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## The NEBLINE, January 2000

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# The NEBLINE

University of Nebraska Cooperative Extension  
Lancaster County

January 2000  
Vol. XIII, No. 1

"Helping Nebraskans enhance their lives through research-based education."

## Is your house healthy?

Lorene Bartos  
*Extension Educator*

Happy 2000!! The Y2K SCARE is past. Even so, it is necessary to stay prepared for future disasters and emergencies. Now is the time to look at the new year and make plans for the environment of the home. A yearly maintenance check is very important and can save time and expense. What are your plans for the new century? Are you planning to remodel, build a new home or keep things the way they are?

Regardless of your plans, looking forward and making a check of the home can benefit your family in this new decade. Start by doing a self-inspection or walk-through of your home. Begin by touring your household. As you tour, look for biological pollutants, minor repairs that need to be made, appliances that need to be repaired or replaced, moisture or water damage and other things in your home may be a hindrance

to the health of the family. Since Americans spend up to 90% of their time indoors, often at home, breathing clean indoor air is necessary for good health.

Biological pollutants are or were living organisms. These pollutants travel through the air and are often invisible. Some common indoor biological pollutants are: animal dander (minute scales from hair, feathers or skin); dust mites and cockroach parts; fungi (molds); infectious agents (bacteria or viruses) or pollen. Even very clean homes may permit the growth of biological pollutants. Nutrients and moisture are essential for growth. The conditions can be found in many locations, such as bathrooms, damp or flooded basements, wet appliances (such as humidifiers and air conditioners) and even some carpets and furniture.

Molds are many times detected by a musty odor. Growths of mold can often be seen in the form of a discoloration, ranging from white to orange and green to brown and black. Mildew is a common mold. Mold requires moisture, thrives on organic materials and grows best in warm temperatures. To prevent mold from

growing, keep surfaces and household textiles clean and dry. The relative humidity in the home should range between 30 and 60 percent. Reduce humidity by using exhaust fans, venting clothes dryers to the outside and increasing the air flow in problem areas.

If replacing carpets are on the agenda for the new year, the Carpet and Rug Institute suggests the following guidelines: Choose a carpet certified to have low VOC emissions. VOCs are volatile organic compounds such as petroleum distillates, formaldehyde, mineral spirits, chlorinated solvents, trichloroethylene, etc. Arrange to roll out the carpet/pad/cushion to vent for 24 to 48 hours before installation. Plan installation of carpet in mild weather conditions to allow for doors and windows to be open. Increase ventilation for a few days after installation. When old carpets and pads are removed, carefully remove the dust that has collected as this is a good collection point for airborne contaminants.

If you have an older home, check for asbestos and the use of lead-base paint. Any surface painted prior to 1980 could

contain lead. Asbestos can be found in resilient floor tiles and sheet flooring, steam pipes, boilers and furnace ducts, roofing and siding shingles.

Plan to clean some of the areas that get slighted. Remember to check the air conditioner, humidifier, dehumidifier and refrigerator drip pan. Change the furnace filters and clean the vents in the bathrooms. Also check the dryer vent.

When you finish the tour of your home, make a list of things that need to be cleaned, replaced or repaired. Prepare a time line and make a budget to cover the cost that may be incurred. Start the new century on the right foot with a home that is safe and healthy for your family. (LB)

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Lancaster County 4-H Council  
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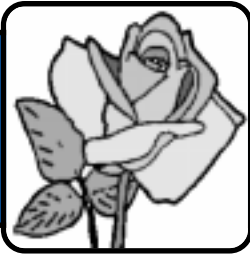
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*Wishing you the  
Best in 2000!*

*From the staff at the Lancaster Cooperative Extension Office*





## Horticulture

### Humidity in home effects plants too



Dry air in your home not only makes you feel uncomfortable, but it also harms your plant's growth. Moisture in the air is measured in terms of relative humidity. Most houseplants grow best at 40 to 60 percent humidity, but can tolerate levels as low as 20 percent.

Unfortunately, home heating systems take moisture out of the air, and houses commonly have lower than a 20 percent humidity level in the winter. How do you tell if your plants need more humidity? Look for these danger signs: brown and shriveled leaf tips, dried up flower buds and blooms and yellowed leaf edges. Entire leaves may turn yellow, wilt and fall off the plant. Many flowering houseplants are sensitive to low humidity levels, including African violet, azalea, cyclamen, impatiens, bromeliads and dwarf citrus trees.

The foliage plants which

prefer a more humid environment include the thinner leaved plants such as ferns, philodendron and spider plant. Cacti and succulents are native to deserts and they can tolerate low humidity levels.

You can minimize the damaging effects of low humidity to your plants by following proper watering practices.

Plant tissue dries out because the plant loses water from its leaves faster than it can take water up from its roots. Our plants have a harder time when you forget to water them and the soil dries out. Water plants before the soil dries out completely.

You may also need to increase the humidity around your plants. The easiest way is with a humidifier, which can increase humidity levels by 25 to 30 percent. Use portable units or humidifiers installed as part of your home's heating system.

Another option is to grow plants in a waterproof tray with an inch of pebbles, crushed rock, sand or perlite. Water up to but not above the level of stony material. Make sure the pots themselves do not sit in water or the plants risk getting root rot.

Put your plants where humidity levels are highest, such as the bathroom or above the kitchen sink. You might want to group many plants together. As the plants give off moisture, they help create a moist environment for the whole group. (MJM)

### Air layering tropical plants

Air layering is a simple method of propagating indoor ornamental plants that have become overgrown. No special growing facilities are needed. All that is needed are sheets of plastic, tape, twist ties and sphagnum moss.

The idea behind air layering is to create a damp, temperate environment on the stem to encourage root growth. The plant will do the rest. The newly rooted branch is cut and then potted as an independent plant. Rooting time varies from a few weeks to a few months.

Tropical plants can be air layered almost anytime. Roots seem to grow faster when layering is done during late winter through spring, while the plant is actively growing. Have the following

tools ready: a sharp pruning knife, moistened sphagnum moss, rooting hormone, clear piece of plastic, tape and twist ties.

Choose a branch that is at least pencil-thick. Many

tropical plants will root anywhere along the stem, but layering at the node is recommended.

Remove the leaves at the node. Make a diagonal cut one-third to one-half the way through the stem just below the node. Angle the cut up toward the node. If you want to use a rooting hormone, dust the powder into the fresh wound. Take a handful of wet sphagnum moss and squeeze out the excess water. The moss should be damp, not wet. Using plenty of moss, apply it to the prepared stem and squeeze it in. Wrap the plastic around the moss. The plastic should fit snugly to maintain a moist environment as the roots grow.

Seal the vertical seam with tape. Cut the excess plastic and secure the ends with the twist ties. Leave the plant in its original environment. Water and fertilize as usual. In several weeks, roots will appear in the moss. At this point remove the plastic, cut off the newly rooted plant and pot it. (MJM)

### Landscaping the front yard

Winter brings a slower pace to gardening and gives the gardener time to think about past and future successes. Now is a good time to think about the home landscape and how it can be improved. An attractive front yard can enhance the appearance of your house and neighborhood. The expanse of lawn and surrounding plants creates the most pleasing picture if designed or planned rather than allowed to take shape on its own.

How you plant the front yard depends mainly on your house. In most properties the house is the prominent feature. All plants, driveways, fences and other items are meant to complement it. Shrubs and trees unite the house with its surroundings by softening vertical lines and making the building seem a natural part of the terrain.

The two major landscape design areas around your house are at the corners and doorway. Your front door, a beacon to

visitors, is the house's focal point and short plantings on either side of it are appropriate. Taller plants are suitable for corners, where they will funnel the viewer's eye toward your doorway plants and front door. Houses that are too tall appear shorter if the corner plantings extend like wings on each side, with the tallest plants at or near the corners.

Trees frame the house, focusing interest on it as the main feature of your property. Plant trees whose mature size is in scale with the house, or low houses will look dwarfed and tall houses will appear even taller than they actually are.

Select trees to match the house design. Steeply angled roof lines and dormer windows call for pyramidal trees such as spruce. Trees with rounded or horizontal form, maples and dogwoods, are better companions for the low lines of a ranch type dwelling.

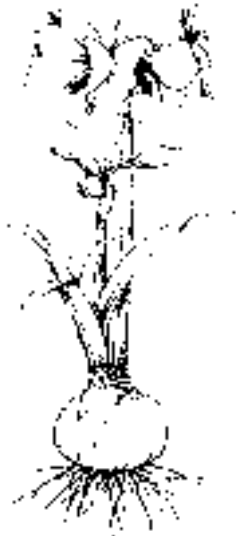
Low shrubs and ground



covers along house walls provide a smooth transition from building to lawn. Shrubs along the front wall reduces the apparent height of a tall building. Having open spaces with natural mulches and ground covers in the planting can make low-built houses appear more massive.

The simpler a planting near the house, the better. Use only a few kinds of shrubs, but plan for some variety in size, form and texture. Consider adding areas for flowers or ornamental grasses, but keep these at a minimum height. Select shrubs whose natural height and growth

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### Amaryllis— Save that bulb for next year

What do you do with that amaryllis bulb you got for Christmas now that it is done flowering? Throw it out? NO! With proper care you can get it to bloom again next year.

When blooming ends, and the danger of frost is past, amaryllis plants can be placed outdoors in a sunny spot. Sink the pot to the rim in a flower bed among your other garden plants. The bulb is storing food for next year's flowers during this time so proper watering, fertilization and light will pay dividends in larger or more flowers next year.

In the fall, watering and fertilization should stop, the yellow leaves removed close to the top of the bulb, and the pot moved indoors to prevent freezing. Place the pot in a cool cellar to "rest" until around the first of the year. Start watering and fertilizing once new growth begins. (MJM)

### 2000 January/February Garden Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6 Avoid walking on frozen lawn	7	8
9	10 Review last years garden journal	11 Make garden plan	12 Check stored vegetables for signs of rot	13 Make list of new plants to try	14 Make a list of seeds needed	15
16	17	18	19 Check bird feeders	20	21 Check amaryllis bulbs	22
23	24 Check landscape plants for snow damage	25	26 Check plants for rodent, rabbit or deer damage	27	28 Order seeds	29
30	31	1 Check houseplants for insects	2	3	4	5
6	7	8	9 Do a germination test on saved seeds	10	11	12
13	14 Air layer leggy house plants, like rubber plant	15	16 Cut flowering shrub branches for forcing	17 Check bird feeders	18	19
20	21	22	23 Start perennial flower seeds indoors	24	25 Prune fruit trees	26
27	28	29				

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)



# Got the winter itches? Read this and itch some more.

Barb Ogg  
Extension Educator

The extension office gets calls this time of year from folks complaining about getting bitten by unknown bugs/fleas/mites. We are often asked to try to help figure out what the problem can be. This time of year, dry humidity in houses results in dry air and static electricity that may cause sensations on the skin that feel like insect bites. Increasing the humidity and/or using lotions to remedy dry skin, may be helpful.

Sometimes, folks develop allergies to soaps, lotions, detergents and other household products that may make it seem like they are getting bitten. Other environmental sources of itching are dust, fiberglass insulation and paper fiber, cosmetics and even jewelry. An allergist or dermatologist may be helpful in determining skin allergies. Dry skin and skin allergies are the most common causes of bite-like sensations that people may have.

There are only a few insect or arthropod species that cause bite-like symptoms. Most of them are easily seen without the aid of a microscope or magnifying glass.

Fleas: These insects are black and jump from host to host. They are easily observed



without magnification. Flea infestations are usually associated with cats or dogs, but rarely, flea problems can show up without having a pet in the house. If there is a flea infestation in the home, people may get bitten, but the bites are usually on the legs and ankles and not on other parts of the body. The bite itself will be painful and noticeable immediately.

Spiders: Spiders are accused of many more bites than they actually commit. There are several groups of spiders that can live in houses and actively hunt at night for their food. Bites that appear after sleeping could be from spiders. The best way to prevent this problem is to disturb locations where spiders are found, like closets, by vacuuming these areas regularly. Spider bites are not very common in the winter.

Bedbugs: These blood sucking bugs are very uncommon, but we have had people bring them into the extension office. Flat, oval-shaped bedbugs feed at night, usually on the upper part of the body, upper arms, neck and chest area. Signs of bedbugs are spots of blood on the pillowcase or linens. The

bugs live in bedding or in cracks or tight places near the head of the bed. Locations where they hide during the day are under buttons on a mattress, between mattress and box springs or in cracks in the baseboard. Usually,

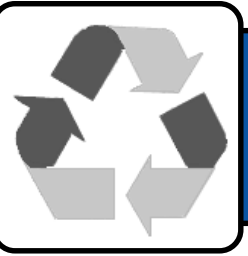


folks get them either from a stay in an infested motel and they bring them home in luggage or they bring infested furniture into their home. Birds and bats have similar bloodsucking bugs, called (logically enough) bird bugs and bat bugs. Elimination of birds or bat hosts is important in controlling these bugs. Bird and bat bug problems are not likely in the winter.

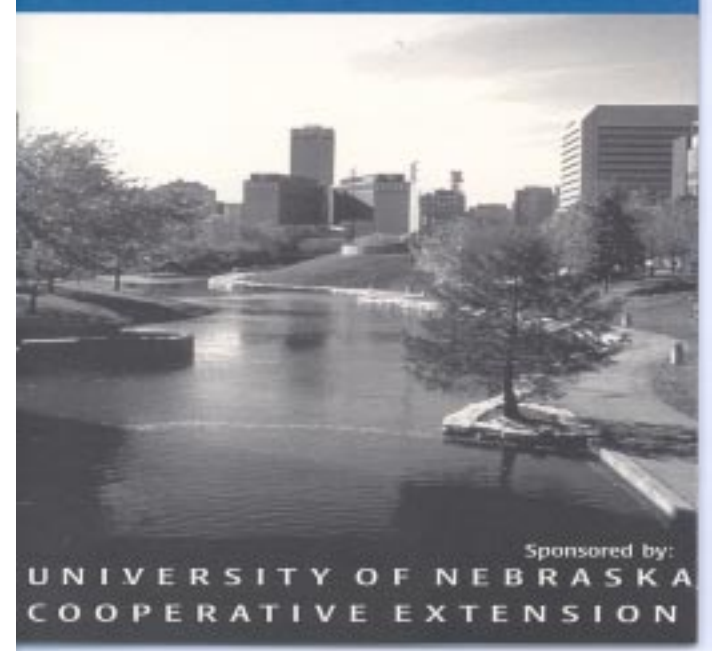
Mites: Both wild birds and pets (especially cats) can have mites that will transfer to people if the mite numbers are very high or, in the case of birds, if the birds leave their nest or roost or die. Mites are very tiny and not always easy to see. Removing the birds is the first step in eliminating this type of mite

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## Environmental Focus



### Workshop on URBAN CONSERVATION



University of Nebraska Cooperative Extension in Douglas/Sarpy and Lancaster County is sponsoring a workshop on Urban Conservation, January 19 & 20, 2000 at Mahoney State Park's Kiewit Lodge. The workshop focuses on incorporating water quality into stormwater management, conservation subdivision design and the Darby Creek project - an innovative, environmentally sensitive development of Hidden Creek at the Darby.

Program funding for the event has been provided for by several federal, state and local agencies.

The workshop is third in a series designed to provide tools for decision-makers, consultants, municipal officials and citizens which will enable them to plan for environmentally sustainable community growth. For more information, contact Corey Brubaker or Karen Hansen at 402-441-7180. (KH)

## The giving tree

Have you thought about how important and useful trees are to our lives? They provide us with oxygen we need to breathe, water that is vital to all living things, food for both animals and people, wood that we depend on for our houses, furniture and paper products - not to mention the oasis of shade on a steamy summer's day. This list of examples is, by no means complete, but will give you an idea of products that our trees produce.

Leaves: tea, oxygen, mulch, shade

Sap: maple syrup, rubber gloves, rubber hoses, rubber tires, rubber balls, rubber bands, chewing gum, paint, turpentine, varnish/lacquer, soap, rosin, asphalt/cement

Bark: asphalt/cement

Roots: sassafras tea

Fruit: avocados, chocolate, carnauba or Brazil wax, furniture polish, spices (allspice, nutmeg, mace, figs, olives)

Seeds: many edible nuts:

pistachios, macadamia, almonds, coconuts

Flowers: cloves, herbal teas with hibiscus flowers, linden flowers, orange blossoms, perfume

Wood: many wooden objects and paper products

Cellulose from the wood: cellophane, cellulose sponges, eyeglass frames, carpets, photographic film, toothbrush handles, combs, rayon clothing, rocket fuel. (ALH)

## Winter bubbles

How does blowing bubbles in the winter affect the bubbles? Try this recipe and find out!

Materials:

1 cup dishwashing liquid  
2 cups warm tap water  
Plastic bowl

4 tablespoons glycerine  
1 teaspoon sugar

Bubble blower

Procedure:

1. Mix the dishwashing liquid and the warm tap water in the plastic bowl.

2. Add the glycerine.

3. Add the sugar.

4. Go outside on a cold night and blow bubbles with the solution. What do you notice about the bubbles?

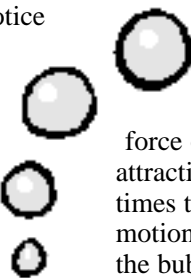
5. Blow bubbles inside and compare these with the ones you blew outside.

Explanation:  
Water and dishwashing liquid form a thin film that can be inflated with air to form

a bubble. Soap bubbles are shaped by the balance between the outward pressure of the gas

inside them and the force of surface tension holding the liquid of the bubbles together.

Surface tension is the force of the molecules in water attracting one another. Sometimes the bubbles appear to be motionless. If it is cold enough, the bubbles will sparkle as they freeze, and if they hit the snow, they will bounce. (ALH)



## Swarming ants in the middle of winter?

Larger Yellow Ant, is a common ant species found in this area. And, although it seems strange, each year many people bring these ants into the extension office during some of Nebraska's coldest weather. Normally, these ants are soil-nesting ants that make their nests under logs, rocks, porches and patios. They are also found in the soil of crawl spaces under homes, under concrete slabs and near the foundation. The workers gather "honeydew" from aphids or mealybugs to feed the colony. Workers are not usually found in the home. They are most active at night during warmer months.

Larger Yellow Ants are most easily recognized by their yellow-orange color and the fact that they give off a lemon or citronella odor when crushed. These ants are sometimes called "citronella ants". The odor can be quite strong and is easily recognizable.

The Larger Yellow Ant becomes a pest in the fall when mixed colonies of winged swarmer and wingless worker ants move toward buildings and enter through cracks in the

foundation. The ants create a temporary indoor, winter nest that may be somewhere in the basement or foundation slab under a loose brick or board or in a crack in the wall or floor. During this time, the ants do not forage for food through the house and apparently cause very little damage except to create piles of dirt at the entrance to the nest. Reportedly, these ants try to return to the outdoors sometime in the early spring if left undisturbed.

Control of larger yellow ants is not critical, since they cause little damage other than the annoyance of their presence. Ants found indoors in the winter can be vacuumed or swept up and discarded. If their temporary nests are uncovered, these can be sprayed, if desired, with a household insecticide. Baits are not effective on these ants and are usually unnecessary. Control outdoors is of little benefit; however, a residual insecticide used as a barrier around the home in the fall may reduce some accidental invasion. Always read and follow the label directions on any insecticide carefully. (SC)





## Farm Views

# Pesticide Applicators Training

### Private Applicators Certification Options

University of Nebraska Cooperative Extension conducts educational programs designed to provide the private pesticide applicator with the necessary knowledge and skills to safely and responsibly apply pesticides. A grower must be a certified private applicator to apply restricted use pesticide (RUP) products to their land.

There are three methods available to anyone wishing to become a certified private applicator:

- 1) Attend a Nebraska Department of Agriculture (NDA) approved training program. (\$10)
- 2) Complete an NDA approved self-study course. (\$20)
- 3) Complete a graded examination administered by NDA. (No Cost)

Producers of Agricultural Products needing initial certification or recertification of their Private Applicators Certificate may complete this requirement by attending a 3 hour classroom training session conducted by UNL Extension Educators in any county across the state. The following is the schedule of training session to be conducted in 2000 at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. The cost of the training is \$10 for each person completing the training. Participants may attend anyone of the below scheduled sessions:

- . 9 - 12 a.m. on Thursday, January 27
- . 1 - 4 p.m. on Thursday, January 27
- . 9 - 12 a.m. on Friday, February 18
- . 9 - 12 a.m. on Saturday, February 19
- . 1 - 4 p.m. on Friday, March 3

### Commercial Applicator Certification for Agricultural Pest Control Options

Initial commercial/noncommercial certification is based on satisfactory test scores on a general standards exam plus one or more category exams. The Nebraska Department of Agriculture will provide testing at all locations. Preregistration is required and study materials must be obtained for all initial commercial/noncommercial pesticide training programs. Call (402) 472-1632 or contact the nearest Extension Office for registration forms and complete schedules. To obtain study materials, mail request at least 10 working days before the training date.

Initial commercial certification in Agricultural Pest Control - Plant Category (01) training sessions will be held from 9a.m. to 4 p.m., at these Southeast Nebraska locations:

- . February 10 - Gage County Extension Office, Beatrice  
Douglas County Extension Office, Omaha
- . February 22 - Saunders County Extension Office, Mead  
Douglas County Extension Office, Omaha
- . March 7 - Lancaster County Extension Office, Lincoln  
Saunders County Extension Office, Mead  
Dodge County Extension Office, Fremont  
Gage County Extension Office, Beatrice

Recertification in Agricultural Pest Control - Plant Category (01) may be completed by an examination administered by the Nebraska Department of Agriculture, 471-2394 or by attending one of the following Crop Protection Clinics in Southeast Nebraska:

- . January 4 - Lancaster County Extension Office, Lincoln
- . January 5 - Arbor Manor Restaurant, Auburn
- . January 6 - Holiday Lodge, Fremont
- . January 11 - Chances R Restaurant, York

Initial commercial/noncommercial applicators certification in Agricultural Pest Control - Animal Category (02) will be held at the following location:

- . February 22 - Saunders County Extension Office, Mead

Recertification of commercial/noncommercial applicators in Agricultural Pest Control - Animal Category (02) will be held at the following location:

- . February 24 - Saunders County Extension Office, Mead

# Farmers Tax Guides available

The extension office has received a supply of the 1999 Farmers Tax Guides. Interested persons can pick these up at the extension office. These guides, along with many other tax publications and notices can also be found on the IRS website. To access the IRS website, point your web browser to: [http://www.irs.gov/forms\\_pubs/pubs.html](http://www.irs.gov/forms_pubs/pubs.html). (TD)

# Area producers planning to shift production to value-added grains

Low commodity prices in recent years have prompted a group of producers in Lancaster County to explore production options other than the production of "bulk commodities." This group has formed a steering committee made up of members of the Lancaster County chapter of Farm Bureau, plus several agency personnel, including extension staff. The group calls themselves the Southeast Nebraska Area Producers (SNAP). They have been meeting monthly to explore options, with the main goal to improve profitability in grain production.

An option that shows promise is to convert a portion of the grain production in the area to "specialty" or "value-added" grains. A number of specialty grains have come on the market in recent years. These crops have properties that give them greater value when they are processed into certain animal feeds and into food products for human consumption as compared to traditional varieties.

### Why aren't more farmers growing value-added grains?

Specialty grains have met with limited acceptance as alternatives to bulk commodities by crop producers for several reasons. By their very nature, these grains must be produced in such a way that cross-contamination from off-type grains is held to very low levels or eliminated almost entirely. This requires extra time and labor to thoroughly clean planting, harvesting, grain hauling and

grain handling equipment in order to keep the grain pure (this concept is known as keeping the grain "identity preserved" or IP). Another factor is yield. In some cases, the energy a crop plant puts into producing the properties that make these grains more valuable, results in some degree of yield reduction as compared to traditional varieties. Before producers will be enticed to produce IP grains, the price received must be sufficiently higher than "bulk grain" price to compensate the producer for the extra labor and management, production risk and perhaps lower yield and result in greater profit per acre than is possible with traditional grains.

### If these grains have properties that significantly add to their value, why aren't they bringing bigger premiums at the point of sale?

The answer requires an understanding of the present grain handling industry. Grain elevators have traditionally been designed to handle, store and ship bulk commodities. For example, until a few years ago, all corn produced in this area was yellow dent corn. End-users, whether they be feedyards, millers or exporters did not care about specific varieties. They merely wanted corn that met the USDA grading standards. Elevators were designed to receive corn from various sources, condition it as needed, store it in large common storage structures, blend the product to meet specs and ship it to the end user. All done in large volume and without regard for

segregation within a type of grain.

With IP grains, elevators must be concerned about contamination from off-type grains. This requires additional labor to clean the grain handling equipment each time a different IP grain is handled. Storage is also a problem. Elevators have been designed to handle large volumes of grain. When storage space is tight, as it has been the past couple of years, it may not be feasible to tie up a full bin or tube to store a relatively small quantity of IP grain until it can be shipped to a processor.

### The chicken and egg

Most of the time elevators can handle IP grains, but the extra labor and other special handling and storage costs must be accounted for in the price bid to the producer. At present, it is a chicken and egg thing. If, for example, there is enough production of a given IP grain so a leg at the elevator can be reserved to receive only that grain and a bin or tube can be reserved to store it, efficiency is improved and handling costs go down. Higher efficiency translates into higher bid prices. Higher bid prices translates into more producers willing to produce the grain. As it stands now, producers don't produce IP grains because the price is low. The price is low because there isn't enough volume to create handling, storage and shipping efficiency. What is needed is a way to increase price to encourage increased production.

*continued on page 10*

# Grain check can save crop



Stored grain should be checked every two to four weeks to ensure temperature and moisture levels will thwart molds and insects. Moisture measurement depends on the grain temperature, so it's best to collect a grain sample, let it warm to room temperature in a plastic bag or other sealed container, then check moisture content. Record date for future reference. Be sure to wear a safety harness when entering the bin and that someone is on the outside of the bin to help in an emergency. Grain should be at 30-40 degrees F for winter storage in Nebraska. Maintaining grain temperature below 70 degrees F reduces insect reproduction. Insects become dormant at temperatures below 50 degrees F and are killed below 32 degrees F. Mold growth is nearly zero at temperatures below 40 degrees F.

Aeration should have started

before the average outdoor temperature was 20 degrees cooler than the grain temperature. Typically, grain is aerated shortly after harvest, once in the fall and again in late fall as outdoor temperatures cool. When cooling grain, be certain that the cooling front is pushed all the way through the grain mass before discontinuing the aeration. A cooling front pushed partway through the grain can result in moisture condensation in the zone where the two temperatures meet. This is especially important if temperature is being lowered more than 20 degrees in one step.

The amount of time required for an aeration cooling cycle depends on the airflow rate. The cooling time can be estimated by dividing 15 by the airflow rate. For example, 75

hours is needed with an airflow rate of 0.2 cfm/bu. Check grain temperature at several locations to determine when aeration is complete. Grain temperature changes about 50 times faster than the moisture content, so the air's relative humidity is of little concern during grain cooling.

Once grain temperature is reduced to less than 50 degrees F, fans can be run intermittently to prevent re-wetting during periods of high humidity. Cover hatches, fans and ducts after grain is cooled for winter storage to prevent any snow from blowing into the bin. Cover the fan whenever it's not running to prevent re-wetting that can occur as a result of convection currents that can draw in moist air at the bottom of the bin during wet weather. (TD)

"cfm/bu = Cubic feet of air per minute per bushel of grain in the bin. The airflow rate produced by a fan is a function of the fan design and the back pressure the fan must overcome. The back pressure is a function of the air delivery system, the type of grain and depth of grain in the bin. Once the type and depth of grain is known, the air flow can be estimated from performance data for the fan. The cubic feet of air per minute produced by the fan, divided by the total bushels in the bin, results in cfm/bu."



# Nebraska Conservation Trees Program



The mission of the Nebraska Conservation Tree Program is to provide high quality seedling stock to rural Nebraska landowners for environmental purposes at cost. The seedlings can only be used for conservation plantings which include wildlife habitat, field windbreak systems, Christmas trees, stream bank stabilization and timber.

The Nebraska Forest Service encourages residents from other

states to contact their state forestry agency for assistance in planning, purchasing and planting trees for conservation purposes and to plant trees for beautification in your communities.

## Ordering trees

Trees can be ordered in bundles of 25 per species with a minimum order of 100 seedlings. Seedlings, for 2000 delivery, are \$62.00 per 100 plus 5% state sales tax and any appropriate city sales tax. Delivery is made by the United Parcel Service. All shipments are made during April.

To place an order for seedlings, obtain an order form from the Nebraska Forest Service, 103 Plant Industry

Building, UNL East Campus, Lincoln, NE 68583-0815, (402) 472-6624; local Natural Resources District; local Cooperative Extension office; or your District Forester's office. Fill out the order form with your name and address, the name and address where the seedlings are to be shipped, the number of seedlings desired for each species (species in multiples of 25 and a total order of 100 or more) and sign the form. If you have specific questions, you can call (402) 472-6624. If you wish to place a telephone order, dial 1-800-600-1573. Please include a check payable to the Nebraska State Forester for the correct

*continued on page 11*

## Pruning windbreak trees

Resist the urge to prune windbreak trees to look like residential yard trees. Pruning live branches from older trees will decrease density and reduce the efficiency of the windbreak. Remember that the effectiveness of a windbreak is dependent on the overall structure of the windbreak and not on the shape of any individual tree. Although good windbreak management may require pruning under some circumstances, the best rule of thumb is to avoid pruning windbreak trees unless there is a very specific reason to do so.

Branches damaged by ice, wind, animal grazing or bird roosting should be removed. Damage to the central leader of a conifer causes the lateral branches to assume the role of the central leader and begin to grow upward. If left to grow, a double leader may develop, creating a weak spot in the trunk as the tree matures. Forked and

multi-stemmed trees are prone to wind breakage, and don't grow as tall as single stem trees. However, before they are removed, make sure the structural integrity of your windbreak will be maintained after removal.

Pruning is often regarded as a labor intensive effort, but when required, it pays off in a healthy windbreak. A yearly inspection to look for and prune damaged or deformed trees will keep the task manageable and will contribute to a long-lived, healthy windbreak. Pruning on a regular basis, generally in late winter, will reduce the likelihood of an expensive pruning or salvage effort later in the life of the windbreak and may limit storm damage. If done on a regular basis, effective pruning can be done with hand clippers and a small pruning saw. A clean cut will heal quickly, reducing the potential of invasion by

insects or fungi. Make the cut just outside the swollen branch collar at the base of the branch. If large limbs must be removed, make a small undercut first, immediately below the final cut, to prevent the weight of the falling branch from tearing the bark on the trunk. When pruning trees suspected of harboring diseases, all pruning tools should be sanitized after each cut with a solution of one part chlorine bleach to 10 parts water. This will reduce the likelihood of spreading disease to healthy limbs or trees.

In some agroforestry applications involving high value hardwoods, pruning to improve sawlog quality may be an integral part of windbreak management. Under these conditions, additional plantings of shrubs or conifers may be required in order to increase the density of the lower portion of the windbreak. (DJ)

## Providing water for winter birds

While water is less important than food to birds, it can make a difference to the number of birds visiting your feeders.

While we often think birds do not need open water once the snow has fallen, this is really not true. First, there is often a critical transitory period when there is no snow on the ground, yet all the puddles and small streams have frozen over from the cold. What do the birds do then? They must fly to a large open water source, like a lake, but this can be quite a distance from your feeder and the birds might decide to stay with a feeder that is closer to the water. Secondly, snow is extremely cold. With birds, eating cold snow requires and takes away energy through the melting process. This is a big waste of energy when the birds are trying to stay warm in frigid conditions.

The easiest way to provide water is by maintaining your bird bath year round. This might



mean filling the bath several times a day, which may not be practical for most people who work all day. With a bird bath heater, you can maintain an ice free bird bath to attract more wild birds and keep them coming back even in sub-zero temperatures! Although a bird bath heater can be quite costly initially, they quickly redeem their cost when you have a line up of birds waiting for a drink

because there is not enough room around the bath.

Heaters are completely safe, but make sure they have an automatic shut off or heat cycling on/off should the bath go dry (this might happen on windy days when evaporation rates are higher or if there are too many birds drinking from the bath.) The plugs must be attached to a grounded (three pronged) outlet to prevent the possibility of electrocution. One concern with heaters is that some come with the heating element uncovered. Even if yours has the element covered with a protective screen it might be a good idea to use a flat rock overtop the heating element that will prevent any birds from accidentally burning their feet. The birds will perch on this warm rock, especially the Mourning Doves. (DJ)

## Acreage Insights



## Selecting trees and shrubs

The basic criteria for plant selection in Nebraska are hardiness and function. Hardiness means the ability to withstand cold, heat, drought and other adverse soil and environmental conditions. Function refers to the intended use of the plant in the landscape. Functional considerations include mature size, growth rates, longevity (how long the plant is expected to live), form, texture, strength, color, flowering habit, insect and disease resistance and other physiological characteristics. No species is perfect, but some species have more desirable characteristics than others. Planting objectives,



historically have performed well. Species characteristics such as mature size, color (remember seasonal differences such as spring versus fall color), form and leaf types (important when it's time to rake leaves) can be identified readily when you are looking at actual plants. Other characteristics such as growth rate and longevity, soil drainage needs, shade tolerance and maintenance needs are equally important but more difficult to determine. Local foresters, arborists or nursery professionals are a good source of information concerning the species characteristics mentioned above.

Once you have selected the species that will perform the desired function in your landscape, visit a reliable nursery in your local area. Nursery plants usually are properly cultivated and trained, have well-developed root and crown systems and are more likely to survive than wild trees. Nurseries also offer a large selection of sizes and species. (DJ)



site conditions and the tree's growth characteristics must be compatible. Select species that combine hardiness, aesthetic function and low maintenance.

There are many different ways to select the species you want in your landscape. A walk or drive through your neighborhood will show species that

## Fertilizing trees

Fertilize trees only when necessary. If growth is adequate and steady, foliage appears healthy and there has been no major disturbance around the tree, no fertilization is needed.

When fertilizing is necessary, slow release, balanced, granular fertilizer or soil-applied liquids should be distributed over the tree's entire root zone. Applying fertilizer through holes augered into the soil or with fertilizer spikes is not recommended. Routine trunk injections of fertilizers into healthy trees are not recommended. (DJ)

## Learn at your convenience

—24 hours a day, 7 days a week—

### NUFACTS (audio) Information Center

NUFACTS audio message center offers fast, convenient 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.

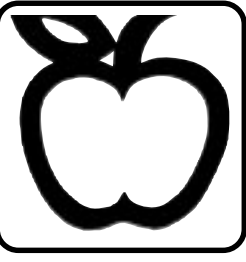
### Acreage & Small Farm Insights Web Site

Visit our Internet web site at: <http://www.ianr.unl.edu/ianr/dodge/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.





## Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

Broiled, roasted or stir-fried...pork makes lean living easier than ever. In today's meat case, you'll find pork products with an average of 31 percent less fat, 29 percent less saturated fat, 10 percent less cholesterol and 14 percent fewer calories compared to 10 years ago. Enjoy pork as part of a healthy meal.

The National Pork Producers Council (NPPC) cites the following as the leanest cuts of pork. The tenderloin is the leanest cut of pork—a 3-ounce serving contains 139 calories and 4.1 grams of fat—comparable to a skinless chicken breast. Other lean cuts (based on a 3-ounce serving) include boneless loin roast with 165 calories and 6.1 grams of fat; boneless sirloin chops with 164 calories and 5.7 grams of fat; boneless loin chops with 173 calories and 6.6 grams of fat; and boneless ham (extra lean) with 123 calories and 4.7 grams of fat. A 2-ounce serving of Canadian-style bacon contains 86 calories and 3.9 grams of fat.

Here's a low fat pork recipe from Jane Reeson, Demand Enhancement Director, Nebraska Pork Producers Association, Inc. For additional recipes, call the Nebraska Pork Producers Association at 1-888-627-7675 or visit the NPPC web site at: <http://www.nppc.org>.

### Orange Mustard Pork Chop Skillet

Serves 4

4 top loin pork chops  
1/3 cup orange juice  
3 tablespoons soy sauce  
2 tablespoons honey mustard

In non-stick skillet, brown chops on one side over medium-high heat; turn chops; stir in remaining ingredients. Lower heat; simmer covered for 6 to 8 minutes until chops are done (160 degrees F internal temperature; pork will have a hint of pink inside). (AH)

## 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)

## Focus on Food



Alice Henneman, RD, LMNT, Extension Educator

**Q:** Should you store food outside if your freezer/refrigerator goes out?

**A:** Consider these issues if storing food outside:

■ If food is exposed to the sun's rays, there could be melting of frozen foods. Refrigerated foods may become too warm, and warming them may allow food-borne bacteria to grow. It's important that refrigerated foods stay under 40 degrees F.

■ You may be exposing your perishable items to unsanitary conditions and to animals that may stray by.

■ Safe storage containers may also be a problem. For example, containers such as garbage bags are not intended for storing edible food.

■ Refrigerated foods put inside a cooler, without additional ice or frozen gel packs, may actually be "insulated" by the cooler and be held above the recommended 40 degrees F.

If you feel you can avoid these problems when storing food outside, then this may be a good option for you. (AH)

## A safe kitchen

Kitchens are one of the busiest rooms in the house. Some activities may include: peeling and slicing foods; cooking and baking at high temperatures; preventing harmful bacterial growth in foods and preparing nutritious foods. Even though these activities are routine, they are also dangerous. To keep you and your family safe remember the following:

1. Heating elements can reach 1000 degrees. Keep stove tops clean. Use pot holders to prevent burns.
  2. Turn pot handles away from the front of the stove.
  3. Keep the kitchen clean to prevent falls and discourage rodents.
  4. Have a special place to store knives. Cut food on a clean cutting board.
  5. Dry your hands completely before using an electrical appliance. Use appliances that have an Underwriters Laboratory (UL) designation.
  6. Store cleaners, disinfectants and insecticides in original containers. Keep them away from food and children to prevent poisoning.
- Warm up with some beef stew.

### Beef Stew

Makes 4 servings

2 cups cubed beef  
3 1/2 cups tomato juice  
1/2 cup chopped onion  
2 teaspoons beef bouillon granules  
2 1/4 cups peeled and cubed potatoes  
2 cups sliced carrots  
1 cup sliced celery  
2 tablespoons flour

Cook cubed beef. Combine all ingredients except flour in a large pan. Cover; simmer for 30 minutes. To thicken, blend together flour and a small amount of stew broth. Pour into stew, stirring constantly. Heat until thickened.

## What to do if your power goes off: freezer/refrigerator guidelines

As winter rolls around, power outage is always a concern. Here are some general guidelines to help you cope if your freezer/refrigerator loses power. It's always wise to keep an appliance thermometer in your refrigerator and your freezer. This will help you determine if your food has stayed at a safe temperature. It's difficult to tell whether a food is safe or not—when in doubt, remember the phrase: When in doubt, throw it out!

### FREEZER GUIDELINES:

■ TOSS frozen perishable food that has been held above 40 degrees F over 2 hours. Refer to refrigerator section about foods that may be safely stored at room temperature.

■ Foods in a separate free-standing chest or upright freezer that is full will stay frozen about 2 days if kept closed. For greatest safety, TOSS foods in a

full free-standing chest/upright freezer after 2 days unless you can verify with a thermometer that the freezer temperature is staying 40 degrees F or lower.

■ Foods in a separate free-standing chest or upright freezer that's only half or partially full may stay frozen up to 1 day, if kept closed. For greatest safety, TOSS foods in a half/partially full free-standing chest/upright freezer after 1 day unless you can verify with a thermometer that the freezer temperature is staying 40 degrees F or lower.

■ Most freezers that are part of a refrigerator-freezer combination may keep food frozen up to a day, if kept closed. For greatest safety, TOSS foods in a refrigerator-freezer combination AFTER 1 day unless you can verify with a thermometer that your freezer temperature is staying 40 degrees F or lower.

■ If dry ice was obtained before the freezer temperature

rose very much, you can keep food frozen longer. Your dry ice supplier is the best advisor on how long the ice should help keep food frozen.

■ Once food is thawed, even though it is held at 40 degrees F or less, it can't be kept as long as when it was frozen:

☛ TOSS any thawed hamburger, chicken, turkey or fish after 1-2 days even if it was held at 40 degrees F.

☛ TOSS any thawed larger cuts of meat like roasts, steaks and chops after 3-5 days even if they were held at 40 degrees F.

☛ If meat was stored in the refrigerator for a day or so before it was initially frozen, it will be safe a shorter time after thawing.

☛ If meat is still safe (see above), cook it or refreeze it. Cook refrozen meat immediately after thawing. Cook red meat

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**YOUR**  
*information*  
**center...**  
*around the*  
**clock**

### NUFACTS

NUFACTS offers information 24 hours a day, 7 days a week. 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.

- 346 Heat Baby Food and Formula Safely
- 348 Safe Refrigerator and Freezer Temperatures
- 359 Avoiding Foods that Choke Young Children

*and many more...*

### Cook It Quick!

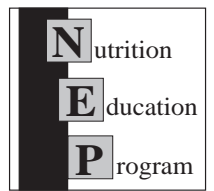
Tips and recipes for cooking healthy foods in a hurry:  
[www.lanco.unl.edu/food](http://www.lanco.unl.edu/food)

### FREE monthly Food Relections e-mail newsletter.

To be added to the mailing list, e-mail Alice Henneman at [AHENNEMAN1@UNL.EDU](mailto:AHENNEMAN1@UNL.EDU)

### Diabetes Study Course

Call Alice Henneman (441-7180) for more information.



### Nutrition Education Program

for Limited Resource Families

Mary Abbott  
Extension Assistant

# Clarice's Column

Clarice Steffens  
FCE Council Chair



Pam has called! She gave me the deadline for getting an article ready for NEBLINE

for FCE! That means I must face the reality that I will be writing this column monthly as your FCE Council Chair.

Let me briefly introduce myself. I am Clarice Steffens, retired Lincoln Public Schools teacher, who wondered what she would do to stay busy in retirement and now wonders how she ever had time to work. My husband, Herb, is a retired postal clerk who enjoys gardening (to the point where I have been known to beg people to take tomatoes—be prepared), woodworking and living in the country. We have two daughters, two son-in-laws and two grandsons, all living in Lancaster County.

As you probably know, these articles are written well in advance of publication so I am making some assumptions now. I assume that in all the rush of December we will not forget why there is a Holiday Season and will take time to enjoy the holidays with family and friends. I'm also assuming year 2000 will arrive with no or only minor problems and we will all have a Happy New Year.

The FCE officers met in November to set the following meeting schedule for 2000.

January 24, 12 noon - Council meeting  
March 27 - Council meeting  
June 26 - Council meeting  
July 13 - Sizzling Summer Sampler  
September 25 - Council meeting  
October 24 - Achievement Night

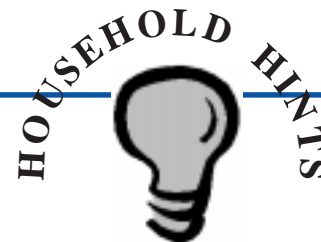
We will continue having clubs share in the planning of meetings so times for meetings will be announced later. Host

clubs will be listed in the yearbook. We hope all clubs will share in the planning, attend Council meetings and get to know more club members.

By this time I hope many of you have made reservations for our January 24 Council meeting. The 12 noon meeting will be hosted by the county officers and should be a fun time with food and crafts, in addition to our regular meeting. The craft project should take about an hour and result in your very own tube sock snowman. All the food and craft supplies will be provided for \$7.50. Food for this meeting will be donated and after paying for supplies, the remaining money will be placed in the Council treasury. If you haven't already done so, please call Pam with your reservation. We hope all clubs will be well represented.

Once again, I wish all of you a very Happy New Year.

## Family Living



by Lorene Bartos, Extension Educator

### A safe journey for appliances

For a smooth transition from old home to new, here are a few tips for moving your appliances.

For appliances that use water, shut off the water supply and drain all hoses before disconnecting. For gas-fueled appliances, contact the gas utility before disconnecting. Empty the appliance. Remove and wrap all removable parts. Label them clearly and pack them together in a sturdy box.

A clean appliance means a mess-free move. For the interior or exterior, use a non-abrasive, all-purpose cleaner. Rinse thoroughly and dry with a soft, clean cloth. A solution of two tablespoons baking soda to a quart of warm water can also be used to clean the interior. For the exterior, a second option is to apply a creamy liquid kitchen wax to a damp cloth, rub it on and then buff with a clean dry cloth while the wax is still moist.

Tape the power cord to the appliance. Secure doors, lids, drawers, etc. with a quality strapping tape. If possible, use the original packing materials so the appliance is properly braced. (LB)

## - FCE News -

The February FCE club and community leader training lesson is scheduled for Tuesday, January 25 at 1 p.m. Healthy Homes—Combustion Pollutants will be presented by Lorene Bartos, extension educator.

What is odorless, invisible, makes no sound, can be deadly and may be found in your home? It is air pollutants like carbon monoxide. Learn how combustion problems occur and how regular maintenance, safe practices and alarm devices can prevent accidental deaths and other health problems caused by carbon monoxide and combination byproducts. This is a lesson that can save lives, lives that could be your friends or family.

Anyone interested is invited to attend. Non-FCE members or groups should call Pam at 441-7180 to preregister so lesson packets can be prepared. (LB)

The January FCE Council Meeting is scheduled for Monday, January 24, 2000, 12 noon. We will have lunch followed by the business meeting and a craft project. See Clarice's column for details.

All FCE members are invited to attend. Make reservations by calling Pam at the extension office, 441-7180 by Friday, January 21. (LB)

## A chance to be trained in Character Counts!

Find out about Character Counts! the "six pillars" and ethical decision-making at a Character Counts! training for teachers, 4-H club leaders and anyone in the community with an interest.

When: Tuesday, January 18, 2000

Time: 8:30 to 11:30 a.m.

Where: Lancaster Extension

Education Center, 444 Cherrycreek Road

Cost: \$5

Registration: Call 441-7180 to register ahead of time. Fees will be collected at the door.

All people attending the training will be qualified to teach the curriculum.

If you have questions, call LaDeane at 441-7180. (LJ)

## Family rituals: what are yours?

LaDeane Jha  
Extension Associate

Members of strong families have deep emotional ties with each other and a keen sense of belonging. Often they think alike about the important aspects of life. Cultivating family rituals is one way in which families become strong. They are shared activities that are full of meaning and are satisfying for all family members. Many adults fondly and vividly recall something their family did together when they were young.

In my family, it was Sunday dinners after church and popcorn, fudge and family togetherness on Sunday evenings.

Another person remembers that every Christmas he and his brother always iced a special kind of cookie. This simple ritual continued until the two boys left home because it held a special meaning for them. It gave them personal satisfaction and was a sign of the bond and love between them and their mother. A 40-year-old man who now has two children observed, "Rituals are family keepsakes that live in your heart."

Rituals are important not so much for what is said or done but for the results they yield, the sense of "weness" that grows out of a shared experience and the feeling of rightness that comes from its repetition.

Rituals differ from family to family. Commonly, rituals are thought of only around holidays or special days. However they should not be limited to special occasions. One person who studies families remarked, "Families that have the strongest ties have the most rituals." In

*continued on page 11*

## Suggested Books for young readers

*Mouse Match: A Chinese Folktale*, by Ed Young

*Minty: A Story of Young Harriet Tubman* by Alan Schroeder, illustrated by Jerry Pinkney.

Books for middle readers

*Memories of Ann Frank: Reflection of a Childhood Friend*, by Alison Leslie Gold

*Popcorn*, by James Stevenson

Books for older readers

*Bone Dance* by Martha Brooks

*The Window*, by Michael Doris, photographs by Ken Robbins

Recommended by the American Library Association. (LJ)

## Character Counts! Corner TEAM

The acronym, TEAM, as used by the Character Counts! program stands for teach, enforce, advocate and model. We all want kids to have good values and strong character. But good character doesn't just happen. It's up to each of us to lay a solid foundation for character development by teaching children right from wrong and by acting as positive role models.

### Teach!

Teach children that their character counts—that their success and happiness will depend on who they are inside, not what they have or how they look. Kids don't necessarily know the difference between right and wrong—they need to be taught. Explain the words respect, responsibility, trustworthiness, fairness, caring and citizenship. Use examples from your own life, history and the news.

### Enforce!

Instill the "Six Pillars of Character" by rewarding good behavior and by discouraging instances of bad behavior by

imposing fair, consistent consequences that prove you are serious about character.

### Advocate!

Continuously encourage kids to live up to the "Six Pillars of Character." Be an advocate for character. Don't be neutral about the importance of character or casual about improper conduct. Be clear and uncompromising about what you believe.

### Model!

Be careful and self-conscious about setting a good example in everything you say and do. Hold yourself to the highest standards. Everything you do, and don't do, sends a message about your values. Be sure your messages reinforce your lessons about doing the right thing even when it is hard to do. When you slip, act the way you want your children to behave when they act improperly. Be accountable, apologize sincerely—and do better! (LJ)







## 4-H & Youth

# 2000 4-H Calendar

(all events located at the Lancaster Extension Education Center unless otherwise noted)

## 4-H Bulletin Board

• Friday, January 14, 4-H Teen Council 4<sup>th</sup> and 5<sup>th</sup> grade Lock-In. 8 p.m. - 8 a.m. (TK)

• Sunday, February 13, 4-H Teen Council Meeting, 3-5 p.m. All interested teens are invited. (TK)

• Sunday, February 13, 4-H Ambassadors, 2 p.m. (TK)

## 4-H Achievement/Activities—What's It All About?



4-H members will be recognized for their achievements Tuesday, February 8 at 7 p.m. County awards, Outstanding 4-H Members, I Dare You and Meritorious Service awards will be presented.

There will also be presentations and displays of activities that have taken place throughout the year. Come see a demonstration, dance and song groups, judging, speeches and more!

This is an opportunity for all clubs, new or established, to see what opportunities 4-H has to offer and how members, leaders and parents can participate.

Come join the 4-H Council in recognizing 4-H members for a job well done. (TK)

## 4-H club officer training



All 4-H members are encouraged to attend officer training. Everyone will discover how to conduct a meeting and use parliamentary procedure. 4-H members will also have an opportunity to participate in a mock meeting. (DK/TK)

Saturday, February 12 9:30 a.m. - 11 a.m.

444 Cherrycreek Road, Lincoln

## 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, concerns, success stories and 4-H parents. (TK)

## 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 speeches and to gain self esteem. Mark this date on your calendar and I will see you there! (DK)



### January

4	4-H Council Meeting	7 p.m.
9	4-H Ambassador Meeting	2 p.m.
9	Teen Council Meeting	3-5 p.m.
10	Shooting Sports Club Meeting	7 p.m.
11	CWF Meeting	7 p.m.
12	Horse VIPS Meeting	7 p.m.
13	Extension Board Meeting	10 a.m.-noon
13	Rabbit VIPS Meeting	7 p.m.
13	Cat Club Meeting	7 p.m.
14-15	4-H Lock-in	8 p.m.-8 a.m.
18	Teen Character Counts! Training	8:30-11:30 a.m.
18	Speech VIPS Meeting	7 p.m.
20	Fair Board Meeting	7:30 p.m.
24	Pet Pals 4-H Club Meeting	7 p.m.

### February

4-5	State Leaders Forum—Lincoln	
5	Cattle Weigh-In	8-11 a.m.
7	4-H Shooting Sports Meeting	7-9 p.m.
8	4-H Achievement/Activities-What's It All About?	7 p.m.
9	Horse VIPS Meeting	7 p.m.
10	Extension Board Meeting	10 a.m.
10	Cat Club Meeting	7 p.m.
10	Rabbit VIPS Meeting	7 p.m.
12	4-H Officer Training Workshop	9:30-11 a.m.
12-13	Horsin' Around Clinic—Lincoln	
13	Ambassador Meeting	2 p.m.
13	Teen Council Meeting	3-5 p.m.
13	Speech Workshop	6-7:30 p.m.
17	Fair Board Meeting	7:30 p.m.
22	New Leader Training	9:30 a.m. or 7 p.m.
28	Pet Pals 4-H Club Meeting	7 p.m.

### March

7	4-H Council Meeting	7 p.m.
7	Small Animal VIPS Meeting	7 p.m.
7	Livestock VIPS Meeting	
8	Horse VIPS Meeting	7 p.m.
9	Extension Board Meeting	10 a.m.
9	Cat Club Meeting	7 p.m.
9	Rabbit VIPS Meeting	7 p.m.
10	Speech Contest Entries Due	
12	4-H Ambassador Meeting	2 p.m.
12	Teen Council Meeting	3-5 p.m.
13	Shooting Sports Meeting	7-9 p.m.
15-18	Kansas City Conference—Kansas City, MO	
16	Fair Board Meeting	7 p.m.
19	4-H Speech Contest—State Capitol	1:30 p.m.
23	earth wellness festival—Southeast Community College, Lincoln, NE	9 a.m.-4 p.m.
24	Turkey Order Deadline	
25	Rabbit Clinic	9 a.m.-12 p.m.
27	Leader Training	9:30 a.m. or 7 p.m.
27	Pet Pals 4-H Club Meeting	7 p.m.
31	Be a Better Gardener Preregistration Deadline	
31	4-H Horse Leader Training—State Fair Park	

### April

1	4-H Rabbit Show—Lancaster Building	
1	Market Beef I.D.'s for State Fair, Ak-Sar-Ben & American Royal Due	
1	4-H Record/Awards Books Workshop	9:30-11 a.m.
4	4-H Council Meeting	7 p.m.
9	4-H Ambassador Meeting	2 p.m.
9	Teen Council Meeting	3-5 p.m.
10	4-H Shooting Sports Club Meeting	7-9 p.m.
11	CWF Meeting	7 p.m.
12	Horse VIPS Meeting	7 p.m.
13	Extension Board Meeting	10 a.m.
13	Rabbit VIPS Meeting	7 p.m.
13	Cat Club Meeting	7 p.m.
15	Invitational Cat Workshop	9 a.m.-4 p.m.
15	Kiwanis Karnival—State Fair Park	7 p.m.
20	Fair Board Meeting	7:30 p.m.
25	4-H Leader Workshop	
30	4-H Music Contest—Dawes School	2 p.m.

### May

2	4-H Council Meeting	7 p.m.
9	Livestock Booster Club Meeting	7:30 p.m.
10	Horse VIPS Meeting	7 p.m.
11	Extension Board Meeting	10 a.m.
11	Cat Club Meeting	7 p.m.
11	Rabbit VIPS Meeting	7 p.m.
17	Market Broiler Entries Due	
18	Fair Board Meeting	7:30 p.m.
19	District & State Horse ID's, Level Tests & Entries Due	
20	Lamb Tagging Day	9-11:30 a.m.
22	Pet Pals 4-H Club Meeting	7 p.m.
23	How to Exhibit Leader Training	9:30 a.m. or 7 p.m.

### June

1	4-H Project Enrollment Deadline	
1	Horse I.D. Deadline	
8	Extension Board Meeting	10 a.m.
8	Rabbit VIPS Meeting	7 p.m.
8	Cat Club Meeting	7 p.m.
10	Pre-District Horse Clinic—State Fair Park	
13	4-H Council Meeting	7 p.m.
13-16	Clover College	

14	Horse VIPs Meeting	7 p.m.
15	Fair Board Meeting	7:30 p.m.
15	Beef, Swine, Dairy Cattle, Goat, Llama, Rabbit & Sheep I.D.'s Due	
19-23	District Horse Shows— <i>East</i>	
21	Practice Family & Consumer Science Judging	1 p.m.
21	Practice Demonstration	2:30 p.m.
26	Pet Pals 4-H Club Meeting	7 p.m.
26-29	District Horse Shows— <i>West</i>	
27	4-H Tree Workshop	2 p.m.

**July**

11	4-H Council Meeting	7 p.m.
7	All Animal Entries for Lancaster County Fair Due	
9	4-H Ambassador Meeting	1:45 p.m.
9 T	Teen Council Meeting	3-5 p.m.
10	Livestock Booster Club Meeting	7:30 p.m.
11	4-H Horticulture Contest Workshop	2 p.m.
12	Horse VIPs Meeting	7 p.m.
12-14	ExpoVisions 2000— <i>Lincoln</i>	
13	Rabbit VIPs Meeting	7 p.m.
13	Extension Board Meeting	10 a.m.
16-20	4-H State Horse Expo— <i>Grand Island</i>	
19	Horticulture, Grass & Weed I.D., Tree I.D. Contests	10 a.m.-noon
19	Lifetime Skills Contest	1 p.m.
20	Fair Board Meeting	7 p.m.
21	Demonstration Contest	
24	Pet Pals 4-H Club Meeting	7 p.m.
26	Style Revue Judging— <i>First Lutheran Church</i>	
27	4-H Food Booth Training— <i>State Fair Park</i>	6:30 p.m.
28	Fair Superintendent Meeting	7 p.m.
31	4-H County Fair Horse Show	
31	4-H Council Meeting— <i>State Fair Park</i>	7 p.m.

**August**

1	Entry Day for Lancaster County Fair Static Exhibits— <i>State Fair Park</i>	4-8 p.m.
2	County Fair Judging Day for Static Exhibits	
2	County Fair Animal Check-in (4-H Sheep, Swine, Rabbits, Poultry, Angora Goats)- <i>State Fair Park</i>	4-8 p.m.
2	Sheep Weigh-in— <i>State Fair Park</i>	4-8 p.m.
2	All Animals in Place— <i>State Fair Park</i>	8 p.m.
2	Lancaster County Fair Opens— <i>State Fair Park</i>	
2-6	Lancaster County Fair— <i>State Fair Park</i>	
3	Beef Weigh-in— <i>State Fair Park</i>	noon
6	All Animals Released— <i>State Fair Park</i>	4-6 p.m.
7	Ak-Sar-Ben Entries Due	
10	Extension Board Meeting	10 a.m.
10	Rabbit VIPs Meeting	7 p.m.
10	Cat Club Meeting	7 p.m.
15	Superintendent's Dinner	7 p.m.
17	Fair Board Meeting	7 p.m.
21	Livestock VIPs Meeting (fair review)	7 p.m.
23	State Fair Entry Day— <i>State Fair Park</i>	
24	State Fair Judging Day— <i>State Fair Park</i>	
25-	September 4 Nebraska State Fair— <i>Lincoln</i>	
28	Pet Pals 4-H Club Meeting	7 p.m.

**September**

5 4-H	Council Meeting	7 p.m.
10	4-H Ambassador Meeting	1:45 p.m.
10	Teen Council Meeting	3-5 p.m.
11	4-H Open House	6:30-8:30 p.m.
12	Livestock Booster Club Meeting	7:30 p.m.
13	Horse VIPs Meeting	7 p.m.
14	Extension Board Meeting	10 a.m.
14	Rabbit VIPs Meeting	7 p.m.
14	Cat Club Meeting	7 p.m.
18	Fair's Over-Now What? 4-H Leader Training	9:30 a.m. or 7 p.m.
19-20	Ak-Sar-Ben 4-H Horse Show— <i>Omaha</i>	
20-25	Ak-Sar-Ben Livestock Exposition— <i>Omaha</i>	
21	Fair Board Meeting	7:30 p.m.
25	Pet Pals 4-H Club Meeting	7 p.m.

**October**

1-7	National 4-H Week	
3	4-H Council Meeting	7 p.m.
8	4-H Ambassador Meeting	1:45 p.m.
8	Teen Council Meeting	3-5 p.m.
11	Horse VIPs Meeting	7 p.m.
12	Rabbit VIPs Meeting	7 p.m.
12	Cat Club Meeting	7 p.m.
17	Fair Board Meeting	7:30 p.m.
17	CWF	
19-21	North Central Regional 4-H Forum	
23	Pet Pals 4-H Club Meeting	7 p.m.

**November**

7	4-H Council Meeting	7 p.m.
8	Horse VIPs Meeting	7 p.m.
9	Extension Board Meeting	10 a.m.
9	Rabbit VIPs Meeting	7 p.m.
9	Cat Club Meeting	7 p.m.
12	Teen Council Meeting	3-5 p.m.
12	4-H Ambassadors	
16	Fair Board Meeting	7:30 p.m.
27	Pet Pals 4-H Club Meeting	7 p.m.

**December**

5	4-H Council Meeting	7 p.m.
10	4-H Ambassador Meeting	1:45 p.m.
10	Teen Council Meeting	3-5 p.m.
14	Extension Board Meeting	10 a.m.
14	Cat Club Meeting	7 p.m.

## 4-H & Youth



## HORSE BITS

Dates and deadlines for the major 4-H horse shows of the year 2000 are set. Check with your club leader and keep a close eye on the NEBLINE calendar for updates. (EK)

March 31 Horse Leader Training, *State Fair Park*

May 6 and 7 Eastern Nebraska Horse Clinic, *Springfield*

May 13 Roping Clinic, (*location to be announced*)

May 19 District/State Horse Entries, I.D.'s and Level II Tests

Due

June 1 Horse I.D. Deadline

June 10 Pre-District Horse Clinic, *State Fair Park*

June 13 PAK-10 Horse Judging Clinic, *Skyline Ranches,*

*Elkhorn,* 7 p.m.

June 19-22 District Horse Shows, *Arlington, Bloomfield,*

*Osceola, Fairbury*

June 26-29 District Horse Shows, *Imperial, Chadron, Valentine, Broken Bow*

July 7 County Fair Entries Due, Level I Tests Must be Passed

July 16-20 State 4-H Horse Exposition, *Grand Island*

July 24 County Fair Horse Show Pre-Fair Briefing

July 31-August 5 Lancaster County Fair Horse Show

August 7 Ak-Sar-Ben Entries Due

September 19-20 Ak-Sar-Ben Horse Show, *Omaha*

## Horsin' Around Horse Clinic

The Horsin' Around Horse Clinic will be held at the Animal Science Complex, East Campus, February 12 and 13. For information, call Ellen at 441-7180. (EK)

## Volunteers needed

Volunteers are needed to serve on the 2000 Lancaster County Speech VIPs. We will be meeting on January 18 at 7 p.m. via a phone conference. During this meeting, we will organize the speech workshop and contest. Bring your ideas for speakers and judges. For more information call Deanna or Tracy at 441-7180. (DK)

## Free chickens!

The School Enrichment Embryology project will begin in January. Anyone interested in receiving free baby chickens can call and leave your name and phone number. Chicks will be available in February, March and May. Call Ellen at 441-7180. (EK)

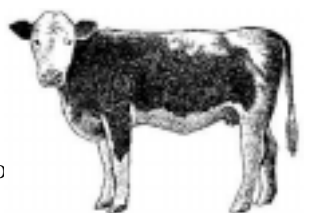
## Earth Day 2000

Featuring your students on stage!

Plans are currently underway for a millennium Earth Day Celebration at Antelope Park in Lincoln on April 23, 2000. This celebration is a community event that will bring together people of all ages in a day-long recognition of life on Earth. We are looking for local groups who would be interested in delivering an Earth Day message through some type of creative performance. This could include a short skit, musical, dance, puppet show or other inventive art form that delivers an environmental message to our audience. If you would like to get involved, contact Syd Hime, education specialist at the Lower Platte South Natural Resources District (402) 476-2729 or [syd@lpsnrd.org](mailto:syd@lpsnrd.org) (SC)

## Attention beef exhibitors

Beef weigh-in will be held Saturday, February 5, 8-11 a.m. at State Fair Park in the beef arena. Help is also needed on Friday, February 4 to set up panels. If you are available anytime to help, please call Deanna to make arrangements. (DK).





**Community Focus**

**Marilyn Waldron retires from NEP**

Marilyn Waldron, NEP Nutrition Advisor, retired from the University of Nebraska Cooperative Extension team this month. She began her career with the Nutrition Education Program in 1993 as a part of a Lincoln Action Program Grant. She provided programs for drug and alcohol rehabilitation adults at CenterPointe, Lincoln Medical Education Foundation Pathways, LMEF WIC, Commodity Foods, as well as five senior center Commodity Foods distribution sites.

Marilyn likes helping people. "I enjoy the things that I

learn from the people I teach. It is a very humbling job. I go home feeling thankful for all that I have."

Marilyn has the ability to work with all ages of people. She provides programs for youth as young as three and for seniors in their 90's. The senior citizens respond very well to Marilyn's compassionate teaching style. Marilyn builds upon their life experiences and lets them know that their ideas are respected and valued.

Before joining the NEP team, Marilyn was a sales representative for a national company. She was also supervisor of interviewers with the Bureau of Sociological Research. She and her husband Charles have been married 46 years and have five grown children and six grandchildren.

As a volunteer, she serves meals to the needy at the Matt Talbot Kitchen. She is president of Board of Missions in her church. She loves University of Nebraska football, water skiing, walking, bicycling, traveling and flower gardening.

Marilyn looks forward to more time for family and friends, church volunteer work and travel.



Marilyn Waldron, NEP Nutrition Advisor shares nutrition tips with senior citizens.

**Nelson and Wheelock complete extension board terms**

Extension Board members Lynette Nelson and Jean Wheelock (FCE Council Representative) recently completed their terms on the Lancaster County Extension Board. The extension staff are grateful for their supporting role in establishing and accomplishing extension education program goals in Agriculture and Natural Resources; Family and Consumer Sciences; 4-H and

Community Resources and Economic Development.

Recently appointed to three-year terms were Lynda Todd, Assistant Director of Educational Talent Search at UNL; Sheila Kepler, Coordinator of Faculty/Staff Development, Southeast Community College; and Phil Rooney, Public Health Educator, Lincoln/Lancaster County Health Department. (GB)

**Husker Feed Grains & Soybean Conference to be held January 19-20, 2000**

"AGRICULTURE: Bringing Technology to the Table" is this year's conference theme. The conference program will highlight a nationally known panel addressing biotechnology's impact on farming operations. Educational breakout sessions on e-commerce; risk management, estate/tax planning and environ-

mental liabilities will also be featured.

The Husker Feed Grains & Soybean Conference is a joint effort of the Nebraska Corn Growers Association, Nebraska Grain Sorghum Producers Association and Nebraska Soybean Association in cooperation with the Nebraska Corn

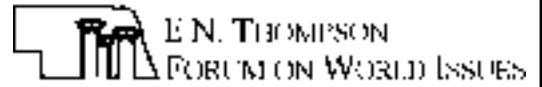
Board, Nebraska Grain sorghum Board and the Nebraska Soybean Board

The conference will be held at the Kearney Holiday Inn. For more information contact Irene Severin, Conference Coordinator, 402-787-3885, irenesev@aol.com (GB)

**Upcoming speakers for the E.N. Thompson Forum on World Issues are:**

**Archbishop Tutu  
Tuesday, January 25, 2000, 3:30 p.m.**

**Robert McNamara et al.  
Tuesday, February 8, 2000, 3:30 p.m.**



The E.N. Thompson Forum on World Issues offers thought provoking speakers on issues key to our changing world. All lectures are presented free of charge and are held at the Lied Center for Performing Arts, 12<sup>th</sup> and R Streets, Lincoln. (GB)

**UNL Animal Science Department to host "open house"**

Prospective students, parents and friends are invited to attend the UNL Animal Science Department "open house" on Saturday, February 5, 2000, 10:30 a.m. to 2:30 p.m. Guests will have an opportunity to meet faculty and students as well as view the

department's excellent facilities. The invitation provides a first-hand look at what Animal Science has to offer, discuss career opportunities and become acquainted with clubs, extracurricular activities, housing, registration, scholarships and

other aspects of life at the University of Nebraska.

Interested in attending?

Contact: Deanna Karmazin for program and registration information. (GB)



**Animal Science Department majors enjoy excellent career opportunities**

Animal Science at UNL offers a broad-based curriculum, preparing students for a wide variety of careers. Students select course work ranging from animal management to areas of in-depth scientific study. The Animal Science Department curriculum is designed so a student's program can be oriented to specific career goals.

Students majoring in Animal

Science can tailor their studies for numerous career in the livestock, poultry and meat industry. An Animal Science undergraduate degree also prepares you for professional study in veterinary medicine.

Career opportunities include:

- Animal Management
- Marketing and Technical Service

- Meat Processing and Safety
- Farm and Ranch Management
- Game Ranch and Zoo Management
- Animal Health
- Banking and Finance
- Consulting
- Quality Assurance
- Extension Education (GB)



**Area producers planning to shift production to value-added grains**  
*continued from page 4*

**Shared solutions**

Phillip Morris has awarded the Lancaster County Extension office a "Shared Solutions" grant to help finance an effort to overcome many of the present infrastructure shortcomings and ease the transition to the production and utilization of more IP grains in Nebraska. Tom Dorn, Extension Educator working on the project said, "By organizing producers throughout Southeast Nebraska into a producer

alliance, together we can produce IP grains in larger volume. By coordinating marketing and delivery of the pooled grain, we may be able to bridge the gap between price and volume and encourage the transition to the production of IP grains."

**What is needed?**

If grain producers can be identified that will commit to the production of IP grains, the SNAP leadership can contact

processors, shippers and other end-users with the knowledge of how many farmers are willing to produce IP grains. The conversation with the end user then becomes, "Tell us what type of grain you want and we'll find someone to grow it for you, provided the price is right." Grain would be produced by the members and stored in on-farm storage. SNAP would sample each bin for quality. Quantity and quality will be recorded in a

computerized database thus creating a "virtual elevator" made up of the individual storage structures on a number of separate farms.

Centralized elevators in the area of grain production will then be contacted and grain handling and shipping will be done under contract. Grain will be called into the shipping point from the "virtual elevator" to meet contract specifications. By pooling production in this way,

sufficient volume can be created to improve handling, blending and shipping efficiencies. The end result will be that we can negotiate for higher prices at the point of sale.

**How can farmers get involved?**

Watch future NEBLINES and local media for more information or contact Tom at (402) 441-7180. (TD)



## What to do if your power goes off: freezer/refrigerator guidelines

continued from page 6

and poultry until there's no pink in the juices when it's cut. (Cook red meat until it reaches an internal temperature of 160 degrees F; a safe internal temperature for poultry is 180 degrees F for whole poultry, 170 degrees F for poultry breasts and roasts and 165 degrees F for ground poultry.) Fish should flake with a fork when it cooked to a safe temperature.

### REFRIGERATOR GUIDELINES:

■ **REFRIGERATED ITEMS** should be safe as long as the power is out no more than about 4 to 6 hours. Discard any perishable food that has been held above 40 degrees F for over 2 hours or if the refrigerator was off more than 6 hours.

■ Leave the refrigerator door closed; every time you open it, needed cold air escapes causing the foods inside to reach unsafe temperatures.

■ If it appears the power will be off more than six hours, transfer refrigerated perishable foods to an insulated cooler filled with ice or frozen gel packs. Keep a thermometer in the cooler to be sure the food stays at 40 degrees F or below.

■ As a general guideline of whether a food is perishable—consider where it was stored at the grocery store when you bought it. If it was in the refrigerator or freezer section,

it's probably perishable and should be tossed if held above 40 degrees F for over 2 hours.

■ If the label says to "refrigerate after opening," treat it as a perishable food.

■ If you're uncertain about whether to toss a food and there's a toll-free number, call the company and ask.

■ Many foods are no longer processed with as many preservatives, sugar or salt as in the past. Unless the label says the food is safe at room temperature or the company will say the food is safe, it's best to toss if it's been above 40 degrees F over 2 hours.

■ **TOSS** the following foods if they've been held above 40 degrees F for over 2 hours. In some cases, such as ketchup and mustard, the food may still be safe, but the quality isn't as good. Some pickles and jellies may be safe; others may not be; the safest policy is to check with the company.

- ☛ meat, poultry, fish
- ☛ eggs
- ☛ cheese, milk and other dairy products
- ☛ cut, peel or bruised fruits and vegetables
- ☛ salad dressing
- ☛ mayonnaise
- ☛ pickles
- ☛ relish
- ☛ jelly, jam, etc.
- ☛ fruit and vegetable juices
- ☛ mustard, ketchup and

other condiments (mustard/ketchup may be safe but lower in quality)

☛ margarine and butter (call the company if you have questions—some forms may be safe while others should be tossed.)

■ **These foods should still be safe:**

- ☛ unpeeled, uncut fruits and vegetables without bruises
- ☛ peanut butter
- ☛ unopened cans of food (peaches, pop, etc.)
- ☛ flour
- ☛ oil, solid shortening
- ☛ bread, rolls
- ☛ coffee
- ☛ dried fruit
- ☛ coconut
- ☛ nuts

■ If you've been storing food in a cooler with frozen gel packs or ice and have kept them at 40 degrees F or lower as verified by a thermometer, keep them no longer than you should keep them in the refrigerator. For example:

☛ Hamburger, chicken, turkey and fish shouldn't be stored in the refrigerator longer than 1-2 days. Nor, should their combined time in the refrigerator plus in the cooler be more than 1 to 2 days. If they've been kept longer than this, **TOSS**.

☛ Likewise, **TOSS** larger cuts of meat like roasts, chops and steaks after a combined refrigerator/cooler time of 3-5 days. (AH)



## A new millennium: Let's get organized

The bus will be at the corner in 10 minutes to pick up your children. Then you have to dash out the door to get to work by 8 a.m. But, this morning your son cannot find his shoes, and your daughter says that the dress she wants to wear needs a button. Does this ever happen at your house?

Families with parents who work outside the home may find that the day-to-day running of the household is a major problem. Family scheduling, inventory management, purchasing and delegating tasks are part of the job—a job called household management.

Successful managers are well organized. They know that to get the necessary tasks completed, they must set priorities and develop plans. They develop systems that help them in managing both their

home and work environments.

Keeping everything in its proper place, establishing systems for getting out of the house in the morning, keeping track of important dates, housework, shopping and managing papers and bills can help you begin to organize your home.

A common reason people run late in the morning is that they do not consider what they will need until they are ready to leave. If you take a few minutes in the evening to plan your morning activities, it will ease your departure. Children can also be encouraged to organize their belongings the night before.

Establish a routine. Establishing a routine will help you do things more quickly. Can some of the activities be done the night before, such as making lunches, choosing what to wear,

or setting the breakfast table.

Once you have planned a routine, write it down and try it for a few days. Following a trial period, make any necessary adjustments.

Other suggestions: You might also:

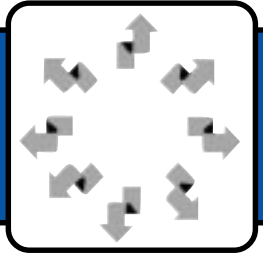
☛ Pack your purse and briefcase in the evening and leave them by the front door.

☛ Establish a place where your keys are always kept.

☛ Stay with the task you start. Do not hop from room to room as you get ready in the morning. Stopping to fix the children their breakfast while in the middle of getting dressed, wastes time. If your children are too young to make their own breakfast, consider getting up early enough to get dressed before starting breakfast. (LJ)



## Miscellaneous



### Family rituals: what are yours?

continued from page 7

one family the father prepares breakfast every Sunday morning. He has always done this, and to hear his children describe it, he always will: "It's just the way we do it. We kids work with Dad. It's our time to be with him. It's the way our family is."

Some people feel, maybe rightly so, that our lifestyles—the way we live family life in today's busy times—work against rituals. Strong families wisely cultivate rituals. They recognize that rituals provide a sense of continuity, understanding and love that strengthen family closeness. Rituals give family members the opportunity for pleasant association, the pauses of satisfaction so vital to our families' lives. In a word, rituals touch the heart of the family; they give members a reason to feel good about their family and each other. Most important, rituals are symbols of how family members feel about each other.

Take an inventory of family rituals.

Seldom does a family remember when a ritual began. In fact, many families take their rituals for granted or have permitted a very fine ritual to become routine. A ritual is round and full of meaning while a routine is flat, mechanistic and devoid of meaning.

Set aside some time when all family members are together and take an inventory of your family's rituals. Ask "What do we do that has special meaning to us?" "What do we do over and over again that makes each of us feel good?" or "What do we do or say that makes us different from others?"

Once a family is aware of the importance of family rituals, it is easier to begin a new one or even consciously improve or continue an existing one. As we start the new millennium, look for opportunities or activities the family does together and repeat them. Being aware of rituals and the possibility of starting a new ritual can in fact lead to a new ritual. (LJ)



### Nebraska Conservation Trees Program

continued from page 5

amount or include your credit card information and send the order to:

Nebraska State Forester  
103 Plant Industry Building  
UNL—East Campus  
Lincoln, NE 68583-0815  
All shipments are made

during April.

Species list

#### Conifers

\*Rocky Mountain Juniper  
\*Ponderosa Pine  
\*Colorado Blue Spruce

\*Scotch Pine

\*Jack Pine

#### Broadleaves

\*Siberian Elm

\*Hackberry

\*Honeylocust

\*Cottonwood

\*Black Walnut

\*Green Ash

\*Russian Olive

\*Red Oak

\*Bur Oak

\*Black Cherry

\*Kentucky Coffee Tree

\*Harbin Pear

\*Swamp white Oak

#### Shrubs

\*Cotoneaster

\*Lilac

\*Honeysuckle

\*Skunkbush Sumac

\*Buffaloberry

\*American Hazel

\*Crabapple

\*Amur Maple (DJ)



### Landscaping the front yard

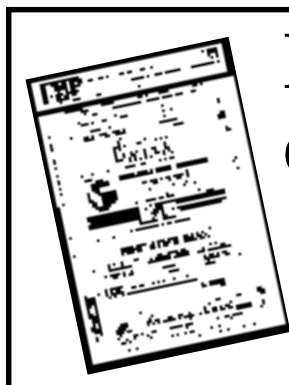
continued from page 2

pattern fit the desired space to reduce pruning labor. Avoid pruning shrubs into unnatural shapes as they are difficult to maintain and do not always enhance the landscape.

An open lawn area can provide an impressive setting for a house. A front lawn uncluttered by specimen shrubs and garden ornaments can make your property seem spacious. Shrubs will appear lost and floating unless planted in groups or cultivated beds.

Flowers are most appreciated where you spend time relaxing outdoors, usually the backyard for modern homes, the front yard for older homes. Lay out beds with a combination of straight lines and bold, sweeping curves. Numerous, small wiggly curves have low visual impact.

Home landscapes, like clothing, go in and out of style. After years of growth, many yards are ready for landscape renewal and improvement. Analyze your landscape and proceed with a plan. (MJM)



## Farm/home plat map and directories are available

New farm/home plat map and directories are available for purchase at the Lancaster County Extension Office. They are published by Farm & Home Publishers, LTD of Belmond, Iowa. Price for the directory is \$19.50 (includes tax). They are available for pick-up at the reception desk during office hours. (GB)



# The NEBLINE

Nebraska Cooperative Extension  
Newsletter  
Lancaster County

THE NEBLINE is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Rd., Lincoln, Nebraska, 68528-1507. Contact the extension office, (402) 441-7180 for more information.



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.

- Mary Abbott, Extension Assistant
- Lorene Bartos, Extension Educator
- Corey Brubaker, Extension Educator
- Maureen Burson, Extension Educator
- Linda Detsauer, Nutrition Advisor
- Tom Dorn, Extension Educator
- Soni Cochran, Extension Associate
- Arlene Hanna, Extension Associate
- Alice Henneman, Extension Educator
- Karen Hansen, Extension Educator
- Don Janssen, Extension Educator
- LaDeane Jha, Extension Educator
- Ellen Kraft, Extension Assistant
- Tracy Kulm, Extension Assistant
- Deanna Karmazin, Extension Assistant
- Mary Kolar, Publication & Resource Assistant
- Mary Jane McReynolds, Extension Associate
- Nobuko Nyman, Nutrition Advisor
- Barb Ogg, Extension Educator
- Sondra Phillips, Nutrition Advisor
- Warder Shires, Extension Educator
- David Smith, Extension Technologist
- Jim Wies, Extension Assistant
- Karen Wobig, Extension Assistant



### Phone numbers & addresses:

- Office (leave message after hours) ..... 441-7180
  - After hours ..... 441-7170
  - FAX ..... 441-7148
  - COMPOSTING HOTLINE ..... 441-7139
  - NUFACTS 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

# Extension Calendar

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

**January 13**  
 Extension Board Meeting ..... 10 a.m.  
 Rabbit VIPS Meeting 7 ..... p.m.  
 Cat Club Meeting ..... 7 p.m.

**January 14-15**  
 4-H Lock-in ..... 8 p.m.-8 a.m.

**January 18**  
 Teen Character Counts! Training ..... 8:30-11:30 a.m.  
 Speech VIPS Meeting ..... 7 p.m.

**January 20**  
 Fair Board Meeting ..... 7:30 p.m.

**January 24**  
 Pet Pals 4-H Club Meeting ..... 7 p.m.

**January 27**  
 Private Pesticide Training ..... 9 a.m. & 1 p.m.

**February 4-5**  
 State Leaders Forum—*Lincoln*

**February 5**  
 Cattle Weigh-In ..... 8-11 a.m.

**February 7**  
 4-H Shooting Sports Meeting 7 ..... -9 p.m.

**February 8**  
 4-H Achievement/Activities-What's It All About? ..... 7 p.m.

**February 9**  
 Horse VIPS Meeting ..... 7 p.m.

**February 10**  
 Extension Board Meeting ..... 10 a.m.  
 Cat Club Meeting ..... 7 p.m.  
 Rabbit VIPS Meeting ..... 7 p.m.

**February 12**  
 4-H Officer Training Workshop ..... 9:30-11 a.m.

**February 12-13**  
 Horsin' Around Clinic—*Lincoln*

**February 13**  
 Ambassador Meeting ..... 2 p.m.  
 Teen Council Meeting ..... 3-5 p.m.  
 Speech Workshop ..... 6-7:30 p.m.

**February 18-19**  
 Private Pesticide Training ..... 9 a.m.

**March 3**  
 Private Pesticide Training ..... 1 p.m.

## Family story night

Spend the evening reading stories to your children. If they are old enough, have them read to you. Ask everyone to act out his or her favorite scene from the book or make up a new ending to the story. Tell stories from your childhood or make up new stories together. Be creative, ask questions about the characters and pictures and most importantly have fun. (LJ)



### Got the winter itches? Read this and itch some more

*continued from page 3*

infestation. If you have a cat or dog, ask your veterinarian to check for Cheyletiella mites. Treating your animal can take several weeks to a month or more but will probably control the problem.

**Scabies:** This is a specific type of mite that causes excruciating itching because the mite burrows under the skin. Scabies mites burrow easier where the skin is thin. They are most common on the hands, wrists and elbows, but may be found on other places on the body as well. Older people whose skin is thinner are most likely to get scabies, but they are very contagious and easily spread. Scabies must be diagnosed and treated by a dermatologist.

Paper mites, sand fleas, cable mites: there are no biting arthropods by these names.

**Dust mites:** These mites do not feed on humans, but on dead skin flakes. They do not bite people.

**Chiggers:** Are mites that live outside and cause itchy, painful, red bites after working outside. Chiggers are only a problem in the summer.

For more information on these arthropods, refer to these fact sheets:

- Spiders of Medical Importance: 006-94
- Integrated Flea Control: 007-98
- Itchy Chiggers! 008-96
- House Dust Mites: 013-97
- Don't Let the Bedbugs Bite: 263-95
- Mites Medically Important to Humans: 275-97

Sometimes we cannot help people who complain about getting bitten. After examining

fuzz balls and house dust brought to us in plastic bags and under scotch tape without success, we conclude that these folks are probably dealing with an environmental problem and allergies, not an insect problem.

But, when clients describe these insects as "prism-like crystals" that change colors or that disappear whenever they try to catch them, we suspect that they may be imagining their problem. These folks likely need help beyond the expertise of the extension office. If you know someone who fits this description, you may find it helpful to read the fact sheet "Illusory and Delusory Parasitosis" (009-95). Like the factsheets listed above, it is available at the Lancaster County Extension Office.



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