Better Safe Than Sorry

Lorena Bartos
Extension Educator

How safe are you? June is National Safety Month. This is a time to focus on home safety precautions. Being prepared for emergencies or disasters and aware of safety precautions will help you keep yourself and others safe.

Everyday in everything one does, safety needs to be top on the list of precautions and considerations. Walking outside of your home is a simple chore that can yield the right of way and teenagers driving or other equipment.

Weather Safety

Weather safety is very important. All family members should know the difference between a weather watch and a warning. A watch is when conditions are right for severe weather. A warning means a tornado, flood, blizzard or severe weather is in your area. Knowing what to do in each case can save lives and reduce the risk of injury. Have a battery-operated radio and flashlight in a place you can find easily in case the power fails. Lightning is the most frequent weather threat to personal safety during this time of year. It is recommended that you have a Sun Protective Factor (SPF) of a minimum of 15.

Sun Safety

With warm weather and summer here, more families are spending time outside for work or pleasure. Exposure to sun can cause damage to the skin and skin cancer.

Farms Safety

Farm safety during this time of year is especially important. Anyone working with machinery need to exhibit extra precautions especially with power take-offs, etc. Before leaving equipment unattended turn off the equipment, lower hydraulics and remove the key. Always wear protective clothing so it doesn't get caught in equipment. Be very careful when little children are around. They can appear out of nowhere. Never carry them on tractors or other equipment.

ATV Safety

ATVs are used frequently on farms and acreage. Correct and safe usage is very important. ATVs are not toys and riding them can be a hazard. Young people under the age of 16 should not operate an adult-sized ATV. From 1985–1989 children were at least in part due to driver behaviors.

Personal Safety

Personal safety should be a top priority of all family members. All family members and especially children should know the correct rule when dealing with strangers, answering the phone or door, and playing in the yard or park. Put dead bolt locks on front and back doors and install a peephole in the front door to help add to the security of a home.

Always be alert to the surroundings. It is best to use the “buddy” system when traveling, walking, etc. Avoid taking short cuts. Hedges, trees or shrubs should not hide the view of the street. Family members should know what to do in case of emergency. Post emergency directions to the home may be helpful in case of emergency.

Safety in the Home

Home accidents rank among the top sources of injuries. Life can't be risk-free, but most household accidents can be prevented. Here is a checklist to help you identify and eliminate potentially hazardous in your home.

• Have smoke detectors in the hallway, near sleeping areas. Test the batteries monthly and replace yearly.
• Homes should have a carbon monoxide detector.
• Homes should be equipped with fire extinguishers and a fire kit.
• Set the water heater thermostat at 120°F to prevent accidental scalding.
• Store gasoline, charcoal lighter fluid, pesticides and other poisonous materials safely.
• Every family should have an emergency plan to deal with fire or weather related emergencies.

Preventing Falls

Falls are the primary cause of home and community unintentional injury deaths. One third of the unintentional injury deaths among elderly come from falls. Safety precautions help the elderly — but apply to all — include:

• Keep walkways and steps clear of clutter.
• Electrical cords should be placed out of the flow of traffic and out from underneath rugs and furniture.
• Cordless phones eliminate the hazard of the dangling cord. Locate a telephone jack in the bedroom.
• Always clean up spills immediately.
• Steps should be in good condition and well lit.
• Use non-skid rugs on linoleum, wood or tile floors.
• Have a non-skid mat or strips on the standing area in the bathtub and shower.
• Handrails should be sturdy and securely fastened. All steps should have handrails.
• Install grab bars on the walls by the bathtub and toilet.
• Locate light switches at the top and bottom of stairways and at both ends of long hallways.
• Have sufficient lighting to safely enter your home after dark.
• Always use a sturdy, stable stepstool or step stool rather than a chair to reach objects in overhead cabinets.
• Have lever-action handles instead of round knobs on doors.
Controlling Bagworms

Bagworm eggs hatch in June and young worms will begin to feed on junipers, cedars and other evergreens in eastern Nebraska. Bagworms also occur on various deciduous trees such as viburnums, flowering crabs, plums, linden and cotonetoe. The large bags attached to the trees are now those left over from last year and are empty, except for the remaining eggs that will finish hatching. The worms are very tiny, probably 3/8-inch or less long. Each is contained inside a small protective sack or bag which they construct from silk and plant material. At this stage, the larvae are susceptible to insecticides. If treated 6 weeks, they will be more difficult to control. Suggested materials are carbaryl (Sevin) and various formulations of "Bt", Bacillus thuringiensis, (Dipel, Thuri- cide). Follow label directions and be sure to spray trees and shrubs thoroughly to penetrate foliage. Good coverage is critical if control is to be effective. (MIF)

Propagation of Shrubs from Softwood Cuttings

Many ornamental shrubs in the home landscape may be propagated by softwood cut- tings. Softwood cuttings are taken in late May through early July at the stage of seasonal growth. Cutting material should be flexible but mature enough to snap when bent. Remove L. forsythia, weigela, barberry, potentilla and viburnum are some of the shrubs that may be propagated from softwood cuttings.

A proper rooting medium is necessary for the success of softwood cuttings. The rooting medium must not only retain moisture, but also drain and provide physical support. Coarse sand, perlite and vermiculite are good rooting materials.

The container holding the cutting medium must have holes in the bottom to drain excess water. If only a few cuttings are taken, a large clay or plastic pot should be planted. Softwood cuttings may be flat or may be made up of a number of cuttings. The cutting medium should be watered and allowed to drain before the cuttings are inserted.

When taking cuttings, remove plant material with a sharp knife. Softwood cuttings should be approximately 4 to 6 inches long. Pinch off the leaves on the lower half of the cutting. Also remove any flowers. Make a fresh cut just below the point where one or two leaves are attached to the stem (node), then dip the base (cut end) of the cutting in a root-promoting compound. Tap off any surplus material.

Cuttings from some shrubs root easily, but others are more difficult. Root-promoting substances increase the percent- age of cuttings that root, shorten the period needed for rooting and increase the number of roots per cutting. Root-promoting materials are often available in garden centers and mail-order companies. Most products are in powder form.

To avoid brush off the powder when inserting the cuttings, make holes in the rooting medium with your pencil or a finger. Insert the cuttings approximately 2 inches deep into the rooting medium. Softwood cuttings are inserted, carefully water the medium and let it drain. Watering around the cutting is detrimental to the survival of the cuttings. A cutting has no root system to absorb water, yet it continues to lose water through its leaves. The cutting will wilt and die if it loses a large quantity of water. Water loss can be reduced by placing a clear plastic bag over the cuttings and container.

Once covered, place the container in a light, but not direct sunlight. Inspect the cuttings daily. Water the rooting medium. Rooting of most deciduous shrubs should occur in 6 to 8 weeks.

Examine a few cuttings after 4 or 5 weeks. Carefully dig up several cuttings to check on root development. Remove the cuttings and place them in individual pots with a good potting mix. The young plants can then be stored in a cold dormant condition in a few weeks. Home gardeners may want to grow them in the garden in the spring by moving the small shrubs to their permanent site in the landscape. This takes up to 10 weeks. Rooting of cuttings and growing the small shrubs to be fun and rewarding. (MIF)

2004 Perennial Plant of the Year

The Perennial Plant Association has named Athyrium niponicum 'Pictum' the 2004 Perennial Plant of the Year. This fern makes an outstanding ground cover. It prefers partial to full shade, moisture and humidity abound. It is hardy in the northeastern United States, except in the intermountains. A very popular fern, it forms a ground cover in the Japanese garden. Most any bedding plant can be used in a hanging basket. Be sure to follow all directions carefully. (MIF)

Brighten Your Outdoor Area With Hanging Baskets

Baskets can add color and fragrance to your landscape. A very common location to find a hanging basket is under an eave on the house or on a porch or balcony. But they can and should be used in many other locations. Pots can be hung from lamp posts, grape arbors, trees and other structures.

Any bedding plant can be used in a hanging basket. Be sure that the sunlight require- ments of the plant that is used be the same as the final location of the hanging basket. A basket of sun loving plants puts in a shady location will not do very well. Baskets made up with fuchsia, verbena, petunias, begonias, impatiens, sweet potato vine, stock and others will do well in the sun. Some annuals such as zinnias, marigolds and geraniums are commonly seen in hanging baskets. Most any plant is suitable for a hanging basket. (MIF)
**President’s Notes – Janet’s Jargon**

Janet Broer  
FCE Council Chair

June, the sixth month of the year, brings us halfway through 2004. We see the end of spring and the beginning of summer. We have June brides, June graduates and let’s not forget the June bug! This month also brings us more blooming flowers than any other time of the year — especially roses. Let’s see what June has to offer us as FCE members.

Emerald and Home Service FCE clubs will host the Council meeting at the Lancaster Extension Education Center on Monday, June 28, 7 p.m. The program will be “Women and Heart Disease” presented by Mary Knabe from Bryan/Logan. It is an important topic for all of us and merits our attention. Club president and members, please, remember to bring your Cultural Skills articles. Categories include hand stitchery, creative writing, poetry, painting, glass and holiday article. We also need to come up with a few ideas for a county lesson to be presented in 2005.

Make sure you reserve Tuesday, July 13 on your calendar for our annual “Sizzling Summer Starter.” We will begin at 6 p.m. with a light scrumptious meal followed by a luscious dessert and two program topics. Kevin Smith will present “Bring in the Blooms” and show us some innovative ways to use flowers. He has taught flower arrangement classes at SCC for many years in addition to managing a local flower shop.

Brenda Danley and cohort Bonnie Evert will present “Colorizing Your Spaces” and give us tips and trends to update our home decor. These two are a fun duo who are sure to entertain as well as inform. I think you will be sorry if you miss these programs. Tickets are $10 and we ask you to make reservations by July 7. Each club is asked to donate at least one theme basket to be raffled that evening. Raffle tickets are $1 each or 6 for $5 with all proceeds going to the Scholarship Fund. This is an easy way to raise much needed money to make our scholarship a larger amount.

In the past, this summer evening out has been so much fun and I’m sure you will not want to miss it this year. Bring a neighbor, friend, daughter or daughter-in-law for some “girlie” time and support your FCE organization. I look for reservation details elsewhere on this page. I’ll plan to see you then.

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**Sizzling Summer Starter**  
Tuesday, July 13 • 6 to 9 p.m.  
Lancaster Extension Education Center  
444 Cherrycreek Road, Lincoln

**LEARNISHOPS**  
“Bring in the Blooms”  
Kevin Smith, Southern Community College instructor & manager of flower shop

“Colorizing Your Spaces”  
Brenda Danley and Bonnie Evert, Sutterpixel Interiors

Cost $10  
Make checks payable to FCE Council and reserves checks and check by July 7 to: Joy Kruse, 850 Adams Street, Lincoln, NE 68521

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**Family Living**  
June 2004

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**What Has Happened to Family Time?**

Does it seem you have no family time any more? If so, research will confirm those thoughts. A nationally completed six years ago found children had a 12 hour per week decline in the free time they had, their play time had decreased by three hours per week and unstructured outdoor activities fell by 50 percent. In addition, household conversations dropped by 100 percent between 1981 and 1997. Children spent only 45 minutes per week in conversation with anyone in the family. Family dinners saw a 33 percent decrease; there was a 28 percent decrease in families taking a vacation; and religious participation declined 40 percent in hours per week for children ages 3 to 12 and 24 percent for high school students with weekly religious attendance. Where is the time going? It is no surprise many of the hours are going to sports. Structured sports have more than doubled. Passive, spectator sports has increased five times. (This includes time children watch their siblings play structured sports.) Studying has also increased nearly 50 percent.

What is the concern? Several national studies have found regular family meals were the strongest predictor of academic success, avoidance of undesirable behavior and better nutrition than any other factor. Teens have even identified not having enough time with their parents as a top concern. What does this mean for you? Where are you spending your family time? On a bleacher watching someone play ball? Eating meals together? Talking together? Attending religious activities together? Taking a vacation together?

Take time to assess what your family priorities are. How are you spending your time? Are your children in too many extra-curricular activities? Do you eat meals together, at least once a day? It may be time to say “no” to some goals in order to enjoy the “best” with your family — time together.
Pesticide Container Recycling

The Nebraska Pesticide Container Recycling program provides a recycling opportunity for plastic from 1- and 2.5-gallon containers. More than 200 collection sites are available to take your rinsed plastic containers.

Two pesticide container recycling dates have been established in Lancaster County. Both dates will be held in conjunction with local businesses, will be held public collection days from 9 a.m. to 3 p.m. on the following locations:

- July 9 — Farmers Cooperative, Waverly
- July 23 — Farmers Cooperative, Bennet

In addition, the Lancaster County Extension office, located at 444 Cherrycreek Road in Lincoln, will accept containers no later than July 31 by appointment during business hours. Call 441-7100 for directions.

Rural Living Clinic

To answer this question, one needs fuel consumption estimates for field operations. If you keep fuel use records for field operations, you can easily compute the expected impact of an increase in fuel price. Most folks don’t track fuel consumption by enterprise and need to refer to a research-based fuel use estimate to compute the effect a rise in price will have on overall production costs. Also, reference for fuel use estimates is the Minnesota Farm Machinery Economic Cost Estimates. The U.N. Cooperative Extension in Lancaster County, in conjunction with local businesses, will be holding public collection days from 9 a.m. to 3 p.m. on the following locations:

- July 9 — Farmers Cooperative, Waverly
- July 23 — Farmers Cooperative, Bennet

In addition, the Lancaster County Extension office, located at 444 Cherrycreek Road in Lincoln, will accept containers no later than July 31 by appointment during business hours. Call 441-7100 for directions.

Wheat Tour June 10

Extension will be hosting a wheat and variety demonstration tour on June 10. Participants are asked to gather at the University of Nebraska field research site just west of 84 Street on Havelock Avenue. Registration starts at 8 a.m. Coffee and donuts will be served. The tour will begin at 9 a.m. There is no registration fee.

Small Scale Animal Feeding

The University of Nebraska Cooperative Extension is presenting a series of seminars entitled “Acreage Insights — Rural Living Clinics” to help agribusinesses and home consumers understand and involve themselves in leadership positions at all levels. A national and international leadership development program designed to speed up the leadership development process to better prepare the problem solvers, decision-makers and spokespersons for both agriculture and the State of Nebraska. Through monthly, three-day, seminars the program promotes awareness, understanding and involvement in leadership positions at all levels. A national and international study/travel seminar is also a part of the program. Up to 30 individuals are annually selected from across Nebraska. The program is supported by the Nebraska Agricultural Leadership Council, Inc. in cooperation with the Institute of Agricultural and Natural Resources of University of Nebraska-Lincoln.

The Nebraska LEAD Program (LEADERSHIP/EDUCATION/ACTION DEVELOPMENT)

The Nebraska LEAD Program is a comprehensive, two-year, statewide, agricultural leadership development program designed to speed up the leadership development process to better prepare the problem solvers, decision-makers and spokespersons for both agriculture and the State of Nebraska. Through monthly, three-day, seminars the program promotes awareness, understanding and involvement in leadership positions at all levels. A national and international study/travel seminar is also a part of the program. Up to 30 individuals are annually selected from across Nebraska. The program is supported by the Nebraska Agricultural Leadership Council, Inc. in cooperation with the Institute of Agricultural and Natural Resources of University of Nebraska-Lincoln.

Qualifications

- Be a resident of the state of Nebraska for the past three years.
- Be willing to commit the time necessary for full participation.
- Be open to considering the challenges of leadership in rural Nebraska.
- Be motivated and open to new ideas and differing points of view.

Application Deadline

Application deadline is June 15, 2004. Applications may be requested by calling (402) 472-6810 or by downloading it from the Internet at www.acge.unl.edu/lead.

See our Web site at www.lancaster.unl.edu/lead
Examine Trees For Insect, Disease Problems

Insects and diseases can be threatening to trees unless a reasonable diagnosis of the problem is made and the proper treatment is applied. Plant diseases require three things to develop: the presence of a disease agent called a pathogen, susceptibility to that pathogen and environmental factors which can affect both the plant and the pathogen. These factors are subject to variation, depending on the particular plant and pathogen involved.

Non-infectious diseases, which account for 70-90 percent of all plant problems in urban areas, can be caused by nutrient deficiencies, temperature extremes, vandalism, pollutants and fluctuations in moisture. Infectious diseases include fungi, viruses and bacteria. Correct diagnosis of plant disease requires careful examination and systematic elimination of possibilities by following epidemiologic patterns.

- **Accurately identify the plant.** Infectious pathogens are mostly plant-specific, so symptoms quickly limit the number of suspected diseases.
- **Look for a pattern of abnormality.** For example, if the affected plants are restricted to a walkway, road or fence, the disorder could be a result of wood preservatives or salt applications.
- **Carefully observe the land for drainage, history of the property, number of species affected or percent-age of injured plants in the area.**
- **Examine the roots.** Brown or black roots may signal problems. Brown roots often indicate dry soil conditions or the presence of toxic chemicals. Black roots usually reflect overly wet soil or the presence of root-rotting fungi.
- **Examine the trunk thoroughly for wounds, as they provide entrances for cankers and wood-rotting organisms.** Weather, fire, jawwaworms, rodents and a variety of other environmental or mechanical factors may cause such wounds.
- **Note the position and appearance of affected leaves.** Dead leaves at the top of the tree are usually the result of environmental or mechanical root stress. Twisted or curled leaves may indicate viral infection, insect feeding or exposure to herbicides.
- **Think about current and past management practices.** Sometimes a plant’s current problem is actually a result of something that happened much earlier. Changes in grade, the use of pesticides or nearby construction work may all contribute to tree problems.
- **As feasible, prune out cankered branches.** Pruning is not only needed to remove damaged to trees and shrubs. Chewing insects, such as beetles and webworms, eat plant tissue such as leaves, flowers, buds and twigs. Sucking insects, such as aphids and mealy bugs, insert their beak into plant tissues and cause desiccation and drooping. Boring insects make tunnels in the wood as they eat through it. The treatment method used for a particular insect problem will depend on the species involved, the extent of the problem and a variety of other factors specific to the situation and local regulations. (DJ)


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**Anthracnose: A Sickness in Sycamores**

Paula Flynn
Extension Pest Pathology, Iowa State University

Wet spring weather can favor fungi. Sycamore trees are one of the most striking examples of these fungi. Usually large and stately, sycamore trees appear black rooted leaves are scattered throughout the branches. Diseased leaves eventually fall leaving a blanket of brown on the ground beneath the tree.

Many widespread disease problem of sycamore is called anthracnose. Actually anthracnose is a general plant disease term. There are many different anthracno- cose diseases that occur on various plants, caused by a number of different fungi.

Fungi that cause anthracnose diseases, tend to thrive when spring conditions are moist and leaf blight lesions extended period of time. If these condi-tions occur when tender leaves are emerging from buds, anthracnose can result in severe epidemics. Diseased leaves tend to show dark spots or blotsches and fall to the ground prema-turely.

Anthracnose on sycamore can be especially noticeable because the fungus not only infects the new leaves but also buds, shoots, twigs and branches. Year after year of shoot death can result in tubers of dead shoots, which often develop clusters of dead twigs are referred to as “witches brooms.”

When the sycamore anthracnose fungus invades woody twig and branch tissue, cankers are formed. Cankers are sunken, dead areas that are often elliptical in shape. As these cankers enlarge, twigs and branches may break off. Tissue that is girdled or restricted cannot transport water and nutrients. The section of the twig or branch eventually dies.

Unfortunately for the sycamore tree, the fungus survives from year to year in species V-shaped, develop the cankered tissues. Twigs and diseased shoots. Nestled in the woody tissue, these fungal structures, called pycnidia, are protected from the dry heat of summer and the cold of winter. They lie in wait until wet spring conditions occur. The black, pepper-like pycnidia are small, but can be seen on the dead or dying twigs with the naked eye. The fungus also can survive in the diseased leaves that fall to the ground.

When the cool spring rains occur, these pycnidia release thousands of spores that are whisked away by spring rains and land on newly forming leaves, shoots and twigs of sycamore trees. Some of the infected leaves will turn completely brown, but others only develop dark brown spots along the veins. As the symptoms progress, larger brown blotches, some- times V-shaped, develop along the leaf vein tissue.

Shoot blight and leaf blight caused by anthracnose-induced leaf blight typically extend along the leaf veins.

Sycamore tree with that crown caused by anthracnose-induced bud and twig mortality.

The dramatic symptoms caused by the anthracnose fungus can be alarming if your yard is home to a sycamore tree. Fortunately, anthracnose does not kill sycamore trees. The onset of hot and dry summer conditions squelch the activity of the fungus and uninfected buds of the tree become active, eventually pushing out new flushes of growth.

Because the fungus manages to hang around from year to year, there are some cultural practices that help improve tree vigor. Most are aimed at removing as much diseased leaf and twig tissue as possible to help reduce the amount of fungus that survives to the next season. As feasible, prune out cankered branches or twigs. Unfortunately, the large size of mature sycamores often makes pruning out diseased twigs a fairly unrealistic project.

Fungicides can be used to protect trees in the spring, but this may not be economical or warranted on large trees. However, fungicide treatments might be desirable in certain situations. Protective fungicides must be first applied at the time of bud swell, along with two additional applications at 10-14 day intervals. Certain fungicides can be injected into sycamore trees and provide protect-ion from this fungus. These products are injected into small holes drilled in the base of infected trees. This is a procedure that should be done by a certified arborist who has the appro-priate equipment.

If you enjoy sycamore trees and are looking for a substitute with a similar appearance but less vulnerability to this common disease, you might consider the London planetree. Like sycamore, it is a large tree so it is not suited to small lots. It is rated a zone 5 tree, so it may show some twig dieback if winter weather is severe.

Online Resources
UNL Cooperative Extension in Lancaster County lancaster.unl.edu/hort timely articles pest updates
- University of Nebraska Cooperative Extension resources
- Nebraska Forest Service www.nfs.unl.edu forest pest and disease management Nebraska Forest Services UNL Forestry Publications

The National Arbor Day Foundation www.arborday.org online tree ID guide

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**Septic Tanks Must Be Pumped By Certified Professionals**

As of January 1, 2004, it is illegal for anyone to pump septic tanks, including homeowners pumping their own tank, unless they are certified by the Nebraska Department of Environmental Quality (NDEQ). Homeowner pumping of septic tanks and land-applied hauling and spreading of sewage has been a common practice in rural Nebraska areas. The new law makes it illegal without a current permit and a pump that is improperly handled and applied can be a public health hazard due to the pathogens and nutrients that enter the groundwater. There are also Federal regulations and recordkeeping requirements for the proper disposal, including land application, of septage.

The Private On-Site Wastewater Treatment System Contractors Certification and System Registration Act requires anyone who works on a septic system to apply for a certification to become certified to perform the work. The requirement for certifica-tion includes pre-installation tasks such as doing a site evaluation, a soil test, or percolation test. It also covers all aspects of working on a system including designing, installing, inspecting, repairing, or altering. And, it includes pumping and removal of the tanks from the system.

If a homeowner wants to pump a tank, including his or her own, he or she must be certified to apply for a temporary provisional certificate to pump septic tanks, an individual must submit an application and pay prescribed by NDEQ and pay a $300 certification application fee to NDEQ. The Nebraska Department of Environmental Quality (NDEQ) will issue a temporary affidavit certifying the individual has been engaged in the pumping of septic tanks for a period of up to six months prior to August 31, 2003. This temporary provisional certificate is valid for up to six months.

By then, NDEQ will have a more comprehensive certification program developed which will likely include requirements for continuing educa-tion and examination for competency. According to NDEQ staff, individuals pumping a tank without proper certification would be in violation of NDEQ regulations and subject to enforcement action including poten-tial fines.

If you are a certified professional to pump a septic tank is the best option available for most homeowners. Over 5000 individuals throughout the state are currently certified to engage in work related to on-site systems in Nebraska, including over 200 certified to substitute for a contractor. Pumping NDEQ has posted a list of certified professionals on their Web site at www.deq.state.ne.us. Contact NDEQ at 471-2186 for additional information regarding the new state regulations. Sharon Hygnstrom at 472-3662 or Jan Hygnstrom at 472-9614 — both of University of Nebraska-Lincoln Cooperative Extension — can help with questions regarding septic systems for rural homeowners.
Enjoy healthy, calcium-rich milk during June, Dairy Month, and throughout the year. Here’s a quick, cool and easy recipe, courtesy of Jenni Meyer, Dairy Council of Nebraska, to get your day off to a good start. For more dairy recipe ideas, visit the Dairy Council of Nebraska Web site at www.drinkmilk.org or the 3 a Day of Dairy Web site at www.3aday.org. You also can e-mail Jenni at Jenni@DrinkMilk.Org or call 800-279-2643.

**Turkey Caesar Wrap**
(Servings: 4 wraps)

4 cups romaine lettuce, shredded
2 tablespoons Parmesan cheese, freshly grated
4 green onions, chopped
2 to 3 tablespoons vinegar-based, Caesar salad dressing
4 eight-inch flour tortillas
6 one-ounce turkey slices
1 medium tomato, chopped

Fresh grated pepper to taste

In a medium bowl, combine lettuce, cheese, green onion and salad dressing. Arrange 1-cup mixture over each of the 4 tortillas. Top each with 2 slices of turkey, tomatoes and pepper to taste. Fold in bottom and top portions. Roll up from side to completely enclose filling.

**Chocolate Candy for Dessert: A Tiny Piece Is All It Takes for Health & Pleasure!**

There are very few of us that dislike dessert, especially if it contains chocolate! What could be quicker and tastier than a luscious piece of chocolate candy for dessert. Eaten in moderation, chocolate may be good for our health, especially dark chocolate.

- Dark chocolate has a slightly bitter flavor. It may be more appealing to adult taste-buds than to those of children.
- It is possible to eat a small piece of chocolate candy (sometimes more?) at the end of a meal and stay under 100 calories. This is fewer calories than we consume from most desserts. A small piece of chocolate may be the only “diet pill” you need.

**Turkey isn’t just for Thanksgiving. During June, Turkey Lover’s Month, enjoy this nutritious, easy-to-fix turkey sandwich**

1/2 cup grated cheddar cheese
1/2 cup sliced tomatoes
4 green onions, chopped
2 tablespoons Parmesan cheese, freshly grated
2 to 3 tablespoons vinegar-based, Caesar salad dressing

In a medium bowl, combine lettuce, cheese, green onion and salad dressing. Arrange 1-cup mixture over each of the 4 tortillas. Top each with 2 slices of turkey, tomatoes and pepper to taste. Fold in bottom and top portions. Roll up from side to completely enclose filling.

**Food Safety and Summer Produce**

As with other foods, it’s important to handle fruits and vegetables safely to help prevent food-borne illness. It’s especially important to follow safe food practices when temperatures are warmer and bacteria can grow faster. There is also more chance for contamination as we may eat outside more, especially in sites away from home where there is little or no access to refrigeration and washing facilities.

**Following are some steps from a Food and Drug Administration (FDA) Talk Paper, “FDA Advises Consumers about Fresh Produce Safety,”** that consumers can take to reduce the risk of food-borne illness from fresh produce:

- At the store, purchase produce that is not bruised or damaged. If buying fresh cut produce, be sure it is refrigerated or surrounded by ice.
- At home, chill and refrigerate foods. After purchase, put freshly bought produce refrigeration away promptly. (Fresh whole produce such as bananas or potatoes do not need refrigeration.) Fresh produce should be refrigerated within two hours of buying or cutting. Leftover cut produce should be discarded if left at room temperature for more than two hours.
- Wash hands often. Hands should be washed with soap and water before and after handling fresh produce. Fresh produce should be washed within two hours of peeling or cutting. Use clean cutting boards and utensils when handling fresh produce. If possible, use one clean cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Wash all fresh fruits and vegetables with cool tap water immediately before eating. Don’t use soap or detergents. Scrub firm produce, such as melons and cucumbers, with a clean produce brush. Cut away any bruised or damaged areas before eating.
- Wash surfaces often. Cutting boards, dishes, utensils and counter tops should be washed with hot soapy water and sanitized after coming in contact with fresh produce or raw meat, poultry or seafood. Sanitize after use with a solution of 1 teaspoon of chlorine bleach in 1 quart of water.
- Don’t cross contaminate. Use clean cutting boards and utensils when handling fresh produce. If possible, use one clean cutting board for fresh produce and a separate one for raw meat, poultry and seafood. During food preparation, wash cutting boards, utensils or dishes that have come into contact with fresh produce, raw meat, poultry or seafood. Do not rinse produce that has come in contact with fresh produce or other raw products.
- Use a cooler with ice or use ice gel packs when transporting perishable food outdoors, including cut fresh fruits and vegetables.

As an extra measure of precaution you may wish to wash pre-packaged salads, especially if you are uncertain about how they were cleaned. Don’t assume because a food is pre-packaged it’s ready to eat.

Even if you don’t eat the peel of a fruit or vegetable — such as melons — it’s still important to wash them. Bacteria from the outer surface can be transferred to the inside of the fruit or vegetable. Discard the outer leaves of leafy vegetables before washing inside parts.

Rinsing fruits and vegetables under running tap water helps remove surface soil and dirt. An easy way to wash smaller items such as berries is to place them in a colander and run with a kitchen sink sprayer. Gently turn the produce as you spray. As a general rule, wash fruits and vegetables just before using them, not before you store them.

Check for and follow label instructions such as “keep refrigerated” or “use by (date)” on items. This information is frequently found on pre-cut produce at the store. (AJH)

**Turkish Breakfast Parfait**
(2 servings)

1 cup lowfat vanilla yogurt
1/2 cup granola
1/2 cup fruit sliced (strawberries, blueberries, pineapple or peaches)
4 tortillas. Top each with 2 slices of turkey, tomatoes and green onions.

2 tablespoons Parmesan cheese, freshly grated
2 to 3 tablespoons vinegar-based, Caesar salad dressing

In a medium bowl, combine lettuce, cheese, green onion and salad dressing. Arrange 1-cup mixture over each of the 4 tortillas. Top each with 2 slices of turkey, tomatoes and pepper to taste. Fold in bottom and top portions. Roll up from side to completely enclose filling.

**Web Resources of the Month**

June is a month of food celebrations from National Dairy Month to Turkey Lover’s Month to Beef Month to Fresh Fruit and Vegetable Month. For tips on using these nutritious foods in recipes, go to www.lancaster.unl.edu/food/foodguide.html

Learn tips and recipe ideas to help prepare healthy foods in a hurry by signing up for monthly Cook It Quick e-mail messages at lancaster.unl.edu/food/cookitquick.htm.
**CLOVER COLLEGE REGISTRATION FORM**

To register, complete the registration form (one person per form) and return with payment (check or money order made payable to Lancaster County Extension). Registrations must be received by June 14. They will be handled on a "first come" basis and will only be accepted upon receipt of fees. Early registration is encouraged. Telephone registration accepted. Fees are nonrefundable unless a class is filled to capacity or canceled.

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**WORKSHOP DESCRIPTIONS**

**4-Day Workshops**

1. **Clover Kids Day Camp**
   - 3 and 4 Hrs.
   - 8-10 A.M.
   - Ages: 5-11 yrs.
   - Fee: $25

2. **Fun & Funky Purse**
   - 12:45-2:45PM
   - THU-FRI, JUNE 24-25; 3:50 PM
   - Ages: 8 and up
   - Fee: $5

3. **Birdhouse/Feeder**
   - 12:45-2:45PM
   - THU-FRI, JUNE 24-25; 4:30 PM
   - Ages: 8 and up
   - Fee: $5

4. **FUN, SUN Pinata**
   - 12:45-2:45PM
   - THU-FRI, JUNE 24-25; 4:00 PM
   - Ages: 8 and up
   - Fee: $5

**3-Day Workshops**

1. **Baby Sitting Basics**
   - 12:45-2:45PM
   - THU-FRI, JUNE 24-25; 4:00 PM
   - Ages: 8 and up
   - Fee: $5

2. **Antique Autos**
   - 12:45-2:45PM
   - THU-FRI, JUNE 24-25; 4:00 PM
   - Ages: 8 and up
   - Fee: $5

3. **FUN & FUNKY PURSE**
   - 12:45-2:45PM
   - THU-FRI, JUNE 24-25; 4:00 PM
   - Ages: 8 and up
   - Fee: $5

4. **Table Setting Contest**
   - 12:45-2:45PM
   - THU-FRI, JUNE 24-25; 4:00 PM
   - Ages: 8 and up
   - Fee: $5

5. **A Horse Of Course II**
   - 12:45-2:45PM
   - THU-FRI, JUNE 24-25; 4:00 PM
   - Ages: 8 and up
   - Fee: $5

6. **Simply Stamping**
   - 12:45-2:45PM
   - THU-FRI, JUNE 24-25; 4:00 PM
   - Ages: 8 and up
   - Fee: $5

7. **Sensational Crusts and Learn Some Decorative Edges**
   - 12:45-2:45PM
   - THU-FRI, JUNE 24-25; 4:00 PM
   - Ages: 8 and up
   - Fee: $5

8. **Pizza for You**
   - 12:45-2:45PM
   - THU-FRI, JUNE 24-25; 4:00 PM
   - Ages: 8 and up
   - Fee: $5

9. **Painting**
   - 12:45-2:45PM
   - THU-FRI, JUNE 24-25; 4:00 PM
   - Ages: 8 and up
   - Fee: $5

10. **Design Your Own T-Shirt**
    - 12:45-2:45PM
    - THU-FRI, JUNE 24-25; 4:00 PM
    - Ages: 8 and up
    - Fee: $5

11. **Antique Buildings**
    - 12:45-2:45PM
    - THU-FRI, JUNE 24-25; 4:00 PM
    - Ages: 8 and up
    - Fee: $5

12. **Fun & Funky Purse**
    - 12:45-2:45PM
    - THU-FRI, JUNE 24-25; 4:00 PM
    - Ages: 8 and up
    - Fee: $5

13. **Pizza for You**
    - 12:45-2:45PM
    - THU-FRI, JUNE 24-25; 4:00 PM
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    - Fee: $5

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**4-Day Workshops**

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Livestock Affidavits Due June 15
All 4-H livestock affidavits are due to the extension office by June 15. (DK)

Ranchers.
Daniel and Steven — are former members of the Rock Creek Ranchers.

Ranchers.
The Bucket Calf project off the ground. This project really experience was working with Janice Halling and helping to get the Rock Creek Ranchers. She is always very positive to all County Fair since the project started 13 years ago.

County 4-H assistant superintendent for 4-H Bucket Calf at the Lancaster County 4-H for 20 volunteer with the Rock Creek Ranchers for 20 volunteer service.

Cheryl says most people might not know that when she was a 4-H member, she was the last person at the Nebraska State Fair to show a grand champion steer which was auctioned off. Congratulations to Cheryl! Volunteers like her are indeed the heart of 4-H! (DK)

New Premium Payout Policy
Premium payouts for 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 cash premiums for exhibits. EXHIBITORS WHO HAVE EARNED PREMIUMS ARE HIGHLY ENCOURAGED TO PICK UP CASH PREMIUMS DURING THE FAIR and 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 4-H 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

4-H Presentations Workshop June 15
There will be a Presentations (formerly Demonstrations) workshop on Tuesday, June 15, 1:30 p.m. at the Lancaster Extension Education Center. (Note: this is the correct date — it was previously advertised to be held June 17.) Attend this workshop to learn more about this year’s changes and how to prepare for the contest. If your presentation is prepared, present it and receive help, if needed. (TK)

Tractor Operator’s Contest June 25
The 2004 Nebraska 4-H and FFA Tractor Operator’s Contest will take place Friday, June 25 at the Nebraska Tractor Test Laboratory on UNL’s East Campus. Participants take a written exam, identify tractor parts, conduct a farm tractor safety inspection and drive. For more information, contact Cheryl Deanna at 441-7810 or go to ush.edu/4h. (DK)

Dog Club Wish List
The 4-H dog club is trying to build their own agility equipment for training. Your support would be greatly appreciated to help them achieve this goal. The club needs the following supplies: flatbed trailer, tarp, 2 x 4 boards, nails and paint. Donations of any of these supplies or money is greatly appreciated! (DK)

Volunteers Needed for FCS Life Challenge
Nebraska 4-H needs volunteers to help the FCS 4-H Life Challenge a success! The event will be held June 28 and 29 on UNL East Campus. Please contact Kristin Warner at 472-9008 or kwarner@unl.edu if you are willing to volunteer or judge on either one or both days.

Junior Life Challenge Contest July 8
Mark your calendars to attend the Junior FCS Life Challenge contest for 4-H’ers 8-11 years old (need not be enrolled in a Family and Consumer Science project). The contest will be held July 8, 1:30 p.m. at the Lancaster Extension Education Center. Stop by the office to pick up a packet to help you prepare for the contest. (TK)

Check It Out — “4-H Discovery Bags” at Bennett Martin
Beginning June 1, two “4-H Discovery Bags” will be available at the Bennett Martin Public Library. The bags are a compilation of Nebraska books, library books and other resources.

The “4-H Discovery Bag for Wildlife” makes wildlife and conservation projects fun and easy. The bag includes information on birds, wildlife and fish.

Anyone with a Lincoln City Library card may check “4-H Discovery” bags out for three weeks at a time. 4-H’ers and non–4-H’ers alike will find these resources helpful and fun.

Regional Volunteer Forum Nov. 11–14
Information is now available for this year’s North Central Regional Volunteer Forum. This year’s forum will be Nov. 11-14 in Indianapolis, Indiana. Share ideas with other volunteers, share experiences, challenges and successes. Early bird full time registration is $200 and is due Sept. 15. Please contact the office to receive additional information. A limited number of scholarships are available from the 4-H Council. (TK)

Rabbits-R-Us Participate in Community Activity with Learning Group for the Deaf
Rabbits-R-Us 4-H club participated in a community activity with the Lincoln Learning Group for the Deaf. The 4-H and learning group met together for lunch. Each 4-H club member stood before the group and introduced him/herself. Each member presented his/her bunnies and discussed points about each bunny. Each Learning Group for the Deaf member introduced him/herself and described his/her particular interests.

The 4-H club members experienced using an interpreter when communicating with a person who is hard of hearing or deaf. A demonstration in the proper use of an interpreter and communicating with a person who is hard of hearing or deaf was presented. The conversations and presentations were interpreted throughout the activity. 4-H members learned how to finger spell and practiced several phrases for communicating using American Sign Language. American Sign Language phrases were practiced which described the projects for the 4-H Council.

The community activity developed an understanding among the rabbits-R-Us clubs, about each other, and communicating with persons who are hard of hearing or deaf. Sara Morton, Rabbits-R-Us 4-H club leader, facilitated discussion and presented for the 4-H club members. Nancy Bitt and Sandra Dresser coordinated the activity.

Manny Bitt served as the interpreter for the activity.
Norris Teacher Wins Winter Racing Series, Looks Forward To Summer Competition

Vanessa Cole
Voice News

This article was originally published in the April 22, 2004 Voice News. Reprinted with permission.

Justy Hagans is a member of the 4-H Horse NYP Committee and horse superintendent for this year’s Lancaster County Fair.

One Norris Middle School teacher is leading multiple lives. She’s a wife, a mother, a teacher, a 4-H leader and just in case that wasn’t enough, she’s a barrel racer, too.

This winter, Justy Hagans won the MidWest Barrel Association’s barrel racing series. Justy said, “The organization boasts about 60 members, and their competitions are held in Columbus, Fremont from October to May.” A membership fee is required as well as an entry fee for each time you run.

The winner is chosen on the most money won for the season. This is the first competition for Justy, and she has worked hard to get to this level. Justy has been competing in rodeos for a long time. She grew up on a farm north of North Platte. Her mom, Carroll Hill, still lives in North Platte, but her dad, Melvin, passed away three years ago.

“I have always worked with horses and rodeoed. I always wanted a horse of Asher’s quality, and I have waited a long time for this.” Justy participated in high school rodeos where she rodeos all summer. She belongs to the Nebraska Rodeo Association, the Iowa Rodeo Association’s barrel racing association and the National Barrel Horse Association.

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Justy Hagans and her horse Asher, enjoy the saddle she won at the MidWest Barrel Association’s winter barrel racing series’ championship.

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Branson Recognized for 30 Years of Service to Lancaster County

Pam Branson, part of the support staff for UNL Cooperative Extension, was recently recognized at the annual County Em- ployee Service Awards Luncheon for 30 years of service. County employees were recognized for milestone anniversaries of 5, 10, 15, 20, 30, and 45 years. Honorees received gift certificates to “Shop Lincoln” (redeemable at more than 200 merchants) in an amount commensurate with years of service.

There was also a recognition ceremony during the County Commissioner’s meeting. Chairman Ray Stevens thanked the employees for their years of loyal service to Lancaster County.

Pam says she has seen lots of changes during her 30 years. She started as support staff for the 4-H program and then supported the Agriculture/Horticulture areas. Currently she assists with the areas of Environment of the Home, Nutrition & Food Safety, Community & Leadership and Family & Community Education chairs. “The best part of working with Extension is the people — both the staff and the public,” Pam says. “I really enjoy working at the County Fair and seeing the accomplishments of the youth.

Extension thanks Pam for her many — and continuing — contributions!

Hanna To Retire After 14 Years with 4-H

Extension Associate Arlene Hanna will retire in June after 14 years at UNL Cooperative Extension in Lancaster County. The public is invited to a retirement reception in her honor on Thursday, May 27, 4–6 p.m. at the Lancaster Education Extension Center.

Arlene’s major responsibilities have been the 4-H School Enrichment science program and small animal 4-H projects. More than 50 Lancaster County schools participate in 4-H School Enrichment projects which include Embryology, Garbology, Blue Sky Biology, and Vermicomposting and i-Water Riches. Embryology and Garbology are core subjects in the Lincoln Public Schools science program. Arlene led development of the Garbology curriculum and assisted with the Embryology curriculum. She also spearheaded the creation of earth wellnes festival (eWf) (a collaboration of 11 community partners) and its yearlong school curriculum — and served as co-chair for nine of its 10 years.

Lois Mayo, science curriculum specialist at Lincoln Public Schools, says “Arlene Hanna has made a tremendous impact on the science curriculum at LPS and more importantly, the education of students. This year alone, Arlene impacted over 7,500 students. Arlene gets things done and is a team player. She always puts students first. She is one of a kind!”

In 2003, Arlene received Ventures in Partnerships (VIP) highest honor — a “Continuing Service Award.” In 2001, VIP presented Arlene with a “Pioneer Award.” In 1997, Arlene received the “Distinguished Extension Assistant” award from Nebraska Cooperative Extension Association.

Lancaster/Lancaster County Preparedness Fair June 12

This Nebraska student fights for homeland security on the food science front.

DAVID LEE SCHROEDER of West Point, Nebraska, a food science and technology and agricultural business double major at the University of Nebraska-Lincoln, was one of just 101 students nationally to receive a prestigious Homeland Security Scholarship. One of two scholarship winners from Nebraska, Schroeder focused on the fight against producer too, so I have a deep interest in the (Mad Cow) situation. It's just as important as the (Ag) industry.

This Nebraska student fights for homeland security on the food science front.

Deterioration of older neighbor- hoods
- Small town atmosphere
- Respect for other property
- Safe environment
- Connectivity of neighborhoods
- Neighborhood spirit/enthusiasm
- Community identity
- Outreach program information sharing (meetings, newsletters, etc.)
- Strong relationships with city government, schools, churches, businesses, etc.
- Building partnership with Lincoln Urban Development department
- Leadership development
- Diversity
- Citizenship

This was the first meeting addressing the issue of quality indicators of good neighbor- hoods. The process is in its initial stage. However, the process of developing indicators is just as important as the indicators themselves. By convincing community members to consider how to measure the overall well-being of neighbor- hoods, neighborhoods are stimulated to create new visions of the future, develop new working relationships across the boundaries, and define their assets and opportunities in new ways.

NWT is one of four projects in the Community Outreach Partnerships (COPP) program, a federally funded grant though the U.S. Depart- ment of Housing & Urban Development. The major focus of NWT is building leadership capacity, particularly through neighborhood associations. The most important outcome is not only information sharing, but also forming of friendships and partnerships. For more information about NWT, contact Project Director Dan Wheeler at 472-7479 or dwheeler1@unl.edu (YM)
“We usually go out to two or three rodeos every week,” she said. “I also do Barrel Races in Nebraska, Iowa, Missouri, Kansas and Minnesota.”

Justy and Asher will start off the summer with a Barrel Bash in Sherburn, Minnesota, the second weekend of May. The rodeo season will begin toward the end of May. She will also be helping her son, Ryan, a 16-year-old sophomore at Norris, try to qualify for the state horse show in barrels on August 3.

“Hopefully they will do well at state in July,” Justy said.

Ryan is an experienced barrel racer. “Last year,” Justy said, “Ryan took Asher and he qualified to the Youth World Barrel Race in Jackson, Mississippi through the National Barrel Horse Association.”

Justy spends a lot of time riding and training horses with Ryan, but she also helps other riders in the area. She gives riding lessons, trains horses and is the president of the Horse VIPS 4-H club and will be superintendent for the Lancaster County Fair in Lincoln this year.

Besides Ryan, Justy and her husband, Lynn, have a son JD, who works for the county correction office in Lincoln. The busy Justy admitted it is challenging to balance everything in her life. “I don’t have a lot of free time,” she said.

But even since a nine-year-old girl on a farm by North Platte started riding and training horses, she has looked forward to this point in her life. “I’ve always wanted a horse of Asher’s quality,” she said, “and I have waited a long time for this.”

So don’t look for Justy and her horse to slow down anytime soon.
Rabies is a viral disease usually transmitted through a bite from an infected animal. Only warm blooded mammals can carry this disease. Every year there are cases reported where a wild animal looks or acts sick. If the animal has rabies, the disease may occur within a few days after these symptoms begin. The rabies virus infects the central nervous system which changes the animal’s behavior. Some animals become aggressive; others seem to be confused or in a stupor. Rabies is an acute, progressive, incurable, viral encephalitis and human death is even possible. A 25-year old, healthy man in Northern Virginia died of rabies last year. Take steps to protect yourself, your family and your pets.

### Pets

To protect pet dogs, cats and ferrets, owners should make sure their rabies vaccinations are current. State law requires that all dogs and cats be vaccinated for rabies. Horse owners should also contact their equine veterinarians about vaccinations. Keep pet rodents inside your house. If possible, supervise your pets when they are outside.

If your pet has been exposed to a rabid animal and its vaccination is current, it will need a rabies booster shot immediately and will be allowed to be quarantined at home for 30 days. It can be expensive if your pet is not vaccinated — unvaccinated pets must be quarantined until testing. It came back positive. Family members and friends who were in contact with the goat were advised to contact their physicians immediately.

In 2003, an interesting case of rabies in New York involved a guinea pig. The owner took it outside for fresh air and allowed it to roam free. The guinea pig was bitten by a raccoon and a few days later the guinea pig bit its owner. After contacting the local health authorities, the pet’s possible exposure to the raccoon, there would have been a totally different outcome.

Although rabies exposure is rare, don’t be unaware of the consequences of exposure. Rabies is a serious disease. If a bite occurs, report it. Provide details, even if they don’t sound important. You could save your life.

### Be Aware of, Report Unusual Animal Behavior

Because of the high incidence of raccoons in skunks, be aware of unusual skunk behavior. A skunk is normally a nocturnal animal, so activity during the daytime is abnormal behavior.

If you see a skunk that exhibits unusual behavior in the Lincoln area, call Animal Control at 441-7900. Animal Control will attempt to capture the skunk and test it for rabies. If you live in the country, contact your local health department, veterinarian or local law enforcement agency for assistance. If you need to capture or put down an animal, do not damage the head because it is brain tissue that is tested. Destroying the head will make it impossible to test the animal. The animal (or just the head) will need to be kept cold (refrigerated) prior to being sent to the laboratory for testing.

If an animal comes back positive for rabies, the victim will be required to seek medical attention immediately.

### Carpet Beetles: Pantry and Clothing Pests

Over the last few weeks, a number of people have brought adult carpet beetles to the extension office for identification. These beetles are the most common carpet beetles seen in homes in the U.S. Carpet beetles belong to the insect family Dermestidae and are also called dermestids.

These beetles are tiny — 1/10 to 1/8-inch long. The upper surface has scales that are variously colored and give the beetles a distinctive pattern on their back. The larvae do not look at all like the adults. It is reddish-brown, cigar-shaped, and covered with hairs.

Scientists think carpet beetles evolved to feed on animal hair, fur, hide and, in the balance of nature, help decompose dead animals. They are one of the only insect groups that can digest keratin, the protein found in hair. Many carpet beetle species also feed on flour and spices. At the extension office, we keep several different species of carpet beetles in a sealed glass jar of dry dog food and Cheerios.

Dermestids can do considerable damage to woven fabrics, rugs, fur, silk, leather and hide, hair, insect collections and taxidermist’s stuffed animals. These infestations may come from sources not easy to find. Hidden reservoirs for dermestids are barnyard rodents, old bee and wasp nests, where dermestid larvae feed on hair, feathers and/or dead insects.

Nearly every home can have carpet beetles. They are so tiny they can enter through screen windows. They aren’t much of an economic problem as a pantry pest, but they chew pinholes in woolen clothing and can ruin expensive suits and blazers.

### Got Bugs? Use Sticky Traps

Because insect pests are more active during the warmer months, insects are more likely to be found inside the home this time of year.

— Rather than routinely using sprays to control insects that might not even be a problem, consider using glue boards to determine the level of bugs and types of pests in your house.

The best glue boards are simply a flat piece of cardboard covered by a sticky substance. These are found in home improvement and hardware stores. Glue boards made for rodent control work well for insects and spiders.

Place glue boards in basements, under the kitchen sink, in corners of rooms and other places that are dark, because insects and spiders often head for dark locations.

Once the glue board has caught insects or spiders, have them identified so you can take the most appropriate action. Contrary to popular opinion, there is no one general pest control tactic that works on all insect pests and spiders.

We are glad to identify insects on glue boards at no cost to you. Bring your glue boards to the extension office; it is best to call ahead (441-7180) to make sure someone will be at the office who can help you.

### Prevent Carpet Beetles from Becoming Established in the Home

The best tool is a good vacuum cleaner. Clean rooms often enough to prevent the accumulation of hair, lint and other carpet beetle fodder. This is especially important in households that have indoor pets.

Close attention should be given to carpets (especially under furniture), rugs, draperies, upholstered furniture, closets (especially where woollens and furs are stored), heat ducts, corners, cracks, baseboards, moldings and other hard-to-reach areas. Open containers of dried foodstuff and pet food should be regularly inspected for signs of carpet beetles and discarded if contaminated.

Protect woolens, especially during the summertime when beetles are most active. Dry clean woolen clothing before storage in air-tight containers. Use paradichlorobenzene moth crystals that are placed between two pieces of paper and layered into the articles being stored.