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MYTH
When it comes to garden chemicals, if a little bit is good, a lot is better.

This myth is not only false, but dangerous. Doubling or tripling the dose of any chemical can have disastrous results. Weed killers used in this manner can injure plants you never intended to harm, not to mention, leaving long-lived residues in soil. Over-use of insecticides may kill beneficial bugs, harm plants, and render vegetables unfit for consumption. Doubling the recommended rate of any pesticide increases the chances of poisoning people by inhalation, absorption through the skin, or ingestion.

MYTH
Non-selective herbicides control only herbaceous plants.

Non-selective herbicides are just that—non-selective. They will also injure or kill your ornamental woody plants if sprayed along a border or at the edge of the planting. Do not apply non-selective, pre-emergent herbicides meant for long-term weed control within the root zone of desired plants. Use weed and feed formulations with caution. The herbicide portion cannot distinguish between trees, shrubs, and dandelions. Feeder roots of trees can extend to well beyond the drip line, so over-applying “weed-and-feed” within these areas could endanger a favorite specimen. This also applies for shallow-rooted shrubs, such as azaleas, which could absorb the herbicide portion.

MYTH
Small amounts of leftover pesticides, when diluted with water, can be safely disposed of down the drain or sewer trap.

It is not only unsafe, it is illegal to dispose of any pesticide, however diluted, down the drain. You could create an environmental hazard in your home by carrying unused pesticide indoors. In septic systems, pesticide contamination can kill the beneficial bacteria in a sewage field, rendering it inoperable. Read the pesticide label to determine how to properly dispose of a pesticide, or contact your local extension office for help.

MYTH
When you discover a problem with your plants, your first course of action should be to apply a pesticide as soon as possible.

The first cardinal rule of keeping your plants healthy is proper identification of the cause of your problem. Very often the problem is environmental or cultural. The pests you see may be secondary and may disappear if the problem is solved. Use a pesticide only as a last resort.

MYTH
Pesticides should be applied weekly to control insects and diseases on food crops.

Spray only if a problem exists that warrants a pesticide application. Do not over spray. Prevention of disease in certain plants requires timely applications for control.

MYTH
This herbicide worked well in my lawn so it should work well in my garden.

Most herbicides are selective, meaning they kill certain plants and do not affect others. Most of the turf post-emergent broadleaf herbicides will injure or kill most vegetable crops. Only apply pesticides to sites listed on the label. (DJ)
Attention rose lovers! Here are the 2000 All America Rose Selections (AARS) winners: Knock Out, Crimson Bouquet, and Gemini. AARS is excited to preview the beauty and versatility of its top picks for the best roses of the new millennium. Available to rose fans for the 2000 planting season, the 2000 winners were evaluated by rose experts during rigorous trials across the United States.

**Knock Out** — Knock Out is a breakthrough rose bush showcasing carefree, cherry red blossoms. Knock Out is a glowing example of disease resistance at its best. The cycle of bloom and growth provides a continuous show of color from spring until late fall. This maintenance free, flowering shrub thrives in all climates with a peduncle of five to seven. The deep, almost florescent cherry red blooms are three inches in diameter and give off a light tea rose fragrance. The medium rounded, bushy plant grows three feet high by three feet. Clusters of 3 to 5 flowers bloom alongside glossy foliage tinged in purple with a touch of burgundy.

**Crimson Bouquet** — A thousand words can not convey the simple, timeless beauty of Crimson Bouquet. This is a vigorous grandiflora exhibiting bright red blooms. Crimson Bouquet flowers open to reveal a four inch bright red blooms with a peduncle of 20 to 25. The handsome rounded plant is a classic variety, which grows four feet by three feet. Deep purple stems, green leaves provide the perfect back drop for the showy blossoms and will have gardeners applauding this scarlet grandiflora. Disease resistance, hardiness and 14 to 18 inch stems make this rose a must have.

**Gemini** — While 2000 is a sign of new beginnings, blended shades of coral pink and rich cream are a sign of Gemini. A hybrid tea with large double blossoms of these complimentary tones. This upright and vigorous plant features healthy dark green foliage that contrasts nicely with the thick coral blooms for a constellation of color. Blooms slowly spiral open to reveal a 4 inch flower with a petal count of 25 to 30. The outlook for this classic rose is excellent disease resistance and long cutting stems.

AARS judges scored the rose plants for 15 traits including color, fragrance, disease resistance, bud and flower form, vigor, hardness, growth habit, and foliage. Only truly outstanding entries earn the high marks necessary to become AARS award winners. (MIM)

**Goldenrod, Our Nebraska State Flower**

As you know the Prairie goldenrod (Solidago missourienesis) is our state flower. This widespread summer and fall blooming perennial of the Compositae family is native to North America, where there is well over 50 species. They make wand like stems, variously shaped leaves and heads of small yellow flowers. Besides Nebraska, species of this flower have been adopted as the state flower by Alabama and Kentucky.

Because they are such common plants in rural areas, most people think of goldenrods as weedy and unsuitable for the flower garden. Most of these plants are striking in appearance. There are certain hybrids developed in England which make beautiful garden plants. These low maintenance, nearly pest free plants deserve a place in your garden. Goldenrods make nice border plants or do well in a wildflower or prairie garden setting.

Goldens do not cause hay fever. Their pollen is to heavy to be carried by the wind. Ragweed, which incompetently blooms at the same time, is the culprit. (MIM)

### Night Blooming Flowers Offer Evening Enjoyment

Several night-blooming flowers are ideal for a moon garden and are listed below. Night blooming flowers rely on a strong fragrance, rather than bright colors, to attract pollinators. Other plant possibilities for a moon garden include artemesia, lamb’s ear, fragrant roses, dusty miller, and white flowered annuals and perennials.

**Moonflower (Ipomea alba)** — This fragrant flowering vine has large heart shaped leaves. Shovoy flowers open in the evening and last until the next morning. Moonflowers have a sweet fragrance and can be up to five to six inches across. Closely related to morning glory, this quick growing annual may climb up to 15 feet. Although, it takes a longer and warmer soil condition to become established, it is every bit as vigorous as the morning glory.

Four o’clocks (Mirabilis jalapa) — This flower is appropriately named. Its blossoms open in the late afternoon, scenting the air with a sweet perfume before closing the next morning. Plants grow up to three feet tall with a bushy habit and blossom continuously from late spring until late fall. This maintenance free, flowering shrub thrives in all climates with a peduncle of five to seven. The deep, almost florescent cherry red blooms are three inches in diameter and give off a light tea rose fragrance. The medium rounded, bushy plant grows three feet high by three feet. Clusters of 3 to 5 flowers bloom alongside glossy foliage tinged in purple with a touch of burgundy.

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Prevent Fleas Now!

There are more effective treatment approaches to flea control than those used in the past. Some treatments work to prevent flea infestations from ever getting started, but the key is to start the treatment before the animal gets fleas.

Fleas are small brown insects with hard and compressed bodies that jump from host to host. Female fleas require blood to lay eggs and are quite prolific; a single female flea can lay up to 800 eggs in five months. Eggs usually fall from the animal into carpets and other soft places, but they can also fall out of the animal's coat. If you are unsure as to whether a product is safe for your pet, be sure to contact your veterinarian.

Flea collars, according to Consumer Reports, August 1991, are ineffective and probably a waste of money.

Once a flea infestation gets started, it can take a major effort to bring it under control. Actions include vacuuming and steam cleaning carpets, washing pet bedding, removing clutter from family members, all bedding must be washed. Spray treatments can be used in carpets to control flea larvae. Recommended products are those that contain insect growth regulators (IGRs) because they are safe and effective, preventing eggs from hatching and flea larvae from developing. If your animal spends any time outside, it may be reintroduced by adult fleas. Therefore require an outdoor treatment, although several of the prescription products, mentioned above, will kill adult fleas on your pet and may handle reinfections just as well, or better than outdoor treatments. (BPO)

Proper Clothing

Wear light-colored clothing. Trousers with tight-fitting cuffs. Long-sleeved shirts and long sleeves may help keep your family safe. Here are some things you can do to prevent tick bites. However, there is no guarantee that you will be able to prevent them all. A tick has to attach to your skin for about 30 minutes before it can inject its saliva. If you are aware of the presence of ticks, you should also be aware of the potential for disease transmission. Lyme disease is the most common tick-borne illness in the United States, but there are others that can be transmitted by ticks, such as Rocky Mountain spotted fever, ehrlichiosis, and tularemia.

1. Cultural. Keep grassy and weedy areas trimmed to prevent ticks from attaching to your skin.
2. Avoidance. When possible, stay out of tick-infested areas, areas of exposed skin such as the head, shoulders, and under the arms.
4. Ticks. To reduce your exposure to ticks, check yourself carefully after being outdoors.
5. Inspection and Removal. Inspection and removal of ticks reduces the risk of a tick-borne disease transmission. After scratching, if you have a potential host, a tick may take up to a day to attach and then may be able to move a tick from one host to the next.

In addition, the risk of disease transmission is related to the length of feeding so attached ticks should be removed promptly. Ticks tend to concentrate on the head, shoulders, neck, and in ear canals. Remove embedded ticks with forceps, by gripping the tick carefully at the point of attachment and pulling upward in a slow but firm motion. Care should be taken when removing a tick from pets or humans to insure that the entire tick is completely removed from the skin (the head often breaks off). After removal, wash the wound with soap and water and apply alcohol or some other disinfectant to help prevent infection.

Insecticides. Around the outside of the home, tick numbers can be reduced by using residual insecticides such as carbaryl (Sevin®), chlorpyrifos (Durban®), and pyrethrin and pyrethroid insecticides. For tick control on pets, use only baths, sprays, and dips that are recommended by your veterinarian.

To check for ticks in your yard or house, you can drag a white cloth (such as an old pillowcase) through the vegetation as you walk. Ticks, waiting at the top of a blade of grass or shrub for a passing host to wander by, can be grabbed easily. This can be a very effective way to control ticks.

For more information on ticks and Lyme Disease, call 441-7180 and ask for Lyme Disease and Tick Management fact sheet (001-95). Or, visit our website at www.lanco.unl.edu/ enviro (SC)

Warm Weather is Here!

Swarming ants and termites, rabbits in the petunias, Robins beating themselves silly on your windows in the morning, hummingbirds on your kitchen, and snakes on the stoop.

Help is available 24 hours a day 7 days a week on our pest and wildlife website via your computer. We have a “one-stop and pest and wildlife shop” with links to University of Nebraska publications, on-line manuals and Nufacts audio messages. We have also added many “printer-friendly” versions to our extensive list of in-house fact sheets.

Follow the pest and wildlife link at www.lanco.unl.edu/enviro

You’ll find information on antions, ant control, ant bats, carpenter ants, aquatic insects, bees and wasp, fabric pests, pantry pests, centipedes, millipedes, bedroaches, crickets, earthworms, fleas and gnats, mosquitoes and midges, Diatomics, serpents, spiders, wind, house dust mites, chiggers, clover mites, Lyme disease and ticks, scorpions, scabies, (wolf, brown recluse, black widow, sac, parson), pest-proofing, silverfish and firebrats, termites and much more.

You’ll also find information on attracting wildlife, bats, bird feeding, bird habitat and houses, nuisance birds (grackles, starlings, pigeons, swallows, woodpeckers, birds banging into windows, and more), mice and rodents, rabbits, skunks, squirrels, snakes, voles.

These sites are updated often—so bookmark us and check back. (SC)

Water for the birds

When people are thirsty, they can seek something to drink from the nearest water faucet or refrigerator. Birds do not have that luxury. They must rely on nature or people to provide water for them.

Bird baths come in a variety of sizes, shapes, and prices. They range from the very basic to a simple plastic water jug can lid. They may be purchased at most lawn and garden stores or be made at home with a variety of materials. Territorial suet feeders used under large plants make excellent bird baths. A cardboard can lid with a few stones placed inside can also be used. Whether you decide to purchase your bird bath or make it from items found at home, follow these guidelines for success:

Depth: Bird baths should be no deeper than three inches at the deepest point and should have sloping sides down to this point. An edge along the top will provide a place for birds to perch while taking a drink.

Surface: The surface of the bath should be rough so that birds cannot maintain sure footing. Pebbles, stone and concrete all provide the needed traction.

Plastic is generally too slippery.

Height: Bird baths may be placed on the ground, on a raised platform, or be made at a branch a few feet off the ground.

Ground level baths have the added benefit of providing water for many small mammals such as squirrels, chipmunks, and rabbits. However, bathing birds are extremely vulnerable to predators. If cats are in or around your yard, your bird bath should be raised above the ground.

Dripping Water: Nothing attracts birds as quickly as dripping water. Some bird baths have fountains, but a water drip can be made easily. Take a bucket, large jug, or can and

See BIRDS on page 11

Environmental Focus

It’s Tick Season

Camping, fishing, hiking, gardening, watching the kids play soccer—no one is immune from tick bites. However, there are some things you can do to help keep your family safe. Here are some tips to reduce your risk of tick bites. However, there is no guarantee that you will be able to prevent them all. A tick has to attach to your skin for about 30 minutes before it can inject its saliva. If you are aware of the presence of ticks, you should also be aware of the potential for disease transmission. Lyme disease is the most common tick-borne illness in the United States, but there are others that can be transmitted by ticks, such as Rocky Mountain spotted fever, ehrlichiosis, and tularemia.

1. Cultural. Keep grassy and weedy areas trimmed to reduce harborage for tick hosts. The resident tick host that carries Lyme disease is the white-footed mouse (deer mouse).

2. Avoidance. Whenever possible, stay out of tick-infested areas, areas of exposed skin such as the head, shoulders, and under the arms.


Ticks are easier to see on a light background.

Female American Dog Tick

Photo by Jim Kalisch, UNL Entomology

Female American Dog Tick

Photo by Jim Kalisch, UNL Entomology

Wirrs, ankles, and neck. Protect dogs with flea and tick control (do not walk your dog with flea and tick control on) (SC)
Corn Flea Beetle Survival Expected to be Above Average; Increased Stewart’s Wilt May Follow

Due to the mild winter weather, corn flea beetle survival is expected to be above average this year. If the sum of the monthly average temperature of -10°F or lower is less than 100°F, and February is greater than 90°F, winter survival of flea beetles is expected to be high. Except for parts of northeastern Nebraska, most of the state greatly exceeded 90°F this winter.

Corn Flea Beetle

Corn fleas overwinter as adults in protected areas near corn fields, become active in April, and feed on a variety of grasses before corn emerges. Corn flea beetles can directly injure corn seedling plants; but probably more importantly, they vector the bacterium which causes Stewart’s wilt. This bacterium overwinters in the gut of the flea beetle. In 1999, Stewart’s wilt was found in more areas of Nebraska than had been previously reported, leading to increased concerns for an outbreak this year. Early season feeding by the corn flea beetle and vectoring of the bacterium can lead to the wilt stage of the disease, often killing the plant.

To minimize damage caused by flea beetle feeding:

- Avoid hybrids or inbreds known to be more susceptible to Stewart’s wilt. (See seed catalog or local seed company representative.)
- Avoid early planting dates if susceptible hybrids or varieties are planted.
- Scout for corn flea beetles on seedling corn. Treatment may be warranted on dent corn if 50 percent of plants show severe flea beetle injury (plants look silver or yellowish, or leaves begin to die), and five or more flea beetles per plant are found. A variety of foliar insecticides are effective in controlling flea beetles, including Lorsban 4E, 2.5-3 pints per acre; Sevin XL, 1-2 quarts per acre; Asana XL, 2.5-9.6 fluid ounces per 1000 row-feet; Lannate, 0.75-1.5 pints per acre; Bifen XLR Plus, 1-2 quarts per acre; Prince 3.2 EC 4-8 fluid ounces per acre; and Warrior 2.5 3.84-3.84 fluid ounces per acre. Source: Bob Wright, Extension Entomologist, South Central REC. (TD)

The EPA has established the following resistance management requirements for 2000:
- On each farm, growers may plant up to 10 percent of their corn acres with Bt corn. At least 20 percent of their corn acres must be planted with non-Bt corn and treated only as needed with insecticides.

Refuge Considerations

Do not plant strips narrower than six rows or mix seed. This increases the risk of resistance occurring because ECB larvae often move from plant to plant. Corn borer larvae that can survive eating small amounts of Bt (low level resistance or tolerance) can end up on a non-Bt plant and survive. The design for planting strips will depend on your planter. For example, dedicating three rows of a 12-row planter will effectively give you a 25% refuge and maintain the six-row strip size. If you have a six-row planter you can achieve the 25% refuge size by splitting the planter into three units of Bt and three units of non-Bt. Only strip half of the cornfield. Four-row or single-hopper planters are not suitable for this refuge option.

The European corn borer that is susceptible to Bt from the refuge, must be present at the same time as possible Bt-resistant ECB from the Bt corn. To achieve this, the corn hybrid in the refuge should be agronomically similar (e.g. similar days to maturity) to the Bt hybrid planted at the same time as the Bt field, and managed in the same manner as the Bt field. In this way, the ECB moths will be equally attracted to the refuge and Bt cornfield. Larvae also will develop at the same rates and emerge as adults at the same time.

Using a neighbor’s cornfield as a refuge is not allowed because the hybrid selection, planting time, pest control, and other production activities are not under the control of the grower planting the Bt corn. Planting only non-irrigated pivot corners as refuge is not recommended because the corn plants in these areas are signifi- cantly different and less attract- ive to ECB moths than the corn under irrigation. Remember, the idea is to produce some Bt- susceptible ECB moths.

The closer the refuge is to the Bt field, the better. This brings Bt-susceptible ECB in close proximity to any Bt resistant ECB that may survive in the Bt cornfield. Female ECB generally mate close to where they emerge as adults, so having nearby refuge increases the chances susceptible ECB will mate with a resistant ECB.

An additional information on ECB management, resistance management, and Bt corn hybrids is available through your local county extension office. This information also is available through the UNE Entomologist Department site located at http://www.iianr.unl.edu/iante/ entomol/entdept.htm. Source: Tom Hunt, Extension Entomology Specialist, Northeast REC. (TD)
Product or Service
By Frank Leibrock, Small Business Support
Colorado State University Cooperative Extension
This week, we will discuss what your business is selling. Although what you are selling may be perfectly obvious to you, this section of your plan should detail exactly how and why you are selling it to make money for your business. You want anyone who reads this section to see as clearly as you do the benefits of your product or service.

Even though you have a good idea of what you plan to sell, putting it down on paper will probably give you more ideas on how to make it better. This section may also be an appropriate place to bring one of your advisors on board to brainstorm with you. You should identify and discuss several things:

- The uniqueness of your product or service.
- Any patents or trademarks.
- Intellectual property you already have or are planning to get.
- How you see your product or service evolving over time.
- Some of the other questions you should answer include:
  - Are there any regulations or laws preventing or restricting the sale of your product or service?
  - Do you need governmental approval (at any level) or licensing?
  - What are the liability issues with what you are selling?
  - How are you going to produce in large quantities? Will you need to?
  - How much time and money will be devoted to research, development and improving your product or service?

This section may seem like a small part of your business plan. Don’t let the length of the section fool you. What you do here may pay big dividends once your business is up and running. (DJ)

Acreage Insights

Tuesday Farmers’ Market in Lincoln

A joint venture between UNL, City of Lincoln, Downtown Lincoln Association, and the Lincoln Historic Haymarket Farmers’ Market will bring a weekend farmers market to downtown Lincoln. According to Laurie Hodges, vegetable specialist, Department of Horticulture, UNL, the Tuesday evening farmers’ market will be located between the Heartland Center and the Temple Building at 12th and R Streets, 5 to 8 p.m., June 7 through July 28. The new market will provide fresh, locally-grown produce and baked goods for customers working in the area and a great market opportunity for growers. Continuing the connecting theme of the theaters, Sheldon, and the Sculpture Garden as links between “town and gown,” the farmers’ market adds the linkage between urban and rural citizens. According to Laurie, “The farmers’ market will be a great attraction for the many people who attend the free evening concerts featured in “Jazz in June.” University students in the arts will be featured entertainment during the market, adding to the wonderful atmosphere of summer evenings in downtown Lincoln.” For more information, contact Billene Nemec at 402-435-7496. (DJ)

Protective Covenants

When buying a lot or acreage, always check to see if there are protective covenants which restrict your options. You will need your subdivisions name or the legal description of your property. Take this to the Register of Deeds office in the County/City Building during business hours. They will be happy to assist you. (DJ)

Learn at your convenience

Spring Iris Shows

Do you know how many different types and colors of iris you can grow in Nebraska? If you’d like to know and be amazed at the same time, plan to attend the iris shows being sponsored by The Lincoln Iris Society. The Early Blooming Iris Show on Saturday, May 13, will feature dwarf and intermediate height iris. The Late Blooming Iris Show on Saturday, May 27, will be loaded with tall bearded, border bearded and Siberian iris. Both of the shows will be at The Inn at Lincoln, 5250 Cornhusker Highway, 12 to 4 p.m. Admission is free and bloomstalks can be purchased at 4 p.m. (DJ)

May—Time to Control Leafy Spurge

In my travels around the county, I have seen many patches of leafy spurge. Leafy spurge is found on unlied land such as pastures, range, road-
Lincoln Housing Authority
Seniors Experiment With New Foods

Cooking spray
1 cup chopped cooked chicken or turkey
1 package (10 oz.) frozen asparagus tips, thawed and drained
1 cup shredded Swiss cheese
8 eggs
1/2 cup light cream
1 teaspoon salt
6 English muffins, split and toasted

Preheat oven to 350 degrees F. Evenly coat 12 (2 1/2-inch) muffin cups with cooking spray. Divide chicken, asparagus, and cheese evenly among the 12 cups. In a large bowl, beat together eggs, cream, salt and pepper until thoroughly blended. Spoon about 3 tablespoons of the egg mixture into each muffin cup. Bake until knife inserted in the center comes out clean, 20 to 25 minutes.

An egg a day is unlikely to increase the risk of coronary heart disease or stroke among healthy people according to an article last year in the Journal of the American Medical Association (JAMA). In the two large studies, the researchers found that up to one egg per day did not increase the risk of coronary heart disease or stroke for healthy men and women. “We specifically found no evidence for an increase in risk with either recent or relatively long-term (over the past decade) egg consumption,” the authors wrote. These findings, however, did not apply to persons with diabetes.

Lincoln Housing Authority senior sites are some of my favorite places to deliver our nutrition education programs. Not only are the residents very knowledgeable about nutrition facts, they are willing and eager to experiment with new food experiences and readily adapt to the latest food preparation and safety information. From January through March, almost 70 residents have attended our on-site monthly nutrition classes at Mahoney Manor and Burke Plaza. Similar programs began in April at Crossroads House. These programs are possible through joint funding from Lincoln Housing Authority, Lancaster County Extension, and the Food Stump Nutrition Education Program. Interactive lessons included:

1. Reading food product labels. We discovered that the sugar content in a serving size of some commonly eaten cereals ranges from less than one gram up to 18 grams. Also found, was how a food is prepared makes a big difference in the fat content of that food. For instance, a small, plain, baked potato contains zero grams of fat, the same amount of mashed potatoes contains seven grams of fat, and the same amount of french fries contains 12 grams. Reading food labels can result in much healthier eating.

2. Hand washing. After putting a special lotion on their hands that shines in UV light, the residents realized how hard it is to really get hands clean. As discovered, it takes warm water, lots of soapy bubbles, and scrubbing for 20 seconds to get those germs off!

3. Fun fruits and veggies. Residents were daring participants in this venture to try some “not so ordinary” foods. Tasted were: Kiwano, Kiwi, Mango, Passion Fruit, Artichoke, Bok Choy, and Jicama. The importance of getting 5-A-Day (a combination of five fruits and vegetables in your diet every day) was stressed. They had fun trying some “new” varieties! These ladies and gentlemen were brave souls! The following dip was provided to enhance the flavors of these new foods:

Quick Mini-Quiche (Makes 6 servings)

1/2 teaspoon minced onion
1 teaspoon dill weed
3 tablespoons milk
1 cup cottage cheese
1 grated carrot
1/4 teaspoon salt

Put in blender and blend until smooth:
1 grated carrot
1 cup cottage cheese
3 tablespoons milk
1 teaspoon dill weed
1 tablespoon onion
1/4 teaspoon salt
1/4 teaspoon minced onion

May 2000
Ways to Save Money

As you finished your taxes this year, did you wish you had "more to show" for the gross income you earned? A recent survey revealed large numbers of Americans do not save or invest regularly. The national percentage of the families sampled had no scheduled savings plan. Other research studies indicate Americans’ saving rate is between 3 and 5 percent of disposable income, much less than other industrialized nations. Why? The high cost of living, government tax policies, and lack of knowledge are some common explanations. Below is a list of strategies, some relatively "painless" for saving more money for future goals:

1. Pay yourself first. Treat savings like a bill and put a part of each paycheck into savings and leave it there.
2. Collect coins. Place all change in a jar. When it’s full, deposit the money into a savings account.
3. Bank refunds. If you’re paying a loan, just finished paying for your car? If you’re about to pay off a loan, and don’t need the money for another big purchase, continue making the same money payment to yourself.
4. Break costly habits. Do you really need to buy lunch every day? Are you trying to stop smoking?
5. Take advantage of payroll deduction plans. Many employees eliminate the temptation of spending their savings by never seeing it in the first place.
6. Save “extra” paychecks. If you’re paid biweekly, in two months of each year you will receive three paychecks. Employees who are paid weekly will receive an “extra” check in four months of each year.
7. Bank a windfall. When you receive an unexpected money—an inheritance, bingo winnings, retroactive pay, an insurance dividend, etc.—put at least part of it into savings.
8. Set goals. You’ll be better able to save if you know what you’re saving for. Make a list of your goals in priority order. Then determine how much money you’ll need and when. Calculate the amount of periodic savings necessary to achieve each goal.

Making a Family Budget: A Smart Move

A budget is meant to be a master plan for managing your family’s money. It gives you a guide how much money your family will spend for purchases and how much will be put into savings. A budget helps prevent long and short-term goals. Budgeting is important because it helps a family maintain a balance between needs and wants and reduces the stress of constantly walking a financial tightrope. It helps keep you in control of spending and, through planning, more effectively reach goals and achieve financial security.

Some important keys to setting up a family budget:

List immediate needs—these are things your family absolutely cannot do without. Some examples might include: food, clothing, housing, electricity, heat and other utilities, health care and transportation.

Think about short-term goals—these are things you want for the near future. Some examples might be a new washing machine, more education. A hint: Be realistic! Limit your list to things that you really want but can likely afford.

Now think about long-term goals. These are the things you want for the more distant future. Examples could include a down payment on a house, a dream vacation or retirement plans.

What is your current general financial health? Add up your total assets. This is a dollar figure for the current value of everything your family owns, including: cash on hand and in bank accounts, cars, furniture and appliances. Next, add up your total debt. This is the total amount of money you owe, including what you owe on credit cards, loans you need to pay back, unpaid bills.

Compare your assets to your debt. If your assets are higher than your debt, congratulations! If your debt is higher than your assets it is essential to plan a way to steadily pay down your debt. It may be possible to take a close look at your income and expenses. Figure out your family’s total monthly income including salaries and wages (after taxes and other deductions) interest and dividends and other sources of income you receive unexpectedly money—an inheritance, bingo winnings, retroactive pay, an insurance dividend, etc.—put at least part of it into savings.

Parents and Teenagers - Different Definitions

A good example of the different ways parents and teens define the same problem is the conflict that is common in many families—cleaning the bedroom. To many parents, keeping a clean room is simply the right thing to do. Also, there is often a sense of convention involved, it may be embarrassing to a parent for guests to see a child’s messy bedroom. From the teen’s perspective, it is a simple matter of personal choice: “It’s my room, why should it bother you?”

Ultimately, this is a struggle over authority—who controls the teenager’s personal space, and who has authority in family relationships in general. It is critical for families to talk and listen to each person’s point of view. By listening to your teen, you teach him or her to listen to you in return. Once each person understands the other point of view, solutions may not be easy, but compromise will be possible. It is impossible to compromise if you are arguing about different things! (LJ)

The Impact of Work on Teens

One of the risk factors which leads to youth problems is long work hours. Recent studies indicate part-time work by an adolescent during the school year may lead to academic, social, and emotional problems.

Long work hours are generally defined as over 10-15 hours per week. These hours have been associated with lower grades, less time for homework, less extracurricular involvement, increased class-cutting, and day dreaming. Drug and alcohol use as well as delinquency and psychological distress are frequently noted in these students.

These findings do not suggest teens should not work during the school year. Researchers don’t claim cause and effect between working and behavioral problems and lowered achievement. The findings do suggest caution should be taken if adolescents are involved in excessive amounts of work. School should be the primary work of the teen. (LJ)

Character Counts! Corner

Citizenship – Doing Your Share

Do your share to make your school and community better: Cooperate Stay informed, vote Be a good neighbor Obey laws and rules Respect authority Protect our environment

What can you and your family do to make your community a better place for everyone? Take time to choose a project and have fun doing it together. Recycling, clean-up projects, doing a good deed for a neighbor, participating in an election campaign—all are sure recipes for family fun that reinforce the pillar of citizenship. (LJ)
**Four-day workshops**

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

1. **Rockets... Countdown to Family Fun**
   - How to make rocket building and rocketry can be made
   - TIME: 8-10 a.m.
   - FEE: None
   - CLASS SIZE: 10 maximum
   - AGES: 8-12

2. **Shooting Sports**
   - Upon completion of program, youth will be qualified to shoot
   - the Lancaster County Fair BB/Air rifle competition
   - Time includes supplies, refreshments and insurance. Participants are encouraged to attend.
   - Adults and youth need shotguns (child’s prescription for eyeglasses acceptable). Guns are provided, do not bring your own.
   - TIME: 8 a.m.-12:15 p.m.
   - FEE: $15.00
   - CLASS SIZE: 10 maximum
   - AGES: 8 and up
   - INSTRUCTOR: Ron Saug, 4-H volunteer

3. **Clover Kids 4-day Day Camp**
   - Clover Kids will participate in several hands-on activities while learning about agriculture, farming, science, the outdoors, and more. Referrals provided. Time included.
   - TIME: 8 a.m.-12:15 p.m.
   - FEE: $10.00
   - CLASS SIZE: 15 maximum
   - AGES: 5-8

4. **Outdoors, Small Animals, and More**
   - Make a bird seed feeder, learn about habitats for household pets, and acquire tips for small animal care.
   - TIME: 12:45-2:45 p.m.
   - FEE: $4.00
   - CLASS SIZE: 10 maximum
   - AGES: 8 and up
   - INSTRUCTOR: Shirley Condon, 4-H volunteer

5. **Nursery Rhyme Wall Hanging**
   - Four of your favorite nursery rhymes will be set amongst five traditional dressed pieced quilt blocks. Participants need to bring the following (fabric needs to be 100% cotton, prewashed, and neutral shades)
   - 3 yd fine quality bleached or unbleached muslin
   - 6 pieces of 1/4 yd cuts of small print (1930 reproduction fabric— if using scraps, must be minimum of 5” squares), 1/4 yd print fabric, for binding: Also needed size 01 black pigment micron pen, straight pins, fabric scissors, seam ripper, cream thread, sewing machine.
   - TIME: 12:45-2:45 p.m.
   - FEE: $7.50
   - CLASS SIZE: 6 maximum
   - AGES: 8 and up
   - INSTRUCTOR: Gene Yeburg, 4-H volunteer

6. **Babysitting Clinic**
   - Learn the basic skills needed to be a responsible baby sitter. Focus is on handling major and minor emergencies, learning safety procedures, making creative snacks and babysitting toys.
   - TIME: 3:30-5:30 p.m.
   - FEE: $5.00
   - CLASS SIZE: 20 maximum
   - AGES: 11 and up
   - INSTRUCTOR: Lorene Bartos, Extension Educator

7. **Learn the Basics of Banking and How to Do It**
   - Learn the basics of banking and how to do it.
   - TIME: 10:15 a.m.-12:15 p.m.
   - FEE: $5.00
   - CLASS SIZE: 15 maximum
   - AGES: 8 and up
   - INSTRUCTOR: Lorene Bartos, Extension Educator

8. **Learn the Basics of Banking and How to Do It**
   - Learn the basics of banking and how to do it.
   - TIME: 10:15 a.m.-12:15 p.m.
   - FEE: $5.00
   - CLASS SIZE: 15 maximum
   - AGES: 8 and up
   - INSTRUCTOR: Lorene Bartos, Extension Educator

9. **Lunchtime’s in Session**
   - A buffet lunch and opportunity to visit with the experts about finance, math, and technology.
   - TIME: 10:15 a.m.-12:15 p.m.
   - FEE: $5.00
   - CLASS SIZE: 15 maximum
   - AGES: 8 and up
   - INSTRUCTOR: Sheri Ramirez, volunteer

10. **Pet Pics**
    - Start snapping ‘cuz we’re gonna be scrapbooking it! Tell a story or just share your favorite pet photos. Choose either a poster, picture board, scrapbook or create your own display. Habits, pet care, facts and fun are just a few ideas to consider.
    - TIME: 10:15 a.m.-12:15 p.m.
    - FEE: $5.00
    - CLASS SIZE: 10 maximum
    - AGES: 8 and up
    - INSTRUCTOR: Lorene Bartos, Extension Educator

**One-day workshops**

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

1. **Cooking Class**
   - Learn how to make the perfect meal.
   - TIME: 10:15 a.m.-12:15 p.m.
   - FEE: $5.00
   - CLASS SIZE: 15 maximum
   - AGES: 8 and up
   - INSTRUCTOR: Lorene Bartos, Extension Educator

2. **Money, Money, Money**
   - Learn the basics of banking and how to spend and save wisely.
   - TIME: 10:15 a.m.-12:15 p.m.
   - FEE: $5.00
   - CLASS SIZE: 15 maximum
   - AGES: 8 and up
   - INSTRUCTOR: Lorene Bartos, Extension Educator

3. **ExpoVisions Information**
   - Learn how to exhibit at the State Fair.
   - TIME: 10:15 a.m.-12:15 p.m.
   - FEE: $2.00
   - CLASS SIZE: 20 maximum
   - AGES: 8 and up
   - INSTRUCTOR: Deanna Karmazin, Extension Assistant

4. **Start saving**
   - Learn how to model your clothing items and learn new styling procedures.
   - TIME: 10:15 a.m.-12:15 p.m.
   - FEE: $5.00
   - CLASS SIZE: 15 maximum
   - AGES: 8 and up
   - INSTRUCTOR: Deanna Karmazin, Extension Assistant

5. **Getting Set for the Table Setting Contest**
   - A great time learning everything you need to know to participate in the table setting contest. Come away with a planned table for the fair.
   - TIME: 12:45-2:45 p.m.
   - FEE: $5.00
   - CLASS SIZE: 15 maximum
   - AGES: 8 and up
   - INSTRUCTOR: Lorene Bartos, Extension Educator

6. **In the Kitchen**
   - A fun-filled evening learning and cooking in the kitchen.
   - TIME: 12:45-2:45 p.m.
   - FEE: $5.00
   - CLASS SIZE: 15 maximum
   - AGES: 8 and up
   - INSTRUCTOR: Lorene Bartos, Extension Educator

7. **Family & Consumer Science Contest and Demonstration**
   - Contest Dates

Come to the Life Skills Judging workshop Wednesday, June 21 from 1-2:30 p.m. Learn judging techniques and decision making skills for the July 19, Family & Consumer Science Contest. The demonstration workshop is Wednesday, June 21 at 2:30 p.m. 4-H members can learn what a demonstration is and how to present it at the fair. If your demonstration is ready, present it and receive help, if needed. Pre-registration is not necessary. (TK)

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**Family & Consumer Science Contest and Demonstration**

**Contest Dates**

Come to the Life Skills Judging workshop Wednesday, June 21 from 1-2:30 p.m. Learn judging techniques and decision making skills for the July 19, Family & Consumer Science Contest. The demonstration workshop is Wednesday, June 21 at 2:30 p.m. 4-H members can learn what a demonstration is and how to present it at the fair. If your demonstration is ready, present it and receive help, if needed. Pre-registration is not necessary. (TK)

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**ExpoVisions 2000**

**July12-14**

**University of Nebraska-Lincoln**

ExpoVisions is one of the biggest and best teen programs in Nebraska. It combines fun and learning in 14 different Learning Tracks, where you will gain hands-on subject matter experience. ExpoVisions is for those ages 13-19 during 2000. You’ll have fun and meet new friends during your stay on the University of Nebraska-Lincoln campus. Admission to the performance of “PICNIC” and a banquet are also on the 2000 ExpoVisions’ agenda. Registration deadline: Friday, June 16. Cost: $145 per person. For more information, pick-up your ExpoVisions packet from the Lancaster Cooperative Extension, 444 Cherrycreek Road, Lincoln, NE 68523. (TK)

A sampling of the 2000 Learning Tracks:

- Citizenship Extravaganza
- Biegater Racing
- Order in the Court! Law Careers and Education
- Careers with Plants
- Math Everywhere
- Explore the World

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**2000 College Registration Form**

(One person per form)

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<tr>
<th>Name</th>
<th>Age</th>
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<td>Special Needs</td>
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1. **WANT TO ENROLL IN THE FOLLOWING SUMMER PROGRAMS:**

- **NUMBER**
- **TITLE**
- **FEE**

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**TOTAL AMOUNT PAID**

1. Checks/money orders should be made payable to Lancaster County Extension.
2. Bring this form and registration fees, or mail this along with check or money order, to Lancaster County Extension located at 444 Cherrycreek Road, Lincoln, NE 68523-1507. ($145).
3. Registrations must be received by June 9, 2000. **4-H Clover College**

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

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

Early registration is recommended. If you have questions, need additional forms or need to know if space is available, contact Tracy at 441-7180.

**ALL FEES MUST BE REFUNDED unless a class is filled to capacity, or canceled.**

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

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**How to Exhibit at the County Fair**

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

New leaders, experienced leaders, 4-H members and parents are invited to “How to Exhibit” leader training. Learn how to put an entry tag on an exhibit, where to take the model rocket exhibits, and other information which will prepare you for the 2000 Lancaster County Fair. (TK)
Kathy Anderson Horsemanship Clinic
There are still openings for the Kathy Anderson Horsemanship Clinic at State Fair Park East Arena on June 3 and 4. The cost is $25 per day which includes a sack lunch from Subway. To register, contact Deanna Vidkal at 786-2555 or 786-2251.

District and State Horse Show Entries
District and state horse show entries are due in the county office by May 19. No late entries will be accepted! These must be accompanied by the horse I.D. forms and level II tests must be passed before turning in your entry.

Pre District Horse Show
The site for this year’s pre-district horse show has been changed to Wranglers Pony Club. The show is scheduled for June 10 at 9 a.m. Registration will begin at 8 a.m. The show will be run in district format for rail and arena work. There will be a $3 office fee + $2 per class charge for the show. Lunch will be available on the grounds.

We will be contacting all leaders and independent members asking for volunteer help. The food booth will be organized by the Horse VIPS Committee and all profits will be used to help defray the show costs. We will need volunteers to work at the food booth and to donate desserts. We will also need people to work the gates and help set up for trail and games.

We would like to see all clubs and independent members involved in this year’s pre-district show in some way. We are looking to provide a fun and valuable show that will prepare our exhibitors for not only this year’s district, but also future district shows.

4-H Council positions
Starting date September 1, 2000
Seeking qualified applicants for 4-H Council youth and adult positions in the following geographic areas:
Northeast—youth
Southeast adult & youth
Lincoln city limits—youth and 2 adults
Lancaster County at large—1 adult
Requirements: must be concerned with the future of the 4-H program in Lancaster County. Must posses an interest and an understanding of youth and be willing to promote the 4-H program. Applicants must be willing to attend monthly meetings and participate in various committee activities. These are rewarding positions.

SALARY: Base $0 with 5% increments annually.

BENEFITS: The gratitude of volunteers, parents and 4-H youth throughout the county. In addition, a name tag and 4-H Council T-shirt are provided.

Interested applicants need to contact Lorene for further information and an application form. (LB)

Attention Beef Exhibitors
All beef exhibitors, 4-H and FFA, are encouraged to attend a beef quality assurance certification program. This program will be offered Monday, May 22, 7 p.m. at the extension office. This program is sponsored by the Nebraska Cattlemen’s Association, Lancaster/Seward affiliates. Youth must attend the certification program to become eligible for the cash awards given at county fair. For more information, call Deanna at 441-7180. (DK)

County Livestock Judging Clinic
All youth are encouraged to attend a livestock judging clinic at the Nebraska State Fairgrounds on Tuesday, June 20, 9 a.m. to noon. During this clinic youth will work with a member of the University livestock judging team on selecting and evaluating beef, sheep and swine. If you would like more information on this event, call Deanna at 441-7180. (DK)

National 4-H Conference
by JoHanna Madsen
National 4-H Conference Delegate
I just can’t get enough 4-H. I’ve been at an out-of-state college for almost a year now, thinking that my 4-H involvement was taking a break. But then I was selected to attend the National 4-H Conference in Washington D.C. during the third week of April. Once again, 4-H proved to be that opportunity. The last opportunities are endless. I, along with four other delegates and a chaperone, proudly represented Nebraska at the conference, held at the National 4-H Center. The award was made available to us through the record book awards process; each of us had attended National 4-H Congress earlier.

While Congress is more of an award after hard work, Conference is a working process. Most of our time was spent at the conference, held at the National 4-H Center. The award was made available to us through the record book awards process; each of us had attended National 4-H Congress earlier.

This two day event offered July 10-11 in Lincoln and will offer a fun and educational environment, mixed with competition and a chance to excel and be recognized. You’ll have a chance to participate in educational workshops, competitive events and to learn about the NU Animal Science Department and College of Agriculture and Natural Resources. More specifically, some of the opportunities available include: livestock quiz bowl, judging contest, meats judging, poultry judging, dairy judging and tractor operator safety contest. For more detailed information, contact Deanna or check out the Nebraska 4-H website at http://www.ianr.unl.edu/ianr/4h/ (DK)

Pork Quality Assurance Certification Training Date
A PQ&A workshop will be held Tuesday, May 23, 7 p.m.
Certification is good for two years. If you attended a workshop last year, you need not attend. If you have any questions or can’t attend, please call Deanna at 441-7180. (DK)
The City of Lincoln and Lancaster County announced a joint effort to examine future urban and rural development in the Stevens Creek Basin. The purpose of this effort is to determine how the Stevens Creek Basin area fits within the Lincoln and Lancaster County’s overall long term growth objectives. The map below illustrates the Stevens Creek Basin area. The City of Lincoln and Lancaster County would like to hear from citizens and community groups regarding the future of the Stevens Creek Basin.

### Upcoming Open Houses to Gather Community Input

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<tr>
<th>Date</th>
<th>Location</th>
<th>Event</th>
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<tr>
<td>May 20 (Saturday)</td>
<td>Grace Lutheran Church</td>
<td>Open House</td>
<td>8:30 a.m. to 12 p.m.</td>
</tr>
<tr>
<td>May 22 (Monday)</td>
<td>Hidden Valley Golf Course</td>
<td>Open House</td>
<td>6:30 to 9 p.m.</td>
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The open houses are informal. Open house participants can come and go at any time during the scheduled times. For more information regarding these Community Open Houses, please contact Terry Brinkman in the Planning Department at 441-7603 or visit the Stevens Creek Basin Planning Initiative web-site at http://www.ci.lincoln.ne.us/city/plan/screek/index.htm.

### 1. Defined Study Area:

The primary area generally encompasses the Stevens Creek Drainage Basin, a 52 square mile area. The study will concentrate on the drainage basin.

A secondary area has also been defined. This secondary area includes areas surrounding the basin that might influence urban and rural development within the basin.

### 2. Evolving Issues:

The Stevens Creek Basin Planning Initiative will examine potential issues related to the following planning and development categories:

- Natural Resources and Open Space: Includes issues related to the natural resources in the basin such as floodplains, sensitive areas, wetlands, soils, topography, scenic corridors.
- Parks and Recreation: Includes the possible need for park and recreational facilities to serve the area.
- Agriculture: The relationship of the agricultural sector and urban and rural development within the basin.
- Residential: Issues related to both the density of residential structures, the types and design of housing, and the real estate market for housing.
- Transportation/Circulation: Includes different modes of transportation, including streets, highways, public transit, railroads and trails.
- Public Infrastructure and Utilities: Includes potential issues of providing public infrastructure and utilities within the basin.
- Community Facilities: The need for fire protection, public safety, schools, libraries, etc. within the basin.

### Community Input

The City of Lincoln and Lancaster County would like to hear from citizens and community groups regarding the future of the Stevens Creek Basin.

Project construction continues to remain ahead of schedule. Despite some days with high winds, the weather has been very friendly for construction work.

Concrete footings and stem wall construction is complete for Pavilion one and two and is nearing completion for the multipurpose building.

Steel frame work for the multipurpose building is complete and nearly completed for the multipurpose building. Installation of the roof covering began in late April, but progress was halted with dangerously high winds for the working crew.

The Event Center grounds grass has germinated after receiving some timely rain.

Construction of the Amy Countryman Outdoor Event Center continues.

**See PROGRESS on page 11**

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**Celebrating Nebraska’s Farms and Ranches**

by Roy Frederick, Ag Economics, Extension Policy Specialist

It’s time to celebrate. We often spend a great deal of time worrying about the challenges of farming and ranching. But now, as the new millennium begins, USDA wants to honor agricultural operations that have been in the same family for 100 years. Appropriately so.

The program is called “Celebrating America’s Century Farms.” Some nice acknowledgments are planned. For one thing, qualifying farms will receive a commemorative Century Farm certificate.

Century Farms are to be grouped by state and county on USDA’s Internet site. The farm name and owners will be included. Moreover, a photo gallery is planned of at least some of the farms and those who operate them.

Those who apply for recognition should be able to answer “yes” to the following three questions:

1. Has the farm been owned within the same family for 100 years?
2. Is the farm currently being used for agricultural production?
3. Does the farm contain at least 10 acres of the original homestead?

The national program begins See RANCHES on page 11

### History

The Event Center

- **Statewide**
  - Diggers Hotline: 1-800-331-5666
  - Metro Omaha: 344-3565
  - www.ne-diggers.com

**Photos courtesy of Joel Armstrong.**
FRANKLIN (1706-1790)  "I look upon it, that he who does not mind his belly will starve.

SAMUEL JOHNSON (1709-1784)  "Tell me what you eat and I will tell you what you are."  - BRILLAT-SAVARIN (1755-1826)

"An army marches on its stomach."  - NAPOLEON (1769-1821)

"He who distinguishes pleasure and the importance of success in life is to eat what you like and let the food fight it out inside."  - MARK TWAIN (1835-1910)

"One cannot think well, love well, sleep well, if one has not dined well."  - VIRGINIA WOOLF (1882-1941)

"Never eat more than you can lift."  - MISS PIGGY, AMERICAN PUPPET CHARACTER (1900s)

"To sum up the centuries, perhaps Henry Fielding (1707-1754) best expresses both the pleasure and the importance of food. "We must eat to live and live to eat.""

**SMART MOVE continued from page 7**

of income such as food stamps or child support payments. What are your monthly expenses? To figure this out, look at past bills, receipts, etc. and keep a spending diary. Include both fixed expenses (rent, insurance, loan payments, child care, etc.) and variable expenses (food, clothing, utilities, phone, entertainment, personal, etc.).

Now it’s time to compare the two. If your expenses are lower than your income use the leftovers to set up an emergency fund, big enough to cover several month’s expenses. Once you have an emergency fund start saving for short- and long-term goals.

Your financial goals will vary: saving for a house, college, retirement, a future child, or just saving money for a rainy day. Whatever your financial goals are, you must budget your money carefully to meet them.

**BIRDS**

In this Internet age, it is not surprising that both application forms can be accessed electronically. Nationally, the web site is http://www.aksarben.org. Alternately, contact your county fair manager. The deadline for this year’s state award was May 1, 2000. The national award can be applied for anytime this year and perhaps longer.

Why honor 100-year farms and ranches? The reasons are plentiful. Every agricultural operation has had to overcome blizzards, droughts, floods, hailstorms, and other maladies. Ditto for low commodity prices, particularly during the Great Depression of the 1930s. Few have escaped periodic bouts with pests, including diseases and insects. Many farm families spent at least half of the past century with neither electricity nor telephones. Other rural services also lagged behind those offered in towns and cities.

A legitimate argument can be made that the 100-year awards are too little, too late. But perhaps they’re better than nothing. If you’re a qualifying farmer or rancher, you deserve a tip of the hat from fellow citizens. We urge you to apply for and accept these recognitions.

**AN EGG A DAY continued from page 6**

The authors also looked at factors that might influence the research findings, such as smoking, other dietary habits, and exercise. Even after allowing for other factors, the authors found no significant association between egg consumption and risk of coronary heart disease or stroke in healthy individuals. An article in the Internet Harvard University Gazette, “An Egg A Day Is OK, Nutritionists Say,” stated that Hu felt “dietary recommendations to prevent heart disease should concentrate less on cholesterol and total fat intake and more on reducing intake of saturated and trans-unsaturated fats.”

Source: The above statistics are courtesy of the Egg Nutrition Center, and the Nebraska Department of Agriculture, Poultry & Egg Division (AH)

**Progress continued from page 10**

Telemarketing, Junk Mail... Who Needs It?

Would you prefer to receive less advertising mail or get fewer telephone interruptions? You can request the removal of your name from advertising lists by sending your name(s), home address, home telephone number (including area code) and signature in a letter or on a postcard to the Direct Marketing Association.

To remove your name from the unwanted telephone list, send to: Telephone Preference Service Direct Marketing Association PO Box 9014

Farmingdale, NY 11735-9014

To remove your name from the junk mail lists, send to: Mail Preference Service Direct Marketing Association PO Box 9008

Fairfax, VA 22038-9008

Your signature is required for the removal of your name from these lists. While this will not eliminate all calls or mailings, your total amount will be significantly reduced. Keep these addresses handy: you may need to update your request in the future. (ALH)
**NATIONAL**  
continued from page 9
spent in consulting groups discussing issues such as hunger, school/neighborhood violence, youth and adult collaboration and volunteerism. One delegate was placed on the National Youth Directions Council—a youth council was created to give youth a voice at the national 4-H level. Each consulting group, state and individual delegate developed an action plan to be implemented upon arrival home. The goal of the conference was to use 4-H members and the 4-H program to build a global community piece by piece. The conference also offered many sharing opportunities; Delegates from 48 states, Puerto Rico, Canada and the Virgin Islands compared and contrasted state 4-H programs so as to foster new ideas to better serve the youth. The Nebraska 4-H program was promoted as each state delegation met with various congressional representatives and senators. There was also opportunity to experience the sights and sounds of D.C. as we became acquainted with our nations monuments and transportation system. The conference was a valuable experience for me, as well as a continuing one; delegates are encouraged to stay in contact with others as action plans go into effect and new programs are developed and shared. If you have questions or comments about the opportunities 4-H offers, please contact the Lancaster County Extension Office at 441-7180. I have made it my personal goal to inform aspiring 4-H members of the wonderful opportunities that exist. National 4-H Conference is one you definitely don’t want to miss!

**BASIN**  
continued from page 10
Commercial and Industrial Development: The possible need for commercial and industrial development based on development of the basin. This includes the following:

Community Open Houses: Four Community Open Houses are scheduled in May 2000. Citizens and community groups are invited to voice their ideas on planning and development issues within the basin. Web-Site: Citizens can access a web-site devoted to the Stevens Creek Basin Planning Initiative. Address: http://www.ci.lincoln.ne.us/city/plan/screel/index.htm

Initial Letter to All Property Owners in the Stevens Creek Basin: A letter will be mailed to all property owners in the Stevens Creek Basin which will explain the process and invite their participation.

Newsletter: A newsletter will be published monthly to inform interested individuals about the process. To be placed on the mailing list, please contact Terry Brinkman in the Planning Department: 402-441-7603. (GB)

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**Phone numbers & addresses:**
Office (leave message after hours) ................................................. 441-7180
After hours .................................................................................. 441-7170
Fax ................................................................................................ 441-7148
Composting Hotline .................................................................... 441-7139
Nebraska Information Center ....................................................... 441-7188
Extension Office E-mail: ............................................................. LanCo@unl.edu
World Wide Web Address ......................................................... www.lanco.unl.edu

OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday

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**NATIONAL**

### May

**May 18**
Fair Board Meeting ........................................................................ 7:30 p.m.

**May 19**
District/State Horse Entry Deadline

**May 20**
4-H Lamb Tagging and Weigh-In Day .......................................... 9-11:30 a.m.

**May 22**
Pet Pals 4-H Club Meeting .......................................................... 7 p.m.

**May 23**
How to Exhibit 4-H Leader Training .......................................... 9:30 a.m. or 7 p.m.

**June 1**
4-H Project Enrollment Deadline

**June 2**
4-H Horse ID Deadline

**June 3-4**
Kathy Anderson Horse Clinic—State Fair Park

**June 8**
4-H Rabbit VIPS Committee Meeting ........................................ 7 p.m.

**June 9**
4-H Cat Club Meeting ................................................................ 7 p.m.

**June 9**
Extension Board Meeting ............................................................ 8 a.m.

**June 10**
4-H Pre-District Horse Clinic—Wranglers Pony Club ................. 9 a.m.

**June 13**
PAK-10 Horse Judging Clinic—Elkhorn ...................................... 7 p.m.

**June 14**
4-H Council Meeting .................................................................. 7 p.m.

**June 16-17**
Clover College (Pre-registration necessary)

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

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Return to: University of Nebraska  
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**Lancaster County Fair Books have been mailed to 4-H families and past open class exhibitors. They are available at the extension office, local banks, libraries, and surrounding towns and villages. (LB)**