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The NEBLINE, June 2003

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Norris Students Get a Grade of Job “Well” Done in Innovative Project

David Smith
Extension Technologist

In 2000, John Chess, water quality supervisor for Lincoln/Lancaster County Health Department and Doug Malone, educator for Norris Public High School had an idea to test private wells in Lancaster County in a different and original way. Based on this idea, a grant was obtained from the Nebraska Department of Environmental Quality and the “Safe Water Tomorrow Through Pollution Prevention Today” project was created to test and map 600 private drinking wells in southern Lancaster County.

What made this endeavor unique was all the work would be done by Norris High School students involved in the Future Farmers of America (FFA) program. Another innovative component of this project was the use of advanced technology; GPS (global positioning system) to map the wells and GIS (geographic information system) to construct a database and manage all the collected geographic information.

Getting the project started at Norris was a perfect fit for Chess and Malone. Malone had already initiated a program in partnership with the University of Nebraska Cooperative Extension in Lancaster County to introduce the students to GPS and GIS, so the background and education was already in place for that component of the well-testing project. Starting in 1998, Extension Technologist, David Smith, had been educating Norris students about the use and application of these technologies in a series of hands-on activities and classroom lectures. The reputation and history of success Norris FFA has enjoyed in this venture, “There is nothing more rewarding than seeing the students’ commitment to the environment and the accomplishments they have achieved in this venture,” commented Chess.

Malone has since taken another position at Norris, and two other teachers have supervised the project including Kristyn Harms, the current agriculture teacher at Norris Public Schools. Smith has taken the role of geographic technology supervisor, while Holly Woldt, a UNL employee, has served as the coordinator for the entire project.

To obtain the 600 wells needed for testing, six “Test Your Well Nights” were established in smaller towns in southern Lancaster County and one at the Lancaster County Fair. At these events, county residents received educational material about well pollution and could bring a sample of water from their well and have it tested for nitrates by students. “These events really did a great job of bringing the students and the community together,” said Kristyn Harms, “and they also gave students an opportunity to educate adults about the environment.”

After receiving an address for each well, students use hand-held GPS receivers to map the specific location of the well and then download the geographic location into a computer. Important attributes for each well (test result, type, etc.) are added to the well location collected using GIS software and the information is incorporated into a well database. The students have a mapped location of every well tested, with all the information describing those sites in the computer database, or “well” GIS. “Safe Water Tomorrow Through Pollution Prevention Today” has enjoyed success at both a local and national scale. Governor Mike Johanns selected this project to represent Nebraska at the National Youth Watershed Summit in Edgewater, Maryland in October 2002. At this conference, attended by 47 state-representing schools, the Norris FFA presentation of the well testing project won third place receiving $1,250 in scholarship money. Norris was also chosen to present the project in November at the 2002 Groundwater Foundation Conference in Eugene, Oregon.

Other rural high schools are expanding the project with Raymond Central in the beginning phase of testing and mapping northern parts of Lancaster County. The cooperation, education and community interaction resulting from this project makes it a great model for high schools even beyond the border of Lancaster County. A CD also was produced to help instruct and guide any school interested in duplicating this activity. “There is nothing more rewarding than seeing the students’ commitment to the environment and the accomplishments they have achieved in this venture,” commented Chess.

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Watch for Squash Vine Borer

The squash vine borer is one of the most serious pests affecting squash and pumpkin vines. Injury is caused by the caterpillars boring into the tender, lower stems of the vines or bushes causing them to suddenly wilt a few weeks later.

Dust with an insecticide now to prevent loss of this year’s squash and pumpkin plants, since the adults deposit eggs on the young stems and leaves. Apply an insecticide to the base of squash or pumpkin plants weekly, beginning when the vines begin to run or bush begins to grow. Follow all label directions and precautions when using insecticides. (MJF)

Water Use in the Landscape

Every time you turn on a faucet, an important natural resource, water, goes down the drain. This check list will help you conserve water for lawn and garden use. Try to add these water conservation tips into your landscape and vegetable gardens. A few simple changes in your daily routine can conserve some of this important resource and help to avert water loss.

• Mulch shrubs, perennials, annual flowers and vegetable plants to retain moisture in the soil longer. Use shredded leaves, grass clippings or chopped bark around the plants. Mulching also controls weeds that compete with garden plants for water.
• Vegetables that require more water should be grouped together in the garden to make maximum use of water applications.
• Collect rain water in a barrel or large bucket from down spouts. Use it to water container plants.
• Use a drip irrigation system in your gardens. This method uses 25 to 50 percent less water.
• Water the lawn during the morning hours. Avoid watering when it is windy or during the hottest part of the day. To avoid over watering, keep track of the time by setting a timer or alarm clock.
• When purchasing plants or developing a new landscape, select low water use plants. By making these simple changes, you can pull the plug on unwise water use and help to conserve this precious resource. (MJF)

Low Water Use Flowers for Your Landscape

In Nebraska landscapes, conserving and maintaining water quality is essential. Planting water wise flowers will help accomplish this, while providing season long color. During establishment, water wise perennials require regular irrigation. After establishment, however, supplementary water will be needed only during periods of extended drought. The depth, width and overall health of a plant’s root system determines how efficiently it uses water. To encourage maximum root growth, wet the soil to the depth and width of the eventual root span.

Here is a list of low water use plants for you to try in your landscape. (MJF)

Horticulture Information Center

NUFACTS 24 hours a day, 7 days a week 1-800-832-5441; or 441-7188 in the Lincoln area

To listen to a NUFACTS information center message, call the number above on a touch-tone phone, then enter a three-digit number listed below. Call 441-7180 to receive a brochure with all the NUFACTS message topics.

NUFACTS

110 Good City Trees
112 Eucalyptus Scale
142 Bagworms
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189 Zosia Lawn Care
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292 Rabbit Control in Garden

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For hanging baskets in cool, shady locations, use tuberous begonias, ferns, impatiens or fibrous rooted begonias in combination with trailing plants, such as English ivy.

Remove old flower heads from annual bedding plants to keep them blooming. Dribbld chrysanthemums flowers to secure large, beautiful blooms on straight, strong stems. To dribble, remove the small side buds along the stems which form in the angles of the leaves. This will allow all of the food reserves to be used for one large flower rather than many smaller ones.

Plant annual flowers in tubs or large containers for the porch or terrace. Make sure there are holes in the container’s bottom to provide good drainage.

Remove foliage from spring bulbs after it turns yellow and begins to dry. Set out bedding plants to cover the bare spots using care not to damage the bulbs.

Watch for and control blackspot and powdery mildew on rose foliage. Use bark mulch around young trees to protect them from lawn mower damage.

Spring flowering shrubs such as spirea, viburnum, lilac and forsythia should be pruned as soon as they are done blooming.

Mid-to-late June is an excellent time to take softwood cuttings of shrubs to start new plants. Some shrubs which can be propagated in this way are spirea, lilac and viburnum.

When you buy nursery stock that is container grown, check the root ball and make sure it is not bound too tightly. A mass of circling roots will stay that way even after it is planted in the ground. If you do not have much room to landscape, consider using some of the many dwarf varieties available. These are plants that have slow growth rate and so are ideal for small pruning. There are numerous dwarf evergreens, flowering trees and shrubs from which to choose.

Keep a close eye on the quality of your spring crops. Hot weather causes lettuce to bolt and become bitter. Plant a warm season crop before the hot weather causes lettuce to bolt. When purchasing plants or developing a new landscape, select low water use plants.

Continuously planting warm season vegetable crops such as beans, squash and cucumbers.

The best time to harvest most herbs is just before flowering, when the leaves contain the maximum essential oils.

Before pouring gasoline into the fuel tank of your lawn mower, garden tiller or other garden equipment, be sure to turn off the engine and allow it to cool off for at least five minutes.

Identify garden pests before you attempt to control them. If you decide to use chemical control, read the label carefully.

Bats can be an effective way to control insects. One big brown bat can eat 5,000 to 7,000 insects each night. Attract bats by building and placing bat houses in your yard.

Leftover vegetable and flower seeds may be stored in a cool dry location to be saved for planting next year.

Start a gardening notebook. Pay special attention to those plants which work and drought conditions.

During the hot summer months, mulch can be especially useful for conserving water. For vegetable gardens, shredded leaves or grass clippings are good mulch material. For ornamentals, pine needles or wood bark do the best job.

Weed removal is important for a number of reasons. It conserves moisture, conserves nutrients in the soil and helps prevent the spread of disease and insects. (MJF)
The pressure treatment of wood began more than 130 years ago when railroad builders needed a strong and resilient wood began more than 130 years ago when railroad builders needed a strong and resilient wood. The first wood preservative was creosote, which is still the preservative of choice for railroad ties. Another type of wood preservative is pentachlorophenol, also called penta. Penta is used to protect utility poles and more than 50 percent of utility poles are treated with penta. Penta is a hazardous material, it is now unavailable to the general public, but people may find containers of penta in their garage or basement. We encourage Lancaster County residents to bring this and other old pesticides to the Household Hazardous Waste Collections (see back page for schedule).

Many people are familiar with green Chromated Copper Arsenate (CCA) treated wood. It has been widely available since the 1940s; literally millions of decks have been built of CCA-treated wood. It is very resistant to termites and decay, but because arsenic is a known carcinogen, this wood will not be available for residential use after December 2003. The decision to phase out CCA-treated wood for residential structures has people asking what to do with existing structures made with this material. The EPA does not suggest tearing down structures made of CCA-treated wood. According to the EPA, people should take common sense precautions, especially when it comes to children. Kids should wash hands after playing on structures and keep food from direct contact with CCA-treated wood.

Some non-arsenic substitutes for CCA-treated wood include:

- Alkaline Copper Quaternary (ACQ)
- Copper Azole (BAA), a copper-based preservative with an organic fungicide. The treated wood is a dark honey brown color and turns a silver-gray after it weathers. Wood products treated with Copper Azole have been used successfully since 1992. The brand name Select™ is a brand name for CBA-treated wood.

The Nebraska Health and Human Services (HHSS) is now accepting dead birds for testing as part of its surveillance program for West Nile Virus.

Monitoring for West Nile Virus (WNV) using dead birds has proven to be an accurate means of predicting where the virus will show up in humans, according to Wayne Kramer, state medical entomologist with HHSS. During the outbreak last summer, in over 80 percent of the counties where WNV was found in humans, HHSS surveillance detected it first in the bird population.

Early detection is important because it can alert communities to conduct mosquito control efforts and heighten people’s awareness of the presence of the disease.” Dr. Kramer said.

West Nile Virus is transmitted through the bite of a mosquito that has picked up the virus by feeding on an infected bird. In turn, the mosquito can pass the virus to humans. Last summer cases of WNV were reported in Nebraska, with eight deaths. Ultimately, the virus was found in all 93 of the state’s counties, in either mosquito, bird, horse or human populations.

HHSS will take reports of dead birds of any species, but better information comes from mosquitoes on blue jays, crows, magpies, owls and hawks. HHSS and the state’s local health departments will collect the birds and a selection in good condition and of the right species will be tested. All testing will be done at the Veterinary Diagnostic Center at the University of Nebraska-Lincoln.

People who find dead birds should call their local health department to report them. In Lancaster County, residents should call the Lincoln-Lancaster County Health Department at 402-476-2841.

Although people have an extremely low risk of contracting WNV through the touching of dead birds, precautions should be taken when handling them. Never handle carcasses should be avoided and birds should be double-bagged using plastic bags and then frozen until they can be picked up. The UNL Veterinary Diagnostic Center has already accepted seven birds this year, and all were negative for WNV. These seven birds came from six different counties: Villimore, Lancaster, Madison, Platte, Seward and Thomas.

Source: My 5, 2003 Press Release from Nebraska Health and Human Services System. For information on Nebraska’s surveillance program, visit www.state.ne.us/wnv. (SC)
Information for Acreage and Small Farm Owners

There is now a newsletter available called the Acreage Owner’s Newsletter. It was created by the Southeast District Acreage Team. It is available by e-mail and will be sent out monthly and is free of charge. The newsletter will focus on a timely “theme” and be coordinated by a member of the acreage team. The topic for the May issue was water quality, coordinated by Sharon Skipton. They will list upcoming events for the area and various workshops being offered through the University.

If you are interested in signing up for this great newsletter, go to: dodge.unl.edu/Webforms/AcreageSub.htm.

Farm Views

Time to Harvest Bromegrass Hay

You may have heard the story about the lady who always cut the end off a ham before placing it in the roaster pan to cook. When her daughter asked why she did this, the mother said she didn’t know the reason but her mother always did so and therefore it must serve some purpose. When the girl questioned her grandmother about it, grandma said, “I had to cut the end off, my roaster pan was too small to hold a whole ham.” I wonder if people decide when to cut bromegrass hay using the same logic. Most bromegrass hay is cut in mid-to late-summer — July, August, even September. Do people cut their bromage hay at this time because it is the best time or because it is the time when they have seen other people doing so? Cutting bromage in mid-to late summer can have its advantages. Weather damage is less likely because hay dries faster and rain usually occurs less frequently later in the summer. Some folks have fewer conflicts with other field activities. Sometimes moving late gets weeds that can come on strong after an early harvest. But what does waiting do to the quality of the hay?

Brome cut in early June soon after heads appear, will have a crude protein content of around 10-11 percent and TDN (a measure of energy) of 55-60 percent (on a dry matter basis). That’s plenty adequate for wintering most beef cows all by itself or for most pleasure horses. However, when cut in late summer, crude protein might be only six percent with TDN below 55. All livestock need some supplements if fed that kind of hay, according to Bruce Anderson, NU extension forage specialist.

Another advantage to cutting earlier is the possibility of grazing growth in September, provided we get some fall moisture. Most pastures can use a little help that time of year. So, for the best quality hay and to possibly extend the grazing season, why not break with tradition and cut bromegrass early? (TD)

Ammoniate Wheat Straw for Extra Feed

Following the drought of 2002 and a dry early spring, pasture and hay production will be less normal in 2003. If you think you might be short on forage for your cow herd, don’t overlook wheat straw as a forage source. Wheat harvest will soon be underway, but there is still time to make arrangements to harvest the straw behind the combine. Straw can make good feed for your dry stock cows if you treat it with anhydrous ammonia. “Treating wheat straw with anhydrous ammonia can make it almost as digestible and as readily eaten as average prairie hay. This could help stretch your hay supply. But have you to do it right,” according Bruce Anderson, NU extension forage specialist.

Bale straw soon after grain harvest, preferably with some moisture or dew on it. Then, gather bales into rows that are stacked like a pyramid. Next, cover the entire stack with one sheet of six to eight millimeter black plastic. Use ropes or other methods to hold plastic in place. Make sure that you seal the edges of the plastic on the ground with loose soil to prevent leakage. Once that is done, you are ready to insert a pipe into the center of your stack and attach the pipe to the anhydrous tank. Be careful — ammonia can be dangerous. Slowly turn on the anhydrous until the plastic balloons slightly. Don’t go too fast or the plastic can rupture. Next, check and repair any leaks. Continue to add anhydrous slowly until you have added 60 pounds per ton of straw. This should take about 10 minutes for each ton of straw, depending on the moisture content of the straw.

When you are through, turn off the tank, remove the pipe and seal its opening. Keep the plastic on the stack until about a week before feeding. Then open one end to allow excess ammonia gas to escape. Ammoniated wheat straw can be very valuable feed.

Consult extension publication “Ammonia Treatment of Low Quality Forages” (EC 89-265) for more information, including a worksheet for calculations. This publication can be accessed on the Web at: www.iart.unl.edu/pubs/beef/ec265.htm. (TD)

Tanks vs. Ponds and Creeks for Livestock Water

With this much added performance, water tanks, pipes and pumps can be paid off in just a few years.

In addition, pumping water into tanks usually improves grazing distribution by attracting cattle to graze areas near the tanks instead of spending time in the ponds or creeks. This can increase your pasture’s carrying capacity or grazing season. Think of it, better grazing, higher gains and reliable water. So much to gain and so little to lose. (TD)

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Web site: lancaster.unl.edu  June 2003

Preparing the Lawn for a Potential Drought

It is always difficult to predict the summer weather, but with precipitation 11 or more inches below normal over the last year, it is conceivable that water shortages and irrigation restrictions could occur. Follow are a couple common questions and answers to consider when preparing turf for a drought.

How long will turf survive without water?

Generally, turf can survive five to eight weeks of dry conditions without substantial thinning or death. However, poor soils, traffic, excess heat, low mowing and scalping and improper fertility (too much nitrogen) in fertilizer, spring, will cause more stress to the plant. When water is lost to evaporation, water is lost to evaporation.

- Fertilzer application increase shoot growth at the expense of root growth and will also deplete water. If you must fertilize, use low rates of nitrogen (0.6-0.75 pounds N per 100 square foot) or every four to eight weeks as needed to maintain health of the turf while limiting growth. Grasses in lower fertility will release N sources will also limit growth surges. Potential is thought by some to encourage drought tolerance. It is not well documented and thus don’t overdo potassium fertilization.

Irrigation

Water deeply and infrequently, keeping the soil as dry as possible. Water thoroughly to wet the soil to the depth of the root zone and don’t water again until areas of the turf turn a slight bluish-gray. Not only will this tend to encourage deeper rooting, it will also keep shoots between 20 and 40 holes per square foot. (DJ)

Fertilizing Azaleas

A big problem in azalea culture is over-fertilizing, especially with phosphorus. Too much fertilizer injures the plants and may even cause them to die. Be particularly careful with small plants. Use no more than one teaspoon of fertilizer at a time on plants less than 12 inches tall. For larger plants, use one heaping tablespoon per foot of height. Scatter the fertilizer under the plant on top of the mulch. It is better to make a light application after blooming and another in July than to apply the yearly recommendation all at one time.

The best way to avoid over-fertilizing your azaleas is to have your soil tested every two or three years and follow the recommendations. If you do not have a soil test, use an all-purpose fertilizer, such as 8-8-8 or 12-6-6, on soils with medium or low fertility. Some special azalea-camellia formulations cater to the acid soil requirements of these plants with part of the plant nutrients in a slow-release form. In many cases, these are very good for azaleas. Many growers have gotten excellent results with fertilizers containing two parts molybdenum and one part potassium, especially when part of the nitrogen is in slow-release form. If your soil fertility is high, you only need to use fertilizer. (DJ)

Research for Alternatives to Landfill Disposal of Electronic Equipment

Finding alternatives to the landfill disposal of computer and electronic equipment has become an international issue. Various sources have predicted between 152 million and 125 million computers would become obsolete between 1985 and 2005. In addition, the production of digital television and further electronic advancements have created the need to look at proper disposal alternatives for computers, televisions and other electronic equipment from households and businesses. Proper disposal practices are needed to deal with the high volume of hazardous materials and the hazardous constituents present in the electronic equipment.

Current environmental regulations are lacking in addressing computer-related equipment directly. Indirectly, computer and television monitor cathode ray tubes (CRT’s) have been determined by the Environmental Protection Agency (EPA) and in Nebraska, the Department of Environmental Quality (NDEQ) to be a hazardous waste because of the high level of lead in the tube, which causes most CRT’s to fail a Toxic Characteristic Leaching Prodecure (TCLP) test.

These determinations do create a ban of CRT disposal at this time. Equipment can be reused, refurbished for reuse or recycled and sent to the Original Equipment Manufacturer (OEM) on a take-back program. Reuse and recycling are methods of keeping equipment out of the waste stream for a longer period of time; however, after the tube which causes most CRT’s to fail a Toxic Characteristic Leaching Prodecure (TCLP) test.

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Cheese Crust Taco Pizza
Prep time: 30 minutes

1 (10-oz) can refrigerated pizza crust
1 6-oz jar of chunky salsa
1 bag (about 2 cups) of frozen red, green, yellow peppers & onion stir fry mix, chopped
1 (16-oz) can Mexican flavored chili beans, undrained
1 (14.5-oz) can diced tomatoes, undrained
1 16-oz can tomato paste
1/2 onion, chopped
2 cups shredded Mexican blend cheese
1 Heat oven to 425 degrees.
2 Grease 13 x 9 inch pan.
3 Unroll dough and place in greased pan.
4 Starting at center, press out dough with hands over the bottom and 1/2 inch over the sides.
5 Place salsa, cheese, beans, tomatoes, paste and onions in prepared crust.
6 Fold edge of dough over cheese; pinch to seal on edge.
7 Bake at 425 degrees for 10 minutes.
8 Meanwhile, heat a non-stick large skillet over medium heat.
9 Add onions and bell pepper.
10 Cook 5 to 7 minutes or until tender; stirring occasionally.
11 Add beans, tomatoes, tomato paste and corn; mix well.
12 Bring to a boil.
13 Reduce heat to medium; cook 6 to 8 minutes or until slightly thickened.
14 Reduce oven temperature to 375 degrees.
15 Spoon bean mixture evenly onto partially baked crust.
16 Sprinkle with Mexican blend cheese & remaining string cheese.
17 Bake at 375 degrees for 15 to 20 minutes or until crust is deep golden brown and cheese is melted.
18 Let stand for 5 minutes before serving.

Healthy Cooking with Fresh Herbs

Whether you plant them or pick them up at the grocery store or farmers’ market, adding fresh herbs is a quick way to transform ordinary meals into extraordinary meals.

Besides helping flavor foods when cutting back on salt, fat, and sugar, herbs may offer additional health benefits of their own. Researchers are finding many culinary herbs (both fresh and dried) have antioxidants that may help protect against such diseases as cancer and heart disease. Take some thyme (pun intended!) to cook with fresh herbs. Here are some tips to help you enjoy the flavor and health benefits of fresh herbs in your cooking.

When Substituting Fresh Herbs for Dried Herbs
A general guideline when using fresh herbs in a recipe is to use three times as much as you would use of a dried herb. When substituting, you’ll often be more successful substituting fresh herbs for dried herbs, rather than the other way around. For example, try pineapple salad with fresh vs. dried parsley!

Who Wants to be a Milk-i-naire?
Q. Which snack food costs the least?
   a. Soda (12 ounces)
   b. Bag of chips (1.5 ounces)
   c. String cheese (1.5 ounces)
   d. Bag of peanuts (2.5 ounces)

What do you think? This is just one of the questions students explore through the Nutrition Education Program (NEP). The “Who Wants to be a Milk-i-naire?” interactive game is one part of NEP. “Hot Seat” is a game where participants are invited to answer questions. Participants are scored after each correct answer.

Fifth graders from West Lincoln Elementary School create Yogurt Parfaits through NEP/4-H School Enrichment Program
It’s Easy to Recycle!

It’s FREE for consumers to drop off recyclable materials at any of the 17 Multi-Material or five Newspaper-Only Recycling Drop-Off Centers in Lincoln, and 5 Multi-Material Sites in Lancaster County (see map below).

For those who prefer the convenience of curbside recycling, local private recyclers and refuse haulers will provide this service for a monthly fee (see “Private Curbide Recycling” next page).

For more information about recycling, call the City of Lincoln Recycling Hotline at 441-8215 or go to www.ci.lincoln.ne.us/city/pworks/waste/recycle.
Recycling and Equipment

The following special waste items are PROHIBITED from disposal in the landfill and regular garbage:

- Vehicle batteries
- Used oil
- Liquid paint
- Pesticides or herbicides
- Tires
- Fluorescent light bulbs

The City of Lincoln encourages recycling of special waste where feasible. Listed below are recycling and/or disposal options for many of these items.

**Antifreeze**

The following location accepts antifreeze. Sites listed under oil collection may also take antifreeze per day.

- Agee’s Auto Repair
  - 1323 M St., 475-2252

**Appliances**

Residents may dispose of appliances at the curb, but should contact the waste hauler before doing so. Residents should expect a fee for the curbside collection of appliances. Residents may haul appliances to the 48th St. Transfer Station for a fee of $2/appliance plus gate fee. The following businesses accept appliances:

- Alter Scrap
  - 525 N. St., 475-3306
  - Appliances with thorium incur a charge. No microwaves.
  - Environmental Compliance Enterprises
    - 466-2286
    - Call for fee information.
- Major Appliance
  - 3221 N. Cotner, 466-1022
  - Call for fee information.

**Batteries**

- Batteries (except alkaline and zinc-air)
  - Interstate All Battery Center
    - 3320 Cornhusker Hwy, 466-8667
    - Accepts any type of battery. Call for fees.
  - Harrold’s Battery Service
    - 4310 N. 27th St., 464-1991
    - Accepts all batteries. Call for fees.
  - Electronic Recyclers
    - 12303 Hwy 6, Waverly, 786-5900
    - Pavers LCC
      - 410 S. 7th St., 474-5115
      - Concrete and asphalt (and asphalt shingles) that are clean of contaminants, such as scrap metal or dirt, and separated by types.
      - Cather Construction
        - 6400 N. 70th St., 464-2113
        - Fees may apply. Call first to make arrangements.
      - Electronic Recyclers
        - Omaha, 888-441-6975
      - Rainbow Computers
        - 3333 Cleveland Ave, Ste. 1, 467-2225
    - Fees may apply. Call first to make arrangements.

**Construction & Demolition**

This includes concrete rubble, clean soil, brick or similar material. Clean construction and demolition debris may be taken to the 48th St. Transfer Station for a fee of $4 per load. A few private contractors do accept concrete and asphalt (and asphalt shingles) that are clean of contaminants, such as scrap metal or dirt, and separated by types. Fees may apply. Call first to make arrangements.

- Cather Construction
  - 6400 N. 70th St., 464-2113
  - CP Recovery
    - Omaha, 888-441-6975
  - Pavers LCC
    - 12303 Hwy 6, Waverly, 786-5900
    - Also accepts asphalt shingles for a fee.

**Explosives & Ammunition**

To dispose of explosives and ammunition, call the Bureau of Fire Prevention at 441-7791.
Disposal of Special Waste

Oil

DO NOT dump used oil on the ground, in the storm drain, into the street, or in the garbage.

RECYCLING

Oil must be free of contaminants such as gasoline, water, antifreeze, dirt, leaves, debris and other solids. Drain oil into a container that has a lid and is clearly labeled “used oil.” Containers should not hold more than 5 gallons of oil. Locations in Lincoln that accept waste oil are listed below. Call ahead. Never leave oil at a site after hours.

Advanced Auto
222 N. 48th St., 465-5556
3100 Cornhusker Hwy. 465-8188

Amoco Service
48th and Caster St., 488-9877

Firth Cooperative
Firth, NE, 761-5837
Can accept large quantities.

48th Street Transfer Station
5101 N. 48th St., 441-7738

GM Auto Parts
5440 N. 70th St., 467-3531

Graham Tire
5661 S. 56th St., 421-1500
1819 G St., 467-6521
2121 Ot Cornhusker Hwy., 474-2277
6800 O St., 467-2555

Shell Xpress Lube
4800 Old Hwy, 421-9294
4111 O St., 489-6354

O'Reilly Auto Parts
5111 O St., 489-6354
4800 Old Cheney, 421-9294

Shell Xpress Lube
6800 O St., 467-2555

Otto Oil and Propone Company
Daviey, 785-2365
Can accept large quantities.

Site Response Services
4721 Douglas Circle, 464-3100

Valvoline Instant Oil Change
3500 Village Dr., 421-8089

Plastic Grocery Bags

The following stores will recycle grocery bags from any grocery store. They recycle ONLY grocery bags!

Run’s Markets
66th & O Street
63rd & Havelock
70th & Van Dom
33rd & Highway 2

Super Savers
2002 Cornhusker Hwy.
48th & O Street
5460 S. 56th St.
2625 Pine Lake Rd.

Disposable of Latex (Water-Based) Paint

For small quantities, take lids off cans and let paint dry. Discard paint in the trash. Be sure to remove lids from cans so refuse haulers can see that the paint has hardened. Large quantities of latex paint can be dried by pouring a 1-inch layer of paint into a plastic lined box. When dry, another layer of paint can be poured. Do this until the container is empty. Can be combined with an absorbent such as clay-based cat litter. When dry, this combination of absorbent and paint should be put in a trash bag and placed of in the garbage.

Latex Paint brushes and rollers should be wiped with a paper towel or rag, then cleaned in the sink. Use ample water to dilute the paint. Put used paper towels in the garbage. If using a disposable brush or roller, let dry, then place in trash.

Household Hazardous Waste Collections

The Lincoln-Lancaster County Health Department sponsors one-day household hazardous waste collections from April to November. For collection dates and locations, call 441-8021 or go to www.ci.lincoln.ne.us/city/health/environment/pollutants/pesticides/twosteps.pdf.

Only residents of Lincoln and Lancaster County can bring items to collection. There is no cost for this service, however, donations are accepted. Leave products in their original container and keep the label intact. Open, leaking or rusted containers should be placed in a clear plastic bag during transport. Do not mix chemicals.

Do NOT bring general household trash, batteries, used oil, antifreeze, medicines, explosives & ammunition or fertilizers.

The following types of items ARE accepted:

Heavy Metals

Items containing liquid mercury such as thermometers, thermostats and fluorescent bulbs.

Paints & Solvents

Includes oil-based paints, varnishes, stains, polishes, waxes, mineral spirits, turpentine, paint strippers and thinners. Do not bring latex paint unless it is a designated Latex Paint Exchange (usually held once a year) — only good, usable latex paint is accepted; please bring only containers that are at least half full. Check with local charities, theater groups and low income housing groups to see if unused paint or solvents can be donated. See box below for information about properly disposing of unusable latex paint.

Pesticides

Includes weed killers, garden sprays, wood preservatives, roach powder, rat poisons. You may also bring EPA banned products, like DDT, chloralene, 2,4,5-T, pentachlorophenol, silicone, PCB and Durban.

PCB’s

Includes ballasts from old fluorescent fixtures and capacitors from old appliances such as radios, motors and televisions.
Yard and Tree Waste

Garden waste, weeds, brush, and tree trimmings over 1-inch in diameter can be deposited in the regular trash throughout the year.

Grass and leaves are banned from the Lincoln Landfill from April 1 through Nov. 30 each year. Grass and leaves can be mixed with regular household trash, Dec. 1 through March 31. The following options are available for grass and leaf materials:

**GRASS MULCHING**

The best way to “Grass Cycle” is to leave grass clippings on the lawn. Not only does this save the hassle of bagging grass, but returns nutrients to the soil and reduces water evaporation from the lawn. A sharp mower blade is needed and clippings should be no more than an inch long in order to work their way back into the soil.

**COMPOSTING**

Backyard composting is another good alternative. The predominant organic waste in most backyard compost piles is leaves. If clippings are used for compost, it is advisable to mix them with other yard wastes.

There are several resources to learn how to compost:

- **Self-guided and informal tours** of the city’s Backyard Composting Demonstration site, located at University Place Park, 50th and Colby St., near the maintenance area.
- **Composting workshops** are offered at various times and places. For more information about these workshops, contact the Cooperative Extension in Lancaster County at 441-7180.
- **This composting information is also available online** at www.ci.lincoln.ne.us/city/pworks/waste/recycle/compost.htm.
- **Grass composting** (GR6-810-A), is available in Lancaster County. For more information, contact The Lincoln Recycling Office in cooperation with UNL Cooperative Extension in Lancaster County. (441-7180).

**DISPOSAL AT 48TH ST. TRANSFER STATION**

Residents may dispose of grass and leaves at the 48th Street Transfer Station. Grass and leaves must be free of garbage, litter and tree trimmings over 1-inch in diameter. Grass and leaves must be removed from plastic bags at the transfer station. A disposal fee is charged. Call 441-7738 for more information.

**HIRING A LAWN CARE SERVICE**

Include yard waste management in your lawn care package.

**HIRING A PRIVATE HAULER**

Lincoln refuse haulers offer a separate weekly pick up of yard waste to be taken to a city-operated compost site for a fee. Contact your hauler for more information.

**COMPOST**

- **The chief advantage of compost** is its ability to improve soil structure. Adding compost to heavy clay soil improves drainage by improving soil structure. Compost also absorbs water and improves the water-holding capacity of sandy soils. In addition to improving soil structure, decomposing compost will slowly release plant nutrients.

**LOCATIONS TO PICK UP OR PURCHASE COMPOST**

- **The City of Lincoln has limited quantities of organic compost**, called LinGro, available at the following locations on a first-come, first-served basis. Pick up is limited to home and garden use and is available for a fee.
- **The following area firms have LinGro compost available for a fee:**
  - All Care Grounds Management 300 S. Coddington Ave. Lincoln, NE 68522 438-5111
  - Campbell’s Nurseries and Garden Centers 700 S. 36th St. Lincoln, NE 68510 423-1133
  - FM Lawn Care, Inc. 4611 Pierce Dr. Lincoln, NE 68504 446-2527
  - General Excavating 6701 Cornhusker Hwy. Lincoln, NE 68507 467-1627
  - Nebraska Nursery and Color Gardens 7801 Pioneers Blvd. Lincoln, NE 68506 489-4843
  - Nemaha Nursery 430 W. Pioneers Blvd. Lincoln, NE 68522 434-5488

**PRODUCTS REGISTERED IN NEBRASKA CONTAINING CLOPYRALID**

- **Andersons Golf Products Turf Fertilizer 18-5-9 with Millennium Ultra Herbicide**
- **Lawn Science 20-5-10 LS 621 Pro Series Millennium Ultra Weed & Feed**
- **Greenview Preen ‘N Green Lawns**
- **Earl May Midwest Select Winter Weed & Feed 24-1-8**
- **Riverdale Millenium Ultra Selective Herbicide**
- **Shrike 3 Ultra**
- **Tec Time 18-5-9 with Millennium Ultra Herbicide**

*Residents can help reduce the amount of clopyralid in the City’s compost by: 1) choosing to use alternative (non-clopyralid) products on lawns or 2) mulching grass clippings back onto lawns (see Grass Mulching above).*
**Family Living**

**Lines from Lynn**

**FCE Council Chair**

by Lynne Wilson, Extension Educator

**Summer Stain Removal Tips**

**Blood**

Soak in cold water for 30 minutes. Wash with warm water and a detergent. If stain remains, soak in an enzyme detergent and lukewarm water for 15 to 30 minutes or apply a few drops of hydrogen peroxide. For old stains, apply a few drops of ammonia and wash with detergent.

**Fruits and Berries**

Soak in 1 quart warm water, 1 teaspoon liquid dish detergent and 1 tablespoon white vinegar for 15 minutes. Rinse. If stain remains, sponge with alcohol, rinse and launder. If color stain remains, launder using chlorine bleach if safe for fabric or use an oxygen bleach.

**Grass**

Sponge with dry-cleaning solvent until the stain is removed. Rinse and dry. Spray on wet spotter and several drops of white vinegar. Rinse. If stain remains, sponge with alcohol and thoroughly rinse. Apply detergent to stain and launder. Add chlorine bleach if safe for fabric.

**Mud**

Let dry and brush off excess. Soak in a solution of 1 quart warm water, 1 teaspoon liquid dish detergent and 1 tablespoon white vinegar for 15 minutes. Rinse with water. If stain remains, sponge with alcohol, rinse thoroughly and launder. Also may soak for 30 minutes in an enzyme presoak. Add chlorine bleach to laundry if safe for fabric. If a rust-colored stain remains, bleach with oxygen-type bleach.

**Father’s Day – June 15**

For the past 25 to 30 years in America’s society, there has been a great deal of interest in fatherhood and an increase in fathers’ involvement in the lives of their children. One of the gifts many fathers want for Father’s Day is more time with their families. Plan some family activities for this special day. Have a picnic or special meal, take a walk, spend time in the park, play games, read a book, share memories of fun times over the years or look at photographs to reminisce and build relationships. Take time to enjoy each other.

**Walk with Me, Daddy**

Listen closely, Daddy: I want you to understand. And I may need help, Daddy, So, could you please take my hand?

Slow down a little, Daddy. 'Cause I want to talk with you. And live a little slower.

For I’m watching what you do.

Talk softly to me Daddy

When you explain to me.

And stop a little closer

For I’m trying hard to see.

You know I mean it, Daddy

When I say, “I love you, too.”

So stand proud and talk now, Daddy,

For I’m looking up to you.

— Lynne Wilson

**When Times are Tough: How can I Support My Family and Friends?**

Part of an ongoing series.

It is normal to be self-centered when times get tough for whatever reason, whether because of grief, poor health, concern about making-endings, outlook, grief about the past, or conflict with your partner. But at times such as these, it is essential to look around you and take stock of how your family and friends are faring. Are the people you care most about doing OK?

Family members and friends are probably the people who care the most about you. It is your responsibility to nurture these relationships if they are also important to you. Relationships are a two-way street. It takes two people to make them work and make them stronger. There is a saying that we can choose our friends but not our family. This is true. But without effective communication and a commitment to nurture family relationships is coming Monday. Without neglect, conflict, guilt, and other hurts. You can support family and friends by being a good listener, caring about their feelings, letting them know when you are available to offer support, providing assistance when possible, telling them you love and care for them, and being sincere and honest.

It’s important to care for your relationships with family and friends without giving up your sense of self. You do not need to be a martyr. You shouldn’t feel angry or resentful when you provide help. The assistance or support you provide should be something you want to do. A healthy relationship with a family member or friend will not make you feel taken for granted or used. The relationship should build you both up, make you better persons and make your hearts sing.

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

**CHARACTER COUNTS: CORNER**

**Fairness**

Fairness means treating people the way you want to be treated, justly without prejudice or favoritism. Part of being fair is trying to see things as others see them. By being open minded and impartial, by listening to people and considering what they have to say before making any decision. Being consistent when our decision affects others. In imposing punishment be sure the consequences for misbehavior are consistent and proportional to the misbehavior. Fair people don’t take advantage of others, don’t blame others carelessly and consider their feelings. Finally, fair people admit and correct their mistakes when they realize they have been unfair. (BR)
The 2003 Lancaster County Fair Books have been mailed to 4-H families and past Open Class exhibitors. Copies of the 4-H/FFA Fair Book, are online at lancaster.unl.edu/4H. All Clover Kids, youth age 5-7 by January 1, 2003, are families and past Open Class exhibitors. Copies of the 4-H/FFA Fair Book are available at the Extension office and Lancaster Event Center during business hours. A limited supply is also available at local banks, libraries and post offices through the community. A list of locations, as well as the 4-H/FFA Fair Book, is online at lancaster.unl.edu/H4Fair.

**4-H PRE-FAIR SCHEDULE**

- **June 15** — 4-H/FFA Sheep/Goats/Swine/Breeding Beef/_BUCKET Caulks/Dairy Cattle Identifications Due

- **July 7** — All 4-H/FFA Animal Entries Due; Tablesetting/Bicycle Safety Demonstration/Style Revue/Egg Preparation/Turkey Barbecue Contest Registrations Due; Permission to Camp on Grounds Forms Due

- **July 10** — Horticulture/Tree/Grass-Weed Judging Contest (Lancaster Extension EducationCtr. 10 a.m.—Noon); Life Challenge Contest for Juniors only, aged 8-11 (Lancaster Extension EducationCtr. 1 p.m.)

- **July 18** — Demonstration Contest (Lancaster Extension EducationCtr. 1 p.m.)

- **July 23** — Style Revue Judging (Lancaster Event Center, Exhibit Hall. 8:30 a.m.)

- **July 27** — Horse Pre-Fair Briefing (Pavilion 2, 2 p.m.)

- **July 28** — Static Exhibit Check In and Sign Up for 4-H Clover Kids Show & Tell (Lincoln Room. 4-8 p.m.)

- **July 29** — Static Exhibit Judging (Lincoln Room. 8 a.m.—4 p.m.); Static Exhibit Interview Judging (Lincoln Room. 9 a.m.—4 p.m.); Horse Check-in (Pavilion 2, Noon-8 p.m.)

- **August 3** — 4-H/FFA Affidavits Due: all 4-H/FFA livestock affidavits are due into the extension office by June 15. (OK)

- **August 6** — Lamb Tagging Due June 15: If you need market or breeding lambs tagged, call Deanna to set up an appointment. All 4-H/FFA sheep lambs need to be tagged and identified no later than June 15. (OK)

- **August 10** — Animal Entries Due July 7: County and State Fair entries must be postmarked or into the extension office by 4:30 p.m. Monday, July 7. NO LATE ENTRIES WILL BE ACCEPTED.

- **August 16** — New Bedding Policy: No outside bedding will be allowed on the Event Center premises. Bedding fees are as follows: beef ($5/head), sheep, swine, goats ($5/bag). If more than one bag is needed, specify the number of bags wanted. Each bag ordered is $5. Bedding fees will be due July 7 with the County Fair entries. Checks need to be made out to Lancaster County Agricultural Society. (OK)

- **August 21** — Horse Show Reminders: Here are some quick reminders about the 2003 Lancaster County Fair 4-H Horse Show:
  - County fair entry forms are due at the Extension Office by Monday, July 7.
  - Entry forms must be accompanied by a Stall Reservation Form and $10 which will pay for the first two bags of bedding.
  - The Horse Pre-Fair briefing will be 2 p.m., Sunday, July 27 in Pavilion II. Exhibitors may pick up their packets and decorate their stalls at that time.
  - Horse check-in will begin at noon on Tuesday, July 29.
  - Animals are released at 10 a.m. Saturday, Aug. 2.
  - The Horse Awards Night will be 6:30 p.m., Tuesday, Aug. 5.

- **August 23** — Interview Judging: 4-H’ers have the opportunity to talk to judges about their fair exhibits and share their trials and lessons they learned. 4-H’ers can also learn what the judge looks for and how to improve skills. This year 4-H’ers may interview judge one of their entries from any project area for example: one item from Celebrate Art, one item from Design Decisions, and one item from Easy Tidbits. Refer to page 21 of the 4-H/FFA Fair Book for project areas that have interview judging. Call the office at 441-7180 to sign up for a five-minute time slot. Interview judging is Tuesday, July 29, 9 a.m.—4 p.m. in the Lincoln Room. (OK)

- **August 29** — The 2003 Lancaster County Public Service Announcement (PSA) Contest: Winners of the 2003 Lancaster County Public Service Announcement (PSA) Contest will give public address announcements at the 2003 PAK–10 Livestock Quiz Bowl competition June 20, 1–5:30 p.m. at the Lancaster Extension Education Center. The event will be held in conjunction with Discover 4-H night at the Saltdogs. For more information call Deanna Karmazin at 441-7180.
Checkmates First Tournament Not Stale, Mate

James Walla and Julie Thomson
4-H Leaders

May 3 was a great day for Nebraska 4-H. The Checkmates, a Lancaster County 4-H club which began two years ago as a "pilot project," hosted its first chess tournament. Fifty-one young chess enthusiasts participated, traveling from as far away as Albion, Columbus, Fremont and West Point. Eighteen of the players were 4-H'ers. Twelve youth had the opportunity to play a "simul" against a former chess master, King Christian. The tournament was rated, with four rounds, and the Swiss system of pairing was used. The winner was determined so as to raise funds for their Washing-
ton trip. We wish to give a heartfelt thanks to everyone involved for making the tournament so successful!

The tournament was non-rated, with four rounds, and used the Swiss system of pairing players where winners play winners in the next round. There were four sections, K-3, K-6, K-9 and K-12. However, K-9 and K-12 sections were combined due to limited registrations. The tournament used a game:30 format, which means that each player had 30 minutes for a game total of an hour. In a few instances clocks were placed on chess gamers after 50 minutes, with each player having 5 minutes. Special prize drawings were held between rounds, with many winners: T-shirts, memo pads, pencils, books, decals and even a chess computer were given away to the lucky children assembled in the "skittles" room, who could hardly wait to see if their names would be drawn next.

The awards ceremony took place at the end of the day. Each participant won a ribbon. A purple ribbon was handed to those with 3 to 4 points. Blue was given for 1.5 to 2.5 points, and red was awarded to players who finished with 1 point or less. This made for 17 purple ribbon winners, 19 blue ribbons winners, and 15 red ribbon winners. Trophies were also awarded in all three divisions to 1st place and 1st 4-H member, and to 2nd, 3rd or 4th place, depending on ties. This made for a total of 19 trophies!

As club leaders, we organized the event. Tom Lombard served as Tournament Director. Kent Nelson and Matt Turner assisted as room monitors. The Citizen Washington Focus (CWF) group sold concessions to raise funds for their Washington trip. We wish to give a heartfelt thanks to everyone involved for making the tournament so successful!

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Tournament Results

Here are the trophy winners. Full results are posted online at lancaster.unl.edu/4h.

K-12 Division — 1st place: Kevin Swartz. 2nd Place (three-way tie): John Ballar, Austin Fritz, Andrew Wolf and John Ward. 1st place 4-H: Kevin Swartz.


2002 Horse Incentive Program Recipients

The 4-H Horse Incentive Program helps 4-H'ers set goals and measure their progress. 4-H horse exhibitors document the number of hours spent working with their horse, cleaning stalls, showing at horse shows, attending clinics and performing community service.

The following 4-H'ers successfully completed and documented their goals in 2002: Elise Edgar, Erin Fil, Jessica Fil, Jessica Harris, Taylor Holliday and Kalvin Lonowski. Various awards were given based on the number of hours. Congratulations to these 4-H'ers!

Taylor Holliday received a belt buckle.

Elise Edgar received a jacket.

July 15 to either Donna Stading-Smith or the extension office (EK).

Nominate Your Favorite 4-H Volunteer!

A “Heart of 4-H Award” is awarded to a Lancaster County 4-H volunteer each month! Nominate your favorite 4-H volunteer or leader by submitting the following form (also available online at lancaster.unl.edu/4h). Nominations of co-volunteers accepted.

I can be reached at (phone) ______________________ or (e-mail) _____________________________

Mail to: UNL Lancaster County Extension, 444 Cherry creek Rd, Ste. A, Lincoln, NE 68528.

Gary & Rhonda Chubbuck

Lancaster
County 4-H
and 4-H
Council are proud to announce Gary and Rhonda Chubbuck as co-winners of June’s “Heart of 4-H Award” in recognition of outstanding volunteer service.

Gary and Rhonda are 4-H parents of daughters Shelby, Kaitlyn and Hannah who are members of the Western Pride 4-H horse club. Gary and Rhonda have been active in Western Pride for 1-1/2 years and they volunteer for meetings, play days, ring practice and more.

They were nominated by Terri and Jamie Whisler (Terri is co-leader of Western Pride and Jamie is her daughter). Terri says, “Gary and Rhonda are truly unselfish, giving people and it’s parents like them that are leaders to our children. Last year, none of their daughters entered the County Fair, but they were there every minute of every day making sure that everything ran smoothly for the other children.” Jamie added, “Gary is good with kids and has a great sense of humor. Rhonda is a wonderful person and is always willing to help.”

Gary says, “I love working with kids. Helping them learn and watching them grow and work together as a team is a real joy to see.” Rhonda also enjoys seeing the kids learn. She says her favorite experience as a 4-H volunteer was helping with the County Fair last year. “It was our first experience and we really learned a lot.” She helped in the food booth when they were short-handed. Gary brought his grill and cooked for club members. Gary adds, “Those kids really worked hard. It was a good experience.”

They also volunteer at their daughters’ school, Lakeview Elementary. Gary works at Nebraska Machinery and Rhonda works in the surgery department at Bryan-GH-West.

Congratulations to Gary and Rhonda. Volunteers like them are indeed, the heart of 4-H!
Spotlight on a Neighborhood: East Campus

Over the world, 605 million people are online and more than 180 million of those people are in the United States and Canada. The number of children and teenagers using the Internet is increasing. In July 2002, 20 percent of Internet users were in these age groups. Three-quarters of 14 to 17 year olds are online. The Internet is a remarkable technology that has vastly increased the flow of information and revolutionized education. People are now connected at the “touch of a button” all over the world. Unfortunately, this technology has opened doors to pornography, cyberstalking and instant access to inappropriate information. Nearly 400 such sites are added to the Internet each day. Obvi-ously, parents have reason to be concerned as their children and teenagers surf the Internet. Just like magazines, movies and videos that offer inappropriate material, parents need to set guidelines for using the Internet. Here are some things parents can do to protect their children from sites that pose danger or inappropriate images:

• Monitor what children are doing on the Internet. This doesn’t mean hovering over them, but a glance at the screen once in a while can give an idea of what they’re viewing.
• Instruct them to save sites, delete or back out of sites that don’t look appropriate.
• Have them report sites they have inadvertently accessed. Parents can go to www.wiredkids.org to report inappropriate sites for children. This site also offers Internet safety information and links to educational Web sites. Talk to kids and show them appropriate sites. There are many Web sites that are fun and educational for young people such as www.kids.gov, www.cds.ksu.edu, www.esu.edu, www.vahoolegians.com and www.osu.edu. Web sites and libraries to learn about additional sites suitable for children.
• Parents can find tips, advice and suggestions to help make family’s online experience fun and positive at www.safekids.com. An online safety quiz is available at this Web site, which is fun and educational for the whole family.
• Parents can install filtering or monitoring software on their computer that will search for key words or phrases and block entering many inappropriate Web sites. Information on filtering software can be found at www.netmanny.com, www.surfwatch.com and www.cyberpatrol.com.
• Checking the Web site history, a computer has accessed is a way to monitor what their children have been viewing. This can be done in the address window, from the back button or by checking the cookies on a computer.
• In October 2002, President George W. Bush reported the government is taking aggressive steps to protect children from exploitation and victimization. The U.S. Congress helped by passing the Child Online Protection Act. Senator Joseph Lieberman also is proposing legislation which requires inappropriate sites to be identified by related url exten- sions.

Hurry Sickness

People who constantly worry about time — wasting it, losing it or fretting “time is running out” are suffering from a life-threatening ailment called “hurry sickness.”

1) Lighten your load. Relieve time pressure by learning to say, “No, I don’t have time,” and doing the only solution, nor even the best solution. If you educate children you are developing specific chores. If that is going to remain with them throughout their life.

SOURCE: Danny Ted. c/o/l Alternating Nebraska Technology Team. (N/UN/NR (CQ)

Parents Need to Protect Children on the Internet

This Nebraska student is on a hot streak.

NATHAN WELLS, a senior computer science and engineering major at the University of Nebraska-Lincoln and an Altamont native, was selected for the USA TODAY Academic Second Team, one of 20 students honor in part because the toldists to monitor drought, research at NEBRASKA allowed to know my professors. They for last prospects...

Admissions: 402.472.3093

www.unl.edu
Get to know your family. Get to know
slow down, eat slower, take a longer bath.
One day every two weeks, walk slower,
the things for later.
list of the things you intend to accom-

JULY
1 4-H Council Meeting 7 p.m.
7 County Fair 4-H Animal Entries Due
7 County Fair 4-H Tablesetting/Bicycle Safety/Demonstration/Style Revue/
Egg Preparation/Turkey/Barbecue/Contests/Cooking/Demonstrations/Dog Show
8 4-H Citizen Washington Focus (CWF) Meeting 7 p.m.
8 4-H Horticulture/Tree/Grass-Weed Judging Contest 10 a.m.–Noon
10 4-H Rabbit VIPS Committee Meeting, Lancaster Event Center 7 p.m.
10 Extension Board Meeting 8 a.m.
11 Pesticide Container Recycling Collection, Farmers Cooperative, Waverly 9 a.m.–3 p.m.
13-17 State 4-H Horse Show, Famer Park, Grand Island
14 Family Community Education (FCE) Sizzling Summer Sampler 3 p.m.
15 4-H Teen Council Meeting 3 p.m.
15–17 State 4-H Horse Show, Famer Park, Grand Island
15 County Fair 4-H Style Revue Judging, Lancaster Event Center 8 a.m.–4 p.m.
17 Pesticide Container Recycling Collection, Farmers Cooperative, Waverly 9 a.m.–3 p.m.
20 27 County Fair 4-H Horse Show Pre-Fair Briefing, Event Center 2 p.m.
20 County Fair Static Exhibit Check-In, Event Center 4–6 p.m.
20 County Fair Static Exhibits Judging, Event Center 8 a.m.–4 p.m.
July 30–August 3 LANCASTER COUNTY FAIR, Lancaster Event Center

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The Nebrile is published monthly by:
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444 Cherry creek Road, Suite A, Lincoln, NE, 68528-1507
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Web site: lancaster.unl.edu
Fax: 441-7148 • TDD: 441-7181
NUFACTS Information Center: 441-7188
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The Nebraska LEAD Program
(LEADERSHIP EDUCATION/ACTION DEVELOPMENT)
Are you a candidate?
The Nebraska LEAD Program is a comprehensive, two-year, statewide, agricultural leader-
ship development program designed to speed up the leadership development process to better
prepare the problem solvers, decision makers and spokespersons for both agriculture and the
State of Nebraska.
Through monthly, three-day seminars the program promotes awareness, understanding and
involvement in leadership positions at all levels. A national and international study/travel seminar is
also a part of the program. Up to 30 individuals are annually selected from across Nebraska. The
program is sponsored by the Nebraska Agricultural Leadership Council, Inc. in cooperation with
the Institute of Agricultural and Natural Resources of University of Nebraska-Lincoln.
Qualifications
• Be a resident of the state of Nebraska for the past three years.
• Be willing to commit the time necessary for full participation.
• Be actively involved in production agriculture or agribusiness.
• Be motivated and open to new ideas and differing points of view.
Application Deadline
Application deadline is June 15, 2003
Applications may be requested by calling (402) 472-6810
See our Web site at www.iann.unl.edu/lead.
FRESH HERBS
continued from page 6
a large amount of herbs from a home garden, consider washing them down with a hose the day before to remove any last particles of dirt or grit that might be on the leaves.
Annual herbs can be harvested down to about four inches tall and they still will regrow for use later in the season. For perennial herbs, don’t take off more than a third of the plant at any given time.

How to Prepare Herbs for Cooking
For most recipes, unless otherwise directed, mince herbs into tiny pieces. Chop with a chef’s knife on a cutting board into tiny pieces. Chop with a knife or snip with a kitchen scissors. A chef’s knife is rather than tiny pieces.

When to Add Herbs During Food Preparation
Unlike dried herbs, fresh herbs are usually added toward the end in cooked dishes to preserve their flavor. Add the more delicate herbs — basil, chives, cilantro, dill leaves, parsley, marjoram and mint — a minute or two before the end of cooking or sprinkle them on the food before it’s served. The less delicate herbs, such as dill seeds, oregano, rosemary, thyme and tarragon, can be added about the last 20 minutes of cooking. Obviously, for some foods, such as breads, batteries, etc., you’ll need to add herbs at the beginning of the cooking process.
Fresh herbs can be added to refrigerated cold foods several hours before serving. Allowing time (at least a couple of hours, if possible) for cold foods with herbs to chill helps the flavors to blend.

Herb/Food Combinations
Here are some ideas to help you start combining fresh herbs with your foods.

Basil — a natural snipped in with tomatoes; terrific in fresh pesto; other possibilities include pasta sauce, peas, zucchini Chives — dips, potatoes, tomatoes

Cilantro — Mexican, Asian and Caribbean cooking; salsas, tomatoes

Dill — carrots, cottage cheese, fish, green beans, potatoes, tomatoes

Mint — carrots, fruit salads, parsley, peas, tabbouli, tea

Oregano — peppers, tomatoes

 Parsley — The curly leaf is the most common, but the flat-leaf or Italian parsley is more strongly flavored and often preferred for cooking. Naturals for parsley include potato salad, tabbouli

 Rosemary — chicken, fish, lamb, pork, roasted potatoes, salsas, stews, tomatoes

Thyme — eggs, lima beans, potatoes, poultry, summer squash, tomatoes

Winter savory — dried bean dishes, stews

Latest U.S. Drought Monitor Map
As of May 20, Lancaster County bordered abnormally dry and moderate drought conditions with the following dominant impact types: Hydrological.

Discover 4-H, Discover You T-Shirts for Sale
 Nebraska 4-H has again teamed up with Rixstine to create T-Shirts with this year’s theme: “Discover 4-H, Discover You.”

Prices are $8 apiece (XXL add $2, XXXL add $3).

Gold T-Shirts with 3-colors on front and back!

To order, contact Rixstine at 2350 O St., Lincoln. Call 476-3810 or go to www.rixstinetrophy.com.

Sizes available: Youth 10-12 & 14-16; Adult S, M, L, XL, XXL & XXXL.

Last Chance to Sign Up for 4-H Camps

Open to all youth ages 5–19
There’s still time to register for the following 4-H summer camps at the Eastern Nebraska 4-H Center in Schramm Park near Gretna.

<table>
<thead>
<tr>
<th>Date</th>
<th>Camp Name</th>
<th>Ages</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 14</td>
<td>Kids-N-Critters</td>
<td>5–19</td>
<td>Gretna</td>
</tr>
<tr>
<td>June 18</td>
<td>Niobrara Canoe Trip</td>
<td>15–18</td>
<td>Niobrara</td>
</tr>
<tr>
<td>June 22</td>
<td>Junior-Jr. Leader Weekend</td>
<td>15–18</td>
<td>Niobrara</td>
</tr>
<tr>
<td>June 29</td>
<td>July-25 July Discovery Camp</td>
<td>11–14</td>
<td>Niobrara</td>
</tr>
<tr>
<td>July 9</td>
<td>Splash Bash</td>
<td>8–10</td>
<td>Niobrara</td>
</tr>
<tr>
<td>July 14</td>
<td>Discovery Camp</td>
<td>11–14</td>
<td>Niobrara</td>
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<tr>
<td>July 14</td>
<td>Outdoor Skills</td>
<td>11–14</td>
<td>Niobrara</td>
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<tr>
<td>Kids-N-Water</td>
<td>Kids-N-Water</td>
<td>5–7</td>
<td>Niobrara</td>
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<tr>
<td>July 21–24</td>
<td>Discovery Camp</td>
<td>11–14</td>
<td>Niobrara</td>
</tr>
<tr>
<td>July 28</td>
<td>Dismal River Camp</td>
<td>15–19</td>
<td>Niobrara</td>
</tr>
</tbody>
</table>

Camp fees range from $18 (Kids-N-Critters/Kids-N-Water) to $250 (Niobrara Canoe Trip). For camp descriptions, registration forms or more information, visit online at d unh.unl.edu or call the Eastern Nebraska 4-H Center at (402) 332-4496. Registrations accepted up until day camp begins.

Get Rid of Those Hazardous Wastes!
Don’t know what to do with those unwanted pesticides and solvents? If you live in Lancaster County, you are in luck. Bring them to one of the following Household Hazardous Waste collections in June.

Friday, June 20 Union College Parking lot 52 and Cooper Streets 3–7 p.m.
Saturday, June 21 Nebraska Wesleyan University 56 and Huntington Streets 9 a.m.–3 p.m.

Items you can bring for disposal:
• HEAVY METALS — items containing liquid mercury such as thermometers, thermostats and fluorescent bulbs
• SOLVENTS — mineral spirits, turpentine, paint strippers and thinners, oil-based paints, varnishes, stains, polishes and waxes
• PETROLEUM PRODUCTS — diesel, kerosene, thinners, oil, antifreeze, batteries or general household trash

For more specific information, call the Lincoln-Lancaster County Health Department at 441-8021

For the most recent map, visit www.drought.unl.edu/2003

Source: National Drought Mitigation Center, University of Nebraska-Lincoln.