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4-H: What it's all about

Why are so many youth involved in 4-H? Why do so many people volunteer their time, energy, and resources to the 4-H program? Is it because 4-H is the only youth organization whose projects are researched at land grant universities all over America? Maybe so many youth and adults participate in the 4-H program because it is rewarding, educational, fun and multifaceted. If you asked a 4-H member or volunteer why they are involved in the 4-H program, they would probably give you a number of reasons. Some reasons may include that 4-H is an informal, practical, learn-by-doing, fun and educational program for youth. It is an opportunity for teens, parents, grandparents and friends to become involved as volunteers and influence the development of youth. 4-H is small town, large city, suburb and farm. 4-H members, parents, and leaders have fun and learn as they work together.

Other 4-H members and volunteers will say 4-H is horse clubs, community clubs, “hands-on” learning, singing at senior centers, making the best better, thinking critically, choosing healthy lifestyles, communicating, independent learning, hatching baby chicks at school and volunteering.

After all, 4-H has been a viable youth organization for over 80 years. This program has evolved into America’s largest out-of-school educational program for youth. Each year, more than 5.6 million youth, ages 5-19, participate in 4-H under the guidance of 519,000 Extension trained adult volunteers and 125,000 4-H junior and teen leaders. In Lancaster County alone, each year nearly 20,000 youth are reached through 4-H programs. It is estimated that nearly 45 million American adults are former 4-H members. 4-H is open to everyone, regardless of race, religion, color, sex, economics, handicap or place of residence.

Youth are able to reap the benefits of 4-H through several modes. One way is through the Traditional 4-H Club. In this mode, the unit meets at least once a month under the direction of volunteer leaders. They select and work on 4-H projects during the year and, as a club, may take one or more community service projects. Another mode is Independent Membership. This is a group who do not have a 4-H club available to them, or who choose not to be in a 4-H club. Independent members can still participate in 4-H and related activities independently. The Project Group mode is for 4-H members who want to study a particular subject or project area, cat clubs, dog clubs, shooting sports clubs, etc. The Clover Kids 4-H program for youth ages 5-7 is another mode for youth.

This different 4-H membership ships afford youth the opportunity to learn, serve, develop life skills, take part in educational projects and become volunteers. Following is an explanation of each of these components.

LEARNING BY DOING
Youth take an active part in learning. Roger Schank, author of Virtual Learning: A Revolutionary Approach to Building a Highly Skilled Work Force, writes that “Learning by doing is easier said than done. John Dewey recognized this way back in 1916 when he noted that schools insist on telling students what they need to learn despite that research clearly demonstrates learning by telling doesn’t work and learning by doing works.” 4-H, too, believes that learning by doing works. The 4-H slogan is “Learning by Doing” and 4-H members do this in nearly every facet of the program.

COMMUNITY SERVICE
Community service projects provide outstanding learning opportunities for 4-H members. Youth gain hands-on knowledge by volunteering their time in their community or school. 4-H members participate in Habitat for Humanity, visit retirement homes, highway clean-up programs, food drives, sponsor families for the holidays and many other activities.

LIFE SKILLS
Educational experiences are stressed to help youth in their personal development and development of life skills. The four H’s of the four leaf clover are: head, heart, hands and health. Each has different life skills components:

4-H Life Skills
Head: • thinking critically • solving problems Heart: • respecting self, others and the environment • communicating Hands: • preparing for a career • serving others Health: • choosing healthy lifestyles • managing change and challenges

SCHOOL ENRICHMENT
4-H also reaches youth in schools. Embryology, Garbology, Vermicomposting,
The purple coneflower (Echinacea purpurea) is a native prairie wildflower. Plants grow 2 to 4 feet tall and produce 3 inch diameter flowers in turn. The flower consists of a bronze-colored, domed-shaped center surrounded by white to pink to reddish-purple, downward curving petals. Purple coneflowers are upright-growing, clump-forming, coarse-textured perennials.

Echinacea purpurea ‘Mamgaus’ has been selected as the “Perennial Plant of the Year” for 1998 by the Perennial Plant Association. The Perennial Plant Association is a national organization of growers, landscape designers, educators and researchers. The goals of the organization are to promote high nursery production standards and the planting of perennials. The “Perennial Plant of the Year” is chosen by its members. ‘Mamgaus’ was selected for its distinctive flower color and shape, long bloom season and ease of culture. The petals of ‘Mamgaus’ are more horizontal than the species. Their color is deep rose or carmine. Plants are often in bloom for up to 6 weeks. ‘Mamgaus’ grows about 3 feet tall. The variety was discovered by Klaas Jonfold at the nursery of Magnus Nilsson in Sweden.

Purple coneflowers are easy to grow. They perform best in well-drained soils and partial to full sun. Plants are drought tolerant and have few insect and disease problems. Because of its stiff, coarse growth habit, the purple coneflower is an excellent plant for naturalized areas. It also does well in perennial borders. For those individuals interested in butterfly gardening, the purple coneflower attracts several species of butterflies. (MIM)

**Winter care of houseplants**

Winter weather adversely affects growing conditions for houseplants. Proper care during the winter months can help insure the health of houseplants.

**Most houseplants** grow well with daytime temperatures of 65 to 75 °F and night temperatures of 60 to 65 °F. Temperatures below 50 °F or rapid temperature fluctuations may damage some plants.

Keep houseplants away from cold drafts and drafts vents. Also make sure houseplant foliage doesn’t touch cold windows.

Many houseplants prefer a humidity level of 40 to 50%. Unfortunately, the relative humidity found in many homes during the winter months may be only 10 to 20%.a level too low for many houseplants.

Humidifiers are an excellent way to increase the relative humidity in a single room or throughout the entire home. Simple cultural procedures can also increase the relative humidity around houseplants. Group plants together. The water evaporating from the potting soil, plus water lost through the plant foliage or transpiration, will increase the relative humidity in the immediate vicinity of the houseplants.

Another method is to place the houseplants on trays or saucers filled with gravel or pebbles. (Continued on page 11)

**Basil for everyone**

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

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

Besides its edibility, basil is an aromatic herb and is often used in potpourri and sachets. As an ornamental in the flower garden, basil has attractive foliage and flowers.

Basil is a tender perennial grown as an annual. It can be grown easily from seed. Start seed indoors 4 or 5 weeks before the last frost date. It likes warm temperatures (about 75 °F) for germination. Seed can also be sown directly in the ground outdoors after it has warmed in the spring. Plant basil outdoors after all danger of frost is past. Basil does not tolerate cold temperatures. Plant in full sun. Water regularly with an inch of water a week. It also can be propagated vegetatively through tip cuttings or non-cuttings in moist potting soil.

To harvest, remove terminal growth whenever four sets of true leaves can be left on the plant. This encourages bushier growth and increased yield. For best foliage, flower cut before flowering. After cutting, wash and pat leaves dry. Use immediately or store in perforated plastic bags in the refrigerator. When cleaning the leaves, harvest early in the day but after dew has dried. Sprinkle leaves on screens or loosely bundle and air dry.

Basil is a member of the mint family which is characterized by square stems. They belong in the genus Ocimum. Over 150 species and varieties are available. These are some of the more common types of basil.

**Sweet Basil**


**Purple Basil**

Grown for its ornamental foliage as well as leaf as sweet basil. ‘Opal,’ ‘Red Rubus’ and ‘Purple Ruffles’ are excellent selections.

**Cinnamon Basil**

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

**Soap or oil—that is the question**

Now is the time to become familiar with two products for pest control this next growing season. Insecticidal soaps are made from the salts of fatty acids. Soaps kill insects by breaking down cell membrane disrupting cell metabolism. Mammalian toxicity is very low. Insecticidal soaps are very similar to soaps or detergents used in the home, according to a South Dakota State University publication.

Soaps are active against many soft-bodied pests that include aphids, scales, mealybugs, whiteflies and mites. Insecticidal soaps have no residual effect, so coverage of the pest is extremely important.

However, soap may also have a toxic effect in some plants. Check the label for a list of sensitive plants. The likelihood of phytotoxicity may be reduced by rinsing the plant shortly after application.

Insecticidal oils have long been used as a control overwintering stages of certain scales and mites. Although dormant oils still are an important management tool, use of superior oils for summer application is also an option for some pest plant combinations. Superior oils have a higher purity than dormant oils, which increase plant safety. However, superior oils still have restrictions, so consult the label before applying to particular plant species. Never apply oils to plants that are under water stress. Very hot, humid conditions often will increase likelihood of phytotoxicity.

Superior oils are effective against a wide range of insects and mites, similar to the insecticidal soaps. Insects interfering with the respiration and cell membrane function. (Dj)

**Terrariums**

Terrariums aren’t as maintenance-free as some people think. Plants tend to outgrow their containers, soil is depleted of nutrients, mold grows on the soil and the container, and plants die. Even in a well-put-together terrarium, there isn’t much chance for excess water to get away. In a closed container, it can’t even escape by evapotranspiration.

A rule of thumb is that if there’s water vapor on the inside of the container, the terrarium needs drying out, not watering. Open it up so some of the moisture can escape, and don’t water until the soil is dry. Also, avoid placing the terrarium where it will be hit by direct sun. A glass container gets very hot inside when the sun shines through it. Plants subjected to high heat in the humid atmosphere will be stressed. (Think of what happens to fresh vegetables in a steamer.) The plants need light to grow, of course. Place the container where it will get indirect sunlight or bright artificial light rather than direct sun.

The plants you put into the terrarium may also be a problem. Plants that need humid air do very nicely in terrariums. In fact, that may be the only way to grow some of them in the home. Plants that prefer dry conditions will not thrive in a terrarium. The moist soil and humid air will combine to do them in. (Dj)

**Be A Better Gardener**

Be a Gardener for everyone. Sign up for 4-H Horticulture Project area.

**Be A Better Gardener participants can pick up notebook, information package and free seeds on or after April 8, 1998 at the Lancaster County Extension Office.**

**Attend optional workshops:**

- Container gardens: June 4, 1998; or Horticulture contest practice: July 7, 1998
- Raise a garden.
- Choose what kind of garden you would like to grow—vegetable, perennial flower, annual flower, container, herb, fruit, butterfly or combination
- Keep a journal of your garden.
- Keep weekly records of your garden’s progress. Take pictures of your garden.
- Evaluate your garden plants. Enter your journal as an exhibit at the county fair.

This program is available to youth enrolled in the Lancaster County 4-H Program, ages 5-19.
One starling's a darling, but a flock is not! Like many pests, the starling is not native, but was introduced to North America from Europe. The starling is a stocky, robin-sized, short-tailed bird with iridescent blue-black feathers that are tipped in light tan. During the winter, the fleshy feathers are very obvious and the beak is black. During the spring breeding season, the beak changes to yellow.

Starlings actually have some redeeming qualities. Orphaned birds that have been raised become very tame, readily mimic sounds and even learn to talk. However, for most of us, the raucous rasping squawks are harsh and unpleasant. Starlings are extremely social and have the unpleasant habits of congregating and roosting in large numbers. In the fall and winter, starlings move into urban settings and roost overnight in trees, on ledges, lighted signs, and around homes’ structures, seeking shelter and warmth. Beneath the roost, large quantities of droppings can accumulate. Besides being offensive to most of our senses, starlings have been known to transmit encephalitis, ornithosis and histoplasmosis. During the day, the birds fly to areas where grain is readily available like elevators, feed yards and crop fields. Because starlings do not feed where they roost, it can be very challenging to control this pest.

Controlling starlings in urban areas is most effective when done on a neighborhood or community basis. The winter roost is the most difficult problem because these birds may return to the same site from November to March. Exclusion is the only permanent solution which usually involves screens of wire, nylon or plastic netting. Habitat modification can be used to reduce roosting in streets and yards. Pruning branches to open up the canopy of the trees may make the trees less suitable for roosting. Exclusion of starling, birds like to congregate with their buddies. Opening the canopy can reduce the number of good perching sites and make them fly off to find a more dense roost. One of the only good outcomes from our October ice storm was the inadvertent reduction of good roosting trees. Starlings can be repelled by pyrotechnics, exploding shells and recorded starling distress calls, but this harassment must be continued until they leave. In urban areas, this harassment may be more stressful to human residents than to the birds and there may be local ordinances against this approach. Another deterrent is to apply a sticky substance, (Rost-No-More) to the perches which makes the roost unsuitable, but application is time consuming and can be expensive.

In short, starling roosts are difficult to manage. There is a stressing agent that can be used for control, but this must be done by a wildlife control professional. Check the yellow pages under Pest Control Servisions, these people are a company that has experience in wildlife control. (BPO)

Pest management in and around your home: what's your strategy?

Barb Ogg
Extension Educator

There are four different philosophical approaches that can be used for pest problems in and around the home. People may use a different approach depending on the pest problem and how much damage it causes. And, different people have different tolerance levels when it comes to "bugs" and "critters." Read the following descriptions and try to figure out which one fits you in.

• Do-Nothing Approach:

Do-Nothing Approach works for some pests that are not a problem, and for others that are. A problem that can be controlled by doing nothing is not usually one that is vital to control. For example, roaches and termites are the best examples of insects that need serious attention. If you aren’t sure what kind of insect you have found, bring specimens to the Lancaster County Extension Office for identification. This service is free.

• Pesticidal Approach:

The instant in which a person who uses the Pesticidal Approach is to react to most pest problems by reaching for a pesticide or to use “preventative” sprays even before there is a problem. This approach is ingrained in many people, especially those who grew up in the 1940’s and 1950’s when pesticides were considered miracle chemicals. The Pesticidal Approach does not make sense because a substantial number of the insect pests in and around the home can be more effectively controlled by doing something else. Understanding effective alternative methods of control is the key to breaking the Pesticidal Approach.

• Integrated Pest Management Approach (IPM):

This is a philosophy where the pest manager considers all types of control, including pesticides, in his/her management strategy. With most pests that we find in and around homes’ structures, there may be some non-chemical tactics that may help control the problem. The IPM approach also emphasizes the use of monitoring to determine where controls are needed.

• Least Toxic Control Approach:

This philosophy is similar to an IPM approach because the pest manager must understand the pest and all the effective controls. But, when using a Least-Toxic Control Approach, the pest manager deliberately uses the least toxic chemicals as a last resort. An continued on page 11

Volunteers are needed!

Join us on March 27, 1998 at Southeast Community College for the earth wellness festival. This event has attracted nearly 11,000 fifth grade youth from Lancaster County in just four years. We expect the best event yet in 1998 and invite you to help us “make a difference”.

Volunteers:
• Receive an earth wellness festival t-shirt
• Free Lunch
• Free Pizza following the event
• Personal satisfaction from participating in a very rewarding experience

As a volunteer, you play an essential role at earth wellness festival. You have an opportunity to lead teachers and their classrooms to sessions, assist presenters with terrific hands-on activities, or even greet busses of students. Most importantly, your assistance keeps the entire event running smoothly.

To get your volunteer application, contact Syd at the Lower Platte South NRD at 476-2729.

What's buzzing?

Register for Beginners Beekeeping Workshop today!

Come to a 1-2 hour, three-session series to learn basic bee biology, behavior, handling and equipment. Classes are filled each year—everyone needs to get started in this fun and profitable hobby/specialty enterprise.

The first two training sessions will be held March 16 and 17, 6:30-9:30 p.m. The practical laboratory session will be held at the Apiculture Laboratory at the Agricultural Research and Development Center (ARDC) at Ithaca, NE (near Mead) Saturday, April 4, from 9:00 a.m. to 4:00 p.m. At the lab session, you will examine working bees, learn how to install package bees and put together hive equipment.

The workshop will be taught by Marion Ellis, University of Nebraska Cooperative Extension Beekeeping Specialist. The basic cost of this workshop is $15.00 and includes references. Please pre-register by calling (402) 441-7180. (BPO)

For the birds

This winter, invite some feathered friends to lunch! Try these different ways to feed them.

• Place flat stones in the shell, grouped together in a row.
• Pine cones spread with peanut butter and rolled in birdseed.
• Coconuts cut in half, drained and filled with birdseed or melted suet. (Some birds like the coconut shell as well)
• Wide holes drilled in a birch log, filled with suet, then hung by an eye screw.
• Sunflower heads (with seeds still intact) hung upside down.
• Seed sticks made by planting pet, 1/2, with melted suet and hung upside down like bells.
• Lunch trays or other platforms filled with birdseed, set on a length of wire or a dowel rod.
• Be sure to provide water for the birds, too. (ALH)

Backyard wildlife—tips for success

The fifth in the backyard wildlife series, NebGuide G97-1332-A, provides information that can help create a home landscape that is suitable for wildlife and meets the needs and preferences of your family. There are many topics covered, including:
• Ideas on how to deter squirrels from bird feeders
• Keeping bird feeding areas clean
• Reducing less-desirable birds at feeding stations
• The Magic Halo-Bird Exclusion Device
• Providing water sources for birds and wildlife
• Migrating birds
• Dealing with nuisance wildlife
• Snakes
• Birds striking windows
• Woodpeckers
...and more

This publication is available at your local Extension Office. For Internet users, this publication can be accessed through our Environment and Natural Resources website at http://www.ianr.unl.edu/ianr/lanco/enviro/}

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Be sure to provide water for the birds, too. (ALH)
Extension meetings scheduled

The University of Nebraska Cooperative Extension will sponsor the following workshops taught by Extension specialists, educators and research scientists.

Oats for pasture, hay and silage

Oats have not exactly been a very profitable crop to grow as grain. However, oats have some advantages over other crops in terms of forage availability. Oat hay cut at dough stage or with mature seed often is less coarse and harsher than some other crops. Oat hay is more dry matter efficient and contains more protein than hay from some other crops.

February 26
Head Scout Training. Identify and economic thresholds of insect pests in corn and soybeans. Weed management, crop disease identification, fertility deficiency symptoms, growth and development of corn and soybeans. ARDC, near Mead

February 19
Using Organic and Inno- vative Fertilizers for Nebraska Crops. Elements used by plants: functions and effects of the major minerals and nutrient uptake by plants. Fertilizer sources, including manures, sewage sludges and mineral fertilizers. ARDC, near Mead

November 10
Private Pesticide Applicator Training. An opportunity for private pesticide applicators still have two opportunities to receive certification training in Lancaster County. The workshops are scheduled for Friday, March 13, 7:00 - 10:00 p.m. or Saturday, March 14 9:00 a.m. - 12:00 a registration fee of $10 will be charged at the door. (TD)

Private Pesticide Applicator Training

The concepts taught are applicable to any computerized record keeping system with modifications. These workshops will be taught hands-on using Quicken ‘98 Basic.”

Registration will be limited, due to space and computer availability, on a first-come first-serve basis. If you are interested, contact the Extension Office and ask to have a brochure and registration form sent to you. Registration fee for each workshop will be $30 or one for two people sharing one computer and one set of handouts. The fee covers handout materials, registration form and software site license costs.

Building Your Safety Net

Whether you are a landowner or farmer who leases land for agricul- tural production, you probably have some questions concerning farm leasing arrangement. A Farm Lease Seminar will be held 9:00 a.m. - 12:00 p.m. on Monday, March 2. Two Extension specialists from the Lancaster County Extension Office will be on hand to lead the discussions.

Feb 18
Computerized Financial Recordkeeping

Lancaster County will be the site for two computerized financial management workshops. A beginning-level workshop will be held February 26 and an advanced-level workshop on March 12. Both workshops will begin promptly at 9:00 a.m. and end at 3:30 p.m. Lunch will be served.

The workshops will be presented in a hands-on teaching style with participants actually performing the tasks being demonstrated throughout the day. The topics in the beginning level workshop will include:

- Setting up and starting your records, developing a chart of accounts (categories) to key the important and key transactions, and generating a balance sheet to see how much you have.

The concepts covered in the advanced-level workshop include:

- Saving time by printing checkbook registers (which automatically makes the ledger entries), managing non-cash transactions (inventory shifted between enterprises), handling pre-paid expenses in a cash accounting system, setting tax schedules to tax preparation, how to handle depreciation schedules, generating a balance sheet, coping with lines of credit, handling inventory on worksheets, and tracking expenses that cross enter- prise and category groups (such as expenses associated with a particular piece of equipment that may be used in multiple enterprises).

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Check out these winter workshops

February 18
Managing Alfalfa to Grow Quality and Profitable Alfalfa. This four-part series will cover all aspects of alfalfa production, including insect, weed, disease, fertility management, cutting schedules and silage quality of crops. Quantity and stand viability and water management/irrigation effects will be discussed.

February 24

February 25
Weed Biology and Ecology. Will examine how weeds compete with each other and crops for nutrients and sunlight, weed population persistence, shift in response to management practices, and herbicide mecha- nisms involved in crop re- sponses. College Park, Grand Island

February 26
Herbicide Mode of Action. Herbicide absorption, transloca- tion, metabolism, and site of action in plants. Why herbicides kill weeds and not crops. Site of herbicide action as a basis for weed resistance. ARDC, near Mead

February 27
Field Scout Training. Identification and economic thresholds of insect pests in corn and soybeans. Weed management, crop disease identification, fertility deficiency symptoms, growth and development of corn and soybeans. ARDC, near Mead

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For more Farm Views articles, please turn to page 11.
Management key to controlling noxious weeds

In Nebraska, state law requires every landowner to control noxious weeds on their property. While there are several effective methods for controlling noxious weeds, adopting management practices that prevent their occurrence and spread will significantly reduce the time and effort required to control them.

One of the most important management practices for controlling noxious weeds is to maintain a vigorous stand of desirable vegetation to prevent its establishment. Nature abhors a vacuum. Vegetation of this kind is the answer for many of the cool season grasses. Bromegrass, need to be fertilized in order to maintain their productivity and vigor. Contact the Lancaster County Noxious Weed Control District at 441-7817. (SCB)

Another key to controlling the spread of noxious weeds is to prevent the dissemination of seeds and viable plant parts to non-infested sites. Noxious weeds produce large quantities of seed that can remain viable for many years until the conditions are right for germination. Noxious weeds are spread when seed, hay, topsoil, sod, nursery stock and compost materials that contain weed seed are used in non-infested areas. In order to prevent new infestations of noxious weeds, buyers and users of these materials should insist that they are weed free. While musk thistle and leafy spurge can also be spread to new sites by segments of their roots. To prevent this from occurring, any machinery that has been used in a noxious weed infested area should be thoroughly cleaned before it is moved to a new site.

Controlling noxious weeds is one of the topics that will be discussed at the Rural Living Clinic on Saturday, March 28. Additional information can also be obtained by contacting the Lancaster County Noxious Weed Control Authority at 441-7817. (SCB)

New Acreage Owner's Guide now available

A new guide for acreage owners entitled “A Place in the Country: The Acreage Owner’s Guide” is available. The guide was developed by a team of Extension educators to answer many of the commonly asked questions regarding buying and living on an acreage. The booklet is divided into 12 color coded sections covering a variety of topics ranging from “Assessing the Rural Life” and “Knowing Your Responsibilities” to “Handling Waste Water,” “Controlling Pests” and “Living with Wildlife.” It also includes a section on things you should know as a Nebraska landowner and who you should contact for more information. If you would like a copy of the guide, contact the Lancaster County Extension Office. Cost of the publication is $1.00 plus postage. (SCB)

4th Annual Acreage Owner/Rural Living Workshop scheduled

The 4th Annual Acreage Owner/Rural Living Workshop will be held Saturday, March 7, 9:00 a.m. - 3:00 p.m. at the University of Nebraska Agricultural Research and Development Center (ARDC) - Research and Education Building near Mead (see map). The workshop will feature presentations by several University and Extension personnel on a variety of topics including: Planning Your Acreage, Establishing Native Prairies, Vegetable Gardening, Pest Control, Planting Trees for Wildlife, Tree Maintenance, Management Systems for Horses and Lease Agreements. There will also be educational displays and commercial exhibits addressing the specific needs of acreage owners and small farm operators. There is no registration fee for the workshop and preregistration is not required. Lunch and snack items will be available for purchase at the workshop. For additional information, contact the Lancaster County Extension Office. (SCB)

Rural Living 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 cost is $5.00 per person which includes lunch from Brown Baggers and refreshments. Advanced registration should be made by calling 441-7180 or E-mail cnty5021@unlv.unl.edu no later than 4:00 p.m., Friday, February 27. Late registrations and walk-ins may not be guaranteed a lunch. (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 4-digit number of the message you wish to hear.

Acreage & Small Farm Insights Web Site
Visit our Internet web site at: http://ianr.unl.edu/lanz/lancos/ag/acrage 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.
Focus on Food

Alice Henneman, RN, Lwnt
Extension Educator

Q. Everything is ready for the meal but my guests have been delayed at least an hour. What shall I do to hold the food?

A. Remember the basic food safety rules:

1. Keep hot foods hot and cold foods cold.
2. Don’t let any cooked food, meat or poultry, remain in the danger zone—between 40°F and 140°F—for more than two hours.

If you have hot foods in the oven, you may be able to hold them safely until your guests arrive. Put a meat thermometer in the thickest part of your roast or poultry, or center of your casserole. Adjust the oven temperature so that the food stays at an internal temperature of 140°F or above. An oven temperature of 200 to 250°F should be sufficient to hold the food. To prevent dryness, cover the dishes or wrap with aluminum foil.

Healthy eating is important to everyone, including the elderly. That is the message brought to 62 seniors at Burke Plaza, Mahoney Manor, Asian Center and the Malone Center. Residents gather together for presentations by nutrition advisors on a variety of topics, such as reducing salt in the diet, low-fat snacks, cooking for one or two and food safety. Presentations include interactive nutrition education, food demonstrations and recipes.

In November, Asian Center participants requested information on how to prepare turkeys. Since refrigerators and freezers are not readily available in their homes, they wanted to learn proper storage techniques of perishable foods in America. NEP staff teamed up to demonstrate how to cut up and divide uncooked turkey. Since most of the 21 participants prepare meals for one or two people, learning how to repackag e and freeze the parts of a whole turkey provided several economical meals for the senior citizens.

Through an interpreter, Lenora Pittrof emphasized the importance of clean hands and cutting surfaces. They learned that it’s easiest if the turkey is very cold and slightly stiff. She demonstrated how to cut off the wings, remove the drumsticks and thighs, and cut back from the breast. After explaining proper cooking techniques, she showed how to package the pieces for future use. They learned how long to store turkey in the refrigerator and the freezer.

After Lenora’s presentation, Charlene Morris showed the group how to carve a roasted turkey. She explained different ways in which leftover turkey could be prepared. She encouraged them to use seasonings which are native to their country. The seniors then had the opportunity to sample the turkey.

Barb Vltescas has worked with Vietnamese translators to develop a food safety fact sheet for Vietnamese families.

After the presentation, Vietnamese interpreter, Mia Sullivan said that not many of the participants have bought turkey because they didn’t know what to do with it. She believes many more will use the demonstrations.

Visual demonstrations have been the most successful teaching method for non-English speaking audiences. NEP is committed to expand abilities to serve non-English audiences through bilingual staff and use of interpreters.

Got a belly ache? Think sprue

Celiac Sprue, often called nontropical sprue, is a digestive disorder that is often difficult to diagnose and mimics many other less serious conditions. It is often not considered because it is so uncommon in the U.S. Beekee Moreland, Lincoln representative of the Celiac Sprue Association/United States of America, Inc. (CSA/USA), offers the following information about Celiac Sprue from literature provided by the Celiac Sprue Association.

Classic symptoms are usually, but not always, bloating, intestinal gas, diarrhea and/or constipation, fatigue, irritability and abdominal pain.

Celiac Sprue is a form of gluten intolerance. Gluten is a protein found in grains, principally wheat, barley, rye and oats and presents no problems for the majority of the population. For celiacs, through a complex process, gluten damages or flattens intestinal villi, the microscopic hair-like protrusions on the inner intestinal walls.

There is no present national cure for celiac disease. Strict adherence to a gluten-free diet is required for life as even small amounts of gluten can cause damage. Protein from these grains—wheat, barley, rye and oats in any form (as ingredients, additives, etc.)—MUST NOT be consumed by persons with Celiac Sprue. Most celiacs also are found to react to millet, buckwheat, triticale, quinoa, amaranth and spelt. Care during food preparation is extremely important.

If you feel that you, a family member or friend may have this disease, check with your physician. For more information about Celiac Sprue and suitable foods, Lincoln area residents may contact Moreland at 489-9455. Outside the Lincoln area, contact the Omaha office of CSA/USA at 402-558-0600. (AH)

NeP reaches out

With an average of 31% less fat than 10 years ago, pork is leaner than ever. A 3-ounce serving has less than 200 calories and 9 grams of fat. When shopping for lean pork, just remember this rule of thumb: The leanest cuts have the word “loin” in their name, such as pork tenderloin.

Enjoy this quick and easy pork recipe from Jane Reeson, Nebraska Pork Producers Association. For a set of pork recipes with less than six ingredients that can be made in 15 minutes, send a stamped, self-addressed envelope to: Nebraska Pork Producers Association; Attn: Lean Meals in Minutes; A103 Animal Science; UNL East Campus; Lincoln, NE 68583-0834.

Fantastic Pork Fajitas

(makes 4 servings)

1 lb. pork tenderloin, cut into 1/8-inch thick strips (trim all visible fat)
1 cup sliced green, red and yellow bell peppers
1/2 medium onion, sliced
1 teaspoon crushed red pepper
4 flour tortillas, warmed

Spray a large nonstick skillet with vegetable spray. Heat skillet over medium-high heat until hot. Add pork strips, bell peppers, onion and crushed red pepper to skillet; stir-fry 5 minutes. Roll up 1/4 of the meat mixture in each tortilla.

Serving suggestions: Serve with salsa and fresh fruit.

Nutrition facts per serving: 295 calories, 9 grams total fat (3 grams saturated fat), 66 milligrams cholesterol, 194 milligrams sodium, 27 grams protein, 22 grams carbohydrate. (AH)

Nutrition and Food Safety Web Site

Visit our internet web site at: http://ianrwww.unl.edu/ianr/lanceo/family/safety.htm to learn about gardening, 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 cmv5028@unlvm.unl.edu.
Jean’s Journal

Jean Wheelock
FCE Council Chair

A happy and healthy new year to everyone. I’d like to introduce myself to you as your FCE county chair for the next couple of years. I have been a member for a number of years, being active in the Emerald FCE Club. I am looking forward to helping our organization grow and prosper.

A big “thank you” to all the club presidents or representatives who attended our planning session. I really hope that everyone will feel their ideas are valuable and we certainly need the support of all the clubs. Membership in FCE is open to all in our community whether through a club or as an individual.

Our council goal is to have each club sponsor a community project, food bank, city mission, friendship home, etc., and then report on what was accomplished at our annual achievement day. We have planned an interesting year. Remember everyone is welcomed and encouraged to come to all our council events. January 26, 1 p.m. will be our 1997 achievement program. Clarice Orr will be our speaker and we will have recognition for years of membership.

March 23, 12:15 p.m. at K’s Restaurant for lunch and our speaker will be Mary Carlson from the cancer society.

June 9-11, State Convention in Fremont.

June 22, 7 p.m. White Elephant-silent auction and report on State Convention.

July 9, the popular Sizzling Summer Sampler will return.

September 28, 7 p.m. election of officers. Our speaker will be Rolifie Schneider.

October 26, Achievement Day.

So mark your calendars and encourage all members to attend these events.

And remember—to make our organization great; we need help, suggestions and volunteers. So don’t be shy—we need you. See you January 26. (LB)

Dads and other relatives as child care providers

According to a recent U.S. Census Bureau report compiled from 1994 data, when mom has to go to work, the task of caring for preschool children most likely falls to a member of the child’s family and especially to the father.

Forty-three percent of the 10.3 million children ages 5 and under, whose mothers go to work, are left with a family member. Another 29% are in daycare or nursery school and 21% are cared for by non-relatives in either the child’s home or the caregiver’s home. The report indicates that 18% of preschoolers whose mothers work are cared for by fathers, 15% are watched by grandparents and 9% are under the protection of siblings, aunts, uncles and other relatives.

The report says that family daycare is most often the choice of low-income families. “When families are poor or receive government assistance, or the mother works part-time or on a non-day shift, they rely even more on relatives for child care and less on organized facilities,” says report author Lynne Casper. “In these cases, over half of the children are cared for by relatives other than their mother. Approximately 5% of working mothers care for their own children while they are on the job. This category is most likely to include moms who work at home, or have play areas at their place of employment.” (LJ)

Social indicators of child well-being

Child well-being is frequently described in terms “economic measures”—how many children are living in poverty, how many live in families receiving public assistance, and how many receive free or reduced school lunches. Economic measures, however, do not tell the entire story. There are many social indicators that play significant roles in the quality of life for children. Some of these include, immigration and use of English, educational outcomes and family structure.

The current status of Asian and Hispanic groups in the United States has been significantly affected by recent immigration. During the 1980’s, immigration accounted for about half of the total population growth among Hispanics and nearly three-quarters of the growth among Asian Americans. In 1990, 36 percent of Asian American children and 18 percent of Hispanic children were born outside the U.S. Many of the children born in the U.S. were born to foreign-born parents.

Some children live in households where none of the adults speak English. When such children are in the early grades of school, they have a great deal of difficulty in learning and making friends. (LB)

Character Counts! Family Retreat

Get away for the afternoon with your family at the Character Counts! Family Retreat on Sunday, March 23, 12:15 p.m. to 4:30 p.m. Enjoy time together promoting positive character development through:

• Fun activities using the Six Pillars of Character Counts!

• Creating unique family pledges.

• Family time resources kits.

• Family next time activities.

• Talk about alcohol and other drugs early.

• Make your child part of a group who help, suggestions and volunteers. So don’t be shy—we need you. See you January 26. (LB)

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Focus on Keeping Families First

Communication—It is important for families to have many opportunities to share their thoughts and feelings. Taking the time to listen to each other helps strengthen family relationships.

Family Pledge Idea—Look for new ways for your family to share. Be creative!

Tips from Myrna DuBois, Extension Educator from Stanton County Cooperative Extension. (KW)

March leader training

The March leader training lesson, “Making Character Count in Your Community” is scheduled for Tuesday, February 24 at 1 or 7 p.m. at the Extension Office. (LB)

FCE scholarships

Now is the time to apply for scholarships and grants if you are planning to continue your education. Applications for the following scholarships may be obtained at the University of Nebraska Cooperative Extension in Lancaster County.

A $200 Homemaker’s Education Grant, sponsored by the Nebraska Association of Family and Community Education Clubs, Inc., is available for an FCE club member planning to take courses leading to an academic degree, vocational training or completing high school. Applications are due April 1, 1998. The grant must be used between June 1 and December 31, 1998. A $125 scholarship is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in family and consumer science or a health occupation. This is open to full-time students beginning their sophomore, junior or senior year of college in the fall of 1998 or who have completed two quarters of study in a vocational school. Applications are due April 1 in the Extension Office. (LB)

Teens and alcohol

The following actions are practical guidelines for parents who struggle with the issue of alcohol use by adolescents.

1. Set clear, non-negotiable limits regarding alcohol use by young people.

2. Follow through with consequences.

3. Talk about alcohol and other drugs early.

4. Take alcohol use seriously.

5. Work with other parents.


7. Model responsible choices. (LJ)

Family Retreat Registration Form

Family Name ____________________________

# of Family Members Attending ____________

Address ________________________________

City ______ State __________ Zip __________

Phone ________________________________

Registration fee is $10.00 per family. Make check(s) payable to Cooperative Extension.

Deadline registration is February 28.

Please return registration form and fee to: LaDeane Jha; UNL Cooperative Extension in Lancaster County; 444 Cherry Creek Road; Lincoln, NE 68528-1507. (KW)
Speech and PSA Contest scheduled for March

The 1998 Lancaster County 4-H Speech and PSA Contest will be Sunday, March 29, 2:00 p.m. at the State Capitol Building. This contest is an opportunity for youth to develop or improve communication skills. Youths will compete in one of three divisions. Novice division speakers (8 and 9 years old) present a speech of up to 2 minutes in length. Junior division speakers (10 and 11 years old) present for 2-3 minutes. Intermediate division speakers (12 and 13 years old) present for 3-5 minutes and the senior division speakers (14 to 19 years old) present for 5-8 minutes. Youth can also prepare a 45 second Public Service Announcement for the contest. More information on the speech contest can be obtained by attending the 4-H speech and PSA workshop Sunday, February 22, 6:00-7:30 p.m., or by calling Deanna or Tracy at 441-7180.

To register for the speech and PSA contest, call the Lancaster County Extension Office by Friday, March 20. Please include your 4-H age (as of January 1, 1998) and the title of your speech. (DL)

Speech workshop
Sunday, February 22, 6:00-7:30 p.m.
Lancaster Extension Education Center
444 Cherrycreek Road

This workshop will give you valuable tips on how to write and give speeches. Remember, the 4-H speech contest is March 29.

All ages welcome! (DL)

CWF clothing drive
Now is the time to clean out your closets of all good, used clothing and shoes! The Lancaster County CWF youth are conducting a clothing drive February 27-March 1. An American Clothing truck will be parked at the Extension office, 444 Cherrycreek Road, on those dates to collect the items. The clothing will go to thrift shops in Omaha. A portion of the proceeds ($1.00 per pound) will benefit the Lancaster County Citizenship Washington Focus group. This group is planning a trip to Washington D.C. in 1999 to learn about government. Your generosity is appreciated. (DL)

Dog information workshop
Anyone interested in dogs is invited to attend this information workshop. The workshop is Wednesday, February 18 at 7:00 p.m. Dr. Fran Savage will present Dog Health Care. Look in the News each month for more information on upcoming workshops. Everyone is invited to attend! (DL)

Free baby chicks
Baby chicks are hatching around February 6, March 20 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)

Youth in agriculture loans
Farm Credit Services has allocated $10,000 for 4-H and FFA loan projects for production livestock in 1998. All 4-H and FFA participants, age 12 and older, can apply for a loan for their project animals. The program is a combination loan program and educational program about agricultural financing. A maximum of $1000 is available per participant. The loan must be repaid by November 1, including 6.5% simple interest charge. Applications will be taken through April 15. Obtain applications from Kelly Lenners at Farm Credit Services at 423-6642. (DL)

Calling all leaders and parents interested in program planning and sharing ideas for 4-H clubs
A 4-H Idea Share is scheduled for Thursday, March 5, 7:00-9:00 p.m. Ideas for club meetings, workshops, leader training, community service, Key Leader and Character Counts programs will be covered. This is an opportunity for experienced leaders, new leaders and parents to share techniques that have been successful. For more information, call Lorene. (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
9:30-11:30 a.m.
444 Cherrycreek Road, Lincoln

4-H leader training
New and newly reorganizing leaders are invited to attend this 4-H leader training to assist you in 4-H club management, activities and projects. Please bring your questions, comments, concerns, success stories and frustrations!

Tuesday, March 3
9:30 a.m. or 7:00 p.m. (TK)

4-H & Youth

Saturday, February 21—Pak 10 Rabbit Judging Clinic and Contest at the Douglas County Extension Office. Registration is at 8:30 a.m. (EK)

Also, Saturday, February 21 is the Eighth Annual Otoe County 4-H Rabbit Show at the Fair Center in Syracuse. Registration is at 8:00 a.m. (EK)

Registration deadline for Horsin’ Around Clinic is Friday, February 27. The clinic is Saturday, March 7 and Sunday, March 8 at the Animal Science Complex, UNL. Call Ellen, 441-7180 for more information. (EK)

Monday, March 2—CWF sponsor applications due. (DL)

Sunday, March 8—Teen Council meeting, 3:00-5:00 p.m. All interested teens are invited. (TK)

Eastern Nebraska 4-H Camp Staff in Training (SIT) applications are due March 15. Applications for SIT and camp counselors are available at the Extension Office. (LB)

Friday, March 20—Speech contest entries due. (LB)

The new state and county photography themes have been announced. 4-H Is... and What Do You See in a Fence Post? Keep these in mind as you begin taking photographs for your 1998 photography exhibits. (TK)

Remember—All 4-H clubs have their own mailbox at the Extension office. 4-H leaders will want to check them from time to time for information and materials. If time is an issue, another parent or member from the club is welcome to check the 4-H mailbox too. (TK)

If you have material or information that needs to be dropped off at the office after hours, please use our drop box. It is located in front of the building. (TK)

Be a Better Gardener 4-H program - see Horticulture section

Youth will compete in one of three divisions. Novice division speakers (8 and 9 years old) present a speech of up to 2 minutes in length. Junior division speakers (10 and 11 years old) present for 2-3 minutes. Intermediate division speakers (12 and 13 years old) present for 3-5 minutes and the senior division speakers (14 to 19 years old) present for 5-8 minutes. Youth can also prepare a 45 second Public Service Announcement for the contest. More information on the speech contest can be obtained by attending the 4-H speech and PSA workshop Sunday, February 22, 6:00-7:30 p.m., or by calling Deanna or Tracy at 441-7180.

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Saturday, February 21
9:30-11:30 a.m.
444 Cherrycreek Road, Lincoln
4-H Lock-in

The Lancaster County 4-H Teen Council conducted an overnight lock-in for 5th and 6th graders on January 21. “Around the World in a Day” was the theme and youth found themselves traveling to Japan, Italy and Mexico. The participants above are shown working on a traditional Japanese art project.

Community service awards program

Colgate-Palmolive Company is offering community service awards of $100-$1000 for service work performed between March 1, 1997 and March 1, 1998. A flyer is available. If your club has completed an exciting community service project, be sure to apply! (LB)

ORSE BITS

One of the more overlooked aspects of horse riding is the physical fitness requirement of the rider. Although you need not be a body builder, a certain amount of strength is necessary to increase muscular endurance and agility. The muscles called on most often when riding are those of the legs, hips, buttocks, and belly. Since this would be considered the “off-season” for riding, here are some suggestions for companion activities to keep yourself fit and prevent muscle atrophy.

According to Cherry Hill, author of Becoming an Effective Rider, there are several activities which will help keep you physically well-rounded and prevent injury when resuming your riding schedule.

Bicycling is a good riding-season companion sport, providing cardiopulmonary improvement as well as fine tuning your equilibrium. Cross-country skiing is a great “off-season” activity keeping both your muscles and your cardiopulmonary system in shape. The characteristic crouch of the skier uses many of the same muscles as riding does, and the aerobic exercise is unequalled in winter sports.

Indoor cross-training can include various types of dance; ballet for improving your flexibility, and ballroom or country dance for coordination and sequenced movements. Fencing utilizes some of the same muscles as riding and can improve your reaction time as well as developing a sense of poise. Gymnastics can improve balance, strength, poise and focus.

As you sit and read this paper, you are burning approximately 30 calories per hour. If you were riding your horse at a walk, you would use 120-240 calories per hour; at a trot, 240-420 calories per hour; at a canter, up to 480 calories per hour. With proper conditioning in both winter and summer, you’ll be at your best when it’s time to show!

(EK)

Money available to 4-H clubs

The Nebraska Investment Finance Authority (NIFA) has made 25 awards of $1000 each available to 4-H clubs in Nebraska. The purpose of the awards is to:

• Allow 4-H members to explore careers in agriculture
• Strengthen the image of agriculture in local communities
• Strengthen 4-H educational programs which emphasize agriculture and life skills

In order for 4-H clubs to be considered for an award, the primary focus of their activities must be of an agricultural nature. Applications must be approved by an Extension Educator and must be received by University of Nebraska Cooperative Extension in Lancaster County by March 2. For an application and more information, please call Lorene at 441-7180. (LB)

New 4-H projects for 1998

Attention Shoppers! A clothing consumer project. A pre-teen version in Lancaster County by March 2. For an application and more information, please call Lorene at 441-7180. (LB)

Kiwanis Karnival

Karnival time is here! The Kiwanis Karnival is a free family event sponsored by Lincoln Center Kiwanis and the 4-H Council. It is scheduled for Saturday, April 18, 7:00-9:00 p.m. at State Fair Park. All 4-H families are invited to attend this fun and free event.

4-H clubs or families are needed to provide carnival-type game booths for the evening. Each booth will have an area 4' x 6' to use. Prizes are provided. If your club or family would like to provide a booth, call the Extension Office to register by March 21. More information will be provided to those assisting with booths.

There will be bingo for the adults and treats for all. Plan now to attend this fun, family activity. For more information, call Lorene at 441-7180. (LB)

Computerize your 4-H records

The Nebraska 4-H homepage found at http://www.ianr.unl.edu/ianr/4h/ gives templates for “Building Your 4-H Records” for Word Perfect 5.1, 6.0, 6.1 and 7.0, as well as, Microsoft Word and Excel. You may want to download these onto your home computer. Once you get your records on computer, it will be a lot easier to update.

(DL)

February 1998

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The NEBLINE
Grant funds available for landscaping and tree planting projects

The UNL-Nebraska Forest Service and the Nebraska Statewide Arboretum have announced two programs targeted to assist communities in Nebraska with landscaping and tree planting projects beginning in 1998.

Nebraska Green Space Stewardship Initiative—designed to assist communities with renewal, renovation or development of community greenspaces based on environmentally sound design and management practices. (May 1, application deadline)

Nebraska Community Enhancement Program—designed to assist communities and other public entities in Nebraska with the implementation of landscaping projects that improve the state’s transportation corridors. (March 20, application deadline)

A grant applicants workshop is scheduled for February 18 in Lincoln, 1:00 to 4:00 p.m. For more information, contact the Nebraska Statewide Arboretum, P.O. Box 83715, Lincoln, NE 68583-0715 or phone 472-2212, e-mail <nea0004@unlvm.unl.edu> (GCB)

Nebraska Health and Human Services system on the web

The HHS System Web Page’s address is http://www.hhs.state.ne.us. When you visit the site, you’ll have access to all of the news releases issued by the HSS System, in addition to the following:

• A Status Update of Nebraska’s Redesign of Health and Human Services Delivery (accessible from the Policy Cabinet page).
• A Summary of Bills Passed during the 1997 Nebraska Legislature Session of interest to the HHS System (accessible from the Policy Cabinet page).
• Information about a variety of the programs/services provided and/or administered by the HHS System. (GCB)

Nebraska LEAD Program

The Nebraska LEAD Program is an innovative leadership and education program for individuals involved in production agriculture and agribusiness. Its mission is “to prepare and motivate men and women at agriculture for more effective leadership.” Eligible members of the community are encouraged to investigate this exceptional opportunity to gain leadership opportunity.

Fellowship applications are available through the Nebraska LEAD Program Office and due June 15 of each year. Following application, applicants and spouses are asked to interview with a LEAD selection committee in one of five geographic districts of the state. The Nebraska Agricultural Leadership Council’s Board of Directors determines the final selection of up to 30 individuals who are selected annually.

Selection Criteria:
• Resident of Nebraska and citizen of the United States.
• Minimum age is 21; average general age range of 25 to 45.
• Involved in farming, ranching, agribusiness or agricultureally related occupation.
• Demonstrated leadership potential.

Character education in the community

“If it takes a village to raise a child,” whether cited as folklore, asserted in conversation, printed as the title of a book or expressed in other ways, those eight words convey a fundamental truth of character education. The search for an ethical life is shaped by many factors, many are outside, but very close to home.

Throughout life—and especially during the formative early years—the “village” of family, neighbors and friends shapes an individual’s life. As the years go by, each individual becomes a unique composite, a partial reflection of the thoughts, behaviors, standards and actions of others.

We now speak of a community rather than a village; the terminology has changed, but the meaning remains the same. The site for informal character education also takes place outside the home, the classroom and the club. Community life provides the arena and a major part of the content of character education. It’s the place where many people, going about their daily lives, provide the context and the content of character education—the way they live their lives speaks louder than words.

Through lives reflecting the six pillars of character—trustworthiness, responsibility, respect, fairness, caring and citizenship—community residents actively engage in character education in the community. In the community, who you are and what you do provides continuous coaching for those who grow up around you.

To paraphrase the familiar quotation, “It takes a community to raise a child.” That community starts with you.


March 15-21 is National Agriculture Week

Something we should all celebrate is National Agriculture Week. Not only does American agriculture provide for our food and fiber needs, it drives our economy and is a bargain for those who spend their hard earned dollars on it's products. (LJ)

During National Agriculture Week, please take time to acknowledge the important contribution agriculture brings to Nebraska and our nation.

Nebraska ag facts
• One American farmer/rancher produces enough food for 129 people—95 in the U.S. and 34 abroad.
• Of every dollar spent on food, the farm value is 21 cents; 37 cents goes to labor used by manufacturers, wholesalers and retailers. The remaining 42 cents, pays for marketing costs such as packaging, transportation and advertising.

So you need a water well? A Consumer's Guide to Homeowners' Drinking Water

This concise, well written publication was recently prepared cooperatively by the Nebraska Well Drillers Association and the Conservation and Survey Division of IANR, University of Nebraska-Lincoln.

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“If it takes a village to raise a child,” whether cited as folklore, asserted in conversation, printed as the title of a book or expressed in other ways, those eight words convey a fundamental truth of character education. The search for an ethical life is shaped by many factors, many are outside, but very close to home.

Throughout life—and especially during the formative early years—the “village” of family, neighbors and friends shapes an individual’s life. As the years go by, each individual becomes a unique composite, a partial reflection of the thoughts, behaviors, standards and actions of others.

We now speak of a community rather than a village; the terminology has changed, but the meaning remains the same. The site for informal character education also takes place outside the home, the classroom and the club. Community life provides the arena and a major part of the content of character education. It’s the place where many people, going about their daily lives, provide the context and the content of character education—the way they live their lives speaks louder than words.

Through lives reflecting the six pillars of character—trustworthiness, responsibility, respect, fairness, caring and citizenship—community residents actively engage in character education in the community. In the community, who you are and what you do provides continuous coaching for those who grow up around you.

To paraphrase the familiar quotation, “It takes a community to raise a child.” That community starts with you.


March 15-21 is National Agriculture Week

Something we should all celebrate is National Agriculture Week. Not only does American agriculture provide for our food and fiber needs, it drives our economy and is a bargain for those who spend their hard earned dollars on it's products. (LJ)

During National Agriculture Week, please take time to acknowledge the important contribution agriculture brings to Nebraska and our nation.

Nebraska ag facts
• One American farmer/rancher produces enough food for 129 people—95 in the U.S. and 34 abroad.
• Of every dollar spent on food, the farm value is 21 cents; 37 cents goes to labor used by manufacturers, wholesalers and retailers. The remaining 42 cents, pays for marketing costs such as packaging, transportation and advertising.

So you need a water well? A Consumer's Guide to Homeowners' Drinking Water

This concise, well written publication was recently prepared cooperatively by the Nebraska Well Drillers Association and the Conservation and Survey Division of IANR, University of Nebraska-Lincoln. A copy is available free of charge and may be obtained from the UNL Conservation and Survey Division at 472-7523. (GCB)
Winter care of houseplants continued from page 2

filled with pebbles or gravel and watered, the surface of the pot should be above the water level. Misting houseplants is not an effective method to raise relative humidity and having misted would have to be done several times daily to appreciably raise the humidity level and is simply not practical.

Houseplants require less watering during the winter months than in the spring and summer. Actively growing plants need more water than those at rest during the winter months. Plant species also affects watering frequency. Ferns prefer an evenly moist soil and should be watered daily. Cacti and succulents, on the other hand, should not be watered until the potting soil is completely dry.

The majority of houseplants fall between these two groups. Most houseplants should be watered when the soil is barely moist or almost dry to the touch. When watering houseplants, water them thoroughly. Water should be able to freely drain out of the bottoms of the pots. If the excess water drains slowly, water the plants less and the water and replace the saucer beneath the pot.

Houseplants need to be fertilized periodically when actively growing in the spring and summer. Fertilization is generally not necessary during the winter months since most plants are growing very little or resting. Indoor gardeners can begin to fertilize houseplants in March or April as growing conditions improve and the plantsresume growth. Fertilizers are available in numerous forms—liquids, water-soluble powders, tablets, spikes, etc. Regardless of the fertilizer type, carefully read and follow label directions.

Dust and grease often accumulate on the leaves of houseplants. The dust and grease not only makes them unattractive, it may slow plant growth. Cleaning houseplants improves their appearance, stimulates growth, and may help control insects and mites. Large, firm-leaved plants may be cleaned with a moist soft sponge or cloth. Another method is to place the plants in the shower or tub and gently wash the leaves. Be sure to avoid getting water on the leaves before placing the plants under the shower head. (MJK)

Pest management in and around your home... continued from page 3

example of a least toxic control is vacuuming, using natural predators like spiders, box elder bugs, elm leaf beetles, closet mites, millipedes and termites. For many pest problems around the house, the most effective method is repeatedly playing a recording of a predator (such as a mouse) inside the house, this is equally as effective as an aerosol spray. Other examples of least toxic control are using insect growth regulators, low toxic baits, and releasing pocket gophers into the home by sealing cracks and crevices.

According to the results of a recent survey by the University of Kentucky, 77% of respondents were concerned with pesticide use around the home. We encourage you to adopt a least toxic approach whenever it will effectively solve the problem. When you have a pest problem and you don’t know how to solve it, call the Lancaster County Extension Office. If you feel there is a least toxic control approach that will work for you. (BPO)

Check out these winter workshops continued from page 4

March 25

Crop Disease Basics: Fungal and Bacterial Patho-

 gens. Principles of plant disease diagnostics. Detailed life cycles, Identification and microscopic examination of fungal pathogens and nematodes. Implications for the future of crop plants as a source of resistance. Enrollment limited to 30 persons. Please register for this workshop by March 5, 1998. A $20 non-refundable fee for parking passes and room loca-

tion information is to be sent to: R.N. Croom, Plant Science Bidg.

For more information or to register for these workshops contact the ARDC (402-624-

8030). (BPO)

March 15-21 is National Agriculture Week continued from page 10

• In 1995, Nebraska’s commercial banks loaned $4.42 billion to finance ag production and real estate. Those loans averaged 98.6% of Nebraska banks.

Nebraska’s natural resources

are a key to economic growth. These farms and ranches utilize 47 million acres—95% of the state’s total land area.

• Nebraska is fortunate to have aquifers below it, making it possible to irrigate 8.1 million acres. These waters run shallow. Covering the surface of the state, the water in those aquifers would have a depth of more than 177 feet.

• Nearly 24,000 miles of rivers and streams add to Nebraska’s plentiful natural resources.

• There are nearly 23 million acres of rangeland and pasture-land in Nebraska—half of which are in the Sandhills. (GB)

Livestock producers beware of wind direction

Building a new livestock facility means expansion and better business for some, and possible discomfort for others — unless location is considered as a part of the design.

Combinations of cloud cover, wind and temperature determine where odors from livestock facilities will travel and who will be exposed to them. Winds with temperature inversion can disperse odors. Calm and cool conditions contribute to greater odor nuisances.

Oder problems among neighbors increase with small smelly agriculture buildings. Keep in mind neighbors who own livestock or who come from a rural background probably will be more understanding than non-livestock owners or people with urban backgrounds.

Nebraska winds tend to blow predominantly from the north and northwest in the winter and from the southeast in the summer. To reduce passing odors to neighbors, locate new facilities to maximize separation distance to neighbors downwind of the predomin-

tant winds. (LJ)

Take note of wind speed and cloud cover when planning a new building or spreading manure on a field. Days with little or no wind cause odors to travel farther without being diluted with fresh air.

Spread manure when the temperature increases in mid-morning or early afternoon, if possible. Rising temperatures encourage odors to rise and mix with fresh air. Avoid spreading manure when cloudy. (IF)

Social indicators of child well-being continued from page 7

parents have trouble communi-
cating with institutions, like schools and public offices, children are at a disadvantage. Children living in households where no one over the age of 13 speaks English well are labeled “limited English.”

Another social indicator is where a child is, in relation, to other children their age in school. Students who lag behind their age group are likely to experience many problems.

Educational attainment is perhaps the single most important determinant of a child’s income, in part because it is so closely tied to family income. In addition to lower income, children in single-parent families report that they receive less parental attention. Nearly 24 percent of all children lived in a single-parent family in 1990. Inadequate social well-being is also critical to positive outcomes of childhood, communities must work together to ensure that children born outside the United States, with limited English skills, have opportunities acquire educational skills. Through educational process, it is not surprising that many groups with large numbers of immigrants also show a large share of children behind in school. In several groups, 10 percent or more of the group are behind grade.

A key family structure is often an important determinant of child’s income, in part because it is so closely tied to family income. In addition to lower income, children in single-parent families report that they receive less parental attention. Nearly 24 percent of all children lived in a single-parent family in 1990. Inadequate social well-being is also critical to positive outcomes of childhood, communities must work together to ensure that children born outside the United States, with limited English skills, have opportunities acquire educational skills. Through educational process, it is not surprising that many groups with large numbers of immigrants also show a large share of children behind in school. In several groups, 10 percent or more of the group are behind grade.
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.

Mary Abbott, Extension Assistant
Lorene Bartos, Extension Educator
Tina Brown, Americorps Vista Volunteer
Corey Brehaker, Extension Educator
Maureen Burson, Extension Educator
Brenda Corder, Publication & Resource Assistant
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After hours ................................................................. 441-7170
FAX ............................................................................. 441-7148
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OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday

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Story Idea(s) _______________________________________

Return to: University of Nebraska Cooperative Extension in Lancaster County
444 Cherry creek Road, Lincoln, Nebraska 68528-1507

February 17
Stur City Rabbit Raisers 4-H Club Meeting ...................................... 7:00 p.m.
Managing Alfalfa for Quality and Profit—ARDC, near Mead .................. 8:30 a.m.-4:00 p.m.
February 18
Dog Health Care Workshop ......................................................... 7:00 p.m.
Assessing Soil Quality—ARDC ..................................................... 8:30 a.m.-4:00 p.m.
February 19
4-H Rabbit VIPS Meeting ............................................................. 7:00 p.m.
Fair Board Meeting ...................................................................... 7:30 p.m.
Using Organic and Inorganic Fertilizers for Nebraska Crops—ARDC ... 8:30 a.m.-4:00 p.m.
Commercial Pesticide Applicator Training ....................................... 9:00 a.m.-3:30 p.m.
February 21
4-H Officer Training Workshop ..................................................... 9:30-11:30 a.m.
PAK 10 Rabbit Judging/Clinic—Douglas County Extension Office, Omaha ... 8:30 a.m.
Otoe County 4-H Rabbit Show—Syracuse ....................................... 8:00 a.m.
February 22
4-H Speech Workshop ................................................................. 6:00-7:30 p.m.
February 24
FCE Leader Training “Making Character Count in Your Community” .... 1:00 or 7:00 p.m.
Herbicide Mode of Action—College Park, Grand Island ....................... 8:30 a.m.-4:00 p.m.
February 25
Weed Biology and Ecology—College Park, Grand Island ................. 8:30 a.m.-4:00 p.m.
February 26
Herbicide Mode of Action—ARDC .............................................. 8:30 a.m.-4:00 p.m.
Computerized Financial Recordkeeping (Initial Session) ................. 9:00 a.m.-4:30 p.m.
February 27
Horizon Around Clinic Registration Deadline Field Crop Scout Training—ARDC .................................................. 8:30 a.m.-4:00 p.m.
February 28
Rural Living Workshop ................................................................ 10:00 a.m.-3:00 p.m.

March 1
Family Character Counts! Retreat ................................................ 1:30-4:30 p.m.
March 2
CWF Sponsor Applications Due
March 3
4-H Council Meeting ............................................................... 7:00 p.m.
New Leader Training ................................................................... 9:30 a.m or 7:00 p.m.
Transgenic and Plant Breeding Techniques—College Park, Grand Island 8:30 a.m.-4:00 p.m.
March 5
4-H Small Animal VIPS Meeting .............................................. 7:00 p.m.
4-H Idea Share .......................................................................... 7:00-9:00 p.m.
Advanced Row Crop Sprayer School—ARDC ................................. 8:30 a.m.-4:00 p.m.
March 7
Acreage Owner’s Workshop—ARDC ........................................... 9:00 a.m.-3:00 p.m.
March 7-8
Horizons Around Conference—Animal Science Complex, UNL ........ 9:00 a.m.-5:00 p.m.
March 8
4-H Teen Council Meeting ......................................................... 3:00-5:00 p.m.
March 9
Lancaster County 4-H Shooting Sports Club Meeting ................. 7:00-9:00 p.m.
Extension Board Meeting .......................................................... 7:00 p.m.
March 11
4-H Horse VIPS Meeting ......................................................... 7:00 p.m.
Building Your Safety Net - Risk Manangement Short Course (part 1 of 4) 5:30-9:30 p.m.
March 12
Lancaster County 4-H Cat Club Meeting ..................................... 7:00 p.m.
Effect of Stress on Growth, Development &Yield of Corn &Soybeans— ARDC ............................................................. 8:30 a.m.-4:00 p.m.
Computerized Financial Recordkeeping (Advanced Session) ........ 9:00 a.m-4:30 p.m.
March 12-15
Kansas City Conference—Kansas City, MO
March 13
Registration Deadline for State 4-H BB/Air Gun Tournament ........ 7:00-10:00 p.m.
Private Pesticide Applicator Training ........................................... 9:00 a.m.-12:00 p.m.
March 15
Camp SIT (Staff in Training) Applications Due
March 16 & 17
Beginning Beekeeping Workshop .................................................. 6:30 p.m.
March 17
Star City Rabbit Raisers Club Meeting ......................................... 7:00 p.m.
CRP Workshop ........................................................................ 7:00 a.m.-12:00 p.m.
Prescribed Burn School ................................................................ 1:00-3:00 p.m.
March 18
Building Your Safety Net - Risk Management Short Course (part 2 of 4) 5:30-9:30 p.m.
March 19
4-H Rabbit VIPS Meeting .......................................................... 7:00 p.m.
Fair Board Meeting .................................................................... 7:30 p.m.
March 20
4-H Speech Contest Entries Due
March 21
Character Counts! Training for Teens ......................................... 9:00 a.m.-3:30 p.m.
State 4-H BB/Air Gun Tournament —Lancaster Building, State Fair Park .... 8:00 a.m.-4:00 p.m.
March 23
FCE Council Meeting—K’s Restaurants ...................................... 12:15 p.m.