4-2000

The NEBLINE, April 2000

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Rain, rain and more rain!  But the students and teachers that attended earth wellness festival 2000 at Southeast Community College didn’t care. In its sixth year, the festival proved to be a great success. Students made recycled paper, touched frogs and snakes, learned how to compost with worms and how their lifestyles impact air quality. They made magnets out of soybeans, tested different kinds of water, played environmental games … and had fun.

Mayor Don Wesley proclaimed March 23, 2000 as earth wellness festival Day and congratulated the Steering Committee, the presenters and volunteers for a job well done. He urged citizens throughout Lincoln to recognize the importance of this event. Youth learned to recognize the relationships and interdependency of land, water, air and living resources through hands-on learning opportunities. Students were able to identify how they impact our planet, then determine steps of action to enrich our environment.

Accolades to all presenters, volunteers and the earth wellness festival Steering Committee for the work you do. Thanks to donors, those who provide in-kind services and especially, to Southeast Community College for allowing us to use their facility for this important adventure.

It’s always a pleasure to see so many people, organizations and businesses continue their interest and support of earth wellness festival. It truly is a community happening. See you next year on Thursday, March 22, 2001!
Rhubarb in the Garden

The rhubarb stalk is used in pies, sauces, jams, jellies, and desserts. Although classified as a vegetable, rhubarb is used as a fruit because its high acidity gives a tart flavor. Only the stalks should be eaten because the leaves contain moderately poisonous oxalic acid.

Rhubarb does best in well-drained, fertile soil that is well supplied with organic matter. Adding organic matter like manure or compost to heavy soils improves the water drainage and reduces the chance of crown rot. Work the soil deeply (12 to 15 inches) and add liberal amounts of compost before planting. Rhubarb is propagated mainly by dividing existing plants. Divide the crown of a healthy plant in early spring before growth starts and as soon as the soil can be easily worked. Dig deeply around the clumps of rhubarb stems and lift the entire plant out of the ground. Separate the clumps into a couple of pieces by cutting down through the crown between the buds. Two or three strong buds with 6 to 8 inches of root are all that are needed. Do not let the soil dry out. Set the divided section upright in the planting hole with the buds 1 to 2 inches below the surface. Space the plants about 3 feet apart. Place new plantings where they will receive full sunlight and good water drainage. Even the soil around the plant, but not directly above the bud, and water thoroughly. Rhubarb can be transplanted in the fall, about mid-September.

Rhubarb requires annual applications of fertilizer for good growth and large yields. Apply fertilizer in early spring before growth starts. Spread half a cup of a general garden fertilizer such as 10-10-10 or 6-10-4 around each plant and work it lightly into the soil. Do not harvest rhubarb the first two years after planting. This allows all leaves to grow and produce food for good crown and root development.

During the third season, harvest only for a four week period. Begin full harvesting in the fourth year. Cut stalks for 8 to 10 weeks, ending in mid-June. If harvested longer, the plant’s food supply will be exhausted and next year’s harvest reduced. Do not remove more than two thirds of the fully developed stalks from any plant at any one time. Wait until stalks are 10 to 15 inches long. Then grasp the stalk below the leaf and pull up and slightly to one side. Remove leaves by cutting slightly below the leaf and discard them.

Water rhubarb to maintain maximum top growth throughout the summer. As the plants can store up food energy in their roots for a good harvest next year. Annual mulching with manure or compost improves the soil and water drainage. It also helps conserve water and control weeds. When controlling weeds with a hoe, cultivate shallows to avoid root injury. Inferior soil, extreme heat, cold or drought may cause production of seed stalks. Old plants tend to bolt more than young ones.

These seed stalks should be cut out as soon as they are formed because they reduce the vigor of the plant. Rhubarb crowns often become overcrowded after 8 to 10 years of growth. The plant produces many small white flower clusters. During the third season, harvest All flower clusters should be removed as soon as they appear. These seed stalks should be cut out as soon as they are formed because they reduce the vigor of the plant.

Great Plants: 2000 Plants of the Year

Each year the Nebraska Nursery & Landscape Association chooses a tree, shrub and perennial of the year. These are new or underutilized plants that merit wider use in Nebraska.

2000 Perennial of the Year

Butterfly Milkweed (Asclepias tuberosa)


2000 Shrub of the Year

Chenault Coralberry (Symphoricarpos x chenaultii)

Dense low-growing shrub with long cascading branches. Produces brightly colored pink to red berries in fall. Grows 3 to 8 feet tall. Hardy to zone 4.

2000 Tree of the Year

Pagoda Dogwood (Cornus alternifolia)


Plant a Tree

Good trees generally grow slowly, so they should be the first plants to be considered on the property. Trees are the basis of good design, and their location has more influence than any other plant.

Trees provide shade during the summer, protection from winter winds, protection from the noise of nearby street traffic, screening from the outside and elimination of undesirable views, and they add a sense of security and comfort. Trees can be used to modify heat and cold, as well as to complement and develop natural beauty.

When trees are used near architectural structures, they can bridge the gap between the buildings and the ground on which they stand. Trees can divert attention, hide unwanted views, balance sloping ground, provide accent and a center of interest.

Probably no other natural feature can provide such a changing array of interest throughout the whole year. The lush, tender green of the early spring blends into the development of leaves and foliage to a rich, harmonizing mass of green. In the spring, flowers of certain trees have a beautifying quality and are followed by fruit and seed production.

As trees mature, other qualities become evident. The differences in branching systems become more pronounced. Texture and color in bark give year-round interest. Autumn color in some species makes worthwhile a whole year of waiting to see their glowing colors. During extended winter periods, trees stand dramatically silhouetted against the sky, land and buildings. Most large growing trees should be planted at least 30 feet from the house, depending on the shape of the tree. Small trees should be at least 15 to 20 feet apart.

To help you select a tree for your landscape, ask for fact sheet, Landscape Trees for Lancaster County FS-282. (MJM)

2000 April/May Garden Calendar

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

March 20 21 22 23 24 25 26
1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31

Many of us need reminders. That is the purpose of this calendar. Check the calendar each month and follow the recommendations if they are necessary in your landscape situation. (MJM)
Prevent Termites With Landscaping, Home Maintenance

Termites live in the soil and feed on wood. Their soft bodies need an ample moisture source in the soil. It should come as no surprise that a percentage of termite infestations get started from wood-soil contact, where wood gets embedded in the soil. Thus, homeowners should be aware that if termite activity occurs, they take can influence termite infestations positively or negatively.

Termites are attracted to homes with moisture problems from leaky gutters and downspouts, or where water collects next to the foundation in low areas. A simple remedy is to ensure gutters don’t leak and downspouts carry water away from the house, and to grade soil away from the house. After any termite barrier treatment, avoid planting flowers, groundcovers or shrubs next to the foundation. That will breach the chemical barrier and nullify any long-term termite control guarantees. Adding a raised flower bed will keep soil next to the foundation to improve the grade also breaches the barrier. Any grading should be done before treatment to avoid interfering with the barrier.

Dead roots from trees or shrubs are prime termite food. If shrubs or trees have been planted next to the house and later removed, these roots can serve as a bridge for termites, even if the house has had a barrier treatment. It is best to avoid planting alternate rows of trees or shrubs close to the house so roots can’t grow next to the foundation. If you need to sink a post into the ground, surround it with concrete to protect it from termite attack. Better yet, use pressure-treated wood. Wood pressure treated with chromated copper arsenate (CCA) will withstand termites, carpenter ants and decay for decades.

Lighting: Dallas Virchow, Wildlife Damage Management Project Coordinator

A Plague of Rabbits

By: Dallas Virchow, Wildlife Damage Management Project Coordinator

One author described a “plague” of rabbits as having first occurred in the Balearic Islands of the Mediterranean in the first century A.D. Actually, what he meant was the overabundance of rabbits. Now known as the “European” hare, that rabbit quickly spread eastward and northward into Europe so by the middle ages its warrens were common across the continent. Later, by way of husbandry and rabbit enthusiasts, the hare spread to Australia, Uganda, Chile, and dozens of islands across the globe.

Fortunately, Nebraska is not blessed with the European hare. But Nebraskans do seem to periodically have a “plague” of rabbits in their native eastern cottontail. And cottontail problems will be perennial with us. They are not likely to be “hare today, but gone tomorrow!” (pun intended!)

The cottontail deserves its rending for proficiency. After a 30 day gestation, four to five young are born within a saucer-shaped nest made of grasses, leaves and covered with fur. The nests are discretely placed in shrubbery, perennial grasses like bluebells, or woodpiles. Two or three of these litters can be born in rapid succession because innate mechanisms essentially guarantee fertility after mating. The result is that a doe rabbit can produce eight to 12 young each year. Moreover, one-third of all does may breed at only five months of age.

The cottontail’s fertility seems to be the bad news. But, for you gardeners, perhaps the good news is the rabbit’s high mortality. In rural rabbit populations, only one in one hundred rabbits lives to see its third year. Though much less is known about urban rabbit populations, death from night prowling cats, dogs, foxes, raccoon, opossum, or from predatory birds, the rabbit control is both simple and complex. For yard keepers who pamper young shrubs and trees into maturity, it might be as simple as excluding individual plants with fence or using one of the commercial repellents. For gardeners protecting overwintered vegetables, fences, timed water sprayers, night illumination, and a vigilant dog are all part of the solution. Poison-Copy damage and intercepting damage at an early stage is essential. Rabbits eat woody stems of shrubs and young trees through late winter until early spring. Then, clowers, corn stalks and spring flowers, and other sprouting plants provide them a treat. Their food is so abundant that by late summer, they can consume prime termite food. If shrubs or trees have been planted next to the house and later removed, these roots can serve as a bridge for termites, even if the house has had a barrier treatment. It is best to avoid planting alternate rows of trees or shrubs close to the house so roots can’t grow next to the foundation. If you need to sink a post into the ground, surround it with concrete to protect it from termite attack. Better yet, use pressure-treated wood. Wood pressure treated with chromated copper arsenate (CCA) will withstand termites, carpenter ants and decay for decades.

Termite Workshop

Do you have an ongoing termite problem giving you a major headache? Should you be more informed about termites before you make costly decisions? Get answers at a three-hour workshop, “The Termite Workshop.” It will be held May 16, 6:30 - 9:30 p.m. Barb Ogg, Dennis Ferraro and Clyde Ogg will discuss termite biology and behavior, home inspection tips, differences between barrier and bait treatments, and how treatments work for best control. The $20 registration fee includes reference materials. This same program will be given at the following locations:

- May 9, Beatrice, Gage County Extension meeting room, 6:30-9:30 p.m.; contact Larry Getmer, (402) 223-1384
- May 11, Omaha, Douglas/Sarpy County Extension Office; contact Dennis Ferraro, (402) 444-7804
- May 18, York, 4-H Building, York County Fairgrounds, 6:30-9:30 p.m.; contact Gary Zooker, (402) 362-5508 (BPO)

April 2000

Environmental Focus

Let’s Make a Difference—Earth Day 2000

Around the world, people of all cultures are celebrating the 30th Anniversary of Earth Day. Here are some ways we too, can help to protect our planet.

- Reduce, reuse, and recycle.
- Build a compost pile and/or try vermicomposting.
- Buy in bulk to reduce packaging...bring your own shopping bag(s) to the store.
- Use both sides of your paper.
- Take your hazardous wastes to a collection site.
- Buy compact fluorescent light bulbs.
- Walk or ride your bike and organize car pools.
- Don’t buy things made of polystyrene.
- Grow houseplants, plant trees, and stop erosion.
- Learn how to fix leaks and use water-saving toilets.
- Turn faucets off when brushing teeth, washing hands, or take shorter showers.
- Wash machine and dishwasher should be full before using. Hang your clothes, when possible.
- Water lawn and gardens in the late afternoon.
- Recycle oil.
- Use fewer pesticides and lawn fertilizers. Mow lawn by hand.
- Save energy. Turn out the lights.

It is not just the destruction of the rain forests, the acid rain, and the ozone layer that should concern us, but also our own communities. It is not hard to help in the fight to save our planet. If we are all a little more caring and careful, we will be much closer to saving our environment for ourselves and for future generations. By Andrew Hollem (ALH)

What’s Buggin’ You?

It is Saturday, about midnight, and you feel like a snack so you head to the kitchen. When you turn on the light, you find dozens of huge brown black carpenter ants crawling out from around the woodwork of the kitchen window. What do you do?

If you have a computer, you don’t have to wait until Monday morning to get help. By accessing our internet website, you’ll find helpful information on pests and wildlife found in and around the home. Go to http://www.lanaco.unl.edu/enviro and follow the pests and wildlife links.

If you don’t have access to the internet at home, stop by your local library. Most libraries have computers with internet access, and the librarians can help you “get to the site.” We are still here during the work week to answer your questions over the phone. Phone hours for entomology and wildlife are 8 a.m. – noon, Monday through Friday.

If you have a computer, don’t wait. Reliable, sensible, research-based information you can trust is easy to access any day, any time—even at midnight. (SC)

Join us for

Earth Day 2000
Saturday, April 22
10 a.m. - 3 p.m.
Antelope Park

Plenty of performers, children’s activities, and cultural experiences. See you there! (ALH)

A designated litter-free event. (ALH)

Focus

Saturday, April 22
10 a.m. - 3 p.m.
Antelope Park

Environmental Focus

Plenty of performers, children’s activities, and cultural experiences. See you there! (ALH)

A designated litter-free event. (ALH)
Managing Fertilizer Use in Dry Soils

With below-normal soil moisture prevalent in much of Nebraska, producers may consider changing how they use fertilizer. Dry soil influences how fertilizer can be applied and what happens to it after application.

Application Rates

Producers should carefully consider application rates this spring, particularly for nitrogen, which is based on expected yield. With low subsoil moisture in much of the state, the yield potential for dryland crops will be reduced compared to recent years. Farmers should be realistic when setting yield expectations and consider fertilizing for lower yields than last year on dryland fields.

Anhydrous Ammonia

The primary concern with anhydrous ammonia application into dry soil, is retention of the fertilizer. Soil loam and heavier textured fields in Nebraska generally contain adequate moisture to react with and retain anhydrous ammonia when applied very dry, as long as the injection depth is 5-6 inches below the soil surface and application rates are not excessive. Greater concern is the ability to seal the injection slot. If the soil is very dry and cloddy, the farmer may observe white “smoke” behind the applicator. This “smoke” is actually water vapor condensed from the air by escaping ammonia. Although it takes a lot of “smoke” to add up to any significant fertilizer loss, it’s still best to try to minimize fertilizer loss. If vapor loss cannot be controlled by: 1) going to a deeper injection depth, 2) slowing down, or 3) reducing the application rate, it may be advisable to wait for better soil conditions or switch to a different form of nitrogen fertilizer.

The amount of ammonia applied late fall for spring row crops will significantly reduced from normal levels — producers were concerned about the effects of dry soil on fertilizer retention, as well as, excessive wear on application equipment. Fall ammoniation application is an acceptable practice on heavier-textured soils.

Due to warmer than normal winter, ammonia application last fall may have partially nitified and could be leached; however, dry soil conditions have generally minimized any nitrate leaching from fall-applied ammonia. Continued dry conditions will ensure fall-applied nitrogen will be in the root zone when the crop needs it this spring.

Broadcast Fertilizers

In dry soils, liquid fertilizer broadcast on the soil surface will be influenced by large amounts of residue, which may not have decomposed significantly due to the dry winter. Little or no nitrogen solutions can lose nitrogen to the atmosphere through ammonia volatilization when surface-applied to high residue soils. In wet soils, nitrogen in broadcast fertilizers can be immobilized in decomposing residue resulting in delayed availability to the crop.

Starter Fertilizers

Producers should be cautious about applying starter fertilizer with the seed this spring. Starter fertilizers which contain nitrogen and potassium are particularly hygroscopic — they will draw moisture away from the seed, resulting in germination damage and loss of stand. This effect will be accentuated with dry soils. Placing starter fertilizer in a band a couple of inches away from the seed will minimize the potential for germination damage. Source: Richard B. Ferguson, extension soils specialist, South Central REC. (TD)

Effect of Soaring Fuel Prices on Cost of Field Operations

The University of Minnesota Department of Applied Economics publishes a Minnesota Farm Machinery Economic Cost Estimate that is available online. This publication helps farmers to estimate the cost of owning and operating field equipment. This publication differs from the Nebraska Farm Custom Rates that are published by the University of Nebraska. The Minnesota publication uses an economic engineering approach. The data is intended to show a representative cost for a given industry cost for specified machines and operations. Whereas, the custom rates are the average rates being charged/paid in Nebraska determined by a survey of custom farming operators and people who hire custom farming operators.

The cost estimates reported in the Minnesota publication have been adjusted from a diesel fuel price of $0.70 per gallon in 1999 to $1.10 per gallon in 2000. Another change from the 1999 report is the addition of a column to the table showing the estimated diesel fuel use per hour for each operation. For example: A 21 foot folding corn head would require 160 HP mechanical from wheel drive (MFWD) tractor as the pump size is expected to be expected to cover 1,222 acres per hour, with a cost of $2.49 per acre for the tractor plus $2.18 per acre for the machine plus $0.79 per acre for labor at a total cost of $5.46 per acre. The estimated fuel use would be 0.58 gallons per acre. This information is for a large range of tractors, as well as various types of field implements, combines, etc.

Taking a look at a 160 HP MFWD tractor as an example, the fuel loadings conditions, it is estimated to consume seven gallons of diesel per hour. The increase in fuel price from $0.70 to $1.10 raises the cost of operation from $27.16 to $30.40 per hour - a $3.24 increase due to the increase in the price of petroleum products. Other examples cited include: 31 foot chisel plow requires 0.6 gallon per acre of diesel to pull. The cost went from $4.47 per acre to $4.79 per acre - a $0.22 per acre increase. An eight row planter, increased from $7.49 per acre to $7.65 per acre - a $0.16 increase per acre. Likewise, an eight row combine, increased from $21.98 per acre to $22.86 per acre - an $0.88 per acre increase due to increased fuel prices.

Increased fuel prices affect the cost of performing field operations. The prices mentioned assume a $0.40 increase from $7.49 per acre to $7.89 per acre an increase of $0.40 per acre. As fuel prices continue to increase, the added cost per acre will continue to climb proportionately. At $1.50 per gallon ($8.00 over 1999 prices), the additional cost in terms of dollar per hour or dollar per acre over the original 1999 prices will be double those reported above.

The Minnesota Farm Machinery Economic Cost Estimate can be accessed from the Lancaster County Extension Ag/Acreage web site: www.lanco.unl.edu/ag by following links to the Nebraska Production Ag site and select Crops and then Machinery. To go directly to the Machinery page point to: www.iian.unl.edu/ ian/lanco/ag/cropped machine.htm. The link is found under the custom rates and operating costs heading.

SNAP Producer Alliance Takes Next Steps

Southeast Nebraska Area Producers (SNAP) is an alliance of agricultural producers whose mission is to increase profits of member farmers by providing assistance in marketing, promot- ing, and production of quality agricultural products. The primary emphasis of the alliance will be the production and marketing of identity preserved grains.

SNAP has made good progress since being featured on the front page of the February Nralpr. It has filed articles of incorporation with the Secretary of State, thus receiving status as a cooperative in Nebraska. March 30, the SNAP Board of Directors met with members of producers who have expressed interest in the producer alliance concept. An election was held naming the following people to an interim board of directors: Herschel Staats, Lincoln; and Burdette Pieneck, Lincoln (both have been active on the steering committee over the past year). New interim board members are: Andy Scholting, Murdock; Arlo Cole, Plattsmouth, Marlan Johnson, Eagle; and Ken Iverson, Papillion. These six people will become the charter board of directors when final documents are filed with the state.

SNAP continues to seek producer members who are interested in producing value-added grains in eastern Ne- braska. For more information, call Tom Dom on the Lancaster County Extension office 402-441-7180. (TD)
Rodent Proofing Your Home

New home construction in farm fields may result in two different families trying to live in the same place. Humans and mice make war in conflict. Mice can cause serious damage to homes and storage structures. They contaminate human and livestock feed.

Rods destroy insulation and other structural components of buildings. Energy losses and possible spreading of a variety of diseases are good reasons to control rodents.

Rabbits

Newフィルムの発表が延期された。完成したフィルムの公開は、約1年後から予定されている。発表の延期は、フィルムの完成状態を考慮に入れつつ、公開の日時を順調に進めるために行われた。公開の日時は、今後さらに詳しく発表される予定です。

See LEASH LAW on page 11

Acreage Insights

Road Maintenance

It’s the middle of winter and your driveway is blocked by snow, you need to get out, who do you call? This is a concern for many new acreage owners who didn’t ask that question in May when they were buying their new home. Road maintenance responsibility depends on where you live and by resolutions developed possibly long before you purchased an acreage.

The county Engineers Department is responsible for road maintenance on all section line and half-section line roads, any road shown on the county map and within three miles of the city limits. In these areas, they are responsible for grading, rock or gravel application, snow removal, and tree removal or trimming.

Other roads, such as those found within acreage subdivi- sions can be maintained by the subdivision owner, acreage owner, or the county depending on conditional resolutions established during the purchase of the original property before subdivision. The county can enter an agreement for mainte- nance with the subdivision owner. If a special conditional resolution is established, the roads will be graded twice per year until specified conditions are met. The county cannot provide maintenance to subdivision with less than six homes or if the subdivision is less than 50 percent occupied.

In the case of newly estab- lished acreages, not part of a subdivision, access permits must be obtained from the County.

Knowledge of Animal Laws Important-State Leash Law

State law requires that all pets remain on their owner’s property unless on a leash. In a rural area, if a pet roams on a neighboring acreage and becomes a nuisance, the pet owner could be subject to a fine. If the property owner files a complaint with the Sheriff’s Department, the pet owner will be given one warning. If the pet continues to violate the leash law and a second complaint is filed, a court time will be assessed.

Rabies

All dogs and cats are required to be vaccinated for rabies. Vaccinations must be given by a licensed veterinarian at three months of age, one year and three years. Booster vaccinations should be given triennially.

Dangerous Dogs

State statutes prohibit the ownership of dangerous dogs unless properly confined. Failure to comply with state statutes can lead to citations and destruction of the dangerous dog(s).

Livestock

Livestock straying off your property are the responsibility of the owner. In the event of damage to crops or fences of the property giving you advice will determine the level of your success as you embark upon your business venture.

* How often will your committee meet?

These last two questions are more tactical than strategic. The way the board or committee operates may dictate who will be willing to serve. You should consider these questions as you decide who you will invite to participate.

Lastly, this section of your business plan may be improved by the inclusion of an organizational chart. The graphic historically highlights names and positions as well as to whom each person reports. In the world of business today however, you may want to consider a networked chart as opposed to a hierarchical one. We will discuss this specific issue in a future article.

As stated at the beginning, this section is probably the key component of your business plan. You should invest time wisely and well in its creation. Your return on investment may not be easy to measure, but it will most certainly be critical to your success. (DJ)

In last month’s article, your management team was identified as the most important section of your business plan. That impor- tant ranking has not changed. This month, we will look at the people who will operate your business and how they should appear in your plan.

When you are seeking financing, descriptions and bios of your management team are probably the most important section of your business plan. All financial institutions, from venture capitalists, to banks, to federal financial programs, look carefully at who is running the business. They want to know all about the person(s) to whom they are entrusting their money. They seem to place more importance on this information than how great is the idea or how much money can be made.

But you say you’re not drafting your business plan to obtain financing. You are going to finance the endeavor yourself. It’s still a good idea to spend quality time on this section. Thinking about management team issues will help identify which skills are missing. Once the missing skills are identified, you have the opportunity to locate them before you open for business. This approach is much easier than trying to repair the train after it has left the station.

This section of your plan is where you identify every "manager." Your qualifications, those of all your business partners, and all your initial hires are specifically set forth in this section. Included should be such things as past experience, expertise, and initial contribu- tion to the business. In addition, this section of your plan should address the following questions:

* Who’s going to do what?

No one can know everything they need to know. Recognizing this, you may want to set up, in addition to your management team, a board of directors, an advisory council, or both. This section of your plan should address this issue in detail, including the following questions:

* Who should be on the committee?

* What does each person bring to the committee?

These first two questions are the most important of the four listed here. The quality of the people giving you advice will determine the level of your success as you embark upon your business venture.

* How often will your committee meet?

Techniques apply to both new and old construction.

Common rodent entry points include holes and openings around wires, pipes, vents, and under siding edges. Mice and rats use their front teeth to gnaw through to gain the edges of different materials. Flat hard surfaces are difficult for them to grab. Most commonly, tools and other durable materials can be used around holes and openings. Vents, windows, exterior doors, foundations, and floors must be rodent proofed.

Detailed instructions are available through the University of Nebraska in Lancaster County Extension Office. Request information on "Rodent Proof Construction" (G1217). (DJ)

Composting Workshops and Demonstrations for 2000

Workshops (All workshops scheduled from 7-9 p.m.)

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<thead>
<tr>
<th>Recreation Centers</th>
<th>Date 1</th>
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<tr>
<td>Belmont</td>
<td>Apr. 20</td>
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<td>Irving</td>
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Composting Demonstrations (50th and Colby)

3rd Saturday of each month from April through October, Time – 8:30 a.m.

Learn at your convenience

—24 hours a day, 7 days a week—

Acreage & Small Farm Insights Web Site

Visit our Internet web site at: http://www.lanc.unl.edu/leashlaw/acreage/index.htm to learn about Extension programs, publications and links to other acreage and small farm information.

"Part-time Farming" video

"Part-time Farming" will help develop your country environment and improve your quality of life. Just one hour of "Part-time Farming" provides tips that will save you costly mistakes and precious time. Call 402-441-7180 to order your copy.

NUFACTS (audio) Information Center

NUFACTS audio message center offers fast, conve- nient information. In the Lincoln area call 441- 7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.

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**Good Nutrition, Better Health**

The Nutrition Education Program has been working with the Early Head Start program since January 1999. Through home visits, monthly newsletters and group teaching, nutrition information has reached over 100 families.

Beth Houdek is a woman who has participated in home visits and group meetings. When she joined the program, she knew very little about how to feed her two young sons. Corn dogs, cookies, prepared gelatin cups, soda pop, donuts, and sugared cereal were staples in their diet.

Beth has learned to save $40 a month by planning a weekly menu and using a shopping list. She has found how much easier it is to do grocery shopping. It saves her time, states Tracy Gross, Early Head Start Family Advocate. Since gaining confidence in cooking skills, the family tries one new food each week. Each day the children eat breakfast and get seven additional servings from the Food Guide Pyramid. Salt is used more sparingly and frozen food is thawed in the refrigerator instead of on the kitchen counter.

Dana Atteberry, a case worker from Transfiguration, reinforces the skills the family has learned. She comments, "I am very proud of Beth’s accomplishments. She is very serious about providing the best for her children."

The Houdek family eats more safe and healthy meals for less money. Beth adds, "I have more energy than I used to. My oldest son pays better attention in school." She is confident the improvement in their diet will help her children grow as they should. Her older son is really enjoying the variety of foods, especially his favorite: applesauce. (MA)

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**Instant Chocolate Mousse**

**Yield:** 4 servings

1 box instant chocolate pudding mix (4-serving size)

1 1/4 cup cold soy milk

1 package (10.5 ounces) silken tofu

Put the contents of the chocolate pudding mix and the soy milk into a blender container and whirl until very smooth, about 15 seconds. Add the silken tofu and blend again, scraping down sides as needed, until very smooth. Pour into individual serving dishes and chill at least two hours before serving.

**Nutrition Information Per Serving:** 183 calories, 3 g total fat (0.2 g saturated fat), 8 g protein, 30 g carbohydrate, 1 g fiber, 462 mg sodium, 0 mg cholesterol (AH)

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**Clean Hands Campaign**

Have fun using “glo-germ” to teach handwashing to youth and adults. Receive handouts for your group and a copy of reproduction ready handwashing activities. Call Alice Henneman (441-7180) to schedule a time to checkout the Clean Hands Kit and receive your materials. Kit must be checked out and returned within the same week. Available on a first come, first served, basis. This activity can be used with any number and takes about 20 minutes, depending on the size and age of your group. (AH)

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**You Can’t Serve From an Empty Plate. So, F-E-A-S-T Frequently**

Alice Henneman, Extension Educator

**Beverly Benes, NU Department of Nutritional Science & Dietetics**

When the flight attendant reviews safety procedures as the plane takes off, you’re shown how to use the oxygen mask. If you’re traveling with someone who needs help, you’re told to put on your mask before assisting the other person. Likewise, you’re advised to put on your own life jacket before trying to help someone else. It’s easier to help another person if you’re not struggling to keep yourself afloat.

If you’re mountain climbing, you’re better able to rescue a fellow climber when your own gear is working properly.

The examples go on and on. The message is clear: You’re better able to help others if you take time to care for yourself. Say “Yes” to Yourself

If you’ve spent a lifetime saying “yes” to the needs of others before you address your own, it can be hard to say “yes” to yourself. But, it’s important—if you care about others—you care for yourself as well. There are three powerful reasons why:

1. **The Golden Goose is Only Good Alive.** Many of us are familiar with the fairy tale of the goose who laid golden eggs. Under the owner’s care, the goose produced her rich bounty every day. Things went well until the owner wanted all the riches at once. He killed the goose only to discover there were no eggs inside. In failing to understand how the goose served best, he destroyed the source of his wealth.

See **EMPTY PLATE** on page 11

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**Focus on Food**

Alice Henneman, Extension Educator

**Q: Where do I find soy milk and how can I use it?**

A: According to the United Soybean Board (www.talksoy.com): Soy milk in liquid, ready-to-drink form is available in most mainstream grocery stores. Aseptically packaged soy milk usually is stocked near the evaporated milk, UHT dairy cream or tofu, and fruit.

Soy milk is a good source of protein, thiamine, iron, phosphorous, coper, potassium and magnesium. It contains little sodium. Some brands are fortified with important vitamins and minerals such as calcium, vitamin D, and vitamin B-12. Soy milk is also low in saturated fat and is cholesterol-free.

Here are some ways to use soy milk:

- Try plain or flavored soy milk as a refreshing drink.
- Pour soy milk over hot or cold breakfast cereal.
- Use soy milk to make cream sauces that are cholesterol-free and low in saturated fat.
- Make rich pancake and waffle mixes.
- Create your own delicious shakes with soy milk, ice cream or tofu, and fruit.
- Use soy milk to make cream soups. (AH)

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**Nutrition Education Program**

for Limited Resource Families

Mary Abbott, Extension Assistant

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**Food & Fitness**

Enjoy Nebraska Foods!

Alice Henneman, RD, LWMT, Extension Educator

April is Soyfoods Month, making it an excellent time to try eating more soy in your diet.

Soybeans contain high-quality proteins, iron, B-vitamins, calcium and zinc. Soyfoods are also low in saturated fat and have been shown to help lower blood cholesterol levels. Eating soyfoods also may help prevent the risk of osteoporosis and cancer. Soybeans are the only food known to contain genistein, which may help prevent many forms of cancer. In fact, soybeans recently received a health claim from the Food and Drug Administration. It states: "Eating 25 grams of soy protein a day, as part of a diet low in saturated fats and cholesterol, may reduce the risk of heart disease."

Soybeans are the second leading crop in Nebraska, generating more than a half billion dollars annually. In 1999, 180,625,000 bushels of soybeans were produced in Nebraska making it the fifth largest soybean state in the nation.

As long as supplies last, the Nebraska Soybean Board will send you a FREE soyfoods cookbook if you call 800-852-2326. There’s a bushel of soybeans were produced in Nebraska making it the fifth largest soybean state in the nation.

In order for a food to qualify for this health claim on the label, it must contain at least 6.25 grams of soy protein per serving.

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Who wants to breathe dirty air or swim in a polluted lake? I don’t and I’m sure you don’t either. When former Wisconsin Senator Gaylord Nelson noticed our country’s air, water, and soil were being polluted; plants and animals were dying, people around the United States were upset. They wanted to change things, but our country’s leaders weren’t listening. They were not making laws to protect the environment.

Finally, in June 1969, Senator Nelson thought of an idea to get the attention of the politicians. The idea was to have a nation-wide demonstration. If enough people got involved, everyone, from the president to each city’s mayor, would have to take notice.

It worked! On April 22, 1970, Earth Day was held, one of the most remarkable happenings in the history of democracy. Congress made stronger laws and established a new department called the Environmental Protection Agency (EPA). The EPA’s job was to keep businesses, cities, and states from polluting our country’s environment.

Soon the skies, the water and the land began to look cleaner. But…ten years passed and we had to forget the lessons of Earth Day. They grew careless and began to waste water, fuel, soil, and trees. The United States was not the only one polluting. All over the planet, poisons were quietly filling the air, water and land.

Businesses and governments weren’t getting rid of waste safely. They dumped garbage and waste more than ever. They filled the air with smog and the water with poisons. Store owners changed swamps and prairies into shopping malls. Trees were burned and wetlands destroyed to make farms. Oil spills kept happening. Rain forests, ice fields, deserts, swamps, forests, and prairies were being spoiled or destroyed.

Garbage was piling up. People bought things once, then threw them away; baby diapers, aluminum cans, plastic toys, fast-food packages. Trucks carried the garbage to enormous holes in the ground called dumps. There the trash sat.

Millions of acres of land was filled to the brim with garbage. The world’s oceans had thousands of tons of trash floating in them. Creatures were getting sick — some were dying from the poisons in the air and water. Pollution was killing the planet and people were scared. Something had to be done.

Dennis Hayes, a lawyer and an important worker in the first organized Earth Day in the 70’s, decided to work on Earth Day 1990. He organized people and they came up with plans that reached far beyond the United States. On April 22, 1990, 200 million people, in more than 140 countries, celebrated the second Earth Day. Children around the world formed cleanup teams to pick up litter in the country and cities.

In Nicaragua, people planted 10,000 fruit trees. Japan held a Garbage Festival. People learned how garbage was recycled into everything from postcards to soda cans. In Maine, the government planted a tree for every new baby born in the country. A team of mountain climbers from the U.S., Russia, and China climbed Mount Everest to pick up the trash others had left behind.

After Earth Day 1990, world groups continued to share ideas. People everywhere now consider Earth Day. The world has come together to take care of our environment.

The mission of the Lincoln-Lancaster County Health Department (LLCHD) is to protect and promote the health of the citizens and the environment of Lincoln and Lancaster County. The Special Waste Program ensures proper management of wastes that may pose a hazard to health and the environment.

What is special waste?
A waste generated by industries, commercial businesses or home occupations which:
- Has the potential to create a negative effect on the public health or the environment.
- Because of its characteristics, it requires special handling at the landfill.
- Requires regulation by the Nebraska Department of Environmental Quality, US EPA, OSHA and DOT.
- Currently are 35 types of waste in Lincoln-Lancaster County Health Department (LLCHD) permit and regulate. Eighteen of the 35 are required to have permits regardless of the quantity of waste they generate.

How does a business find out if they have a special waste?
Call TAP (Technical Assistance Program) at LLCHD. TAP is a non-regulatory approach that provides free consultation to help business to understand the processes in their business and how to manage the waste they produce. A technical assistance engineer can give you non-nonsense, practical advice and action-oriented solutions for disposal of waste and assistance with regulatory requirements. Call Ron Eriksen at 441-6238 or Beth Mann at 441-6235 for TAP.
Businesses of Lincoln-Lancaster County are required to fill out a special waste inventory. This special waste inventory determines if your business generates special waste and if a permit will be required for disposal.

If your business has not completed a special waste inventory, contact Ron Eriksen or Beth Mann for assistance with the special waste inventory process.

Banned Wastes: The following wastes are banned from Lincoln Landfills:
1. Hazardous wastes
2. Special wastes without prior approval
3. Bulk liquids
4. Waste oil and lead acid batteries
5. Tires
6. Out-of-county waste

Examples of potential hazardous or special wastes:
- Sludge and sediment from tanks
- Waste contained in drums or buckets
- Waste marked with placards, warnings or danger labels
- Solvents, thinners or paints
- Petroleum contaminated wastes
- Asbestos containing wastes
- Flammable or explosive wastes
- PCB wastes, light ballasts, dielectric fluid
- Infectious wastes including treated Radioactive wastes
- Pesticides and herbicides
- Treated railroad ties, power poles and lumber
- Industrial/process dusts, airborne waste

**Special Waste Program for Businesses**

This is your 30th Celebration of Earth Day and each of us should be doing our part to save the planet.

Why not make every day Earth Day. We can by reusing things, cutting down on making garbage and recycling, saving and planting trees, composting. Also saving energy, buying toys that last, learning about nature, saving the rain forests, walking, riding bikes, taking the bus or carpooling. Sending letters to the mayor and city council members, to county, state and national officials requesting them to support legislation that protects/preserves the environment, and most importantly, respect our planet and our environment.
Reduce

Each year Lincoln and Lancaster County residents dispose of 285,000 tons of waste. This represents an average of 787 tons of waste per day that is buried in the sanitary landfill. An average of 6.5 pounds per person per day is generated by people in Lancaster County.

Reducing the amount of waste disposed of can save landfill space and save you money.

One-third of the trash from households is product packaging. Product packaging has its purpose, such as making products safer and supplying information. However, many items are simply over-packaged. Decisions you make while shopping can save you money and reduce the amount of trash that goes into the landfill.

When making purchases, a savvy consumer considers cost, quality and convenience of the product. But, did you know that more than $1.00 of trash that goes into the landfill.

By considering the amount of waste produced by product packaging, the consumer can save money. By adding the following suggestions to your shopping routine, you can be a more efficient consumer.

- **Buy large or economy-sized items.** Large-quality items usually have less packaging per unit, lowering your costs.
- **Avoid over-packaged products.** Reject excessively packaged products.
- **Buy recyclable products.** Buy products that are made from post consumer waste. These products may not be marked but are made of mostly recycled material: steel, food cans, cars, appliances, furniture, nails, aluminum, glass bottles and jars, molded pulp containers—including brown and gray egg cartons and flour boxes.
- **Buy reusable products.** Refillable water containers and shopping bags are two examples of reusable products.
- **Know when not to buy.** Rent products you only need temporarily. Sometimes a borrowed or used item is available and would better fit your needs rather than buying a new product.
- **Express your opinion.** Contact manufacturers about packaging. If you believe that packaging is too much, write the manufacturer. Go a step further and compliment manufacturers who use minimum amount of packaging needed. Also ask store and work managers to stock products you prefer.

Some helpful home and office tips to help you reduce waste. Share these with neighbors and friends:

- **Reuse old clothing for rags.**
- **Minimize the use of disposable items, such as: eating utensils, pens, lighters, cameras, razors and paper towels.**
- **Donate clothes, furniture and appliances to thrift stores.**
- **Use shaving soap instead of aerosol can.**
- **Use cloth napkins and hand towels.**
- **Reuse empty plastic containers for travel items, nails, bolts, etc.**
- **Compost and mulch grass clippings and leaves.**
- **Use a mug instead of styrofoam/paper cups.**

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Reusing household items

Garage sales are a great economical way to get rid of and obtain good useable items that would otherwise be put in the trash. Items such as clothing, shoes, appliances, furniture, books, dishes, etc. can easily be collected and donated to a variety of thrift stores or to the Lincoln City Mission, a few will even pick up the donation at your residence. Call for more information.

### Reuse

An important aspect in waste reduction is the reuse of material. When shopping, it is economically and environmentally correct to consider the reuse value of the items you purchase. Refillable items are always a good choice. If you are seeking to reuse food containers such as honey, molasses, olive oil, herbs, vitamin extracts, lotions, etc., go to:

- **Open Harvest Natural Foods Grocery**
  1618 South Street
  475-9069

- **Thrift Shop**
  (Check listings for other locations)

- **Family Thrift Center**
  476-2857
  1745 “O” Street
  Monday–Friday 9 a.m.–6:30 p.m., Saturday 9 a.m.–5:30 p.m.

- **Junior League Thrift Shop**
  421-6099
  5631 South 56th St., Suite 2
  Monday, Wednesday, Friday 10:00 a.m.–6:00 p.m.
  Tuesday, Thursday 10:00 a.m.–8:00 p.m.
  Saturday 10:00 a.m.–5:00 p.m.

- **Amvets Pick Up Service**
  476-8387
  1745 “O” Street
  Monday–Friday 9 a.m.–6:30 p.m.
  Saturday 9 a.m.–5:30 p.m.

- **Mission Distribution Center**
  1822 “N” Street
  Monday–Saturday 8:30 a.m.–4:30 p.m.

- **Mission Thrift Mart**
  434-5390
  1825 “O” Street
  Monday–Saturday 9 a.m.–4 p.m.

- **Disabled American Veterans**
  325-8778
  3850 North 27 Street
  Monday–Saturday 9 a.m.–7 p.m.
  (Check listings for other locations)

- **Goodwill Industries**
  438-2022
  2100 Judson
  Monday–Friday 8 a.m.–4:30 p.m.
  (Check listings for other locations)

- **Mail Preference Service**
  Direct Marketing Associates
  PO Box 3861
  New York, NY 10163-3861

- **Garage Sale**
  476-8387
  1745 “O” Street
  Monday–Saturday 8 a.m.–8 p.m.

- **The Salvation Army Truck Pick Up Service**
  474-4747
  737 “P” Street
  Monday–Saturday 8 a.m.–5 p.m.
  (Check listings for other locations)

- **Amvets Pick Up Service**
  476-8387
  1745 “O” Street
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There are 24 recycling drop-off sites in the county. A full list and map of all sites can be found in the blue pages of the telephone directory. For more information, call Lincoln Recycling Hotline at 441-8215.

Lincoln’s 14 multi-material recycling drop off sites will accept:
- Aluminum cans (not foil)
- Cardboard
- Glass (clear, green, brown)
- Magazines
- Mixed paper (office, computer, junk mail, phone books, stick-it notes)
- Newspaper
- Plastic (#1 bottles, #2 bottles, milk jugs—NO tubs ie. margarine or yogurt)
- Tin cans (including aerosol cans that are empty, plastic lid removed—leave wick and spray nozzle in place)

Please take time to separate your recyclables correctly. To prepare aluminum cans flatten; tin cans—remove any labels, rinse out residue and smash. To prepare glass and plastic remove any caps, rings and rinse. Flatten the plastic but do not break glass. To prepare paper products separate into piles of newspaper, magazines, mixed paper and cardboard.

It is against the law to deposit any material other than what is accepted. Take down licence number of vehicle and call the police at 441-6000 if you see people depositing materials illegally.

Additional communities with recycling sites in Lancaster County:
- Bennet, Refuse Transfer Station
- Davey, Refuse Transfer Station
- Hickman, City Park
- Panama, Refuse Transfer Station
- Waverly, Waverly Plaza

Examples of Recycling

Recycling is turning used paper back into pulp and then making new paper from that pulp. The Lincoln Journal Star is made out of 25-40% recycled newsprint.

Recycling is crushing used glass bottles into small pieces and melting them down to make new glass. Each new food and beverage container made out of glass has 30% recycled glass in it.

Recycling is melting aluminum cans, pressing the molten metal into sheets as it cools and shaping these sheets into new cans. Each new aluminum can has 54% recycled aluminum in it.

Recycling is chopping up grass cuttings and producing compost. Lincoln receives 14,000 tons of grass and leaves each year to produce compost.
Lincoln’s Sanitary Landfill

The city operates two landfill sites: the 48 Street Small Vehicle Transfer Station, north of 48 and Superior; and the Bluff Road Sanitary Landfill, located at Highway 77 and Bluff Road.

- All vehicles using these sites must have their load covered. A disposal fee is charged.
- The Bluff Road Sanitary Landfill is used by commercial refuse haulers or customers hauling materials in large trucks and trailers with cargo box dimensions larger than 6 feet by 8 feet by 5 feet high. The Bluff Road Yard Waste Composting facility is located at the Bluff Road Landfill site. It is designed for use by commercial refuse haulers and commercial lawn maintenance companies hauling yard wastes. The Bluffs Road Sanitary Landfill is not open to the public.
- The 48 Street Transfer Station is used by cars, pickups, trailers or other small vehicles that have cargo dimensions of 6 feet by 8 feet by 5 feet high or smaller. Grass, leaves, brush, appliances, metals, waste oil, lead acid batteries and tires (less than 10 per load) must be sorted out and placed in designated areas of the site for recycling. Appliances, waste oil, lead acid batteries and tires can usually be recycled at a private dealer for a smaller fee. Please contact the Recycling Hotline at 441-8215 for more details.

Lincoln Landfills:
(402) 441-7738
48 Street Transfer Station
5101 North 48 Street
441-8104
Hours: Monday-Saturday, 6:45 a.m.-3 p.m.
Sunday, 6:45 a.m.-12 p.m.

Bluffs Road Sanitary Landfill
6001 Bluff Road
441-8102
Hours: Monday-Friday, 6:45 a.m.-4:15 p.m.
Saturday, 6:45 a.m.-1 p.m.
Sunday, 9 a.m.-12:30 p.m.
Closed: Thanksgiving, Christmas, New Years Eve and possibly if high winds above 30 mph.

Fees: Cars—$2.50
Vehicle w/trailer—$16.00
Pickups/vans—$10.00
Large vehicles—$16.00/ton

The following are NOT allowed at disposal sites:
- Flammable, toxic, reactive or other hazardous wastes.
- “Special wastes” from businesses without a permit from Lincoln-Lancaster County Health Department. (call 441-6238)
- Liquid wastes.
- Wastes with a dimension exceeding six feet in any direction
- Loads of ten or more tires

Special Fees:
- Appliances $5.00 each
- Car and light truck tires $3.00 each
- Heavy equipment tires $11.50 each
- Large truck tires $6.50 each
- Special waste $5.00 each with permit
- Unacceptable waste loads/illegal dumping $50.00 per incident
- Uncovered load fee $3.00

Illegal Dumping
Report any person dumping waste at recycling sites, city parks, county roads or on private property to sheriff or police departments.

RATES OF DECOMPOSITION FOR VARIOUS FORMS OF LITTER

<table>
<thead>
<tr>
<th>Litter Type</th>
<th>Rates of Decomposition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paper</td>
<td>2-5 months</td>
</tr>
<tr>
<td>Orange Peels</td>
<td>6 months</td>
</tr>
<tr>
<td>Milk Cartons</td>
<td>5 years</td>
</tr>
<tr>
<td>Filter Tip Cigarettes</td>
<td>10-12 years</td>
</tr>
<tr>
<td>Plastic Bags</td>
<td>10-20 years</td>
</tr>
<tr>
<td>Leather Shoes</td>
<td>25-40 years</td>
</tr>
<tr>
<td>Plastic Containers</td>
<td>50-80 years</td>
</tr>
<tr>
<td>Disposable Diapers</td>
<td>75 years</td>
</tr>
<tr>
<td>Tin Cans</td>
<td>100 years</td>
</tr>
<tr>
<td>Aluminum Cans</td>
<td>200-500 years</td>
</tr>
<tr>
<td>Styrofoam</td>
<td>NEVER</td>
</tr>
</tbody>
</table>

Facts

Call the Recycling Hotline at 441-8215!

Refuse Collection Service

Lincoln has 37 independent waste haulers. To find a hauler that serves your area, look in the yellow pages under “Garbage Collection,” talk with a neighbor or contact the Lincoln Solid Waste Management Association at 475-8361.

Residents may set out household trash in canned or bagged refuse at the curbside or in the alley. The refuse must be generated at the residence. For example, one can not bring trash home from the work site.

Please have the refuse set out by 6 a.m. on the scheduled collection day. The landfill is closed on Thanksgiving, Christmas and New Years Day, therefore there is no waste collection on these days.

Reminders:
- Garbage cans must have tight-fitting lids, be water and rust proof and have handles.
- Garbage cans should not be larger than a 32 gallon container.
- Plastic bags may be used for regular trash, but must be placed inside garbage cans.
- Yard waste such as grass and leaves may not be placed in plastic bags (see Yard Waste)
- Burning refuse is in violation of Lincoln City Ordinances.

These items are banned from the landfill and can NOT be placed in garbage cans:
- vehicle batteries
- used oil
- liquid paint
- pesticides/herbicides
- fluorescent light bulbs
- vehicle tires
- ammunition and explosives—call Bureau of Fire Prevention Department at 441-7791
- other hazardous, toxic, reactive or corrosive wastes
Residents are often asked to dispose of special waste such as bulk items like appliances, construction demolition and tires. Other special waste items banned from the Landfill include automotive oil, antifreeze, propane, gas cylinders and fire extinguishers. Each item has a preferred option of disposal. Additional information is available from the Lincoln Recycling Hotline at 441-8215.

### 1. Appliances –

There are several private companies that will pay for appliances or accept appliances free of charge. Private dealers are often the most economic option for disposing of an appliance. Residents may dispose of appliances on the curbside but should first contact the waste hauler. Because the hauler will be assessed a fee for disposal at the landfill, residents should expect the fee to be passed on to them. Residents may haul appliances to the 48 Street Transfer Station, there is a $5.00 charge per appliance in addition to the gate fee for the vehicle.

Private companies accepting appliances are listed below. Please call dealer first for details on restrictions and possible fees.

- **Altar Scrap**
  - 476-3306
  - 525 “N” Street
  - Freon must be drained

- **L & S Recycling**
  - 465-0802
  - 4954 North 56 Street
  - Freon appliance accepted
  - *Please do not cut lines on appliances*

- **Northwestern Metal Company**
  - 464-6341
  - 3900 Industrial Avenue
  - $5.00 charge for freon

### 2. Construction and Demolition –

This includes concrete rubble, clean soil, brick or similar material. The private sector recycled 232,800 tons of concrete and asphalt last year. Construction and demolition may be taken to the 48 Street Transfer Station for a fee of $4.00 per load. A few private contractors do accept debris (free of charge) that is clean of contaminants, such as scrap metal or dirt and separated by types. Please call first to make arrangements.

- **Cathers Construction**
  - 6400 North 70 Street
  - 464-2113
  - Concrete and asphalt only

- **Pavers LCC**
  - 6201 South 57 Street, Suite F
  - 420-2889

- **Dobson Brothers Construction**
  - 410 South 7 Street
  - 474-5115
  - Large quantities only, must be clean.

### 3. Tires –

Haulers are required to pay fees for disposing of the tire and this fee will be passed on to the resident. The public can dispose of tires (no more than 10 per load) at the 48 Street Transfer Station for a fee of $3.00 per tire for cars and light trucks in addition to the regular fee. Again, private businesses will recycle car tires for a small fee and this is often the most economic option. Private businesses that offer this service are listed below. Please call ahead to confirm the service is still offered.

- **Graham Tire**
  - 6800 “O” Street
  - or 5651 South 56 Street
  - 467-2555 or 421-1500
  - $2.00 per tire

### 4. Oil –

Oil is banned from the Landfill. Please do not dump used oil on the ground, in the storm drain, into the street or in the garbage. Protect your hands and skin from used oil. To recycle, oil must be free of contaminants such as gasoline, water, antifreeze, dirt, leaves, debris and other solids. Drain your oil into a container that has a lid and is clearly labeled “used oil.” Containers should not hold more than 5 gallons of oil. Most oil recyclers will not take more than 5 gallons of oil per person per day. Remove the oil filter and puncture it, drain it into a container for 24 hours before placing it in the trash. After recycling, take the empty container home with you and reuse it or put it in the household trash.

Locations in Lincoln that accept waste oil from the public are listed below. Please call ahead and never leave oil at a site after hours.

- **GM Auto Parts**
  - (call first)
  - 5440 North 70 Street
  - 467-3531

- **Gross Amoco Service**
  - (call first)
  - 315 South 10 Street
  - 435-9185

- **O’Reilly Auto Parts**
  - 120 West “O” Street
  - 475-1166
  - No more than 5 gallons at any one O’Reilly Auto Parts Stores

- **1525 Cornhusker Highway**
  - 475-1188

- **1201 N. 48th Street**
  - 466-4663

- **Advanced Auto**
  - 222 North 48 or 3100 Cornhusker Highway
  - 465-5556 or 465-8188

- **Texaco Xpress Lube**
  - 4800 Old Cheney or 5111 “O” Street
  - 421-9294 or 489-6354

- **Valvoline Instant Oil Change**
  - 3500 Village Drive
  - 421-8089
  - *(Accepts 3 gallons free every 3 months or 50 cents a gallon any day)*

### 5. Antifreeze recycling is preferred to disposal –

However, antifreeze can be poured down the sanitary sewer (but not in septic tank or storm drain). Dilute antifreeze with at least three gallons of water per gallon or partial gallon of antifreeze. Please, do not dispose of more than 10 gallons of water and antifreeze per day. Sites listed under oil collection might also take these materials. Please call ahead.

- **Agee’s Auto Repair**
  - 1323 “M” Street
  - 475-2252

- **Cary’s Radiator Shop**
  - 2128 North 68 Street
  - 464-8447

### 6. Propane and Gas Cylinder –

Recycling is preferred to disposal. Most scrap metal recyclers will accept gas cylinders such as small propane cylinders used for camp stoves, if the stem is removed. The following are private dealers who will accept cylinders. Please call ahead to make arrangements and check requirements. (Some dealers may have a fee)

- **Lee’s Propane Service Inc.**
  - 625 West “O” Street
  - 477-3235
  - *$2.00 fee per container*

- **Ferrel Gas**
  - 3200 Superior
  - 477-5151
  - *Will not take disposable tanks*

- **Great Plain Service**
  - 642 Highway 6
  - (800) 627-9908
Household Hazardous Waste

Nearly everyone uses hazardous chemical products. Once you have no use for the product it becomes hazardous waste. The chemical characteristics that make these chemical products useful also make them dangerous when used, stored or disposed of improperly. Simply throwing the waste in the household trash or down the drain is not safe. Improper disposal can injure refuse haulers and waste handlers or potentially contaminate the ground water, surface water, soil and air.

The Lincoln-Lancaster County Health Department holds Household Hazardous Waste Collections in the summer months. This collection is for households in Lincoln and Lancaster County only (not for businesses). If you have any questions, call 441-8040.

Listed below are EPA-banned chemicals that should not be used. Although these chemicals are no longer sold in stores they may be stored in homes. In order to contain the potential harm of these chemicals, it is highly important that they are disposed of properly. The Lincoln-Lancaster County Health Department is the best vehicle for disposal. The following banned chemicals are accepted at the Household Hazardous Waste Collection.

- **DDT** - Anofex, Dedelo, Pentachlorin, Rukseam, Zerdane, Santobane, Chlorophenothane.
- **Chlordane** - Chlordan, Cordano, Chlortox, Belt, Niran, Gold Crest, C-100, Kyles Lindane, Ortho-Klor.
- **Silvex (2, 4, 5-TP)** - O-X-D, Weed-B-Gon (with silvex), Propan, Silvi-rhap, Sta-fast, Ded-Weed, Kuran.
- **2, 4, 5-T** - Brush-off, Ded-Weed, Brushkiller, Fortex, Reddox, Fence Rider, Troxion, Yeon.
- **PCP (Pentachlorphenol)** - Dowicide, Pentacon, Santobrite, Thompson’s Wood Fix.

In addition to the banned chemicals, there are many household products containing chemicals that are hazardous to the environment and dangerous if not disposed of properly. These items are accepted at designated household hazardous waste collection sites:

- **Heavy metals** –Wastes containing liquid mercury such as thermometers.
- **Solvents** -Mineral spirits, turpentine paint strippers and thinners, oil-based paints, varnishes, stains, polishes and waxes.
- **Pesticides** -Weed killers, garden sprays, wood preservatives, roach powder, pet flea and tick products, rat poisons, etc. (includes EPA-banned chemicals listed above should not be used).
- **Items containing PCB’s** –Ballasts from old fluorescent lamps and small capacitors from old appliances including radios, motors and televisions.

Please do not bring the following items to designated collection sites:
- **Latex paint**
- **Fertilizers**
- **Fluorescent bulbs (recycle)**
- **Antifreeze (recycle)**
- **Medicines**
- **Used oil (recycle)**
- **Batteries (recycle)**
- **Explosives or ammunition** (Fire Prevention Bureau)
- **General household trash or business waste**

Call 441-8040 for dates of the next Household Hazardous Waste Collection.

Paint Exchange

A latex paint exchange occurs during specially designated collections, generally in the spring. Only good, useable latex paint is accepted at these collections. Please bring only containers that are at least half full. Call 441-8043 for more information about properly disposing of unuseable latex paint or donate paint to local drama clubs.

**To dispose of latex paint:** Keep lids off and let latex paint dry up then discard it into the trash. Be sure to remove lids so refuse haulers can see the paint has hardened. Large quantities of latex paint can be disposed of by pouring one inch layer of paint into a plastic lined box. When paint dries, pour another layer of paint on top. Do this until the container is empty. Water-based paint can be combined with an absorbent such as clay-based cat litter. When dry, this combination of absorbent and paint should be put in a trash bag and disposed of in the garbage. Latex paint can also be donated to local school drama departments or community playhouses. Paint brushes and rollers should be wiped off with a paper towel or rag then cleaned in the sink. Use ample water to dilute the paint. Put used paper towels in the garbage.

**To dispose of oil-based paints and paint thinners:** Contact the Lincoln-Lancaster County Health Department at 441-8040.

Reminder

You can minimize the human and environmental risks of household hazardous waste by:

- Buy only what you need. Buy the right product for the task. Buy only the amount you need. Use up all of the product, if it is safe to do so.
- Read the label and try to identify the least toxic product.
- Use products according to the label, more is not always better.
- If you store potentially hazardous products, keep them in the original containers and out of the reach of children.
- Recycle items such as used oil and batteries.

For additional information on household hazardous waste, please contact the city HAZLINE at 441-6220. For hazardous waste generated by business of industry, please contact the Lincoln-Lancaster County Health Department at 441-6238 for assistance in the disposal or recycling of these wastes.

Plastic codes (on bottom of containers)

- **PETE** Polyethylene terephthalate (PET) Bottles recycled in Lincoln.
- **HDPE** High density polyethylene Bottles recycled in Lincoln.
- **V** Vinyl/polyvinyl chloride (PVC) NOT recycled at drop-off sites.
- **LDPE** Low density polyethylene NOT recycled at drop-off sites.
- **PP** Polypropylene NOT recycled at drop-off sites.
- **PS** Polystyrene NOT recycled at drop-off sites.
- **OTHER** All other resins NOT recycled at drop-off sites.
Yard waste is defined as grass and leaves only. This includes crab grass and pine needles. Grass and leaves are banned from the Lincoln Landfill from April 1 through November 30 each year. During the growing season, grass and leaves can account for nearly 10 percent of Lincoln’s total waste. Garden waste, weeds, brush and tree branches over one inch in diameter can be deposited in the regular trash throughout the year.

This material is diverted to the city’s compost facility. Each spring the city makes a limited quantity of finished compost called LinGro Compost, available to the public (first come, first served basis) at the 48 Street Transfer Station. Residents may also obtain compost for a nominal fee from area landscapers, dirt contractors and garden centers. Call the Recycling Hotline, 441-8215, for more information on how to obtain compost.

Yard waste disposal options:
There are four methods for yard waste disposal: Mulching or composting on your property, hauling yard waste from your property to the 48 Street Transfer Station, hiring a lawn care service or removal of yard waste by a waste hauler.

1. Compost – Backyard composting is a good alternative to the special yard waste collection. The city maintains a backyard composting demonstration area located at University Place Park, every third Saturday, April through September. 50 and Colby Streets, near the maintenance area. Composting workshops are offered at various times and places. Free compost bins are distributed to those participating in the workshop. The workshops are produced by the Lincoln Recycling Office in cooperation with the Cooperative Extension in Lancaster County. For more information on how to compost, please contact the University of Nebraska Cooperative Extension in Lancaster County, call 441-7180.

2. Disposal at 48 Street Transfer Station – Residents may dispose of grass and leaves at the 48 Street Transfer Station. The yard waste must be free of garbage, litter and tree trimmings over one inch in diameter. Yard waste must be removed from plastic bags at the transfer station. A disposal fee is charged. Please call 441-7738 for more information.

3. Hire a lawn care service – Include yard waste management in your lawn care package.

4. Private haulers – Lincoln refuse haulers offer a separate weekly pick up of yard waste for a fee. Yard waste is taken to a city-operated compost site. Contact your hauler for more information.

Reminders:
✓ It is important that grass and leaves do not get mixed with regular trash. If someone mows or tends to your yard for you, please inform them of where to place yard waste.
✓ Yard waste in plastic bags is NOT allowed at the city’s compost site (plastic will not decompose in the compost mixture). Use approved paper lawn bags, available from retailers, a cart provided by the hauler or 32-gallon trash can with a lid.
✓ Make sure your yard waste container is clean. Any household waste contaminates the compost and causes problems at the compost facility. Haulers can be fined up to $50 if contaminants are found in the yard waste. This may be passed on to the consumer.
✓ Tree trimmings over one inch in diameter are collected with the regular trash.
✓ Garden waste, weeds, brush and other organics can be disposed of in the regular household trash.
✓ Grass and leaves can be mixed with regular household trash, December 1 through March 31.

Locations to Pick Up or Purchase Compost

Eight area firms have LinGro compost available in bulk quantities. A listing of these firms are at the bottom of the page.

The City of Lincoln has limited quantities of the 1/2” screened LinGro compost available for distribution to the public at no cost each spring at the North 48th Street Transfer Station located at 5101 North 48 Street. This material is available on a first-come, first-served basis each spring.

Individuals and businesses may order a minimum of 20 cubic yards of 1/2” or 1/4” screened LinGro compost by contacting the City of Lincoln Recycling Office, 441-7043. There is a fee of $3.00 per cubic yard for the 1/2” screened LinGro compost plus loading and delivery. There is a fee of $7.00 per cubic yard for the 1/4” screened LinGro compost plus loading and delivery. Only limited quantities of the 1/4” screened LinGro compost is available.

Woodchip mulch is also available from the Public Works and Utilities Department. There is a charge of $2.00 per cubic yard plus loading and delivery for the wood chips. Individuals may self-toad wood chips at the North 48th Street Transfer Station located at 5101 North 48 Street.

For more information on Lincoln’s LinGro compost or how to obtain LinGro compost call the Lincoln Recycling Office at 441-7043.

Funding for this project is provided in part by the Nebraska Department of Environmental Quality, Waste Reduction and Recycling Incentive Grants Program.

Retail Outlets for Bulk Quantities of LinGro Compost

<table>
<thead>
<tr>
<th>Landscape Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Excavating</td>
</tr>
<tr>
<td>6701 Comhusker Highway</td>
</tr>
<tr>
<td>Lincoln, NE 68507</td>
</tr>
<tr>
<td>467-1627</td>
</tr>
</tbody>
</table>

| All Care Grounds Management |
| 300 South Coddington Ave. |
| Lincoln, NE 68522 |
| 438-5115 |

<table>
<thead>
<tr>
<th>Garden Centers/Nurseries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campbell’s Nurseries and Garden Centers</td>
</tr>
<tr>
<td>7000 South 56 Street</td>
</tr>
<tr>
<td>Lincoln, NE 68516</td>
</tr>
<tr>
<td>423-1133</td>
</tr>
</tbody>
</table>

| Nebraska Nursery and Color Gardens |
| 7801 Pioneers Blvd. |
| Lincoln, NE 68504 |
| 489-6543 |

| Nemaha Nursery |
| 430 West Pioneers Blvd. |
| Lincoln, NE 68522 |
| 434-5488 |

<table>
<thead>
<tr>
<th>Landscape by Leuders</th>
</tr>
</thead>
<tbody>
<tr>
<td>483-4588</td>
</tr>
</tbody>
</table>

| Seeds of Life |
| 730-8733 |

<table>
<thead>
<tr>
<th>Naturescapes Inc.</th>
</tr>
</thead>
<tbody>
<tr>
<td>466-7771</td>
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Lincoln’s Premium Organic Compost
There are 5 newspaper only and 13 multi-material recycling drop-off centers located in Lincoln. And 5 multi-material sites in the County. Here's what materials are accepted at multi-material recycling sites:

<table>
<thead>
<tr>
<th>Material</th>
<th>Accepted</th>
<th>Not Accepted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newspapers</td>
<td>Inserts OK</td>
<td>No other paper</td>
</tr>
<tr>
<td>Cardboard Boxes</td>
<td>Flatten cardboard</td>
<td>Thin cardboard (i.e. cereal boxes) OK</td>
</tr>
<tr>
<td></td>
<td>No packing material</td>
<td>No dirty boxes</td>
</tr>
<tr>
<td></td>
<td>All boxes must be flattened and placed inside recycling containers</td>
<td></td>
</tr>
<tr>
<td>Cans</td>
<td>All food and beverage cans</td>
<td>Rinse clean. Separate aluminum and tin cans and place in separate recycling compartments.</td>
</tr>
<tr>
<td>Glass Bottles and Jars</td>
<td>All food and beverage glass</td>
<td>Green, brown and clear glass OK</td>
</tr>
<tr>
<td></td>
<td>No drinking glasses</td>
<td>No window glass</td>
</tr>
<tr>
<td></td>
<td>No light bulbs</td>
<td>No ceramics</td>
</tr>
<tr>
<td></td>
<td>Rinse clean. Take off lids. Separate by color and place in separate recycling compartments.</td>
<td></td>
</tr>
<tr>
<td>Plastic #1 &amp; #2 Bottles</td>
<td>All #1 &amp; #2 plastic bottles</td>
<td>Labels OK</td>
</tr>
<tr>
<td></td>
<td>No snap top tubs (i.e. margarine or yogurt tubs)</td>
<td>No motor oil containers</td>
</tr>
<tr>
<td></td>
<td>No plastic toys</td>
<td>No other plastic bottles</td>
</tr>
<tr>
<td></td>
<td>Rinse clean. Take off lids and neck rings. Flatten bottles to conserve space in recycling compartments.</td>
<td></td>
</tr>
<tr>
<td>Residential Mixed Paper</td>
<td>Mail, magazines, office and school paper</td>
<td>Telephone directories</td>
</tr>
<tr>
<td></td>
<td>No tissue paper</td>
<td>No milk cartons or juice boxes</td>
</tr>
<tr>
<td></td>
<td>No paper plates</td>
<td>No newspaper</td>
</tr>
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Contact 441-8215 for more information on proper separation of recyclables.

Who to contact

- **Recycling - Page 8a**
- April 2000
- The NEBLINE

There are 5 newspaper only and 13 multi-material recycling drop-off centers located in Lincoln. And 5 multi-material sites in the County. Here’s what materials are accepted at multi-material recycling sites:

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Contact 441-8215 for more information on proper separation of recyclables.
Clarice's Column

Residents of the United States have the opportunity to meet people from many other cultures as visitors from different nations visit here. Increased international travel, trade, and business also leads to contacts with people from different cultures. Appreciating and understanding differences among various cultural groups helps all get along better. Understanding our own values and how they affect our view of other peoples improves our sensitivity to cultural differences.

Just what is culture? Culture refers to a wide range of things including the way people live, their language, clothes, foods, and values. The interrelationships of religions, classes, technologies, and belief systems make cultures complex. It is only when we can look at American values as international visitors will see them, that we start to understand and appreciate the differences in values and the problems they may cause.

The Washington International Center shares the following list of American values with international visitors to help them understand our culture. The center staff believes that these values describe most (but not all) Americans. Although we view our values as positive, people from other cultures may have different views. This list of typical American values contrasts sharply with the values commonly held by other countries.

- Personal Control of Environment

Many Americans no longer believe in fate. They think people who do are backward, primitive, or naive. To be called fatalistic—believing someone believes in fate—is a criticism in this country, meaning you are superstitious, lazy, and unwilling to take initiative. Americans consider it normal and right that people should control nature and the environment, rather than the other way around. Problems do not result from bad luck as much as having come from laziness in pursuing a better life. Americans also consider it normal that you take responsibility for your self-interest first.

- Change

In the American mind, change is seen as a good condition. Change is linked to development, improvement, progress, and growth. Many traditional cultures consider change disruptive and destructive, avoiding it as much as possible. Social change includes such things as culture, societies value stability, continuity, tradition, and a rich and ancient heritage.

- Time and Its Control

For the average American, time is of utmost importance. To the international visitor, we appear more concerned with getting goals accomplished on time than with developing deep personal relationships.

- Equality

Equality is, for Americans, a cherished value. We have even given it religious basis. We say all people have been “created equal.” The equality concept often makes Americans appear strange to others. Seven-eighths of the world feel quite differently. To them, rank, status, and authority are more desirable—even if they personally happen to find themselves near the bottom of the social order. Class and authority give people in those societies a sense of security and certainty.

- Individualism and Privacy

In the United States an individual is seen as unique, and therefore, precious and wonderful. While Americans join groups, they still consider themselves individualistic, and they leave groups as easily as they enter them. Privacy is hard for many cultures to understand. Some don’t have the word in their language. Privacy may be seen as negative by some nationalities, suggesting loneliness or isolation from the group.

- Other Mainstream American Values

See CULTURES on page 11

Clarice Stevens
FCE Council Chair

April and spring have arrived! April is a month to be enjoyed by gardeners, bird watchers, tax collectors, and people named April. It’s a month for April Fool’s, the beginning of Daylight Savings Time, showers (we hope), and all the festivities of Easter. It’s a time for new beginnings—the brown landscape has turned to green, flowers are blooming, we have a new room on our house and my husband has two new knees which we hope are working quite nicely! Enjoy each day!

FCE members can look forward to the 2000 Council Meeting (June 26), the Sizzling Summer Sampler on July 13, and the Lancaster County Fair, August 4-6. Health Awareness Day at the fair is August 4. It seems a long time in the future, but remember the State Convention is in Annapolis, September 19-21. More details on each of these events will come later.

I hope all our clubs are involved with their community projects. April reminds me that it’s time for one of our club’s projects (roadside clean up). All our clubs have the “ouch doll” project to work on this year.

And now it’s time to get out of the house and enjoy the season! That means you, too!
Real Estate for three one-half a youth program in Northern Agriculture/Natural Resources receiving a bachelor’s degree in 4-H. He later came to UNL, very active in both Boy Scouts and farmers. As a boy, Mitch was Iowa where his parents were raiser program, 25% of his house he sells or helps a family. His wife, Kathy, was a very active in the Iowa 4-H chapter. She donated part of his commission to a heritage projects, jazz up your 4-H meetings and many others.

Want to learn new and innovative ideas for your 4-H club? Plan to attend the 4-H Leader training, Tuesday, April 25, 9:30 a.m. or 7 p.m. Along with sharing of ideas and organizational tips, 4-H leaders who recently attended the State Volunteer Forum will again share more information, tips and ideas they learned at the forum. Topics include quitting in the 4-H program, garden stepping stones, heritage projects, jazz up your 4-H meetings and many others. Bring your 4-H parents! (TK)

2000 4-H Music Contest

Sunday, April 3, 2 to 4 p.m.
Dawes Middle School
5130 Colfax Avenue

Everyone is welcome to attend! Join the fun and watch talented 4-H members. (TK)

Pork Quality Assurance Certification Training Date

A PQA workshop will be held Tuesday, May 23, 7 p.m. Certification is good for two years. If you attended a workshop last year, you need not attend. If you have any questions or can’t attend, please call Deanna at 411-7180. (DK)

Helping 4-H

By Valerie Lemke. 4-H Council Member

Selling houses to help out 4-H! Sounds a little strange, huh? Well not to Mitch Sump. Mitch Sump is a realtor for Home Real Estate and for every house he sells he helps a family purchase, to people who mention his new 4-H fund-raiser program, 25% of his commission will be donated to the Lancaster County 4-H Council for 4-H programming.

Mitch grew up in Clarinda, Iowa where his parents were farmers. As a boy, Mitch was very active in both Boy Scouts and 4-H. He later came to UNL, receiving a bachelor’s degree in Agriculture/Natural Resources in 1991. After college he was working as the Comnkirk Council Boy Scouts Fund-raiser, a youth program in Northern Lancaster and Cass counties. He has been working with Home Real Estate for three one-half years.

His wife, Kathy, was a very active in 4-H in Randolph, Nebraska and about a year ago, Mitch and Kathy learned of a

4-H Leader Training

Four-day workshops All four-day workshops will be held Tuesday, June 13 - Friday, June 16.

1. Rockets, Countdowns to Family Fun How to make rockets, planning, Participants are required to purchase their own rockets. The first day will concentrate on the different kinds of rockets, how to buy the right rocket and rockets that can be made. TIME: 8:10 a.m. FEE: None
CLASS SIZE: 10 maximum AGES: 8 to 12 INSTRUCTOR: Ron Stan, 4-H volunteer

2. Shooting Sports

Upon completion of program, youth will be qualified to shoot in the Lancaster County Fair BB/Air rifle competition. Fee includes supplies, insurance and instruction. Parents are encouraged to attend. Adults and youth need shooting glasses (child’s prescription acceptable). Guns are provided, do not bring your own. TIME: 8 a.m. - 12:15 p.m.
FEE: $15.00
CLASS SIZE: 8
AGES: 8 up INSTRUCTOR: Gese Vegbur, 4-H volunteer

3. Clover Kids 4-day Day Camp

Clover Kids will participate in several hands-on activities while learning about animals, food, nature, science, the outdoors, and more. Refreshments provided. TIME: 8 a.m. - 12:15 p.m.
FEE: $10.00
CLASS SIZE: 15 maximum
AGES: 5-8

4. Outdoors, Small Animals, and More

Make a bird seed feeder, learn about habitats, for household pets, and acquire tips for small animal care. TIME: 12:45-2:45 p.m.
FEE: $4.00
CLASS SIZE: 8 up
AGES: 5-8
INSTRUCTOR: Shirley Condon, 4-H volunteer

5. Nursery Rhyme Wall Hanging

Four of your favorite nursery rhymes will be set amongst five traditional quilted blocks. Participants need to bring the following: (fabric needs to be 100% cotton, prewashed and ironed) 3/4” x 3” squares of cotton, needle, thread, sewing machine. (Black Pigma micron pen, straight pins, black thread, fabric scissors, and a needle and thread are acceptable). TIME: 10 a.m. - 12:15 p.m.
FEE: $5.00
CLASS SIZE: 15 maximum
AGES: 5-8
INSTRUCTOR: Lorene Bartos, Extension Educator

6. Baby Sitting Clinic

Learn the basic skills needed to be a responsible, safe babysitter for service at your local hospital or child care center. Learning safety procedures, making creative snacks and babysitting toys. TIME: 3-5 p.m.
CLASS SIZE: 20 maximum
AGES: 11 and up
INSTRUCTOR: Kim Bock, 4-H volunteer

One-day workshops

These workshops will be held for two hours each, one day only. Check for day and time.

7. Cooking Class

Ever wonder how the bakery makes their cakes and cookies look so inviting? Attend this workshop and you too can learn the techniques to decorate like a professional. TIME: Tuesday, June 13; 10:15 a.m. - 12:15 p.m.
FEE: $5.00
CLASS SIZE: 15 maximum
AGES: 8 and up
INSTRUCTOR: Lorene Bartos, Extension Educator

8. Money, Money, Money

Learn the basics of banking and how to spend and save wisely. TIME: Tuesday, June 13; 10:15 a.m. - 12:15 p.m.
FEE: None
CLASS SIZE: 15 maximum
AGES: 8 and up
INSTRUCTOR: First Federal Lincoln Bank, Clock Tower Branch

9. Pick It Snuffin’ It Eat It

Did you know nearly all agricultural products must be processed in some way before we can use them? During this workshop we will process wheat into bread and cream into butter. We will also make our own dill pickles and cream cheese. TIME: Thursday, June 15; 10:15 a.m. - 12:15 p.m.
FEE: $5.00
CLASS SIZE: 15 maximum
AGES: 8 and up
INSTRUCTOR: Lorene Bartos, Extension Educator

2000 4-H Clover College

The Nebrline April 2000 Page 8

4-H & Youth

4-H Leader Training

Here’s a great opportunity for 4-H’ers to learn about a variety of topics by participating in these “hands-on” workshops.

To register, complete the registration form (one person per form) listing the classes you wish to enroll in and return with the full fee. Registrations must be received by June 9. They will be handled on a “first come” basis and will only be accepted upon receipt of fees. Telephone registration will not be accepted. To register, mail in the registration form and check or money order (made payable to Lancaster County Extension) to: Lancaster County Cooperative Extension, 444 Cherrywood Road Lincoln, NE 68528-1507.

Early registration is recommended. If you have questions, need additional forms or need to know if space is available, contact Tracy at 411-7180.

ALL FEES ARE NON-REFUNDABLE unless a class is filled to capacity or canceled.

Youth attending workshops that overlap the lunch period may bring a sack lunch. No other food will be available unless otherwise stated in the workshop description. (TK)

4-H & Youth Bulletin Board

• Stop by and pick up your Expo registration packet! (TK)
• 4-H Camp brochures are available at the extension office. (TK)
• There will be no May Teen Council or Ambassador meeting. (TK)
• Lancaster County Fair, August 2-6.
**Horse Bits**

Remember the roping clinic which will be held Saturday, April 29, 1:30-4:30 p.m. at the Frink Arena, 5505 NW 112th Street, Lincoln. The clinic is open to exhibitors of all ages. For more information, call Ellen. (EK)

Kathy Anderson Horsemanship Clinic for Horse and Rider

Kathy Anderson will conduct a horsemanship clinic at State Fair Park East Arena Saturday, June 3 and Sunday, June 4. On Saturday, the clinic will target Level III and IV horsemanship level riders and will cover advanced horsemanship patterns, reining, trail, and first aid and wound care. Sunday will be for Level I and II horsemanship level riders. There will be demonstrations on showmanship, horsemanship, reining, and trail.

Cost for one day will be $25 and will include a sack lunch from Subway. There is a 20 rider limit for each day, so sign up early to guarantee a spot. Call Deanna Vidlak at 786-2555 or 786-2251. (EK)

District/State Horse Show Entries Due May 19

The district and state horse show entry forms will be due in the county extension office by 4:30 p.m., May 19. These must be accompanied by the horse I.D. forms. Level I and II tests must also be passed before submitting your entry. (Remember: early entries are welcome and appreciated!)

You may pick up your entry form from the extension office or contact your club leader. (EK)

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**5 Steps to be a better gardener:**

1. **Sign up for Be A Better Gardener 4-H Youth Program.** Use the form below to preregister by April 28, 2000.
2. **Sign up for 4-H Horticulture Project area.** Everyone A Gardener The World of Flowers
3. **Be A Better Gardener participants can pick up notebook, information package and free seeds on or after May 17, 2000 at the Lancaster County Extension Office.**
4. **Attend optional workshops and contests:**
   - Tree Workshop: “I Love Trees” June 27, 2000; 2-4 p.m.
   - Horticulture Contest Practice: July 11, 2000; 2-4 p.m.
   - Horticulture, Tree I.D. & Weed I.D. Contests: July 19, 2000; 10 a.m.-12 Noon
5. **Raise a garden.**
   - Choose what kind of garden you would like to grow—vegetable, perennial flower, annual flower, container, herb, fruit, butterfly or combination.
6. **Keep a journal of your garden.**
   - Keep weekly records of your garden’s progress. Take pictures of your garden.
   - Evaluate your garden plants. Enter your journal as an exhibit at the county fair.

Benefits:
- free gardening information
- free seeds
- free educational workshops
- free garden notebook

This program is available to youth enrolled in the Lancaster County 4-H Program, ages 5-19.

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**How to Exhibit at the County Fair**

**Tuesday, May 23, 9:30 a.m. and 7 p.m.**

New leaders, experienced leaders, 4-H members and parents are invited to “how to Exhibit” leader training. Learn how to put an entry tag on an exhibit, where to take the model rocket exhibit and other exhibit information which will prepare you for the 2000 Lancaster County Fair. (TK)

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**Calling All Teens!**

Here’s a great opportunity to sharpen your junior leader skills. We need volunteers to help with the 2000 Clover College held June 13-16. Volunteers will assist instructors and work directly with youth. Please contact Tracy if interested. (TK)

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**Market Broiler Applications Due**

Applications are now available at the extension office for the market broiler contest at this year’s Lancaster County Fair. The chicks will be purchased from Norfolk Hatchery at a cost of $20.50 for 25. Payment is due along with the application by May 17. Chicks should arrive on June 15. Please pick up an application or call Ellen if interested. (EK)

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**Be A Better Gardener Preregistration**

**Preregistration Deadline: April 28, 2000**

Name ___________________________________ Age __________
Address _______________________________________________________
City _____________________________ State _________ Zip ______________
Phone Number_________________________________________________________

I would like Flower seeds_____ or Vegetable seeds_____ (check one)

Send to: Lancaster County Extension Office, Attn: Mary Jane
444 Cherry Creek Rd. Lincoln, NE 68528-1507

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**Invitational Cat Show**

**Saturday, April 22**

**Cost: $5 per cat.**

Exhibitor may enter one long hair and one short hair cat. 8:30-9:30 a.m.: Check-in and vet check. (Shot records will be checked.) 9:30 a.m.-noon: Judging of cats and showmanship. (Noon-1 p.m.: Lunch on your own. 1 p.m.: Awards presentation. For more information, contact Julie Monroe at 421-3729. (ALH)
Lancaster Event Center Progress Report

✓ Construction of the Lancaster Event Center is ahead of schedule. While dry winter weather has not been the best for agriculture, it has been exceptional for site preparation and construction work.

✓ Pouring of concrete footings and stem walls for Pavilion 1 and II were recently completed. Footings and stem wall pouring for the multi-purpose building is also underway and expected to be completed soon. Some of the stem wall work has been complicated and difficult to pour.

✓ Concrete bridges and steel culverts have been constructed and entrance roads were rocked so all areas of the construction site can be accessed during wet weather.

✓ In early March, steel construction material was delivered to the building site on 42 semi-trucks. Construction of Pavilion I began immediately after the delivery and about 90 percent of the steel framework was completed in three weeks time. Steel building materials have been moved into place for Pavilion two and the Multi-Purpose building and three work crews are erecting steel at the same time.

✓ Building materials for the construction of the Amy Coursonman Arena (the Event Center’s outdoor arena) has been ordered. The initial grading for the site has been completed and a committee is working on the proper soil and sand mixture for the arena floor. Their goal will be to achieve a mixture that will allow use of the arena one hour following a rain. Later in the spring, a work crew will be organized for the arena’s construction.

✓ The Agricultural Society’s Board of Directors have seeded grass around the construction site and roads to protect the exposed soil and enhance the attractiveness of the grounds.

✓ Contractors are confident that the new Lancaster Event Center facilities will be ready for use by January 1, 2001. One event will bring approximately 10,000 to 12,000 people to the City of Lincoln.

✓ Individuals who would like to visit the site are asked to contact Managing Director Leon Meyer at 441-6545. For safety reasons, public access is restricted to only those having permission, signed in, wear a hard hat, and observe certain safety rules. Construction will be going on six to seven days a week so visitations during shut down will be extremely limited.

✓ Fund raising for the Event Center continues. Inquiries on how individuals and groups can help with this community project can also be directed to Leon Meyer. (GB)

Need Help with a Business Plan—Call SCORE

SCORE, the Service Corps of Retired Executives, sponsored by the U.S. Small Business Administration offers free counseling to small business owners.

Whether you are considering starting your own business, have a business that is experiencing problems, are ready to expand, or need some other type of advance, SCORE can help. The counseling sessions are confidential and personal. You don’t need to apply for or have an SBA loan to participate in the program. A SCORE specialty is loan to participate in the program.

Consultation and counseling with someone who has had experience in the business or service you are considering is an important part of SCORE’s services.

The Lincoln SCORE Chapter is located at Southeast Community College in section J-2 and conducts Small Business Workshops in conjunction with the college. Requests for help from SCORE can be made by calling 437-2409 which is a 24-hour answering service or by visiting the SCORE office on Tuesday or Thursday afternoons from 1 to 3 p.m. An informative web page is available at http://www.score39.org.

For information on SCORE workshops call Bob Dempsey, Southeast Community College-Lincoln at 402-437-2709 or write P.O. Box 5267, Lincoln, NE 68505-0267. (GB)

Nebraska Agriculture in the Classroom (what is it and what does it do?)

- Educational programs to help students to learn about agriculture.
- Ready-to-use educational resources for teachers.
- Summer workshops for teachers to learn more about farms, ranches, agribusines, and related interests.

Nebraska Agriculture in the Classroom Program examples:

**Ag Pen Pals**

The Ag Pen Pals Program is an excellent tool in educating urban children about agriculture. The program matches Nebraska farm and ranch families with elementary classrooms in urban areas. A minimum of three letters are exchanged throughout the school year. Students discover agriculture while their families learn about the diversity of urban living.

The students and farm/ranch families communicate through letters, classroom/farm visits, videos and the Internet.

**Learning Barn**

The Nebraska Learning Barn is a new and exciting way for students to learn about agriculture while their ag families learn about the diversity of urban living. The students and farm/ranch families communicate through letters, classroom/farm visits, videos and the Internet.

See AGRICULTURE on page 11

Mardel Meinke Joins Lancaster NEP Staff

Mardel Meinke has recently joined the Nutrition Education Program staff as an Extension Assistant. A native of Butler County, Mardel attended Midland College and UNL where she earned a Master of Science degree in Home Economics and Adult and Continuing Education. Her professional background is extensive and includes work as an Extension Home Economist in Nebraska, and as a Home Economist for the State Energy Office and Minnegaske. Mardel also worked for Family Service as Nutrition Educator and Field Consultant for ten years.

Mardel enjoys working as judge for 4-H exhibits at surrounding county fairs and at the state fair. She and her husband Jerry have two children. Mardel likes to take long walks, read, and bake breads. She also stays busy with her church and community volunteer work.

Mardel looks forward to meeting a wide variety of people and hopes to make a positive impact helping families serve nutritious meals. (MM)

The 2000 Household Hazardous Waste Collections

**Location**

- State Fair Park, parking lot, northwest of Ag Hall
- Hickman, Second and Main
- Hickman-Lancaster County Health Department (LLCHD)
- Nebraska Wesleyan University, parking lot, 56 and Huntington
- Pfizer Animal Health, 601 West Cornhusker Highway
- State Fair Park, 4-H Youth Complex

**Date**

- Saturday, May 20
- Friday, June 23
- Saturday, June 24
- Saturday, July 29
- Saturday, September 16
- Saturday, October 28

**Time**

- 9 a.m. to 3 p.m.
- 3 to 6 p.m.
- 9 a.m. to 3 p.m.
- 9 a.m. to 3 p.m.
- 9 a.m. to 3 p.m.
- 9 a.m. to 3 p.m.

Household Hazardous Waste Collections will take:

Heavy Metals—Wastes containing liquid mercury such as thermometers.

Solvents—Mineral spirits, turpentine, paint strippers and thinners, oil-based paints, varnishes, stains, polishes and waxes.

Pesticides—Weed killers, garden sprays, wood preservatives, roach powder, pet flea and tick products, rat poisons, etc. (includes EPA-banned chemicals listed below which should not be used).

Items Containing PCB’s—Ballasts from old fluorescent lamps and small capacitors from old appliances including radios, motors, and television.

Please keep products in the original container and keep the label intact. If the label is already destroyed or unreadable, label the products to the best of your knowledge. Open, leaking, or rusted contents will not be accepted.

Reminder: These collections are for households only; not for businesses. Only residents of Lincoln and Lancaster County can bring items to collections.

See HAZARDOUS WASTE on page 12
We often make the same mistakes over and over. Trying to be everything at once—all things to all people all the time—can limit our ability to serve others. Daily caring for ourselves enables us to continually help others.

**Actions Speak Louder Than Words.** Dr. Christiane Northrup cites her mother, an avian therapist, for her gift as a role model. Her mother’s motto? Don’t lighten your pack, strengthen it! Staying strong means we must continue to make time for regular, balanced meals. Ask yourself: If I were an adult chicken, would I have a F-E-A-S-T? Yes! You should fence out cotontails before garden plants emerge or before young shrubs are staked. A good bunny-proof fence is at least 20 inches high and a maximum of 1½ inches mesh. Secure the fence and bury the lower portion to three inches deep. Poutry wire is easily erected with wooden lath or 3/8 inch wire. Chain link with 2-inch opening costs as little as $0.60 per foot in materials. The one by two inch welded wire or one inch hardware cloth (at-thick screen) fences are more expensive but work well. One caution, young rabbits can be attracted by metal fences. Fences protect plants as well as the fence and protected plants as they grow and mature. Leave them in place until late March or until the plants break buds.

A good bunny-proof fence is at least 20 inches high and a maximum of 1½ inches mesh. Secure the fence and bury the lower portion to three inches deep. Poutry wire is easily erected with wooden lath or 3/8 inch wire. Chain link with 2-inch opening costs as little as $0.60 per foot in materials. The one by two inch welded wire or one inch hardware cloth (at-thick screen) fences are more expensive but work well. One caution, young rabbits can be attracted by metal fences. Fences protect plants as well as the fence and protected plants as they grow and mature. Leave them in place until late March or until the plants break buds.

**What’s your meal table like?** It should be more of a gathering place for meals with friends and family. Times, continue to fit in sit-down dining may be a necessity at times. Here’s how it works:

Plan a F-E-A-S-T for Yourself!

• So, what ARE some ways to care for yourself? Since you can’t serve others if your plate is empty, plan to have a F-E-A-S-T. Plan to eat at your table. Here’s how it works:

  - **F = Food.** Treat yourself—and others—at least as well as you do your cat! Don’t attempt to function on an empty tank, . . . make time for regular, balanced meals. Ask yourself: If I were an automobile, what type of mileage would I get if I ate from the foods I put in my tank?

  - While drive-by or dashboard dining may be a necessity at times, try to sit down and enjoy meals with friends and family. The meal table should be more than a feeding trough. Dr. Rachel Remen in “Kitchen Table Wisdom” speaks of the importance of taking time to eat with each other as people do around the table. Share body and soul by sharing food and fellowship while eating together.

  - **E = Emotional Well-Being.** Perhaps you’ve read interviews with people who are over 100 and still healthy. Many credit diet, but most keep active. Many don’t smoke, but some do. Avoid alcohol, smoke, and drink daily. There are differing factors, but—you’ve probably NEVER heard ANYONE say they kept healthy by worrying and stewing and fussing and fretting! We need to keep that in mind.

  - **A = Activity.** If food keeps the engine going, exercise keeps the body strong so we don’t break down by the side of the road. Think “active lifestyle” as a way of life.

  - **S = Social Relationships.** People who have meaningful, mutually supportive relationships tend to live healthier, happier lives. Dr. Dean Ornish, author of “Love and Survival,” notes that people who are lonely and isolated have a higher risk of premature death from various diseases.

  - **T = Time.** If you’re going to break down by the side of the road, make sure you say “yes” to one thing, we’re not sure that life will get better. As a result we tend to devalue the time—actually can limit our ability to serve others. Daily caring for ourselves enables us to continually help others.

**LEASH LAW continued from page 3**

Contacted: Wildlife/Exotic Animals

Federal laws and state statutes regulate ownership of certain wild animals. Nebraska prohibits the ownership of bears, wolves, skunks, and large felines (mountain lions, bobcats, liger, cheetah, leopards, panthers), African lions, and others. Permits are required to keep coyotes, badgers, skunks, and wild fowl species. Consult the Nebraska Game and Parks Commission for more information. Zoning restrictions may apply.

**Neglect**

Most livestock and pet owners take very good care of their animals. However, in the case of neglect, the Sheriff’s Department becomes involved. Animal neglect is subject to criminal charges and these charges can be filed for extreme neglect in regards to food, water, shelter, sanitation, physical abuse, and diseases.

**Bites and Attacks**

Attacks and bites occurring in Lancaster County should be reported to the Capital Health Services, Lancaster County Sheriff’s Office. In Lincoln, they should be reported to the Lincoln Police Department.

**Dead Animal Removal**

Owners are responsible for the removal of dead animals on their property. Most livestock are accepted by rendering companies. There is a company which provides removal of fallen dead stock, it is:

- **Darling International (RD)**
- Wahoo, Nebraska 1-800- 742-8694 (DJ)

**Miscellaneous**

**“Nebraska Pioneer Farm Family Award...Applications Due May 1”**

The Knights of Ak-Sar-Bein 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, 2000. Applications can be obtained by contacting: Leon Meyer, CFE, Lancaster County Agricultural Society, Inc., P.O. Box 29167, Lincoln, NE 68529 (phone number 441-6545). (GB)

**Agriculture continued from page 10**

**Food Solutions continued from page 3**

**RABBITS continued from page 3**

**pepper solutions.**

You should fence out cotontails before garden plants emerge or before young shrubs are staked. A good bunny-proof fence is at least 20 inches high and a maximum of 1½ inches mesh. Secure the fence and bury the lower portion to three inches deep. Poutry wire is easily erected with wooden lath or 3/8 inch wire. Chain link with 2-inch opening costs as little as $0.60 per foot in materials. The one by two inch welded wire or one inch hardware cloth (at-thick screen) fences are more expensive but work well. One caution, young rabbits can be attracted by metal fences. Fences protect plants as well as the fence and protected plants as they grow and mature. Leave them in place until late March or until the plants break buds.

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**Heat in winter and protect from direct summer sun. Rabbits will enter both single door and double door traps. Set multiple traps under shrubbery and away from marauding cats and dogs.**

Trapping has some disadvantages. It is not economically inexpensive and, at best, only removes a few animals. Also, be prepared for unexpected catches such as small rodents, raccoons, opossums, and cats. Avoid handling any animal for its and your own protection and health. Replace with fresh baits and check traps daily. You should not expect overnight success. If you have no catches after one week, you should rely upon other techniques. Rabbits are finicky eaters, even in winter when foods are scarce.

This spring, a watchful eye, a good fence, a well placed repellent or scare devices, and a little luck will keep those bad bunnies away from your garden crops and ornamentals!

**Editor’s note:** Dallas Vircsw was housed on UNL’s East Campus in the School of Natural Resource Sciences and provides current, science-based information on ways to resolve conflicts between wildlife and people in the issues of public safety, conservation, and wildlife damage. We welcome his contribution to this month’s Nebline. (BPO)

**Agriculture continued from page 10**

**eductional tool for Ag Pen Pals classrooms. The 4 X 5 foot red Laminar light box allows students to design hands-on learning materials for students and offers teachers new agricultural and science activities.**

Materials include videotapes, toy farm machinery, literature books, teaching supplies, and other educational items. The Department becomes involved. (DJ)

**Notices continued from page 5**

**Contact:** Ellen M. Hellerich, Extension. (LJ)

**Cultures continued from page 7**

- **Self-help concept—we pride ourselves on achieving goals in our own way.**
- **Competition and free enterprise.**
- **Adapted to our environment—believe that we will get better. As a result we tend to devalue the past.**
- **Action/work oriented.**
- **Informality—people in other cultures often view our informality as disrespectful.**
- **Directness, openness and honesty.**
- **Adapted to our culture.**

When you get along with people from other cultures, we need to listen; respect differences; remember that our communication style, not content, may be the problem; and adjust to the communication style of others.

An article by Eileen Welker, Ohio State Extension. (LJ)
NOTICE
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Story Idea(s) __________________________________________
Comments ____________________________________________

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- Order subscription (free—however, there is an annual $5 mailing and handling fee for zip codes other than 683—, 684—, 685—, 68003, 68017, and 68065)
- Submit general comments and/or story ideas
- Change of Address
- Feedback

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- Change of Address
- Feedback

Phone numbers & addresses:
Office (leave message after hours) ........................................ 441-7180
After hours ........................................................................ 441-7170
FAX ................................................................................. 441-7148
COMMUNITY HOTLINE ................................................. 441-7129
NEBRASKA INFORMATION CENTER ............................. 441-7188
EXTENSION OFFICE E-MAIL ........................................ LanCo@unl.edu
WORLD WIDE WEB ADDRESS ........................................ www.lanco.unl.edu
OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday

HAZARDOUS WASTE continued from page 10
containers should be placed in a clear plastic bag during transport to a collection.

ROADS continued from page 5
Engineers Department. This prevents driveways from being established in an area which could lead to problems in the future. The permits are issued at no charge, however, costs related to establishment of the driveway will be absorbed by the acreage owner.
If you have questions or concerns about road management, please contact your district office listed below:
District 1 – Northeast – Waverly – 786-2421
District 2 – Northwest – Raymond – 441-7797
District 3 – Southwest – Sprague – 794-6600
District 4 – Southeast –

HAZARDOUS WASTE continued from page 10
Please do not mix chemicals! Please Do NOT Bring —
• Latex paint* • Fertilizers • Flouresbults bulbs (recycle) • Antifreeze (recycle)
• Medicines • Used oil (recycle) • Batteries (recycle)
• Explosives and ammunition • General household trash or business waste
If you have questions on how to dispose of these items, call the Lincoln-Lancaster County Health Department at 441-8040.

*The Latex Paint Exchange only occurs during specially designated collections. Only good, usable latex paint is accepted. Please bring only containers that are at least half full. Call LLCHD for information about properly disposing of unusable latex paint.

BUDGET continued from page 7
penses. Figure out your family’s total monthly income including salaries and wages (after taxes and other deductions), interest and dividends and other sources of income such as food stamps or child support payments.
What are your monthly expenses? To figure this out, look at past bills, receipts, etc. or keep a spending diary. Include both fixed expenses (rent, insurance, loan payments, child care, etc.) and variable expenses (food, clothing, utilities, phone, entertainment, personal, etc.).
Now it’s time to compare the two. If your expenses are lower than your income, use the leftover income to set up an emergency fund, big enough to cover several months’ expenses. Once you have an emergency fund start saving for short- and long-term goals.
If your expenses are equal to or higher than your income, see how you can lower your expenses. Can you eat out less? Can you find a cheaper apartment that still meets your family’s needs? If your income just isn’t high enough, consider taking on additional work or upgrading your skills to get a higher-paying job. Now you’re ready to set up your budget. Find a budgeting form that works for you. The best ones include a way to list monthly expenses and your savings goals. A column listing a monthly limit for certain expenses is highly desirable. Monthly by month keep track of what you actually spend in each category. If some expenses are consistently higher or lower than your estimates or limits, try to adjust the variable expenses to fit your income.
Finally, the success of your budget is ultimately up to you. Stick to it as closely as you possibly can and adjust as you go. It only stays in balance when income matches expenses and savings. There may be times when an extra job is necessary to provide extra income. Some months you may need to take a hard look at expenses and decide what can be reduced or elimi-

PRACTICE PRINT SOY INK