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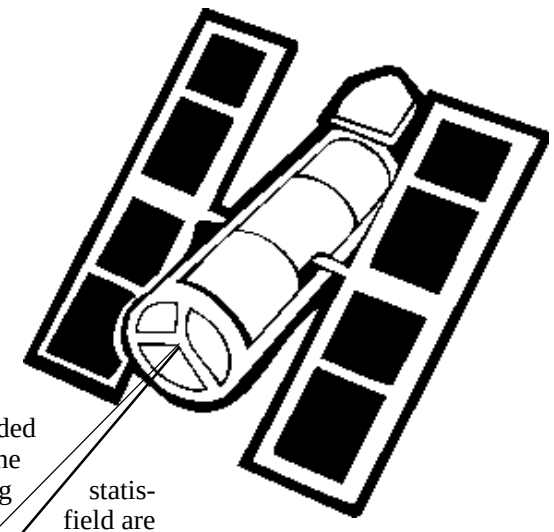
The NEBLINE

University of Nebraska Cooperative Extension
Lancaster County

January 1998
Vol. XI, No. 1

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

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 brings 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 statistics for each field are recorded as attributes and become a record or feature of that field 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)

Miss the December issue?

If you thought the December issue of the NEBLINE was lost in the mail, it wasn't. To better position the NEBLINE's delivery schedule, the December/January issue were combined. Our new schedule will align much better with county fair and other activities. Expect future NEBLINE issued to arrive in your mail by the 15th of each month. (GB)

In this issue...

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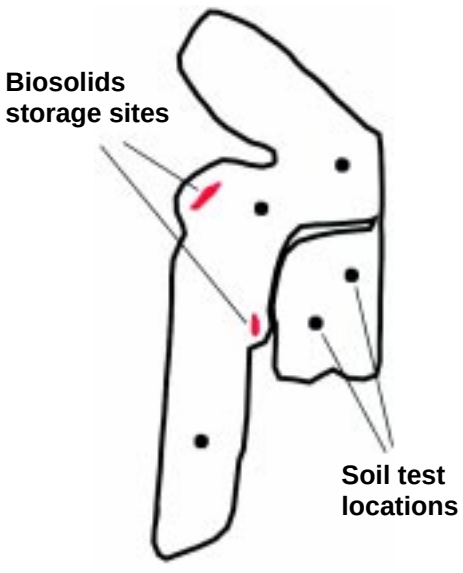

Example of GPS used in the Biosolids Program to map a field, soil test locations and storage piles.

GPS mapped field and associated features overlaid on digital photo for location and reference.

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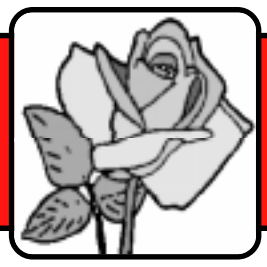

Horticulture

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 African violet, azalea, cyclamen, impatiens, bromeliads and dwarf citrus trees.

The foliage plants which prefer a more humid environment include the thinner 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 as part of your home's heating system.

Another option is to grow plants in a waterproof tray with an inch of pebbles, crushed rock, sand or perlite. Water up to, but not above the level of stony material. Make sure the pots themselves do not sit in water or the plants risk getting root rot.

Put your plants where humidity levels are highest, such as the bathroom or above the kitchen sink. You might want to group many plants together. As the plants give off moisture, they help create a moist environment for the whole group. (MJM)

University of Nebraska

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215 Cyclamens
217 Boston Fern
218 African Violet Care
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223 Repotting Houseplants
224 Houseplant Artificial Light
291 Soil Testing

...and more than 4oo additional topics.

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Wood for your fireplace

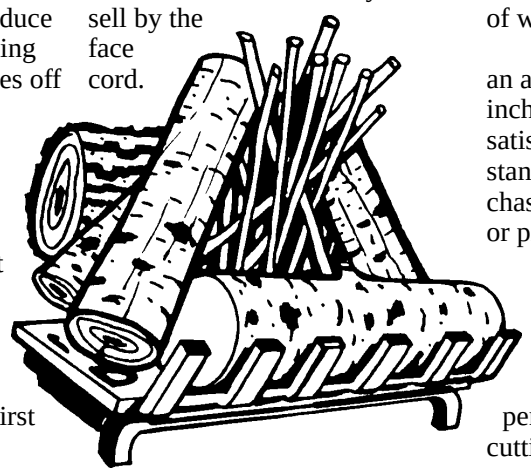
A popular source of additional heating for many homeowners and apartment dwellers is the burning of wood. Sitting around the fireplace to enjoy a relaxing evening at home is another benefit of burning wood in your fireplace.

To do this effectively, keep the following information in mind. Ash, birch, hickory, oak, sugar maple, apple, honeylocust and osage orange are considered excellent woods as they produce few sparks, no heavy annoying smoke, easy to split and gives off relatively high heat to the room.

With regard to the previously mentioned factors, the second best group of woods include soft maple, walnut, red elm, hackberry and fruit woods other than apple. These are considered good to use, but generate less heat than the first group.

Woods considered fair include sycamore, boxelder, 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 or 128 cubic feet. Retailers of firewood may also sell by the face cord.

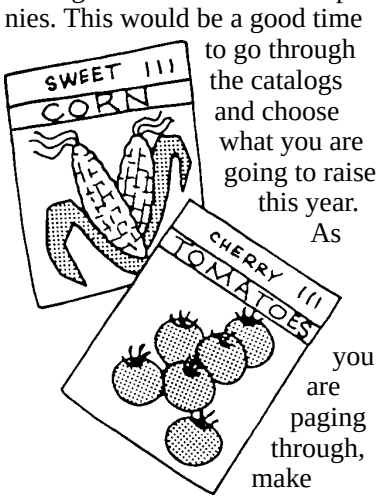


A face cord being defined as a pile of wood 4 feet by 8 feet by the length of a stick. The length of the stick may be anything from 12 inches to 20 inches. A rick or a run is another term used, which is 1/3 of a cord or a pile of wood 4 feet by 8 feet by 16 inches. If you buy a pickup load, this could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

Large logs 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. (MJM)

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 out 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. (MJM)

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.

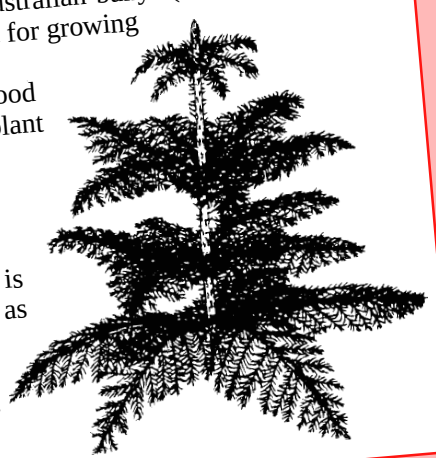
Thin-leaved plants are sensitive to transplant shock. If a plant wilts after repotting, encase the entire plant in a plastic bag. Twist the bag shut and punch two or three holes in it. Allow the plant to recuperate out of direct sunlight in this environment for two or three days. Resist the urge to water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

Do not over-fertilize houseplants during cloudy winter months. (DJ)

An evergreen for all seasons

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

Several cypresses, however, are proving equally good in home environments. Two are already appearing in plant shops. The columnar Italian cypress (*Cypressus sempervirens* 'stricta') is a graceful, very narrow tree, probably the most narrow and rigidly upright of all conifers. The other (*C. macrocarpa* 'Gold crest'), a cultivar of the Monterey cypress native to California, is widely grown there and in Europe in coastal gardens as specimens, hedges, windbreaks and topiary. Both of these plants are hardy only to about 10 degrees, so they cannot be grown outdoors in Lancaster County. (DJ)



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 rest of this article will explain why there has been a serious loss of domesticated honey bee colonies across 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 be 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 a pest, but not a fatal one. 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 12-hour *Beginner's Beekeeping Workshop*, taught by Marion Ellis, UNL Extension Apiary 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)

Boxelder bugs and the cluster fly

The warming sun in late March and early April awakens 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 southerly exposures. Most noticeable, at this time, will be boxelder bugs and cluster flies.

Boxelder Bug

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 makes this insect easy to distinguish from related species (stinkbug and milkweed bug). They move to structures in the fall seeking hibernation sites in buildings (cracks, crevices, attics, under shingles, etc.). When a boxelder bug becomes active in the spring it will often find its way into your home. They cause no harm other than occasional spotting of windows and curtains. Control with insecticides in the dwelling is not usually necessary. A fly swatter or a paper towel will help get the job done. 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. A second alternative is to remove seed-bearing boxelder trees.

Cluster Flies

Cluster flies are similar in appearance to house flies. Side by side, the cluster fly is slightly larger. Behaviorally, cluster flies are sluggish compared to house and other flies. They begin to appear on windows on the sunny side of the building in early spring. Cluster flies are parasites of earthworms. Their presence is an indirect indication that you probably have a fairly healthy local earthworm population. 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. Remove the flies by 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. Besides 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 ladybird beetles.

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

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 renewed interest in protecting our children from harmful pesticide residues.

While we need to ensure that pesticide residues on food do not harm our children, an even greater danger exists with the storage and use of pesticides in our homes. While pesticides are useful in managing pest problems, they must be stored and handled properly.

A U.S. Environmental Protection Agency (EPA) report regarding pesticides used in and around the home revealed some significant findings:

• Almost half of all households with children under 5 years of age had at least one pesticide stored in an unlocked cabinet less than 4 feet off the ground (i.e., within the reach of children).

• Approximately 75 percent of households without children under 5 also store pesticides in an unlocked cabinet, less than 4 feet off the ground. This number is significant because 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

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. Bev 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 given 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)

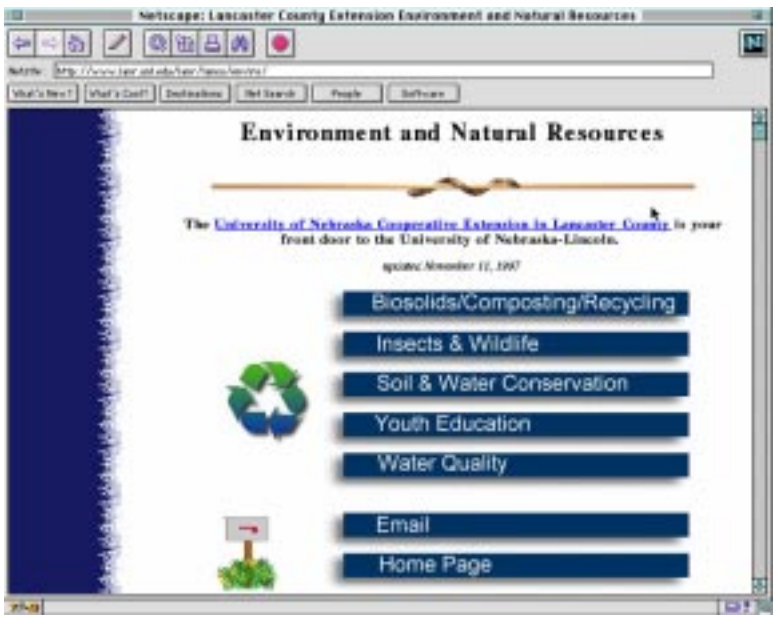
Fourth graders at Messiah Lutheran School, Lincoln, are awarded first place in poster competition.

Jacob Thomas, Holmes School, Lincoln, is awarded honorable mention.

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.ianr.unl.edu/ianr/lanco/enviro/

We have put fact sheets and information related to solid waste management (biosolids, compost, recycling), insect and wildlife control, soil and water conservation, water quality and youth environmental education. 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)



Crop management winter 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.

Persons 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.) - $100

Feb. 10, Understanding Transgenic and Plant Breeding Techniques; 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 Mapping; 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, Transgenic 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 Pathogens; UNL, East Campus - $65

For more information or to receive a brochure that details these workshops and a registration form, contact Extension 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 her reproductive system to rebreed. As a result, nutrient demands are high. Energy requirements increase about 30 percent and protein needs nearly double after calving. Underfeeding reduces the amount of milk she provides her calf, and it can delay or even prevent rebreeding. And if it gets cold, wet, or icy again, nutrient demands can skyrocket.

Winter grass and crop residues are low quality right now because these feeds already have been pretty well picked over. So it is critical that the hay or silage you feed will provide the extra nutrients your cows need.

Not just any hay or silage will do. Your cow needs 10 to 12 percent crude protein and 60 to 65 percent total digestible nutrients (TDN) in her total diet. If she is grazing poor quality feeds, your forage and supplements must make up any deficiencies.

Make sure your forage has adequate nutrients; if you haven't done so, get it tested now for protein and energy content. Also determine the nutrient requirements of your cows. Then feed your cows a ration that will meet their requirements. But don't overfeed, either. That is wasteful and expensive.

In summary, avoid underfeeding after calving; it can delay rebreeding and slow down calf growth. Use good quality forages to provide adequate nutrition. Your cows will milk well, rebreed on time, and produce healthy calves year after year. Source: Bruce Anderson, Extension Forage Specialist (WS)

Extension meetings scheduled

Taxes and transitions

Passage of LB 54 changed the standards for management of trusts and The Taxpayer Relief Act of 1997 makes very important changes in taxation affecting farm transitions. Extension staff will host a workshop addressing changes in taxes and real estate transition planning as well as trust management. Dr. Paul Gessaman, Extension Economist with the Ag Economics Department, will present a workshop Thursday, January 29, 1:30 to 4:30 p.m. or 6:30 to 9:30 p.m. Please call the Extension office to pre-register or for more information. The registration fee for this workshop is $10.

Pesticide applicator training

Private applicators whose cards have expired or will be expiring in 1998, will want to attend a Private Applicator Training (PAT) to renew certification. Six separate training classes are planned for Lancaster County. Classes will be held Monday, February 2, 1:30 p.m. or 7:00 p.m. Two sessions will be held Monday, February 9, at 9:00 a.m. and 1:30 p.m. The final two classes are Friday, March 13 at 7:00 p.m. and Saturday, March 14 at 9:00 a.m. There will be a $10 charge for this training. Call the Extension office for details.

Who needs to be certified as a private pesticide applicator? Applicators who use or supervise the use of restricted use pesticides to produce an agricultural commodity on property they own or rent, on an employer's property, or on property of another person **if** there is no compensation other than trading personal services.

Commercial applicator training

Those needing commercial and non-commercial certification will have several opportunities to receive certification training this spring. Commercial applicators may be recertified in the ***General Standards*** and ***Ag Plant*** categories at one of the Crop Protection Clinics. Additionally, four dates have been established at the Lancaster Extension Education Center. The dates are Tuesdays, February 3 and 10, Wednesday, February 11 and Thursday, February 19. General Standards will be covered in the morning of these dates, but only certain specific categories will be presented on a given day in the afternoon sessions. Call Environmental Programs at UNL 1-800-627-7216 or the Lancaster 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 or non-commercial applicator? Commercial applicator certification is required if the applicator uses or supervises the use of restricted use pesticides for any purpose other than provided for in the definition of a private applicator. In Nebraska, commercial certification is required if the person applies lawn or structural pest control pesticides (either general use or restricted) for hire or compensation. Nebraska law also provides for non-commercial certification of certain individuals. This category includes any person who applies restricted use pesticides on land owned or controlled by his/her employer or for a governmental agency or subdivision of the state.

Computerized financial record keeping

Cooperative Extension Educators in the area will be collaborating on a series of computerized financial record keeping workshops this spring. Entry-level workshops are scheduled for Thursday, Febru-

continued on page 12

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 at a reasonable cost by cooperating farmers for the application of the city's de-watered biosolids.

The cost of leasing each spreader is $0.25 per cubic yard. Currently, the city pays $0.65 per cubic yard to partially reimburse cooperators for their application costs. Persons interested in using these spreaders must sign a rental agreement which gives the terms and procedures of their use.

The new manure spreaders hold 12.5 cubic yards of material and require a minimum tractor size of 100 HP, the larger the tractor, the better. These spreaders have an auger system that pulls biosolids to the rear before it is distributed on the field. This equipment has been shown to give an even application, using the city's biosolids. It is anticipated that cooperators who would like to try out biosolids without the expense of buying a spreader will consider becoming a part of this program.

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

Prepare calves for feedlots

Beef producers can prepare calves to thrive in a feedlot environment. Calves prepared for the feedlot have lower death losses and are less likely to get sick.

Backgrounding calves for feedlots is like preparing children for the first day of school. The calves do a lot better in the new environment if taught what to expect and are eased into the transition.

For cow/calf 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 records of how the calves performed in the past, this information can be used in marketing the next calf crop.

Suggestions for cattle producers include:

• Give vaccinations that match the feeder's production system.

• Administer the first vaccinations 30 to 45 days before weaning. Follow with a booster vaccination at weaning, when required. Weaning stress 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 from automatic waterers, especially if calves will be backgrounded for a time after weaning.

• Ease calves into high-energy rations. Start them out on a familiar feed such as coarse hay and gradually introduce higher-energy rations and supplements. This helps calves learn how to eat from a feed bunk and eases the transition's effect on their digestive systems.

• Train calves to use waterers by letting the waterers trickle a little water at first. Calves will be attracted to the sound of running water.

• When shipping calves, time their arrival for morning so they have the entire day to become used to their surroundings. (WS)

Acreage development in Lancaster County

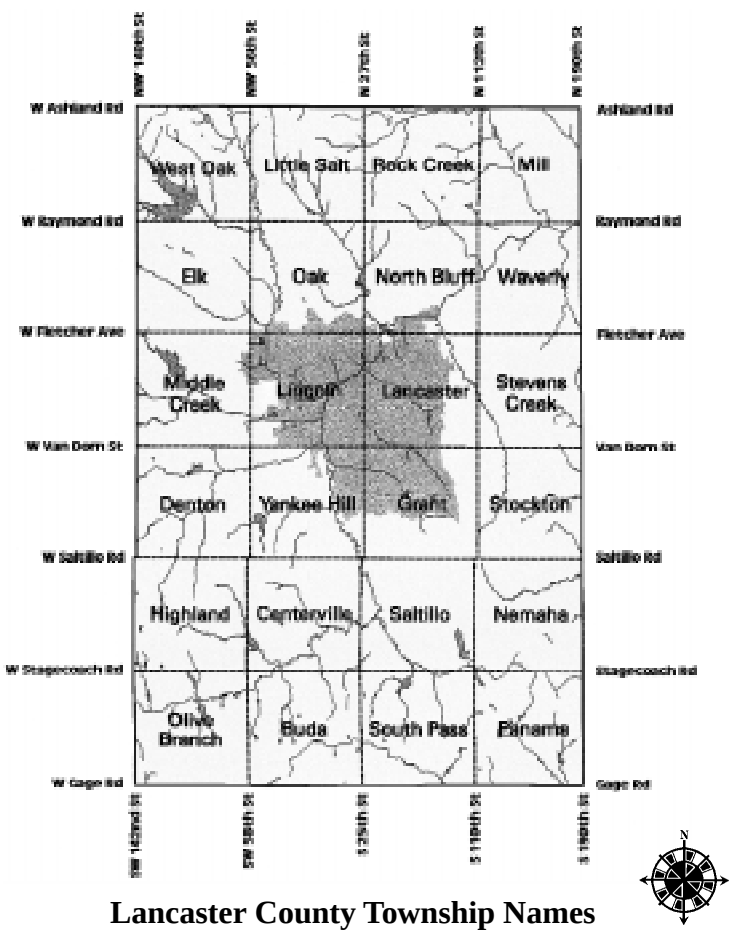
In response to an increase in requests for information regarding acreage development in Lancaster County, the City-County Planning Department, in cooperation with the Lancaster County Assessor's Office, conducted a study of residential land use in Lancaster County outside of the City of Lincoln. The 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 the 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 residential parcels in the county and that the development of these parcels is an issue that needs to be addressed.(SCB)



Lancaster County Township Names

County Boundary
Township Boundary
Streams & Water Bodies
Future Service Area for the City of Lincoln

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 gain by the experience of others at this sharing session designed for acreage owners. Topics to be discussed include: adjusting to your new environment, how to landscape, planning a windbreak, seeding for wildlife, learning the facts about limited services, tips on utilization of extra acres, regulations covering weed control and many more items of interest.

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)

HELP! Your input is needed.

In order to make the Acreage Section of the NEBLINE 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 we will try to find answers to your questions and print them in a future issue of the NEBLINE. Please send your comments, suggestions or questions to the NEBLINE Acreage Editor, Lancaster County Extension Office, 444 Cherrycreek Rd., Lincoln, NE 68528-1507, or call 441-7180. Thanks for your help. (SCB)

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone Number _____

Comments, suggestions, or questions _____

_____

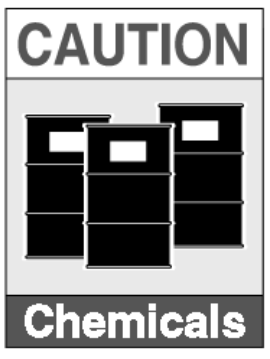
Acreage Insights

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 pesticides appear 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 insure 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 in 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 private 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 2 at 1:30 or 7:00 p.m.; 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)



Learn at your convenience

—24 hours a day, 7 days a week—

NUFACTS (audio) Information Center

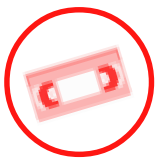
NUFACTS audio message center offers fast, convenient information. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.

Acreage & Small Farm Insights Web Site

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

NUFACTS (faxback) Information Center

NUFACTS faxback document 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 4-digit number of the document you wish to receive.



"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.

Food & Fitness

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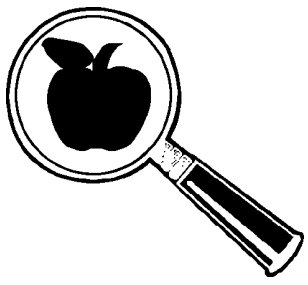
Focus on Food



Alice Henneman, RD, LMNT
Extension Educator

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)

Alice Henneman, RD, LMNT
Extension Educator

Serving a prime rib for your dinner is an easy and delicious choice. Plus, it makes a beautiful centerpiece for your table! Most consumers are not aware that prime rib is a rib eye roast. This may help you when reviewing recipes. Below is a recipe for a rib eye roast from Ann Marie Bosshamer, Nebraska Beef Council, that you might enjoy. Featuring Nebraska beef at your dinner will make a lasting impression, especially on those out-of-town guests.

The Nebraska Beef Council offers a free roast packet with a variety of recipes, food safety information, nutritional information, entertaining ideas, etc. If you would like to receive one, call 800-421-LEAN (5326) and the Beef Council will gladly send you a packet at no charge.

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

(1) Heat oven to 350 degrees F. Combine seasonings and press evenly into surface of beef roast.
(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 about 5 to 10 degrees to desired doneness and will be easier to carve.
(4) Carve across the grain and serve! (AH)

Diabetes Home Study Course

Call Alice Henneman (441-7180) for more information

Indulging without bulging

"The discovery of a new dish does more for human happiness than the discovery of a new star." —Jean-Anthelme Brillat-Savarin, French culinary philosopher, 1825

You know people who agree with Brillat-Savarin. Perhaps you're one of them. Here are some of their traits:

• discovering a new restaurant is a major event;
• trying new recipes is a favorite recreational activity;
• sampling different cuisines is a travel highlight;
• talking about food "finds" is a favorite topic; and
• shopping for food is like going on a treasure hunt!

While some people eat to live, they're the people who live to eat!

Unfortunately with food, you can get too much of a good thing. Add pleasure, not pounds, by following these seven guidelines for "indulging without bulging."

Guideline 1: PUT LESS ON YOUR PLATE

"Less" can mean smaller amounts. "Less" also can mean fewer foods. The latter is sometimes a more successful strategy.

For example, if you make only two dips for a party, you'll probably do less sampling during preparation and at the party. At a restaurant, if you order just the entree without the rolls, salad, etc., there will be fewer foods to "just taste." And if you bake holiday cookies, the more types you bake, the more cookies you'll likely eat!

Guideline 2: TAKE A BITE - COUNT TO 8

It takes about 20 minutes after food enters your mouth before the brain starts perceiving that you're filling up. Slow down to slim down.

"Count to 8" is no special number—it just rhymes with Guideline 1, Put Less on Your Plate. It does stress, however, that you allow time to savor the flavor of foods. At least wait until you've swallowed one bite before you take the next one!

Guideline 3: DIVIDE WITH YOUR MATE

Or friend, or family member, etc. Great tasting foods sometimes come in large servings. Consider making that "death-by-chocolate" dessert a group project!

Guideline 4: DON'T EAT IT ALL — WAIT

When dining out, divide large

continued on page 11

A safe kitchen

Kitchens are one of the busiest rooms in the house. Some activities may include: peeling and slicing foods, cooking and baking at high temperatures, preventing harmful bacterial growth in foods 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.

Have a special place to store knives. Cut food on a cutting board. Always cut away or straight down from you. Wear shoes to protect against a dropped knife.

Dry your hands completely before operating an electrical appliance. Unplug items when not in use. Check to make sure that your appliances have an Underwriters Laboratory (UL) designation. This means it has passed a safety inspection.

Keep flammable materials such as dish towels and curtains away from stove. Use pot holders to prevent burns.

Wear short sleeves while cooking or roll up long sleeves. Shield yourself from scalding steam when lifting a lid. Turn handles away from the front of the stove but not over another burner.

Keep the kitchen clean. Wipe up spilled water, grease or food immediately. This prevents falls and discourages insects and rodents that can carry disease. Use dish towels and rags only for dishes and wash them frequently. Wash hands before and during food preparation to prevent bacterial contamination.

Microwave ovens can produce food that is very hot! Use microwave safe containers. Most burns occur on hands so use an oven mitt or hot pad.

Store household cleaners, disinfectants and insecticides in original containers. Keep them separate from food and away from children to prevent poisoning. (MA)

Nutrition Education Program

Nutrition Education Program

for Limited Resource Families

Mary Abbott,
Extension Assistant

Fast, fun & effective food safety programs for adult & 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)

YOUR information center... around the clock

NUFACTS

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

327 Preventing Illness from E. Coli
335 Preventing Illness from Listeria
336 Preventing Illness from Salmonella
and many more...

Nutrition and Food Safety Web Site

Visit our internet web site at: **http//ianrwww.unl.edu/ianr/lanco/family/safety.htm** to learn about programs, publications and links to other sites.

FREE FoodTalk e-mail newsletter

"FoodTalk" provides a short "how-to" message on food, nutrition or food safety for health professionals, educators and consumers. To be added to the mailing list, e-mail Alice Henneman at cnty5028@unlvm.unl.edu

Alice's Analysis

Alice Doane
FCE Council Chair

Yes, it looks like it could be Christmas. The ground is white with snow and a little ice. Mark, my son-in-law, came by after he had taken his kids to school because the roads were ice covered and Val couldn't get up the hill near their home. There also was a school bus crosswise in the road and had blocked the road. Bonnie has just called and said another truck came over the hill and had to take the ditch because he preferred that route over hitting the bus of kids. Luckily, the kids were out and on their way to another bus. Man, what a mess and what a tragedy that could have been.

Amy, the other daughter, asked me to go with her on a tour to Dresden, Ohio to see the Longaberger Basket Factory. We had a very good trip, although we had bad weather. I made my own spring basket and it took me just under an hour to do so. I don't think that I could make a living making baskets. They told us you must take a class which lasts 14 to 16 weeks before you are prepared to go onto the floor to weave. The factory has two work shifts. They are 6 a.m. to 1 p.m. and 11 p.m. to 7 a.m. This gives the workers a chance to be with their families during the prime time. This is a family business. (Mother, 12 brothers and sisters and two granddaughters.) I enjoyed the trip with Amy and plan to take Bonnie to New York in the spring to visit a friend before going into the fields.

We had to cancel the October FCE Achievement Program because of the snow storm. We will be honoring the 50-year members. They are Eva Anderson, Vera Blomstrom, Mary Carlson and Darleen Marolf, all of the Jolly Dozen Club. Irene Colborn of the Helpful Homemakers Club will be honored as a 40-year member. We have one 35-year member; three 30-year members; six 25-year members; four 20-year members; one 15-year member; two 10-year members; and one 5-year member. We also have 11 new members in 1997. We will honor these ladies at the January 26, 1998 FCE Council meeting. The Forty-Niner's will be recognized for 45 years as a club and the Helpful Homemakers 40 years.

As I write my last Alice's Analysis (AA), I wish to answer some questions a friend asked one day.

"I really enjoyed reading your AA column, but what does FCE really mean?" Well, I am sorry I haven't been using the full title enough. The correct name is Family and Community Education Club. The next questions "What does your group do?" My answer, "Did your mother and grandmother belong to a Home Demonstration Club, an Extension Homemaker Club or a Home Extension Club?." His answer "Oh yes." This is the same club but with a different name over the years. His next question "What do they do?" The answer "The same thing they did back when, but within the needs

continued on page 11

Making friends

Friends add richness to lives no matter our age. As with many other aspects of life, we start learning the skills associated with friendship early in life. Having friends has been found to be critical to health and happiness. Men and women who have had a large circle of friends in early life are more likely to seek out new friends as they get older. In turn, they are less likely to depend solely on their families for companionship and emotional support and are more flexible and tolerant of other people's quirks.

Making friends is one of the most significant tasks in a child's early social development. During the second year of life, children begin the process of making friends by playing alongside other toddlers. Although there is not much interaction, children notice that they are not much different from others and that they are not the center of the universe.

During preschool years, children begin to develop social skills needed to establish and maintain friendship. Though still self-centered, children at this age begin to initiate contacts with strangers. They negotiate roles, learn to compromise, figure out how to manage rejection and how to settle conflict. At this stage, friends help children reinforce acceptable behavior and model behavior for one another.

What can you do as a parent to guide the social development of young children? One approach might be to help them learn how to approach other children through role modeling. Children learn to model social situations by observing how you do it. Practice. Encourage children to smile and suggest some words to use when they want to join others in ongoing play. Provide times for children to interact with peers in a safe and appropriate environment. If you think the child may be having a difficult time making friends, try to arrange special play activities with slightly older children. They'll provide examples of effective social skills. If your children are anxious about using social skills, make opportunities for them to play with a younger child. This way they can take a lead role and that may give self-esteem a boost.

As children get older and entertain friends at home, try to stay out of the way so they can negotiate conflict and manage the give and take of friendship. Step in only when there is imminent danger or when a squabble has gone out of control.

Try not to categorize or label your child or others with labels such as shy, bossy or hard to get along with. Encourage positive efforts to get along with others and ask questions to help children think about what other children may need or want in a friend.

Friends make a difference. (LJ)

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 wise use of money as a resource. Ideally, parents should start to teach their children responsible financial management when they are very young. However, it's never too late to teach your child money management skills.

Because money affects us all our lives, it is important to develop realistic attitudes toward it. A teen who learns to manage money is learning that he/she has limited means but unlimited wants. The individual is learning to set goals, make choices, solve problems and judge the results of decision making. This promotes resourcefulness, confidence and independence.

Communication is key!

As a parent, what can you do to help teens learn to manage money? First, watch the messages you send. Set a good example. Ask yourself a few questions:

- Do you manage your money well?
- Do you have a spending plan?
- Do you save?
- Do you use credit well?
- Do you communicate with your children about money or do you try to "protect" them from worry?

A large majority of family disputes involve financial concerns. Communicate with your teens about the family finances. Help them get a realistic look at the family budget or spending plan. Do your teens know how much the family makes and how much it costs to live?

Create a family spending plan. A spending plan is the total money coming in minus what is spent on needs like rent, mortgages, food, utilities, etc. Prioritize your wants and make them fit into whatever money is left over. Spending is easy to plan, more difficult to make work. It takes self-discipline. Teach your child to set financial

continued on page 11

Family Living

Family and Community Education Club Council

All FCE 1998 presidents are members of the council. The January FCE Council meeting is scheduled for Monday, January 26, 1 p.m. All individual members are invited to attend also. A program will be followed by the business meeting.

It is important that each club be represented at the council meetings; so, if the club president is unable to attend, please send a substitute. The council meetings are your chance to have input on FCE activities for the year and share ideas with other clubs. (LB)

FCE leader training lesson

The February leader training lesson, "Taking Care of Ourselves: Reducing Risk of Breast and Cervical Cancer" is scheduled for Tuesday, January 27, 1 or 7 p.m. Lorene Bartos, Extension Educator, will present the lesson.

This lesson's goal is to empower women to take responsibility for their personal health, especially related to their female body. The lesson reviews the importance of following recommended guidelines to obtain screening exams for breast and cervical cancer and provides tips on other healthy lifestyle choices to reduce cancer risk.

All clubs, organizations or individuals interested are invited to attend. Non-FCE club members need to preregister by calling 441-7180 so packets can be prepared.

The March leader training lesson, "Making Character Count in Your Community" will be presented by LaDeane Jha, Extension Educator, on Tuesday, February 24, 1 or 7 p.m.

Character Counts! is a program that is sweeping the nation! Become part of this movement to create a difference in your community. During this lesson, you will:

(1) learn more about the six pillars;
(2) learn how to become an advocate for strong character; and
(3) learn how ethical communities can be developed by starting from the inside out.

Help build the character of the next generation one child, one teenager, one parent, one teacher, one person at a time. (LB)

HOUSEHOLD HINTS

by Lorene Bartos, Extension Educator

Clothes drying hints:

For faster drying and energy savings when drying clothes be sure to clean the lint filter after each load. Dry only one washer load at a time. Overloading increases drying time and causes uneven drying and wrinkling. When drying only one or two items, add a few similar clean, dry items to balance the load and allow for proper tumbling action. Dry hard-to-dry items separate from lightweight items. Mixing the two weights will overdry faster-drying garments because the dryer will continue until the moisture is gone from the heaviest items. (LB)

Focus on Keeping Families First

The Keeping Families First Campaign launched at the Lancaster County Fair has been followed by a series of initiatives designed to build strong communities where families are valued. This campaign encourages community organizations and businesses to form partnerships that provide information on family support services and fun activities for families. Keeping Families First recently worked in collaboration with Warren United Methodist Church to host a community-wide dance to enhance family time together. Individuals and local businesses participated by donating prizes for Family Pledge Drawings. During events, families are asked to make their commitment to family life a priority by signing pledge cards that identify specific family goals. This process of goal assessment aids Extension in the development of future educational programming for families. Watch for more information about Keeping Families First in a new monthly column, or visit the website: http://ianrwww.unl.edu/ianr/saunders/famfirst/ffpage.htm. (KW)

4-H & Youth

4-H Bulletin Board

- Saturday, February 7, 4-H cattle weigh-in, 8:00 a.m.-noon, State Fair Park. (DL)
- Teen Council will meet Sunday, February 8, 3:00-5:00 p.m. All teens are welcome to join the fun. (TK)
- 4-H club officer training, Saturday, February 21, 9:30-11:30 a.m. (LB)
- Speech workshop will be Sunday, February 22, 6:00-7:30 p.m. this workshop will give you valuable tips on how to write and give speeches. Remember, the 4-H Speech Contest is Sunday, March 29. (TK/DL)
- Rabbit clinic and judging contest at the Douglas County Extension Office Saturday, February 28, 8:30 a.m. Contact Ellen for more information. (EK)

4-H Achievement/Activities —what's it all about?

4-H members will be recognized for their achievements **Wednesday, February 11 at 7:00 p.m.** County awards, Outstanding 4-H Members, I Dare You and Meritorious Service awards will be presented.

There will also be presentations and displays of activities that have taken place throughout the year. Come see a demonstration, dance and song groups, judging, speeches and more!

This is an opportunity for all clubs, new or established, to see what opportunities 4-H has to offer and how members, leaders and parents can participate.

Come join the 4-H Council in recognizing 4-H members for a job well done. (LB)

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 Cherrycreek Road, Lincoln

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 bill of sale showing the origin of the calf must be presented at weigh-in. If your calf is home raised, a written statement that the calf was born and raised in Lancaster County must be signed by a parent or guardian. Please bring the appropriate paperwork to weigh-in. Please join in to help promote the great quality of Lancaster County beef. If you have questions, contact Deanna.(DL)

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)

HORSE BITS

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 over carefully for nails, wires, loose boards, anything a horse could get caught or cut 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 into winter with 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. Water is extremely important to a horse's digestive system. Often in winter, horses do not drink as much as they really need simply because they aren't as thirsty 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 thirsty, 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 or $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 especially valuable to the sheep and goat programs. In addition to serving as an club leader, Larry has been superintendent of numerous 4-H sheep and goat 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 "Clover 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 Pershing (center) was nominated for Volunteer of the Month by Lorene Bartos and Ward Shires.

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 committments 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)

4-H Action Team

The Nebraska 4-H Action Team is grateful for your support. Each pop tab contributed to the 1.5 million presented to the Ronald McDonald House on October 17, 1997. Your contributions are helping the families of seriously ill children. The project is a reminder to all of the great achievements that can be made with two of the most important elements of success: **4- H and TEAMWORK!** We recognize the wonderful 4-H community service projects done by members in the past, and encourage each of you to continue and expand with community involvement. Our *Sincere Thanks* is given to each and every one of you**!**

Thank you so very much,
Nebraska 4-H Action Team

The Lancaster County 4-H Ambassadors are still encouraging you to save your pop tabs. Please drop them off at the office when it is convenient for you. They will continue to use the pop tabs for a good cause. (TK)

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 FFA 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)

—1998 4-H Calendar—

4-H & Youth

(all events located at the Lancaster Extension Education Center unless otherwise noted)

January
6 4-H Council Meeting ..... 7:00 p.m.
11 Teen Council Meeting ..... 3:00-5:00 p.m.
12 CWF Meeting ..... 7:00 p.m.
12 Extension Board Meeting ..... 7:30 p.m.
12 4-H Shooting Sports Meeting ..... 7:00-9:00 p.m.
14 Horse VIPS Meeting ..... 7:00 p.m.
15 Rabbit VIPS Meeting ..... 7:00 p.m.
15 Cat Club Workshop ..... 7:00 p.m.
15 Fair Board Meeting ..... 7:30 p.m.
20 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
3 4-H Council Meeting ..... 7:00 p.m.
7 4-H Cattle Weigh Day—*State Fair Park* ..... 8:00 a.m.-noon
8 Teen Council Meeting ..... 3:00-5:00 p.m.
9 4-H Shooting Sports Meeting ..... 7:00-9:00 p.m.
9 Extension Board Meeting ..... 7:30 p.m.
10 Large Animal VIPS Meeting ..... 7:00 p.m.
11 Horse VIPS Meeting ..... 7:00 p.m.
11 4-H Achievement Activities ..... 7:00 p.m.
12 SERIES Training for Teens|—*ARDC, near Mead* ..... 9 a.m.-3:30 p.m.
12 Cat VIPS Meeting ..... 6:30 p.m.
12 Cat Club Meeting ..... 7:00 p.m.
15 Tri County BB/Pellet Gun Shoot
17 Star City Rabbit Raisers Club Meeting ..... 7:00 p.m.
19 Rabbit VIPS Meeting ..... 7:00 p.m.
19 Fair Board Meeting ..... 7:30 p.m.
21 4-H Officer Training Workshop ..... 9:30-11:30 a.m.
22 Speech Workshop ..... 6:00-7:30 p.m.
28 PAK 10 Rabbit Judging/Clinic —*Douglas County Extension Office, Omaha*

March
1 Family Character Counts! Retreat ..... 1:30-4:30 p.m.
2 CWF 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.
7-8 Horsin' Around Conference—*Lincoln*
8 Teen Council Meeting ..... 3:00-5:00 p.m.
9 4-H Shooting Sports Meeting ..... 7:00-9:00 p.m.
9 Extension Board Meeting ..... 7:00 p.m.
11 Horse VIPS Meeting ..... 7:00 p.m.
12-15 Kansas City Conference—*Kansas City, MO*
12 Cat Club Meeting ..... 7:00 p.m.
14 ExpoVisions Leadership Team & Residence Hall Counselor Applications Due
15 Camp SIT (Staff in Training) Applications Due
17 Star City Rabbit Raisers Club Meeting ..... 7:00 p.m.
19 Rabbit VIPS Meeting ..... 7:00 p.m.
19 Fair Board Meeting ..... 7:00 p.m.
20 Speech Contest Entries Due
21 Character Counts Training for Teens ..... 9 a.m.-3:30 p.m.
27 **earth wellness festival**—*Southeast Community College, Lincoln* ..... 9:00 a.m.-4:00 p.m.
27-28 Confidence Course Workshop—*Gretna, NE*
29 4-H Speech Contest—*State Capitol* ..... 1:30 p.m.
29-April 4 National 4-H Conference —*Chevy Chase, MD-Washington, D.C.*
30 Be a Better Gardener Preregistration Deadline
tba Turkey Order Deadline
tba PAK 10 Livestock Judging Contest—*Wahoo*

April
1 4-H Action Team Applications Due
1 Market Beef I.D.'s for State Fair, Ak-Sar-Ben & American Royal Due
7 4-H Council Meeting ..... 7:00 p.m.
9 Character Counts Workshop 9-12 year olds ..... 8:30 a.m.-4:00 p.m.
12 Teen Council ..... 3:00-5:00 p.m.
13 CWF Meeting ..... 7:00 p.m.
13 4-H Shooting Sports Meeting ..... 7:00-9:00 p.m.
13 Extension Board ..... 7:30 p.m.
15 Horse VIPS Meeting ..... 7:00 p.m.
15 Camp Counselor Applications to Eastern Camp Due
16 Rabbit VIPS Meeting ..... 7:00 p.m.
16 Fair Board Meeting ..... 7:00 p.m.
18 Kiwanis Karnival—*State Fair Park* ..... 7:00 p.m.
18 Invitational Cat Workshop ..... 10:00 a.m.-4:00 p.m.
18 Swine Weigh-in ..... 9:00-11:00 a.m.
19-20 Growing Up Female —*Eastern NE 4-H Camp, Gretna*
21 Volunteer Workshop
26 4-H Music Contest—*Dawes School*
tba Turkey Delivery
tba PAK 10 Dairy Judging Contest—*ARDC, near Mead*

May
1 Biology Career Workshop Applications Due
5 4-H Council Meeting ..... 7:00 p.m.
11 Large Animal VIPS Meeting
11 Livestock Booster Club Meeting ..... 7:00 p.m.
11 Extension Board Meeting
12 How to Exhibit Leader Training ..... 7:00 p.m.
13 Camp Counselor (Halsey) Applications Due
13 Horse VIPS Meeting ..... 7:00 p.m.
14 Cat VIPS Meeting ..... 6:30 p.m.
14 Cat Club Meeting ..... 7:00 p.m.
21 Fair Board Meeting ..... 7:00 p.m.
21 Rabbit VIPS Meeting ..... 7:00 p.m.
30 Performance Lamb Tagging Day ..... 8:00 a.m.-2:00 p.m.
tba Market Broiler Deadline

June
1 Horse ID Deadline
2 4-H Council Meeting ..... 7:00 p.m.
6-8 Camp Counselor Training —*Eastern NE Center, Gretna*
8 Extension Board Meeting ..... 7:00 p.m.
8 Horse VIPS Meeting ..... 7:00 p.m.
8 Fair Board Meeting ..... 7:00 p.m.
9 PAK 10 Horse Judging Contest —*Skyline Arena, Omaha*
14 Teen Council ..... 3:00-5:00 p.m.
15 Beef, Swine, Dairy Cattle, Goat, Llama, Rabbit & Sheep I.D.'s Due
16-19 Clover College
18 Rabbit VIPS Meeting ..... 7:00 p.m.
19 ExpoVisions Registration Due
22 Cat Workshop ..... 7:00 p.m.
23 Livestock Booster Club Meeting ..... 8:00 p.m.
25 Practice Family & Cons Science Judging/Demo ..... 1:00 p.m.
tba Market Broilers Pick-up

July
2 PAK 10 Poultry Judging Clinic —*Saline County Fairgrounds*
7 4-H Council Meeting ..... 7:00 p.m.
7 Horticulture Contest Practice ..... 2:00-4:00 p.m.
8 Horse VIPS Meeting ..... 7:00 p.m.
8-10 ExpoVisions '97—*Lincoln*
10 All Animal Entries for Lancaster County Fair Due
12 Teen Council ..... 3:00-5:00 p.m.
12-17 4-H State Horse Expo—*Grand Island*
13 CWF Meeting ..... 7:00 p.m.
13 Extension Board Meeting ..... 7:30 p.m.
14 Large Animal Advisory Committee Meeting ..... 7:00 p.m.
15 Horticulture, Grass & Weed I.D., Tree I.D. Contests ..... 10:00 a.m.-12:00 p.m.
15 Lifetime Skills Contest ..... 1:00-4:00 p.m.
15 Demonstration Contest
16 Fair Board Meeting ..... 7:00 p.m.
17 Demonstration Contest
18 Rabbit VIPS Meeting ..... 7:00 p.m.
19-23 Biology Career Workshop
22 Style Revue Judging
22 Fair Superintendent Meeting ..... 7:00 p.m.
22 PAK 10 Tractor Driving Contest —*Fremont County Fair*
22 4-H Food Booth Training—*State Fair Park* ..... 6:30 p.m.
23 Tractor Driving Contest —*Christensen Field, Fremont*
27 4-H Council Meeting—*State Fair Park* ..... 7:00 p.m.
28 Entry Day for Lancaster County Fair Static Exhibits—*State Fair Park* ..... 4:00-8:00 p.m.
29 County Fair Judging Day for Static Exhibits
29 County Fair Animal Check-in (4-H Sheep, Swine, Rabbits, Poultry, Angora Goats) —*State Fair Park* ..... 4:00-8:00 p.m.
29 Sheep Weigh-in—*State Fair Park* ..... 4:00-8:00 p.m.
30 All Animals in Place—*State Fair Park* ..... 11:00 a.m.
30 Beef Weigh-in—*State Fair Park* ..... noon
30 Performance Swine Weigh-in —*State Fair Park* ..... 2:30 p.m.
30 Lancaster County Fair Opens—*State Fair Park*
July 30-August 2 Lancaster County Fair —*State Fair Park*

August
2 All Animals Released—*State Fair Park* ..... 4:00-6:00 p.m.
6 Clover Kids Character Counts! Day Camp ..... 1:00-4:00 p.m.
9 Teen Council ..... 3:00-5:00 p.m.
10 Extension Board Meeting ..... 7:30 p.m.
12 Horse VIPS Meeting ..... 7:00 p.m.
13 Superintendent's Dinner ..... 7:00 p.m.
14 Ak-Sar-Ben Entries Due
17 Fair Board Meeting
20 Rabbit VIPS Meeting ..... 7:00 p.m.
26 State Fair Entry Day—*State Fair Park*
27 State Fair Judging Day—*State Fair Park*
August 28-September 8 Nebraska State Fair —*State Fair Park*

September
8 4-H Council Meeting
9 Horse VIPS Meeting ..... 7:00 p.m.
13 Teen Council Meeting ..... 3:00-5:00 p.m.
14 Extension Board ..... 7:00 p.m.
15 SERIES Training for Teens ..... 9 a.m.-3:30 p.m.
15 Large Animal VIPS Meeting ..... 7:00 p.m.
17 Fair Board Meeting ..... 7:00 p.m.
17 Rabbit VIPS Meeting ..... 7:00 p.m.
22-28 Ak-Sar-Ben Livestock Exposition—*Omaha*

October
4-10 National 4-H Week
6 Livestock Booster Club Meeting ..... 7:30 p.m.
6 4-H Council Meeting ..... 7:00 p.m.
11 Teen Council Meeting ..... 3:00-5:00 p.m.
12 CWF Meeting ..... 7:00 p.m.
14 Horse VIPS Meeting ..... 7:00 p.m.
14-16 North Central Regional 4-H Forum—*Michigan*
15 Rabbit VIPS Meeting ..... 7:00 p.m.

November
3 Livestock Booster Club Meeting ..... 7:30 p.m.
3 4-H Council Meeting ..... 7:00 p.m.
8 Teen Council Meeting ..... 3:00-5:00 p.m.
9 Extension Board Meeting
19 Fair Board Meeting
November 27-December 1 Congress—*Atlanta, GA*

December
1 4-H Council Meeting ..... 7:00 p.m.
13 Teen Council Meeting ..... 3:00-5:00 p.m.
14 Extension Board Meeting ..... 7:30 p.m.
14 Fair Board Meeting ..... 7:00 p.m.

Gift certificates for camp!

Here's a great gift idea for your 4-H member! The Eastern Nebraska 4-H Center has $10 gift certificates for summer camp. Each gift certificate purchased can be used toward a youth's camp fee. Use them for birthday presents, holiday gifts, thank you gifts, performance awards and other occasions.

Contact the Lancaster County Extension Office for more information. (TK)

Treasures From Mexico

Chi-Chi's Mexican Restaurant has an opportunity for your 4-H club to learn more about Mexico! The program called Treasures From Mexico will begin with a videotape about Mexico's lifestyle and history. After the video, 4-H members will enjoy chips and salsa and take a tour to show how a restaurant is run. They will then offer an optional lunch of a beef taco, rice, beans and a soda for $2.50 each. The program will last an hour and a half. If you have questions or would like to make reservations, call Melissa, Chuck or Julie at 464-8281. (TK)

1998 Teen Council officers

President: Lindsay Johnson
Vice president: Tara Hepburn
Secretary: Jessie Schrader
Treasurer: J.R. Schepers
Historians: Carie Steele & Megan Bergman
Leader: Marilyn Schepers

If you would like to become a member of Teen Council, call 441-7180. (DL)

Community Focus

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 obtain ideas on teaching children about agriculture.

Agriculture in the Classroom Program: http://fb.com/nefb/html/ag-in-the-classroom.html

Chef Combo: http:www//chefcomxbo.com (GB)

Life Nebraska Style

Be sure to watch "Life Nebraska Style." This television program highlights individuals, families and communities that are benefitting 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 21 (Lincoln)

Mondays-11 a.m.
Wednesdays-8 p.m.
Fridays-4 p.m.
Sundays-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, 67, 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 of these have been identified as high priority hazards. They include: hazardous materials spills, large gathering, winter storm, power failure/shortage, ice storm, hazardous materials storage, tornado, natural gas interruption, air accident, water failure/shortage and communications failure. (GB)

1997 Farm Home Plat & Directories are available for purchase at the Lancaster County Extension Office. They are published by Farm & Home Publishers, Ltd from Belmond, Iowa. Price for the directory is $19.50 and available for pick-up at the reception desk. (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 farm operators in the census is held confidential by law (Title 7, U.S. Code). Data is summarized to prevent identification 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 more effectively target their industries to where they are needed by using county and state statistics, resulting in economic benefit for farm operators.

• 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 convey 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)

SERIES team wins state and national awards

La Deane Jha, Extension Educator

The Nebraska SERIES team led by LaDeane Jha, Extension Educator in Lancaster County was recognized by the Joint Council of Extension Professionals at their national meeting in Cincinnati, Ohio, for Excellence in teamwork. This same team was a Nebraska State winner for excellence in Teen Programming. Since 1995, the Nebraska SERIES program has reached over 7500 youth in Nebraska in 49 counties through educational programs and service projects. Teens are empowered to reach their full potential through service learning using the SERIES program. They teach science concepts to other youth, identify community needs, and plan and implement service projects. Lancaster County has been an active participant in SERIES and continues to involve teens in ways that contribute to their acquisition of life-long skills.

Character Counts! new Level II training

Interested in finding new ways to make 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 completed basic training 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)

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.)

Return registration form and fee to: LaDeane Jha, University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Lincoln, NE 68528-1507

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, repellents and baits, and flea and tick shampoos and dips for pets. Other household pesticides include swimming pool chemicals 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 latches, 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.

• Use child-resistant packaging properly by closing the container tightly after use.

• Alert others to the potential hazard of pesticides, especially caregivers and grandparents.

• Teach children that pesticides are poisons, something 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 emergency treatments. Give the indicated first aid immediately before contacting the local poison control center, a physician, 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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Alice's Analysis

continued from page 7

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

Now onto business. Sorry to say in the past few years, enrollment has declined. This trend has been seen in just about every club or organization in the Midwest. In the past years, over 1000 members have attended State Conventions. This last 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 subjects were canning, soap making, making dress forms, millinery 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 Club began in 1924. Davey Women's Club began in 1922. In 1931, this club became the Davey Extension Club and went back to being a women's club when the country went to the FCE name (1994). Some clubs selected their names by location; such as the Beltline Club for the school district, Emerald and Firth Clubs for the community. Gateway Gourmet because they organized at the time of building Gateway. The Forty-Niner's were the 49th club to organize in the county, in 1952. The Jolly Dozen kept their memberships to 12 and occasionally adding another for a Bakers Dozen. Over the years, lessons have changed from piping water into the house, including instructions on how to safely carry water into the house, and in 1997, when a lesson was "What trees to plant in our backyard for the best shade." Over the years, the total membership was over 1,300 in one year. The clubs have done many community projects.

I hope that this gives you a better understanding of FCE. I hope these AA's have been informative as well as enjoyable over the past two years. I wish the best of luck to the new officers for the coming year, Chair Jean Wheelock, Emerald; Vice Chair Clarice Steffens, Salt Creek Circle; Secretary Helen McMahon, Willing Workers; and Treasurer Joy Kruse, Forty-Niner's.

I want to wish everyone a happy and good New Year. I have enjoyed my two years as your FCE president.

Thought of the month...

"Friends are special, always." Author Unknown—but, I said it too. (AD)

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Lancaster County Extension welcomes new employees

Karen Wedding
Ag Support

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

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.

Miscellaneous

Arlene Hanna recognized as outstanding assistant

At the Nebraska Cooperative Extension Association (NCEA) annual meeting, several faculty were recognized 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 Enrichment programming, including co-authoring a waste management 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!*

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Indulging without bulging

continued from page 6

servings 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 and half the price! For safety's 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 improve your nutrition two ways:

(1) Exercise helps protect you from the effects of OVER eating by helping burn excess calories.

(2) Exercise also may help protect you from the effects of UNDER 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 than fat. Turn your body into a better calorie burner by increasing your amount of muscle mass.

Simply toning your muscles will help burn calories. You don't need bulging 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 cnty5028@unlvm.unl.edu. (AH)

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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 teen years are a time to let your children learn from their mistakes as well as their successes. One mother allowed her teenage daughter to wear jeans that were too short for one semester, because she spent her clothing allowance on an expensive 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)

The NEBLINE
Nebraska Cooperative Extension Newsletter
Lancaster County

THE NEBLINE is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Rd., Lincoln, Nebraska, 68528-1507. Contact Brenda Corder, (402) 441-7180 for more information.

Gary C. Bergman, Extension Educator–Unit Leader

NOTICE

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

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Return to:
University of Nebraska
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444 Cherrycreek Road, Lincoln, Nebraska 68528-1507

Extension Calendar

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

January 14
4-H Horse VIPS Meeting ..... 7:00 p.m.

January 15
4-H Rabbit VIPS Meeting ..... 7:00 p.m.
Cat Club Workshop ..... 7:00 p.m.
Fair Board Meeting ..... 7:30 p.m.

January 20
Star City Rabbit Raisers 4-H Club Meeting ..... 7:00 p.m.

January 23-24
4-H Lock-in

January 28-29
Managing Irrigation Systems—*College Park, Grand Island*

January 29
Taxes & Transitions ..... 1:30-4:30 or 6:30-9:30 p.m.

January 31
Character Counts! Training for Adults ..... 9:00 a.m.-3:00 p.m.

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 7
4-H Cattle Weigh Day—*State Fair Park* ..... 8:00 a.m.-noon

February 8
4-H Teen Council Meeting ..... 3:00-5:00 p.m.

February 9
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 10
District Record Books Judged
Large Animal VIPS Meeting ..... 7:00 p.m.
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

Extension meetings scheduled

continued from page 4

ary 26, 8:00 a.m. to 4:30 p.m. with an advanced-level workshop scheduled for Thursday, March 12, 8:00 a.m. to 5:30 p.m. The concepts covered in these workshops include: establishing a set of books, entering single and split transactions, generating various types of reports, creating financial statements, cutting the time required to do taxes, doing enterprise analysis, computerized check writing, handling payroll and tracking inventory.

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 break 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)

Attention teens! Coming soon...

***Teens for Teens* Service Learning Grant**

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

We have **$money$** to support your ideas for:
any issue, any action, any group!

Grants will be offered in the near future for educational community service projects identified and planned by teens in Lancaster County. The only requirement is a sponsoring adult who is affiliated with a school (a teacher, volunteer, etc.).

For more information, contact Tina Brown, Americorps VISTA at UNL Cooperative Extension in Lancaster County, 441-7180.

Keep watching...we want YOU to be a community player! (TB)