August 2004

The NEBLINE, August 2004

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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 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 or attending the 4-H Kick Off on Sept. 14 (see back page).

Lancaster County 4-H Council
4-H results and photos will be posted online at lancaster.unl.edu
“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. The pond 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 a water inflow 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 in his rural living environment. “Ponds” is the eighth in the series, to present a series of seminars entitled “Acreage Insights — Stay 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 present a series of seminars entitled “Acreage Insights — Stay Full!”

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 for better relations 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. A written lease document allows the parties to closely consider each provision and allows for the lease to be terminated if unanticipated conditions arise. It’s “best to have an attorney review any lease agreement before it is signed.”

For more information, refer to Nebraska or Small Farm Leases site at acreage.unl.edu or contact Skpton at (402) 472-3662.

TIPS

- Usually a tenant will know about a lease termination. The notice of lease termination may come with a rental agreement before the contract expires, or it may come with a notice of lease termination. A written lease may not have a fixed time period and is referred to as a “notice to quit” in Nebraska law.

- An attorney should be involved in all stages of the termination process. It’s easy to make a mistake and something wrong won’t stand up in court if a disagreement occurs.

- A tenant should never let a rental agreement terminate due to poor management practices. Keep the line of communication open and fair. The landlord needs to prove he or she has sent the tenant the notice of lease termination.

For more information, refer to Nebraska or Small Farm Leases site at acreage.unl.edu or contact Skpton at (402) 472-3662. (TD)

Tips on Creating a Lease Process

Tom Dorn
Extension Educator

General. The turnover rate for rental land is very small in Nebraska, averaging about eight percent. Landlords have a turnover of an average of 15 years. This reflects the high level of commitment by landlords and tenants, and the high regard most landowners have for the ability to lease, the high returns produce top yields while being a careful steward of the land and the many factors that the lease terms are between family members. Usually, changes occur because producer’s demands fluctuate. 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. The tenant has no fixed time period and is automatically renewed for another year. This notice of termination has been given to the tenant by the landlord (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, 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.

A tenant generally has no right to write a lease renewal clause into the lease. 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 landlord does not remove the tenant, the lease is a year-to-year lease which is automatically terminated by implication. If a holdover tenant begins to work and incurs expenses for the next year’s crop, the courts generally have ruled the landlord has agreed by implication to the tenant’s holding over.

The most common legal issue associated with written farm leases is how a lease may legally be terminated. For year-to-year leases, 60 days advanced notice must be given to terminate the lease. However, the lease (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 landlord must give 60 days notice to vacate under an oral year-to-year lease (the lease began January 1, notice to quit to a tenant to vacate under an oral year-to-year lease that refers to 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 ten years and most warm-season pasture leases run for a period of four to five months. Start and end dates can vary in different parts of the state or as agreed upon by the parties involved. The six-month advance notice of a year-to-year lease does not apply to pasture leases, because the lease is not a fixed period.

If a pasture lease were for a year at a time, however, the lease is a year-to-year lease, and 60 days written notice would be entitled to six months notice of lease termination.

Tips

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

- Usually a tenant will know about a lease termination. The notice of lease termination may come with a rental agreement before the contract expires, or it may come with a notice of lease termination. A written lease may not have a fixed time period and is referred to as a “notice to quit” in Nebraska law.

- An attorney should be involved in all stages of the termination process. It’s easy to make a mistake and something wrong won’t stand up in court if a disagreement occurs.

- A tenant should never let a rental agreement terminate due to poor management practices. Keep the line of communication open and fair. The landlord needs to prove he or she has sent the tenant the notice of lease termination.

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Treating Bee Stings

Most adults have had the unfortunate experience of getting stung by a bee or wasp at some time in their life. It is very rare for four people out of 1,000, are so sensitive to bee venom that they would die from the sting. For these people, a bee sting is more than an unpleasant experience; 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 stinging fluid from the bee to the venom components from the area of the sting. 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 distract 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 remedy proposed to destroy bee venom, likely has no therapeutic value when applied to the skin. Calamine powders 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 lesson the discomfort.

Allergic Reaction

An allergic reaction to an insect sting 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:

• Swelling, facial swelling or hives
• 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.

Preventing Bee Stings

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 antibodies; and to prepare for a future allergic reaction. This treatment may reduce the chance of anaphylaxis from 50 percent to about 10 percent after two years of therapy. The chance is about two percent after three to five years of therapy.Persons seeking treatment should consult with an allergist.

How Effective are DEET Repellents?

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

How effective are they?

Using medical entomologists to test repellents, Cessna, Reeder, Reports resulted of a study in their May 2003 issue of Ultraflight Ultraflight and Off! Deep Woods for Sports- men had the same level of protection, but Off! Deep Woods has nearly three times as much DEET (100 percent) than Ultraflight (35 percent). Developed by 3M, Ultraflight contains a polymer in the repellent that keeps the repellent on the skin rather than being absorbed into the body or evaporated into the air. Ultraflight is the same DEET product used by the US military. Repellents containing octylphenol-coumarin ( Copaiba, soybean, coconut and gera-

mio) provided little protection. (BPO)

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 commonly throughout the state.

Tree squirrels can be fascinating backyard wildlife but they can also cause humans heartache. 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 attics, 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 over water pipes. Use chimneyliners and seal off access to attic vents with hardware cloth (available at your local hardware/lumber store). Squirrels can squeeze into holes 1/2-1 inches in diameter. They typically enter attics and spaces between walls for the final dive.

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mio) provided little protection. (BPO)
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.

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 touch, blemish free and have a fragrant smell. 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 in a brown paper bag in two to three days. Peaches are highly perishable, so don’t buy more than you plan to use.

When selecting fresh peaches, look for ones that are soft to the

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 ripened. To speed their ripening, put them in a loosely closed brown paper bag or ripening bowl at room temperature.

   **NOTE:** Ripe peaches are soft to the touch, blemish free and have a fragrant smell. Recipes at the end can add to the enjoy-ment.

2. How can I keep cut fruit from turning brown?
   - Peppers are one of those fruits 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 bell peppers. Wash 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 crispier texture or in cooked foods. Package raw, leaving no headspace. Seal and freeze.

   **NOTE:** To make it easier to remove 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.

3. 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.

   **TIP:** Dip just a few toma- toes 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.

_Calcium!!_

_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._

**Note:** The mg of calcium in these products and others, log on to [www.nal.usda.gov/fnic/foodcomp/search](http://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.

*Froothankyou!

**NOTE:** For more information on freezing fruits and vegetables, visit the NCHFP’s Web site for guidelines on freezing different fruits and vegetables at www.uga.edu/nchfp/how/freeze.html

**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.

### Peachy Crisp

(Makes 6 servings — serving size: 1 cup)

1 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 375º 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 combine. A knife may be used to cut berries into quarters. Return fruit mixture to 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/ncipc/tpdn/5ADay](http://www.cdc.gov/ncipc/tpdn/5ADay)

### For More Information on Freezing Fruits and Vegetables

Visit [this](http://www.uga.edu/nchfp/how/freeze.html) for guidelines on freezing different fruits and vegetables.
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 groups are having their Awareness Day on Aug. 5, 10 a.m. to 2 p.m. Stop by and say hello and remember the fair that day. Check Tim.

FCE News & Events

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.

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—raged 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, phone number and how to manage a backpack, how to carry a tray with food and transportation, and how to handle small amounts of money, and has traveled the route to school in a car, taxi or bus two or three times. This is right, regardless of temptation and pressures to do otherwise. (LB)

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 counters or one lamp per work area. It may seem foolish, but 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 found by visiting EDPubs, The Department of Education publications distribution center at ED Pubs. Go online at www.ed.gov/pubs/edpubs.html.

Two available publications are:

• Putting 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 analyses 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, Monitors, 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 for the big kids teachers to deal with 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 this year. Parents need to consider the following:

• Spend some time thinking what will be different this fall from last. Will there be a different teacher 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.

• Is going back to 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 fall may return to bed at night and may need parental evening time during this adjustment. (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 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 allow us 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. (MIF)

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 variegated 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 in their clusters, which are ranged in a vase-like shape with overlapping bases. This reservoir holds a large amount of water, so be careful not to overwater your bromeliad or you may lose the root system. Because most bromeliads originated in the tropics, they need very warm temperatures to survive and grow well. Keep your bromelium at a temperature of 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 is applied directly in the receptacle cups of your bromeliads. 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, dry off all water from the plant and place the 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. (MIF)

Bromeliads

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 forest products. 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.

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Forest Management

Forest Management

1. Forestry is helping our forests.

Foresters employ a variety of management techniques to benefit wildlife, manage rare and endangered species, and provide 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 sediment.

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. Forests protect and nurture the soils that are the key to water retention, filtering and quality.

3. Forestry offsets air pollution.

Foresters nurture forests, sometimes called “the lungs of the planet.” During photosynthesis, a tree removes 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 were burning 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, manage rare and endangered species, and provide 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 sediment.

6. Forestry provides great places to recreate.

Foresters manage forests that provide recreational opportunities to communities. Forests are important areas for such recreationists as bird watchers, hikers, nature photographers, horseback riders, skiers, snowmobilers, and campers. And because forests absorb 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 redustormwater runoff, 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 energy.

Foresters manage many renewable energy projects?

The Top Ten Environmental Benefits of Forestry

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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 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 windbreaks for trees showing signs of pine wilt. Nematodes are not visible to the eye, but can easily break through bark to infected trees or plants 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 82072, 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 as possible. This should be done as soon as the infection is discovered to prevent pine sawyer beetles from emerging from the stump 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, NEFAMD (DJ)

Plant, Divide Peony Tubers this Fall

By Don Janssen

It is important to pick a well-drained site in full sun. More than two to three hours of daily shade or poor drainage can prevent peonies from blooming. The site should be prepared two weeks before planting by spading organic matter into the soil. Tubers should be divided three to five eyes per tuber. Poisoned knife. The knife must be used to cut cleanly and to prevent pine sawyer beetles from emerging from the tree. Preventing the disease also occurs in pine wilt. Nematodes are not visible to the eye, but can easily be spread to the tree through the soil 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.

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 bluish-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. Are the heads fully shut off or are they shooting water sideways or at an angle? Watering with a hose? Use a sprinkler nozzle at the end of the hose. Hoses with a nozzle at the end will water more evenly and conserve moisture. Watering a lawn according to its needs will conserve moisture and help prevent weeds.

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 up soaker drip sprinklers to hit the landscape only, not sidewalks, driveways, windows, etc.

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Drinking Water: Nitrate-Nitrogen

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 baby’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 water 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 the contaminated water. An alternate supply may be bottled water, especially for infant formulas, or a new well. Water treatment options are also available. Cooperative Extension has a series of articles related to rural water issues. Check your local Cooperative Extension office for more information. (DJ)
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 a 4-H logo and spread around the flowers and trees. The club held several working meetings at the event center to rearrange the flowers and tree planting. The trees are growing and the flowers are blooming.

Most recently, the club participated in 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, flowers, and grass.

The planting, laying sod, and maintaining of the plot involved club members, brothers and sisters of club members, and parents of club members. The Rabbits-R-Us 4-H club is ongoing for the club in order to maintain the flowers, trees, and grass.

Again this year, Rabbits-R-Us 4-H club members sponsor a dunking booth area on the county fair. The club will have a duck pond or fish pond for younger persons. Several “dignitaries” have agreed to sit on the dunking booth planks. Some of the proceeds from the dunking booth will support the club’s landscaping project on the event center ground. Fair goers are invited and encouraged to dunk the “dignitaries” 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 Fair After Livestock Review on Monday, Aug. 16, 7 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. At this meeting we will discuss changes and corrections to the Fair Book. This is a great time for everyone to voice opinions. For more information, contact Deanna Karmazin.

“If Your, Now What?”
Parent/Leader Training Sept. 23
Leaders, parents, and interested volunteers are invited to attend this 4-H Fair 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 fall 4-H year. Awards, project completion/selection and club reorganization will be covered. Bring your questions and ideas! MUST CALL 411-7180 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 Content/Event Assistants. Volunteers receive a complimentary parking pass and gate entrance passes. For more information, please contact Kristin Warner at 472-9008 or kwerner2@unl.edu by Monday, Aug. 2.

4-H Results and Photo 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 Location Change
Please note the 4-H Extension office at the County Fair will be located in Room 3 of Pavilion 3 (which 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, and 4-H exhibitors are encouraged to pick up premium checks for the fair. Premium checks will be mailed directly to independent 4-H exhibitors. 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 to Premium Payouts 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 Suero, 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 414-710-4400 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.

— Marleen Bellinger, Leader

We want to report your club’s community service projects in upcoming Neblines. Submit to Veli at extension office or jellicka2@unl.edu.

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/horse/show. Congratulations to all!

Fairbury
English Pleasure Horses, over 14 hands 15 & up — Dana Hahn; Melissa Raisch
Equitation, 12-14 — Dana Hahn
Western Pleasure Horses, over 14 hands 12-14 — Lisa Bradbury, Morgan Brehm; Laura Hahn
Reining 15 & up — Maritza Dye
Pole Bending 12-14 — Dustin Ehlich; 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

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 Zimmelman

Albion
Pole Bending — Amanda Essink
Barrel Racing — Ethan Essink
Barrel Racing — Amanda Essink

4-H Night at Saltdogs

4-Hers and their families from Lancaster and nearby counties attended 4-H Night at Lincoln Saltdogs Baseball on June 18. Rod Dowding of Bennett 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.

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-supervisor of the House- hold Pet Show at the Lancaster County Fair. She is a regular presenter at 4-H Clover College and earth wellnes fest.

Other volunteer duties she has 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 the heart of 4-H into 4-H and seeing 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. Nominations of co-volunteers welcome.

4-H & Youth

Web site: lancaster.unl.edu

August 2004
Pollution Prevention Reaches Producers
Amanda Koellning
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 current research intern from various parts of the Midwest come to UNL to receive instruction on pollution prevention methods 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 a variety of different kinds of businesses in the state. The team are Amanda Good (Oakley, KS), Rayne Moreo (Hastings, NE), Krisma Orbit (Lincoln, NE) and Amanda Koellning (Colombia, MO) who will work together with farmers and producers with whole farm nutrient balances.

The team will be taking inventory at local livestock and poultry farms to determine the amounts of manure being applied to pasture and phosphorus (P) entering and leaving the farm. Nutrient imbalance is a common and serious 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 team’s 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 in 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 maintaining 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 nutrient 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 team’s recommendations could be used to improve management of the fields to prevent manure nutrient losses. These recommendations might include reducing the amount or types of fertilizers applied, building terraces, improving buffer strips or alternative applications of manures. Some solutions may be simple and can make a big difference in water quality.

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

Building Community Capacity
Helen Mitrofanova
Extension Educator

Oftentimes when we think of the term community, we think in geographic terms. Our community is the area that surrounds us (i.e. city, town, village or neighborhood) where we live. It means there are rules and guidelines that are understood and accepted by community members. Defining community, however, is only one of the possible ways of looking at them.

Communities can also be defined by common cultural heritage, 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 a member of several communities: a religious community, a communal community, an ethnic community and a community of common interest at the same time. However, for each of us, relationships with the land or with other people define a community.

All people and communities have a certain amount of capacity. One no is without capacity, but often we need to develop their capacity. Community building involves many aspects and considerations. There is no clear agreement about what should or should not be included when discussing capacity building. Most references to skills, knowledge and ability of community members can also be associated with access to community resources, leadership, infrastructure, teamwork 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 at hand, very 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 in 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
• inter-organizational collaboration
• social/networks

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 a serious litter problem in the downtown Lincoln area. A recent study and a post-scan will be released at Keep America Beautiful’s National Conference in December, in Washington D.C. The research will also be released at the Litter Reduction and Recycling Fund administered by the Nebraska Department of Environmental Quality.

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

are superior to unwritten leases. Iowa lease statutes require six months notice for all agricultural tenants in Nebraska, there would be no

wasps in structures in Nebraska. use in controlling bees and insects/g1447.htm. (BPO)

latest U.S. Drought Monitor Map

At July 13, Lancaster County was not in drought conditions.

insecticide called Apicide® is registered for use in controlling bees and wasps in structures in Nebraska. It is not available in retail mar-

pursuing information can be found on their Web site at www.anteec.com

change your address or order a subscription (please print)

used of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County.

Local:

insects/g1447.htm. (BPO)

in May 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 jamnbs.unl.edu/insects/g1447.htm. (BPO)

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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!

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

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

Name ______________________ Age _________  M  F
Parent/Guardian(s) __________________________________________________________
Address __________________________________________________________________
City __________________ State ______ Zip ________________
Phone (day) _____________________ Phone (evening) _______________________
Grade ______ School ______________________________________________________
Interests ___________________________________________________________________

Lancaster County 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.

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

Learn about 4-H!

Prizes!

Fun!

Food!

Tuesday, Sept. 14
6 pm
Lancaster Event Center, 84th & Havelock
Pavilion 3

Discover the 4-H world of hands-on activities at 4-H Clover College

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

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

Lancaster County Fair

Web site: lancaster.unl.edu