August 2003

The NEBLINE, August 2003

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Lessons Learned Through Garbology

Arlene Hanna
Extension Associate

The next step was to create 50 learning kits—one for each LPS second grade classroom and a few to be rotated among other Lancaster County schools. The kits contain supplies and materials for all activities included in the curriculum. Each kit contains a 4.5 pound bag of clean garbage. This meant 225 pounds of garbage needed to be collected, cleaned and sorted! I chose items that could be reused or recycled, but added things that only could go to the landfill, such as broken toys. Of course, I didn’t include glass because of safety concerns.

Then, purchasing and gathering the supplies and materials for the kits took an amazing amount of time. For example, I purchased 650 cotton towels and extension staff member Chuck Jungbluth constructed 200 screens and 200 frames for the papermaking activity. The kits contain everything from books to sponges, from soil to cereal. At completion, each kit has about a $250 price tag. But it’s worth it! Each youngster in Lancaster County has a chance to make a difference in solving the solid waste problem.

After kits were delivered to schools in the fall of 2002, Lois Mayo, LPS Science Curriculum Specialist, Gene Hanlon, City of Lincoln Recycling Coordinator, and I decided Garbology needed to be updated. With the help of LPS teachers, we completely revised it. New activities were tested and set to the Nebraska Learning Standards of Excellence. Six LPS teachers and their students piloted the program during the 2001-2002 school year. After some revisions, the curriculum was finalized.

The Garbology kits include a 4.5 pound bag of garbage. 225 pounds of garbage had to be collected, cleaned and sorted for 50 kits. The landfill and more.

It’s a delight to watch young minds come up with creative answers when I ask, “How can you reuse an item? When asked how to reuse an old shoe, one student answered, “I would fill it with dirt and plant flower seeds.” Another suggested using it for a dog toy. Still another wanted to use it to hold his marbles.

Parents report their children are checking the codes on plastic bottle at home. In fact, students are teaching their families to recycle. “Reducing, reusing, recycling has become a family project,” says Georgia Ross. “We recycle aluminum, paper, plastic and cans. We’ve learned how to prepare plastic for recycling and so have the neighbors.”

In the culminating activity in Garbology, students apply the scientific process to a reducing, reusing or recycling issue at school. By observing their classroom or other areas in their school, students may realize reducing, reusing or recycling problems exist.

At the end of the unit, LPS tests each second grader on the information learned from the program. Lois Mayo says, “The new Garbology curriculum and kit are having a tremendous impact on the LPS second grade recycling unit. The wide variety of materials in the kit, the relevant activities, the printed resources and the videos support the curriculum and make it truly come alive.”

—Lois Mayo, LPS Science Curriculum Specialist

August 2003
Vol. XVI, No. 8
Deadline Approaches to Terminate Verbal Farm Leases

Fertilizing Crop Land with Biosolids
An Educational Workshop about Lincoln’s Biosolids Program

Tuesday, Sept. 30 • 3:30–8:30 p.m.

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

Meet at 3:30 p.m. at the Lancaster Extension Education Center, 444 Cherry creek Road, and travel to the Theresa Street Wastewater Facility at 4 p.m. for a tour. Educational program is back at the Lancaster Extension Education Center from 6–8:30 p.m.

Please preregister for this workshop before Sept. 26 by calling 441-7180. (BPQ)

Deadline Approaches to Terminate Verbal Farm Leases

A pesticide disposal collection will be held Monday, Aug. 18, 8 a.m.—Noon at the Farmers Cooperative Company fertilizer plant on North 148th Street, Waverly. All types of pesticides will be accepted except those in pressurized cylinders.

No appointment is needed and there is no charge for turning in less than 1,000 pounds of pesticides. There is a charge of $1 per pound for each pound over 1,000 pounds. If you plan to turn in quantities of 1,000 pounds or more, contact Rich Reiman in advance at 471-2394 to make arrangements.

Pesticides should be brought in their original containers with label intact, if possible. Remember to protect yourself and your surroundings when handling waste pesticides. You may need to wear personal protective equipment or, as a minimum, unlined neoprene gloves.

The Nebraska Department of Agriculture, University of Nebraska Cooperative Extension, Nebraska Fertilizer & Ag Chemical Association, Nebraska Department of Environmental Quality, and the Environmental Trust Fund are sponsoring pesticide collection at nine sites across Nebraska.

It is anticipated there will not be pesticide collections in 2004 due to budget constraints. This may be the last opportunity to dispose of unwanted pesticides for some time.

For more information, contact the NDA at (402) 471-2394, NU’s Pesticide Education office at (402) 472-1632, or visit online at http://pested.unl.edu/pa.

Generally, the turnover rate for rental land is very small in Nebraska, averaging about 8 percent. On average, leases on agricultural land run for 15 years. This reflects the high level of commitment between the landowner and the tenant. With these longer leases, the law has developed ways to terminate the lease. If the tenant violates the terms of the lease, the landlord can terminate the lease. The law further describes how disputes are to be settled. Either party can request the county clerk to call a panel of five finder voters to settle disputes. The duty of the finder voters is to distinctly mark and define the proportion of the fence to be made or maintained by each party. The qualifications of the individual landowner are defined in the statute.

An old proverb states, “Good fences make good neighbors.” While this is generally accepted as a true statement, who pays the cost of the fence constructed between two neighbors? Nebraska law further describes how disputes are to be settled. The qualifications of the individual landowner are defined in the statute. The law defines a lawful fence. Six basic fence types, including minimum standards for corner materials and post spacing, are described in detail within the statute.

For more information, contact the NDA at (402) 471-2394, NU’s Pesticide Education office at (402) 472-1632, or visit online at http://pested.unl.edu/pa.

Nebraska Fence Viewer Statutes
Cover Fence Issues

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Growing Conifers from Seed

Collecting

**PINE**—Pine cones should be collected in the fall when the cones begin to crack and open. Table I for specific dates. Place the cones on a dry surface in the sun until they open. The exception to this is jack pine. While some jack pine cones open each year, especially those in full sun, most of the cones require additional heat to open. Jack pine cones will need 2–4 hours of sun to open. Shake or tumble the cones over a screen to remove the seeds. The empty seed can be removed. Spruce cones often have seeds. The empty seed will float and should be discarded. The seeds can be drowned and stored by the same methods described for pine.

If the seeds are to be stored before stratification, they should be put in clean sealed jars and kept at 35–40°F, a common refrigeration temperature.

**SPRUCE**—Spruce cones should be collected when they begin to open in the fall, mid August–October. Dry the cones in the sun until they are fully open and the seeds fall out easily when the cones are shaken, or placed in an oven at 100–120°F for 2–6 hours. Use a thermometer to check the temperature, as higher temperatures will kill the seeds. Spruce cones often have a high percentage of empty seeds. The empty seed can be separated from the good seed by putting the seeds in ethyl alcohol. The alcohol will float and should be discarded. The seeds can be drowned and stored by the same methods described for pine.

**CEDAR AND JUNIPER**—Cedar and juniper seed should be collected from September through early December. The berry-like cones are blue when green (with bloom) or yellow green to light brown. Rocky Mountain juniper seeds take two years to mature, so do not pick the immature green cones.

Soak the cones in a weak lye solution (one teaspoon of lye per gallon of water) for one or two days, then rinse well with water. If the cones are still sticky, repeat the lye soaking and rinsing. Dry the fruits, then separate the seeds from the pulp by rubbing on a screen. Next soak the seeds and pulp in water. The pulp and empty seeds will float and can be discarded. The good seeds should be stored in the same way as pine seeds.

**Stratification**

**PINE AND SPRUCE**—Stratification for pine and spruce is a fairly easy process. The seeds have mild internal dormancy. Soak the seeds in room temperature water for two days (change the water after 24 hours) place in moist sand in a clean plastic bag and store at 35–40°F. The bag should be loosely tied. The length of time needed for stratification is listed in Table II.

**CEDAR AND JUNIPER**—The junipers have both internal and seed-coat dormancy. Soaking eastern redeerced seed in a weak solution (1 percent) of citric acid for four days before stratification will increase germination. Rinse the seeds well with water before stratifying. Stratify the seed by layering in moist sand or peat moss in a clean plastic bag and keep it at 35°F for 30–120 days. Rocky Mountain juniper seed should be stratified for six months before planting. Layer the seeds in damp peat moss in a clean plastic bag. Loosely tie the bag and keep it at 35–40°F for six months. Begin stratifying the seed in January and plant in July. The seed will germinate the following spring.

**Planting and Care**

Seeds should be planted promptly after stratification. If the seed is allowed to dry out, dormancy may be triggered again and your efforts will be wasted. A large seed bed is not needed for a home operation, but the area should be selected carefully. The area should be well-drained and fairly open, close to a source of water and protected from animals. An acid, sandy loam is best for growth of pine and spruce conifers.

The addition of peat moss will help make the soil more acidic. Add fertilizer to a poor soil. A 4’ x 8’ seedbed would need about a pound of commercial fertilizer like ammonium nitrate 33 percent or ammonium phosphate 12:20:0. The fertilizer should be worked into the soil well before planting.

The planting times for the most common conifers grown in Nebraska are given in Table II.

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**Water Trees According to Soil Type**

The lingering drought makes it necessary to know how to properly provide supplemental water to trees.

Water should be placed below that can hold at any one time is low. Clay soils can hold much moisture, but the clay particles hold moisture. In sandy soils, most of the water the soil can hold at any one time is low. Clay soils can hold much moisture, but the clay particles hold moisture tightly, making the sandy soil unavailable for plants to absorb. Frequent watering in low amounts is the best way to water trees in sandy soil. Ideally, soil should be moist 18 inches into the ground for as long as the tree is growing. Watering every five to seven days may be necessary to maintain adequate moisture in high temperatures and high winds. It is almost impossible to water trees in sandy soil, but it can be wasteful. When too much water is applied to sandy soil it passes through the soil and isn’t available to tree roots.

Proper watering is more difficult in clay soils because water can’t easily enter the small pores in clay soils. However, once they are wet, clay soils hold moisture for long periods of time.

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**Recognizing Tree Hazards**

A hazard tree may have one or more defects which decreases its structural integrity and integrates it as an increased potential for failure. One of these treatments may help make your tree safer. Reducing the risk associated with hazardous trees can take many forms. An arborist familiar with hazard tree evaluation can suggest one or more of the following:

**REMOVE THE TARGET**

While you can’t move a home or a nearby power line, you can sometimes move picnic tables, cars, landscape features, etc. to protect them from being hit by a falling tree.

**PRUNE THE TREE**

Remove the defective branches of the tree. Since inappropriate pruning may also weaken a tree, it is best done by a Certified Arborist.

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**CABLE AND BRACE THE TREE**

Provide physical support for weak branches and stems to increase their strength and stability.

**PROVIDE ROUTINE CARE**

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**Recognizing and reducing tree hazards not only increases the safety of your property and that of your neighbors, but will also improve the tree’s health and may increase its longevity** (DJ)

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**Table I. Cone collection dates.**

<table>
<thead>
<tr>
<th>SPECIES</th>
<th>PRE-RIPE CONE COLOR</th>
<th>RIPE CONE COLOR</th>
<th>WHEN TO COLLECT CONES*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ponderosa Pine</td>
<td>green</td>
<td>brown</td>
<td>August–September</td>
</tr>
<tr>
<td>Austrian Pine</td>
<td>yellowish–green</td>
<td>light brown</td>
<td>September–November</td>
</tr>
<tr>
<td>Scotch Pine</td>
<td>green</td>
<td>grayish or dull brown</td>
<td>September–October</td>
</tr>
<tr>
<td>Jack Pine</td>
<td>tan/yellow to brown</td>
<td>brown</td>
<td>September</td>
</tr>
<tr>
<td>White Pine</td>
<td>green</td>
<td>light brown</td>
<td>August–September</td>
</tr>
<tr>
<td>Black Hills Spruce</td>
<td>green</td>
<td>shiny light brown</td>
<td>September–October</td>
</tr>
<tr>
<td>Colorado Blue Spruce</td>
<td>green tinged with red</td>
<td>blue</td>
<td>September–October</td>
</tr>
<tr>
<td>Eastern Redcedar</td>
<td>green</td>
<td>blue</td>
<td>September–November</td>
</tr>
<tr>
<td>Rocky Mountain Juniper</td>
<td>green (with bloom)</td>
<td>blue</td>
<td>September–November</td>
</tr>
</tbody>
</table>

*After these dates the cones open and disperse seen naturally

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**Table II. Stratification and planting instructions.**

<table>
<thead>
<tr>
<th>SPECIES</th>
<th>WHEN TO PLANT</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ponderosa Pine</td>
<td>Spring</td>
<td>Stratify for 20–30 days before planting.</td>
</tr>
<tr>
<td>Austrian Pine</td>
<td>Spring</td>
<td>Stratify for 35–56 days before planting.</td>
</tr>
<tr>
<td>Scotch Pine</td>
<td>Spring</td>
<td>Stratify for 30–60 days before planting.</td>
</tr>
<tr>
<td>Jack Pine</td>
<td></td>
<td>No stratification necessary.</td>
</tr>
<tr>
<td>White Pine</td>
<td></td>
<td>Stratify for 30–60 days before planting.</td>
</tr>
<tr>
<td>Black Hills Spruce</td>
<td>Spring</td>
<td>Stratify for 30–50 days before planting.</td>
</tr>
<tr>
<td>Colorado Blue Spruce</td>
<td>Spring</td>
<td>Stratify for 30–50 days before planting.</td>
</tr>
<tr>
<td>Eastern Redcedar</td>
<td>August or Spring</td>
<td>No stratification needed if planted in August. Stratify 30–120 days before spring planting.</td>
</tr>
</tbody>
</table>

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Some species are best planted in August when the cones are ready for harvest and are known as “early”. Others are best planted in September when the cones are in uniform rows. Space the rows six to eight inches apart, leaving two foot walkways about every six rows. For further information on planting, disease and insect control, read Growing Conifers from Seed. [www.iianr.unl.edu/pubs/forestry/g380.htm](http://www.iianr.unl.edu/pubs/forestry/g380.htm) (DJ)
Freezing Peppers and Tomatoes

**Homemade Salsa**

Makes 8 servings

1 cup finely chopped, peeled tomato
1/2 cup tomato sauce
1 cup yellow or red onion
1/4 cup chopped green pepper
2 tablespoons vinegar
2 cloves garlic, minced
1 to 3 jalapeno peppers, seeded and chopped (use caution; wear rubber gloves and do not rub your eyes when chopping peppers)
1/2 cup fresh cilantro, chopped (optional)

Mix all ingredients in a glass bowl. Refrigerate until ready to serve.

**Cook's Tips:**
- Consider using lemon or lime juice in place of vinegar.
- To reduce the sodium content further, use a no-salt-added tomato sauce. These are frequently available in the canned tomato section of your grocery store or in a health food store. Serve with unsalted tortilla chips.

**Bell and Hot Peppers**

Peppers are one of those foods you can quickly freeze without blanching them first.

**Bell or Sweet Peppers Preparation** — Select crisp, tender, green or bright red peppers. Wash, cut out stems, cut in half and remove seeds. If desired, cut into 1/2-inch strips or rings. **Heated** — Good for use in cooked foods because they have a crispier texture or in cooked foods. Package raw, leaving no headspace. Seal and freeze.

**Hot Peppers Preparation** — Wash and steam peppers. Package, leaving no headspace. Seal and freeze.

**Tomatoes**

It is possible to quickly freeze raw tomatoes without blanching them first. Frozen tomatoes are best used in the same foods such as soups, sauces and stews as they become mushy when they’re thawed.

**Preparation** — Select firm, ripe tomatoes with deep red color.

Raw — Wash and dip in boiling water for 30 seconds to loosen skins. Cool完全 or in pieces. Pack into containers, leaving 1-inch headspace. Seal and freeze. Use only for cooking or seasoning as tomatoes will not be solid when thawed.

To extend the time frozen foods maintain good quality, package foods in material intended for freezing and keep the temperature of the freezer at 0°F or below. It is generally recommended frozen vegetables be eaten within about 8 months for best quality.

For more information on freezing and canning fresh produce this summer, check our Web site at lancaster.unl.edu/food/foodpres.htm (AH)

**Pinwheels**

Pinwheels

**Sandwich fillings**, such as tuna, egg, or chicken salad, mustard, cheese, peanut butter

**Fresh vegetables or fruits**

1. Wash hands.
2. Flatten each slice of bread with a rolling pin.
3. Spread a sandwich filling on each slice of bread.
4. Cut up vegetables or fruits in small pieces and put on sandwich filling.
5. Place a cheese slice or shredded cheese on top.
6. Start with one end, roll the bread.
7. Slice into 1-inch pieces.
8. Refrigerate leftovers.

Be adventurous in trying different food combinations. Sometimes the most unlikely combinations taste the best. Tortillas can be used in place of the bread.

**Pinwheels**

For more information on freezing and canning fresh produce this summer, check our Web site at lancaster.unl.edu/food/foodpres.htm (AH)

**FREE class: Healthy Cooking for 1 or 2**

Alice Hennon, registered dietitian and extension educator, will help you learn how to prepare quick, delicious and nutritious meals for one or two people on Nov. 4, 7-8 p.m. in cooperation with Bryan-CHI Medical Center. The emphasis will be on using just a few common ingredients per recipe and as few dishes to wash as possible! Participants will receive an extensive handbook which includes tips and recipes. More information on location and how to register will be provided in the next NEBRINE. (AH)
When Times are Tough: What Can I do to Help Myself?

Although times are difficult now for many people for many reasons, there are still some things we can do to help ourselves. Economic hardship, drought conditions, and the war situation are stresses that affect many of us. Life is not easy anyway, and when additional stressors are added to the demands of daily life, it can almost seem too much to handle. Each person has a limit with the level of stress that can be handled effectively. Then each person has a breaking point. It is essential that before we get to the breaking point, we stop, do an assessment, and make a plan. The plan may involve some change, getting some help from others, and may involve some difficult decisions. Whatever must be done to avoid a breaking point will vary depending on your personality, your capabilities, and your support network. It is essential that you are willing to ask for help from others when you need it. Too often it is assumed that those who love and care for you should be able to read your mind.

People cannot read your mind. Let others know how they can help you. Sharing feelings, expectations and concerns puts you in a vulnerable position and so is often avoided. But without this honesty, it will be difficult to develop relationships that build and support you. Knowing your personality, your limitations, and your needs will allow you to better communicate your needs to others. This is especially important to those in your life that would be able to help you help yourself.

Source: Kathy Busch, Extension Specialist, Family Life Education (LB)

Five Steps to a Hassle-less Family

1. Evaluate your time. Determine your responsibilities and marriage and family are countless: children, church, community. How do you want to just the two of you as well. Make a list of things your family does each day and weekly.

2. Prioritize your activities. Which activities are vital to your marriage and family? Which build up and strengthen your primary responsibilities? Which are not really important? List your activities in order of importance.

3. Decrease nonessential activities. Although we like to think everything we do is important, it isn’t. Some activities can be eliminated, others done less frequently. Cross off your list those activities which are not essential.

4. Delegate. Parents don’t have to do everything. Often an older child is capable of taking responsibility. Younger children can do small tasks. Sometimes you can pool resources in cooperation with friends and neighbors.

5. Take time for yourself. Everything you do is conditioned by the energy you bring to it. To be the best spouse and parent you can be, take the time to renew yourself through prayer, play, exercise, and good nourishment.

Have a Good Start to the Day

Getting yourself and your children up and out of the house in the morning can be a real challenge. And if the day starts with a hassle, parents end up going to work—and children to school—feeling upset. Here are some tips for the morning routine.

1. Get organized. The plan may involve some time cushion. And if the day starts on “fast forward,” so a little extra time makes it possible for everyone to wake up, get dressed and enjoy breakfast without feeling so frazzled.

2. Create schedules and routines. Specify times for the major events such as getting out of bed, eating breakfast and leaving the house. With that framework, be clear about the sequence of steps in each part of the morning routine.

3. Talk over plans for the day. Since family routines are not static, talk over plans for the day.

Source: Kathy Busch, Extension Specialist, Family Life Education (LB)

How Sleep Loss Affects Your Ability to Think

The loss of sleep affects how you think and feel. A recent study found that when you lose one night’s sleep, you will respond to familiar situations and do routine jobs if you concentrate hard and push yourself. But you’ll find it hard to come up with a creative solution to a problem or task where there are not familiar rules to guide you.

If you were a student, for example, and you had stayed up all night to study for an exam, you might do well on multiple choice or true-false questions but find it difficult to write anything that required analytic skills. Similarly, at work you could manage on “automatic pilot” but not be able to tackle anything that required originality or spontaneity. With the loss of two nights’ sleep, even your ability to function in familiar situations may be greatly impaired.

If you lose sleep for whatever reason—a crying baby, a sick family member or an occasional attack of insomnia—try to be realistic about what you expect to accomplish the next day.

Source: Kathy Busch, Extension Specialist, Family Life Education (LB)

Trustworthiness

The four ethical principles of trustworthiness are integrity, honesty, promise-keeping and loyalty. Trust is essential to meaningful personal relationships, enduring and rewarding friendships and successful associations in school, extracurricular activities and the workplace.

Trust is an essential factor in achieving sustainable success. People of character understand the importance of trust and pursue a life that makes them worthy of trust.

Source: Kathy Busch, Extension Specialist, Family Life Education (LB)
2003 is the Year of the Poppy

The National Garden Bureau designated 2003 as the Year of the Poppy. Poppies deserve a place in any garden: in wildflower and meadow plantings, perennial borders, cutting gardens or mixed-shrub borders. Their flower colors range from deepest crimson, bright orange, yellow, soft pink, peach, rose, lilac and cream. Flowers may be single, double or semi-double, with amazing texture and size.

In a border garden, poppies combine beautifully with lamb’s ears, cornflowers, larkspur, Shasta daisy, and veronica. For a meadow look, you cannot go wrong with a sowing of poppies among coreopsis and bachelor’s button. The colors complement each other and the various plants extend the flowering season into fall. Flowers appear primarily in the spring or fall when cool temperatures prevail. Poppies vary in height from 2 to 3 feet tall, although there are dwarf strains of the Iceland poppy that reach only 12 inches. The latter work well in rock gardens, in containers and at the front edge of a border. Most poppies look good in the middle or towards the rear of perennial beds.

Annuals
Corn poppy (Papaver rhoeas), grows 2 to 3 feet tall, blooms from late spring through summer and bears red, purple, lilac, white, salmon, peach, pink or orange flowers with a distinctive dark blotch at the base of each petal. Shirley poppy, a selection from the species, grows to 4 feet tall; its pastel blooms lack the blotch but have a narrow white or tinted edge on each petal.

Oriental Poppy (Papaver orientale), grows 2 to 4 feet tall, blooms from late spring to midsummer and bears scarlet, salmon, pink, peach, white or rose blooms, usually with a black blotch at the base of the petals. The foliage dies back after flowering but begins to regrow in fall. It is hardy in Zones 2 to 8. Alpine Poppy (Papaver alpinum), grows 5 to 10 inches tall, blooms from late spring to summer and bears white, yellow, or occasionally orange or red flowers. It is hardy in Zones 3 to 8.

Perennials
Alpine poppy (Papaver alpinum), grows 5 to 10 inches tall, blooms from late spring through summer and bears white, yellow, or occasionally orange or red flowers. It is hardy in Zones 3 to 8. Iceland poppy (Papaver

Seeds can survive several years when given the proper environment. Although optimum storage life varies among species, most seeds will survive at least two years with some lasting for centuries. Whether they are leftovers from the seed you purchased or seeds you have gathered from your own plants, with a little care and thought, it is a simple task to save seeds for use in next year’s garden. Unused seeds that keep for at least five years are broccoli, cabbage, cauliflower, cucumber, kohlrabi, lettuce, pumpkin, radish and squash. The most important storage factor is low moisture content. Most seeds readily absorb water if stored in a damp environment. In a proper planting environment this would lead to germination and growth. In storage this leads to molding and rotting. Store seeds at a relative humidity of less than 65 percent.

Seed life can be further extended by placing seeds in a sealed container. This reduces the oxygen content and creates a controlled atmosphere. The best containers for seed storage are zip lock plastic bags or glass jars with tight-fitting lids. To avoid identification problems, leave seeds in their original packets or envelopes. Seeds may be stored in any cool, dark, dry place. (MJF)

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Alpine poppy (Papaver alpinum), grows 5 to 10 inches tall, blooms from late spring through summer and bears white, yellow, or occasionally orange or red flowers. It is hardy in Zones 3 to 8. Iceland poppy (Papaver

There is no easy method for controlling nimblewill, because there is no herbicide that will kill this weed and not kill the existing turfgrass too. The easiest means of control is to spray patches of nimbleweed with a total-kill herbicide like Round Up. Spray a circle 10 to 12 inches larger on each side than the existing patch, to ensure all stolons are killed. Allow the grass two to three weeks to die back, then reseed or resod the area.

A common mistake made by homeowners is not killing a large enough area of grass initially, and inadvertently leaving some nimblewill alive. When this happens the patches will regrow and the control process must be repeated. (MJF)
Salt Creek Tiger Beetle — Found Only in Lancaster County’s Saline Marshes

The Salt Creek tiger beetle, Cicindela nevadica lincolniana Casey (SCTB) (Figure 1) is one of the rarest insects in North America. It is only found in a few remnant saline marshes in Lancaster County.

In the 1980’s, Mark Carter, UNL entomology graduate student, researched tiger beetle ranges. The earliest collections of the tiger beetle dating back to 1900 were found in the Nebraska State Museum collection. One area with an apparently large population was near old Salt Lake, now known as Capitol Beach. Carter compared the type locality with existing saline wetland areas and realized that the habitat of the SCTB had decreased so much that it was likely the beetle population was very small. It has been determined that over 90 percent (16,000 acres) of eastern Nebraska Saline wetlands, probably the original historic range of the beetle, is no longer in existence.

Steve Spomer, UNL research technician, accompanied Mark in 1983 and 1984 collecting trips and became interested in tiger beetles. In 1991, Spomer decided to begin an intensive survey to determine the distribution and abundance of the SCTB. With help from the Nebraska Game & Parks Commission’s Natural Heritage Program, he was able to identify and locate additional, potential sites. Areas include the saline flats remaining by Capitol Beach in Lincoln, two separate populations near North 27th Street, including Cracker Barrel Marsh and a fourth population southeast of Ceresco (Figure 2).

Spomer and his colleagues have continued to monitor sites on a yearly basis. The number of SCTB range from a low of 115 individuals in 1993 to a high of 637 in 1995 (Figure 3). Spomer believes the beetle’s population is less than 500, which is extremely low for an endangered species.

The Nebraska Game and Parks Commission listed the SCTB on its threatened and endangered species list in March 2000. The U.S. Fish and Wildlife Service upgraded the beetle as a candidate for the federal endangered species list. It is expected to be federally listed soon.

Life History

Most aspects of the life history of the SCTB are unknown. Adults appear as early as the end of May or as late as mid-June and disappear by mid-to late-July (i.e. about five or six weeks). Populations peak about two weeks after the first individuals appear. Adults mate throughout their life and may mate multiple times. After mating, the male rides atop the female, presumably to prevent her from immediately re-mating. This phenomenon is known as mate-guarding (Figure 4).

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What are Tiger Beetles?

Tiger Beetles are predacious insects that live in a variety of habitats including stream edges, forests, beaches and deserts. Tiger beetles are highly active and are well-known for their quick running and agile flying abilities. Some have been clocked at 5.4 miles per hour. Many species of tiger beetles are brilliantly colored. Others are camouflaged, blending well into their habitat. About three-fourths of the tiger beetles in North America belong to the genus Cicindela — the same genus SCTB belong to. Species are distinguished by differences in size, coloration and markings on their wing covers.

Tiger beetles are important components of the ecosystem. They are an important part of the food chain and are also bioindicators of the environment.

The presence or absence of certain species can provide information on the quality of the habitat, successional stage of the habitat and/or alterations to the habitat.

Human Intervention

Because 90 percent of the original saline wetland beetle habitat has been destroyed, the present beetle range is greatly restricted. Because of increased growth of north Lincoln, commercial and residential development pressure continues to threaten its habitat. This is one reason why the city of Lincoln, using state and federal grants, has bought 160 acres of saline wetland. It is located 1-1/2 miles north of North 27th Street and Interstate 80 and includes a section of the Little Salt Creek and is in the heart of the best remaining tiger beetle habitat in Lancaster County. The area will be managed by Nebraska Game and Parks Commission. Sources: Steve Spomer and Leon Higley, UNL Entomologists, Nebraska Game and Parks. More detailed information can be found at the following Web site: http://entomology.unl.edu/lgh/sctb (BFD)

The Case of the Vandalized Fence

Barb Ogg
Extension Educator

In early July, a Lincoln homeowner called the police, reporting that his chain link fence had been vandalized. Most of the aluminum wires used to hold the top of the fence to the supporting pipes had been ground down (see picture at right) and a couple wires had even been sheared in two. The homeowner thought this damage occurred at night because he didn’t notice anything unusual during the day.

Officer Mike Davis wrote up a vandalism report and took samples of the wires and pictures, but was puzzled because the damage didn’t seem to make sense. What could have been the motive for this type of vandalism? Nothing else was damaged. He started wondering whether a rodent could have made this type of damage.

He brought the damaged wires to the extension office. The verdict was that the vandal was a destructive neighborhood squirrel! This type of damage is a little unusual, but squirrels have been observed sitting on the chain link fence grinding their teeth on aluminum wires that are soft enough they can grind it down in no time. Mice or rats were discounted because see FENCE on page 11

Environmental Focus

Web site: lancaster.unl.edu August 2003
4-H Thanks Sponsors

Lancaster County 4-H would like to thank all of the businesses and individuals that sponsored 4-H events, activities, programs and trophies at this year’s county fair. This support enhances the educational experience of the 4-H’ers who participate in the county fair.

Animal Care Clinic
Animal Pet Haven Hospital
Anonymous
Joel Armstrong
Rebecca L. Arnold, D.V.M, Ph.D.
Appelbees
Awards Unlimited
Chet Axthelm Memorial Cup
Grimm Axthelm Memorial
Jim and Cindy Bauman
Bauman Livestock Feed & Supply - Martell
Beacon Hills
Belmont Veterinary Clinic
Crystal Bloomquist
Blue Stem Valley Farm
Buzzard Billy’s
Cabin Realty and Ag Services

Capitol Animal Clinic, P.C.
Capitol Pork Producers
Kathy Calvert, D.V.M.
Chanelle Pollard Herefords
David and Kim Cheney Family
Warren Cheney Family
Circle D Ranch
Comfort Inn
Condon Family
Cook’s Family Foods
The Cookie Company
Crawford Family Shorthorns
DJT Angus
Ted DeHaas & Sons
Designs by Vonne
Ted and Alice Doane
Don Dierberger Family
Douchester Farmers Cooperative
Douglas Theatre Company
Ron Dowding Family
Robert & Sandra Dresser
Eagle State Bank
Earl May Nursery & Garden Center
Expurion
4H Council
4H Teen Council
4N Angus
Famous Dave’s
Farm Credit Services of America
Farmers Bank of Cook
Farmers Cooperative Co. - Waverly
First State Bank - Hickman
Fifth Cooperative Co.
Fitch Trucking, Inc.

Forney Animal Center
The Fort Western Outfitters
Four Winds Farm
Joe, Lois and Julie French
Julia French Show Cattle
Melvin and Linda Gagner
Gagner Construction
Gana Nisley Show Cattle
The Garden Café
Gateway Bowl
Blaine Glassman Family
Godfather’s Pizza
Goodrich Dairy
LaKalterlyde Farms
Laverne Grace Family
Haas Contracting, Inc
Hancock Fabrics
Linda Hanigan
Harlan’s Automotive, Inc.
Heidbrink Feeds
Irene Heidbrink Memorial
Red Hollman
Holthus Family
Hoppe & Harner, Attorneys at Law
Wayne, Joyce and Eric House
Larry and Senator Carol Hudkins
Husker Electric Supply
Deanne and Steve Karmazin Family
Jaycees of Waverly
David and Tina Johnson
Keech Trees
Kent Feeds
Lancaster County Agricultural Society
LAN-OTOE Farm
Lazo’s
Mr. and Mrs. Mike Lessmann
Lincoln Paint Center, Inc.
Lincoln Women’s Chamber of Commerce
Mabel’s Restaurant & Lounge
Macaroni Grill
Cleo and Don Madden
Merle’s Food & Drink
Messy Quarter Horses
Modern Methods
Mueller Farms
Clyde & Helen Naber
Nebraska Beef Council
Nebraska Pork Producers
Nebraska Soybean Board
Abby & Curtney Neemann
Ian Neemann
Steven & Stephanie Nelson
Nisley Brother’s Shorthorns
Norris FFA Alumni
Oak Creek Plants & Flowers
Barb and Clyde Ogg
Duane Parrish Family
Parrott Family
Patterson Supply Company / Tom Filipi, agent - Davey
Larry Pershing
The Pet Ark
Pet Pals 4-H Club
The Pet Stop
Pitt’s Veterinary Hospital
Lois Princ
Radio Shack
Rainbows End
Raymond Central FFA Alumni
Rick, Tammy, Nick and Andrea Reddy
Rixtine Trophy Co., Inc.
Roberts Dairy Co.
Rock Creek Ranchers
Ervin Rolofson/Raymond Grand
Rotellias Bakery
Ruby Tuesday
Russell Princk Registered Angus.
Pat and Larry Ruth
Saline State Insurance Agency/ Dan James, agent
Salt Valley Grange #413
Schafer’s IV and Appliance Center
Sew Creative
Allen and Charlene Sieck
Sieck Show Cattle
Shepherd of the Hills Church - Hickman
Deb Snell Memorial
Ron and Donna Snover

Sprague County Club
Staybridge Suites
Steele Business Services
TGI Friday’s
Kay’s Thrarton
TietOne Bank
Triple RRR Farms
Union Bank & Trust Co., Ag Loan Dept.
UNL Department of Animal Science
Michael Vaughn Family
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Wal-Mart
Waverly FFA
Waverly Grange #369
Welp, Inc.
Westfield Shopping Center - Gateway
Wheeler-Five Farm — Doug and Cheryl Johnson
Wilkinson Sheep Farm
Dwayne and Joan Wittstruck
Wolfe Ace Hardware

We apologize for any inaccuracies. If you notice any corrections, please call us and we will include the information in next month’s Nebline.

Thank You to Volunteers

The county fair would not be possible without the dedicated work of hundreds of volunteers. The Lancaster Agricultural Society and Lancaster County 4-H thank all of the people who donated their time and talents to help make this community event a success!

COUNTY FAIR 4-H NEWS

For 4-H fair results, go to lancaster.unl.edu/4h/Fair. See page 12 for photos. More photos online at the above Web site. Congratulations to all participants!

2003 LANCaster County FAiR

For a complete list of results, go to 4h.unl.edu. Congratulations to all participants!

4-H & Youth

Nebraska 4-H State Horse Exposition

The Nebraska State 4-H Horse Exposition was held July 13–17 in Grand Island. Lancaster County sent 40 exhibitors and brought back three trophies, with many Lancaster County 4-H’ers placing very well in different classes.

Reserve championship trophies were won by Amanda Essiek (with her horse, The Lady Can Skip) in Junior Barrel Racing, Micah Messick (with her horse, Chick Colonels Chick) in Senior Reining and Melisa Raisch (with her horse, Miss Drifter Creek) in Yearling Fillies — Lunging Halter.

Placing third in their classes were Rachel Braunmuth (with her horse Barts Patty) in Yearling Fillies — Lunging Halter, Ashley Schoneweiss (with her horse Charg_suite) in Senior Barrel Racing, Taylor Holliday (with her horse HP Chief Cougar) in Junior Pole Bending and Sierra Fredrick (with her horse Heza Secret Impulse) in Junior Showmanship.

The Lancaster County Horse Judging Team consisting of Dana Hahn, Melissa Raisch, Katie Cookerill and Ester Anderson placed third.

For a complete list of results, go to 4h.unl.edu. Congratulations to all exhibitors!

ORSE BITS

Working Ranch Horse was a new State Horse show class this year with 68 entrants. Exhibitors were given five minutes to guide a steer between a panel and the rail, around a barrel, into a holding pen for five seconds and out the gate. The Lancaster County Fair also had a Working Ranch Horse class for the second year in a row.
There was a very special treat at the Lancaster County Fair's Household Pets Show this year. Barbara and Clyde Ong donated a pair of Bourke's parakeets to the pet show. Josh Bivins was the lucky winner! Josh is a member of the 4-H Polk 4-H Club and showed a very nice guinea pig this year. “I intend to take very good care of these birds. I knew I was going to win because I am very lucky,” said Josh. And indeed he is! There were around 30 exhibitors who wanted the parakeets. Bourke’s parakeets (Neophema bourki) are native to Australia and are the only Australian parakeets that do not have green as their background color. They are beautiful fully colored with pink background, and with brown-black scalloping and blue accents on their wings and throughout the tail. It is easy to distinguish mature males from females as males have a blue-brown—the area just above the eyes. Bourke’s parakeets are good pets for beginners and experienced persons alike, because they are hardy, gentle and have a soft, pleasant chirp. They are good-natured and peaceful. The birds are active during the daytime, but are active at dawn and dusk. If you are caring for Bourke’s parakeets, treat them as you would budgies. Thanks Barb and Clyde! You made our day. (ALH, BO)

Awards, project completion/ prepare for the next 4-H year. Current 4-H year and how to prepare for the next 4-H year. Awards, project completion/ selection and club reorganization will be covered. See you Tuesday, Sept. 30, 9-9 a.m. or 7 p.m. Must call 441-7180 to RSVP by Friday, Sept. 26, (TK)

A 4-H volunteer for more than 20 years, Merlin has judged several rabbit shows and conducts rabbit judging clinics for 4-H clubs in Lancaster and Gage Counties. He sells rabbits from his rabbitry to many 4-H’ers. He also sells rabbits to schools and retirement centers. His favorite way to relax is to cradle one of his Holland Lops and feed it raisins or dandelion greens. "I was called upon to judge the Pot Rabbit Class," he said. "One of the youngsters showing her pet rabbit was a little handicapped girl. As she struggled to walk up to the judging table, everyone could see the great love that existed between the rabbit and her.” The Kohl’s Kids Who Care volunteer role. The rabbit lay content in her arms as she carefully placed it on the table. When I later announced she was the winner, the wide grin on her face was a sight to see!

Merlin and his wife of 51 years, Jean, have three children: Jeanette, Greg and Rick. He is a retired minister of the Have-lock Christian Church and also volunteers for nursery schools, public schools and retirement centers. His favorite way to relax is to cradle one of his Holland Lops and feed it raisins or dandelion greens. Congratulations to Merlin. Volunteering like him is indeed, the heart of 4-H!
Preventing Pollution Has Many Benefits

For work or fun, riding an all-terrain vehicle can be an enjoyable experience. Properly used, ATVs are highly functional machines and perform many tasks for farmers, ranchers and recreational outdoormen. However, reckless or unsafe use of an ATV can result in dangerous situations for riders and the environment.

Many people have been seriously injured or have lost their lives as a result of ATV-related accidents. This is especially true for young people. According to reported information (since 1985) to the U.S. Consumer Product Safety Commission, approximately 35 percent of all victims were under 16 years of age and 15 percent were under 12 years of age.

To help reduce ATV accidents resulting in serious injury and lost lives, the National 4-H Council has developed an ATV Rider’s Handbook, using source material from the Specialty Vehicle Institute of America (SVIA). The handbook contains chapters on becoming familiar with your ATV, protective equipment, basic riding techniques, effects of alcohol and drugs, respecting the environment, healthy choices and getting ready for the ride.

ATV Rider’s Handbook Available to All

UNL Cooperative Extension in Lancaster County is co-sponsoring a 55 ALIVE Driver Safety Course scheduled for Tuesday, Sept. 16 and Wednesday, Sept. 17, 12:30-4:30 p.m. Cost is $10 payable at the first class. Call 441-7180 to register.

Drivers aged 55 and over, compared with drivers aged 30–54, are involved in more accidents per mile driven. The number of accidents per mile rises sharply at about age 75. The AARP Driver Safety Program is the nation’s first and largest classroom driver refresher course specially designed for motorists age 50 and older.

The eight-hour course is taught in two, four-hour sessions spanning two days. The course helps drivers refine existing skills and develop safe, defensive driving techniques. AARP members and non-members alike may take the course. There are no tests.

The AARP Driver Safety Program course covers the following topics:

• Vision and hearing changes
• Reaction time changes
• Left turns and other right-of-way situations
• New laws and how they affect you
• Hazardous driving situations
• Research shows a direct link between the kinds of driving problems experienced by older motorists and the physical changes that can occur in all older persons. The loss of vision, hearing and physical strength is gradual and can go virtually unnoticed until older drivers are faced with a driving emergency that they are no longer able to handle.

For example, the gradual failure of sensory acuity associated with aging reduces the quantity and accuracy of information capable of being processed. This reduces the ability of the individual to respond or react to his/her environment with speed and judgment, current traffic often requires. By being aware of these normal age-related changes and learning how they affect driving, older motorists can compensate for them and become better drivers.

Safety Course for Drivers 50 and Over Scheduled for Sept. 16 & 17

Reduce, Reuse and Recycle Training on Sept. 30

A train-them-trainer lesson on the 3 Rs (Reduce, Reuse and Recycle) will be given Tuesday, Sept. 30, 1 p.m. Recycling is not mandatory in Nebraska at the present time but it could happen if the landfills continue to fill at the present rate. Following the 3 Rs in our daily lives will help lower the amount of trash going to the landfill. This training will give participants information on recycling, Shop S.M.A.R.T. (Save Money and Reduce Trash) and ideas on how to make treasures from trash. Call Pam at 441-7180 to register for this training.

This Nebraska student came from a small town—and found community.

Amber Sayers is a junior computer engineering major and Honors student from Hay Springs, NE. She excels in this technology program, and she’s also learned to excel outside students for her involvement in Food the program, UNITE (NU’s Inner-Tribal Club). “I had other options, but the opportunities with the feel of a small Nebraska-Lincoln great price for me.”

There is no place like Nebraska.

Rated a “BEST VALUE”
EXTENSION CALENDAR

AUGUST
16 Composting Demonstration, City Yard Waste Composting Demonstration Site at 50th & Colby, Lincoln 8:30 a.m.
18 Pesticide Disposal Collection, Farmers Cooperative, Waverly 8 a.m.–Noon
20 Nebraska State Fair State Exhibits Entry Day State Fair Park
August 23–September 1 NEBRASKA STATE FAIR, State Fair Park

SEPTEMBER
2 4-H Council Meeting 7 p.m.
8 4-H Rabbit VIPS Committee Meeting, Lancaster Event Center 7 p.m.
11 4-H Rabbit VIPS Committee Meeting, Lancaster Event Center 8 a.m.
12 Extension Board Meeting 8 a.m.
14 Dine Out for 4-H Citizen Washington Focus (CFW), 5200 S. 56th Street 11 a.m.–4 p.m.
14 4-H Teen Council Meeting 3 p.m.
16 55 ALIVE Driver Safety Course 12:30–4:30 P.M.
16 4-H Kick Off/Open House, 6–7:30 p.m.
15 55 ALIVE Driver Safety Course 12:30–4:30 P.M.
20 Composting Demonstration, City Yard Waste Composting Demonstration Site at 50th & Colby, Lincoln 8:30 a.m.
20–29 AkSarBen Livestock Exposition Omaha Event Center
22 Family Community Education (FCE) Council Meeting 7:30 a.m.
30 4-H Leader Training 9:30 a.m. & 7 p.m.
30 Family Community Education (FCE) Leader Training “Reduce, Reuse and Recycle” 1 p.m.
30 Fertilizing Crop Land with Biosolids Workshop 3:30–8:30 p.m.

FARM LEASES
continued from page 2
4-H Rabbit VIPS Committee Meeting, Lancaster Event Center 7 p.m.
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11 4-H Rabbit VIPS Committee Meeting, Lancaster Event Center 8 a.m.
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30 Family Community Education (FCE) Leader Training “Reduce, Reuse and Recycle” 1 p.m.
30 Fertilizing Crop Land with Biosolids Workshop 3:30–8:30 p.m.

GOOD START
continued from page 3
the same each day, adults need to check each family’s schedule and make sure they agree on the day the child will be enrolled. To check on the anxiety level, be sure to share schedule information with the children.
• Establish some pleasant rituals. Mornings are often hard for kids because the family is going off in different directions at the same time. Children need to know what to expect. Some of the rituals you may establish is that mom does one thing and爸爸 does another. An evening ritual is important for younger children who are afraid of the dark. Children can settle down their teeth because their teeth continue to grow after the age of 13. It is normal for a child to have up to 32 teeth in his mouth at the age of 13. They can also chew into the tissues of the mouth and cause pain. When the teeth are wearing out, the child may not have been around when the damage was done. Squirrels have a need to wear down their teeth because their teeth continue to grow as they age. They can also chew into electrical cables, which can be a fatal mistake for them and a problem for utility companies. The homeowner might want to replace the aluminum wire with heavier gauge, galvanized wire. This will be more difficult to install, but will do a better job of keeping squirrels out of the attic. The case was a little unusual, but was interesting. Extension staff are glad to work with the Lincoln Police Department whenever they can.

FENCE
continued from page 7
of the location of the damage. Squirrels are active during the daytime, but this means active from daybreak until close to dusk. So, the homeowner may not have known about the damage when it was being done. Squirrels have a need to wear down their teeth because their teeth continue to grow as they age. They can also chew into electrical cables, which can be a fatal mistake for them and a problem for utility companies.
• Keep things in perspective. Try to avoid power struggles in the morning, it’s usually not worth it. Be prepared for the unexpected. Your child may wake up with a fever, or your child care provider is sick, or whatever. In these situations, staying calm may not be easy but it is the only way to cope.


Make It Yourself With Wool Contest
This contest is to promote the beauty and versatility of wool fabric and yarn and to encourage participation in creating and skills in sewing, knitting, crocheting, spinning and weaving of wool fabric and yarn. This year, they are promoting the category of “made for others” across the district and state levels. The ages are as follows: Pre-teen, 12 and under Junior, 13 to 16 Senior, 17 to 22 Adult 25 and over If you are a student in a college program of design, there is a contest you may enter arise outside from this contest at the National level. If you are in need of any further information, please feel free to contact the Nebraska State Director, Alice Doane, 17705 Bloff Road, Waverly, NE 68462; phone (402) 786-3555 or the director for the district you are interested in.
More than 50,000 people discovered the fun at this year’s Lancaster County Fair held July 30–Aug. 3 at the Lancaster Event Center. 4-H’ers were involved in many aspects of the fair. An estimated 1,000 4-H’ers exhibited projects at the fair. Many volunteered at the 4-H Corner Stop or as guides for Fair Fun Day. 4-H Teen Council ran the 4-H Information Booth, Ice Cream Social, Cookie Eating Contest and Teen Dance. Citizen Washington Focus did face painting and other fund raising activities. The Rabbits ‘R’ Us 4-H Club ran a Dunking Booth to raise funds for landscaping at the Lancaster Event Center. 4-H Council sponsored Spudfest. Hundreds of 4-H volunteers worked behind the scenes to make the 4-H shows, contests and activities run smoothly. Members of the Lancaster Extension board helped serve at the Watermelon Feed.

UNL Cooperative Extension in Lancaster County is proud to participate in this community event!

LANCASTER COUNTY FAIR

Discover the Fun!

Lancaster County 4-H kicks off the 4-H year with an Open House for youth and their families to discover 4-H!

Learn about 4-H!

4-H is a learn-by-doing program with more than 150 projects from which to choose. Many 4-H’ers exhibit their projects at the county fair! 4-H also develops life skills such as thinking critically, solving problems, respecting self and communicating.

Tuesday, Sept. 16

6–7:30 p.m.

Lancaster Event Center, 84th & Havelock

Exhibit Building

If you are unable to attend but would like to find out more about 4-H:

Name __________________________ Age ____________ □ Male □ Female

Parent/Guardian(s) ___________________________________________________________

Address ___________________________________________________________________

City ________________________________ State ___________ Zip _________________

Phone (day) ___________________ Phone (evening) _______________________________

Grade ____________ School _________________________________________________

Interests __________________________________________________________________

Return to UNL Cooperative Extension in Lancaster County, 444 Cherry Creek Rd, Suite A, Lincoln, NE 68528-1507

or fill out form online at www.lancaster.unl.edu/4H