9-2000

The NEBLINE, September 2000

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National 4-H Week
Volunteers Make A Difference

October 1-7, 2000

Are You Into It? 4-H that is. How do you get into it? The answer is easy. Become a 4-H volunteer or member. Volun-
teers are the main stay of the 4-
H program. 4-H is the largest non-
formal youth educational
organization in the United
States. Over 6.6 million youth
are reached every year. Lancaster County has 13,700 4-H members
involved through the traditional
classroom program, as individual
members, and the school
enrichment programs. Another
10,000 youth are reached through special interest
activities such as Character
Counts, Nutrition programs,
and SERIES. 4-H is conducted
by the Cooperative Extension of
Lincoln, Nebraska.

4-H is family and commu-
nity-oriented. 4-H members and
leaders devote much of their time
to community service in addition
to their 4-H projects. 4-H is led by volunteers.

Volunteers are the backbone of the 4-H program. By giving their creativity, expertise, and time to the program, volunteers help youth succeed, become a community leader, participate in county-
wide events, show and teach citizenship, learn new concepts, be a positive role model, serve as chaperones to local, state,
and national events and have lots of FUN with youth.

Who is volunteering?
Youth who are involved in 4-H are
looking for new experiences and
opportunities. Youth and young
adults who are interested in
volunteering by shared skills, help youth succeed, become a community leader, participate in county-
wide events, show and teach citizenship, learn new concepts, be a positive role model, serve as chaperones to local, state, and national events and have lots of FUN with youth.

Youth interested in volunteering should contact their 4-H leader, participate in county-
wide events, show and teach citizenship, learn new concepts, be a positive role model, serve as chaperones to local, state, and national events and have lots of FUN with youth.

Thank You Volunteers for Your Service:
Volunteers recognized for years of service to the 4-H program at the 4-H Celebration during the Lancaster County fair:

2 Year Leaders

Mary Abbott
Loretta Asche
Michelle BatteMAN
Nancy Bayne
Dan Beecher
Melissa Becher
Linda Benda
Brenda Bootten
Char Brotherson
Cindy Brunken
Gary Burruss
Ron Clinch
Michelle Daize
Stephanie Doeschot
Alice Dzerk
Kellee Effken
Bev Eno
Denise Farley
Quentin Farley
Mary Ann Gabel
Barb Gaither
Roxane Graham
Becky Grimes
Brenda Hauder
Wendy Huffman
Dan James
Lisa Jindra
Lisa Meyer
Julie Miller
Lori Miller
Kay Morrison
Jill Morrow
Todd Morton
Jean Nabity
Kathy Patrick
Brenda Pool
Paula Randall
Suzanne Rider
Anne Schultz
Joe Schultz
Diane Spomer
Brenda Stauffr
Dale Taylor
Kristen Taylor
Sandy Vance
Sue Vanderkolk
Karen Watson
Vicki Wehlers
Rose Matulka
Anne Schultz
Joe Schultz
Diane Spomer
Brenda Stauffr
Dale Taylor
Kristen Taylor
Sandy Vance
Sue Vanderkolk
Karen Watson
Vicki Wehlers
Rose Matulka

5 Year Leaders

Becki Densberger
Jane Dowd
Brad Frink
Gleenn Edgman
Laura White
Susan Frink
Jolene Fujian
Justina Hagan
Connie Kaplan
Don Krose
Dick Hollam
Judy Hodwarker
Fred Hoppe
Jean Kovar
Pam Parrish
Mike Vaughan
Joline Weart
Kiven Moormeier
Barb Smith
Lehn Straub
Deb Reddinh

10 Year Leaders

Glenn Edgman
Laura White
Connie Kaplan
Pam Parrish

15 Year Leaders

Don Krose
Mike Vaughan

20 Year Leaders

Don Krose
Mike Vaughan

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Gardening Hardy Bulbs

Hardy bulbs provide early bloom in flower garden months. Growing them successfully requires a knowledge of life cycles, cultural requirements, and use. The term hardly refers to their ability to withstand low winter temperatures and bloom year after year.

A true bulb is defined as a modified underground stem, usually surrounded by scale like modified leaves, and containing stored food for the shoots enclosed within. The scales are held together by a hardened stem tissue, known as the basal plate, which is located at the base of the bulb. Tulip, daffodil, and hyacinth are examples of true bulbs. Crocus, thought by many to be a bulb, is actually a corm. This is a mass of fleshy tissue with a bud on the top surface. This tissue develops as the stored food is used to produce roots and shoots; a new corm forms on top of the old one’s remains. Bulbs and corms are living structures and require careful handling even while in a dormant state.

In general, hardy bulbs require more attention other than simply digging the particular storage organ and putting it in a box in the basement. Specific storage conditions must be met to successfully store plants through the winter.

Dig tender perennials just before or soon after a killing frost. If left until after a frost, many to be a bulb, is actually a corm. This is a mass of fleshy tissue with a bud on the top surface. This tissue develops as the stored food is used to produce roots and shoots; a new corm forms on top of the old one’s remains. Bulbs and corms are living structures and require careful handling even while in a dormant state.

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Dealing with Yellowjackets

Yellowjackets are social wasps that belong to the same general group of wasps as hornets. Some yellowjacket species build papery aerial nests; other species build a paper nest in the ground, often in rodent burrows. The ground-dwelling species may also nest in con- cealed areas, such as wall voids. Most species have the typical black and yellow warning coloration characteristic of most bees and wasps.

Each colony starts with one mated queen that overwinters in a sheltered place. In early spring, she chews wood and other plant materials and begins to build her papery nest. She lays eggs in the cells of the small nest and, after the eggs hatch, tends the eggs and larvae herself. Adult yellowjackets feed mainly on fruit juices and other sweets, but also capture soft-bodied insects—caterpillars, flies, and aphids—to feed their immatures. After the first brood of yellowjackets develops into adults, the colony grows rapidly. The new adults have specific duties: foraging workers collect food; nurses tend the larvae; and guards protect the nest-building materials, food, and water; nurses tend the larvae, and guards protect the colony. The queen concentrates on laying eggs. By the end of the summer, the nest often has multiple combs, thousands of cells, and thousands of workers.

It is the foraging individu- als, especially during the late summer when the colony is very large, that cause problems. The greatest period of foraging activity is just after sunrise and continues until sunset. Studies have shown foragers make one to three foraging trips per hour. They return to the nest at sunset and all yellowjackets are in the nest during the night. No foraging occurs on cold or wet days. Most of the time, foraging occurs within 500 feet of the nest.

The most effective method of dealing with yellowjackets is to locate their colony and treat it directly. Yellowjackets fre- quently nest in abandoned rodent holes, in shrubs, logs, piles of rocks, and other pro- tected sites. Entrance holes sometimes have bare earth around them. For aerial nests, look in trees, branches, and wires. Inspect carefully around eaves and windows. Nest openings can often be recog- nized by observing the wasps black to them.)

Underground Colonies
Treat the underground nest with a dust or liquid insecticide, then seal the entrance with a shovel full of dirt or a rock. The dust formulation is preferred because the yellowjackets attempting to leave the colony will track dust and contaminate the brood and other colony members. Re-treatment may be necessary after a few days.

Nests in Wall Voids
Treat the entrance into the structure with a dust formulation, but do not seal the entrance hole because workers may attempt to enter the building through inside openings.

Figure 1. A typical underground yellowjacket nest that uses an abandoned rodent burrow. By late summer, these nests may be as large as a basketball and contain thousands of yellowjackets.

Aerial Nests
Treat the nest with liquid or aerosol jet insecticide sprays after dark. Knocking down the nest without treating it is ineffective since the wasps may rebuild the nest. Foraging Yellowjackets
Because yellowjackets are scavengers, they are frequently entering and leaving. Treating colonies should always be done in the evening when all the wasps are in their nests. Approach the colony carefully, since some yellowjacket guards will be protecting the colony. If light is needed, use a flashlight covered by red cellophane. (Like many other insects, yellowjackets do not see red light—it appears to them.)

Environmental Focus

Is Your Home a Hide-Away For Pests?

Cooler temperatures are coming and you may find a few uninvited guests making their way into your home. Milk bugs, pedes, crickets, and wolf spiders are some common “accidental invaders” that stumble into homes trying to escape the chill of fall. Most of these visitors are not going to cause a problem because they won’t be able to survive in the home environment. Our homes are too dry and the humidity won’t be enough food to keep these pests alive.

Many of these short-lived visitors can be controlled without pesticides—a flyswatter, broom, and vacuum will work nicely. Gently sweep the beneficial wolf spider into a jar and release it outside away from the house. Snakes won’t find their way into the home should also be captured and released.

Accidental invaders are not the only creatures looking for a safe haven. Mice and rats quickly take advantage of unchecked openings around the house. These pests, unlike accidental invaders, can take up permanent residence in your house. Their control can be more difficult and expensive if they become established.

Protect your home from unwanted guests by “pest- proofing.” By taking a few moments now to inspect your property, you may prevent rodents, snakes, and insects from using your home as a winter hideaway.

Here are some things you might look for:
• Doors, windows, and screens should be in good repair and fit tight. Caulking will keep pests out and help lower fuel bills.
• Do your floor drains need screens? If so, ask a professional to set you up properly.
• Check around your dryer vent and other openings to make sure they aren’t being used as a handy way to get into your house.
• Removing leaves and grass clippings from around the foundation, cleaning out window wells and general yard clean-up will get rid of hiding places size.
• Make sure all cracks and openings are sealed. (SC)

Is There a Cancer Epidemic in the United States?

The media and many advocacy groups would have the American public believe the U.S. is in the midst of a cancer “epidemic.” These groups perpetuate the myth there has been a sudden surge in new cancer cases and deaths and unknown environmental agents are the cause. A careful review of the facts reveals:
• With a few exceptions, primarily lung and AIDS-related cancers, there has been little overall increase in the number of new cases reported or the number of cancer deaths over the last 40 years.
• The number of deaths caused by many forms of cancer has actually decreased, including deaths from Hodgkin’s disease and cancers of the cervix, uterus (endometrium), stomach, rectum, testis, bladder, and thyroid.
• Modern screening meth- ods, such as mammography for breast cancer and the prostate-specific antigen (PSA) test for prostate cancer, create the appearance of a sudden increase in new cancer cases. There is no corresponding large increase in mortality from these forms of cancer, indicating we are finding more previously undetected malignancies.
• Most cancers are related to known lifestyle factors. Among the proven causes of cancer are: tobacco, diet, alcohol, radiation, sexually transmitted diseases or reproductive problems, and sunlight. Current research indicates some individuals may also have a genetic predisposition for certain forms of cancer.
• “Chemicals” in food and the environment don’t have a significant impact on overall cancer risk in the U.S.

Be Prepared for Head Lice

Did you know children may not scratch their heads until they’ve had head lice for up to 30 days? Some children don’t even scratch when they have head lice.

Don’t wait for the “scratching.” Learn how to manage head lice in your family, school, or child care setting. The video, “Removing Head Lice Safely,” is now being shown on Cable Tuesdays 3 and 10:30 p.m.

Tuesdays 3 and 10:30 p.m.
Thursdays 1 p.m.
Sundays 5 and 9 p.m.

As always, the video is available on demand via the internet at http://www.ianr.unl.edu/ianr/lanco/enviro/louse风俗

For more information, call or stop by the extension office to pick up your free copy of the factsheets on head lice management and prevention. (SC)

Thank You 5CityTV!

We would like to recognize Bill Laxford at 5CityTV for helping us make this video available to the viewers.

In addition to the video appearing on Cable Channel 5, 5CityTV has also made it possible for you to view the video on the internet at your convenience.

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See CANCER on page 11

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See CANCER on page 11
Prevent Grain Bins and Equipment Before Harvest

- With harvest rapidly approaching, now is the time to prepare grain bins and harvesting equipment to help ensure that grain going into storage will remain in good condition. Don’t wait until the middle of harvest to discover that a bin foundation is severely cracked, or find even later that insects from grain that was left in the combine last fall have severely infested a bin of new grain.

- Harvesting Equipment
  - Remove all traces of old grain from combines, truck beds, grain carts, angiars, and any other equipment used for harvesting, transporting, and handling grain. Even small amounts of moldy or infested grain left in equipment can contaminate a bin of new grain.

- Bins and Other System Components
  - Check the bin site and remove items or debris that would interfere with safe, unobstructed movement around the bin. Remove any spilled grain and mow the site to reduce the chances of insect or rodent infestation. If necessary, re-grade the site so that water readily drains away from bin foundations.
  - Inspect bins and foundations for structural problems. Inspect the bin roof and sides, inside and out, for leaks, loose or sheared bolts, rust, other corrosion, etc. Check the roof vents and access hatch, and cask any cracks at the roof line. Be sure the access ladder is complete and securely fastened to the bin. Repair or replace any deteriorated compo- nents.
  - Wiring for fans and other electrical components should be considered tools not equipment to help ensure the safety belt when operating a ROPS equipped tractor so they are not ejected from the tractor in an accident. People need to be aware of the dangers of “drowning” in moving grain. ATV’s should be considered tools not toys. Finally, so many times, one reads about passengers, not the driver, being fatally injured in an accident. Tractors, combines, and other equipment are no place for passengers. Many times they are precariously situated and easily dislodged, run over by the tractor, by a pulled implement, or they are thrown from the tractor suffering head and neck injuries. Sometimes the passenger is actually part of the cause of an accident, because they interfere with the driver’s ability to react to an emergency. Harvest will soon be underway and we will be into one of the busiest times of the year. Long hours and dangerous working conditions are accepted as a normal part of the life of a farmer, but no one should become a statistic for the sake of getting done a day or two earlier. For the rural residents reading this (school kids in- cluded), remember to be watchful on county roads. A car going 50 miles per hour coming up behind a farm implement moving at 15 miles per hour closes at a rate of almost 20 miles per hour. Be sure that all connections are tight.

- Ensuring that the bins are clean. Remove any old grain from the bins, brooms and vacuum cleaners. Never put new grain on top of old. Also, clean bins not being used for storage this year to keep insects from migrating to other bins. It is generally impossible to thoroughly clean under perforated drying floors. Although by removing the drying fan, and using a grain vacuum, much of the accumulated debris can be removed. The bin should then be fumigated with chloropicrin. (Chloropicrin is a Restricted Use Pesticide and requires gas monitoring devices and respira- tor protection.) If long term storage (over 10 months) is anticipated, then a...
The Contingency Plan and the Exit Strategy
By Frank Leibrock, Small Business Support Colorado State University Cooperative Extension

During the past few months, we have discussed various aspects of your business planning. We have looked at different sections of the planning document. In summary, what we have outlined includes the following:

• The Executive Summary
• The Concept Description
• The Management Team
• The Product or Service
• The Marketing Plan
• The Operations Plan
• The Systems and Services

Today, we will close this series on business planning by looking at the final two items you should incorporate into your plan.

And all well-prepared plans allow for contingencies. These “what if” scenarios deal with the issue of “what happens when things go wrong.” And things will not turn out as you anticipate, no matter how good your crystal ball. It is for this reason

your plan should include contingencies for any problem you can anticipate—from slow consumer acceptance, to drastic competition backslash, to unexpectedly high demand. The content of this section will be highly variable, and will depend greatly on your business type, your competitive environment, and your ability to recognize and analyze trends.

At the outset of this series, I referred to, “Beginning with the end in mind.” I repeat that phrase here, for it deserves your consideration once more.

How are you going to get out?

Are you going to sell to someone else? Are you planning on being bought out by a larger firm? Are you going to take your firm public and sell stock?

The last thing you want is a business that is working well, but you can’t do anything with it. Why is this so important?

Because if you use your business plan to secure financing from investors or venture capitalists, they may want to invest their funds for only a few years. Then they will want to sell their stake and invest elsewhere. You need to be prepared to deal with this possibility.

Designing a good business plan is an art. As I said at the beginning, what I have presented in this series is one approach to that art. As I also mentioned at the beginning, if you are having trouble putting your plan together, chances are you will have difficulty with the rest of your business as well. Spend the time to prepare your plan, from beginning to end. You will discover there are pitfalls and potholes along the road to a successful business. Good planning will help you avoid them.

Travel well. (DJ)

African Violets and Growing Tips

African violets are popular houseplants, because they’re relatively easy to grow for most people, but they will require maintenance. Before purchasing new plants, inspect them closely for pests, particularly thrips and mealy bugs. Thrips are tiny insects that live on flowers. They often feed on the pollen sacks and damage the petals. Because they hide deep in the flower structure, they are difficult to control with insecticides.

Mealy bugs look like specks of cotton and tend to cling near the plant’s stems and leaves. They suck juices out of the plant and weakening it. They are difficult to control because of the cottony covering over the insect’s body. Mealy bugs can be controlled by dabbing individual cottony masses with a cotton swab dampened with alcohol, but this is very tedious. It’s easier to buy plants that are not infested.

A common misconception about African violets is water shouldn’t touch the leaves or they’ll get water spots. Cold water causes leaves to develop brown spots, but tepid or lukewarm water can be used without causing damage. For extra insurance, dab off the excess water drops. Periodic rinsing of the foliage removes dust and soot so the plants will thrive. Try to avoid letting water sit in the crown of the plant, as rot may develop.

An easy way to water African violets is to put them on a wick watering system. 1. Run a piece of wet yarn through a flower pot and let several inches of yarn dangle out one of the drainage holes. Acrylic yarn works best because it won’t rot or fall apart in water.

2. Fill a small margarine tub or deli container with water or one-quarter strength fertilizer solution. Make a hole in the lid of the container and snap it on the bowl. Set the dotted violet plant on top of the water container and direct the yarn through the hole and into the water. The yarn will wick water into the pot and the plant will absorb as much water as it needs.

3. Check the water level in the container periodically and add more as needed. Rate of use by the plant will depend on the plant size, growing temperature, and soil type.

5. Every few months, place the violets in a sink and leach them, if needed. This helps to remove salts and chlorides from the soil. Place them back on their water reservoirs and watch them grow! (DJ)

Benefits of Acreage Windbreaks

Well-designed windbreaks can cut energy costs as much as 20 to 40 percent. Individual savings depend on local site and climatic conditions, the construction quality of your home, your living habits, and the design and condition of your windbreak.

Local wind conditions affect the amount of energy needed to keep a home comfortable during cold winter months. Unprotected buildings, buildings with poorly fitted doors and windows or frequently opened doors, and buildings in areas with high average wind speeds, coupled with low average temperatures, are left vulnerable to winter’s extremes. Windbreaks reduce the force of the wind on the exterior surfaces of buildings and thus the amount of cold air that enters the home.

In the summer, the inside and outside temperatures of a home may be very similar. Usually, this means the reduction of hot air entering the home provides only minimal savings in home cooling costs. However, in areas where hot winds are common and most homes are air-conditioned, a reduction of hot air infiltration into the home can reduce air conditioning demands and, likewise, energy consumption. Additionally, trees provide significant evaporative cooling and may lower the local air temperature several degrees.

Well-placed landscape plants, such as shade trees or foundation plantings, can provide significant savings.

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.lnrrl.unl.edu/acreage/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.

Acreage Insights

Quickies

If you think decorating your yard with driftwood and rock will help save energy costs, think again. A yard landscaped with a lot of rock will result in a lower water bill, but the heat reflected from the rock probably will raise summertime cooling by at least 20 percent.

Well-applied mulches conserve moisture. Too much is too much, however. More than four inches of mulch around a tree, for example, can be harmful because tree roots can’t exchange gases with the atmosphere. Mulch also attracts slugs and ants, so be wary about applying it next to a house foundation.

To care for your dieniebuncha, use a non-flowering houseplant fertilizer such as 10-10-10 once a month. Turn the plant once a week to keep it from growing crooked. Water a couple of times per week with tepid tap water. (DJ)

Trees from Seeds

In the past few years, there has been a growing interest in collecting seed from local plants. The assumption is the plants growing locally are better adapted to the area's ecosystem. Many of the other hardwood trees have seeds that mature for more than a few months, seldom is the seed available from commercial sources. For these two species, it is easier to plant seedlings than to try and locate seed and plant it. Many of the other hardwood trees have seeds that mature in autumn. Walnut, green ash, osage orange, boxelder, red oak, and bar oak seeds mature in late September and early October. Bar oak seed is ready to germinate when it matures, therefore, one to two years can be stored for more than a year. Several excellent sources of information on collecting and storing trees and shrub seeds are available. NebGuides “Growing Conifers From Seed”—G380 and “Growing Shrubs from Seed”—G393 are available from the Lancaster County extension office. (DJ)
Focus on Food

Alice Henneman, RD, LMNT, Extension Educator

Q: How long can you safely leave foods, such as meat, at room temperature? A: Never leave perishable food—such as milk, cheese and other dairy products, eggs, meat, poultry and seafood—at room temperature over TWO hours. Once fruits and vegetables are cut, it’s safest to limit their time at room temperature to TWO hours. Remember, one bacterium can grow to over 2 million bacteria in 7 hours! The longer food sets out beyond two hours, the greater your chances of getting sick. The two hour guideline includes preparation time as well as serving time. On a hot day, when the temperature is 90 degrees F or more, your “safe use time” decreases to one hour. When packing a lunch, if possible, store your packed food in a refrigerator at work. If refrigeration isn’t available, carry chilled perishable food in an insulated lunch container and include a gel freezer pack to keep foods cold. (AH)

What You Eat Can Affect How Well You Sleep

There are many reasons for problems sleeping. Food may be one of them. If you continually have difficulty sleeping, check with your physician. Sleeplessness may be a symptom of some other health condition. The problem can be falling asleep, staying asleep, or waking up too early. Here are some dietary recommendations from Environmental Nutrition newsletter that may help you sleep better.

Caffeine. Reduce or eliminate sources of caffeine, a stimulant may keep you awake. This includes coffee, tea, and many soft drinks. Be aware, some medications may contain caffeine.

Many people experience caffeine withdrawal—headaches, depression, drowsiness. Cut back gradually if you decide to do without caffeine entirely. Otherwise, consider limiting intake to earlier in the day.

Alcohol. Many people have a drink to help them sleep. Unfortunately, alcohol may have the opposite effect! You’re more likely to wake in the middle of the night after drinking. Have your last drink several hours before bedtime.

Liquids. If you frequently get up to go to the bathroom, avoid drinking liquids close to bedtime.

Smaller meals. A heavy meal close to bedtime can interfere with sleep. Make your night meal a lighter one. (AH)

Teens Gain Confidence in the Kitchen Through NEP

Working with teens is both fun and challenging. Approximately 300 teens, through six monthly groups, learn through hands-on cooking which encourages good health. Teen cooking is promoted through interactive games, activities, and discussion.

Many teens do not have opportunities to be successful in the kitchen. They think “Fast food” is the answer to their eating needs. Teens enjoy the individualized learning through NEP. The teens may choose what they will prepare, and the ingredients they will add to suit their individual tastes. For example, in July, each teen created their own recipe for a “fruit smoothie.” Some of their choices to add included tofu, yogurt, or fresh fruit. In June, teens made shaped homemade pretzels for a nutritious snack. They chose the shape of the pretzel and also learned how to make several economical and nutritious pretzel dips.

Teens say:

“Thank you for coming and cooking food for us that is healthy and good.” - Cedar’s Resident

“Thank you for all the fun time cooking and hanging out with us.” - Cedar’s Resident

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)

Get Fit with 5-a-Day Health Tips

Eating five or more fruits and vegetables a day is associated with helping protect against certain types of cancer, heart disease and osteoporosis as well as with aiding in weight control. Here are some tips from the Produce for Better Health Foundation to help you include five or more fruits and vegetables in YOUR daily diet:

FACT: Americans are more likely to start the day with coffee.

ACTION: Start your day with 100 percent fruit or vegetable juice and strive for five! FACT: Only 10 percent of foods consumed at breakfast are fruits, vegetables, or 100 percent juice.

ACTION: Add a serving of fruit with breakfast to make it extra special—a great way to 5-a-Day!

FACT: Nearly 65 percent of all fruit juices, and 34 percent of all vegetable juices are consumed at breakfast.

ACTION: Choose 100 percent fruit and vegetable juice for a refreshing break after your next workout. Eating 5-a-Day helps replenish vitamins and nutrients the body uses throughout the day. Get in shape through 5-a-Day.

ACTION: Enhance your meals by substituting carbonated drinks with 100 percent fruit or vegetable juice. Let your imagination run wild on 5-a-Day!

FACT: Only 17 percent of adults drink 100 percent fruit or vegetable juice at dinner. Let your imagination run wild on 5-a-Day!

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Cook It Quick!

Tips and recipes for cooking healthy foods in a hurry.

NUTRITION EDUCATION PROGRAM for Limited Resource Families

Marlene Meinke

Extension Assistant

Why did these pancakes rise so much higher than the boughten ones? - YWCA Teen Mom

It is rewarding to watch teens make good choices on their own as a result of the knowledge and experiences they gain through the Nutrition Education Program. Monthly groups include Cedars TLC, Boys Group Home, Unity Home, YWCA Teen Moms and Centerpointe teens.

For further information or questions please contact Mardel Minke at 441-7180. (MM)

To be added to the mailing list, e-mail Alice Henneman at AHENNEMAN1@UNL.EDU

Page 6

September 2000

The NEBLINE

Food & Fitness

Enjoy Nebraska Foods!

Alice Henneman, RD, LMNT, Extension Educator

September is National Honey Month. Nebraska is one of the top honey-producing states in the nation. Enjoy this vegetable dish from the National Honey Board (www.honey.com). Nebraska is one of the top honey-producing states in the nation.

Honey-Glazed Carrots

Makes 4 servings.

3 cups sliced carrots
1/4 cup honey
2 Tablespoons butter or margarine
2 teaspoons chopped parsley
1-1/2 teaspoons mustard

Steam or microwave carrots until crisp-tender. Stir in remaining ingredients, tossing to coat evenly.

Bread & Cereal

Sodium, 126 mg; Dietary Fiber, 3.68 g

Vegetables

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Clarice's Column

Clarence Steffens
FCE Council Chair

Thirty days hath September...Thirty days to enjoy the waning summer and the beginning of fall. Days to make changes in schedules, adapt to the school routine, resume our club meetings, see Nebraska turn into a sea of red, and make decisions about school supervision. What do the teens do when school is out and parents are watching? Many teens do when school is out and parents are at work when youth get out of school. It is not wise to assume youth can entertain themselves until parents get home. Teens will need supervision. A lack of supervision by parents increases the likelihood youth will engage in riskier behaviors than when adults are watching. This includes sexual activity, drug use, and theft to name a few. Teens often do what their friends are doing to feel accepted. Nearly half of all violent juvenile crimes on school days take place between 2 and 7 p.m. Only one seventh occur between 11 p.m. and 7 a.m. Youth today spend a considerable amount of time watching television, playing video games, and socializing. See TEEN on page 12

Teen Supervision after School

When teens go back to school in the fall, parents need to address the issue of after school supervision. What do the teens do when school is out and parents are watching? Family and Community Education (FCE) club reorganizational packets are ready for club presidents to pick up at the extension office. It includes the dues information for club treasurers. The FCE Leader training lesson “Is It Alzheimers?” is scheduled for Tuesday, September 26, 1 p.m. and will be presented by Lorene Bartos, Extension Educator.

This lesson is designed to educate people about Alzheimer’s disease and provide ideas for helping those affected by this illness. Anyone interested in Alzheimers is invited to attend. Non-FCE members should preregister by calling 441-7180, so materials can be prepared.

FCE Reorganizational Packets

Family and Community Education (FCE) club reorganizational packets are ready for club presidents to pick up at the extension office. It includes the dues information for club treasurers.

Information in the packet has October due dates. It is time to look forward and plan an exciting and educational year for FCE. If you have questions call Lorene or Pam, 441-7180. (LB)

- FCE News -

Thank You

I would like to take this time to thank everyone that helped with Health Awareness Day. It was greatly appreciated. We had a great turn out.

Thanks

Ann Meier, Chair of Health Awareness Day

September FCE Council Meeting

The September Council Meeting is scheduled for Monday, September 25, 7 p.m. at the Lancaster Extension Education Center. Awards will be presented to the winners of the literacy and poster contests. The Lancaster County Chorus will entertain the council, followed by the business meeting. (LB)

FCE Leader Training

The FCE leader training lesson “Is It Alzheimer’s?” is scheduled for Tuesday, September 26, 1 p.m. and will be presented by Lorene Bartos, Extension Educator.

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CHARACTER COUNTS! Corner

Making Good Decisions

Making good decisions isn’t always easy. It is a process everyone should learn because good decision making leaves people feeling confident of their choices. Parents can help children make good decisions by using the following tips:

• Praise children for a job well done, and use constructive criticism when needed.
• Encourage children to think about the positive and negative consequences of their actions.
• Set good examples as parents. Don’t engage in activities or make decisions you wouldn’t want your children to.
• Instill values in your children about determining right and wrong, being honest, and being responsible.
• Encourage them to talk over decisions with trusted friends and adults.
• Use examples from the media of people who have made wise decisions or suffered the consequences of unwise decisions.
• Build confidence in your children and support them. Good decision making results in self-confidence.

Making good decisions is an important part of developing character. Setting a good example of healthy choices your child learn good decision making skills. It is important to involve children in family decisions. Explain the various options and listen to their perspective. As the adults parents have the final say, so make decisions carefully. (SS)

The Case for Family Chores

Now the kids are back in school, have you made the case for family chores? Although children often resist doing work around the house, chores are a wonderful way to involve the family and teach life-long skills.

Work, family activities, personal interests, and community responsibilities keep families twice as busy as they used to be. In order to keep a home running smoothly, all family members need to pitch in, to get things done. Everyone will benefit. Sometimes working on a chore together works best. In other circumstances it may be best to negotiate a set of chores and the standards you expect with children.

Doing chores helps children.
• Increase their ability to be responsible.
• Build self-esteem and self-confidence.
• Learn necessary life skills that will help them when they have their own homes.
• Learn to prioritize, organize, and use time wisely.
• There is no absolutely reliable method to get children to help around the house. However, there are suggestions that may motivate children to do household chores.

Step 1: Initiate a family discussion

Step 4: Agree on acceptable standards and work quality.
• Be specific when setting up chores so everyone understand what is expected.

Step 5: Create a user-friendly home.
• Show how to reduce work by putting things away.
• Teach kids to combine tasks.
• Help them organize their chores.

See CHORES on page 12

CHARACTER COUNTS! Conference

The CHARACTER COUNTS! Conference for middle and high school educators scheduled for Wednesday, September 20, 9 a.m. to 3 p.m. at the Seward Community Center, in Seward, Nebraska has been postponed until the second semester. Watch the NEBLINE for more information about the re-scheduled event. (LI)
4-H Bulletin Board

- Teen Council will meet October 8, 3-5 p.m. All teens are welcome to join the fun. (TK)
- 4-H Ambassadors - October 8, 2 p.m. (LB)

Fair’s Over, Now What? Parent and leader meeting

Leaders, parents, and interested volunteers are invited to attend this 4-H training. Discover how to finish the current 4-H year and how to prepare for the next 4-H year. Awards, project completion/selection and club reorganization will be covered. See you there September 18 at 9:30 a.m. or 7 p.m. (TK/LB)

Award Nominations

Nominations are needed for the following awards by October 31. Application forms are available at the extension office.

- 4-H Meritorious Service — presented to individuals or organizations which have exhibited consistent and strong support of the 4-H program. 4-H members are not eligible.
- Outstanding 4-H Member — presented to an individual who has excelled in their involvement with the 4-H program and are 14 years of age or older. The basis for selection appraises the variety and depth of 4-H activities.
- I Dare You Youth Leadership Award — presented to individuals or organizations which have demonstrated personal integrity, lead well-rounded lives, and possess a willingness to assume responsibility. They do not need to currently hold leadership positions, but should be recognized by their peers and adults who work with them as emerging leaders. Two 4-H members will be selected from Lancaster County. (LB)

It’s Time to Reorganize!

Leaders, watch your mail for your club reorganization packet for the upcoming 4-H year. You should receive it by the end of September. (TK)

2000 AK-Sar-Ben Livestock Exposition and World Championship Rodeo September 18 through September 25

Schedule of Events

Thursday, September 21
3 p.m. Stalling quarters available for Breeding Beef, Feeder Calves, Lambs, Swine and Dairy
6-9 p.m. Check-in Feeder Calves
7 p.m. Feeder Calves must be on grounds
7 p.m. Rodeo

Friday, September 22
7-10:30 a.m. Check in Breeding Heifers
8 a.m. Begin weighing Lambs
8 a.m. Breeding Heifers must be on grounds
9:15 a.m.-2:15 p.m. School Tours
10 a.m. Judging of Feeder Calves:
1. Feeder Heifers
2. Champion Feeder Heifer
3. Feeder Steers
4. Champion Feeder Steer
5. Feeder Calf Showmanship
11 a.m. All Dairy Cattle and Market Lambs must be in stalls
1:30 p.m. Check-in Dairy Cattle
7:30 p.m. Rodeo

Saturday, September 23
7 a.m. noon Weigh and tag Market Beef
8 a.m. Judging of Breeding Heifers:
1. Charolais
2. Chianina
3. Salers
4. Herefords and Polled Herefords
5. Gelbvieh
6. Simmental
7. Commercial
8. Maine-Anjou
9. Limousin
10. Shorthorn
11. Angus
12. Tarantaise
13. Beef Breeding Showmanship
8 a.m. Continue check-in and weighing Swine
8 a.m. All Market Beef must be on grounds
8 a.m. Judging of Market Lambs, all day followed by showmanship
8 a.m. Judging of 4-H Dairy all day, followed by showmanship
Ring 1 - Holsteins
Ring 2 - Brown Swiss, Jerseys, Guernseys, Milking Shorthorns, and Ayrshires
11 a.m. All Market Swine must be in place
1-4 p.m. Weigh Market Broilers
4 p.m. Market Broilers must be in pens
5 p.m. (Or after completion of Lamb Showmanship Contest) Load all lambs, except Grand Champions and Division Champions
7:30 p.m. Rodeo

Sunday, September 24
7:30 a.m. Judging of Market Heifers
7:30 a.m. -Judging Catch-A-Calf
7:30 a.m. -Judging Market Beef Showmanship
7:30 a.m. -Judging of Market Swine all day, followed by showmanship
8 a.m. Catholic Mass in General Office Building
9 a.m. Judging of Market Broilers all day
10 a.m. Protestant Services in General Office Building
2 p.m. Rodeo
7 p.m. Rodeo

Monday, September 25
7:30 a.m. Judging of 4-H Market Steers
7:30 a.m. -Selection of Champion and Reserve Champion Division Steers as classes are shown
7:30 a.m. -Market Steers not in Auction or Carcass Contest, released (time will be announced)
6 p.m. Purple Ribbon Auction, Ak-Sar-Ben Hall

Tuesday, September 26
5 a.m. Load all cattle to cooperating packers for Carcass Contest (time is subject to change) (DK)
4-H Horse Achievement Night

The 4-H Horse Achievement Night dinner was held on Tuesday, August 8 to recognize the accomplishments of this year’s 4-H horse exhibitors. There were 150 participants in this year’s Lancaster County Fair Horse Show. Exhibitors were given awards in several different categories.

Eighty-five exhibitors participated in the horse judging contest and the winner of each age division won a belt buckle. Top ten in each category were:


The Confer Trail Award is given each year to the exhibitor with the best trail trail time. This year the award went to Rachel Braunsroth, daughter of Brad and Cindy Braunsroth of Lincoln.

The Manning Barrel Trophy for the fastest barrel race time was won by Ashley Schoneweis, daughter of Rod and Connie Schoneweis of Lincoln. The Wittstruck Memorial Trophy is given to the “all around champion individual” horse exhibitor. When registering for the fair, the rider must choose six classes to use for award points. These six classes must be from three of four categories of events; those being showmanship, speed, performance and pleasure events. For the second year in a row, the winner of this year’s Wittstruck Award is Josh Blum, son of Gary and Lori Blum of Malcolm. Josh won purple ribbons in all six of his chosen events, was champion in two of those and reserve champion in three. Congratulations Josh (EK)!}

Video Tapes Available

For those horse exhibitors who will soon be experiencing the winter weather blues and need something to do to stay on your toes, there are eight new video tapes available for check out from our office. These are the Horsin’ Around 2000 videotapes, recorded at the annual Horsin’ Around Conference, with tips from Carla Wennberg, one of the nation’s top judges and premier instructors. The tapes are: Finding the Versatile Athlete, Strategies for Showmanship at Halter, Equine Insurance 101, The Horseman’s View and Equine Insurance View, More Showmanship at Halter Developing the Western Horsemanship Horse Western Horsemanship The Horse and Rider Team The Horse Under Saddle Horse, and Finishing the Hunter Under Saddle Horse and Skills and Drills for Improved Hunt Seat Equestrian.

To check out any of these video tapes, please call the office and ask for Ellen. (EK)

Outstanding Rabbit Exhibitors!

Each year the Lancaster County 4-H VIPS Committee chooses an Outstanding and a Reserve Outstanding Rabbit Exhibitor from the County Fair. Participation in all rabbit events is taken into account for use toward award points. The winners of the awards entered not only live rabbits, but also static exhibits, the rabbit judging contest and rabbit quiz bowl.

The Champion Rabbit Exhibitor Award went to 18 year old Todd Filips of Malcolm, and the Reserve Outstanding Rabbit Exhibitor Award to Lindsay Brinson of Eagle. You did a fantastic job! (EK)

Prudential Spirit of Community Awards

The search is on to find our top 4-H community volunteer. Each state selects one middle school and one high school individual. If you are selected, you could receive $1000, an impressive silver medallion, and a trip to Washington, D.C. (if you feel you’ve made a positive difference through a volunteer activity during the past year.) This award recognizes individuals in grades 5-12 solely on the basis of their volunteer activities. Volunteer activities should have occurred after September 1, 1999. Applications are available at the Lancaster County Extension, 444 Cherry creek Road, Lincoln, NE 68528, 441-7180 or on the Internet at www.prudential.com or at www.nass.org. They are due October 31, 2000. (LB)

Awards

4-H awards books are due in the extension office October 31. The awards competition will remain, as it has in the past, for county and district competition. All 4-H members 12 years old and older are eligible to submit books for county awards. If you have questions, call 441-7180. (LB)

Thank you Trophy Sponsors

Lancaster County 4-H and FFA youths would like to thank all the businesses and families who made donations towards county fair awards and trophies. Your dedication and support towards youth programs is greatly appreciated! (DK)

Make a Difference Day

Saturday, October 28 is Make a Difference Day. A small act of kindness can make a difference to a person, family, or community in need. 4-H clubs can create and participate in activities that benefit their communities. Check out the Make a Difference Day website at http://www.usaweekend.com/diff/day/index.html and find funding sources and ideas for projects. Remember to keep a record of your activity (with photos and quotes for participants). Please share your finished projects and activities with us. (TK)
Leon Meyer, Managing Director of the new Lancaster Event Center reports that construction progress remains ahead of schedule.

- Pavilion II is nearing completion, inside electricians and dry wall installers have been finishing building details. On the exterior installation of all outside overhead doors has been completed.
- Pavilion I has had air exchange units lifted into place and roof eves are being installed.
- Over 160 yards of concrete have been poured in the Lincoln Room of the multi-purpose building. Installation of the air exchange system is nearly completed for the building’s arena area.
- Construction of the geothermal heating and cooling system for the multi-purpose building has also begun.
- Installation of the Event Center’s water system is now complete with hookup to the water main to be the final step.
- Solicitation of bids for asphalt paving of parking lots and 84th street Event Center marquee is underway.
- Opening for the Lancaster Event Center is scheduled for February 1, 2001.
- Over 170 facility user days have been designated from February 1 through December 1, 2001. (GB)

**Access Lancaster County Extension Office Thru the Internet**

Do you have the internet? If so... put it to use by logging on www.lanco.unl.edu to experience how knowledge can work for you! Back issues of the NE LINE, NU Facts information, and a full array of extension information is available. The site is also a source for subject related links and the University of Nebraska. (GB)

www.lanco.unl.edu

**Shortcuts:**
- Food Safety & Nutrition www.lanco.unl.edu/food
- Agriculture & Acreage www.lanco.unl.edu/ag
- Environmental Issues www.lanco.unl.edu/enviro
- Family www.lanco.unl.edu/family
- 4-H & Youth www.lanco.unl.edu/4h
- Horticulture www.lanco.unl.edu/hort
- Past issues of THE NE LINE www.lanco.unl.edu/nebl ine

**Opportunity for Child Care Providers**

Don’t miss this opportunity to learn effective ways to teach character to children in your care. Lancaster County Cooperative Extension will train providers on the six pillars of character, introduce activities for character building, and provide free curriculum for 4 to 6 year olds. Mark your calendars for Saturday, September 30, 9 to 11:30 a.m. For further questions or information call LaDeane or Suzanne at 441-7180. (LJ)

**Registration**

Name __________________________
Child Care Center __________________________
Address __________________________
City __________________________
State __________________________
Zip __________________________
Phone __________________________

Registration fee of $5.00 per person must be enclosed with registration. Make check(s) payable to Lancaster County Cooperative Extension. Refreshments will be provided.

Registration deadline is September 27.

*Return Registration form and fee to:
University of Nebraska Cooperative Extension in Lancaster County
LaDeane Jha
444 Cherrycreek Road
Lincoln, NE 68528-1507*
Helpful Hints for Saving Money

A penny saved is a penny earned. There are many ways to save money when your budget is tight. The bottom line is to see what you can live without. For example, if you eat out a lot, limit those outings to once every two or three weeks. Make going out to eat a special occasion, or a privilege instead of a habit. Make a list for grocery shopping. This way you can limit yourself to only buying what is absolutely needed versus going without a list and buying whatever looks good. Also, making a list will help you spend only what is on your list, so you have a good idea of what your grocery bill is before going to the store. Another suggestion is to keep a penny jar. Put extra pennies in a jar and periodically take them to the bank when the jar is full. Start a new savings account with the extra pennies and watch the interest grow. Have a “poverty week” once a month and refuse to do any activities that cost money. Spend free time at home with the family and play board games, read books, and cook all meals at home. By the end of the week, you shouldn’t have spent any money on your wallet shouldn’t be empty. Don’t keep a lot of cash in your wallet, it is easier to spend cash and later you will wonder where the money went. On the contrary, if you write a check for everything, you will probably be less likely to spend money. Also, deduct from your balance right away in the checkbook register. You will probably be more likely to limit spending because of constant monitoring of your checking balance. The other advantage to not having cash in your wallet, is avoiding “little” expenses that add up, like candy bars and sodas. You simply won’t have the means to pay for them at the time. Buy generic brands of foods and other goods. The generic brands are often just as good as quality as the more expensive brands but cost a lot less. Finally invest in the future! If you have a sum of money which will not be needed for the next couple of years, put it in a CD or savings bond and watch the interest grow. (SS)

Being a Balanced Parent

In the frenzy over scheduling—from balancing the checkbook to delivering family members to various appoint- ments—it is easy for parents to overlook the most basic parenting principles. Remind yourself to slow down and count every day blessings.

Every day, for at least a few moments, try to imagine the world from a child’s point of view. Think about how you appear and sound to a child. Then think about how you may want to modify the way in which you speak to children. Parents should see their children as great just as the way they are. Even when children disappoint you, look for the good qualities. Consider whether your expectations are realistic and in the best interest of your child. Be careful about how expectations for children are communicated—keep in mind what is best for the child first. Learning how to handle stress helps parents deal with situations more effectively. Children learn what parents model. It is important that children are able to see parents as their center of balance. Parents should apologize when they have betrayed a trust, even in a little way. An apology sets a good example of admitting mistakes. Finally, remember that the best gift parents can give their child is themselves. Parents should make children an integral part of their life and find joy in what makes their family special. (LJ)

YELLOWJACKETS

found foraging around compost piles, garbage receptacles, and picnic sites. Their activity can be discouraged by covering all food and drink and disposing of waste in trash containers. Yellowjackets are highly attrac- tracted to overripe fruit. It is important not to remove fallen fruit promptly.

Traps can be used to capture foraging yellowjackets and provide short-term protection during picnics and at foraging locations. Non-toxic traps are available in yard and garden stores. The most effective traps use a synthetic attractant—n- heptyl butyrate to lure workers into a trap from which they cannot escape. Non-toxic baits include lemonade, grenadine, fruit flavored soda pop, beer, and fruit juices may also work. Traps

WINDBREAKS

energy savings of 15 to 35 percent.

Winter storms on open and unprotected land can render a farmstead snowbound. A properly con- structed windbreak, which you speak to children.

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FIT

the foods consumed at lunch are fruits, vegetables, or 100 percent juices.

ACTION: Lighten your day the 5-a-Day way! Create a salad for lunch and snack on fruits and vegetables during the day. You’ll feel better and look it too.

FACT: Americans are four times more likely to pick a processed snack, than a fruit or vegetable.

ACTION: Select fruits and vegetables for a snack full of vitamins, nutrients, and good taste. Lose those empty calories, and reach for a 5-a-Day! (AH)

Pollution

Center. Originating in California in 1992, Pollution Prevention Week gained widespread popu- larity before becom- ing a national effort in 1995. The National Pollution Preven- tion Roundtable (Washington, D.C.), the largest membership association devoted solely to pollution prevention, is taking a leading role in promoting widespread participation in National Pollution Prevention Week. Events in other communi- ties include poster contests, parades, and various classroom activities. Lincoln began cel- ebrating National Pollution Prevention Week in 1995. Wendy Worth, Ph.D. It was

Statistics

rate of over 50 feet per second. Heavily loaded trucks and grain trailers can’t stop as quickly as a passenger car. Trucks and trailers filled with grain equipment may be entering the roadway from field lanes in places where you wouldn’t normally expect them. Eight row headers are over 25 feet wide and take up nearly all of a roadway. (TD)

Cancer

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the foods consumed at lunch are fruits, vegetables, or 100 percent juices.

ACTION: Lighten your day the 5-a-Day way! Create a salad for lunch and snack on fruits and vegetables during the day. You’ll feel better and look it too.

FACT: Americans are four times more likely to pick a processed snack, than a fruit or vegetable.

ACTION: Select fruits and vegetables for a snack full of vitamins, nutrients, and good taste. Lose those empty calories, and reach for a 5-a-Day! (AH)

Pollution

Center. Originating in California in 1992, Pollution Prevention Week gained widespread popu- larity before becom- ing a national effort in 1995. The National Pollution Preven- tion Roundtable (Washington, D.C.), the largest membership association devoted solely to pollution prevention, is taking a leading role in promoting widespread participation in National Pollution Prevention Week. Events in other communi- ties include poster contests, parades, and various classroom activities. Lincoln began cel- ebrating National Pollution Prevention Week in 1995. Wendy Worth, Ph.D. It was

Statistics

rate of over 50 feet per second. Heavily loaded trucks and grain trailers can’t stop as quickly as a passenger car. Trucks and trailers filled with grain equipment may be entering the roadway from field lanes in places where you wouldn’t normally expect them. Eight row headers are over 25 feet wide and take up nearly all of a roadway. (TD)

Cancer

energy savings of 15 to 35 percent.

Winter storms on open and unprotected land can render a farmstead snowbound. A properly con- structed windbreak, which you speak to children.
consider treating the cleaned bin with protective insecticides at least two weeks before adding any grain. Apply the spray to the point of runoff to as many interior surfaces as possible, especially joints, seams, cracks, ledges, and corners. Also spray outside the bin at the foundation and near doors, vents, ducts, and fans. Malathion, methoxychlor, Tempo, Reldan (stored sorghum fans).

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After hours 441-7170
FAX 441-7148
COMPOSTING HOTLINE 441-7139
NEARLYS INFORMATION CENTER 441-7188
EXTENSION OFFICE E-MAIL LanC0@unl.edu
World Wide Web Address www.lanco.unl.edu
OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday

GRAIN BINS continued from page 4

Or surfing the Internet. Without parents around to monitor what they are doing and how much time they spend with these hobbies, teens may form an unhealthy dependency to this kind of entertainment. Excessive television watching can lead to obesity due to inactivity. Excessive video game playing can lead to violent behaviors (if the games are violent), and surfing the Internet can be dangerous if teens are clicking onto sites their parents would not approve of (such as pornography). If both parents have work commitments, arrangements should be made to keep youth busy after school. Parents should sit down together and decide what actions should be taken to ensure their teens are supervised after school. Some suggestions include:

- Ask for flex-time at work.
- Try to arrange a schedule so one parent can be home after school and monitor what they are doing.
- Have your teens choose between working part-time after school or volunteering.
- Encourage your teen to get involved with after-school sports or extra-curricular activities. The busier the teen, the less time they will have for trouble.

- Work on forming after school study halls for teens at area churches or family resource centers.
- Never let your teen stay home alone after school.
- Always remember your behaviors and priorities are examples to your teens, so don’t engage in behaviors you wouldn’t want your children to. (SS)

CHORES continued from page 7

time i.e., “to-do” lists. Step 6: Set a deadline for the work to be done. Step 7: Decide on the rewards for a job well done and the consequences of not completing tasks.

Discuss problems before they occur and let everyone know what to expect. Agree in advance about consequences and consistently apply them.

Step 8: Be a good role model.

Step 9: Make sure everyone has time for fun and enjoyment.

With a little luck and the cooperation of all family members, you too can reap the rewards of shared chores and a neat and tidy home. (LJ)

TEENS continued from page 7

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