May 2002

The NEBLINE, May 2002

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Farmers Learn About Biosolids!

Barb Ogg
Extension Educator

A workshop about Lincoln’s Biosolids Program in February attracted about 30 area farmers and other interested people. This workshop was organized by UNL Cooperative Extension in Lancaster County and the City of Lincoln’s Solid Waste Division.

The workshop began with a tour of the Theresa Street Wastewater Treatment Facility (Fig. 1) to learn about the process that makes biosolids safe for land application. One-by-product of the digestion process is the production of methane gas which is burned to keep the digesters about 98°F. In addition, 900 kilowatts of electricity can also be produced which supplements the facility’s electrical needs.

Theresa Street Facility

The Theresa Street facility, located near 27th and Cornhusker Highway, treats about 18 million gallons of wastewater each day—about 75% of Lincoln’s wastewater. Theresa Street facility tour highlights:

• Wastewater personnel Randy Wilson and Marshall Coleman explained that during the biological treatment process, oxygen-loving microorganisms use wastewater as their food source and release carbon dioxide and water, which results in a purified effluent. This effluent is disinfected and discharged into Salt Creek. This effluent is disinfected and discharged into Salt Creek.

• Thickened solids are pumped to the Theresa Street facility to make this fertilizer safe for land applications.

• One-by-product of the digestion process is the production of methane gas which is burned to keep the digesters about 98°F. In addition, 900 kilowatts of electricity can also be produced which supplements the facility’s electrical needs.

• After 18-20 days spent in the digesters, the treated solids are dewatered by squeezing excess water between a series of porous belts. The consistency of the final biosolids product is typically about 20% solids.

Value of Biosolids

From 1995-1999, field research on Lincoln’s Theresa Street Biosolids was conducted by the UNL Department of Agronomy, headed by Darren Binder. Some of the objectives of this research were to determine optimal application rates and establish the fertilizer and economic value of Lincoln’s biosolids.

Binder calculated the value of nitrogen alone in biosolids to be $5.50 per acre.

Many crop producers who use biosolids are using this fertilizer, not just for the nitrogen alone, but for phosphorus, zinc and other micronutrients. Using the biosolids analysis and the current cost of commercial fertilizers, Binder determined the nutritional value for seven nutrients (N, P, K, Cu, Zn, Fe, S) in each cubic yard of dewatered biosolids. According to Binder, “The fertilizer value of each cubic yard of biosolids is almost $20 per cubic yard—this does not include the value of organic matter.” (Table 1) According to Binder, there are a number of benefits from adding organic matter to the soil. Studies have shown that organic matter increases water infiltration and water holding capacity of the soil. Adding organic matter to the soil also reduces its bulk density and reduces the likelihood of erosion.

Lincoln’s Biosolids Program

The Lancaster County Extension Office coordinates the distribution and application of biosolids. According to Binder, the fertilizer value of each cubic yard of biosolids is almost $20 per cubic yard—this does not include the value of organic matter.” (Table 1) According to Binder, there are a number of benefits from adding organic matter to the soil. Studies have shown that organic matter increases water infiltration and water holding capacity of the soil. Adding organic matter to the soil also reduces its bulk density and reduces the likelihood of erosion.

<table>
<thead>
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<th>Nutrient</th>
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<th>Fertilizer Cost/lb</th>
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<tr>
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<tr>
<td>Sulfur</td>
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Total $19.78

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Visit Egg Cam!  
View chicks hatching, photos of embryos as they develop, and educational resources for youth, parents and teachers on the 4-H Embryology Web site at www.lancaster.unl.edu

About Biosolids!

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Basil for Your Garden

Basil is one of the most popular herbs grown in the world. Native to Asia and can be found growing wild in tropical and sub-tropical regions of the world. Basil has many uses, the most common of which is its culinary use. As a fresh herb, it is used to flavor foods such as vegetables, poultry, and fish. Basil can also be used dried. The flowers of basil are also edible and can be an attractive addition to salads and other dishes. Besides its edibility, basil is an aromatic herb and is often used in potpourri and sachets. As an ornamental in the flower garden, basil has attractive foliage and flowers. Basil is a tender perennial grown as an annual. It can be grown easily from seed. Start seed indoors four or five weeks before the last frost date. It likes warm temperatures (about 75°F) for germination. Seed can also be sown directly in the ground outdoors after it has warmed in the spring. Plant basil outdoors after all danger of frost is past. Basil does not tolerate cold temperatures. Plant in full sun. Water regularly with an inch of water a week. Basil can be propagated vegetatively through tip cuttings. Root cuttings in moist potting soil. To overwinter, remove terminal growth whenever four sets of true leaves can be left on the plant. This encourages bushier growth and increased yield. For best foliage flavor, cut before flowering. After cutting, wash and pat leaves dry. Use immediately or store in perforated plastic bags in the refrigerator. When drying the leaves, harvest early in the day but after dew has dried. Spread leaves on screens or loosely bunched and air dry. Basil is a member of the mint family which is characterized by square stems. They belong in the genus Ocimum. Over 150 different species and varieties are available. These are some of the more common types of basil.

SWEET BASIL
Most common type grown. White flowers. Bright green leaves. Use immediately or store in perforated plastic bags in the refrigerator. When drying the leaves, harvest early in the day but after dew has dried. Spread leaves on screens or loosely bunched and air dry. Basil is a member of the mint family which is characterized by square stems. They belong in the genus Ocimum. Over 150 different species and varieties are available. These are some of the more common types of basil.

LEMON BASIL
Lemon scent. White flowers and small green leaves. Great for tea and potpourri.

CINNAMON BASIL
Cinnamon scent. Pink flowers, green leaves with purple stem.

CINNAMON
Cinnamon scent. Pink flowers, green leaves with purple stem.

Love & Peace

Vine has a minimum petal count of 40, surrounded by dark green glossy foliage. This classic upright, disease resistant, hybrid tea grows to 4 to 5 feet by 3 feet. Love & Peace is perfect for framing a formal rose garden or creating a striking feature within a landscape. Bring a cut flower indoor to sweeten any room.

Starry Night
Taking top honors with its large clusters of pure white flowers, Starry Night, a landscape shrub, has you seeing stars all day and into the night. The medium green, glossy foliage enhances the five petal flower, which is 2 to 3 inches in diameter. Growing 3 feet by 3 feet in cool climates, this spread- ing disease-resistant landscape shrub is perfect for large plantings, borders and ground cover. Its pure white sparkling flowers, which resemble a dogwood flower, provide you with a constella- tion of blossoms throughout the season. (MIF)

Annual Rose Calendar

2002 May/June Garden Calendar

Horticulture

Walnut Caterpillar

Walnut caterpillar is primarily found on black walnut but can be found on pecan and hickory. They overwinter as pupae in ground cracks of host trees. In late spring, moths emerge and deposit egg masses on lower leaf surfaces. By the end of June, newly emerged and gregarious larvae feed on leaves. Larger, hairy larvae consume greater amounts of leaf tissues and nearly matured gray colored larvae devour entire leaves including petioles. When disturbed, larvae will arch both ends of their bodies in what looks like a defensive move. Larvae will crowd together on the lower parts of trees to molt and leave an ugly patch of hairy cast skins. Mature larvae, which are two inches in length, descend or drop to the ground where they enter the soil to pupate. A second generation of larvae will thereafter give rise to the overwintering pupae.

Bands of tree tanglefoot could be used to enclose larvae as they migrate to main trunk or the tree trunk to molt. Chemical controls may provide the most practical means of control. Products like Dipel, Sevin or Eight would be effective chemical controls. (MIF)

2002 All-America Rose Selections

These All-America Rose Selections (AARS) winners were evaluated for 15 traits including disease resistance, hardness, color and novelty in gardens across the United States for two years. Only truly exceptional roses are awarded AARS honors. The two winners for 2002 were judged to be the best overall.

Love & Peace
This rose will mesmerize garden enthusiasts with its fruity scent and looks. The high center, spiral framing of golden yellow edged with pink. Each flower has a minimum petal count of 40, surrounded by dark green glossy foliage. This classic upright, disease resistant, hybrid tea grows to 4 to 5 feet by 3 feet. Love & Peace is perfect for framing a formal rose garden or creating a striking feature within a landscape. Bring a cut flower indoor to sweeten any room.

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Annual Vines in the Landscape

2002 May/June Garden Calendar

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<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
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<th>Wednesday</th>
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Many of us need reminders. That is the purpose of this calendar. Check the calendar each month and follow the recommendations if they are necessary in your landscape situation. (MIF)

2002 May/June Garden Calendar
**Backyard Wildlife: To Feed a Hummingbird**

Rubio-throated hummingbird spring migration is peaking now in eastern Nebraska. Typically, Rubio-throath migration in Nebraska peaks about May 5-17 and September 2-18, but northward migration may occur from April to June and southward flights from August to early October.

The natural diet of hummers is flower nectar, tree sap, and small insects and spiders that are usually found in your kitchen, is to use a bait specifically formulated to attract sugar ants. It takes some patience, but it is a better ant control approach because it has low risk and is more permanent.

The trick to using baits is to make sure that the offending ants find the bait, eat voraciously and take it back to the colony. The baits that come in the little cans don’t seem to work. Most folks say that ants don’t seem to be interested in going in them. It is important not to use sprays if you are going to use baits. Sprays may kill ants before they get back to the colony.

Not all ant species can be controlled by baits and some baits work better than others. In general, ants that eat a wide variety of foods will be less affected by baits because the bait will comprise a smaller proportion of their food. Sugar-loving ants are the easiest to control.

There are a couple inexpensive commercially-available baits for sweet-loving ants. The most effective use is a slow-acting poison. Two readily available over-the-counter baits are Terro® and Pic® liquid—both use boric acid as their active ingredient. Use the liquid bait as directed on the label. Sweet-loving ants should begin feeding on the bait within a couple hours. If they don’t feed on the bait, the bait won’t work. Some ants prefer grease and protein and may respond to protein grease baits. A bait recipe from Field Guide for the Management of Structure Infesting Ants is:

- 2 ounces (4 tablespoons) peanut butter
- 3 ounces (6 tablespoons) honey
- 3/4 teaspoon boric acid

Some ants, like carpenter ants, feed on live insects and don’t seem to like baits consistently enough to get good control. But, if they seem to be feeding on sweets in the kitchen, a boric ant bait just might work and would be worth a try. For more information about ant bait, check out educational resource “Ant Baits: A Least Toxic Control” (267-95). It is available through the Lancaster County Extension Office or the Web site at: http://lancaster.unl.edu/enviro/pest/factsheets/267-95.htm (BPO)

**Ant Problems? Try a Baiting Approach**

If you had ants infesting the kitchen last year, you were not alone. This summer, we had hundreds of people calling the extension office for advice. To help ahead of the calls, a timely article on ant control might be in order.

When faced with ants, too often folks reach for the ant & roach spray. Unfortunately, sprays don’t work because they do not affect the ant colony...only the offending worker ants. If every worker ant you see, there are hundreds more foraging in other areas and inside the home.

Our recommendation for sweet-loving ants — the ones usually found in your kitchen, is to use a bait specifically formulated to attract sugar ants. It takes some patience, but it is a better ant control approach because it has low risk and is more permanent.

The trick to using baits is to make sure that the offending ants find the bait, eat voraciously and take it back to the colony. The baits that come in the little cans don’t seem to work. Most folks say that ants don’t seem to be interested in going in them. It is important not to use sprays if you are going to use baits. Sprays may kill ants before they get back to the colony.

Not all ant species can be controlled by baits and some baits work better than others. In general, ants that eat a wide variety of foods will be less affected by baits because the bait will comprise a smaller proportion of their food. Sugar-loving ants are the easiest to control.

There are a couple inexpensive commercially-available baits for sweet-loving ants. The most effective use is a slow-acting poison. Two readily available over-the-counter baits are Terro® and Pic® liquid—both use boric acid as their active ingredient. Use the liquid bait as directed on the label. Sweet-loving ants should begin feeding on the bait within a couple hours. If they don’t feed on the bait, the bait won’t work. Some ants prefer grease and protein and may respond to protein grease baits. A bait recipe from Field Guide for the Management of Structure Infesting Ants is:

- 2 ounces (4 tablespoons) peanut butter
- 3 ounces (6 tablespoons) honey
- 3/4 teaspoon boric acid

Some ants, like carpenter ants, feed on live insects and don’t seem to like baits consistently enough to get good control. But, if they seem to be feeding on sweets in the kitchen, a boric ant bait just might work and would be worth a try. For more information about ant bait, check out educational resource “Ant Baits: A Least Toxic Control” (267-95). It is available through the Lancaster County Extension Office or the Web site at: http://lancaster.unl.edu/enviro/pest/factsheets/267-95.htm (BPO)

**Hummingbird Feeder Tips**

- Avoid honey mixtures for the nectar, this increases spoilage.
- Avoid red food coloring in your nectar mixture. If your feeder does not have a red tint to the feeding ports you can add a red plastic flower, red tape, red ribbon or even red fingernail polish on the surface of the feeding port.
- To prevent ants from coming to the feeder, keep the outside clean and, if needed, coat the feeder hanger or the spout with salad oil or petroleum jelly.
- To help attract small insects eaten by hummingbirds, hang an overripe banana peal or cantaloupe near the feeder; a fresh flower bloom makes a convenient holder.
- Finally, to benefit hummingbirds, use all pesticides wisely and only when needed. And minimize insecticide use, especially around flowers, because hummingbirds depend on small insects as part of their diet.

**Workshop: Everything Homeowners Need to Know About Termite Control**

Thursday, May 16, 6:30–9:30 p.m.
Lancaster Extension Education Center, 444 Cherry creek Road, Lincoln

Attendees will:
- Learn unbiased information, based on research results
- Be better informed consumers and make better decisions
- Receive up-to-date reference materials

Cost: $20
For more info call 441-7180.
Pesticide Disposal Program a Success

A pesticide disposal collection was held on March 22 at the Farmers Cooperative in Waverly. Farmers, homeowners, and businesses were invited to bring in pesticides that were no longer registered for use, outdated or damaged and simply no longer being used in the operation. The pesticides were grouped by type, packed for transport and taken to a licensed incineration facility for proper disposal. A reported 14,104 pounds of pesticides were collected at the Waverly location. There were five such collection sites in the 21-county Southeast Nebraska Extension District. In all, 53,794 pounds of pesticides were collected district-wide. Other collection sites across the state had collected over 30,000 additional pounds of pesticides at last report, with more sites scheduled in western and northern Nebraska.

This project was made possible through cooperation of many agencies, businesses and individuals. The Nebraska Agri-Business Association (previously known as the Nebraska Fertilizer and Ag-Chemical Institute) received a grant from the Environmental Trust Fund and the Nebraska Department of Environmental Quality received grant funds from the Environmental Protection Agency, these funds provided the framework for the project. Rich Reiman from the Nebraska Department of Agriculture coordinated the project statewide. Cooperative Extension provided local coordination and promotion and Farmers Cooperative volunteered the use of their chemical and fertilizer load-out facility.

Cattail Control in Sewage Lagoons

The National Drought Mitigation Center shows much of the western great plains and Rocky Mountains in a moderate to severe drought, including nearly the entire state of Nebraska. Hay could be selling at a premium this year. It is even more important to minimize losses from spoilage and to maintain nutrient quality. Dr. Bruce Anderson, extension forage specialist at UNL, suggests some practical ways to minimize hay losses.

Storage Methods to Reduce Hay Losses

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Latest U.S. Drought Monitor Map

As of April 30, Lancaster County borders on Abnormally Dry to Moderate Drought conditions.

Extension Educator Tom Dorn stands next to sealed barrels containing pesticides collected for disposal at the Farmers Coop in Waverly.

Farm Views
Herbicide Application

Post-emergence herbicides are applied directly to the foliage of established, actively growing weeds. These herbicides kill weed species by interfering with their normal development through the disruption of biochemical processes occurring within the plant. The effectiveness of post-emergence herbicides depends on having good contact with the shoots and leaves of the target plants. Herbicide application rates, the amount of active ingredient applied per acre, will vary according to the weed species and other factors including plant size and age, water stress, air temperature and relative humidity. Each of these factors can affect the amount of herbicide that enters the plant. Additives such as crop oil concentrates, surfactants and liquid fertilizer solutions can help increase herbicide uptake.

Post-emergence herbicides can be applied at any time during the growing season. However, the timing of the application of your herbicide application will decrease weed species become larger and more established. Also, hot and dry conditions that create water stress within the plant can decrease herbicide effectiveness. Post-emergence herbicides are usually applied as directed sprays. When applied as a directed spray it is critical that you minimize contact of spray, drift or mist with foliage, green leaves, bark or woody surface, roots or sandy soil of the weed species. Some post-emergent herbicides, like Garlon 4 and Kerb 50 W can be applied as a broadcast application in conifer plantations. Intermittent broadcast applications must be made after formation of final conifer resting buds in the fall or prior to initial bud swelling in the spring.

The proper calibration of your spray equipment is important to ensure an accurate and uniform herbicide application. Applying the right herbicide at the proper rate is important if you want to keep your costs down and avoid injury to the trees on your acreage. Herbicides are especially dangerous when improperly handled, applied or disposed of. They can cause injury to desirable plants, wildlife and fish, and they can contaminate water supplies. Always read and follow the directions on the herbicide label and follow all precautionary statements. It is a violation of federal laws to use any pesticide in a way that is inconsistent with its label. The label will list the federal laws to use any pesticide in a way that is inconsistent with its label. The label will list the use of federal laws.

Controlling Dandelions

Herbicides applications before mid-April will not “burn” the leaves and weeds will grow back by Summer. As a general rule, treatments made at flowering or at the “puftball” stage are most effective in the spring, but not as effective as fall applications. Though control improves later in the spring, unfortunately so does the chance of off-site target damage to ornamentals, gardens, etc. Amine forms of 2,4-D tend to be less volatile than ester forms thus reducing the chances for off-target damage. To further increase effectiveness, the product will dry on the leaf for 24 hours or more before a rain, do not use immediately prior to application to maximize leaf area, and do not mow for three days following application to allow the products to translocate. (Df)

New Test For Lyme Disease

The Food and Drug Administration has cleared a simple, new blood test for Lyme disease that can be used in a doctor’s office.

The test, the PreVue B. burgdorferi Antibody Detection Assay, is intended to be used as the first step in testing people suspected of having Lyme disease. Positive results must be confirmed with a Western blot test done by a laboratory.

Two-stage testing is recommended by the Centers for Disease Control.

Lyme disease is a bacterial infection spread to humans primarily by tick bite. It is the most common insect-borne infectious disease in North America and is a significant public health concern. The infectious agent in the disease is the spirochete Borrelia burgdorferi.

Lyme disease has many different manifestations. It starts with a large, red rash at the site of the tick bite. Then flu-like symptoms may set in. It may affect the nervous system, and in later stage, may be manifested by persistent arthritis.

Diagnosing Lyme disease can be challenging because the symptoms of flu, fatigue and joint pain are similar to those of a number of other conditions. (Dj)

Lyme Disease and Tick Management

Barb Ogg
Extension Educator

Lyme disease is caused by a bacteria that is carried and transmitted through bites from several species of ticks. This disease was first recognized in 1976 and has now occurred in 47 states, including Nebraska. By 1993, the C.D.C., with the help of health officials reported 35 human cases: 11 of these cases were confirmed in Nebraska. We do not know for sure what tick is vectoring Lyme disease in Nebraska. Based on circumstantial evidence, it is believed that immature stages of lone star ticks are responsible for most of the cases of Lyme disease in Nebraska. The lone star tick is found primarily in the southeastern part of Nebraska, and this geographical region has the greatest numbers of Lyme disease cases and the greatest risk of contracting the disease. In addition, the white-tailed deer is a host for adult lone star ticks in the fall, and high populations of deer in southeast Nebraska may related to increases in tick populations in that area.

Exposure to ticks can be reduced by employing the following practices:

1. Cultural. Keep grassy and weedy areas trimmed to reduce harborage for tick hosts. Rodents are the reservoir hosts for Lyme disease.

2. Avoidance. Whenever possible, stay out of tick-infested areas, grassy pastures, prairies, and wooded areas. Avoid areas near water or tall vegetation.

3. Proper Clothing. When entering tick-infested areas, wear long-sleeved shirts and long trousers with tight-fitting cuffs. Wear light-colored clothing. Ticks are easier to see on a light background.

4. Repellents. Use an insect repellent containing the active ingredient diethyl toluamide (DEET). Apply to clothing and areas of exposed skin such as hands, wrists, ankles and neck. Protect dogs with flea and tick collars. Be sure to read and follow label directions.

5. Inspection and Removal. Inspection and removal of ticks reduces the risk of Lyme disease transmission. After crawling on a potential host, a tick may take up to a day to attach and feed, so you may be able to remove a tick before it has attached. In addition, the risk of disease transmission is related to the length of feeding so attached ticks should be removed promptly. Ticks tend to concentrate on the head, shoulders, neck and in ear canals. Remove embedded ticks with forceps, by gripping the tick carefully at the point of attachment and maintaining a firm pressure until the tick releases its grip. Care should be taken when removing a tick from pets or humans to ensure that the tick is completely removed from the skin (the head often breaks off). After removal, wash the wound with soap and water.
May is National Egg Month, a time to focus on the many ways eggs enrich our lives. Eggs are a source of complete protein and are “nutrient-dense,” containing only 75 calories while providing over 20 nutrients. Choline in eggs has been shown to be an essential nutrient that may play a role in memory function throughout our lives. Two carotenoids, lutein and zeaxanthin, are both abundant in egg yolks. These carotenoids help prevent the increasingly common eye disorder of age-related macular degeneration that can lead to blindness. Eggs have frequently been described as nature’s most perfect food. Then, for a period of years, they were considered a food to avoid because of their cholesterol content. However, they’re now making a comeback with research showing an egg a day will NOT increase the risk of heart disease or stroke for healthy individuals. During this year’s National Egg Month celebration, the Poultry and Egg Division of the Nebraska Department of Agriculture invites you to enjoy eggs in your daily diet and take advantage of their essential, as well as maintaining proper hydration. Keep in mind activity and nutrition for youth.

Q: What can my teenager eat to make healthy food choices?

A: Just like adults, teenagers need a wide variety of foods. It can be difficult getting them to eat 5 fruits and vegetables a day when meals are consumed through fast food. Trying new foods and various ethnic foods as teenagers like to experiment and try new things.

Q: My child participates in long training sessions. Does he need to eat afterwards?

A: Yes. It is important for children and teenagers to eat carbs, fruits, and beverages after physical activity, especially if the training sessions are more than two hours long. The body is most receptive to replacing nutrients during the first two hours after vigorous physical activity.

Q: Is it safe for my daughter to reduce her fat intake almost completely?

A: No. Fats provide essential fatty acids necessary for growth. Children and adolescents should consume an average of 30 percent of their calories from fat.

Q: How much water should my child drink to stay hydrated?

A: Parents need to replace the water our bodies lose each day. Adolescents should drink at least 8 cups of water each day. Avoid relying on thirst as an indicator of hydration. If he or she is physically active, encourage drinking water before, during and after activity, especially if it takes place in warmer temperatures or there is excessive sweating.
School Age Child Care

It’s a working parent’s dilemma. Summer is rapidly approaching and it’s time to find safe, fun and affordable care for your school age child. Where do you turn? There may be several options in your community. For example, you may want to check with local schools about summer programs, find out about Parks and Recreation Programs, see what churches have to offer and check out local day care centers and family child care providers. Camps may be another alternative. Whatever you decide there are three important areas to evaluate—the environment, the program and the communication with the family.

Does the environment provide room for quiet activities such as reading, physical activities like sports and for creative activities like art? Are the clear and consistent rules for safety? Do they have procedures for emergencies? Are the key to programming and flexibility. Are kids able to choose from a variety of activities? Does the staff encourage them to be creative? Does the staff understand the different needs of children based on their age, ability, culture and language? How does the staff respect individual differences? Are there opportunities for swimming lessons, gymnastics or tennis?

Look at how the program connects with the family. Do parents feel welcome? Does the staff communicate with families? How can they help you when things go wrong? Can the kids connect to the community through field trips, physical projects or activities like gardening?

Your school age child needs to be some place that allows them to be safe and to thrive. Searching for the right program will pay off for your child and give you peace of mind while you are at work. (LJ)

Birth Order Characteristics

Birth order is an intriguing way to help us understand those around us better. Did you know of the first 23 astronauts sent around us better. Did you know that 21 were firstborn or only-children?

Firstborns

Characteristics of firstborns include: Goal setters, High achievers. Perfects, Responsible, Organized, Role Keepers, Determined, Detail people. Only children are considered as a specialized type of firstborn. They are characterized much the same as firstborns who have siblings.

Middle Children

A good description of middle children is balanced. They don’t have their parents all to themselves or get their own way. Therefore, they learn to negotiate and compromise. Characteristics of the middle-child: Flexible, Diplomatic, Peacemaker, Generous, Social, Competitive

Last Born Children

Youngest children in the family are typically outgoing and great at motivating other people. They are also affectionate, uncomplicated and sometimes a little absent-minded.

Characteristics of the last- born child: Risk takers, Outgoing, Idea people, Creative, Humor, Question authority.

Family Dynamics

Birth order isn’t a simplistic 1-2-3 system, however, and it is important to realize these just tendencies and general characteristics. Particular dynamics within families can change relationships as can the sex of the child, the spacing of children, physical differences, etc. These are tendencies and general characteristics that often apply across generations, within families that can change relationships.

What raising your children or working adults the key is to remember everyone is an individual. Birth order is another attempt to gain insight into the complex behavior of human beings.

Sources: The Birth Order Challenge, by Clifford Nassauer; The Birth Order Book by Kevin Leman, L.D.

Teens Employment Pros and Cons

The work history of most young people begins early in life. With more than 50 percent of teens beginning their first jobs around the age of 12. Boys tend to begin jobs at younger ages and work more hours than girls. By the time teens graduate from high school, 80 percent of them will have held a part time job at some point during their high school years.

Research indicates working during high school both positive and negative effects.

Pros

Some benefits include:
- valuable work experiences,
- time management skills,
- financial management skills,
- marketable skills,
- financial independence,
- good work habits.

Cons

Negative consequences of work are linked to how often and how long, not whether, a student works. The more hours teens work, the more prone they are to experience negative effects. The negative consequences of teen employment need to be carefully examined. These include:
- less time on homework,
- more classroom deviant activity and less academic effort,
- higher rates of absenteeism and less school involvement,
- lower grades in school (students who work more than 20 per week have grade point averages lower than other students who work 10 or less hours a week),
- less time with family,
- more conflict with parents over spending decisions,
- more likely use of drugs and alcohol (substance abuse is higher for workers than for non-workers and for students who work longer hours (20 or more),
- development of negative views of work.

Other factors that affect how students handle employment and school life include the intensity and difficulty of the work done.

Parents Can Help

As parents we can help working teens by:
- discussing the reasons associated with having a job while in high school,
- creating weekly schedules that help track hours worked—remember, work may be beneficial if the number of hours worked per week is 15 or less,
- agreeing about expectations on how income will be used,
- teaching your teen practical ways to manage adverse situations on their jobs,
- teaching teens effective ways to manage multiple demands on their time. (LJ)

CHARACTER COUNTS! Corner

CITIZENSHIP

Traditionally we think of a citizen as a legal inhabitant of a city or country. This is true but the concept of citizenship reaches beyond geographic boundaries, it is an attitude.

Citizenship demands participation, involvement and contribution because no one can make a difference without being involved. People have no choice about the family and country they are born into but they do have a choice about whether to be a responsible member of their family, community and country. Citizenship means seeing a need and working together to do something to help, not waiting for a crisis to act and being creative to improve your community and country. (BR)
4-H Council Positions

Seeking qualified applicants for 4-H Council youth and adult positions in the following geographic areas:

- Northeast — youth
- Southwest — youth
- Southeast — adult and youth
- Lincoln city limits — one youth and one adult
- Lancaster County at large — one adult and one youth

Term Length: 3 years
Starting Date: September 1, 2002
Requirements: must be concerned with the future of the 4-H program in Lancaster County. Must possess an interest, an understanding of youth and be willing to promote the 4-H program. Applicants must be willing to attend monthly meetings and participate in various committee activities. These are rewarding positions.

Benefits: The gratitude of volunteers, parents and 4-H youth throughout the county. In addition, a name tag and 4-H Council T-shirt are provided.

Interested applicants should call 441-7180 for further information and an application form.

Gearing Up for County Fair

2002 Lancaster County Fair
July 31–August 4
Lancaster Event Center

“4-H Centennial Celebration”

4-H Pre-Fair Schedule
June 1 — Home ID’s Due
June 15 — All Animal Identification (sheep, goats, swine, breeding beef, dairy calves, dairy cattle) Due
July 8 — All 4-H Pre-registration Forms Due; All Animal Entry Deadline; Contests Registrations Due; and Parental Permission to Camp on Grounds Form Due
July 17 — 4-H Horticulture/Tree/Grazing-Weed Judging Contest; and 4-H Animal and Consumer Science Judging Contest (Lancaster Extension Education Ctr.)
July 19 — 4-H Demonstration Contest (Lancaster Extension Education Ctr.) [also Aug. 3, at 4-H Council Event Center]
July 24 — 4-H Style Revue Judging (Lancaster Event Ctr., Exhibit Hall)
July 29 — Static Exhibit Check In (Lancaster Event Ctr., Lincoln Room)
July 30 — Static Exhibit Judging (Lincoln Room)

How to Exhibit at the County Fair
New leaders, experienced leaders, 4-H members and parents are invited to this leader training on Monday, May 20, 9:30 a.m. and 7 p.m. at the Lancaster Extension Education Center. A new fair computer program will make its debut at 2002 Lancaster County Fair. Come and receive information on how to fill out the new entry tags, the in’s and out’s of interview judging and other valuable county fair facts. (TK)

Volunteers Needed at County Fair!
Volunteer helpers (ages 12 and over) are needed to help in the information booth, assist judges by writing comments, putting up project displays, check in exhibits on entry day and make the fair the best it can be! Call 441-7180 to sign up.

Family & Consumer Science Judging Workshop
4-H Family and Consumer Science Judging Workshop June 12, 1:20 p.m. at the Lancaster Extension Education Center to learn judging techniques and decision-making skills for the Family & Consumer Science Judging Contest. (TK)

Performance Lamb Tagging May 18
The 4-HFFA performance lamb tagging will be held Saturday, May 18, 9–11 a.m. Please note location has changed to the State Fair Park — 4-H sheep area. To be eligible to compete in the performance contest, you must weigh-in on this day. You are encouraged to bring your breeding stock if they need to be tagged. If you have any questions, please call Deanna Karmazin at 441-7180.

Photography Workshop
Everyone you wanted to know about exhibiting photographs at the fair. Kay Jurgens will lead this introductory workshop on the basics of photography June 13, 7 p.m. at the Lancaster Extension Education Center. This will include how to take a good picture, how to make a photo story, and how to mount pictures. To sign up for this free workshop, call 441-7180 by Friday, June 7.

Upcoming Beef and Sheep Progress Shows

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Beef Exhibitors may also check out the following links for upcoming shows:
http://www.showcattletype.com/jnc/sanctioned_shows.htm

For more information or to obtain a registration fler, please call Deanna at 441-7180.

2002 District Speech Contest Winners

Lancaster County 4-H had several winners at the District 4-H Speech Contest on April 27 held at the Animal Science Building on UNL East Campus. Congratulations to all who participated!

Senior Speech
- Connie Lemke won a purple ribbon and was one of the Top 4 who will go on to represent SE District at the State Fair Speech Contest.

Intermediate Speech
- Noelle Badker won a purple ribbon and is 2nd alternate for the State Fair Speech Contest.

Senior PSA
- Emily Schroeder won a purple ribbon.
- Rachel Rentchler won a blue ribbon.

Intermediate PSA
- Sean Badker won a purple ribbon and special recognition.

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Decorate a Barrel!
Get your club, family or committee together and join other Lancaster County families in the paint a trash barrel activity on Sunday, June 30 from 1:30–3:30 p.m. at the Lancaster Event Center. Bring your brush and creative ideas. All paint will be supplied. See you there!!

ExpoVisions 2002
Don’t miss ExpoVisions 2002, to be held June 26–28 at the University of Nebraska-Lincoln. Test the University’s new TRUST/Course, meet tees from all over Nebraska, explore student involvement opportunities on-campus, participate in a variety of enlightening, hands-on-based workshops in areas such as engineering, animal science, textile design or architecture, and celebrate the centennial at a special banquet. Cost is $140. The registration deadline is June 14. Early registration is encouraged as space is limited. For more information, contact the Office or the State 4-H Web site: 4h.unl.edu. (TK)
One, two & three-day workshops

**Sensational Summer-Crafts** — Come and explore your creativity in this summer camp of crafts and activities to bring home. Includes materials. July 18 & 19, 3-5pm | Fee: $5 | Ages: 8-12 | Instructor: Angie Barnett, 4-H volunteer

**Digital Photography** — Get snappin’ with a digital camera! Learn the ins and outs of digital photography through hands-on photo activities. July 18 & 19, 3-5:30pm | Fee: $5 | Ages: 8 and up | Instructor: Joel Fujii, 4-H volunteer

**Fun in the Kitchen** — It’s easier than it looks to shape bread and rolls. Learn techniques through this hands-on workshop. July 18, 3-5pm | Fee: $5 | Ages: 8 and up | Instructor: Lorene Bartos, Extension Educator

**Money, Money, Money** — Learn the basics of banking and how to spend and save wisely. June 19-11:30am-12:15pm | Fee: None | Ages: 10 and up | Instructor: TierOne Bank, Clocktower Branch

**Let’s Grow: Plant Propagation** — Learn how to start seeds for flower and vegetable transplants. You will also learn how to take cuttings from houseplants and shrubs. June 18, 12-4:25pm | Fee: $5 | Ages: 9-12 | Instructor: Mary Jane Frogge, Horticulture Extension Educator

**Paper Casting** — Cast lasting issues on rubber stamps. Paint them and use to decorate a patriotic bag centerpiece (or a gift bag or card). Bring an old bath towel, cookie sheet, spatula, blow hair dryer, paint brush 1/4 inch wide or less and gel pens if you have them. June 19, 10:15am-12:15pm | Fee: $2.50 | Ages: 8 and up | Instructor: Barb Smith, 4-H volunteer

**Fishing Fun** — Bring your fishing pole, complete with line, bobber and hook for some of the finest fishing fun at a nearby stream. Extra tackle is optional. Boat provided as well as a “wormy snack” for humans. June 18 & 21, 9:30-4:25pm | Fee: $5 | Ages: 8 and up | Instructors: Soni Cochran, Extension Associate and David Smith, Extension Technologist

**Design Your Own T-Shirt** — Create your own T-shirt design and apply using heat transfer paper or fabric paint. June 20, 3-5 pm | Fee: $5 | Ages: 8 and up | Instructor: Vicki Jedlicka, Extension Publication and Media Assistant

**Continued...**
Enjoy Cattlemen’s Ball and Support Cancer Research

The 2002 Cattlemen’s Ball of Nebraska will be June 1 at the Benes Cattle Company, located 25 miles northwest of Lincoln, near Valparaiso. Helmets for the 2002 event are Ermin and Delores Benes, Dan and Kathy Benes and their families.

The annual Cattlemen’s Ball showcases rural Nebraska, promotes beef in a healthy diet and raises money for health care research. All of the money raised stays in Nebraska, with 80 percent of the proceeds going to the University of Nebraska Medical Center’s (UNMC) Eppley Cancer Center and 10 percent directed to health care in the Valparaiso area.

Cattlemen’s Ball activities start with a brunch at 10 a.m. for Trailboss ticket holders. Afternoon and evening activities are open to Top Hand and Trail Boss ticket holders. Activities include an art show, live auction, trailer-luck-up, hayrack rides, horseback pitching, cowboy poetry and celebrity team penning. At 5:30 p.m. is a prime rib dinner catered by Changes R.

The main attraction is the Honky Tonk Tailgate Party which starts at 8 p.m. and is made up of solo artists Daryl Singletary, Rhett Akins and Wade Hayes. After the concert is a country western dance with music by Blackwater.

Trail Boss tickets are $60 each. Top Hand tickets are $50 for 2 tickets and include a champagne reception, commemorative gift, brunch, and preferred seating for the evening dinner and concert.

Tickets are limited. For tickets call 1 (800) 666-8071 or send a check to Cattlemen’s Ball of Nebraska, P.O. Box 181, Valparaiso, NE 68065.

For more information, visit www.cattlemensball.com

Food Habits in the Middle East

They are fried, baked, blanched, boiled and even pickled. In addition to vegetables, herbs like parsley, mint, coriander, dill, basil, bay leaf, cress, thyme, marjoram and garlic are used often.

Meats like red meat (lamb and beef) and poultry are not often eaten on a daily basis and are always accompanied with either rice or bread. A variety of fish are used in Middle Eastern cooking. However, only certain fish are suitable for particular dishes, due to size, oiliness and distinctive flavor. Fish is quite often eaten in Iraq. One of the best ways of eating fish is grilled over a charcoal fire. Barbecuing or frying will also give good results.

The preparation of and seasonings used vary from country to country but the people of the Middle East region eat lots of complex carbohydrate food like vegetables, fruits, beans, pasta, rice and other grains. Only moderate amounts of protein from fish, poultry and red meat (lamb and beef) are consumed. Middle easterners use olive oil, a primarily monounsaturated fat that is naturally cholesterol free.

There are three meals in a typical day. The breakfast may contain bread, cheese (there are different kinds of cheese), cream (in Iraq cream is often accompanied with extract of concentrated date juice), cream cheese, butter, eggs, jam, milk, tea, coffee and in some countries fried spicy ground chickpeas or chickpeas with sesame oil sauce.

The main meal is the lunch which may be composed of bread, rice or bulgur (wheat and rice are eaten all over the Arab world and almost no meal is eaten without them). However, each country has its own cooking method. Rice is often accompanied by a stew of okra, eggplant, squash, potato, spinach, green beans and dry beans or mixed in with either nuts, raisins, saffron, chicken or meat. In some countries (Syria, Lebanon) they use cracked wheat more often than rice. Cracked wheat is a whole wheat which has been boiled, then dried and ground. It requires little cooking as it has already been cooked. There are a variety of recipes made of rice or cracked wheat and meat (kabbeh).

Vegetables play an important role in Middle Eastern cooking. They appear in soups, salads and often eaten raw on their own.

Congratulates Extended to Arabic Computer Class Graduates

Lancaster County Extension is proud to recognize the recent graduates of the Arabic Beginning Computer and Internet class. The students gained experience navigating the internet and can now contact friends and relatives through free e-mail accounts created in class.

Graduates include: Nasr Eldin Mahmoud, Ibrahim Fadool, Abbbdi Kambal, Mohammed Al-beezri, Mourad, Mahmoud Aziz, Kahkil-al-daraji, Abdalla Omer and adnan Al-fatlawi.

Mr. Mike Mahgoub taught the course with assistance from the Lincon Action Program and Faces of the Middle East.

Volunteers Needed

Preparing for the Cattlemen’s Ball will take lots of volunteers’ Corrals, displays, stages, and chairs need to be setup and torn down. Some tentative volunteer dates are May 21- 22 and May 29, 30, 31 for setup and of course dates following June 1 for tear down and cleanup. People interested in volunteering can call Ken Sahata at (402) 784-3154.
TICK MANAGEMENT
continued from page 5

and apply alcohol or some other disinfectant to help prevent infestation.

To check for ticks in your yard or acreage, you can drag a white cloth (such as an old pillowcase) through the vegetation as you walk. Ticks, waiting at the top of a blade of grass or shrub for a passing host to wander by, will grab hold of the cloth and be easy to see against the white background.

Summary
Lyme disease can be a serious health problem if left undiagnosed and untreated, but the disease is usually easily treated with antibiotics when in early stages. A red rash that resembles a “bull’s-eye” is an early sign of the disease. Because the bacteria that causes Lyme disease is transmitted through tick feeding, efforts to reduce exposure to ticks will help reduce the incidence of the disease. Management tactics include moving tall grasses, avoidance of infested areas, wearing appropriate clothing and using tick repellents and inspection for and prompt removal of ticks. Tick management strategies utilizing several of these tactics will be the most effective.

BIO SOLDS
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Basic Tornado Information

Facts
A tornado is the most concentrated form of violent weather capable of generating winds in excess of 300 mph in the funnel wall, and of moving across the ground at 70+ mph. Such extremes are rare, but do occur. The average tornado has funnel wall wind speeds of 150-175 mph, cuts a damage path about 150 yards wide and moves across the ground at about 30-35 mph. The U.S. has more tornadoes that any other country, and Nebraska consistently ranks about fifth in the U.S. in number of tornadoes per year (average — 37 per year since 1950; most in any year to date — 88 in 1990).

Definitions
TORNADO WATCH — A storm with the potential of producing tornadoes is expected to move through the area. In other words, there is a potential danger; watch out and prepare.

TORNADO WARNING — A tornado has been spotted or near the ground approaching Lincoln or part of Lancaster County. Take shelter!

Pop-Ups
It is possible for a tornado to develop when there is no formal WATCH. Sometimes an isolated thunderstorm cell will pick up the wrong combination of heat, moisture, rotation, etc. and spin off a funnel. This “pop up” can occur in as short a time as 10 minutes.

Warning Signals
A continuous, steady tone from the Civil Defense (CD) warning sirens for at least three minutes plus broadcast warnings by area radio and TV stations, and Lincoln CableVision. NOTE: There is no all clear signal on the sirens; the “all clear” will be broadcast by the radio and TV stations.

Finding Tornado Shelter in a Building
1) Get as far away as possible from all outside walls and windows. Move to the center portions of the building (interior rooms, interior hallways).

2) Move to the lowest possible level in the building; below ground is preferable. In a multi-story building, be sure to clear the top floor entirely (the 20 minutes).

3) Make a small target of yourself and PROTECT YOUR HEAD!

Dos & Don’ts
• DO plan ahead during a TORNADO WATCH so you’ll know what to do and where to go for shelter if a TORNADO WARNING is issued.
• DO listen to the major local radio stations during a WATCH for up-to-date information on the approaching storm.
• DO take a battery-powered radio and flashlight with you to shelter.
• DO plan an interior bathroom for shelter in a basementless house, if one is available. If not, an interior room or hall is best.
• DO use chair cushions, pillows, folded blankets, folded coats, hard hats, football or motorcycle helmets to protect your head. Over 90% of all serious tornado injuries are head injuries inflicted by flying debris.
• DON’T open windows or doors; it doesn’t help and can make things worse.
• DON’T automatically go to the southwest corner of a base ment.
• DON’T try to drive away from an approaching tornado; instead, seek shelter in a nearby building, a ditch or under a bridge.
• DON’T go outside when a WARNING is issued; instead, take shelter!

For more information, call Lincoln/Lancaster County Emergency Services/Civil Defense at 441-7741 (GB)

ANNUAL VINES
continued from page 2

flowers in shades of red and yellow. The plants perform best in well drained soil and full sun.

Scarlet runner bean is an edible ornamental suitable for trellising. Rozy scarlet flowers top long twining vines. The pods are very ornamental.

The sweet pea has a delicate, colorful flower that has a honey-orange blossom scent. These vines will grow six to eight feet tall in full sun.

Cardinal climber is a lovely flowering vine. It has dark green, palm-like leaves and bright crimson red flowers.

Gourds have rather incomplicuous flowers, but produce colorful fruit which are ornamental on the vine during late summer. The fruit may be dried for fall and winter arrangements. (MIF)

ANNUAL VINES
continued from page 2

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Visit Egg Cam!
On the 4-H Embryology Web site at www.lancaster.unl.edu

4-H Music Contest Winners

Congratulations to the High Flyers and Star City Kids 4-H Clubs for being selected as the top two groups during the April 21 Lancaster County 4-H Music Contest. These 4-H clubs will compete at the State Fair in August.

Star City Kids performed “Battle Hymn of the Republic,” “God Bless the U.S.A.” and “Grand Old Flag.” The Star City Kids 4-H leader is Ruth Lantis. Members of the performing group are: Katherine, Jordan, and Julie Lantis; Lea and Jordan Childress; David and Megan Minter; Bryan Datz; Allison Hurdle; Jared and Caleh Barham; Sarah Lindsey, Marie Spomer, and Jennie Spier.

High Flyers performed “My Country ’Tis of Thee” and “God Bless the U.S.” The High Flyers 4-H leader is Deb Badger. Members of the performing group are: Sean, Noelle, Ian, and Preston Badger.

Clowers & Company (not pictured) is alternate.

4-H Summer Camps
Open to all youth. 4-H and non-4-H 4-H Summer Camps held at the Eastern NE 4-H Center near Gretna 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

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Flyers 4-H leader is Deb Badeer. Members of the performing group are: Caleb Burham; Sarah Lindsay; Marie Spomer; and Jennie Spar.

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Fish Camp ... June 3–5
Discovery I ... June 6–8
Discovery II ... June 10–13
Wet 'n Wild I ... June 15–17
Wet 'n Wild II ... June 20–22
Spotlight on Talents ... June 24–26
Atypical Sportz ... July 27–28
Boldly Bound ... June 30–July 3
Niobara Trip ... July 7–10
First Timers ... July 12–13
Clever Kids Day ... July 13
Outdoor Skills ... July 15–18
High Adventure ... July 29–Aug 1
Ag Awareness Festival Teaches Importance of Agriculture

More than 250 fourth graders from 12 area schools attended the Ag Awareness Festival April 9 and 10 at the Lancaster Event Center to gain a greater understanding of agriculture and how it impacts their daily lives. Students rotated between the following 12 interactive stations:

- Grain Production, Grain By-Products
- Dairy Farming Technology, Swine, Horticulture
- Horse (new this year), Dairy Cattle
- Import and Food Safety
- Ruminant Nutrition, Dairy Digestion, Horse
- Animal Sciences, Fertilizer, Pest Management
- Animal Sciences, Dairy Science, Animal Nutrition
- Animal Science and Food Biotechnology
- Ag Awareness Festival Teaches Importance of Agriculture
- Animal Science, Animal Production, Animal Health
- Animal Science, Animal Production, Animal Health
- Animal Science, Animal Production, Animal Health

The festival is presented by the Agricultural Awareness Coalition which is comprised of 14 agricultural agencies, businesses and educational institutions, including University of Nebraska Cooperative Extension in Lancaster County. This is the second year the festival has been held in Lincoln.

Lance Cummings-Brown shows youth a handful of grain that this dairy calf would eat.

Students had the opportunity to climb farm equipment.

A local swine producer brought two piglets to help demonstrate swine production.

Monte Stauffer uses a model of a cow to explain the digestion process of a ruminant animal.

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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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