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The NEBLINE, April 1998

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earth wellness festival makes a splash

Soni Ericksen
Extension Assistant

On March 27, 3,300 Lancaster County fifth graders attended earth wellness festival at Southeast Community College. The rain fell and the wind blew, but that didn’t dampen the spirits of those who came to educate and those who came to learn. Over 80 presenters invested time and resources to prepare activities that focused on the environment. They brought props and models. They challenged students with issues, ideas and solutions. At the festival, presenters encouraged students to help make a difference in their community.

Volunteers also played an important role at the event. Nearly 100 adult and youth volunteers led students and teachers to their sessions. Volunteers assisted presenters and were the extra hands when a student needed help with an activity. Presenters and volunteers helped students create fossils, ponder the importance of a habitat, and explore the world of a worm. Students learned about windbreaks, aquifers, recycling, air quality, soils, watersheds, whales, rivers and rain! Students learned about human impact and how they can make a difference.

Rain or shine, earth wellness festival is a hit!

Many thanks to the presenters, volunteers, business and community sponsors and steering committee agencies and staff.
Conserve water with drip irrigation

Drip irrigation can greatly reduce the amount of water you need to apply to your landscape. Properly installed and managed, drip irrigation can save 60 percent of all water used in garden care. Drip irrigation is a slow process watering technique which supplies water directly over a plant’s root system. Drip systems may be on the soil surface or buried. Run-off and erosion are eliminated because the water application rate can be controlled to the proper amount for full root zone irrigation. Less water needs to be applied with a drip system because it is only applied where it is needed over the plant roots. Areas between rows of crops, therefore, remain dry. This not only saves water but limits weed growth in these areas.

Another form of drip irrigation involves the use of “soaker” hoses. These hoses are equipped with small holes in them. They can be stretched along a row of plants in a garden or around plants in a landscape bed. These have several advantages over the “spaghetti” tube system. They are readily available in most stores selling garden supplies, rabbits do not frequently chew on them, and they do not clog as the “spaghetti” tubes. With a drip irrigation system, soil moisture can be carefully regulated. Plants do not have to endure dry periods or waterlogged conditions. This can result in healthier, faster growing plants. (DJ)

Bird gardens are for you

In attempts to get closer to nature, more and more people are planting bird gardens. No, they’re not places to grow birds. Rather, they’re gardens filled with plants appealing to birds. More people today are planting bird gardens as a hobby to watch these fine feathered friends in their own backyards. In addition, the garden’s flowers and shrubs can add beauty to a landscape.

These gardens are also beneficial for the birds by providing special places with food, for nesting, and protection from the weather. Many varieties of flowers and grasses can be used to attract birds. Annuals include bachelor buttons, cornflowers, marigolds and sunflowers. Perennials like black-eyed Susan, butterfly bush and goldenrod are also good choices. In addition, many kinds of ornamental grasses, like little blue stem, can supplement the bird garden.

Bushes and shrubs are also important attributes to a healthy bird garden. Viburnum is a popular shrub because it has more than 20 cultivars suitable in Nebraska, besides producing tasty red berries for birds. Elderberry and serviceberry bushes and dogwoods and crabapple trees also attract birds.

Bird and wildlife enthusiasts should try to purchase native plants for their area. Native plants are better adapted to the local climate and soil conditions. They are more disease resistant, more resistant to pests and require less water.

Belly up to the salad bar

One of the self-satisfying things about growing your own vegetables is the knowledge that you are providing healthy food for you and your family. Many people have 12 to 20 fresh varieties of vegetables, from helping to lower cholesterol to reducing the risk of certain types of cancer. We make no particular health claims for vegetables, but they have always been recognized as being good sources of vitamins and minerals, and have long been thought of as “health foods.” Similar to their namesake, the purchase of “rabbit foods” such as lettuce, onions, tomatoes and other produce categories has been multiplying rapidly at grocery stores across America. The USDA food consumption bulletin lists fresh vegetable consumption per capita, and we find an increase in all salad vegetable. Starting with iceberg lettuce, consumers purchased 20.8 pounds in 1970, but 25.8 pounds in 1990. Onions had the largest jump per capita, from 11.7 pounds to 17.5 pounds. The largest jump per capita, from 11.7 pounds to 17.5 pounds. The consumption of green peppers almost doubled, and cucumbers had a 65 percent increase. If you are like 140 million adults, as reported by ‘Restaurant Business’, you eat salads several times a week. Salads are increasing in popularity and are as trendy as the New American Garden. (DJ)
1998 Household Hazardous Waste Collections

Reminder: These collections are for households only; not for businesses. Only residents of Lincoln and Lancaster County can bring items to collections.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday, April 18</td>
<td>Lincoln-Lancaster County Health Department (LLCHD) in 40 N. 4th Street, south parking lot</td>
<td>9:00 a.m.-3:00 p.m.</td>
</tr>
<tr>
<td>Friday, May 15</td>
<td>2nd &amp; Main - Hickman, Nebraska</td>
<td>3:00-6:00 p.m.</td>
</tr>
<tr>
<td>Saturday, May 16</td>
<td>Christ United Methodist Church 4530 “A” street, north parking lot</td>
<td>9:00 a.m.-3:00 p.m.</td>
</tr>
<tr>
<td>Saturday, June 6</td>
<td>State Fair Park, parking lot NW of Ag Hall</td>
<td>9:00 a.m.-3:00 p.m.</td>
</tr>
</tbody>
</table>

More summer and fall collections will be announced at a later date.

Household Hazardous Waste Collections will include:
• Heavy Metals—Wastes containing mercury such as thermometers and thermostats. (Fluorescent bulbs and many batteries contain heavy metals but can now be recycled locally.)
• Solvents—Mineral spirits, turpentine, paint strippers and thinners, oil-based paints, varnishes, stains, polishes and waxes.
• Pesticides—Weed killers, garden sprays, wood preservatives, reach powder, pet flea and tick products, rat poisons, etc.
• Items containing PCBs—Ballasts from old fluorescent lamps and small capacitors from old appliances including radios, motors and televisions.
• Lead—Paint,家居, and household products
• Propane cylinders

Please keep products in the original container and keep the label intact. If the label is already destroyed or unreadable, label the products to the best of your knowledge. Open, leaking or rusted containers should be placed in a clear plastic bag during transport to a collection. Please, do not mix chemicals!

Household waste categories:
• Household Trash
• General Household Trash or Recyclables
• Antifreeze
• Explosives & Ammunition
• Batteries
• Furniture & Electronics
• Used Oil
• 1997 Antifreeze
• 1997 Batteries
• Old, expired or unreadable medication
• Used Tires
• Automotive Fluids
• Paints
• Shingles
• Cartridges & Ammunition
• Rust Removers
• Shriners and Masons
• Solvents
• Chemicals
• Palettes & Paint Trays
• Varnishes, stains, polishes and waxes
• Waxes

Tell the pumpkin people about the household waste categories. They are in the process of figuring out the next steps needed for the system.

Environment Focus

Label changes affect termite control

Come to a termite workshop April 22

In the last year, there have been important changes in termicide labels that may prevent consumers with deep basements from getting an effective chemical treatment. The goal of using a traditional barrier treatment has been to completely surround the foundation of the house with a chemical barrier so termites won’t enter the structure.

Post-construction soil treatments. As of October 1997, the EPA made significant changes to termicide labels that may prevent consumers with deep basements from getting an effective chemical treatment. The goal of using a traditional barrier treatment has been to completely surround the foundation of the house with a chemical barrier so termites won’t enter the structure.

Pre-construction treatments. The good news for consumers is that for pre-construction treatments the EPA prohibits concentrations to be less than the labeled rates. This has been a major problem because unethical companies have diluted the chemical so much that there is little or no protection from termites. And until now, applying weak solutions of termicide chemicals has been considered to be legal.

These topics and much more will be discussed at a workshop “Everything Homeowners Should Know About Termites and Termite Control.” This workshop will be held Wednesday, April 22, 1998, 6:30-9:30 p.m. There will be a $15 registration fee and reference materials will be provided. (BPO)

A recyclable car?

Can you believe it? It’s not a toy! It’s a car made of plastic! Chrysler Corporation has designed and built a car that is cheap (about $6,000) and durable. It comes in four pieces and can be put together quickly. The plastic used is the same as that used in soda bottles. If you spill your drink—just hose it out! The “bubble” is made of plastic too. And if you’re tired of the car and/or it wears out, just recycle it. The parts can be used again. Chrysler Corporation is planning to distribute this car in India, China and other developing countries. (ALII)

Population boom

In the next century, experts say the number of people on earth will currently 5.8 billion could more than double. The rate of population growth is, however, actually slowing. The argument that world’s population will rise by 90 million a year for the next 20 years, that growth will slow to 50 million a year by 2050,reports the World Health Organization. (ALII)

Did you know...?

• 1997 was the warmest year on record, averaging three quarters of a degree Fahrenheit above the normal world temperature of 61.7.
• 178,000 acres in Nebraska were accepted into the Conservation Reserve Program in the 16th signup period.
• Seventeen countries, led by Brazil, contain more than two-thirds of the planet’s biological wealth and diversity.
• Forty percent of US hogs production is in the hands of fifty producers.
• World food production must double by 2020 to meet the increased demand from population increases.

Source: Center for Sustainable Agricultural Systems, UNL/IANR (BPO)

Children most susceptible to lead poisoning

Even though daily intake of lead from food has dropped more than 90 percent since 1982-84 levels, the Federal Food and Drug Administration finds that lead poisoning remains a significant danger, especially to children.

Although adults absorb about 11 percent of lead reaching the digestive tract, children absorb 30 to 75 percent, making them far more susceptible to ingested lead. The body stores lead mainly in bone, where it can accumulate for a lifetime. When inhaled it is absorbed, but less than 1 percent of lead is absorbed when it comes in contact with the skin.

continued on page 11
Adding legumes to warm-season grasses

Warm-season grasses provide good summer grazing. But they can be made even better with legumes added to them. Warm-season grasses like big bluestem, indiangrass and switchgrass make good summer pasture; but, sometimes their protein content is a little low.

One way to improve warm-season grass pastures is to add some legumes, especially if your grass is stressed. Just mix the legume into these grasses right now, and they will have four to six weeks to get started before the warm-season grasses begin to grow fast enough to compete with the new legume.

In subsequent years, however, early spring growth by the legumes eventually could become a problem. Some legumes grow so rapidly in the spring that they could form a complete canopy over the warm-season grasses and shade them out. So, you must carefully select legumes that will not compete aggressively with your warm-season grasses, or be sure they aren’t planted thick enough to cause a problem.

The legume recommended by Bruce Anderson, UNL extension forage specialist is birdfoot trefoil. Trefoil starts growing a little later in spring than some other legumes and it does not grow tall very fast. Also, it does not cause bloat. So if it does get thick, you can graze it early without fear. Another possibility is a native, warm-season legume called Illinois bundleflower. And, of course, alfalfa and red clover can work. If you try them, plant no more than three pounds per acre and seed in rows about 24 inches wide.

Adding legumes to warm-season grasses can be one of the easiest and best ways you can make a good thing better. (WS)

Livestock operators face new requirements

Public concerns surrounding proposed large swine confinement facilities in Nebraska have prompted the Nebraska Department of Environmental Quality to clarify its permit application requirements. The biggest changes concern phosphorus testing requirements and groundwater quality monitoring.

All Nebraska livestock operations, regardless of size, must be inspected by the DEQ to determine if livestock wastes could potentially contaminate surface water or groundwater. Most confined operations that are inspected need a DEQ permit, while open lot operations need a permit only if livestock waste can wash into a stream.

The changes to the permit application requirement involve:

Phosphorus testing. As part of the permit process, land being considered for livestock waste application must be tested for phosphorus content. At least three inches must be sampled in 40-acre increments. If the phosphorus level exceeds 100 parts per million, livestock wastes can’t be applied to those acres. Generally the top six inches must be sampled in 40-acre increments. If the phosphorous level exceeds 100 parts per million, livestock wastes can’t be applied to those acres. Generally the top six inches must be sampled in 40-acre increments. If the phosphorous level exceeds 100 parts per million, livestock wastes can’t be applied to those acres.

Groundwater monitoring. If a DEQ review of the site information indicates a possibility of livestock waste contaminating the groundwater, monitoring with on-site monitoring wells must be required. If monitoring is required, at least three wells are needed: one above the direction of groundwater flow and two below. Depending on local conditions, multilevel wells may be required.

One change that will be resolved is if the new requirements will be retroactively applied to existing livestock operations. Nebraska has approximately 15,000 cattle and hog operations, of which 9,000 have been inspected. DEQ has issued about 1,600 feedlot permits. (TD)

Choosing the correct glove is important in pesticide application

Appropriate safety gloves are necessary when applying agricultural or yard pesticides to plants.

Gloves can be the most common part of pesticide safety gear. They are something that a producer, gardener or pesticide applicator has to have and wear to protect them from a chemical they are spraying onto, even when holding the chemical in their hand, but using the correct type is important. To determine the correct type of glove to use, read the pesticide product label and comply with all directions given.

Safety gloves are needed for both mixing and applying pesticides. For optimum protection, wear unlined, liquid-proof neoprene, butyl, PVC or nitrile gloves. These gloves need to extend well past the forearm. Do not wear lined gloves, such as garden gloves, to

Avoiding herbicide drift

Injury caused by movement of pesticide off the target and onto susceptible species is a major concern and needs to be addressed...

Spray particle size is a function of nozzle design, the orifice size and the operating pressure. Taking the 40 PSI as an example: nozzles designed to produce 0.2 GPM had a median particle size of 390 microns, whereas the equivalent 0.5 GPM nozzle produced a median droplet size of 470 microns. Nozzles must be operated within pressure limits. Pressures that are too high create a great tendency to drift than others. Both types of drift can damage non-target plants when environmental factors are not properly considered or herbicides are improperly applied. Injury caused by movement of pesticide off the target and onto susceptible species is a major concern and needs to be addressed... advantage is lost due to the fact that wider angle nozzles tend to produce smaller droplet sizes. At 40 PSI, an 80 degree nozzle had a median droplet size of 470 microns, whereas the equivalent 110 degree nozzle had a median droplet size of 380 microns.

Nozzles must be operated within pressure limits. Pressures that are too high create a great number of fine particles, pressures that are too low will not develop a full spray pattern. Selecting nozzles that deliver the required volume while operating in the recommended pressure range is the most important aspect of pesticide drift potential. All chemicals are subject to pesticide drift since the actual spray droplets are carried away in the air. Some chemicals are more prone to vapor drift than others. Both types of drift can damage non-target plants when environmental factors are not properly considered or herbicides are improperly applied. Injury caused by movement of pesticide off the target and onto susceptible species is a major concern and needs to be addressed...

Nitrogen plays a critical role in many agricultural applications, from improving crop yields to reducing the environmental impact of agricultural operations. Nitrogen is essential for plant growth and development, but improper management can lead to environmental and economic consequences.

Nitrogen is a nutrient that is often applied to crops in the form of fertilizer or by the use of nitrogen-fixing crops. However, excess nitrogen can have negative impacts on the environment and human health. Proper management of nitrogen is crucial to prevent water and air pollution, and to ensure sustainable agricultural practices.

The use of nitrogen in agriculture is widespread, with the United States being one of the largest producers and consumers of nitrogen fertilizer. However, the improper application of nitrogen can lead to environmental problems, such as water and air pollution.

Water pollution

Excess nitrogen in water bodies can lead to eutrophication, a phenomenon where nutrient levels increase to the point where harmful algal blooms occur. These harmful algal blooms can cause oxygen depletion in water bodies, leading to the death of aquatic life. Additionally, some nitrogen compounds can be toxic to humans and animals when ingested.

Air pollution

Excess nitrogen can also contribute to air pollution, particularly through the formation of nitrous oxides (NOx). NOx emissions can lead to the formation of ground-level ozone, a major component of smog. This can lead to respiratory problems and other health issues for humans and can have negative impacts on crop yields.

Soil nitrogen

Nitrogen is also important for soil health and agricultural productivity. Nitrogen is a key component of the soil organic matter, which plays a crucial role in soil fertility and structure. Proper management of nitrogen can help to maintain soil health and productivity, while improper management can lead to a decline in soil quality.

Agricultural practices that can help to manage nitrogen include:

- Applying nitrogen to crops in the appropriate amounts and timing
- Using nitrogen-fixing crops to reduce the need for synthetic nitrogen fertilizers
- Implementing crop rotation and cover crops to improve soil health and nitrogen cycling
- Reducing tillage to minimize nutrient loss

By managing nitrogen properly, farmers and agricultural systems can ensure sustainable and productive agricultural practices while reducing the negative impacts of nitrogen on the environment and human health.

Anhydrous ammonia is so familiar that it's easy for agricultural producers to take it for granted. Anhydrous ammonia should always be handled with utmost caution, however.

Anhydrous ammonia means “affinity for water” and physically literally dries out any surface it contacts. Skin will appear to be literally dries out any surface it contacts. Fumes will burn skin quickly, leading to blindness. Fumes breathed into the lungs can suffocate.

But, handled safely, anhydrous is absorbed by the water and not into the skin. People who work with very large amounts of anhydrous ammonia have large lungs of water available, if exposed, they dive into the tub. That way, the anhydrous is absorbed by the water and not into the skin.

Anhydrous ammonia is a very popular nitrogen source.

Anhydrous safety means preventing contact between the chemical and the person handling it. Always work upwind of machinery, hoses, valleys, couplers and applicator tanks. Do not step in front of fittings or valves. Wear insulated gloves and non-vented goggles when handling anhydrous.

Never fill an anhydrous tank more than 85 percent full.

Keep a lot of water available. All anhydrous tanks should have a five-gallon water reservoir where a 100 psi and place the water daily. Keep a squirt bottle in the tractor cab.

Frighten and trick people with very large amounts of anhydrous ammonia have large tubs of water available, if exposed, they dive into the tub. That way, the anhydrous is absorbed by the water and not into the skin.

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Windbreaks enhance the rural living environment

Establishing and maintaining windbreaks on your property is almost essential if you live in rural Nebraska. A well-designed windbreak will not only provide protection from the wind but can add color and diversity to the landscape and enhance the overall value of your property.

Windbreaks help conserve energy, control blowing and drifting snow, improve working and recreational environments, and provide wildlife habitat. They can also be used as privacy screens, to control dust and odors, and to reduce noise.

The primary effect of a windbreak is the reduction in wind speed in adjacent areas. The reduction in wind speed behind the windbreak modifies the environmental conditions or microclimate in the sheltered zone. Windbreak structure—height, density, number of rows, species composition, length, orientation and continuity—determines the effectiveness of a windbreak in reducing wind speed and altering the microclimate.

Height (H) is the most important factor determining the downwind area protected by the windbreak. This value varies from windbreak to windbreak and increases as the windbreak matures. In multiple-row windbreaks, the height of the tallest tree-row determines the value of H and the zone of maximum protection occurs within a distance of two to seven times H on downwind or leeward side of the windbreak. Additional protection occurs within a distance of one to three times H on the windward side of the windbreak. The goal in designing windbreaks is to take advantage of these zones of protection to achieve your objectives.

Windbreak density is the ratio of the solid portion of the windbreak to the total area of the windbreak. In designing a windbreak, density should be adjusted to meet landowner objectives. A windbreak density of 40-60% provides the greatest downwind area of protection but may not reduce wind velocity enough to provide adequate protection for homes and livestock. Increasing the density of 60-80% will provide more protection but the size of the protected area will be smaller. Factors controlling windbreak density are the number of rows, the distance between trees and species composition. Increasing the number of rows or decreasing the spacing between trees increases the density of a windbreak.

Although the height and density of a windbreak determine protection to achieve your objectives, the selection of species, their arrangement and overall value of your property.

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Controlling noxious weeds is everyone’s responsibility

The State of Nebraska has had a noxious weed law in place for many years. The primary purpose of the law is to control the occurrence and spread of introduced weed species that are particularly aggressive and difficult to control. Controlling the occurrence of noxious weeds on your property is your responsibility and failure to do so could result in fines. Whether you have owned an acreage for many years or just purchased one it is essential that you become familiar with the noxious weed law. You should also be able to identify noxious weeds and know how to control them.

There are currently six noxious weeds in Nebraska. These are Musk Thistle, Plumeless Thistle, Canada Thistle, Leafy Spurge, Diffuse Knapweed and Spotted Knapweed. The most common noxious weed found in Lancaster County is Musk Thistle which occupies approximately 92% of the acres in the county that are infested with noxious weeds. Leafy Spurge accounts for approximately 5% of the infested acres followed by Plumeless Thistle and Canada Thistle.

If you have an infestation of Musk Thistle or Plumeless Thistle, now is an excellent time to control them. These thistles are currently in an actively growing rosette stage and are very susceptible to many of the broad leaf herbicides. In addition, they can be easily controlled in small or lightly infested areas by digging or pulling the entire plant. Regardless of the method of control you choose, however, scout the infested area on a weekly basis until you are certain that all of the plants have been killed.

For more information on the identification and control of noxious weeds, contact the Lancaster County Noxious Weed Control Authority, 441-7817 or check out their web page at http://interlin秘密.cn.lincoln.ne.us/InterLinc/city/weeds. (SCB)

“Part-time Farming” video still available

Whether you have just purchased an acreage or are just looking for ways to make some additional income from your acreage, the “Part-time Farming” video may be just what you’re looking for. The “Part-time Farming” video was developed by the University of Nebraska Cooperative Extension to help acreage owners and small-scale farmers make better use of their resources. The hour-long video consists of five parts that focus on: (1) field crops; (2) farm management; (3) specialty enterprises; (4) haylands and pastures; and (5) livestock, poultry and rabbits. The topics are presented in a down-to-earth fashion that everyone can relate to and provide numerous tips that will save you costly mistakes and precious time. To obtain your copy of the video, contact the Lancaster County Extension Office at 441-7180.

Cost of the video is $15.95 plus tax. (SCB)
Two free food safety programs for youth/adults

Receive training and materials and do one or both of these food safety activities with your group: (1) Teach basic home food safety by playing the award-winning “Don’t Get Bugged by a ‘Glo-germ’ to teach handwashing as part of the “Clean Hands Campaign!” Call Extension Educator Alice Henneman at 441-7180 to schedule your personal training session. (AH)

Yllescas and Linda Detauer team up with interpreters as they teach nutrition. According to Peggy Newquist, CSS refugee orientation coordinator, “Refugees need to know how to shop in grocery stores to access food economically. They need to know that nutrition plays an important part in a healthy body. They also need to understand how to prepare food properly so they don’t run the risk of becoming sick because it wasn’t handled safely.”

Barb and Linda have excellent rapport with the refugees and the interpreter. They are tuned in to the unique needs of refugees. Nutrition education classes are an important part of moving families toward self-sufficiency,” says Newquist.

Recently, Russian clients thought that skinless breast of chicken was old and that the grocery stores needed to sell it quickly. They didn’t understand that the skin was removed to reduce fat. The Vietnamese clients often don’t realize the importance of refrigerating eggs because they use to receive fresh eggs daily. These are the types of questions for which NEP staff provides accurate information.

Linda Detauer says, “Food storage is much different in the USA. Many refugees have been accustomed to purchasing food daily. They believe that America is very clean and are not used to washing fruits and vegetables before eating. Frozen meat is not available in many countries. There are so many things that continue on page 11

Help offered to manufacture secret recipes

Have you been told over and over again that you should market your family’s secret recipe? Are you a restaurant or store owner who wants to develop a “House Recipe and/or Private Label” product?

Take advantage of the Entrepreneur Assistance Program Entrepreneur Assistance Program “From Product to Profit” seminar at the Food Processing Center, University of Nebraska-Lincoln. The program is designed specifically to assist entrepreneurs through all phases of developing a food manufacturing business. This seminar will be offered April 30, June 4, August 17 and October 27 in 1998. Early registration is encouraged due to limited space.

The seminar addresses many marketing, business and technical issues including: product development, food safety, market selection, regulatory issues and agencies, product pricing, legal issues, packaging and promotional strategies. The purpose is to provide participants with information that will assist them in deciding if they want to develop a food manufacturing business.

Herbal remedies need caution

Herbs are hot. Not herbs for cooking, but herbs for medicinal purposes.

Medicinal herbs are so hot that the University of Kansas Medical Center has the Nutrition Information Service handle questions related to herb supplementation. Herbs are considered a dietary supplement and aren’t currently regulated by the Food and Drug Administration.

Herbs do have some medici- continued on page 11

Refugees sponsored by Catholic Social Services learn from NEP

Imagine the challenges of beginning a new life in Nebraska after fleeing persecution, poverty and war in your home country. Catholic Social Services provides resettlement services to approximately 375 refugees annually. Cultural groups include Bosnian, Iraqi, Vietnamese, Cuban, Sudanese and the former Soviet Union.

Secure housing, food, medical and dental services and job placement are essential in assisting families to achieve self-sufficiency as quickly as possible.

The Nutrition Education Program (NEP) staff have become a valuable part of the CSS refugee basic orientation.

Nutrition education classes are scheduled twice a month. Barb Yllescas and Linda Detauer team up with interpreters as they teach nutrition.

NUTFACTS

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

369 Stop, Look and Listen

367 Reducing Sodium in Your Diet

356 The Vegetable Group and many more...

Diabetes Home Study Course

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

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Dr. Yllescas (standing) instructs a group of refugees on the basics of proper nutrition.

Dried ingredients and add the liquid ingredients. Stir only until moist—thoroughly mix all liquid ingredients. Make a well in the center of the dry ingredients to blend well. In a separate bowl, mix all dry ingredients to blend well. In a separate bowl, mix all dry ingredients to blend well. In a separate bowl, mix all dry ingredients to blend well. In a separate bowl, mix all dry ingredients to blend well. In a separate bowl, mix all dry ingredients to blend well. In a separate bowl, mix all dry ingredients to blend well. In a separate bowl, mix all dry ingredients to blend well. In a separate bowl, mix all dry ingredients to blend well. In a separate bowl, mix all dry ingredients to blend well. In a separate bowl, mix all dry ingredients to blend well. In a separate bowl, mix all dry ingredients to blend well. In a separate bowl, mix all dry ingredients to blend well. In a separate bowl, mix all dry ingredients to blend well. 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Jean's Journal

Jean Wheelock
FCE Council Chair

March really roared in like a lion with all the snow and howling winds. As I write this in mid-March, I only hope March’s exit is like a lamb. Spring is a favorite time of the year for many of us. We can hardly wait to dig in the soil, watch those new plants shoot through the ground and take long walks just to inhale the freshness of spring.

What is the appropriate age for a teenager to:

• become financially independent
• stay at home alone when parents are away
• handle his or her own money
• decide what clothes to wear
• start dating, or have a boyfriend or girlfriend
• handle his or her own money
• stay at home alone when parents are away
• handle his or her own money
• decide what clothes to wear
• go to a restaurant alone with friends

Parents matter

LaDeane Jha
Extension Educator

Fathers play an important role in their children’s upbringing from the time they are born through adulthood. Research has shown that fathers are very adequate parents, even though fathers may express their involvement in slightly different styles, fathers appear to be sensitive and as concerned with the childrearing process as mothers. More important than the actual division of labor is that both parents participate with children in an active way. Most literature agrees that two caregivers may be better able than one to meet the economic, social, and intellectual needs of children. By appreciating the importance of two parents, mothers and fathers may be better able to understand, accept and adequately prepare for their roles as parents.

Family Living

Sizzling Summer Sampler

sponsored by FCE Council

Thursday, July 9, 6 to 9 p.m.

Light supper
at 6:00 p.m.

Learnshops:
• Foods demonstration
• Preserving pictures
• Let’s have another cup of tea

How does it work?

Participants assume the role of a family living in one of up to 26 different limited resource households. The task of the “families” is to provide for basic necessities and shelter during the course of four “weeks.” Family members interact with community resources and services and at the end spend time debriefing about the experience. Who benefits from participation?

The experience can be an “eyeopener” to anyone who wishes to understand more about the realities of poverty.

How are the FCE clubs doing on their community projects? Remember, we would like “show-n-tell” at our Achievement Day event.

Fathers play an important role in our “Tune Out Violence on TV” day! I hope so because as concerned citizens this is one way, as individuals and collectively, we can do something.

Fathers matter

Fathers play an important role in their children’s upbringing from the time they are born through adolescence. Research has shown that fathers are very adequate caretakers of infants and can perform most of what mothers do. However, their parenting styles are often different from those of mothers and this contributes to infants’ physical, social, and cognitive development. For example, mothers more frequently talk to, hold, and engage in social play, whereas fathers engage children in more physically arousing play. According to M. Weinraub, a fathers presence may improve an infant’s tolerance of change and the unfamiliar and enhance his or her ability to develop new relationships.

Research has shown that fathers play a large role in fostering creativity, a positive body image, moral standards, and social competence. Some literature indicates that fathers spend less time with their children, engage in more masculine line-sex-typed activities at home and spend less time in active caregiving activities. However, there is absolutely no evidence that fathers are second-class parents. Even though fathers may express their involvement in slightly different styles, fathers appear to be sensitive and as concerned with the childrearing process as mothers. More important than the actual division of labor is that both parents participate with children in an active way. Most literature agrees that two caregivers may be better able than one to meet the economic, social, and intellectual needs of children. By appreciating the importance of two parents, mothers and fathers may be better able to understand, accept and adequately prepare for their roles as parents.

Living in a state of poverty

LaDeane Jha
Extension Educator

Living in a state of poverty is a simulation designed to help participants in the program understand what it might be like to be part of a typical limited resource family trying to survive from month to month. The objective of the simulation is to sensitize participants to the realities of life faced by families living in poverty.

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**1998 4-H Music Contest**

**Sunday, April 26, 2 p.m.**

Dawes Middle School

5130 ColFax Avenue

Everyone is welcome to attend!

Join the fun & watch talented 4-H members. (TK)

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**Beef progress show**

The 24th Annual Johnson and Nemaha County Beef Progress Show will be held Saturday, June 13 at the Johnson County Fairgrounds in Tecumseh, NE. Weigh-in and registration will be from 10-11 a.m. The show will start at 1 p.m. Trophies and ribbons will be presented to champions and class winners. There is a purge of $500. If you would like more information on this show, please call Jim Kite at 402-274-5823 or Deanna at 441-7180. (DL)

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**Horse clinic, State Fair Park**

- **May 23-24 (tentative date)**
- **Saturday, May 23, 9:30 a.m. - 4 p.m. and Sunday, May 24, 9 a.m. - 4 p.m.**
- Presented by Kathy Anderson. Registration limited to 25 participants per day. Advanced registration required. For more information, please contact Ellen at 441-7180.

**Pre-District Horse Show and Clinic**

- **Saturday, June 6 & Sunday, June 7**
- **Saturday: 8:30 a.m. Registration 9:00 a.m. - 3:15 p.m. Clinic**
- **Sunday: 11:30 a.m. Registration 12:30 p.m. Horse Show Begins $2.00 per class**
- **$5.00 for the entire day**
- **$2.00 per class**
- **Will be held at Capital City Horse and Pony Club (5 miles north of 14th & Superior Street, Lincoln)**

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**Performance lamb weigh-in**

The performance lamb weigh-in and tagging will be Saturday, May 30, 8 a.m. to 12 p.m., in the sheep barn at State Fair Park. Any 4-H'er planning on being in the market lamb performance contest must have their lambs weighed this day. All market lambs or commercial breeding ewes that haven’t been tagged must also be brought in. If you have questions, call Deanna at 441-7180. (DL)

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**Independent sheep exhibitors**

All independent sheep exhibitors are required to bring their market lambs and commercial breeding ewes in to be tagged Saturday, May 30, 8 a.m. to 12 p.m. in the sheep barn at the State Fair Park. If you have any questions or concerns, call Deanna at 441-7180. (DL)

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**How to exhibit leader training**

New leaders, experienced leaders, 4-H members, and parents are all invited to our “How to Exhibit” leader training. Learn how to enter an entry tag on a dress, where to take the model rocket exhibit, and other exhibit information which will prepare you for the 1998 Lancaster County Fair. This leader training will be held Tuesday, May 12, 9:30 a.m. or 7 p.m. (TK)
Take a friend--make a friend Get a 4-H camp

4-H camps at the Eastern Nebraska 4-H Center, near Gretna, are summer adventures that allow your child to have an experience of a lifetime. 4-H camp allows your child to become more independent, build self-confidence and self-worth, discover new recreational skills, and develop a sense of love and respect for others as well as the outdoors.

If you’d like to see your son or daughter enjoying the fun and excitement of summer camp, help put them in a position to do so. Enroll them with a friend in a 4-H camp. All camps are overnight sessions. Check in and release times are listed on page 10. Camp cancellation fee $20.00. General age guidelines is 8 to 14 years.

**ORSE BITS**

Horses and other mammals are capable of feeling the same emotions as humans. We all interpret our bodies in the environment and choose a response. Through body language messages about our feelings are conveyed to those who are paying attention. By figuring out what your horse is saying through body language, you can address the source of what may be seen as a training or behavior problem.

Methods that work by reading a horse’s body language build trust and understanding a horse and your horse. By developing trust and cooperation your training will yield much better long term results.

Watch your horse. There are things you can pick up first, like stamping, shuffling of weight, looking around, playing with the bit, or seeing the whites of the horse’s eyes. If not sure, take a notebook and it’s looking back at you.

Ask yourself these questions:

- Is the horse breathing, breath, breathing shallowly, or breathing deeply in a relaxed state?
- Does the horse have a focused, hard eyed worry wrinkles above it, or is it the eye soft, relaxed, and open? Is the mouth clamped and tight with jaws set? Are the ears stiff, or are they alert to what’s going on around it? Is the neck or body stiff or soft? Is the tail straight or clamped down? Is the horse unbalanced?
- Does the horse act like it doesn’t know what you want it to do? Does it show a sour expression, back its ears, swish its tail or stumble while resisting what you are asking it?

When you encounter a horse that displays any of these signs, try to interpret what it’s feeling. Often people think they are having a problem with their horse, but if they check it out, they find the horse is having a problem with people. You can remedy this and the horse has a much greater chance of learning the acceptable behavior or response.

Look at these signs:
- Nervousness and fear. A horse that is afraid can exhibit any number of symptoms, including spoooking, looking around and ear pinning. For a fearful horse, rebuilding the animal’s confidence is necessary.
- Lameness. A horse who fearfully does most exercises except one may be harboring a lameness. A sharp-eyed individual can usually spot a lameness problem while it is still minor.
- Boredom. A horse who doesn’t pay attention to what its rider asks, looks around, acts dull, or plays with the bit, may be bored.
- Laziness. The horse who resists a command, spooks or tries to unseat its rider may be one who has learned that bad behavior has its rewards.

We get the best of the horse when we ask through cooperation and partnership. Understanding body movement allows us to accomplish our training goals in less time with less fear, less force and in an easier way.

Thanks to Kaledna Dey for the information contributed to this article. (EK)

**Photography reminder:**

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

Pen Pals

Rural youth in Bonita are wanting to correspond with youth from the United States. This would be a great opportunity for your 4-H club to learn about a different culture and to share their experiences. If you are interested and would like more information, please contact Tracy. (TK)

**Thank you 4 volunteers!**

Volunteer Recognition Week
April 19-25, 1998

**I want to room with* ____________________________

(*Registrations must come in together)

**Check camp(s) you are registering for:

| June 09-11 | Fish Camp | $76.00 |
| June 09-11 | Let The Games Begin | $90.00 |
| June 12-15 | Outdoor Adventure I | $90.00 |
| June 16-19 | Niobrara I (Teens) | $160.00 |
| June 16-19 | Summer Safari | $90.00 |
| June 20-23 | Outdoor Adventure II | $90.00 |
| June 24-28 | Boldly Summer | $105.00 |
| July 09-11 | Wet-N-Wild I | $76.00 |
| July 09-11 | Wet-N-Wild II | $76.00 |
| July 08-10 | Wet-N-Wild III | $76.00 |
| July 09-11 | Me & My P.A.L. I | $76.00 |
| July 10-11 | First Timers | $50.00 |
| July 10-11 | Discovery ’98 | $76.00 |
| July 14-18 | Wet-N-Wild IV | $76.00 |
| July 15-18 | Butterflys, Beetles, Bees | $76.00 |
| July 15-18 | Niobrara I (Teens) | $160.00 |
| July 29-July 1 | Discovery ’98 | $76.00 |
| July 29-July 1 | Wet-N-Wild I | $76.00 |
| July 30-Nov. 3 | Me & My P.A.L. I | $76.00 |
| Oct. 30-Nov. 3 | Me & My P.A.L. I | $60.00 |

**总合计 $76.00**
Service learning grants awarded to youth

“Teens for Teens” is a service learning grant program through the University of Nebraska Cooperative Extension in Lancaster County, funded by a Learn & Serve grant from the Nebraska Community Service Commission. Over $3000 has been awarded to nine youth groups in Lancaster County for educational community service projects. A variety of projects were chosen by the “Teens for Teens” Youth Advisory Board that will enhance knowledge application through community service while teaching youth about the grant process. The nine groups funded were required to write their own project proposal and will be required to keep records, write their own grant reports and attend educational workshops regarding project planning. The nine projects funded included the following:

- “Arts for All” by the Lincoln Children’s Museum’s Youth Advisory Council — Youth will host an art event at the museum on April 26, designed specifically to enable handicapped children to participate in the creation of art.
- “Clove Mission” by the Super Stars 4-H Club — Youth will bring various 4-H life skill activities (such as cooking, sewing, etc.) to children at the People’s City Mission.
- “Hand in Hand” by the Lincoln High ACE students — Youth will work with elementary kids to paint a mural representing cultural diversity at the F Street Recreation Center.
- “Improve” by the Lincoln Action Program Improv Team — Youth will provide improvisational skills on youth issues such as peer pressure, drinking, etc. to middle and high schools.

The U.S. has more tornadoes than any other country, and Nebraska consistently ranks about 5th in the U.S. in the number of tornadoes per year (average—37 per year since 1950; most in any year to date—88 in 1990).

DEFINITIONS:

- Tornado watch — A storm with the potential of producing tornadoes is expected to move through the area. In other words, there is a potential danger; watch out and prepare.
- Tornado warning — A tornado has been spotted on or near the ground approaching Lincoln or part of Lancaster County. Take shelter!

Basic tornado information

FACTS: A tornado is the most concentrated form of violent weather, capable of generating winds in excess of 300 mph in the funnel wall, and of moving across the ground at 70+ mph. Such extremes are rare, but do occur. The average tornado has funnel wall winds speeds of 150-175 mph, cuts a damage path about 150 yards wide and moves across the ground at about 35 mph. The U.S. has more tornadoes that any other country, and Nebraska consistently ranks about 5th in the U.S. in the number of tornadoes per year (average—37 per year since 1950; most in any year to date—86 in 1990).

NRD public use areas offer great outdoor activities

Outdoor activities and recreation are great for quality of life. Our local area offers some tremendous opportunities to escape to outdoor places. The Lower Platte South Natural Resources District has established some natural settings for public use. These include lakes, trails and wetlands. At the area NRD lakes, you can enjoy fishing, camping, hiking, hunting, non-powered boating, wildlife watching and day use activities, all available at no cost or park entry permit. The lakes were constructed for flood control and offer a secondary benefit of public recreation.

Trails offer opportunities for family fun and fitness. The MoPac East and Oak Creek Recreational Trails were developed from abandoned railroads for public use and wildlife habitat. The MoPac East Trail stretches 18 miles from 84th Street in Lincoln to the Village of Elmwood, while the Oak Creek Trail is a 12 mile journey between Valparaiso and Brainard. For horseback riding, the Charles L. Warner Equestrian Trail begins at 98th and A Streets. It was designed as a safe alternative to riding along county roads. In addition to these trails, you will find Salt Creek Trail located between Wilderness Park and SW 2nd and J Streets. To support maintenance and development of the MoPac East and Oak Creek Recreational Trails, you can assist by purchasing trail user passes. Daily ($1.00) or annual ($5.00) passes are available at dispensers on the MoPac East Trail. You can also obtain passes at the Walnut Trail Center located one block north of the trail as you pass through Walton. (GB)

Lakes of the Lower Platte South Natural Resources District
Children most susceptible to lead poisoning

continued from page 3

Poor nutritional health increases the danger of the exposure. Calcium deficiency especially increases lead absorption. So does iron deficiency, which also increases lead damage. A high-fat diet increases lead absorption and an empty stomach makes it easier for lead to move into the bloodstream.

Although no one knows exactly what lead does to the central nervous system, it appears to disturb how brain neurotransmitters function. Neurotransmitters are chemical messengers between the body’s nerve cells. Calcium, for example, helps nerve impulse transmission, heart activity and blood clotting. Lead fits into binding sites that normally fit usually fits, so it can disrupt cellular processes that depend upon iron.

A child’s chronic exposure to even low lead levels may result in learning or behavioral problems. Some estimates indicate that each microgram per deciliter increase in blood lead lowers a child’s IQ one to three points. Higher levels can lead to anemia and changes in kidney function. At extreme levels, it can lead to seizures, coma and death.

By the time symptoms appear, damage is often already irreversible; therefore families should learn what steps to take to avoid lead poisoning.

For more information, refer to two extension publications on lead that discuss lead poisoning in the environment. G97-1333-A, “Drinking Water: Lead” and N97-330, “Healthy Air for Healthy Nebraskans: Testing for Indoor Pollutants.” Both are available at the Lancaster County Extension Office.

Sources: Darlene Martin, UNL; FDA Consumer Magazine (BPD)

Choosing the correct glove is important in pesticide application

continued from page 4

apply pesticides. The chemical can be absorbed into these gloves and they are extremely difficult to clean. Avoid cotton or leather gloves, as they also can absorb pesticide. Don’t use latex gloves commonly used by medical personnel. Petroleum distillates in these gloves will soften the latex, making protection inadequate.

In most cases, to provide protection, wear gloves under sleeves so chemicals don’t run down the sleeves and into the gloves. If working with hands overhead, roll the tops of the gloves into a cuff, to protect from pesticides running down the gloves onto the forearm.

Pesticide exposure symptoms are typically chronic and flu-like. If gloves aren’t properly laimed, multiple layers of the same pesticide could occur. As the applicator’s hands get sweaty or hot within contaminated glove, the pesticide will continue to be absorbed dermally by the body, with the result being a slow poisoning.

Wearing safety gloves will protect the applicator for the most part. Still, applicators must thoroughly wash their hands after handling pesticides. Gloves also need to be properly disposed of or laundered. The gloves should be laundered in hot water, separate from family laundry.


Refugees sponsored by Catholic Social Services learn from NEP

continued from page 6

need to be learned about food buying, food preparation and food safety.”

Newquist says, “The adults who came to us were very different from the cultural and legal aspects of our society to them which helps to re-establish their competencies.

1. Go out and try this week. No more than 20 percent of the employable

Herbal remedies need caution

continued from page 6

nal purpose and can be effective which helps to re-establish their competencies.

1. Go out and try this week. No more than 20 percent of the employable

registered dietitian or other qualified nutrition expert.

3. Always consult a qualified health professional. Be cautious of those who call themselves an "herbalist," “herb doctor,” "health counselor" or "master herbist.” These job titles aren’t regulated in the United States. 4. Don’t take herbal remedies if you’re taking medication. If you’re taking medication, either by prescription or over-the-counter, consult a doctor before taking herbal remedies with medication. The combination of herbal supplements and other medicines can cause serious side effects.

5. Avoid herbal supplements if pregnant or breast feeding, unless a doctor ok’s it.

6. Try not to use a combination of herbal remedies. If an adverse reaction occurs, it would be easier to identify the source if you’re using just one herbal product.

7. If an herbal product seems to cause any negative side effects, stop using it. Herbal supplements will continue to be topics of discussion in upcoming months. Be an informed consumer and ask questions before starting any herbal supplementation program.

Source: Wanda Kozlowski, Ph.D., R.D., Cooperative Extension nutrition specialist, NU/IANR (AH)

Help offered to manufacture secret recipes

continued from page 6

The second phase of the Center’s Entrepreneur Assistance Program is Start-Up Services and Consultation. During this phase, participants receive confidential and individualized assistance with product development, business development and product introduction into the marketplace.

To receive an Entrepreneur Assistance Program informational packet or information on other services, please contact: Arlis Burney, Food Processing Center, University of Nebraska, 143 Filley Hall, Lincoln, NE 68583-0928; phone 402-472-8930; email: aburney@foodsci.unl.edu. (AH)

“Life Nebraska Style”

“Life Nebraska Style” is a weekly, half-hour television magazine that spotlights interesting people and activities at the University of Nebraska. It is jointly produced by UNL Public Relations and IANK’s Communications and Information Technology’s Electronic Media Unit.

Locally “Life Nebraska Style” is aired on channel 21, Monday, 11 a.m., Wednesday, 8 p.m., Friday, 4 p.m. and Sunday, 6 p.m. (GB)

Windbreaks enhance the rural living environment

continued from page 5

mines the extent of the protected area downwind, the length of a windbreak determines the amount of total area receiving protection. For maximum efficiency, the uninterrupted length of a windbreak should exceed the height by at least 10:1. This ratio reduces the influence of end turbulence in the protected area.

The continuity of the windbreak also influences its efficiency. Gaps in a windbreak become funnels that concentrate wind flow, creating areas on the downwind side of the gap in which wind speeds often exceed open field wind velocities. Lanes or field accesses through windbreaks should be located to minimize this effect or, if possible, avoided all together.

Windbreaks need to be oriented at right angles to prevailing winds. However, the purpose and design of each windbreak is unique and thus the orientation of individual windbreaks may be different. Observe your local objective. If your primary objective is protection from winter winds, you want to place your windbreak on the north or northwest side of the area you want to protect. But if your objective is to reduce dust and noise from an adjacent road, you need to locate the windbreak along the road.

While windbreak placement certainly depends on your objective, keep in mind that an improperly placed windbreak can cause more problems than solve them. The extension office has several publications on designing, establishing and maintaining windbreaks that can help you in planning your windbreak. However, it is usually best to work with a forester or landscape professional when designing a windbreak. (SCB)
**Notice**

Both programs and events listed in this newsletter will be held at 444 Cherrycreek Road, Lincoln, Nebraska 68528-1507 Cooperative Extension in Lancaster County.

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April 13

CWF Meeting ......................................................... 7:00 p.m.

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

April 14

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

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

April 18

Kiwanis Karnival—Grandstand 2nd Floor, State Fair Park .................. 7:00 p.m.

Invitational Cat Workshop ........................................... 8:30 a.m.-2:00 p.m.

Star City Rabbit Raisers 4-H Club Rabbit Show .............................. 7:00 a.m.

April 22

Informational Dog Workshop ........................................ 7:00 p.m.

Termite Workshop for Homeowners ....................................... 6:30-9:30 p.m.

April 26

4-H Music Contest—Dawes School, 5130 Colfax Avenue ...................... 2:00 p.m.

May 5

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

May 11

4-H Production Livestock Booster Club Meeting ............................. 7:30 p.m.

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

May 12

How to Exhibit 4-H Leader Training ....................................... 9:30 a.m.-7:00 p.m.

May 13

CAMP Counselor (Halsey Applications Due).................................... 7:00 a.m.

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

May 14

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

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

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**Nebline Feedback**

In order to best serve our subscribers, this form will appear in every issue of The Nebline. You can use this form to:

- Change your address or order a subscription (please print)
- Submit general comments and/or story ideas

Name _______________________________ Address _______________________________
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Order subscription (free—however, there is an annual $5 mailing and handling fee for zip codes other than 68631, 68641, 68651, 68003, 68017, and 68065)

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Comments

Story Idea(s)

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

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**Nebline Calendar**

May 14

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

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

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**Basic Tornado Information**

Continued from page 10

**Warning Signals:** A continuous, steady tone from the Civil Defense (CD) warning sirens for at least three minutes plus broadcast warnings by area radio and TV stations, and Lincoln CableVision. Note: There is no all clear signal on the sirens; the “all clear” will be broadcast by the radio and TV stations. These basic rules for finding a tornado shelter in a building:

1. Get as far as possible from all outside walls and windows. Move to the center portions of the building (interior rooms, interior hallways).
2. Move to the lowest possible level in the building; below ground is preferable. In a multi-story building, be sure to clear the top floor entirely (the roof may go).
3. Make a small target of yourself and protect your head!

**DOs & DON'Ts:**

**DO:**
- Plan ahead during a tornado watch so you’ll know what to do and where to go for shelter if a tornado warning is issued.
- Listen to the major local radio stations during a watch for up-to-date information on the approaching storm.
- Take a battery-powered radio and flashlight with you to shelter so you (1) can know when it’s call clear and (2) have light if the power fails.
- Use an interior bathroom for shelter in a basementless house, if one is available. If not, an interior room or hall is best.

**DON’T:**
- Use chair cushions, pillows, folded blankets, folded coats, hard hats, football or motorcycle helmets to protect your head. Over 90% of all tornado injuries are head injuries inflicted by flying debris.

**Halling and Woeppe complete terms**

Extension Board members Gerald Halling and Edward Woeppe recently completed their terms on the Lancaster County Extension Board. Halling, a farmer and cattle breeder in northern Lancaster County has given generously of his time and leadership to 4-H youth programming. 4-H Council, Fair Board and the Extension Board. Woeppe, of rural Hickman, is a consultant with the Nebraska Department of Education and has served the past three years as president of the board. Woeppe has diligently worked to foster working relationships with 4-H and FFA. He was a leader in organizing the annual 4-H & FFA fund raising golf tournaments. Both Halling and Woeppe are to be commended for their work on behalf of University of Nebraska Cooperative Extension in Lancaster County. The extension staff are grateful for their personal contributions.

The County Extension Board is responsible for program direction of the Board. The Extension Board, with the assistance of the Nebraska Cooperative Extension in Lancaster County. Recent appointments to the board were: Jim Wies, and Barb Ogg, Extension Educators; Tracy Kulm, Extension Assistant; and Fred Carter, Director of Education, Nebraska Department of Education.