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The NEBLINE, June 1998

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Wildwood Lake Watershed Project nearing completion

S. Corey Brubaker
Extension Educator

Wildwood Lake is a 103-acre reservoir located on Wagon Tongue Creek in northwestern Lancaster County approximately 20 miles northwest of Lincoln or 2-1/2 miles south of Valparaiso. The Lower Platte South Natural Resources District (LPSNRD) in cooperation with the USDA-Natural Resources Conservation Service built the lake in 1978 at a total cost of $1.1 million dollars. The lake and surrounding land are owned by the LPSNRD and managed by the Nebraska Game and Parks Commission.

The watershed above Wildwood Lake is approximately 4,835 acres in size including the 491-acre recreation and wildlife area surrounding the lake. The watershed was identified by the Clean Lakes Study as needing additional nonpoint source (NPS) pollution in the lake. The study defined NPS pollution as originating from non-farm and non-urban sources. The primary sources of NPS pollution identified were sediment and plant nutrients. The primary sources of sediment identified by the study were soil erosion from cropland and stream degradation. The study identified approximately 1560 acres of cropland in the watershed in need of some type of conservation (see map) as well as five areas along Wagon Tongue Creek and its tributaries where stream degradation was a problem. The primary sources of plant nutrients were runoff from cropland and from two livestock operations located in the watershed.

As of June 30, 1997 when the funding for the initial grant ended, a total of 25 different conservation projects had been completed. The total cost of these projects was more than $230,000. This includes $180,000 for terraces, $38,000 for farm ponds, $27,000 for water and sediment control basins and $9,000 for filter strips. Since that time, an additional $54,000 worth of work has been completed and more work is planned for this fall. Of the 1560 acres that were identified as needing treatment by the Clean Lakes Study, 750 acres have been treated plus an additional 200 acres outside of the targeted areas.

In addition to the landowner applied conservation practices, the LPSNRD completed several in-lake projects to protect and enhance water quality in the lake and Phase 1 of a channel stabilization project near the headwaters of Wagon Tongue Creek to prevent further channel degradation in the upper end of the watershed. In-lake improvements included the construction of an in-lake sediment and nutrient trap in December of 1993, enhancement of the wetland area above the sediment trap and some shoreline stabilization. Total cost of the in-lake management practices.

The N EBLINE
University of Nebraska Cooperative Extension
Lancaster County

“Helping Nebraskans enhance their lives through research-based education.”

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Helping Nebraskans enhance their lives through research-based education.

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Helping Nebraskans enhance their lives through research-based education.
When it is windy or during the hottest part of the day. To avoid overwatering use a rain gun or a shapeable shotgun spout. Use it to water container plants.

Clippings or chopped bark around the plants. Mulching also controls weeds, promotes good soil tilth, and helps conserve soil moisture. Materials are often available in garden centers and mail order companies. Most products are in powder form.

To avoid brushing off the powder when inserting the cuttings, make holes in the rooting medium with your finger or a pencil. Insert the cuttings approximately two inches deep into the rooting medium. After all the cuttings are inserted, carefully water the medium and let it drain.

Water is critical to the survival of the cuttings. A cutting has no root system to absorb water, yet continues to lose water through its leaves. The cutting will wilt and die if it loses a large quantity of water. Water loss can be reduced by placing a clear plastic bag over the cuttings and container.

Once covered, place the cuttings in bright light, but not direct sunlight. Inspect the cuttings daily. Water the rooting medium if it begins to dry. Rooting of most deciduous shrubs should occur in six to eight weeks. Examine a few cuttings after four or five weeks. Carefully dig up several cuttings to check on root development. If it is poor, replace the cuttings back in the rooting medium. Water them in, then cover again with a plastic bag. When the cuttings have a well developed root system, they should be hardened off in preparation for transplanting. Remove the covering but don’t allow the cuttings to wilt. Keep the rooting medium moist. After several days, carefully remove the cuttings and transplant them into individual pots with a good potting mixture. The young plants can be planted into the ground in a few weeks. Home gardeners may want to root hardy border shrubs one or two years before moving the small shrubs to their permanent site in the landscape.

It takes several years for rooted cuttings to become nice sized plants. However, many gardeners find rooting cuttings and growing the small shrubs to be fun and rewarding. (MIM)

**Propagation of shrubs from softwood cuttings**

Many ornamental shrubs in the home landscape may be propagated by softwood cuttings. Softwood cuttings are taken in late May through early July from the current season’s growth. Cutting material should be flexible but mature enough to snap when sharply bent. Lilac, forsythia, weigela, barberry, potentilla and viburnum are some of the shrubs that may be propagated from softwood cuttings. A proper rooting medium is needed to successfully root softwood cuttings. The rooting medium must not only retain moisture but also drain well and provide physical support. Coarse sand, perlite and vermiculite are good rooting materials.

The container that holds the rooting medium must have holes in the bottom for drainage. If only a few cuttings are taken, a large clay or plastic pot should be adequate. A wooden or plastic flat may be used if larger quantities are rooted. Once the container has been filled, the medium should be watered and allowed to drain before the cuttings are inserted.

When taking cuttings, remove plant material with a sharp knife. Softwood cuttings should be approximately four to six inches long. Pieces of the leaves on the lower half of the cutting. Also remove any flowers. Make a fresh cut just below the point where one or two leaves are attached to the stem (node), then dip the base (cut end) of the cutting in a root promoting compound. Tap off any surplus material. Materials are often available in garden centers and mail order companies. Most products are in powder form.

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It takes several years for rooted cuttings to become nice sized plants. However, many gardeners find rooting cuttings and growing the small shrubs to be fun and rewarding. (MIM)

**Watering is critical to insure even emergence. In addition, regular watering is important through August when temperatures are hot, winds strong and rainfall often deficient.**

Fall grown potatoes are crisper and firmer. Fall yields are generally somewhat less than spring grown potatoes. Vitamin C content is usually higher after harvest, so fall potatoes should contain more vitamin C through the winter storage period. If you can’t grow a fall crop of potatoes this year, make plans to do it next year. (DJ)

**Horticulture**

**Pruning hedges**

Hedges are a row of plants that merge into a solid linear mass. They have served gardeners for centuries as screens, fences, walls and edging.

A well shaped hedge is no accident. It must be trained from the beginning. Establishing a deciduous hedge begins with selection of nursery stock. Choose young trees or shrubs one to two feet high, preferably multiple stemmed. When planting, cut the plants back to untrimmed to the final height before shearing; by that time, it is too late to prune the untrimmed to the final height before shearing; by that time, it is too late to prune. Late in the first season or before bud-buck the next season, prune off half of the new growth. The following year, again trim off half.

In the third year, start shaping. Trim to the desired shape before the hedge grows to its desired size. Never allow plants to grow untrimmed to the final height before shearing; by that time, it is too late to shape. After the hedge has reached the desired dimensions, trim closely in order to keep the hedge within the desired bounds.

**1998 June/July Garden Calendar**

**Sunday** | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday
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1 | 2 | 3 | 4 | 5 | 6 | 7
8 | 9 | 10 | 11 | 12 | 13 | 14
15 | 16 | 17 | 18 | 19 | 20 | 21
22 | 23 | 24 | 25 | 26 | 27 | 28
29 | 30 | 31
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29 | 30 | 31
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22 | 23 | 24 | 25 | 26 | 27 | 28
29 | 30 | 31
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Western Ribbon Snake
Thamnophis proximus

Description: The Western Ribbon Snake is a slender snake with 3 distinct light stripes contrasting against a dark body color. The side stripes are usually light yellow or light orange while the back stripe is generally a darker shade of these colors. The dark lateral stripe, which borders the belly scales of the Eastern Ribbon Snake (T. sirtalis), is usually absent in this species. It also has two fused spots on the crown of its head. The scales are keeled in 19 rows across the body. It has a long tail and the total length of the snake can range from 48.3–122.3 cm (19”–48 1/2”).

Habitat and Diet: As with all ribbon snakes, this species prefers habitats are swamps, streams, lakes and other fairly permanent water sources. It is diurnal in habit and can be found searching for food in the early morning and late afternoon.

Breeding and Range: The Western Ribbon Snake mates between April-June. The female usually gives birth between July-September. One litter can consist of up to 27 live young. Their length can range up to 26 cm (10”) and they usually mature in 2-3 years.

This species can be found from Southern Wisconsin, Indiana, through the Mississippi Valley, west to eastern Nebraska, southeastern Colorado, eastern New Mexico and south to Costa Rica.

A subspecies of this snake can also be found in Illinois. The Western Ribbon Snake Thamnophis proximus proximus: This snake has a black back with a narrow orange stripe running the length of its back. There is a dark lateral stripe bordering the belly scales. It ranges from Indiana, southern Wisconsin and eastern Nebraska, south to southern Louisiana and northern-eastern Texas.

Correction
Last month’s article on Snakes in Nebraska, mentioned the Eastern Ribbon Snake. This snake is not found in Western Nebraska. The Western Ribbon Snake, however, can be found in eastern Nebraska. We apologize for any confusion. (SE)

1998 pesticide container recycling begins in June

Every year, about one million plastic agricultural pesticide containers are used in Nebraska. This amounts to about 750,000 pounds of plastic that must be disposed of. Plastic lasts for centuries when buried in a landfill, sufficiently1 quenching the life of the landfills and wasting the resources that were used to manufacture the containers in the first place.

Lancaster County Extension will be coordinating a program again this year which gives producers a chance to recycle these containers. The program includes 19 sites in 11 counties of southeast Nebraska. At each collection site, pesticide containers will be inspected by a trained individual to make sure they have been properly rinsed. Only white and yellow one and two and one-half gallon pesticide containers with the labels and caps removed will be accepted. Yard and garden pesticide containers are brown and cannot be recycled with the white and yellow containers. Oil bottles and antifreeze jugs are also unacceptable.

At each collection site, the jugs are inspected and the jug is stored until enough have been gathered to bring in a chipper. The jugs are inspected a second time by the chipper company and then processed into small chips which are reduced volume and makes it feasible to transport the material long distances. Chips are then taken to plants that melt the plastic material and mold it into new products. Recycled pesticide containers do not enter the general plastics industry. The material is being recycled into fence posts, nesting strips that can be embedded into potted concrete walls, industrial pallets, fire lane drains, speed bumps, and parking lot fire stops.

The extension office obtained grant funding several years ago to purchase two dedicated semi-trailers where the containers can be stored until the recycling day. One of these semi-trailers has been scheduled for Tuesdays or Fridays (see schedule). Some sites will accept containers by appoint- ment at other times. Please call ahead before leaving containers at any site.

Public Collection Days - All from 9:00 a.m. to 3:00 p.m.

<table>
<thead>
<tr>
<th>Collection Site</th>
<th>Date</th>
<th>Location</th>
<th>Agribusiness Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frontier Co-op</td>
<td>June 16</td>
<td>Mead</td>
<td>Brand Reid (402) 624-2675 or 480-1252</td>
</tr>
<tr>
<td>Greenwood Farmers Co-op</td>
<td>June 23</td>
<td>Mead</td>
<td>Russ Tederman (402) 994-2586</td>
</tr>
<tr>
<td>Fifth Co-op</td>
<td>June 26</td>
<td>Mead</td>
<td>Russ Tederman (402) 994-2586</td>
</tr>
<tr>
<td>Frontier Co-op</td>
<td>June 30</td>
<td>David City</td>
<td>Brian Reid (402) 624-3075 or 480-1252</td>
</tr>
<tr>
<td>Farmers Cooperative Co-op</td>
<td>July 7</td>
<td>Waverly</td>
<td>Jim McAll (402) 768-2546</td>
</tr>
<tr>
<td>Plymouth Co-op</td>
<td>July 10</td>
<td>Wilber</td>
<td>Steve Mayer (402) 921-2351</td>
</tr>
<tr>
<td>Farmers Co-op Assoc.</td>
<td>July 14</td>
<td>Wilber</td>
<td>Russ Tederman (402) 994-2586</td>
</tr>
<tr>
<td>Plymouth Co-op</td>
<td>July 15</td>
<td>Waverly</td>
<td>Jim McAll (402) 768-2546</td>
</tr>
<tr>
<td>Farmers Cooperative Co-op</td>
<td>July 17</td>
<td>Waverly</td>
<td>Russ Tederman (402) 994-2586</td>
</tr>
<tr>
<td>Plymouth Co-op</td>
<td>July 20</td>
<td>Waverly</td>
<td>Russ Tederman (402) 994-2586</td>
</tr>
<tr>
<td>Plymouth Co-op</td>
<td>July 20</td>
<td>Park City</td>
<td>Richard Zanger (402) 729-2350</td>
</tr>
<tr>
<td>Countywide Co-op</td>
<td>July 21</td>
<td>York</td>
<td>Jerry Navenburg (402) 761-2126</td>
</tr>
<tr>
<td>Lancaster County Fair</td>
<td>July 31</td>
<td>Lincoln</td>
<td>Tom Dom (402) 441-7180</td>
</tr>
<tr>
<td>College of Saint Mary</td>
<td>August 25</td>
<td>Lincoln</td>
<td>Terri Thomsen (402) 441-7180</td>
</tr>
<tr>
<td>Chi-Oil and Pesticide</td>
<td>August 25</td>
<td>Wahoo</td>
<td>Dan Otte (402) 443-3563</td>
</tr>
<tr>
<td>Southeast Nebraska Co-op</td>
<td>August 25</td>
<td>Beatrice and Virginia</td>
<td>Randy Thoms (402) 238-3458</td>
</tr>
</tbody>
</table>

Multiple Day Sites

<table>
<thead>
<tr>
<th>Agribusiness</th>
<th>Dates</th>
<th>Location</th>
<th>Extension Educator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue Valley Co-op</td>
<td>May-August</td>
<td>Lamar</td>
<td>Jon Kruse 402 522-6235</td>
</tr>
<tr>
<td>College of Saint Mary</td>
<td>May-August</td>
<td>Saline</td>
<td>Kay Perry 402 844-2436</td>
</tr>
<tr>
<td>Farmers Union Co-op</td>
<td>May-August</td>
<td>Ireton</td>
<td>Ira Johnson (402) 323-3315</td>
</tr>
<tr>
<td>Lancaster County Extension</td>
<td>May-June 19</td>
<td>September 7 - October 1</td>
<td>Tom Dom 402 441-7180</td>
</tr>
</tbody>
</table>

Environmental Focus

My parents won’t even tell me this, but....

There were cockroaches that would come into our house when I was a kid. Each cockroach was a big, ugly dude that would appear at night on a wall near the front door or by the light on the bathroom wall. There would usually be only one roach at a time and they showed up in late spring and early summer.

I’m not any less squishy of this roach as an adult, but if I had to choose a cockroach to come into the house, this would be the Western Wood Cockroach—a type of cockroach that doesn’t even live and breed in the house. Wood cockroaches live in rotted logs, tree stumps, hollowed trees, stopped-up rain gutters and in piles of firewood. Males take flight during late spring in search of females.

Male wood cockroaches are attracted to light and sometimes accidentally invade homes, where they soon die. The best control method is exclusion, by tightening around screens, doors and windows. No chemical control is necessary.

It has been a couple of years since I’ve seen a wood cockroach at the folks’ farm. But I know they are there. Maybe this June I’ll get to enjoy the sight of these magnificent little creatures.

Glow little glowworm, glimmer, glimmer...
or you...light up my life...

Barb Ogg
Extension Educator

On warm, summer evenings, when I was a kid, I remember chasing these little glowworms around screens, doors and windows. No chemical control is necessary.

Scientists now think that firefly larvae flash to warn predators that they eat this food. Sticks and insects that have hungry mice don’t like the taste of larval fireflies, and that mice can learn to associate light flashes with bitter tasting food.

Fireflies are sometimes used in biochemical research. Light in the firefly’s abdomen is produced when luciferase, an enzyme, combines with ATP, adenosine triphosphate. ATP is the molecule that holds the energy needed for most biochemical reactions in plants and animals. In their research, biochemists often need a
Harvest hay to fit your needs

Determine the type of hay you want before harvesting alfalfa. Different uses demand different types of hay. For instance, dairy hay must be low in fiber so high producing cows can consume and digest large amounts of it and it must also be high in protein. Hay cows and ewes need moderately high protein alfalfa shortly before and after calving if the only hay they need has sufficient nutritive value to maintain body condition and produce a sufficient amount of milk. Hay must be green, leafy, fine-stemmed and mold free.

Plan to harvest this type of hay. Alfalfa feed value declines as plants mature. Plants are very nutritious when they are young, and then they become less nutritious as they become more mature. The bale, therefore, must be harvested before they become too mature.

Unfortunately, consistently cutting at pre-bloom will reduce yield and shorten stand life. Highest yields and best stand persistence usually occur by harvesting near full bloom, but protein content and intake potential of this hay may be only 2/3 full potential.

Compromise between high nutrient concentration, high tonnage and stand persistence is often needed. Protein and energy yield is often highest when alfalfa is cut just after first flower. This hay is usually ideal for beef cattle.

Dairy producers, however, must have high quality alfalfa and need to cut early to get quality although it will sacrifice some yield and stand life.

No matter what your hay needs are, the following suggestions can help you obtain the hay you desire.

1. Keep harvest equipment in good operating condition to avoid heating hay. (WS)

2. Mechanically or chemically condition alfalfa to speed drying. (WS)

3. Place hay in as loose and wide a window as possible, to aid air circulation and speed drying. (WS)

4. Rake or turn hay as little as possible to reduce leaf loss. Only handle hay as little as possible. (WS)

5. Bale hay when it is dry enough to avoid melting and freezing, which causes leaves to shatter. Night baling may be necessary. (WS)

6. Store indoors, especially if hay is to be sold for the cash market. Outdoor storage should be on well-drained sites and reduce ultra-violet deterioration of rubber hoses and other components. (TD)

7. Test hay for protein, fiber, mineral and energy content to efficiently feed your hay. (WS)

Resource: Bruce Anderson, extension forage specialist. (WS)

Harvest hay to fit your needs

1998 UNL Crop Management and Diagnostic Clinics

Plan the timing of grass hay harvest

For example, grass hay cut before or just when the same grass gets mature, it won’t be a good quality hay. (TD)

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Insect information on the web

Have you ever wanted information on insects that may have invaded your home, crops or stored grain? Have you ever wondered what the damage was and what can be done to prevent it? Have your kids ever needed a picture of an insect for a school project? The Lancaster County Extension - Ag/Alfage web pages might well have what you are looking for. We have many good links to extension publications and color photographs from the University of Nebraska and other mid-western universities. To find this the only go to the Lancaster County web site at www.unl.edu/ianr/lancome/ag/ag/crops/insects.htm (TD)

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One of the most important considerations in making a decision to move to the country is the availability of a safe and adequate water supply. Most rural homeowners rely on private wells as their principle source of water. Unlike public water supplies, which are regulated by the Environmental Protection Agency (EPA) and the Nebraska Health and Human Services System to ensure their safety, private water supplies are not regulated and it is up to the user to operate, maintain and ensure the safety of their water supply. Before renting or buying that place in the country make sure that you will have a reliable source of water that will provide you with both the quantity and quality of water you need.

**Water Quantity**

How much water will I need? The general rule of thumb is to allow for 75-150 gallons of water per day for each person in the household for domestic use plus the amount needed for other potential uses such as water for animals and landscape irrigation. Also, keep in mind that water use does not occur evenly over the day and the water system must be designed to handle the needs of many uses during short periods of time. Today, called peak use periods, usually last from 30 minutes to 2 hours and usually occur near mealtimes, during laundry periods and shortly before bedtime. To determine whether or not your well will meet your needs, you need to know the water system flow rate. Water system flow rate is the quantity of water your well is able to deliver in a period of time, usually gallons per minute. The flow rate should at least equal the peak use rate and should be capable of maintaining this rate continuously for 1-2 hours. For home use, a minimum flow rate of 1 gallon per minute per person is recommended but a higher flow rate is desirable. If water needs exceed the maximum well yield, intermediate storage can be installed to help supply water.

**Water Quality**

The quality of ground water in Lancaster County is highly variable and may contain higher than desirable amounts of total dissolved solids, calcium, magnesium, iron, manganese, sodium, chloride or sulfates. While the concentration of these nuisance contaminants may be high, the water is generally safe for human consumption. However, to ensure safety, all private wells should be tested on a regular basis by a certified, independent laboratory and results compared to EPA drinking water standards. The two contaminants of greatest concern from the human standpoint are coliform bacteria and nitrate. To meet EPA standards, there should be no coliform bacteria in the water and the nitrate-nitrogen concentration should not exceed ten milligrams per liter. A combination test for nitrates and bacteria will cost you about $20 at the State Lab operated by the Nebraska Health and Human Services System.

Other contaminants of concern include lead, pesticides, petroleum products and volatile organic compounds. Lead contamination is generally associated with the water distribution system in the home. If you live in an older home and suspect that lead pipes or lead solder may have been used, you should have your water tested for lead. In addition, if pesticides, petroleum products or volatile organic compounds have been stored, mixed or used near the well location it might be a good idea to have your water tested for these contaminants.

**Protecting Your Well From Contamination**

Proper well construction is the first step in protecting your water supply. While the water supplied by a private well is not regulated, the design, location and construction of the water well is regulated by the Nebraska Health and Human Services System. A private well must be located and constructed to protect it from potential sources of contamination. It should be located at least 50 feet from a septic tank or non-watertight sewer line; at least 100 feet from any seepage pit, cesspool, cistern, field, privy or other subsurface disposal system; and at least 100 feet from any septic field, manure pit, manure or sewage lagoon or livestock. It should be constructed of water-tight materials such as heavy gauge metal or National Sanitation Foundation approved plastic. Base slabs must have rims in the well casing screwed, welded, or otherwise properly sealed; have a well casing that extends at least twelve inches above the ground; have a sanitary well cap used on the casing; have pilings installed, or, if a pit is used, have the pit at least ten feet from the well; and be equipped with a backflow prevention device. Finally, the space between the casing and the wall of the drill hole must be filled and grouted. Another consideration is the possibility of an old well on the property that is out of use. In such a situation the landowner is responsible by law to properly seal and abandon the well so that contamination from flooding or runoff does not travel down the well and contaminate groundwa-

**Facts about CCA-pressure treated wood**

Editor’s note: A recent letter sent to our office imploring extension to mount a public awareness or education program about the hazards of CCA-treated wood has prompted us to print this re-

**Learn at your convenience**

—24 hours a day, 7 days a week—

NUFACTS (audio) Information Center

NUFACTS audio message center offers fast, convenient information. In the Lincoln area call 441-7183; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.

Acreage & Small Farm Insights Web Site

Visit our Internet Web site at http://www.iianr.unl.edu/iain/dodge/acreage/index.htm to learn about Extension programs, publications and links to other acreage and small farm information.

NUFACTS (faxback) Information Center

NUFACTS faxback document center offers fast, convenient information. In the Lincoln area call 441-7183; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 4-digit number of the document you wish to receive.

**“Part-time Farming” video**

“Part-time Farming” will help effectively develop your farm and increase your quality of life. Just one hour of “Part-time Farm-

The NEBRASKA-LENE ACREAGE, Lancaster County Extension Office, 444 Cherry Creek Rd., Lincoln, NE 68526-1507, or call 441-7180. Thanks for your help. (SCB)
The summer food safety check-up

Nutrition Education Program (NEP) staff encourages families to avoid food-borne illness by using safe practices.

After receiving a food safety lesson which included a dish cloth safety lesson, a young WIC mother was concerned because the place she worked did not properly sanitize dish clothes. She changed her procedures for using dirty dish clothes both at home and at her place of employment. She asked for an extra copy of the educational information for her employer. The lesson was developed by Alice Henneman, R.D., and taught by Sandy Phillips, nutrition advisor. Here are some basic food safety tips which will help you and your family stay healthy this summer.

Summer days and a meal in the park can be “best friends” for family, friends and food-borne illness. Warm temperatures, time, moisture and food are great for growing bacteria. A food immediately becomes harmful and make you sick. Keep bacteria from “spoiling” your fun. Do you...

Keep bacteria from spreading,
• Use clean utensils and surfaces
• Wash hands with soap for 20 seconds
• Keep meat juices from mixing with other foods

Slow the growing time.
• Change dishrails daily
• Thaw meats in the refrigerator immediately after meals
• Use proper temperatures to control bacteria.
• Cook meats completely
• Keep hot foods hot and cold foods cold
• Go directly home after buying food and store it properly

Tiny bites total big calories

Alice Henneman
Extension Educator

“I never eat between meals.”
“I rarely have dessert.”
“Almost everything I eat is low fat.”

Do you ever hear (or perhaps say!) these comments, which are often followed by, “But, why am I still gaining weight?” To answer that question we often have to zoom in closer and check those “tiny” bites of food we might overlook throughout our day. For instance...

BITTE 1: One-fourth cup of orange juice remains in the carton. You might as well finish it, right? CALORIES: 26

BITTE 2: Two tablespoons of granola are left in the box. It’s hardly worth returning to the cupboard. You add it to your serving of cereal. CALORIES: 64

BITTE 3: You add two teaspoons powered cream substitute in the coffee at work. Someone made really strong coffee today. Adding creamer is the only way you can stand the taste. CALORIES: 20

BITTE 4: You take a small “sample” of the cake in the break room. Well, maybe a second “slice” would be O.K. too! CALORIES: 73

BITTE 5: Oops! You forgot to ask them to leave the mayo off the hamburger this noon. CALORIES: 100

BITTE 6: Add two mints. You also forgot to have them leave off the onions for you, just in case. CALORIES: 20

BITTE 7: You take a chocolate kiss from the candy jar. You have to crank out a big report this afternoon. This is for medicinal purposes only! CALORIES: 25

BITTE 8: A second chocolate kiss from your secretary’s candy jar. You finished the report—what better way to celebrate? And besides, it’s just a tiny piece of candy. CALORIES: 25

BITTE 9: There you are with a handful of peanuts. The gang has gotten together for a quick drink after work to celebrate completing the report. You just order mineral water; but surely a couple table spoons of nuts can’t have many calories. CALORIES: 105

BITTE 10: Cheese on cracker at grocery store. After all, it’s a small sample. CALORIES: 55

BITTE 11: Two tablespoons macaroni and cheese. You’re trying out a new recipe and taste as you cook to get the seasoning just right. CALORIES: 54

BITTE 12: One-fourth cup of macaroni and cheese. Your new recipe tasted great; however, there’s a small amount left over. It really seems worth the calories to refrigerate only a fourth cup. You don’t want to toss it, so you eat it. CALORIES: 104

THE GRAND TOTAL “EXTRA” CALORIES: 675

If these extra calories are eaten daily, it might be possible to gain as much as a pound a week! On average, an additional 3,500 calories above your body’s needs can lead to a weight gain of a pound.

If you’ve been adding “mystery” pounds, consider counting the calories in those “tiny” bites.

Source: This article was written in Alice Henneman’s FoodTalk e-mail newsletter. If you’d like to receive this newsletter, e-mail Alice at cmn5028@unlvm.edu. Past issues of FoodTalk are archived on the Internet at www.ianr.unl.edu/ianr/lancoc/family/archives.htm. (AH)

Diet lowers high blood pressure

Hypertension (high blood pressure) is the major risk factor for a stroke, a serious health concern in Nebraska. Up to 50 million Americans have hypertension—and 35 percent don’t even know it! The good news is hypertension is easily identified and can be reduced with proper diet and medical care.

An average blood pressure reading is 128/78. The first number is systolic, or when the heart beats. The second number is diastolic, or when the heart rests between beats. The higher the numbers, the harder the heart has to work to pump blood through veins and arteries, and the more at risk a person is for a stroke.

continued on page 11

Focus on Food

Alice Henneman, RD, LMNT, Extension Educator

Q: Can I use milk in place of water in cooking? A: Good question! Not only is it possible, it is also a good idea! Since milk is a rich source of calcium, using milk in place of water is a good way to increase this bone building nutrient in our diets. Many adolescents and adults fall short of meeting the newly increased recommended calcium intakes. Most of us could benefit from three servings daily from the dairy group; young adults who are still growing could use four servings. Too little calcium is a risk factor for osteoporosis. Low calcium intakes may also be a risk factor for high blood pressure and colon cancer, for some people. Besides being high in calcium, milk is also rich in protein. Heating milk or combining it with high acid foods can cause the proteins to do funny things. This does not affect the healthfulness of the food, but it can affect the texture, look and consistency. Here are some taste-tested tips from the Dairy Council of Central States for substituting milk for water in recipes.

• Boil blends including cereals, soups, stews.
• Angel food cake mix (use nonfat milk only; you may notice a coarser texture).
• Broth based soups.
• Dry soup mixes.
• Hot cereals including oatmeal and cream of wheat.
• Hot cocoa mixes.
• Spiced tea (steep your tea bag in steaming milk) (AH)

Food & Fitness

Nutrition Education Program
for Limited Resource Families
Mary Abbott, R.D.
Extension Assistant

NutraFACTS offers fast, convenient, free information.

NUTRAFACTS
NUTRAFACTS offers fast, convenient, free information 24 hours a day. Weekdays and weekends. In Lincoln, call 441-7183; in the rest of Nebraska call 800-832-5441. When directed, enter the 3-digit number you wish to hear.

330 Newer Canning Recommendations
306 Canning Vegetables Safely
817 Using a Boiling Water Bath
and many more...

Health Eating

Enjoy Nebraska Foods!

Cooking with kids - Take the kids into the kitchen and let them be a part of the creation process. It will increase their interest in eating healthy foods. (AH)

Chocoholic Strawberry Chiller
(makes 1 serving)
1 cup VERY COLD 2% chocolate milk
1 cup frozen strawberries
1-2 tablespoons chocolate syrup
Pour chocolate milk into a chilled blender container. Add the frozen strawberries and the chocolate syrup. Cover and blend until smooth. (AH)

The Nebraska Cooperative Extension Service is an equal opportunity/affirmative action educational institution. To file a complaint alleging discrimination, write to: Director, Equal Opportunity Program, 135 N. 13th Street, Lincoln, NE 68508.

For Limited Resource Families

Visit our internet web site at: http://lanco.unlvm.edu/lanco/family/safety.htm

FREE monthly FoodTalk e-mail newsletter
To be added to the mailing list, e-mail Alice Henneman at cmn5028@unlvm.edu

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To get one serving (about 300 mg) towards your daily dose of calcium, try this simple, frosty treat from the Dairy Council. Not only does it have a calcium kick, but it also provides two servings of fruit, and only 300 calories. For more simple, calcium-packed recipes, send a self-addressed stamped envelope to: Dairy Council of Central States; Attn: Milk Recipes; 8205 F Street; Omaha, NE 68127-1779.

CHOCOHALIC STRAWBERRY CHILLER
(makes 1 serving)
1 cup VERY COLD 2% chocolate milk
1 cup frozen strawberries
1-2 tablespoons chocolate syrup
Pour chocolate milk into a chilled blender container. Add the frozen strawberries and the chocolate syrup. Cover and blend until smooth. (AH)
FCE Notes

June FCE council meeting
The June FCE Council meeting is scheduled for Monday, June 22, 7 p.m. at the Lancaster Extension Education Center. A fun evening is planned with a white elephant silent auction. Search your house and bring that “special junk” for the auction. Delegates to the state convention will report on convention activities. The FCE scholarship will also be awarded. Plan now to attend. (LB)

Health Awareness Day
Health Awareness Day will be held Friday, July 31, 9 a.m. to 4 p.m. at the Lancaster County Fair. This event is sponsored by the FCE Council and Lancaster County Ag Society. Your help is needed for check-in and other activities throughout the day. If you can help please contact Ann Meier, 488-6219, to sign up for a two hour time slot.

This is a fun event and great way to meet new people. (LB)

Sizzling Summer Sampler
sponsored by FCE Council

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

Light supper at 6:00 p.m.


Send reservations to:
Joy Krause, 850 Adams, Lincoln, NE 68521

Mark your calendar today! Join the fun and fellowship. (LB)

Keeping Families First at the fair
Is your agency, faith, community, or business interested in letting the community know what you do to support families in our community? If so, be sure to sign up for a free booth at the Keeping Families First event at the Lancaster County Fair, August 1, 10 a.m. to 4 p.m. Let families know what your organization does and at the same time provide a family-fun activity to share with families attending the fair. Contact LaDeane Jha or Karen Whitson at 441-7180 for details or to reserve free booth space. (KW)

Character Counts! day camps
Don’t miss out on all the fun this summer! Plan to attend a Character Counts! Day Camp and learn about respect, responsibility, fairness, caring, citizenship and trustworthiness. Practice making good decisions and learn how helpers in our community use character in their jobs. We’ll play games, hear stories, make things and have a great time. Camps will be held at various places and times throughout the county. Decide which one fits your schedule and send in the registration. For more information call Brenda Williams, Kathryn Roland, Karen Whitson or LaDeane Jha at 441-7180. (Please note the age restrictions on some camps.)

June 22 • Denton • Denton Community Park • 12:30-4:00 p.m.
June 24• Firth • Hickman Summer Rec • City Park • 9-11:30 a.m.
June 25 • Bennet • ages 9-12 • Firth Park • 9-12 a.m.
July 15 • Bennet • ages 5-8 • Bennet Elementary Gym • 9-12 a.m.
July 16 • Bennet • ages 9-12 • Bennet Elementary Gym • 9-12 a.m.
July 21 • Firth • ages 5-8 • Firth Park • 9-12 a.m.
August 7 • Lincoln • ages 5-8 • State Fair Youth Complex • 9-12 a.m.

The registration fee for all camps except the Hickman Summer Rec Site Program will be $5.00 and will include materials, a snack and a T-shirt. Since the Hickman site is part of their on-going summer programming, $5 will not be charged, and youth will not receive a T-shirt. Please register at least one week before the camp.

Don’t miss out on all the fun! (LB)

Registration

Name ___________________________ Age ______
Address ___________________________
City _______ State ______ Zip _________
Phone ___________________________
Emergency Phone & Contact ___________________________

Special needs (dietary restrictions, etc.) ___________________________

We will be taking photos at the day camps. Will you allow your child’s photo to be taken? ☐ Yes ☐ No

Summer programming, $5 will not be charged, and youth will not receive a T-shirt. Please register at least one week before the camp.

Don’t miss out on all the fun! (LB)

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Don’t miss out on all the fun! (LB)
Life skills judging contest

Wednesday, July 15, 1 p.m. (12:45 p.m. registration)

The contest will be divided into junior and senior divisions. 4-H members under 12 years of age as of January 1 of the current year, will judge in the junior division. 4-H members 12 years old and older as of January 1 of the current year will judge in the senior division. Topics and resources for the contest are:

**Foods and Nutrition**
- Choosing healthy foods
- Reading food labels
- Cookies

**Home Environment**
- Color
- Cleaning

**Human Development**
- Caring for infants (Feeding, clothing, bathing, etc.)
- Clothing & Textiles
  - Clothing comparison
  - Wardrobe planning
- Intermediate and Senior Division
  - Wall coverings
  - Window treatments

**Human Development**
- Caring for infants (Feeding, clothing, bathing, etc.)
- Clothing & Textiles
  - Selecting appropriate fabrics for various garments
  - In-home shopping
  - Comparison shopping for clothing
  - Types of retail stores

**Service Learning**
- Caring for infants
- Window treatments
- Canning
- Yeast breads
- Challenging Fabrics
- Cookies
- Reading food labels
- Cookies

**Home Environment**
- Color
- Cleaning

**Intermediate and Senior Division**
- Wall coverings
- Window treatments

**Human Development**
- Caring for infants (Feeding, clothing, bathing, etc.)
- Clothing & Textiles
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**Human Development**
- Caring for infants (Feeding, clothing, bathing, etc.)
- Clothing & Textiles
  - Selecting appropriate fabrics for various garments
  - In-home shopping
  - Comparison shopping for clothing
  - Types of retail stores

All animal IDs are due to the extension office by June 15.

Notice: No late animal entries will be accepted for the '98 Lancaster County Fair. Register by July 10!

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**Make new friends, develop leadership skills, and get hands-on experience at**

**ExpoVisions ‘98**

**July 8-10***

**University of Nebraska-Lincoln**

Youth ages 13-19 can experience:
- 39 different hands-on learnshops
- 22 career tours and special programs that allow you to expand your interests and explore opportunities
- Visit the Strategic Air Command (SAC), Museum at Mahoney State Park, moonlight dinner and dance aboard The Belle (A riverboat on the Missouri River)
- Learnshops provide hands-on experience in a specific topic. Career tours will provide opportunities to help you increase future options in the workplace and expand your understanding of what may lie ahead in various fields.

Registration deadline: Friday, June 19 • Cost: $140 per person • Need not be a 4-H member to attend.

For more information, pick-up your ExpoVisions packet from University of Nebraska Cooperative Extension in Lancaster County, 444 Cherry Creek Road, Lincoln, NE 68528-1507 or contact Tracy at 441-7180.

A sampling of 1998 learnshops:
- Now Serving! Building and Hosting Web Pages
- Interactive Internet Environments
- Service Learning: Making a Difference in Your Community
- The 21st Century: How to Survive and Thrive
- Teamwork Through Movement
- Inner Tube Water Basketball
- Order in the Court
- How to Succeed in College
- Your Future Job May be International

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**Fair Fun Day volunteers needed!**

When? Friday, July 31
Where? Lancaster County Fair
Time? 9:30-11:30 a.m. and/or 1:30-3:30 p.m.
Activity? Leading tours around the fair for kindergarten through 4th grade children
Helping with registration, snacks or activities
Who? Teens or interested adults
Training? Will be provided the day of the activity

Call 441-7180 to volunteer. You may sign up for all day or for either time slot. Please indicate whether you would like to be a tour guide or other helper. If you have any questions, please contact Kathryn Roland, Fair Fun Day coordinator. (KR)

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**Mark your calendar!**

Thursday, June 25 is the date 4-H members can practice for the Life Skills Judging Contest and receive help with their demonstrations. Learn judging techniques and decision making skills for the Life Skills Judging Contest from 2:30-3:30 p.m.

For more information, pick-up your ExpoVisions packet from University of Nebraska Cooperative Extension in Lancaster County, 444 Cherry Creek Road, Lincoln, NE 68528-1507 or contact Tracy at 441-7180.

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** Needed: 4-H Ambassadors**

4-H members who will be in grades 9-12 in the fall are eligible to apply. Ambassadors will be selected through an application and interview process. Five positions are open.

- **4-H Ambassadors:**
  - promote 4-H through PSAs and displays
  - serve as master/mistress of ceremonies at events
  - develop marketing skills by selling ads for the fair flyer
  - provide leadership for 4-H activities

To apply, send a letter on why you would like to be an ambassador and resume of your 4-H, school and community activities to Lorene Bartos, University of Nebraska Cooperative Extension in Lancaster County, 444 Cherry Creek Road, Lincoln, NE 68528-1507. Call Lorene at 441-7180 if you have questions. (LB)

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**HORSE BITS**

A recent study has shown that if given the choice, most horses will spend more time facing backwards in the float than forwards and some horses have a strong preference for the direction they face during transport (Equine Veterinary Journal, 1994). Another study found that horses traveling backwards in the float appeared to be able to balance themselves, had fewer impacts on the walls and the back of the float and fewer losses of balance (Applied Animal Behavior Science, 1993).

Cortisol levels in the blood can indicate the degree of stress on the horse and this study found that although cortisol levels were high due to the stress of transport, there was no difference between the forward and backward facing groups. These results would indicate that although some horses may have a preference for facing one way or another in the float, the orientation may not greatly affect the level of stress on the horse. Many horses may prefer to travel backwards because it seems that this orientation makes it easier to maintain balance: The horse may have less risk of injury due to overbalancing. (EK)
County fair contests and interview judging

Lifetime Skills (Home Economics) Judging
more information. Registration at 12-25 p.m. 4-H members will use their decision making skills in the junior division (8-12 years old) or senior division (12 years old and older as of January 1). See related article for topics and resources. Demonstrations
The Demonstration Contest is one of the best ways to share your expertise and ideas with others. Demonstrations can be done as an individual or as a team. There will be two demonstration contests: Friday, July 17 at the Lancaster Extension Education Center and Saturday, August 1 at the county fair. See pages 5-6 of the fair book for contest rules.

Table Setting
Contest. (LB/TK)

Interview Judging
Contest rules. No preregistration is needed for the Lifetime Skills contest. Registration forms for demonstration contests are available at the extension office. Check the fair book for contest rules.

Food booth training
What: A workshop for ALL food booth volunteers. Even if you have attended before, you are encouraged to come this year.

Where: State Fair Park, 4-H Demo Rooms, just south of the 4-H Rock Cafe in the 4-H Youth Complex. (Check fair book map.)

When: Thursday, July 23; 6-8 p.m.

Workshops:
1. Customer Service
Making Change and Taking Orders
Food Safety
Your Responsibilities as a Volunteer

Visit: Food Booths
Bonus: Certificate of Completion and lots of fun (LB)

Upcoming 4-H/FFA beef and sheep progress shows
Saturday, June 20
Eastern Nebraska Junior Lamb Show at Saunders County Fairgrounds in Wahoo. For further information, call Dave Kavan at 663-4460.

Republican Valley Progress Show at the fairgrounds in Franklin. For more information, call Dave Rocker at (308) 425-6283.

Saturday, June 27
Southeast Community College Lamb Classic at the Gage County Fairgrounds in Beatrice. For more information, call Mark Goes at (402) 223-2433.

Twin Valley Livestock Exposition, Adams County Fairground in Hastings. For more information, call Duane Lienemann at (402) 756-2451 or 3351. (DK)

4-H Council positions
Starting date September 1, 1998
Seeking qualified applicants for 4-H Council youth and adult positions in the following geographic areas: Northeast—adult Northeast—adult & youth Northeast—youth Lincoln city limits—2 youth

Lincoln County at large—1 adult

Requirements: Must be concerned with the future of the 4-H program in Lancaster County. Must possess an interest and an understanding of youth and be willing to promote the 4-H program. Applicants must be willing to attend monthly meetings and participate in various committee activities. These are rewarding positions.

SALARY: Base $0 with 5% increments annually.

BENEFITS: The gratitude of volunteers, parents and 4-H youth.

SALARY: Base $0 with 5% increments annually.

BENEFITS: The gratitude of volunteers, parents and 4-H youth.

Your Responsibilities as a Volunteer

Visit: Food Booths
Bonus: Certificate of Completion and lots of fun (LB)

We need you...
At the 1998 Lancaster County Fair!
Volunteer helpers (ages 12 and over) are needed to: help in information booth, assist judges by writing comments, putting up project displays, check in exhibits on entry day, make the fair the best it can be! Call 441-7180 to sign up.

Thanks, in advance, for all your help! (LB)

Help us... help the community
Our organization can earn 3¢ for each UPC symbol redeemed. Start saving UPC symbols from these select brands:

10th & Van Dorn 483-0404
33rd & Hwy 2 420-1414
66th & O 466-6111
17th & Washington 477-1238
63rd & Haavel 464-5804
21st & Hwy 2 423-9602

The money raised from this fundraiser will help support the Lancaster County 4-H Citizenship Workshops.

4-H & Youth

County fair large animal show dates and times
Wednesday, July 29
4-H Animal Check-In (Beef, Sheep, Swine, B. & G. Goats must be checked-in at this time) 4-8 p.m.
4-H Sheep Weigh-In (North Barn) 4-8 p.m.

Thursday, July 30
Livestock Exhibitor’s Breakfast (Demo Mall) 6:30-8 a.m.
4-H Llama Check-In by 11 a.m. All 4-H Animals Must be in 11 a.m.
4-H Beef Weigh-In (North Barn) noon
4-H Shear Show (North Arena) noon
4-H Dairy Cattle Judging Contest (East Aisle of Dairy Barn) 2 p.m.
4-H Dog Check-In (4-H Build-
ing Area) 3 p.m.
4-H Dog Show (4-H Building Area) 4 p.m.
4-H Llama Show (East Arena) 6 p.m.
Friday, July 31
4-H Feeder Calf in place 7 a.m.
4-H, FFA & Open Class Swine Weigh-In and Scanning (North Barn) 8 a.m.
4-H Dairy Goat Show (4-H Area) 8 a.m.
4-H Beef Show (West End of East Arena) 8 a.m.
4-H Dairy Cattle Show (East End of East Arena) 8:30 a.m.
4-H Angora Goat Show (4-H Arena) 1 p.m.
4-H Bucket Check-In (4-H Build-
ing Area) 3 p.m.
4-H Dog Check-In (4-H Building Area) 4 p.m.
4-H Llama Show (East Arena) 6 p.m.
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4-H Dairy Cattle Show (East End of East Arena) 8:30 a.m.
4-H Angora Goat Show (4-H Arena) 1 p.m.
4-H Bucket Calf Class Interviews (Livestock Office) after 9 a.m.
4-H Bucket Calf Show (4-H Arena) 7 p.m.
Saturday, August 1
4-H Dog Agility Check-In (Coliseum) 7 a.m.
4-H Dog Agility Show (Coliseum) 8 a.m.
4-H/FFA Swine Show (North Arena) 8 a.m.
4-H Livestock Judging Contest (North Arena) 3 p.m.
Sunday, August 2
Ship All Swine 10 a.m.
All 4-H & Open Class Entries Released 4-6 p.m. (DK)

County fair large animal show dates and times

Wednesday, July 29
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4-H Beef Weigh-In (North Barn) noon
4-H Shear Show (North Arena) noon
4-H Dairy Cattle Judging Contest (East Aisle of Dairy Barn) 2 p.m.

Wednesday, July 29
4-H Animal Check-In (Beef, Sheep, Swine, Angora Goats must be checked-in at this time) 4-8 p.m.
4-H Sheep Weigh-In (North Barn) 4-8 p.m.
IQ not the only predictor of success

IQ alone is not the only predictor of success on the job. Researchers are learning that a broader measure of intelligence, one that takes into account personality factors, is a better predictor of success. Known as “emotional intelligence” studies are concluding that those with congruency are better networked in the work setting and best positioned to contribute to organizational success.

Key traits that help workers excel are rapport, empathy, cooperation, persuasion and the ability to build consensus among people.

While a high IQ should not be discounted and is crucial for certain occupations, i.e. scientists, EQ is still very important. Within a pool of high-IQ people, those with high emotional intelligence will have a competitive edge. (GB)

Nebraska Network 21

What will Nebraska’s communities, educational institutions, and program participants look like in the year 2020? What is the ideal vision of food systems and food systems education in Nebraska for the 21st century? With support of the W.K. Kellogg Foundation and with leadership from the University of Nebraska, a process is in place to discover and create the vision.

Nebraska Network 21 (NN21) is relatively new, questioning, and asking the project are the usual case. Here are some of the most frequently asked questions.

What is Nebraska Network 21?

Nebraska Network 21 (NN21) is a group of people working together to creatively meet the learning needs of Nebraskans in the 21st century. We recognize that change is constant in our lives, and we want to provide Nebraskans with learning skills and knowledge to thrive in the midst of it. Our focus is on keeping education dynamic, in tune with the times, and available to Nebraskans.

Why change?

Education is vital in all our lives. NN21 is working to help education in Nebraska thrive in the changes the years ahead will bring. We want to provide learning that is meaningful and directing change, rather than passively reacting to change.

We envision a future in which outmoded priorities and practices often falter in times of dynamic change and those who learn, modify, and adapt are more likely to succeed.

NN21 wants to help education in Nebraska not only survive, but thrive in the years ahead.

How did NN21 come into being?

In 1994 the W.K. Kellogg Foundation offered grants to stimulate long-term planning, innovative thinking, and new partnerships among higher education, business, and communities.

Nebraska is one of 13 land-grant initiatives Kellogg funded across the country, with the original intent of improving food systems education. Since then, partnerships to provide our children and grandchildren a better life have been our work we do now. Participants are: From education • University of Nebraska • State colleges • Community colleges • K-12 schools • Private universities and colleges From communities • Business and industry • Organizations • Agencies • Foundations • Government From businesses • Non-profits • Government • University partnerships • Non-profits

What is the vision for 2020? NN21 builds its vision on discussions that took place across Nebraska in 1994-95. More than 800 Nebraskans talked about their vision for their future, and this vision is what drives NN21 action teams now.

In the year 2020 Nebraskans see themselves as lifelong learners who are part of a network of communities of learning. These learners will have access to affordable educational opportunities no matter where they live.

How will NN21 bring about change?

NN21 has formed action teams and demonstration projects to bring about change by creating opportunities for dialogue, experimentation, and action. For example, NN21 School of Science partners are implementing a biotechnology program with the help of UNL Organizations, while the NN21 School of Science for education for students. Other school districts are watch for example, C. E. LaFave, director, 402-472-2758; e-mail crussell@unlinfo.unl.edu. (GB)

Bryan students win Governor’s Service Award

Science students at Bryan Learning Center earned the Governor’s Service Award for Outstanding Service-Learning Program for their efforts in the 4-H SERIES program, “Discovering Strengths: Teens as Community Resources”. The program trains teens about personal process, basic scientific concepts regarding horticulture and chemistry, and teaching strategies so that they can teach hands-on science experiments to elementary-age youth.

Last year alone, the Bryan students worked with over 1,400 kids in 28 classrooms, hosted a session at the earth wellness festival, and hosted activity booths at the Lancaster County Fair and Nebraska State Fair. They have also spoken at the governor’s mansion about their project, presented at the Nebraska Learning & Serve Conference, and most recently, presented at the 1998 National Service-Learning Conference in Minneapolis, MN. The program is a collaborative effort of Bryan Learning Center and University of Nebraska Cooperative Extension in Lancaster County, and is funded by a Learn & Serve grant through Southeast Research and Extension Center from the Nebraska Volunteer Service Commission. (GB)

They expect me to:

• Come to work everyday...on time.
• Make smart decisions.
• Follow directions.
• Conceptualize my work and care about the quality of my work.
• Read, write and calculate well
• Recognize problems and find solutions.
• Finish a job when I’m supposed to without sacrificing quality.
• Be honest and dependable.
• Take the initiative and work hard.
• Communicate well and get along with other people...especially customers.
• Dress properly and practice good grooming.
• Be cooperative.
• Have a positive attitude.

Ventures in Partnerships and School to Work as cooperative initiative of Lincoln Public Schools, the City of Lincoln, Lincoln Education Association and the Lincoln Business Education Association. Its mission is to work together to enhance education and build a stronger community. VIP has been very successful and beneficial to Lincoln. For example, the 1996-1997 school year brought in more than 30,000 volunteer hours. Volunteers dedicate their time through a business or community organization. Over two million dollars worth of human resources, in-kind, goods and financial resources were contributed as well. Barbara Hopkins, Ph.D., has been the partnership director of Ventures in Partnerships since its inception in 1987. Ms. Hopkins is a state educator unit leader, is a member of the VIP steering committee with numerous other school and organization representatives.

School-to-Work of Lincoln is a member of the Nebraska Cooperative Extension in Lancaster County, and is funded by a state grant from the Nebraska Department of Economic Development. The dollars originated from the federal government. The purpose is to develop experiential learning for all students, as part of the “Career Cluster”, “building a system” of relating school activities to the work of world, work skills, work readiness, “character education” and “non-traditional workers”. (GB)
improvements was $87,215 and Phase 1 of the channel stabilization project cost approximately $54,000. The LPSNRD recently received a grant from the Nebraska Environmental Trust to complete the channel stabilization project, construct a water and sediment control basin on a small drainage adjacent to the lake and to do some maintenance on the in-lake sediment and nutrient trap.

As a result of their continued support, the individual landsowners have been able to participate in cooperative efforts of the landowners, Cooperative Extension Service, Nebraska Environmental Trust, Nebraska Department of Environmental Quality, USDA-Farm Service Agency and Natural Resources Conservation Service, and the US Environmental Protection Agency. Although the project would not have been possible without the financial and technical support of the governmental agencies involved, its success ultimately depends on the cooperation and involvement of the individual landowners. Because of their efforts, Wildwood Lake will continue to be one of the best outdoor recreation areas in Lancaster County for many years to come. (SCB)

Wildwood Lake Watershed Project nearing completion continued from front page

that has been treated and the preservative itself. Public fears about the components of CCA—chromated copper-arsenic—center principally on arsenic, but the small amounts of arsenic that lead to this concern might pose a negligible risk to humans. In solution, CCA is a potentially hazardous medium, it can be applied only by certified operators in facilities regulated by the Environmental Protection Agency (EPA) and other agencies. But wood that has been treated with CCA is not classified as hazardous. In the course of pressure treatment, CCA “fixes” to wood in a way that makes it less susceptible to leaching and degrades the strength and leach resistance. There are few limitations to the use of CCA-treated wood, and it can be disposed of as ordinary trash. During an eight-year investigation, the Environmental Protection Agency examined CCA itself, the wood-treatment process, the use and handling of the finished product and alternatives to the use of CCA. None of the EPA’s investigations produced evidence of cancer or any other effects. It showed increased risks of cancer or other toxic effects on humans handling CCA-treated wood have not been possible without the financial and technical support of the governmental agencies involved, its success ultimately depended on the cooperation and involvement of the individual landowners. Because of their efforts, Wildwood Lake will continue to be one of the best outdoor recreation areas in Lancaster County for many years to come. (SCB)

Facts about CCA-pressure treated wood continued from page 5

Phases 1 of the channel stabilization improvements exceeds one foot. Hedges of slow growing plants such as boxwood need to be trimmed sooner. Excessive untrimmed growth will kill low branches and give the hedge a ragged appearance. Sunlight and light rainfall depends on the kind of shrub, season and desired neatness.

What can be done with an overgrown, bare bottomed and mmissapen hedge? If it is deciduous, the answer is fairly simple. In spring before leaves appear, prune to one foot below desired height. Then carefully trim for the next few years to give it the desired shape and fullness. Occasionally, however, the answer will depend too much to recover from this treatment, making it necessary to replace them or cut them off one foot from the ground.

Rejuvenating overgrown hedges is more difficult. As a rule, evergreens cannot stand the severe pruning described above. Arborevate and yew are exceptions. Other evergreen hedges may have to be replaced.

What tools should be used to trim hedges? The traditional pair of scissors action hedge shears is still the best tool. It cuts much better and clearer than some electric trimmers which often break and tear twigs. Hand shears can be used on any type of hedge, while electric trimmers do poorly on large leaves and twiggy varieties and sometimes jam on thick twigs.

The Bottom Line. The substantial benefits of CCA-treated wood far outweigh the overshadowed by unfounded scare tactics. Treated wood offers substantial benefits to consumers and poses no known health hazard. Critics who claim that treated wood threatens health have no scientific evidence to support their charges. (Adapted from “Safe, Long-Lasting Pressure Treated Wood,” by Craig E. Shuler and Patrick J. Pellicane in cooperation with Garrey Carruthers, in Priorities for Long Life and Good Health, Vol. 7, No. 3, 1995, and distrib-uted via the American Council on Science and Health’s web site) Larry D. Schulze, UNE Extension Pesticide Coordinator (BPO)

Diet lowers high blood pressure continued from page 6

The study results suggest that diligent adherence to this diet can have the same results. A recent study that included a diet rich in fruits, vegetables, low-fat dairy products and reduced saturated fat has been identified as one more step to reducing high blood pressure.

When eaten for eight weeks, the following dietary plan significantly lowered both systolic and diastolic pressures in persons with hypertension medications. For more details, check the DASH World Wide Web site at dash.bwh.harvard.edu.

The DASH diet includes these daily servings: 7-8 servings of grains and grain products, 4-5 servings of vegetables, 4-5 servings of fruits; 2-3 servings of low-fat or nonfat dairy foods; 2 or less servings of lean meats, poultry and fish; and one-half serving of nuts and legumes.

The study results suggest that diligent adherence to this diet could have the same effect of lowering blood pressure as some hypertensive medications. For more details, check the DASH World Wide Web site at dash.bwh.harvard.edu.

Source: Linda Boeckner, Ph.D., R.D., nutrition specialist, NU/ \nIANN (AH)

4-Hers win environmental awards

Congratulations to the West Lincoln Wildcats 4-H Club for earning the 1998 Environmental Award for Clean-Up/Beautification and to Teens Growing into the Future (TGIF) for earning the 1998 Environ-mental Award for Environmental Education from Keep Lincoln & Lancaster County Beautiful of the Lincoln-Lancaster County Health Department! The West Lincoln Wildcats 4-H Club earned the award for their efforts in planting and maintaining a butterfly garden at the entrance of their school, West Lincoln Elementary. TGIF earned the award for hosting a neighborhood clean-up which encouraged West Lincoln residents to recycle and become aware of environmental issues. (TB)
NOTICE

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

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

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

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June 18
4-H Rabbit VIPS Committee Meeting ........................................... 7:00 p.m.
Distract Horse Show—Weeping Water

June 19
Nobeara Horse Show—Valentine

June 22
Unknown event

June 23
4-H Cat Workshop ................................................................. 7:00 p.m.

June 25
Practice Life Skills Judging/Demonstration Workshop .......................... 1:00 p.m.

June 26
Character Counts! Workforce Skills ............................................. 6:00-7:00 p.m.

July 2
4-H Council Meeting .............................................................. 7:00 p.m.

July 8
4-H Horse VIPS Meeting ......................................................... 7:00 p.m.

July 10-12
UNL Crop Management & Diagnostic Clinic—ARDC, near Mead

July 10
Pittsburgh Bear Unlimited—Saline County

July 11
CWF Meeting ........................................................................... 7:30 p.m.

July 12
4-H Council Meeting .............................................................. 7:00 p.m.

July 14
UNL Crop Management & Diagnostic Clinic—ARDC, near Mead

July 16
4-H Production Livestock Booster Club Meeting .............................. 7:30 p.m.

July 19
UNL Crop Management & Diagnostic Clinic—ARDC, near Mead

July 20
Unsung Hero Awards—Saline County

July 22
Central Nebraska Junior Sentinel Conference

July 23
4-H Council Meeting .............................................................. 7:00 p.m.

July 25
Pittsburgh Bear Unlimited—Saline County

July 26
Sizzling Summer Sampler ......................................................... 6:00-9:00 p.m.

July 29
4-H Rabbit VIPS Meeting ......................................................... 7:00 p.m.

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Lancaster County Extension welcomes new employees

Cheryl Stanton
Receptionist

Kathryn Roland
Extension Intern

Brenda Williams
Extension Intern

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

Gary C. Bergman, Extension Educator–Unit Leader