3-1998

The NEBLINE, March 1998

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Managing our ground water resources

Ground water is one of the most valuable natural resources in the state of Nebraska. Nearly all of the communities in the state rely on ground water as the principle source of drinking water and many agricultural producers rely on it for irrigation. In order to protect this valuable resource and insure that there will be an adequate supply of ground water to meet domestic, industrial and agricultural needs.

However, recent concerns about water quality prompted the legislature to pass additional legislation in 1991 and 1994 which required each district to revise its ground water management plan to address water quality issues as well. The revised version of the Lower Platte South NRD’s Ground Water Management Plan was approved by the Department of Water Resources in June 1995. Under the plan the entire district was designated as a Ground Water Management Area. This designation provided the NRD with the tools and authorities it needed to implement the initial phase of the plan throughout the district. The Ground Water Management Plan also identified and delineated several smaller areas of management within the district including five “Ground Water Reservoirs” (see map) and several “Community Water System Protection Areas.” That part of the district that was not included in the Ground Water Reservoirs was designated the “Remaining Area.” While portions of the Remaining Area, including the Dakota Sandstone formation, can provide additional cost-share incentives to encourage adoption of best management practices. Under Phase II of the plan the NRD would require landowners/operators in the affected area to attend educational programs and materials to increase public awareness of ground water, reduce the potential for contamination by pesticides and fertilizers and protect ground water from point and nonpoint sources of pollutants. These include (1) Expansion of the monitoring well network, (2) Developing educational programs and materials to increase public awareness of ground water and the Ground Water Management Plan, (3) Forming a ground water advisory committee, (4) Developing cost-share and educational programs to encourage agricultural producers to adopt best management practices that conserve and protect ground water, and (5) Requiring individuals who intend to install a new water well to be required to construct pump over 50 gallons/minute to obtain a permit from the NRD before the well is constructed.

Ground water monitoring is an essential component of the Ground Water Management Plan since it provides the NRD with a mechanism for detecting significant changes in both quantity and quality of ground water resources. If significant changes are detected the NRD would implement Phase II of the plan in the affected area and, if problems continue to worsen, Phase III could be implemented. Under Phase II the NRD would require landowners/operators in the affected area to attend educational certification programs and provide additional cost-share incentives to encourage adoption of best management practices. Phase III would require landowners to use best management practices.
March to a different drummer

March is the month when days should be getting longer and somewhat warmer and, of course, our desire to do some planting in the garden gets somewhat warmer too. If that’s the way you feel—cool it. Any warm weather that may start in March is usually short lived. Don’t be discouraged by March. This is a good time to make final plans for April and May planting and even get a little planting started on the cool season crops of radishes, peas, lettuce, spinach and onions. To avoid wasting space, seed, time and vegetables, don’t plant too much at one time. This is particularly important where space is limited. Quick growing crops, planted all at once, produce for relatively short periods of time. Succession planting involves planting varieties of different maturities at the same time or the same variety at different times to extend the harvest season. It also involves planting a warm season crop after a quick-growing, cool season crop is harvested. Start your succession planting with radishes, lettuce and spinach. Plant these vegetables around March 21 with successive plantings every seven days until mid-April. Plant rows 1 to 1 1/2 feet apart. In the rows plant lettuce seeds 2-inches apart and 1/4-inch deep; radish seeds 1-inch apart and 1/2-inch deep; and spinach seeds 1-inch apart and 1/2-inch deep. Onion sets should be planted 3-inches apart in the row with the bulbs set 2-3 inches deep. Plant peas 1-inch apart in the row and 1-inch deep. This should give you a good start on the gardening season. 

1998 All-America Selections

Since 1933, All-America Selections (AAS) judges have been evaluating new flower and vegetable varieties in trials all across North America. Based on their outstanding performance, two flower and two vegetable varieties have been chosen as All-America Selections for 1998. The petunia is one of the most popular annuals in flower gardens. Its popularity is due to its dependability, wide range of flower colors and long bloom season. Flower colors vary from white to dark purple. ‘Prism Sunshine’ was selected as an All-America Selection for 1998 because of its superior performance and color. ‘Prism Sunshine’ is a grandiflora petunia. It produces bright yellow, 3-inch diameter flowers throughout the growing season. Petunias perform best in well-drained soils and partial to full sun. ‘Victorian Rose’ impatiens is an AAS winner for 1998. ‘Victorian Rose’ produces rose-colored, semi-double flowers. It blooms more abundantly and longer during the growing season than most double or semi-double varieties. The plant’s growth habit is compact and branching. Impatiens perform best in moist, well-drained soils in partial shade. Swiss chard is a vegetable grown for its edible leaves and leaf stalks. The leaf stalks are typically white or red. ‘Bright Lights’ Swiss chard was selected as an AAS vegetable award winner because of its multi-colored stalks, tenderness and mild chard flavor. Leaf stalks can be yellow, gold, orange, pink, crimson, violet or striped, in addition to red and white. ‘Bright Lights’ plants have green leaves. Plants grow about 20-inches tall. Gardeners can begin harvesting 55 to 60 days after planting. The leaf stalks can be cut off about one inch above the ground. Plants tolerate heat and will continue to produce a crop throughout the summer.

Shamrocks for St. Patrick's Day

Oxalis is a group of over 300 species of small plants that produce clover-like leaves. Oxalis regnellii is commonly known as ‘everblooming shamrock’. The shamrock is well worth considering as a permanent house plant. Shamrocks are among the best of the indoor plants because they are easy to grow and have a long bloom period. They can be brought into bloom anytime from fall through spring. The flowers come in a variety of colors, including white, pink, red, purple and yellow and the foliage not only comes in green, but also variegated or purple. Oxalis plants have slender flower stems and fairly low growing foliage that looks like enormous clover leaves. Their leaves and blooms are sensitive to light, and only open on sunny days. During darkness or cloudy weather the flowers close and the leaves fold up. Shamrocks will usually bloom for about 2 months. During this growing period, the plants do best with night temperatures in the 50s. Water when the soil is barely dry to the touch and fertilize monthly. 

1998 March/April Garden Calendar

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Saturday</th>
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<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>Put up bird houses</td>
<td>5</td>
<td>Order seeds</td>
<td>7</td>
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<tr>
<td>8</td>
<td>9</td>
<td>Prune fruit trees</td>
<td>14</td>
<td>Start a garden journal</td>
<td>Make a garden plan</td>
<td>13</td>
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<tr>
<td>15</td>
<td>16</td>
<td>Prune grape vines</td>
<td>17</td>
<td>Service lawn mower &amp; garden equipment</td>
<td>19</td>
<td>20</td>
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<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>Start seeds indoors for transplants</td>
<td>27</td>
<td>28</td>
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<td>29</td>
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<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>Plant cool season vegetable seeds outside</td>
<td>10</td>
<td>11</td>
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<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>Apply fungicide to pines for tip blight</td>
<td>16</td>
<td>17</td>
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<td>19</td>
<td>20</td>
<td>Fertilize bluegrass</td>
<td>Fertilize tall fescue</td>
<td>Apply preemergence</td>
<td>Apply fungicide to crabapples for cedar apple rust and scab</td>
<td>Arbor Day</td>
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<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>Control iris bleror</td>
<td>30</td>
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</table>

Many of us need reminders. That is the purpose of this calendar. Check the calendar each month and follow the recommendations, if they are necessary in your landscape situation. 

Be A Better Gardener

1. Sign up for Be A Better Gardener 4-H Youth Program.
2. Select your succession planting with radishes, lettuce and spinach.
3. Raise a garden. Choose what kind of garden you would like to grow—vegetable, perennial flower, annual flower, container, herb, fruit, butterfly or combination.
4. Keep a journal of your garden. Take pictures of your garden. Evaluate your garden plants. Enter your journal as an exhibit at the county fair.
5. Send to: Lancaster County Extension Office, Attn: Mary Jane, 444 Cherrycreek Road, Lincoln, NE 68528-1507

This program is available to youth enrolled in the Lancaster County 4-H Program, ages 5-19.

Be A Better Gardener Preregistration

300 South 4th Street
Lincoln, NE 68501-1198

March 1998
Watch for the magnificent bald eagle! But, watch carefully.  
Barb Ogg  
Extension Educator  

One Saturday in mid-February after a trip to eastern Nebraska, my husband and I saw a bald eagle sitting in a tree next to Highway 34, about 10 miles east of (where else?) Eagle, Nebraska. As we slowed the car to get a better look, the eagle became wary and flew across a cornfield. I mentioned to Clyde, it seemed to be an odd place to see an eagle and then we noticed the dead deer on the ground—a car accident victim. Knowing that eagles will eat on carrion when the opportunity arises, the location wasn’t so odd at all. I started thinking about the decline and rise of the eagle population. It was a perfect topic for a Nebraska article.

Historically, the bald eagle was found in all 50 states except Hawaii and nested in 45 of the 48 contiguous states. In the late 1800’s, the bald eagle was a common breeding bird along the Missouri River Valley in Nebraska. Wintertime populations varied, as they do today, depending on the severity of the winter and availability of food.

In the late 19th century, land development destroyed habitat as settlers moved into the wild remote realm of the bald eagle, and the suitability of both breeding and wintering areas was seriously degraded. Mortality from trapping and shooting, especially as firearms became more numerous and efficient, accelerated the precipitous decline.

In the 20th century, a new, more serious threat appeared. The widespread use of chlorinated hydrocarbons resulted in a greater decline in bald eagle populations. By the mid-1960’s, the decline in breeding bald eagles exceeded 50 percent in some areas and approached 100 percent in extreme cases. In addition, nesting failures of 55-96 percent were found for the remaining nesting pairs. In 1948, the Bald Eagle Act was enacted which prohibited the killing of bald eagles in the 48 contiguous states. Most chlorinated hydrocarbons were banned by the EPA in the early 1970’s. The Endangered Species Act of 1973 created additional framework for future protection of the bald eagle and its habitat and provided for stiff penalties ($10,000 to $20,000 and/or imprisonment of one to two years) for the killing or sale of bald eagles. The bald eagle was listed as endangered under the Nebraska Nongame and Endangered Species Conservation Act concurrent with its listing under the Federal Act in 1978. As a result of this legislation protected, eagle populations have recovered in the last few years, and the bald eagle has returned to much of its historical range in Nebraska. The first successful nesting and fledging of bald eagles in Nebraska since the dead, make up 60-90 percent of their diet, but they also eat waterfowl and mammals. When convenient, they also eat carrion, the remains of dead animals. Hence, the reason for the eagle watching the dead deer by the side of the road.

The bald eagle is unmistakable. It weighs 6-14 pounds and has a wingspan of 7-8 feet. Adult birds have a rich chocolate plumage, a sign of sexual maturity. The beak, feet and eyes are yellow. The female is typically larger than the male and is ferrec. Immature bald eagles in Nebraska since the first successful nesting and fledging of bald eagles in Nebraska since the 1880’s was documented in 1992 (and every year since.) The bald eagle was downgraded in status from federal endangered to federal threatened species.

Bald eagles typically will be found along rivers in Nebraska. They often move south for the winter, but will remain in Nebraska when the winter is warm enough to keep water from freezing.

Eagles are great hunters; the resolving power of their eyesight is six to eight times greater than that of humans. Fish, live or

Hitting the links - golfers are environmentalists too!  

If you like to play golf and care about the environment, you’re not alone! Most people who play golf consider it a great way to get outdoors and enjoy nature while playing a challenging game.

In fact, a recent National Golf Foundation survey found that one of the top five reasons people play golf is because it puts them in touch with nature. Additionally, 90% of golfers believe in the need to protect the environment. Responsible golf practices now go beyond shooing “fore” or replacing divots. Those who play the game also have a responsibility to ensure that golf remains compatible with nature and that the courses they play on are well-managed and in harmony with the environment.

As the weather warms and you head for the greens, think about whether your own actions are “green.” Here are some easy suggestions from the USGGA (United States Golf Association) and Earth Share on what you can to help the environment:

- Replace all divots.
- Walk the course instead of using a golf cart.
- If you do use a golf cart, keep your cart on the designated path.
- Urge your golf course to remove weeds with electric powered ones, which greatly reduce both air pollution and noise pollution.
- Carry your trash with you until a waste container is available.
- Recycle glass, aluminum and plastic on the golf course.
- If your course doesn’t have its own recycling program, urge them to start one.
- Adhere to local rules that may restrict access to environmentally sensitive areas on a golf course.
- Buy recyclable products (e.g., biodegradable golf tees).
- Accept the natural limitations and variations of turfgrass plants growing in a natural environment. (e.g., brown patches, thinning, loss of color).
- Be willing to play on brown grass during periods of low rainfall.
- Patronize courses that are environmentally friendly.
- Recognize that golf courses are managed land areas that should complement the natural environment.
- Respect environmentally sensitive areas of the course.

If you have questions or need more information, feel free to contact the office at 441-7180. There is a $15 fee (per household). (BPO)
CRP panel discussion to be held March 17

Many landowners and producers have questions regarding the Conservation Reserve Program. Whether you have a CRP contract that is due to expire in 1998, or have an existing contract that has been re-enrolled in the program, or a new contract, you probably have questions about the program. Questions such as: What are my options when my contract expires? What are my responsibilities? How can I establish a legume in an existing stand of grass? To help you answer these questions and others, the Lancaster County Extension Office is hosting an informal panel discussion on the CRP Program. Tuesday, March 17, 9:00 a.m. to 12:00 p.m. Panelists include Dr. Bruce Anderson, extension forage specialist at UN-L; Ken Nagel, county executive director of the Farm Service Agency, a representative from the Natural Resources Conservation Service and Rusty Spurlock, supervisor of the Lancaster County Nuisance Weed Authority. There is no charge for the meeting and pre-registration is not required. For more information, please call 441-7180. (SCB)

Upcoming events:
March 16 & 17  Beekeeping for Beginners. 6:30-9:30 p.m. $15 registration.
March 17  CRP Workshop. 9:00 a.m.-Noon.
March 17  Prescribed Burn School. 1:00 p.m.
March 18  Building Your Safety Net. Reducing Price and Production Risks in Farming. Part 2 of 4-part series. 5:30-9:30 p.m. ($60 fee for the series, includes dinner and handout materials.)
March 25  Building Your Safety Net. Reducing Price and Production Risks in Farming. Part 3 of 4-part series. 5:30-9:30 p.m.
March 25  Crop Disease Basics: Fungal and Nematode Pathogens. UNL East Campus. Pre-registra- tion required $60
April 1  Building Your Safety Net. Reducing Price and Production Risks in Farming. Part 4 of 4-part series. 5:30-9:30 p.m.

Nitrogen fertilizer sources in a wet spring

As this article is being written in late February, the outlook for getting much preplant field work done is looking fairly dim. Certainly, there is still time for conditions to improve, but it may be prudent to think in terms of contingency plans in case the weather gets wet before March through May. Crop producers are asking three basic questions regarding nitrogen fertilizer. The first question, if I can’t get my fields to apply anhydrous ammonia or other liquid forms of preplant nitrogen fertilizer might be used? The second question, are some forms of nitrogen fertilizer more effective than others? The third question, how do I know if I can use the ammonium and nitrate forms of nitrogen, but they cannot use the urea form directly. The urea must be changed into one of the other forms of nitrogen. When urea is applied to the soil, it rapidly combines with water (hydrolysis) to form ammonium carbonate (NH4)2CO3. Ammonium carbonate decomposes to form ammonia gas (NH3) and carbon dioxide (CO2). The ammonia gas reacts with water to form ammonium (NH4+) and hydrox- ide (OH-) ions. The ammonium ion is attracted to the soil and organic matter particles in the soil, it rapidly combines with water (hydrolysis) to form 

...plants can use the ammonium and nitrate forms of nitrogen, but they cannot use the urea form directly. 

ammonium nitrate (NH4NO3) by soil bacteria. The ammonium ion is attracted to the soil and organic matter particles in the soil, it rapidly combines with water (hydrolysis) to form ammonia gas into the atmosphere. This process is called volatilization. Volatilization losses are favored by high pH, warm temperatures, wet soils under drying conditions and crop residues that insulate the urea from the soil.
The other common dry nitrogen fertilizer compound, nitrate, is 50% ammonium and 50% nitrate. The nitrate fraction dissolves in the soil water where it is either taken up by plants or lost due to leaching or denitrifi- cation. The ammonium fraction is bound to negatively charged particles in the soil. The losses from surface applied ammonium nitrate are therefore usually quite small. UAN is about 25% ammonium, 25% nitrate and 50% urea. Factors favoring volatilization of the urea fraction of this com- pound are described above. The ammonium and nitrate fractions of the compound react the same as the ammonium-nitrate compound described above. How much nitrogen loss can one expect from surface applied nitrogen sources? If conditions are just right, that is, if the fertilizer is washed onto and into the soil surface, losses are minimal. If fertilizers containing urea are applied during drought or when soil is dried under drying conditions without additional moisture in the form of rain or irrigation to incorpo- rate them, losses can be signifi- cant. Some studies have shown losses of 50% under adverse conditions.

What other choices for nitrogen fertilization do farmers have? The most obvious choice, is to sidedress the nitrogen after the crop emerges. Any of the common forms of nitrogen fertilizer can be used as a side-dress product. Anhydrous ammonia and UAN liquid nitrogen fertilizer are used most often as they lend themselves to injection techniques. The dry forms of nitrogen, urea and ammonium-nitrate, can also be applied with a granular applica- tor and incorporated with a cultivation operation. The potential problem with waiting until sidedress time to apply nitrogen is the risk of wet soils preventing field operations until the crop is too tall for field equipment.

CRP controlled burn school

Landowners and farmers with land in the Conservation Reserve Program (CRP) are finding that many fields are becoming over- loaded with residual accumulated after several years in the program. Since harvesting is generally not permitted, an alternative is con- trolled burning. CRP grasses can be safely burned under a prescribed set of conditions and with a team of individuals properly trained on procedures to follow. It is important that any team of persons planning a controlled burn, know and understand the methods and restrictions involved.

Ward Shires, Extension Educator, will present a program at 1:00, Tuesday, March 17. The school will involve classroom training in the techniques and procedures for burning of land seeded to grasses under the Conservation Reserve Program. Information to be presented will include:

• Benefits and challenges of prescribed burning.
• Video taped sequences of actual burning of CRP acres.
• Benefits and challenges of prescribed burning.

An actual demonstration burn will be held at a later date this spring. (WS)

Cross fencing to improve pasture productivity

Electric fence can be the easiest and cheapest way to increase production from your pastures this next grazing season. This could prove to be very valuable if we should have a long, hot, dry summer. Sub-dividing pastures with electric cross fences helps control when and where cattle graze. Cross fencing can help improve the use of pasture grazing areas they normally avoid.

It can encourage cattle to graze pastures more uniformly and completely. And, it can help improve the health and vigor of grass by giving it time to rest and regrow after each grazing. As a result, grass production and pasture carrying capacity will increase.

There are many commercial ads promoting high-powered, high-tensile, imported electric fence wire. But beware of using these systems in many situations. But, cross fences do not work by themselves, so you do need to be expensive. This is especially true if you already have electric fencing and your animals respect. Using fencing you already have gives you an inexpensive opportunity to

experiment with where you might eventually place a more permanent cross fence. The electric fence that keeps your cows on stalls during winter can give you this inexpensive opportunity to try some cross fence systems. You have little to lose and so much to gain by cross fencing, beginning this spring, for a small investment. Use your electric fence to experiment with cross fencing your pastures this summer. Better grass, better gains and better profits might be the result. (WS)
Keeping animals on an acreage

One reason many people choose to live on an acreage is so they can raise or keep animals. If you are one of those people, there are several things that you need to consider before you begin that will make your experience more enjoyable and worthwhile. The two most important considerations are, (1) do you have the time and resources to provide care and (2) why do you want to raise them? Whether you are raising animals for enjoyment and companionship or for profit, keeping animals, especially large animals, requires a major commitment of time and resources and it is best to know before you start how much of an investment of time and money it would take. It is also important to determine whether or not your acreage is well suited for the type of animal you intend to keep. To be well suited, the acreage needs to be able to supply the animals’ basic needs of food, water and shelter. It is also important to consider whether or not there is adequate space for the type of animals you intend to raise.

In deciding whether or not your acreage is well suited for the type of animals you intend to raise you need to determine how place where the animals can stay when it’s too wet to graze? You also need to be certain that there is fresh water and shelter for the animals. Finally, if you plan on raising exotic animals, be sure they are adapted to our climate.

While knowing why you want to raise animals, what it will cost and whether your acreage will provide their basic needs are probably the most important considerations, there are several other things you should consider before you invest in animals for your acreage. For example, does the county have zoning regulations that limit the number and type of animals you can keep? Do you have a way to dispose of the manure? What impact will your operation have on your neighbor? And, if you plan to sell the animals or a product they produce, is there a market for your product?

Raising animals on an acreage can be an enjoyable and rewarding experience if you take the time to do a little homework prior to making the investment. (SCB)

Fertilizing grasses

March is here and warmer temperatures signal the approach of spring. Pastures will soon green-up and we should begin thinking about fertilizing grasses for the season.

Grass growth is stimulated by fertilizer just like other crops. But recent studies on the economics of pasture fertilizer suggests that extra production does not always lead to more profits, especially when nitrogen is expensive like this spring.

The key to profitable fertilizing of pastures is to combine fertilizer with efficient harvest of the extra growth. Would you fertilize your crop fields and then drive your tractor through the field just before combining? Of course not—you’d knock down and lose much of the grain.

That’s just about what you’re doing when you fertilize pastures in spring, and then let your animals graze continuously on one pasture throughout the growing season. They trample some of the grass, manure and foul some of the grass, and simply refuse to eat some of the grass. So when all is said and done, less than one-third of the grass you pasture produced will end up in the mouth and stomach of your livestock. It’s pretty hard to make fertilizer pay like that.

But you can make fertilizer pay if you manage grazing so that more of what you grow actually gets eaten. This will happen if you subdivide your pastures with some cross-fences and control when and where your animals graze. Give animals access to no more than one-fourth of your pasture at a time, and then graze off about one-half of the growth before moving to another subdivision. More of your pasture growth will be eaten, and more profits will come from fertilizer and pastures. (WS)

New Acreage Owner's Guide 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 zoning that 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 at 441-7180. (SCB)
Food & Fitness

Focus on Food

March is National Nutrition Month, a nutrition education and information campaign sponsored by the American Dietetic Association (ADA). Test your nutrition knowledge with the following quiz offered by ADA.

1) True or false: To follow a healthful eating pattern moderate in fat, every single food must be low in fat.
2) Which one of the following counts as a vegetable serving?
   a. 1 medium-sized tomato
   b. 6 asparagus spears
   c. 7 or 8 baby carrots
   d. 1 cup of raw leafy vegetables
   e. all of the above
3) True or false: Snacking may keep you from becoming ravenously hungry and overeating at meal time.
4) Do what words “reduced fat” mean on the food label?
   a. calories
   b. at least 25 percent less fat per serving when compared with a similar food
   c. trace amounts of fat
   d. Which has more calories and fat, a plain milk chocolate bar or a carob bar?
   a. carob bar
   b. a milk chocolate bar
   c. They both have the same amount of calories and fat
   d. They both have more calories and fat

Answers:
1) False. Keeping fat to less than 1/3 of daily total calories doesn’t mean every single food must be low in fat. You can balance high-fat and low-fat selections over the course of one or a few days and still end up with a healthful eating pattern.
2) e. Vegetables, like fruits, are naturally low in fat and provide many essential nutrients and other food components important for health. The Food Guide Pyramid recommends 3-5 servings of vegetables per day.
3) True. Healthful snacking can help control your food intake so that you will be less inclined to overeat at your next meal.
4) b. at least 25 percent less fat

Food irradiation facts

Test your nutrition knowledge

Nutrition Education Program

Your information center... around the clock

Food, nutrition and food safety workshop for child care centers

FoodTalk newsletter

Food irradiation can make a quality food supply better, according to the American Dietetic Association. The process can prolong storage life of foods and replace chemical treatments. Nutrient loss is less than other food preservation methods such as freezing.

The U.S. Department of Health and Human Services gives the following advice: "Irradiation...is a complement to, not a replacement for, proper food-handling practices by producers, processors, and consumers." (MA)

March 1998

The NEBLINE

Focus on Food

Food & Fitness

Two free food safety programs for all ages

Receive training and materials and do one or both of these food safety activities with your group: (1) Play the winning bingo type game, “Don’t Get Bugged by a Foodborne Illness” game to teach basic home food safety. (2) Participate in the “Clean Hands Campaign” and have fun using “glo-germ” to teach basic home food safety. (2)

Don’t Get Bugged by a Foodborne Illness“.

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Nutrition Education Program for Limited Resource Families

Mary Abbott, R.D., Extension Assistant

Food

FoodTalk newsletter

FoodTalk provides a short newsletter

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 cmy5028@unlvm.unl.edu.

Food, nutrition and food safety workshop for child care centers

Child care center staff can learn more about nutrition and food safety for children by attending “Food, Nutrition and Food Safety Update ’98 for Child Care Centers.” This two-session workshop will be held April 1 and 8, 1-3 p.m.

The workshop is sponsored by the University of Nebraska Cooperative Extension in Lancaster County in cooperation with the Lincoln/Lancaster County Health Department and Nebraska Department of Education Nutrition Services.

Preregistration is required by Wednesday, March 25. Call 441-7180 for a registration form or more information. The workshop fee is $10. (AH)

NUTFACTS

NUTFACTS offers fast, convenient information 24 hours a day, 7 days a week. In the Lincoln area call 441-7180; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 5-digit number of the message you wish to hear.

351 Using the “Nutrition Facts” Section on Food Labels
358 Alternatives to High-Fat Fast Foods
362 Cut the Fat in Favorite Fast Foods

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   b. a milk chocolate bar
   c. They both have the same amount of calories and fat
   d. They both have more calories and fat

Answers:
1) False. Keeping fat to less than 1/3 of daily total calories doesn’t mean every single food must be low in fat. You can balance high-fat and low-fat selections over the course of one or a few days and still end up with a healthful eating pattern.
2) e. Vegetables, like fruits, are naturally low in fat and provide many essential nutrients and other food components important for health. The Food Guide Pyramid recommends 3-5 servings of vegetables per day.
3) True. Healthful snacking can help control your food intake so that you will be less inclined to overeat at your next meal.
4) b. at least 25 percent less fat

Food irradiation facts

Food, nutrition and food safety workshop for child care centers

Child care center staff can learn more about nutrition and food safety for children by attending “Food, Nutrition and Food Safety Update ’98 for Child Care Centers.” This two-session workshop will be held April 1 and 8, 1-3 p.m.

The workshop is sponsored by the University of Nebraska Cooperative Extension in Lancaster County in cooperation with the Lincoln/Lancaster County Health Department and Nebraska Department of Education Nutrition Services.

Preregistration is required by Wednesday, March 25. Call 441-7180 for a registration form or more information. The workshop fee is $10. (AH)

NUTFACTS

NUTFACTS offers fast, convenient information 24 hours a day, 7 days a week. In the Lincoln area call 441-7180; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 5-digit number of the message you wish to hear.

351 Using the “Nutrition Facts” Section on Food Labels
358 Alternatives to High-Fat Fast Foods
362 Cut the Fat in Favorite Fast Foods

Nutrition Education Program

Nutrition Education Program for Limited Resource Families

Mary Abbott, R.D., Extension Assistant

Registration Form

Name ________________________________
Organization/Club _____________________
Address ____________________________________________
City __________________ State __________ Zip __________
Phone ____________________________
Event __________________________
Date of Event ______________________
Registration fee is $10.00 per person. Make check(s) payable to Cooperative Extension.
Registration deadline is one week before event.

Return registration form and fee to: LaDeane Jha, UNL Cooperative Extension in Lancaster County; 444 Cherry creek Road, Lincoln, NE 68528-1507. (KW)

Character Counts! opportunities

Use the registration form below to sign-up for the following Character Counts! events. Character Olympics for Teens
Calling all teens 13-19 years old. Participate in a full-day workshop full of hands-on activities and discussions centered on the Six Pillars of Character: responsibility, trustworthiness, caring, citizenship, respect and fairness. Practice making hard decisions and learn how to teach character to younger children. This is a great opportunity to develop leadership skills and to meet other teens from throughout the county. Learn how you can help spread the Character Counts! message. The workshop will be Saturday, March 21, 9 a.m. to 3 p.m. Cost is $10 and includes lunch and a t-shirt. Making Character Count! for youth ages 9-12.
Need something to do on Thursday, April 8, 8:30 a.m. to 4:00 p.m.? It’s a holiday from school and we have a great day planned for everyone ages 9-12. Learn about the Six Pillars of Character through games, crafts, skits, and other hands-on-activities. Practice making good decisions and learn how to be good community citizens by giving service. Make new friends and get a t-shirt to wear. Cost for this fun-filled day is $10 and includes lunch and your t-shirt. Ask for a pamphlet about the event. If you have any questions contact LaDeane Jha or Karen Whitson, 441-7180. (LJ/KW)
4-H & Youth

Music contest reminder

Join the fun and enter the 4-H Music Contest! Your club can sing and/or dance at this exciting 4-H event. The 1998 4-H Music Contest will be held Sunday, April 26, 2:00 p.m. at Dawes Middle School Auditorium. Stop by the office or call Tracy for a registration form and for more information. Rules can also be found in last year’s fair book. All registration forms are due to the office by Friday, April 17. (TK)

Bake & Take Days

Bake & Take Days, sponsored by the Nebraska Wheat Board, are scheduled for Friday and Saturday, March 28 and 29. Bake & Take Days are a time to bake an item and take it to someone to let them know you’re thinking about them. This “someone” could be a friend, neighbor, elderly person or shut-in who is frequently alone. If you want to deliver baked goods to a nursing home resident, be sure to check for dietary restrictions. Stickers and pamphlets are available at the Extension Office. This is a great community service activity for 4-H or FCE clubs or families. (LB)

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. 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.

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)

Bucket Calf Workshop

The 4-H Bucket Calf Workshop will be Thursday, March 26 at 7:30 p.m.

The workshop will cover:
1. How to select a calf.
2. Where to buy a calf.
3. How much to pay.
4. What facilities are needed to care for a calf.
5. Keeping a calf in good health.
6. What to feed a calf.
7. Using grooming tools.

Any 4-H or Clover Kid member interested in learning about the 4-H bucket calf project is welcome to attend. Parents are encouraged to attend. Bring a friend to learn more about 4-H. If you would like more information on this workshop, please call Deanna at 441-7180 or Janice Halling at 785-5345. (DL)

Kiwanis Karnival

Mark your calendar for Saturday, April 18, 7:00-9:00 p.m. It’s Kiwanis Karnival time. It will be held in the grandstand building, 2nd floor at State Fair Park. All 4-H families are invited.

Booths are still needed. Any 4-H club or family may provide a booth. Each booth area is 4’ x 6’. Call the Extension Office to sign up for a booth by Monday, April 6.

There will be bingo for adults. Lincoln Center Kiwanis Club will provide prizes and treats. Plan to attend this free, fun, family event. For more information, contact Lorene. (LB)

Invitational Cat Show

Invitational Cat Show—Saturday, April 18, 9:30 a.m. (check-in begins at 8:30 a.m.) (ALH)

- 4-H camp flyers for the Eastern Nebraska 4-H Center are available at the Extension Office. Invite your friends to join you at camp. (TK)
- Attention 4-H members involved in the new food series projects Six Easy Bites, Tasty Tidbits, You’re the Chef, and Foodworks—contact the Extension Office for information on fair exhibits. (TK)
- How to Exhibit Leader Training—Leaders, be sure to attend the leader training on how to exhibit at the county fair, Tuesday, May 12 at 7:00 p.m. The information given at this meeting will be everything you need to know about the 1998 Lancaster County Fair. (TK)

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The horse show season is approaching fast. With it comes hours of preparation of both horse and rider. The physical aspect of actually getting the horse to the arena in the wee hours of the day can be as important as the months of prior preparation. Horses are traveling more than ever before and because it’s done all the time, it’s easy to forget that trailling is a source of anxiety for the horse.

The very nature of the horse must be controlled; the tendency to flee. It is stressful for him to enter a small, enclosed space that will speed along at 65 mph! We enter a small, enclosed space that must be controlled; the tendency of actually getting the horse to the arena in the wee hours of the day can be as important as the months of prior preparation. Horses are traveling more than ever before and because it’s done all the time, it’s easy to forget that trailling is a source of anxiety for the horse.

According to Jim Hamilton, DVM, author of Equine Emergencies on the Road, there are fundamental measures which must be taken for either the long or short haul.

1. Load Training: many avoidable injuries occur to horses while loading.
2. Trailer Safety: proper hitch, brakes, lights (that work!)
3. Inoculations: this is cheap insurance when taking your horse into a new environment with horses from all over.
4. Wrap all Four Legs: either learn how to put on a good leg wrap or buy commercial shipping wraps.
5. Ventilation: trailering horses in poorly ventilated trailers has been shown to be a cause of “shifting fever.” Regardless of outside temperatures, open vents and windows. If it’s cold, add a blanket.
6. Carry an Emergency First Aid Kit: and back up supplies appropriate to the length of the trip. (Your own veterinarian is your best source of information.)
7. Medical I.D.: you should always have information about whom to call in case of an accident—fix it to the inside wall of the trailer in full view.

This is by no means a complete list, rather subject areas of the trailer in full view.

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Mark your calendar for 1998 Nebraska ExpoVisions!

Nebraska ExpoVisions is an annual conference for junior and senior high school youth that focuses on exploring career opportunities and expanding life skills. The program provides interactive learning opportunities via workshops sessions that provide hands-on insights into various areas. More than 260 youth attended in 1997.

ExpoVisions will be July 8-10, on the campus of the University of Nebraska-Lincoln. Look in the upcoming issues of the Neblne or call Tracy for more information. (TK)

Babysitting course

The American Red Cross is offering a four hour babysitting course for 11-15 year olds. It teaches the basic responsibilities of what to do in emergencies or in case of illness, how to prevent accidents, select safe toys and diaper, dress and feed infants. Class may be taken March 28 from 9:00 a.m.-12:30 p.m. or April 26 from 1:00-4:30 p.m. Contact the American Red Cross at 441-7997 for more information. (TK)

Recycling opportunity

Large coffee cans and plastic lids are needed for the 4-H Embryology project. Please drop off at the Extension Office. (LB)

Counselors needed at Eastern Nebraska 4-H Center this summer

If you are 14 years of age or older and enjoy working with youth and sharing your skills, this is a great opportunity for you. Camps are held at the Eastern Nebraska 4-H Center during June and July. Camp counselor applications are available at the Extension Office and due by April 1. A training will be held at the 4-H Center June 6-8 for all selected counselors. (LB)

Nebraska Tower on the Plains Rabbit Show-April 11

Open show, youth show and five specials. Sanctioned by the American Rabbit Breeders Association, only ARBA certified judges will evaluate the rabbits. Youth can participate in the youth and specialty shows and in open where youth is not sanctioned. (EK)

It’s time to order turkeys

The time is here for all 4-H members interested in signing up for the 4-H turkey project to order at least 10 turkeys at $4 each. Payment and application forms are due no later than Friday, March 27. Turkeys will arrive Wednesday, April 29. If you are interested in participating, contact Ellen Kraft by March 20. (EK)
Food for thought....
Where would we be without dreams and vision for the future? Here are some confident predictions of distinguished leaders of the past who were obviously incorrect. It couldn’t be done, but was.

“Everything that can be invented has been invented.” - Charles H. Duell, Director of U.S. Patent Office, 1899.


“Seasible and responsible women do not want to vote.” - Grover Cleveland, 1905.

“Heavier than air flying machines are impossible.” - Lord Kelvin, President, Royal Society, c. 1895.

“Ruth made a big mistake when he gave up pitching.” - Tris speaker, 1921.

“Aerial flight is one of that class of problems with which man will never be able to cope.” - Simon Newcomb, 1903.

“While theoretically and technically television may be feasible, commercially and financially I consider it an impossibility.” - Lee De Forrest, 1926.

“There is not the slightest indication that [nuclear] energy will ever be obtainable.” - Albert Einstein.

“The [atomic] bomb will never go off, and I speak as an expert in explosives.” - Admiral William Leahy to President Harry Truman, 1945. (GB)

International host family opportunities available...
The 4-H/Labo Japanese exchange program offers opportunities to Lancaster County families with children close in age to the Japanese participants. This year 26 Labo youth will be placed with host families by the Nebraska 4-H Office. There are 13 boys, ages 12-16 and 13 girls, ages 13-15. In addition, there is need for host families for 100 boys and 100 girls. What is required is your interest and willingness to share your home and community.

The Japanese youth will be coming to Nebraska July 25 through August 23 and stay with host families. Host families are invited to share your home and community. Host families are anxious to use it. What is required is your interest and willingness to share your home and community.

The University of Nebraska Cooperative Extension in Lancaster County is pleased to announce that the Grantsmanship Training Program will again be offered this year. The program will be held April 27 - May 1. The Grantsmanship Center is a highly respected and successful organization that has trained more than 60,000 employees of public and private agencies, since its founding in 1972. It is the world’s oldest and largest trainer of staff in non-profit organizations.

Designed for both the novice and experienced grant seeker, this hands-on training covers all aspects of researching and writing proposals, and negotiating with funding sources (including foundations, corporations and government agencies). Program participants will learn the Center’s proposal writing format, search out funding for your organization using a wealth of materials on-site (including the Internet), and work in teams to actually develop a proposal. Individuals and organizations with proposals in process are encouraged to bring them to this training.

The program is sponsored by the University of Nebraska Cooperative Extension in Lancaster County to further its mission to address educational needs of the City of Lincoln and Lancaster County community. Lancaster County Extension Educator/Unit Leader Gary C. Bergman who participated in a New York offered training, said “…the training is a small investment for the benefits received by organizations through time saved in grant preparation and the potential for ultimate success.” The training addresses current programs and needs of registered participants. In order to do this, classes are limited to no more than 25 participants. All exercises are tailored to the organizations and agencies represented. Often times proposals developed during the workshop are submitted for funding when participants return to work.

For more information about this training, you are encouraged to call the Grantsmanship Training Program at (402) 421-9512 or Gary C. Bergman at (402) 441-7180. (GB)

NEBRASKA PIONEER FARM FAMILY AWARD
THE KNIGHTS OF AK-SAR-BEN ARE HONORED TO RECOGNIZE THE

For the 43rd year, the Knights of Ak-Sar-Ben and the Nebraska Association of Fair Managers will recognize Nebraska Pioneer Farm Families whose land has been owned by the same family for 100 years or more. Titled the “Nebraska Pioneer Farm Family Award”, local recognition requires that the land of a family in Lancaster County must have been owned by some member of that family for a century or more. To date, nearly 6,000 families in 91 of Nebraska’s 93 counties have been honored at various county fairs. Each honoree receives an engraved plaque and gatepost marker as permanent recognition for this milestone and public recognition at the Lancaster County Fair.

Applications for this year’s recognition are due no later than May 1. They should be mailed to: Jerrie Stein, Secretary Lancaster County Agricultural Society, Inc. 2301 Sheffield Place Lincoln, NE 68512

The program is sponsored by the University of Nebraska Cooperative Extension in Lancaster County to further its mission to address educational needs of the City of Lincoln and Lancaster County community. Lancaster County Extension Educator/Unit Leader Gary C. Bergman who participated in a New York offered training, said “…the training is a small investment for the benefits received by organizations through time saved in grant preparation and the potential for ultimate success.” The training addresses current programs and needs of registered participants. In order to do this, classes are limited to no more than 25 participants. All exercises are tailored to the organizations and agencies represented. Often times proposals developed during the workshop are submitted for funding when participants return to work.

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Noxious Weed Control Authority News

Russell Schulz, Weed Control Superintendent
Barb Frazier, Chief Inspector

1997 Noxious Weed Control Report

The most important part of the Noxious Weed Control Authority Program is public awareness.

Awareness

The cooperation of the landowners and support of the public are essential ingredients of a successful program. A strong effort continues to be made to increase public awareness of the legal requirements of noxious weed control and to increase voluntary compliance on private lands, public lands and railroads.

- Published 2 General Noxious Weed Notices, 15 articles, displayed exhibit or made presentations at 20 meetings.
- Updated and added articles on InterLinc home page.
- Contributed to Extension Acreage Owner Publication.
- Reviewed 522 weed control plans and provided assistance on weed prevention.
- Distributed 800 publications, 1000 letters, 450 cards and made 200 contacts.
- Updated public land contact list and maintained contact throughout the weed season.
- The Authority contracted for $5,000 of weed control. The Authority was authorized to do $5,000 of contracted weed control to the two landfill sites. The Authority contracted for spraying of all the leafy spurge sites on county roads. The County Engineer provided control of musk thistle on the county roads. The Authority inspectors drove the 1,400 miles of roads at the end of the season to assure weed control was completely controlled or were deferred. The inspections were forced controlled.
- 18 sites were deferred due to the early snow storm.
- 1,277 sites were cut by landowners.
- 97 sites were force cut at the cost of $6,621.
- 18 sites were deferred due to early snow storm.
- The dry fall reduced the number of weed abatement violations and the early snow storm ended the inspection season early.

Program Management

Participated in training and educational meetings to keep updated and to improve program. Prepared reports to county commissioners, Department of Agriculture and the public to inform them of program efforts. Changes in procedures and operations have been implemented to increase efficiency and performance of inspectors and program performance.

Completed 30 hours of continuing education and attended 7 University, Association and industry conferences.
- Prepared monthly reports to the County Commissioners, Mayor and City Council.
- Prepared annual report to the City and County.
- Prepared the 5 reports required by the State Department of Agriculture.
- Incorporated use of Geographic Information System (GIS) into the program. GIS hardware and software have been installed on 2 workstations, training has been received and request for GIS support has been made.
- Incorporated the use of a digital camera for documentation. This has eliminated the cost of film and developing and eliminated filing and storage of photos.

Extent of noxious weeds in the county

All land uses have significant infestations of noxious weeds. Almost 9% of the pasture land is infested. Non-ag land which includes the City of Lincoln and rural lots is second in the amount of noxious weed infestations. Cropland infestations are found mostly in alfalfa fields and idle cropland. The most visible infestations are on road sides. Raisin thistle has become the largest percentage of infestations. Musk thistle has been found in almost all the sections in the county. Leafy Spurge has been found in 1 out of 7 sections.

Acres Infested by Land Use Lancaster County

<table>
<thead>
<tr>
<th>Land Use</th>
<th>Acres Infested</th>
<th>% of Land Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pasture</td>
<td>9,325</td>
<td>8.6</td>
</tr>
<tr>
<td>Non-Ag</td>
<td>5,907</td>
<td>5.3</td>
</tr>
<tr>
<td>Cropland</td>
<td>1,188</td>
<td>0.4</td>
</tr>
<tr>
<td>Roads</td>
<td>250</td>
<td>1.8</td>
</tr>
<tr>
<td>Railroads</td>
<td>282</td>
<td>20.2</td>
</tr>
<tr>
<td>Total</td>
<td>16,952</td>
<td>3.2</td>
</tr>
</tbody>
</table>

Acres of Noxious Weeds Drops

The estimated total acres of noxious weeds in the county has dropped by more than 44% in the past five years. This has been as a result of the excellent cooperation and voluntary compliance of both public and private landowners. As shown in the following graph the estimated acres of noxious weeds in 1993 was 30,614 acres as compared to 16,952 acres in 1997.

Estimated Noxious Weed Acres 1993-1997 Weed Seasons Lancaster County

continued on page 12
1998 noxious weed inspections

What Land Will Be Inspected
A record of noxious weed infestations and their control history has been maintained since 1989. Each winter these records are reviewed to develop an advance inspection list. The presence of noxious weeds for the two previous years and the long term control history is used to determine what parcels of land will be inspected. The 259 sites that were deferred last fall due to the early snow storm will be on the advance inspection list this spring. Inspectors will also make inspections of all sites where they observe noxious weeds and sites receiving noxious weed complaints.

Notifications
Almost all landowners and tenants control their noxious weeds either on their own or when they receive a friendly formal or informal reminder. The method of notification of landowners of uncontrolled noxious weed infestations is determined by the control history and the severity of the infestation. Landowners and tenants with a good control history are notified by an inspector contact, door hanger, or a reminder letter. If only a trace infestation is found, notification is by a post card. If the landowner does not have a control history, has a poor control history, or the noxious weeds are almost mature they are sent a 10-day official notice. This notice requires the landowner to provide control within 10 days or be subject to having the control done by the Weed Control Authority and being billed for the cost.

Legal Notices Down
Compliance Up
As the result of the excellent cooperation of landowners, the number of notifications by legal notices were reduced from 53% in 1993 to 32% in 1997 without adversely affecting landowner compliance. In fact, landowner compliance increased from 84% to 88% during this period.

Percent Notified by Legal Notices vs Percent Landowner Compliance Spring Biennial

Geographic Information System (GIS)
Plans have been finalized on fully incorporating the use of GIS in the Weed Control office’s operations. The use of GIS and the County Assessor’s property information search on the Internet will eliminate the need to maintain the paper records on 80,000 ownership parcels. We will be able to access the ownership records and generate needed maps on the computer. We will generate maps that have an aerial photo background with ownership lines and the location of noxious weeds shown. These will be the maps that we will send to landowners with our notification of the need to control noxious weeds. GIS will allow us to build a map layer on this information search on the Internet, which shall constitute a lien necessary, the expense of which shall be collected, or by other means as may be obtained from the County Assessor’s property information search on the Internet.

Noxious weed must be controlled
You are required to control noxious weeds on your property.

Noxious weeds are: Musk Thistle, Plumeless Thistle, Canada Thistle, Leafy Spurge, Diffuse Knapweed and Spotted Knapweed. Notice is hereby given this 15th day of March, 1998, pursuant to the Noxious Weed Control Act, section 3-955, subsection 1(a), to every person who owns or controls land in Lancaster County, Nebraska, that noxious weeds being or growing on such land shall be controlled at such frequency as to prevent establishment, proliferation, or further propagation or dissemination of such weeds. Upon failure to observe this notice, the county weed supervisor is required to:

1. Proceed pursuant to the law and issue legal notice to the landowner of property infested with noxious weeds giving such landowner 15 days to control the noxious weed infestation. Conviction for noncompliance may result in a $100.00 per day fine to the landowner with a maximum fine of $1,500, or

2. Should more immediate control be required, proceed pursuant to the law and have the weeds controlled by such method as he/she finds necessary, the expense of which shall constitute a lien and be entered as a tax against the land, and be collected as other real estate taxes are collected, or by other means as may be provided by law.

The public is also hereby notified that noxious weed seed and propagative parts may be disseminated through the movement of machinery and equipment, trucks, grain and seed, hay, straw, nursery stock, fencing materials, sod, manure and soil as well as articles of similar nature. Methods of treatment have been prescribed by the Director of Agriculture and may be obtained from the county weed control authority.

By Order of the Lancaster County Weed Control Authority.
Crop and article inspection program

Lancaster County Noxious Weed Control office will provide noxious weed inspection of a crop or article at no charge and, in most cases, at the location where the infestation is managed well.

A voluntary certification program has been implemented in the western states. Nebraska participates in this program. If grower ships or plans to ship forage or mulch to these states it will be desirable to obtain a regional certification. Inspections are made to assure that none of the noxious weeds for all the western states are not present.

Required Certified Forage and Mulch Programs

Federal public land management agencies are now requiring that the forage or mulch that will go onto their lands be certified noxious weed free. Some state agencies are now requiring this certification. As private landowners learn about the threat of noxious weeds, they are insisting on the weed-free certification.

How is Forage Certified?

An individual may request a certification inspection from the weed control office. The inspector will make an inspection prior to cutting or harvesting. A “Certificate of Inspection” form is issued to the producer if the crop meets the requirements of the regional standards. This certificate will allow the movement of the forage into infested areas in the western states.

Prevent noxious weeds

You can do things to prevent the establishment and spread of many noxious weeds and reduce the cost of the required control efforts. Two ways to prevent the establishment of noxious weeds are to create an environment that prevents many of the germinating seedlings or existing perennial plants from producing seed and carrying out actions to prevent the spread of seeds and/or vegetative parts to infest new locations. Following are some options to make a site resistant to noxious weed infestations and options to prevent transporting noxious weed seeds to a new site.

Competition

Nature abhors a vacuum. Vegetation of some type will tend to fill in bare areas or areas that are sparsely vegetated. It is important to establish a weed free vegetation with good vigor to provide competition from the invasion of undesirable vegetation. Most of the noxious weeds under control. Once the grass is established the population of noxious weeds will decrease reducing the effort needed to control the surviving noxious weeds.

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A voluntary certification program has been implemented in the western states. Nebraska participates in this program. If grower ships or plans to ship forage or mulch to these states it will be desirable to obtain a regional certification. Inspections are made to assure that none of the noxious weeds for all the western states are not present.

Required Certified Forage and Mulch Programs

Federal public land management agencies are now requiring that the forage or mulch that will go onto their lands be certified noxious weed free. Some state agencies are now requiring this certification. As private landowners learn about the threat of noxious weeds, they are insisting on the weed-free certification.

How is Forage Certified?

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Planning tips for noxious weed control in CRP contracts

1. Aggressively treat noxious weed infestations prior to seeding or interseeding.

2. Map areas of noxious weed infestations. Mark these areas on your plan map. Canada thistle and loosestrife will recur from roots and seed. Musk and plumeless thistle and knapweeds will recur from seed and overwintering of fall germinated plants.

3. Avoid tillage or seeding through noxious weed infestations as much as possible. Tillage may cause germination of seeds and the spread of the infestations to other areas by the transported seed of any of the noxious weeds and the root parts of Canada thistle and leafy spurge.

4. Noxious weed control and legumes considerations
   • Avoid planting legumes in known noxious weed infestations.
   • If it is decided to seed legumes in an infested area, aggressively treat the noxious weed infestations prior to the seeding.
   • Remember, if legumes are planted in a noxious weed infestation, it will make noxious weed control difficult, expensive and labor intensive.

5. Control Options in legumes
   • Plateau at the labeled rate of 4 oz. may be broadcast over legumes
   • Biological control provides supplemental control but is not satisfactory control by itself.

Why eliminate ornamental Lythrum plantings?

Research at the University of Minnesota (Ascher and Anderson) on the sterility of a number of commercially available purple loosestrife cultivars have shown that most are, indeed, self-sterile. However, these same cultivars were found to be highly fertile when crossed with naturalized or “wild” loosestrife plants. Additionally, it has been demonstrated that a few cultivars which are claimed to be self-sterile were, in fact, able to self-pollinate and produce viable seed.

Research in Manitoba, Canada in 1993 has shown that garden varieties of Lythrum can pollinate with other varieties to produce viable seeds. Five collections made from landscape plantings in Lincoln in 1995 all produced viable seed. Plants do not have to be near each other to cross-pollinate. Honeybees which can travel miles are common loosestrife pollinators.

For these reasons all domestics cultivars pose a threat as Purple Loosestrife.

Spread of Purple Loosestrife

Seed from ornamental plantings are easily spread by water through storm sewers as well as other man-made or natural drainage systems.

Purple loosestrife also spread from ornamental plantings into aquatic areas by depositing lawn and/or garden clippings along creeks, drainage, or even in public landfills. Clippings from these plantings may contain viable seed and/or plant parts from purple loos- estrife. Wind, birds, insects, and small animals also are responsible for dispersing seed originating from ornamental loose- estrife.

Eliminating Seed Production and Removal

To eliminate seed production, the flower- ing spikes can be clipped before flowers set seed in early August. The entire plant must be removed to minimize the chance for regrowth out of the root mass, making sure that ALL pieces have been removed. Remember, the roots can extend 1 foot or deeper into the soil. Pulling may work if the plant is wet.

Place ALL plant material in a carton so it can dry completely without danger of being spread by wind, water, human or animal activity. Once totally dried, it can be burned or bagged for disposal. When burning, make sure the plant material is extinguished. When bagging, wrap securely in a dark plastic bag or container to avoid contamination at landfill sites.

Purple loosestrife can re-root from pieces of root, stalk, seedhead or other vegetative tissue. For this reason, it is important to work carefully and be sure that no purple loosestrife plant material remains in the soil or is spread to other areas, especially water. All work should be completed by mid-summer before the flowers begin to go to seed. New shoots that come up from root remnants should be dealt with quickly. The site can be replanted to grass or other perennial flowers and should be re-inspected for regeneration.

Alternative Plantings

Ornamental purple loos- estrife can be replaced with Blazing Star (Liatris spp.), Fireweed (Epilobium angustifolium), Obedient Plant (Physostegia virginiana), or Spirea Spedewell (Veronica spicata). For additional alternative plantings contact the University of Nebraska Cooperative Extension Service.
Managing our ground water resources
continued from front page

practices and may include limits on fertilizer and pesticide applications as well as water use restrictions.

Other educational programs are another important part of the Ground Water Management Plan. The NRD recently initiated a program in cooperation with a group of conservation districts to increase awareness of ground water and promote the Ground Water Management Plan. The NRD developed a new logo for the program that encourages individuals to protect and conserve ground water. The “Look Out Below” logo appears on billboards and signs throughout the district and is currently being displayed on some of the city buses in Lincoln. In addition, the logo is being used on educational materials developed by the NRD to promote the Ground Water Management Plan.

Other educational programs sponsored by the NRD this year included the establishment of a demonstration of a new irrigation system near Denton and a public tour of the Community Water System in Valparaiso. The tour and demonstration program featured presentations by UNL Extension personnel on irrigation management and nutrient management, a demonstration by NRD personnel of a water well flow meter and a demonstration of proper well abandonment. The tour and demonstration of the Community Water System featured a discussion of the Community Water System Protection Area.

The Fertilizer Flow Meter Demonstration Program is a pilot program offered to landowners that farm in one of the Ground Water Reserves or Community Water System Protection Areas. The program provides cost-share assistance for the purchase of a flow meter and a meter and a demonstration program that is no longer being used, provide a direct conduit for chemicals, and any other obstruction, such as a tree. Since eagles feed mainly early in the morning, they may not be active or produce any young until the following year.

Watch for the magnificent bald eagle! But, watch carefully, continued from page 3

Eagles remain near the nest for a few years, often still being fed by the parents. Bald eagles may live up to 40 years. If you decide to try to watch for bald eagles, be very careful. Eagles are sensitive to human disturbance. If you find eagles at a nest site, adults may abandon their eggs or young in the nest. The pair may not nest or produce any young until the following year.

Watch for eagles during the winter has less impact on the birds, especially if done in a safe and responsible way. Don’t harass wintering birds; they may already be stressed by the cold and scarcity of food. Unhealthy eagles generally do not successfully raise young the following spring.

Get yourself a good pair of binoculars. Wildlife experts recommend that you have at least 300 yards from perched eagles. Stay in your vehicle when eagle watching, or, better yet, use some other obstruction, such as a blind or tree. Since eagles feed mainly early in the morning, you might be able to spot them during the morning or afternoon.

What does the future hold for the bald eagle, the symbol of our country? Because eagles are so sensitive to habitat destruction and human disturbance, populations may continue to be threatened in many places. But, these creatures are so magnificent, they have been worth protecting.

Hitting the links - golfers are environmentalists too! continued from page 3

Support golf course management practices that protect wildlife and natural habitat.

Encourage maintenance practices that promote the long-range health of the turf and support environmental objectives. Such practices include aerification, reduced fertilization, limited play on the greens in sensitive areas, etc.

Commit to long-term conservation efforts (e.g., efficient water use, integrated pest management, etc.) on the golf course and at home.

Support research and education programs that expand our understanding of the relationship between golf and the environment.

Take pride in environmentally sensitive courses.

These green friendly tips are provided by the U.S. Golf Association’s Pro Education Foundation and the environmental federation of America’s leading non-profit environmental and conservation charities. Earth Share promotes educational and charitable giving in workplace employee campaigns. For more tips or to find out how your workplace can help the earth, see Earth Share’s web site at www.earthshare.org or call (800) 875-3863. (SE)

Lemon Basil ‘Sweet Dan’

How to get the most out of parent-teacher conferences continued from page 7

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Create a family council continued from page 7

a dominant role. Conflict may occur in the council, but rules should be established to deal with times that disagreements and arguments may occur.

Every family has tasks and rules to observe, both for daily living and for long range goals. A primary function of the family council is for all of the members to discuss who is responsible for specific tasks in the home. The goal is for equality in responsibility and the assignment of tasks appropriate for the people involved.

When the family council functions well, work gets done without nagging and family members can enjoy each other. Talk between members is pleasant and complimentary. Probably the biggest payoff is that the family cooperates to keep the home running smoothly.

We cannot change the fact that parents create their children, but we cannot change the inevitability. But WE CAN change our attitude.

It has been said that life is 10% what happens to each of us and 90% is how we react to it.

For the benefit of our children, spouses, family members and others—let’s do our best to make our outlook be positive. (LI)

Miscellaneous

Attritude makes a difference

Is the drinking glass half full or half empty? It depends upon the individual’s point of view. The optimist says “half full”—the pessimist says “half empty”.

Our attitude has a real impact on our life and the lives of those around us. The remarkable thing is—we have a choice each day as to what our attitude will be for the day.

We cannot change our past. We cannot change the fact that parents create their children, but we cannot change the inevitability. But WE CAN change our attitude.

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1998 All-America Selections
continued from page 2

The last award winner is an herb called ‘Sweet Dan’ lemon basil. The leaves of ‘Sweet Dan’ have a strong lemon fragrance.

This aromatic herb will be desirable for its culinary and ornamental uses. Plants may be up to 26-inches tall. Transplant into the garden in mid-to-late May. Leaves from the plants can be harvested several times during the summer.

As you browse through the seed and nursery catalogs this spring, consider trying these award winning selections. (MIM)

How to get the most out of parent-teacher conferences continued from page 7

Is my child performing at grade level? Is my child performing at ability level? What is the family’s role in the project or assignment of tasks appropriate for the people involved? Is my child performing at grade level? Is my child performing at ability level? What is the family’s role in the project or assignment of tasks appropriate for the people involved?

Monday through Friday, from 4:00 - 7:00 p.m. under the guidance of Bonnie Krajewski at the Lower Platte South NRD. In addition, they can be a safety file, a convenient way to pollute ground water. In many places, but, these arrangements may continue to be threat-
NOTICE

Extension in Lancaster County.

constitute endorsement by the University of Nebraska Cooperative Extension.

Use of commercial and trade names does not imply approval or endorsement by the University of Nebraska Cooperative Extension in Lancaster County.

Department of Agriculture Ne-FACTS INFORMATION CENTER ..................................... 441-7188

OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday

Brenda Corder, (402) 441-7180 for more information.

Nebraska Cooperative Extension Newsletter

March 1998

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After hours .................................................. 441-7170
FAX .......................................................... 441-7148
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Comments

Story Idea(s) __________________________________________

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

March 16
Beekeeping for Beginners .......................................................... 6:30-9:30 p.m.
March 17
Star City Rabbit Raisers 4-H Club Meeting .................................. 7:00 p.m.
Beekeeping for Beginners .......................................................... 6:30-9:30 p.m.
CRP Workshop ................................................................. 9:00 a.m.-12:00 p.m.
Prescribed Burn School .................................................. 1:00 p.m.
March 18
Building Your Safety Net .......................................................... 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 Rifle Tournament—State Fair Park .......... 9:00 a.m.-4:00 p.m.
March 23
FCE Council Meeting—K’s Restaurant, 1725 South Cotner .......... 12:15 p.m.
March 24
FCE Leader Training “Family Relationship ‘Bank’ Account” .... 1:00 or 7:00 p.m.
March 25
55 Alive— Mature Driver Course ................................... 9:00 a.m.-2:00 p.m.
Crop Disease Basics: Fungal and Nematode Pathogens —UNL East Campus ......... 8:30 a.m.-4:00 p.m.
Building Your Safety Net ................................................... 5:30-9:30 p.m.
March 26
PAK 10 Livestock Judging—Christensen Field, Fremont .......... 9:00 a.m.-12:30 p.m.
55 Alive Mature Driver Course ..................................... 9:00 a.m.-2:00 p.m.
4-H Bucket Calf Workshop ............................................... 7:30 p.m.
March 27
earth wellness festival—Southeast Community College - Lincoln ..................................... 9:00 a.m.-4:00 p.m.
4-H Turkey Applications and Payment Due
March 28
Bake & Take Days .......................................................... 4-H In-House Horse Clinic .... 9:00 a.m.-noon
March 29
Bake & Take Days .......................................................... 4-H Speech Contest—State Capitol .......... 2:00 p.m.
March 30
Be a Better Gardener Preregistration Deadline
April 1
Food, Nutrition and Food Safety Workshop for Child Care Centers, Part 1 ................................. 1:00-3:00 p.m.
4-H Action Team Applications Due
Market Bee I.D.s for State Fair, Ak-Sar-Ben and American Royal Due
Building Your Safety Net .......................................................... 5:30-9:30 p.m.
April 4
Infant-Toddler Child Care Conference ................................ 8:30 a.m.-3:30 p.m.
Beekeeping for Beginners Lab—ARDC ............................... 9:00 a.m.-4:00 p.m.
April 7
4-H Council Meeting .......................................................... 7:00 p.m.
April 8
Food, Nutrition and Food Safety Workshop for Child Care Centers, Part 2 ................................. 1:00-3:00 p.m.
4-H Horse VIPS Meeting ................................................... 7:00 p.m.
April 9
Character Counts! Workshop for 9-12 year olds ............... 8:30 a.m.-4:00 p.m.
April 11
Nebraska Tower on the Plains Rabbit Show—Seward County Fairgrounds
April 13
CWF Meeting .......................................................... 7:00 p.m.
4-H Shooting Sports Club Meeting ................................ 7:00-9:00 p.m.
Extension Board Meeting ........................................... 7:30 p.m.
April 15
Camp Counselor Application to Eastern Nebraska 4-H Camp Due