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The NEBLINE

University of Nebraska Cooperative Extension
Lancaster County

May 1999
Vol. XII, No. 5

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

“Welcome to the Real World”

LaDeane Jha
Extension Educator

“All my expenses cost more than I really thought!” “It helped me learn how to balance my money.” “It makes me want to save just in case of unexpected incidents.” “I realize that I definitely need a college education to live well.” These are just a few of the comments expressed by young people who have participated in the “Welcome to the Real World!” program as part of “Leading with Character Counts!” workshops presented by Cooperative Extension in cooperation with School to Career of Lancaster and Saunders Counties.

The “Welcome to the Real World!” program is an active, hands-on, real-life simulation that gives young people the opportunity to explore career opportunities and make lifestyle and budget choices similar to those adults face on a daily basis. After investigating potential careers, program participants receive a monthly salary for their chosen career. Then proceed through the “Real World” activity, deducting taxes, determining a savings amount

and spending their monthly “salary” on the necessary and luxury items that reflect the career and lifestyle they have chosen.

Using sample savings and checking account registers and deposit slips, participants learn how to record and manage their accounts. After making their deposits, they then make spending choices from the following categories: housing, transportation, insurance, utilities, groceries, clothing and entertainment. They also choose a “chance” card which represents the unexpected expenses and incomes encountered in the real world.

Participants complete their “Real World” experience by evaluating the choices they have made. “I did not have enough money to meet my expenses” is often a response after completing the “Welcome to the Real World!” simulation. Some finish with a positive checking account balance while others have a negative balance. Therefore, in the final part of the program, participants evaluate how well they did spending their money. If they had a negative checking account balance, they consider the choices they have made and

discuss what alternatives might be taken. Alternatives might include:

Selecting a different career.

Getting more education or training, thus improving earning potential.

Balancing expenses to income by:

Making wiser consumer or lifestyle choices.

Developing a realistic spending plan.

This educational program is just one of many opportunities for learning that Cooperative Extension 4-H offers youth in the community in addition to the traditional 4-H program. It is also representative of the ways in which collaboration with other community agencies and organizations enhances extension programs. Other examples include SERIES—a hands-on science program taught by older youth to younger children. Service learning experiences in which youth put knowledge to work by participating in community service and youth leadership camps. Character Counts! is quickly becoming a community buzz word. Respect, responsibility, caring, citizenship, trustworthiness and fairness

are being practiced by youth in public and private schools, as part of church activities, in sports settings, in 4-H clubs and in numerous other youth serving organizations. Through the NEP program of Cooperative Extension, youth in schools participate in hands-on nutrition and food safety programs before and after school and during the summer, youth will practice making good decisions based on the “Six Pillars of Character” in day camps and at fairs. All community youth are invited to participate in Clover College—a four-day opportunity for youth to explore various topics in June and are welcome to participate in 4-H camps throughout the summer.

Each of these programs teaches important life skills and provides youth with information and hands-on activities designed to help youth make healthy lifestyle choices.

Extension continues to provide outstanding leadership in the community for youth programming and invites all youth to inquire about any programs in which they may be interested by calling 441-7180.

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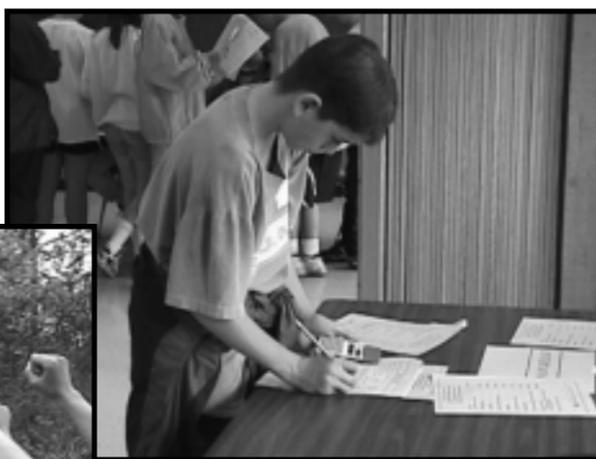
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"How many careers are involved in making a box of raisin bran?"



"I think I need to borrow money from savings."



"Teamwork during leading with character counts!"



"I can't afford house payments. I need to look for an apartment."

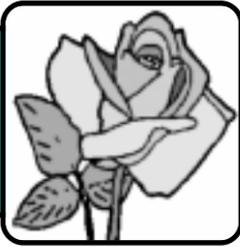


Lancaster County 4-H Council
University of Nebraska
Cooperative Extension in Lancaster County
444 Cherrycreek Road
Lincoln, Nebraska 68528-1507

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Horticulture

Perennials with interesting flowers

Sweet potatoes

Sweet potatoes are high in food value. Varieties with deep yellow colored roots are a good source of vitamin A.

Sweet potato varieties are grouped into two general types—those with deep yellow or orange color that are soft, moist and sweet when cooked and those with firm, dry, light-colored, mealy flesh. Important varieties among the soft flesh-type are Centennial, NemaGold and Goldrush.

Being of tropical origin, sweet potatoes require a long warm growing season. Sweet potatoes require a growing season of at least five months where the temperature does not go below 70 degrees F. These

requirements are found in an area south of a line extending through McCook, Grand Island and West Point.

Sweet potatoes are not grown from seed. Plants may be purchased from a greenhouse or garden center. Planting should not be done sooner than the last week of May or later than June 10.

Sweet potatoes should be planted in a ridge to provide drainage and allow for root expansion. Ridges should be about 3 1/2 feet apart with plants set 1 foot apart. Hand weeding will be necessary until the vines completely cover the rows. (DJ)

Gardening for children

This is the time of year when many families are actively working at planning, preparing and planting a garden. What a great activity to get young children involved with. Gardening can provide children with a wide variety of experiences available nowhere else. Gardening is learning. Regardless of the location, the planting and caring of seeds and plants teaches all of us.

Through gardening, children are provided with opportunities to observe nature. This promotes children's curiosity and interest in knowledge. The whole gardening and growing process allows children to learn new words and expand vocabularies, provide opportunities for comparing objects, for example, size, shape and color of seeds, and instill patience and perseverance. Children are frequently

more willing to taste foods which they have helped grow. Gardening may provide new tasting opportunities in addition to the obvious hands on experiences, such as working with seeds, plants, soil and water. Because children learn best by doing and by making their own discoveries, let them actually be a part of the gardening.

With so many families raising gardens, an excellent opportunity exists for children to experience growing food. It is nice for even very young children to have their own special plot. In this age when many of our foods are purchased at the supermarket, it is exciting for children to actually learn where and how foods grow. Planning what to grow is great fun and the children will think the plants they grow are the best ever. (MJM)

Home gardeners can choose from many species and varieties of perennials. Perennials differ in growth habit, size, leaf shape and other characteristics.

Sometimes what sets one perennial apart is its interesting flower. Below is a list of perennials with unusual flowers.

For interesting late spring bloom, try **columbine (Aquilegia hybrids)**. The foliage is blue-green and softly hairy. The flower is composed of five petals and five sepals. The petals have backward projecting spurs. The sepals are shorter than the petals and may be the same color or a contrasting color. Colors for the sepals and petals include red, pink, yellow, blue, white and purple. This plant grows 1 to 3 feet tall by 1 foot wide. It prefers full sun to partial shade and well-drained soil.

Old-fashioned bleeding heart (Dicentra spectabilis) has blue-green foliage. Flowers hang down from arching stems in late spring to early summer. The outer petals are rose-red

with reflexed tips. The inner petals are white. Bleeding heart gets its name from the flowers that resemble pink broken

hearts. This plant grows 2 to 3 feet high with a graceful arching effect and a rounded growth habit. Bleeding heart performs best in well-drained, moist soils in partial shade.

Sea holly (Eryngium amethystinum) has rigid, deeply cut, spiny, silvery foliage. The blue flowers appear in heads

that are 1/2 inch to 3/4 inch in diameter. Long, spear-like bracts surround the heads. Blooms appear in midsummer. Sea holly prefers full sun. This perennial is tolerant of dry, sunny conditions and infertile soils. It can be used as a single specimen or in groups of three. Sea holly can also be used as a dried flower.

To add bright colors to the perennial garden, incorporate specimen plantings of **red-hot poker (Kniphofia hybrids)**. The foliage is linear or sword-shaped, and gray-green with rough edges.

Tubular flowers appear massed in the top 6 to 10 inches of the flower scape in the summer. Flower colors include red, yellow, coral/orange and combinations. The plant has a mature height of 2 to 4 feet and a width of 3 feet. Red-hot poker prefers a site with full sun and well-drained soil. Avoid planting this perennial in heavy, wet soils. The flowers can be used as cut flowers. Mulch heavily in winter.

Beebalm (Monarda didyma) has foliage that is aromatic and stems that are square. Two- to three-inch, tubular flowers occur in dense heads from late spring to summer. Deadheading promotes new blooms.

This plant grows to a height of 2 to 4 feet with a spread of 3 feet. Beebalm prefers full sun and good soil moisture.

If beebalm is to be used in the perennial bed, divide plants every 2 to 3 years as it spreads rapidly. Beebalm can be used in naturalized areas and to attract bees and butterflies.

For late summer bloom, try **obedient plant (Physostegia virginiana)**. The spear-like, serrated leaves are green in the growing season. The stems are square. The flowers appear in spikes spaced in four vertical

rows. Flower colors include rose, purple and white. The plant grows to a height of 2 to 4 feet and a width of 3 feet. The ideal site includes sun to partial shade and moist soils. Because of its height, staking may be required. The obedient plant spreads vigorously. The obedient plant requires little or no fertilizer. Heavy fertilization promotes rampant growth and increases the plant's invasive tendencies. Obedient plant is heat tolerant. The bloom may be used as a cut flower. Obedient plant gets its name from the ability of individual flowers to be twisted on the stem and then remain as arranged.

Balloon flower (Platycodon grandiflorus) has serrated, dark green leaves that are 1 to 3 inches long with short petioles. The saucer-shaped flowers appear in summer in lavender, blue, pink and white. Several double-flowering varieties are available. The plant has 2 to 3 foot upright growth. Balloon flower prefers sun to part shade and well-drained soil. The plant does well as a cut flower, in rock gardens and in perennial beds.

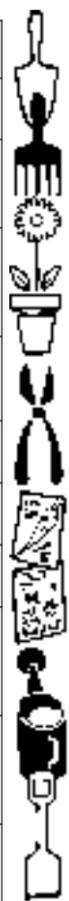
For the perennial border, try **pincushion flower (Scabiosa caucasica)**. For 3 to 4 weeks in the summer, light blue or pink, flattened flower heads appear on long stems.

Cultivars such as 'Butterfly blue' and 'Pink mist' can bloom for 2 months. The flower head consists of an outer ring of flattened petals and a tufted, cushion-like center. The shape of the flower gives pincushion flower its name. Plants are 1 1/2 to 2 feet tall and 1 1/2 feet wide with a rounded growth habit. Full sun and well-drained, fertile soil are necessary for optimum growth. To promote flowering, spent blooms should be removed. For the best effect, plant this perennial in the perennial bed in groups of three or more. In addition, the blooms can be used as cut flowers. (MJM)

1999 May/June Garden Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Apply fungicide to pines for tip blight	4 Control euonymus scale	5 Apply preventive fungicide to bluegrass	6	7 Check pines for sawfly	8
9 Average date of last frost	10 Control billbugs in bluegrass	11 Put out rain gauge	12 Apply fungicide to pines for needle blight	13 Plant wildflower seeds	14	15 Plant buffalo-grass
16	17	18	19 Plant gladiolus bulbs	20 Fertilize zoysiagrass	21 Plant cannas	22
23	24	25	26 Plant warm season transplants	27	28	29
30	31	1 Power rake zoysiagrass	2	3	4	5
6	7 Plug zoysiagrass	8	9 Watch for cabbage worms	10	11	12
13	14 Control apple maggot	15	16 Apply fungicide to pines for needle blight	17 Prune spring flowering bulbs	18	19 Check bluegrass for sod web worm
20	21 Control bagworms	22 Fertilize buffalograss	23 Watch for bean leaf beetle	24 Check roses for black spot	25 take softwood cuttings to start plants	26
27	28 Watch for squash vine borer	29	30			



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)



Use baits for sweet-loving ants

Barb Ogg
Extension Educator

Ant invasions begin in the spring and are most intense in May and June. If you have ants in your house, don't reach for that aerosol container. For many ant species, baits are the best management tactic because the entire colony is destroyed. This results in a more permanent solution to the ant problem. In addition, many baits have low toxicity to people and pets.

The trick to using baits successfully is to make sure that the offending ants find the bait, eat it voraciously and take it back to the nest to the queen and the rest of the colony. If residual insecticide sprays are used, the

foraging ants may die before they feed or take the bait back to the nest, counteracting the effectiveness of the bait. *Do not use insecticide sprays if you want to use bait for ant control.* If the bait is attractive to the ants, the entire colony will probably be destroyed within a few weeks.

Not all ant species can be controlled with baits and some baits work better than others. In general, ants that eat a wide variety of foods will be less affected by baits because the bait will comprise a smaller proportion of their food.

Sugar-loving ants are the easiest to control. In areas where you have seen sugar-loving ants,

place bait according to label directions. The best baits have boric acid or hydramethylnon as their active ingredient. Terro® and Pic II® liquid are two commercially available boric acid-based baits that can be purchased in many hardware or discount stores.

Although several common ant species in Nebraska can be controlled by sweet baits, others, like carpenter ants, are better controlled using other tactics. For a correct identification, bring several specimens to the Lancaster County Extension Office, 444 Cherrycreek Road, 8 - 4:30, Monday through Friday. (BPO)



Did you know?

? A World Wildlife Fund study says the world is running out of seafood because 70% of its major fishing grounds are being "strip mined" by too many boats that are so efficient that they now catch almost twice as many fish as can be sustainably harvested from the world's oceans.

? The earth's protective ozone layer will hit its all-time thinnest by 2000 or 2001, according to the World Meteorological Organization. A leading ozone expert says that the holes will stay for about 20 years and will recover to the 1960's levels by the middle of the next century.

? About half of the world's tropical forests are located in Indonesia, Peru, Brazil and the Congo which are indebted to the U.S. In 1998, President Clinton signed into law a bill which

allows the administration to enter into "debt-for-nature swaps" by reducing the debts that some foreign countries owe the U.S. in exchange for tan-



gible efforts by those countries, to preserve and restore tropical forests.

? According to the Organic Farming Research Foundation, approximately 1% of the U.S. food supply is grown using organic methods. Over the past

six years, annual sales of organic products have increased 20%, and in 1996, this represented over \$3.5 billion in retail sales.

? In 1998, President Clinton signed an executive order mandating that all paper bought by the federal government have at least 30% recycled fibers.

? Seven out of ten biologists believe that "we are in the midst of a mass extinction of living things and that this loss of species will pose a major threat to human existence in the next century," according to a nationwide survey by the American Museum of Natural History that interviewed 400 members of the American Institute of Biological Sciences.

Source: Center for Sustainable Agricultural Systems, Institute of Agriculture and Natural Resources, UNL. (BPO)

What are rain forests?

Rain forests are tropical woodlands that grow in hot, humid areas of the earth, near the equator. These areas have an annual rainfall of at least 100 inches. Rain forests are important for several reasons. They clean and renew the earth's atmosphere by taking carbon dioxide from the air and putting oxygen into it. The forests affect the climate of the surrounding areas.

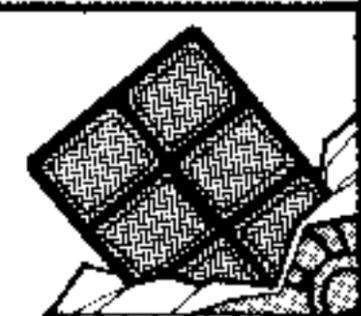
In countries around the world, rain forests are being destroyed, while animals and plants are being displaced. The wood is being used as building material or fuel. The land is for homes and factories, ranches and roads. Some of us do not understand that rain forests are essential to the health of the earth and that, once cut, it will take almost a life time for these forests to be regrown or renewed. (ALH)



The Amazon rain forests produce 40 percent of the world's oxygen.



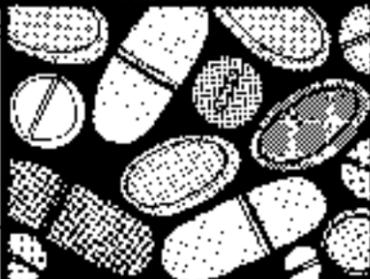
Rain forests are home to about one-half of all the plant and animal species on earth.



South American rain forests are the home of the wild cocoa plant, from which chocolate is made.



Rain forest plants are estimated to be the source of ingredients used in 25 percent of the drugs U.S. doctors prescribe.

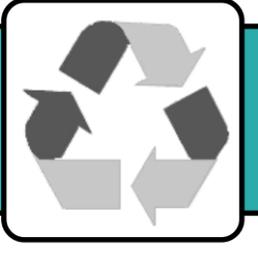


About 70 percent of the plants used to make drugs for cancer treatment are found only in rain forests.



Throughout the world, rain forests are being destroyed at the alarming rate of 115 square miles a day!

Environmental Focus



Dandelions: bad or good?

Dandelions bloom throughout the summer, but they are one of the earliest blooming weeds because they have a well established taproot.

If you want to rid your lawn of dandelions without using a herbicide, arm yourself with a long-handled weed fork or a weed popper and go after your dandelions with confidence. It's true that dandelions are painfully persistent. Their long taproots are hard to pull and small pieces left behind will regenerate into new weeds. But they're not invincible.

The key is to attack them when they're blooming because their root reserves are low. If you dig out four to five inches of the root, you have better than an 80% chance that the plant won't have enough strength to send up another shoot.

A weed popper pulls out the plants, roots and all, with a stomp. A long-handled weeding fork lets you do the job while standing.



At some point, you may decide that it is too hard to get rid of the dandelions, but you need some sort of mental justification why it is okay to let them take over your lawn. Did you know that dandelions are very important spring-blooming plants for honeybees? They collect large amounts of pollen that is an important protein source for their brood during this time of the year when the colony is growing rapidly. Dandelions are also a source of nectar that the bees use to make honey. However, dandelion honey isn't as tasty as the honey of some other plants; that is, to humans. I am sure that the bees find it delicious. (BPO)

Clean water: do you take it for granted?

A good water supply has been essential to the development of human civilizations throughout human history. Water supply tunnels found in the Middle East have been dated to 4000 B.C. Water filtration was used to purify water in Egypt and Iraq around 2000 B.C.

Evidence of waste disposal has been found in the ruins of ancient civilizations. Archaeologists have found evidence of sanitary sewers, hot and cold water faucets and even the first flush toilets in the ancient ruins (1700 B.C.) on the island of Crete.

Water was exceptionally important to the Romans who built 11 aqueducts (300 B.C. - 200 A.D.) carrying about 300 gallons for each citizen each day who enjoyed public baths and fountains. They constructed public latrines for regular folks, but the wealthiest Romans even had latrines inside their homes. Roman cities had regular systems of drains running under the streets carrying storm water and sewage.

With the fall of the Roman Empire and the onset of the Middle Ages, many of the advancements the Romans had made in water supply and sanitation were lost. Throughout the Middle Ages until the mid-1800's, people did not understand that recurring outbreaks of cholera and other water-borne diseases occurred from drinking contaminated water. It was not until the 19th century, that scientists began to understand the relationships between the water supply,

wastewater and disease.

Alexander Cumming received the first patent for a modern toilet in 1775. However, it was late 19th century before houses were built with modern bathrooms (i.e., running water and flush toilets). Some senior citizens who lived on farms in the 1920's-1940's may well remember homes without indoor toilets and running water.

I suspect that many of us take clean water for granted because it is always there at the turn of



a faucet. How good is your water? If you have your own well, this would be a good time to have it tested for coliform bacteria and nitrates.

In Lincoln, water testing is provided, for a fee by the Nebraska Department of Public Health Laboratory (402-471-8428) at 3701 South 14th Street. A commercially-operated, approved laboratory is E and I Laboratories, Inc. (402-470-2255), 3920 Northwest 39th Street. Contact these labs for instructions on taking a water sample. (BPO)

Answer: Of the earth's water, 97% is salty and 2% is locked in icecaps and glaciers. Only 1% is drinkable.

(BPO)



Farm Views

Nitrogen can increase soybean yields

New data suggests applying nitrogen fertilizer during soybean reproductive stages, may increase yields. Kansas research showed an increase of up to five bushels per acre when nitrogen was applied at the beginning of pod set. This stage usually occurs in late July and is known as the R3 stage when the soybean plant nodules begin to produce nitrogen. Nitrogen, applied through a center pivot, may work best since the application with water will prevent leaf burn.

In this study, yield responses were similar between the two rates of 20 and 40 pounds of nitrogen per acre. Five bushels of soybeans would contain about 20 pounds of nitrogen, so consistently achieving a five-bushel response would be a very efficient use of nitrogen fertilizer.

Previous research hasn't documented consistent yield increases from applied nitrogen. While the Kansas data shows an economic response to a moderate amount of nitrogen, producers are advised to consider this management technique on a small scale before adopting it widespread.

Soybeans use soil nitrogen

early in the season. Soybean leaves can use soil nitrogen until after the last leaf is fully expanded. Then soybeans begin to rely on the nitrogen fixed by symbiotic bacteria in the root nodules. Soil supply of nitrogen may reach a low point in late July or early August. Applying nitrogen at the R3 stage may be the best timing to provide soil nitrogen before the plant switches to using the root-nodule produced nitrogen.

Other studies have documented yield increases from manure applications to soybeans. The slow release of nitrogen from a moderate manure application also may provide later season nitrogen for soybeans. However, too much nitrogen mid-season will inhibit nodulation and not increase total yields.

The data from Kansas indicated that yield response may be more likely in higher yield fields of more than 60 bushels per acre. With more late-season soybean fertilization, seventh-ranked Nebraska, may produce even more than 165 billion bushels than it did in 1998. (TD)

SOURCE: Charles Shapiro, Ph.D., soils scientist, NU/IANR

Controlled traffic in fields

Random traffic from tillage, planting and other operations can track up to 90 percent of a field's soil surface. Controlling that traffic can reduce soil compaction, but not eliminate it. The first pass through a field can cause 80 percent of the wheel compaction. Once a traffic lane has been driven on, subsequent passes with similar loads have little effect on the amount of soil compaction, giving an advantage of minimizing traffic.

Controlling field traffic entails spacing wheels of all vehicles so they run between the crop rows and having wheel tracks in the same interrow position year after year. Controlled traffic lanes improve traction, soil load bearing and timeliness of planting and harvesting operations, while minimizing potential yield reduction from compaction.

The concept of controlling traffic, separates traffic zones from root zones. Controlled traffic keeps compaction where it is less detrimental to root development and uptake of

nutrients and water. Fertilizer placement and furrow irrigation practices can be modified as these traffic zones are established and the traffic lanes are known.

Containing traffic helps the lanes become harder, which makes getting into a wet field easier. There will then be a zone where crops will grow well. Find a scheme to reduce traffic. Properly spaced wheels require careful planning to achieve a successful controlled traffic pattern. Kits are available to help with wheel spacing. Ridge-till is a good system to work in and can set up permanent ridges. Combine or tractor axle extensions are available and specially shaped hubs are available to get extra space.

For more information on controlling traffic in fields, see EC96-780 "Equipment Spacing for Ridge-Till and No-Till Row Crops," available from your local cooperative extension office for \$1.00. (TD)

SOURCE: Bobby Grisso, Ph.D., biological systems engineer, NU/IANR

Pesticide container recycling program

Every year, about one million plastic agricultural pesticide containers are used in Nebraska. This amounts to about three-quarters of a million pounds of plastic that must be disposed of. Plastic lasts for centuries when buried in a landfill, shortening the life of the landfills and wasting the resources that were used to manufacture the containers in the first place.

Lancaster County Extension will be coordinating a program again this year, which gives producers a chance to contribute to the health of the environment, by recycling these containers. The Lancaster County program will be coordinating 19 sites in an 11 county area in Southeast Nebraska in 1999.

At each collection site, pesticide containers will be inspected by a trained individual to make sure they have been properly rinsed. Only white and yellow 1 and 2-1/2 gallon pesticide containers with the

labels and caps removed will be accepted. Yard and garden pesticide containers are brown and cannot be recycled with the white and yellow containers. Oil bottles and antifreeze jugs are also unacceptable.

After inspection, the containers are stored until sufficient quantities have been gathered to bring in a chipper. The jugs are inspected a second time by the chipper company employees and then processed into small chips, which greatly reduces the volume and makes it feasible to transport the materials long distances. Chips are taken to plants that melt the plastic material and mold it into new products. Recycled pesticide containers do not enter the general plastics industry. The material is currently being recycled into plastic fence posts, nailing strips that can be embedded into poured concrete walls, industrial pallets, field drain tiles, speed bumps and parking

lot tire stops.

The extension office obtained grant funding four years ago to purchase two dedicated semi-trailers where the containers can be stored until there is a sufficient quantity to bring in a chipper. Each agribusiness firm cooperating in this project has agreed to move these trailers and set them up in preparation for the recycling day they will be hosting. The businesses also pay a small fee to cover the costs of providing the technical assistance during collection days. This project would not be possible without their support.

Most collection days have been scheduled for Tuesdays or Fridays (see the schedule below). Some sites will accept containers by appointment. Please call ahead before leaving containers at any of these sites. (TD)

1999 Pesticide Container Recycling Program

Collecting Clean Containers from 9:00 a.m. to 3:00 p.m.

Collection Site	Date	Location	Agribusiness Contact
Frontier Co-op	June 15	Mead	Brian Reid (402) 624-2075 or 480-1252
Farmers Coop Co.	June 18	Waverly	Jim McGill (402) 786-2665
Firth Co-op	June 25	Firth	Ron Preston (402) 791-5837
Greenwood Farmers Co-op	June 29	Elmwood	Russ Tederman (402) 994-2585
Farmers Co-op Elevator Co.	July 2	Fairbury	Richard Zenger (402) 729-2330
Farmers Co-op Elevator Co.	July 9	Plymouth	Barry Jung (402) 656-3231
Farmers Cooperative Co.	July 13	Bennet	Bill Moates (402) 782-2295
Farmers Co-op Elevator Co.	July 16	Wilber	Brian Genrich (402) 821-2351
Dorchester Co-op	July 23	Milford	Jerry Nauenburg (402) 761-2126
Lancaster County Fair	Aug. 6	Lincoln	Tom Dorn (402) 441-7180
Farmers Co-op Co.	Aug. 10	Burr	Bill Heffner (402) 848-2381
Southeast Nebraska Co-op	Aug. 24	Hwy. 4 & 136 E. of Beatrice	Randy Timm (402) 228-3458 or 662-3885
Otte Oil & Propane	Aug. 27	Wahoo	Dan Otte (402) 443-3563

Multiple Day Sites

Agribusiness	Dates	Location	Agribusiness Contact
Farmers Co-op Asso.	May-August	Tamora	Jon Kruse * (402) 523-4225
Cedar Ridge Spraying Service, Inc.	May-August	RR2, Ashland	Jerry Newsham * (402) 944-2436
Farmers Union Co-op	May-August	Gretna	Loren Katt * (402) 332-3315
Frontier Co-op	2nd & 4th Saturdays May 22 - Aug 28 8 a.m. - Noon	David City	Marv Hilger (402) 367-3319
Frontier Co-op	May-August	Mead	Brian Reid * (402) 624-2075
Lancaster County Extension	April 1 - June 10	444 Cherrycreek Rd, Lincoln	Tom Dorn (402) 441-7180

Tips to wash pesticide-contaminated clothing

Clothing worn when applying pesticides should be laundered differently because of the residues in the clothing.

Pesticides can be absorbed through the skin, making proper laundering an important step in reducing pesticide poisoning. Usually symptoms from handling such clothing are minor, such as headaches, coughing, dizziness and skin or eye irritation.

The person doing the laundry should be told when clothing is contaminated. Such clothing should be handled carefully and separated from other laundry. Avoid touching pesticide-contaminated clothing with bare hands; wear chemically resistant gloves when handling.

Pre-rinsing or pre-soaking helps to get clothes cleaner and reduces health risks. A stain

remover can help get visible stains out of clothes. Also use heavy-duty liquid detergent and hot water – the hotter the water, the cleaner clothes will get. Use the longest wash cycle and wash clothing two to three times if heavily soiled or if pesticides are highly toxic.

Be sure to run the washing machine through one cycle empty with hot water and

continued on page 5

A REMINDER FOR INTERNET USERS:

Lancaster County Extension Office has a new, shorter home page address: www.lanco.unl.edu
Some shortcuts:
www.lanco.unl.edu/food
www.lanco.unl.edu/ag
www.lanco.unl.edu/enviro
www.lanco.unl.edu/neblines
www.lanco.unl.edu/hort
www.lanco.unl.edu/family
www.lanco.unl.edu/4h
www.lanco.unl.edu/contact

Poison ivy – an irritating plant

Poison ivy can be found in nearly any part of Nebraska. Its usual growth habit is as a slender vine running along the ground, or growing in shrubs and trees. The vines are capable of growing to over an inch in diameter over a period of years. Poison ivy is often found along fence rows, roadsides and many other wooded areas. Always be on the lookout for this vine in these areas, regardless of the season. Poison ivy vines are poisonous the year around.

The toxin in poison ivy is an oil which causes an irritating skin reaction on many people. The reaction, an itchy rash with clear blisters, is variable in severity among people and can vary from year to year on the same individual.

The poison ivy reaction can

be reduced if you change clothing immediately and wash the exposed skin with soap and water. If you can wash all the oil off exposed skin within five minutes of contact, no reaction will occur. Even water from a running stream is an effective cleanser. The oil from poison ivy can remain active on clothing and footwear for as long as a year, so be careful not to expose yourself to the oil again. The oil can also be transmitted on pet fur and in the smoke of burning poison ivy.

Poison ivy control can be done at anytime of the year, but is best achieved May through July, while the plants are flowering. Poison ivy foliage, within reach, can be sprayed with glyphosate (sold under the trade names Roundup,

Kleenup and others), according to label directions. When using this or any herbicide, always read and follow label directions carefully. Take care to avoid other plants and do not spray so heavily the herbicide drips off the leaves. Glyphosate is a nonselective herbicide and will kill any vegetation it contacts.

To kill poison ivy that climbs high into trees, cut the vine off 6 inches above ground level. Treat the stump with glyphosate (according to label directions) immediately after cutting, to kill the roots and prevent sprouting. If resprouting does occur, treat the leaves with glyphosate. Poison ivy can be very persistent, so you may have to spray the vines two or more times for complete control. (DJ)



Butterfly gardening

Whole books have been written on attracting butterflies to your yard. The basic concept is simple: plant nectar plants for the adults and host plants for larvae to feed on.

Butterfly gardening can be as scientific and complex as you want to make it. You can simply plant a wide variety of flowering annual and perennial plants, shrubs and trees that you like. With a variety of plant families, flower shapes, colors and fragrant flowers in the garden; flowers and the nectar they contain, will be available for butterflies throughout the season.

Another approach is to make a systematic study of the butterflies in your area and which wild and cultivated plants attract which species. Planting host plants for larvae, as well as nectar plants for adults, increases your yard's appeal for butterflies. Even butterflies that don't feed on flowers at all, have to lay their eggs somewhere.

Wildflower nectar sources that will appeal to a wide variety

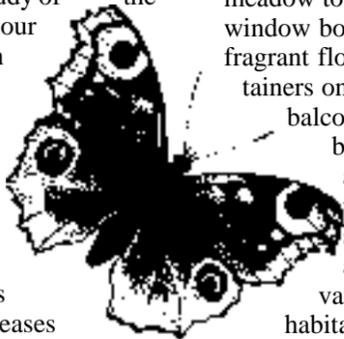
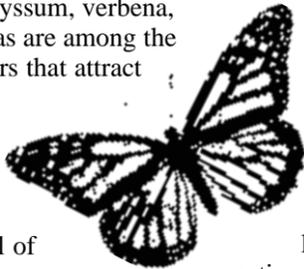
of butterfly species include goldenrod, milkweed, bergamot, butterfly milkweed, hoe-pye weed, phlox, red clover, black-eyed Susan, asters, wild strawberry, wild carrot and knapweed. Thistles and alfalfa also appeal to a wide variety of butterflies, but few homeowners want to encourage them in their yards. Daisies, coreopsis, buddleia (also called butterfly bush and summer lilac), asters, lobelia, sweet alyssum, verbena, salvia and zinnias are among the cultivated flowers that attract butterflies.

Anything from a sprawling wildflower meadow to a window box full of fragrant flowers or containers on an apartment balcony, can attract butterflies. Butterflies are everywhere, in urban as well as suburban and rural areas, though species vary with the local habitat. Some people cultivating plants for their own use, find that they've inadvertently put out the welcome mat for butterflies looking for egg-laying sites. The cabbage-green caterpillars that infest cabbage

and broccoli plants are the larvae of those common white butterflies that seem to be everywhere in the summer. Others favor plants in the carrot family and may munch on cultivated carrot tops and dill weed as readily as on wild carrots.

Some people deal with this by planting extra for the butterflies and moving larvae from plants intended for family use to those reserved for butterfly rearing. Others allow or encourage out-of-way areas of the lawn or landscape to return to native plants such as milkweed, Queen Anne's lace, hoe-pye weed and thistles to provide food for butterfly larvae and adults.

A good field guide to butterflies can enhance your enjoyment. Looking up and identifying the species that come to your yard, finding out about their habitats and larval host plants and recording your sightings can be a great family activity and it may start your children on a lifetime interest in nature study. (DJ)



Tips to wash pesticide-contaminated clothing

continued from page 4

detergent to eliminate any residues left by the clothes. Hanging clothes outside is the best way to dry them, as the sun may degrade some of the pesticides.

Starch also can be used when laundering to help trap

pesticides on fabric surfaces. At the next washing, pesticides will come out of clothing easier.

Cleaned clothing used for chemical applications should be stored in a different place, away from other clothes and should be kept to wear only for pesticide

applications. Don't wear dirty, contaminated clothes two days in a row. Throw clothes away that had a lot of highly toxic chemical spilled on them. (TD)

SOURCE: Rose Marie Tondl, Ed.D., clothing specialist, NU/IANR



Americans are eating more cheese. According to the USDA, from 1970 to 1996 the U.S.'s consumption of cheddar cheese increased 59 percent to an average of 9.2 pounds per person.

Consumption of Italian cheese quintupled during the same period, to 10.8 pounds per person. The per capita consumption of mozzarella—the main cheese used in pizza—stood at 8.5 pounds in 1996, more than seven times higher than in 1970. (DJ)

Space heaters require a certain amount of air to work properly. They consume oxygen along with fuel and that oxygen must continually be replaced. In addition, the burning fuel produces carbon monoxide gas, which is deadly for humans. Space heaters should always have adequate ventilation, even if it makes them slightly less effective. Many space heaters also get hot on the outside and are easily tipped over. For electrical space heaters, hot electrical elements inside can contact combustible materials and start a fire. For propane-fueled heaters, the propane can flare up and ignite nearby objects. (DJ)

Acreage Insights



Tractor safety tips (part 5)

Tractors are one of the most important pieces of equipment on a farm, yet they are also among the most dangerous. More deaths are caused by tractors than by any other type of farm accident. It is, therefore, imperative that tractor owners routinely check their tractors and keep in mind the following safety guidelines:

Back out of ditches, holes or places where the tractor is mired or wedged. Extra time may be spent unhitching and moving machinery out of the way, but it will be a fraction of the time that may be spent healing from injuries suffered from a turnover, if you survive. If backing out a tractor is not possible, use another tractor to pull the stuck tractor free. Always make sure the chain is hitched to the drawbar of the pulling tractor. Never place boards in front of the tractor wheels or attempt to move the tractor forward by its own power.

Operating on unlevel ground can change the tractor's center of gravity, making it easier to turnover. Mounted equipment, especially if the equipment is not mounted as directed by the tractor manufacturer, will also shift the center of gravity.

Always keep front-end loader equipment in the lowest position possible when in transport. A front-end loader in the raised position, alters the tractor's center of gravity, reducing its stability. Turning too quickly or too sharply may increase the centrifugal force against the tractor and cause it to overturn sideways. Always slow down when turning. (DJ)

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To listen to a NUFACTS message, call the number above on a touch-tone phone, then enter a three-digit number listed below. Call 441-7180 to receive a brochure with all the message topics.

ACREAGE

- 708 Garter Snakes in the Yard
- 417 Noxious Weeds
- 425 Herbicide Additives
- 413 Nature Prairie Preservation
- 370 Walking for Weight Control

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NUFACTS audio message center offers fast, convenient information. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.



Acreage & Small Farm Insights Web Site

Visit our Internet web site at: <http://www.ianr.unl.edu/ianr/dodge/acreage/index.htm> to learn about Extension programs, publications and links to other acreage and small farm information.



"Part-time Farming" video

"Part-time Farming" will help develop your country environment and improve your quality of life. Just one hour of "Part-time Farming" provides tips that will save you costly mistakes and precious time. Call 402-441-7180 to order your copy.





Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

The whole month of May has been declared National Egg Month. Make a point to bring back eggs as part of your healthy diet. Remember eggs, always a bargain, are nutrient dense, low in calories and contain only a small amount of saturated fat. The latest scientific research shows that eating foods with cholesterol, such as eggs, does not significantly increase blood cholesterol levels in most people. The real culprit is saturated fat. So, if you are healthy and follow a low-fat diet, it's okay to enjoy eggs in your meals.

Here's an easy recipe from Mary Torell, promotion specialist, Nebraska Department of Agriculture, to get you started. For more free egg recipes, or information related to food safety and eggs, contact Mary at 402 - 472- 0752.

Besides being good-for-you, eggs are healthy for our economy. For example, did you know:

- Directly and indirectly, the Nebraska poultry industry supports 4,900 jobs that pay \$119 million in wages and salaries.
- Cash receipts from Nebraska's egg production in 1997 were \$107 million.
- In 1997, Nebraska produced 2,469 million eggs.
- Currently, Nebraska ranks 9th in the nation in egg production.

Variable Vegetable Strata

(Makes 4 Servings)

- Cooking spray
- 6 slices day-old bread
- 1 to 2 cups chopped cooked vegetables
- 1/2 cup (2 oz.) shredded reduced-fat Cheddar cheese
- 6 eggs
- 1 can (10.75 oz.) low-fat cream of mushroom soup, undiluted
- 1/2 cup non-fat or low-fat (1%) milk
- 1 teaspoon prepared mustard
- 1/4 to 1/2 teaspoon basil leaves, crushed
- 1/8 teaspoon pepper

Evenly coat an 8 x 8 x 2-inch (or 2-quart rectangular) baking dish with cooking spray. Cut bread into 1/2-inch cubes. Evenly sprinkle half of the cubes into prepared dish. Sprinkle vegetables and cheese over cubes. Sprinkle with remaining cubes. In a medium bowl, beat together eggs, soup, milk and seasonings. Pour over bread-vegetable mixture. Cover. Refrigerate several hours or overnight. Bake in pre-heated 350 degree F oven until knife inserted near the center comes out clean and top is golden brown, about 50 to 60 minutes. (AH)

Focus on Food



Alice Henneman, RD, LMNT, Extension Educator

Q: How long should I cook eggs so they are safe?

A: Here are some guidelines from Mary Torell, promotion specialist, Nebraska Department of Agriculture on safely cooking eggs:

- Cook basic egg dishes until the whites are set and the yolks begin to thicken; they don't have to be hard.
- When making eggnog, ice cream, Hollandaise sauce and other recipes calling for raw eggs, cook the eggs or use a pasteurized egg product.
- Cook other dishes like French toast and Monte Cristo sandwiches, crab cakes, pasta dishes, quiches and casseroles until they're done at the center (160 degrees F).
- A baked custard is done when a metal knife inserted off center comes out clean. A stirred custard is done when it coats a metal spoon with a thin film and reaches at least 160 degrees F.

Q: Are the thick, ropey pieces of egg white safe to eat?
A: These are the "chalazae" and they are entirely edible, according to Mary. In fact, the more prominent the chalazae, the fresher the egg. These natural parts of the egg albumen do not interfere with the cooking or beating of the white and need not be removed, although some cooks like to strain them from stirred custard

Q: What if your recipe calls for eggs at room temperature?

Shouldn't you keep eggs refrigerated?

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WIC (Women Infants and Children) celebrates 25 years

WIC has been shown to help pregnant women eat better, have healthier babies and receive early prenatal care. Infants born to WIC mothers weigh more and grow and develop better. Children on WIC eat foods with more iron and vitamin C, visit their doctors regularly and receive immunizations. The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides free foods and nutrition information to help keep pregnant women, infants and children under five healthy and strong. Even working people may qualify for services. For example, a family of three earning \$486 a week will meet the income requirements. Fathers and foster parents may apply for WIC for their children.

WIC vouchers are for foods including milk, cheese, cereal, eggs, juice, beans or peanut butter. An extra food package is available for mothers who are breast-feeding. Although WIC supports breast-feeding, infant formula is available to mothers who choose to bottle-feed their babies. Infant cereals and juices are also provided. WIC provides

referrals to doctors, health centers and clinics, dentists and programs such as Food Stamps, ADC and Medicaid.

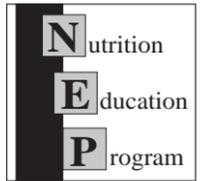
WIC services in Lincoln and Lancaster County are provided through Family Service and the Lincoln-Lancaster County Health Department. Currently, clients are being served at 17 sites throughout the county. WIC agencies in Lincoln have been working diligently to reach potential clients through extensive outreach. If you or someone you know may qualify for WIC, please call 441-8655 or 441-6200 for an appointment.

"The nutrition information I receive from WIC is very informative. I especially love the recipes."

"We have little money but want our children to eat nutritious meals. The WIC Program has helped us reduce what we spend at the grocery store"

"The WIC Program is perfect. It has been a lifesaver for my children."

"I want to express my appreciation for everything that the WIC Program has done. Each person involved deserves a pat on the back for the hand they have extended to help me to



Nutrition Education Program

for Limited Resource Families

Maureen Burson
Extension Educator

have the means to make it through the last three years of school in pursuit of a nursing degree. Once again, thank you for providing part of the meal set on the table so I could provide a better life for my child."

Submitted by Melissa Oerman, LLCHD WIC Director. (MB)



Tran My-Trang, WIC, and Barb Brodsky, NEP, team up at the Good Neighbor Center at 2617 Y.

The disappearing lunch hour

A USA Today poll showed that 55 percent of Americans use their lunch hour (which actually averages 36 minutes) to do other things than eat.

Unfortunately, missing lunch also means missing important nutrients. Plus, when the "hungries" hit, you're more likely to overeat on less nutritious food later on.

Here are some ideas to help you eat and get in your errands, too:

- If you know you're going to be running errands, try taking along a sack "lunch" that you can divide between a morning and afternoon break. For example, you might pack a couple of pieces of fruit, a carton of yogurt or cheese sticks, and a sandwich (eat half your sandwich at each break). If refrigeration isn't available, pack your lunch in an insulated lunch bag along with one of those gel freezer packs.

■ If lunchtime errands frequently arise unexpectedly, try keeping some nutritious munchies at work that you can eat in place of lunch. This might include little boxes of raisins, crackers, peanut butter, granola bars, cans or cartons of fruit and fruit juice, little boxes of pudding, etc.

■ If you do have a whole hour for lunch and usually go

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You CAN gain weight eating low fat foods!

Though there's a reduced-fat form of almost any food you can think of—overall, more Americans are gaining weight!

It's not the fault of the foods, however, but rather how we use them. For example:

■ There are still limits to how much food you can eat before you gain weight—even if the food is low-fat. If people load up on low-fat foods or eat

larger servings because a food is low-fat, chances are they're getting too many calories.

■ Low-fat or reduced-fat foods aren't always low in calories. Many of them may still be high in sugar.

According to a survey reported in *Tufts University Health & Nutrition Letter*, while more than 50 percent of consumers read nutrition labels for

fat content, only 10 percent check the calorie level. Try this experiment the next time you're at the grocery store. Compare the calories in favorite lower fat foods and their full-fat counterparts.

Here's what Tufts nutritionists found when they compared calories between reduced-fat and full-fat versions of foods. The

continued on page 12



YOUR information center... around the clock

NUFACTS

NUFACTS offers information 24 hours a day, 7 days a week. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.

- 359 Avoid Choker Foods for Young Children
- 354 The Meat, Poultry, Fish and Dry Beans Group
- 357 Using the "Nutrition Facts" Section on Food Labels

and many more...

Nutrition and Food Safety Web Site

Visit our Internet web site at: www.lanco.unl.edu/food

FREE monthly Food Relections e-mail newsletter.

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

Diabetes Study Course

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

Jean's Journal

Jean Wheelock
FCE Council Chair



Happy Belated Mother's Day to all the moms and I hope everyone took the time to make this a special day for a mom. Your own or someone else who you think is special. They are special people who do so much for us everyday and many times we take them for granted. I think back to the memories of my mother and grandmothers who have left me with so many wonderful and fun memories. They are all gone now, but what a lonely place our mind would be without those special memories.

I'd like to share a few memories of a FCE member

who recently passed away. Dorothy Wiechert belonged to and was a charter member of the Emerald FCE club. For 55 years she shared her talents with many, young and old alike. At our April meeting, we reminisced about our friend. The one underlying theme was her involvement with 4-H and helping her community to be a better place for families. Most of our members had known Dorothy for many years and said her influence on her own children and theirs had helped make them better equipped for their roles in life because of her interest and caring concern. What better legacy could one leave behind than this. I know her family truly missed her this mother's day, but she left them with so many beautiful memories.

Dates to remember:
June 28, 7 p.m., FCE Council Meeting
July 13, 6:30 p.m., Sizzling Summer Sampler

Sizzling Summer Sampler sponsored by FCE Council Tuesday, July 13, 6 to 9 p.m. Light supper at 6 p.m. Learnshops: Watch the June Nebline for details Plan to attend. Invite a friend. Cost: \$7 Make checks payable to: FCE Council. Send reservations to: Joy Kruse, 850 Adams, Lincoln, NE 68521 Mark your calendar today! Join the fun and fellowship. (LB)

Family Living



by Lorene Bartos, Extension Educator

Removing carpet odors Depending on the source and treatment possibilities, some carpet odors are removable, while others are not.

Treat the carpet as soon as possible, using a cleaning product recommended for carpets and rugs. The longer the source of the odor remains—particularly if it has penetrated the backing of wall-to-wall carpeting—the harder it is to remove the odor. Spilled material must be completely removed. Otherwise, the bacteria will continue to decay and produce odors. Since odors produced by mildew will recur with new mildew growth, it is important to find and eliminate the mildew source. Odors from cat waste are almost impossible to eliminate completely. Generally, the affected part of the carpet and pad will need to be replaced.

New carpets often have an odor that will disappear over time. To dispel it as quickly as possible, open the windows and keep the room well ventilated. If possible, air area rugs outdoors. (LB)

Helping children make ethical decisions

LaDeane Jha
Extension Educator

You look younger than you are. You could save \$24 at an amusement park if you lie about your age. Would you do it?

This question was posed to about 180 middle students from various Lancaster and Saunders County schools during Leading with Character Counts! workshops this spring. Students had just participated in a lesson on the "Six Pillars of Character"; trustworthiness, respect, responsibility, caring, citizenship and fairness. They understood what is meant by honesty, having integrity and being trustworthy. Yet, in every workshop 50-100% of students indicated that they would lie. Many students didn't seem to make the connection between their knowledge of the pillars and the decisions they make.

When asked about their decision to lie, students said, "It doesn't hurt anyone if I do it."; "They charge too much money to get in."; "If you are poor, you might need your money for other things."; "I'll have more money to spend on rides or on food when I'm in the park."; "My family does it all the time at restaurants."; "If you look younger, why not?—it's a stupid rule". Sometimes students would say, "I think it may be wrong—but I'd do it anyway—everyone does it."

We followed up this question by reading a list of five possible reactions to the questions and asked them which would be good answers if you were being the best person of character you could possibly be. Results were somewhat better then but, even in this instance one-third to one-half of students still gave rationalizations about why it was okay to lie about their age.

Students were then given a decision-making model: Identify an action you are considering. Who will be affected by this action? Will your action help or hurt them? Which pillars are involved? If you did this deed... Are you treating others as you would want to be treated? How would you feel if *Sixty Minutes* did a story on your decision? Are there any laws, regulations or rules that might restrict your choices? If everyone did it, would it be a good thing?

Obviously not every decision is as clear cut as the one mentioned above, sometimes we need to make choices between two things that are right, other times two pillars may be in conflict. It often hurts us too, more than we would like to make a correct decision.

The more we work with the Character Counts! program, the

more obvious it becomes that students need to be challenged to make good decisions even when it is hard to do, even when others may not know you are doing it and when you may actually be hurt in the short term by a decision you make. We need to model making good decisions, we need to give children numerous opportunities to create options and practice making decisions based on sound traits of character. Which answer would you have chosen to the problem posed in the first paragraph?

- A. Yes, I need the money more than they do.
- B. Yes, It's unfair to make people pay more just because they're older.
- C. Yes, if I couldn't afford to pay the full price.
- D. No, it is unfair to the people who play by the rules.
- E. No, it is dishonest.

Prominent ethicists say lying about the child's age is unethical (because it is dishonest), unfair (because people who play by the rules are disadvantaged) and it violates fundamental notions of citizenship. A, B and C pose excuses with no moral validity. Both D and E are correct in reasoning and result.

For more information about Character Counts! call LaDeane at 441-7180.

Children & Violence

Children are exposed to numerous accounts of violence against kids, such as abductions, murder and random acts of terrorism. Parents need to be aware that children may react strongly to those events and should be prepared to discuss their child's thoughts and feelings. The following are some guidelines for parents.

*Be honest about the situation. Give your children information at their own level and put it in context. Explain that even though frightening things happen to children every once in awhile, most children go about their day with no harm. Don't describe unlikely scenarios that would unnecessarily frighten your children.

*It helps to know what information your child is getting. Monitor their exposure to television reports and help explain what they see if they do watch television. Ask them what they are hearing at school and, if necessary, give them factual information to dispel rumors they are hearing from others.

*Limit the amount of exposure to violent movies, videos, or computer games. The impact of violence for children is cumulative.

*Understand that children of different ages react differently. Younger children may react by showing more separation anxiety when their parents leave them at daycare or school. Older children may present a rough exterior or act out aggressive behavior.

*Provide extra emotional

support for your children. Review safety precautions and practice routines of going to and from school with them. Teach your children that they should go to an adult that they trust if they feel threatened in any situation.

*Avoid infecting your children's lives with your own anxiety. If you are feeling overwhelmed by anxiety caused by traumatic events, take steps to deal with your own feelings before your children are affected.

*Be aware of other areas of children's lives that may make them especially vulnerable to fears regarding violence against children. Children who have experienced a traumatic incident in the past, children who are grieving a personal tragedy and children who are ill are all more susceptible to anxiety regarding other events.

*Children need personal reassurance. Tell them what you are doing to ensure their safety; tell your children what their daycare provider or teacher is doing to maintain safety; and tell children what they can do to enhance their own safety.

*Don't overdo it. Maintain normal routines for eating, sleeping and play. Keep an eye open for any signs of anxiety.

Source: Family Resource Center at Minneapolis Children's Hospital and Clinics for Family Information Services, Minneapolis, MN. (LJ)

Parents Forever

Fewer than half of America's children can expect to live out their childhood with their biological parents. When parents fail to deal constructively with custody, child support, and other difficult divorce issues; the pain, for the children and parents, alike endures long after the divorce is final.

Parents Forever is a research-based curriculum developed by the University of

Minnesota Extension and delivered by the University of Nebraska Cooperative Extension in collaboration with St. Elizabeth's Regional Medical Center, Northeast Family Center and Lincoln/Lancaster Mediation Center. The program puts parents on the path to minimizing trauma associated with divorce for their children.

A series of three 2-hour workshops will be held Wednes-

days, June 16, 23 & 30, 7-9 p.m. each evening at the Northeast Family Center, 5903 Walker. Cost for the entire series is \$30 (includes the cost of a manual) and child care will be provided, if needed. Registration deadline is June 9. Please call LaDeane at 441-7180 for additional information and a registration form. (LJ)

Special State-wide Training For Character Counts!

When: June 16, 1999
Time: 8:30 a.m. to 4:00 p.m.
Where: East Campus Union, UNL
Cost: \$25 per person prior to May 15
\$35 after May 15
Presenter: Dr. Mark J. Britzman-trained at the Josephsen Institute. Call 441-7180 for a registration form.



4-H & Youth

4-H Bulletin Board

- There will be **NO** Teen Council Meeting in June. See you in July! (TK)
- Stop by and pick up your ExpoVision registration packet! (TK)
- 4-H camp brochures are available at the extension office. (TK)
- April 29—Beef Quality Assurance Certification, 7 p.m. (DK)
- May 15—Bennet Lamb Tagging, 8:30 a.m., Bennet ballfield. (DK)
- May 22—Performance lamb tagging, 8-noon, State Fair Park. (DK)
- Lancaster County Fair—August 4-8, 4-H horse events August 2, 3, 4, 5 and 7. (LB)

ExpoVisions '99 and Youth Leadership Conference July 7-9

University of Nebraska-Lincoln

ExpoVisions is one of the biggest and best events for youth in Nebraska. It combines fun and learning in 46 different learnshops, 23 career tours and special programs that allow you to expand your interests and explore opportunities. ExpoVisions is for those ages 13-19 during 1999.

You'll have fun and meet new friends during your stay on the University of Nebraska-Lincoln campus.

Interested in getting some in-depth leadership training? Want to learn more about communication, take part in officer training and learn more about resource development? If so, the Leadership Conference might be the choice for you. This conference is for those ages 12-19 during 1999.

The Leadership Conference will be held at the same time as ExpoVisions. Events for both include a trip to Omaha, a boat ride, banquet and dance.

Registration deadline: Wednesday, June 16 • Cost: \$145 per person. For more information, pick-up your ExpoVisions/Leadership Conference packet at University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Lincoln, NE 68528 or contact Tracy at 441-7180. (TK)

- A sampling of 1999 ExpoVision learnshops:
- Order in the Court
- Veterinary Medicine: A Career of Choices
- "Selling" Yourself During the Interview Process
- It's All in Your Point of View
- Lollipop Farm—A Children's Discovery Center



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 fees. 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 Cherrycreek 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. Participants 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 maximum

AGES: 8 and up

INSTRUCTOR: Ron Suing, 4-H volunteer

2. Nursery Rhyme Wall Hanging

Four of your favorite nursery rhymes will be set among five traditional pieced quilt blocks. Participants need to bring the following: (all fabric needs to be 100% cotton, prewashed, and ironed) 3/4 yd fine quality muslim, 6 pieces of 1/4 yd cuts of small print (1930 reproduction fabric—if using scraps, must be minimum of 5" squares), 1/4 yd print fabric for binding. Also needed: size 01 black pigma 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 1 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 maximum

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 follow-

ing: (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 scraps large enough to make 12, 2" squares, 1/4 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 1 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 competition. Fee 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 p.m.

FEE: \$15

CLASS SIZE: 10

AGES: 8 and up

INSTRUCTOR: Gene Veburg, 4-H volunteer

6. Babysitting 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 toys.

TIME: 3-5 p.m.

FEE: \$5

CLASS SIZE: 20 maximum

AGES: 11 and up

INSTRUCTOR: Lorene 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.

Refreshments provided.

TIME: 8 a.m.-12:15 p.m.

FEE: \$10

CLASS SIZE: 15 maximum

AGES: 5-8

INSTRUCTORS: LaDeane Jha, Extension Educator and Tracy Kulm, Extension Assistant

One-day workshops

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

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 maximum

AGES: 8 and up

INSTRUCTOR: Lorene 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 maximum

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 maximum

AGES: 8 and up

INSTRUCTOR: Lorene 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)

1999 Clover College

Registration Form

(one person per form)

ALL FEES MUST BE PAID IN FULL UPON REGISTRATION

Name: _____ Age _____ Male _____ Female _____

Parent Name(s) _____

Mailing Address _____

City _____ State _____ Zip Code _____

Daytime Phone Number _____ Home Phone Number _____

Special Needs _____

I WANT TO ENROLL IN THE FOLLOWING SUMMER PROGRAMS:

NUMBER	TITLE	FEE
# _____	_____	\$ _____
# _____	_____	\$ _____
# _____	_____	\$ _____
# _____	_____	\$ _____
# _____	_____	\$ _____
# _____	_____	\$ _____

TOTAL AMOUNT PAID \$ _____

1. Checks/money orders should be made payable to Lancaster County Extension
2. Bring this form and registration fees, or mail this along with check or money order, to Lancaster County Extension located at 444 Cherrycreek Road, Lincoln, NE 68528-1507.
3. Registrations must be received by June 11, 1999.

Lamb tagging in Bennet

Deanna will be tagging lambs at the Bennet ballfield Saturday, May 15, 8:30 to 10:30 a.m. If you would like to eliminate a drive to Lincoln on May 22, this is your chance. All 4-H lamb projects must be tagged by June 11. If you have any questions or would like Deanna to stop at your place on May 15, call 441-7180. (DK)

Poultry exhibitors

Market broiler entries due

Market broiler entries for the 1999 Lancaster County Fair are available and due by May 19. All market broiler chicks will be ordered from Norfolk Hatchery and cost \$20.50 for 25. The chicks will arrive at the Lancaster Extension Education Center on June 17 and must be picked up between 1 and 4 p.m.

If you wish to participate in the market broiler contest, pick up your entry form at the office. For more information, call Ellen at 441-7180. (EK)

HORSE BITS

Natural horsemanship clinic and riding workshop

There will be a natural horsemanship clinic and riding workshop May 8 and 9, 9 a.m. to 5 p.m. at the East Arena, State Fair Park. The presenter at this workshop will be Rick Cornwell from Janesville, IA. For more information on this clinic, call 441-7180 and ask for Ellen.

District and state horse show entries

All district and state horse show entries are due in the Lancaster County Extension Office by 4:30 p.m., May 21. (NO LATE ENTRIES ACCEPTED!) Level tests and horse identification sheets for district and state exhibitors are also due on that date. The district show for Lancaster County is Thursday, June 24 in Beatrice. If this date does not work for you, call me at 441-7180 for other available show dates across the state. (EK)

Benefit horse show held

On April 17 and 18, the Lancaster County Horse VIPS Committee sponsored a horse show to benefit the proposed Lancaster County Event Center. The show was held at State Fair Park. The Saturday show was for the serious horse show exhibitor only! It was a very cold day and the horses were excited to be out for the first 4-H show of the season. (However, they were **not** excited to be washed on that particular morning.) On Sunday, the sun came out and everyone enjoyed a beautiful day during the games.

High point trophies were awarded in four age groups. Trophy winners were Megan Gautier (Elementary High Point) and Rachel Steckly (Reserve); Christi Vidlak (Junior High Point) and Ashley Murray (Reserve); Amy Countryman (Senior High Point) and Sara Messick (Reserve); and Jessie Snover (Adult High Point) and Tim Marshall (Reserve).

As usual, there were more than a dozen people who spent many hours working to ensure the success of the show and we thank them all. A special thanks goes to Marti Countryman who organized and promoted the show. (EK)



Trophy winners (left to right) Megan Gautier, Ashley Murray, Christi Vidlak, Amy Countryman, Tim Marshall and Jessie Snover. Not pictured: Rachel Steckly and Sara Messick.

Mark your calendar

Wednesday, June 23 is the date 4-H members can practice for the Life Skills Judging Contest and receive help with their demonstrations. Learn judging techniques and decision making skills for the Life Skills Judging Contest from 1-2:30 p.m. At 2:30 p.m., 4-H members can learn what a demonstration is and how to present it at the fair. If your demonstration is ready, present it and receive help, if needed. Preregistration is not necessary. Contact Tracy if you have any questions. (TK)

2002 CWF registration begins

Reservations are now being accepted for the 2002 Citizen Washington Focus program. To be eligible you must be 14 years of age by the time of the trip. To reserve a seat, send a \$100 deposit to the Lancaster County 4-H Council, attention: Deanna, 444 Cherrycreek Road, Lincoln, NE 68528-1507. Applications will be accepted on a first come, first served basis. We are limited to 42 youth. What better way to learn about government, meet new friends and travel the east coast? Join today! (DK)

Youth Beef Roundup

Are you involved in the beef industry? Do you want to be involved in the beef industry in the future? If you answered yes to either of these questions and you are between the ages of 13-18, the Youth Beef Roundup is for you!

The Youth Beef Roundup is a two-day workshop held at the University of Nebraska, East Campus. The event will take place June 16 and 17. The roundup will feature eight different hands-on workshops, as well as speakers and panel discussions. Some of the workshops will be on cattle handling, health, quality assurance, food safety, meat, nutrition, EPD's and many other topics.

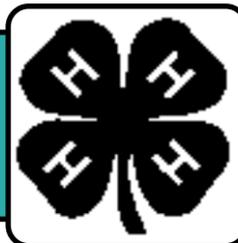
For an application form, call Deanna at 441-7180. (DK)

Performance lamb tagging

The performance lamb weigh-in and tagging will be Saturday, May 22, 9 a.m.-noon in the 4-H sheep barn at State Fair Park. Any 4-H member planning to exhibit in the market lamb performance class must have their lambs weighed this day. All market lambs or commercial ewes that haven't been tagged must also be brought in. If you have any questions, call Deanna at 441-7180. (DK)



4-H & Youth



County fair dates

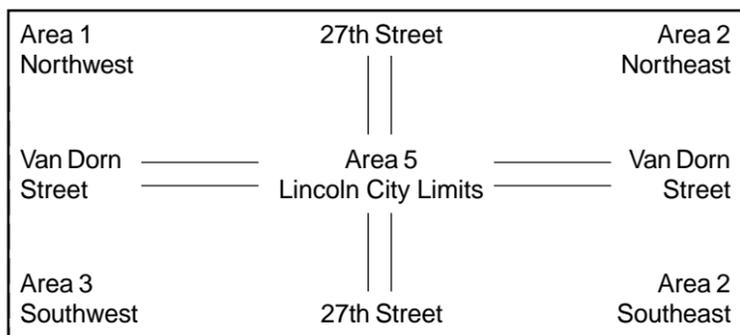
Lancaster County Fair is August 4-8
 Friday, July 16—Demonstrations
 Wednesday, July 21—Style Revue judging
 Monday, August 2—4-H horse show activities begin
 Tuesday, August 3—Static exhibit entries due 4-8 p.m.
 Wednesday, August 4—Static exhibits judged
 Thursday, August 5—Table Setting Contest, 8:30 a.m.
 Saturday, August 7—Demonstrations
 Watch future issues of the NEBLINE for a complete calendar and details. Each 4-H family should receive a Lancaster County Fair Book by June. A fair packet will be mailed to all 4-H club leaders and independent members. (LB)

All animal ID's are due to the extension office by June 11. (DL)



4-H Council positions

Starting date September 1, 1999
 Seeking qualified applicants for 4-H Council youth and adult positions in the following geographic areas:
 Northwest—youth
 Southwest—youth
 Southeast—adult
 Lincoln city limits—2 youth and 1 adult
 Lancaster County at large—1 adult and 1 youth
 Requirements: must be concerned with the future of the 4-H program in Lancaster County. Must possess an interest and an understanding of youth and be willing to promote the 4-H program. Applicants must be willing to attend monthly meetings and participate in various committee activities. These are rewarding positions. SALARY: Base \$0 with 5% increments annually. BENEFITS: The gratitude of volunteers, parents and 4-H youth throughout the county. In addition, a name tag and 4-H Council T-shirt are provided. Interested applicants need to contact Lorene for further information and an application form. (LB)



Attention swine exhibitors

All youth 4-H and FFA members exhibiting swine this year must be Pork Quality Assurance (PQA) certified. You may get certified in any county. Call Deanna and let her know if you have completed the certification. Certification dates are as follows:

Lancaster County: May 26, 6 p.m., Lancaster Extension Education Center

July 10, 9 a.m., Lancaster Extension Education Center

Please call the office at 441-7180 to register.

Otoe County: May 13, 6:30 p.m.,

Kimmel Ag Expo Center, Syracuse

Saline County: May 24, 7 p.m., St.

Joseph Hall, Friend

May 27, 7 p.m., Saline County Extension, Wilber

Saunders County: June 5, 9:30 a.m. ARDC, Mead

June 21, 7:30 p.m., ARDC, Mead

Thank you for your cooperation on this issue. If you have any questions, call Deanna at 441-7180. (DK)





Community Focus

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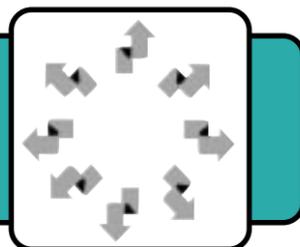
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In the June Neblin additional NuFacts topics will be listed.

The NEBLINE

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Newsletter
Lancaster County

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Gary C. Bergman, Extension Educator—Unit Leader

NOTICE: All programs and events listed in this newsletter will be held at the Lancaster Extension Education Center unless noted otherwise. Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County.

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 - NUFACTS INFORMATION CENTER 441-7188
 - EXTENSION OFFICE E-MAIL.....LanCo@unl.edu
 - WORLD WIDE WEB ADDRESS.....www.lanco.unl.edu
- OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday**

Extension Calendar

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

- May 15**
Lamb Tagging—*Bennet Ballfield, Bennet*..... 8:30-10:30 a.m.

- May 20**
Beef Quality Assurance—*Seward County Extension* 7 p.m.
Fair Board Meeting 7:30 p.m.

- May 21**
District & State 4-H Horse ID's and Entries Due

- May 22**
4-H Performance Lamb Weigh-in—*State Fair Park* 9 a.m.-noon

- May 26**
Pork Quality Assurance Inservice 6 p.m.

- June 1**
4-H Project Enrollment Deadline
4-H Council Meeting 7 p.m.

- June 5**
Pre-District Horse Show—*State Fair Park*..... 8 a.m.

- June 8**
PAK 10 Horse Judging Contest..... 6:30 p.m.

- June 9**
4-H Horse VIPS Meeting 7 p.m.

- June 10**
4-H Rabbit VIPS Meeting 7 p.m.

- June 11**
Teen Character Counts! Training 9 a.m.-3 p.m.

- June 14**
CWF Group Leaves for Washington D.C.
Extension Board Meeting 7:30 p.m.

- June 11**
All Animal ID's Due

- June 15-18**
4-H Clover College

- June 16**
Special State-wide Training for Character Counts! 8:30 a.m.-4:00 p.m.

- June 17**
Fair Board Meeting 7:30 p.m.



Nebline Feedback

In order to best serve our subscribers, this form will appear in every issue of THE NEBLINE. You can use this form to:

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You CAN gain weight eating low fat foods!

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calories were the same for several foods and sometimes higher—for the reduced-fat version! Though lower fat foods might still be better for your heart, the benefit lessens if you're eating to the point of gaining excess weight.

■ Low-fat foods aren't a magic bullet in helping people lose weight and keep it off. Physical activity is still very important and can't be replaced

by a grocery cart of low-fat foods. Physical activity not only helps burn calories but also helps maintain muscle tone. In turn, your muscle tissue is metabolically active and uses up calories. Physical activity is the lifestyle factor most frequently linked to successful long-term weight loss and maintenance.

The final answer: When low-fat foods are eaten within an appropriate calorie level for you

and combined with an active lifestyle—yes, they can help you lose or maintain weight. (AH)



Focus on Food

continued from page 6

A: Here's information from the American Egg Board for when a recipe calls for eggs at room temperature: Some recipes call for eggs to be at room temperature before they are combined with a fat and sugar. Cold eggs could harden the fat in such a recipe. This might cause the batter to become curdled which could affect the texture of the finished product. Remove eggs from the refrigerator about 30 minutes before using them or put them in a bowl of warm water while assembling other ingredients. For all other recipes, however, use eggs straight from the refrigerator. (AH)



The disappearing lunch hour

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somewhere to eat, consider packing a sack lunch on the day of your errands. Eat your lunch and spend the rest of the time on your errands.

■ At the beginning of the week, write down all the errands you'll have to do that week. See if you can bunch them into a

few days and keep more of your days free for lunch. For example, can you pick up the dry cleaning on the same day you go shopping for birthday cards? Also, could some of the errands be delegated to other family members? (AH)