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The NEBLINE, April 2007

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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. This situation is unusual in Nebraska because there are usually signs of termites before damage becomes so great. It is important to know what the signs are (see page 5 of this issue).

The average value of a termite treatment is more than $1,500. Unfortunately, there are no effective do-it-yourself treatments for homeowners. If termites are found, homeowners need to hire pest control professionals who are knowledgeable and skilled in termite treatments. It does pay for homeowners to research all the options and become informed before making a decision.

University of Nebraska–Lincoln Extension has developed a two-pronged approach to improve the overall quality and cost-effectiveness of termite treatments done in Nebraska. An annual series of workshops educates homeowners and a hands-on termite school trains pest control professionals.

UNL Extension Programs Have Improved Termite Treatments in Nebraska

Homeowners Workshop

The workshop “Helping Homeowners Need to Know About Termites and Termite Control” 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, and it has been presented in 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.
- 81 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 bargained 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 demonstrations.

Real homes with termite damage were used to show termite damage and actual application methods to different parts of the structure.

Participants included UNL faculty, NDA personnel and industry professionals. Companies helping with the training included Dow AgroSciences, Bayer, Envi- ronmental Sciences, BASF Corporation, Nisus Corp., R&M Equipment Company and Univar USA.

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

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 damaged parts of the structure.

Some of the testimonials include:
- “I have more confidence my treatments will be done right and know my customers are getting a good job.”
- “Your school will aid in reducing regulatory action, reduce on-the-job, increase consumer satisfaction and increase 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 bogg@unl.edu or (402) 441-7180.
Gardening Trends in 2007

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

This past year Chris Byetes, the editor of a professional growers magazine, described several specific trends which reflect four main traits of new gardeners and their planting. 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 skips the stage of “nesting” for plants they can splurge on another. Then there is “hiving”, 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 end effect.
  • Tall. From pots to plants, tall is more popular now than in previous years. Or, at least, grasses are a perfect fit.
  • The tropical look. Tropical plants and flowers that look tropical with exotica foliage or flowers, have been around a few years now and are still popular. Cannas, aloicas 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 tropicals, just for foliage is popular. There are almost too many coralells 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 with annuals, as container plants, for low maintenance or for specific uses.
  • Native plants. These is a growth of perennial.
  • A trend within native plants is choosing one native plant, to specific areas or habitats. This trend reflects the desire to balance technology with nature, to seek calm, to find sustainability.
  • Organic. This trend has taken off with foods and is spilling into the landscape and gardening choices as well.

• Homesteading.

Homesteading is a term for decks, walls, raised beds, patios, stone beds and the like. You may find it hard to look far in most neighbor-hoods to see such examples.

• Bringing the indoors out.

This is related to the decorating and hiving already mentioned. More each year are turning the outside into living, even work, spaces.

• Indoor decorating.

Plants are being used indoors not because they are plants, but for their design element, to add color, texture and accent to the surroundings.

• Nostalgia.

Old-fashioned and heirloom flowers and vegetables evolve of medals and a desire for simpler times in an increasingly complex world. For others, such “retro gardening” evokes a sense of pride and optimism of the past.

The Color Marketing Group is an organization of professionals whose 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 hue and blues, including bluish green, think relaxation, as from spa scenes.

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

Easter Lily Care

Mary Jane Frogge
UNL Extension Associate

When buying a lily, look for a plant with flowers in vari- ous stages of bloom from buds to open or partially opened flowers. Foliage should be dense, rich green in color and extend all the way down to the soil line. This is a good indica- tion of a healthy root system. Look for a well trained 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 drying heat sources such as appli-iances or heating ducts. Bright, indirect light is best with daytime temperatures of 65 to 70 degrees F. Water the plant just 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 are gone. Plant the Easter lily outdoors as soon as the ground can be worked. Select a sunny spot with well drained soil. Set the top of the bulb six inches below the soil surface. Cut off the old flowers, but let the bulb and leaves grow. Do not cut back the stem until it dies down in the fall. This is the off stage at the soil surface. After the soil surface freezes in late fall, much of the bulb energy will remove the mulch until new growth begins in the spring.

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.

007 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 increas- ingly popular with each passing year due to its lovely blue-violet flowers that last 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

appropriately Popular with each passing year due to its lovely blue-violet flowers.

• Uses — Good companion plant for early and late blooming flowers.

Some of the best are strawflower, statice, celosia and globe amaranth. Consider planting flowers which may be dried for winter arrangements.

• Soil — Prefers well drained soil and neutral pH.

Measure the rainfall with a rain gauge posted near the garden so you can tell when to water. The garden needs about one inch of rain per week from April to September.

• 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 green in color and extend all the way down to the soil line. This is a good indication of a healthy root system. Look for a well trained 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 drying heat sources such as appliances or heating ducts. Bright, indirect light is best with daytime temperatures of 65 to 70 degrees F. Water the plant just 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.

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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 seasonings 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 from seedlings rather than just seeds.

When selecting herbs be sure they are suited for 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, cilantro, dill, mint, parsley, 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 separate 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 is a good option if limited on space.

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 (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 (later reduced to 10 acres) and had special advantages in claiming the land.

Don Janssen at 441-7180 or go to http://acreage.unl.edu more about human and pet health 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 Cherrycreek Rd. 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.

One of these clinics, held May 4. Advanced 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

“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 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?

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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 4 to 5 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 labeled for aquatic use. With any herbicide pay instructions and precautions. In the spring some managers apply a blue dye called Aquasafe, 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, vegetative fish can provide control year after year, to the point of keeping plants completely eradicated.
Simplified Hand-Held Sprayer Calibration

**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 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 sprays that use compressed air to create pressure, note the volume of the tank on the spray tank. Measure the total 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 actually covered per tank (step 6) to determine the amount of product to add per tank of spray.

**Example**
1. You have measured and marked 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 3 gallons.
6. Each tank holds 3 gallons/34 gallons/acre = 0.086 acres.
7. The product label recommends (32 fl-oz) of herbicide per acre.
8. You should add 32 fl-oz per acre x 0.086 acres per tank = 2.8 fl-oz per full tank spray solution.

**Teff – A New Annual Forage Grass**

Teff is an annual, hot weather cereal and hay crop, originally from Ethiopia. It has a reputation for rapid seed germination and fast growth as well as being well adapted to dry climates. But it has virtually no tolerance for freezing temperatures. It has to be planted between mid-May and early August in our region. Compared to millet, teff may be slightly finer stemmed and even facing awing, often starting to head in 50-60 days. As a single cutting, it probably won't yield any more than for- mal millet, but teff will regrow. This can be good or bad, depending on how you want it to fit into your crop rotation.

If you try some teff, you will discover it has very small seeds. It should be planted only 1/8 to 1/4 inch deep, so be careful if you use a drill. On tilled ground, a cultipacker seeder or even broadcasting probably works better than a drill.

In terms of forage quality, teff tends to contain more crude protein than millets. Its protein level is highly influenced by nitrogen availability. It could be a good crop for recovering excess nitrates but not always as well on low fertility soils.

Experience shows teff makes an excellent forage for broodmares and also is well liked by cattle, sheep and other livestock.

Don't gamble your entire farm on it, but teff might be worth a try.

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

Water horsepower (the useful work imparted to the water) is computed as follows:

WHP = GPA x Total head (ft)/3960

Answer: The horsepower and electricity required to pump water depends on four factors.
1. The distance the water must be lifted from the pumping water level in the well to the soil surface (lift component).
2. The pressure in the distribution system (pressure component). The efficiency of the pump and motor. Note: The lift component and pressure component combine to make up the total head the pump is working against. The lift is expressed in feet. Each PSI of system pressure the pump must produce is equivalent to lifting water an extra 2.31 feet.

Total head (ft) = lift (ft) + PSI

WHP = 10 x 125 / 3960

WHP = 3.14

If we assume the pump is 75 percent efficient, the motor driving the pump must produce 1.05 x 75 = 1.4 horsepower to drive the pump. Assuming the single phase (220 volt) motor is 70 percent efficient, the pump motor consumes 1.07 kWh of electricity for each horse- power-hour. Therefore, we would expect this pump to use 1.07 kWh x 1.4 = 1.5 kWh for each hour of operation.

A family of four will use about 250 gallons of water per day (91,250 gallons per year) for domestic use. This would be 0.15 hours or 9 minutes and 15 seconds 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.

I recently came across a family that irrigates a 10,000 square foot (0.23 acre) lawn an average of 0.75 gallons of water per day. From May 1 through September 30, the total water used on the acreage is 194,000 gallons per year. The electrical cost would be $235 hours x $0.09 kWh/hour = $21.22.

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It’s Springtime: Watch for Signs of Termites

Barb Ogg
UNL Extension Educator

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°F (E Morrissette). In Nebraska, termites are most active during April and May. 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 size of a pencil. If you break the tubes open, you may find light-colored worker termites. The 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 sometime 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.

If you are doing repair work, tapping damaged wood will tell you if termites are present. If you are doing remodeling projects, you 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” will be presented by Barb Ogg, Dennis Ferraro and Pesticide Education Specialist, Clyde Ogg, will discuss termite biology and behavior, home inspection tips, differences between barrier and bait treatments and how treatments should be done for best termite control. Tim Cregger, pesticide program manager of the Nebraska Department of Agriculture will discuss why it is important for homeowners to read and understand termite labels.

This workshop 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.

When temperatures warm up, insects become active. The extension office often gets calls about these insect and wildlife problems in April:

- Winged termites
- Winged ants and nuisance ants foraging for food
- Clover mites
- Sac spiders
- Oriental cockroaches
-Ticks
- Rabbits
- Nesting birds

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, downy woodpeckers, white-breasted nuthatches and house wrens. Bird houses for these species are more attractive and successful when they are close to appropriate tree and shrub habitat.

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:
- Thermostats containing mercury, solvents, oil-based paint, paint thinner, pesticides (even burned products 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.

What’s Bugging You?

When temperatures warm up, insects become active. The extension office often gets calls about these insect and wildlife problems in April:

- Winged termites
- Winged ants and nuisance ants foraging for food
- Clover mites
- Sac spiders
- Oriental cockroaches
- Ticks
- Rabbits
- Nesting birds

FOR MORE INFORMATION
Go to http://lancaster.unl.edu/pest/resources for information about any of these pests. You may bring specimens for identification and control recommendations to UNL Extension in Lancaster County, 444 Cherry Creek Road, Lincoln during office hours, Monday–Friday, 8 a.m.–4:30 p.m.

Some items you can bring for disposal:
- Thermometers, thermostats containing mercury, solvents, oil-based paint, paint thinner, pesticides (even burned products 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.

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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 season for gifts and games, and making these enjoyable are the 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 time of year when you’re decorating, cooking or hiding those eggs since eggs are handled a great deal more than usual around Easter. Remember to:

- Wash your hands thoroughly with hot soapy water and rinse them before handling the eggs when cooking, cooling, drying and hiding them.
- Be sure and inspect the eggs before purchasing them, making sure they are not dirty or cracked. Dangerous bacteria may enter a cracked egg.
- Store eggs in their original cartons in the refrigerator.
- Make sure you find all the eggs you’ve hidden and then refrigerate them. Discard cracked eggs.
- As long as the eggs are NOT out of refrigeration over two hours, they will be safe to eat.
- Do not eat eggs that have been out of refrigeration more than two hours.
- 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, card 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 offers Egg Salad Week. The week promotes this enjoyable way to serve eggs prepared with cooked and colored eggs. The occasion is meant to be fun, but is underscored with a serious intent. Since, at this time of year, refrigerators across America are stocked with Easter eggs (which should be used within a week of hard-cooking) the observance is both timely and appropriate.

Tangy Raspberry Salad (Serves 4)

2 tablespoons olive oil 1/3 cup water 3/4 cup raspberry vinegar 1 tablespoon orange juice 1/4 teaspoon finely minced garlic salt to taste pepper to taste

In a jar with a tight-fitting lid, shake together oil, water, vinegar, garlic, juice and seasonings. Set aside while preparing salad or refrigerate.

Place salad greens in a large bowl. Add raspberries, onions and eggs. Shake dressing again, pour over salad. Gently toss until ingredients are evenly coated with dressing.

For more free egg recipes, egg decorating tips, or information related to eggs and food safety, go to www.nebraskapoultry.org or contact Mary Torell at mttorell2@unl.edu or 472-0752.

Egg Dishes 160° F
- Pork 160° F
- Fish 145° F
- Steaks & Roasts 145° F

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

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

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

MYTH 4: We should be scared of eating almost everything!

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


When measuring the temperature of a thin, solid food, such as a hamborger patty, pop shop or chicken breast, use 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 meat, not an area that is not the interior (usually 2-3 inches) is positioned through the center of the food.

Vegetables: More than Just a “Side Dish”

By Alice Henneman
UNL Extension Educator and Joyce Leonard
Lincoln-Lancaster County Health Department

Vegetables are often called a “side dish” on the menu. At home they are often a quick addition after the “main dish” or meat dish is planned. There are many ways to go about planning meals for the family. In the United States, we often plan our meals around the meat/meat component meal. In other areas of the world, including the Asian culture, meals are usually planned around the vegetables. They often serve a variety of vegetables with small amounts of meat or stock added for flavor. Hispanic and Middle Eastern cultures include a variety of vegetables with beans, 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 is the color and eye appeal they add to our meal. Think deep rich colors such as deep red tomatoes, dark green 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 2½ cups of vegetables are recommended daily. Many of us don’t reach that goal. So, we ask “How do I eat more vegetables and at the same time add more color, texture and taste to my food?” Here are some suggestions for incorporating vegetables into our daily fare.

SALADS are one of the easiest ways. Make the salad your main dish by including a variety of greens—Romaine, romaine, mixed greens, endive, lettuce, spinach, cabbage, celery tops and many other choices. Iceberg lettuce contains few nutrients, so look for dark leafy greens. Then add other veggies (and even fruits) to your salad for color and texture. 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 more vegetables. (CASSEROLES and SKILLET MEALS (combina- tion) foods) already have the meat for protein and usually potatoes, pasta or rice. Adding a vegetables or two enhances the texture, color and flavor. Frozen vegetable mixtures work great in combination foods as well as fresh, frozen or canned veggies. 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.

SNACKS can consist of all kinds of vegetables such as baby carrots, celery, cucumber, broccoli, tomatoes, cauliflower, snap peas or peppers. The secret to eating veggies for a snack is probably having the vegetables washed and ready to “grab and go” in the refrigerator. Including vegetables for a snack is an excellent way to boost your consumption of the 2½ cups recommended daily.
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.

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.

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.

Remember when we only got one telephone directory? Today we get four from different-related companies. Help stop the waste. Choose a directory you want to use and contact the other firms and ask them to deliver a directory to your home or business.

We should not only be concerned about the volume of solid waste we generate each year, but we should also be concerned about the toxicity of our waste. According to USEPA, Americans generate 1.6 million tons of household hazardous waste each year. The average American home has accumulated as much as 100 pounds of household hazardous waste. This household hazardous waste can also cause health problems. Over five million poison exposures occur each year in the U.S. Roughly 92 percent of these poisonings occur in the home and 53 percent involve children under the age of six. Much of this waste and many of the injuries could be eliminated through the purchase of less toxic alternative materials.

Our challenge is to bring about simple changes that allow us to save money and conserve resources.

Your next remodeling project could do more than improve your living environment; it could help improve the natural environment and give a boost to your bottom line.

In May 2005, EcoStores Nebraska introduced a new building materials concept to Lincoln-area weekend warriors and professional builders at its 13,000-square-foot warehouse store at 530 West P Street. EcoStores collects and resells quality, salvageable construction materials, equipment and systems as part of its mission to reduce the waste of natural resources.

"About 13.5 million tons of construction and demolition waste is annually dumped into our landfills," said W. Cecil Steward, founder and director of the store. "Much of the waste is composed of usable and even high-quality materials, including leftover construction materials that are often virtually unused.

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.

EcoStores: Great for the Environment and Your Budget

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 their 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 overstock items from building retailers as well as materials and fixtures collected by deconstruction teams from the Nebraska Center for Sustainable Construction (NCS/C), which operates EcoStores. NCS/C deconstruction teams are trained to dismantle and reuse materials and fixtures from whole or partial buildings. The NCS/C also conducts job training and educational programs for sustainable, green construction methods.

ECOSTORES NEBRASKA
530 West P Street
(402) 477-3606
www.ecostoresne.com
Hours: Mon–Fri, Noon to 6 p.m.
Sundays & Holidays, closed

2007 RESOURCE CONSERVATION GUIDE
A Special Pullout Section of The Nebraska
Prepared by the University of Nebraska–Lincoln Extension in Lancaster County and the City of Lincoln Recycling Office

The Important First Step is “Reduce”

We all know how important it is to recycle. But let’s stop and think about why we recycle. For many people, it’s to reduce waste and save landfill space. By recycling, we don’t have to throw things away, helping us to conserve our precious resources. Recycling is working, but recycling alone cannot solve all of our solid waste problems.

Remember the three “R’s”: reduce, reuse and recycle. Which one comes first? It’s reduce. And it’s first for a reason. It’s better not to create waste than to have to figure out what to do with it. As Benjamin Franklin said, “an ounce of prevention is worth a pound of cure.”
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, a computer’s 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 TVs and computers. Computers commonly contain over a dozen hazardous materials such as lead, cadmium, and mercury. These materials are an issue of growing concern.

Well known and why the disposal of this material is hazardous. They can actually be a very valuable resource when they are recycled. Precious metals found inside devices such as platinum, silver and especially gold than that recovered from 17 tons of scrap circuits boards. Precious metals are considered hazardous, therefore, complicating recycling. Precious metals found inside devices such as platinum, silver and especially gold than that recovered from 17 tons of scrap circuits boards. Precious metals are considered hazardous, therefore, complicating recycling.

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 TVs and computers. Computers commonly contain over a dozen hazardous materials such as lead, cadmium, and mercury. These materials are hazardous and become a global concern for human health and the environment. High amounts of lead, mercury and cadmium are toxic to humans and the disposal of these heavy metals has become obsolete.

The Lincoln hazardous side of e-waste has become a global concern for human health and the environment. High amounts of lead, mercury and cadmium are toxic to humans and the disposal of these heavy metals has become a global concern for human health and the environment.

Along with the 315 million computers expected to become obsolete, will come over 1.2 billion pounds of lead. The dangers of lead are well known and why the disposal of this material is hazardous. They can actually be a very valuable resource when they are recycled. Precious metals found inside devices such as platinum, silver and especially gold than that recovered from 17 tons of scrap circuits boards.

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. If the label indicates that the product contains hazardous materials, purchase the product with the lowest hazard and less toxic. The product is highly toxic.

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.

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Who To Contact For More Information

CRYSTAL MANSION
• Recycling Operations (recycling hotline) – 441-8215
• Solid Waste Operations (landfill disposal and services) – 441-8102
• Wastewater Operations (wastewater or sewer assistance) – 441-7961
• Water Production & Distribution (wastewater distribution or conservation steps) – 441-7571
• Watershed Management (storm drain, erosion control or mud in street) – 441-4959
• Parks and Recreation Department (parks and green space) – 441-7847

HELPS BURNS
• Environmental Health Services – 441-8040
• Keep Lincoln and Lancaster County Beautiful – 441-8035

WASTEOCE OF NEBRASKA (Business recycling assistance)

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Lincoln's LinGro Recycles Grass and Leaves

What is LinGro?
LinGro is produced primarily from grass clippings, leaves, wood chips, and other yard waste. The material is screened and homogenized before processing in a windrow composting facility.

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 physical soil characteristics. 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 microorganisms.
- 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.
  - Turf also benefits from the use of LinGro properly incorporated into the soil. In addition to the benefits listed above, turf becomes denser and has a darker green color when compost is used. Homeowners can also benefit through water conservation because less water runs off the yard and instead is absorbed into the root zone of the turf. Building soil health—the structure, organism content and diverse life of the soil—is the key to growing healthy, vigorous grass that out-competes most weeds, resists disease, stands up to drought and is easy to care for.

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.

Individuals and businesses may order LinGro directly from the City of Lincoln’s compost facility. There is a $6 per cubic yard charge for the compost plus a delivery fee of $50 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:
- bluff Road Landfill and Compost 441-8336
- Transfer Station Supervisor: 441-8336
- 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.

LinGro Recommended Application Rates

- Recycling Coordinator: 441-7043

Using Compost in Potting Mixes
Blend fine-textured compost into potting mixtures. However, make sure the compost mixture is not made up more than one quarter of the potting mixture’s volume. Plants growing in containers are entirely reliant on the water and nutrients provided in the potting mix. Compost is excellent for container growing mixtures, because it stores moisture more effectively and provides a variety of nutrients not typically supplied in commercial potting mixes. Compost is also excellent for growing mixes for pH sensitive plants. Mix thoroughly (amounts listed by volume): two parts LinGro; three parts top soil; two parts peat moss; one part sand or vermiculite.

Compost Has Many Uses

Mulch
In nature, plants and trees drop leaves that accumulate at their bases. Every year, a new layer is added while the older leaves start to decompose. This is the standard decomposition level for leaf compost. What nature is doing is providing a protective layer over the roots of plants. This layer of vegetative material 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.

To prepare any area for mulching, first clear away grass or weeds that might grow up through the mulch. Make sure to remove the roots of tough perennial weeds.

When using compost as a mulch in flower beds, vegetable gardens, landscape beds and lawns, it is recommended that the compost be screened. This eliminates the risk of grass seed germinating in the flowerbed or vegetable garden. Screening the compost is also an excellent method of breaking down larger pieces of organic material into a more uniform size. Also, screening removes all roots, twigs and coarse materials that may have been missed in the composting process.

A simple screen can be made using 1/2-inch mesh hardware cloth and attached to a wooden frame. The screen is placed over the wheelbarrow or other container and sift the compost into it. The larger pieces left behind can go into your next compost pile as an activator, introducing the necessary microorganisms.

To screen compost, place a 1/2-inch mesh screen over a wheelbarrow and sift the compost into it.

Soil Amendment
When starting a new garden soil, amending is recommended before planting. It is much easier to amend compost 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 planting a new garden, another 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 into the upper six inches of the soil. Drill 1- to 1 1/2-inch diameter holes 12 inches deep in the soil throughout the tree canopy and beyond at 18-inch intervals. Fill the bottom of each hole with recommended rates of dry fertilizer and then top off the holes with compost. For shrubs, the holes only need to be drilled 8 to 10 inches deep. This treatment should supply nutrients for two to three years.

To screen compost, place a 1/2-inch mesh screen over a wheelbarrow and sift the compost into it.

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 empty 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 close to 4 years to the life of the landfill. If we stopped recycling and let everything be buried in the landfill we would close the landfill seven years sooner, in 2023 instead of the current projection of 2030.

In the first two years of the decade we saw a 5 percent decline in the amount of material recycled at the drop-off sites. We are very pleased we have reversed that trend and more material is being recycled. We’d like to continue this increase, and in order to accomplish it, we need your help. Make a pledge and increase the amount of material you recycle and buy recycled-content products.

For more information on recycling, please check our Web site at www.lincoln.ne.gov. Type in the keyword recycle. You can also contact the recycling office at 441-8215.

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.

**Newspapers**
- 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**
- Rinsed clean. Take off lids.
- Separate by color and place in separate recycling compartments.

**Glass Bottles and Jars**
- All food and beverage glasses
- Rinse clean. Take off lids.
- Separate by color and place in separate recycling compartments.

**Plastic #1 and #2 Containers**
- No motor oil containers
- No plastic toys
- No other plastic bottles or containers

**Residential Mixed Papers**
- No tissue paper
- No milk cartons or juice boxes
- No paper plates
- No newspaper

For more information on proper separation of recyclables, please contact 441-8215.

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

**Plastic #1 and #2 Containers**
- No motor oil containers
- No plastic toys
- No other plastic bottles or containers

**Residential Mixed Papers**
- No tissue paper
- No milk cartons or juice boxes
- No paper plates
- No newspaper

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.

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**Recycling in Lincoln**

**Drop-Off Site Locations**

**North**
- N.W. Roundhouse Dr. & W. 3rd 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
- Centre 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 5436 N.W. 1st Street
- North Star High School, 5801 N. 33rd Street
- Opens summer 2007

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

**NEwsAPER ONLY Drop-Off Sites**

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

**South**
- St. John XXIII Center, 3700 Sheridan Boulevard
- Willard Community Center, 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, 475-0244
- Recycling Enterprises, 421-6655
- Star City Recycling, 890-4320

**Additional Communities**
- Bennett Refuse Transfer Station
- Davay Refuse Transfer Station
- Firth Community Center
- Hickman City Park
- Panama Refuse Transfer Station


**First Shred Day in Lincoln, April 28**

Identity theft is one of the fastest growing crimes, affecting nearly one in 20 adults. Are you looking for a safe way to destroy your personal and tax documents? In conjunction with Clean Your Fleet Week, Shred Day 2007 will be held Saturday, April 28 from 9 am 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 document destruction:

- Recycling Enterprises, 3900 Industrial Ave.
- Midland Recycling, 440 J St.
- Shredding Solutions, 2nd Ave. S.
- SouthPointe Pavilions Shopping 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 or for information on how to schedule an appointment with one of the recyclers.

Identity theft includes other non-profit organizations which provide recycling market development and business recycling assistance. For more information contact Kari with WasteCap Nebraska at 434-7376.

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**Home & Family Living**

**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 bad weather. (We got it.)

Thirty-nine years ago, Ted had synchronized the ewes to the lambing. The night 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 caseworker from Nebraska’s Children Home in Omaha. She had never seen anything born. This was going to be interesting. She went with Ted to the town. When we returned home we headed for the barn. The barn was six lambs born. We finally sat down to talk about the adoption of Amy. Before the call, 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 the Emerald and Live ‘N Learn Clubs.
- Southeast District Meeting on March 29. You should have received a flyer about the day’s program.
- Sizzling Sampler for May, held July 10. Looking for your ideas for a program.
- Lincoln 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 details.
- State Convention will be Sept. 21–23 in Gretna.

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**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 Glasman, 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 Cherry Street Road, Lincoln, Jan Broer, Southeast District Director and a member of the Bellevue FCE club are organizing 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 441-7180.

**FCE Scholarship Applications Due May 1**

A $480 scholarship provided by the Lancaster County FCE Council is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in Family and Consumer Science or a health occupation. This is open to full-time students beginning their sophomore, junior or senior year of college in the fall of 2007 or who have completed two quarters of study in a vocational school. Applications are due May 1 in the extension office.

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**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 cell phones and third and 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 over indulge.

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 kid’s cell phone use. Small, hand-held screens make it hard to “watch what your kids watch.”

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**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 cell phones, 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.”

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**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.
- Review the cell phone bill with your child. Make sure the expenses are what you both had planned on.

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**For More Info**

For more information about communicating with children go to the UNL Extension publications Web site at www.inrepub.unl.edu and browse under Families.

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**TV Turnoff Week, April 23–29**

Watching TV cuts into family time, contributes to unhealthy lifestyles, obesity and children’s ability to read and succeed in school. Research shows on average, children in the U.S. spend more time in front of the television (1,023 hours) than in school this year (900 hours). A quarter 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 each other and reengage in our communities. To find more information about TV Turnoff Week, including an online activity book, go to the Web site www.tv-turnoff.org.

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

Lancaster County 4-H is proud to announce Roberta Sandhorst as winner 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 (in 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 the 4-H Food Bowl 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 literally 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!

Clever Challenge Contest, April 9

The Southeast District Clover Challenge Contest will be held April 9 at 1:30 p.m. in several surrounding counties. The contest is similar to a quiz bowl. It is a competitive computer event which consists of a series of multiple choice and true/false questions based on family finance health foods, clothing and home environment.

Clover Challenge participants compete in teams or two, three or four youth; these teams compete against each other in randomly chosen tournament-like brackets. The top two teams from each district may then compete 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.

Jammie Jamboree, April 14

Join us at the Jammie Jamboree and make jammy bottoms! All rabbits must be tattooed in the left ear and brought in solid color bottoms.

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 families. This newsletter is mailed to organizational leaders and is available online at http://lancaster.unl.edu/4Hnews#m/4HVolunteer

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 2007 Fair

April 6-9

Lancaster Event Center, Pavilion 3 Exhibit Hall

4-H Open House: 8:45 a.m., Saturday, April 7

4-H Judging and Exhibiting

Registration: 7:30-9:00 a.m.

Trophies & ribbons will be awarded!

CLASSES: Fancy Rabbits, Commercial Rabbits, Pet Class and Pee Wee Class. REGISTRATION FEE: $3.50 per rabbit or essay, $1 per class, $5.00 Shawmanship.

FREE CONTESTS: Quiz Bowl & Rabbit Breed ID

All rabbits must be tattooed in the left ear and brought in solid color bottoms.

For more information, call Rodney at 273-3186 or Marty at 441-7180

Free exhibit space courtesy of Lancaster Event Center

Free Kiwanis Karnival, April 14

4-H families and Elliott 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 Elliott 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.

Windstream 4-H Camp Scholarship Applications Due May 1

Thanks to the generosity of Windstream Communications, two Lancaster County 4-H youth will receive full scholarships to attend a 4-H summer camp at the Eastern Nebraska 4-H Camp near Gretna. The scholarship is based on need, applicants must be age 9 or older and currently enrolled in 4-H. Deadline is May 1. Applications are available at the extension office and online at http://lancaster.unl.edu/4H/Fair

Nominated Your Favorite 4-H Volunteer!

A “Heart of 4-H Award” is awarded to a Lancaster County 4-H volunteer each month. Nominate your favorite 4-H volunteer or leader by submitting the following form (also available online at lancaster.unl.edu). Nominations of co-volunteers accepted.

Nominate ____________________________

Please explain why you are nominating person(s) (use additional paper if needed)

April 2007

The NEBRINE

http://lancaster.unl.edu

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4-H & Youth
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 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.
- 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.
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 systems. 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. 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 obvius rotating motion, it may be a tornado. As a tornado develops, it will produce a loud roar that grows louder as the funnel cloud touches the ground. When nearby, a tornado has a load sound comparable to the combined roars of several jet engines.

The National Severe Storms Forecast Center in Norman, Oklahoma issues tornado watches. Local National Weather Service offices issue tornado warnings. Local Emergency Management officials may sound sirens during a tornado warning.

A tornado watch indicates that 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 home as a tornado shelter. Tornado shelters are safest if they are underground. A storm cellar or basement away from windows offers the best protection.
• 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 mattresses 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 manufactured (mobile) home.

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 basement and get under a heavy workbench or stairs. Do not position yourself directly underneath heavy appliances on the floor above you.

If your home has no basement, stay in the center of the house away from the windows or in a small room on the ground floor away from outside walls. Take cover under solid furniture or mattresses. Protect your head.

Be alert to fire hazards such as broken electric wires or damaged electrical equipment, gas or oil leaks or smoldering piles.

• Report broken utility lines to appropriate authorities.

The Hallam tornado of May 22, 2004 was rated F4.

Prepare a Family Disaster Supplies Kit

The Federal Emergency Management Agency and American Red Cross has information online at www.fema.gov/pdf/library/fds/k.pdf how to prepare a family disaster supplies kit.

The Knights of Ak-Sar-Ben and the Nebraska Association of Fair Managers will recognize Nebraska Pioneer Farm Families 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 441-7188.

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.

What Should You Do After A Tornado?

• If you are driving in a city spot a tornado, get out of your car and go to a nearby building immediately.
• If you are in a mobile home or vehicle, leave it 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.
• If no large building, such as an office or department store, avoid all large, poorly supported roofs. Go to the basement or to 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 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.

For more information, call (800) 742-8800, ext. 2541 or go to www.casnr.unl.edu
March
22  FCE & Community Leader Training, “Quick and Easy Salads”  . 1 p.m.
23  Pesticide Disposal Collection, Farmers Cooperative Fertilizer Plant, Waverly  . 8 a.m.–Noon
24  4-H Horse Course Testing Party  . 9 a.m.–10 a.m.
20  Guardianship Training  . 1:30–4:30 p.m.
26  Family & Community Education (FCE) Council Meeting  . 1 p.m.
28–29  4-H Dressage Clinic, Warm-up Arena  . 6–8 p.m.
29  Family & Community Education (FCE) Southeast District Meeting  . 9:30 a.m.–2 p.m.
31  Spring 4-H Rabbit Show, Lancaster Event Center, Exhibit Hall  . 7:30 a.m.
31  Child Care “A Window of Opportunity” Conference  . 8 a.m.–3:30 p.m.

April
3  4-H Council Meeting  . 7 p.m.
11  4-H Horse Showmanship Clinic, Lancaster Event Center Warm-up Arena  . 6–9 p.m.
12  4-H Public Service Announcement (PSA) Contest  . 6:30 p.m.
12  Extension Board Meeting  . 8 a.m.
14  4-H Jammie Jamboree  . 9 a.m.
15  Kiwanis Karnival, Elkhorn Elks School  . 7–9 p.m.
15  4-H Speech Contest  . 1 p.m.
17  Acreage Insights Rural Living Clinic, “Management of Small Ponds”  . 7–9 p.m.
19  Commercial Pesticide Applicator Initial Training  . 9 a.m.
22  4-H Teen Council Meeting  . 3 p.m.
24  4-H Horse Level Testing, Lancaster Event Center Warm-up Arena  . 6:30 p.m.

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 to 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 perennials for 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.arboretum.unl.edu or call 472-2971.

NE Ag Youth Institute Applications Due April 15
Applications are due April 15 for the 36th annual Nebraska Agricultural Youth Institute (NAI), which will take place July 8–12 at on UNL East 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 NAI 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 ADI-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 ablezek1@unl.edu.

The NEbliNe
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There is an annual $5 mailing and handling fee to addresses in zip codes other than 68830–68839, 68803, 68007 and 68065.
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Lincoln, NE 68528-1507
(402) 441-7180
http://lancaster.unl.edu
E-mail: lancaster@unl.edu • Fax: 441-7148
Lancaster Extension Education Center
Conference Facilities
444 Cherrycreek Road, Lincoln

On the Web at
www.lancater.unl.edu

The Nebraska LEAD Program
Nebraska Agricultural Leadership Council, Inc.
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:

**A Favorite Activity**

The Lock-In was 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 in 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

**4-H Teen Council formed several committees to organize the Lock-In.**

Members of the food committee prepared healthy appetizers for Lock-In participants.

**Teen Council members organized and led all Lock-In activities, including the game room where Family Feud and charades were played.**

**The last station was food and playroom.**

4-H Teen Council members 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 runways 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 sleep-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

**U.S. Drought Monitor Map**

As of March 6, Lancaster County was not in drought conditions.

**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.

**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

**Sign up for 4-H Summer Camps!**

Open to all youth ages 5—19 — need not be in 4-H.

http://4h.unl.edu/camp