The NEBLINE, September 2005
Now is a Good Time to Start a 4-H Club!

4-H offers a wide variety of opportunities for you to discover your world, your community and yourself. YOU make your own choices and set your own goals! The University of Nebraska-Lincoln Extension 4-H Youth Development Program is open to all youth ages 5-18. Through learning-by-doing, youth gain practical skills and develop life skills.

Families are encouraged to help organize a new club — which is a lot easier than you may think! Starting a 4-H club now gives plenty of time for members to work on projects for next year’s county and state fairs.

Club Organization

Clubs range from 4 to 60 members and are led (or co-led) by club leaders — often club members’ parents. Parents are encouraged to attend meetings. Volunteers are the heart of 4-H. Adult leaders partner with youth members to complete projects.

Club leaders — Also known as organizational leaders, club leaders coordinate meeting times and agendas. They also are responsible for challenging interests.

Project leaders — Clubs may or may not have project leaders who provide leadership for specific projects.

Parent Volunteers — Also known as assistant leaders, parent volunteers provide valuable guidance to youth.

Club officers — Youth members choose officers to run their meetings.

Over 150 Projects

Nebraska 4-H has more than 150 project areas. Age-appropriate project manuals are written by university experts. Most project manuals have accompanying leader guides. In most clubs, members complete several projects a year. Some 4-H clubs focus on one particular project area, such as rabbits. Many youth exhibit their projects at the county and state fairs.

4-H Staff Guidance

4-H staff provides guidance and resources to club leaders. Here’s a look at Lancaster County 4-H staff and their areas of responsibilities:

• Tracy Kuhn manages all non-animal project areas. This includes clothing, food, home environment, engineering and general areas.

• Deanna Karmazin runs the 4-H livestock project areas.

• Marty Cruckshank manages the 4-H horse, rabbit and poultry project areas.

• Mary Jane Frogge runs the horticulture and conservation project areas.

• Gary Bergman oversees the Lancaster County 4-H program.

• Karen Evasco provides support to all 4-H areas.

Other Resources

Resource materials available to leaders include:

• Regularly-scheduled leader trainings

• Trick Training monthly newsletter 4-H pages

• Lancaster County 4-H Web site at http://lancaster.unl.edu

• Nebraska 4-H Web site at http://4h.unl.edu

• Mailings to club leaders

• County and State Fair can provide numerous ideas and inspirations for projects!

To Get Started

If you would like to help start a 4-H club, call Lancaster County 4-H at 441-7180.

Spotlight on a New 4-H Club: Happy Hearts

Leia Noel and her sister, Jill Greff, grew up in Lincoln County as members of the Sunflower 4-H club. Now they have families of their own in Lincoln. “I really appreciated the learning and social opportunities 4-H offered,” says Leia. “My sister and I talked about how we wanted to raise our kids and knew we wanted our kids to be in 4-H.

Leia says, “One thing I really like about 4-H is it forces people — in a good way — to do a project correctly and to finish it. My sister and I feel the 4-H manuals are really well written.

After asking around, they found four other families interested in starting a 4-H club. Leia contacted UNL Extension in Lancaster County, and 4-H staff member Tracy Kuhn assisted Leia through the process of forming a club.

The Happy Hearts 4-H Club has 14 members ages 5 through 9. During their first meeting, members elected officers. All non-officers were randomly appointed duties such as flag holder, pledge holder, etc.

“Extension’s materials on how to hold a business meeting were very helpful,” says Leia. “I typed out a script for the club president to read. I think it helped her have confidence. Even the club secretary did a really good job taking minutes. I was really impressed seeing the kids conduct a meeting.”

Tracy attended the club’s third meeting and answered questions members and parents had. Leia says Tracy and 4-H staff have been very helpful. “As a new leader, I feel I’ve called Tracy regularly and she’s been extremely helpful. Next year, it will be easier so I won’t have to call her as much.”

For clubs with younger 4-H members, Tracy advises keeping meetings short — about an hour and a half. Happy Hearts club meetings are divided into:

• Business meeting which runs about 10 minutes

• Project time runs about 30 minutes

• Snack and game time runs about 30 minutes

• Meetings rotate among the families’ homes — if weather permits, meetings can be held outside. Prior to each meeting, Leia gives club members little assignments to demonstrate at the next meeting. “I want all members to get comfortable speaking in front of the club.”

Together, the club worked on the 4-H project, “Road to Good Cooking.” Additionally, each family completed other 4-H projects they were interested in. All members entered exhibits at the Lancaster County Fair.

“It was very easy to start the club,” says Leia. “We had motivated parents. 4-H really does take the support of parents. When you see what your children are learning and getting out of it, to me it’s worth the time.”
Harvesting and Storing Apples

Harvesting apples at the proper stage of development is the first step toward ensuring that high quality fruit produces that taste great and store well. If picked prematurely, apples are likely to be sour, tough, and poorly colored; if picked overripe, they may develop internal breakdown and store poorly.

To harvest apples correctly, you must be familiar with the term “ground color.” Ground color is the color of an apple’s skin, determined in any areas that have become red. In red-fruited cultivars, observe the portion of the apple facing the interior of the tree. When the ground color of red cultivars changes from leaf green, yellowish green or creamy, the apples are ready to harvest. In yellow cultivars, the ground color becomes golden. Mature apples with a yellowish-green background color are suitable for storage.

Apples that will be eaten immediately, may be ripened on the tree. Apples that are to be stored, should be picked when hard but mature, showing the mature skin color but with a hard flesh. Therefore, storage apples will be harvested before fresh eating apples. Most apple cultivars have brown seeds when ready to store. However, seeds may become brown several weeks before proper picking maturity. When harvesting, do not remove the stems from apples that will be stored. Be sure to store only apples without bruises, insect or disease damage, cracks, splits or mechanical injury.

Many cultivars of apple store moderately well under home storage conditions for up to six months. Late-maturing varieties are best suited to storage. These apples can be stored in baskets or boxes lined with plastic or foil to help retain moisture. Always sort apples carefully and avoid bruising them. The saying ‘one bad apple spoils the barrel’ is true because apples give off ethylene gas which speeds ripening. When damaged, ethylene is given off more rapidly and will hasten the ripening of other apples in the container. Store apples at around 40°F. When stored at this temperature, apples may last for up to six months.

Apples often pass their odor or flavor to more delicately flavored produce and the ethylene given off by apples can accelerate ripening in other crops. When possible, store apples away from ethylene sensitive fruits and vegetables.

Garden Plants with Silver Foliage

Silver or gray is an interesting color in the landscape. Similar to white, silver has the ability to sooth and blend with other colors. These plants are the ones that will spark in your garden. As an added benefit, many silver foliage plants prefer full sun and well-drained soils, making them excellent excellent tolerant performers in the garden.

—Mary Jane Frogge, Extension Associate

Lamb’s ear (Stachys byzantina)

White sage (Salvia viridis)

Russian Sage (Perovskia atriplicifolia)

Snow in summer (Cerastium tomentosum)

Common Name: Lamb’s ear
Scientific Name: Stachys byzantina
Type: perennial
Height: 12-15 inches
Flower: purple
Location: full sun

Common Name: White sage
Scientific Name: Salvia viridis
Type: perennial
Height: 3-4 feet
Flower: white
Location: full sun

Common Name: Russian Sage
Scientific Name: Perovskia atriplicifolia
Type: perennial
Height: 3-4 feet
Flower: purple
Location: full sun

Common Name: Snow in summer
Scientific Name: Cerastium tomentosum
Type: perennial
Height: 5-8 inches
Flower: white
Location: full sun to partial shade

Holiday Plants, Will They Bloom Again?

Anyone with a green thumb who enjoys working with plants will likely be tempted to save a plant after the holidays with the intention of trying to get it to re-bloom the following year. This is not difficult, but there are a few guidelines that need to be followed.

Re-blooming Poinsettias

Many poinsettia cultivars will keep their leaves and remain attractive even in summer. Often, the plants are kept as a houseplant through the remainder of the winter and might even be placed outside the following summer. Night temperatures become cool, 55°F to 60°F bring the poinsettia to a sunny location. Beginning approximately Sept. 25, poinsettias need complete darkness from 5 pm to 8 am daily. Put a cardboard box or basket over the plant to provide the “short day.” Lights from any lamps will prevent normal flowering of an uncovered plant. Continue this “short day” treatment until the plant bracts show color in late November. Short days and 60 to 65°F night temperatures are essential for good bract development.

Re-blooming Christmas Cactus

This plant is very similar to the poinsettia in that it needs short days and cool temperatures to induce blooming. From mid-September to mid-October, bring the plants inside and begin covering them at night with a box so that they only receive light for nine hours each day. Night temperatures of 55°F will also result in the development of flower buds. Reduce watering and withhold fertilizer during flowering bud development. Flower buds will soon begin to form and the plants will be in full bloom in approximately 2 to 3 months.

Re-blooming Amaryllis

These plants are often kept after flowering is done and treated as a houseplant. They will do very well outside during the summer. As danger of frost approaches, bring the pots containing the bulbs inside and place them in a cool room. Water lightly during this period of rest. The bulbs require two to three month rest period before growth and flowering will begin again. Flower buds should appear several weeks after moving plants to a warm temperature and watering is resumed. Bulbs with four or more healthy leaves through-out the summer, should be large enough to flower; those with less foliage may not flower. However, with proper care, non-blooming bulbs can be redeveloped for blooming in future years.
Swarming Midges near Capital Beach

Soni Cochran
UNL Extension Associate

Ask folks living on the north side of Capital Beach about midges and they’ll tell you more about these non-biting pests than you’ll ever want to know.

It isn’t unusual for midges to make an appearance around Capital Beach in the summer. Midges are closely dependent on water and the lake provides a suitable breeding site. After the recent draining and renovation of the lake has temporarily disrupted the ecosystem of the lake and midge populations have exploded.

What’s a Midge?
Midges look very similar to mosquitoes, but cannot bite. Like mosquitoes, the midge larval stage lives in water. The adult females lay eggs over water or in wet soil and vegetable. The eggs hatch in several days and the young larva drop to the bottom of the water. The larvae are scavengers, feeding on dead debris. Under the best conditions, they are larvae for about four weeks and then they pupate for several days. They emerge from the water surface much like a mosquito. Larval midges are very beneficial because they are food for fish.

Adult male midges gather in swarms at dusk. Clouds of these swarms can be found protected from wind. Mating occurs when females enter the swarms. Once mated, females only live about a week. Over the winter, they survive in the larval stage.

Gall-infested oak trees will likely be seen feeding on oak leaf edge galls. This includes pin oaks, red and black oaks. The larvae are scavengers, feeding on dead debris. Under the best conditions, they are larvae for about four weeks and then they pupate for several days. They emerge from the water surface much like a mosquito. Larval midges are very beneficial because they are food for fish.

Adult male midges gather in swarms at dusk. Clouds of these swarms can be found protected from wind. Mating occurs when females enter the swarms. Once mated, females only live about a week. Over the winter, they survive in the larval stage. The larvae or in the millions quickly. Some trees may again be a problem in late summer and early fall. UNL entomologists and colleagues from the Kansas State University (KSU) and Pittsburg (Kan.) State University, have found Pyemotes itch mites feeding on oak leaf gall maggots in Lincoln and Manhattan, Kansas.

Despite the many swarms increase in mite populations inside these galls throughout the remainder of the year.

This summer, UNL entomologists detected oak galls to check for the presence of mites. In June, the first mite was detected inside a leaf gall. Since then, these mites have been feeding on the maggots inside the gall. Even though the numbers seem low, the mites are increasing. In years past, the presence of itch mites is worrisome because of population problems of Pinus. Once itch mites can increase rapidly. With a population doubling time of two days, the mite population grows in the millions quickly.

As things look right now, people are beginning to notice leaf gall-infested oak trees will likely be exposed to mites from late August until frost or even later. It could be similar to last year’s epidemic where thousands of Linneanites reported suffering itchy red welts on their upper torsos, necks and arms. Most people were exposed to itch mites when spending leisure time outdoors or doing yard work. These mites dropped from oak leaves onto unsuspecting victims.

UNL and KSU traced the problem to the itch mite known by the scientific name Pyemotes herfsi. Itch mite bites usually are red, 1/4 to 3/4-inch in diameter, with a hard, "pimple" in the middle. The bites are usually found on the victim’s neck and shoulders and on areas of the torso where clothing fits loosely. The bites are intensely itchy, but scratching is actually painful.

According to entomologists, the nearly invisible mites need to be in contact for several hours before biting. Because the bites do not itch or get painful for about 16 hours, many people do not know they’ve been bitten until the next day.

Solutions:
• If you have oak trees lining your street or in your yard, check trees for leaf edge galls. This includes pin oaks, red and black oaks.

Control
During swarming, adult midges are attracted to lights. Buildings with outside lighting attract large numbers of these insects. If these lights are around vent openings, air conditioning units or windows, the insects can find ways into the structure. The next day, dead midges can be found on window sills, possibly through the entire building.

Avoid using unnecessary lights until 45 minutes after sun-down because 90 percent or more of midge flight activity takes place before that time. Keep curtains and drapes drawn on windows.

Conditions in the Capital Beach area should improve to more tolerable levels once the lake’s ecosystem is re-established with fish and aquatic plants. For more information on midges or other insect pests, visit http://lancaster.unl.edu.

Pollution Prevention Participation

Katie Milius
UNL Partners in Pollution Prevention Intern

Everyone can agree pollution is bad, but the question still lingers: What do we do about pollution? Unfortunately, sometimes the answer is nothing. We all know we should recycle our newspapers and clean up oil spills, but in the last ten years, there’s been a new kid on the block called Pollution Prevention. The idea of pollution prevention is simple. We don’t create the pollution, we don’t have to worry about how to clean it up. Generally, pollution prevention is used to help businesses avoid costly environmental problems, but this idea has wide reaching benefits. Pollution prevention can benefit everyone by conserving our natural resources, improving health and safety and saving money.

Pollution prevention can be applied at home by: using landfills, reducing, reusing and recycling; removing and maintaining appliances regularly; turning off lights when leaving a room; using low-flow shower heads and toilets; car pooling; closing the shades in the summer and opening them in the winter.

Pollution prevention is not the same as recycling. Recycling is a reactive approach which deals with waste after it is created, while pollution prevention is a proactive approach which focuses on producing less waste. This is not to say that recycling is any less important, but pollution prevention is a different way of managing waste.

Don’t forget whatever type or volume of waste you create. It costs you money! So for everyone concerned with the bottom line, you can save money by practicing pollution prevention.

Throughout Nebraska, University of Nebraska–Lincoln students are participating in a program called Partners in Pollution Prevention (P3). The interns help businesses and industries reduce waste through technical assistance reports which detail ways to reduce waste.

Since 1997, interns have worked with 260 Nebraska businesses including farm cooperatives, drycleaners, auto body shops, printing companies and more. Between 43 business participants, following intern recommendations has the potential to divert 3.7 million pounds of solid waste from landfills and save businesses $24,300 gallons and save $561,000 annually.

For more information about the program, contact Bruce Dvorak at 472-3431 or go to http://www.iuarnl.edu/p3.
Harvest Safety Reminders

Tom Dom
UNL Extension Educator

Harvest will soon be underway and we will be into one of the busiest times of the year for farmers. Long hours and dangerous working conditions are accepted as a normal part of the life of a farmer but no one should become a statistic for the sake of getting done a day or even a week’s harvest.

Some Safety Tips for Farmers

• Stay alert. Take breaks — get out of the cab and walk around every few hours.
• Shut down before working on a machine. If the combine becomes clogged, shut off the motor, not just the header, before attempting to unplug it by hand.
• Know where your co-workers are. Visiblity is poor around large machinery. Many deaths are the result of bystanders being run over or crushed between machines.

• Never trust hydraulic systems when working under a machine. Always use a safety prop if you must work under a header or other heavy machinery.
• Never step over a rotating PTO. A few extra steps to walk around the tractor isn’t worth losing your life over.
• Never stand on grain that is being moved. Every grain auger is an “explosion zone” in a bin of grain and grain bins that are being emptied.
• Keep grain auger grates and shields in place.
• If you must move machinery on a road away from dark, have working headlights and flashing front and rear warning lights.

Safety Tips for Rural Residents

• Remember to be watchful on county roads during harvest. A car going 50 mph coming up behind a farm implement moving at 15 mph closes at a rate of over 50 feet per second.
• Don’t drive out in front of farm vehicles. Heavily loaded trucks and grain trailers can’t stop as quickly as a passenger vehicle.
• Watch out! Trucks and farm equipment may be entering the roadway from a field or lane in front of you and you wouldn’t normally expect them.
• Give them room. Eight-row headers are 10 feet (on a wing) and 12 feet (on a center) away from the roadway. When overtaking a combine, give the farmer time to see you in the mirror. It’s safer for the combine to pass and make room for you to pass. Never try to pass a combine or other farm equipment if the combine is about to make a turn and the road and never attempt to pass until the driver is aware of your presence. Be especially alert for deer during harvest.
On-site Wastewater Certification Trainings

On-site wastewater treatment systems, such as septic systems, treat about 25 percent of the wastewater that is generated in Nebraska. Properly installed and maintained on-site systems are essential to protecting public health and the environment.

Certification of those professionals is an important part of ensuring these systems are correctly installed. Every on-site wastewater treatment professional in Nebraska must pass the Nebraska Department of Environmental Quality (NDEQ) certification exam for specific categories by December 31, 2005.

Every on-site wastewater treatment professional in Nebraska must pass a certification exam for specific categories by December 31, 2005. If you are not accustomed to taking written tests, if you are not routinely familiar with Title 124 (the on-site rules and regulations), if you are interested in general industry practices and the basic reasons why those practices are necessary, or if you feel uncomfortable with the idea of taking a written test about your business and technical skills knowledge, if you have employed independently on a job site then a certification training course is for you and your business.

One course is scheduled for each of the categories of “pumper,” “installer,” and “inspector” at five locations across the state. Each course will be one day long and will require preregistration and a fee of $100 per person. Training materials, breaks and lunch are included.

Courses are sponsored by the NDEQ in partnership with the Nebraska On-site Wastewater Association and the NDEQ. For more information or a registration brochure, go to http://wastewater.unl.edu or contact Jan Huyghston at 472-9614.

For more information on the NDEQ exam process, contact Mary Wilson at 471-4285.

Upcoming Traingings

**INSPECTOR**
- Sept. 1 — Grand Island
- Sept. 29 — North Platte
- Oct. 27 — Mead
- Nov. 1 — Norrieville

**PUMPER**
- Sept. 27 — North Platte
- Oct. 25 — Mead
- Nov. 15 — Norfolk

**INSTALLER**
- Sept. 17 — North Platte
- Oct. 26 — Mead
- Nov. 16 — Norfolk

Grapes • Oct. 13
Steve Gamet, UNL Viticulture Technician, will discuss topics such as variety selection, the types of fencing and equipment needed for grapes, the economics of grape production, insect, disease and wildlife control for grapes, and the marketing of grapes to wineries. Steve will also answer your questions regarding grape production.

Woody Florals • Nov. 10
What are woody florals? Plants commonly grown in Nebraska with decorative stems, such as curly willow or redtwig dogwood, that are harvested for use in decorative arrangements. Who buys them? Wholesale and retail florists. Can you really make a profit with these plants? Yes, you can. Join us for this presentation by the Nebraska Woody Florals group to learn the basics of this acreage enterprise, including plant species, planting and growing requirements, and harvesting techniques. Marketing and sources of plant material will also be discussed.

Resting Pastures — the Key to More Productive Pastures

As you rotate and rest pastures, the number of pasture plant species will increase and create a more diverse plant population. This will result in increased pasture productivity throughout the grazing season.

Confining animals to a smaller pasture area for a shorter time will encourage animals to graze a higher percentage of the available forage in each pasture. It will also allow the remainder of the pasture to recover from grazing and hoof damage and to regrow at a faster rate. Animals, especially cattle, are notorious spot grazers if not forced to eat all species in one pasture.

Electric fencing can make light work of subdividing pastures into sections so that pasture plants can rest and recover. Making water available to all paddocks can be expensive. Using temporary watering systems (heavy duty garden hose or plastic pipe placed underground) can make providing water for each paddock a workable option. Be creative. Don’t let current water resources or current fences limit your efforts to divide pastures into paddocks and rotationally graze.

A rotational pasture design should fit your land resources and your management style. Pastures don’t need to be uniform in size. Fences should be placed by topography as much as possible. Low wet areas should be fenced separately from high spots. Some vegetation should be fenced together. The rate of rotation per paddock will vary, but the main goal is to provide a three-week rest period per paddock, before returning to that paddock to graze. Pasture rotation will need to be faster in the early spring when growth is lush.

Another goal is to not graze plants too short. Begin grazing cool season grasses (orchard grass, brome grass) at 8–10” height and don’t graze below 4” height. Begin grazing bluegrasses at 6–8” height and don’t graze below 2”. Pasture plants that have begun to flower or head out are done growing. Those plants should be moved to stimulate new plant growth.

**Upcoming Acreage Insights Clinics**

**Acreage Insights Rural Living Clinics** is designed to help acreage owners manage their rural living environments. A series of seminars are presented by University of Nebraska–Lincoln Extension at various locations in the state.

Registration is $10 per person and must be received three working-days before the program. Late registration is $15 per person. For more information or to register, contact extension at 441-7180 or go to http://acreage.unl.edu.

The following seminars will be held in Lincoln at the Lancaster Extension Education Center, 444 Cherry Creekway on Thursdays from 7–9 p.m.

**Septic Systems • Sept. 15**
Have you ever wondered what happens to wastewater when you take a shower or flush the toilet? Maybe not—unless it’s backed up into your house or surfaced in your yard. This clinic will cover:
1) What happens to wastewater when it goes down the drain 2) How your actions—operation (O) and maintenance (M)—affect your system’s performance. Lincoln clinic will cover sewer system and septic O and M.

Note: NebGuides will be available on design and installation, but these topics will not be addressed in the clinic.

**Tree and Landscape Maintenance Workshop, Sept. 29**
The Nebraska Statewide Arboretum, the Nebraska Forest Service and University of Nebraska-Lincoln Extension are cooperating to conduct a series of free instructional, hands-on workshops across the state, including one at the UNL Agricultural Research Center near Mead on Sept. 29 from 8:30 a.m. to 4:30 p.m. Registration begins at 8 a.m.

The workshop is designed for anyone who helps plan or care for trees and important green spaces such as parks, school grounds, college campuses, fairgrounds, golf courses, cemeteries, acreages, etc. Professional CEUs offered for Certified Arborists, Turf-Care Professionals & Park and Recreation Professionals.

The workshops will provide the latest information on such topics as weed control, soil biology, limb pruning, landscape bed management, basic trees and shrub pruning, maintenance of landscape beds, effective mulching, and tips for growing trees and turf in harmony. The workshops will include indoor classroom sessions, outdoor tours and hands-on demonstrations and retail florists.

Cost includes lunch and educational materials: $35 if received by Sept. 16, $50 after. For more information or registration form, call 472-2971 or go to http://arboretum.unl.edu.
Chill for Food Safety

Eggplant Casserole

- 1 large eggplant, sliced into one-inch rounds
- 1 pound ground lean beef
- 1 large onion, sliced into one-inch rounds
- 3 tablespoons olive oil
- 1 ripe tomato sliced into one-inch rounds
- 1 teaspoon salt
- 1 green bell pepper, sliced into one-inch rounds
- 8-ounce can tomato sauce or 2 tablespoons of tomato paste

DIRECTIONS
Roast eggplant slices or fry until golden brown (see roasting method below). Brown meat along with onions; season with salt. In a medium-sized glass baking dish, place half of tomato slices in one layer, then half of eggplant slices. Pour tomato sauce over casserole. Arrange remaining slices of tomato and bell peppers on top. Bake at 350°F for approximately 20 minutes or until bubbly and bell peppers on top are done. Serve immediately.

ROASTING EGGPLANT
Spray cookie sheet with nonstick cooking spray. Place eggplant slices in a single layer on a cooking sheet, broil 5 to 6 minutes until golden brown, turn on other side, spray with nonstick cooking spray again and broil another 5 minutes.

The Underappreciated “Mad Apple”

Eggplant is known by many names, as mad apple by Europeans; eggfruit by Australians; aubergine by English; and betanen by Middle Easterners. It is also one of Japan’s five most important vegetables. Unfortunately, it is not popular in the United States, particularly in Nebraska. Eggplants in the United States are pear shaped, shiny, deep purple color and weigh about one pound. The flesh is creamy white and turns brown when cooked.

Eggplant is considered a vegetable, but it is, in fact, a fruit containing many valuable nutrients. USDA nutrition facts show one-cup of boiled, drained eggplant contains 35 calories and 2.5 grams of fiber. It also can be counted on to deliver plenty of vitamins and minerals such as vitamins A, C, K, and folate, and the minerals potassium, phosphorus, magnesium, calcium and iron.

Eggplant has many medical benefits, according to the National Cancer Institute. It contains phenolics, which potentially aid in preventing heart disease and Alzheimer’s. Its skin might also slow down the aging process. Researchers also found consuming blue and purple foods such as eggplant may be beneficial in reducing the risk of cancer. These foods potentially prevent the oxidation of cells that lead to cancer growth.

Unlike many vegetables and fruits, eggplant is not harmed by cooking for long periods of time, according to the Centers for Disease Control and Prevention. Therefore it can be cooked in various ways with or without skin, grilled, roasted, stuffed, marinated, baked, sautéed, braised, steamed, fried, in a casserole, in soups or on brochette. Eggplants can be served cold or hot, as a main dish or as an appetizer, pickle or dessert. To get a delicious eggplant dish and to enhance its flavor, combine with tomato, onion, garlic, lemon juice and herbs.

Eggplants are available year in stores and are in season in Nebraska in July, August, September and October.

For quick and healthy snacks in reasonable portion sizes, try smoothie recipes.

Blend all ingredients well in blender and drink!

DIRECTIONS
- 1/2 cup fruit-flavored, low-fat yogurt (try peach)
- Different yogurt flavors
- Any flavor

For a refreshing smoothie recipe:

Peach-Raspberry Smoothie

(Serves 1)

Three common ingredients, unlimited variations and full of healthy fruits and calcium-rich yogurt! This smoothie recipe, courtesy of the National Cancer Institute’s Eat 5 A Day program, may become your favorite, too! For more recipe ideas featuring fruits and vegetables, visit http://www.freda.gov

1 cup unsweetened, frozen raspberries
1/4 cup 100% orange juice (if you use frozen juice, don’t forget to dilute first)
1/2 cup fruit-flavored, low-fat yogurt (try peach)

DIRECTIONS
Blend all ingredients well in blender and drink!

VARIATIONS
- Frozen strawberries, blueberries, mixed berries, mango or peaches
- Pineapple juice, orange-tangerine juice and other 100% juice blends
- Different yogurt flavors

Use This Tool To Keep It Cool

A refrigerator thermometer to be sure the temperature is consistently 40°F or below.

The Chill Factor. Refrigerate or freeze perishables, prepared foods and leftovers within two hours of purchase or use. Always marinate foods in the refrigerator.

The Thaw Law. Never defrost food at room temperature. Thaw food in the refrigerator. For a quick thaw, submerge in cold water in an airtight package or thaw in the microwave if you will be cooking it immediately.

Divide and Conquer. Separate large amounts of leftovers into small, shallow containers for quicker cooling in the refrigerator. Avoid the Pack Attack. Do not over-stuff the refrigerator. Cold air must circulate to keep food safe.

Rotate Before It’s Too Late. Use or discard chilled foods as recommended in the USDA Cold Storage Chart (see other food safety facts)

The Cool Rules

“Keep it cool!” — check your refrigerator temperature to keep bacteria away — that’s the message U.S. Department of Agriculture is broadcasting as part of its national campaign to spread the word about ways to reduce cases of foodborne illness.

The refrigerator temperature should be 40°F or below. Recent studies show the risk of listeriosis, caused by the bacterium Listeria monocytogenes, could be reduced by two-thirds if foods are chilled to a safe temperature.

Use an Appliance or Refrigerator Thermometer to Check the Temperature

Most people assume the internal refrigerator temperature control dial is good enough. Only 30 percent of consumers have heard they should use a separate tool — a refrigerator thermometer — to check the temperature and only 20 percent of consumers say they actually use one, according to a recent national study.

Relying on the “built-in” refrigerator temperature control dial is not effective. Instead, use a separate refrigerator thermometer to check the internal refrigerator temperature and help keep food safe. If the refrigerator thermometer shows a temperature too high — above 40°F then adjust the refrigerator’s control dial.

You can buy a refrigerator thermometer at many grocery, hardware or kitchen specialty stores.

Using a separate appliance or refrigerator thermometer is especially critical during power outages. Checking the temperature is the only way to determine whether you are cold enough to keep foods safe — 40°F or below.

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- Pineapple juice, orange-tangerine juice and other 100% juice blends
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The Chill Factor. Refrigerate or freeze perishables, prepared foods and leftovers within two hours of purchase or use. Always marinate foods in the refrigerator.

The Thaw Law. Never defrost food at room temperature. Thaw food in the refrigerator. For a quick thaw, submerge in cold water in an airtight package or thaw in the microwave if you will be cooking it immediately.

Divide and Conquer. Separate large amounts of leftovers into small, shallow containers for quicker cooling in the refrigerator. Avoid the Pack Attack. Do not over-stuff the refrigerator. Cold air must circulate to keep food safe.

Rotate Before It’s Too Late. Use or discard chilled foods as recommended in the USDA Cold Storage Chart
Conserve Water with Proper Irrigation

A careful homeowner avoids under- or overwatering their landscape. Overwatering is a real problem for many people unintentionally overwater — which needlessly wastes water and can lead to foliage diseases. An estimated 75-85 percent of plant problems result from overwatering. An irrigation system applying 1 inch of water to an average size lawn* which has already received sufficient rain wates more than 3,000 gallons of water — a year’s supply of drinking water for 17 people.

CHOOSE APPROPRIATE IRRIGATION SYSTEM — Choose the appropriate irrigation system and then install and maintain it properly.

Drip and soaker hose irrigation systems best serve trees, shrubs and flowers. These systems place water on the soil surface in the immediate vicinity of a plants root system, reducing evaporation loss and irrigating only the desired plants. An added bonus of these systems is the reduction in foliar diseases which can accompany sprinklers. Sprinklers are generally used for lawns requiring frequent watering.

If you install a sprinkler system, the rate and uniformity of the application must be carefully designed. Plan emitter patterns to fit water output to the shape, soil infiltration rate and variable characteristics of your site. If you are using a conventional hose and sprinkler, remember the location and quality of the sprinkler head determines how efficient-ly water is delivered.

ZONE WATERING — Automatic irrigation systems can be designed to support zone watering. Zone wat-tering means grouping plans with similar water needs in the same area of the landscape. Re-member all shrubs, trees, flowers and turf in a given irrigation area or zone will receive the same amount of water. The water con-serving value of buffalo grass will be defeated if it is in the same irrigation area as trees needing more water.

AVOID RUN-OFF — You want water on the plants, not down the gutter. Careful location of emitters may not be enough to minimize run-off. You may need to reshape land to reduce slopes that encourage water to move too quickly for soil to absorb it. The slope should direct water toward the plants that are high water users and away from hard surface areas such as driveways, walks and patios. Another way to reduce run-off is to incorporate compost in the soil to improve the infiltration rate and water-holding capacity of the soil.

MINIMIZE EVAPORATION — The best time to water is early morn-ing between 4 and 10 a.m. Less water is lost by evaporation, and disease inci-dence decreases. Another option is to distribute water uniformly at the soil surface so that mineralization can evaporate, even on windy days.

AVOID OVERWATERING — Closely observe landscape plants and the soil is the best way to de-termine whether watering is needed.

Estimated water requirement for maintained LAWNS in eastern Nebraska landscapes*

<table>
<thead>
<tr>
<th>Season</th>
<th>Estimated inches per week</th>
</tr>
</thead>
<tbody>
<tr>
<td>April/May</td>
<td>7.5-1.0</td>
</tr>
<tr>
<td>June</td>
<td>1.0-1.5</td>
</tr>
<tr>
<td>July</td>
<td>1.5-2.0</td>
</tr>
<tr>
<td>August</td>
<td>1.0-1.5</td>
</tr>
<tr>
<td>Sept/Oct</td>
<td>0.5</td>
</tr>
</tbody>
</table>

The low end of the range should be used for fine maintenance turf, while the upper end of the range reflects the amount of irrigation needed to maintain high maintenance turf. High maintenance turf is defined as a lawn that is mowed at 2.5 inches or less and receives four or more fertilization applications each year.

*Sites factors such as amount of sun/shade, wind protection, type of soil and amount of slope may require adjustments to estimated irrigation amounts.

Landscape zone Types of plants associated with zone Estimated inches per week

| Very low | Native and/or adapted plants with high drought-tolerance and minimal water use that require little or no supplemental water once established | 0-0.25 |
| Low      | Native and/or adapted plants with moderate drought-tolerance and moderate water use that require occasional supplemental water during periods of drought | 0.25-0.5 |
| Average  | Native/adapted or exotic plants with low drought-tolerance and moderate water use that require infrequent supplemental water during and beyond drought periods | 0.75-1.5 |
| High     | Mostly exotic plants with little or no drought tolerance that require consistently high soil moisture | 1.25-2.5 |

Considered water with zone. Zone watering means grouping plans with similar water needs in the same area of the landscape. Remember all shrubs, trees, flowers and turf in a given irrigation area or zone will receive the same amount of water. The water conserving value of buffalo grass will be defeated if it is in the same irrigation area as trees needing more water.

A Guide to Environmental Gardening

Fall 2005

Special Insert to University of Nebraska-Lincoln Extension in Lancaster County

FOR MORE INFORMATION
These University of Nebraska-Lincoln Extension Nebraska publications are available at the extension office or online at http://lincpubs.unl.edu:

• “Watering Nebraska Landscapes, When and How Much” (G1400)
• “Conserving Water in the Landscape” (G1061)
• “Perennial Flowers for Water-wise Gardening” (G1214)
• “Evaluating Your Landscape Irrigation System!” (G1181)
• “Checking the Performance of Your Landscape Irrigation System” (G1221)

Good Lawn Care Practices Reduce Need for Chemicals

A healthy, dense stand of turf reduces weeds and recovers quickly from insect or disease injury. Cultural practices play a big role in the health of the lawn and need for pesticides. Lawns requiring frequent pesticide use — in particular herbicides — may have an underlying problem causing the repeated invasions of pests, such as weeds. Correcting the problem leads to a healthier lawn that can resist weed inva-sions and reduce the need for chemical treatments.

Good lawn care practices can also save water and prepare turf for dry summer months. Taller mowing and proper fertilization result in a deep and efficient root system which reduces the need for additional water.

SOIL CONDITION — Many lawns are growing on soils high in clay, compacted and poorly drained. Aeration and topdressing with organic matter or screened compost may improve these conditions. Another option is starting over with amended clay soils with compost. Thoroughly preparing soils before seeding or sodding is critical.

GRASS SELECTION — Make sure the proper grass species is used on the site. Full sun and sun/shade environ-ments call for different grasses. Kentucky bluegrass is the pri-mary species for lawns in full sun; in some cases mixed with perennial ryegrass and/or fine fescue. For shade areas, shade-tolerant Kentucky bluegrass cultivars are commonly mixed with fine fescue.

WATERING — Proper watering includes irrigating as lawns need it and getting mois-ture down into the root zone.

FERTILIZING — Proper fertilizing includes supplying adequate nutrients and proper soil pH. In particular, avoid excess or lack of nitrogen, fertilizer during cooler weather (especially early and late fall) and use controlled-release nitrogen fertilizers. Don’t apply high rates of nitrogen in spring.

MOWING — Proper mowing has a major impact on lawn health. Many lawns are mowed too short, al-lowng weeds to invade and other problems to appear. Mow between 2- and 3-inches and mow often enough to no more than one-third of the leaf blade is removed in any one cutting.

CORE AERATING — Manage lawn stress factors, such as thatch, shade and soil compaction. Core aeration on a regular basis is an excellent practice to consider, in particu-lar for sodded lawns over clay soils. Spring and fall are good times to aerate. Topdressing the turf with screened compost after aerating will further help relieve these stress factors.

Occasionally, problems will still come up requiring spe-cial management. Start by iden-tifying the problem, then look at control options; both chemical and chemical. When using pesticides read, understand and follow all label directions.
**Tips to Reduce Yard Waste**

Yard waste can account for 20 percent of the total waste stream. Nebraska regulations prohibit sending grass and leaves to landfills during the growing season, from April 1 to November 30. By reducing or removing this waste source, the Lancaster County landfill life will be extended by 3 to 5 years. Homeowners and grounds managers can reduce yard waste with these good landscape practices.

**Appropriate Landscape Design**

With appropriate landscape design and plant selection, the landscape waste stream can be significantly reduced, in turn reducing the overall waste stream.

**PLANT SELECTION** — An efficient way to reduce yard waste is by designing the landscape based on anticipated use (turf vs. shrubbery), and selecting grasses requiring less maintenance and water.

**CHOOSE GROUND COVERS** — The installation of perennial ground covers can be an attractive alternative to turf and result in a reduction in waste.

**TURF SELECTION** — If turf is selected, choose dwarf or other slow growing varieties requiring less water.

**CHOOSE PERENNIALS** — The use of perennials can give year-round color without the cost and waste of replacing annual plants.

**MINIMIZE PRUNING NEEDS** — Certain trees and shrubs, most often those slow growing or drought tolerant, need little or no pruning and produce less waste. Choose plants fitting the available space in order to minimize prunning needs.

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**Grasscycling Has Multiple Benefits**

Grasscycling, or grass mulching, is the natural practice of leaving clippings on the lawn when mowing. It is obvious how this practice can save resources such as landfill space, but there are additional benefits as well. The clippings quickly decompose, returning nutrients to the soil. Grasscycling, in conjunction with the practice of reducing water and fertilizer inputs, can reduce mowing time in addition to disposal costs.

Grasscycling can be practiced on any healthy lawn as long as responsible turf management guidelines are followed. Proper mowing, watering, and fertilizing practices result in more moderate turf growth while still producing a healthy, green lawn.

The nitrogen contained in grass clippings removed from a lawn almost equals the recommended application rate for healthy turf (about five pounds of nitrogen per year per 1,000 square feet). While some of this nitrogen is lost through the decomposition of the clippings, leaving the clippings on the lawn by grasscycling can have the overall impact of reducing fertilizer requirements by 15–25% or more. Similar savings on water use are possible.

Returning clippings to the lawn usually means mowing more than once a week during the few weeks of rapid growth in spring and early summer. Grass clippings should be less than one inch, or no more than one-third of the total plant height, to ensure rapid decomposition. Mowing more frequently is not as much extra work as you might think, because lawns mowed at the proper height cut more easily and quickly. Mowing infrequently damages the lawn by removing too much of the plant at one time. When mowed regularly, clippings filter down through the grass, decompose rapidly and recycle nutrients back into the soil.

Grasscycling saves lawn care costs.

- **Fertilizer** — Grass clippings can supply up to one-third of a lawn’s nitrogen fertilizer needs.
- **Time** — Recent trials confirmed leaving grass clippings on the lawn saves one-third of the mowing time.
- **Water use** — Clippings shade grass roots, cool the soil, return moisture, add moisture holding organic matter, and thereby reduce lawn watering needs.
- **Soil health** — Clippings decompose rapidly, feeding soil organisms that keep soil healthy and help prevent turf diseases.
- **Thatch** — Studies prove grass clippings do not cause thatch build-up.

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**Mulching Tree Leaves into Lawns**

The changing colors of Fall inevitably land in people’s yards. When there are many trees on the grounds, leaf clean-up can be a time-consuming chore. Composting leaves requires a home compost pile or the expense of collection, and a means of transport to a compost center.

Another means of disposal is simply mowing the leaves with a rotary mower often enough to pulverize the leaves so they fall into the turf. Returning the leaves to the turf is not harmful to the grass if the mulching/mowing is done at appropriate times. It is having the tree leaves are "mowed" regularly, not allowing them to lie on the turf more than three or four days. When oak leaves are predominant, it will be necessary to mull them into the turf later in the fall because they are held on the trees longer than most other trees.

It is important to use a rotary mower that pulverizes the leaves well and that the leaves are dry when mowed. Leave the mower set at the same height as you have been mowing the turf. Sharpening the mower blades and a slow movement with the mower will help to grind the leaves finer. It may be necessary to make as many as three or four passes over the area to grind the leaves fine enough. The finer the leaf particles, the more easily they fall into the turf, leaving grass blades exposed to the sunlight.

The pulverized leaves will settle into the turf within a day or two, particularly if followed by rain. Take care that the pulverized leaves do not cover the grass blades entirely. Fall is a very important time for the turf to photosynthesize, produce carbohydrates, particularly under trees where the turf receives limited sunlight during the summer.

It is suggested to add 1/2 pound of nitrogen per 1,000 square feet in addition to the normal fall nitrogen fertilization to enhance decomposition of the tree leaves.
Composting Turns Yard “Waste” Into Useful Material

Compost is a mixture of partially decomposed plant material and other organic wastes. It is used in the garden to amend soil and fertilize plants. Making and using compost recycles yard wastes and reduces the burden of organic trash on our landfills.

Make Your Own Compost

Almost all organic materials will decompose, creating compost, by this natural process by creating conditions conducive to decomposition.

Composting Materials

Yard wastes, such as leaves, grass clippings, straw and non-woody plant trimmings can be composted. The predominant organic waste in most backyard compost piles is leaves. Grass clippings can be composted; however, with proper lawn management, clippings do not need to be removed from the lawn (see article on opposite page). If clippings are used for compost, it is advisable to mix them with other yard wastes.

Branches, logs and twigs greater than 1/4 inch in diameter should be put through a shredder/chipper or cut up prior to placement in the compost pile. Kitchen wastes such as vegetable scraps, coffee grounds and eggshells may also be added.

Certain organic materials should not be made into compost because they may pose a health hazard or create a nuisance. Do not add pet feces since they may transmit disease. Meat, bones, grease, whole eggs and dairy products should not be added because they can attract rodents. Large amounts of weeds with seeds or diseased plants may create problems.

Building the Compost Pile

A compost pile should be large enough to hold heat and small enough to admit air to its center. As a rule of thumb, the maximum depth dimension of a pile should be three feet by three feet by three feet (one cubic yard) to hold heat. The maximum to allow air to the center of the pile is five feet tall by five feet wide and three feet by three feet by three feet (one cubic yard) to hold heat.

The compost pile can initially be made and kept by the hand. The pile should feel damp to the touch, with just enough moisture in the material to cause the word "mushy" to be used. Hand turning is the best method of keeping the compost pile aerated. The compost pile should be located close to where it will be used and yet be out of sight. A compost pile can be covered with a tarp or other coarse material set on top of the pile. The pile will do its own work and will heat up to temperatures as high as 160°F when the pile is well insulated, which can kill undesirable weeds and not affect compost.

The pile should be turned at least once each week to ensure proper aeration and speed up the composting process. At least once a week, pick a day to turn the pile. The center should be turned with at least a three-foot wide section. The pile should be turned twice a year, one time in the fall after picking up the最后一次 October 1992, the City of Lincoln-Lancaster County Health Department.

The City’s Composting Operation

The City of Lincoln maintains a 16-acre yard waste compost facility next to the Bluff Road Sanitary Landfill (at Highway 77 and Bluff Road). This site receives about 20,000 tons of grass, leaves and brush each year. This is equivalent to about 2,000 garbage trucks driving on an eight-month period.

Grass is mixed with leaves and wood chips to form windrows roughly six feet high and 12 feet wide. It takes about 12 months to complete the composting process. The material is screened to remove any debris and wood chips and placed in a curing pile. This finished material is then available to the public as LinGro Compost. Since the program began in October 1992, the City of Lincoln has composted an estimated 171,300 tons of grass and leaves and wood chipped 201,865 tons of tree debris. For an average year the compost facility grinds about 5,000 tons of wood and 5,000 tons of leaves. The diversion of grass, leaves and brush by the city for 12 years, has added almost 374 years to the life of the sanitary landfill. If the program was discontinued and the yard waste was buried in the landfill, it would close in 2022 instead of the current projection date of 2026. Partial funding for the city’s composting program was provided by the Nebraska Department of Environmental Quality, Waste Reduction and Recycling Program.

Lincoln’s 16-acre yard waste compost facility receives about 20,000 tons of grass, leaves and brush each year.

Avoid Clopyralid Products in Compost

City officials urge residents to check to see if the herbicides used on their lawn contain clopyralid. If it does, the City would like residents to mulch their grass clippings rather than compost them. Alternative products are available that will kill undesirable weeds and not affect compost.

Clopyralid has been discovered in compost operations in several states, including at The City of Lincoln’s composting facility. Testing of The City of Lincoln’s LinGro samples has found levels of clopyralid as high as 87 (ppb). Levels of clopyralid of 10 (ppb) or less can damage some plants. It is unlikely that damage will occur to sensitive plants if the compost is properly applied and mixed thoroughly with the soil (1” of compost into 6” of soil). The clopyralid levels found in Lincoln’s compost are not known to present health risks to people or animals,” said Scott Holmes, Environmental Health Division Manager for the Lincoln-Lancaster County Health Department.

Additional information regarding clopyralid in compost can be obtained by contacting Gene Hanlon with the City of Lincoln 441-7043 or checking The City’s Web site at www.lincoln.ne.gov – key word “compost.”

BE YARD SMART

The City’s Web site at www.lincoln.ne.gov – key word “compost.”

FOR MORE INFORMATION

University of Nebraska–Lincoln Extension WebGuide “Garden Compost” (G10) publication is available at the extension office or online at http://lanpub.unl.edu/horticulture/g10.htm
Using Compost and Wood Chips

In addition, to the multiple benefits to using compost and wood chips, doing so recycles yard wastes and reduces the burden of organic trash on our landfills.

Adding Compost into Soil

The chief advantage of compost is its ability to improve soil structure. Good garden soil is loose and has a high water-holding capacity with adequate drainage. Adding compost to heavy clay soil improves drainage by improving soil structure. Compost also absorbs water and improves the water-holding capacity of sandy soils. To conserve moisture it is essential to have soil with good water-retention.

In addition to improving soil structure, decomposing compost will slowly release plant nutrients. Compost will not provide all the nitrogen that highly productive soils require. Organic gardeners can supplement compost applications with manure to produce good yields without the addition of other fertilizers.

Finished compost is dark brown, crumbly, and earthy-smelling. Small pieces of leaves or other ingredients may be visible. If the compost contains many materials that are not broken down, it is only partly decomposed. Allow partly decomposed compost particles to break down further or separate them out before using compost around growing plants.

Compost can be blended into soil mixes and is suitable for most outdoor planting projects. It is typically mixed with other ingredients such as peat moss, shredded bark, sand, or loamy topsoil when used as an outdoor planting mix. Mixing ratios vary; but 10 percent compost is considered to be a minimum, 30 percent optimum and 50 percent maximum in planting shrubs and trees.

Compost has its greatest value when rototilled directly into the soil. One cubic yard of compost covers 108 square feet at three inches, 216 at two inches, and 324 at one inch. The rule of thumb is to spread compost no more than one-third the depth of the rototiller. A one inch layer of compost should be tilled in six inches. Making two or more passes with the tiller helps blend the compost with the topsoil and break up any clumps of material.

Locations to Pick up or Purchase LinGro Compost

- The City of Lincoln has limited quantities of organic compost, called LinGro, available to the public each spring at the N. 48th Street Transfer Station located at 5101 N. 48th Street. This material must be self-loaded and is available at no cost, on a first-come, first-serve basis. Information on loading pick-ups can be obtained by contacting the LinGro Recycling Office, 441-8215.
- Delivery of compost within a 50-mile radius of the Bluff Road Landfill is available for a fee. Call the LinGro Recycling Office at 441-8215 for more information.
- The following area firms have LinGro compost available for a fee: Campbell’s Nurseries and Garden Centers, General Excavation, Nebraska Nursery and Color Gardens, Pine Valley Nursery and Landscaping, PreCast Productions, Inc.-Seeds. Landscapers can obtain compost upon request.
- Information on LinGro Compost is also available through the City’s Web site: www.lincoln.ne.gov – keyword “compost.”

Wood Chips as Mulch

Wood chip mulch is made from the chipping of tree and landscape prunings. Mulch is material placed on the soil surface for the purpose of protecting the soil and plant roots. Not only do organic mulches add a decorative natural appearance to the landscape, they also provide many landscape benefits:

- Helps retain soil moisture. Mulch helps retain moisture and reduces water evaporation caused by wind and hot sun.
- Reduces soil temperature extremes. An application of woodchip mulch acts as an insulating blanket to help avoid extreme temperature fluctuations.
- Reduces weed growth. When the soil has been properly prepared, mulching reduces weed growth.
- Saves time in landscape maintenance. Place mulch under and between trees in the planting bed to slow evaporation.
- Prevents erosion of soil particles away. The compost blanket helps slow the runoff velocities that carry sediment away.
- Increases water infiltration into the soil and prevents the run-off velocities that carry sediment away. After vegetation growth, the compost provides both nutrients and additional organic matter to hold moisture in the soil.
- Prevents direct contact with soil. Mulch prevents vegetables from making contact with soil, thus helps to reduce rot.
- Prevents heavy rain damage. Mulching prevents soil erosion. It permits water to seep slowly beneath the protective covering.
- Prevents erosion of new trees. Not only do mulches keep the soil cool and moist, they also keep the lawn mower and weed trimmer from damaging young bark and killing trees.
- Gives a natural look. A fallen bough in a planting bed with a wood chip mulch gives your landscape the natural beauty of a forest floor.

Free Woods Chips from City of Lincoln

The City of Lincoln has limited quantities of wood chip mulch on a first-come, first-serve basis. Contact the Lincoln Recycling Office at 441-8215 for more information.

- Wood chip mulch is available at the N. 48th St. Transfer Station, located at 5101 N. 48th Street, (any vehicle) and the Bluff Road Landfill, located at Highway 77 and Bluff Road, (pickups and trailers only). There is a charge of $5 per cubic yard. City personnel will load woodchips into open pickups or trailers.
- Individuals may also self-load wood chips at no charge at the Recycling Drop-off Site (2 mile north of Superior Street on North 48th Street).
- Delivery of wood chips within a 50 mile radius of the Bluff Road Landfill is available for a fee.

Compost Excellent Tool to Correct Soil Erosion

A recent study demonstrated the most effective approach to reduce storm water runoff and sediment erosion on slopes is to use a compost blanket approximately two inches thick. From April, 2004 through June 2005, the City of Lincoln and the University of Nebraska–Lincoln (UNL) conducted an erosion study comparing compost to traditional approaches of straw blankets and silt fences.

About the Study

Six test plots were constructed on a slope of 3 to 1. This is a fairly steep slope that rises about 33 feet in a horizontal distance of one hundred feet. The amount of rainfall during the study was tracked as well as the amount of run-off from each test plot during the period of the study.

Each test plot was seeded with a fescue-blend grass seed typically used by seedling contractors. The 3 to 1 slope of the established turf was greater in the compost amended plots than those with straw mats. The organic material in compost amended turf was almost five times more than it was for straw mat plots. This healthier turf is able to filter storm water and pollutants and hold soil better preventing sediment erosion.

The Results

This study demonstrated the use of compost as an effective approach to minimize soil erosion and stormwater runoff. In fact, the study showed applying a two-inch blanket of compost would reduce soil loss by 99.8% compared to bare soil. When compared to the traditional erosion control practice of using a straw mat and silt fence, the compost blanket decreased the amount of sediment on the ground on the test plot by 81%. Use of the compost blanket increased water infiltration by up to 99.3% compared to a straw mat. In other words, only one percent of the rainfall ran off the compost blanket as opposed to 24% for the straw mat.

Compost can also be incorporated into the soil. However, it is recommended a filter berm be established at the base of any slope to minimize soil erosion prior to grass seed germination. A silt fence can be used if incorporating the compost into the soil. To produce the healthiest soil possible, soil tests can be conducted to determine the optimum application of compost.

How Compost Blankets Work

When raindrops hit soil with the vegetation removed, they dislodge and detach soil particles. This is called “splash erosion.” If there is more rainfall than the ground can absorb, the resulting run-off carries the detached soil particles away. The compost blanket buffers the un-vegetated soil to help it receive moisture, increases water infiltration into the soil and prevents the run-off velocities that carry sediment away. After vegetation growth, the compost provides nutrients and additional organic material to hold moisture in the soil.

An economic analysis conducted by UNL suggests a compost blanket would cost about five percent more than the traditional approach of using straw mats and silt fences. The cost analysis does not include additional seeding likely to be required in subsequent years for non-compost amended soils.

For More Information

To obtain more information on the use of compost for erosion control projects, contact the Lower Platte South Natural Resources District, (402) 729-2729, the City of Lincoln Watershed Management Division, 441-8959 or Solid Waste Operations, 441-7043.
The day, Sept. 26, 1 p.m. at the Lancaster Center. The program will be presented by Suzanne Blue, executive director of Matt Talbot Kitchen and Outreach. This organization works primarily with homeless men, women and children as well as the working poor. Their efforts concentrate on feeding those in need. The business meeting will follow the program. All FCE members are invited to attend.

Leader Training Lesson, Sept. 27
A leader and community lesson training. “A credit Card — Friend or Foe?” will be presented by Extension Educator Lorene Bartos on Tues., Sept. 27, 7 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Circle and Emer-ald will host our annual Achievement Day. Robert Ripley will talk about restoration of the State Capital. Encourage your club members and friends to attend these excellent programs. A happy fall and Labor Day holiday to each of you.

FCE News & Events
Re-Organizational Packets
Presidents of Family and Community Education (FCE) Clubs can pick up their packet to re-organize for 2006. There are October deadlines within the packet. If you have questions, call Lorene or Pam at 441-7180. It is time to look forward and plan an exciting and educational year for your FCE.

FCE Council Meeting, Sept. 26
The next FCE Council meeting will be Mon- day, Sept. 26, 7 p.m. at the Lancaster Extension Education Center. The program will be presented by Suzanne Blue, executive director of Matt Talbot Kitchen and Outreach. This organization works primarily with home-less men, women and children as well as the working poor.

The YWCA recently asked us to bring in new recruits. The program will be presented by Suzanne Blue, executive director of Matt Talbot Kitchen and Outreach. This organization works primarily with home-less men, women and children as well as the working poor.
The Happy Go Lucky club, the largest 4-H club in Lancaster County (currently with 52 members), for three years. Prior to that, they were parent volunteers. They are also active on the Livestock VIPs Committee. Happy Go Lucky is mainly a livestock club, but in the past few years members have participated in horticulture and poultry projects. The club has adopted a national club livestock stock show prior to the county fair to give members practice showing animals. As a community service project, the club has adopted a section of Highway 43 near Bennet to pick up litter.

“...and Lori! Volunteers like them are indeed the heart of 4-H!”
Nominating your favorite 4-H volunteer by submitting the form available at the extension office or online at http://lancaster.unl.edu/4h/. Nominations of co-volunteers welcome.

**COUNTY FAIR 4-H & FFA NEWS**

**LANCASTER COUNTY FAIR AUGUST 3 – JULY 2005**

**LANCASTER COUNTY FAIR EVENT CENTER • LINCOLN**

For 4-H county fair results and photos, go to http://lancaster.unl.edu/4h/Fair/. Congratulations to all participants!

August 2005

**Sponsors**

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

**4-H Thanks Sponsors**

Lancaster County 4-H is now in the process of developing goals for the next five years. Please give your feedback about what’s important to you by filling out an online survey at http://4h.unl.edu. The survey takes about 10 minutes to complete. If you have questions, please call the State 4-H Office at 472-2805, or e-mail: kloedl@unl.edu.

We apologize for any inaccuracies.

*Call Tracy at 441-7180 for more information or to apply.*

Seth Davison Attends Volunteers National 4-H Shooting Sports Invitational

Seth Davison ( pictured second from right) was part of the Nebraska shotgun team which attended the National 4-H Shooting Sports Invitational held June 29-July 4 at Columbia, Mo. The team placed 5th overall (2nd in trap, 5th in sporting clays and 8th in skeet).

Individually, Seth placed 13th overall (8th in trap and 14th in sporting clays). Seth also participated in the Cornhusker State Games High School Trap and received high overall male.

Congratulations Seth!

**4-H Strategic Plan Survey — Share Your Opinion!**

Nebraska 4-H is now in the process of developing goals for the next five years. Please give your feedback about what’s important to you by filling out an online survey at http://4h.unl.edu. The survey takes about 10 minutes to complete. If you have questions, please call the State 4-H Office at 472-2805, or e-mail: kloedl@unl.edu.

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Congratulations Seth!

**4-H Thanks Sponsors**

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

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**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 Lancaster 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 10 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 at 441-7180 for more information and an application.

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**4-H Teen Council Invites New Members!**

The Lancaster County 4-H Teen Council is a leadership organization for youth in grades 7–12. Meetings are held the second Sunday of each month at 3 p.m. at the Lancaster Extension Education Center. 4-H Teen Council members are involved in several leadership activities such as organizing the Ice Cream Social, Cookie Eating Contest and Teen Dance at the Lancaster County Fair.

Call Tracy at 441-7180 for more information or to join.

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**August 2005**

**John & Lori Bruss**

Lancaster County 4-H is proud to announce John and Lori Bruss as co-leaders of the Happy Go Lucky club, the largest 4-H club in Lancaster County (currently with 52 members), for three years. Prior to that, they were parent volunteers. They are also active on the Livestock VIPs Committee. Happy Go Lucky is mainly a livestock club, but in the past few years members have participated in horticulture and poultry projects. The club has adopted a national club livestock stock show prior to the county fair to give members practice showing animals. As a community service project, the club has adopted a section of Highway 43 near Bennet to pick up litter.

4-H staff member Deanna Karmazin says, “They bring a lot of enthusiasm and energy to the livestock program. Because of their willingness and hard work ethic, the recent leadership transition of the Happy Go Lucky club went smoothly.”

“We like being 4-H volunteers because it is rewarding to see the kids grow and exhibit their projects with pride and enthusiasm,” said Lori. “It is a great feeling to think that we have made a difference.”

Lori helps coach volleyball. Each have full time jobs and farm part-time.

Congratulations to John and Lori! Volunteers like them are indeed the heart of 4-H!

**A tip to Younger Leaders**

**Lancaster County 4-H member Seth Davison**
State Horse Expo Results

The 2005 Fonner Park State 4-H Horse Exposition was held July 17–21 at Grand Island. Below are the top Lancaster County 4-H placings. Complete results are online at http://4h.unl.edu/horseshow

GRAND CHAMPION
Melody Leach, Showmanship 15 and Up

RESERVE GRAND CHAMPION
Melissa Raisch, 3rd Old Western Pleasure
Robinannon, Elementary Dressage

3RD PLACE
Taylor Holiday, Dressage; Morgan Marshall, Western Horsemanship and up

4TH PLACE
Morgan Brehm, Western Pleasure 12-14
Mica Mesiac, Reining 15 and Up
Hannah Scow, Showmanship 12-14
Senior Hypothesis Team #2

ALL AROUND AWARDS
Melody Leach, Reserve Grand Champion Sr. Horse
Cassie Krueger, 3rd place Sr. Division Working All-Around

Nicole Zulke in break-away roping

4-H’ers Invited to Attend Dennis Reis’ “No Dust Tour” FREE

Reis Ranch Universal Horsemanship has generously provided free tickets for 4-H horse families and club leaders to attend Dennis Reis’ “No Dust Tour” Aug. 27-28 at the Lancaster Event Center. Normal admission for two people for two days is $25. The 2-day event runs from 10 a.m.-5 p.m. each day. Tickets for 4-H’ers can be picked up now until Aug. 24 (or until all tickets are given out) at UNL Extension in Lancaster County, 444 Cherry Creek Road. Tickets are first come first serve. Limit four tickets per family. (You can not pick up tickets for other people; do not call and ask for tickets to be held for you; and tickets may not be used for resale.)

Internationally acclaimed horseman Dennis Reis builds an educational and entertaining demonstration around finding extraordinary performance in ordinary horses. Areas of emphasis include Double Fault Free Round Pen, Two Minds in One Direction, The Big Red Ball (the arena is transformed into a sensory extravaganza) The Magical Ride (watch flying lead changes, jumping obstacles and running patterns without a bridle) and Ultimate Trust. You may have seen Reis on RFD-TV Dish 9409/Direct TV 379. For more information about him, go to http://www.reisranch.com.

4-H Award Nominations Due Oct. 31

Nominations are needed for the following awards. Application forms are available at the extension office.

4-H Meritorious Service — presented to individuals or organizations which have exhibited consistent and strong support of the 4-H program. 4-H members are not eligible.

Outstanding 4-H Member — presented to an individual who has excelled in their involvement with the 4-H pr program and are 14 years of age or older. The basis for selection appreciates the variety and depth of 4-H activities.

1 Dare You Youth Leadership Award — awarded on behalf of the American Youth Foundation (AYF) to high school juniors or seniors who strive to achieve their personal best and make a positive difference in their community. Two 4-H members will be selected from Lancaster County. Lancaster County 4-H Council provides award recipients with a hardbound copy of William H. Danforth’s book, “I Dare You!” Winners also receive a $300 scholarship to attend one of AYF’s national 7-day Leadership Conferences.

4-H Scholarships Due Oct. 31

The Lancaster County 4-H program offers a variety of scholarships. Deadline is Oct. 31. Information and applications are available at the extension office or online at http://lancaster.unl.edu/4h. If you have questions, contact Deanna Karmazin at 441-7180.

COLLEGE
The following college scholarships for the 2006-07 school year are available to high school seniors active in 4-H:

4-H Council — awards six $500 scholarships
Lincoln Center Kiwanis — awards two $2,000 scholarships.
Teen Council — awards two scholarships to 4-H’ers who are active in Teen Council and help with at least one major fundraiser.
Lanee Scholarship — awards one $200 scholarship to a 4-H’er attending Raymond Central High School.

4-H CAMP
The following scholarship goes toward attending 4-H summer camp(s): Joyce Vahle Memorial Scholarship — awards one $100 scholarship to a youth age 8-14. Applicants should currently be, or have been, enrolled in at least one sewing project.

Ak-Sar-Ben 4-H Youth Expo, Sept. 27–Oct. 2

The 78th Ak-Sar-Ben 4-H Youth Livestock Exposition will be held Sept. 27-Oct. 2 at the Qwest Center in Omaha. More than 2,000 4-H families from an eight-state area participate in Expo. For more information and complete schedule, go to http://www.aksarben.org.

Change to Health Certificates

Please note this year Ak-Sar-Ben will require 15-day health certificates for all animals!

Partial Schedule

Sep. 27 8:30 a.m.–10 p.m. Horse Show
Sep. 28 8:30 a.m.–Noon Horse Show
Sep. 30 7:30 a.m. Dairy Show
12:00 Noon Meat Goat Show
12:30 pm (following Dairy Show) Feeder Calf Show
Oct. 1 8 a.m. Market Beef Show
1 p.m. Market Lamb Show
Market Broiler Show
4 p.m. First Round of Quiz Bowl Competition
7 p.m. (Following Lamb Show) Market Swine Showmanship
Oct. 2 7:30 a.m. Market Cattle
8:00 a.m. Breeding Heifer Show
9 p.m. Catch-a-Calf Catching Phase
Continue Quiz Bowl Competition

Community Service Corner

Havon Manor in Havelock and College View is requesting 4-H members to bring their fair exhibits to help celebrate Assisted Living Week, Sept. 11-17. The theme this year is “A Fair to Remember.” For more information, contact Betty Maguire at Havelock location at 464-4017 and for the College View location contact Mary Kenny at 484-7442. This is an excellent community service opportunity.
Volunteering is one of the most widespread activities in American society, one which has been a historical tradition. During the current era, over half of the American population regularly becomes involved in some sort of volunteer activity during the course of the year. According to U.S. Census, this amounts to over 100 million people donating time, a excess of 19 billion hours a year, valued at over $150 billion per year.

Some people have argued that volunteerism is dead, simply because people in modern time are busier with everyday tasks, because of the increased number of single-parent households and cross country mobility. But it’s not true. People still find time to volunteer. Volunteers come from all age groups, education backgrounds, income levels, genders and type of employment. Almost everyone can volunteer. Volunteering can be looked upon as a potential career change, with different levels, as a way to gain experience and cross country mobility. But because people in modern time don’t have time to volunteer, the value of volunteerism is dead, simply because people don’t have time to volunteer.

Some of the most popular reasons are:
1. They desire to serve others.
2. They have a sense of pride in helping.
3. They want to feel good about themselves.
4. They want to share their special gifts and talents.
5. They were asked to volunteer.
6. They want to share their special gifts and talents.
7. They want to share their special gifts and talents.
8. They want to share their special gifts and talents.
9. They want to share their special gifts and talents.
10. They volunteer because it is exciting for them.

Other reasons often cited include:
• Interest in the work or activity.
• Wished to learn and gain experience.
• Had a lot of free time.
• Know someone who was involved.
• Religious concerns.

Why People Do Not Volunteer
Ever wonder why people don’t volunteer? Blue Moon Consulting has conducted a survey and came up with the following reasons:
• Because no one asked me.
• The work might be too physically demanding.
• I do not have enough time.
• I do not have children care.
• I might have to acquire some financial expenses, such as meals and parking fees.
• I am afraid I won’t know how to operate equipment.

Understanding Why People Volunteer
Volunteers become involved for a variety of reasons. The ten most popular reasons are:
1. They desire to serve others.
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3. They want to feel good about themselves.
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Volunteer Program Design
In order to run a successful volunteer program, you must understand it requires the same type of managerial effort any other program operation would require. Before your agency starts recruiting volunteers, you have to realize what your agency wishes to utilize volunteers and what the benefits and problems are of use of volunteer utilization.

Possible benefits include:
• Delays of services at a reduced cost.
• Access to additional expertise and technical assistance.
• Better contact with the community/public recognition.
• Better assistance to clients.

Possible disadvantages include:
• Lack of control and reliability of volunteers.
• Time demands of volunteer management and supervision.
• Potentially negative impact on paid jobs.
• Difficulty in recruiting enough qualified volunteers.

There are six basic strategies in the design and running of an effective volunteer program:
1. Job Development and Design
2. Training
3. Recognition
4. Recruitment
5. Orientation and Training
6. Screening and Interviewing

Job Development and Design
The work must be meaningful and significant, both to the agency and to the client. The work must be needed and will be interest- ing to someone. This means your volunteer job must have a goal and purpose the volunteer can work to accomplish and can feel good about having achieved. Thus, volun- teers need clearly defined jobs that have been thoughtfully programmed.

The keys to recruiting, motivating and supervising a volunteer are built into the job description. The job description is your planning tool to help your volunteers understand the results to be accomplished, what tasks are involved, what skills are required and other important details about the job.

Recruitment
The first rule of recruiting volunteers is to make every prospective volunteer feel special. When people feel wanted or needed, they are more likely to respond to your appeal for help, even when they are already busy. Be enthusiastic when asking people to volunteer.

When your agency needs a large number of volunteers for a short period of time (as in a special event), you must use basic methods for dissemina- tion of information about the program events directly to the volunteers.

Attention and Training
Orientation gives volunteers an adequate background on the agency, its operation and its procedures.

A good orientation program will provide the following types of information: description and history of the organization; description of the overall programs and clients of the organization; the sketch of organizational structure; orientation to the facilities; knowledge of gen- eral policies and procedures; description of volunteer management system.

On the other hand, training is the process of instructing volunteers in the specific job related skills. It is designed to tell the volunteer: how they are supposed to perform their particular job; what they are not supposed to do in their job; what to do if an emergency or unforeseen situation arises.

Supervision
Supervision of volunteers is not only a question of vision of any other type of staff for an agency. It requires the same care and skills for inter- personal relations. Volunteers must be treated as individuals – their motivations are different and their styles are different. The supervisor must be able to accommodate individual variations. Volunteers can suffer from burnout just like any staff member. Rotate volun- teer positions when time and conditions permit.

Recognition
Volunteer recognition is a very important process of rewarding and motivating volunteers who contributed their time and energy to the organization. Remember to send a thank-you card or note, and not just when their job is completed. People need to hear how much they are ap- preciated at other times.

There are two basic types of volunteer recognition efforts: awards (certificates, pins, group photographs, T-shirts, cups, special small gifts) and events (lunches and dinners, picnics, parties and celebrations, field trips, National Volunteer Week celebration, etc.).

Source:
• “Managing A Nonprofit: How To Write Winning Grant Proposals, Work With Boards, and Build a Fundraising Program” by John Reddell with Teri Drenth, 2002

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Source:
• “Managing A Nonprofit” by John Reddell with Teri Drenth
• “Essential Volunteer Management” by Rick Lynch and Steve McCurley, available for sale from Volunteers’ Heritage Arts Press, 1807 Pasture, Denver Green, IL 61801, 606-9149. Excerpts from the book are online at http://www.casenet.org/program-management/volunteer-management/
University of Nebraska–Lincoln Extension in Lancaster County is co-sponsoring a 55 ALIVE Driver Safety Course on Wednesday, Sept. 7 and Thursday, Sept. 8, 12:30–4:30 p.m. Cost is $10 payable at the first class. Call 441-7180 to register.

The AARP Driver Safety Program is the nation’s first and largest classroom driver refresher course especially designed for motorists age 50 and older.

Drivers aged 55 and over, compared with drivers aged 30–54, are involved in more accidents per mile driven. The number of accidents per mile rises sharply at about age 75. The eight-hour course is taught in two, 4-hour sessions spanning two days. The course helps drivers refine existing skills and develop safe, defensive driving techniques. AARP members and non-members alike may take the course. There are no tests.

The AARP Driver Safety Program course covers the following topics:
- Vision and hearing changes
- Effects of medication
- Reaction time changes
- Left turns and other right-of-way situations
- New laws and how they affect you
- Hazardous driving situations
  - Research shows a direct link between the kinds of driving situations experienced by older motorists and the physiological changes that can occur in all older persons. The loss of vision, hearing and physical strength is gradual and can go virtually unnoticed until older drivers are faced with a driving emergency they are no longer able to handle. For example, the gradual failure of sensory acuity associated with aging reduces the quantity and accuracy of information capable of being processed. This reduces the ability of the individual to respond or react to his/her environment with speed and judgement current traffic often requires.
  - By being aware of these normal age-related changes and learning how they affect driving, older motorists can compensate for them and become better drivers.

University of Nebraska–Lincoln Extension in Lancaster County

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This Nebraska Student Hails the Husker Experience

Jill Wieskamp, a junior majoring in Spanish and secondary education at the University of Nebraska–Lincoln and a Norris High graduate, lives - and loves - the Nebraska experience. She is involved in her sorority, she’s a leader in the Navigator program, and she even studied abroad after future teacher, Wieskamp, gets it. “It’s a big campus involved – you can’t help but activity that fits you. And like till you’re here – every she works on campus, and in Spain last summer. A is learning every chance with so many ways to get find some club or some you can’t know what’s experience is different.”

Admissions:
800-742-8800
admissions.unl.edu

University of Nebraska–Lincoln Extension in Lancaster County
444 Cherry Creek Road, Suite A Lincoln, NE 68528-1507
Phone: (402) 441-7180
Web site: http://lancaster.unl.edu

Lancaster Extension Education Center
Conference Facilities
444 Cherry Creek, Lincoln, Lobby Phone: 441-7170

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For a Space Reservation, call 441-7180.

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The Lancaster County Fair has seen rapid growth since moving to the Lancaster Event Center in 2001. This year, the trend continued with increased exhibit entries and overall attendance.

4-H at the County Fair shares in the growth.

- A total 4,331 4-H exhibits were showcased at this year’s fair (includes static exhibits, animals and contest entries — does not include Clover Kids exhibits)
- 4-H Horse Show -- entries in the five-day 4-H Horse Show were up significantly and more horse stalls were added to accommodate the increase.
- 4-H Beef Cattle and Dairy Cattle Shows -- entries nearly doubled in past year and stalling space had to be reconfigured.
- 4-H Poultry Show -- entries increased 21% in past year; 1,050% in five years

Jay Wilkinson, member of the Fair Board and Extension Board helped construct more poultry pens. “The increase in exhibits caused unexpected hassles, but it’s a good problem to have,” he said.

4-H staff member Tracy Kalm said, “I’m constantly amazed at the quality and creativity of the projects entered by 4-H youth.”

“Lancaster County 4-H would like to extend thanks to all the volunteers who help make the county fair a successful learning experience for youth,” said 4-H staff member Gary Bergman. “Adults and youth working together is a foundation of youth development.”

This year, a second exhibitors breakfast was added and nearly 1,000 meals served! Norm Nicholson of Countryside Energy said, “We just want to support the 4-H and FFA youth in every way we can. Every year, the breakfast just gets bigger and bigger.”

See page 8 for a complete list of 4-H sponsors.

Lancaster County Fair Keeps Growing

New this year’s fair was a 4-H Air Rifle Shooting Trailer presented by the Lancaster County Shooting Sports 4-H Club. Certified instructors supervised youth at the mobile shooting range.

Can You Guess It?

Did you guess it? Find out at http://lancaster.unl.edu

The answer was the beautiful shell of a painted turtle.

Members of the Carpe Diem 4-H club created a dozen Fun Sun Pinatas as “Summer Blast!” fair theme decorations.

Proper grooming is an essential part of showing animals.

One of the more colorful corners of the fair was the 4-H Clover Kids (ages 5–7) static exhibits. Several youth shared their projects during Clover Kids Show & Tell.

Cotton Clover Candy at the 4-H Corner Stop concession stand sold well.

Right signal during the 4-H Bicycle Safety Contest.

How do you rope a steer? Practice, practice, practice!

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

4-H is open to all youth ages 5–18

Prizes!

4-H’ers will share completed projects!

Q & A!

Tuesday, Sept. 20

6–7:30pm

Lancaster Extension Education Center

444 Cherry creek Road, Lincoln

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

Four ways to get involved:

- Join an existing 4-H club
- Help form a new 4-H club
- Be an independent member
- Participate in 4-H activities such as camps

Find out more about 4-H at http://lancaster.unl.edu/