “hay” requirements per animal. These calculations will reveal if you can meet your animal’s needs on your land.

In lieu of this, you can maintain a plentiful supply of hay and feed your livestock in a corral until the pasture gets tall enough to graze. Begin grazing when grass is 12 inches tall and remove livestock when the grass is eaten down to six inch height. Wait until the pasture regrows to 12 inches before grazing again.

Tips for Successful Grazing Management

• Depending on the size of acreage, develop a pasture-rotation grazing system. Eliminate continuous, season-long grazing.
• On a limited acreage, you may have only enough pasture to exercise your animals and will need to supplement with hay.
• Pasture rotation, good grazing management and fertilization produces more grass, fewer weeds and healthier animals.
• Corral livestock and feed them hay until your pasture grasses are at least 12 inches high.

Some of these materials are derived from Weeds of Nebraska and the Great Plains, published by the Nebraska Department of Agriculture. For more information please contact: Nebraska Department of Agriculture, PO Box 94736, Lincoln, NE 68509 or call 471-2394.
Prevention Tips

There are several options for the control of noxious weeds. The easiest and most effective approach is prevention.

Maintain Healthy Grass

Healthy stands of desirable vegetation make it difficult for weeds to get established. Before purchasing grass or forage seed mixes, it’s always a good practice to request to see a Certificate of Seed Analysis, which details every seed (including weed seeds) contained in the bag. Even if your dealer says the seed is certified, he/she is required by federal law to provide the certificate on request.

If farming practice conservation tillage to minimize soil disturbance.

Prevent Spreading Weed Seeds

Another basic principle of prevention of new sites becoming infected is not to re-spread seeds and viable plant parts to new sites. This can be accomplished by being alert to activities that might spread existing infestations and not to infest new sites with movement of noxious weed contaminated articles or materials on to your property.

Noxious weeds may be disseminated by several methods or articles. Following are some treatments for articles capable of disseminating noxious weeds, when such articles are suspected to have noxious weeds present:

- **Harvesting machinery and equipment:**
  - Remove all loose material from the top and sides of the machine and all other places of lodgement by sweeping or the use of forced air or forced water.
  - Remove all noxious weeds from shakers, sieves and other places of lodgement.
  - Run the machine empty, for at least five minutes, alternately increasing and decreasing the speed.
  - Follow the manufacturer’s detailed instructions for cleaning the machine.
  - Whenever possible, aforementioned treatments should be performed while the article is still on the land on which it became infested. If treatment cannot be performed at this location, the location selected should be as close to minimize the possible dissemination of noxious weeds.

- **Trucks, RV’s, hay, straw, manure and articles such as railroad ties, fence posts and fencing:**
  - Wash vehicles prior to moving from weed-free areas whenever possible.
  - Treat by brushing, swiping, forced air, forced water and/or physical removal of noxious weeds.

- **Livestock:**
  - Avoid moving livestock directly from weedy to weed-free areas.
  - Grain and seed suspected to contain noxious weeds should not be sold or transferred to another person:
    - Treat by using a seed cleaner which is effective in removing the noxious weeds from the grain.
    - Screenings remaining following treatment should not be used for feed or for any other purpose which could result in the dissemination of noxious weeds.
  - Soil, soil, nursery stock, hay, straw, manure and other similar materials:
    - No known acceptable method of treatment exists for these articles. Such articles should not be moved from the location at which they initially became infested, but may be utilized at that location.

Controlling Existing Infestations

Following are some recommendations for controlling existing weed infestations.

**Musk and Plumeless Thistle**

When attempting to control musk thistle or plumeless thistle, it is imperative to prevent seed production. They are biennial weeds that reproduce only by seed. Each plant is capable of producing up to 20,000 seeds; however, only a few plants, the tap root can be severed below the soil surface with a shovel, which effectively kills the plant. The application of 2,4-D at the two quarts rate per acre will kill the rosettes in April to mid-May and in the fall. Roundup is not very effective. The plants germinate throughout the spring and fall so the sites must continually be reinspected and treated. Herbicides with residual control such as Tordon 22K. Publicity and Vanquish may be applied at eight ounce rate per acre with the 2,4-D to control the later germinating thistle and minimize the follow-up control required. When the plants start producing their flower stem (bolting) they become even more difficult to kill. Escort or Ally at 0.3 ounce rate per acre along with one quart of 2,4-D is effective through 50 percent flowering. Maintaining a good healthy stand of grass is very effective control.

**Canada Thistle**

Canada thistle is a perennial plant that reappears unless controlled. It spreads by seeds and extensive underground rhizomes. There are male and female plants. Both have to be present in order for viable seeds to be produced. Many of the small infestations in Lancaster County appear to have been spread by infested sod and nursery stock and are not producing viable seed because both the male and female plants are not present or the plants are being cut not allowing them to flower. This plant is very persistent when it infests a lawn or yard area. The usual lawn herbicides are not very effective in its control. Two herbicides available to commercial lawn applicators, Confront and Millennium, provide good control. Lawn broadcast herbicides that include dicamba provide some control. Individual plants could be spot treated with Roundup. Digging will not provide control. Canada thistle in nonresidential areas could be treated with Tordon 22K at one quart per acre, or Curtail three quarts per acre or spot treat with two to five percent solution of Roundup Ultra.

**Purple Loosestrife**

Purple loosestrife plants are not difficult to control. But they can produce over a million tiny seeds per plant. These seeds can remain viable for many years until the conditions are right for their germination or they can be easily transported by water and other means to a site with saturated soil conditions where they can germinate. This is why it is very important that ornamental lythrum is removed from yards since their seeds will most likely contribute to the establishment of infestations of wild purple loosestrife along the streams and drainageways in the City and County. Ornamental plants can be killed with a broadleaf herbicide labeled or spot treat with Roundup avoiding contact with desirable plants. These plants could also be dug, removing all rootstock. Do not compost. Dispose of in secured black garbage bags with other refuse. Reinspect and treat uncontrolled plants. Wild infestations can be controlled with aquatic formulation of 2,4-D amine at two quarts per acre or spot treat with Roched at two ounces per gallon of clear water. Reinspect and treat uncontrolled plants.

**Leafy Spurge**

Leafy spurge is one of the most difficult weeds to manage because of its persistent nature. Anyone who manages this plant is frustrated by the poor long-term control herbicides provide and the length of time biological controls requires. To add to the frustration, “control” of leafy spurge is usually the only obtainable goal as eradication is not possible once it establishes its root system. Herbicides that provide effective control are Plateau/ Oasis at 8-12 ounces in the fall with an application of 2,4-D in the spring to control seed formation or Tordon 22K at one pint per acre plus one quart of 2,4-D applied during the spring and fall. A two to five percent solution of Roundup can be used as a spot treatment. The Aphonia species of flea beetle have provided some control over a long period.
The Lancaster County Noxious Weed Control Authority has outlined the following for 2002:

**Prevent New Weed Problems**

Efforts are planned to:
1. detect new occurrences of noxious weeds or plant species with noxious weed potential
2. respond to new occurrences found
3. prevent existing noxious weed infestations to new sites

Four invasive weeds have been selected for early detection, monitoring and response by the Lancaster County Noxious Weed Control Authority. Landowners are asked to contact the Authority at 441-7817 if any of the following weeds are spotted:

**Sericea Lespedeza**

Sericea Lespedeza is a perennial that grows to five feet tall. The stems are erect with small hairs laying flat along the ridges on the stem. Leaves have three leaflets that are 1 to 1-1/2 inches long and less than 1/4 to 1/2 inch wide with the larger leaflets on the lower portion of the stem. They are wedge-shaped with small flat hairs on the lower surface. There are four to six flowers in the axils of the leaves with petals white to yellow and may be tinged with purple.

**Johnsongrass**

Johnsongrass is an introduced, creeping perennial that reproduces by seeds and stout horizontal rhizomes. The stems are erect. The plant may grow from two to eight feet tall. The stems are smooth, pithy, stout and leafless. The leaf blades are flat and have conspicuous midveins. The flowers and seeds are in large, open, reddish-purple panicles.

**Spotted Knapsweed**

Spotted Knapsweed and Diffuse Knapweed are native to central Europe.

**Diffuse Knapweed**

Diffuse Knapweed are a simple perennial that reproduces from seed and forms a new shoot each year from a taproot. The plant can have one or more shoots up to four feet tall. Rosette leaves can be six inches long and deeply lobed. Leaves on shoots are smaller and finely divided, becoming smaller toward the top of the shoot and are covered with fine hair. Flowering occurs throughout the summer into fall. Diffuse Knapweed is a hardy plant that can withstand hot, dry conditions and has a wide distribution across North America, including Nebraska.

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Learn to Delegate

LaDeane Jha
Extension Educator

The art of delegation is important when we consider ways to remove unnecessary stress and lighten our responsibility load. Some things you might want to try from the book, “The Art of Delegation,” include:

- Learn to let go and share the load.
- Delegate, but don’t dump.
- Ask for what you need—when you need it.
- Involve others in the decision.
- Be positive and supportive.
- Give others the responsibility to succeed.
- Accept any others complete the task.
- Show appreciation.
- Learning to do just a few of these things will lighten your load and others will learn to do some new things. Many of us are unwilling to ask for help because we have the mistaken notion no one can do the task as well as we can. Or, we may feel guilty if we delegate a task to someone else.
- Successful delegation takes special skill. The other person should not feel like they are being “dumped on.” When you give someone a task to do, you must be very clear about your expectations and show appreciation when the task is completed.
- Children will like to do hands-on, creative tasks. An example of a task like this would be to list all the family chores that need to be done.
- Be clear about consequences if tasks aren’t finished by a certain time. Patterns established with young children will continue into the teen years.

Helping Children Learn From Failure

In today’s competitive world children are constantly evaluating their performance whether at school or in activities in which they participate. Parents play a very important role in helping children deal with success and failure. Here are a few guidelines to follow:

Love your children unconditionally.
- Make sure your children know you love them whether they are successful in an endeavor or not. Do not ever tie your love for your children to their success or failure in accomplishing a task.
- Develop an understanding of what your child is developmentally capable of achieving. Learn more about child development and what children of different ages are able to accomplish.
- Have realistic expectations concerning your child’s performance. Parents should not set unusually high or low standards.
- Know what your child is capable of achieving.

Family Activity: Making Stress Balls

Stress balls are a great family activity—aimed at reducing stresses we all experience.
- Equipment needed: homemade balloons, flour, funnel or the top cut off a pop bottle, permanent markers
- 1. Have each family member choose a balloon and draw faces or write their name on it.
- 2. Using the funnel or top of a plastic pop bottle, stretch the balloon over it, and fill the balloon with flour.
- 3. Tie a knot in the balloon and squeeze your stress away.
- 4. Look at the drawings—did they change as the balloon filled? Try different fillings and have family members guess what is in them.
- 5. Keep stress balls in the car, kitchen, computer work area or anywhere tense discussions take place.

Stress Busters

When you’re about ready to explode from all the stressful situations in your life, here are some techniques to fall back on.

- Deep breathing:
  - Breathe! Just a few deep-breathing techniques to fall back on. Take a 60-second break.
  - Savor a favorite flavor without overeating.
  - Replace towels as they absorb the stain. Wash in hot water with laundry detergent and bleach for about 12 minutes (use “heavy soiled” setting if there is no minute timer on your washing machine).
  - Green) spray the surface to be cleaned with WD-40 and wipe in a circular motion and rinse.

- Visualization:
  - See LEARN...FAILURE on page 11

- Help prevent stress before it happens.
  - Make a worry box. Each time you feel worried, write down your worry and place it in a box. After a few days, read each worry and decide whether it was real or not. Which ones did not come true?

- Time-out:
  - Use a 5-minute time-out. Ask yourself, “Is there anything I can do to calm this situation?”

- Physical activity:
  - Physical activity is a great way to get rid of stress.

- Music:
  - Listen to soothing music while you relax.

- FCE News

★ FCE News ★

FCE Council Meeting

Plan to attend the Council meeting on March 25, starting 12:30 p.m. with lunch at Golden Corral Restaurant, 3940 North 26. Following lunch we will travel on to the new library at 16th & Superior at 2 p.m. Call Pam, 441-7180, to register. This meeting is being hosted by the 49’ers FCE Club.

FCE Scholarship

A $250 scholarship provided by the Lancaster County FCE Council is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in family and consumer science or a health occupation. This is open to full-time students beginning their sophomore, junior or senior year of college in the fall of 2002 or who have completed two quarters of study in a vocational school. Applications are due April 1 in the extension office. (LB)

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Summer Camps 2002 at the Eastern NE 4-H Center

Open to all youth, 4-H and non-4-H

Summer Camp is a great way to provide your child with an opportunity to meet new friends, experience a wide variety of exciting activities and to develop the traits of a confident and caring person. The facilities are clean, comfortable and nestled in the forest of Schramm State Recreation. The programs are safe, educational and absolutely fun!!

Brochures are available at the Lancaster County Cooperative Extension Office or at the following Web site: www.4h.unl.edu

Open House ............... May 5
Fish Camp ................. June 3–5
Discovery I ............... June 6–8
Discovery II ............... June 10–13
Wet’n’Wild I ............... June 17–19
Wet’n’Wild II ............ June 20–22
Spotlight on Talents ....... June 24–26
Atypical SportZ ............. July 27–28
Boldly Bound ............. June 30–July 3
Niobrara Trip ............. July 7–10
First Timers ................. July 12–13
Clover Kids Day ........... July 13
Outdoor Skills ............. July 15–18
High Adventure ............. July 29–Aug 1

High Adventure  . . . . . . . July 29–Aug 1
Outdoor Skills  . . . . . . . . June 6–8
Wet’n’Wild II  . . . . . . . . . June 17–19
Wet’n’Wild I  . . . . . . . . . June 10–13
Discovery II  . . . . . . . . . June 6–8
Discovery I  . . . . . . . . . May 5
Fish Camp  . . . . . . . . . . . .
Open House  . . . . . . . . . .

Rabbit Clinic and Show, March 14 & 16

The 4-H Rabbit Clinic will be Thursday, March 14, 6-30 p.m. at the Lancaster Extension Education Center. Everyone is welcome and encouraged to attend.

The 4-H Spring Rabbit Show will be Saturday, March 16 at the Lancaster Event Center, 4100 N. 84th Street. Early registration will be 7:30-8:30 a.m., with the show beginning at 9 a.m. (EK)

Horticulture Contest Date Correction

The Horticulture Contest Workshop was listed on the wrong date in the 2002 4-H Calendar in the February NEBLINE. The workshop will be 7-10 a.m. not July 1 as it was listed. Sorry for the inconvenience. (MFF)

4-H Skate Night April 6

Roll in for an evening of skating fun with other 4-H’ers on Saturday, April 6 at 7 p.m. at the Skate Zone, 300 N. 48th, Lincoln. Cost is $4 and includes skate rental and a small drink plus refill. To get discounted offer, tell cashier you are with 4-H. Bring friends!! (TK/DK)

Scholarships Available to Lancaster County 4-H’ers

Applicants are eligible to apply in the fall of their senior year. Scholarships are awarded to current 4-H’ers eligible for these scholarships need to be an active Lancaster County 4-H’er, and a 4-H member for a minimum of three years and meet the criteria for the individual scholarships.

Applications from active 4-H members are needed to provide carnival-type game booths for the evening. Each booth will have an area 4’ X 6’ to use. Prizes are provided. If your club or family would like to provide a booth, call the extension office to register by March 29.

4-H Camp Counselor applications are due March 15.

4-H Bulletin Board

• 4-H Camp Counselor applications are due March 15.
• Ambassadors will meet Sunday, April 14, 2 p.m.
• Teen Council will meet Sunday, April 14, 3-5 p.m.

Dawes Middle School, 5130 Colfax Avenue
Everyone is welcome to attend!

You are invited to attend the 4-H Speech and Public Service Announcement (P.S.A.) Contest Sunday, March 17, 2 p.m. at the State Capitol. Come witness the talented Lancaster County 4-H youth in action. We also encourage leaders to attend to get an inside view on how it is done. We have room for more participants next year! For more information call Deanna or Tracy at 441-7180. (DK/TK)

4-H Council — awards eight $300 scholarships
4-H Teen Council — awards two $250 scholarships to current 4-4-Fers who are active in Teen Council and help with at least one major fund raiser during their senior year.

• Martha and Don Romeo Scholarship — two $500 scholarships awarded from the Nebraska Association of Fair Managers to a Nebraska 4-H boy and girl. (Due Dec. 10.)
• Loewenstein Scholarship — $1,000 scholarship awarded to an incoming freshman in the College of Agricultural Science and Natural Resources. Criteria: active participation in 4-H or agricultural education, or both and notable achievement in scholarship and other activities. (Due Spring 2002.)
• Lancaster County Family and Consumer Education (FCE) Scholarship — $250 awarded to a graduate of Lancaster County high school or a permanent resident of Lancaster County (for one year prior to entering or reentering college) majoring in a Family & Consumer Science or a Health Occupation course in college. Must be a full time student that will be completing their sophomore, junior or senior year of college. (Due April 1.)

More information and applications are available at the University of Nebraska Cooperative Extension in Lancaster County at 441-7180. (LB)
Announcing the 2002 Unicameral Youth Conference

Attention please ... Unicameral Youth Conference 2002 is now in session!

Feedback from the first-ever Unicameral Youth Conference was so positive, we’re planning a second one for this summer. Encourage youth from your counties to apply for this fun, ireplaceable learning experience.

By taking on the role of state senators, participants will learn:

• A bill becomes law
• How individual citizens are affected by issues
• Conflict and controversy are part of the legislative process
• The importance of compromise
• The connection between Nebraska’s government and world affairs
• And much, much more!

Unicameral Youth Conference 2002 will be held June 9–12 in Lincoln. All youth, ages 13 to 16, are invited to apply. Participants will spend their days at the Capitol Building interacting with legislative aides, policy experts and others and be housed on East Campus.

Early bird registration cost is $75 (postmarked by April 30). After May 1, the cost is $100. A limited number of scholarships will be available. The registration deadline is May 20! Registration forms are available at http://4h.education/nebraska/unicameralyouthConference.pdf.

Register early as participation will be limited to the first 49 applicants.

For more information or questions, contact Lancaster County Extension at 441-7180. (TK)

Campus Encounters of the Clothing Kind

What: A college campus experience for 4-H members
When: June 3–5
Where: East Campus — College of Human Resources and Family Sciences
Who: 4-H members ages 14–18
Why attend? This camp will focus on design. Instruction will include surface design, computer-aided design and sewing with wool. Also enjoy the field trip to Bellevue, Nebraska to tour the Pendleton Woolens Factory. Stay three days on a college campus, learn about careers, colors and much more.

Prerequisite: Must have completed one year of Clothing Level 2.
Cost: $125 includes housing and all meals
To apply: Contact Tracy for more information and an application form. Application deadline: April 1 (TK)

Livestock Spring Fling

April 13

Livestock judging contest & Meat Quality Assurance (M.Q.A.) training.
The University of Nebraska will be hosting the Spring Fling livestock judging contest and M.Q.A. training on Saturday, April 13 starting at 10 a.m. at the Animal Science building on East Campus. There is a $5 registration fee that covers the day’s activities and lunch. Preregistration is not required. I will see you there! (DK)

Visit Our Embryology Web Cam!!

You’re just in time to watch our chickens hatch here at the extension office. They should begin hatching on Sunday, March 17. Visit our embryology web cam at www.lancaster.unl.edu, and click on the 4-H Youth section to check and see if they are hatching. Once they’ve hatched you can check in to see how the chicks are doing for a few days before we send them off to the farm and set the next batch of eggs. Then check in daily through the middle of May to see where we’re at in the hatching process. (EK)

Clover College June 18–21

Open to 4-H and non-4-H youth ages 5–16

Do you want to learn some new and exciting things? Do you like making projects and meeting new people? Then plan on attending one or more of the workshops at the 2002 Clover College Tuesday, June 18–Friday through June 21, 8 a.m.–4:30 p.m. You may sign up for as many or as few of the workshops as you like.

Some possible workshop topics include sewing, table setting, outdoor education, nutrition and many others. Most workshops will consist of one to four sessions with each session lasting two hours. A fee will be required for most of the workshops.

Look in next month’s Nebraska for more information and registration forms. Call Tracy if you have any questions or may be interested in presenting a workshop. (TK)

4-H...The Power of Youth

1992 - 2002

4-H Centennial Theme Night at Saltdogs July 12

Lancaster County 4-H and 4-H Council are sponsoring 4-H Centennial Theme Night at the Lincoln Saltdogs Baseball home game on Friday, July 12. Game starts at 7:05 p.m.

There will be many 4-H fun activities, including giveaways of Nebraska 4-H tattoos. 4-H’ers will parade onto the field prior to the game.

Tickets are $4 per person for general admission/stands. Further information and details for buying tickets will be published in future Nebraska.

Change in Auditions for National Anthem

Please note a change in auditions for 4-H’ers interested in singing the National Anthem at the 4-H Centennial Theme Night at the Saltdogs! Auditions will now be held after the 4-H Music Contest on April 21 at Dawes Middle School (approximately at 4 p.m.). Individuals or groups may audition. Please call 441-7180 by April 15 to register or for more information.

2002 Lancaster County Fair:

4-H Centennial Celebration

The Fair Board has chosen a 4-H Centennial-related theme for the 2002 Lancaster County Fair! This year’s theme is “4-H Centennial Celebration.” The 2002 Lancaster County Fair will be July 31–Aug. 4 at the Lancaster Event Center, 84th and Havelock.

Special County Static Exhibits at County Fair

Join the 4-H Centennial Celebration by exhibiting in the following NEW Special County Static Exhibits. (Note: previous Special County Exhibits have been dropped.)

1. Special County Exhibit — Recycled Exhibit
2. Special County Exhibit — Decorated Cookie
3. Special County Exhibit — Orange Exhibit

Change in Auditions for National Anthem

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2002 County Fair Photography Themes

Either of the following themes will work for either Unit II or Unit III Photography: “100 Years of 4-H” or “4-H Is a Family Affair.”

Mouse Bits

Horse Leader Training

There will be a horse leader training at the Lancaster Event Center Exhibit Building 8 a.m. Saturday, March 16. We will talk about any issues you would like to bring to the meeting and will try to cover a few of our own such as, “What do I need to know about showing horses at the county fair?”, “What is the purpose and where do I go for horsemanship level testing?” Please feel free to attend if you have any involvement at all with the 4-H horse program. We welcome all leaders, parents, exhibitors and other interested persons.

We will try to be finished with our meeting by 9 a.m. to allow everyone time to attend the first presentations at the Nebraska Horse Expo, but will be happy to spend additional time talking to anyone about issues of concern to them specifically.
Nebraska Pioneer Farm Awards

The Knights of Ak-Sar-Ben Foundation and the Nebraska Association of Fair Managers welcome nominations for the 47th Annual Nebraska Pioneer Farm Awards. The program honors farm families in Nebraska whose land has been owned by members of the same family for 100 years or more. To date, nearly 6,000 families in 93 Nebraska counties have been honored at various county fairs. Honoree’s receive an engraved plaque and gatapost marker as permanent recognition of this milestone.

Meeting the Challenge

As populations increase, American agriculture must meet the global needs for food and fiber now and into the future. Progressive, technologically advanced production systems will be needed to meet this need. Educating tomorrow’s consumers will be vital to the success of the industry. Educating school children about agriculture sets the stage for an understanding of the future.

Working Together

Historically, there has always been strong, broad-based support for the National Agriculture Day program. Organizations and companies across the United States get involved in promoting American agriculture during the National Agriculture Week. In 1999, National Ag Day introduced a new campaign, “America’s Largest Classroom on Agriculture,” designed to reach the general public and promote the opportunity for year-round visibility for both National Ag Day and American Agriculture Week. Based on the idea that informed choices, the campaign recognizes today’s students as tomorrow’s consumers.

Showcasing the Stars

“America’s Largest Classroom on Agriculture” is setting the stage for the stars of ag literacy. Each year during National Agriculture Week, the ACA shines the spotlight on existing year-round ag literacy efforts to further the impact of excellence in education.

This initiative is a cooperative effort between the Agriculture Council of America, Project Food, Land & People, Agriculture in the Classroom, and involves organizations like the Future Farmers of America, 4-H and other ag literacy focused groups. This effort results in over 500,000 school children, from across the nation taking time to consider agriculture’s role in daily life.

For more information about National Agriculture Week or for education materials for students, visit the ACA’s Web site at www.agday.org.

Nebraska Agriculture Facts

- In 1998, Nebraska’s commercial banks loaned $5 billion to finance ag production and real estate. Those loans involved 98.75 percent of Nebraska banks.
- Nebraska’s Natural Resources
  - Nebraska’s farms and ranches utilize 46.4 million acres—96% of the state’s total land area.
  - On-farm storage capacity, 2000—692,391,000 bushels
  - Land in farms and ranches, 2000—4,185,000 tons
  - Pinto beans production, 2000—3,230,000 tons
  - Cash receipts from all livestock marketings, 1999—$5,424,870,000
  - Cattle on feed, Jan. 1, 2001—2,550,000 head
  - Nebraska’s Top National Rankings
    - Commercial red meat production, 2000—7,104,900,000 lbs.
    - Great Northern beans production, 2000—4,185,000 tons
    - Commercial hog slaughter, 2000—8,555,037,000
    - Soybean production, 2000—9,556,850,000 lbs.

Cultural Insights: The Pilgrimage (Hajj) to Makkah

The Hajj is an annual event for Muslims. Every Muslim who is physically and financially able has a duty to make the pilgrimage once in a lifetime. It is a journey to the House of Allah in Makkah (Ka’bah), Saudi Arabia. Hajj symbolizes the unity of mankind and its annual assembly of Muslims from all over the world. About two million people go to Makkah each year from every corner of the globe. The annual Hajj is performed in the twelfth month of the Islamic calendar. Male pilgrims wear special simple clothes which strip away distinction of class and culture so that all stand equal before God. The rites of the Hajj include circling the ka’bah seven times between the hillocks of Safa and Marwa, as Hagar did during her search for water. Then the pilgrims stand together in Arafa and ask God for what they wish and for his forgiveness. This is often thought of as a preview of the day of judgement. The end of Hajj is marked by a festival, Eid Al-Adha, which is celebrated with prayers. This and Eidil-fitr a feast-day commemorate the end of Ramadan.

University of Nebraska

E. B. Line

http://grow.unl.edu

800-742-8800 ext. 2541

To find out more or schedule a campus visit, go to our Web site: http://grow.unl.edu

For more information about Nebraska Agriculture Facts, visit the Nebraska Agriculture Fact Card. 4 cooperative effort of the Nebraska Agriculture Council, Nebraska Bankers Association and Nebraska Department of Agriculture, February, 2001 (GB)
GRASS PASTURES

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eastern Nebraska are nitrogen (N) and phosphorus (P). Apply N fertilizer yearly to grass pastures and haylands for profitable livestock production. Nitrogen improves both grass yield and protein content. It also improves the vigor of grass plants, which can withstand and reduce weed invasion. When adequate soil moisture is present, economical rates of nitrogen more than double forage production.

Nitrogen fertilizer applied to the root zone of most grass species induces nitrogen-induced root growth, better grass yield and protein content. Nitrogen is not a part of a forage plant after a failure is experienced. For cool-season grasses, early spring application is preferred. Spring and fall split applications of N to cool-season grasses are recommended if more than 100 pounds of N applied per year, and then only if adequate moisture is available in the fall for good growth in spring.

Apply fertilizer in mid to late May to pastures and haylands containing warm-season grasses. If the pasture is a mix of cool and warm-season grasses, fertilize when appropriate for the warm-season grass because the fertilizer will stimulate growth of cool-season grasses and weeds before the warm-season grasses get started. This can crowd out the warm-season grasses.

Nutrient rates depend on whether the grass is warm-season or cool-season and rates vary across Nebraska, with higher rates in areas receiving more rainfall. On cool-season grasses in southeast Nebraska, applications of 80 to 120 pounds of N per acre are recommended for pastures and 100 to 150 pounds of N per acre are recommended for haylands. Warm-season nitrogen rates in southeast Nebraska are 60 to 90 pounds for pastures and 75 to 100 pounds for haylands.

In addition to N, P fertilizer also is needed on many pastures in Nebraska. Research in eastern and northeastern Nebraska shows that the combination of N and P frequently produces higher yields than the application of either nutrient alone. Phosphorus recommendations are based on the availability of P in the soil. The University of Nebraska recommends 40 pounds per acre of phosphate (P2O5) on soils classified as very low, 20 pounds per acre P2O5 on soils classified as low, and 10 pounds per acre P2O5 on soils classified as medium in available P, as measured by a soil test (TD).

Timing

Bat houses can be installed at any time of the year, but are more likely to be used their first summer if installed before the bats return in spring. When using bat houses in conjunction with excluding a colony from a building, install the bat houses two to six weeks before the actual eviction. (D3)

LEARN FROM FAILURE

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of achieving and set goals based on what is appropriate for your child. Provide guidance for your child. Children need to know success and failures are a part of life. Knowing how to get back up and try to succeed after a failure is an important lesson.

BREASTFEEDING

Newborn babies must get 8 to 12 ounces of milk daily. Breast milk is the only food recommended for babies until six months. To breastfeed effectively, new mothers must be properly instructed in the mechanics of breastfeeding. A baby who is not breastfed will not grow. Breastfeeding prevents many diseases and causes babies to develop at normal rates. Breastfeeding prevents some conditions which tend to fly. Avoiding Uninvited Guests

Wasps can be a problem before bats fully occupy a house. Use of 3-inch roosting spaces reduces wasp use. If nests accumulate, they should be removed in late winter or early spring before either wasps or bats return. Bottom-open houses greatly reduce problems with birds, mice, squirrels, or para- site, and guano does not accumu- late inside.

Use of the Internet

The Internet is an evolving tool and system that presents new sources of information and interaction, while at the same time having the potential to change some of our daily activities, such as shopping, seeking information and commu- nication. It is important to consider the cost, ease of access and the implications of having some members of society unable to access the Internet.

Sources: How We Use the Internet by Mark Wilson, associate professor, Department of Geography/Urban Planning and the Institute for Public Policy and Social Research, Michigan State University.

CHOCOLATE

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Eating foods with oleic acid as part of a healthful eating plan has been shown to be beneficial for heart health.

Chocolate and Caffeine

Chocolate contains very little caffeine. Here are some of the caffeine contents of a few foods and beverages:

- Milk chocolate (1.4-ounce bar)—23 to 10 mg
- Dark chocolate (1.4-ounce bar)—28 mg
- Decaffeinated coffee (8 ounces)—6 mg
- Regular coffee (6 ounces)—65 to 150 mg
- Hot cocoa (8 ounces)—6 mg
- Cola beverages (12 ounces)—38 to 46 mg
- Cola beverages, decaffeinated (12 ounces)—0 mg

Chocolate and Headaches

Research shows most headaches and chocolate intake are not related. Experts agree most often it is stress, irregular sleep patterns, hunger, and hormone changes that trigger headaches.

Chocolate and Tooth Decay

Tooth decay happens when carbohydrates (both complex and simple) mix with natural bacteria in the mouth. This creates acid that breaks down the enamel on teeth. Chocolate, which contains carbohydrates, is no more or less responsible for tooth decay than other carbohy- drate-containing foods like bread, raisins, crackers and fruit. In fact, chocolate actually clears the mouth relatively quickly, reducing the time it spends in contact with the teeth.

Chocola ate and Hyperactivity

Pediatricians say there is no link between the sugar found in chocolate or other foods and restless or attention-deficit-hyperactivity disorder (ADHD) in children.

Chocolate and Health—The Bottom Line

Remember chocolate can fit into a healthful eating pattern. Be sure to eat a variety of foods. Enjoy chocolate in moderation to add flavor and pleasure to eating.
Implementing Successful Translating Practices Workshop

“Implementing Successful Interpreting and Translating Practices” is a workshop that will be offered Friday, April 12, at Southeast Community College, Room D-10. Limited to 50 participants, the workshop is designed for Human Services Agency Directors, management personnel, nonprofit organization Directors and other agency representatives with policy implementation duties. The three hour workshop (8:30 to 11:30 a.m.) will cover:

1. Legal obligations to provide translation and interpretation.
2. Analyzing an agency’s current translation and interpretation plan.
3. Assistance in developing a plan to meet Office of Civil Rights requirements.
4. Using translator web sites and resources for help.

A $25 registration fee which includes materials and morning refreshments is due April 5 and is non-refundable.

Sponsors for the workshop are: Lincoln/Lancaster County Human Services Federation, Southeast Community College, Lincoln Public Schools, Nebraska Association of Translators and Interpreters, University of Nebraska Modern Languages Department and UNL Cooperative Extension in Lancaster County Extension. (GB)

FREE Workshop

Are you tired of eating the same old foods, but you don’t want your cupboards full of ingredients purchased for just one recipe? You also find yourself short on time to spend in the kitchen. At this program, you’ll learn how to stock up on basic foods that quickly assemble into dozens of different and delicious meals. Alice Henneken, registered dietitian and extension educator with the University of Nebraska Cooperative Extension in Lancaster County, will give you tips and recipes to help you prepare healthy meals in a hurry from just a few ingredients.

This FREE program is offered at the Plaza Conference Center, Bryan/GH Medical Center East, 1600 S. 48th St. on Monday, March 18, 7 to 8:30 p.m. To register, call Bryan/GH at 481-8886 (AH)