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earth wellness festival
fifth year celebration

At Southeast Community College on Thursday, March 25, approximately 3,000 youngsters and their teachers attended earth wellness festival, making that nearly 16,000 participants in five years. They came to learn about the relationships and interdependency of land, water, air and living resources. Then these youth discovered how their actions impact our planet and...that fifth-graders could enrich the environment.

Through hands-on activities, over 90 presenters and 275 volunteers helped kids and teachers dig, poke, squeeze, dunk, smell and taste—through discovery youth experienced science in an exciting way. Some youngsters learned how to compost with worms, others made recycled paper, learned about acid rain, ate chocolate-covered insects. Students discovered that water is a precious resource that must be protected and conserved. Still others explored the world of animals, their habitats and how and why these animals survive, how wind causes erosion, why watersheds and trees are important. And how and why snails can climb over razor blades without injuring themselves.

Otto Rosfeldt took them a step back into a simpler time with his music, while Matt “Sitting Bear” Jones acquainted youth with the lives of his native peoples through storytelling. Marsh and Sayre sang environmental songs and the students sang right along. The World Bird Sanctuary taught fifth-graders about birds of prey and how to preserve their populations and habitats. Raptors included hawks, owls, kestrels and eagles. What an exciting day! A culmination to the study of environmental issues presented to these young students every day!

Thanks to all steering committee members, presenters and volunteers, all organizations and businesses who supported earth wellness festival. The youngsters of Lancaster County appreciated your interest. And...we are making a difference!

Special thanks to earth wellness festival Steering Committee: Cooperative Extension in Lancaster County/UNL, City of Lincoln, The Groundwater Foundation, Lincoln-Lancaster County Health Department, Lincoln Public Schools, Lower Plate South Natural Resources District, Southeast Community College, University of Nebraska Cooperative Extension, University of Nebraska Water Center and Ventures in Partnerships.
Basil in the garden

Basil is one of the most popular herbs grown in the world. It is native to Asia and can be found growing wild in tropical and sub-tropical regions of the world.

Basil has many uses, the most common of which is its culinary use. As a fresh herb, it is used to flavor foods such as vegetables, poultry and fish. Basil can also be dried. The flowers of basil are also edible and can be used as an additive to salads and other dishes.

Besides its edibility, basil is an aromatic herb and is often used in potpourri and sachets. As an ornamental in the flower garden, basil has attractive foliage and flowers. Basil is a tender perennial grown as an annual. It can be grown easily from seed. Start seed indoors 4 to 5 weeks before the last frost date. It likes warm temperatures (about 75° F) for germination. Seed can also be sown directly in the outdoor garden after it has been warmed in the spring. Plant basil outdoors after all danger of frost is past. Basil does not tolerate cold temperatures. Plant in full sun. Water regularly with an inch of water a week. Basil can also be propagated vegetatively through tip cuttings. Root cuttings in moist potting soil. To harvest, remove terminal flowering branch whenever four sets of true leaves can be left on the plant. This encourages bushier growth and increased yield. For best foliage flavor, cut before the flowers bloom. After cutting, wash and pat leaves dry. Use immediately or store in perforated plastic bags in the refrigerator. When drying the leaves, harvest early in the day but after the dew has dried. Spread leaves on screens or loosely bundled and air dry. Basil is a member of the mint family which is characterized by square stems. They belong in the genus Ocimum. Over 150 different species and varieties are available. These are

Color your landscape with 1999 rose winners

The four All-America Rose Selection (AARS) winners making their debut in 1999, would make a colorful addition to any landscape. Consider adding one to your rose garden.

*Garden Oranda*  
Set against dark green, orange foliage, the coral and orange flowers of this All-American winner, flicker brightly. The lightly-scented grotesque blooms are topped with its 4 inch flowers with numerous petals. *Candelabra* grows to a height of 4 feet. It is an upright, well-balanced plant with its colorful flowers present in large clusters. The plant is disease resistant which translates to easy care for the gardener.

*Kaleidoscope*  
As each turn of a kaleidoscope presents an abundance of different colors thanks to the glass prisms locked inside, so does ‘Kaleidoscope’, the landscape shrub rose AARS winner for 1999. The tan and lavender shades fade to lavender pink along the tip creating color variation with each movement of the sun or the flower itself. The mixture of prism colors include the medium dark green, vivid red and white striped bloom featuring long canes of 10 to 14 feet with medium to long stems wrapped in glossy, deep green foliage. Unlike other climbing rose varieties in color and style, ‘Kaleidoscope’ is a naturally rounded, medium to tall plant with flowers and foliage to the ground, making an ideal landscape plant. The plant also offers an attractive, moderately fruity, sweet fragrance. Long, elegant and pointed buds mature into 4 inch flowers. (MM)

*Betty Boop*  
‘Betty Boop’, the fourth AARS winner for 1999, is an ivory with a red edge floribunda that likes to flower early and often during the growing season. The brightly colored clusters of flowers shine among deep green leaves. ‘Betty Boop’ is a naturally rounded, medium to tall plant with flowers and foliage to the ground, making an ideal landscape plant. The plant also offers an attractive, moderately fruity, sweet fragrance. Long, elegant and pointed buds mature into 4 inch flowers. (MM)

Many factors help determine whether to plant annuals or perennials. Look at the adaptation and the ease of growing. According to Don Steinmeig, horticulturist, NUTANR, “both perennials and annuals can be found to do well in any situation, but the choice of each to determine what works best.”

A non-annual is a woody plant that completes its life cycle in one season, ending with seed production. Herbaceous perennials, which flower and live three years or more. Some examples of annuals include four o’clocks, dusty miller, impatiens, pansies, moss rose and statice. Perennials include flowers like baby’s breath, columbine, hardy chrysanthemums, hostas, herbaceous peonies and yuccas. Annual flowers grow from seed, come into flower and die in its single growing season. Perennials above-ground parts generally are frozen and killed in the fall, but the crown, roots and/or underground parts live through the winter. Growth begins in the spring and the cycle begins anew. While perennials don’t require replanting every year as do annuals, expecting the same results, initial planning, proper soil preparation and occasional attention with proper attention to these details, a perennial garden can provide color and interest in the landscape throughout the growing season. Although annuals are thought to last forever, they occasionally must be replanted.

Annual flowers are a prime source of color that can accent and liven up a home landscape. Annuals begin blooming within a month of planting and continue until frost. Perennials have a shorter blooming period, giving more attention to foliage.

Growing habits of annuals and perennials can get confusing. For example, an annual plant might appear to be a perennial. Or a perennial may bloom one season then die back until winter, so it might appear to be an annual.

### 1999 April/May Garden Calendar

**Ground covers:**

**The landscapes quilt**

Ground covers are low-growing plants that spread quickly to form a dense cover. They add beauty to the landscape and at the same time help prevent soil erosion.

**Fourth of July**

The first climber to win the AARS award in 23 years, reaches showdown with a burst of vibrant colors just like the fireworks that inspired the name. This velvety red and white striped climber features long canes of 10 to 14 feet with medium to long stems wrapped in glossy, deep green foliage. Unlike other climbing rose varieties in color and style, ‘Fourth of July’ brightly thrust forth with clusters of strikingly large, 4 inch flowers. Gardeners will celebrate all summer long as repeat flowers explode in a shower of sweetly fragrant blossoms.

**Betty Boop**

‘Betty Boop’, the fourth AARS winner for 1999, is an ivory with a red edge floribunda that likes to flower early and often during the growing season. The brightly colored clusters of flowers shine among deep green leaves. ‘Betty Boop’ is a naturally rounded, medium to tall plant with flowers and foliage to the ground, making an ideal landscape plant. The plant also offers an attractive, moderately fruity, sweet fragrance. Long, elegant and pointed buds mature into 4 inch flowers. (MM)

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Many of us need reminders. That is the purpose of this calendar. Check the calendar each month and follow the recommendations if they are necessary in your landscape situation. (MJM)
Springtime animal FAQs

Barb Ogg
Extension Educator

Springtime is the time that animals are awake and active and the young are on their way. Along with these activities some species have a variety of behavior that seems to be odd, annoying or even bizarre. These are some of the most frequently asked questions that people call us about.

Q. Why are woodpeckers beating on my house?
A. They are male woodpeckers marking the territory of their mates, and even the young ones. This activity is called drumming, which is usually done on resonant dead tree trunks or limbs, but occasionally buildings can be used. Drumming substrates are based on the size of the sound generated. Woodpeckers may select metal surfaces such as metal gutters, downspouts, chimneys, TV antennas, plumbing vents and metal roof valleys. Drumming causes little damage to the building, but is annoying to their neighbors especially in the early morning hours when inhabitants are still sleeping. Drumming may continue for a spring-time activity that will stop once nesting begins. You may call a licensed wildlife control operator to handle themselves with this activity.

Q. I have birds repeatedly hanging outside of my picture window. Why are they doing this?
A. Will they harm themselves?
A. In the early spring, male birds are likely trying to establish territories for nesting sites. Their behavior results in attacking other birds that are invading the territory. When a male bird flies into a large picture window, it is trying to attract another male bird, which actually is a reflection of itself. A bird may think it is attacking by this repeated window attack. Cutting down on the reflection on the window will prevent these window attacks. Taping a_preds to the window will help cut down on window reflections.

Q. Are animals putting droppings in the bird bath (swimming pool)? Why?
A. Animals are very tidy after the young have hatched to prevent predators from finding the nest. Fecal matter from the young covers the nest with a sac-like membrane which enables the adults to dispose of the waste easily away from the nest. Bird baths and swimming pools are often used to dispose of feces.

Q. Swallows have been attacking our cat and even swooped down on us! Why are they doing this?
A. How can we protect ourselves from these dive-bombing birds?
A. Birds are very territorial when they have a nest of babies. When a cat, dog or human comes anywhere close to their nest, they see a predator that is a threat to their babies. This dive-bombing behavior is an effective, scare tactic meant to drive the predator away from their nest of young. Until the baby birds are on their own, you may want to stay away from the nest site. This may mean using other entrances around your house.

Q. The dive-bombing is very effective, but the birds are very unlikely to hurt you. Wearing a hat may make you feel safer or carry an umbrella.
Q. My children found a baby bird that fell from a nest. Will the parents abandon the bird if we helped it up?
A. Birds have a very poor sense of smell. The parents cannot smell human scent so the best thing is to put the baby bird back in the nest as soon as possible. The parents should take care of their baby if you don’t interfere.

Q. We’ve found an injured (abandoned) bird/animal. Who can I call?
A. Wildlife Rescue Team, Inc. provides care for orphaned and injured animals that are released into the wild. Call 473-1951 for more information.

Q. A skunk has moved into my yard. What should I do if there is one now and I want it removed. Who do I call?
A. You can call a pest control operator that works with wildlife (vertebrate pests).

Q. I see droppings in my yard. What kind of animals are they?
A. Grackles are very tidy birds. They clean up any messes (droppings) in the birdbath. You may want to put an umbrella.

Q. My children found a skunk in my garden shed. The animal is returned with return of trap. No deposit, no refund. What do I do?
A. Skunk & cat refundable deposit $30 non-refundable fee $5.
Q. A raccoon shredded a sandbox refill $20 non-refundable fee $5.

Q. What should I do about bats?
A. Bats are an important part of our ecosystem, not a pest. If you examine your property and see evidence that a bat is living in your building, you should contact Animal Control at 441-7900.

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Fertilizing with Phosphorus

The extension office receives several calls each spring asking about proper phosphorus fertilization timing and methods. Many times, questions stem from a misunderstanding of the differences between how phosphorus is made unavailable to plants during the growing season and how and where the nitrogen is converted to nitrate in the soil. Nitrate is not attracted to clay or other particles in the soil and therefore remains in its soil solution where it can be utilized by plants. Post growing season tests for nitrate nitrogen (NO\textsubscript{3}-N) in the soil test are therefore measuring essentially all of the available nitrogen in the soil. Phosphorus fertilizer, on the other hand, is completely water soluble (completely available) when first applied; however, it does not remain this way very long after it is applied to the soil. This process of available phosphorus being made unavailable to plants is called “phosphorus fixation.” Tests which estimate the amount of phosphorus that is unavailable to plants for uptake by plants are only measuring a small fraction of the total phosphorus in the soil.

Nebraska soils are generally well supplied with phosphorus. Total phosphorus contents average about 4,700 lbs of P\textsubscript{2}O\textsubscript{5} per acre for each foot of soil. Assuming a root zone of six feet, there is enough phosphorus in the top 18 feet of soil to supply farmers for growing 150 bushels of corn per acre per year. Unfortunately, only a very small amount of this total phosphorus supply is available each year because it must undergo weathering before it becomes available to plants. Even with 28,000 lbs of total phosphorus present in the root zone, phosphorus may be deficient for maximum crop yield. Our problem is to determine the amount of phosphorus available at any particular time and then use phosphorus fertilizers most effectively to maximize economic crop returns.

Soil test values are based on lab tests which use chemical processes to extract phosphorus from the soil sample. The results of these extraction techniques are reported as a concentration of available phosphorus expressed in parts per million (ppm or mg/kg). Several different chemical tests are used to extract phosphorus. The proper test for a given soil depends on the chemical properties of the soil, especially its pH and soil reaction (pH). In all cases, the tests themselves would have no value unless they were associated with field studies by soil scientists who correlate test data with yield response to phosphorus fertilization.

Phosphorus is only slightly mobile in the soil. Generally speaking, plant roots must be in contact with the soil phosphorus in order to extract it from the soil. Therefore, phosphorus must be present in the soil where plant roots are active and growing. This means that phosphorus applied to the soil surface will not be utilized well by most plants because plant roots don’t grow in the soil surface or in the upper inch or two of the soil profile because the soil surface tends to dry out quickly. For annual crops, such as wheat, corn, milo, or soybeans; the soil must be kept moist at the time of planting. An alternative is to broadcast applications of phosphorus near the soil surface. Generally, band applications of phosphorus fertilizer require about one half of the total phosphorus per acre to achieve the same yield results as broadcast and incorporated applications because the more concentrated band is not converted to unavailable forms (fixed) as quickly.

Topdressing phosphorus can be effective for perennial crops such as alfalfa and bermudagrass. These crops have very vigorous crowns from which many fine roots originate, thus phosphorus fertilizers can grow out of the upper portion of the soil profile. Make applications in early spring when crown growth is most rapid and soil surfaces tend to be moist. On new alfalfa plantings, if the soil pH is neutral (pH 7.0 or below), a common practice is to apply triple the annual rate of phosphorus fertilizer and incorporate it into the soil to ensure complete incorporation. This should be effective for three to four years for alfalfa growth. For high lime soils, with high rates of phosphorus fixation, annual or every-other-year topdressing applications are suggested for alfalfa.

For more information, see “Using ‘Chop Top’ for Phosphorus Fixation Effectively,” (NeGuide GS2-601-A), by E.J. Penas and D.H. Sander, Cooperative Extension Soils specialists. (TD)

See no weevil? Scout your alfalfa to make sure!

Stubble Treatment:
Frequently, the alfalfa weevil populations can be adequately reduced by timely cutting of the hay. This saves the expense of an insecticide treatment. After cutting and removing the hay, thoroughly examine the stubble for evidence of further feeding. If normal regrowth does not appear after 5-7 days, treating the stubble with a registered insecticide treatment may be necessary. When selecting a treatment, be sure to consider the harvest interval, the number of days between treatment and the earliest you can cut your alfalfa. This information is on the insecticide label. (BPO)

Some shortcuts:
- If cut 60-75 stems at ground level (about 1 inch above the ground), count the black heads and a light-colored larva, about 1/8 inch long, with black heads and a light-color 4 stripe down the middle of the back. Full grown larvae, are about 3/8 inch long.
- The following scouting a decision-making method can be used to help you determine the need for alfalfa weevil management procedures.

Stem Count Decision Method: Carefully break off cut stems at ground level and then put the stems in a steep-sided bucket. Be sure to select stems randomly from different parts of the field. Count the stems to determine their average height above the ground. Count the larvae, and compute the average number of larvae per head of alfalfa. Using the swarm of the soil, determine what management action to take. Your choices include: 
- If the average is 1-1.9 larvae, apply N. 
- If the average is 2-4.9 larvae, apply M. 
- If the average is 5-9.9 larvae, apply L. 
- If the average is above 10 larvae, apply H.

The following is reproduced from Starting a Rabbit Enterprise by Dr. Tom W. Smith, Professor and Extension Poultry Specialist, Mississippi State University. How to get started. Some points to take into account when considering whether to start a commercial rabbitry enterprise. I. Advantages A. High initial investment B. Small land requirement C. Labor D. Less physically demanding than many other agricultural enterprises. E. Earthworms F. A substantial rabbitry can be operated on less than one acre of land.

II. Disadvantages A. High initial investment B. Small land requirement C. Labor D. Less physically demanding than many other agricultural enterprises. E. Earthworms F. A substantial rabbitry can be operated on less than one acre of land.

Recommendations
- It is recommended anyone interested in raising rabbits for the first time enter into the business slowly, perhaps with 10 breeding does. If, after learning how to manage the business, you feel that you want to pursue it further, you can do so at a rate to suit your financial resources. If, on the other hand, you find that you are not suited for the rabbit business, you can sell your equipment and stock with little or no financial loss. Remember, keep both good financial and production records or you will not know if you are making progress and a profit or whether you are losing money. (TD)
Fertilizing trees and shrubs

Shade and ornamental trees and shrubs often benefit from added fertilizer. Proper nutrition can result in more rapid growth; faster recovery from injury, pruning or pest damage; improved plant health and better foliage color. Trees growing in modified soil usually will grow faster than those growing in good, natural soils, so if you have or plant trees in a "developed" area, a fertilizer program for these trees probably will pay big dividends.

Fertilizers are best applied during the dormant season (usually November through April). A second-best time is during the spring and early summer months (May through July). Do not fertilize between July and November.

Newly planted trees are not routinely fertilized in their first growing season. The use of a low analysis fertilizer is an exception. After the first year, fertilizer can be applied easily in granular form via holes dug throughout the root zone. A soil auger, punch bar, soil probe, or other tool can be used to make the holes. A hole 1 1/2 - 2 1/2 inches in diameter is ideal.

For a tree over six inches in diameter, apply three pounds of 10-6-4 or a similar low-analysis fertilizer per inch of trunk diameter. (Example: an eight inch diameter tree will require 24 pounds.)

Distributed the required amount of fertilizer evenly among the holes, placing no more than 1/4-1/2 cup of fertilizer in each hole. If you have fertilizer left over, drill more holes. Water until the holes stand full of water. The holes can then be filled with soil or a mix of soil, sand and peat moss.

Pine, redbud, spruce and fir trees should rarely be fertilized. These trees grow quite well in a wide variety of soils — unless they are too wet. Even in very poor sites, adapted pine varieties and redbud can be expected to do well without soil amendments. However, if evergreens are fertilized, do not exceed half of the recommended rate for deciduous shade and ornamental trees.

Seldom do flowering or evergreen shrubs require chemical fertilizers. However, in many parts of the country, these flowering and evergreen shrubs may benefit from properly timed nitrogen applications. Fertilizers containing 30-30-20 or 20-20-20 can be used at the rate of 3 to 6 pounds of actual nitrogen per 1000 square feet. The application should begin in early spring and be repeated every 3 to 4 weeks until growth is complete.

For a tree six inches in trunk diameter or less (measured 4 1/2 feet above ground), apply 1-2 pounds of 10-6-4, 20-20-12, 12-6-10 or a low-analysis fertilizer containing 5-10-5 per inch of trunk diameter. (For example, a 4-inch diameter tree will require 4 8 - 4 pounds of 10-6-4 fertilizer.) Any complete fertilizer containing 6-12 percent available nitrogen is acceptable. High amounts of phosphorus and potassium are not necessary.

Germination time can be hastened by presoaking seeds to soften their hard coat. Soak in tepid water for no more than 24 hours. Dry the seed carefully before planting. Wet seeds are more susceptible to decay causing organisms. Delay sowing seeds until after temperatures have warmed up to 70 degrees F. However, if evergreens are fertilized, do not exceed half of the recommended rate for deciduous shade and ornamental trees.

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Yield: 8 servings

Serving size: 1 wedge
- 1 box no-bake cheesecake mix (to make an 8” pie)
- 1 tablespoon liquid margarine or 1 tablespoon margarine, melted
- 3 to 4 tablespoons water
- 3/4 cup soy milk
- 1 package (10.5 oz) silken tofu
- 1 tablespoon liquid margarine, or
- 1/4 cup margarine or butter
- 1/4 cup milk

Combine graham cracker crumbs from box with the liquid margarine. Add the water, stirring well, until crumbs are evenly moistened. Put crumbs into an 8” pie plate and pat evenly across bottom and up the sides. Bake at 350 degrees for 15 minutes. Remove from oven and let cool.

Put the soy milk and filling mix from the box into a blender container. Cover and blend, scraping sides as necessary, until smooth. Add the silken tofu (well drained) and continue blending until smooth. Pour into cooled shell. Cover with plastic wrap and refrigerate a few hours before cutting into 8 wedges and serving.

Per serving: 217 calories, 7 g total fat (0.3 sat fat), 8 g protein, 33 g carbohydrate, 0 g fiber, 337 mg sodium, 5 mg cholesterol

Use an appliance thermometer to assure safe temperatures

One of the critical factors in controlling bacteria in food is controlling temperature. Patho- genic microorganisms grow very slowly at temperatures below 40 degrees F and multiply rapidly between 40 and 140 degrees F. For safety, foods must be held at proper cold temperatures in refrigerators and freezers and they must be cooked thoroughly. But how would a consumer know if the refrigerator was cold enough? The oven was heating at the proper temperature?

Appliance thermometers are specially designed to measure the temperature of the air in either the refrigerator/freezer or the oven. Whether they measure the temperature in the oven or refrigerator/freezer, most appliance thermometers are either liquid-filled or bimetallic coil thermometers, also called “spirit-filled” or “liquid in glass” thermometers, are the oldest types of thermom- eters used in home kitchens. As the temperature increases, the colored liquid (usually an alcohol solution) inside the glass tube expands and rises to indicate the temperature on a scale.

Bimetallic-coil thermom- eters contain a coil made of two different metals with different rates of expansion that are bonded together. The bimetal element is fixed, at one end and attached to a pointer at the other. As the temperature increases, the pointer will be rotated by the coiled bimetal element to indicate the temperature.

Refrigerator/freezer ther- mometers are specially designed to provide accuracy at cold temperatures. For safety, it is important to verify the tempera- ture of refrigerators and freez- ers. Refrigerators should main- tain a temperature no higher than 40 degrees F. Frozen food will hold its top quality for the longest possible time when the refrigerator is kept at 0 degrees F.

Most refrigerators and freezers can be easily adjusted to remove this temperature control. It is usually required when changing the temperature. An appliance thermometer can be kept in the refrigerator and freezer to monitor the temperature at all times. This can help the consumer detect the event of a power outage. When the power goes back on, if the refrigerator is still 40 degrees F and the

continued on page 11
Sending messages of love
Every child (and adult) needs to be reminded often that people love and value him or her. Often we forget to send messages of love to our children or we send messages poorly or we send only angry messages. We forget that sending messages of love, but the child does not get it. It is as though we are sending them the wrong language. There are at least three “languages” of love: showing, telling, and acting.

A child who likes show-me messages may want you to do things for her. She may want you to get her a gift, to buy her a gift, or to take time with her, to take her for ice cream, or to repair her bike. A tell-me child wants to hear words like: “I love you.”

“Your name is important to me.”

“I love to be with you.” A touch-me child may want you to hold her, hug him, rock him, cuddle him, or just hold his hand.

You can learn to send the right messages of love to your children. As you read the following list, think of each of your children individually. Consider what this method (or some thing) like it would be effective in sending messages of love.

Simpler ways to send messages of love:
Say, “I love you.”

Take a bike ride together. Hug the child.

Take a nature walk together.
Say, “I sure enjoy being with you.”

Eating is allowed only in the kitchen, dining room or out doors.

Wipe off counters after you’ve used them.

Simple bedtime: To make bedtimes simpler and less stressful, develop a routine. Routine is your friend. Prepare children for sleep and keep bedtime from being a surprise. Choose a reasonable time that fits your schedule and stick to it. If a child gets out of bed, calmly and lovingly return him to his bed again and—leave. Do not get involved in another bedtime story, a glass of water or more back ruts. If you do, constant demands for these things will continue to stretch out your bedtime. If you set washup time one-half hour before bedtime, getting the lights out will be easier.

Simple laundry: Getting the laundry done can be frustrating and time-consuming. Wash clothes only when they are dirty and not just because they’ve been worn. When possible, use a clothes dryer. Parking clothes together as a family by having kids help you with the food preparation helps the laundry.

Simple household chores: Everything your child can learn to do for himself is one less thing you have to do for him. When your child learns to do something for himself, you have given your child the gift of independence. To make everyone’s life simpler, institute some important household rules like:

1. If you use a dish or glass, wash it and put it away or put it in the dishwasher.

We are still collecting embroidery thread. Please drop them off by the extension office.

FCE has a theme for this year, “double our membership in 2000.” So clubs, let’s promote our organization and see if Nebraska and especially Lancaster County can do just that.

Have fun digging in the soil, planting all those wonderful seeds. One cucumber will ensure you enjoy the fruits of our labor.

For spring house cleaning an all-purpose cleaner will do a good job. Put everything on uniform color matched wood. For these surfaces, a use cleaning and/or polishing product formulated for wood. Similarly, all-purpose cleaners are not recommended for use on carpets. These products may affect the carpet dyes or remove the soil guard. For safe, effective cleaning on carpets, use a carpet cleaner.

All-purpose and multi-purpose cleaners work well on a multitude of surfaces and are truly effective. Label directions will specify the surfaces on which they can be used.

Simplification is about making time for the essentials of parenting—fostering independence, finding time for the essentials of love, and maintaining a mind that isn’t overwhelmed with the details of life.

FCE is all about finding time for the essentials of life. For example, FCE has all about finding time for the essentials of life. For example, FCE has an interesting speaker. To inform you of what’s happening with your local club. FCE will be presenting a fun program. For spring house cleaning an all-purpose cleaner will do a good job. Put everything on uniform color matched wood. For these surfaces, a use cleaning and/or polishing product formulated for wood. Similarly, all-purpose cleaners are not recommended for use on carpets. These products may affect the carpet dyes or remove the soil guard. For safe, effective cleaning on carpets, use a carpet cleaner.

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Jean Wheelock
FCE Council Chair

Happy springtime to everyone Jean Wheelock, FCE Council Chair

Kind of hard to think spring because I am writing this as we have had six inches of snow. So as I look out on the brilliant glisten- ing snow, I feel quite as though the hidden flowers will soon peek through. As I took a walk this morning to check out how the fields during the evening/night hours, I saw our maple tree in full bloom. What a beautiful sight of the reddish buds bursting open against the blue of the sky. I hope FCE can take this time to spring just quietly and observe how nature renews itself each year (in that process we can reweave ourselves).

Our spring council meeting has been surprisingly successful. LaVonne Uffelman has a collection of buttons and presented a fun program.

Simpler life: Stop trying to do it all. You really realize that you can’t clean the house the way you’d like every night, you’ll stop wearing yourself out or irritating your spouse and kids by trying. If the phone rings while you’re making dinner or reading to a child, don’t pick it up. Let your answering machine get messages. How you treat your children will be reflected in the way they treat you. The children don’t mean Don’t yell. Be polite and respectful, and trust your kids to do the right thing. For example, when children fight over favorite seats in the car, tell them they will have to take turns. Instead of blowing your stack, let them decide who will sit in the choice seat first.

Take a few minutes and think what it is in your life that you can simplify and do it.

Adapted from Bottom Line, Vol. 15, No. 7, April, 1998. (LJ)

Some parents use negative discipline approaches to control their children’s behavior. This often results in children who are angry or aggressive and have low self-esteem. Some of these negative behaviors include:

Commands: “Go over there and sit down!”

Forbidding statements: “Don’t touch that!” or “Don’t do that!”

Criticizing statements: “Oh no, you’re going to spill that!”

Statements: “I will never get you ready to go to bed on time.”

Threatening statements: “If you don’t eat right now, you will stay home from the mov- ies.”

Unreasonable punishment: “Go to your room for the entire day.”

Explosive anger: Emotional and verbal expression of nega- tive feelings.

There are more positive ways to deal with anger and frustration. Some parents tell their kids, “I need a moment to calm down, I’m very angry right now!” Others cool down by leaving the room for a few minutes. Some parents describe their feelings to their children to help them understand what annoys them. (LJ)

Simple meals: Creating four separate meals at different times because one child doesn’t like what you’re serving or another wants to eat earlier becomes very complicated. An easier way is to try arranging a dinner time that everyone can make. If schedules conflict, set aside one day a week when family dinner takes precedence over all other activities. On nights when someone has a night class or a few than the rest of the family, make a meal that is easily reheated. If a child doesn’t like what you’re serving, he or she can make a sandwich or have a bowl of cereal. Be flexible. Eat dinner together as a family by having kids help you with the food preparation. Cleaning.

Simple household chores: Everything your child can learn to do for himself is one less thing you have to do for him. When your child learns to do something for himself, you have given your child the gift of independence. To make everyone’s life simpler, institute some important household rules like:

Do you recognize any of these people?
The Yes-People

They agree with any commitment, promise any deadline, yet...they rarely deliver. While they’re always sorry (and often charming), they just can’t trust them to do what they say. They’re experts on everything. They can be arrogant and they think what it is in your life that you

The No-People

Negative and pessimistic, they’re quick to point out why something won’t work. Worse, they’re inflexible and resist change. They can throw a wet blanket over an entire organization.

The Know-It-Alls

They’re experts on everything. They can be arrogant and they usually have an opinion on any issue. Yet, when they’re wrong they pass the buck or become defensive.

The Complainers

Is anything ever right with these people? You get the feeling they’d rather complain about things than change them. Even though they’re often right, their negativity and nit-picking put people off. They don’t respect others with their dead-end faces, their weak handshakes, their blank stares. Avoiding conflict and controversy at all costs, these people never offer ideas or opinions and never let you know where you stand.

The Dictators

They bully, cajole and intimidate. They’re blunt to the point of being insulting. They’re constantly demanding and brutally critical. These folks use culs.

Do you recognize yourself in any of the above? If so, there are more positive ways to share with those around you. (LJ)
4-H Clover College

Here’s a great opportunity for 4-H members 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 11. They will be handled on a “first come” basis and will only be accepted upon receipt of the fee. Telephone registration will not be accepted. You may register by mailing your registration form and check or money order (made payable to Lancaster County Extension) to: Lancaster County Cooperative Extension, 444 Cherry creek Road, Lincoln, NE 68528-1507.

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

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

Youth attending workshops that overlap the lunch period may bring a sack lunch. No other lunch will be available.

Four-day workshops

All four-day workshops will be held Tuesday, June 15 - Friday, June 18.

1. Rockets... Countdown to Family Fun
   How to's on rocket building. Participates are required to purchase their own rockets. The first day will concentrate on the different kinds of rockets, how to's of buying the right rocket and rockets that can be made.
   TIME: 8-10 a.m.
   FEE: None
   CLASS SIZE: 10
   AGES: 8 and up
   INSTRUCTOR: Ron Suig, 4-H volunteer

2. Nursery Rhymes Wall Hanging
   Four of your favorite nursery rhymes will be set among five traditional quilt blocks. Participants need to bring the following: (all fabric needs to be 100% cotton, prewashed, and ironed)
   3/4 yard fine 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 0/1 black pigmion micron pen
   - straight pins, fabric scissors, seam ripper, cream thread, sewing machine.
   TIME: 10:15-12:45 p.m.
   FEE: $7.50
   CLASS SIZE: 6
   AGES: 8 and up
   MUST have completed Clothing Level I project book
   INSTRUCTOR: Kim Bock, 4-H volunteer

3. Outdoors, Small Animals and More
   Make a sunflower seed feeder, habitats for household pets and acquire tips for small animal care.
   TIME: 10:15 a.m.-12:15 p.m.
   FEE: $4
   CLASS SIZE: 10
   AGES: 8 and up
   INSTRUCTOR: Shirley Condon, 4-H volunteer

4. Quilted Flags
   Learn about the processes of quilting and make a quilted flag. Participants need to bring the following: (all fabric needs to be 100% cotton, prewashed, and ironed)
   1/4 yard white on white or white on cream (or similar fabric color), 1/4 yard navy print or blue scrap large enough to make 12, 2” squares, 3/4 yard each of two or more different red prints. Also needed:
   - straight pins, fabric scissors, seam ripper, cream thread, sewing machine.
   TIME: 12:45-2:45 p.m.
   FEE: $7.50
   CLASS SIZE: 6
   AGES: 8 and up
   MUST have completed Clothing Level I project book
   INSTRUCTOR: Kim Bock, 4-H volunteer

5. Shooting Sports
   Upon completion of program, youth will be qualified to shoot in the Lancaster County Fair BB/Air Rifle contest. Includes supplies, refreshments and insurance. Parents are encouraged to attend. Adults and youth need shooting glasses (child’s prescription eyeglasses acceptable). Guns are provided, do not bring your own.
   TIME: 12:45-5:50 p.m.
   FEE: $15
   CLASS SIZE: 10
   AGES: 8 and up
   INSTRUCTOR: Gene Veburg, 4-H volunteer

6. Baby Sitting Clinic
   Learn the basic skills needed to be a responsible, safe babysitter. Focus is on handling major and minor emergencies, learning safety procedures, making creative snacks and babysitting tips.
   TIME: 3:35-5:50 p.m.
   FEE: $5
   CLASS SIZE: 20
   AGES: 11 and up
   INSTRUCTOR: Lorenne Bartos, Extension Educator

7. Clover Kids 4-day Day Camp
   Clover Kids will participate in several hands-on activities while learning about feathered friends, entomology, food fun and the outdoors. Character Counts’ will also be presented.
   TIME: 8 a.m.-12:15 p.m.
   FEE: $10
   CLASS SIZE: 15
   AGES: 8 and up
   INSTRUCTOR: Laura Bartos, Extension Educator

8. Cooking class
   Add a personal touch and save money by learning to decorate bakery goods.
   DATE: Tuesday, June 15
   TIME: 8:10 a.m.
   FEE: $5
   CLASS SIZE: 15
   AGES: 8 and up
   INSTRUCTOR: Lorenne Bartos, Extension Educator

9. Getting Set for the Table Setting Contest
   Have 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.
   DATE: Wednesday, June 16
   TIME: 8:10 a.m.
   FEE: $5
   CLASS SIZE: 15
   AGES: 8 and up

10. Fun in the Kitchen
    Enhance baking techniques and take home some goodies.
   DATE: Thursday, June 17
   TIME: 8:10 a.m.
   FEE: $5
   CLASS SIZE: 15
   AGES: 8 and up
   INSTRUCTOR: Lorenne Bartos, Extension Educator

11. Style Revue
    Learn how to model your clothing items. Perfect your modeling technique and learn new styling procedures.
   DATE: Friday, June 18
   TIME: 8:10 a.m.
   FEE: No cost
   CLASS SIZE: No limit
   AGES: 8 and up (TK)

This registration form is for the following week's workshops. To get this form and check or money order, please mail it along with the registration form to your local county extension office.

One-day workshops

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

Check for day and time.

1. Cookies cooking class
   Add a personal touch and save money by learning to decorate bakery goods.

2. Cake decorating
   Enhance baking techniques and take home some goodies.

3. Dinner Party night
   Learn new techniques about wine and basics needed to be a responsible, safe babysitter.

4. Babysitting fundamentals
   Learn the basic skills needed to be a responsible, safe babysitter.

5. Shooting Sports
   Upon completion of program, youth will be qualified to shoot in the Lancaster County Fair BB/Air Rifle contest. Includes supplies, refreshments and insurance. Parents are encouraged to attend. Adults and youth need shooting glasses (child’s prescription eyeglasses acceptable). Guns are provided, do not bring your own.

6. Baby Sitting Clinic
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10. Fun in the Kitchen
    Enhance baking techniques and take home some goodies.

11. Style Revue
    Learn how to model your clothing items. Perfect your modeling technique and learn new styling procedures.
Horse bowl and judging
For those 4-H horse exhibitors interested in participating in horse bowl and judging; teams are already prepared for the contests. For more information on practice or reference materials, call Ellen at 441-7180.

Level tests
Don’t wait until the minute to get those level tests passed! Begin working on your presentation or demonstrations before the written test while you are waiting for the weather to permit practice. Remember all materials must be completed by May 21 for district and state horse shows. (EK)

1999 Shaggy Horse Dressage Show
Start your 1999 season at the “Shaggy”. Sponsored by the Cornhusker Pony Club and Hunters’ Pride 4-H Club.

Amy Stuhr of Stillwell, KS will be the judge
May 1 and May 2, 1999
State Fair Park - Lincoln, Nebraska

Attention swine exhibitors
All 4-H and FFA youth exhibiting swine must be PQA certified. To get certified, you can participate in one of three training sessions.

The sessions offered at the Lancaster County Extension Office are:
- June 17-19 or July 29-31
- June 23-July 1

FISH CAMP
June 5-9, 1999
10 am - 3 pm
Bring a friend and come share the adventure. (Age requirement 8 to 14)

BOLDLY BOUND
June 25-27 or July 12-15
10 am - 5 pm
Figure on being out in the wild! You’ll be kept occupied with waterskiing, theater, horseback riding, and canoeing and you’ll experience many water activities that you’d normally only be able to do during school vacation. (Age requirement 8-14)

NOBRARA I & II
June 21-24 or July 12-15
10 am - 5 pm
Come see the beauty and richness of our Nebraska rivers. (Age requirement 8-14)

ME & MY P.A.L.
October 15-17
6 pm - 10 pm
A camp for you and only you! Perfect for middle school age! (Age requirement 8-14)

1999 4-H Music Contest
Sunday, April 25, 2 p.m.
Dawes Middle School
5130 Colfax Avenue
Everyone is welcome to attend!
Join the fun and watch talented 4-H members.

NCA affiliates to award BQA certified youth
The Lancaster/Seward county affiliates to the Nebraska Cattlemen’s Association will present $50 cash awards to each of the highest placing individuals exhibiting a market steer, market heifer, feeder steer and feeder feeder. To be eligible for these honors, youth must become Beef Quality Assurance certified. Youth can get certified by attending one of two training sessions.

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How to Exhibit at County Fair
Tuesday, May 11, 9:30 a.m. or 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 a dress, where to take the model rocket exhibit and other exhibit information which will prepare you for the 1999 Lancaster County Fair. (TK)

Rabbit clinic and contest held at Lancaster Building
On Saturday, March 6, Rabbits ‘R Us and Star City Rabbit Raisers 4-H clubs sponsored a rabbit clinic at the Lancaster Building. State Fair Park. Thirty-four exhibitors and their families attended as presentations were given by Judy Fitzgerald, Ken Majors, Dawn Everhard, Mary Delhay, Evan Delhany, Lindsey Brinson and Desiree Bramhall.

On Sunday a rabbit show was held. The rabbit showmanship winners were Emily Morton (junior), Joseph Nissen (intermediate) and Jane Nissen (senior). Congratulations to all of the participants and a huge thank you to the presenters and helpers at both the clinic and show. (EK)

T A K E A N E W D A Y ’ S H E R O 
Go To A Camp
4-H Membership is NOT required to attend these camps.

4-H camps at the Eastern Nebraska 4-H Center, near Gentina, are summer adventures that allow your child to have an experience of a lifetime. 4-H camp allows your child to become more independent, build self-confidence and self-worth, discover new recreational skills, and develop a sense of love and respect for others as well as the out-of-doors.

4-H camp includes canoeing on the Platte, reppelling down a 35 foot cliff, casting with a fisherman, making a camp fire and making S'mores, going on night hikes, doing skits and at camp- ing, having fun with other ‘kids’ and their P.A.L.s playing games, on night hikes, doing skits and at camp- ing and sharing it at a special place. You will also be invited you.) You’ll be discovering things together and sharing it at a special place. You will also be invited to bring a friend or meet new ones. Our staff is waiting to welcome you and make this the “way cool” time at our camp, it is jammed full of fun and adventure!”

If you’d like to see your son or daughter enjoying the fun and excitement of summer camp, help put them in position to do so. Enroll them with a friend in a 4-H camp. All camps include overnights. Check in and release times are indicated. CAMP CANCELLATION FEE $20.00. Camps are geared for youth ages 8 to 14.

- HDA recognized
- Stabling & concessions
- Ribbons through 6th place
- Open show May 1
- Junior show May 2

Packet:
Name: _______ Date: _______
Address: _______
County: _______
City & State: _______
Zip: _______
Parent Name: _______
Ph. No.: _______
Work No.: _______
Allergies: _______
Special Medications: _______
Last Treatment Date: _______

If parent/guardian cannot be reached in case of an emergency, call: _______
Telephone: _______
I want to room with: _______

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A tribute to EFNEP nutrition advisors

Janelle Soderling, director of the Willard Community Center, shared her thoughts at the recent retirement of Lenora Fittro, 25 year Lancaster County EFNEP nutrition advisor. Janelle’s sentiments are similar to those heard throughout our community, state, and country about the character of EFNEP staff. For this year’s retirement speech for Lenora Fittro January 20, 1999 Janelle Soderling Director, Willard Community Center

“I am so happy to be able to celebrate with Lenora today and reflect on the 25 years she has devoted to the Cooperative Extension and Lincoln and Lancaster County.

Lenora has also been a big part of the Willard Community Center. She has been teaching nutrition facts and cooking practices to our child care children for as long as I can remember. As I thought about the many years Lenora has come to Willard, the numbers of children, activities and snacks prepared, started to rise like yeast. My staff and I estimated that she has taught close to 1,500 children, gone through a gazillion jars of peanut butter, a million loaves of bread, thousands of bushels of apples, hundreds of boxes of raisins, ten cases of pudding, always served by one smiling face.

Her eyes have seen those children grow, learn to make their own snacks, identify the food pyramid and even dance the Macaroni Macarena. Their hands have made multiple snacks, used every kitchen utensil known to man, planted seeds in all types of gardens, written countless nutritional recipes and disciplined calmly and fairly.

Her heart has been loyal, understanding and kind even when the children’s behaviors and temperatures were in the highest points tolerable.

Lenora, you have enriched the lives of all the people you have worked with over the years. Our staff included! One of our staff remembers how impressed she was with you the day you had the kids make egg salad. She had never had it or made it and had been told that it was awful stuff. She couldn’t believe how easy and good it was. The little things mean the most!

Thank you for all your time and hard work. You have been a great asset to the Cooperative Extension and the Willard Community Center. The ‘Nutrition Lady’ will be truly missed.”

EFNEP celebrates 30th birthday

“Over the past 30 years, Nebraska EFNEP has helped 65,231 Nebraska families make better food and lifestyle choices,” says Dr. Wanda Koszewski, University of Nebraska Nutrition Specialist. This past year, Lancaster County EFNEP provided nutrition education to 1,083 families through 3,709 educational teaching contacts. In addition, 1,536 youth participated in hands-on youth nutrition education. Programs were delivered in cooperation with over 65 community groups. Since its beginning, EFNEP has made a difference in the lives of those in our community with the fewest resources available to feed, cloth, house and educate their families. Young families often lack only nutrition knowledge, but also food shopping and preparation skills, job-related skills and money management abilities. EFNEP has proven to be a winning formula, in each way its impact is measured. Results of a recent cost-benefit analysis, in Virginia, indicate that for every $1 spent to implement the program, $10.64 will be saved on future health care costs. These savings are due to improvements in diet, reducing risk of chronic diseases; fewer unsafe food storage and preparation practices that contribute to food borne illness; fewer low-birth weight babies; and more mothers of limited resources initiating breast-feeding and, breast-feeding longer.

Lancaster County EFNEP families and agency staff say.

“Thank you for the cooking ideas. The fruit pizza is one of my daughter’s favorites. The recipes have come in handy often.” (YWCA Teen Mom).

“EFNEP has made a big difference in the quality of life of the Good Neighbor Center Mom’s Group. The women love your job and know you care about them.” (Angel Beck, Mother’s Center Director). “I have learned how to save time, money and how to make healthier choices for myself and my family. I prepare more meals at home now that I know how.” (LMEF Pathway’s Program Family).

Staff continuity (average of 13 years of service) and long term positive relationships with community agencies have continued on page 12

EFNEP celebrates 30th birthday

EFNEP, the Expanded Food and Nutrition Education Program, is a federally funded nutrition education program conducted through the Cooperative Extension Service in every state and U.S. territory. EFNEP began in 1969 with trained paraprofessionals teaching limited resource youth and families with children to improve the quality of their daily diets.

“Unless children are adequately nourished, they cannot learn.”

The benefits of EFNEP are far-reaching and dramatic. In each state, coordinated efforts help families with limited resources to...

• obtain knowledge;
• develop skills and behavior; help them stretch their food dollars;
• handle food safely;
• choose more nutritious diets; and
• become self-sufficient. Who do we reach? Since its beginning, EFNEP has made a difference in the lives of those in our nation with the fewest resources available to feed, cloth, house, educate and provide their families.

Families with limited resources

A Montana EFNEP participant reports that after trying recipes and tips from EFNEP lessons, she was able to cut her food bill by $50 a month.

Young families often lack nutrition knowledge, food shopping and preparation skills, job-related skills, money management abilities and parenting skills.

Multicultural audiences

In Kansas, a client whose principal language was Spanish learned food safety from the multilingual EFNEP paraprofessional. The skills he learned allowed him to pass a food safety test given in English by the Health Department. This accomplishment enabled him to get a better job.

School-age Youth benefit from EFNEP programs.

In Rhode Island, classroom teachers noted that following an EFNEP paraprofessional visit, elementary students “are taking the time to wash their hands more often, especially, before lunch.”

Pregnant women many of whom are teens, improve their diets with knowledge gained from EFNEP. In doing so, they lower the risk of babies being born with birth defects or a low birth weight. This early intervention prevents high medical and social costs that accompany at-risk births.

A North Dakota EFNEP graduate states, “I now count how many fruits and vegetables I eat each day...five a day! It’s hard being a pregnant teen, but EFNEP has helped me make better food choices.”

The Measure of success... Money

• EFNEP has proven to be a winning formula, in each way its impact is measured. Results of a recent cost-benefit analysis in Virginia indicate that for every $1 spent to implement the program, $10.64 will be saved on future health care costs. These savings are due to...

• fewer unsafe food storage and preparation practices that contribute to food borne illness;
• fewer low-birth weight babies;
• more mothers of limited resources initiating breast-feeding, and breast-feeding longer.

The Nebraska Governor Mike Johansen signs a proclamation honoring EFNEP for 30 years. (Noelle Tipton left) and Sondra Phillips (right) have served as EFNEP Nutrition Advisors since 1985.

Donna LaDeane, Lancaster County Extension Educator and outgoing extension career in EFNEP 29 years ago. Photo - 1985, LaDeane teaching children.

Continued on page 11
ground cover plants can be planted any time during the growing season, but either spring or fall is preferred. The arrangement and spacing of plants in the planting bed depends on desired growth characteristics of the plant. Space plants so they will develop a uniformly covered area in a relatively short period of time. Plant in staggered rows, not straight lines, in both directions to get faster coverage. Plants that spread rapidly may be spaced much wider than slow spreading species. Spacing also depends on funds available and how quickly a complete cover is wanted. Spacings from 6 inches to 2 feet are most frequently used. For example, if plants are spaced 4 inches apart, 100 plants will cover about 11 square feet.

Watering, mulching, feeding and watering will be the main requirements of the new ground cover planting. Water during dry periods. An occasional thorough soil soaking is better than frequent light waterings. Occasional hand weeding with a minimum disturbance of the soil may be necessary.

A 1 to 2 inch mulch layer of leaf mold, compost or similar organic material will conserve soil moisture and reduce weed growth. (DI)

Most ground cover plants

**Focus on Food continued from page 6**

1 cup miniature marshmallows: substitute 10 large marshmallows.
1 teaspoon dry mustard: substitute 1 tablespoon prepared mustard.
2 tablespoons fresh onion, chopped: substitute 1 tablespoon instant minced onion.
1 tablespoon finely cut fresh herbs: substitute 1 teaspoon dried herbs.
1 cup whole cornstarch (for thickening): substitute 2 tablespoons all-purpose flour.
1 square (1 ounce unsweetened) chocolate: substitute 3 tablespoons cocoa and 1 tablespoon fat. (AH)

From Michigan: "I learned in EFNEP how to save time, energy and money and how to make healthier choices on food for myself and my son." -MB Effective teachers EFNEP is success lies in the contributions of participation experts who live in the neighborhood where they teach and who use a research-based curriculum coupled with hands-on experience. While other agencies provide food and other services, EFNEP helps participants use fewer resources to better feed their families.

An Indiana EFNEP participant sums it up: "I have learned to save time, energy and money and how to make healthier choices on food for myself and my son."

BEline The

established shrubs need addition growth symptoms indicate that cases where soil tests or foliagetesting are desirable might be encountered larger than desired anyway. A soil test provides the best guidance for fertilizer usage. Without this information, a general rule would be to use 3 pounds of special fertilizers such as 5-10-5 for per 100 square feet. Mix the fertilizer into soil to a depth of 6 to 8 inches.

**Basil in the garden continued from page 2**

some of the more common types of basil. Sweet Basil Most common type grown. White flowers. Bright green leaves, 2 to 3 inches long. Upright habit. Clove like scent. Purple Basil Grown for its ornamental foliage as well as culinary use. Light lavender flowers. Same size leaf as sweet basil. ‘Opal,’ ‘Red Rubin’ and ‘Purple Ruffles’ are excellent selections.

**EFNEP educating families since 1969...What is EFNEP? continued from page 10**

breastfeeding, and breastfeeding longer.

**New plants to consider continued from page 5**

harvested when skin is hard and resists thumb pressure. Stems should be cut on one or two inches from the end when skin is exceptionally firm. Twisting or pulling squash from the vine may break open the fruit, leaving it susceptible to decay in a matter of days. To rotate squash may be picked prior to the first frost. Squash also can be harvested after the first light frost has killed the foliage. Squash can recover from light frost damage to the fruit which causes small water pockets. If the squash has been subjected to temperatures below 50 degrees F for a few hours, the squash may break down and rot in a few weeks.

Gooseberries can be grown in almost all parts of Nebraska where suitable soils are found. They bear some fruit in the second and third years and a full crop the fourth year after planting. The first few years of gooseberry plants will produce plenty of fruit for an average family. Gooseberries need cool, moist, well-drained growing conditions. The plants don’t thrive in hot, dry places. Gooseberries thrive best in north-facing or northernly slopes or exposures where it is usually cool and moist and protected from the hot afternoon sun. A north or east side of a building, fence, arbor or other previously shaded places also can be chosen. Gooseberries are subject to mildew and should be planted where air circulation is good.

Since gooseberries blossom very early in the spring, don’t plant them on low-lying lands or in pockets where late spring frost may injure the plants. Gooseberries require a soil that is cool, moist, well drained and high in organic matter. The heavier soil types such as silt and clay are best. Supplement soil with additional organic matter. For vigorous growth the first season, apply well rotted manure in the fall or early in the spring. Throughout mix it with the soil. After planting, apply a strawy manure mulch. The mulch should be deep enough to smother grass and weeds, about six inches. Add some mulching material each season to maintain the proper depth. (DI)

Leettuce Leaf Basil Large, wide leaves. Flavor is less pronounced than other common basil varieties including ‘Mammoth’ and ‘Green Ruffles’.

Lemon Basil Fruity, fragrant. White flowers and small green leaves. Great for tea and potpourri.

Cinnamon Basil Aromatic scent. Pink flowers, green leaves with purple stem. (MIM)

**Use an appliance thermometer to assure safe temperatures continued from page 6**

Freezer is 0 degrees F or below, or 0 degrees F. Oven thermometers An oven thermometer can be left in the oven to verify that the oven is heating to the desired temperature. When cooking meat and poultry, it is important to ensure the oven be set at 325 degrees F or higher. These thermometers can measure temperatures from 100 to 600 degrees F. To check the accuracy of an oven thermometer, hang the oven thermometer from a rack in the center of the oven (you may have to adjust the oven racks). Set the oven to 350 degrees F and allow it to preheat. Once the oven has reached the set temperature, open the oven door and read the thermometer. The oven maintains its temperature by cycling on and off, especially if the dooe has been opened. Check the temperature again after 5 minutes. If the oven is not maintain the set temperature, the oven thermostat will have to be adjusted by a service center representative authorized by the manufacturer. However, if, after testing, the oven is maintaining temperature at several settings (325, 350, 375, and 400 degrees F), it is consistently high or low by the same amount (say, 25 degrees F), this can be factored into the temperature setting. For example, if you know that your oven runs “hot” by 25 degrees F and you need to bake something at 350 degrees F, set your oven to 325 degrees F. Always check the oven thermometer to verify the temperature setting.

Source: Adapted from information provided by the USDA Food Safety and Inspection Service. (AH)

In memory of Doris Wiechert 1924-1999

A very “giving” volunteer

I pledge my head to clearer thinking, my heart to greater loyalty, my hands to larger service and my health to better living for my club, my community and my country. The 4-H motto wonderfully exemplified Dorothy Wiechert’s life of generous service to her community as a 47-year leader/volunteer.

For 55 years of membership and active involvement in extension clubs represent a love of people and sense of giving back to the community her talents and skills. Those very same traits were some of the disarming and enjoying young people and being a role model for her club members. Her extension club activities were a great way to learn new ideas and create new and lasting friendships with so many special people in her life.

4-H and extension clubs teach the best of life skills to all who would be interested in those best skills. It offers an investment in the future of others in such positive ways. Dorothy lived her life working to improve the lives of others. She fully believed in making any place or person better than the way they found it. Her full life of family, church and community activities meant making many things better as she generously tackled many endeavors.

Her generosity of volunteer talents will be a Legacy to many.

In memory of a special volunteer, a book will be assembled for the family. If Dorothy touched your life and you would like to share your thoughts in a letter, send it to: Lancaster County Extension, Attention: Lorene, 444 Cherrycreek Road, Lincoln, NE 68528-1507 (LB)
**Nebline Feedback**

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

**Where do you go for wildlife removal?**

*continued from page 3*

- USDA-APHIS (Animal Damage Control) – 402-434-2340

*This agency takes orders for baits (lethal peanuts) for pocket gopher control. This is a restricted use product and you will need to be certified to obtain the peanuts. Contact the extension office for information on certification.*

- Source of information on controlling wildlife such as coyote and beaver. Call for more information on types of services offered, if any, for your particular situation (services provided on a case-by-case basis).

- Provides small quantities of skunk odor removal product at reasonable prices. Call for amounts and prices. (SC)

**Clean hands campaign**

Have fun using “glo-germ” to teach handwashing to youth and adults. Receive handouts for your group and a supplementary copy of reproduction ready handwashing activities. This activity can be used with any number of people.

Call Alice Henneman at 441-7180 to check out the Clean Hands Kit and receive about 15 minutes of training on using it. Kit must be checked out and returned within the same week. Available on a first come, first served, basis. (AH)

**EFNEP celebrates 30th birthday**

*continued from page 10*

- USDA-AFPHS (Animal Damage Control) – 402-434-2340

*This agency takes orders for baits (lethal peanuts) for pocket gopher control. This is a restricted use product and you will need to be certified to obtain the peanuts. Contact the extension office for information on certification.*

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- Provides small quantities of skunk odor removal product at reasonable prices. Call for amounts and prices. (SC)

*contributed to the success of the Lancaster County program.*

LaDeane Jha, Extension Educator and former EFNEP Supervisi-

tor, shared these comments with nutrition advisors, “Remember with great pride all the families who are eating better because you were there, the mothers who felt better because you took time to listen and refer them to services which could help.” It’s this type of staff commitment in addition to a research-based curriculum and hands-on experiences, which have made a positive difference for limited income families in Lincoln.

Lancaster County EFNEP is funded by USDA EFNEP, the Lincoln Housing Authority, UN Cooperative Extension in Lancaster County and the Early Head Start Program. (MB)