4-1-2007

The NEBLINE, April 2007

Follow this and additional works at: http://digitalcommons.unl.edu/neblines

Part of the Agriculture Commons

http://digitalcommons.unl.edu/neblines/70

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in The NEBLINE Newsletter Archive from UNL Extension in Lancaster County by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.
The NEBlNE
University of Nebraska–Lincoln Extension in Lancaster County
"Helping Nebraskans enhance their lives through research-based education.
441-7180 • http://lancaster.unl.edu

UNL Extension Programs Have Improved Termite Treatments in Nebraska

Barb Ogg
UNL Extension Educator

A few years after she bought her home, a Lincoln homeowner noticed the paint in her laundry room was peeling. She thought it was odd, but wasn’t concerned because it wasn’t a room guests would see. She was busy remodeling and decorating the other rooms, and it was the last room on her list. In 2003, she finally decided to tackle the paint problem.

To her dismay, she started peeling the paint off the wall and found termite “mud” behind the paint (Fig. 1). The termites had completely eaten the paper off the drywall. Little did she know this was just the tip of the iceberg. A professional inspection revealed damage to the home was extensive. The beam to the second floor was completely broken through (Fig. 2). Total cost to repair the damage to her home was approximately $30,000.

The workshop “Becoming a Homeowner: Tools to Keep Your Home Termite Free” educates homeowners to recognize the signs of termites, understand different treatment types, understand why quality treatments are expensive and how to make sure they get the quality treatment they want.

Most of the workshops have been held in Lincoln and Omaha, but it has also been presented in Columbus, Fremont, Grand Island, Hastings, Lexington, Nebraska City, Norfolk, Wilber and York. More than 1,600 homeowners and 164 real estate licensees have attended since 1995. A post-workshop survey of attendees found:

- 98 percent said they obtained information needed to better protect their property.
- 93 percent received a good quality termite treatment at a fair price.
- 87 percent were less apprehensive about working with a pest control company.
- 83 percent said they saved money after attending this program (average savings was $312/person).

Some of the testimonials include:

- “This [workshop] is a wonderful public service! It has given me peace of mind and confidence as a homeowner.”
- “This class was very informational and all of the speakers gave great presentations... I would recommend this class to anyone purchasing a home.”
- “The most valuable information that I received at the workshop was the proper technique for termite control applications. This helped me inspect the work of my pest control company.”
- “This course should be mandatory for all real estate licensees in continuing education requirements” [from a real estate licensee].

The 2007 workshops will be held in Omaha (May 3), Weeping Water (May 15) and Lincoln (May 17), see page 5 for more information. Many termite resources for homeowners are available online at http://lancaster.unl.edu/pest.

Hands-On Termite School for Professionals

As a result of the homeowners workshop, enlightened homeowners have broughed the Nebraska Department of Agriculture — the pesticide regulating agency in Nebraska — about question-able treatments they have received. In ensuing investigations, NDA uncovered compliance problems; some resulted from entry-level pest control professionals not being given adequate training by their companies.

In 2005 and 2006, UNL Extension organized a termite school for entry-level termite application professionals. This intensive, 15-hour training program used both classroom and on-site demonstra-
tions. Real homes with termite damage were used to show termite damage and actual application methods to different parts of the structure.

Presenters included UNL faculty, NDA personnel and industry profession-
als. Companies helping with the training included Dow AgroSciences, Bayer Envi-
ronmental Sciences, BASF Corporation, Nisus Corp., B&G Equipment Company and Univar USA.

More than 70 people attended — most were pest control professionals, but some were construction workers or homeowners.

Attendees reported:

- 94 percent were better able to calibrate termicide application equipment.
- 93 percent were less likely to violate label directions.
- 92 percent were more confident in being able to identify termite damage.
- 75 percent said they would change methods of inspecting or treating. Changes included taking more time to inspect, looking more carefully at how the house is constructed and treating different areas.

Some of the testimonials include:

- “I have more confidence my treatments will be done right and know my cus-
tomers are getting a good job.”
- “Your school will aid in reducing regula-
tory action, reduce on-the-job injuries, increase consumer satisfaction and in-
crease application performance among all who take this class.”

The 2007 ‘Termite School will be held Sept. 25–26 in Lincoln. For more infor-
mation about this training, contact Barb Ogg at bogg1@unl.edu or (402) 441-7180.
Gardening Trends in 2007

Whether you’re just getting into gardening, trying to streamline your gardening activities, or wanting to have a landscape and plants reflective of the times, being aware of the latest trends can help.

This past year Chris Beytes, the editor of a professional growers magazine, described several specific trends which reflect four main traits of new gardeners and their gardening. For starters, we are no longer gardening as in past generations, nor will kids today garden as we do. Related to this is the fact that many are actually decorating instead of gardening. For many, it’s no longer about planting, watering, pruning. This can be considered work, even if there is time for such activities.

The new “luxury consumer” has and wants nice things. This consumer often skims over things they can splurge on another. Then there is “having”, using the home as the center of a busy life; complete with media, internet, fitness and the like. This is the outgrowth of the former “cocooning” and “nesting”.

There are at least a dozen specific trends in gardening:
- Blurring of lines. It is no longer clear what is annual or what is perennial. Tropicals are planted as annuals, as are some woody plants. It is more about effect.
- Tall. From pots to plants, tall is more popular now than in previous years. Ornamental grasses are a perfect fit.
- The tropical look. Tropical plants and flowers that look tropical with exotic foliage or flowers, have been around a few years and are still popular. Cannas, alocasias and hibiscus are popular examples.
- Big and bold. Perhaps an outgrowth of tropical, this is now seen in bright colors, bold color combinations and big foliage such as with some of the new coleus. This trend, as well as the tropical and others, reflects a global fusion of cultures.
- Foliage. Perhaps another outgrowth of tropical, just for foliage are popular. There are almost too many cornbells to choose from, the new ones are grown for leaves rather than the flowers of older cultivars. Coleus and hostas are popular, as are foliage colors such as yellows and black.
- Perennials. Perhaps not as popular as a decade ago, they still are favored by many more now, as container plants, for low maintenance or for specific uses.
- Native plants. These are a growth of perennials. A trend within native plants is choosing a native plant which evokes memories of the past.
- Nostalgia. This is a growth of perennials. A trend within native plants is choosing a native plant which evokes memories of the past.
- Organics. This trend has taken off with foods and is spilling into the landscape and gardening choices as well.

Hardscaping. This term for decks, walls, raised beds, patios, stone beds and the like. Y ou have to look far in most neighborhoods to see such examples.

Indoor decorating. Plants are being used indoors not because they are plants, but for their design elements, red color, texture and accent to the surroundings.

The Color Marketing Group is an organization of professionals who focus is to identify consumer desires in colors, and to provide recommendations for all manner of consumer products. According to them, color choices in general now are warmer and brighter. Specifically, their choices for popular colors now are reds, including raspberry hues and blues, including bluish green, think relaxation, as from spas and pools.

When making this year’s garden plants and shopping for plants, think of these trends for new ideas, and see if you can spot some in magazines and stores.

When buying a lily, look for a plant with flowers in various stages of bloom from buds to open or partially opened flowers. Foliage should be dense, rich color in green and extend all the way down to the soil line. This is a good indication of a healthy root system. Look for a well-rooted, well-grown plant, one that is about two times as high as the pot. You also should check the flowers, foliage and buds for signs of insects and disease.

At home, keep your lily away from drafts and cleaning heat sources such as appliances or heating ducts. Bright, indirect light is best with daytime temperatures of 65 to 75 degrees F. Water the plant only when the soil feels dry to the touch, do not over water. To prolong the life of the blossoms, remove the yellow anthers (pollen-bearing pods) found in the center of each flower.

Do not throw away your Easter lily after it is done blooming. You can save the bulb and plant it outdoors. Easter lilies can be replanted outside after the petals have gone. Plant the Easter lily outdoors as soon as the ground can be worked. Select a sunny site with well-drained soil. Set the top of the bulb six inches below the soil surface. Cut off the old flowers, but leave the stem and leaves. Do not cut back the stem until it dies down in late fall. This is the off at the soil surface. After the soil surface freezes in late fall, much of the bulb is removed to prevent the new growth from beginning in the spring.

April 2007

Horticulture

2007 Perennial Plant of the Year

The Perennial Plant Association has awarded the title of Perennial Plant of the Year to Nepeta “Walker’s Low”. Introduced in 1988 in Europe, Walker’s Low catmint has become increasingly popular with each passing year due to its lovely blue-violent flowers and its long bloom time, attractive grey-green foliage, ease of propagation, lack of pest or disease problems and low maintenance requirements.

Hardiness - USDA Zones 3 to 8

• Size — 30 to 36 inches tall and wide. Walker’s Low is named for a garden and the name is not related to plant size.
• Light — Best in full sun, can tolerate shade in hot climates.
• Soil — Prefers well drained soil and neutral pH.
• Uses — Good companion plant for early and late blooming plants. Great for perennial borders, but can be used in herb gardens, rock gardens, as a ground cover or as a container plant.
• Unique Qualities — Will bloom continuously throughout the year due to its lovely blue-violent flowers and its long bloom time, attractive grey-green foliage, ease of propagation, lack of pest or disease problems and low maintenance requirements.

Nepeta “Walker’s Low”

Source: Perennial Plant Association

Easter Lily Care

By Mary Jane Frogge

UNL Extension Specialist

When buying a lily, look for a plant with flowers in various stages of bloom from buds to open or partially opened flowers. Foliage should be dense, rich color in green and extend all the way down to the soil line. This is a good indication of a healthy root system. Look for a well-rooted, well-grown plant, one that is about two times as high as the pot. You also should check the flowers, foliage and buds for signs of insects and disease.

At home, keep your lily away from drafts and cleaning heat sources such as appliances or heating ducts. Bright, indirect light is best with daytime temperatures of 65 to 75 degrees F. Water the plant only when the soil feels dry to the touch, do not over water. To prolong the life of the

Hibiscus

Mary Jane Frogge

UNL Extension Specialist

Easter Lily

75 degrees F. Water the plant only when the soil feels dry to the touch, do not over water. To prolong the life of the

Sign Up for Free E-mail Horticulture Newsletter

HortUpdate is a FREE e-mail newsletter from the University of Nebraska-Lincoln Extension which provides timely information to the lawn and landscape industry. This e-mail includes current lawn and landscape problems with control recommendations and a seasonal “To Do” list. To subscribe, go to http://extensionhorticulture.unl.edu and submit request.
Spring is a Good Time to Begin Herb Gardening

Sarah Browning
UNL Extension Educator

Planting herbs in the spring is a good way to enjoy fresh seasonal offerings throughout the year. Herbs should be planted after the last day of frost in the spring to avoid losing plants to a late freeze. If planting for the first time, it might be better to start a new garden than to just add more plants to your existing one. When selecting herbs be sure to consider not only culinary uses, not just as an ornamental herb. Some ornamental herbs have a less desirable flavor because they have been bred for appearance rather than taste.

Popular fresh garden herbs include basil, chives, clantro, dill, mint, and parsley. Herbs such as French tarragon, oregano, rosemary, thyme and sage are good in both fresh and dried forms.

If planting mint, it is best to plant it differently from other herbs. Mint is an aggressive plant that can quickly take over the herb garden. Plant it in a 1 or 2 gallon container that is at least 12 inches wide and without holes. Bury the container in the ground so an inch of the container is above ground level. This will contain the plant so it can't creep out the top or the bottom and will prevent it from spreading throughout the garden. Mint planted in this fashion may need to be watered more than other herbs that can send their roots farther into the ground because they are planted normally.

Many herbs also are suitable for container gardening and have a great option if limited on space.

Controlling Nuisance Weeds in Your Farm Pond

Excessive growth of aquatic plants and algae are the most frequently received complaints from farm pond managers. Controls for nuisance plants can be physical, chemical or biological. For physical control, shallow areas of the pond should be deepened by mechanical dredging and the pond sides should have 1:1 slopes. Watershed management that avoids leachate from fertilized fields, manure or sewage can help minimize algae mats and other problems.

Chemical weed control is a seasonal approach which, if done properly, can eliminate weeds and still leave the water suitable for other uses. Mats of algae, identified by their thick, hair-like appearance, are controlled best with copper sulfate. Submerged weeds can be held in check by a number of aquatic herbicides. Your county extension agriculture educator can help you make the right choice. Emergent plants like cattails are easily killed by glyphosate herbicides. With any herbicide be very strict attention to the label instructions and precautions. In the spring some managers apply a blue dye called Aquacide, which shades out aquatic plants. It can effectively control weeds, but the shading also suppresses food production. Its use is better suited to swimming ponds than to ponds for fishing.

The last few years have seen considerable interest in the stocking of white amur, or grass carp, for weed control. Stocked at the proper rate, these non-reproducing, vegetarian fish can provide control year after year, to the point of keeping plants completely eradicated.

"Management of Small Ponds" Clinic, April 17

Is your pond turbid after a rain? Is your pond covered with a green slime in the summer months? Do rooted pond weeds and/or shoreline vegetation reduce angling access and recreation on the pond? Would you like to learn more about human and pet health risks from toxic algae?

If you answered yes any of the questions or have questions pertaining to pond management then you will want to attend the "Management of Small Ponds" clinic on Tuesday, April 17, 7-9 p.m. at the Lancaster Extension Education Center, 444 E. 4th St. The seminar is designed for those who have a 1/2 acre sized pond or larger.

University of Nebraska–Lincoln Extension presents a series of programs, entitled Acreage Insights–Rural Living Clinics, targeting acreage owners and specifically designed to provide knowledge and skills to better manage a rural living environment.

Registration is $10 per person, and $15 per person at the door. For more information or registration form, contact Don Janssen at 441-7180 or go to http://acreage.unl.edu.

Arbor Day and Tree Planting are Nebraska Traditions

Dennis Adams
UNL Forestry Specialist

Early explorers called Nebraska the “Great American Desert” and doubted any settler could support himself or her family here. Often, the first sod broken in Nebraska was to plant trees. Trees were sought for their protection and beauty, and fragile seedlings were transported many miles to plant on barren Nebraska homesteads.

Julius Sterling Morton, editor of the Nebraska City newspaper in the 1800s, used his pen to advance the cause of agriculture, specifically tree planting. His active interest in tree planting gained statewide recognition in 1872 when, as president of the State Board of Agriculture, he introduced a resolution calling for a tree-planting holiday to be known as Arbor Day.

In 1885, the Nebraska Legislature made Arbor Day a state holiday and set Morton’s birthday, April 22, as the official date. On the first Arbor Day, more than 1 million trees were planted.

Today the holiday is acknowledged by every state and 12 foreign countries. Most states celebrate National Arbor Day the last Friday in April. In 1989, the Nebraska Legislature changed the date so Nebraskans celebrate Arbor Day on the last Friday in April as well.

In 1873, tree planting in Nebraska picked up steam when Burlington Railroad began a planting program along its right-of-way to provide a living snow fence. They planted more than 560,000 trees.

In 1873, the Timber Culture Act provided additional land for settlers planting trees. They would receive a quarter section of land for planting 40 acres of trees (later reduced to 10 acres) and had special advantages in claiming the land.

Due to all the laws and benefits of planting trees, Nebraska had 1 million acres of trees by 1963. Nebraska hardly is the tree- less prairie it once was. Due to Morton’s efforts Nebraska even became known as the “Tree Planter State.”

Container Gardening

John Fech
UNL Extension Educator

Finding enough space to plant a garden is a tricky task, especially in urban areas with poor soil quality. However, container gardening is becoming more popular for gardeners who enjoy home-grown flowers and produce.

Suitable containers vary from clay pots and barrels to window boxes. The key is to select a container that is sturdy and heavy enough to hold itself upright in strong winds. It should hold enough soil to support the type of plant it contains and be equipped with drainage holes to prevent excess water from suffocating the plant.

Soilless potting mixes work best for container gardening. Mixes like peat moss, are free of disease, insects and weeds that may be present in regular garden soil. A wide variety of plants can be grown in containers, especially since many seed catalogs now offer bush and patio varieties. Crops such as cucumbers, squash and tomatoes are excellent choices, along with salad crops such as leaf lettuce, radishes and green onions.

When determining what types of plants to grow, take the amount of available sunlight into consideration. Plants that bear fruit, such as peppers, bean and sun-loving flowers such as geraniums and petunias need at least six hours of full sun each day. Leafy vegetables and fibrous-rooted flowers such as Impatiens are better suited for shaded areas. Keeping containers on a wheeled-platform or wagon can make it easier to move plants from place to place should sunlight require them to be moved throughout the day.

All plants need adequate soil moisture. It is especially important to monitor moisture storage on warm, windy days when soil is most likely to dry out. If a container garden is located on an apartment balcony or patio, be sure to place containers on some type of plate to catch the water that drains through. Fertilizers should be applied according to label directions and individual plant needs.
Simplified Hand-Held Sprayer Calibration

Tomm Donn
UNL Extension Educator

Steps
1) Measure and mark a square test area 18.5 feet by 18.5 feet.
2) Spray the test area with water in the manner you would normally when controlling the target pest and record the time in seconds to treat the test area.
3) Spray into a container for the same number of seconds (step 2) and measure the fluid ounces (fl-oz) caught.
4) The number of fl-oz caught in the container is equal to the gallons of spray per acre (GPA).
5) Determine the useful volume of the spray tank.
   Note: If using a spray tank that uses compressed air to create pressure, note the "full" mark on the spray tank. Measure the usual volume of water needed to fill the sprayer to the full mark.
6) Divide the useful volume of the tank (step 5) by the spray output, GPA (step 4) to determine the decimal fraction of an acre covered by each tank of spray solution.
7) From the label, determine the volume of product to apply per acre.
8) Multiply the volume of product per acre (step 7) by the fractional acre covered per tank (step 6) to determine the amount of product to add per tank of spray.

Example
1) You have measured a test area 18.5 feet by 18.5 feet.
2) You spray the test area and find it takes you 22 seconds.
3) You catch the output in a container for 22 seconds and measure 34 fluid ounces of water caught.
4) You, therefore, are spraying the equivalent of 34 gallons per acre.
5) Your backpack sprayer has a three-gallon tank.
6) Each tank contains 3/4 gallons.
7) The product label recommends (32 fl-oz) of herbicide per acre.
8) You should add 3 fl-oz per acre x 0.75 acres per tank = 2.25 fl-oz per full spray tank.

Cost of Pumping Water for Domestic and Acreage Needs

Commercial Pesticide Applicator Initial Training, April 19

Commercial applicators are persons who apply restricted-use pesticides for any purpose on any property other than property owned or rented by the individual or their employer or for hire or compensation. Commercial applicators shall also include any person who applies lawn care or structural pest control pesticides whether restricted- or general-use to property of another person. Public employers (employed by a town, city, county, state) or applying mosquito control pesticides whether restricted- or general-use, must also hold a commercial or non-commercial certification.

To become licensed initially as a commercial applicator, one must pass a written examination in each of the general categories and one or more additional categories. A commercial license is good for three years. Once licensed in a category, you can maintain commercial certification by attending a re-certification training session or by passing a written examination. UNL Extension will offer an Initial Commercial Certification Training Session on Thursday, April 19 at the Lancaster Extension Education Center, 44 Cherrycrest Road, Lincoln. The general standards session will begin at 9 a.m. and other categories at 1 p.m. or 3 p.m.

Tomm Donn
UNL Extension Educator

Question: "How much does it cost to pump water with our domestic well?"

Answer: The horsepower and electricity required to pump water depends on four factors:
1. The distance the water must be raised.
2. The formulation of the product; and
3. The recommended amount of product to apply per acre.
4. The efficiency of the pump and motor.

Let’s take a look at the example of a domestic well pumping 10 gallons per minute while lifting water from 125 feet. This pumping depth and producing 45 PSI pressure in the distribution system.

Water horsepower (the useful work imparted to the water) in horsepower, as follows:

Water horsepower (HP) = GPM x Total head (ft) / 3960

WHP = 10 GPM x 125 ft / 3960

WHP = 0.10 x 125 = 298/3960

WHP = 10 x 414/3960

WHP = 1.05

If we assume the pump is 75 percent efficient, the motor driving the pump must produce 1.05 x 0.75 = 1.0 horsepower to drive the pump.

Assuming the single phase (220 volt) motor is 75 percent efficient, the pump motor consumes 0.105 kWh of electricity for each horse-

power-hour. Therefore, we would expect this pump to use 0.105 kWh/ft x 1,500 ft = 0.157 kWh for each hour of operation.

A family of four will use about 230 gallons of water per day (91,250 gallons per year) for water use, as follows:

This pump would have to run 9,125 minutes or 152 hours per year to supply domestic uses. Total annual electrical use for domestic use is 152 hours x 1.5 kWh/hour = 228 kWh. At $0.09 per kWh the annual cost for pumping water for the household would be $20.52.

The family also irrigates a 10,000 square foot (0.23 acre) lawn an average of 0.75 inches per week from May 1 through September 30, adding 207,500 gallons for the lawn, making the total water used on the acreage 194,000 gallons per year. The electrical cost would be 233 hours x $0.09/kWh = $21.07.

Question: What should a landowner charge for pumping drinking water for cattle on pasture?

Answer: In the summer months, cows will consume about 22 gallons of water per day. Each cow will drink about 150 gallons of water per month. The pump described above would need to run 68 minutes = 1.13 hours per month to pump the water needed to drink the cows 22 gallons of water per month. The electricity usage would be 1.74 kWh x 1.13 hours = 1.97 kWh per month. At $0.09 per kWh the electricity cost would be about $0.18 per month.
When you are doing chores around the house this spring, keep an eye out for signs of termites. Termite activity increases during the springtime as temperatures warm up. Like all insects, termites are cold-blooded animals and activity slows greatly when temperatures are below 50 degrees F. In fact, during the winter below the frost line, termites are less active during Nebraska winters. But, when temperatures warm up in the spring, hungry termites are looking for food—which could be your house. Be on the lookout for: Mud tubes — To keep from becoming dehydrated, termites build and travel through mud tubes about the same size of a pencil. If you break the tube open, you may find light-colored worker termites. These innocent-looking insects are the ones that take small bites out of your house. Watch for mud tubes on the side of foundations, inside basement walls and where wood is close to the soil. Check for mud tubes if you are doing repair work, homeowners sometimes find mud tubes in wall voids while doing remodeling projects. Swarming termites — In the spring, some of the termites in a healthy colony develop wings and fly off to start new colonies. Swarming termites are dark brown to black, have two pairs of nearly equal-sized wings and are weak flyers. Termites swarming in the house is a cause for real concern because it means worker termites have found a way into the house. Damaged wood — Termite damage is often hidden because termites prefer to stay inside the wood or wall void. Damaged wood can often be penetrated with a screwdriver or an ice pick, revealing mud tubes lining the damaged wood. Tapping damaged wood with the handle of a screwdriver may produce a “hollow” sound. Pinholes in drywall or wallpaper — Termites in the wall void sometimes chew through drywall to search for new sources of wood. When they reach the light and dry air, they stop and plug the tiny hole with mud. Places to particularly look for termite activity include wooden constructions in basement and crawl spaces, wood sills, joists, support posts, basement window frames. What should you do if you find termite activity? DO NOT PANIC! Termites damage wood slowly; it takes from three to eight years for significant damage to result from a termite infestation in Nebraska. Many people want to treat the termites themselves to save money. But, because of the expertise needed to treat properly, homeowners should work with a termite control professional. Do not be pressured into making a quick decision about purchasing a termite control service; the time spent gathering information can save you hundreds, even thousands of dollars and will help you make more informed decisions.

**Tips to Encourage Nesting Birds**

- Bird baths and fruit-bearing shrubs are attractive to many bird species.
- Secure houses and shelves tightly to the support post to withstand wind and climbing predators.
- Some cavity-nesting birds forage in trees and require trees as part of their habitat. Examples include black-capped chickadees, dowdy woodpeckers, white-breasted nutcrackers and house wrens. Bird houses for these species are more attractive and successful when appropriately located and of wood sills, joists, support posts, basement window frames.
- Pinholes in drywall or wallpaper — Termites in the wall void sometimes chew through drywall to search for new sources of wood. When they reach the light and dry air, they stop and plug the tiny hole with mud. Places to particularly look for termite activity include wooden constructions in basement and crawl spaces, wood sills, joists, support posts, basement window frames. What should you do if you find termite activity? DO NOT PANIC! Termites damage wood slowly; it takes from three to eight years for significant damage to result from a termite infestation in Nebraska. Many people want to treat the termites themselves to save money. But, because of the expertise needed to treat properly, homeowners should work with a termite control professional. Do not be pressured into making a quick decision about purchasing a termite control service; the time spent gathering information can save you hundreds, even thousands of dollars and will help you make more informed decisions.

**Termite Workshops for Homeowners in May**

To become more informed about termites, attend a workshop. “Everything Homeowners Need to Know about Termites and Termite Control,” a series of four educational workshops, will be held at the following Nebraska locations:
- May 3—Omaha, Douglas-Sarpy Counties Central Office; 8015 W. Center; 6:30–9:30 p.m.
- May 15—Weeping Water, Cass County Extension Office, 8400 144th Street, located on the Cass County Fairgrounds, 6:30–9:30 p.m.
- May 17—Lincoln, Lancaster Extension Education Center, 444 Cherry Creek Road 6:30–9:30 p.m.

There is a $25 registration fee for this workshop. In addition to training, participants will receive up-to-date reference materials.

**Spring Cleaning? Take Advantage of Household Hazardous Waste Collections**

- **Saturday, April 21, 9 a.m.–1 p.m.**
  - State Fair Park, 4-H Youth Complex
- **Saturday, May 19, 9 a.m.–1 p.m.**
  - Pfizer Inc., 601 W. Cornhusker
  - Includes Latex Paint Exchange
- **Friday, June 22, 9 a.m.–1 p.m.**
  - Union College Parking Lot, 52 & Cooper Streets
- **Saturday, June 23, 9 a.m.–1 p.m.**
  - NE Wesleyan University, parking lot, 56 & Huntington Streets

Some items you can bring for disposal:
- Thermometers, thermostats containing mercury, solvents, oil-based paint, paint thinner, pesticides (environmentally friendly like DDT), items containing PCB’s (ballasts from fluorescent fixtures and capacitors from old appliances).

On May 19 only, you may bring latex paint for the paint exchange. Do not bring asbestos, tires, batteries, used oil, medicines, fertilizers, explosives and ammunition. These collections are for household only; not for businesses. Only residents of Lincoln and Lancaster County can bring items to collections. Still unsure what you have will be acceptable? Call the Lincoln-Lancaster County Health Department at 441-8040.
Easter Celebration

Easter is a happy time, a time to celebrate the coming of spring and the new life that’s all around us in the flowers, trees, animals and Birds. Along with the deep religious meaning, it’s also a tradition for games and gifts, and making Easter eggs. The egg has always been a symbol of new life and people believed eggs given at this season would bring good luck. It’s been a custom to color, decorate and exchange eggs for hundreds of years. While eggs are good eating at any time, Easter is the season to enjoy them as gifts and special treats.

Egg Handling and Safety Tips
There are some important safe handling methods to remember the year you’re decorating, cooking or hiding those eggs since eggs are handled a great deal more than usual around Easter. Remember to:

1. Wash your hands thoroughly with hot soapy water and rinse them before handling the eggs when cooking, cooling, drying and hiding them.
2. Be sure and inspect the eggs before purchasing them, making sure they are not dirty or cracked. Dangerous germs may enter a cracked egg.
3. Store eggs in their original cartons in the refrigerator.
4. Make sure you find all the eggs you’ve hidden and then refrigerate them. Discard cracked eggs.
5. As long as the eggs are NOT out of refrigeration over two hours, they will be safe to eat.
6. Do not eat eggs that have been out of refrigeration more than two hours.
7. If you are planning to use colored eggs as decorations, (for centerpieces, etc.) where the eggs will be out of refrigeration for many hours or several days, you must refrigerate them after they have served their decorative purpose.

Egg Salad Week
Each year, for the full week beginning the Monday after Easter, the U.S. egg industry observes Egg Salad Week. The week’s purpose is the enjoyment of all the tasty recipes prepared with eggs. In the United States, we often serve a variety of vegetable meals (often called “side dishes”) as part of our meat or stock added for flavor. Hispanic and Middle Eastern cultures include a variety of vegetables in their dishes, which are high in protein and contain many important nutrients found in vegetables. The nutrients in vegetables include vitamins, minerals and phyto-chemicals (plant chemicals) our body needs. They often contain not only Vitamin A and C, but are rich in folate and potassium. They satisfy hunger while adding few calories because they are rich in dietary fiber and water. Perhaps the greatest thing about vegetables as the color and eye appeal they add to our meal. Think deep rich colors such as dark green, red, yellow, orange and yellow-orange. The vegetables such as deep red tomatoes, dark green bell peppers and bright orange carrots. Deeply colored vegetables are the most nutrient-dense, but even the white vegetables, like onions and garlic contain important phyto-chemicals. For adults and children, 6 years and older, approximately 2 1/2 cups of vegetables are recommended daily. Many of us don’t reach that goal.

Vegetables: More than Just a “Side Dish”
By Alice Henneman
UNL Extension Educator
Lincoln-Lancaster County
Health Department

Last issue we covered a few food safety myths. Here are some more facts and the facts you need to know!

MYTH 1: If you let a food sit out or re-refrigerate after you can make it safe by heating it really hot!

FACT 2: Some bacteria, such as staphylococcus (staph), produce toxins not destroyed by high cooking temperatures.

MYTH 2: If a hamburger is brown in the middle, it is cooked to a safe internal temperature.

FACT 2: 1 out of 4 hamburgers turns brown before it has been cooked to a safe internal temperature.

When measuring the temperature of a thin food, such as a hamburgh patty, pop chok or chicken breast, an “instant-read” digital thermometer should be used, if possible.

If using an “instant-read” dial thermometer, the probe must be inserted in the side of the food. The entire side of the food (usually 2–3 inches) is positioned through the center of the food.

Tangy Raspberry Salad

Ingredients:

- 2 tablespoons olive oil
- 3/4 cup vinegar
- 1 tablespoon orange juice
- 3/4 cup raspberries
- 2 tablespoons chopped green onion
- 1/2 cup chopped green onion (12 oz.)
- 2 cups fresh or frozen (no sugar added) raspberries
- 1 tablespoon chopped green onion with top
- 8 cups loosely packed, torn mixed salad greens
- 1 – 2 cups of vegetables are recommended daily.

SALADS are one of the easiest ways. Make the salad your main dish by including a variety of greens—Romaine, lettuce, spinach, arugula, cabbage, celery tops and many other choices. Iceberg lettuce contains few nutritive foods, so look for dark leafy greens. Then add other veggies (and even fruits) to your salad for color and textures. Add some colorful legumes, perhaps red beans or black beans or kidney beans. A low-fat or no-fat dressing can top off your salad. SOUPS and vegetables are a natural. Go beyond potatoes and carrots and add broccoli, cauliflower, squash, sweet potatoes, peppers or other vegetables to your soup. Add golden lentils or leftover mashed potatoes to thicken your soup and add nutrients. If using canned soups, make the soup much more appealing and increase the number of servings by adding vegetables. CASEROLEs and SKILLET MEALS (combina- tion of ingredients) close to the side of a meat for protein and usually potatoes, pasta or rice. Adding a vegetables or two enhances the texture, color and flavor. Frozen vegetable mixes work great in combination foods as well as fresh, frozen or canned vegetables. To add color, drain a can of diced tomatoes and add to most any combination dish. Stir-fry vegetables are just one type of skillet meal. Kids and adults will enjoy trying some new vegetables, such as snow peas, bok choy, jicama or water chestnuts.

The Nebraska Medical Center, with the help of its new food safety education program, is educating consumers on proper food handling techniques to assure food is safe to eat. Four steps follow:

1) Clean—Wash hands and surfaces often.
2) Separate—Don’t cross-contaminate.
3) Cook—cook to proper temperatures.
4) Chill—Store promptly.

Remember: When in doubt ... TOSS IT OUT!!

For a PowerPoint presentation related to my material, go to http://lancaster.unl.edu/food/myths.html

MYTH 3: Meat and poultry should be washed before cooking.

FACT 3: Washing meat and poultry is NOT neces- sary or recommended. Wash only utensils counter surfaces.

Cooking meat and poultry to the recommended internal temperature will make them safe.

MYTH 4: We should be scared of eating almost every- thing!

FACT 4: “... the Ameri- can food supply continues to be among the safest in the world.”

In 2006, roughly 304,000 tons of waste was disposed of by Lincoln and Lancaster County residents — this represents 2,294 pounds of garbage per person for the year.

Did you know in 2006, City Solid Waste Operations staff estimate roughly 304,000 tons of waste was disposed of by Lincoln and Lancaster County residents? This represents 2,294 pounds of garbage per person for the year. In 2000, we produced 2,311 pounds of garbage per person for the year. The rate of garbage disposal per person has dropped. However, more waste is generated per person in Lincoln than cities in European countries such as Germany or in Pacific Rim countries such as Japan.

Two of the most harmful waste products are toxic and other hazardous materials.

As we grow and develop our living environment, it could also help reduce the waste of natural resources.

EcoStores' inventory includes doors.

It's also a great destination for weekend “do-it-yourselfers.”

If you're remodeling your kitchen, rather than throw out the sink, the countertop or the cupboards, you can bring them to us. We'll take them if they're in usable condition, and chances are we might have something in stock to replace them,” he said.

The incentives for builders large and small go beyond helping the environment. Steward said donors of materials will get a receipt for tax deductions, and buyers will find a wide variety of building materials that can be purchased at half or less of the retail cost. EcoStores’ diverse and rapidly growing inventory includes all shapes, sizes and styles of doors and windows; wood trim, boards, paneling and flooring; office furniture including desks, dividers and file/storage cabinets; kitchen and bathroom fixtures including sinks, tubs and cabinets; electrical fittings and fixtures including ceiling fans; a wide range of commercial shelving and many other building and construction materials.

EcoStores also features new, unused, and small go beyond helping the environment.

Steward says he hopes to keep some of that waste from going to the local landfills by offering individuals, contractors and building companies an alternative destination for used or overstock materials as well as an alternative source for building supplies. While being more important, waste reduction is perhaps the most difficult of the three R’s. It requires us to change our lifestyles and rethink how our daily actions impact the environment. In 1960, when the globe had half the current population, the average American produced approximately 2.5 pounds of trash per day. Today the average American produces more than 4.5 pounds of trash per day. The American lifestyle is the most resource intensive on the planet. Even with higher recycling rates, we have not been able to keep up with consumption.

The Important First Step is “Reduce”
Recycling is Best Option for Disposing of Computers

Old computers and other electronic devices are the fastest growing portion of our waste stream. A household computer is expected to last 3.5 years; while in a business environment, the life expectancy is about 2 years. Studies show more than 315 million desktop and laptop computers will become obsolete in the United States within a few years. That’s roughly one computer for every person in the U.S. and the problem will only get worse. As technology becomes more advanced, people will continue to upgrade their electronic devices such as TV’s and computers.

Computers contain over a dozen heavy metals and are hazardous to humans, plants, animals and the environment of these heavy metals are an issue of growing concern.

The hazards posed by these heavy metals are a global concern for human health and the environment. High levels of circuit boards and other electronic materials are stored by their owners because they are perceived to have some value. The remainder are recycled or put in a landfill. Many of the materials stored are eventually disposed of as waste. Recycling is always the best option for disposing of computers.

The Lincoln Recycling Office encourages those with old computers to recycle or re-use their equipment. See list at right for local organizations which accept computer donations and local businesses which recycle computers. Generally, households will need to deliver their computers to a local recycler. However, businesses which have a larger quantity of computer equipment than can be handled by their facility will come to their service facility and pick up the equipment for a fee. If you have additional questions about computer recycling, please contact the recycling hotline at 441-8215.

Dispose of Their Computers

The best way to protect your home from toxic materials is to keep them out of the home. To keep these materials out of the home, buy less hazardous materials. When deciding which products to buy, read the labels on the products.

Hazardous Products

Products are considered hazardous if they are:

- Flammable or Combustible: They can easily ignite.
- Explosive or Reactive: They can detonate or explode through exposure to heat, sudden shock or pressure.
- Corrosive: They can cause a chemical reaction that can burn or destroy living tissue or other material.
- Toxic: They are capable of causing injury or death through ingestion, inhalation or skin absorption.

Reduce Your Risk

Make sure the product you want to buy poses the lowest level of risk by reading and understanding the label. Purchase the product with the lowest level signal word. If the label does not contain words like “Flammable,” “Corrosive,” “Explosive,” “Reactive,” “Poison” “Toxic,” or “Hazardous,” the product may be safe to use. The words “natural” or “organic” do not indicate a safe product. A product labeled “all natural ingredients” can still contain hazardous materials. If you feel uncomfortable with the ingredients or the instructions for use, do not purchase the product.

The second step is to reduce the hazard. Buy materials least hazardous or toxic possible to do the job.

Businesses Toxics Reduction

The second step is to reduce the hazard. Buy materials least hazardous or toxic possible to do the job. Many manufacturers now make citrus-based or water-based solvents. Buy latex and water-based paints. Avoid products that have the word “warning,” “danger” or “poison” on the label. If a product requires users to have special training or protective equipment, that product is potentially hazardous.

Solvent substitution information is available on several Web sites:
- Environment at http://ess.epa.gov
- The Western Regional Pollution Prevention Network (WRPNN) at http://www.wrrnp.org/iria

Business Computer Recycling

A-TEC RECYCLING
Des Moines, IA
(800) 551-4912
http://atecrecycling.com
CP RECOVERY
Omaha, NE
(888) 411-6975, (402) 339-1513
http://coprecovery.com
ELECTRONIC RECYCLERS
Omaha, NE
(402) 658-5682
MERCURY WASTE SOLUTIONS
Roseville, MI
(651) 628-9370, (877) 636-6514
http://mercurysolutions.com
MIDWEST ELECTRONIC RECOVERY
Walford, IA
(319) 845-2000
http://www.ewasterecycle.com
MIDWEST LAMP RECYCLING, INC.
Madison, WI
(800) 317-8333, (800) 487-1010
TECHWAVE RECYCLING
1833 West “O” Street, Lincoln, NE
(402) 499-3103
UNIVAR USA, Inc.
Omaha, NE
(800) 909-4897
http://www.chemcare.com

Reduce Hazardous Waste For Home

The best way to protect your home from toxic materials is to keep them out of the home. To keep these materials out of the home, buy less hazardous materials. When deciding which products to buy, read the labels on the products.

Hazardous Products

Products are considered hazardous if they are:

- Flammable or Combustible: They can easily ignite.
- Explosive or Reactive: They can detonate or explode through exposure to heat, sudden shock or pressure.
- Corrosive: They can cause a chemical reaction that can burn or destroy living tissue or other material.
- Toxic: They are capable of causing injury or death through ingestion, inhalation or skin absorption.

Read the Label

Labels of hazardous products are required by law to include certain warnings. Hazardous product labels often list the principal hazards such as “flammable,” “causes burns to skin and eyes,” or “vapor harmful.” Key words to look for are called “Signal Words.” Signal words indicate the level of toxicity of the product. Purchase the products with the safest or lowest level of hazard.

No Word: If the labels contain no signal word or special warnings, or if it explains you can use water or soap in clean up, the product is safe to use.

Caution: The product is slightly toxic. This product with this signal word on the label is not as safe as the first product but is safer to use than products with any other signal word on the label.

Warning: The product is moderately toxic. This product is more hazardous than one with “caution” on the label.

Danger: The product is highly toxic, corrosive or extremely flammable.

Poison: The product is highly toxic.

Minimize Your Risk

Make sure the product you want to buy poses the lowest level of risk by reading and understanding the label. Purchase the product with the lowest level signal word. If the label does not contain words like “Flammable,” “Corrosive,” “Explosive,” “Reactive,” “Poison” “Toxic,” or “Hazardous,” the product may be safe to use. The words “natural” or “organic” do not indicate a safe product. A product labeled “all natural ingredients” can still contain hazardous materials. If you feel uncomfortable with the ingredients or the instructions for use, do not purchase the product.
**Benefits of Using LinGro as a Soil Amendment**

The clay soils that exist in Lincoln and Lancaster County can benefit from incorporating LinGro. The main advantage to LinGro is its ability to improve the soil structure. The clay soils found in Lincoln and Lancaster County are improved in the following ways.

- Increased water holding capacity of the soil.
- Addition of beneficial soil micro organisms.
- Decreased bulk density of the soils.
- Increased soil porosity.
- Plants will benefit from the use of LinGro when it is properly incorporated into the soil. Among the benefits are: increased root and leaf development. LinGro when it is properly incorporated into the soil. Among the benefits are: increased root and leaf development.

LinGro is the natural choice for improving the quality of your soil and turf. LinGro should be incorporated into the root zone of plants and turf to be most effective. For every inch of compost applied, till into six inches of soil. In heavy clay soils, it is recommended the soil be tilled first, then apply compost followed by another roto till. This ensures the compost is thoroughly dispersed in the root zone.

**Established Lawns**—Aerate the lawn in late fall or early spring, approximately 1/8 to 1/4 inch deep and water thoroughly. Some professionals use a 3/8 inch mix of compost and sand or topsoil, which is heavier than pure compost and sets into the root zone of plants.

**Mulch**

In nature, plants and trees drop leaves that accumulate at their bases. Every year, a new layer is added while the old layers start to decompose. This is how Mother nature is doing its job. What nature is doing is providing a protective layer over the roots of plants. This layer of vegetation is what protects the bare soil during the summer months by reducing soil temperature, suppressing weed growth and reducing soil moisture loss. Compost can do the same thing in gardens and landscapes.

**Soil Amendment**

When starting a new garden soil, amending is recommended before planting. It is so much easier to add compost now than it is after the garden is planted. Cover the garden area with 1 to 2 inches of compost and till it into the upper six inches of the soil. If the garden is already established and you want to incorporate compost deeply into the soil, your options are limited.

When perennials, every time a new plant is added to the garden or an old one is divided, add compost. With annuals, add compost every spring. Loosen up the entire area where annuals will be planted and work in compost.

Around existing trees it may be difficult to incorporate the compost into the upper six inches of the soil, use a 1-inch diameter holes 12 inches deep in the soil throughout the tree canopy and beyond the drip line of the plant. For best results aerate prior to application.

Compost is a high-quality product. Individuals and businesses may order LinGro directly from the City of Lincoln’s compost facility. There is a $5 per cubic yard charge for the woodchips plus delivery. For more information, call 441-8102.

**Woodchips Also Available**

Woodchips can also be obtained directly through the City of Lincoln’s compost facility. There is a $5 per cubic yard charge for the woodchips plus delivery. For more information, call 441-8102.

**How to Obtain LinGro**

Each spring the City of Lincoln will provide a certain quantity of LinGro for distribution to the public at no cost. The material will be available at the 48th Street Transfer Station, 5101 North 48th Street. The material is available on a first-come, first-served basis and individuals must self-load the compost.

**LinGro Recommended Application Rates**

- **Trees and Shrubs**—Apply 1 to 2 inch layer of LinGro on the surface of the ground in a radius not to exceed the drip line of the plant. For best results aerate prior to application.

- **House Plant Potting Mix**—LinGro generally has an alkaline pH. It may be necessary to add aluminum sulfate or some other form of water soluble acidifier in potting mixes for pH sensitive plants. Mix thoroughly and provide a variety of nutrients not typically supplied in commercial potting mixes.

- **Flower and Vegetable Gar- dens**—In spring or fall, apply a one to two inch layer of LinGro over the entire garden area and till into 6 to 12 inches of soil. For established perennial flower beds, apply one inch layer of LinGro and mix lightly with existing soil. When thinning perennials mix compost thoroughly with soil in planting area.

**Compost Has Many Uses**

- **Mulch**

  In nature, plants and trees drop leaves that accumulate at their bases. When applying compost on a lawn, be sure it is finely ground and sifted. There is less of a chance of smothering the lawn. A 1/4-inch mesh hardware cloth works even better. One way to incorporate the compost is to aerate the soil, then apply a 1/8-inch to 1/4-inch covering of fine compost. Use a rake to distribute the compost into the corings. When mulching around trees and shrubs, screening may not be necessary. This is really a matter of aesthetic desire.

- **Soil Amendment**

  When starting a new garden soil, amending is recommended before planting. Soil amendment is so much easier to add compost now than it is after the garden is planted. Cover the garden area with 1 to 2 inches of compost and till it into the upper six inches of the soil. If the garden is already established and you want to incorporate compost deeply into the soil, your options are limited.

  When perennials, every time a new plant is added to the garden or an old one is divided, add compost. With annuals, add compost every spring. Loosen up the entire area where annuals will be planted and work in compost.

  Around existing trees it may be difficult to incorporate the compost into the upper six inches of the soil. Use a 1-inch diameter holes 12 inches deep in the soil throughout the tree canopy and beyond the drip line of the plant. For best results aerate prior to application.

  Compost is a high-quality product. Individuals and businesses may order LinGro directly from the City of Lincoln’s compost facility. There is a $5 per cubic yard charge for the compost plus a delivery fee of $5 per dump truck load. Delivery will be made anywhere in Lancaster County. Individuals may also arrange their own transportation of the material. Individuals will need to pre-pay for the material and delivery. Persons can place an order by calling any of the following:

  - **Buff Road Landfill and Compost**
    - Facility: 441-8366
    - Transfer Station Supervisor: 441-8366
    - Recycling Coordinator: 441-7043

  - **Woodchips Also Available**

    Woodchips can also be obtained directly through the City of Lincoln’s compost facility. There is a $5 per cubic yard charge for the woodchips plus delivery. For more information, call 441-8102.

- **Using Compost in Potting Mixes**

  Blend fine-textured compost into potting mixes. However, make sure the compost is not make up more than one quarter of the potting mix’s volume. Plant growing in containers are entirely reliant on the water and nutrients provided in the potting mix. Compost is excellent for container growing mixes, because it stores moisture and nutrient rich soil. Compost provides a variety of nutrients not typically supplied in commercial potting mixes.

  Fertilizer contain- ers on a regular basis to provide the high volume of nutrients they need. Finely sifted compost can also be used in seed starting mixes.

- **Compost Tea**

  An old-fashioned way of providing liquid fertilizer for plants is to make compost tea. Similar to manure tea, compost tea gives plants a good dose of nutrients. Compost tea works especially well for providing nutrients to new transplants and young seedlings. To make compost tea fill a 5-gallon bucket or an old pillow case with finished compost and secure the open end. Place in a tub, barrel or watering can filled with water. Agitate for a few minutes and then let it steep for a few days. Water will leach out nutrients from the compost and the mixture will take on the color of tea. Spray or pour compost tea on and around plants. Use the bag of compost for several batches. Afterwards, simply empy the bag’s contents onto the garden.
Recycling is Easy and Conserves Resources

One of the easiest things for people to do to help conserve resources is to recycle. If you currently don’t recycle, please start. If you recycle aluminum cans or newspapers, you can recycle other items such as glass bottles, #1 or #2 plastic containers, cardboard or junk mail. If you recycle at home, consider starting a recycling program at work. If you recycle at work, consider starting to recycle at home.

In fiscal year (FY) 2005–06 a total of 6,681 tons of recyclables were collected at the recycling drop-off sites in Lincoln and Lancaster County. This represents a 10.6 percent increase over the 6,042 tons of material collected in FY 2001–02. The amount of material recycled last fiscal year represents an all-time high for the amount of recyclables collected through the drop-off program.

Not only does recycling conserve limited resources, it also saves valuable landfill space. Since 1992, government sponsored recycling programs have added the amount of material you recycle and buy recycled-products instead of the current projection of 2030. It’s easy to recycle.

It’s Easy to Recycle in Your Neighborhood!

There are 5 Newspaper Only and 22 Multi-Material Recycling Drop-Off Centers located in Lincoln and 6 Multi-Material Sites in the County. Here’s what materials are acceptable at the Multi-Material Recycling Sites.

- Newpapers
  - Inserts OK
  - Put newspapers in paper bag

- Cardboard Boxes
  - Flattened cardboard paperboard (i.e. cereal boxes) OK
  - All boxes must be flattened and placed inside recycling containers

- Cans
  - All food and beverage cans
  - Rinse, clean and flatten aluminum and tin cans and place in separate recycling compartments

- Glass Bottles and Jars
  - All food and beverage glass
  - Green, brown and clear glass OK

- Plastic #1 and #2 Containers
  - All #1 and #2 plastic bottles and containers
  - Labels OK
  - Rinse clean. Take off lids. Separate by color and place in separate recycling compartments

- Residential Mixed Papers
  - Mail, magazines, office and school paper and telephone directories
  - Put clean paper together in a paper bag
  - Keep newspapers separate.

"for our families for our future"

Contact 441-8215 for more information on proper separation of recyclables.

Recycling of aluminum cans saves 95% of the energy required to make the same amount of aluminum from its virgin source. One ton of aluminum recycled saves the energy equivalent of 40 barrels of oil.

**RECYCLING**

**Drop-Off Site Locations**

**North**
- N.W. Roundhouse Dr. & W. 9th Streets
- UNL Food Stores Warehouse, 122 N. 17th Street
- University Place, 47th & St. Paul Streets
- Gates of Praise Church, 70th & Vine Streets
- A & J Recycling Center, Knox & N. 20th Street
- Opens summer 2007
- Russ’s Market, 63rd & Plate Avenue
- Centro Plaza, 48th & R Streets
- Southeast Community College, 88th & “O” Streets
- 48th Street Transfer, 5101 N. 48th Street
- Limited hours of operation
- Air Park Recreation Center, 3710 N.W. 46th Street
- Highlands Fire Station 5435 N.W. 1st Street
- North Star High School, 5801 N. 33rd Street
- Opens summer 2007

**South**
- Leo’s Food Mart, 32nd & South Streets
- Trabel Hall 12th & South Streets
- Union College athletic field parking lot, 53rd & Calvert
- East High School Seawest Financial parking lot, 70th & A Streets
- Hamilton College parking lot, 19th & “L” Streets
- Pepsi Cola Distribution Facility, 1901 Windsock Drive
- Russ’s Market, 1550 S. Doddington
- Limited hours of operation
- Russ’s Market, 33rd & Highway 2
- Midland Recyling, 440 J St.
- Opens Spring 2007
- Super Saver, 27th & Pine Lake Road
- Opens summer 2007

**NEWSPAPER ONLY Drop-Off Sites**

**North**
- UNL East Campus Parking Lot, Building 2 No. 2, 33rd & Holdrege Streets

**South**
- St. John XXIII Center, 3700 Sheridan Boulevard
- Willard Community Center, Folsom & West “B” Streets
- All Saints Lutheran Church, 8251 Pioneers Boulevard
- Indian Village, 13th & High Streets

**Private Curbside Recycling**

The following recyclers provide the convenience of curbside recycling for a monthly fee:
- Midwest Refuse
- Recycling Enterprises
- Star City Recycling

**Additional Communities**
- Bennett Refuse Transfer Station
- Davay Refuse Transfer Station
- Firth Community Center
- Hickman Park
- Panana Refuse Transfer Station
- Waverly, Waverly Plaza

**Mapping Lincolns Recycling Sites**

- Map Key
  - Aluminum cans
  - Cardboard & Mixed paper
  - Glass containers
  - Newspaper
  - Plastic gallon milk jugs
  - Tin cans
  - Newspaper only

- It is against the law to deposit any material other than what is accepted.
- Call 441-6500 if you see persons depositing material illegally.

- Designed by Citizen Information Center 01/2006

- Designed by Citizen Information Center 2/2007
FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s Notes — Alice’s Analysis

Alice Doane
FCE Council Chair

As I write this analysis on March 2, it is basketball weekend and lambing time. We can expect both (We got it.). Thirty-nine years ago, Ted had synchronized the ewes to lamb on a Friday and a Sunday. It was very cold and snow on the ground. Thursday night of that week we had been up all night and had to bring three lambs into the boot room to get warm. The next morning, Ted sent me to town to get heat lamps as soon as Bonnie got on the school bus. As I was leaving for town, who should drive in the yard but a careworn from Nebraska’s Children Home in Omaha. She had never seen anything born. This was going to be interesting. She went with me to the town. When we returned home we headed for the barn. She saw six lambs born. We finally sat down to talk about the adoption of Amy. Before the left, she had to go back to the barn to see the new lambs.

May 17 we received a call from Children’s Home. We had an eleven-month old daughter. When we picked up Amy, the director said, “we learned all about lambing at the Monday staff meeting after the caseworker visited your home.” Remember to mark your calendar for the following FCE dates:

• Council Meeting on March 26. Hostesses will be Emer- ald and Live ‘N Learn Clubs.
• Southeast District Meeting on March 29. You should have received a flyer about the day’s program.
• Sizzling Summer Sampler will be held July 10.

Looking for your ideas for a program. At the Regional FCE Meeting will be held in Omaha, Aug. 10–12. Aug. 9 will be different tours around Omaha. You should have received your FCE Today newsletter with det details.

State Convention will be Sept. 21–23 in Gretna.

FCE News & Events

Council Meeting, March 26
The March FCE Council meeting will be Monday, March 26, 6 p.m. at the Lancaster Extension Education Center. The program will be presented by Susan Glissman, supervisor of the Lincoln Public Schools Behavior Skills Program. The business meeting will follow.

Southeast District Meeting, March 29
Lancaster County is hosting the Southeast District FCE Meeting on Thursday, March 29, 9:30 a.m.–2 p.m. at the Lancaster Extension Education Center, 44 Driscoll Road, Lincoln, Jan Broer, Southeast District Director and a member of the Belline FCE are coordinating the event. The main speaker will be Fayrene Hamouz, UNL Associate Professor in Culinary Arts, who will present “Chocolate, Chocolate, Chocolate.” Registration fee is $10 and includes lunch. Preregistrations were due by March 20 — if you are interested in attending, call Pam at 402-782-5186.

FCE Scholarship Applications Due May 1
A $400 scholarship provided by the Lancaster County FCE Council is available for a graduate of a high school, a college or a permanent resident of Lancaster County or a student of the college.

•  Apply for scholarships online straight from your cell phone.
•  Create a music budget.

TEENS & CELL PHONES: CAMERAS, INTERNET AND MUSIC

Maureen Burson
UNL Extension Educator

How much is your family spending on technology today compared to five years ago? Recently, the number of wireless phone lines has surpassed land lines. With economical costs to exceed the cell phone and second line, cell phones are a great convenience for the entire family. Cellular phones have provided opportunities to build family linkages which could not be imagined five years ago. Technology advances can also become expensive and addictive distractions if consumers overindulge.

Cell phones are primarily used for text messaging, but secondary uses such as camera, Internet and music are becoming popular. One of the challenges parents face is monitoring and keeping track of their kids’ cell phone use. Small, hand-held screens make it hard to “watch what your kids watch.”

Cell Phone Cameras

Personal privacy is harder to find when people can snap pictures quickly and easily on their phones.

• Talk to your kids about appropriate and inappropriate camera use.
• Talk to your kids about the consequences of putting inappropriate and appropri- ated pictures and videos on public social sites like YouTube or MySpace.
• Make sure your kids know to not send personal photograph online to people they don’t know.

Cell Phone Internet Access

It can still be very expensive to access the Internet resulting in cell phone bills teens and parents weren’t planning on. If you do allow both access on phone, set limits to online time.

• Kids can download inappropriate messages or pictures off the Internet and send them to their friends. Talk about cell phone “etiquette.”

Cell Phone Music

Many phone companies are launching features where favorite songs can be stored on cell phones. Because of this, parents should consider:

• Buying music online can be expensive — help your kids create a music budget.
• It is easier to “impulse buy” when you can buy music online straight from your cell phone. Talk to your kids about how and when to buy music.
• Ask your kids what they are listening to on their phones. Try to listen to it.

The Lincoln Recycling Office, Midland Recycling, Recycling Enterprises, and Shredding Solutions is a non-profit organization which provides recycling market development and business recycling assistance. For more information contact Kari with WasteCap Nebraska at 434-7376.

Watching TV cuts into family time, contributes to unhealthy lifestyles, obesity and children’s ability to read and suc- cess in school. Research shows on average, children in the U.S. will spend more time in front of the televi- sion (1,023 hours) in school this year (990 hours), even though 2 percent of Americans frequently watch television during dinner.

How much TV does your family watch? TV Turnoff Week is a week for families to turn off the TV and do other activities such as playing games, reading, walking, enjoying nature and each other.

It also gives us a chance to think, create and do. It is a good time to connect with our families and engage in our communities. To find more information about TV Turnoff Week including an online activity book, go the website www.tvturnoff.org.

Join many other families, organizations and agencies during this week by turning off your TV. Turn on life and see how creative you can be during those usual TV times.

First Shred Day in Lincoln, April 28

Identity theft is one of the fastest growing crimes, affect- ing nearly one in 20 adults. Are you looking for a safe way to get rid of your personal and tax documents? In conjunc- tion with Clean Your Files Week, Shred Day 2007 will be held Saturday, April 28 from 9 a.m until 12 noon. This is the first event of its kind in Lincoln, allowing households and businesses to shred their confidential information AND have the paper recycled.

Bring your documents to any of the locations on April 28 for certified docum- ent destruction:

• Recycling Enterprises, 3900 Industrial Ave.
• Midland Recycling, 440 J St.
• Shredding Solutions Mobile Shredding, east of the Famous Dave’s Porking Lot at SouthPointe Paving Center, 27th and Pine Lake Road

There is no fee for the first 75 pounds, equivalent to a large banker’s box. Those with more than 75 pounds should contact WasteCap at 434-7376.

TV Turnoff Week, April 23–29

Collaboration is one of the challenges parents face is monitoring and keeping track of their kids’ cell phone use. Small, hand-held screens make it hard to “watch what your kids watch.”

Cell phone cameras

Personal privacy is harder to find when people can snap pictures quickly and easily on their phones.

• Talk to your kids about appropriate and inappropriate camera use.
• Talk to your kids about the consequences of putting inappropriate pictures and videos on public sites like YouTube or MySpace.
• Make sure your kids know to not send personal photographs online to people they don’t know.

Cell phone internet access

It can still be very expensive to access the Internet resulting in cell phone bills teens and parents weren’t planning on. If you do allow both access on phone, set limits to online time.

• Kids can download inappropriate messages or pictures off the Internet and send them to their friends. Talk about cell phone “etiquette.”

Cell phone music

Many phone companies are launching features where favorite songs can be stored on cell phones. Because of this, parents should consider:

• Buying music online can be expensive — help your kids create a music budget.
• It is easier to “impulse buy” when you can buy music online straight from your cell phone. Talk to your kids about how and when to buy music.
• Ask your kids what they are listening to on their phones. Try to listen to it.

The Lincoln Recycling Office, Midland Recycling, Recycling Enterprises, and Shredding Solutions is a non-profit organization which provides recycling market development and business recycling assistance. For more information contact Kari with WasteCap Nebraska at 434-7376.

Watching TV cuts into family time, contributes to unhealthy lifestyles, obesity and children’s ability to read and suc-cess in school. Research shows on average, children in the U.S. will spend more time in front of the television (1,023 hours) in school this year (990 hours), even though 2 percent of Americans frequently watch television during dinner.

How much TV does your family watch? TV Turnoff Week is a week for families to turn off the TV and do other activities such as playing games, reading, walking, enjoying nature and each other.

It also gives us a chance to think, create and do. It is a good time to connect with our families and engage in our communities. To find more information about TV Turnoff Week including an online activity book, go the website www.tvturnoff.org.

Join many other families, organizations and agencies during this week by turning off your TV. Turn on life and see how creative you can be during those usual TV times.
Free Kiwanis Karnival, April 14

4-H families and Elliot school students and their families are invited to the annual Kiwanis Karnival, a FREE family event sponsored by the Lincoln Center Kiwanis. This year, it will be Saturday, April 14, 7-9 p.m. at Elliot Elementary School, 225 S. 26 Street, Lincoln.

The Karnival features carnival type games for the kids, bingo for adults, prizes, snacks, fun and fellowship. Lincoln Center Kiwanis has sponsored this event for over 50 years providing prizes and snacks.

4-H clubs are needed to provide carnival-type booths. This is a great community service and leadership activity for clubs. If your 4-H club or family would like to have a booth or for more information, call Lorene at 441-7180.

Jammie Jamboree, April 14

Join us at the Jammie Jamboree and make jammie bottoms on Saturday, April 14, 9 a.m. Bring your own pull-on pajama bottom pattern, prewashed flannel or 100% cotton fabric (no one-way design fabric or plaid) and matching thread. Also bring your sewing machine, basic sewing equipment such as scissors, pins, measuring tape, etc. and a sack lunch. Open to all youth (need not be in 4-H). Adults are welcome. Sign up by April 11 by calling 441-7180. Jammie bottoms may be entered at the State Clover Challenge Contest during the Life Challenge Contest on June 25, 2007 at the University of Nebraska-Lincoln.

To register, call Tracy at 441-7180.

Wildlife Habitat Evaluation Program Teams Forming Now

All Lancaster County 4-H youth ages 8-18 who are interested in wildlife habitat conservation are encouraged to participate in this year’s Nebraska Wildlife Habitat Evaluation Program held June 1-2 in Nebraska City. This statewide contest is a fun and challenging outdoor adventure where youth learn about wildlife, conservation and management and then apply their knowledge in a fun, team-based competitive atmosphere.

Lancaster County novice, junior and senior level teams are forming now (n novice are involved in activities but not part of the contest). For additional information, contact Kirk Gunnerson at 470-0440 by April 30.

Three Resources for Leaders and Clubs

New: Spotlight on 4-H newsletter is written by extension staff for 4-H volunteers during the months of January through July. It is packed with information and resources to educate, inform and motivate 4-H members and families. This newsletter is mailed to organizational leaders and is available online at http://lancaster.unl.edu/4h/ClubResources/leadernewsletter.html

Computer CD — A 4-H Resources CD is available for each 4-H club. The CD provides information on the 4-H career portfolio, officer guides and a 4-H video. Stop by and pick up your copy!

Videotape — The “Winter 4-H Warm-up” 4-H leader training was videotaped and is available for checkout. For more information, contact Tracy, 441-7180.

Three Resources for Leaders and Clubs

New: Spotlight on 4-H newsletter is written by extension staff for 4-H volunteers during the months of January through July. It is packed with information and resources to educate, inform and motivate 4-H members and families. This newsletter is mailed to organizational leaders and is available online at http://lancaster.unl.edu/4h/ClubResources/leadernewsletter.html

Computer CD — A 4-H Resources CD is available for each 4-H club. The CD provides information on the 4-H career portfolio, officer guides and a 4-H video. Stop by and pick up your copy!

Videotape — The “Winter 4-H Warm-up” 4-H leader training was videotaped and is available for checkout. For more information, contact Tracy, 441-7180.

Lancaster County 4-H is proud to announce Roberta Sandhorst as one of April’s “Heart of 4-H Award” in recognition of outstanding volunteer service. Roberta has been a 4-H volunteer for seven years, five years as leader of the Sunshine club which her daughter was a member of and two years as leader of the Friends 4 Ever club. Roberta has also been a Clover College instructor, assisted with horticulture exhibits at the Lancaster County Fair, and volunteered at 4-H Food Booth at county fair.

Elise Krekemeier, a member of Friends 4 Ever, nominated her, saying, “Roberta helps us to understand what we’re working on. She is very patient with us. She does fun activities with us like passing kitchen objects under the table and guessing what they are.” Roberta says, “I like being a 4-H volunteer because I like that 4-H focuses on life skills, community service and leadership among others. My club members enjoy literary everything we do which makes being a leader so rewarding and enjoyable. My favorite experience as a 4-H volunteer was taking the club to the County Fair to see their exhibits on display. We also spent a lot of time looking at other exhibits and getting great ideas!”

In addition to volunteering for 4-H, Roberta volunteers as a University of Nebraska-Lincoln Extension Master Gardener and in the Bell Choir at Holy Trinity Episcopal Church. Congratulations to the Roberta. Volunteers like her are indeed the heart of 4-H!
The 4-H Speech and PSA Contest

Announcement (PSA) contests are open to all 4-H members ages 8–18, need not be enrolled in a specific project. Register by Monday, April 2 by calling extension at 441-7180. For more information, contact Deanna Karmazin.

PSA Contest, April 12

The PSA contest will be held at the Lancaster Extension Education Center on Thursday, April 12 at 6:30 p.m. PSAs must be 60 seconds; topic is 4-H. Emphasis is on the presentation of a PSA for radio. Contestants must give their PSA in person, no prerecorded tapes allowed. After the contest, youth qualifying for districts will record their PSAs on tape with the help of extension person, no prerecorded tapes allowed. After the contest, youth qualifying for districts will record their PSAs on tape with the help of extension staff. Tips for writing successful PSAs can also be found online at http://4h.unl.edu/programs/communication/psa.htm.

Speech Contest, April 15

This year’s Speech Contest will be held at the Lancaster Extension Education Center on Sunday, April 15 at 1 p.m. Topics can be anything, but a 4-H theme should be maintained. Length depends on division:
- • Novice (ages 8–9): 2 min. or less
- • Junior (ages 10–11): 2–3 min.
- • Intermediate (ages 12–13): 3–5 min.
- • Senior (ages 14–19): 5–8 min.

More information is online at http://4h.unl.edu/programs/communication/speech.htm and click on “As You Speak, 4-H Public Speaking Guidelines.” When registering please know what age division you are in and the title of your speech.

Teen Council Community Service Project

At their March meeting, nearly 20 4-H Teen Council members decorated more than 45 paper lunch bags for Tabitha Meals on Wheels.

Free 4-H Dressage Clinic, March 28 & 29

The 4-H Horse VIPS Committee is presenting a free two-day Dressage Clinic at the Lancaster Event Center (Pavilion 2 warm-up arena) with Felice Rose as clinician.

Two sessions for the junior & senior age group will be Wednesday, March 28 (session 1 from 6–7 p.m. and session 2 from 7–8 p.m.). Agenda: Fitting tack, saddles, dressage fundamentals/equitation.

Two sessions for the elementary age group will be Thursday, March 29 (session 1 from 6–7 p.m. and session 2 from 7–8 p.m.). Agenda: Balance of the rider, riding the different gaits, working the whole horse. We will need three gentle schooling horses, if you have a horse, please let us know.

Twelve riders only in each session, first come-first served. Riders may ride in English or Western Tack. To sign up, contact Joyce Agena at memaagena@wmconnect.com or 486-0335 — she will need your name, age, your phone number and an e-mail address if you have one. Anyone is welcome to come watch and learn!

Free 4-H Showmanship Clinic, April 11

The 4-H Horse VIPS Committee is presenting a free Showmanship Clinic at the Lancaster Event Center (Pavilion 2 warm-up arena) with Mindy Leach as clinician.

On Wednesday, April 11, two sessions will be held: session 1 for the elementary age group from 6:30 to 7:30 p.m. and session 2 for junior & senior age group will be from 7:30–9 p.m.

The emphasis of the clinic will be more on how the showman should look, act and how to present the horse rather than training of the horse. Some training of the horse, however, will be touched upon.

Twelve riders only in each session, first come-first served. To sign up, contact Marty Cruickshank at mcruickshank2@unl.edu or 441-7180 — she will need your name, age, your phone number and an e-mail address if you have one. Anyone is welcome to come watch and learn!

Stampede Results

Several Lancaster County 4-H members participated in the Horse Stampede held at UNL East Campus on March 10. Congratulations to all!

DEMONSTRATION CONTEST

Junior Individual — Cory Peters (Grand Champion, Purple) with "Horses and Injections: What to do and What not to do"

ART CONTEST

Ellie Dearmont (Purple), Ivy Dearmont (Blue), Spencer Peters (Red)

HORSE BOWL

Lancaster County Team: Bailey Heidbrink, Chelsea Gray, Maggie Moore, Sammy Moore, & Elizabeth Frobish (Blue)

Cory Peters was Grand Champion in the Junior Individual Demonstration Contest.

Spencer Peters received a red in the Art Contest.

The Lancaster County Horse Bowl Team coached by Sheila Scheidelier and Shari Heidbrink made it into the quarter finals.

All Riding Skills Level Tests Must Be Done in Group Testings

Attention all Lancaster County 4-H horse riders: all riding skills level tests must be done in group testings! The dates and locations for the 2007 Advance Level Testing as follows:

- • April 24 — 6:30 p.m. Lancaster Event Center Warm-Up Arena
- • May 8 — 6:30 p.m. Lancaster Event Center Warm-Up Arena Location TBA
- • June 26 — 6:30 p.m. Lancaster Event Center Warm-Up Arena
- • July 2 — 6:30 p.m. Lancaster Event Center Warm-Up Arena
- • Sept. 29 — 9:00 a.m. Location TBA

Please RSVP at least one week in advance of the test date to Marty at mcruickshank2@unl.edu or 441-7180. Riders wishing to complete their level III and IV in 2007 should contact Marty as soon as possible.

Riders must be 12 years of age and have a level II in order to compete at the State 4-H Show in Grand Island. District and State entries are due May 11. Anyone wishing to complete their levels II and III in order to compete at the state show must get their testing done before the May 11 date.

HORSE BITS
Tornadoes are relatively short-lived local storms. They are composed of violently rotating columns of air that descend in the familiar funnel shape from thunderstorm cloud tops. The weather conditions that tend to generate tornadoes are unusually warm and humid earth surface air, cold air at middle atmospheric levels and strong upper-level jet stream winds.

Tornadoes can occur anywhere in the United States during any month of the year. However, the Great Plains and Gulf Coast States experience the largest number of tornadoes. The greatest frequency of tornadoes occur in April, May and June.

The destructive path of a tornado averages about 250 yards in width and 15 miles in length. In extreme conditions, a tornado may travel more than 300 miles and leave a path of total destruction more than a mile wide. Tornadoes will travel up to 60 mph, with wind speeds approaching 400 mph within the tornado’s center. Tornadoes usually travel from a westerly direction to an easterly direction.

### Signs and Warnings

Tornadoes develop during severe thunderstorms. While not all thunderstorms create tornadoes, the potential is there. During violent weather, keep tuned to a local television or radio station for tornado reports.

If you are outside and see a funnel-shaped cloud with obvi- ous rotating motion, it may be a tornado. As a tornado de- rolls, it will produce a loud roar that grows louder as the funnel opens, it will produce a loud roar of a tornado. As a tornado develops, Local National Weather Service offices issue tornado warnings. Local Emergency Management officials may sound sirens dur- ing a tornado warning.

A tornado watch indicates conditions are right for a tornado to develop and the sky should be watched. A tornado warning indicates a tornado has been sighted or has been indicated on radar. Warnings will give the location of the tornado and the area immediately affected by the warning.

### How Can You Prepare for a Tornado?

- The best preparation for a tornado is to designate a safe place in or around your house as a tornado shelter. Tornado shelters are safest if they are underground. A storm cellar or basement away from win- dows offers the best protec- tion.
- If neither of these is available, plan to find shelter under heavy furniture or mattresses near an inside wall of your house on the ground floor. Get under solid furniture or cover yourselves with mat- tresses pulled off the bed. Plan tornado drills with your family so everyone knows what to do.
- Know the location of the designated shelter where you work or go to school. Plan to evacuate your manu-factured (mobile) home.
- Make an inventory of your household furnishings and other possessions. Supplement the written in- ventory with photographs or video. Keep inventories and pictures in a safe deposit box or some other safe place away from the premises.

### What Should You Do When a Tornado Warning is Issued?

- If you have a storm cellar or shelter, go to it immediately with your family. If no shelter is available, go to your base- ment and get under a heavy workbench or stairs. Do not position yourself directly under neath heavy appliances on the floor above you.
- If your home has no base- ment, stay in the center of the house away from the win- dows or in a small room on the ground floor away from outside walls. Take cover under solid furniture or mat- tresses. Protect your head.
- In mobile homes or vehicles, leave and take shelter in a substantial structure. If there is no nearby shelter, lie flat in the nearest ditch or culvert and cover your head with your hands.
- In any large building, such as an office or department store, avoid all large, poorly sup- ported roofs. Go to the base- ment or an interior hallway on a lower floor.
- Do not drive. You are safer in a home or basement shelter than in a car.
- If you are driving in a city and spot a tornado, get out of your car and go to a nearby building immediately.
- If you are driving in open country, drive at a right angle away from the tornado’s path if you can safely do so. Do not try to outrun the storm. If you cannot avoid the tornado, get out of your car. Lie flat in the nearest depression, such as a ditch, culvert or ravine. Protect your head and stay low to the ground.

### What Should You Do After a Tornado?

- After a tornado passes, keep tuned to the local radio or TV station to get an all-clear signal before leaving your shelter.
- Sometimes more than one tornado will develop during a violent storm so keep alert to the possibility of more tornadoes.
- Re-enter buildings with extreme caution they may be unstable.
- Be alert to fire hazards such as broken electrical wires or dam- aged electrical equipment, gas or oil leaks or smoldering piles.
- Report broken utility lines to appropriate authorities.

### Pioneer Farm Family Award Applications Due May 1

The Knights of Ak-Sar-Ben and the Nebraska Association of Fair Managers will recognize Nebraska Pioneer Farm Fami- lies at the Lancaster County Fair. Titled “Nebraska Pioneer Farm Family Award,” local recognition requires the land of a family in Lancaster County must have been owned by some member of the family for a century or more. Applications for this year’s recognition are due no later than May 1. Applications can be obtained by contacting Deanna Karmazin at 441-7180.
Perennials for Northern Gardens Lecture, April 1

The Nebraska Statewide Arboretum is sponsoring a lecture, “Perennials for Northern Gardens: Tried & True, Old & New” on Sunday, April 1 at 2:30 p.m. in the auditorium of the Nebraska Union, 1400 R Street on the University of Nebraska-Lincoln campus. Admission is $5 per person; free to members of the Nebraska Statewide Arboretum and UNL students.

Speaker Michael Heger is a leading expert on perennial plants for the garden and landscape. Heger worked 15 years for the Minnesota Landscape Arboretum.

Heger’s lecture will offer an overview of the best tried and true perennial plants for the northern climates, plus a behind-the-scenes look at some of the latest developments in perennials and lilies, two classic elements of the perennial border.

A reception with refreshments will follow. For more information, go to www.arbore.unl.edu or call 472-2977.

NE Ag Youth Institute Applications Due April 15

Applications are due April 15 for the 36th annual Nebraska Agricultural Youth Institute (NAYI) which will take place July 8–12 at an on-campus. Eligibility is limited to current high school juniors or seniors.

This institute expands young people’s understanding of agriculture, but it also develops the individual. Leadership development, critical thinking, and decision making skills, along with the opportunity to interact with youth interested in the future of agriculture, are key elements of the NAYI program.

All meals, lodging, and conference fees during the Institute are provided for the selected delegates. To obtain an application, go to For more information or an application form, go to www.agr.ne.gov or call Deanna Karmazin at 441-7180 or Whitney Davis at 499-6721.

Live Animal Training Session, May 8

Lancaster County 4-H, in cooperation with ADM Alliance Nutrition and MoorMan’s ShowTec, will present a live animal training session on Tuesday, May 8, 6–9 p.m. at the Lancaster Event Center. Topics covered include showing, fitting, nutrition and management of beef, sheep, swine and goats.

Open to anyone interested. No cost to attend. A light meal will be served. Please RSVP by May 1 by calling 441-7180. For more information, contact Deanna Karmazin.

The Nebraska LEAD Program (LEADERSHIP EDUCATION/ACTION DEVELOPMENT)

Applications are now being accepted for Nebraska LEAD Group XXVII, which begins in the fall of 2007. Thirty highly motivated individuals with demonstrated leadership potential will be selected.

Application deadline is June 15

The Nebraska LEAD Program is specifically designed for both males and females involved in production agriculture or agribusiness, in the general range of 25-50, who are intent on making a difference by providing quality leadership for the future of the industry of agriculture and the state of Nebraska.

For application or re-application materials and/or further information, call the Nebraska LEAD Program at 472-6810 or e-mail aplezek1@unl.edu

E-mail: lancaster@unl.edu • Fax: 441-7148

http://lancaster.unl.edu

THE NEBLINE

Tues, April 3, 2007

Tues Nicu articles may be reprinted without special permission if the source is acknowledged as “University of Nebraska—Lincoln Extension in Lancaster County Nicus.” If the article contains a byline, please include the author’s name and title.

Use of commercial and trade names does not imply approval or constitute endorsement by UNL Extension.

Free Subscriptions!

Subscriptions to Tues Nicus are free to Lancaster County residents. There is an annual $5 mailing and handling fee to addresses in zip codes other than 68017, 68003, 68017 and 68065.

Order subscription Change of address

Name ____________________________

Address ____________________________

City, State, Zip ____________________________

Mail to: UNL Extension in Lancaster County

444 Cherrycreek Road, Suite A • Lincoln, Nebraska 68528-1507
Lock-In Gives 4-H Teens Leadership Experience

Each January, Lancaster County 4-H Teen Council presents an overnight Lock-In for 4th & 5th graders. Attendees are treated to a fun-filled event and Teen Council members gain valuable leadership skills. More than 40 4th and 5th graders attended and 33 Teen Council members were involved in the planning, organizing and presenting of 12 hours of activities! Here is a recap of the evening from a few of the teens:

Movie Magic
The big night rolled around, and on Jan. 19, the 4-H Teen Council held the 2007 4-H Lock In. This year’s theme was Opening Night. The 4-H Teen Council members were dressed up for Hollywood as they helped the numerous shy, young 4th and 5th graders to a night of fun and games.

The evening consisted of a variety of fun and entertaining activities beginning with icebreaker games. The children created their own movies, written, directed and played by themselves. The scripts ran from talent shows to fashion runway walks to a night at a movie theater. Other activities included the game room where Family Feud and charades were played. In crafts, a thrilled set of 4th and 5th graders made their own VIP passes.

The last station was food where they made their own appetizers, little triangles of peanut butter and jelly sandwiches eaten with a variety of fruit. To end the night the kids watched their own movies and ate popcorn. The next morning parents picked up their sleepless-eyed children bursting with stories of their late night until they drifted asleep on the way home.

— Marian Hanigan, president of 4-H Teen Council

Teen Council formed several committees to organize the Lock-In.
Members of the food committee prepared healthy appetizers for Lock-In participants.

A Favorite Activity
The Lock-In is always one of my favorite Teen Council activities. Our theme this year was Opening Night. We even had a red carpet for the kids to walk on. It is so much fun to dress up with the theme and get the kids excited. I have always worked in the game room, but this year I was in charge of it. I could practice my leadership skills by organizing the games part of the event and by leading each group of kids in the games. It is so much fun to teach them a new game and play it with them. I love learning to lead through experience with the kids. The Lock-In is so much fun!

—Grace Farley, treasurer

Can You Guess It?
Did you guess it? Find out at http://lancaster.unl.edu
Did you guess it from the March Nausus? The answer was the eye of a female honeybee (Apis mellifera)

Enter an Exhibit at the County Fair
The 2007 Lancaster County Fair will be held Aug. 1–5 at the Lancaster Event Center, 84th and Havelock, Lincoln. As usual, there is FREE admission, FREE parking and FREE entertainment! You are invited to participate in YOUR county fair by entering exhibits or competing in one of the fun contests! The Open Class, 4-H & FFA Fair Book includes all the information needed to enter an exhibit or participate in a contest. Anyone can enter “Open Class” categories, which include youth divisions.
Fair Books have been mailed to current 4-H families and previous Open Class participants. Fair Books will be online at www.lancastereventcenter.com and available at numerous locations, including:
• Lancaster Event Center
• Super Saver, Russ’s Market, HyVee and Bag ‘N Save stores
• Lancaster County village banks, post offices and co-ops
• Lancaster Extension Education Center
• Lincoln City Libraries

Watch Chicks Hatch on Egg Cam!
The UNL Extension in Lancaster County 4-H Embryology Web site features Egg Cam, which gives Web users a bird’s-eye view of chicks hatching! The site also features fun activities, photos of the embryos as they develop, and resources for parents and teachers.
Currently, a batch of Japanese quail eggs have been set in the incubator and are expected to hatch on or about March 25. Chick eggs will then be set with a hatch date of about April 10 or 11, followed by a batch of guinea fowl eggs.