2-2000

The NEBLINE, February 2000

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Southeast Nebraska Area Producers - SNAP, a history and update.

Tom Dorn
Extension Educator

They say necessity is the mother of invention. Low profits for traditional grain crop production and disappointing personal experiences with attempts to break into the value-added grains market, were listed as the reasons a group of Lancaster County farmers began meeting last spring to see if they could find a common solution to these universal problems.

This group of farmers began meeting monthly in May, 1999. The group adopted the name Southeast Nebraska Area Producers (SNAP). A steering committee was formed and made up of: Herschel Staats, Lincoln; Gary Hellerich, Valparaiso; Burdette Pieming, Emerald; Steve DeBoer, Princeton; and David Schwanninger, Martell, all of whom happen to be members of the Lancaster County Farm Bureau. Staats - leader of the group, credits much of the group’s success, so far, to their willingness to look beyond their own membership for ideas and involve outside agencies in their search for answers. “We have been delighted with the help we have received from the extension office, Nebraska Rural Development and USDA Rural Development.”

An underlying feeling of anxiety and frustration, perhaps reflective of those of most farmers, would best describe the prevalent sentiment when I first met with the SNAP group in June. Representative comments include: “It costs more per bushel to produce than the market is willing to pay. Farmers need to get into a position of being price makers, not price takers.” “Our only position of being price makers, if the market is willing to pay. At the July SNAP meeting, USDA Cooperative Specialist, Jeff Lobe, discussed how he has helped other groups of farmers form cooperatives. Through these cooperatives, farmers are able to add value to their crops and livestock they produce. Many times, the products go into niche markets which hold promise of greater returns to the producer members.

This presentation set a focus for the group. All subsequent discussion has centered on the cooperative idea, but with certain constraints. Members of the SNAP steering committee were in agreement, at least for the time being, they are not interested in buying brick and mortar, nor do they intend to produce crops that require large investments in new farm machinery. They began to concentrate on ideas that provide added value through better management or marketing efforts but not requiring large capital purchases. In an effort to find what others are thinking, an informal telephone survey of Lancaster County farmers was conducted. It was found that over 70% of grain producers would grow value-added grains if the profit margin were greater than traditional crops.

Some people define luck as “preparation meeting opportunity.” Such was the case with SNAP. Two events occurred with the right timing to set the future course for SNAP. First, the extension office received notification that Phillip Morris Company was seeking proposals for a competitive grant program called Shared Solutions. This national program would fund non-profit organizations that identify, plan and execute innovative programs addressing shared issues within the agricultural production chain. Secondly, Nebraska Rural Development invited representatives of KAAPA (Kearny Area Ag Producers Alliance) to come to Lincoln to meet with Farm Bureau employees and members of the SNAP steering committee. Gary Anderson, shared how KAAPA has found niche markets for value-added grains in central Nebraska. Value-added grains are also known as Identity Preserved (IP) grains. (See Page 11 side box)

Following the meeting with KAAPA, Staats and I met to develop ideas that might fit the Shared Solutions concept. What came out of this effort has been the development of an organizational and operational model that we feel has potential to increase profitability for SNAP members and ultimately help establish many value-added grain crops as alternatives to the traditional crops grown today in eastern Nebraska. This model has already received considerable validation as attested to by the fact three grants have been received to help SNAP through its start-up phase. Phillip Morris has awarded a $25,000 Shared Solutions grant, Nebraska Rural Development has awarded a $4,000 grant and Lancaster County Farm Bureau has pledged $4,000. In addition, the University of Nebraska has approved a sizeable portion of my time to be devoted to the effort in the coming year.

The producer alliance - producer cooperative concept accomplishes several important things that improve efficiency and save time and expense for producers, grain handlers and shippers and for end-users. It is this added efficiency that will result in higher prices returned to SNAP members for their produce.

SNAP will hire experts with grain industry contacts to seek out contracts on behalf of their grower stockholders. SNAP, representing numerous producers, can justify spending time seeking contracts and negotiating on behalf of SNAP members. Something most producers couldn’t do for themselves.

By coordinating production and delivery of a potentially large volume of grain, SNAP should be able to negotiate better prices simply based on volume. Rather than writing many individual contracts, end users save time and management headaches by signing one contract with SNAP. Meeting SNAP members for their grain industry contacts to seek out contracts on behalf of their grower stockholders. SNAP, representing numerous producers, can justify spending time seeking contracts and negotiating on behalf of SNAP members. Something most producers couldn’t do for themselves.

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SNAP overcomes many design constraints that exist in the grain handling industry today when dealing with IP grains. Due to low volume, compared to bulk commodities and the necessity to avoid cross-contamination, grain elevators presently find it difficult to receive IP grains, especially at harvest time. By using on-farm storage to store the crop until it is called in for delivery on a contract, SNAP overcomes this bottleneck. SNAP will contract with an elevator to receive, blend and ship IP grain; but the grain will be brought in after the harvest rush. The IP grain will be delivered over a short span of time.
Basil
Basil is one of the most popular herbs grown in the world. It is native to Asia and can be found growing wild in tropical and sub-tropical regions of the world.

Basil has many uses, the most common of which is its culinary use. As a fresh herb, it is used to flavor foods such as vegetables, poultry, and fish. Basil can also be used dried. The flowers of basil are also edible and can be an attractive addition to salads and other dishes. Besides its edibility, basil is an aromatic herb and is often used in potpourris and sachets. As an ornamental in the flower garden, basil has attractive foliage and flowers.

Basil is a tender perennial grown as an annual. It can be grown easily from seed. Start seed indoors four or five weeks before the last frost date. It likes warm temperatures (about 75 degrees Fahrenheit) for germination. Seed can also be sown directly in the ground, outdoors after it has warmed in the spring. Plant basil outdoors after all danger of frost is past. Basil does not tolerate cold temperatures. Plant in full sun. Water regularly with an inch of water per week. Basil can also be propagated vegetatively through tip cuttings; root cuttings in moist potting soil.

To harvest, remove terminal growth whenever four sets of true leaves can be left on the stem. Gather the flower spikes in mid to late summer. After cutting, wash and pat leaves dry. Use immediately or store in perforated plastic bags in the refrigerator. When drying the leaves, spread leaves on screens or loosely between and air dry. Basil is a member of the mint family which is characterized by square stems. They belong in the genus Ocimum. Over 150 different species and varieties are available. These are some of the more common types of basil.

Sweet Basil
Most common type grown. White flowers. Bright green leaves, two to three inch long. Upright habit. Crop like scent.

Purple Basil
Grown for its ornamental foliage as well as culinary use. Light lavender flowers. Same size leaf as sweet basil. Opal, 'Red Rubin' and 'Purple Ruffles' are excellent selections. Lemon Leaf Basil
Large, wide leaves. Flavor is less pronounced than other green basal. Common varieties include 'Mammoth' and 'Green Ruffles.'

Lemon Basil
Lemon scent. White flowers and small green leaves. Great for tea and potpourri.

Cinnamon Basil
Cinnamon scent. Pink flowers, green leaves with purple stem.

The Perennial Plant Association has awarded the title of Perennial Plant of the Year 2000 to Scabiosa columbaria 'Butterfly Blue.' A member of the Dipsacaceae family, the nearly flat gray-green foliage of the pincushion flower hugs the ground. Lacy, lavender blue, two inch flowers bloom on slender 12 to 15 inch stems from late spring through early fall. Flowering begins in mid-spring with repeated flowering throughout the growing season. Pincushion flower derives its common name from the stamens which stand above the petals resembling pins stuck in a pincushion. The leaves are hairy, ovate to lance shaped. The upper foliage is smaller and finely divided, creating a mounded rosette six to eight inches high and 12 to 15 inches wide.

This long blooming perennial for full sun to light shade, grows best in well drained soil amended with organic matter. ‘Butterfly Blue’ pincushion flower requires most soil during the growing season. This lovely perennial does not appear to be damaged by summer heat and will bloom throughout the growing season when regularly deadheaded. No insect or disease problems have been reported on mature, healthy plants. Bare root plants or divisions should be planted so the emerging buds are just below the soil surface. Container grown plants can be planted anytime during the growing season 12 to 18 inches apart. The crown of ‘Butterfly Blue’ should be planted at the depth it was growing in the container to prevent crown rot. It is recommended the basal foliage not be cut back in the fall. Winter damaged foliage should be removed in the spring. Scabiosa columbaria ‘Butterfly Blue’ is an excellent choice for the border plant to use in combination with annuals, bulbs and perennials. The foliage remains clean and unblemished throughout the season. The delicate blue flowers add softness to the garden when combined with bold colored plants of yellow, bright pink or red. They also work well with cooler tones of white, silver and blue.

Mulches
Mulches in the home landscape not only conserve moisture, modify soil temperatures and control weeds, but also may be used to make landscapes more attractive and usable. Many types of material, organic or inorganic, may be used as mulch.

Organic mulches may break down over time and may persist for several seasons. Those that persist for more than one growing season, are more useful around permanent plants. Inorganic mulches such as gravel, crushed stone or some manufactured products are not as beneficial to plants as the organic mulches, such as wood chips, sawdust, bark, compost, grass clippings or shredded leaves.

Though not generally considered mulches, some low growing ground cover plants produce many of the same beneficial effects as mulch. Mulches should not be considered as fertilizer. Most of them release some nutrients as they decompose, but the fertilizer value is very small compared to the physical effects. Where mulches are needed, use them for the mulch value and add fertilizer as needed. (MM)

Horticulture
2000 Perennial Plant of the Year

2000 February/March Garden Calendar

<table>
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<th>Sunday</th>
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<td></td>
<td>1 Check house plants for pests</td>
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<td>8</td>
<td>9 Do a germination test on saved seeds</td>
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<td>13</td>
<td>14 A layer of mulch for plants</td>
<td>15</td>
<td>16 Cut flowering shrub branches for wiring</td>
<td>17 Check bird feeders</td>
<td>18 Ochard seeds</td>
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<td>20</td>
<td>21</td>
<td>22</td>
<td>23 Start perennial flower seeds indoors</td>
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<td>25 Prune fruit trees</td>
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<td>27</td>
<td>28</td>
<td>29</td>
<td>1 Put up bird houses</td>
<td>2</td>
<td>3 Prune apple trees</td>
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<td>5</td>
<td>6</td>
<td>7 Grow your garden</td>
<td>8 Prune deciduous trees</td>
<td>9 Make a garden plan</td>
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<td>12</td>
<td>13</td>
<td>14</td>
<td>15 Service lawn mower</td>
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<td>27</td>
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<td>29</td>
<td>30 Turn compost piles</td>
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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. (MM)
Roosting birds making a mess?

Starlings and pigeons are similar because they are gregarious and like to roost in groups. They make a mess below roosting sites. These birds can be difficult to eliminate from a specific location once they become established.

Frightening sound or visual devices such as alarms, electronically produced noises, plastic owls and rubber snakes can be used, but these tactics work only until the birds grow accustomed to them or the materials wear out.

Using a toxic bait is another option, but only licensed wildlife management professionals can use bait products that are not available to the general public. The problem with using a poison as the sole method of control is that, after the baiting ends, other birds may find and use the roosting sites.

Dust mites

Dust mites are so tiny that they are virtually invisible. They feed on dust and its components. If so, you may be allergic to dust mites. These microscopic mites, booklice and pet dander.

- pupils and down quilts with plastic covers. Replace feather pillows and down quilts.
- or mites in the bed. Replace feather pillows and down quilts.
- Storing bedding in plastic bags drastically decreases populations of mites in the bed. Replace feather pillows and down quilts with synthetic fibers.

- Dust Management: Regular, thorough vacuuming of carpets, furniture and draperies will reduce exposure to dust mite allergens. Use a specially designed vacuum cleaner with a HEPA filter.
Sorghum seminar features marketing and production tips

A one-day grain sorghum seminar will be held on March 2 at the Gage County Fairgrounds in Beatrice. This meeting is designed to provide sorghum producers with the latest information on production and marketing strategies. The following topics will be presented: Selecting an alfalfa variety.

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Drought entering 2000 growing season

Though unexpected, the news is that Nebraska officially is in a drought. Soil moisture levels in dryland areas are almost as low as those that created the 1930’s Dust Bowl. The state has received less than half of its normal precipitation since September, with some areas receiving less than one fourth. The long-term spring forecast calls for below-normal precipitation. This won’t be the year to try and break yield records; just getting an average crop may be all most dryland producers can hope for at this time. They must consider the fate of their winter wheat, what they will plant this growing season and use every moisture-conserving practice available.

Winter wheat conditions. By early to mid-March, winter wheat should be evaluated as to whether the stand is sufficient to produce even a moderate crop. Wheat planted last fall in follow-up of corn should be in fair condition, but there are exceptions. Wheat planted into a radish cover crop, however, may be marginal or even non-existent. If the stand is inadequate, the crop should be destroyed by March. The best method is to use herbicides between enterprises), handling pre-paid expenses in a cash accounting system, tying transactions to tax schedules to save time on tax preparation, how to handle depreciation schedules, generating a balance sheet, handling term loans and reconciling your records with the bank.

The concepts covered in the beginning level workshop include: Setting up and starting a computer with two meals and one set of handouts. Registration fee for each workshop is $30 for one person, $37 for two people sharing one computer with two meals and one set of handouts and $45 for two people at one computer with two meals and two sets of handouts. Registration must be received with payment no later than 9 a.m. the previous morning, conditions permitting. Representatives of the Lancaster County NRCS office will be present to answer questions relating to the procedures and rules for converting to the new Conservation Reserve Program. (WS)

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Corn, the most moisture-sensitive crop of Nebraska’s three main crops, also has been the most widely planted in recent years and is the most of the state in the 1990’s received average or above average precipitation. Corn requires a lot of soil moisture to maintain a normal rate of growth even if it rains later. Soybeans also stop growth under moisture stress and the indeterminate types will resume growth when it rains; they do require adequate moisture at pod fill to ensure yield. Soybeans probably should be limited to those areas which have annual precipitation of 24 inches or more.

Y2K dust bowl has arrived

A workshop on prescribed burning of Grasslands will be held Friday, March 24 at 9 a.m. Participants will be instructed on how to conduct a safe burning of their CRP acres. A demonstration burn of a CRP field will be held in the afternoon or the following morning, conditions permitting. Representatives of the Lancaster County NRCS office will be present to answer questions relating to the procedures and rules for converting to the new Conservation Reserve Program. (WS)

Selecting an alfalfa variety

* Plant a drought-resistant variety. Selection of the right alfalfa variety to plant is a big decision. It’s a decision that affects your future for the life of your stand. Today’s top alfalfa varieties out yield those planted by 15 to 20 percent and they last longer besides. Seed of good varieties will be the cheapest seed, but it quickly repays that cost with more hay for more years.

* How do you pick out a good alfalfa variety? I follow a three-step approach that looks first at yield, then post-ripening, winter hardiness and other physical characteristics and lastly, seed price. Begin selecting your next alfalfa variety by identifying 12 to 15 top yielding varieties from yield tests in your area. Make sure these tests cover at least two growing seasons and evaluate the plants for vigour and winter hardiness. Your local extension educator can help by using our newest extension publication on alfalfa varieties and by checking last year’s yields from variety tests across Nebraska.

* From this list of varieties, pick out those that resist impure pollination and by checking last year’s circular about alfalfa varieties extension educator can help by growing seasons to help evaluate the following information in his Forage Minute radio spot. I felt it was timely information.

* Extension Forage Specialist Bruce Anderson recently shared the following information in his Forage Minute radio spot. I felt it was timely information.

* Selecting the right alfalfa variety. Selection of the right alfalfa variety to plant is a big decision. It’s a decision that affects your future for the life of your stand. Today’s top alfalfa varieties out yield those planted by 15 to 20 percent and they last longer besides. Seed of good varieties will be the cheapest seed, but it quickly repays that cost with more hay for more years.

The concepts taught are applicable to any of several inexpensive computerized record keeping programs, with slight modifications in procedure.

These workshops will be taught hands-on using Quicken 2000 Basic in the classroom. Registration will be limited, due to space and computer availability, to a first-come, first-served basis. If you are interested, please contact the extension office and ask to have a brochure and registration form sent to you. Registration fee for each workshop is $30 for one person, $37 for two people sharing one computer with two meals and two sets of handouts and $45 for two people at one computer with two meals and two sets of handouts. Registration must be received with payment no later than 9 a.m. the previous morning, conditions permitting. Representatives of the Lancaster County NRCS office will be present to answer questions relating to the procedures and rules for converting to the new Conservation Reserve Program. (WS)
The business plan
Frank Leibrock, Small Business Support
Colorado State University Cooperative Extension

So you’re thinking about starting a business. You’ve heard that you should have a business plan before you begin. But having one and creating one are two different things. Having is easy. Creating is not. So how should you begin?

Designing a good business plan takes time and effort. If you have problems getting some portions of yours together, chances are you’ll have problems with those sections of your business as well. So spending the time necessary to write your plan, from beginning-to-end, becomes a necessary investment—an investment in yourself.

Now, how do you get started? To begin, you should begin your planning with the end in mind. Call it the end strategy. It is something many neglect when they plan to enter the business world. Many times, getting into business is easier than getting out. Therefore, you need to ask (and answer) “How am I going to ‘get out’?” Are you going to sell to someone else? Be bought (and answer) “How am I going to sell?”

Once you have a clear picture of how you plan to enter the business world, you will probably want to know if you can work out. Therefore, you need to ask (and answer) “How am I going to work?” How are you going to make a profit? How are you going to attract customers? How are you going to make sure that you have a stable and steady flow of customers.

For many, a business usually starts with a great idea, a patentable invention or a new product or service that will lead to wonderful results. Unfortunately, far too few take the close hard look at the business plan and they fail. For many, the business plan is not necessary to do to determine how to make that idea or invention profitable. Enter the business plan. A well thought-through plan helps entrepreneurs become successful, by forcing them to look at all the issues and challenges they may face. It is also an absolute requirement for anyone trying to secure financing for their dreams.

This series of articles will help you, the budding entrepreneur, research and draft your plan. The articles will attempt to cover all the issues and elements that go into the planning process. They will attempt to create an easy-to-follow structure that will help you write your plan once all your research is complete.

Please keep in mind these articles present one way of writing your plan. They are guides, suggesting what items need to be in the plan and how to formulate it. There are many equally acceptable ways of writing a business plan. No one-standard format exists. So feel free to modify the format. Add information where you feel it is necessary and take out the sections that are not appropriate to your business. But be sure to check if you need to delete really doesn’t apply. Failure to think about such things as advertising, distribution or any of the other elements of the plan, may result in future failure, despite a fantastic product or service.

If you’re interested in becoming an entrepreneur, begin thinking about the business you would like to create. Write down your ideas. In the articles that will follow, we will discuss your business. I stress “your business.” For even though the articles may provide some general guidelines, it will be up to you to bring forth your ideas, change them, refine them, believe in them and act upon your beliefs.

Bait stations for rodent control

Toxic baits are often used to control the damage caused by Norway rats (Rattus norvegicus) and house mice (Mus musculus). Bait stations used in rodent control programs may increase both the efficiency and safety of rodent baits (rodenticides).

Bait stations are useful because they:

* protect bait from moisture and dust
* provide a protected place for rodents to feed, allowing them to feel more secure
* keep other animals (pets, livestock, desirable wildlife, etc.) and children away from toxic baits

Bait stations are often used to control rodents such as Norway rats (Rattus norvegicus) and house mice (Mus musculus). Bait stations should be large enough to allow several rodents to eat at one time. They can be simple as a flat board nailed at an angle between the floor and wall, or a length of pipe into which bait can be placed. More elaborate stations are commonly enclosed and can contain liquid as well as solid rodent baits. Hinged lids provide convenient inspection of permanent stations. Bait stations for rats should have a flat top, slopes ranging from 2 1/2 inches in diameter.

Supply and agricultural chemical supply stores have stock in stock or can order them. Bait stations can be built from scrap materials, and you can design homemade stations to fit your particular needs. Make them large enough so they can’t be easily knocked out of place or damaged. Where children, pets or livestock are present, construct the stations so the bait is accessible only to rodents. Locks, seals, or concealed latches are often used to make bait stations more tamper proof. Clearly label all bait stations with “POISON.”

“RODENT BAIT – DO NOT TOUCH” or with a similar warning.

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When using multiple-dose (anticoagulant) baits, it is very important that they be fresh and of high quality. Rats and mice often reject spoiled or stale foods. You should provide enough fresh bait for rodents to eat all they want. When you first put bait stations out, check the站点daily and add fresh bait, as needed. After a short time, rodent numbers and feeding will increase and you will need to check the stations only every two weeks. If the bait becomes moldy, musty, soiled or insect-infested, empty the box and clean it and then refill it with fresh bait. Dispose of spoiled or unclean bait in accordance with the label.

Follow all label directions for the product you are using. (31)

Water softening

As the water treatment industry has grown in the U.S., the concept of water softening has often been misconstrued as a purifying, cleaning or conditioning process. This is due largely to exaggerated advertising and, in part, to consumer misconceptions about water treatment. But the reality is that water softening simply removes hardness minerals and eliminates problems that are a nuisance and not a threat to human health. The decision “to soften or not to soften” is a matter of personal preference, not necessity. However, water softening does have advantages and disadvantages that make this decision a significant one.

Advantages

Most consumers would agree that hard water leaves scales on pots, soap films on skin and detergent curds in the washing machine. More importantly, scales can also build up on boilers and heat exchangers, reducing their useful life. Soap film and detergent curds in bathtubs and appliances indicate that you aren’t getting the maximum benefit from cleaning action from these products. Soft water not only eliminates these nuisances but also protects appliances and saves cleaning time.

There are other advantages to water softening, as well. It is a well developed technology that has been in use for almost 65 years. The equipment is reliable, effective and widely available, providing consumers with convenient features and a selective market. The simple technology of softening makes it

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Acreage Owners Expo—2000

If you live on an acreage or if you are considering moving to an acreage, this is a program for you. Plan to attend the Acreage Owners Expo—2000 at the Agricultural Research and Development Center (near Mead) on March 18. The day’s presentations will begin at 9 a.m.

Twenty educational workshops customized with the acreage owner in mind will cover a wide spectrum of topics:

• Planning the landscape
• Ag products/animal health
• Fencing
• Backyard wildlife
• Tree care
• Pond development & care
• Exploring acreage websites
• Keeping horses
• Water management
• Gardening expertise
• Acreage security
• Environmental assessment

Learn at your convenience

–24 hours a day, 7 days a week—

NFACTS (audio) Information Center
NFACTS audio message center offers fast, convenient information. In the Lincoln area call 44- 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.

Acreage & Small Farm Insights Web Site
Visit our Internet web site at: http://www.ianr.unl. edu/ext/acreage/aacsiteinfo.html

There, you’ll 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.

Acreage Insights

Drinking water wells
• Lagoons and septic systems
• Solid waste management
• Natural grasses and wild flowers
• Pests that affect your health
• Storm water runoff plans
• Annual and perennial plants
• Landscaping materials

University of Nebraska Cooperative Extension educators and specialists will be on site to answer your specific acreage management questions. Drinking water test kits, soil test kits and numerous educational publications will be available. Pre-register by contacting the Dodge County Cooperative Extension office at (402) 727- 2775. Advanced registration: $13; demonstration at the door: $20. (32)

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Visit our Internet web site at: http://www.ianr.unl. edu/ext/acreage/aacsiteinfo.html

There, you’ll learn about Extension programs, publications and links to other acreage and small farm information.

“Part-time Farming” video

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Filling:
1/2 cup sugar
3 tablespoons all-purpose flour
1 teaspoon lemon peel, grated
1/4 teaspoon lemon juice
5 cups apples, peeled, sliced
1 cup cranberries

Topping:
2 1/2 cup rolled oats
1/3 cup brown sugar, packed
1/4 cup whole wheat flour
2 teaspoons ground cinnamon
1 tablespoon soft margarine, melted

1. To prepare filling, in a medium bowl combine sugar, flour and lemon peel; mix well. Add lemon juice, apples and cranberries; stir to mix. Spoon into a 6-cup (1 1/2 quart) baking dish.
2. To prepare topping, in a small bowl, combine oats, brown sugar, flour and cinnamon. Add melted margarine; stir to mix.
3. Sprinkle topping over filling. Bake in a 375 degrees F oven for approximately 40 to 50 minutes or until filling is bubbly and topping is brown. Serve warm or at room temperature.

* COOK’S TIPS
When we tested the recipe for this article, here are some tips we felt might be helpful for you.
1. A calculation of the nutritional content showed:
   - Calories: 257
   - Total Fat: 3 g
   - Saturated fat: 0.5 g
   - Cholesterol: 0 mg
   - Sodium: 23.5 mg
   - Fiber: 5 g
   - 1 cup cranberries
   - 1/2 cup rolled oats
   - 1/4 cup whole wheat flour
   - 2 teaspoons ground cinnamon
2. Some apples suitable for baking include: Fuji, Winesap, Rome, Jonathan, McIntosh, Braeburn, Golden Delicious, Granny Smith, Newtown-Pippin, Jonagold and Northern Spy. Red Delicious apples are excellent for eating but are not recommended for baking.
3. Many people know heart disease is the number one killer of American men. How many know it is also the number one killer of American women? Statistics show:
   - More than half a million women die yearly from cardiovascular diseases (heart disease and stroke) in the United States. This total is more than the next 16 causes of death combined. Forty-two percent of women who have heart attacks die within a year compared to 24 percent of men.
   - Cardiovascular diseases have claimed the lives of more females than males every year since 1984.
   - Although symptoms may not appear until a person reaches middle-age or older, it may actually begin developing as early as childhood. It’s never too early for men or women to learn heart-healthy behaviors.
   - Some general lifestyle behaviors that may help lower the risk of heart disease include the following:
     - Don’t smoke.
     - Maintain a healthy weight.
     - Get a total of at least 30 minutes of moderate to vigorous physical activity most days of the week.
     - Eat heart healthy food.
   - A recent study by the Harvard School of Public Health found women in the Nurses’ Health Study who followed a heart healthy lifestyle reduced their chance for heart disease by up to 82 percent. Even though only around one percent followed all the guidelines, the researchers felt that doing something was still better than doing nothing. Rather than agonize over what you “should” do, plan some ADVENTURES so they’re heart healthy behaviors you “want” to do!

Heart healthy adventures
Alice Henneman, MS, RD, LMNT; Barb Fraser, MS, RD, LMNT; Cardiovascular Health Coordinator, Nebraska Department of Health & Human Services; Jaime Rudd, MS, LMNT; Anna Calhoun, RD, LMNT; Nutrition Consultants, Nutrition Link and Mary Jo Gillespie, RD, LMNT, Saint Elizabeth Wellness Center.

Focus on Food
Alice Henneman, RD, LMNT, Extension Educator
Q: What are some seasonings I could use to flavor vegetables so I don’t have to use salt for flavoring. My husband has high blood pressure and I’m trying to watch his salt intake.
A: Here are some suggestions for specific vegetables from the American Heart Association:
   - Tomatoes: basil
   - Green beans: dill
   - Carrots: spinach: marjoram
   - Peas, cauliflower, squash: rosemary

The Heart Association suggests you start with just 1/8 to 1/2 teaspoon of seasoning per package of frozen vegetable and adjust to your family’s taste.

Cook it Quick!
Tips and recipes for cooking healthy foods in a hurry: www.lnce.unl.edu/food
FREE monthly Food Reactions e-newsletter.
To be added to the mailing list, e-mail Alice Henneman at AHENNEMAN1@UNL.EDU
Blood Pressure Clinic
Call Alice Henneman (441-7180) for more information.

Heart healthy adventures
Alice Henneman, MS, RD, LMNT; Barb Fraser, MS, RD, LMNT; Cardiovascular Health Coordinator, Nebraska Department of Health & Human Services; Jaime Rudd, MS, LMNT; Anna Calhoun, RD, LMNT; Nutrition Consultants, Nutrition Link and Mary Jo Gillespie, RD, LMNT, Saint Elizabeth Wellness Center.
Clarice's Column

Clarice Steffens
FCE Council Chair

As we turn our calendars to February, I'm sure we are all pleased to have had the year 2000 roll in so calmly. It was thankfully a very uneventful time. It appears, at the moment, that our temperature reference is that Mother Nature has misplaced our winter weather. That’s good for temperate zones, but not good for moisture!

This would be an excellent time for all of us to be thinking about an entry in the Heritage Skills Contest. The categories this year are:

1. Visual Arts—Oils, acrylics, water colors, pencil, ink, charcoal drawing and others.
2. Hand Stitching—Needlepoint, crewel embroidery, counted cross stitch, lace net darning, candlewicking, hardanger, huck or Swedish weaving or other.
3. Creative Writing—Original poem—30 lines, short story, fiction or non-fiction—2000 word limit.
4. Glass—Any glass article as stained, leaded, engraved, etched, ink or painted file card describing method used.

Each county is allowed one entry in each major category. Our county has many talented members so I hope we can have an entry in every category. We would like to have all entries turned in at the March council meeting.

Don’t forget about the earthholics' festival. Volunteers are needed for the March 23 event.

Our next council meeting will be March 27. Details will follow as available.

Enjoy the spirit of Valentine’s Day as you move through February (and the rest of the year). Share a hug, a kind word, a kind deed, a special card and have a Happy Valentine’s Day!

Raising boys to men

LaDeane Jha
Extension Educator

A lot has been written about the unique challenges of being a boy in today’s society, and the challenges of raising boys to become healthy men. Adolescence is the time during which many of a young man’s ideas about himself, masculinity and his future are formed. How can parents, other adults and even peers help young men mature? These key players in a young man’s life can help him confront aggression, challenge stereotypes about what is “a real man should be,” and become comfortable with his emotions.

Young men in interactions with one another. Do they encourages each other to stifle emotions and “act like a man”? By talking about emotion with parents, other adults and even peers, young men can practice expressing their emotions, and become more comfortable showing emotion. Adults can help boys as they develop in the following ways.

Talk. Talk about male and female roles, masculinity and femininity and values. Boys want to know and need to hear it from adults.

Encourage. Young men need to learn to express emotions in healthy ways. Encourage them to talk about frustrations rather than act out. Don’t lower your expectations by telling them that they are not at a loss for expressing their feelings, or that they are naturally prone to act out in anger or aggression. Begin early on to expect boys and young men to respect their emotions and the emotions of others.

Examine your own expectations. The adults of today experienced all the stereotypes that boys grow up with when they were young. Think about the stereotypes that are limiting in your own life and work to avoid passing them on to the next generation.

Some sources for further reading include:

• Boys will be Men, Paul Kivel, 1999
• Raising Cain: Protecting the Emotional Life of Boys, Daniel Kindlon and Michael Thompson, 1999
• Real Boys: Rescuing our Sons from the Myths of Boyhood, David W. Pelzer, 1999

Adapted from The Ups and Downs of Adolescence, October 1999. (LJ)

FCE News

The March Family and Community Club leader training is scheduled for Tuesday, February 22, 1 p.m. LaDeane Jha, extension educator will present the lesson, Becoming Financially Fit. This lesson will offer ways to evaluate where you are financially and help establish where you want to be. Many people struggle to control spending and debts while not having adequate savings to cover emergencies and provide for reaching goals, including retirement.

If you are not an FCE member and would like to attend, call 441-7180 to pre-register so materials can be prepared.

The April FCE Leader training, Heart Healthy Foods that Help You Keep on Ticking, will be March 29, 1 p.m. Watch for more details in the March News. (LB)

Ways to beat the high cost of having fun

• Eating out can cost less when you “lunch” instead of “dine.”
• Rent or borrow equipment for a new hobby or sport. Make sure you enjoy the activity before buying. This also gives you a chance to compare brands.
• Matinee costs less for most entertainment—may be less crowded too.
• Discover your neighbor- hood. Enjoy local museums, zoos, historical attractions, lectures and workshops at low cost.
• Camping vacations are fun and economical especially for a family of four low-cost well-run government campgrounds and parks.
• Off-season vacations offer huge cost savings everywhere. Everything is less crowded.
• Use your library. You can borrow books instead of buying them. Listen to recordings before buying.
• Check bus and train prices—taking a train or bus is often less expensive than flying and you can see the country.
• Make your own gifts, it’s fun and personal.
• When traveling with children, look for hotels and motels that don’t charge for children sharing the parent’s room.
• Organize low cost parties or get-togethers by having everyone share—for example a pot-luck supper. (LJ)

Peer influences

The influence of peer groups becomes increasingly important as children reach adolescence. This is a normal stage of development where a child begins to pull away from the family group to find security in their peer group. You can ease this transition by doing the following:

If a child feels valued and accepted at home, the child will be less inclined to go too far with negative peer influences.

Let your children know you trust them to make good decisions. Set limits but let the little things go. A strong caring connection with parents is essential. Be there emotionally for your children. Their need for you to LISTEN keeps this connection strong.

During adolescence, communication and activities with the family decrease. Find new ways to connect based on your children’s interests.

Ask your adolescents what they think, rather than telling them your opinion first. You’ll find out what they are thinking by listening rather than telling.

Give your child some space. They value and need privacy and solitude at this time in their lives.

Avoid “LIME” disease: Lecturing, Intruding, Moralizing and Explaining. (LJ)

Chance to hear Michael Josephson

Michael Josephson, a former law professor and founder of the nonprofit Joseph and Edna Josephson Institute of Ethics, will be in Lincoln February 27, 28 and 29 to present a series of seminars, trainings and presentations.

The following sessions are open to the public and you are encouraged to attend.

• Community Presentation, February 27, 6:30-8:30 p.m., Cornhusker Hotel
• UNL Faculty/Staff Seminar, February 28, 2:30-3:30 p.m., UNL City Union
• Student Presentation (especially for high school and college students), February 28, 6:30-7:30 p.m., UNL City Union

Josephson organized the Character Counts! coalition, a national partnership of youth-influencing organizations that stress the development of character built on six core ethical values: Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship. (LJ)

Tidbits

About one-tenth (10.7%) of Lancaster County residents are aged 65 or older, compared to 13.7% statewide.

The proportion of county residents who are under age 18 is 23.4%, lower than the Nebraska average of 26.6%.

Racial and ethnic minority residents make up 8.7% of the population of Lancaster County, compared to 10.3% statewide.

African Americans account for 2.4%; Native Americans account for 0.7% and Hispanic Americans account for 0.3% of the county’s total population.

The proportion of single-parent families in this county (11.1%) is slightly higher than the average for Nebraska (10.9%). However, 16.6% of racial/ethnic minority households in Lancaster County consist of single parent families. (LJ)
4-H & Youth

Bulletin Board

• February 13—2 p.m., 4-H Ambassadors (LB)
• March 12—2 p.m., 4-H Ambassadors (LB)
• March 12—3-5 p.m., 4-H Teen Council Meeting. All interested teens are invited (TK)
• March 17—Saunders County Progress Show (DK)
• March 19—1 p.m., 4-H Speech Contest, State Capitol (DK)
• April 1—9:30-11 a.m., Record Keeping Workshop (DK)
• May 20—9-11 a.m., 4-H/FFA Sheep Tagging and Performance Weigh-in, State Fair Park (DK)
• Remember—all 4-H clubs have their own mailbox at the extension office. 4-H leaders and/or 4-H parents will want to check them from time to time for information and materials. (TK)

4-H record book workshop
Saturday, April 1
9:30 a.m.

Do 4-H record books confuse you? Would you like to learn some record book “how-to’s”? Did you know you can complete your record books on the computer? Attend this workshop and discover answers to your record book questions, tips to make your record books shine and how to successfully complete them. (TK)

4-H rabbit clinic and show

On March 25, the Lancaster County 4-H Rabbit VIPS Committee will hold a rabbit clinic at the Lancaster Extension Education Center from 9 a.m. to 1 p.m. Sessions will include rabbit grooming and care, examples and ideas for stationary exhibits and how to participate in showmanship. Everyone is welcome to attend.

On Saturday, April 1, the Rabbits ‘R Us and Star City Rabbit Raisers 4-H Clubs will host a rabbit show at the Lancaster Building at State Fair Park. The show will begin at 9 a.m. with registration from 7:30-8:30 a.m. Entry forms can be picked up at the extension office or downloaded from the Lancaster County 4-H website at http://www.ianr.unl.edu/ianr/lanco/4h/news.htm
For more information, call Ellen at 441-7180. (EK)

4-H Speech Workshop

Plan on attending the 2000 4-H Speech Workshop. It will be Sunday, February 13, 6-7:30 p.m. The workshop will help all ages learn to write and deliver. Mark this date on your calendar and I will see you there! (DK)

4-H Speech Contest
March 19,
State Capitol

Join the fun and enter the 4-H speech contest! You can give a speech or a Public Service Announcement. The Contest will be held March 19 at the State Capitol. Registration will begin at 1:30 p.m. For more information about this contest, attend the speech workshop, call the office at 441-7180 or look at the rules in last year’s fair book. Speech registrations are due into the extension office by Friday, March 10. (DK)

4-H leader training

Tuesday, February 22
9:30 a.m. or 7 p.m.

New and reorganizing leaders are invited to attend this 4-H leader training to assist you in 4-H club management, activities and projects. Please bring your questions and 4-H parents. (TK)

For progress show information, check out our website at www.lanco.unl.edu (DK)
Roping clinic
Monte Stauffer, Douglas/Sarpy county extension educator, will present a roping clinic May 13 from 1:30-4:30 p.m. This clinic will be provided to introduce roping to youth with little or no experience in roping events. Topics covered include types of ropes, flags and gates, the difference between header and healer roping and judge’s scoring in competition.
Youth will be given an opportunity to “dummy” rope either from a standing position or from a stationary horse. They will be shown proper techniques for tying knots, proper positioning of the horse and of the person riding the horse.
(Location has not yet been determined. Look for more information in next month’s NEBLINE.)

4-H project leader training
There will be a 4-H Horse Project Leader Training at the Lancaster Extension Education Center Wednesday, March 29, 6:30-9:30 p.m. Kathy Anderson, UNL horse specialist, will cover the topics of basic horse health care and of current horse nutrition. The information presented is required to pass 4-H horsemanship levels and would be of value to leaders and youth alike.
This is a free clinic. To register, call our office at 441-7180.

Pre-District clinic
Mark you calendars: June 10 has been set as the date for the Lancaster County pre-district horse clinic which will be at the East Arena, State Fair Park. (EK)

4-H Clubs in action...
The Sunshine Clover Kitties 4-H Club members decided to celebrate Thanksgiving in a loving and caring way. We decided to prepare a traditional Thanksgiving meal for a family in need.
Hannah Spencer and her mom contacted the Catholic Social Service Department for suggestions. They gave them the name of a family who were from another country and recently moved to Lincoln.
The family had a strict diet to follow because of their beliefs, so we had to adjust their menu. Instead of turkey, we prepared chickens according to their beliefs and cooking ways. We also made a potato casserole, vegetables, rolls and pies. Everyone shared in preparing menu items.
Noelle and Hanna Pinneo, Terra Thomson and their mothers delivered the feast on Thanksgiving day. This was a true feast of thanks.
Submitted by the Sunshine Clover Kitties 4-H Club

All you can eat
Spaghetti - $4.49
The Lancaster County 4-H CWF group has partnered up with Fazolli’s to offer an all you can eat special for $4.49 per person. This special includes all you can eat spaghetti, fettuccini and breadsticks.
This event will take place at the Fazolli’s restaurant, 4603 Vine Street, March 7, 5-8 p.m.
For every person that orders the all you can eat special, Fazolli’s will donate $1.00 to the CWF trip fund. (DK)

2000 photo themes
The new state and county photography themes have been announced. Unit II only: Beautiful Nebraska (as relates to our Nebraska State Song) and Unit III only: Nebraskans at Work. Keep these in mind as you begin taking photographs for your 2000 photography exhibits. (TK)

Music contest
Join the fun and enter the 4-H Music Contest! Your club can sing and/or dance at this exciting 4-H event. The 2000 Music Contest will be held Sunday, April 30, 2 p.m. at Dawes Middle School Auditorium. Stop by the office or call Tracy for a registration form and for more information. Rules can also be found in last year’s fair book. All registration forms are due to the office by Friday, April 21. (TK)

Character Counts! Corner
Caring & Kindness
 Thoughts of love and caring surface frequently during the “love” month of February and helping children learn kindness and caring is an essential task of parenting. Children who have strong friendships with other children care about how they feel. They stick up for them when others tease them, and they try to make them feel better when they are hurt or sad.
Caring is an important social skill that will help children in all types of relationships. Even at a very early age, children can tell when others are in distress, but they still must learn how to help them. The most common kinds of help are those that take place every day. Children can learn to give praise when others do well and thank them when they help.
We teach children about caring and helping others by treating them with love and kindness. When their cares and hurts are treated with caring, they experience the good feelings that come from being helped.
From this they understand for themselves the value of helping.
They know that when they show kindness, they are making others feel good.
University of Nebraska–Lincoln’s Speakers Bureau can offer you a free speech!

Groups, organizations can take advantage of a free speech from the University of Nebraska–Lincoln. The Speakers Bureau makes it easy when your organization needs an entertaining, informative and intriguing topic presented by an expert. Available through April 24, 2000, topic selection range from the arts to family law and military leadership to the study of viruses. Every speaker is provided free of charge. To schedule a speaker call (402)472-8196.

Three Speaker Bureau examples:
- Heat Waves to Blizzards: Climate and Weather of the Great Plains presented by Kenneth Dewey, Professor of Geosciences. When it comes to weather and climate, there is indeed, no place like the Great Plains. Certain types of weather are unique to this particular area, as those who have recorded significant weather events in the past can attest. Dewey will examine weather types, causes, myths, realities and the history of these weather events through the use of illustrations and photographs.
- A Nebraska Treasure: Quilts from the James Collection presented by Rita Kean, Professor and Chair of Textiles, Clothing and Design. Named as one of the Top 100 Treasures by "Arts and Antiques" magazine, the James Quilt Collection in the International Quilt Study Center, traces America’s history from the late 1700’s to the present. In 1997, Robert and Ardis James donated 950 antique, contemporary and art quilts to the University of Nebraska to be developed as part of the quilt study center. Kean's close involvement with the development and growth of the center has provided her with a rich knowledge and expertise. Her discussion of this gem, given in slide lecture format, will include the historical, social and cultural significance of the collection, as well as information on the conservation and care of quilts.
- Inciting Violence: The Role of the Media presented by Nancy Mitchell, Professor and Chair of Advertising. Violence in schools and among other segments of our population has made us acutely aware of its pervasiveness in our society. Fingers have pointed to various media including video games, movies and television as the root causes of violence. The question remains, however, whether these factors incite such violence or if blaming the media is simply an oversimplified answer to a difficult social problem. This presentation will explore answers to this question and invite discussion on the role and responsibility of media professionals, government and private citizens in relation to violence in the media. (GB)

Farm Service Agency committee elections underway

County FSA committees administer farm programs at county and area levels and are elected by eligible producers. Farm programs administered by county committees include:
- commodity price support loans and payments;
- estate settlement of allotments, yields and marketing quotas;
- farmer loans;
- conservation programs;
- incentive, indemnity and disaster payments for some commodities; and
- other farm disaster assistance.

Farm owners, operators, tenants and sharecroppers of legal voting age can vote if they are eligible to take part in any FSA program. Eligible voters will soon be receiving ballots by mail from the Lancaster County FSA Office. The 2000 election ballots must be returned to the FSA county office or post marked no later than March 6. (GB)

LEAD Fellowship applications available for group XX

Fellowship applications for Nebraska LEAD (Leadership Education/Action Development) Group XX are available now to men and women involved in production agriculture or agribusiness. Up to 30 individuals will be selected from production agricultural and agribusiness. Preference will be given to individuals ages 25 through 45 who have demonstrated leadership potential. LEAD fellows also participate in a 10-day National Study/Travel Seminar and a two- to three-week International Study/Travel Seminar. Seminar themes include economics, foreign cultures, government, communications, international trade, politics, business, labor, environment, finance and industry.

The program is designed to prepare spokespersons, problem-solvers and decision makers for Nebraska and its agricultural industry. New to its 20th year, the program is operated by the Nebraska Agricultural Leadership Council Inc., a nonprofit organization, in cooperation with Nebraska colleges and universities, business and industry and individuals throughout the state. Applications are due by June 15 and are available from the Nebraska LEAD Program, Room 318 Biochemistry Hall, University of Nebraska–Lincoln, Lincoln, NE 68583-0763 or by phoning the office at (402)472-6810 and requesting an application packet. General information about LEAD is available from the World Wide Web at http://www.ianr.unl.edu/lead/ (GB)

LAAA Photography Contest

Theme for 2000 is... “New Century, New Choices, New Ventures”

Open to ALL ages, elementary school age to older folks themselves! All readers are welcome to submit photos. Sponsored by the Lincoln Area Agency on Aging. Prizes for: Best of Show, 1st, 2nd, 3rd and Honorable Mentions by age groups of: K-6, 7-12 and adult (18 and over). Best of Show winner is awarded $200. Judges are from the Lincoln Camera Club, with 50+ years of experience in judging activities.

Entry of all exhibits will be at the 6th Annual Senior Festival held at Gateway Mall, Lincoln, on Thursday, May 18, 9 a.m. to 9 p.m., in the lower level auditorium. The prize winners will be officially framed and be part of a “traveling exhibit show” and go to many places throughout our eight counties (Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York) throughout the rest of Year 2000.

For a registration and information packet, call (402)441-7022. Deadline for submissions is Friday, April 15...don’t delay...call today! (GB)

Nebraska Pioneer Farm Family Awards—a call for nominations...

For the 45th year, the Knights of Ak-Sar-Ben and the Nebraska Department of Agriculture & Natural Resources will recognize Nebraska Pioneer Farm Families whose land has been owned by the same family for 100 years or more. Titled the “Nebraska Pioneer Farm Family Award,” local recognition requires that the land of a family in Lancaster County must have been owned by some member of that family for a century or more.

Todate, nearly 6,000 families in 91 of Nebraska’s 93 counties have been honored at various county fairs. Each honoree receives an engraved plaque and gatepost marker as permanent recognition for this milestone and public recognition at the Lancaster County Fair.

Applications for this year’s recognition are due no later than May 1.

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For a registration and information packet, call (402)441-7022. Deadline for submissions is Friday, April 15...don’t delay...call today! (GB)
Consider a career in Food Science & Food Technology

Food Science and Technology is a relatively new field at the University of Nebraska-Lincoln. Still, this new century will require food scientists and food technologists to play a major role in assuring a safe, nutritious, and acceptable food supply. UNL graduates are actively sought for career potential in all aspects of the food industry both in Nebraska and throughout the United States.

As a Food Science and Technology major, students receive a comprehensive study of all aspects of the food industry. This includes food chemistry, food microbiology, food engineering, product development, sensory evaluation and food processing.

For more information about majoring in Food Science and Food Technology, contact Dr. Susan L. Cuppett, 352 Food Industry Complex, University of Nebraska-Lincoln, Lincoln, NE 68583-0191; (402)472-5616, (GB).
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Name _______________________________________________
Gary C. Bergman, Extension Educator–Unit Leader
NOTICE: All programs and events listed in this newsletter will be
held at the Lancaster Extension Education Center unless noted
otherwise. Use of commercial and trade names does not imply
approval or constitute endorsement by the University of Nebraska
Cooperative Extension in Lancaster County.
February 13
4-H Speech Workshop .................................................. 6:30-7:30 p.m.
4-H Ambassadors ...................................................... 2 p.m.
February 17
Fair Board Meeting ...................................................... 6:30 p.m.
Rompin Rovers Educational Meeting ............................. 7:30 p.m.
February 17
Carbon Sequestration Meeting—ARDC
February 18
Private Pesticide Applicator Certification Training .................. 9 a.m.-noon
February 19
Private Pesticide Applicator Certification Training .................. 9 a.m.-noon
February 22
4-H New Leader Training ............................................. 9:30 a.m. or 7 p.m.
FCE Leadership Training ............................................ 1 p.m.
February 24
Commercial Pesticide Applicator Certification Training Re-certification.
February 25
Computerized Financial Record Keeping (Initial Level)-Call for details
February 27
Michael Josephson Community Presentation-Corning .......................... 6:30-8-30 p.m.
February 28
4-H Teen Council Meeting ............................................. 3-5 p.m.
4-H Speech Contest Entries Due .......................................
March 2
Nebraska Soybean and Feed Grain Profitability Project Annual Meeting—ARDC, Mead
Grain Sorghum Productions Seminar—Beatrice
March 3
Private Pesticide Applicator Certification Training .................. 1-4 p.m.
March 6
4-H Council Meeting .................................................. 7 p.m.
FSA County Committee-ballots due
March 7
FSA County Committee-ballots due
March 8
4-H Horse VIPS Committee Meeting ................................... 7 p.m.
March 9
Extension Board Meeting ............................................ 10 a.m.
4-H Cat Club Meeting ................................................ 7 p.m.
4-H Rabbits VIPS Committee Meeting ................................ 7 p.m.
March 10
Computerized Financial Record Keeping (Advanced Level)—Call for details
4-H Speech Contest Entries Due
March 12
4-H Ambassador Meeting ............................................ 2 p.m.
4-H Teen Council Meeting ............................................ 3-5 p.m.
March 13
4-H Shooting Sports Club Meeting .................................... 7 p.m.
March 16
Nebraska Soybean and Feed Grain Profitability Project Tour—ARDC

Phone numbers & addresses:
Office (leave message after hours) ....................................... 441-7180
After hours ................................................................... 441-7170
Fax ............................................................................... 441-7148
Composting Hotline ....................................................... 441-7139
NEARCS 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

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Redaction of material

Healthy Eating continued from page 6

baking.
3. If you prefer, you can
omit the 1/8 teaspoon of lemon
juice. Do leave in the grated
lemon peel as this gives much
added zing!
4. Use a regular soft
margarine rather than a reduced
fat one. The reduced fat
“spreads” have increased water
content and may not give you
the same results.
5. You can use either old-
fashioned or quick rolled oats.
They’re comparable in nutri-
tion—the quick oats are just cut
into smaller pieces so they cook
faster. The old-fashioned oats
will give a chewier texture
which you may or may not
prefer.
6. If desired, you may peel
the apples. Be aware you’ll
lower the overall fiber content
about one gram for each apple
you peel. Or, you might try
half with peels and half without.
7. A small dollop of a fat-
free frozen yogurt adds extra
flavor, calcium and whey in at
around 100 calories. (AHF)