

August 2004

The NEBLINE, August 2004

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The NEBLINE[®]

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Nebraska
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University of Nebraska Cooperative Extension in Lancaster County
"Helping Nebraskans enhance their lives through research-based education."

August 2004
Vol. XVII, No. 8

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SEE YOU AT THE LANCASTER COUNTY FAIR
August 4-8
Lancaster Event Center
84th & Havelock



4-H results and photos will be posted online at lancaster.unl.edu

People's Choice 4-H Awards

Lancaster County 4-H introduces the 1st annual People's Choice 4-H Awards at the Lancaster County Fair! You are invited to check out the 4-H exhibits and submit your choices for these awards!

About 4-H

The University of Nebraska Cooperative Extension 4-H youth development program focuses on "learning by doing." With more than 150 projects to choose from, 4-H'ers learn practical skills as well as life skills. In addition, 4-H is just plain FUN!

About Lancaster County Fair

Discover more in '04 at the Lancaster County Fair with more fun, more food and more entertainment for the entire family! FREE admission and lots of FREE parking!

The County Fair will be held August 4-8 at Lancaster Event Center, 84th & Havelock. Open 8 a.m.-9 p.m. daily. For more information, go to www.lancastereventcenter.com/fair.html or call 441-6545.

About the Awards

In the spirit of FUN, the People's Choice 4-H Awards will focus on the more playful and whimsical aspects of county fair projects.

All 4-H exhibits are awarded ribbons according to their merit:

- Purple = Superior
- Blue = Excellent
- Red = Good
- White = Fair

Clover Kids (4-H'ers ages 5-7) receive participation ribbons.

Rules

Everyone (including 4-H'ers) may vote once. Use this ballot to write in your choices. Place finished ballot in marked box at 4-H Information Booth in the Lincoln Room. **Deadline for ballots is Saturday, Aug. 7 at 3 p.m.** Award certificates will be given to the winning exhibits Saturday evening. *Please, no ballot stuffing — keep it fun!*

Join the Fun— Join 4-H!

4-H is open to all youth 5-19. There are many ways to get involved:

- Join an existing 4-H club
- Help form a new 4-H club
- Be an independent member

Discover more by going to lancaster.unl.edu/4h or attending the 4-H Kick Off on Sept. 14 (see back page).



2004
LANCASTER COUNTY FAIR
Discover More in '04!



OFFICIAL BALLOT



Note: Please make sure you select 4-H exhibits for these awards, not Open Class or FFA.

4-H STATIC EXHIBITS (LOCATED IN LINCOLN ROOM)

Category	Exhibitor's Name <i>Located on Entry Tag</i>	Short Description of Exhibit
Yummiest Looking Food Item		
Plant or Veggie that Looks Most Like a Person		
Craziest Clothing Article		
Poster or Photo with Most Pizzazz		
Rocket You Think Would Fly the Highest		
Grossest Bug in an Entomology Display		

4-H ANIMAL EXHIBITS (LOCATED IN PAVILION 1*)

Category	Exhibitor's Name <i>Located on stall card, or ask a nearby 4-H member if they can help</i>	Short Description of Animal
Cuddliest Rabbit		
Noisiest Rooster		
Goat with Silliest Table Manners		
Friendliest Sheep		
Llama with the Most Beautiful Eyes		
Dairy Cow You Think Would Give the Most Milk		
Beef Cow with Most Unusual Hair Pattern or Markings		
Most Relaxed Swine (Pig)		
Horse with Most Magnificent Mane <i>*Horses are located in Pavilion 2</i>		

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Lincoln, Nebraska

CHANGE SERVICE REQUESTED

Lancaster County 4-H Council
Cooperative Extension in Lancaster County
444 Cherrycreek Road • Suite A
Lincoln, Nebraska 68528-1507

UNIVERSITY OF
Nebraska
Lincoln

Place finished ballot in marked box at 4-H Information Booth in Lincoln Room by **SATURDAY, AUG. 7 AT 3 P.M.**

DISCOVER
DISCOVER
4-H YOU

“My Pond Won’t Stay Full!”

Tom Dorn
Extension Educator

I visited with an acreage owner last spring about his pond and decided it would be good to share the experience in this issue of THE NEBLINE since it is a common problem; the owner was wondering about sealing his pond with bentonite clay because he couldn't keep his pond full during the summer months and thought he had excessive seepage losses.

After probing for more information, I learned the surface area of the pond was about 2/3 acre. It was situated below a very limited watershed area consisting of perhaps an acre. The watershed area did add runoff water to the pond during heavy rainfall events, but there was no flowing spring. His main source of water for the pond was groundwater that first circulated through the heat exchanger in his geothermal heat pump. He could direct the water coming from the heat pump either to his pond or to a recharge well by switching a valve. He was told by the installer the pump was supplying 7.8 gallons of water per minute to the heat pump (when the heat pump was operating).

Before recommending bentonite to seal the bottom of the pond, my first thought was to calculate the water balance (water in versus water out) in this pond, including estimated evaporation losses.

Average summertime evaporation from the surface of a pond is in the range of 1/3 of an inch per day. An acre-inch of water (the volume of water to cover an acre one-inch deep) is 27,154 gallons. The surface area of this pond was 2/3 acre. It would, therefore, take 27,154

gallons/acre-inch x 0.67 acre = 18,193 gallons to raise/lower the water level of the water an inch. Since 1/3 inch is evaporating each day, we can assume evaporation losses of $18,193/3 = 6,064$ gallons of water per day from this 2/3 acre pond.

If we assume the heat pump operates 1/4 of the time during the summer months, how much water is moving through the cooling system and on to the pond each day and will that be enough to balance the water lost to evaporation?

The heat pump is assumed to operate $24/4 = 6$ hours or 360 minutes per day and, therefore, water is flowing through the heat exchanger for 360 minutes per day. The water inflow to the pond is 360 minutes per day x 7.8 gallons per minute = 2,808 gallons per day. Since we calculated average daily evaporation at 6,064 gallons per day, the water balance (water in versus water out) is a negative 3,256 gallons per day. This would result in a water level drop of 3,256 gallons/18,193 gallons per inch = 0.18 inch per day on average.

Assuming an extended dry spell, how many hours would the water pump supplying the water to the geothermal heat pump need to operate to meet the average evaporation demand of this small pond? Evaporation was calculated as 6,064 gallons per day. The water pump would need to operate 6,064 gallons per day with 7.8 gallons per minute at 60 minutes per hour = 13 hours per day. This is over twice the estimated operation time of the heat pump.

We concluded there was no need to seal the pond because evaporation, not seepage, was the reason the pond was not staying full.

“Ponds” is August Rural Living Clinic

The University of Nebraska Cooperative Extension is presenting a series of seminars entitled “Acreage Insights — Rural Living Clinics” to help acreage owners manage their rural living environment. “Ponds” is the eight in the series, to be held Aug. 21 from 9 to 11 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road.

Ponds are aesthetically pleasing, draw our natural wildlife into the landscape and have become a very popular landscape feature. Participants will learn how to design, construct and maintain ponds on the acreage that enhances both the environment and property value.

Pre-registration is \$10 per person and must be received three working-days before the program. Late registration is \$15 per person. For more information, visit the Acreage & Small Farm Insights Web site at acreage.unl.edu or contact Skipton at (402) 472-3662.

Upcoming Clinics:

“Windbreak Design/Management,” Sept. 25, 9–11 a.m.
“Grapes,” Oct. 23, 9–11 a.m.

Terminating Farm Leases

Generally, the turnover rate for rental land is very small in Nebraska, averaging about eight percent. Leases usually run an average of 15 years. This reflects the high level of communication between landowners and tenants, the high regard most landowners have for the ability of their tenant to produce top yields while being a careful steward of the land and the fact many farm leases are between family members. Usually, changes occur because producers downsize or expand. Only in a few cases does a landlord terminate a lease because of poor management practices.

Oral vs. Written Leases

Oral (unwritten) leases are legally presumed to be year-to-year leases. A year-to-year lease has no fixed time period and is automatically renewed for another year until proper notice of termination has been given to the tenant by the landowner (or vice versa).

Written leases are in effect only for the period specified in the lease itself, which may be one year, five years, etc. For written leases, no notice is required from the landlord to the tenant that the lease will not be extended unless the lease specifically states that notice of non-renewal is required. Unless it contains a renewal clause, the written lease automatically terminates at the end of the lease period. The tenant generally has no right to have a written lease renewed unless the lease contains a renewal clause.

If a tenant “holds over” by not leaving after a written lease has ended, the tenant is legally considered to be a trespasser whom the landlord may remove by going to court. If the landowner does not remove the tenant, however, a year-to-year lease is automatically established by implication. If a holdover tenant begins to work and incurs

expenses for the next year's crop, the courts generally have ruled the landowner has agreed by implication to the tenant's holding over.

The most common legal issue associated with verbal farm leases is how a lease may legally be terminated. For year-to-year leases and holdover leases, six months advance notice must be given to legally terminate the lease. However, the lease date (the date from which the six months is counted) is different.

Oral Year-to-Year Lease Termination

For year-to-year leases, the Nebraska Supreme Court has ruled the lease year begins on March 1. Notice to a tenant to vacate under an oral year-to-year lease on cropland (legally referred to as a “notice to quit”) must be given six months in advance of the end of the lease, or no later than August 31.

Holdover Lease Termination

On holdover leases, the lease date is established when the lease began in the original written lease rather than automatically being March 1. For example, if the original written lease began January 1, the notice to quit from the landlord to the holdover tenant would have to be given at least six months in advance of the end of the lease, or no later than June 30.

Pasture Leases

Pasture Leases are a bit different. Oral pasture leases are assumed to begin when sufficient growth has occurred in the spring, usually not sooner than May 1 on cool-season pastures and June 1 to June 15 on warm-season pastures. Most cool-season pasture leases run for a period of five to six months and most warm-season pasture leases run for a period of four to five months. Start and end date

can vary in different parts of the state or as agreed upon by the parties involved. The six-month advance notice to terminate a year-to-year lease does not apply to pasture leases, because the lease is not a 12-month lease. If a pasture lease were for a year at a time, however, the lease is a year-to-year lease and the tenant would be entitled to six months notice of lease termination.

Tips

To make a lease termination process go smoothly, David Aiken, J.D., water and agricultural law specialist at UNL recommends following these tips:

- Usually a tenant will know about the termination of a rental contract before the deadline, but notification still needs to be done formally and legally. The landlord needs to prove he or she has sent the tenant a notice of termination. This notice should be a registered letter written by an attorney. Be sure the notice arrives by August 31 and have proof it was sent.
- An attorney should be involved in all stages of the termination process. It's easy to make a mistake and something done wrong won't stand up in court if a disagreement occurs.
- A tenant should never let a rental agreement reach termination due to poor management practices. Keep the line of communication open and visit with the landlord regularly.
- If the tenant disagrees with the termination, he or she should visit with the landlord to see what can be done or for the reason of the termination.

For more information, refer to NebFact (NF91) “Farm Lease Termination” available at any extension office in Nebraska or found on the Web at ianrpubs.unl.edu/farmmgt/nf42.htm. (TD)

Put Farm Leases in Writing for Legal Protection

Most attorneys and farm managers recommend written leases for agricultural land. David Aiken, UNL water and agricultural law specialist, states “A written farm lease allows for adjustments and, in most cases, provides better legal protection than relying on an oral agreement.” Many landowners and operators are reluctant to sign a written lease because they think it implies a lack of trust in each other. However, written leases are more complete, can specify a definite lease term and remind the parties about agreement specifics. Signing a written document allows the parties to closely consider each provision and allows for adjustments if unanticipated conditions arise.

“It's best to have an attorney help draft a farm lease. It should be signed by both parties and include a legal description of the leased land, the lease term length and the date the lease begins. A written lease terminates when it expires and there is no automatic right of renewal

unless included in the lease,” Aiken said.

In Nebraska, the tenant has the right to select the crops to be grown and farming methods used, such as tillage and weed control, unless the lease specifies otherwise. If the tenant fails to perform a required farming operation, the lease should give the landlord the right to enter the property to perform the work and terminate the lease, if appropriate.

The lease also can specify the tenant will comply with governmental regulations regarding soil, water and agricultural chemical use. According to Nebraska law, tenants must return land in the same condition they received it, subject to normal wear and tear, whether or not the lease requires this. The lease may require the landlord's permission before improvements are made. A method should be included for specifying either the landlord's share or how the tenant will be reimbursed for the improve-

ments when the lease is up.

The lease must specify each party's share of expenses for maintenance, chemicals, repairs, utilities and taxes. Under most written leases, the tenant will be responsible for maintenance and the landlord may be responsible for repairs. The lease also needs to specify who is responsible for purchasing insurance and paying taxes. According to Aiken, “In Nebraska, the tenant is liable for virtually all injuries to third parties on leased land. Both parties should have liability insurance for protection.” The lease also needs to describe how rent will be paid and when it is due.

One disadvantage of written leases for tenants involves lease termination. Tenants are entitled to six months notice of termination in unwritten leases. However, there is no requirement to notify the tenant the lease will not be extended in a written lease. Otherwise written leases

Treating Bee Stings

Photo by Zachary Huang, Dept. Entomology, Michigan State University

Most adults have had the unfortunate experience of getting stung by a bee or wasp at least once, but only a very small percentage of people, about two to four people out of 1,000, are actually allergic to the sting. For these people, a bee sting is more than an unpleasant experi-



Bee sting and its poison gland attached.

ence, it can be life threatening. According to Jerome Goddard, author of *Physician's Guide to Arthropods of Medical Importance*, there are three general categories of reaction to insect stings.

Normal Reaction

The severity of a bee sting reaction varies from person to person. The human body's immune system normally responds to a sting by releasing fluid from the blood to flush venom components from the area. This causes redness and swelling at the sting site. If the person has never been stung before, the response will usually lead to large swelling around the sting site, along with pain, redness and itching. This is normal. No medical treatment is generally needed, but it is a good idea to disinfect the area and apply ice to reduce the swelling. Avoid scratching the area around the sting because this can result in an infection. A research study showed that the use of a meat tenderizer, a common home remedy proposed to destroy bee venom, likely has no therapeutic value when applied to the skin. Calamine products may help reduce swelling.

Large Local Reaction

Sometimes a large local reaction will result in swelling that extends beyond the sting

site. For example, a person stung on the forearm, may have his/her entire arm swell to twice its normal size. This large local reaction is often treated the same as a normal reaction, although if the sting site is on or near the throat, eye or nose area, patients should seek medical care. Large local reactions may last for several days, so antihistamines and steroids, prescribed by a physician, may help lessen the discomfort.

Allergic Reaction

An allergic reaction to an insect sting is when the reaction occurs in areas of the body which are not in the immediate area of the sting. This allergic reaction, called anaphylaxis, occurs quickly, can be life threatening and requires immediate medical attention. Anaphylactic symptoms include:

- Nausea, vomiting, abdominal pains;
- Tightness in the chest and wheezing or difficulty in breathing;
- Dizziness or a sharp drop in blood pressure; and/or
- Unconsciousness or cardiac arrest.

Anaphylaxis can occur within minutes after the sting and, if untreated, can be fatal. People who have experienced anaphylaxis to an insect sting have a 60 percent chance of a similar or worse reaction if stung again.

Treating Allergic Reactions

An allergic reaction is treated with epinephrine, either self-injected or administered by a doctor. In some cases, intravenous fluids, oxygen and other treatments are necessary as well. People who

have had previous allergic reactions and rely on the protection of epinephrine, must remember to carry it with them wherever they go. Even if epinephrine is self-administered, persons should seek immediate medical attention following an insect sting.

Avoidance. Persons allergic to bee stings should use extreme caution when spending time in areas where bees and wasps are found. They should never walk barefoot in the lawn. Avoid insect attractants such as fragrances (perfumes, aftershave, hair sprays), open garbage cans and exposed food at picnics.

Preventing Allergic Reactions

People who have previously lived under the constant fear of insect stings can often lead a normal life with venom immunotherapy. Immunotherapy involves administering gradually increasing doses of venom that stimulate the patient's own immune system to increase resistance to a future allergic reaction. This treatment may reduce the chance of recurrent anaphylaxis from 50 percent to about 10 percent after two years of therapy and to about two percent after three to five years of therapy. Persons seeking treatment should consult with an allergist. (BPO)

How Effective are DEET Repellents?

Repellent products containing DEET (diethyl toluamide) are highly effective against mosquitoes, biting flies, ticks and chiggers. Recent research suggests that DEET does not actually repel the insects.

Instead, the DEET jams the blood-seeking insects' antennae which is the organ these insects use to locate you.

Mosquitoes and other biting insects follow plumes of carbon dioxide, body odors and moisture gradients that humans give off as they breathe and sweat. As it gets close, the insect's antennal sensory receptors are seeking the final airborne chemicals that will lead it to you.

But, as the insect gets close, the regions of the antenna that locate you become jammed by the DEET molecules. The insects cannot find you, even though you're right in front of them. This explains why you may see mosquitoes near you, even after you have used a DEET repellent. They've tracked you down, but just can't find

you for the final dive.

DEET repellents are available in many formulations, not just aerosol sprays. Look for pump sprays, lotions, sticks, creams, gels and impregnated towelettes.

How effective are they? Using medical entomologists to test repellents, Consumer Reports reported results of a study in their May 2003 issue.

In this study, Ultrathon and Off! Deep Woods for Sportsmen had the same level of protection, but Off! Deep Woods has nearly three times as much DEET (100 percent) than Ultrathon (35 percent). Developed by 3M, Ultrathon contains a polymer, a molecule that keeps the repellent on the skin rather than being absorbed into the body or evaporated into the air. Ultrathon is the same DEET product used by the US military. Repellents using plant oils (citronella, soybean, coconut and geranium) provided little protection. (BPO)

PRODUCT	MOSQUITO PROTECTION
3M Ultrathon®	13 hours
Off! Deep Woods	13 hours
Muskol Ultra 6 hours	8 hours
BugOut	7 hours
Sawyer Controlled Release	6 hours
Cutter Unscented	5 hours
Off! Skintastic with Sunscreen SPF 30	4 hours
Cutter Skinsations	2 hours
Avon Skin So-Soft Bug Guard/Sunblock	1 hour (contains no DEET)

Tree Squirrels - Tricksters and Troublemakers

Tree squirrels are known for their bushy tails and their ability to climb high into trees. The eastern fox squirrel (*Sciurus niger*) is the most common tree squirrel in Nebraska. It is common throughout the state.

Squirrels can be fascinating backyard wildlife but they can also cause humans headaches. A survey of the National Pest Control Association voted the tree squirrel as the number one nuisance animal in the United States. Tree squirrels can cause a variety of problems, including damage to trees, flowers, lawns, gardens, vehicles and homes. They eat acorns, nuts, fruit or vegetables in home gardens and become a nuisance at bird feeders. Squirrels can cause extensive damage to attic insulation or walls and gnaw on electrical wires in homes and vehicles, creating a fire hazard.

If you have squirrels in your neighborhood (and most of us do!), being prepared is your best tip for preventing future damage by squirrels.

To prevent squirrels from invading your home, seal any openings at joints of siding or overhangs. Use chimney caps and seal off access to attic vents with hardware cloth (available at your local hardware/lumber store). Squirrels can squeeze through holes 1-1/2 inches in diameter. They typically enter attics and spaces between walls



Young eastern fox squirrel feeding on an acorn.

and floors.

Squirrels cut off tips of branches in trees, and gnaw on tree bark, as well as gnaw on house siding, decks, bird feeders, etc. Squirrels have teeth that grow rapidly, and they gnaw to keep their teeth sharp and at the proper length.

What do you do when squirrels are chewing on your deck or tearing apart your lawn furniture? Cover the area on your deck where the squirrels are chewing with hardware cloth (keep in mind, they may just move to another spot). As for the furniture cushions, bring them indoors or put them in the garage while you are gone.

Excluding squirrels is challenging! They are difficult to manage and will usually overcome the barriers you've created to exclude them. For more information, stop by the extension office for a copy of the NebGuide (G-1377) "Tree Squirrels and Their Control" or visit ianrpubs.unl.edu/wildlife/g1377.htm (SC)

Found an Underground Yellow Jacket Nest? Proceed with Care!

The extension office gets numerous phone calls about bees and wasps in August and September. Late summer is the season for wasp activity because colonies grow larger as the summer season progresses. The larger the colony, the more defensive these insects become. Yellow jackets are the biggest problem. Unlike honey bees that die after they sting only once, yellow jackets can (and will) sting many times. They aggressively defend their nests.

Yellow jackets are not bees, but a type of paper wasp that lives underground. They often use an old rodent burrow for their nests and are commonly found around railroad ties or landscape timbers. People report getting stung when mowing their lawn or gardening. If a person knows where the nest is located, the

nest can sometimes be avoided without a problem. However, yellow jacket activity will continue until after the fall freeze. When nests are found in areas where people are active, control may be needed.

Treatment of yellow jacket nests in the ground can be done successfully, although some precautions should be taken.

1. The first rule is to plan your control strategy carefully and plan to treat between dusk and dawn. Because wasps are active during the daytime, it is important to treat at night when all the wasps are in the colony. This is also important to avoid getting stung. Treating during the daytime is not recommended, unless a bee suit is worn. It is a good idea to try to find the nest entrance so a bit of careful preliminary investigating should be done during the daytime.

2. If you need to see what you are doing and it's too dark, cover a flashlight with red cellophane or use a red light. Wasps and bees, like other insects, cannot see light in the red spectrum, so red light will not disturb them.

3. A underground yellow jacket nest can be best controlled using a dust insecticide, like sevin (carbaryl). Using a duster, which can be purchased at a garden center, propel the dust into the entrance of the nest. The dust will contaminate the colony. It may take a few days or more to completely control the colony, so patience is needed. A second treatment can be made if there is still activity after a week.

Bee and wasp nests are sometimes found inside

see *YELLOW JACKET NEST* on page 11



Alice Henneman, RD, Extension Educator

August is National Peach Month. Whether fresh, canned or frozen, peaches are good-tasting and good for you. They're fat free, cholesterol free, sodium free and a source of vitamins A and C. One medium peach has only 40 calories. When selecting and storing peaches, follow these guidelines, adapted from information provided by the Centers for Disease Control and Prevention 5 A Day program www.cdc.gov/nccdphp/dnpa/5ADay

Selecting

When selecting fresh peaches, look for ones that are soft to the touch, blemish free and have a fragrant smell. Peaches that are mildly fragrant ripen into sweet and delicious flavors. Choose fruit that has a background color of yellow or cream and has a fresh looking appearance. Peaches may have some red "blush" depending on the variety, but this isn't a sign of how the fruit will taste after it's ripened. At home, peaches can be ripened at room temperature in a brown paper bag in two to three days. Peaches are highly perishable, so don't buy more than you plan to use.

Storing

The best way to ripen peaches is to place them in a paper bag, fold the top of the bag over loosely and place the bag on the counter for one to three days. Never store hard, unripe peaches in the refrigerator, in plastic bags or in direct sunlight.

Check peaches daily. When they are ripe, they will be aromatic and will give slightly to gentle pressure. Once ripened, they can be stored in the refrigerator for about a week.

Peachy Crisp

(Makes 6 servings — serving size: 1 cup)

- 1/2 cup all-purpose flour
- 1/4 cup granulated sugar
- 1/4 cup packed brown sugar
- 3 tablespoons chilled stick margarine or butter, cut into small pieces
- 6 cups sliced peeled peaches (about 3 pounds)
- 2 teaspoons lemon juice
- 1 cup raspberries
- 1 tablespoon granulated sugar
- 1 tablespoon cornstarch
- Cooking spray
- 1 tablespoon seedless raspberry jam, melted

Preheat oven to 375° F. Lightly spoon flour into a dry measuring cup and level with a knife. Combine flour, 1/4 cup granulated sugar and brown sugar in a bowl; cut in margarine with a pastry blender or two knives until mixture resembles coarse meal.

Combine sliced peaches and lemon juice in a large bowl and toss gently to coat. Add raspberries, 1 tablespoon granulated sugar and cornstarch. Toss gently. Spoon fruit mixture into an 8-inch square baking dish coated with cooking spray and drizzle raspberry jam evenly over fruit mixture. Sprinkle with flour mixture. Bake 45 minutes or until brown.

Source: Centers for Disease Control and Prevention 5 A Day program www.cdc.gov/nccdphp/dnpa/5ADay

FREE CLASS SEPT. 22

"Healthy One Dish Dinners for 1, 2, 4 or More"

One-dish dinners are a quick and easy way to prepare delicious, healthy meals for just yourself or for any number of people. You don't have to worry about getting several foods done at the same time and there are fewer dishes to wash! Many can be made ahead of time. Alice Henneman, registered dietitian and extension educator, will show you how as part of BryanLGH Medical Center's "Eating Well" series. Participants will receive an extensive handout which includes tips and recipes. Register by calling BryanLGH at 481-8886. The class will be held at the Plaza Conference Center, BryanLGH Medical Center East, 1600 S. 48th Street.



Summer Fruits and Veggies: Q & A

Whether you grow them or purchase them, fresh fruits and vegetables are an important part of the summer scene. Salads, fresh fruit smoothies and cold veggie soups are some of the flavors of summer. Health experts recommend eating five or more servings a day of a palette of colorful fruits and vegetables.

The following tips can help you enjoy fruits and vegetables at their most flavorful. Recipes at the end can add to the enjoyment, too!

1. Which fruits continue to ripen after they're picked?

Apricots, bananas, cantaloupe, kiwi, mangoes, nectarines, peaches, pears, plantains and plums continue to ripen at room temperature after they're picked. To speed their ripening, put them in a loosely closed brown paper bag or ripening bowl at room temperature. (NOTE: Ripening bowls are sold at many stores that sell home kitchen supplies.)

Plastic bags don't work for ripening. Once fully ripened, fruits may be stored in the refrigerator to lengthen their storage time.

Though the outside skin of a refrigerated banana will turn dark brown, the inside will remain light-colored.

Fruits that should be picked or bought ripe and ready-to-eat include apples, cherries, grapefruit, grapes, oranges, pineapple, strawberries, tangerines and watermelon.

2. How can I keep cut fruit from turning brown?

Keep cut fruits, such as apples, pears, bananas and peaches, from turning brown by coating them with an acidic juice such as lemon, orange or pineapple juice. Or use a commercial anti-darkening preparation, frequently called a "fruit protector" such as Ever-Fresh™ or Fruit-Fresh®. Follow the manufacturer's directions.

Cut fruits as close to serving time as possible. Cover and refrigerate cut fruit until ready to serve. Avoid leaving cut fruit at room temperature for more than two hours.

3. Can I freeze bell and sweet peppers raw?

If you've picked a peck of peppers and have too many to eat, try freezing them.

Peppers are one of those foods that can be quickly frozen raw without blanching them first. The National Center for Home Food Preservation (NCHFP), hosted by the University of Georgia.

Cooperative Extension Service, offers these guidelines on freezing bell and sweet peppers raw:

Select crisp, tender, green or bright red pods. Wash, cut out stems, cut in half and remove seeds. If desired, cut into 1/2-inch strips or rings. Good for use in uncooked foods because they have a crisper texture or in cooked foods. Package raw, leaving no headspace. Seal and freeze.

NOTE: To make it easier to remove only the amount of frozen bell or sweet peppers needed at one time, freeze sliced

or diced peppers in a single layer on a cookie sheet with sides. Transfer to a "freezer" bag when frozen, excluding as much air as possible from the bag.

4. Can tomatoes be frozen raw?

Like peppers, tomatoes can be frozen raw. Frozen tomatoes are best used in cooked foods such as soups, sauces and stews as they become mushy when they're thawed.

NCHFP offers these guidelines for freezing tomatoes:

Select firm, ripe tomatoes with deep red color. Wash and dip in boiling water for 30 seconds to loosen skins. Core and peel. Freeze whole 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.

TIP: Dip just a few tomatoes at a time into the boiling water or the water temperature may be lowered too much to remove the skins without overheating the tomatoes. Place hot tomatoes in a colander and rinse under cold water to make them easier to handle. A knife with a serrated edge works best for cutting tomatoes.

For More Information on Freezing Fruits and Vegetables

Visit the NCHFP's Web site for guidelines on freezing additional fruits and vegetables at www.uga.edu/nchfp/how/freeze.html

Cool Calcium!!



Karen Wobig
Extension Associate

Calcium is a nutrient our bodies need daily. It helps build and maintain strong bones and teeth. It also plays an important role in nerve function, muscle contraction and blood clotting. Making sure we get enough calcium in our diet is a concern for many people. The Food and Nutrition Board of the National Academy of Sciences recommends the following daily intake amounts:

Age Group:	Mg of calcium/day
1-3 years	500
4-8 years	800
9-18 years	1300
19-50 years	1000
51+ years	1200

One cup of milk has approximately 300 milligrams (mg) of calcium. While milk is one of the best sources of calcium, it certainly is not the only one. Yogurt, cheese, pudding,



Residents of Mahoney Manor use yogurt to make a healthy snack while learning about the importance of consuming calcium-rich foods.

broccoli, greens, rhubarb, beans and calcium fortified orange juice are also good sources. To find out the mg of calcium contained in these products and others, log on to www.nal.usda.gov/fnic/foodcomp/search and type in the name of the food.

Try some of the following ideas for adding calcium to your diet:

- Drink milk with all meals.
- Snack on crackers and cheese.
- Prepare soups with milk instead of water.
- Eat yogurt for snacks.
- Add grated cheese to casseroles.
- Prepare hot cereals with milk rather than water.
- Drink calcium enriched orange juice.
- Choose calcium-rich desserts

such as ice cream, frozen yogurt, pudding or cheese with fruit.

This summertime snack will give you calcium as well as many other important vitamins and minerals.

Yogurt Popsicles

- 2 cups strawberries, washed and stemmed
- 1 carton (6 to 8 ounces) plain low fat yogurt
- 1 can (6 ounces) orange juice concentrate

Place all the ingredients in a blender. Process until smooth. Pour into popsicle molds and freeze until firm.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Janet's Jargon

Janet Broer
FCE Council Chair

The weather is heating up and that means County Fair time is almost here. There are lots of activities for all ages that includes fun and learning. Home Serve Club and other volunteers will host Health Awareness Day on Aug. 5, 10 a.m. to 2 p.m. Stop by and say hello if you are attending the fair that day. Check THE



NEBLINE for other events.

Before we know it, classes will also begin. Why not have a little summer party for the students in your life. Entertain with some of your favorite and simple summer dishes. Cut some flowers and foliage from your garden for light decorating and you're set to go for some quality time with your school guests. I'm sure

they would love it.

For me summer living is the greatest if you can escape to a lake for a few days. I plan to head to Wisconsin Chair of Lakes and cool off for a short four days. Vacation days are always shorter than regular days, you know. I hope each of you can find some cool relaxing time during August before fall activities get into full swing. Have safe and fun time whatever you do.



FCE News & Events



Dawn Fulton (left) received the 2004 FCE scholarship.

Scholarship Winner

Dawn Fulton, a student at BryanLGH College of Health Sciences School of Allied Health, received the 2004 Family and Community Education Council Scholarship. Dawn is enrolled in the Vascular Sonography program and plans to graduate in May 2005. (LB)

Next Council Meeting
Sept. 27

The FCE Council meeting will be Monday, Sept. 27, 12:45 p.m. at the Lancaster Extension Education Center. This will be a salad luncheon. Each attendee is asked to bring a salad. Following the luncheon the Groundwater Foundation staff will present a program "Protecting Nebraska's Unseen Treasure" about Nebraska's Groundwater resources and what you and your community can do to protect and conserve it. The business meeting will follow the program. Call Pam at 441-7180 to sign up for the meeting. All FCE members are invited to attend. (LB)

"Aging Friendly Communities" Leader Training

The October leader and community training lesson, "Aging Friendly Communities," will be presented by Extension Educator Lorene Bartos on Tuesday, Sept. 28, 1 p.m. Many Nebraska communities today find their largest population segments are over 65 years of age. This demographic trend is likely to continue as the baby boom population ages. Many communities can benefit from being "aging friendly." Non-FCE members should call Pam at 441-7180 to register so materials can be prepared. (LB)

Summer Sampler Sizzled!

More than 120 people attended this year's Sizzling Summer Sampler on July 13. The FCE Council event included a basket raffle which raised over \$300 for their scholarship fund.



Two learnshops were presented: "Bring in the Blooms" by Kevin Smith (pictured above), and "Colorizing Your Spaces" by Brenda Danley and Bonnie Evert.

Getting Ready for the New School Year

Most working parents look forward to the beginning of school. If nothing else, it's a relief not having to deal with keeping the kids busy, happy and safe while parents work.

Parents want to help their kids make a smooth adjustment to their new school situation, whether it is child care, first grade, junior high or even college. They are concerned about how to be supportive and also encourage independence. If parents "let go," will they still be assured their kids are having positive experiences in school and with friends?

While children need adult support to learn how to cope, they also need to learn how to solve their own problems. Parents can't smooth everything out for a child and shouldn't

want to—ragged times contribute to a youngster's strength and resiliency. These tips can help prepare for the beginning of school.

- Give kids of any age a chance to tell you what's on their minds. Listen and don't minimize their fears or anxieties. They may seem foolish but are very real to the child. For young children, parents could act out some of the situations the children are fearful of. For example, "What if Johnny teases you on the bus again? What will you say?"
- If a younger child is moving to a new building, arrange to visit the school one day even though there might be minimum staff there. Check out the bathrooms, cafeteria, school office and yard, as well

as classrooms. An opportunity to meet a new teacher is almost guaranteed to help the transition go smoothly.

- Make sure kindergartners or first graders know their home address and phone number, how to manage a backpack, how to carry a tray with food on it, how to handle small amounts of money, and has traveled the route to school in a car, bus or by foot.
- Try and locate at least one other child who will be in the child's class this year, or one who already goes to the same school. Take time to call and arrange to meet or at least talk before school starts. Establishing this connection is well worth the effort and can make a big difference to a child who is starting a new school. (LB)



by Lorene Bartos, Extension Educator

Lower Your Lighting Costs

Increasing your lighting efficiency is one of the fastest ways to decrease your energy bills. Turn off the lights in any room you're not using, or consider installing timers, photo cells, or occupancy sensors to reduce the amount of time your lights are on. Use task lighting; instead of brightly lighting an entire room, focus the light where you need it. For example, use fluorescent under-cabinet lighting for kitchen sinks and countertops under cabinets. Consider three-way lamps; they make it easier to keep lighting levels low when brighter light is not necessary. Finally, use compact fluorescent lamps (CFLs); they are much more efficient than incandescent bulbs and last 6 to 10 times longer. CFLs are more expensive than incandescent bulbs, but they pay for themselves by saving energy over their lifetime. (LB)

More Tools for Student Success

The U.S. Department of Education offers free research-based publications to help families and educators make good decisions about learning. They can be ordered by contacting EDPubs, The Department of Education's Publications Distribution Center at ED Pubs, P.O. Box 1398, Jessup, MD 20794-1398; 1-877-4-ED-PUBS or online at www.ed.gov/pubs/edpubs.html.

Two available publications are:

Put Reading First: The Research Building Blocks for Teaching Children to Read: This booklet summarizes for teachers what researchers have discovered about how to teach

children to read successfully. It describes the findings of the National Reading Panel Report and provides analysis and discussion in five areas of reading instruction: phonemic awareness; phonics; fluency; vocabulary; and text comprehension. Each section suggests implications for classroom instruction as well as other information.

Questions Parents Ask About Schools provides answers to commonly asked questions on topics such as Getting Ready for School, Monitoring School Work, Helping with Reading and Working with Schools and Teachers. (LB)

Helping a Child Ease Back Into School

The summer vacation for children is nearly gone and that means starting school. Children look forward to the new school year but their anticipation is tinged with some apprehension.

Transitions are exciting but scary. "Will the big kids tease me on the bus?" "Will my teacher be nice?" "Will I still be in a class with my best friends?" "Will I be able to find my way in that big building?" "How much homework will there be this year?"

Back-to-school transitions can be easy or difficult for children, depending partly on parental planning. Children are a year older and patterns won't be quite the same as last year.

Parents need to consider the following.

- Spend some time thinking what

will be different this fall from last. Will there be lunches to pack? Will someone else need to pick up the children on certain days? Start planning now who will do what — at least for early fall.

- Begin easing back into fall routines by mid-August. Children who've been sleeping late in the morning and eating at odd hours will need to get back on a schedule to catch the school bus and accommodate snacks and lunches.
- Parents should try and keep calendars as clear as possible during September. Some kids who manage well in school during the day, fall apart at night and may need parental evening time during this adjustment. (LB)

CHARACTER COUNTS! CORNER

Ethics

Standards of duty and virtue that indicate how we should behave. Two aspects of ethics:

- Ability to discern right from wrong, good from evil and propriety from impropriety.
- Commitment to do what is right, regardless of temptations and pressures to do otherwise. (LB)



Why So Many Weeds?

Gardeners often ask why they have so many weeds. The answer is quite simple, we plant them!

Weed seeds can blow in, wash in with surface water or be introduced with the application of soils and organic matter, like manure. Birds and other wildlife also distribute weed seeds. However, the majority of weeds come from seed unsuspectingly planted by the gardener. In other words, weeds we allow to go to seed.

For example, a common pigweed plant, with its long reddish taproot, produces one hundred and seventeen thousand seeds per plant. That means just nine pigweed plants allowed to go to seed disseminate over one million seeds! And these seeds are

viable for forty years. Purslane, with its pinkish, fleshy stems and leaves, produces fifty-two thousand seeds per plant. Purslane seeds are viable for twenty-five years. And how about the common dandelion? It typically produces only fifteen thousand seeds per plant. So do not let weeds go to seed. A gardener who does not let weeds go to seed will have significantly fewer weeds each year.

Each time the garden is cultivated or tilled, a new crop of weed seeds are brought to the surface and are ready to germinate. To suppress weed germination, avoid unnecessary tilling. Application of a surface mulch, like grass clippings, also helps suppress weed seed germination. (MJF)

Herbal Festival

Join the Doole family and Pioneers Park Nature Center for a rededication of the renovated Louise Evans Doole Herb Garden

Saturday, Sept. 11
9:30 a.m.–3 p.m., \$5/person

Festivities include:

Betsy Williams
author, herb grower and floral designer from
'The Proper Season,' Andover, MA
Presentation:

"Developing Theme Gardens"
an Herbal Craft Workshop (materials fee extra)

also available:
Tours of the Renovated Herb Garden
Tasting Table
Mini-workshops
Informational booths

Presented in cooperation with the Nebraska Herbal Society. Call 441-7895 for more information.



Garden Guide

Things to do this month

Check on water needs of hanging baskets daily in the summer. Wind and sun dry them much more quickly than other containers.

Clean up fallen rose and peony leaves. They can harbor disease and insect pests over the winter if allowed to remain on the ground.

Mound soil over the lateral or brace roots of corn stalks for extra support against strong winds.

Pick summer squash and zucchini every day or two to keep the plants producing.

Remove old vegetable plants which have stopped producing to eliminate a shelter for insects and disease organisms.

Water the garden early in the day so plants can absorb the moisture before the hot sun dries the soil. Early watering also insures that the foliage dries before night. Wet foliage at night increases susceptibility to fungus diseases.

Many herbs self-sow if the flowers are not removed. Dill produce seeds that fall around the parent plant and come up as volunteers the following spring.

To reduce the number of pests on your fruit tree for the coming year, pick up and destroy all fallen fruit.

Bt (*Bacillus thuringiensis*) is used by many gardeners to protect cole crops from chewing caterpillars.

White flies are attracted to yellow, so use yellow sticky boards to reduce their populations.

Every weed that produces seed means more trouble next year. Control weeds before they go to seed.

Do not add weeds with mature seed heads to the compost pile. Many weed seeds can remain viable and germinate next year when the compost is used. (MJF)

About Bromeliads

The bromeliad is a member of a large plant family that is native to the warmer climates of North and South America. Bromeliads grow in trees, attach themselves to rocks and live on the forest floor. They vary in size from one inch to 35-feet high. Bromeliads have many appealing qualities, but their foliage is generally the most attractive part of the plant. Some bromeliads have several bands or variegations on their leaves, which exhibit different color patterns. Along with their attractive foliage, bromeliads also develop beautiful flowering stalks that are vivid, unique and bold. Pineapple is an example of a fruiting bromeliad.

Bromeliads need strong light to grow well and produce flowers. You must have a very well-lit area in your home to grow these plants properly, although you can use artificial light. Most bromeliads have a natural reservoir that's formed by the leaves, which are arranged in a vase-like shape with

overlapping bases. This reservoir holds a large amount of water, so be careful not to over-water your bromeliad or you may rot the roots.

Because most bromeliads originated in the tropics, they need very warm temperatures to survive and grow well. Keep your room temperature at 70° F during the day and 55 to 60° F at night.

Bromeliads can be fertilized every three or four weeks with a half-strength mixture of all-purpose soluble fertilizer. This weak fertilizer can be placed directly in the receptacle cups of your bromeliad. Roots do not need to be fertilized as frequently. The soil should supply moisture to your plant without getting too soggy. The soil should also be porous enough to allow water to drain off easily and allow air to reach the roots.

You can force bromeliads to bloom easily by using a healthy, mature plant with a good root system. First, drain all water from the plant and place the



Bromeliad

plant inside a clear, airtight plastic bag with a large ripe apple. Ripe apples give off a gas called ethylene, which triggers the formation of flowers on bromeliads. After two to three days, remove the plant from the bag and replace the water you removed. Depending on the type of plant you have, flowering will begin in six to fourteen weeks. (MJF)

The Top Ten Environmental Benefits of Forestry

1. Forestry is bringing back forests.

Until the 1920s, forests were often logged and abandoned. Now, across the country an average of 1.7 billion seedlings are planted annually. That translates into six seedlings planted for every tree harvested. In addition, billions of additional seedlings are regenerated naturally.

2. Forestry helps water quality.

Foresters carefully manage areas called watersheds (areas where we collect our drinking water) and riparian zones (land bordering rivers, streams and lakes). These are places where maintaining water quality is the primary concern for foresters. Forests actually help to clean water and get it ready for us to drink. The trees, soil and bacteria are all part of this process. Forest cover protects and nurtures the soils that are the key to water retention, filtering and quality.

3. Forestry offsets air pollution.

Foresters nurture forests, sometimes called "the gills of the planet." One mature tree absorbs approximately 13 pounds of carbon dioxide a year. For every ton of wood a forest grows, it removes 1.47 tons of carbon dioxide and replaces it with 1.07 tons of oxygen.

4. Forestry helps reduce catastrophic wildfires.

At the turn of the century, wildfires annually burned across 20 to 50 million acres of the country each year. Through education, prevention and control, the amount of wildfires has been reduced to about two to five million acres a year--a reduction of 90 percent. By marking and removing excess fuels, such as underbrush and some trees, foresters can modify

forests in order to make them more resilient to fire.

5. Forestry helps wildlife.

Foresters employ a variety of management techniques to benefit wildlife, including numerous endangered species. For example, thinning and harvesting create conditions that stimulate the growth of food sources for wildlife. Openings created by harvesting provide habitat for deer and a variety of songbirds. Thinning can be used to accelerate growth and development of older trees that are favored by owls and other species. In order to enhance salmon habitat, foresters also carry out strategic tree plantings and monitor forest health along streams in order to keep the water cool and reduce sediments.

6. Forestry provides great places to recreate.

Foresters manage forests that provide recreational benefits to communities. Forests are important areas for such recreationists as bird watchers, hikers, nature photographers, horseback riders, skiers, snowmobilers, and campers. And because foresters put water values high on their list of priorities, the rivers and lakes in forested areas provide such recreational opportunities as fishing, canoeing and rafting.

7. Forestry benefits urban environments.

Urban foresters manage forests and trees to benefit communities in many ways. Forests in urban areas reduce stormwater runoffs, improve air quality, and reduce energy consumption. For example, three well-placed mature trees around a house can cut air-conditioning costs by 10 to 50 percent.

8. Forestry provides renewable and energy-

efficient building products.

Foresters manage some forests for timber and produce a renewable resource because trees can be replanted. Other building materials, such as steel, iron, and copper, can be reused and recycled but not replaced. Wood is a renewable resource which, in addition to being recyclable, can be produced anew for generations to come on sustainable managed forest lands. Recycling and processing wood products also requires much less energy than does the processing of many other non-renewable materials.

9. Forestry helps family forests stay intact.

Foresters help family forestland owners, who own 54 percent of all the forests in the US, understand the benefits of managing their forests in an environmentally friendly manner. Better management of private forests means that those forests will remain healthy and productive. Many endangered species spent at least part of their time on private land, more than 80 percent of our country's total precipitation falls first on private lands and 70 percent of eastern watersheds run through private lands.

10. Forestry is good for soils.

Foresters and natural resource managers are dependent on forest soils for growing and managing forests and, to a large extent, forest soils are dependent on resource professionals and managers. Forester's success in growing forests and producing forest products is dependent on their ability to understand soil properties and to then match species with soils and to prescribe activities that not only promote forest growth but also enhance and protect soil productivity and prevent soil erosion.

From the Society of American Foresters. (MJF)

Prevent Spread of Pine Wilt with Inspection and Disposal

Pine trees are common across much of the Nebraska landscape, but a disease called pine wilt can kill trees in a matter of weeks.

Pine wilt is caused by microscopic organisms called pinewood nematodes. Pine sawyer beetles act as insect vectors and carry the nematodes, spreading the disease from tree to tree.

A typical symptom of pine wilt is fading. Pine needles turn grayish green, then tan and finally, brown. The top of the tree may be affected first. Resin flow from the wood ceases and wood may appear dry when cut. Needles can remain on a dead tree for a year or longer. Once the pine sawyer beetle introduces the nematode, the tree typically dies within a few weeks or months. Some trees will fade during the summer, and more will begin to fade in August and September, continuing through the fall.

Scotch pine makes up the majority of pine wilt cases, but the disease also occurs in Austrian pine. As pines age, their susceptibility to pine wilt increases. Most cases appear in trees more than 10 years old. However, the disease rarely affects other pines or conifers, such as spruces, firs, red cedars, junipers, white or ponderosa pines.

Homeowners and farmers should check yards and wind-



Pine trees in Lincoln killed by pine wilt.

Photos by University of Nebraska - Lincoln Nematology Department

breaks for trees showing signs of pine wilt. Nematodes are not visible to the eye, but can easily

be spread to entire windbreaks or plantings in a few years. Take a 1-inch thick sample from a

branch 3 inches or more in diameter near the trunk or take a wedge-shaped sample of wood from the lower trunk or base of large lower limbs. Keep samples cool and in a plastic bag. Send samples for analyzing to the Plant and Pest Diagnostic Clinic, University of Nebraska-Lincoln, 448 Plant Science Hall, P.O. Box 830722, Lincoln, NE 68583-0722.

Sanitation can prevent or slow the spread of pine wilt, but there are no chemicals that can be sprayed to prevent or cure the disease. The only control method is to cut down infected trees and burn, bury or chip them. The stump should be removed down to the ground, if possible. This should be done as soon as the infection is discovered to prevent pine sawyer beetles from emerging from the tree and carrying the disease to other healthy trees. Do not hold the wood for firewood. If dead trees are discovered after October 1, they do not need immediate removal, but must be removed and destroyed by May 1 the following year.

SOURCE: Laurie Stepanek, forest pest management assistant, Nebraska Forest Service, NU/IANR (DJ)

Efficient Watering Hints

Water lawn and planting beds according to their needs. Check soil moisture before watering. Insert a six inch screwdriver into the soil; if it can be easily inserted, you don't need to water.

Water at night (midnight - 9 a.m.) but not during the heat of the day or when the wind is blowing. Set your sprinklers to hit the landscape only, not sidewalks, driveways, windows, etc.

Look for footprints. Water when footprints or mower tracks become easily visible on the turf or when large areas of the lawn take on a blush-gray color.

Has it rained? Skip watering on days following a half inch or more of rain. On cool, cloudy days plants use less water and there is less evaporation. This extends the time needed between watering.

Check your sprinkler

system. Check to see how long each zone is scheduled to run and adjust the timer. A shade zone will require less water than a hot, sunny area and the cooler seasons require less water than the hot summer months. Check sprinkler heads frequently to make sure they are functioning properly. Also, if you have an older timer, it may not be able to adjust to a three-day cycle. Learn how to operate your system manually.

Watering with a hose? Use household timers to remind you to move or stop soaker hoses and sprinklers. Check your sprinklers to see how much water they put out. (This is easily done by placing a shallow container like a cat food or tuna fish can in the yard to measure water.) This will help determine how long you should water. (DJ)

Plant, Divide Peony Tubers this Fall

It is important to pick a well-drained site in full sun. More than two or three hours of daily shade or poor drainage can prevent peonies from blooming. The site should be prepared two to four weeks before planting by spading organic matter into the site and adding a handful of garden fertilizer to the soil.

Holes should be spaced three feet apart and dug 18 inches deep and 18 inches wide. Place the tuber in the hole so the uppermost eye is no more than one inch below the natural soil surface. Planting the tubers too deep can prevent flowering. Gardeners should fill the space around the tuber with soil and add water to help settle the soil before they finish filling the hole. Water as often as necessary to keep the soil damp. This helps the plant establish its root

system.

Consider applying a winter mulch to prevent frost damage to the roots. This mulch also helps conserve summer moisture.

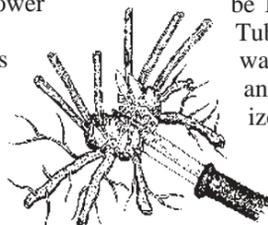
Gardeners also can apply fertilizer to help increase peony flower size. Work a handful of fertilizer into the soil around first-year plants before new shoots emerge. Older plants can be fertilized when flower buds are pea-sized.

Although peonies have few insect problems, they are susceptible to some plant diseases. These diseases can be controlled in the fall by cutting plants off at the ground after the foliage turns brown. It also is important to remove diseased plant parts or dying plants as soon as symp-

toms are noticed.

Older plants, those 10 to 15 years old, should be divided in late summer to prevent overcrowding. Reduced flower size is a good indication division is necessary.

When preparing to divide peonies, gardeners should carefully dig up plants, avoiding damage to taproots, which can be 15 inches long. Tubers should be washed to remove soil and cut using a sterilized knife. The knife can be sterilized in a flame or alcohol. Cut the peony tubers into sections with three to five eyes per section and a taproot. Avoid using tubers with any signs of disease. The divided tubers can be replanted as usual.



WATERWHEEL

Drinking Water: Nitrate-Nitrogen



Note: This is part of a series of articles related to rural water issues.

Many people have questions about the impact of nitrate in their drinking water. While nitrogen is essential for all living things, excessive nitrate-nitrogen in drinking water can be hazardous to health, especially for infants, because it may interfere with the blood's ability to carry oxygen.

Nitrate in water is undetectable without testing because it is colorless, odorless and tasteless. EPA requires regular testing of public water supplies and these test results are available from the local utility. If a test indicates the delivered water exceeds the allowed maximum contaminant level of 10 parts per million of nitrate-nitrogen, the public must be notified and treatment must be performed.

A test of a new private water supply to determine the nitrate concentration is needed since nitrate-nitrogen occurs naturally in groundwater. In addition, a test for nitrate is highly recommended for households with infants, pregnant women, nursing mothers or elderly people. These groups are the most at-risk to nitrate.

If a test indicates excessive nitrate-nitrogen in your private water supply, you have two choices, obtain an alternate water supply or treat to remove the contaminant. An alternate supply may be bottled water, especially for infant formula, or a new well. Water treatment options are distillation, reverse osmosis or ion exchange. (DJ)

Cooperative Extension has extensive educational resources on drinking water and private well systems. Stop by the extension office at 444 Cherrycreek Road, Lincoln, or go to lancaster.unl.edu.

Don Janssen
Extension Educator

Now is the time to plant and prepare peonies to produce beautiful spring blooms.

Since peonies are herbaceous perennials, the top parts of the plants die each year. However, the plant parts underground can survive for years. With the proper spacing and regular fertilization, peonies can grow 10 to 15 years. Their growth can be extended by dividing the tubers, which are not bulbs, but underground stems that store food produced by the plant's leaves.

New growth develops from the tuber's buds, or eyes. Tubers with three to five eyes bloom sooner than tubers with less than three eyes.

Dunk Tank is Fundraiser for Landscaping at Event Center

The Rabbits-R-Us 4-H club is involved in a beautification project at the Lancaster Event Center. The club is landscaping a plot on the southeast corner of the event center grounds. The plot is a few feet northeast of the exhibit hall (Pavilion 3).

The club began the project in the spring of 2003 by planting two trees and a variety of flowers. The flowers were carefully arranged to form 4-H. Mulch was spread around the flowers and trees. The club held several working meetings at the event center to take care of the flowers and trees. One tree died and was replaced and one new tree was planted. The trees are growing and the flowers are blooming.

Most recently, the club laid sod on the remaining area of the plot. The club plans to obtain and place picnic tables on the plot. The plot will contain picnic tables, trees, grass, and flowers.

The planting, laying sod, and maintaining of the plot involved club members, brothers and sisters of club members, and parents of club members. The project will be ongoing for the club in order to maintain the flowers, trees, and grass.



Again this year, Rabbits-R-Us 4-H club will sponsor a dunking booth at the county fair. The club will have a duck pond or fishpond for younger persons. Several "dignitaries" have agreed to sit on the dunking booth plank. Some of the proceeds from the dunking booth will support the club's landscaping project on the event center grounds. Fair goers are invited and encouraged to stop at the dunking booth to attempt to submerge whoever is sitting on the plank.

Sara Morton, Rabbits-R-Us 4-H leader, has worked with the Lancaster Event Center to arrange and coordinate the beautification project.

—Erin Dresser, reporter
Rabbits-R-Us 4-H Club

Fair Livestock Review Aug. 16

All livestock exhibitors, parents and volunteers are invited to the 4-H/FFA After Fair Livestock Review on Monday, Aug. 16, 7 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. At this meeting we will discuss changes and corrections to the Fair Book. This is the time for everyone to voice opinions. For more information, contact Deanna Karmazin.

"Fair's Over, Now What?" Parent/Leader Training Sept. 23

Leaders, parents, and interested volunteers are invited to attend this 4-H training Thursday, Sept. 23, 9:30 a.m. and 7 p.m. Discover how to complete the current 4-H year and how to prepare for the next 4-H year. Awards, project completion/selection and club reorganization will be covered. Bring your questions and ideas! MUST call 441-7180 by Monday, Sept. 20 to RSVP. (TK)

Volunteers Needed at State Fair

Hundreds of volunteers help make the 4-H section at the Nebraska State Fair incredibly successful. Volunteers are needed to assist as Exhibit Hall Host/Hostesses, Discovery Center Volunteers, and as Contest/Event Assistants. Volunteers receive a complimentary parking pass and gate entrance. For more information, please contact Kristin Warner at 472-9008 or kwarn2@unl.edu by Monday, Aug. 2.

Ak-Sar-Ben 4-H Livestock Expo Entries Due Aug. 8

The 77th Ak-Sar-Ben 4-H Youth Livestock Exposition will be Sept. 21-26 at the Qwest Center. More than 2,000 4-H families from an eight-state area participate in this 4-H-only competition for exhibitors ages ten to 19. Categories are: Dairy, Feeder Calf & Breeding Beef, Horse, Market Beef, Market Broilers, Meat Goats, Market Lamb and Market Swine.

Entries are due to Deanna or Marty by noon on Sunday, Aug. 8. Please make sure to include all entry fees for your livestock, chutes and parking. Ak-Sar-Ben rule books and forms can be picked up at the extension office or at county fair. Information is also online at www.aksarben.org/4h. Please give Deanna Karmazin a call if you have any questions. (DK)

4-H Scholarships Available

More than \$5,000 total in scholarships is available to seniors active in Lancaster County 4-H. Scholarships offered for the 2005-06 school year are: 4-H Council, Lincoln Center Kiwanis, 4-H Teen Council, Lane Scholarship and Joyce Vahle Memorial Scholarship. Information and applications are available at the extension office or online at lancaster.unl.edu/4h. Deadline for scholarships for the 2005-06 school year is Oct. 31, 2004. If you have questions, contact Deanna Karmazin at 441-7180.

LANCASTER COUNTY FAIR 4-H/FFA NEWS

2004 LANCASTER COUNTY FAIR

Discover More in '04!
AUGUST 4-8

Food Booth Training July 29

ALL County Fair food booth volunteers are encouraged to attend this training at the Lancaster Event Center, Thursday, July 29, 6-7 p.m. Learn about food safety, customer service and volunteer responsibilities. See you there! (TK)

4-H/FFA Livestock Set Up Days July 25 and Aug. 1

4-H and FFA members and families are requested and expected to help during the first annual Fair Set Up Days. Please plan to attend either (or both!) Sunday, July 25 or Sunday, Aug. 1. Meet Deanna in Pavilion 1 at the Lancaster Event Center at 2 p.m. During this time we will set up all livestock pens and arenas. Everyone's help will be greatly appreciated. Feel free to bring a friend or neighbor! Contact Deanna at 441-7180 if you have any questions.

Interview Judging Aug. 3

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 also learn what the judge looks for and how to improve skills. 4-H'ers may interview judge ONE exhibit from each project area (for example: one item from Celebrate Art, one item from Design Decisions, and one item from Tasty Tidbits). Refer to page 25 of the Fair Book for project areas that have interview judging. Call the office after July 5 at 441-7180 to sign up for a five-minute time slot. Interview judging is Tuesday, Aug. 3 starting at 9 a.m. in the Lincoln Room. (TK)

Static Exhibit Volunteers Needed Aug. 2 & 3!

Volunteer helpers (ages 12 and over) are needed to help at the County Fair in the following capacities:

- Check in exhibits on entry day — Monday, Aug. 2
- Assist judges on judging day — Tuesday, Aug. 3
- Put up project displays — Tuesday, Aug. 3

Call Tracy at 441-7180 to sign up. Your help is appreciated! (TK)

Youth Tour Guides Needed Aug. 6

Volunteer teens are needed Friday, August 6 to serve as tour guides for Fair Fun Day. Fair Fun Day gives child care groups an interactive, hands-on experiential tour of the fair. Call Lorene at 441-7180 to sign up. (LB)

Show & Tell for Clover Kids Aug. 7

All Clover Kids, youth age 5-7 by January 1, 2004, are invited to show & tell their 4-H exhibits at the Lancaster County Fair, Saturday, Aug. 7, starting at 1 p.m. Clover Kids Show & Tell is held in the Lincoln Room at the Lancaster Event Center. Youth are also invited to do a skit or song at this time. See page 22 of the Fair Book for more information. To register, call 441-7180 by Friday, July 30, or sign up at the static exhibit area Monday, Aug. 2, 4-8 p.m. (TK)

Volunteers Needed for "Kids Ag Discovery Zone"

New this year at the Lancaster County Fair is a Kids Ag Discovery Zone which will be open all five days of the fair. Deanna Karmazin is looking for volunteers to help think of hands-on activities and exhibits. These are any activities to help urban youth to see, touch, feel and smell agriculture. Help will also be needed during the fair to maintain the area. Contact Deanna at 441-7180.

Show Off Your Pet's Tricks

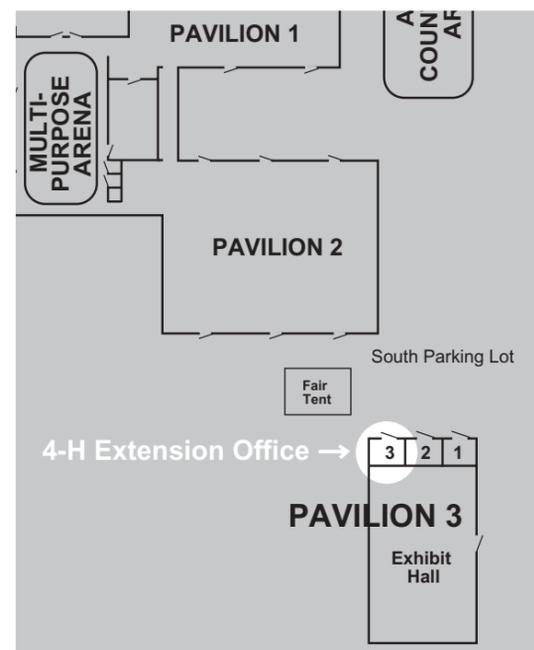
Can your dog jump through hoops? Can your goldfish swim backwards in Jello? Whatever animal, whatever talent, we want you! The Kids Ag Discovery Zone Kick Off on Wednesday, Aug. 4, 6-8 p.m. will feature a variety stage with activities such as pet tricks. If you would like to showcase yourself along with your pet, please call Deanna at 441-7180.

4-H Results and Photos Online

Complete 4-H County Fair results will be posted when available on the 4-H Web site at lancaster.unl.edu/4h. Photos of 4-H events will also be posted.

4-H County Fair Office Location Change

Please note the 4-H Extension office at the County Fair will be located in Room 3 of Pavilion 3 (where the Fair Board office was last year).



New Payout Policy — Pick Up Premiums on Sunday, Aug. 8

Premium payouts to 4-H & FFA exhibitors will be paid in cash on Sunday, Aug. 8, 9 a.m.-5 p.m. at the Lancaster Event Center Office. Subject to identification, parents, guardians, 4-H club leaders, FFA chapter advisors will also be permitted to pick up and sign for exhibitor premiums. EXHIBITORS WHO HAVE EARNED PREMIUMS ARE HIGHLY ENCOURAGED TO PICK UP CASH PREMIUM PAYOUTS DURING THE FAIR.

Premium checks will be issued by the Lancaster Agricultural Society to exhibitors who do not pick up cash premium payouts during the fair. Checks will be mailed to 4-H club leaders or FFA chapter advisors for distribution to their respective club or chapter members. Premium checks will be mailed directly to independent 4-H members. It is requested that all checks be cashed within 60 days following the fair. Adherence to this request will be highly appreciated.

No changes or corrections will be made on premium amounts after 60 days.

Note: In 2005, no checks will be issued — cash payouts only.

We hope you appreciate the opportunity for more timely and convenient cash premium payouts!

—Ron Snover, president of Lancaster County Agriculture Society and Fair Manager

Lancaster County 4-H seeks new 4-H Council members

Serving on the Lancaster 4-H Council is an excellent opportunity to contribute to the youth development of local 4-H members. The 4-H Council is composed of youth and adults working together in the interest of promoting activities of Lancaster County 4-H. They assist extension staff in planning, conducting and evaluating 4-H activities and events.

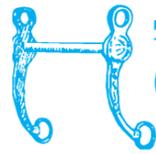
Council membership terms are three years for adults and two years for youth. Council members are limited to two consecutive terms. The council consists of volunteer 4-H leaders, sponsors, community leaders; school, church and civic officials. Interest in extension education and youth is essential.

Individuals interested in serving on the 4-H Council are encouraged to contact Tracy Kulm, 4-H extension associate at 441-7180 for more information and an application. (TK)

Community Service Corner

The Priceless Jewels 4-H Club picked up litter on May 1 on the Murdock Trail through Mahoney Park.
— **Murleen Bellinger, Leader**

We want to report your club's community service projects in upcoming Neblines. Submit to Vicki at extension office or vjedlicka2@unl.edu.



HORSE BITS

District Horse Shows Results

Lancaster County 4-H horse exhibitors participated in many of the District Horse Shows held across Nebraska. Below are the purple ribbon winners. Full results are online at 4h.unl.edu/disthorshow. Congratulations to all!

Fairbury

English Pleasure Horses, over 14 hands 15 & up — Dana Hahn; Melissa Raisch

English Equitation, 12-14 — Dana Hahn

Western Pleasure Horses, over 14 hands 12-14 —

Lisa Bradbury; Morgan Brehm; Laura Hahn

Reining 15 & up — Martina Dye

Pole Bending 12-14 — Dustin Ehrlich; Taylor Holliday

Pole Bending 15 & up — Cassie Krueger

Barrel Racing 12-14 — Taylor Holliday

Barrel Racing 15 & up — Cassie Krueger

Oakland

Western Horsemanship 15 & up — Terra Steinhauser

O'Neill

Western Horsemanship 15 & up — Danielle Fenster

Pole Bending 12-14 — Lyndsy Larson

Broken Bow

English Pleasure Horses, over 14 hands 15 & up — Christi Vidlak



Martina Dye won a purple in Reining 15 & up at the Fairbury District Horse Show.

Skyline District

Western Pleasure Horses, over 14 hands 15 & up — Micah Messick

Western Horsemanship 12-14 — Ben Leach

Western Horsemanship 15 & up — Mindy Leach; Morgan Marshall

Pole Bending 12-14 — Nicole Zuhlke

Pole Bending 15 & up — Mindy Leach; Micah Messick

Barrel Racing 12-14 — Nicole Zuhlke

Barrel Racing 15 & up — Sara Zimbelman

Albion

Pole Bending — Amanda Essink

Barrel Racing — Ethan Essink

Barrel Racing — Amanda Essink

4-H Night at Saltdogs

4H'ers and their families from Lancaster and nearby counties attended 4-H Night at Lincoln Saltdogs Baseball on June 18. Rod Dowding of Bennet threw the first pitch (pictured). He is a former 4-H member and longtime supporter (as club leader, parent and booster). He also serves on the Lancaster County Fair Board. 4-H'er Grace Farley sang the national anthem for the second year in a row. 4-H members participated in between inning activities such as the seventh inning stretch.



August

Shirley Condon

Lancaster County 4-H is proud to announce Shirley Condon as winner of August's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Shirley has been a 4-H volunteer for 22 years (and former 4-H'er for 10 years). She is currently co-leader of the Pet Pals 4-H Club and co-superintendent of the Household Pet Show at the Lancaster County Fair. She is a regular presenter at 4-H Clover College and **earth wellness festival**.

Other volunteer duties have included: 4-H Council member, 4-H recruiter, key leader, County Fair 4-H judge, and county & district record-book awards judge. Previous clubs she has been involved with are Number One 4-H Club, Critter Sitters, and Salt Valley Clovers.

"I like working with youth people and animals, and I think 4-H is a wonderful program for teaching life skills while making the learning process fun," says Shirley. "My favorite experience is teaching 4-H'ers new skills and seeing their pride in their accomplishments. I especially enjoy visiting with former 4-H'ers and seeing how they have begun successful careers built in part on the skills they gained in 4-H."

Shirley lives in Lincoln with husband Jim. Their children Micki and Mike are 10-year 4-H alumni. Shirley enjoys putting her 4-H skills to use and enters baking, candy-making, needlework, horticulture and photography exhibits in Open Class at the County and State Fair — she has earned more than 300 ribbons and prizes!

Congratulations to Shirley! Volunteers like her are indeed the heart of 4-H!

Nominate your favorite 4-H volunteer by submitting the form available at the extension office or online at lancaster.unl.edu/4h. Nominations of co-volunteers welcome.



Lancaster County 4-H'ers at PASE/Life Challenge

Many Lancaster County 4-H'ers participated in the Premier Animal Science Event (PASE) and Family and Consumer Sciences (FCS) Life Challenge held June 28–29 at University of Nebraska-Lincoln East Campus. Information and results are on the Nebraska 4-H Web site at 4h.unl.edu.

Judging Teams

The Lancaster County Livestock Judging team placed 7th in senior General Livestock Judging. Pictured are (L–R) Deanna Karmazin (Extension Associate), Whitney Davis, Shayna Truax, Trevor Wagner, Will Davis and Steve Landon (Extension Intern). Will Davis was the sixth highest placing individual.

Lancaster County also participated in the senior Meats Judging Contest. The team consisted of Whitney Davis, Shayna Truax, Trevor Wagner and Janae Althouse.



Life Challenge

Participants competed as teams and individually.

Lancaster County teams were:

- **Wardrobe Challenge:** Kaley Cook, Monica Fujan, Nicole Pedersen
- **Food Challenge:** Britta Doeschot, Catherine Dowd, Cherise Matz, Kristin Wissink
- **Consumer Challenge:** Grace Spencer, Karis Parker, Sarah Hurdle, Terra Garay
- **Design Challenge:** Alyssa Fiala, Eliza Hammond, Emily Veburg

STORM RECOVERY RESOURCES

University of Nebraska Cooperative Extension in Lancaster County has compiled a wide variety of storm-related resources online at lancaster.unl.edu. There are links to other University of Nebraska resources, local government Web sites, local agencies and national resources. A special section for youth include safety games, safety checklists and other fun activities.

Deadline for Federal Assistance July 24

Renters, homeowners and businesses who were affected by the recent storms are eligible to register for state and federal disaster relief programs through the Federal Emergency Management Agency (FEMA). Call 1-800-621-3362 to register for disaster assistance. The service is available from 8 a.m. to 6 p.m., Monday through Friday. The deadline to register is July 24, 2004.

Long-Term Recovery Organization Addresses Unmet Needs

Some Nebraska citizens affected by the severe storms, tornadoes and flooding that began in Nebraska on May 20, will not meet the eligibility criteria of government disaster aid programs or will have serious disaster-caused unmet needs even after receiving help from these programs. For these people, assistance may come from a committee of church, non-profit agency and state and local agency representatives who work on problems ranging from home repair to counseling.

The Nebraska Disaster Recovery Organization (NDRO) has been created to help the people who have continuing unmet needs after receiving assistance from all available resources. The committee will determine ways to organize and deliver assistance without duplicating what other agencies can provide or have provided. University of Nebraska Cooperative Extension in Lancaster County is part of this committee.

Services offered may include financial assistance, clean-up, minor and major home repair, crisis and spiritual counseling.

For more information, contact the Rural Response Hotline at 1-800-464-0258 or go to www.nebraskadisasterrecovery.org.

Pollution Prevention Reaches Producers

Amanda Koelling
UNL Partners in Pollution
Prevention Intern

UNL's Partners in Pollution Prevention (P3) program, from the departments of Civil Engineering and Biological Systems Engineering, is in its eighth year. During the 12-week program interns from various parts of the Midwest come to UNL to receive instruction on pollution prevention (P2) and then are sent to various communities and businesses within Nebraska.

In the past, interns have assisted more than 229 businesses both small and large, from auto body shops to printing companies and more. This year a team of four interns will be helping out another kind of business. The team of Amy Good (Oakly, KS), Dayne Moreton (Fayetteville, AR), Kindra Orbin (Lincoln, NE) and Amanda Koelling (Columbia, MO) will assist Nebraska producers with whole farm nutrient balances.

The team will be taking inventory at local livestock and poultry farms to determine the amount of nitrogen (N) and phosphorus (P) entering and leaving the farm. Nutrient imbalance is a very important issue in Nebraska. Excess nutrients, caused by over application of nutrients can be a problem by increasing production costs. Also, fields with excess nutrients can be damaging to Nebraska's waters.

The teams' goal is to visit local producers and complete the nutrient balance based on

information collected from the producers. The nutrient balance is a nutrient scorecard or yardstick for how well a producer is doing at managing and utilizing nutrients on the farm. The team will then use the information to rate or gauge how the producers are doing, suggest ways to reduce any imbalances present and provide them with necessary information to make good decisions to help lessen their impact on the environment and maintain sustainability. If found, imbalances can be corrected by altering fertilizer applications, animal diets, land stewardship and a variety of other ways. Hopefully, the producers will use the recommendations to improve their operations and maximize fertilizer and feed inputs.

The team will, at a producer's request, evaluate two individual fields for manure application suitability. The team will use a Phosphorus Index Site Assessment tool to determine the field's risk of losing phosphorus to surface waters. The interns will suggest possible ways to improve management of the fields to prevent manure nutrient losses. These methods might include reducing the amount or types of fertilizers applied, building terraces, implementing buffer strips or alternative application of manures. Some solutions may be simple and can make a big difference in water quality.

For more information contact Amanda Koelling by calling 441-7180 at the Lancaster County Extension office.

Building Community Capacity

Helen Mitrofanova
Extension Educator

Often when we think of the term community, we think in geographic terms. Our community is the physical location (i.e. city, town, village or neighborhood) where we live. It means there are defined boundaries that are understood and accepted by community members. Defining communities in terms of geography, however, is only one of the possible ways of looking at them.

Communities can also be defined by common cultural heritage, language and shared interests. These are sometimes called communities of interest. In urban metropolitan areas, communities are often defined in terms of particular neighborhoods. Most of us belong to more than one community, whether we are aware of this or not. For example, a person can be part of a neighborhood community, a religious community, an ethnical community and a community of shared interests at the same time. However, for each of us, relationships with the land or with people define a community.

All people and communities have a certain amount of capacity. No one is without capacity, but often we need to develop it. Community capacity building involves many aspects and considerations. There is no clear agreement about what should or should not be included when discussing capacity building. Most often it refers to skills, knowledge and ability of community members but can also include such things as access to community resources, leadership, infrastructure, time and commitment. What is

important to realize is the heart of capacity building is people. If neighborhood or development groups cannot mobilize people, gather resources (what can not be done without people) and help people learn to work on the problems/issues effectively, few people and neighborhoods will benefit.

Capacity is simply the ways and means needed to do what should be done to improve the quality of life in a particular community or neighborhood.

Capacity building is much broader than simply skills, people and plans. It includes commitment, resources and all that is brought to bear on the process to make it successful.

Most often, it includes the following components:

- people who are willing to be involved /citizen participation
- skills, knowledge and abilities
- inclusiveness of the community diversity
- understanding of community history/community values
- ability to identify and access opportunities
- motivation to carry out initiatives
- infrastructure, supportive institutions and physical resources
- economic and financial resources
- community leadership
- community organizing
- inter-organizational collaboration/social networks

- partnership among organizations, constituency, funders and "capacity builders"
- flexibility and the use of a variety approaches
- acknowledgment of contributions/celebration of successes
- encouragement of new people and organizations to become involved/expanding of your energy pool
- good communication through the process/exchanging, transferring and understanding of information

There is a common misconception that capacity building is just another way to describe community training and skills development programs. It has a wider meaning than just training and development of individuals; the long term goal of capacity building is to take control and ownership of the process. Capacity building is much broader than simply skills, people and plans. It includes commitment, resources and all that is brought to bear on the process to make it successful. Give people time to express themselves, to adapt to change and to learn. This is best done when the community members have a voice and are in charge of the process.

"Real capacity building involves giving groups the independence to manage resources. Not just training them how to work on committees. Training is often helpful, but it is not sufficient in its own right." (Jupp, B. (200) *Working Together: Creating Better Environment for Cross-Sector Partnerships*)

(Sources: Flo Frank & Anne Smith "The Community Development Handbook" 1999; Jupp, B. "Working Together: Creating Better Environment for Cross-Sector Partnerships" 2000; Mayer, S. "Building Community Capacity: How Different Groups Contribute" 2002.)

Reducing Cigarette Litter Campaign

Keep Lincoln & Lancaster County Beautiful, a local affiliate of Keep America Beautiful (KAB), is one of nine KAB affiliates selected to participate in the second phase of the Keep America Beautiful Cigarette Litter Reduction Research Program aimed at significantly reducing cigarette litter.

Cigarette litter, including cigarette butts, packaging and lighting material are the most littered item in the United States. Cigarette butts are one of the smallest pieces of litter yet represent over 20 percent of litter collected in many community cleanup initiatives.

The first research phase, conducted in three KAB affiliates last year, showed positive results of an 18 to 38 percent reduction in cigarette litter. These affiliates installed cigarette receptacles, ran a public service message promoting the image cigarettes are litter too and distributed pocket ash trays.

For this second phase of the research program, KAB selected nine affiliates across the US in three different population groups to better determine which factor had the most impact in reducing



This billboard is part of a test campaign in downtown Lincoln.

cigarette litter. All nine affiliates will install cigarette receptacles of their choosing, one additional affiliate in each group will include the public service message and the third affiliate will also distribute pocket ash trays. Keep Lincoln & Lancaster County Beautiful was chosen to utilize all three parameters in the research effort.

The test campaign will be conducted through August 31 in the downtown Lincoln area. A pre-scan of cigarette litter was conducted prior to starting the study and a post-scan will be done at the end of August. The results of the research program will be released at Keep America Beautiful's National Conference,

in December, in Washington D.C.

Additional support has been provided by the Lincoln Journal Star, Lamar Outdoor Advertising, Lincoln Public Works and Utilities, City/County Property Management and Lincoln Parks and Recreation.

Keep Lincoln & Lancaster County Beautiful's mission is to improve waste handling practices and increase environmental awareness through education, participation and to keep Lincoln and Lancaster County litter free. KLLCB is partially funded by a grant from the Litter Reduction and Recycling Fund administered by the Nebraska Department of Environmental Quality. (LB)

EXTENSION CALENDAR

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

JULY

- 23 Pesticide Container Recycling, *Bennet Cooperative* 9 a.m.–3 p.m.
- 24 Acreage Insights: Rural Living Clinics — “Private Drinking Water Systems” 9–11 a.m.
- 25 Salt Creek Wranglers 4-H Silver Dollar Series #3, *Wranglers Grounds* . . 8 a.m.
- 25 4-H/FFA Livestock County Fair Set Up Day, *Lancaster Event Center* . . 2 p.m.
- 28 County Fair 4-H Style Revue Judging, *Lancaster Event Center* 8 a.m.
- 29 4-H Food Booth Training, *Lancaster Event Center* 6–7 p.m.

AUGUST

- 1 4-H/FFA Livestock County Fair Set Up Day, *Lancaster Event Center* . . 2 p.m.
- 1 County Fair 4-H Horse Show Pre-Fair Briefing, *Event Center* 2 p.m.
- 2 County Fair Static Exhibit Check In, *Event Center* 4-8 p.m.
- 3 County Fair 4-H Shooting Sports Contest, *Event Center* 9 a.m.

AUGUST 4–8 LANCASTER COUNTY FAIR, LANCASTER EVENT CENTER

For complete schedule, go to www.lancastereventcenter.com

- 8 County Fair 4-H Premium Payout, *Event Center Office* 9 a.m.–5 p.m.
- 8 Dine Out for 4-H/CWF, *Don & Millie’s, 5200 S. 56th Street* . . . 11 a.m.–4 p.m.
- 8 Deadline for Ak-Sar-Ben 4-H Livestock Expo entries
- 11 ABC’s of Good Health (part 1 of 3) 6–8 p.m.
- 13 Extension Board Meeting 8 a.m.
- 16 4-H/FFA Livestock After Fair Review 7 p.m.
- 18 ABC’s of Good Health (part 2 of 3) 6–8 p.m.
- 21 Acreage Insights: Rural Living Clinics — “Ponds” 9–11 a.m.
- 21 Composting Demonstration, *City Yard Waste Composting Demonstration Site, 50th & Colby* 8:30 a.m.
- 25 ABC’s of Good Health (part 3 of 3) 6–8 p.m.
- 26 State Fair 4-H Static Exhibit Check In, *State Fair Park*
- 29 Salt Creek Wranglers 4-H Silver Dollar Series #3, *Wranglers Grounds* . 8 a.m.

AUG. 27–SEPT. 6 NEBRASKA STATE FAIR, STATE FAIR PARK

For complete schedule, go to www.statefair.org

The NEBLINE



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All programs and events listed in this newsletter will be held (unless noted otherwise) at:

Lancaster Extension Education Center

444 Cherrycreek Rd. (event rooms posted), Lincoln
Lobby Phone: 441-7170



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FARM LEASES

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are superior to unwritten leases. Iowa lease statutes require six months notice for all agricultural leases, written and unwritten alike. “If we had a similar statute in Nebraska, there would be no legal reason for tenants to avoid a written farm lease,” Aiken said.

Farm lease information publications, the Nebraska Cash Lease Survey, Nebraska Real Estate Market Developments and sample lease forms are available on the Web. To access this information, go to the Lancaster County Extension Web site Farm Management page at lancaster.unl.edu/ag/farm-mgt/farmmgt.htm. (TD)

Lancaster County Pioneer Farm Families

The Nebraska Pioneer Farm Awards program honors farm families in Nebraska whose land has been owned by members of the same family for 100 years or more. Honoree’s receive an engraved plaque and a gatepost marker as permanent recognition of this milestone.

The Lancaster County 2004 Awards will be presented during the Lancaster County Fair at the Lancaster Event Center on Friday, Aug. 6, 6:45 p.m..

Congratulations are extended to this year’s recipients:

- Lucile Bingham of Davey
- Doug & Gertrude Deats of Roca
- Lester & Cleora Heidtbrink of Malcolm
- Harlan & Ruby King of Bennet
- Grace & Orville Smith (Frank Morgan Farm) of Davey
- August & Phyllis Wendelin of Hallam

To date, nearly 6,000 families in 93 Nebraska counties have been honored. The award is sponsored by the Knights of Ak-Sar-Ben Foundation and the Nebraska Association of Fair Managers.

YELLOW JACKET NEST

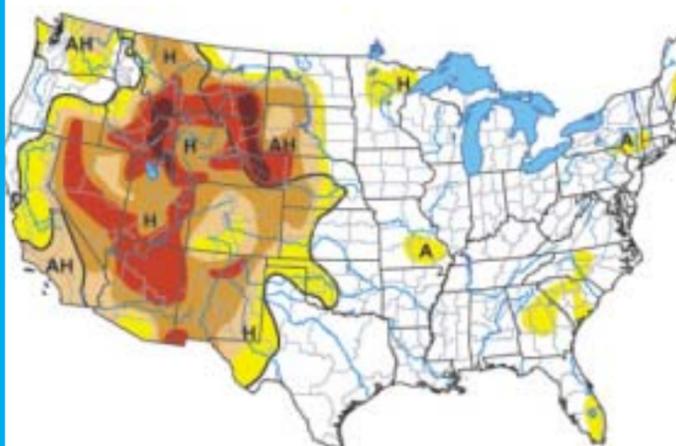
continued from page 3

buildings. A dust insecticide called Apicide® is registered for use in controlling bees and wasps in structures in Nebraska. It is not available in retail markets, but can be purchased from the manufacturer, Mystic Chemical Products, Inc. Purchasing information can be found on their Web site at www.apicide.com.

For additional information, UNL has an excellent publication, NebGuide (G-1447) “Stinging Wasps and Bees,” with colored pictures of most of the common bees and wasps. It is available at the Lancaster County Extension office, 441-7180 or can be found online at ianrpubs.unl.edu/insects/g1447.htm. (BPO)

Latest U.S. Drought Monitor Map

As of July 13, Lancaster County was not in drought conditions.



Intensity: D0 Abnormally Dry, D1 Drought - Moderate, D2 Drought - Severe, D3 Drought - Extreme, D4 Drought - Exceptional. Drought Impact Types: D0+ Droughts: dominant impacts: A = Agricultural (crops, pastures, grasslands), H = Hydrological (water), N = No type = both impacts. For the most recent map, visit www.drought.unl.edu/dm

Source: National Drought Mitigation Center, University of Nebraska



NEBLINE FEEDBACK

In order to best serve our subscribers, this form will appear in every issue of THE NEBLINE. You can use this form to:

1. Change your address or order a subscription (please print)
2. Submit general comments and/or story ideas

Name _____

Address _____

City _____ Zip _____

- Order subscription (free—however, there is an annual \$5 mailing and handling fee for zip codes other than 683—, 684—, 685—, 68003, 68017, and 68065)
- Change of Address

Comments _____

Story Idea(s) _____

Return to:
University of Nebraska Cooperative Extension in Lancaster County
444 Cherrycreek Road, Suite A • Lincoln, Nebraska 68528-1507

Youth Discover Hands-On Activities at 4-H Clover College

4-H Clover College is a four-day series of hands-on workshops presented annually by UNL Cooperative Extension in Lancaster County. It is open to all youth ages 5 and up. This year's Clover College, June 22-25, featured more workshops than ever. A special thanks to the instructors and assistants who helped make Clover College a success!



Leather Craft classes (beginning and advanced) were offered for the first time at Clover College.



Youth got colorful as they tie-died shirts, socks and other cotton items in "A Blast from the Past." As a bonus, Extension Associate Deanna Karmazin taught some disco moves!



The weather was perfect on the final day as participants in the "Rockets...Countdown to Family Fun" class launched the rockets they had built.



Sometimes you feel like a meatball... especially in the "Taste of Sweden" class.



Photo by Cassie Gabel

Participants in "Fabulous Face Painting" learned to be creative.



In the "Pizza for You" class, a completed project was an eaten one!



Sometimes you have to create a mess to create a masterpiece! In "Fun, Sun Pinatas," youth created paper mache pinatas, one gooey paper strip at a time!

Bicycles | Cats | Chess | Child Development | Clothing | Clover Kids (for ages 5-7) | Computers | Conservation & Wildlife
Dogs | Electricity | Entomology | Flowers/Gardening | Foods | Forestry | Home Environment

4-H Kick Off

DISCOVER 4-H DISCOVER 4-H YOU

Fun!

Food!

Tuesday, Sept. 14

6 pm

Lancaster Event Center, 84th & Havelock Pavilion 3

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

Learn about 4-H!

4-H is open to youth ages 5-19

4-H is a learn-by-doing program with more than 150 projects to choose from. 4-H develops life skills such as thinking critically, solving problems, respecting self and communicating.

In some 4-H clubs, members complete several projects a year. Some 4-H clubs focus on one particular area, such as small pets, rabbits or chess. Each club is led by a club leader (often a club member's parent). Parents are welcome to attend meetings.

Many 4-H'ers exhibit their projects at the county fair!

Prizes!

Discover all the exciting opportunities 4-H can offer you!

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 Cherrycreek Rd, Suite A, Lincoln, NE 68528-1507

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