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The NEBLINE, January 1998

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Cooperative Extension takes advantage of geographic technology

David Smith
Extension Technologist

Geographic technology, specifically GIS (Geographic Information System) and GPS (Global Positioning System), has grown in use and application dramatically over the past few years. A vast array of industries and disciplines have embraced this new technology as they realize the many benefits and applications attainable through its use. Basically, any application that is geographic in nature can be analyzed and managed by using GIS and GPS, making this technology extremely important to many areas. Natural resource management, city planning, petroleum exploration, emergency response analysis and wildlife biology are but a few examples of the fields that use these geographic technologies and point to the diversity of the applications. Lancaster County Extension has also embraced this technology and incorporated it into projects and programs.

Global Positioning System

GPS is composed of a number of satellites, established by the Department of Defense, that continually broadcast their positions as they orbit the earth. GPS ground units receive these satellite transmissions and use them to determine their position in geographic coordinates on the surface of the earth. GPS was first established by the US military for navigation and became well known during the Persian Gulf War where GPS was employed to guide units and missiles to targets. GPS is now used for very diverse applications, from recreation and natural resource monitoring, to intense industry use like mapping for surveying and agriculture.

GPS is used extensively in the City of Lincoln's Biosolids Program which is coordinated by Lancaster County Extension. GPS is an excellent tool to map fields in the biosolids program because of the accuracy and the highly mobile characteristics of the receiver units. The use of GPS gives us a very accurate record of the agricultural land involved, and is easily integrated into a GIS due to the geographic nature of the data. GPS is also used by individuals at Lancaster Cooperative Extension for the Salt Valley Clean Lakes Program and in management of the City of Lincoln’s farm land to map features and better manage the projects.

Geographic Information Systems

GIS bring together all the geographic pieces and allows them to be used for specific applications. A GIS is a computer system that is used to construct, manipulate, analyze and display geographic information. A GIS is composed of geographic data and all the corresponding information, or attributes, that define the data. For instance, a GIS of residences would have the geographic coordinates for each house as a map component and attributes such as street location, ownership, legal description, appraisal, size, etc. attached as attribute information for each residence.

Lancaster County Extension has begun to construct a GIS to make the biosolids program more efficient and compliant with state and federal regulations. The GIS will have a year by year record of all the farm land used along with corresponding information such as application rates, soil tests, field size and other important data that needs to be recorded for every field. The corresponding attributes become a feature of that in the GIS. By using GIS to automate the program, we can rely on digital databases and features to have a computer record of all the land enrolled in the program, which can then be easily accessed and manipulated.

Certain guidelines for land applications of biosolids established by the EPA and Nebraska state and local government can be more easily followed by the use of a GIS. Location of wells, streams, residences and public water supplies, features which must be accounted for when applying biosolids, will be integrated into the GIS as separate databases. These sensitive landscape elements can then be more easily detected, and application of biosolids adapted to conform with regulations.

Lancaster County Extension has taken an innovative approach to managing projects that deal with agriculture and natural resources in Lancaster County. Computer advancements and the advent of geographic technology has made the operation of these projects more accurate and efficient and we hope to see many more benefits as we continue to expand our use of this important technology. (DS)
Humidity in the home affects plants, too

Dry air in your home not only makes you feel uncomfortable, but it also harms your plant’s growth. Moisture in the air is measured in terms of relative humidity. Most houseplants grow best at 40 to 60 percent humidity, but can tolerate levels as low as 20 percent.

Unfortunately, home heating systems take moisture out of the air, and houses commonly have lower than a 20 percent humidity level in winter.

How do you tell if your plants need more humidity? Look for these danger signs: brown and shriveled leaf tips, dried up flower buds or blooms and yellowed leaf edges. Entire leaves may turn yellow, wilt and fall off the plant. Many flowering houseplants are sensitive to low humidity levels, including anthuriums, azaleas, cyclamen, impatiens, bromeliads and dracaena.

The foliage plants which prefer a more humid environment include the indoor-leaved plants such as ferns, philodendron and spider plant. Cacti and succulents are native to deserts and they can tolerate low humidity levels.

You can minimize the damaging effects of low humidity to your plants by following proper watering practices.

Plant tissue dries out because the plant loses water from its leaves faster than it can take water up from its roots. Your plants have a harder time when you forget to water them and the soil dries out. Water plants before the soil dries out completely.

You may also need to increase the humidity around your plants. The easiest way is with a humidifier, which can increase humidity levels by 25 to 30 percent. Use portable units or humidifiers installed in the bathroom or above the kitchen sink. You might want to group many plants together.

To do this effectively, keep the following information in mind. Ash, birch, hickory, oak, sugar maple, apple, honeylocust and willow, other elms, basswood, cottonwood, white popular, pine, spruce and cedar. This third group should be considered as the last resort, while the first group should be encouraged.

Firewood is sold in a number of ways. If you buy a cord, the size of the pile will be 4 feet by 4 feet by 8 feet. Retailers of firewood may also sell by the fan cord.

Unfortunately, home heating systems take moisture out of the air, and the size of the pile will be 4 feet by 8 feet by 128 cubic feet. A popular source of additional heat is with space heaters, although these can generate less heat than the first group.

Houseplants with large leaves and smooth foliage, such as philodendrons, dracaena and rubber plants, will be healthier if their leaves are washed at intervals to remove dust and grime. This keeps the leaf pores open.

Leaf-tip burn of spider plants can be caused by soluble salt build-up due to improper watering and over-fertilization.

A face cord being defined as a pile of wood 4 feet by 8 feet by the length of a stick. The length of the stick may be anything from 12 inches to 20 inches. A rick or a run is another term used, which is 1/3 of a cord or a pile of wood 4 feet by 8 feet by 16 inches. If you have a pickup load, this load could mean almost anything. One must estimate how many they are getting by measuring the number of cubic feet of wood being delivered.

Larger loads should be split to an average diameter size of 6 inches, this will give very good satisfaction from the user’s standpoint. Whether you purchase a cord, face cord, rick, run or pick-up load, you would be well advised to purchase wood in smaller pieces. Larger pieces stack with more air in a given volume. Larger pieces may lose 15 percent of their volume from cutting.

Houseplant maintenance

Houseplants with large leaves and smooth foliage, such as philodendrons, dracaena and rubber plants, will be healthier if their leaves are washed at intervals to remove dust and grime. This keeps the leaf pores open.

Leaf-tip burn of spider plants can be caused by soluble salt build-up due to improper watering and over-fertilization.

Never allow the soil to totally dry out. When water is applied, water thoroughly from the surface, allowing plenty of water to exit through the drainage holes.

Thin-leaved plants are sensitive to transplant shock. If a plant wilts after repotting, encase the entire plant in a plastic bag. Twist the bag shut and punch two or three holes in it. Allow the plant to recuperate out of direct sunlight in this environment for two or three days.

Resist the urge to water a wilted plant if the soil is moist. Do not over-fertilize houseplants during cloudy winter months.

Using garden catalogs

By now you have received many of your garden and flower catalogs from mail order companies. This would be a good time to go through the catalogs and choose what you are going to raise this year. As you are paging through, make special notes of new varieties you might try, days to maturity, size, adaptability to your location and other special characteristics of the variety to avoid surprises or disappointments later on.

If you have a small garden plot, you may need to think about crop rotation. This is very important to the home gardener for several reasons, such as reduction in weed, insect and disease problems. These problems may increase if proper rotations are not followed in your garden program.

Check the catalogs for guarantees, special package deals, charts with information about disease tolerance and susceptibility. All of these things can help prevent disappointment as your garden matures.

While you are making your list, take a minute to check the tool and equipment pages. Are your tools in good condition and proper working order?

Keep a copy of your order and the catalog that your ordered from. This will be a good reference for you to use during the growing season.

Catalog shopping can save time as well as provide you with the latest garden information available.

An evergreen for all seasons

Few conifers have been studied for potential use as houseplants. For many years the Norfolk Island pine (Araucaria heterophylla) and the Australian-bunya (A. bidwillii) have been the only needed evergreens commonly suggested for growing indoors.

Several cypresses, however, are proving equally good as houseplants. Some of these are the columnar Italian cypress (C. sempervirens ‘ Stricta’ ) is a graceful, very narrow tree, 5 to 10 feet (1.5 to 3 m) in height, and osage orange are considered the other (C. macrocarpa). C. radiata is native to California, is cultivator of the Monterey Cypress relative to California, who is widely grown here and in Europe in coastal gardens is widely grown here and in Europe in coastal gardens. Some species, hedges, windbreaks and topiaries. But these species are hardy only to about 10 degrees, so they cannot be grown outdoors in Lancaster County. (DI)
Honey bees are dying by the millions!

In the last few years, have you noticed fewer and fewer honey bees foraging flowers in your yard or garden? Did you have poor fruit and vegetable crops that could have been related to the lack of insect pollination? The answer is yes, and you will explain why there has been a serious loss of domesticated honey bees in the U.S. Some researchers have estimated that 90% of the wild honey bee hives have been wiped out and colonies of domesticated bees have been reduced by 40-60% in many states. The major contributor to failing colonies are parasitic mites that attack and weaken the honey bees and cause them to become more susceptible to disease and cold weather. The mites that have been implicated in this problem are the varroa mites. _Varroa mites originated in southeast Asia, where they were a natural parasite of the Indian honey bee. Indian honey bees were able to tolerate the varroa mite, the mite was not fatal. However, when European honey bees were moved into Asia, the mite found a new host to feed upon. The European honey bees, the species imported into the U.S. for honey production, did not have any resistance to the varroa mite. This problem has completely spread across the North America in a decade; the varroa mite was first discovered in the U.S. in 1987._

_The varroa mites are external parasites that suck the blood from both adults and brood, and weaken and shorten the life span of the infested individuals. Emerging brood may be deformed with missing legs or wings._ Mites spread easily from colony to colony by drifting workers and drones or when workers rob honey from infested colonies. Beekeepers who capture wild swarms should examine them for mites before placing them in an apiary as this is another way to get a mite infestation started. Detection can be done by examining drone brood for the presence of varroa mites or by examining workers. The mites are easily seen without the need of a microscope. It is important for beekeepers to check for varroa from mid-March to May 1 and again in August. When varroa mites are detected in the spring, colonies should be treated prior to the main honey flow and drone rearing period. Apistan® is the only treatment that is legal in the U.S. It is important to treat all colonies in an apiary at the same time to minimize reinfestation. The presence of this important parasite means that beekeepers must do a better job managing their colonies. Domestic hives that are well managed will continue to be productive, but poorly managed hives will likely only survive a few years. Wild hives will also die out. Unless they work with a beekeeper, serious fruit and vegetable producers can no longer rely on wild bee populations for pollination. To learn everything you need to know about keeping bees, come to a 2-hour *Beginner’s Beekeeping Workshop*, taught by Marion Ellis, UNL Extension Apiculture Specialist. This workshop will be held Monday, March 16; Tuesday, March 17, 6:30 to 9:30 p.m. and Saturday, April 4, 10:00 a.m. to 4:00 p.m. At the six-hour lab session, participants will examine working hives, learn how to install package bees and put together hive equipment. The cost of this workshop is $15, that includes reference books. For more information, call Barb Ogg, 441-7180. (BO)

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**Boxelder bugs and the cluster fly**

The warming sun in late March and occasional snowfall may awaken several insect species that invaded dwellings last fall seeking suitable habitat for a winter snooze. They will also wake up during warm spells in January/February and be most noticeable on sunny southern exposures. Most noticeable, at this time, will be boxelder bugs and cluster flies. **Boxelder bugs**

Boxelder bugs are found throughout southeastern Nebraska wherever boxelder trees occur. They are found on or in close association with seed-bearing, female boxelder trees. The adult is 1/2” in length, and the black and red cross pattern on its back distinguishes it from related species. **Cluster flies**

They are so named because of their clustering behavior in overwintering sites. They seek out protected areas such as wall voids and other suitable areas in the structure that the flies can access from the outside. Removal of cluster flies is easy because they are sluggish. Members of the family VRAC subjected to vacuuming. For long-term control you must deny access to your home. Careful inspection of your home to determine points of entry and repair of these areas is necessary. Minor, routine maintenance of the external structure of a dwelling will discourage many, if not all, fall invading insects. Boxelder bugs and cluster flies, several other species of insects also attempt to grab a winter nap in dwellings. This list includes some wasps and hornets, elm leaf beetles, and larval beetles.

**Source:** Landscape Crop Advisory Team Newsletter-MSU. (SE)

**Environmental and natural resources on the Internet**

Do you enjoy this page? If so, and if you have access to the internet, find Lancaster County Extension information at the following address: http://www.lanc.unl.edu/lanc/lanc/envr/ We have put fact sheets and information related to solid waste management, biosolids, compost, recycling, insect and wildlife management, soil and water conservation, water quality, and youth educational environment. We will continue to update this page, adding articles, fact sheets and pictures as we can. Let us know what you think by sending us e-mail. (BPO/SE)

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**The Nebraska Linne**

**Environmental Focus**

**Congratulations!**

Students from around Nebraska participated in the America Recycles Day poster contest. The theme was Keep Recycling Working: Buy Recycled. Members of the Coalition on Recycling in Nebraska selected the winners.

Ms. Bieh Cram’s fourth grade class at Messiah Lutheran School in Lincoln was awarded first place in the grade four through grade six competition. Jacob Thomas, Holmes School, received an honorable mention. Winners were monetary awards, certificates, t-shirts and products made from recycled materials. Arlene Hanna, Cooperative Extension and Harry Heafer, Clean Community System presented the awards. (ALH)

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**Pesticides and child safety**

A report by the National Research Council of the National Academy of Sciences concerning pesticides in the diets of infants and children has generated tremendous concern among parents of children and young children. There is a child safety issue concerning our children's exposure to child-pesticides. A recent study showed children under 5 years of age had at least one pesticide stored in an unloaded cabinet less than 4 feet off the ground (i.e. within reach of the children). The study found that 40% of children under 5 years of age had at least one pesticide stored in an unlocked cabinet, less than 4 feet off the ground. This number suggests that 13 percent of all pesticide poisoning incidents involving children occur in homes other than the children’s own.

Bathrooms and kitchens were cited as the areas in the home most likely to have improperly stored pesticides.

**Continued on page 11**
Crop management workshops

University of Nebraska Cooperative Extension will sponsor 13 intensive workshops to provide in-depth education on a variety of crop management topics. Taught by Extension specialists, educators and research scientists, workshops answer a need for higher level, more in-depth training for agricultural professionals and continue educational credits in the Certified Crop Advisors (CCA) Program. Please be interested in attending should carefully note workshop locations.

One-day workshops will have approximately 6 hours of training from 9 a.m. to 4 p.m. Registration fees include lunch and reference materials. Interested persons should register one week prior to the date of the course. Workshops offered, locations and per person fees include:

- Jan. 28-29, Managing Irrigation Systems; College Park, Grand Island. (Two-day workshop; nine hours of training starting on Jan. 28, 1:00 - 5:00 p.m., and Jan. 29, all day) - $109
- Feb. 10, Unevenly Mowing Promotes good Plant Breeding or expens. Agricultural Research and Development Center (ARDC), near Mead - $65
- Feb. 12, More Information ... More Control. A Workshop to Help You Understand Precision Agriculture; ARDC, near Mead - $109
- Feb. 13, GIS/GPS Technology: Introduction to Farm-Level Crop Management; ARDC, near Mead - $65
- Feb. 17, Managing Alfalfa to Grow Quality and Profitable Alfalfa; ARDC, near Mead - $65
- Feb. 18, Assessing Soil Quality; ARDC, near Mead - $65
- Feb. 19, Using Organic and Inorganic Fertilizers for Nebraska Crops; ARDC, near Mead - $65
- Feb. 24, Herbicide Mode of Action; College Park, Grand Island - $65
- Feb. 25, Weed Biology and Ecology, College Park, Grand Island - $65
- Feb. 26, Herbicide Mode of Action; ARDC, near Mead - $65
- Feb. 27, Field Crop Scout Training; ARDC, near Mead - $25
- Mar. 3, Training in Animal and Plant Breeding Techniques; College Park, Grand Island - $65
- Mar. 5, Advanced Row Crop Sprayer School; ARDC, near Mead - $45
- Mar. 12, Effects of Stress on Growth, Development and Yield of Corn and Soybeans; ARDC, near Mead - $65
- Mar. 25, Fundamentals of Fungal and Nematode Pathologies; UNL, East Campus - $65

For more information or to receive a brochure that details these workshops and a registration form, contact Extention Educators Barb Ogg, 441-7180 or Keith Glewen, 402-624-8005. (BPO)

Feeding high quality hay after calving

Cows need good feed after calving. Each cow experiences much stress after calving because she is producing milk for her calf and preparing herself for reproduction system to reseed. As a result, nutrient demands are high. Energy requirements increase about 30 percent and protein needs nearly double after calving. Underfeeding reduces demand are high. Energy requirements increase about 30 percent and protein needs nearly double after calving. Underfeeding reduces performance. When shipped calves, this can be excessive. Feeding high quality forages to provide adequate nutrition. Your cows will milk well, rebreed on time, and produce healthy calves year after year. Source: Bruce Anderson, Division of Forage Specialist (WS)

Prepare calves for feedlots

Beef producers can prepare calves to the feedlot environment. Calves prepared for the feedlot have lower death losses and are less likely to get sick. Suggestions for cattle feedlots are like preparing children for the first day of school. The Producer must make sure the cattle have the right management to expect and are eased into the transition.

For calf/cow producers who typically sell calves at weaning, preparing calves for the feedlot may allow them to garner a greater than market price for the next set of weaned calves. If the producer has record if how the calves performed in the past, this information can be used to then selling calves at the feedlot environment. Suggestions for cattle producers include:

• Give vaccinations that match the feedlot's production system.
  • Administer the first vaccine 2 to 4 weeks before weaning. Follow up with a booster vaccination at weaning, when the immune system impacts the immune system, so the effectiveness of a single vaccination at weaning is dramatically reduced.
  • Train calves to eat from feed bunks and drink water frequently. Calves will be backgrounds for a time after weaning.

For more information about the biosolids program or these spreaders, call Barb Ogg or Ward Shires at the Cooperative Extension Office, 441-7180. (BPO)

City purchases manure spreaders for use in biosolids program

A grant from the Department of Environmental Quality was awarded to Lincoln’s Biosolids Land Application Program for the recent purchase of two manure spreaders. These can be leased on a reasonable cost by cooperators for the application of the city’s de-watered biosolids.

Commercial applicators are permitted to continue to apply biosolids in their usual manner. However, it is anticipated that cooperators who would like to try out biosolids will be required to have a private pesticide applicator certification.

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Extension meetings scheduled

County Extension Office for more details. Pre-registration is required for any of the commercial applicator training sessions. Who needs to be certified as a commercial applicator?

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School of Agriculture and Natural Resources (SAR) (BPO)
Acreage development in Lancaster County

In response to an increase in requests for information regarding acreage development in Lancaster County, the City-County Planning Department, in cooperation with the Lancaster County Assessor’s Office, conducted a study of residential land use in Lancaster County outside of the City of Lincoln. The study found there were 9,526 residential parcels of land in Lancaster County, excluding the City of Lincoln. These were grouped into four categories: acreages, lots, farms with residential use and parcels within the 12 incorporated towns and villages located in Lancaster County. Of the 9,526 residential parcels, 2,767 or 29%, were classified as acreages and another 2,363 or 25%, were classified as lots. The primary factor distinguishing an “acreage” from a “lot” was whether or not the parcels were part of a larger residential development. On the whole, the “lot” classification was applied to those parcels that were in subdivision-style developments, whereas the “acreage” parcels were likely to be more isolated and not necessarily part of a larger development.

In addition to determining the total number of residential parcels in Lancaster County outside Lincoln, the study also looked at their size, location and occupancy status. A comparison of the acreage and lot parcels, in terms of size, revealed that 98% of the lots and 84% of the acreages were less than 10 acres in size. The average lot was about three acres in size while the average acreage was a little larger than seven acres in size. When the location of the parcels was considered, 46.6% of those classified as lots or acreages, were located within four townships that encompass most of the greater Lincoln area—Grant, Lancaster, Lincoln and Yankee Hill (see map). The largest number, 1,140 or 22% were located in the Grant township (SE Lincoln), followed by Yankee Hill township (SW Lincoln) with 742 or 14.5%. All the other townships had less than 300 lots and acreages with the numbers ranging from a low of 46 parcels in Mill township to a high of 284 parcels in the Middle Creek township.

In terms of occupancy, approximately 83% of the total number of “residential parcels” in the county were occupied. Occupancy rates for the various classes ranged from 71% for lot parcels to 100% for farms with residential use. The occupancy rate for acreage parcels was about 79%.

Although this study only provides a snapshot of rural residential development in Lancaster County, it does show that there are a significant number of rural residential parcels in the county and that the development of these parcels is an issue that needs to be addressed. (SCB)

Learning about chemicals

People are becoming more and more concerned every day about the hazards involved with the use of pesticides in our environment. This holds true even more for those individuals living in rural areas where pesticide use to be used more extensively. If your acreage is surrounded by farmland, you know exactly what I mean. However, over concern and undue negative response is not always the right answer. It must be remembered that farmers are certified applicators and understand, quite well, what the dangers misuse of agricultural chemicals can bring. Misuse of chemicals does occur in isolated cases; but, agencies such as the EPA and Nebraska Department of Environmental Quality, maintain an effective network to ensure compliance with restrictions and regulations. Regardless whether the pesticide is for general use or is classified as a restricted use chemical, the instructions on the label of each pesticide container must be followed. Failure to do so could result in a violation of federal law and the use of that pesticide. Acreage dwellers soon discover the need to apply one or more of the various pesticides available on the market. But, sometimes they lack critical knowledge of how to handle these chemicals in a manner safe for themselves and the environment.

For this reason alone, it is important to learn as much as possible about how to effectively use any pesticide chemical in a safe and responsible manner.

University of Nebraska Cooperative Extension in Lancaster County will conduct classes in the near future for persons wishing to become certified pesticide applicators. This training will be open for persons living on an acreage as well as agricultural producers. Those interested, may attend one of the following sessions: Monday, February 9 at 9:00 a.m. or 7:00 p.m. There is a $5.00 registration fee for each participant at the training sessions. Call the Extension office at 441-7180 for more information. (WS)

Help! Your input is needed.

In order to make the Acreage Section of the Nebraska more responsive to your needs, we would like to know what articles or topics you would like to see in this section. We are also considering including a question and answer feature where you will be able to try answers before the answers are printed. Once you have a message you wish to send, please comments or questions to the Acreage Editor, Lancaster County Extension Office, 444 Cherry Creek Rd., Lincoln, NE 68528-1507, or call 441-7180. Thanks for your help. (SCB)

Name ____________________________________________
Address __________________________________________
City __________________ State ______ Zip Code ________
Comments, suggestions, or questions ______________________________________________________________________

Acreage Owners Workshop

Whether you are just thinking of moving from the city to the country or have lived on an acreage for years, there is still plenty to learn about living in a rural setting. If you have questions and concerns about making this drastic change in your living style, you may be interested in attending this Acreage Owners Workshop. The Acreage Owners Workshop will be Saturday, February 28, 1998. This activity will begin at 10:00 a.m. and conclude at 3:00 p.m. with a brown bag lunch discussion at noon. Registration is $5.00 per person which includes lunch from Brown Baggers and refreshments. Register by calling 441-7180 or e-mail cnty5021@unlvm.unl.edu no later than 4:00 p.m., Friday, February 27. Late registrations and walk-ins may not be guaranteed a lunch. (WS)

Acreage & Small Farm Insights Web Site

Visit our Internet web site at: http://ianrwww.unl.edu/ianr/lanco/ag/acreage to learn about Extension programs, publications and links to other acreage and small farm information.

Learn at your convenience

—24 hours a day, 7 days a week—

NUFACTS (audio) Information Center
NUFACS audio information 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.

“Part-time Farming” video

“Part-time Farming” will help effectively develop your country environment and improve your quality of life. Just one hour of “Part-time Farming” provides numerous tips that will save you costly mistakes and precious time. Call 402-441-7180 to order your copy.
**Indulging without bulging**

Kitchens are one of the busiest rooms in the house. Some activities may include: peeling and slicing foods, cooking and baking at high temperatures, preparing nutritious food, and preparing nutritious foods. Even though these activities are routine, they are also dangerous. To keep you and your family safe, remember:

- Heating elements can reach 1000 degrees F. Keep stove tops clean, as grease and food may catch fire. If a grease fire starts, do not use water. Have a lid, or a fire extinguisher handy to smother the flames.
- Keep the kitchen clean. Use dish towels and rags only for food that is very hot!
- Wash hands before and during food preparation to prevent bacterial contamination.

A safe kitchen

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- **Activities may include: peeling and slicing foods, cooking and baking at high temperatures, preparing nutritious food, and preparing nutritious foods.**
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  - Keep the kitchen clean. Use dish towels and rags only for food that is very hot!
  - Wash hands before and during food preparation to prevent bacterial contamination.

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**Rib Eye Roast (Prime Rib) (Makes 6 to 8 servings)**

Total Preparation & Cooking Time: 1-3/4 to 2 hours

4 lb. well-trimmed beef rib eye roast, small end
1 teaspoon dried rosemary leaves, crushed
2 cloves garlic, crushed
1/2 teaspoon dry mustard
1/2 teaspoon salt
1/2 teaspoon pepper


(2) Place roast, fat side up, on rack in shallow pan. Insert meat thermometer into thickest part, not touching bone or fat.

(3) Do not add water or cover roast. Place in oven until the thermometer reaches desired doneness (140 degrees for medium rare or 155 degrees for medium). This is 5 to 10 degrees below final desired doneness. Cover roast loosely with aluminum foil. Let stand 15 minutes, this allows the temperature of the roast to continue to rise to about 5 to 10 degrees desired doneness and will be easier to carve.

(4) Carve across the grain and serve! (AH)

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**The Nebraska Beef Council**

**Alice Henneman, RD, LMNT**

Extension Educator

**Focus on Food**

Q. Is it true that you should “feed a cold and starve a fever?”

A. It’s actually best to maintain good nutrition as much as possible during both types of illnesses according to Pat Kendall, R.D., Ph.D., Food Science and Human Nutrition Specialist, Colorado State University Cooperative Extension. It is especially important to get plenty of fluids.

One reason not to starve a fever, according to Kendall, is that fever elevates basal metabolic rate, or the number of calories burned in the resting state. For every degree Fahrenheit rise in body temperature, metabolic rate rises 7 percent. This means that an average sized adult with a temperature of 103 degrees F will burn an additional 400 to 500 calories each day. Also, as a fever will increase water loss, it’s important to take in plenty of fluids. (AH)

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**Andrews; for Limited Resource Families**

**Mary Abbott,** Extension Assistant

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**Nutrition Education Program**

**Dr. Alice Henneman at 441-7180**

**Call Alice Henneman (441-7180) or Extension Educator Alice Henneman at 441-7180.**

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**Enjoy Nebraska Foods!**

**Professional**

**Alice Henneman, RD, LMNT**

Extension Educator

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**Healthy Eating**

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**The Nebraska Beef Council offers a free roast packet with a**

**Alice Henneman at 441-7180.**

**When dining out, divide large continued on page 11**

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**Fast, fun & effective food safety programs for adults & youth groups**

Looking for a new program idea for your group? In less than 30 minutes, receive training and materials so you can do one or both of these food safety activities with your group. We’ll meet with you individually at your convenience. Schedule an appointment with Extension Educator Alice Henneman at 441-7180.

- **“Don’t Get Bugged by a Foodborne Illness,”** This award-winning bingo-type game teaches basic home food safety. Please call at least a month before your program date.
  - **“Clean Hands Campaign!”** Improperly washed hands are one of the major carriers of foodborne illness. Have fun using “glo-germ” to teach handwashing! (AH)

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**Diabetes Home Study Course**

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

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**NUTRITION AND FOOD SAFETY**

**Visit our internet web site at:**

http://www.unl.edu/lancocounty/family/safety.htm

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**FREE FoodTalk e-mail newsletter**

Visit our internet web site at:

http://www.unl.edu/lancocounty/family/safety.htm

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**Your information center... around the clock**

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**NUTRITION AND FOOD SAFETY**

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Friends add richness to life in many other aspects of our daily lives. We share with our friends the events of our day, and it is through them that we have gone on to form the family and community that we do. Friends are the companions that we can share our joys and sorrows with, and it is through them that we have the opportunity to experience the world in a new way. 

Teens and responsible money management

You may not think teens and responsible money management are terms that go hand in hand. Yet the teenage years are the time for youth to really get a handle on how to make ends meet. As a result, they are the time when they should start to teach their children responsible financial management skills. Financial planning and management skills are very young. However, it’s never too late to teach your child these skills.

Clothes drying hints:

- Be sure your washer and dryer are clean and operating properly.
- Wash and dry clothes according to the manufacturer’s instructions.
- Use the correct temperature and cycle for each load.
- Do not overload the dryer. Overloading can cause clothes to be dry unevenly.
- Use the correct amount of detergent for each load.
- Check clothes for any loose threads or buttons before putting them in the dryer.
- Do not put clothes in the dryer with wet or damp clothes.
- Use a fabric softener according to the manufacturer’s instructions.
- Check clothes for any remaining threads or buttons before putting them in the dryer.
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Winter care

Winter care and feeding of horses in places with frigid temperatures, ice and snow, involves much attention, according to Barbara Ely, author of *Fundamental Horse Handling: A Guide to Owning a Horse*. Preparation for winter means tightening up fences and resetting posts before the ground is too frozen to pound posts in. If horses are to be fed in stalls, check the stalls carefully for nails, wires, loose boards, anything a horse could get caught in or on. Be sure tank heaters are installed and check them out to be sure they are working properly. Check horses hooves and make sure they go in and out of a good trim job. Frozen ground is hard on horses' feet. If they have hooves that are long and uneven, they're much more likely to split and cause trouble.

The main purpose in winter grooming is to give the horse a good going over and make sure that shaggy coat isn’t covering up some ribs sticking out because he isn’t getting his share of the hay or a puncture wound that can’t be seen because of the thick hair. If it really is too cold for you to stay out and groom your horse, take the time during your twice-daily feedings to feel through their thick fur coats once in awhile to make sure they are holding their weight.

Another thing worth mentioning is the importance of salt in your horse’s diet in the wintertime. Salt is extremely important in a horse’s digestive system. Often in winter, horses do not drink as much as they really need simply because they aren’t thirsty during winter as they are during the hot summer months. You can help by keeping the tank or bucket free of ice but do not drink as much as they really need simply because they aren’t thirsting during winter as they are during the hot summer months. You can help by keeping the tank or bucket free of ice but you can also help by keeping salt blocks available. The salt will make them thirst, and they will take more water. (EK)

Lincoln to host NU Horse Clinic March 7-8

Preregistration for Horsin’ Around ’98 is January 5-February 27. Highlighting the clinic is Nancy Cahill of Madisonville, TX. She has become one of the country’s most respected instructors and clinicians. Cahill has coached five US World Cup teams and numerous all around riders. She was named the American Quarter Horse Associations 1997 Horsewoman of the Year.

Other presenters are Dr. Kenton Morgan, DVM with Bayer Animal Health of Raymore, MO and Dr. Dan Fisher, DVM of Lincoln, presenting information on equine dentistry. Attendance is limited to the first 450 paid registrations. Advance registration is $15 each day for adults and $25 for both days. Youth, age 18 and under, pay $10 per day or $15 for both days.

To preregister, contact Ellen. (EK)

Larry Pershing receives volunteer award

In a ceremony before the County Commissioners, Larry Pershing was named Volunteer of the Month for November 1997.

Larry Pershing has been an active volunteer and influential leader of 4-H youth programs in Nebraska over the past 40 years. He has specialized in the animal science areas of 4-H and is exceptionally valuable to the sheep and goat programs. In addition to serving as a club leader, Larry has been superintendent of numerous 4-H Livestock Shows. He has been chair of the county VIPS committees for both the sheep and goat divisions and served with the volunteer committee for the “Clever Kids” program. Larry is a very strong proponent of the 4-H Livestock Booster Club and has served as a director of that organization for the past eight years. He was recently elected to serve on the Lancaster County 4-H Council.

Larry sets an exceptional example of determination, dedication and devotion to the principles of the 4-H Youth Program. Despite failing health in recent years, he has not slowed his efforts nor has he asked for any reduction of any of his responsibilities. In fact, Larry can always be counted on to meet his commitments and to provide quality leadership in any area he is working. Larry works well with others and usually provides a stabilizing influence on volunteer committees in the solution of mutual problems. He handles situations with poise, understanding and tact. He is fair, cheerful and follows businesslike procedures to accomplish objectives.

Larry Pershing always gives maximum effort and usually goes beyond what is expected. He is recognized for his cooperative attitude, sense of responsibility and ability to exercise good judgment. He is a powerful asset to the organization. (LB)

Beef weigh-in

Beef weigh-in is Saturday, February 7, 8:00-12:00 a.m., in the open 4-H arena at State Fair Park. We will tag, weigh and nose print all 4-H and FHA cattle. To avoid penalties at the fair, please consider tattooing your breeding heifers that day. Deanna could use a few volunteers to help with weigh-in. If you are interested in volunteering, call Deanna. (DL)

Lancaster born and raised beef

This is a reminder that if your calf was born and raised in Lancaster County, you are eligible for the Lancaster Born and Raised Award. If your calf was purchased from a cattle breeder, a written statement that the calf was born and raised in the origin of the calf must be presented at weigh-in. If your calf is purchased from a cattle breeder, a bill of sale showing your calf was purchased from a cattle breeder, and a written statement that the calf was born and raised in Lancaster County must be presented at weigh-in. If you have questions, contact Deanna. (DL)

4-H club officer training

All 4-H members are encouraged to attend officer training. Everyone will discover how to conduct a meeting and how to use parliamentary procedure. 4-H members will also have an opportunity to participate in a mock meeting. (DL)(TK)

Saturday, February 21
9:30 a.m.-11:30 a.m.
444 Cherry Creek Road, Lincoln

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Free baby chicks

Baby chicks are hatching around February 6, March 13 and May 8 as a result of Embryology, a 4-H school enrichment program. If you live on a farm or acreage and wish to receive free chicks, please call Ellen at 441-7180 to arrange for your pick-up of chicks. They are available near the above mentioned dates. (ALH)

Larry Pershing (center) was nominated for Volunteer of the Month by Lorene Bautz and Ward Shires. Larry Pershing always gives maximum effort and usually goes beyond what is expected. He is recognized for his cooperative attitude, sense of responsibility and ability to exercise good judgment. He is a powerful asset to the organization. (LB)
January
6 4-H Council Meeting .............................. 7:00 p.m.
10 Teen Council Meeting .......................... 3:00-5:00 p.m.
13 Teen Council Meeting .......................... 3:00-5:00 p.m.
14 Extension Board Meeting ........................... 7:30 p.m.
17 4-H Shooting Sports Meeting .............. 7:00-9:00 p.m.
19 Horse VIPS Meeting ............................. 7:00 p.m.
20 CWF Meeting ...................................... 7:00 p.m.
23 Fair Board Meeting ............................... 7:00 p.m.
24 Charities for Summer Camp—ARDC, near Mead
25 Star City Rabbit Raisers Club Meeting ... 7:00 p.m.
23-24 4-H Lock-in
31 Character Counts! Training for Adults 9 a.m.-3 p.m.
February
4 4-H Council Meeting .............................. 7:00 p.m.
7 4-H Cattle Weigh Day—State Fair Park
10 4-H Shooting Sports Meeting .............. 7:00-9:00 p.m.
12 Teen Council Meeting .......................... 3:00-5:00 p.m.
14 Extension Board Meeting ........................... 7:30 p.m.
16 Council Volunteers Workshop ............... 1:00 p.m.
18 Teen Council Meeting .......................... 3:00-5:00 p.m.
19 Horse VIPS Meeting ............................. 7:00 p.m.
20 4-H Achievement Activities ..................... 7:00 p.m.
21 SERIES Training for Teens—ARDC, near Mead
March
1 Family Character Counts! Retreat .......... 1:30-4:30 p.m.
2 CFW Sponsor Applications Due
3 4-H Council Meeting .............................. 7:00 p.m.
3 New Leader Training .............................. 9:30 a.m. or 7:00 p.m.
5 Small Animal VIPS Meeting ..................... 7:00 p.m.
9 CWF Officers’ Round Table—Lincoln
10 Teen Council Meeting .......................... 3:00-5:00 p.m.
12-15 Kansas City Conference—Kansas City, MO
12 Cat VIPS Meeting ................................... 7:00 p.m.
14 Cat VIPS Meeting ................................... 7:00 p.m.
14 Teen Council Meeting .......................... 3:00-5:00 p.m.
14 4-H Shooting Sports Meeting .............. 7:00-9:00 p.m.
17 Extension Board Meeting ........................... 7:30 p.m.
17 Horse VIPS Meeting ............................. 7:00 p.m.
17 Extension Board Meeting ........................... 7:30 p.m.
18 Beef, Dairy, & Sheep Judging—State Fair Park
18 4-H Shooting Sports Meeting .................. 7:00-9:00 p.m.
19 Rabbit VIPS Meeting ............................. 7:00 p.m.
20 Series Training for Teens—State Fair Park
21 Fair Board Meeting ............................... 7:00 p.m.
21 Speech Contest Entries Due
21 Character Counts Training for Teens
22 Fair Board Meeting ............................... 7:00 p.m.
27 earth wellnesse festival—Southeast Community College, Lincoln .... 9:00 a.m.-4:00 p.m.
27-28 Conference Course Workshop—Grenada, NE
29 4-H Speech Contest—State Capitol .......... 1:30 p.m.
29-April 4 Natural 4-H Conference
April
1 4-H Action Team Applications Due
1 Market Beef & Lamb for State Fair; Ak-Sar-Ben & American Royal Due
4 4-H Council Meeting .............................. 7:00 p.m.
9 Character Counts Workshop 9-12 year olds 
18 Teen Council ....................................... 3:00-5:00 p.m.
19-23 Biology Career Workshop
20 Style Revue Judging
20 Fair Board Meeting ............................... 7:00 p.m.
22 4-H Food Booth Training—State Fair Park
23 Tractor Driving Contest
24 4-H Council Meeting—State Fair Park ........ 7:00 p.m.
24 Entry Day for Lancaster County Fair
24 State Fair Entry Day for Static Exhibits
25 County Fair Animal Check-in (4-H Sheep, Swine, Rabbits, Poultry, Angora Goats)
26 Sheep Weigh-in—State Fair Park .............................. 4:00-8:00 p.m.
27 All Animals in Place—State Fair Park .............. 11:00 a.m.
27 Beef Weigh-in—State Fair Park .................. noon
28 Performance Sheep Weigh-in—State Fair Park .............................. 2:30 p.m.
28-29 Expositions—State Fair Park
29 Lancaster County Fair Opens—State Fair Park
July
3 4-H Shooting Sports Meeting .................. 7:00-9:00 p.m.
5 Extension Board Meeting ........................... 7:30 p.m.
10 4-H Shooting Sports Meeting .............. 7:00-9:00 p.m.
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Population projections report available
Nebraska population projections to year 2010 are now available. This report contains county level projections by age category. The cost is $15 per copy which includes postage and handling. Contact the Bureau of Business Research (BBR) to order. (GB)

Bureau of Business Research
114 CBA
University of Nebraska-Lincoln
Lincoln, NE 68588-0406

Surfing the Internet?
The following internet sites will provide teachers, 4-H leaders and parents an opportunity to review agricultural resource materials and order. (GB)

Chef Combo: http://www/icz.comxbo.com (GB)

Life Nebraska Style
Be sure to watch “Life Nebraska Style.” This television program highlights individuals, families and communities that are benefiting from teaching, research and outreach programs of the University of Nebraska. A new program will be featured each week. (GB)
The schedule for Cablevision, Channel 9 (Lincoln):
Monday-11 a.m.
Wednesday-8 p.m.
Friday-4 p.m.
Sunday-6 p.m.

Lincoln’s October ‘97 storm not the community's first major emergency or disaster!
According to the Lincoln/Lancaster County Comprehensive Plan, the potential for a variety of major emergencies for disasters affecting the population, public and private property in Lancaster County is quite high. However, the number and extent of occurrences to date are unusually limited. From historical data, the most significant occurrences have been the following:
1957: An F2 tornado caused residential structural damage, 2 injuries, no deaths.
1962, 63, 64, 73, 78, 82—Salt Creek flooding. Total federal funds received were $181,614. The largest one-year payment was $60,728 in 1963.
1973: Severe drought/summer heat conditions overtaxed the city water supply system, forcing curtailment of usage for lawn care, etc., for several weeks.
1975: A grain dust explosion in Lincoln kills 3.
1975: A 16 inch snowfall in 24 hours ties up the entire county: schools, offices, businesses and industry shutdown.
1982: A propane grain dust explosion at the Raymond elevator kills 5.
1982: An ice storm/blizzard causes massive power outage (most of Lincoln and the county); some power in the county not restored for three days.
Lancaster County is susceptible to a number of hazards, 29 of which could have a significant effect on the population and public/private property. Twenty-two of these have been identified as high priority hazards. They include: hazardous materials spills, large gathering, winter storm, power failure/shutdown, ice storm, hazardous materials storage, tornado, natural gas interruption, air accident, water failure/shutdown and communications failure. (GB)

1997 Census of Agriculture ready to count the nation's farms
Farm operators across the nation are about to participate in a statistical portrait of U.S. agriculture through the 1997 Census of Agriculture. This will provide a clear picture of agriculture at the county, state and national levels, showing in detail how farmers and ranchers stand today compared with five years ago. The picture will focus on key information including the number of farms, farm size, operator characteristics, crop and livestock production, agricultural products sales and production expenses of farmers and ranchers.

Data reported by individual farms is held confidential by law (Title 7, U.S. Code). Data is summarized to mask and identify discretion of individual farms. Statistical results are analyzed and made available in printed and electronic form.

Farmers and ranchers can do several things to make this census an effective tool to help chart the future. They can return their census forms and make sure the information is complete, accurate, and timely. They can also use the statistics to plan practical improvements in U.S. agriculture.

How do Census of Agriculture numbers provide practical information to improve farm operations and agribusinesses? Here are some examples:
Farm organizations, Congress, and state and local governments who plan programs to help farm operators get the most for their investments.
Farm machinery manufacturers to help develop equipment for their industries where it is needed by using county and state statistics resulting in economic benefit for farmers.
Seed and fertilizer producers can compare yields and other information to help operators do the most effective job.
Irrigation specialists, water resource developers, and irrigation equipment manufacturers can learn much from census data and convert that knowledge into practical advice for farm operators.
State and national lawmakers can determine where to allocate funds that will benefit agricultural producers.

Farm broadcasters and agricultural editors can convert census results to their audiences, and use the data to help focus their stories on important areas of agriculture.

Researchers and legislators can use county level data to define problem areas and help farmers recover from outbreaks of disease and pests.

The information is used for evaluating programs affecting agricultural production.

Report forms will be mailed late in December to the nation’s farmers to collect data for the 1997 calendar year. Farmers will be asked to return their forms by February 2, 1998. (GB)

Character Counts! new Level II training
Interested in finding new ways to reach character count in your club, organization or business? Attend the Character Counts! Workshop on Saturday, January 31. The basic training session will be 9:00 a.m. to 12:00 p.m. and will qualify participants to use Character Counts! materials. A new Level II training session will be 12:30 to 3:00 p.m. to individuals who have a more basic background and are interested in additional resources and ideas for incorporating Character Counts! into already existing curriculum. Basic training requires a $5.00 registration fee. Level II training is FREE for this first time opportunity. Registration deadline is January 26. For more information call LaDeane Jha or Karen Whitson. (KW)

La Deane Jha, Extension Educator

Registration
Name ________________________________________________________________
Organization/Club ___________________________________________________
Address __________________________________________________________________
City _______________________ State ______ Zip ________________
Phone ______________________ Fax ______________________
E-mail ________________________________________________________________

Basic training registration fee, $5.00 per person. Make check(s) payable to Cooperative Extension. Level II training is FREE.
Registration deadline is January 26.
Please reserve a curriculum kit for me. (Curriculum kit is $50.)
Please reserve a “Kids for Character” video for me. (Video is $10.)
Registration form and fee to: LaDeane Jha, University of Nebraska Cooperative Extension in Lancaster County, 444 Cherry creek Road, Lincoln, NE 68528-1507

1997 Farm Home Plat & Directories are available for purchase at the Lancaster County Extension Office. They are published by Farm & Home Publishers, Ltd from Belmont, Iowa. Price for the directory is $19.50 and available for pick-up at the reception desk. (GB)
Pesticides and child safety
continued from page 3

Examples of common household pesticides stored in these areas include roach sprays, chlorine bleach, kitchen and bath disinfectants (YES, these are considered pesticides), mice/ rat poison, insect and wasp sprays, repel- lents and baits, and flea and tick shampoos and dips for pets. Other household pesticides include swimming pool chemi- cals and weed killers.

The following are some EPA recommendations for preventing accidental poisoning to children:
• Always store pesticides away from children’s reach, in locked cabinets or garden sheds. Child-proof locks, available in hardware stores, may also be installed on cabinets.
• Read the label of the pesticide product first and follow the directions to the letter, including all precautions and restrictions.
• Before applying pesticides (indoors or outdoors), remove children and their toys as well as pets from the area. Keep them away until the pesticide has dried or as long as is recommended by the label.
• If you are interrupted while using a pesticide, be sure to put the container out of reach of children.
• Never transfer pesticides to containers that children may associate with food or drink.
• Never place rodent or insect baits where small children can get to them.
• Read all pest-resistant packaging properly by closing the container tightly after use.
• Alert others to the potential hazards of pesticides, especially caregivers and grandparents.
• Teach children that pesticides are poisons, some- thing they should not touch.
• Place warning stickers (e.g., Mr. Yuk) on pesticide containers.
• Keep the telephone number of your area poison control center near your telephone.
• In an emergency, try to determine to what the child was exposed to and what part of the body was affected, before you take action.
• The pesticide product label explains emer- gency treatments. Give the indicated first aid immediately before contacting the local poison control center, a physi- cian, or 911. If you take your child to an emergency room, take the pesticide container along so that the physician can read the pesticide’s ingredients.

Remember: Pesticides are not just toxic to pests! Source: US Army Center for Health Promotion and Preventive Medicine (SE)

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of the times.” Improve the community with good will and deeds.

Now onto business. Sorry to say in the past few years, enroll- ment has declined. This trend has been seen in just about every club or organization in the Midwest. In the past years, over 1,000 members have attended State Conventions. This year, 176 members attended the convention in Sidney. Now, you must realize this organization was founded in 1915 when classes and demonstrations were given at the township levels. The club’s efforts for home making, soap making, making dress forms, muffinery and many more subjects due to the time and needs. Here are some “tidbits” of our Lancaster County clubs. Extension clubs began in 1920-1930’s. I have found Busy Bee’s Extension clubs began in 1920-

Lancaster County Extension welcomes new employees

Karen Wedding
Ag Support
Karen worked for the County Corrections Dept. for several years. After working for Crete Correctional for one year she wanted to work for the county again. Karen has an Associates Degree in Ag. Secretary from Southeast Community College. She enjoys her family, sports and crafts.

Ellen Kraft
Extension Assistant - 4-H
Ellen assists with the School Enrichment Program and the horse, rabbit and poultry 4-H groups. A graduate of UNL with a degree in Elem. Edu., Ellen taught for seven years in Texas and New Mexico. Back in Lincoln, Ellen has taught pre-school and been a substitute teacher. She is married with two small children.

Mary Abbott
EFNEP Assistant
Mary is a registered dietitian working with the EFNEP program. She completed her B.S. at Brigham Young University in Utah and has worked for ten years in clinical nutrition. Mary enjoys reading, walking and camping with her husband and 3 daughters.

Arlene Hanna recognized as outstanding assistant

At the Nebraska Cooperative Extension Association (NCEA) annual meeting, several faculty were recog- nized for their outstanding contributions to Extension. Among those recognized was Arlene Hanna of Lancaster County, who received the Distinguished Extension Assistant award.

Arlene’s initiative and dedication to School Enrich- ment programming, including co-authoring a waste curriculum, currently impacts over 12,000 Lancaster County students annually. In addition, Arlene introduced earth wellness festival, an environmental education program. In its fourth year, earth wellness festival has encouraged over 12,000 Lancaster County fifth-graders to be aware of personal, community and global impact on the environment. Arlene’s dedication to hands-on learning through these programs and the many other things she does for Lancaster County Extension make Arlene Hanna an exemplary Extension Assistant. Congratulations, Arlene!

Indulging without bulging
continued from page 6

savings in half before you take a bite. Take half of the meal home to eat later. Rather than picked over leftovers, this gives you two terrific meals at half the calories as buying burns excess calories. For safe- sake, refrigerate leftovers within two hours of being served. Then eat your leftovers within 48 hours.

Guideline 5: INCREASE YOUR EXERCISE RATE This guideline helps im- prove your nutrition two ways:
(1) Exercise helps protect you from the effects of OVER EATING by burning excess calories.
(2) Exercise also may help protect you from the effects of NUTRIENT eating. How is this?

The fewer calories you consume, the less likely you are to obtain recommended levels of nutrients from your diet. Provided your overall diet is fairly healthy, you’ll take in more nutrients by being able to eat more food.

Guideline 6: CHANGE YOUR CALORIE FATE As you add exercise to your lifestyle, also include some weight lifting. Muscle is more metabolically active fat. Turn your body into a better calorie burner by increasing your amount of muscle.

Simply toning your muscles will help burn calories. You don’t have to bulge biceps. Plus, you’ll find your body just seems to “hang” better on your bones when it’s firm rather than flabby.

Guideline 7: START NOW - DON’T HESITATE! It’s much more fun to put on the pounds than to take them off! Develop healthy habits that let you enjoy food without paying a price that registers on the bathroom scale. Start now!

Source: Lancaster County Extension FoodTalk E-Mail Newsletter, November 1997. To receive this free monthly newsletter through your e-mail, send an e-mail message to Alice Henneman at cmn5028@unlvm.unl.edu. (AH)

Teens and responsible money management
continued from page 7

goals. Give children something to work for.

Ask your child to help plan the family budget, paying bills and keeping family records. Allow children to make some financial decisions with their own money. The teens are old enough to let your children learn from their mistakes as well as their suc- cesses. One mother allowed her teenage daughter to wear jeans that were too short for one semester, because she spent her clothing allowance on an expen- sive jacket. The next semester the daughter made different choices.

Do teenagers need credit?

This is a family decision. Credit is a big responsibility for anyone; the temptation to overspend is strong. Teens must realize that credit is not more money to spend. It is really money that must be paid back with interest, and credit card purchases should be part of the spending plan. Families should discuss and have guidelines for the use of credit by teens.

Written by Cathy Johnston, Extension Educator, Central Panhandle EPU, Scotts Bluff County, (LJ)

January 1998

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**February 2**

Pesticide Applicator Training ............................................................... 1:30 or 7:00 p.m.

**February 3**

4-H Council Meeting ........................................................................... 7:00 p.m.

Initial Commercial Applicator Training

**February 4**

4-H Shooting Sports Meeting—National Guard Armory, 1776 N. 10th, Lincoln .... 7:00-9:00 p.m.

Extension Board Meeting ...................................................................... 7:30 p.m.

Pesticide Applicator Training ............................................................... 9:00 a.m. or 1:30 p.m.

**February 9**

District Record Books Judged

Understanding Transgenic and Plant Breeding Techniques—ARDC, near Mead

Commercial Pesticide Applicator Re-certification Training

**February 11**

4-H Horse VIPS Meeting ................................................................... 7:00 p.m.

4-H Achievement Activities ................................................................. 7:00 p.m.

Initial Commercial Applicator Training

**February 12**

SERIES Training for Teens—ARDC, near Mead ................................. 9:00 a.m.-3:30 p.m.

4-H Cat VIPS Meeting ........................................................................ 6:30 p.m.

4-H Cat Club Meeting ......................................................................... 7:00 p.m.

More Information—More Control, A Workshop to Help You Understand Precision Agriculture—ARDC, near Mead

Commercial Pesticide Applicator Re-certification Training

**February 13**

GIS/GPS Technology: Introduction to Farm-Level Mapping—ARDC, near Mead

**February 15**

Tri County BB/Pellet Gun Shoot

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**Is there an issue or problem you never thought you had the power to change?**

The concepts taught are applicable to any computerized record keeping system with modifications. These workshops will be hands-on using Quicken “98 Basic™” in the classroom. Participants are asked to bring their own computer, if possible. Arrangements can be made to provide a limited number of computers. Registration will be limited due to space and computer availability. The subject matter will be taught in two workshops.

There will be an initial workshop for new or inexperienced users and an advanced workshop for those who wish additional training. Each workshop has a $30 registration fee for up to two people sharing one computer and a single set of handout materials. Lunch and refreshments are included. If you are interested, contact the Cooperative Extension office and ask to be put on the waiting list. Registration forms will be sent to interested parties in mid-January. (TD)