9-1999

The NEBLINE, September 1999
Another busy year of learning and sharing has climaxxed with the Lancaster County Fair. What does the county fair have to offer for 4-H members and their families? It is a time to display the hard work and achievements of a year of hard work. It is a time of seeing friends and attending social events. Leadership, showmanship and presentation skills are shown in the ring, contests and activities taken place at the fair. This is the time of year to reflect back on all of the learning gained and challenges faced by 4-H leaders and members. National 4-H Week, October 3 - 9, 1999, is a time to share the opportunities that 4-H has available for youth. It is also a time for youth to share 4-H experiences with friends, classmates in school and other activities they participate in. The theme is ARE YOU INTO IT? 4-H.

4-H is a voluntary, informal education program for youth 5 - 19 years old. The learning opportunities go far beyond the projects that are taken, as they are a means to learning the life skills that will be used through the 4-H members life. Five to 8 year olds can belong to Clover Kids, a non competitive program for youth. Youth 9 to 19, during the calendar year, can join the traditional 4-H program through club or independent study. The 4-H year runs from October 1 through September 30. 4-H clubs are organized within neighborhoods or school areas with volunteers as leaders. Leaders may be parents, relatives, neighbors or 4-H alumni interested in working with youth or sharing what they may have learned through the 4-H program.

4-H teaches skills in many areas. Former 4-H members have found leadership and presentation skills to be very useful throughout life in the education and occupation fields. A 4-H Celebration was held at the Lancaster County Fair to recognize members and leaders for years of membership, service and outstanding achievements. The fair theme of Old Fashioned Family Fun was carried out at the celebrations. The 4-H Council coordinated these activities. Families participated in a pie eating contest, water balloon toss and tug-of-war. Families were selected from the audience to take part in the activities.

Everyone had a good time cheering on their friends and family. 4-H members who had completed their third year or graduated from high school in 1999 were given pins. 4-H leaders were recognized for 2, 5 and 10 years of service. Plaques were presented to 4-H members achieving the highest awards in several areas.

You, too, can share in the celebrating achievements—join 4-H or become a 4-H volunteer. To become involved, call University of Nebraska Cooperative Extension in Lancaster County at 441-7180. (LB)
Horticulture

**Fall storage of tender bulbs, corms and tubers**

Tender perennials are not winter hardy in our part of the country, but with a little help, they can survive for many years. Tender perennials are those plants that need to be dug from the soil in the fall and wintered over in a frost-free location. You do not have to keep the entire plant, only the bulb, corm or tuber are stored. New growth occurs from these structures after replanting next spring.

Popular tender perennials considered tender in Nebraska include gladiolus, cannas, dahlias, tuberous begonias and caladiums. Other lesser known tender perennials include the elephant’s ear and calla lilies. Survival of tender perennial rhizomes requires more attention than simply digging the particular storage organ and putting it in a box in the basement. Specific storage conditions must be met to successfully store the plants through the winter.

Dig tender perennials just before or soon after a killing frost. If left until after a frost, the foliage will be killed and the storage organ will need to be dug within a few days to prevent rotting organisms from entering through the damaged stem.

Corn producing plants such as gladiolus can be stored successfully. Dig carefully to prevent damaging the corn. Brush off the remaining soil. Allow the corms to cure for several weeks in a dry location with good air circulation. After drying, cut off the foliage and discard the shriveled remains of last year’s corm. A new corm is produced each year on top of the old one. Store the corms in an open box or onion bags at temperatures between 40 and 45 degrees Fahrenheit.

Dahlias produce tuberous roots. To store them over the winter, trim back the foliage of the plant to within a few inches after the first light frost. Dig carefully to avoid injury. With some soil attached, pack the roots between 2 and 3 inch layers of vermiculite, peat moss, sawdust, or wood shavings. Store at 40 to 45 degrees. Check frequently to remove those that have shriveled.

The tubers of tuberous begonias, elephant’s ear and the rhizomes of calla lilies should be dug before a hard frost. Cut the tops back and allow 6 inches of stem to remain. Dry for 2 to 3 weeks in a frost-free location, shake off the soil and remove the dried stem. Pack in peat moss, vermiculite, sawdust or wood shavings and store at 45 to 55 degrees. Caladium tubers should be cured for a week in a warm location and stored in packing material at a temperature around 60 degrees.

Canna rhizomes should be dug after the foliage has been killed. Cut the stems back to about 4 inches above the soil. Dig the rhizomes and dry in a frost free location for about two weeks. Place the roots in shallow boxes; they do not require covering. Store at 45 to 50 degrees.

The storage organs of most tender perennials multiply quite quickly in the garden. It is important to leave them intact until spring. Any injury incurred prior to storage will increase the chances for rot to occur. In the spring cut the rhizomes and tubers apart making sure at least one or two dormant buds are present on each section. Share the extras with relatives, neighbors, and friends.

The major problem homeowners have in storing these tender perennials is finding a location with the correct temperature. Many of us no longer have an unheated basement or extra bedroom in which to store the tender perennials adequately. Normal interior temperatures can be too warm. Most garages, even though attached, will be too cold for survival. If this is your situation, do the best you can with what you have available or consider growing these plants as annuals instead of perennials. (MM)

**Growing hardy bulbs**

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

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

In general, hardy bulbs produce foliage and blooms in spring. They are dormant during the summer months. Low temperatures are required to break dormancy, so growth may resume in fall and early winter.

Good quality bulbs produce good blooms. Usually the larger the bulb, the better it will bloom. Bulbs should be firm, heavy and in good condition. The skin should be smooth, of good color and free from injury. The basal plate must be intact.

Bulbs can be obtained from many sources in the fall. The best time to plant hardy bulbs is late September until late October. Choose a planting site in full sun.

Soil of a medium sandy loam texture is ideal because it provides good drainage. If soil is a heavy clay, add organic material such as peat moss or compost. Raised beds will provide good drainage. Soil pH should be between 6.0 and 7.0.

Work soil 12 inches deep and incorporate three pounds of a complete fertilizer, such as a 5-10-10 per 100 square feet as you are preparing the soil. Planting depths will vary. Plant hyacinths 6 inches deep, tulips 6-8 inches and daffodils 6 to 8 inches deep. Smaller bulbs, like crocus, are planted shallower. Larger bulbs should be spaced 4 to 6 inches apart; small bulbs 1 to 2 inches. For a greater effect, plant in clumps or irregular masses rather than singly. Once planted, water the bulbs well and add 1 or 2 inches of mulch.

When bulb foliage has emerged 1 or 2 inches, remove excess mulch and pull any weeds. Water is needed especially during bud and foliage growth. If rainfall is insufficient, apply additional water. As bulbs finish blooming, remove faded blooms to eliminate seed sets which reduce bulb growth. Maintain foliage for six weeks for good bulb growth and rebloom the following season. Allow foliage to die down naturally. Foliage can be removed when it is yellowed, fallen over and comes loose when slightly pulled. (MM)

**Hints for fruit storage**

Proper storage conditions are needed for fruits that are not consumed immediately after harvest. The key to good storage is in controlling the temperature and relative humidity of the storage area. For fruits such as apples, grapes and pears, store them in cool temperatures at 32 to 40 degrees Fahrenheit and moist conditions at 90 to 95 percent relative humidity. Other fruits such as peaches, apricots, nectarines, plums and prunes can be stored at 50 degrees. Other fruits such as pears, plums, prunes, figs and peaches can be stored at 55 degrees. Select containers for storage that have smooth inner surfaces. Baskets, melon crates or boxes are suitable. Line these containers with aluminum foil to help retain moisture.

Apples and pears will likely last through the fall and winter if stored properly. Apple varieties should be harvested firm and ripe to insure the longest storage period possible. Harvest pears when they are full sized but still green and hard. Pears ripen quickly at 60 to 65 degrees Fahrenheit.

Grapes will usually keep for one or two months. Grapes should be stored alone because they pick up odors of other fruits and vegetables. (MM)

**1999 September/October Garden Calendar**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

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. (MM)
Wolf spiders are “big, hairy and real fast”

Wolf spiders are among the largest spiders in Nebraska. They are common outdoors and only accidentally find their way indoors by wandering into houses and buildings by mistake. Many people who find one of the larger species of wolf spiders think that they look like small tarantulas because they are quite hairy.

Wolf spiders have eight eyes and excellent vision. Unlike many spiders that have poor eyesight and build a web to capture prey, wolf spiders do not build webs, but are active hunters. They are appropriately named because they run quickly over the ground in search of prey and powerfully pounce on their victims.

Outdoors, wolf spiders are common in most terrestrial habitats, but are often found in areas of tall shrubs or dense grasses where their insect prey is abundant. When they are not actively searching for food, they may be found hiding under rocks or other objects. Some species dig burrows into the soil and lay their eggs on overripe produce. These eggs hatch into maggots that feed on the rotting fruit. If that fruit is in your kitchen, you could be dealing with hundreds of flies in about a week.

Most of you probably think that fruit flies came from the supermarket on the fruit that you buy. It’s possible, but fruit flies don’t like unripe produce and most supermarkets primarily sell unripe fruits and vegetables. Because fruit flies are native to Nebraska, the fruit flies in your kitchen, most likely, get inside from the great outdoors. They smell your nearly over-ripe peaches or tomatoes and so are small they can go through the window screens with ease. You can also bring them inside when you bring in fruit or vegetables from the garden.

To get rid of a fruit fly problem, put produce in the refrigerator and remove fruit and vegetable waste.

Where do fruit flies come from?

In 1859 that finally proved that flies and germs are produced by other flies and germs and not spontaneously produced. But, I digress ... where do your fruit flies really come from? Adult flies are attracted to the yeasty smell of fermenting fruits and vegetables, and lay their eggs on overripe produce. These eggs hatch into maggots that feed on the rotting fruit. If that fruit is in your kitchen, you could be dealing with hundreds of flies in about a week.

During P2 Week, special activities are planned. Tours of Carol Wright, Sandhills Publishing and Duncan Aviation are available on Tuesday, September 21. A reception at the Lancaster Extension Education Center is from 12:2 p.m. – Thursday, September 23. Cost is $3.75 for lunch and a dessert.

Reduce unwanted advertising mail!

Check your mail today! How many unwanted pieces did you receive? Too many? How does this happen? If you make one or more purchases from mail order catalogues, your name is added to a list and marketed to other companies that do business through the mail. As a result, you receive many, many pieces of national advertising. To remove your name from national mailing lists, write to:

Mail Preference Service
Direct Marketing Association
11 West 42nd Street
PO Box 386
New York, NY 10163

To keep your name off the unwanted mailing lists, contact mail order companies to let them know that you do not want your name and address shared with other businesses and organizations. In this way, you still can order by mail but you will not receive unsolicited items. If you do get “junk mail,” please remember to recycle it!

ALH

September 20-26, 1999
Celebrate P2 Week!

This week is set aside to highlight pollution prevention and waste reduction by encouraging changed behaviors among community citizens and businesses. To participate in P2 Week, why not consider these options:

• Recycle cans, glass, newspaper, cardboard and plastic.
• Compost yard waste and kitchen garbage by encouraging changed behaviors among community citizens and businesses.
• Dispose of all household appliances, used oil, tires and car parts properly.
• Buy in bulk.

• Buy products packaged in recycled materials.
• Cut open six-pack soda plastic rings.
• Repair those leaking faucets.
• Use detergents with small amounts of phosphate.
• Adopt a stream.
• Use fewer pesticides.
• Check your home for household chemicals that are toxic. Store or dispose of properly.
• Walk instead of driving or take the bus.
• Plant a tree.

During P2 Week, special activities are planned. Tours of Carol Wright, Sandhills Publishing and Duncan Aviation are available on Tuesday, September 21. A reception at the Lancaster Extension Education Center is from 12:2 p.m. – Thursday, September 23. Cost is $3.75 for lunch and a dessert. Registration for all activities required. For more information, contact Phil Rooney, Lincoln-Lancaster County Health Department at 441-8644. (ALH)
Prepare grain bins and equipment before harvest

With harvest rapidly approaching, now is the time to prepare grain bins and harvesting equipment to help ensure that grain going into storage will remain in good condition. Don’t wait until the middle of the harvest to discover that a bin foundation is severely cracked, or find even later that insects from grain that was left in the combine blades last fall have severely infested a bin of new grain. Regardless of whether this year’s weather results in a bumper crop or reduced-quality grain due to an early frost, proper bin and equipment preparation is a key to preserving stored grain quality.

Harvesting equipment

Remove all old grain from the bin and feed grain from combines, truck beds, grain carts, augers and any other equipment used for harvesting. Make sure the roof and sides, inside and out, are cleaned of debris. Inspect the bin site and foundations for structural problems. Inspect the bin roof and sides, inside and out, for leaks, loose or sheared bolts, rust, etc. Check the roof vents and access hatch and caulk any cracks at the roof line. Be sure the access ladder is complete and securely fastened to the bin. Repair or replace any deteriorated components.

Wiring for fans and other electrical components should be inspected for corrosion and cracked, frayed or broken insulation. Exposed wiring should be run through water-proof, dust-tight conduit. Avoid kinking the conduit and make sure all connections are secure. Check bin vents, transitions and ducts for corrosion and damage. Remove any accumulated dust and dirt that will reduce the operating efficiency. Be sure that all connections are tight.

Ensure that the bins are clean. Remove any old grain with vacuum cleaners. Never put new grain on top of old. Also, clean bins not being used for storage this year to keep insects from migrating to other bins.

It is generally impossible to thoroughly clean under perforated drying floors. Although by removing the drying fan and using a grain vacuum, much of the accumulated debris can be removed. The bin should then be fumigated with chloropicrin. (Chloropicrin is a Restricted Use Pesticide and requires gas monitoring devices and respirator protection.)

If long term storage (over 10 months) is anticipated consider treating the cleaned bin with protective insecticides at least two weeks before any grain is applied. Spray the apply to the point of runoff to as many interior surfaces as possible, especially joints, seams, cracks, ledges and corners. Also spray outside the bin at the foundation and near doors, vents, ducts and fans.

Malathion, methoxychlor, Tempra, Reldan (stored sorghum only) or diatomaceous earth can be used for treating bin surfaces. Methoxychlor and Tempra should not be applied directly to the grain. As with all pesticides, read and follow product label instructions for handling, dilution, mixing and application directions.

DOE not spray bins where sorghum will be stored.

 Stored sorghum rarely experience insect problems and few insecticides are labeled for use on sorghum.

Stored sorghum grains represent a major investment. Precautions taken before grain is put in the bin can put a hold on any destiny by helping to assure that quality is maintained. (TD)

Source: David P. Shelton, Extension Agricultural Engineer; David D. Jones, Associate Professor, Biological Systems Engineering; Keith J. Jarvi, Extension Assistant, Integrated Pest Management.

Fall clean-up of warm-season grasses

Many producers promote warm-season grasses like big bluestem, Indiangrass and switchgrass for summer feed; however, growth is good during hot weather when cool-season grasses like bromegrass and white grasses are unproductive.

Many warm-season grass pastures are invaded by cool-season grasses. These cool-season grasses germinate, grow and spread during cool, moist times of the year when warm-season grasses are dormant and not competitive. One way to control cool-season invasion is to use late fall grazing. Fall grasses are dormant in late fall, so they won’t be injured by grazing. But cool-season grasses can be weakened and thinned out by grazing while green, just before winter.

For severe invasions, you also can spray Roundup in late fall. But be careful. You’reRoundup to remove cool-season grass from warm-season grass, first wait for several hard freezes to kill the top growth of warm-season grass. Once completely dead, the tops won’t be able to absorb the Roundup so they won’t be injured when sprayed. But cool-season grasses will still be green and susceptible to Roundup. November is usually the best time to spray Roundup to selectively remove cool-season grasses from warm-season pastures. Follow label directions for proper rates and formulations.

Keeping warm-season grasses productive is difficult if cool-season grasses invade. Timely grazing and Roundup can help. (WS)

Fall is a good time to control problem weeds

Pricing silage into the feed bunk

On-farm grain storage

Commercial grain storage may be tied tight in 1999. On-farm grain storage may be needed this year to protect grain until it can be moved into more permanent storage or sold. The length of time grain can be held in storage depends on the moisture content of the grain, the temperature of the grain and whether the grain can be kept from heating by means of air circulation. Most corn needs to be less than 15 percent moisture in order to be held in storage for extended lengths of time unit of dry matter. Air circulation is used to keep grain from heating and to cool the grain mass to slow the formation of molds. If sufficient ventilation of air can be continually pushed through the grain mass to prevent heating as a result of mold growth and respiration within the grain mass, grain at higher moisture contents can be stored for 9 to 11 months. Corn at 16 percent moisture held at a constant 50 degrees F can be safely stored for approximately six months. The shelf life decreases about one month for every point of moisture above 16 percent, (with sufficient airflow to maintain the grain at a constant 50 degrees F). The shelf life is also reduced by higher temperatures. At any given moisture content, the shelf “life” is less than half as long for every 10-degrees F increase in temperature. Comparing corn at 16 percent moisture to the shelf life (with aeration) is 186 days at 50 degrees F, 81 days at 60 degrees, 49 days at 70 degrees, 42 days at 75 degrees and 36 days at 80 degrees. NeGuide G87-862, Holding Wet Corn With Aeration presents a chart showing the “shelf life” of corn grain over a range of moisture contents and temperatures.

Airflow rates as low as 1/10 to 1/100 bushel have been success- fully used to hold corn at or less than 16 percent moisture during the cooler part of the year. Operating the fan continuously stopped at a very immature stage and the yield of grain is usually less than half of normal. These silages may have 80 percent or less the feed value of high grain corn silage. Sorghums, of comparative high grain yield, usually have only 80 to 90 percent the value of corn silage per unit of dry matter. Sudan and sudangrass crosses, or sorghums, may provide higher yields, but will have as much or more percent the value of corn silage per dry matter than 160 percent the value of corn silage.

Additional information and guidelines are contained in NeGuide GT-74-99, “Estimating Corn and Sorghum Silage Value”, available at the extension office. (WS)
Prevent fires in wood-burning stoves

According to David Morgan, safety engineer, NU IA/NR, “Wood-burning stoves and fireplaces can help reduce fuel bills, but take time to do the job right when installing and maintaining this equipment.”

With more people buying wood-burning stoves than usual due to Y2K scares, special care needs to be taken to prevent improper installation. Wood-burning stoves should be installed by experienced people, such as heating and cooling professionals.

Chimney fires need not happen if proper installation and maintenance practices are done and there are good means for getting rid of combustion gases. Wood-burning stoves need a tight, well-designed and properly constructed chimney.

Chimney fires are indicated by a distinctive cracking noise in the chimney or a blowtorch rush of air into the chimney. The stovetop or even the whole house may actually shake. The stovetop also may turn glowing red hot, which means it has reached a temperature of at least 1,500 degrees. F. Sparks and flames also may blow into the air.

If a chimney fire does occur, shut off stove draft and call the fire department. Dry chemical extinguishers may be helpful in holding the fire down until the fire department gets to the scene. If water is available, stand on the ground and spray the roof to cut down on the possibility of a roof fire from glowing particles of burning creosote.

Many fires start when residents are away from home or have gone to bed for the night. Wood-burning heaters should never be left alone unless you know how to prepare the heater for unsupervised time. Before going to bed or leaving the house, air intake vents should be adjusted to slow down the rate of gas flow.

Summer heat means more water use. The U.S. Geological Survey estimates residential household water use at up to 80 gallons per person per day, but summer activities and heat increases that amount. Water use increases every year, which can burden some small municipal and private sewage treatment systems.

The largest water users are showers and toilets, accounting for about two-thirds of the water used in an average household. Toilets use half of the inside household water supply.

Water and energy-saving devices can help save water. There are two types of low-flow shower heads—typi- cally used to two to ten gallons per minute. Water-saving shower heads use only two to five gallons per minute. In addition to a lower water flow for showers, the new water-saving heads offer spray patterns such as mist, shower, massage or pulsating. Some even have a turn off switch.

Water pressure may affect low-flow shower heads. With low water pressure, select a low-flow shower head that delivers the water needed at low pressure. If we use what is called a low-flow shower head that can be switched on when the water pressure is low. Cost of low-flow shower heads can range from $7 to $70. Low water use, and costs depend on the size of a house- hold and the number and length of showers. Households taking two, four-minute showers each day may save enough hot water in two years to pay for a water-saving shower head.

Follow these other tips for saving water:

Sink faucets can be equipped with flow control devices, which lowers water flow or shuts off automatically after a length of time, and foot pedal controls. Both of these can help save up to 25 percent of water used.

Fix leaks and maintain your water system. A one drop per second leak can waste up to 2,700 gallons of water per year. Leaky pipes not only waste water, but damage wood and create stains and rust. Wishing a full load of clothes can use 20 to 57 gallons of water. Wash only full loads.

Front-loading machines use less water than top-loading machines. Front-loading washers fill to just below the door opening, and items tumbler in and out of water. They use less detergent, electricity and water (20-28 gallons). Savings in water and energy bills can add up from $60 to $100 per year. Don’t run the faucet while doing other tasks for an extended period of time, such as brushing teeth.

Use a timer or measuring continued on page 11

Drinking water quality ‘report cards’

Have you received your drinking water quality report card yet? According to DeLynn Hay, water quality specialist and extension specialist and Shawna Skipton, extension educator, water quality, every public water supply system must provide its customers a report on the quality of its water supply. Large water systems will mail the water quality report to their customers. Smaller water systems may distribute the information with a mailing, through a local newspaper, or by other means. Reports also may be available on the Internet.

The first consumer confidence report must be distributed to all customers by October 1999 and by July 1, each year thereafter. The U.S. Congress revised the Safe Drinking Water Act in 1996 to require that public water supply systems provide annual water quality reports. A public water supply is defined as a system that provides piped water for human consumption to at least 15 service connections or regularly serves at least 25 individuals. This will include municipal water systems, rural water systems and sanitary improvement district water systems.

The report will tell you the source of your drinking water. It describes your water system and how it is treated. It also shows how the water was treated. A public water supply must monitor and report a number of parameters, including those in Table 1. A public water supply must also test for certain chemicals, such as those in Table 2. A public water supply must report if any of these chemicals were found in the water at levels that might pose a health risk. A public water supply must report the results of these tests. A public water supply must also report if any samples of water had levels of certain chemicals that were too high. A public water supply must report the results of these tests. A public water supply must report the results of these tests.

Acreage Insights

Tractor safety tips (part 9)

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 imperative that tractor owners routinely check their tractors and keep in mind the following safety guidelines:

A tractor must have a ROPS (rollover protective structure System) (ROPS) cab or rollover, then the seatbelt must be worn. There has been only one death in the United States where a ROPS was properly installed and the seatbelt was worn. The operator went off a 14 foot bridge and landed upside down. There have been many deaths when ROPS were present, but the seatbelt was not worn. It is more dangerous to have a ROPS and not wear the seatbelt than it is to have a ROPS.

The only time seatbelts should not be worn is when a ROPS is not present on the tractor allowing the operator a chance to escape. Tractors without a ROPS tend to roll over about 180 degrees or more (there is no room for an operator when the tractor is upside down). A tractor with a ROPS, roll over approximately 90 degrees. The safest protection is to have a ROPS and a seatbelt installed on the tractor and wear the seatbelt.

Mulch—mowing your lawn

Traditional lawn mowing results in the repeated problem of grass clipping disposal. Disposing of clippings directly to your own yard results in a rush of air into the chimney. The ground and spray the roof to cut down on the possibility of a roof fire from glowing particles of burning creosote.

Many fires start when residents are away from home or have gone to bed for the night. Wood-burning heaters should never be left alone unless you know how to prepare the heater for unsupervised time. Before going to bed or leaving the house, air intake vents should be adjusted to slow down the rate of gas flow.

Summer heat means more water use. The U.S. Geological Survey estimates residential household water use at up to 80 gallons per person per day, but summer activities and heat increases that amount. Water use increases every year, which can burden some small municipal and private sewage treatment systems.

The largest water users are showers and toilets, accounting for about two-thirds of the water used in an average household. Toilets use half of the inside household water supply.

Water and energy-saving devices can help save water. There are two types of low-flow shower heads—typically used to two to ten gallons per minute. Water-saving shower heads use only two to five gallons per minute. In addition to a lower water flow for showers, the new water-saving heads offer spray patterns such as mist, shower, massage or pulsating. Some even have a turn off switch.

Water pressure may affect low-flow shower heads. With low water pressure, select a low-flow shower head that delivers the water needed at low pressure. If we use what is called a low-flow shower head that can be switched on when the water pressure is low. Cost of low-flow shower heads can range from $7 to $70. Low water use, and costs depend on the size of a household and the number and length of showers. Households taking two, four-minute showers each day may save enough hot water in two years to pay for a water-saving shower head.

Follow these other tips for saving water:

Sink faucets can be equipped with flow control devices, which lowers water flow or shuts off automatically after a length of time, and foot pedal controls. Both of these can help save up to 25 percent of water used.

Fix leaks and maintain your water system. A one drop per second leak can waste up to 2,700 gallons of water per year. Leaky pipes not only waste water, but damage wood and create stains and rust. Wishing a full load of clothes can use 20 to 57 gallons of water. Wash only full loads.

Front-loading machines use less water than top-loading machines. Front-loading washers fill to just below the door opening, and items tumbler in and out of water. They use less detergent, electricity and water (20-28 gallons). Savings in water and energy bills can add up from $60 to $100 per year. Don’t run the faucet while doing other tasks for an extended period of time, such as brushing teeth.

Use a timer or measuring continued on page 11

Hemlock and livestock

Poison hemlock and water hemlock are abundant across the Midwestern United States. These plants with white, umbrella-like flowers contain toxic compounds. If swallowed or digested by grazing animals, hemlock can be lethal. Although hemlock usually isn’t palatable to livestock, it can become so if allowed by clipping or spraying. Be sure to provide animals with plenty of water, salt and minerals. Lack of water or minerals sometimes create problems in an animal’s abnor- mally, which increases risk of consuming hemlock. (DJ)

Nutrients to your lawn

Besides mowing, mulching and mulching blad- attachments put grass clippings to work for you. By cutting and then recutting grass, a mulching blade produces fine particles that can enrich your lawn. “Part-time Farming” provides tips that will save you costly mistakes and precious time. Call 402-441-7180 to order your copy.

Learn at your convenience
—24 hours a day, 7 days a week—

NUFACTS (audio) Information Center
NUFACTS audio message center offers fast, conve- nient 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/education/agg/acrage/idx.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.
Nutrition Education Program
Are you on a limited budget? We can help!

Are you tired of ...
* fixing the same foods day after day and week after week?
* running out of grocery money before the end of the month?
* wondering what to feed your family?

If you answered “yes” to any of these questions, NEP can help. NEP is a free nutrition education program that helps families on a limited budget eat healthier and save money.

Who can enroll?
* Individuals who meet income guidelines
* Have one or more children living at home
* Pregnant women

You will learn how to:
* Budget your food dollars
* Save money by planning meals
* Save time by fixing quick and easy meals
* Stay healthy by making wise food choices
* Keep food safe to eat
* Feed infants & children
* Prepare nutritious snacks

Where you can learn:
* Individually or in small groups
* At agency or community sites
* At home through home visits, mail lessons or phone visits

Points to remember:
* No charge for the program
* Learn at your convenience
* Learn how to budget your food dollars
* Recipe ideas for quick and nutritious foods
* Certificate of completion

Call Maureen Burson, 441-7180 to learn more about NEP (MB)

September promotion emphasizes “Cook It Safely”

September is National Food Safety Education Month™ (NFSEM), an annual observance to focus attention on the importance of safe food handling and preparation in both home and commercial kitchens. Nebraska Governor Mike Johanns has declared September Nebraska Farm-to-Table Food Safety Education Month. *And Lincoln Mayor Don Wesley has recognized September as Food Safety Education Month in Lincoln.

Created by the foodservice industry in 1995, NFSEM is widely supported by federal, state and local government agencies, the food industry and consumer organizations. This year, NFSEM is dedicated to increasing public awareness that an invisible cause of foodborne illness—bacteria—can survive in foods if they are not properly cooked. With “Cook It Safely” as its theme, NFSEM stresses the simple step of cooking to safe temperatures as one of the most effective means of preventing foodborne illness.

Here are some helpful tips to “Cook It Safely”:
1. Use a clean food thermometer to make sure that meat, poultry and casseroles reach a safe internal temperature.
2. Cook meat and poultry to safe internal temperatures: • ground beef, 160 degrees F.; • beef roasts and steaks, 145 degrees F.; • pork to 160 degrees F.; • chicken, 165 degrees F.; • fish should be opaque and flake easily with a fork when done.

September is National Honey Month. Nebraska is one of the top honey-producing states in the nation. Enjoy this Fall Fruit Salad from the National Honey Board (www.nhb.org).

NOTE: Honey should not be fed to infants under one year of age. Honey may contain bacterial spores that can cause infant botulism—a rare but serious disease that affects the nervous system of young babies (under one year of age). Adults and older children can safely eat honey.

Fall Fruit Salad
Makes 6 servings.
2 apples, cored and diced
2 bananas, halved lengthwise, cut into 1-inch pieces
12 dried apricots, quartered
4 pitted prunes, quartered
1/2 cup golden raisins
1/4 cup plain yogurt, or dairy sour cream
2 tablespoons honey
dash nutmeg
1 1/2 tablespoons orange juice, apple juice or orange liqueur

Combine fruits in a medium bowl. Blend yogurt with honey, nutmeg and juice to taste. Gently stir into fruit. Cover and chill thoroughly. (AH)

Focus on Food

Alice Henneman, RD, LMNT, Extension Educator

Q: What’s the best way to store honey?
A: According to the National Honey Board, “To retain honey’s wonderfully luxuriant texture, always store it at room temperature, never in the refrigerator. If your honey becomes cloudy, don’t worry. It’s just crystallization, a natural process. Place your honey in warm water until the crystals disappear. If you’re in a hurry, place it in a microwave-safe container and heat it in the microwave on HIGH for 2-3 minutes, stirring every 30 seconds. Remember, never boil or scorch honey.

Q: Is there a way to measure honey so it doesn’t stick to the spoon?
A: When measuring honey, coat the measuring cup with non-stick cooking spray or vegetable oil before adding the honey. The honey will slide right out. (AH)

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)
What do these people have to say about 4-H?

"As I ‘graduate’ from 4-H, I look back gratefully at the many things 4-H has taught me. I have learned how to be critical of myself and my work in order to get positive results, and that no matter what, a project started is a project that must be done. However, more importantly, I treasure the experiences 4-H has given me. Among them: chances to travel all over the country, opportunities to build a better community through service, and always, the creation of friendships. 4-H has been a major part of my life for the past 10 years. I have laughed at messing up recipes, I have shaken with nervousness before giving a speech, and, in everything, I have grown. I can’t deny that 4-H has changed and challenges.

How do you join?

Contact the University of Nebraska Cooperative Extension in Lancaster County at 441-7180 or visit the 4-H office at 444 Cherryv Creek Road, Lincoln, NE.

What do 4-H clubs and Clover Kids do at meetings?

“I credit 4-H with much of the success that I have enjoyed in my professional life. Even though college degrees and work experiences taught me how to be a nurse and a hospital administrator, it was from my 4-H experiences that I learned valuable skills that have benefited me throughout my professional career.”

“I have had the opportunity to travel all over the country, opportunities to build a better community through service, and always, the creation of friendships. 4-H has been a major part of my life for the past 10 years. I have laughed at messing up recipes, I have shaken with nervousness before giving a speech, and, in everything, I have grown. I can’t deny that 4-H has taught me, and will, help me to build a better future.”

—JoHanna Madsen, 4-H alumni

“4-H has changed me to be more responsible. It also helped me to respect other people. It has given me courage to stand up in front of an audience and in school.”

—Connie Lemke, current 4-H member

“4-H also taught me the value of good leadership. I had a continuous flow of role models from individuals who were 4-H leaders themselves and from older 4-H club members. I had demonstrated for me and was expected to demonstrate to others good citizenship, concern for 4-H members and others, and service to the community.”

—Charlotte Liggett, 4-H alumni

“What do you learn in 4-H?

I pledge: my head to clearer thinking my heart to greater loyalty my hands to better serving my mouth to speaking truth, my eyes to greater sympathy, my feet to greater industry, my country and my God to greater devotion. The 4-H pledge reveals this:

- Developing life skills
- Communicating
- Preparing
- Managing
- Choosing healthy lifestyles
- Serving
- Communicating
- Participating in a planned 4-H program as individuals without group affiliation.

4-H School Enrichment: Groups of youth receiving learning experiences during school hours in cooperation with school officials.

What do 4-H clubs and Clover Kids do at meetings?

“I would encourage you...to become a 4-H leader. Your contribution to the 4-H program and to the 4-H’ers will be greatly rewarding.”

—Janet Anderson, 4-H leader and 4-H Council member

“Well, we have it all! Programs that teach life skills—rocketry, sewing, woodworking, pets, forestry, cooking, electricity and more—flexibility of scheduling, strong values and great socialization with adults and kids of all ages from all over Nebraska. It all adds up to 4-H.”

—Ruth Lantis, Michelle Daize, Diane Spomer, Kristi Meter and Sandi Kroll, Home school parents and 4-H leaders.

What are 4-H projects?

4-H clubs usually do four general kinds of things: project work, business meetings, recreation or social activities, and community service.

What is a 4-H volunteer?

An adult or teen who works voluntarily with a group of 4-H youth. Call the University of Nebraska Cooperative Extension in Lancaster County at 402-441-7180 for more information.

What is 4-H?

4-H is an organization for boys and girls who are 5 to 19 years old in the current calendar year. It is open to every one, regardless of race, religion, color, sex, economics, disability or place of residence.

What do 4-H clubs and Clover Kids do at meetings?

4-H clubs are able to participate in a variety of 4-H programs including showing exhibits at the Lancaster County fair.

4-H Club: Members of an organized group of youth, led by an adult, with a planned program carried on through out, or in several months of the year.

What is 4-H?

4-H is an organization for boys and girls who are 5 to 19 years old in the current calendar year. It is open to every one, regardless of race, religion, color, sex, economics, disability or place of residence.

Join 4-H!

Are you into...?

What do these people have to say about 4-H?

“4-H also taught me the value of good leadership. I had a continuous flow of role models from individuals who were 4-H leaders themselves and from older 4-H club members. I had demonstrated for me and was expected to demonstrate to others good citizenship, concern for 4-H members and others, and service to the community.”

—Charlotte Liggett, 4-H alumni

“What do you learn in 4-H?

I pledge: my head to clearer thinking my heart to greater loyalty my hands to better serving my mouth to speaking truth, my eyes to greater sympathy, my feet to greater industry, my country and my God to greater devotion. The 4-H pledge reveals this:

- Developing life skills
- Communicating
- Preparing
- Managing
- Choosing healthy lifestyles
- Serving
- Communicating
- Participating in a planned 4-H program as individuals without group affiliation.

4-H School Enrichment: Groups of youth receiving learning experiences during school hours in cooperation with school officials.

What do 4-H clubs and Clover Kids do at meetings?

“I would encourage you...to become a 4-H leader. Your contribution to the 4-H program and to the 4-H’ers will be greatly rewarding.”

—Janet Anderson, 4-H leader and 4-H Council member

“Well, we have it all! Programs that teach life skills—rocketry, sewing, woodworking, pets, forestry, cooking, electricity and more—flexibility of scheduling, strong values and great socialization with adults and kids of all ages from all over Nebraska. It all adds up to 4-H.”

—Ruth Lantis, Michelle Daize, Diane Spomer, Kristi Meter and Sandi Kroll, Home school parents and 4-H leaders.

What is a 4-H volunteer?

An adult or teen who works voluntarily with a group of 4-H youth. Call the University of Nebraska Cooperative Extension in Lancaster County at 402-441-7180 for more information.

What do 4-H clubs and groups do at meetings? 4-H clubs usually do four general kinds of things: project work, business meetings, recreation or social activities, and community service.

What are 4-H projects? 4-H projects are learning experiences for 4-H members. Over 150 projects are currently available from Nebraska Cooperative Extension.

What is an exhibit? An exhibit is an object or display designed to help the young person feel he or she is capable and has accomplished something. An exhibit lets 4-H’ers share what they learned in a project. Many 4-H’ers show their exhibits at the Lancaster County fair.

Does 4-H have a website? Yes, you can find us at www.ianr.unl.edu/ianr/lanco/4-h/
Projects, projects, and more projects...

What are your interests? Citizenship and civic education? Or maybe communications and expressive arts? Maybe you want to learn more about consumer and family science and have the opportunity to learn more about food and nutrition, lifetime sports, safety, and health. Some people have interests in environmental and earth science and healthy lifestyles. Others interests may be found in areas such as personal development, plants and animals, and science and technology. 4-H has over 150 projects to offer, so wherever your interests lie, you are sure to find the projects just for you!

Be A Better Gardener 4-H Program

The Be A Better Gardener Program is a 4-H youth gardening program for Lancaster County. This program was started to increase the gardening knowledge of 4-H youth interested in horticulture. Youth received a free gardening notebook and flower or vegetable seeds to plant in their gardens. You have the opportunity to attend educational workshops during the summer. Youth participants can keep a journal on the progress of their gardens in their notebooks. This journal can be entered as an exhibit at the county fair.

Rabbits, rabbits, rabbits...

Do you have an interest in animals but little room to keep them? Does being in a 4-H animal club interest you? If so, you could consider raising rabbits.

In Lancaster County, we have two organized 4-H rabbit clubs. At meetings, members work on projects such as building nest boxes, hutches and carrying cages. In the club setting, members discuss their funds and do projects to earn money for activities. The two clubs work together to conduct a rabbit show held in conjunction with a rabbit clinic in March. The clinic is free to anyone who wants to learn about judging and caring for rabbits.

The horse project

One of the more time consuming projects to enter in 4-H is the horse project. This project requires true dedication, but the rewards are great.

Typically 4-H horse clubs in Lancaster County meets monthly October through March, then weekly April through August. There are 4-H shows to visit in surrounding counties almost weekly throughout the summer. There are District and State horse shows in June and July. There is a pony club to join and club ring practices scheduled for “whenever it’s not raining.” And, there’s the county fair. 4-H horse clubs offer you the opportunity to get lessons and become a better rider, also to meet many other exhibitors with a common interest in horses.

If you are interested in horses but don’t own one, we have a horseless horse club which allows you to learn about and be around horses.

4-H poultry

Another fun 4-H animal project is the poultry project. Whether your interest is in laying hens, ducks or geese, 4-H has information to help you get started in the project. In early summer, look for information about the PAK-10 Poultry Judging Contest.

Cats

Do you own a cat? If the answer is yes and you want to learn more about your pet, join 4-H. Learn about immunizations, diet, grooming and more. Make new friends and have lots and lots of fun!

Household Pets

Raising a small pet is a marvelous project for young boys and girls. So...if you have a mammal, like a rat, hamster, gerbil, chinchilla, ferret or even a hedgehog, or reptile/amphibians which include snakes, turtles, iguanas and fish; or any kind of caged bird, you will want to join a 4-H club. Learn about your pet! About housing, feeding, handling, grooming, health care, breeding and more.

Join a Livestock Club!!

Learn about beef, sheep, swine, goats, dairy, llamas and dogs. (DK)

Allison Hurdle & Jennifer Jackson

Megan Meter

Ellen Norton - showing poultry

Danielle Lee and Hedgehog Quillmore

Ilysa Fiala & Cudabeck family with rabbits

Emily and Michael Veburg and Cats Lucky and Oreo Kids

lyssa Fiala & Cudabeck family with rabbits

Emily and Michael Veburg and Cats Lucky and Oreo Kids
Character Counts! on the move in Lancaster County!

You see them everywhere, you hear the words, it’s happening! The “Six Pillars” have arrived. They are in the schools, used by sports teams, are part of Sunday school classes and are part of programming in many youth-serving organizations. Youth and adults are teaching, modeling, advocating and enforcing behaviors based on the pillars. Making better decisions based on the pillars is becoming habit forming.

What is Character Counts?!

Character Counts! is a program sponsored by 4-H that emphasizes the “Six Pillars of Character.” It is character education that celebrates what is right with young people while enabling them to develop knowledge and life skills that enhance ethical and responsible behavior.

Facts:
In Lancaster County:
• Over 700 adults have attended workshops in which they were trained to use the CC curriculum.
• Through the expanded efforts of these adult trainers, over 10,000 youth and adults have been taught the pillars of character in clubs, sports activities, churches, 4-H and other youth-serving programs.
• Over 80% of the Lincoln Public Schools use Character Counts!
• At least five county schools and four parochial schools use Character Counts!
• Nearly $50,000 has been contributed in support of Character Counts! including major support for Lincoln Public Schools in Rotary Club 14 and for middle school leadership camps based on the pillars from School-to-Careers in Lancaster and Saunders counties.
• Over 70 teens have been trained to use the curriculum and they have supported Character Counts! in summer Bright Lights camps, the fair, Clover Kids Camps and at Parks and Recreation recreation sites.

Science at its best!
4-H School Enrichment

Is your child hatching baby chicks at school—or tasing space food? What about composting with worms or making recycled paper? Or, is your youngster asking you to turn off the water when you brush your teeth? If so, chances are your student is participating in 4-H school enrichment.

4-H school enrichment is science at its best! Through hands-on/minds-on activities, youth develop skills in problem solving and decision-making. They apply scientific and technical principles to their daily lives...and they have fun! Each year, 4-H school enrichment educates over 12,000 Lancaster County youth. Smelly stuff—trash—things we don’t need anymore! These are ideas that come to the minds of second graders when they hear the word “garbage.”

Gardeology introduces students to solid waste management and the three R’s: Reduce, Reuse, Recycle. Youngsters develop an increased awareness of garbage—where it comes from and where it goes, the problems it presents and possible solutions.

Worms that eat garbage? It’s true! About 1,000 red wigglers can eat up to three to five pounds of kitchen scraps a week. Then they’ll give you worm castings that can be added to potting or garden soil for richer plantings. Students from all over Lancaster County are indeed, learning a new way to compost—Vermicomposting.

Soft and furry with very large appetites! Things that go “cheep” in the night. The miracle of life unfolds as third grade youngsters study life cycles in Embryology. Students and teachers are responsible for the care of fertile eggs throughout the 21 day incubation period, then...baby chicks are hatched right in the classroom.

Embryology teaches responsibility, patience and expectation. Youth develop a healthy sense of awe, respect and tenderness toward living things,” comments a Lincoln Public Schools teacher.

Blue Sky Below My Feet

CWF

Have you ever had the opportunity to travel to Washington D.C.? Have you ever visited Niagara Falls, the Statue of Liberty or Gettysburg? Would you like to? If so, then the Citizenship Washington Focus (CWF) trip may be just the program for you.

CWF is a leadership program for high school youth ages 14-19. This program helps youth develop a better understanding of our government. Youth are able to go behind the scenes of our nation’s Capitol, meet our state senators, representatives and view congress in session. Since this program is offered once every three years, youth who will be 14 but not over 19 by June 2002 are encouraged to join the program today.

During this three year program, youth have the opportunity to earn 100% of the cost of the trip through organized fund raisers and activities.
**What are life skills?**

They are skills young people need to grow into competent and caring adults. In 4-H we emphasize these life skills: thinking critically; solving problems; respecting self, others and the environment; communicating; preparing for a career; serving others; choosing healthy lifestyles; and managing change and challenges.

These life skills are developed through over 150 4-H projects. Projects fall under the following areas: animal science, communication and expressive arts, consumer and family science, engineering and mechanics, healthy lifestyles, personal development and plant and earth science.

**Check out these 4-H opportunities**

There are several opportunities in the 4-H program for 4-Hers to develop, expand, and gain confidence in their leadership and presentation skills. Some of these opportunities include:

**Teen Council:** Youth are able to develop and expand leadership skills in this organization. They take leadership of several activities including 5th and 6th grade lock-in, Lancaster County Fair ice cream social and several community service events.

**Ambassadors:** Youth promote 4-H through various activities and events. Leadership and public relation skills are also developed and expanded in this organization.

**Speech:** Contestants prepare and present a speech, usually on a topic related to 4-H.

**Judging:** Youth exhibit knowledge and decision making abilities in these contests.

**Music:** Participants select any number of songs which they can sing within the 6 minute time limit.

**Demonstrations:** Youth give a demonstration or illustrated talk in any 4-H area irrespective of project enrollment.

---

**I'm interested in 4-H!**

Return to University of Nebraska Cooperative Extension in Lancaster County, 444 Cherryvale Road, Suite A, Lincoln, NE 68528-1507. A 4-H representative will contact you. Please call 441-7180 for more information.

Name ____________________________________________________________________________

Gender: [ ] Female [ ] Male

Birthdate ____________________________

Address ____________________________________________________________________________________________________________ Zip _________ _______________________

 Telephone ______________________________________________ Grade in school __________________________ School ______________________________________________

Daytime Telephone __________________________________________________

Check project area of interest:

- [ ] Dogs
- [ ] Rabbits
- [ ] Home Environment
- [ ] Child Care
- [ ] Foods
- [ ] Clothing
- [ ] Cats
- [ ] Other Household Pets
- [ ] Woodworking
- [ ] Model Rockets
- [ ] Flowers/Gardening
- [ ] Livestock
- [ ] Horses
- [ ] Safety
- [ ] Shooting Sports
- [ ] Photography

Are you interested in becoming a 4-H volunteer? Check your interest:

- [ ] Club Leader
- [ ] Project Assistant
Jean's Journal

Jean Wheelock
FCE Council Chair

Labor Day has been celebrated, the State Fair has had its’ run, kids are back in school and our 1999 State FCE Convention was held in Norfolk. We met at the gorgeous facility, Life Long Learning Center, a part of Nebraska Community College. It has just completed its’ first year of operations serving 900 events and 20,000 people. Norfolk should rightly be proud of this facility.

We were entertained with two very wonderful musical programs, good speakers and programs. One of the programs I attended was on Consumer Fraud presented by Marilyn Bath from the Attorney General’s office. One of the current scams in our area is “credit card protection.” Be aware that you never give out your credit card number to any caller. Nor should you give out your social security number or any kind of personal information. And one does not have to buy products when entering contests. Just be aware of callers promising things, prizes or money if you will only pay the taxes.

Friday evening at the FCE Awards Banquet the following members from Lancaster County were honored for 50 years of membership in FCE: Eleanor Czy, Busy Belles, Rumerose Kayser, Busy Belles, Winona Klettich, Busy Belles.

The health care system in the United States is changing. The changes take us to a system that requires consumers to take more responsibility for their health status. A very important part of that care is maintaining access to medical records for yourself and members of your family. In this lesson you will learn how to: 1) obtain information about your family’s health history; 2) understand your rights to information as a health consultant; 3) correct misinformation contained in your personal medical records; 4) preserve your family’s medical information for use in the future; and 5) keep track of your health expenses and reimbursements. (LB)

FCE reorganizational packets
Family and Community Education (FCE) club reorganizational packets are ready for club presidents to pick up at the extension office. It includes the dues information for club treasurers. Information in the packet has October due dates. It is time to look forward and plan an exciting and educational year for FCE. If you have questions, call Lorene or Pam at 441-7180. (LB)

Kids on the move: Learning to be traffic smart

Children in kindergarten through third grade are learning to be traffic smart. They enjoy walking, riding bikes and playing outside. They don’t have the judgment to cope with traffic by themselves yet, but have the judgment to stand traffic rules and show they can follow them.

Young children are NOT small adults! 1. They often act before thinking and may not do what you tell them to. 2. They assume that if they see the driver, the driver sees them. 3. They can’t judge speed.

September FCE council meeting
The September council meeting is scheduled for Monday, September 27, at the Governor’s Mansion. The meeting will begin with a luncheon (cost $7.00) at 1 p.m. The business meeting and tour will follow. Please call Pam at 441-7180 to register. (LB)

FCE leader training
The FCE leader training lesson, “Taking Responsibility for Your Health History,” is scheduled for Tuesday, September 28, 1 or 7 p.m. and will be presented by Lorene Bartos, extension educator.

Unequal partners
Recent research data shows that young teens face a particular risk when they are in relationshipships with significantly older men including:

* teen females who have intercourse with older males are at a significantly higher risk of sexually transmitted infection than with peer-age partners.

On Wednesday, October 6 a workshop, Unequal Partners, will address the issue of power and consent in adult-teen relationships. The trainer, Sue Montfort, is a Certified Health Education Specialist and author of the curriculum, Unequal Partners, which will be given to each participant. The workshop fee is $25 and includes tuition, materials, breaks and lunch. The workshop will be held at the UNL Student Union, 14th

Get those spots or stains out!
Treat the spot immediately! The sooner you attack a spot or stain, the easier it will be to get it out. Get the stain while it's still fresh by using freshly washed wet clothes for stains that didn’t wash away. Instead of drying them, pretreat the stains and wash them again. Drying can permanently set some stains.

Liquid laundry detergents are especially effective on food, greasy and oily soils. Since they are liquids, they are good for pretreating spots and stains.

Powder laundry detergents are especially effective for lifting out clay and ground-in dirt, thus they are ideal for children’s play clothes. They can also be used to pretreat, by making a paste of detergent and water. (LB)

R.I.P.: a final act of caring
Join the PEAK program of the Lincoln Area Agency on Aging November 9, 2:30 p.m. at Gere Library, 2400 South 56, when Kathy Prochaska Cue, UNL Extension Family Economist, provides a consumer’s guide to the basics of planning and preplanning funeral and burials according to Nebraska State Law. Cremation, anatomical gifts, and problem resolutions will also be discussed. Call 441-7158 for registration or 441-6571 with questions. (LJ)

Character Counts! Corner

There’s a lot of controversy about the effectiveness of the “just say no” campaign to combat drug use. But don’t discard the phrase. Michael Josephson, of the Josephson Institute of Ethics says we may want to recycle the phrase as a campaign for parents. He believes that we have to say no to our kids more often—like when they make a fuss in public and disturb others or when they ask for every toy they see on TV, or for candy before dinner, or simply for more. Saying no isn’t always easy, but it is important for parents to show some character and to instill in children a recognition that just because they want something, doesn’t automatically translate into getting it. By saying no, we help our children build their character. It’s often easier to give more than we should give and give in when we shouldn’t because we’re “parents who love too much”, or are just too weak to say no, or simply want to avoid the hassle. Determined children can inflict a great deal of discomfort. From infancy they have developed an awesome arsenal of weapons to overcome our resistance — asking cutely, pleading, cajoling, demanding, nagging, whining and, as a last resort, tantrums. Josephson points out that there are some parents who suffer from “self-estemia,” which he describes as “the toxic effect of worrying too much about whether a child feels good and too little about whether he or she is good.”

Whatever our reasons, when we can’t say no we promote “I deserve it” attitudes and selfish, materialistic values. It is critical to set limits and prepare our children for a world that feels no need to acknowledge, or to satisfy, their every whim. The “Six Pillars of Character” trustworthiness, respect, responsibility, fairness, caring and citizenship help us teach our children self-restraint, consideration and simple good manners. “No” is a word that should perhaps be used by parents more often.

Just saying no builds character

LaDeane Jha
Extension Educator

Bret Montfort, is a Certified Family and Community Educator.
Come to the Record Book Workshop II
Saturday, October 2, 1999
9:30 a.m.
Are you interested in learning how to complete your record book? Would you like to learn some more "how-to's?" Attend this workshop and discover answers to your record book questions and tips to make your record books shine. This invitation is open to anyone interested in learning more about 4-H record books. Hope to see you there! (TK/DK)

It's time to reorganize!
Leaders, look in the mail for your club reorganization packet for the upcoming 4-H year. You should receive it by the end of September. (TK)

Lancaster County 4-H Smallbore Rifle Club is looking for some new members.
Meeting place: Lincoln Parks & Recreation Shooting Range, 10th & Military Road
Time: Sunday, 4:30 p.m.
Date: 30 Sundays, starting September 19 through May 21
County fair match will be in July, actual date and time to be set later
Other matches to shoot: Junior Olympic Match (in February), Junior Sectional Match (in April)
• This club will be limited to only 12 people, so prior shooting sports club membership will be given first preference to join this club.
• You must be at least 12 years old.
• Nebraska Hunter Education Certification will be required to participate in matches.
• All equipment is provided, you only need to show up.
• Range time, rifles and ammunition will be payed for with club members dues.
For more information, call the Lancaster County Extension Office at 441-7180 or Bill Dutton at 486-4649 or shootclub@aol.com (LB)

1999 Ak-Sar-Ben Livestock Exposition and World Championship Rodeo
September 21 through September 27
Schedule of events

Thursday, September 23
3 p.m. Quarters available for Breeding Beef, Feeder Calves, Lambs, Swine and Dairy
6-9 p.m. Check in Feeder Calves
7 p.m. Feeder Calves must be on grounds
7 p.m. Rodeo

Friday, September 24
7 a.m. Noon Check in Breeding Heifers
7:30 a.m. Begin weighing Lambs
8 a.m. Breeding Heifers must be on grounds
9:15 a.m.-2:15 p.m. School Tours
10 a.m. Judging of Feeder Calves:
1. Feeder Heifers
2. Champion Feeder Heifer
3. Feeder Steers
4. Champion Feeder Steer
5. Feeder Calf Showmanship
11 a.m. All Dairy Cattle and Market Lambs must be in stalls
Noon 4-H Junior Ambassador Luncheon
1:30 p.m. Check in Dairy Cattle
6 p.m. Check in and weighing Swine
7:30 p.m. Rodeo
7:30 p.m. Parade of Dairy Cattle, Beef Breeding Heifers and Grand and Reserve Champion Feeder Calves during Rodeo
- Catch-A-Calf (Group 1)

Saturday, September 25
7 a.m.-Noon Weigh and tag Market Beef
8 a.m. Judging of Breeding Beef:
1. Angus
2. Charolais
3. Chianina
4. Salers
5. Herefords & Polled Herefords
6. Gelbvieh
7. Simmental
8. Commercial
9. Maine-Anjou
10. Limousin
11. Shorthorn
12. Beef Breeding Showmanship
8 a.m. Continue check in and weighing Swine
8 a.m. All Market Beef must be on grounds
8 a.m. Judging of Market Lambs all day followed by showmanship
8 a.m. Judging of 4-H Dairy all day followed by showmanship
Ring 1 - Holsteins
Ring 2 - Brown Swiss, Jerseys, Guernseys, Milking Shorthorns & Ayrshires
Noon All Market Swine must be in place
1-4 p.m. Weigh Market Broilers
4 p.m. Market Broilers must be in pens
5 p.m. (or after completion of Lamb Showmanship Contest) Load all lambs, except Grand Champions and Division Champions
7:30 p.m. Rodeo
7:30 p.m. Parade of Grand Champion and Reserve Grand Champion Lambs at Rodeo
- Catch-A-Calf (Group 2)

Sunday, September 26
7:30 a.m. Judging of Market Heifers
- Catch-A-Calf
- Judging Market Beef Showmanship
7:30 a.m. Judging of Market Swine all day followed by showmanship
8 a.m. Catholic Mass in General Office Building
9 a.m. Judging of Market Broilers all day
10 a.m. Protestant Services in General Office Building
2 p.m. Rodeo
- Catch-A-Calf (Group 3)
7 p.m. Rodeo
- Parade of Champion and Reserve Champion Swine and Lambs, Overall Champion Catch-A-Calf, Champion Market Heifer, Champion Broilers
- Catch-A-Calf (Group 4)

Monday, September 27
7:30 a.m. Judging of 4-H Market Steers
- Selection of Champion and Reserve Champion Division Steers as classes are shown
9:15 a.m.-2:15 p.m. School Tours
- Market Steers not in Auction or Carcass Contest released (time will be announced)
- Selection of Grand Champion Steer and Reserve Grand Champion Steer
- Purple Ribbon Auction, Ak-Sar-Ben Hall
6 p.m. Purple Ribbon Auction, Ak-Sar-Ben Hall
Tuesday, September 28
5 a.m. Load all cattle to cooperating packers for Carcass Contest (time is subject to change) (DK)
County fair

Although the Lancaster County Fair and achievement night are over, I must say one more time how much I appreciate the people who serve as superintendents and assistants at the county fair. The endless hours you donate cannot be compensated for except in the knowledge of how much you have helped countless exhibitors again this year. It was fun and for your help, I am grateful. (EK)

Miniature horse driving classes new at this year’s county fair

Four horse classes were added to this year’s county fair—two miniature horse driving pleasure classes and two roadster classes. It was a great spectator event. There were five exhibitors in each of the classes. Exhibitors were not divided by age group, but by horse size.

It is hoped that this event will continue to grow and be a constant attraction at upcoming Lancaster County Fairs. For anyone interested in becoming a member of a miniature horse driving 4-H club, call our office at 441-7180 and ask for information. (EK)

Make a Difference Day

October 23 is Make a Difference Day. A small act of kindness can make a difference to a person, family or community in need. 4-H clubs can create and participate in activities that benefit their communities. Check out the Make a Difference Day website at http://www.usaweekend.com/dif/day/index.html and find funding sources and ideas for projects. Remember to keep a record of your activity (with photos and quotes from participants). Please share your finished projects and activities with us. (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)

Awards

4-H awards books are due in the extension office October 15. The awards competition will remain as it has in the past for county and district competition. All 4-H members 12 years old and older are eligible to submit books for county awards. If you have questions, call 441-7180. (LB)

Character Counts! training for all interested persons

A Character Counts! workshop to qualify people to use the Character Counts! curriculum or to find out more about the program has been scheduled.

When? October 28, 1999
Time? 6-9 p.m.
Where? Lancaster Extension Education Center
Cost? $5 per person
Call 441-7180 to register. Can pay evening of workshop. For more information, ask for LuBeane or Lorene. (LJ)

Prudential Spirit of Community Awards

The search is on to find our top 4-H community volunteer. Each state selects one middle school and one high school individual. If you are selected, you could receive $1,000, an impressive silver medallion and a trip to Washington, D.C. If you feel you’ve made a positive difference through a volunteer activity during the past year. This award recognizes individuals in grades 5-12 solely on the basis of their volunteer activities. Volunteer activities should have occurred after September 1, 1998. Applications are available at the Lancaster County Extension, 444 Cherrycreek Road, Lincoln, NE 68528, 441-7180 or on the Internet at www.prudential.com or at www.nassp.org. They are due October 29, 1999. (LB)

Award nominations

Nominations are needed for the following awards by October 15. Application forms are available at the extension office.

4-H Meritorious Service—presented to individuals or organizations which have exhibited consistent and strong support of the 4-H program. 4-H members are not eligible.

Outstanding 4-H Member—presented to an individual who has excelled in their involvement with the 4-H program and are 14 years of age or older. The basis for selection appraises the variety and depth of 4-H activities.

I Dare You Youth Leadership Award—presented to junior or senior 4-H members who have demonstrated personal integrity, lead well-rounded lives and possess a willingness to assume responsibility. They do not need to hold leadership positions currently, but should be recognized by their peers and adults who work with them as emerging leaders. Two 4-H members will be selected from Lancaster County. (LB)

Thank you trophy sponsors!

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

Fair’s over, now what?

Parent and leader meeting

Leaders, parents and interested volunteers are invited to attend this 4-H training. Discover how to finish the current 4-H year and how to prepare for the next 4-H year. Awards, project completion/selection and club reorganization will be covered. See you there September 21 at 9:30 a.m. or 7 p.m. (TK/LB)
LaDeane Jha, Extension Educator with “Trailblazer Award Recognition” received at VIP Annual meeting.

Social capital: What is it? Can we buy it? Can we build it? How can we keep it?

While there is little agreement on a precise definition, social capital has been used to explain differences in many aspects of family and community life. Entire books have been written, conferences and symposiums have been held bringing together the scholars and the practitioners to discuss social capital and its role in the many aspects of people’s lives. Social capital is used to explain differences in educational attainment among households, self development among communities, levels of development in businesses and the migration movement among international movers.

Social capital is an important community asset. As such, the central questions are: How can we obtain some? Can we build it? How can we retain it once we have it?

Social capital isn’t for sale, it can’t be purchased at any price. It takes time and a concerted effort to develop a community’s social capital, and it can very easily be destroyed. Social capital is trust, reciprocity, networks and collective action by community members. What has taken years to develop can be destroyed in a short time.

If for example, a community leader decides to change the boundaries of a park, or move people from squaller to suburbia, or build a new school with the very best amenities, dishandling the old without consulting the people most affected, social capital is destroyed and in its place could be long term unsustainable “manufactured” capital.

To succeed in building and retaining a community’s social capital, it is necessary to consider alternatives, to provide opportunities for a diverse and inclusive audience to participate in the decision making, and to make the community’s resources available to all.

Concentrating Alternatives. There’s a big difference in looking for an “answer” and looking for solutions. When there is opportunity for sharing differing points of view, when people can voice opinion openly and freely without ridicule or labeling—social capital is being built. A community in conflict draws boundary lines and people are “branded.” Likewise, when everything and everyone is in agreement, no ideas or issues are brought forward, visions are not shared, alternatives are not considered and while it appears everything is going smoothly, conflict is just beneath the surface, waiting to erupt.

To develop and maintain a healthy social capital, the community must accept and provide opportunity for controversy, for open argument and debate, people must not be banned or shunned, but allowed to express opinions, not labeled, or branded, but praised for shedding new light.

Diverse and Inclusive Audience. All people need to be invited to the “table,” those that are not represented should be personally invited. Not just invited, but helped to attend. Meetings should not be held over a meal too expensive for some to attend, nor at a time when students are in class, or when laborers are working, and not in locations where transportation is an issue. To truly reach a diverse and inclusive audience takes commitment. Communities need to reach out and expand

continued on page 11

Ever wonder about the origin of the song “There Is No Place Like Nebraska”?

The song was composed by Capt. Dietrich M. Dirks and Lt. Harry L. Pecha of NU Company G of the ROTC, who apparently were hometown at summer camp in Fort Snelling, Minnesota. It was first sung at the Oklahoma football game by the University Quartet in 1923 in waltz tempo. It was transformed into its present march tempo in the late 1930’s. (GB)

Is the University of Nebraska part of your future? Now is an excellent time to start preparing.

To seek information about the University of Nebraska, explore the Office of Admission’s website at nebraska.unl.edu or contact them at Office of Admissions, University of Nebraska-Lincoln, 1410 Q Street, P.O. Box 880417, Lincoln, NE 68588-0417 (402-472-2023).

You’ll find lots of information:

Applying for Admission
Honors Opportunities
Undergraduate Scholarships
Costs & Finances
Transferring to Nebraska
Undergraduate Programs
Notable Facts Dust NU from the Office of Public Relations
New Student Calendar
Visiting Nebraska

Plus more about student services such as campus recreation, multi-cultural affairs, learning communities and the University Health Center. (GB)
Social capital: What is it? Can we build it? ...
continued from page 10
their views. To be inclusive doesn’t mean putting an ad in the paper “You all come, everyone is invited.” It means personal invitations. Without attention to invitation detail—who shows up?—the planning committee, the people on cookie and coffee detail, the meeting space coordinator, and those disturbed by the decisions they see be made without concern for them. When special invitations are made, they must be sincere, the invitee’s input must be valued. Youth want to do more than sit around and watch people make and sweep up after the meeting. Elderly want to provide more than the “medical chaperons,” and they want a voice in the community’s future.

Resource Availability. The resources of a community—both public and private—must be available to all. The public must be assertive in providing quality schools and recreational opportunities, and the private sector lenders must be willing to provide credit. Of course the private lenders can have guidelines and criteria, and the public can and should have criteria for use, but it must be seen as fair. These rules and criteria must be determined in advance and there must be opportunities and ways for people to meet and achieve the criteria. It’s important that private creditors help the community’s citizens give to a needy cause, to be depository of the outsourcing of private citizen support. Existing public resources should build upon a community’s need to reinvest in themselves—reinvestments which have been determined by the alternatives suggested by the diverse and inclusive audience. Social capital can be built, but it takes a conscious and concerted effort, and it takes time. It’s not easy to develop trust, it’s not easy to build reciprocity, network building takes time and effort, and providing a nurturing and collective action process doesn’t happen by chance. While it takes real time and real effort to build social capital, it is essential for a healthy, growing, prosperous community. Communities should continually remind themselves of this. Find places to build can be easily destroyed by the opinion and action of a few and the signatory of one.

Manda L. Leonard, Associate Professor Agricultural Economics/Extension Community Development Specialist, University of Nebraska

GIVE children a chance to feel they are a “WOW”

A major goal of parenthood, childcare and education is to give children the chance to feel they are a “WOW.” The formation of the self-image begins very early. It results largely from relationships with adults close to the children, especially parents. When we cuddle babies, coo at them and say “you are petting the kitty.” “Look how well you stack those blocks.” “You and your sister are playing very nicely together.” Some other hints include: Show appreciation and true feelings for who your children are. Cheer their accomplishments. Pay attention to them. Avoid comparisons. Do not embarrass or humiliate children. The ability to feel comfort-

about oneself, to feel worthwhile, is an important step in growing up. Before children can be allowed to succeed as often as possible. Try to point out a least five things they do right or well each day. For example, “I like the nice way you are petting the kitty.” “Look how well you stack those blocks.” “You and your sister are playing very nicely together.” Some other hints include: Show appreciation and true feelings for who your children are. Cheer their accomplishments. Pay attention to them. Avoid comparisons. Do not embarrass or humiliate children. The ability to feel comfort-

September promotion emphasizes “Cook It Safely”
continued from page 6
there are no cold spots in food where bacteria can survive.

• Leftovers should be heated to at least 165 degrees F.

• If you’d like materials and information to help promote food safety to your family or to other organizations, contact Alice Hennemann at 441-780. The Nebraska Farm-to-

Table Food Safety Initiative has the fundamental goal of enhancing food safety resources, training and education for all Nebraskans. It is a part of the Nebraska Food Industry Partnership Food Safety Initiative with representatives from the Nebraska Association of Meat Processors, Nebraska Food Industry Association, Nebraska Retail Grocers Association, Dairy Council of Central States, Nebraska Restaurant Association, Nebraska Beef Council, Nebraska Cattlemen, Nebraska Poultry Industries, Nebraska Pork Producers Association and the University of Nebraska (AH)

Jean’s Journal
continued from page 7
collected over 9000 signatures so let’s challenge ourselves to try for 10,000. So, clubs get those petition blanks and get them filled in. We can do it and we will make a difference for the young people.

Our ownClarice Steffens, Salt Creek Circle Club, won the judges award for her beautiful counted cross stitch santa. There were many lovely entries in heritage skills so our congratulations to all. The next State Convention will be in Ainsworth, September 19-21 so mark your calendar to catch the Big Red Express to “Where the past meets the future” as their promotion announced.

Debbie well represented having 11 members present so we received the Literacy note-
book from the Window to the World program that NAPCE has promoted. This book is full of ideas to promote literacy and is available for club use.